

THE HCG DIETER

GOURMET

COOKBOOK

PHASE TWO

BY TAMMY SKYE

This book is dedicated to Dr. A.T.W. Simeons who developed this amazing, phenomenal, miracle, weight loss protocol. I'd also like to thank Kevin Trudeau, writer of the book "*The Weight Loss Cure They Don't Want You to Know About*" for bringing this diet to the masses. This book is also dedicated with all my heart to my mother Barbara, the dieters on my online support group, and everyone out there like me who has endlessly struggled to lose weight and have finally found the answer they have been searching for. I believe that this is the last diet you will ever need. This book is for all of you who see the light at the end of the tunnel and are making the choice to change your life forever.

THOSE WHO SAY IT CAN'T BE DONE ARE
USUALLY INTERRUPTED BY OTHERS DOING IT.
Joel A. Barker

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FOREWARD

I originally thought that I might wait to present these recipes until after I had reached my goal weight but then I realized how many desperate HCG dieters are out there struggling to bring flavor into their lives during the incredibly strict phase 2 of the Simeons HCG diet. At first glance it seems that we are doomed to a boring routine of small portions and limited choices. It doesn't have to be that way. As a dedicated "foodie" and a gourmet cook, I set out on a feverish quest to bring spice and excitement to otherwise very limited fare. It is the intention of this cookbook to provide flavor, ideas and options that are in accordance with the Simeons HCG diet.

At the time of this writing, I have personally lost 31 pounds, 6.25 inches off my waist, and 3.25 inches off of each thigh. These are my problem areas and I am continually amazed at the transformation of my body while doing this protocol. It is as though my body is reshaping itself, morphing into the body I have always dreamed about. Throughout Phase 2 I found that I was not hungry, food cravings were reduced and I felt an overall general sense of well-being. I've had amazing amounts of energy and my skin and hair are glowing with health. I am now several weeks into phase 3 or the resetting of the hypothalamus phase of the diet, in which no starch or sugars are to be eaten. I have been maintaining within the required 2 pound limit and have been eating normal and unlimited amounts of food without any issues or weight gain. In fact, I have to actually eat multiple meals and add liberal fats just to maintain my current weight. I am enjoying eggs, cheese and dairy products, half and half in my coffee as well as nuts, avocado, and other healthy fats. I'm eating between 1500 and 2000 calories daily. I still have to pinch myself every time I look in the mirror. This journey has altered my life in countless ways. I am forever grateful that I found this diet. I wish you all success and happiness in your journey and I hope that you will enjoy these recipes.

MY STORY

I am a woman who has struggled with weight my entire life. I can tell you from personal experience that there are mechanisms involved beyond low calorie dieting and extreme physical exercise that affect our weight. I have dieted off and on my entire life and couldn't seem to lose weight even eating a mere 800 calories a day and performing hour long cardio and weight training workouts five days a week. It was an extremely frustrating and disheartening struggle to lose even one pound a week despite making healthy food choices and exercising regularly.

As a child I began to gain weight at the onset of puberty. This was a critical time in my life. Something appeared to be wrong with my body which began to accumulate abnormal fat deposits on my hips, thighs, and buttocks. I went from 80 pounds to 135 almost overnight. I became emotionally sensitive about my weight, and noticed cellulite began to develop on my thighs and buttocks. My social life and high school experience suffered as a result of my weight and I became painfully shy. I went through years of sporadic dieting in my teens and early 20's, trying everything from extreme low calorie diets, (without HCG obviously) prepackaged meals, every over the counter diet pill imaginable, and still I gained. I tried low carbohydrate dieting and food combining and considered painful plastic surgery. I would have considered just about anything that would help me lose those unwanted pounds and bulges. I never lost more than 20 pounds on any of these diets and always regained every single pound and more as soon as I resumed a quasi-normal diet.

After the death of my mother my weight soared to nearly 200 pounds. I felt out of control and helpless to control my weight. It was about 5 years ago that I lost my mother to complications of type 1 diabetes. She had never taken proper care of herself and ate many of the sugary, starchy foods that as a diabetic, she was supposed to control. She suffered a massive heart attack at the young age of 30 years old and required a quadruple bypass. Over the years her health issues and poor eating habits took a toll on her heart and kidneys. She passed away at the age of 55. It was this experience that was the catalyst for change in my life. I realized that unless I took steps to change my weight and unhealthy eating habits that I was following in her footsteps.

After my mother's death I became obsessed with learning everything I could about nutrition and health. I delved deeply into alternative medicine studies and research. I studied herbs and vitamins and their effect on the human body. I began a feverish and lifelong quest to cure the source of my obesity and other potential health issues.

It was at this point in my life, that I discovered Kevin Trudeau's first book "*Natural Cures They Don't Want You to Know About*". I started making small changes in my lifestyle. I changed my diet to natural and organic foods. I gave up sodas and limited my exposure to starches and sugary food. I discovered Stevia as a sweetener alternative to aspartame and sucralose. I experimented with various cleanses and started looking at food and nutrition as medicine. I weaned myself off of all medications including antidepressants and over the counter pain remedies. This changed my life dramatically. I lost 10 pounds just from making these small changes. Then, one day as I struggled yet again to maintain my forever fluctuating weight, I happened to catch an infomercial on television for Kevin Trudeau's newest book, "*The Weight Loss Cure They Don't Want You to Know About*". I immediately ordered the book and read it cover to cover in one night. I started researching study after study online to determine the protocol's safety and effectiveness. I actively looked for side-effects and any sign that the protocol could be dangerous. I spent nearly three weeks researching and I discovered that it was indeed safe and that the weight loss results were amazing and life-changing for countless people just like me. I found support groups filled with people actually following the diet and seeing the amazing results promised by Kevin Trudeau in his book. It was this research that led me to the original protocol published by Dr. A.T.W. Simeons at the Salvator Mundi International Hospital in Rome, Italy. The book is called "*Pounds and Inches, a New Approach to Obesity*". Dr. Simeons refined this amazing weight loss protocol over many years and treated 1000's of patients successfully with HCG for the condition of obesity.

I knew undeniably that I'd finally found the answer to my weight problem. Now, at the age of 37, I am excited about life again. Life as the thin, beautiful and healthy person I've always dreamed I could be. And, I'm halfway there. The future is bright and I'm on a personal mission to bring flavor and a more exciting diet to those following Dr. Simeons' and Kevin Trudeau's HCG protocol for weight loss. I embarked on this amazing journey originally to cure myself of obesity and now I've been inspired to share some of my favorite recipes with other HCG dieters.

WHY DO I NEED THIS BOOK?

This book is desperately needed by many people following the Simeons HCG diet protocol. The recipes in this book can help alleviate the struggle for taste and variety as we follow the very limited menu choices allowed by the diet.

Can we all lose weight eating simple grilled chicken and salad? Yes, but how would you like to try some of the flavors of the world, enjoy homemade diet sodas and fresh fruit desserts to spark your taste buds. Enjoy savory meats, chicken dishes and tasty seafood. Maybe you'll even start to actually enjoy your vegetables again!

I hope you will enjoy renewed energy, improved nutrition, and ultimately the flavor in your diet as you watch your body shrink and your problem areas reshape.

You will find yourself permanently altered from this experience not just physically, but mentally as well, as you learn proper diet and nutrition. Make this experience part of a permanent lifestyle change. You will be amazed at how wonderful you feel as you enjoy delicious food, improve your slow metabolism, and lose the weight permanently ending the vicious cycle of dieting. You can still enjoy your food, lose weight, and keep it off permanently.

I wish each one of you all the success in the world and commend you for taking this step toward a healthier life. This diet is amazing and you have an exciting life full of unlimited possibilities ahead of you. I hope you enjoy these recipes and celebrate your new body and your new life every single day.

THE PROTOCOL (THE PHASES)

The Simeon's weight loss protocol is essentially, the use of HCG or human chorionic gonadotropin combined with a low calorie diet of five hundred calories a day to utilize the abnormal fat stores of the body for fuel. It also theorizes that the hypothalamus gland is reset at the end of the protocol improving the metabolism, and regulating the endocrine systems more efficiently. This description is merely an overview of the protocol. I refer you specifically to the book "*Pounds and Inches*" for a detailed analysis of the process and how it affects the body.

There are four phases in Kevin Trudeau's book "*The Weight Loss Cure They Don't Want You to Know About*" which features Dr. Simeons' protocol. Dr. Simeons had only two phases presented in his book. I am referencing the four phases from Kevin Trudeau's version of the diet in this book because I believe that the majority of people pursuing this diet plan are most familiar with the Kevin Trudeau phases due to the popularity of his books and infomercials. Most of us probably found this amazing diet from watching one of Trudeau's infomercials or bought a copy of his book at the local bookstore.

- Phase one is based on Kevin Trudeau's recommendations for eating organic and basic cleanses prior to beginning the HCG portion of the diet. It involves colon cleansing, Candida cleansing, and many other health recommendations designed to maximize the effect of the diet once the dieter begins phase two of the protocol. It is not absolutely necessary to perform phase one before beginning phase two but it is very helpful and many of Trudeau's recommendations for health are extremely useful and recommended.
- Phase two is the HCG phase of the diet and is basically the original Simeon's protocol with minor changes offered by Kevin Trudeau. In phase two, the dieter takes injections (sublingual HCG is also available at the time of this writing) of low doses of HCG daily for 23-43 days combined with a 500 calorie diet. The food choices are

very limited and specific and must be adhered to very strictly in order for the diet to be successful. A list of allowed foods is provided in the next section. The recipes in this book are designed to accommodate the restrictions of the diet and are compliant with the protocol. For any questions, defer to “*Pounds and Inches a New Approach to Obesity*” by Dr. Simeons or the “*Weight loss Cure They Don’t Want You to Know About*” for clarification. During this phase the dieter must also avoid contact with all external fats such as creams and lotions. Dr. Simeons found that even trace amounts of externally applied oils could stall the weight loss process. Only powdered makeup, lipstick, and eye pencil may be used. Plateaus are normal with this diet. It usually presents in a stair step fashion with a consistent large drop in weight followed by a slight plateau or slower losses for a few days. At least one significant plateau occurs in the second half of the protocol that often lasts 4-6 days. This is normal and will resolve itself in time so don’t be alarmed when this occurs. A way to break up a plateau of this kind is to do an “apple day”. The dieter drinks minimal water for the day and consumes 6 apples over a 24 hour period. This procedure usually resolves the plateau and a weight loss usually occurs the next morning. A comprehensive guide is now available that demystifies the Simeons and Trudeau protocols and offers specific information on how to obtain HCG and other helpful advice and resources. This guide is called “*The Guide to Implementing the Weight Loss Cure: Personal Experiences of HCG Dieters*” and be purchased at <http://hcgrecipes.wlonline.hop.clickbank.net>.

- Phase three of Trudeau’s book is a three week period where the dieter is allowed to eat unlimited amounts of food with the exception of starches and sugars. Small amounts of alcohol can be consumed. The dieter must weigh themselves daily and should a gain of over two pounds occur, all food must be avoided throughout the day and then a large steak and either an apple or raw tomato must be consumed. This should correct the weight gain.
- Phase four involves the phasing in of starches and carbohydrates. The dieter may slowly begin introducing carbohydrates back into their diet. The weight must be monitored daily to insure that weight gain does not occur. Certain types of carbohydrates may affect the weight and should be noted and avoided by using a food journal. Free food

journals and calorie counters can be found at www.calorieking.com or www.fitday.com.

This is just a general overview of the protocol designed by Dr. Simeons. I am officially recommending that anyone considering this protocol do their own research, consult their physician as necessary, and proceed with care when following this diet. I have not experienced any negative side effects or become aware of any danger whatsoever in following this diet protocol. With that said, I am offering the following disclaimer: According to the FDA, HCG has not been found to aid in weight loss. Anyone pursuing weight loss using the HCG diet should consult a physician. You are following this diet protocol at your own risk and the author accepts no responsibility for any danger or health issues as a result of following the Dr. Simeons HCG diet protocol.

LIST OF ALLOWED FOODS

PROTEIN

100 grams of lean protein weighed raw. You should have two servings per day and all visible fat must be removed prior to cooking.

- Chicken breast
- Beef
- Veal
- Fresh white fish
- Lobster
- Crab
- Shrimp

VEGETABLES

One vegetable is to be consumed at each meal. No mixing of vegetables is allowed per Dr. Simeons. Different vegetable choices should be made for each meal.

- Spinach
- Chicory
- Chard
- Beet-greens
- Green salad
- Celery
- Tomatoes

- Red radishes
- Onions
- Cucumbers
- Asparagus
- Cabbage

FRUIT

2 servings to be eaten daily at separate meals.

- 1 apple
- 1 orange
- ½ grapefruit
- Handful of strawberries

MISC.

- Tea
- Coffee
- Mineral water
- Juice of 1 lemon daily
- Spices
- Stevia (or saccharine)
- Two Melba toast, breadsticks or grissini (not at the same meal)
- One tablespoon of milk daily

HOW TO USE THIS BOOK

GENERAL GUIDELINES FOR SUCCESS

REQUIRED

- Required reading: Dr. A.T.W. Simeons' manuscript "*Pounds and Inches a New Approach to Obesity*" is necessary prior to beginning the HCG diet. A free original scanned copy can be found at www.releana.com. You must be very informed of all aspects of this diet because deviations from the protocol can stall your weight loss or cause you to be unsuccessful.
- The Simeon's protocol should be followed to the letter and without substitution. Only the specific fruits, vegetables, and allowed proteins should be used and in the correct amounts. A total of 500 calories should be consumed, no more, no less to achieve the best results. Cheating is not an option while using HCG during this diet. Eating a single peanut or anything not on the allowed list of food items can result in large and unpredictable gains even when the calorie count is low such as from a non-approved vegetable.
- Begin the diet by "loading" appropriately with rich and high fat foods for two days. Conclude the diet with 3 weeks of a starch and sugar free diet followed by a slow incorporation of carbohydrates and healthy starches. Reference "*Pounds and inches*" for details on the transition to phase four.
- It is important to weigh yourself every day during each phase of the diet and for life. This will keep you motivated while on the diet and allow you to monitor your weight and maintain for life.
- Once the low calorie, HCG phase of the diet begins, all fats must be avoided. All meats must be trimmed and prepared without fat. All lotions, makeup, and other externally applied products containing fats must be avoided.

- Shellfish is allowed according to Dr. Simeons. Kevin Trudeau does not recommend shellfish for many health reasons and these have merit. I have included many delicious recipes in this book using shell fish but would like to offer a word of caution that shellfish often carries higher levels of heavy metals. Doing a heavy metal cleanse periodically may help to remove these metals from the body. Check with your health care practitioner regarding recommended cleansing methods.
- Do not substitute pork, other poultry, fatty fish, or heavily marbled beef for the lean protein choices recommended by Dr. Simeons. I personally stalled for 9 days during my first round of phase two because I ate very lean turkey breast. A chemical reaction is taking place in your body during this process and digressing from any of the recommendations by Dr. Simeons can result in significant weight gain or water retention if you deviate. Dr. Simeon's choices are the results of years of research and application with his patients in Rome. Don't try to do this by yourself, follow the plan and you will be successful.
- Keep the ingredients in the recipes congruent. In other words, if you use chicken broth in a recipe, use it only with chicken and not beef or fish. If you utilize a marinade made with orange juice, eat the remainder of the fruit as your fruit choice for that meal.
- It should also be noted that although the HCG diet is very low in calories, approximately 2000 calories of your abnormal fat stores are being metabolized during this process according to Dr. Simeons. If you have any health concerns you should consider being monitored by a physician during the weight loss process.
- Make sure you are drinking enough water during the protocol. Your body is likely detoxifying during this process and you are metabolizing fat at such a rapid rate that you need to be able to flush out these toxins and waste materials. Drink plenty of water as well as the recommended teas to obtain the best results and maximize your success.

RECOMMENDED

- Recommended reading: “*The Weight Loss Cure They Don’t Want You to Know About*” by Kevin Trudeau. This book provides a wealth of information on natural and alternative healing methods and also provides information and tips on how to cleanse the body prior to beginning Dr. Simeon’s weight loss protocol in order to maximize your results.
- The HCG diet is a very cleansing and detoxifying process. Choosing organic meats, poultry, vegetables and fruits is highly recommended. It should be noted that this is a recommendation by Kevin Trudeau and not originally recommended by Dr. Simeons. It is still possible to be successful without eating organic but many of the chemicals and additives in our food supply were not used in Dr. Simeons day. I believe these additives are contributing to our obesity problem in America today. Most non organic meats and milk products contain hormones, rBGH, and other artificial chemicals and enhancers and should be avoided. Many conventional animals are also fed grain or animal byproducts resulting in higher fat content, marbling and disease. Ideally grass fed organic beef, poultry, and veal should be used. Wild caught fish and shellfish is ideal when preparing meals following the protocol. Choose the leanest cuts possible when preparing your meals and follow Dr. Simeon’s diet plan to the letter to achieve the best results.
- Use organic spices and natural seasonings whenever possible. Most spices are considered acceptable. Onion and garlic may be used in small amounts. I have included small amounts of onion as a spice in my recipes but some people may consider them a vegetable so people who don’t want to “mix vegetables” can feel free to omit the onion or use it by itself as a vegetable serving. I’ve personally never had a problem using onion and have had excellent weight loss but use your best judgment and do what works for you.
- Keep a food diary and make sure you are eating approximately 500 calories a day. Using a food diary is also useful for your personal

evaluation of your weight loss, can help you reduce plateau time, and help you adjust your food choices if your weight loss stalls.

Remember, our bodies metabolize foods differently. Some people gain weight eating beef for example while others may not have a problem with these food items. Use discretion with your choices and monitor your food intake and calories.

- For best results weigh your food raw and use a food scale to accurately measure your protein servings prior to cooking.
- Some of the recipes call for a dash of this or a pinch of that. The amounts of spices in these recipes are a general guideline to follow. It is sometimes difficult to measure accurately for a single 100 gram serving particularly with very strong flavored spices. Feel free to make adjustments to your personal taste. I personally love really spicy, hot foods and use a lot of cayenne even in sweet dishes to add heat. You can always add additional lemon, stevia, salt and pepper to taste or omit spices like cayenne if they don't agree with your palate.
- Many people do not care for the taste of raw apple cider vinegar although it has tremendous health benefits and is the recommended vinegar of choice while on this diet. You may omit it if you wish from the recipes or substitute additional lemon juice or water instead. There is some debate about using other vinegars like rice wine or red wine vinegar as a substitute. Many people have had success using these alternative vinegars. Balsamic vinegar is to be avoided during phase two due to its high sugar content. Always check the sugar content if you plan on experimenting with other vinegars choices and note the fluctuations of your weight and how it relates to changes in your diet. Omit them immediately if you find that they are causing you to plateau or gain weight.
- Dr. Simeons has perfected this protocol over many years and is fairly precise on food choices but he is generally vague when it comes to the quantity of vegetable servings in particular. You may notice that I often do not give exact measurements of vegetables. It will be your personal choice whether you use 2 or 4 cups of a salad or other vegetable. As long as you don't go above 500 calories for the day you should be successful. When in doubt consult "*Pounds and Inches*" or the "*Weight Loss Cure They Don't Want You to Know About*" for guidance.

- According to Dr. Simeons, saccharin is the only acceptable artificial sweeteners. Avoid aspartame and sucralose (commonly known as NutraSweet and Splenda) completely as these are believed to be toxic chemicals which can actually contribute to weight issues as well as being linked to many other health problems. I personally recommend stevia as the sweetener/supplement of choice for this diet as it is an all natural herb and is often mixed with natural inulin fiber which has many health benefits. Stevia has zero calories and will not affect your blood sugar levels or your weight loss. You won't find saccharine in any of my recipes but it should be noted that you can use it officially according to Dr. Simeons in his book. It is the least damaging to the body of all the artificial sweeteners in my opinion but is still not a healthful choice.
- One ingredient I have used successfully in cooking for the Dr. Simeons HCG diet is Bragg's Liquid Aminos. This is used as a replacement for traditional soy sauce in many of my recipes. It is delicious and a very healthy addition to any diet in any phase. Bragg's liquid aminos was not available in Dr. Simeon's day so I was hesitant at first to use it in my recipes. I took a poll of fellow HCG dieters and found that many were using the product and successfully losing weight so I have included its use in many of my recipes. As with any food items on the plan, continue weighing yourself daily and should you plateau or gain weight evaluate your food diary and make adjustments accordingly.
- I've included small amounts of defatted cocoa and dry unsweetened vanilla powder as a "spice" in some of my recipes. Defatted cocoa and vanilla powder may have trace amounts of fat or starch in them and should be used sparingly. Always monitor your weight when using these items and discontinue if you feel it is stalling your weight loss.
- Two Melba toast, breadsticks, or grissini are allowed on the Dr. Simeons plan daily. They should never be eaten at the same meal. There are some recipes that include your allowed Melba toast and many people have successfully eaten them without issue. After conversing with many HCG dieters it should be noted that many people have experienced increased hunger after eating the allowed

breadsticks so if you wish, you may omit the breadstick or Melba toast from any recipe. They are not a necessary part of the diet.

- I have personally found that spacing meals out throughout the day helped me to avoid hunger and keep my blood sugar levels constant. I would eat a fruit for breakfast, then a protein and vegetable for lunch, a protein and vegetable for dinner, and then a fruit for an afternoon or evening snack. According to Dr. Simeons, you may skip all food until noon if you wish. Do what feels best for you.
- Enjoy drinking the recommended teas such as Yerba mate, green, oolong, and chamomile. These teas have been shown to decrease hunger pang particularly in the first week of eating the 500 calorie diet. These teas may also assist in the fat burning process. Other natural varieties of herbal tea can be beneficial as well.

TIPS

- I've designed this book and these recipes to complement the Dr. Simeons HCG diet protocol to the best of my ability and it is subject to my own interpretation. I've had personal success eating these recipes and recommend them highly. That said, if you have any concerns or reactions to any ingredients I've used in these recipes, feel free to omit any item you don't feel comfortable with. People's bodies react differently to different foods. You must do what works best for your own body and always monitor your reactions and daily weight loss.
- Enjoy warm soups. It has been reported that eating soups can help curb any hunger you might be experiencing especially at the start of the 500 calorie phase of the diet. Supplement the soups with cabbage or other allowed vegetables and sip the broth slowly. You'll find that you can eat a lot of soup and maintain your 500 calories. The broth is very satisfying and filling. Make sure to account for the calories in the broth when calculating your 500 calories per day. Choosing to make your own chicken, beef, and vegetable broths will allow you to control the sodium and types of vegetables used in the broth. Always read labels to ensure that you are not ingesting fat, sugar, MSG, or excess sodium if you use packaged broths. You can substitute one

cup of water for one cup of broth in any of my recipes to help control the calories or sodium if you wish.

- Experiment with various varieties of cabbage in the recipes such as Chinese, Napa, and Savoy or different varieties of tomatoes such as Roma, Heirloom, and grape tomatoes.
- Any variety of fresh white fish can be substituted in any of the fish recipes in this book so you can make choices that are convenient for you and seasonally available.
- Make several servings of the recipes at the same time for future meals. This works especially well with baked dishes like cabbage rolls or baked fish recipes. Just adjust the sauces and spices for individual servings as necessary.
- One way to remove and reduce fat from ground beef is to add water and simmer until the fat floats on top. Pour off the excess liquid, add spices, and enjoy. It is advisable to always choose the leanest ground beef available such as seven percent or less.
- To “deglaze” a recipe (a technique that works well with fat free cooking) allow the meat, broth and spices to reduce until the pan is dry and starting to brown slightly. Add a small amount of water or broth to the pan and this will create a flavorful, rich sauce.
- Many of the recipes can be modified easily for phase three with the addition of olive oil, butter, cheese, and half and half or by adding additional mixed vegetable or protein choices. I’ve listed some phase three modification ideas in some of the recipes. It is important to mention that you should not to implement these modifications until you are in phase three.

HEALTH BENEFITS OF SPICES

Cinnamon

- Boosts brain function
- Assists with blood sugar control
- Antimicrobial properties
- Antifungal properties
- Anticlotting properties
- Contains calcium, vitamins and fiber
- Aids in digestion

Curry and Turmeric

- Anti-inflammatory
- May decrease arthritis pain
- May decrease risk of certain types of cancers
- May protect against Alzheimer's disease
- May decrease cholesterol
- May boost brain function

Tarragon

- Aids in digestion
- May help with insomnia
- Anti-inflammatory properties

Dill

- Good source of calcium
- Antibacterial properties
- May have anticarcinogenic properties

Cilantro (coriander seeds)

- May help control blood sugar
- May help cleanse heavy metals from the body
- Antimicrobial properties
- Rich in phyto-nutrients

- May help decrease cholesterol
- Aids in digestion

Cumin

- Good source of iron
- Anticarcinogenic properties
- Aids in digestion
- Believed to be a blood purifier

Saffron

- Aids in digestion
- May help with depression
- May have anticarcinogenic properties
- Rich in antioxidants

Black pepper

- Aids in digestion
- Rich in antioxidants
- Antibacterial properties

Cayenne pepper

- Anti-inflammatory
- Pain relief
- May help prevent ulcers
- May assist with weight loss efforts by increasing metabolism
- Improves circulation
- Decreases mucous production

Basil

- Good source of beta-carotene
- Anti-inflammatory properties
- Antibacterial properties
- Rich in antioxidants

Ginger

- Aids in digestion
- Anti-inflammatory properties
- Boosts the immune system
- May protect against colon cancer

Mustard

- Rich in phyto-nutrients
- Anti-inflammatory properties
- May improve cardiovascular health
- Aids in digestion

Oregano

- Antibacterial properties
- Rich in antioxidants
- Aids in digestion
- May assist with respiratory problems

Peppermint

- Aids in digestion
- Useful in aromatherapy
- Makes a wonderful tea
- Rich in phyto-nutrients

Rosemary

- Anti-inflammatory properties
- Rich in antioxidants
- Anticarcinogenic properties
- Rich in vitamin E and minerals
- A mild diuretic
- May help to detoxify the liver
- May improve brain function and memory

Sage

- Anti-inflammatory
- Antimicrobial properties
- Rich in antioxidants
- May improve brain function and memory

Thyme

- Antibacterial properties
- Rich in antioxidants
- May benefit respiratory health
- Improves circulation
- Strengthens the immune system

Parsley

- Improves circulation
- Prevents bad breath
- Rich in vitamins and minerals
- Rich in antioxidants
- Mild diuretic
- May improve kidney function

Garlic

- Antibacterial properties
- Antiviral properties
- Rich in antioxidants
- May help decrease cholesterol

Onion

- Antibacterial properties
- May improve respiratory health
- May help decrease cholesterol
- May improve cardiovascular health

Lemon

- Lemon oil may be helpful for dissolving cellulite (phase 3 only)
- Rich source of vitamin C
- Boosts the immune system
- Antibacterial properties
- May be helpful for detoxifying the liver

RECOMMENDED SPICES AND FLAVORINGS

- Cayenne pepper
- Mustard powder
- Garlic powder
- Onion powder
- Black pepper
- Rosemary
- Thyme
- Marjoram
- Saffron
- Curry
- Oregano
- Cumin
- Himalayan pink salt
- Alaea Hawaiian red salt
- Hawaiian black salt
- Stevia (Comes in powdered or flavored liquid forms)
- Any Simply Organics brand seasoning blends (poultry, Italian etc)
- Old Bay seasoning
- Garam masala seasoning mix (Indian spice mixture)
- Madagascar dry vanilla powder (use in moderation, contains trace amounts of maltodextrin)
- Cocoa (use a defatted or low fat variety such as Wonderslim and in limited amounts)
- Organic Worcestershire sauce (check the sugar content)
- Bragg's liquid aminos
- Hot sauce (made from cayenne pepper, avoid non approved ingredients like sugar or jalapeno pepper) (My favorite is Frank's red hot sauce)
- Bragg's organic raw apple cider vinegar
- Liquid Smoke natural liquid hickory smoke flavoring

HELPFUL TIPS FOR PREPARING AHEAD AND SAVING MONEY

- Chop onions and garlic in advance and store in baggies to add to meats and vegetables. Keep in the refrigerator or freeze for later use.
- Use a large deep frying pan and cook 3 or more servings at a time. Just keep the 100 gram protein servings separate as they cook. This saves time, allows you to prepare meals in advance, and allows you to share the spices and sauces with multiple servings.
- Chop up fresh herbs and spices and freeze with water in ice cube trays. You can add these as needed when cooking to flavor your dishes. Works well with fresh herbs such as Basil, Italian parsley, and Cilantro.
- Weigh out individual 100 grams of meat, chicken or fish, put in plastic bags and freeze for later use. You can even freeze individual servings pre-seasoned with marinades or spice blends for added flavor. This can save you a lot of time when preparing meals.
- Cook meats and measure into plastic bags or containers to take to work or social events. Carry a cooler in your car with pre-measured fruit, vegetable, or protein servings so that you aren't tempted to sample a friend's barbeque or eat inappropriate foods at a restaurant. You must always be prepared.
- Carry tea bags of the recommended teas in your purse, pocket, or car for on the go drinks. Just add hot water for hot tea, or carry iced versions of the recommended teas in a cooler or chiller bottle.
- Mix teas such as green tea, mint, or vanilla Yerba Mate, Brew very strong and serve over ice with a lemon slices and stevia for a cool treat during summer. You can also make them into ice pops in your freezer for a refreshing dessert treat.
- Serve your Stevia lemonade, iced tea, or other beverages in a fancy glass like a martini glass when at a party or out to dinner. Garnish with lemon, mint, or a slice or two of strawberry. No one will know

you aren't imbibing and you will blend into the crowd without anyone the wiser that you are on a diet.

- Make home made sparkling virgin martinis or other mixed drinks with allowed fruit juice and sparkling mineral water. See recipes for flavor ideas. Serve them in a martini glass with a wedge of lemon or other garnish and enjoy.
- Cook a roast in advance. Weigh the whole roast in 100 grams raw increments then divide the roast into individual servings at the end of the cooking process.
- Use small amounts of garlic or onion powder as a slight thickening agent for dressings and sauces. Check the label to avoid added starches and sugars in any spices.
- Prepare vegetable and fruit servings the day before. Store chopped vegetables and fruits in plastic baggies for meals on the go.
- Store single serving soups, chili, stews in disposable containers for taking to work or a quick meal.
- Take a weekly shopping trip to pick up wonderful, fresh, organic produce at your local farmers market or co-op. If you go to your local Trader Joes or Whole Foods stores, try to buy your veggies as fresh as possible for optimum nutritional value.
- Check out online sites for organic meats and vegetables if you have a difficult time finding them locally. Many of these companies will ship organic produce and meats to your door.
- Look for sales at Whole Foods, Wild oats, Henrys, Costco or local health food stores on organic meats and fish and stock up. Look for items in bulk and freeze what you can't use immediately.
- Grind your own hamburger and chicken breast using a grinder or food processor set to pulse. This allows you to control the fat content of the meat better and allows you to make entrees using ground meats without compromising the fat restrictions of the diet.

- Enjoy the fresh, natural taste of whole foods and spices. Allow your tastes to change and new habits to form. Notice how healthy your body feels when eating natural foods without the processed sugars and additives. Try to eat more fruits and vegetables in your daily diet when you progress to phases three and four of the diet. This will help you to maintain your new weight for life.
- Buy live basil, rosemary, mint, oregano, and parsley plants etc. You can grow your own herb garden for fresh flavors at your fingertips.
- Add spices like ground cinnamon, cocoa and pumpkin pie spice to coffee grounds for naturally flavored brewed coffee.
- Try some of the flavored varieties of liquid stevia for when you want something sweet. Enjoy with fresh fruit, coffee, or tea. Vanilla, dark chocolate, English toffee, peppermint, orange, and other flavors are available. Check your local health food store or shop online for additional flavor options.
- Carry packets of powdered stevia in your bag or pocket when dining out at restaurants. You can use these to flavor your iced tea or make your own homemade lemonade by asking the waiter for a plate of lemon wedges on the side.
- Use cinnamon to spice up your meals or add it to coffee grounds for wonderful flavored coffee. Cinnamon is a healthful spice that is believed to help decrease blood sugar levels. It tastes wonderful with fruits and adds spice to chicken and vegetable dishes.
- Freeze fresh strawberries, grapefruits or oranges to puree with ice and make smoothies for a refreshing treat.
- Freeze ice cube trays with fruit juice or pureed strawberries to add to drinks or recipes as needed.
- Try crock-pot cooking. Add vegetables such as celery, tomatoes, and onion, garlic, and spices etc to a full size roast (weighed in 100 gram increments) or individual chicken breast pieces to cook while you are at work.

- Save the juices from roasting beef, chicken, or crock-pot recipes to make tasty dressings and sauces. Refrigerate, then skim off the fat and prepare delicious sauces or dressings for salad by adding spices and vinegar. You can use these in some of the recipes when it calls for beef or chicken broth. You can also freeze the broth for later use.
- Make bundles of fresh herbs to add to soups or create herb infusions by immersing them in lemon juice or vinegar. You can use these on salads or as a marinade.
- Experiment with unusual flavor combinations so you don't get bored. This cookbook should help and hopefully inspire you to create some of your own recipes.

SALADS AND APPETIZERS

Sweet Japanese Cucumber Salad

Ingredients

1 cucumber sliced/ diced
2 tablespoons apple cider vinegar
1 tablespoon fresh lemon juice
1 tablespoon Bragg's amino acids
1 teaspoon finely minced onion
Cayenne pepper to taste
Stevia to taste

Directions

Mix ingredients together, marinate for 15 minutes or more and serve chilled.
Variations: Marinate cucumbers in Sweet wasabi marinade (page 54)

Makes one serving (1 vegetable)

Cold Curried Chicken Salad

Ingredients

100 grams diced chicken
1 apple diced
Celery diced (optional)
¼ cup water
2 tablespoons lemon juice
1 tablespoon finely minced onion
1 clove of garlic crushed and minced
¼ teaspoon curry powder or to taste
Dash of garlic powder
Dash of onion powder
Dash of cayenne pepper
Dash of cinnamon
Dash of turmeric
Stevia to taste

Directions

In small saucepan lightly sauté chicken in lemon juice until lightly brown, add ¼ cup water and spices. Stir well and simmer over low heat until liquid reduces to form a sauce and chicken is cooked well. Add water as needed to create the consistency you want. Chill, add chopped apple and celery or omit the celery and serve over a green salad.

Makes 1 serving (1 protein, 1 vegetable, 1 fruit)

Lobster Salad

Ingredients

100 grams lobster tail diced
Celery, sliced steamed fennel bulb, or tomatoes (optional)
1 tablespoon lemon juice
1 teaspoon apple cider vinegar
Pinch of chopped green onion
Pinch of tarragon
Salt and black pepper to taste
Stevia to taste

Directions

Mix lobster, liquid ingredients and spices together and serve over a salad, arugula greens, or with another vegetable.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Stir in 1-2 tablespoons mayonnaise or sour cream. You can also add any kind of fresh fruit like grapes, diced apple, or top with stevia caramelized pear slices. Add a small amount of chopped walnuts, almonds, or pine nuts for added crunch.

Spicy Crab Salad

Ingredients

100 grams crab
Celery diced (optional)

1 tablespoon lemon juice
2 teaspoons apple cider vinegar
1 tablespoon Bragg's liquid aminos
1 tablespoon finely minced red onion
Dash of garlic powder
Dash of onion powder
Cayenne pepper to taste
Salt and black pepper to taste
You may substitute 1 teaspoon of Old Bay seasoning for the powdered ingredients.

Directions

Steam the crab and chop into medium chunks. Toss with onions, spices, and liquid ingredients. Marinate for 15 minutes or more and serve over mixed green salad or add diced celery.

Makes one serving (1 protein, 1 vegetable)

Shrimp Cocktail

Ingredients

100 grams raw shrimp (approximately 10-12 medium shrimp steamed)

Cocktail sauce

3 ounces tomato paste
2 tablespoons lemon juice
1 tablespoon apple cider vinegar
1 teaspoon hot sauce
1/8 teaspoon of horseradish or to taste
Dash of mustard powder
Stevia to taste
Salt and pepper to taste
Water as needed for desired consistency

Directions

Mix tomato paste, vinegar, horseradish, lemon juice and spices together and allow spices to marinate and dipping sauce to chill. Add additional water as

needed to create desired consistency. Steam the shrimp until pink and well cooked. Chill shrimp for 30 minutes in the refrigerator and serve with cocktail dipping sauce.

Makes 1 serving (1 protein, 1 vegetable)

Chilled Garlic Refrigerator Pickles

Ingredients

One medium cucumber sliced into rounds
4 cloves of garlic in thin slices
¼- ½ cup apple cider vinegar
3 tablespoons lemon juice
Salt

Directions

Mix liquid ingredients together. Salt cucumber slices well. Pack cucumber slices tightly into a small glass canning jar layering garlic slices in between layers. Pour apple cider vinegar and lemon juice into container until liquid covers the slices. Refrigerate overnight. Pickles can be refrigerated for up to 4 days. Or marinate cucumber slices in salt, vinegar and garlic then use a pickle press or weighted plate to press out excess liquid.

Makes 1-2 servings (1 vegetable)

Orange Cabbage Salad with Chicken

Ingredients

100 grams of chicken
½ head of any kind of cabbage
One orange (3 tablespoons of juice and remaining orange sliced or in segments)
1 tablespoon apple cider vinegar
2 tablespoons lemon juice
1 tablespoon Bragg's liquid aminos
Pinch of fresh or powdered ginger
Dash of cayenne (optional)
Stevia to taste (optional)
Salt and fresh black pepper to taste

Directions

Marinate strips or chunks of chicken in apple cider vinegar, lemon juice and spices. Cook thoroughly browning slightly. Prepare dressing with 3 tablespoons of orange juice, Bragg's, stevia, black pepper, salt and cayenne. You may add extra apple cider vinegar if desired. Shred cabbage into coleslaw consistency and toss lightly with dressing. Allow to marinate for at least 20 minutes or overnight. Top with chicken and orange slices.

Makes one serving (1 vegetable, 1 protein, 1 fruit)

Phase 3 modifications: Add a drizzle of olive or sesame oil, top with sliced almonds or sesame seeds.

Cold Asparagus Salad

Ingredients

Asparagus spears
3 tablespoons lemon juice
Fresh chopped mint leaves or parsley
2 tablespoons caper juice
1 tablespoon finely minced red onion
Salt and pepper to taste

Directions

Lightly steam the asparagus until tender. Marinate in juices and spices for at least 30 minutes and enjoy. Variations: Toss with the marinade of your choice for flavor variety.

Makes one serving (1 vegetable)

Phase 3 modifications: Add olive oil or drizzle with melted butter.

Red Cabbage Salad

Ingredients

½ head of red cabbage
¼ cup apple cider vinegar

3 tablespoons Bragg's liquid aminos
3 tablespoons lemon juice
¼ teaspoon onion powder
¼ teaspoon garlic powder
1 clove finely minced garlic
1 tablespoon finely minced onion
Cayenne pepper to taste
Stevia to taste
Salt and black pepper to taste

Directions

Combine spices with liquid ingredients. Coat cabbage thoroughly with dressing and marinate for 1-2 hours or over night to blend flavors.

Makes 1-2 servings (1 vegetable)

Phase 3 modifications: Add olive oil or flax seed oil. Toss with crumbled bacon or gorgonzola cheese.

Cucumber Orange Salad

Ingredients

1 cucumber sliced
Orange slices (1 orange)
Orange juice from 3 segments
1 tablespoon lemon juice
1 teaspoon apple cider vinegar (try tarragon garlic infusion page 58)
1 teaspoon fresh tarragon minced
1 tablespoon red onion minced
Salt and pepper to taste
Stevia to taste
Chopped fresh mint leaves (optional)

Directions

Combine apple cider vinegar, stevia, onion, and spices and mix well. Add cucumber and orange slices, tarragon, salt, and pepper to taste. Marinate for 30 minutes. Garnish with fresh mint leaves.

Makes one serving (1 vegetable, 1 fruit)

Phase 3 modifications: Drizzle with hazelnut oil, top with toasted pine nuts.

Coleslaw/Apple slaw

Ingredients

½ head cabbage
1 apple diced (optional)
2 tablespoons lemon juice
1 tablespoon apple cider vinegar
¼ teaspoon garlic powder
Dash of mustard powder
Dash of cinnamon (optional)
Salt and pepper to taste
Stevia to taste

Directions

Slice cabbage in very thin strips. Toss with lemon juice and spices. Allow to marinate for 30 minutes or overnight. Add apples and a 1/8 teaspoon of cinnamon to make an apple slaw.

Makes 1-2 servings (1 vegetable coleslaw) (1 vegetable, 1 fruit apple slaw)

Phase 3 modifications: Add mayonnaise or Greek yogurt for a creamier texture.

Citrus and Fennel Salad

Ingredients

½ grapefruit cut into medium chunks or 1 orange in segments
Fennel bulb steamed
2 tablespoons lemon juice
Chopped mint or cilantro
Stevia to taste

Directions

Slice fennel bulb and cut citrus into chunks. Combine ingredients in a bowl. Mix well and chill.

Makes 1 serving (1 vegetable, 1 fruit)

Phase 3 modifications: Drizzle with olive oil and top with pine nuts

Spicy Thai Cucumber Salad

Ingredients

1 whole cucumber cut julienne style
2 tablespoons Bragg's liquid aminos
2 tablespoons lemon juice
2 tablespoons vegetable broth (optional)
1 tablespoon chopped green onion
1 clove of garlic crushed and minced
1 basil leaf rolled and sliced
1 teaspoon cilantro leaves chopped
1/8 teaspoon red chili flakes
Salt and pepper to taste
Stevia to taste

Directions

Chop up cucumber in julienne strips. Mix liquid ingredients with the garlic, onion, fresh herbs and chili flakes. Mix in cucumbers and coat thoroughly with spice mixture. Allow to marinate for 10 minutes or overnight.

Makes 1-2 servings (1 vegetable)

Phase 3 modifications: Add a little sesame oil or chili oil. Add chopped bell pepper or other vegetables. Top with a tablespoon of crushed peanuts.

Crunchy Sweet Apple Chicken Salad

Ingredients

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.

Curried Celery Salad

Ingredients

Celery stalks diced
2 tablespoons Bragg's liquid aminos
3 tablespoons lemon juice
1 tablespoon apple cider vinegar
1 tablespoon chopped green onions
Curry to taste
Stevia to taste

Directions

Add spices to liquid ingredients and mix thoroughly. Coat celery thoroughly and allow flavors to marinate for 20-30 minutes and serve. Variations: Add chopped tomatoes (used as a fruit serving)

Makes 1 serving (1 vegetable)

Cerviche

Ingredients

100 grams chilled cooked white fish or shrimp
3 tablespoons lemon or lime juice
Diced tomatoes
1 tablespoon chopped onion
1 clove garlic crushed and minced
Fresh chopped cilantro
Dash hot sauce
Salt and pepper to taste

Directions

Steam the shrimp or fish. Add lemon, onion, garlic and chopped cilantro. Stir in diced tomatoes and hot sauce. Chill and marinate the ingredients in the refrigerator. Traditionally cerviche is not cooked. The citric acids “cook” the fish. This is an alternative to cooking the shrimp or fish.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Add diced jalapeno, add additional types of seafood. Serve over cream cheese for a vegetable dip. For a sweeter cerviche try adding a little fresh fruit.

Cold Fennel Salad

Ingredients

Fennel bulb steamed and diced
2 tablespoons lemon juice
1 teaspoon apple cider vinegar (optional)
1 teaspoon minced red onion
Dash of turmeric
Salt and pepper to taste
Stevia to taste
Chopped fresh mint leaves (optional)

Directions

Steam fennel until bulb is tender, Marinate Fennel in vinegar and spices or any marinade and chill until ready to serve. Serve with appropriate fruit or lemon juice. Add salt and pepper to taste. Works well with chopped apple or slices of orange. (Only use the orange if you marinated with orange juice, remember not to mix fruits)

Makes 1 serving (1 serving vegetable)

Cucumber and Strawberry Salad

Ingredients

1 whole cucumber
Sliced strawberries
1 serving strawberry vinaigrette (page 45)
Fresh ground white pepper
Stevia to taste

Directions

Slice strawberries and cucumber. Toss with strawberries, dressing, stevia and pepper to taste. Allow to marinate for at least 10 minutes.

Makes 1-2 servings (1 vegetable, 1 fruit)

Chinese Chicken Salad

Ingredients

100 grams chicken breast
Cabbage
3 tablespoons Bragg's liquid aminos
1 tablespoon apple cider vinegar
1 tablespoon minced green onion
1 clove of garlic crushed and minced
Fresh grated ginger or a dash of powdered
Pinch of red pepper flakes
Stevia to taste
Salt and pepper to taste

Directions

Brown the chicken with lemon juice, 1 tablespoon Bragg's, garlic, and onion. Slice cabbage into fine strips. Steam lightly until cooked. Drain off excess liquid. Add chicken, ginger, salt and pepper and chill. Sprinkle with additional Bragg's

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Drizzle with sesame oil. Add additional vegetables such as bell pepper and mushrooms. Sprinkle with toasted almonds or sesame seeds.

Asparagus and Apple Salad

Ingredients

6-8 stalks of asparagus chopped
1 apple diced
4 tablespoons lemon juice and water as needed
¼ teaspoon garam masala or cinnamon
1 tablespoon finely minced onion
Salt and pepper to taste
Stevia to taste

Directions

Marinate asparagus in vinaigrette for 10 minutes or so. Lightly sauté asparagus in lemon juice until just lightly cooked. Toss with finely chopped onion, apple, and spices. Add salt, pepper, and stevia to taste. Chill in refrigerator for 10 minutes and serve as a salad or hot as a side dish.

Makes 1 serving (vegetable, 1 fruit)

Arugula Salad with Chicken and Fruit

Ingredients

100 grams of chicken
2 or more cups of arugula greens
Your choice of apple, orange, strawberry or grapefruit slices

Dressing made from your choice of compatible fruit
1 tablespoon chopped red onion
Salt and pepper to taste

Directions

Cook chicken with a little lemon juice and water until slightly browned.
Prepare and wash arugala. Lay chicken slices on top of arugala salad and top with fruit and a dressing made from your fruit of choice. Examples: Strawberry vinaigrette, grapefruit vinaigrette, spicy orange dressing etc. See recipes for dressings, sauces, and marinades.

Makes 1 serving (1 protein, 1 vegetable, 1 fruit)

Horseradish Slaw

Ingredients

Finely chopped cabbage
¼ cup apple cider vinegar
3 tablespoons broth (beef, vegetable, or chicken)
1-2 tablespoons Bragg's liquid aminos
1 tablespoon lemon juice
1 tablespoon minced red onion
¼ teaspoon horseradish or to taste
Pinch of celery seeds
Salt and black pepper to taste

Directions

Chop up cabbage finely. Discard any tough parts of the cabbage. In a small bowl combine the liquid ingredients, horseradish and spices. Toss dressing mixture with cabbage. Allow to marinate for at least an hour or over night.

Makes 1-2 servings (1 vegetable)

Phase 3 modifications: Add ¼ cup mayonnaise. Omit the lemon juice and vinegar.

Melba Toast with Strawberry Jam

Ingredients

1 Melba toast
Strawberries
Stevia to taste

Directions

Puree fresh strawberries with stevia and serve on top of allowed Melba toast or sprinkle crushed Melba toast over strawberry puree for a wonderful crunchy texture. Variations: add a little vanilla powder or cinnamon to the crushed Melba toast for additional flavor.

Makes 1 serving (1 Melba toast, 1 fruit)

Melba Toast Croutons

Cinnamon

Ingredients

1 serving Melba toast
Lemon juice
Pinch of cinnamon
Nutmeg
Powdered stevia

Garlic

Ingredients

1 serving Melba toast
Lemon juice
Pinch of garlic powder
Pinch of onion powder
Paprika
Salt and pepper to taste

Directions

Sprinkle the Melba toast with lemon juice and spices and bake for 5 minutes in a 350 degree oven or dust dry with your choice of spices.

Makes 1 serving (1 Melba toast)

Melba Toast with Spicy Cucumber

Ingredients

1 Melba toast
2-3 slices of cucumber
1 tablespoon apple cider vinegar
Pinch of minced red onion
Pinch of onion and garlic powder to taste
Dash of cayenne or chili pepper
Salt and pepper to taste

Directions

Combine spices with apple cider vinegar. Marinate cucumber slices in spice mixture. Top Melba toast with cucumber and sprinkle with onion. Save additional cucumber for an additional snack. Variations: sprinkle the crumbs on top of a cucumber salad.

Makes 1 serving (1 Melba toast, 1 vegetable)

Chicken Salad with Celery Sticks

Ingredients

100 grams of chicken
Celery
2 tablespoons Bragg's liquid aminos
1 tablespoon lemon juice
1 teaspoon apple cider vinegar
¼ teaspoon organic poultry seasoning (Such as Simply Organics)
1 tablespoon minced onion
Salt and pepper to taste

Directions

Cook chicken in a little water or chicken broth. Finely chop all ingredients. Mix with spices and additional liquid ingredients. Serve with celery sticks or mix in diced celery and your choice of dressing or dipping sauce.

Makes 1 serving (1 protein, 1 vegetable)

DRESSINGS, SAUCES, AND MARINADES

Strawberry Vinaigrette (enjoy with arugula salad)

Ingredients

Strawberries
1 tablespoon apple cider vinegar
1 tablespoon lemon juice
Stevia to taste
Dash of salt
Dash of cayenne (optional)
Fresh ground black pepper to taste
Stevia to taste

Directions

Combine all ingredients in food processor. Puree until smooth. Pour over fresh arugula or green salad. Garnish with sliced strawberries and freshly ground black pepper. Variations: use as a marinade or sauce for chicken.

Makes 1 serving (1 fruit)

Savory Dill Dressing/Marinade

Ingredients

Fresh dill minced
2 tablespoons lemon juice
2 tablespoons apple cider vinegar
2 tablespoons chicken or vegetable broth
½ teaspoon Old Bay seasoning mix
Salt and pepper to taste

Directions

Combine ingredients, allow the flavors to marinate for 30 minutes or more and serve as a marinade for fish or a dressing for vegetables or salad. For use as a marinade, double or triple the recipe as needed.

Makes 1 serving

Orange Tarragon Marinade for Chicken or Fish

Ingredients

¼ cup chicken or vegetable broth
2 tablespoons apple cider vinegar (tarragon vinegar infusion page 46)
½ orange juiced
1 clove of garlic crushed and minced
1 teaspoon fresh tarragon chopped
¼ teaspoon onion powder
Salt and pepper to taste

Directions

Combine liquid ingredients with spices and cook on low heat for 3 minutes. Remove from heat and cool. Marinate chicken or fish for 20 minutes or more. Cook chicken or fish in remaining marinade. Deglaze the pan periodically with a little water. Save the sauce and add apple cider vinegar to make additional dressing for a salad. Serve over a mixed green salad or with other vegetable.

Makes 1 serving (1 fruit)

Tarragon Vinegar Infusion

Ingredients

¼ cup apple cider vinegar
Fresh tarragon

Directions

Combine vinegar with fresh tarragon in a lidded jar. Crush or roll the tarragon slightly to release the flavor. Allow flavors to infuse into the vinegar overnight or up to a week. Use as a marinade for fish or as the base for a dressing. Add salt and pepper to taste.

Makes multiple servings

Citrus Ginger Dressing/Marinade

Ingredients

1 tablespoon lemon juice
2 tablespoons orange juice
1 teaspoon apple cider vinegar
1 tablespoon Bragg's liquid aminos
Ginger fresh or ground to taste
Salt and fresh black pepper to taste
Stevia to taste

Directions

Combine spices with liquid ingredients. Enjoy over salad or double the recipe for use as a marinade. Warm slightly to enhance the flavors.

Makes 1-2 serving (1 fruit) Serve with additional orange slices to complete a fruit serving

Teriyaki Sauce

Ingredients

½ cup beef or chicken broth (Depending on your protein choice)
¼ cup Bragg's liquid aminos
2 tablespoons apple cider vinegar
Orange juice (Juice from 3 segments)
¼ cup lemon juice
1 tablespoon finely minced onion
1 teaspoon garlic powder
1 teaspoon onion powder
½ teaspoon powdered ginger or grated fresh ginger
1 clove finely minced garlic
Lemon and/or orange zest to taste
Stevia to taste

Directions

Combine all ingredients in a small saucepan and bring to a boil. Reduce heat and simmer for 20 minutes or until liquid is reduced. The longer you simmer the richer the flavors. As the liquid reduces, deglaze the pan with a little water or broth to intensify the flavors. Enjoy as a glaze or sauce with chicken or beef.

Makes 1-2 servings (1 fruit)

Horseradish Marinade/Dipping Sauce

Ingredients

¼ cup beef broth
1 teaspoon of horseradish or to taste
½ teaspoon garlic powder
¼ teaspoon paprika

Directions

Whisk the ingredients together and heat the sauce in a small saucepan. Pour into dipping bowl or use as a sauce or marinade and enjoy with beef dishes.

Makes 1-2 servings

Ketchup

Ingredients

3 ounces tomato paste
3 tablespoons apple cider vinegar
1 tablespoon lemon juice
¼ teaspoon celery salt
½ teaspoon paprika
¼ teaspoon mustard powder
Pinch of nutmeg and clove
Pinch of black pepper
¼ teaspoon onion powder
¼ teaspoon garlic powder
Stevia or to taste

Directions

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)

Marinara Sauce

Ingredients

4 large tomatoes or as many as you want if you wish to increase the recipe
1 cup chicken or vegetable broth
1 6 ounce can tomato paste
1 tablespoon dried basil or fresh rolled and chopped basil to taste
2 tablespoons minced onion
2 cloves of garlic crushed and minced
1 teaspoon dried oregano
Salt and pepper to taste
Cayenne pepper to taste
Pinch of marjoram

Directions

Chop tomatoes or puree in a food processor for a smoother texture, add spices and heat in a saucepan. Allow to slow cook for 30 minutes to an hour. Allow the liquid to reduce or add additional water to achieve desired consistency.

Makes 2 or more servings (1 vegetable)

Tomato Picante Dressing

Ingredients

1 medium tomato chopped
1 8 ounce can tomato sauce
1 clove garlic crushed and chopped
1 teaspoon mustard powder
2 tablespoons lemon juice

½ teaspoon ground cumin
½ teaspoon chili powder
Pinch cayenne pepper
Salt and black pepper to taste
Apple cider vinegar to taste

Directions

Put tomato and garlic into food processor and puree. Add mustard, lemon juice, cumin, chili powder, cayenne, and salt and tomato sauce. Blend until smooth. Transfer to a jar and refrigerate. Stir before using.

Makes 2-4 servings (1 vegetable)

Homemade Mustard

Ingredients

2 tablespoons ground mustard powder
1 tablespoon garlic powder
1 tablespoon onion powder
½ teaspoon ground ginger
½ teaspoon grated horseradish (optional)
½ cup apple cider vinegar
¼ cup water
1 tablespoon lemon juice
Stevia to taste

Directions

Mix ingredients together thoroughly, heat in a saucepan for 2-3 minutes. Pack warm mustard into a jar and top with lemon juice. Mustard will last up to two weeks in the refrigerator. Add water as needed for consistency.

Makes 1-2 servings

Grapefruit Vinaigrette

Ingredients

Juice of 3 segments of grapefruit
1 tablespoon lemon juice

1 teaspoon apple cider vinegar (optional)
Stevia to taste

Directions

Combine juices and vinegar together. Add stevia to taste. Pour over mixed green salad and top with remaining grapefruit segments. Use as a marinade for fish, shrimp or chicken. Add salt and fresh ground pepper.

Makes 1-2 servings (1 fruit)

Tomato Basil Vinaigrette

Ingredients

3 tablespoons tomato paste
3 tablespoons apple cider vinegar
2 tablespoons lemon juice
¼ cup water, chicken or vegetable broth
1 tablespoon minced onion
½ teaspoon garlic powder
½ teaspoon onion powder
1 teaspoon dried basil or fresh rolled and sliced basil leaves to taste
1/8 teaspoon oregano
Cayenne pepper to taste
Stevia to taste

Directions

Combine ingredients in a small saucepan and heat slightly to a boil. Adjust liquid to desired consistency by adding a little more water or broth. Remove from heat and chill. Enjoy over salad with fresh ground black pepper.

Makes 2-3 servings (1 vegetable)

Italian Vinaigrette

Ingredients

½ cup chicken or vegetable broth

2 tablespoon apple cider vinegar
2 tablespoons lemon juice
1 teaspoon organic Italian herb spice blend
2 tablespoons finely minced onion
½ teaspoon garlic powder
½ teaspoon onion powder

Directions

Combine ingredients in small saucepan. Simmer on low heat for 5 minutes to combine flavors. Remove from heat, chill, and serve as a dressing or use as a marinade.

Makes 2 or more servings

Phase 3 modifications: Add olive oil or omit the lemon juice and stir in sour cream or mayonnaise to make creamy Italian dressing.

Hot Cajun Dressing/Dipping Sauce

Ingredients

3 tablespoons apple cider vinegar
1 tablespoon lemon juice
Dash of garlic powder
Dash of onion powder
Cayenne pepper to taste
Salt and black pepper to taste
¼ teaspoon Old Bay seasoning mix (optional)
Stevia (optional)

Directions

Combine ingredients in small bowl and pour over salad. You can also serve this as a dipping sauce or marinade for vegetables or fish.

Makes 1-2 servings

Salsa

Ingredients

1 cup fresh chopped tomato
3 tablespoons lemon juice
1 tablespoon apple cider vinegar (optional)
2 cloves garlic crushed and minced
2 tablespoons finely chopped onion
¼ teaspoon chili powder
¼ teaspoon fresh or dried oregano
Cayenne pepper to taste
Fresh chopped cilantro
Salt and pepper to taste

Directions

Puree ingredients in food processor for smooth salsa or chop ingredients by hand for chunkier salsa. Add spices and chill in the refrigerator for 10 minutes or more to allow flavors to blend.

Makes 1-2 serving (1 vegetable)

Phase 3 modifications: Add chopped jalapeno or chipotle peppers. Mix with avocado to make guacamole. Serve salsa over a block of cream cheese as a dip for vegetables.

Barbeque Sauce

Ingredients

3 ounces tomato paste
¼ cup apple cider vinegar
3 tablespoons lemon juice
1 tablespoon hot sauce
1 tablespoon minced onion
3 cloves garlic crushed and minced
¼ teaspoon chili powder
Liquid smoke hickory flavoring to taste
½ teaspoon Worcestershire sauce

½ teaspoon garlic powder
½ teaspoon onion powder
1 teaspoon chopped parsley
Stevia to taste (Try a touch of dark chocolate liquid stevia for added flavor)
Cayenne pepper to taste
Salt and pepper to taste
Water as needed to achieve desired consistency

Directions

In a small saucepan, combine all ingredients. Mix well and bring to a boil. Reduce heat and simmer for at least 5 minutes adding a little water to achieve desired consistency and to make sure it doesn't burn. Use as a barbeque sauce for chicken or beef.

Makes 1-2 servings (1 vegetable)

Marinated Apple Relish

Ingredients

1 apple finely minced
1 stalk of celery minced (optional)
2 tablespoons apple cider vinegar
2 tablespoons lemon juice
1 teaspoon minced red onion
Dash of Worcestershire sauce
Salt and pepper to taste
Stevia to taste

Directions

Mix apples and celery together. Dissolve spices into liquid ingredients and pour over the apple mixture. Mix well and allow ingredients to marinate for 30 minutes or longer to allow flavors to blend.

Makes 1 serving (1 fruit, 1 vegetable)

Sweet Wasabi Dipping Sauce/Marinade

Ingredients

¼ teaspoon wasabi powder or to taste (Japanese horseradish)
2 or more tablespoons Bragg's liquid aminos
1 tablespoon lemon juice
Stevia to taste

Directions

Mix wasabi into Bragg's and add lemon juice and stevia to taste.

Makes 1 serving

Sweet Orange Dressing/Marinade

Ingredients

Juice of 3 orange juice segments
2 tablespoons lemon juice
1 teaspoon apple cider vinegar (optional)
¼ teaspoon ginger powder
Pinch of turmeric
Pinch of orange zest
Stevia to taste

Directions

Dissolve spices and stevia in juice mixture. Heat the dressing slightly in a saucepan then chill until ready to use. You may double the recipe for a marinade. Serve with remaining orange slices.

Makes 1 serving (1 fruit)

French Dressing

Ingredients

¼ cup beef broth

2 tablespoons apple cider vinegar
2 tablespoons lemon juice
1 clove garlic crushed and minced
¼ teaspoon horseradish or to taste
½ teaspoon paprika
1/8 teaspoon mustard powder
Cayenne pepper to taste
Stevia to taste

Directions

Dissolve spices in broth, vinegar and lemon juice. Mix well and heat slightly in small saucepan. Chill and serve over mixed greens or vegetables.

Makes 2 servings

Sweet and Spicy Mustard Dressing

Ingredients

2 tablespoons homemade mustard recipe (page 50)
2 tablespoons apple cider vinegar
2 tablespoons lemon juice
1 tablespoon Bragg's liquid aminos
Pinch of turmeric
1 clove garlic finely minced
1 tablespoon minced onion
Stevia to taste
Water to desired consistency

Directions

Dissolve spices in liquid ingredients. Mix thoroughly and heat slightly in a saucepan. Add a little water or extra vinegar to create desired consistency.

Makes 1-2 servings

Lemon Pepper Marinade

Ingredients

4 tablespoons lemon juice
3 tablespoons chicken or vegetable broth
Salt and black pepper to taste
Stevia to taste (optional)

Directions

Mix ingredients together. Marinate protein for 20 or more minutes.

Makes 1-2 servings

Spicy Orange Sauce

Ingredients

½ orange rolled and slightly juiced with rind
½ lemon slightly juiced and with rind
½ cup water
1 tablespoon minced green onion
1 clove crushed garlic
¼ teaspoon ginger powder
¼ teaspoon garlic powder
Pinch of orange and lemon zest
Pinch of cayenne pepper
Stevia to taste

Directions

In a small saucepan add slightly juiced orange with rind and ½ lemon with rind to water. Bring to a boil, reduce heat and simmer adding water as needed. Simmer until the pulp comes out of the rinds. Scrape out the pulp and discard the rinds. Continue stirring and reducing down the liquid by half until desired consistency is reached. Add onion, stevia and spices. Add chicken, white fish or beef and sauté or pour spicy orange sauce over desired cooked protein. Serve with remaining orange slices for garnish.

Makes 1-2 servings (1 fruit)

Tarragon and Garlic Infusion/Marinade

Ingredients

2-3 sprigs of fresh tarragon
½ cup of apple cider vinegar
2 tablespoons lemon juice
2 cloves of garlic crushed and minced
1 tablespoon diced onion
1 teaspoon salt
Fresh ground black or white pepper

Directions

Pour vinegar and lemon juice into a lidded jar. Add sprigs of tarragon, garlic, onion, and spices. Marinate overnight or up to a week. Enjoy with fish, chicken, or as a marinade or dressing.

Makes 1-2 servings

SOUPS

Tomato Basil Soup

Ingredients

2 cups chicken or vegetable broth (or substitute 1 cup water for 1 cup broth)
2 cups chopped fresh tomatoes
3 ounces of tomato paste
4-6 leaves of fresh basil rolled and sliced
1-2 cloves garlic crushed and minced
2 tablespoons chopped onion
1 teaspoon garlic powder
¼ teaspoon dried oregano
Pinch of marjoram
Salt and black pepper to taste

Directions

Puree all ingredients in a food processor or blender. Pour into a saucepan and heat to a boil. Reduce heat and simmer for 20 to 30 minutes. Serve hot, garnish with fresh basil leaves or parsley.

Makes 2 servings (1 vegetable)

Chicken Meatball Soup

Ingredients

Meatballs

100 grams ground chicken breast
1 teaspoon minced onion
1 clove garlic crushed and minced
Pinch of sage
Pinch of marjoram
Pinch of thyme
Dash of onion powder

Dash of garlic powder
1 serving Melba toast crumbs (optional)

Broth

2 cups chicken broth (or substitute 1 cup water for 1 cup broth)
2 tablespoons Bragg's liquid aminos
1 tablespoon apple cider vinegar
Chopped celery or tomato
1 tablespoon chopped onion
2 cloves garlic crushed and minced
1 bay leaf
Cayenne pepper to taste
Salt and pepper to taste

Directions

Combine ground chicken breast with spices, chopped garlic, onion, and crushed Melba toast. Form into balls. Bring broth to a boil; add spices, vinegar, Bragg's liquid aminos, and chicken balls. Reduce to a simmer and cook a minimum of 30 minutes adding the celery or tomato the last 5-10 minutes of cooking.

Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)

Chicken and Cabbage Soup (substitute beef and beef broth)

Ingredients

100 grams chicken
Cabbage
2 cups chicken broth (or substitute 1 cup water for 1 cup broth)
2 tablespoons Bragg's amino acids (optional)
2 cloves garlic crushed and minced
1 tablespoon chopped onion
¼ teaspoon thyme
¼ teaspoon rosemary
Cayenne to taste
Salt and pepper to taste

Directions

Combine chicken and spices in medium saucepan. Bring broth to a boil. Add cabbage. Reduce heat and simmer for a minimum of 30 minutes. Add additional water to broth as needed. Variations: change the spices and add fresh tarragon or turmeric. Add a ¼ lemon with rind to the broth and simmer for a rich lemon flavor.

Makes 1 serving (1 protein, 1 vegetable)

Vegetable Beef Soup

Ingredients

100 grams lean beef cubed
Celery, cabbage, or tomato diced
2 cups beef or vegetable broth (or substitute 1 cup water for 1 cup of broth)
1 tablespoon onion chopped
1 clove garlic crushed and minced
1 bay leaf
1/8 teaspoon dried basil
1/8 teaspoon fresh or dried oregano
Pinch of thyme
Pinch of paprika
Pinch of chili powder
Salt and pepper to taste

Directions

Combine onion, garlic and spices with beef broth. Add celery and diced beef. Simmer for 20-30 minutes. Add tomatoes and simmer for an additional 5 minutes.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Add additional vegetables such as zucchini, bell peppers or a small amount of chopped carrots.

Savory Chicken Soup

Ingredients

100 grams chicken breast cubed
1-2 cups chopped celery or tomatoes
2 cups chicken broth (or substitute 1 cup water for 1 cup of broth)
1 tablespoon minced onion
2 cloves garlic crushed and sliced
1 bay leaf
½ teaspoon organic poultry spice blend
Cayenne pepper to taste
Salt and black pepper to taste

Directions

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 cabbage are tender and fully cooked. Serve hot. Sprinkle with chives or parsley if desired.

Makes 1 serving (1 protein, 1 vegetable)

Thai Beef Soup

Ingredients

100 grams beef
Celery
2 cups beef or vegetable broth (or substitute 1 cup water for 1 cup broth)
3 tablespoons Bragg's liquid aminos
1 tablespoon chopped green onion
1 clove of garlic crushed and minced
Fresh cilantro
½ teaspoon fresh grated ginger
1/8 teaspoon chili powder or red pepper flakes
1 bay leaf
Pinch of cinnamon
Stevia to taste
Salt and pepper to taste

Directions

Heat up broth. Add dry spices, bay leaf, Bragg's, garlic and onion and bring to a boil. Reduce heat and simmer for 5 minutes. Add beef and celery and cook for 20 to 30 minutes until soft. Add salt, pepper, and stevia. Garnish with fresh chopped cilantro.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Add chili or sesame oil and a few bean sprouts to the soup. Top with fresh sliced mushrooms.

Homemade Chicken Broth

Ingredients

3 large chicken breasts
10 or more cups of water
½ large onion chopped
4 stalks of celery chopped
5 cloves of garlic sliced
1 bay leaf
Salt and pepper to taste

Directions

In a large soup pot or crock pot combine chicken and 10 or more cups of water. Water should slightly cover the chicken. Add celery and spices. Heat to a boil then reduce heat to simmer. Allow to slow cook for 4 hours. Remove vegetables and chicken from broth. Refrigerate stock and skim off the chicken fat. Put through a strainer for a clear broth. Save the chicken and make chicken salad (page 43) or add to soups.

Makes multiple servings

Homemade Vegetable Broth

Ingredients

10 or more cups of water
½ large onion chopped

6-10 stalks celery
10 cloves of garlic chopped
2 bay leaves
1 teaspoon paprika
1 teaspoon garlic powder
1 teaspoon basil
1 teaspoon of thyme
Salt and pepper to taste

Directions

Bring water to a boil in a large soup pot or crock-pot. Add vegetables and spices. Slow cook for 2-4 hours. Strain out vegetables and cool. Use as a base for soups.

Makes multiple servings

Fennel Soup

Ingredients

Fennel bulbs chopped
2 cups chicken or vegetable broth (or substitute 1 cup water for 1 cup broth)
1 tablespoon finely minced onion
¼ teaspoon allspice seasoning blend
Salt and pepper to taste

Directions

Add chopped fennel bulbs, spices, and minced onion to vegetable broth. Heat in small saucepan and simmer for 20 minutes. Add lemon with rind to the broth if desired. Serve warm with chopped sprigs of fennel for garnish.

Makes 1 serving (1 vegetable)

Phase 3 modifications: Add half and half or cream.

Celery Soup

Ingredients

Celery (may use celery from crock pot cooking or 1 baked celery recipe)

2 cups chicken broth (or substitute 1 cup water for 1 cup broth)
¼ teaspoon thyme
1 bay leaf
¼ teaspoon dried basil
Salt and pepper to taste

Directions

Cook celery until very soft or use crock-pot or vegetable broth cooked celery. Puree in a food processor or blender with broth and spices. Simmer in a saucepan for 20-30 minutes.

Makes 1 serving (1 vegetable)

Chili

Ingredients

100 grams lean ground beef (less than 7% fat)
1 cup chopped tomatoes
½ cup water
1 tablespoon minced onion
2 cloves garlic crushed and minced
Pinch of garlic powder
Pinch of onion powder
¼ teaspoon chili powder
Pinch of oregano
Cayenne pepper to taste (optional)
Salt and pepper to taste

Directions

Brown ground beef in small frying pan, add onions and garlic. Stir in tomatoes and water. Add spices and simmer slowly until liquid is reduced. The longer it cooks the more tender and flavorful. Add a little water as needed to prevent burning. Serve with chopped green onion or tomato garnish and salt and pepper to taste.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Top with cheddar cheese and a dollop of sour cream.

Lemony Spinach and Chicken Soup

Ingredients

100 grams chicken
2 cups chicken broth (or substitute 1 cup water for 1 cup broth)
½ lemon with rind
1-2 cup cups loosely packed spinach cut into strips
1 tablespoon onion chopped
1 clove garlic crushed and minced
1 stalk lemongrass (optional)
¼ teaspoon thyme or to taste
Cayenne pepper to taste
Salt and pepper to taste

Directions

Lightly brown the chicken in small saucepan with a little lemon juice. Add the onion, garlic, spices and chicken broth. Add lemon with rind and simmer for 20-30 minutes. Add the fresh spinach during the last five minutes of cooking. Serve and enjoy.

Makes 1 serving (1 protein, 1 vegetable)

Asparagus Soup

Ingredients

4-5 stalks asparagus
2 cups chicken or vegetable broth (or substitute 1 cup water for 1 cup broth)
3 tablespoons Bragg's liquid aminos
2 tablespoons chopped onion
¼ teaspoon thyme
¼ teaspoon garlic powder
¼ teaspoon onion powder
1 bay leaf
1 tablespoon milk (optional)
Salt and pepper to taste
Old Bay seasoning to taste

Directions

Trim asparagus to remove the tough ends of the stalk and steam until soft. Puree asparagus with broth and spices in a blender or food processor. Heat soup in a saucepan and enjoy. Add 100 grams diced chicken if desired. You can replace dried spices with 1-2 teaspoons of Old Bay seasoning if you wish.

Makes 1 serving (1 vegetable)

Phase 3 modifications: Sauté the onion in a little butter, add sliced mushrooms, cheddar cheese and cream or half and half to the soup.

Hot and Sour Chicken Soup

Ingredients

100 grams chicken breast diced
1 cup chicken broth
1 cup water
4 tablespoons apple cider vinegar
4 tablespoons Bragg's liquid aminos
½ lemon in quarters with rind
1 clove garlic crushed and minced
2 tablespoons minced onion
Cayenne pepper to taste
Pinch of chili powder or red chili flakes
Salt and pepper to taste
Stevia to taste (optional)

Directions

Boil lemon wedges with rind in 1 cup of water until pulp comes out of the rind. Scrape out additional pulp and juice. Add the diced chicken, spices and chicken broth. Simmer until cooked. Variation: You can add orange juice as an option and your choice of approved vegetable or substitute shrimp for chicken.

Makes 1 serving (1 protein)

Phase 3 modifications: Add a small amount of fresh pineapple juice. Add vegetables such as zucchini, cauliflower, small amount of carrots etc. Add a little chili oil or paste to the soup for added heat and flavor.

Creole Gumbo (enjoy with shrimp or chicken)

Ingredients

100 grams shrimp or 1 chicken sausage recipe (page 88)
2 cups vegetable broth (or substitute 1 cup water for 1 cup broth)
Tomatoes chopped
3 tablespoons tomato paste
2 tablespoons green or white onion
2 cloves of garlic crushed and minced
3 tablespoons apple cider vinegar
Dash of Worcestershire sauce
Cayenne pepper to taste
Salt and pepper to taste
Liquid smoke hickory smoke flavoring to taste

Directions

Fry up shrimp or chicken sausage in a saucepan with onions. Add tomato paste, tomatoes, and broth. Mix well. Add the spices and vinegar. Simmer for 20-30 minutes. Serve hot and garnish with fresh parsley.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Add additional mixed protein ingredients like crab, chicken, and sausage. Add additional vegetables such as okra, celery, and bell pepper. Enjoy with a dollop of sour cream.

Middle Eastern Vegetable Soup

Ingredients

2 cups vegetable broth (or substitute 1 cup water for 1 cup broth)
Tomatoes chopped or celery
8 ounces tomato sauce or 3 ounces tomato paste (omit if celery is used)
1 clove garlic crushed and minced
1 tablespoon onion chopped

1/8 teaspoon ginger
1/4 teaspoon cumin
Salt and black pepper to taste
Fresh parsley, cilantro or mint

Directions

Combine broth, tomato sauce, and paste. Bring to a boil. Reduce heat and add spices. Simmer for 20-30 minutes or until vegetables are tender.

Makes 1 serving (1 vegetable)

Phase 3 modifications: Add string beans, zucchini or other vegetables as desired.

Crab Bisque

Ingredients

100 grams crab meat
1 cup tomatoes chopped
2 cups vegetable broth (or substitute 1 cup water for 1 cup broth)
1 tablespoon onion minced
1 clove garlic crushed and minced
1 teaspoon Old Bay seasoning
1 bay leaf
1 tablespoon milk (optional)
Cayenne pepper to taste
Salt and black pepper to taste

Directions

Puree tomatoes and broth in a food processor or blender. Heat up mixture in a small saucepan. Add the crab and spices and simmer for 20-30 minutes stirring frequently.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Add half and half or cream.

Sweet Strawberry Soup (serve hot or cold)

Ingredients

6-7 medium strawberries
2 tablespoons lemon juice
¼ cup water
Vanilla liquid stevia or powdered vanilla to taste
Dash of cinnamon

Directions

Puree strawberries with spices, lemon juice, water and milk. Heat the strawberry mixture in a small saucepan for 3-5 minutes. Serve hot or chilled with a garnish of mint.

Makes one serving (1 fruit)

Phase 3 modifications: Add 3 tablespoons cream cheese, half and half, or cream. Omit the lemon juice. Top with a sprinkle of chopped roasted nuts or phase 3 chocolate shavings.

Hot and Sour Thai Shrimp Soup

Ingredients

100 grams shrimp
2 cups vegetable broth (or substitute 1 cup water for 1 cup broth)
Juice of ½ lemon with rind
1 lemon grass stalk
2-3 slices of fresh ginger
Red pepper flakes or cayenne pepper
1 tablespoon green onion
1 tablespoon fresh chopped cilantro
Salt and pepper to taste

Directions

Bring the broth to a boil. Add the ginger, lemongrass, lemon juice, onion, and pepper. Simmer for 10-15 minutes. Add the shrimp and cilantro and cook another 8 minutes. Serve hot. Remove lemongrass before serving.

Makes 1 serving (1 protein)

Phase 3 modifications: Add straw mushrooms and fish paste. Add a little hot chili paste or chili oil.

French Onion Soup

Ingredients

2 cups beef broth
1 Melba toast crumbled or Melba croutons (page 42) (optional)
1 teaspoon Worcestershire sauce
1 tablespoon Bragg's liquid aminos (optional)
1 tablespoon lemon juice
¼ to ½ of an onion in thin strips
1 clove garlic crushed and minced
Stevia to taste
Salt and black pepper to taste

Directions

Brown the onions in a little water and lemon juice. Add beef broth and spices and simmer for 20-30 minutes. Top with Melba toast croutons (page 41).

Makes 1-2 servings (1 vegetable, 1 Melba toast)

Phase 3 modifications: Top with mozzarella or provolone cheese.

Abondigas Soup (Mexican meatball soup)

Ingredients

Meatballs

100 grams lean ground beef
1 serving Melba toast crumbs
Dash of onion powder
Dash of garlic powder
1/8 teaspoon oregano

1 teaspoon minced onion
1 clove garlic crushed and minced
Pinch of cumin
Cayenne pepper to taste
Salt and pepper to taste

Broth

1 cup beef broth
1 cup water
Fresh tomatoes or celery
1 tablespoon chopped onion
1 clove garlic crushed and minced
1 tablespoon fresh chopped cilantro
¼ teaspoon dried oregano
Salt and pepper to taste

Directions

Make meatballs by mixing ground beef, Melba crumbs, finely diced onion, garlic, powdered spices and chopped cilantro. Form into balls and drop into beef broth. Add spices, onion and garlic to the broth and bring to a boil. Reduce to a simmer and cook for a minimum of 30 minutes. Add your choice of celery or tomato to the broth in the last 10 minutes of cooking. Garnish with fresh chopped cilantro and oregano.

Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)

Phase 3 modifications: Add additional vegetables such as zucchini or a small amount of carrots.

CHICKEN ENTREES

Chicken Curry

Ingredients

100 grams cubed chicken
¼ cup chicken broth or water
¼ teaspoon curry powder or to taste
Pinch of turmeric
Dash of garlic powder
Dash of onion powder
1 tablespoon minced onion
Salt and pepper to taste
Stevia to taste
Cayenne to taste

Directions

Dissolve spices in chicken broth in a small saucepan. Add chopped onion, garlic and chicken. Add Stevia to taste for a more sweet curry. Sauté chicken in liquid until fully cooked and liquid is reduced by half. Additional water may be added to achieve desired consistency. Serve hot or cold.

Makes 1 serving (1 protein)

Chicken Pesto

Ingredients

100 grams thinly sliced or whole chicken breast
3 tablespoons lemon juice
Salt and pepper to taste

Pesto

3 cloves raw garlic
¼ cup fresh basil leaves

2 tablespoons apple cider vinegar
¼ cup chicken broth or water
2 tablespoons lemon juice
¼ teaspoon dried oregano
Salt and black pepper to taste

Directions

Marinate chicken in lemon juice, salt and pepper. Fry in a pan until lightly browned and cooked thoroughly. For the pesto sauce, puree fresh basil, garlic, chicken broth, and lemon juice in a food processor. Add pesto mixture to chicken, add a little water and cook on medium heat coating chicken with pesto mixture. Add salt and pepper to taste and serve hot. Pesto sauce may be made by itself and added to vegetables or other protein options.

Makes 1 serving (1 protein) Makes 2-3 servings of pesto sauce.

Phase 3 modifications: Add ¼ cup pine nuts or walnuts and ¼ cup parmesan cheese to the food processor along with ¼ cup of olive oil. For a creamy pesto, add a little half and half and omit the lemon juice.

Oriental Ginger Chicken

Ingredients

100 grams chicken
¼ cup chicken broth or water
4 tablespoons lemon juice
¼ teaspoon lemon or orange zest
½ teaspoon fresh ginger
4 tablespoons Bragg's liquid aminos
1 tablespoon chopped onion
Stevia to taste
Salt and pepper to taste
Cayenne pepper to taste

Directions

In a small sauce pan, sauté chicken in a little lemon juice and water until slightly browned. Add spices, ginger, salt, lemon and stevia. Add Bragg's

liquid aminos and cook thoroughly. Deglaze the pan periodically by adding a little water. Serve hot and garnish with lemon or orange slices.

Makes 1 serving (1 protein)

Chicken Tarragon

Ingredients

100 grams chicken breast
¼ cup tarragon and garlic infusion (page 57)
¼ cup chicken broth or water
2 tablespoons lemon juice
½ teaspoon fresh chopped tarragon
1 tablespoon chopped onion
1 clove garlic minced
Dash of mustard powder
Salt and pepper to taste

Directions

Heat the chicken broth, vinegar, garlic, and onion in a small saucepan or frying pan. Add chicken and sauté for about 10 minutes or until chicken is completely cooked and liquid is reduced. Deglaze the pan periodically with a little water to create a sauce. Serve hot.

Makes 1 serving (1 protein)

Chicken Apple Sausage

Ingredients

100 grams ground chicken breast
2 tablespoons minced apple
1 serving Melba toast crumbs (optional)
2 tablespoons chicken broth or water
2 tablespoons apple juice
1 tablespoon finely minced onion
Dash of garlic powder

Dash of onion powder
Dash of cinnamon
Dash of clove or nutmeg (optional)
Dash of cayenne to taste
Stevia to taste (optional)
Salt and black pepper to taste

Directions

Combine ground chicken, diced apple, and dry spices in a small bowl. Add in the minced onion and apple juice and mix thoroughly. Form into 2-3 round patties and fry in chicken broth until fully cooked and lightly brown. Deglaze periodically with a little water to intensify the flavors and keep the patties moist.

Makes 1 serving (1 protein, 1 fruit, 1 Melba toast)

Chicken Asparagus Bake

Ingredients

100 grams cubed chicken
Asparagus chopped
½ cup chicken broth or water
1 Melba toast crushed (optional)
1 clove garlic crushed and minced
2 tablespoons onion chopped
Dash of paprika
Salt and pepper to taste

Directions

Place chicken, asparagus, liquids, and spices and pour into small baking dish. Bake at 375 degrees for 30 minutes or until bubbly and hot. Top with crushed Melba toast crumbs and sprinkle with paprika.

Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)

Sweet Lemon Chicken

Ingredients

100 grams thinly sliced chicken
½ lemon with rind
1 tablespoon Bragg's liquid aminos
¼ cup chicken broth or water
1 cup water
Dash of cayenne pepper
Salt to taste
Stevia to taste (optional)

Directions

Slice up ½ lemons in to quarters and add to water. In a small saucepan boil lemon quarters until pulp comes out of the rind. Add broth, chicken, Bragg's and spices and simmer on low heat until chicken is cooked and sauce is reduced by half. Deglaze periodically with water if necessary. Garnish with fresh lemon slices, lemon zest or mint.

Makes 1 serving (1 protein)

Rosemary Chicken

Ingredients

100 grams thick sliced or whole chicken breast
1 serving Melba toast crumbs
¼ cup chicken broth or water
3 tablespoons lemon juice
½ teaspoon fresh rosemary
¼ teaspoon onion powder
¼ teaspoon garlic powder
Salt and pepper to taste
Pinch of lemon zest

Directions

Marinate chicken in lemon juice, salt and rosemary. Mix spices and Melba toast crumbs together in shallow bowl or plate. Coat the chicken pieces with

spice mixture and place in baking dish. Add broth and top chicken with additional spice mixture. Bake chicken at 350 for approximately 20 minutes or until cooked. Sprinkle chicken with lemon juice, salt, and pepper to taste. Garnish with fresh chopped parsley and lemon slices.

Makes 1 serving (1 protein, 1 Melba toast)

Chicken Tacos

Ingredients

100 grams finely chopped or ground chicken breast
¼ cup chicken broth or water
1 tablespoon chopped onion
1 clove garlic crushed and minced
1/8 teaspoon oregano
Cayenne pepper to taste
Pinch of cumin
Fresh cilantro chopped
2-4 large lettuce leaves

Directions

In a small frying pan cook chicken in broth. Add onion, garlic, and spices. Deglaze pan with lemon juice or a little water. Serve chicken taco style in butter lettuce or romaine leaves or top with salsa (page 53)

Makes 1 serving (1 protein, 1 vegetable)

Tomato Basil Chicken

Ingredients

100 grams cubed chicken
1 cup chopped tomato
¼ cup chicken broth or water
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
Dash of garlic powder
Dash of 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 vegetable)

Sweet Mustard Chicken

Ingredients

100 grams chicken breast
¼ cup chicken broth or water
2 tablespoons Bragg's liquid aminos
1/8 teaspoon mustard powder or to taste
¼ teaspoon fresh ginger or sprinkle of ginger powder
1 tablespoon chopped onion
½ teaspoon garlic powder
Salt and pepper to taste
Stevia to taste

Directions

Disolve spices in chicken broth. Add chicken, broth, and onion, to a small saucepan and cook on medium heat for about 5-10 minutes or until chicken is tender. Periodically deglaze the pan with a little water to create a richer sauce.

Makes 1 serving (1 protein)

Chicken Cacciatore

Ingredients

100 grams diced chicken breast
1-2 cups chopped tomatoes
¼ cup chicken broth or water
2 tablespoons tomato paste
1 tablespoon apple cider vinegar
2 tablespoons lemon juice
1 tablespoon Bragg's liquid aminos
2 tablespoons chopped onion
2 cloves crushed and minced garlic
¼ teaspoon onion powder
¼ teaspoon garlic powder
1 bay leaf
Pinch of cayenne to taste
Stevia to taste

Directions

Brown the chicken with garlic, onion, and lemon juice in a small saucepan. Deglaze the pan with the chicken broth. Add tomatoes, tomato paste, vinegar and spices. Simmer on low heat for 20 minutes stirring occasionally. Remove the bay leaf and serve hot.

Makes 1 serving (1 protein, 1 vegetable)

Sweet and Sour Chicken

Ingredients

100 grams chicken breast
½ orange, ½ lemon with rind
1 cup water
1 tablespoon Bragg's liquid aminos
2 tablespoons apple cider vinegar
1 tablespoon minced onion
1 tablespoon lemon and/or orange zest

Dash of garlic powder
Dash of onion powder
1 tablespoon hot sauce
Cayenne pepper to taste
Salt and pepper to taste
Stevia to taste

Directions

In a frying pan or small saucepan place ½ orange and ½ lemons with the rind in water and boil until pulp comes out of the rind. Remove rinds from the water and scrap out remaining pulp and juice with a spoon. Add spices, onion, and stevia to taste. Add chicken and cook until liquid is reduced by approximately half and desired consistency is achieved. Add onion and garlic powders which act as slight thickening agent. Serve hot and garnish with lemon.

Makes 1 serving (1 protein, 1 fruit)

Phase 3 modifications: Add a small amount of fresh pineapple, bell pepper, and chopped mushrooms.

Chicken Paprika

Ingredients

100 grams chicken
½ cup chicken broth or water
3 tablespoons tomato paste
1 teaspoon paprika
1 tablespoon chopped red onion
1 clove garlic crushed and minced
1 bay leaf
Salt and pepper to taste

Directions

Combine broth, chicken, broth, garlic, and onion. Stir in tomato paste and spices. Simmer chicken mixture for 20 minutes or more. Serve with sliced tomatoes and garnish with parsley.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Sauté the chicken in a little butter or olive oil, then add tomato, broth, and ¼ cup sour cream.

Stuffed Chicken Rolls

Ingredients

100 grams chicken breast
Spinach
½ cup chicken broth or water
1 tablespoon chopped onion
1 clove of garlic crushed and minced
1 tablespoon lemon juice
Dash of onion powder
Dash of garlic powder
Pinch of cayenne pepper
Salt and pepper to taste

Directions

Tenderize chicken manually by pounding until flat. Cook spinach lightly with garlic, onion and spices. Strain out excess liquid from the spinach and place mound of spinach in the center of the pounded chicken. Roll up the spinach mixture inside the chicken breast. Place rolls in baking dish and add chicken broth to the pan. Bake the rolls in 350 degree oven for about 15 minutes or until chicken is cooked completely. Variations: Top with marinara sauce recipe (page 48)

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Brush chicken with olive oil, add marinara sauce, and top with mozzarella cheese if desired. Bake until brown and bubbly. Another modification is to mix the spinach mixture with ricotta cheese or sliced mushrooms.

Bruchetta Chicken

Ingredients

100 grams thick sliced or whole chicken breast
1 Melba toast crushed into crumbs
2 medium Roma tomatoes
2 tablespoons lemon juice
1 tablespoon Bragg's liquid aminos
2 tablespoons apple cider vinegar
2 cloves finely chopped garlic
3 large fresh basil leaves rolled and sliced
Pinch of dried oregano
Pinch of marjoram
Salt and black pepper to taste

Directions

Marinate chicken in lemon juice, Braggs, vinegar, salt, and pepper. Mix Melba crumbs with dry spices. Coat the chicken in Melba crumbs/herb mixture and fry chicken in small pan until golden brown. Deglaze the pan periodically with a little broth to keep chicken from burning. For the bruchetta sauce; chop tomatoes finely and put into small bowl. Roll basil leaves together, crush lightly and cut horizontally to create fine slices. Mix ingredients together with lemon juice, vinegar and salt and pepper to taste. Serve chilled bruchetta sauce over the hot chicken.

Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)

Phase 3 modifications: Brush chicken breasts with olive oil and substitute balsamic vinegar (check the sugar count) for the bruchetta. Serve with fresh grated parmesan cheese or lay a slice of provolone cheese over the breast then top with bruchetta sauce.

Oregano Chicken

Ingredients

100 grams chicken breast
1 teaspoon dried oregano or 1 tablespoon fresh finely minced

1 serving Melba toast crumbs (optional)
¼ cup chicken broth or water
¼ teaspoon garlic powder
¼ teaspoon onion powder
Salt and pepper to taste

Directions

Crush Melba toast into fine powder and mix with dried spices. Dip chicken breast in chicken broth and coat with Melba spice mixture. Layer in baking dish and add remaining broth to the bottom. Bake at 350 degree oven for 15-20 minutes until crusty brown on top. Add a little water if necessary to keep chicken from burning.

Makes 1 serving (1 protein, 1 Melba toast)

Phase 3 modifications: Dip chicken in egg and coat with herbed Melba toast or parmesan cheese. Fry with a little olive oil. Top with marinara sauce and cheese or a lemon butter sauce and parmesan.

Moroccan Lemon Chicken

Ingredients

100 grams chicken breast
Juice of ½ lemon
1 tablespoon minced onion
Pinch of ginger
Pinch of ground coriander
Pinch of saffron
Pinch of lemon zest
Salt and pepper to taste
Lemon slices

Directions

Marinate saffron strands in lemon juice then crush into a paste. Add dry spices. Dip chicken breast in lemon juice and spice mixture. Rub additional spices into chicken breast with salt and pepper. Wrap individual servings in foil and cover with slices of lemon and a little of the saffron mixture. Bake

chicken at 350 for 20-30 minutes or until chicken is cooked completely and tender.

Makes 1 serving (1 protein)

Barbecued Chicken

Ingredients

100 grams of chicken breast whole
1 serving of barbecue sauce (page 52)

Directions

Coat chicken with barbeque sauce and fry with a little water in small frying pan until cooked thoroughly on low heat. Stir constantly and add water so that it doesn't burn or grill on the barbeque. Serve hot. Add salt and pepper to taste.

Makes 1 serving (1 protein, 1 vegetable)

Buffalo Style Chicken Fingers

Ingredients

100 grams of chicken cut into long thin strips
Melba toast crushed (optional)
2 tablespoons hot sauce (Franks red hot sauce works the best for this recipe)
4 tablespoons lemon juice
Salt and black pepper to taste

Directions

Marinate chicken strips in lemon juice and salt. Coat chicken strips with Melba crumbs. Fry in frying pan until lightly browned and cooked thoroughly. Toss with hot sauce and black pepper to taste. Serve as finger food or as an entrée. Serve with raw celery sticks or desired vegetable. Garnish with parsley.

Makes 1 serving (1 protein, 1 Melba toast)

Baked Apple Chicken

Ingredients

100 grams cubed chicken
½ finely chopped apple
2 tablespoons lemon juice
1 tablespoon apple cider vinegar
1/8 teaspoon cinnamon
Salt and pepper to taste
Stevia to taste
Dash of cayenne

Directions

Lightly brown the chicken in lemon juice. Add chopped apple and evenly coat with a mixture of apple cider vinegar, lemon juice, stevia, cinnamon, cayenne and pinch of salt. Put in small baking dish and add additional vinegar and lemon juice. Serve with the rest of the apple in thin slices on the side.

Makes 1 serving (1 protein, 1 fruit)

Orange Glazed Chicken Breast

Ingredients

100 grams chicken
One serving spicy orange sauce or sweet orange marinade (page 56, 54)

Directions

Prepare orange sauce. Cook the chicken with the sauce in small saucepan with the juices or bake in oven at 375 degrees for approximately 20 minutes or until cooked thoroughly. In a small saucepan reduce liquid until desired consistency. Deglaze the pan periodically by adding water and pour remaining mixture over chicken breast.

Makes 1 serving (1 protein, 1 fruit)

Roasted Garlic Chicken

Ingredients

100 grams chicken sliced
1 serving Melba toast crumbs
¼ cup chicken broth or water
2 tablespoons lemon juice
1 tablespoon Bragg's liquid aminos
2 cloves of garlic sliced
¼ teaspoon onion powder
½ teaspoon garlic powder
Salt and pepper to taste

Directions

Marinate chicken in liquid ingredients. Add dry spices to Melba toast crumbs and coat chicken with the herbed mixture. Place chicken in a small baking dish and add marinade to the bottom. Cover the chicken breast with slices of garlic and bake in 375 degree oven for 20 minutes or until thoroughly cooked and lightly brown. Garnish with chopped parsley.

Makes 1 serving (1 protein 1 Melba toast)

Phase 3 modifications: baste chicken breast with olive oil. Add parmesan cheese to make the coating.

Savory Baked Chicken

Ingredients

100 grams chicken breast
1 serving Melba toast crumbs
½ cup chicken broth or water
2 tablespoons lemon juice
1 tablespoon Bragg's liquid aminos
¼ teaspoon onion powder
¼ teaspoon garlic powder
1/8 teaspoon thyme
Pinch of fresh or dried rosemary
1 teaspoon fresh chopped parsley
Salt and pepper to taste

Directions

Combine Melba powder with dried spices. Dip chicken breast in lemon juice and Bragg's liquid aminos and coat with herb mixture. Bake chicken in 350 degree oven for approximately 20 minutes or until thoroughly cooked.

Makes 1 serving (1 protein, 1 Melba toast)

Phase 3 modifications: Dip chicken in egg, add grated parmesan cheese to the spice mixture and drizzle with olive oil.

Mexican Style Cilantro Chicken

Ingredients

100 grams cubed or sliced chicken

Chopped tomatoes

½ cup chicken broth or water

2 tablespoons lemon juice

Fresh chopped cilantro

1 tablespoon chopped onion

¼ teaspoon dried oregano

¼ clove fresh garlic minced

¼ teaspoon chili powder

Cayenne to taste

Pinch of cumin

Salt and pepper to taste

Directions

Lightly brown the chicken with a little lemon juice. Add spices, additional lemon juice, and chicken broth. When the chicken is cooked thoroughly, add fresh tomatoes and cilantro and cook for 5-10 more minutes.

Makes 1 serving (1 protein 1 vegetable)

Spicy Chicken Sausage Patties

Ingredients

100 grams ground chicken breast (must be breast meat, no dark meat)
Dash of onion powder
Dash of garlic powder
1 tablespoon minced onion
1 clove of garlic crushed and minced
Cayenne pepper to taste
Salt and pepper to taste

Directions

Mix ingredients thoroughly in small bowl. Form mixture into 2 or 3 patties and fry in small saucepan deglazing periodically with water to enhance flavor and keep chicken moist. Cook thoroughly until lightly browned.

Makes 1 serving (1 protein)

Middle Eastern Spiced Chicken

Ingredients

100 grams chicken
1 cup chopped fresh tomatoes
½ cup chicken broth or water
3 tablespoons lemon juice
1 tablespoon minced onion
1 clove garlic crushed and minced
1/8 teaspoon fresh grated ginger
¼ teaspoon allspice
Dash of cumin
Dash of cinnamon
Salt and black pepper to taste

Directions

Combine spices with liquid ingredients. Bring to a boil. Add tomatoes and chicken to the sauce. Simmer for 20-30 minutes and serve.

Makes 1 serving (1 protein 1 vegetable) Make multiple servings using whole 100 gram chicken breast pieces.

Szechwan Chicken with Cabbage

Ingredients

100 grams chicken breast
Cabbage
1 cup chicken broth or water
3 tablespoons Bragg's liquid aminos
1 teaspoon hot sauce
Pinch of crushed red pepper flakes
Pinch of fresh or powdered ginger
1 clove garlic crushed and minced
1 tablespoon chopped green onion
Stevia to taste

Directions

Brown Chicken in Bragg's and a little water. Add chicken broth and spices. Simmer for 5 minutes. Add the cabbage and allow to cook for 10 minutes or until cabbage is tender. Add additional water if necessary. Top with additional green onions for garnish and sprinkle with lemon juice and additional Bragg's.

Makes 1 serving (1 protein, 1 vegetable)

Crock Pot Chicken

Ingredients

Several 100 gram whole chicken breast pieces
½ cup chopped onion
5 cloves fresh chopped garlic
1 teaspoon paprika
½ teaspoon cayenne
1 teaspoon onion powder
½ teaspoon thyme
1 teaspoon garlic powder

1 teaspoon whole black peppercorns
Salt and pepper to taste

Directions

Place pieces of chicken in crock-pot and cover with enough water so it doesn't burn. Add spices and onion. Cook on medium for 3 or more hours. Save the juices for sauces and dressings. Variations: add 1 can tomato paste or fresh chopped tomatoes. Try an organic poultry mix spice mixture for a rich sage flavor.

Makes 1 serving (1 protein)

Cinnamon Chicken

Ingredients

100 grams of chicken
1 serving Melba toast crumbs
½ cup chicken broth or water
¼ teaspoon ground cinnamon
Pinch of nutmeg
Pinch of cardamom
1/8 teaspoon curry powder
Dash of garlic powder
Salt and pepper to taste
Stevia to taste

Directions

Mix Melba toast crumbs with ½ of the dry spices in a small bowl. Dip chicken in broth and coat with Melba spice mixture. Lay out 100 gram servings in shallow baking dish. Add broth and mix in the rest of the spices. Top the chicken with the rest of the Melba spice mixture. Bake chicken at 350 degrees for 20 minutes or until chicken is fully cooked.

Makes 1 serving (1 protein 1 Melba toast)

Tangy Vinegar Chicken

Ingredients

100 grams chicken breast
¼ cup chicken broth or water
¼ cup apple cider vinegar
2 tablespoons lemon juice
1 tablespoon chopped onion
1 clove diced garlic
Salt and pepper to taste

Directions

In a small saucepan combine vinegar, chicken stock, onion, garlic, salt and pepper. Add chicken and cook thoroughly. Deglaze the pan periodically with a little water to create a sauce.

Makes 1 serving (1 protein)

Spicy Mustard Chicken

Ingredients

100 grams chicken
½ cup chicken broth or water
2 tablespoons lemon juice
1 tablespoon homemade mustard (page 50)
¼ teaspoon dried basil
1/8 teaspoon tarragon
Salt and pepper to taste
Stevia to taste

Directions

Lightly sauté the chicken in chicken broth, lemon juice, and spices until cooked. Simmer for additional 10 minutes and periodically deglaze the pan with a little water or additional broth to make the sauce.

Makes 1 serving (1 protein)

BEEF ENTREES

Slow Roasted Beef Brisket

Ingredients

Lean beef brisket in weighed 100 gram increments (example 600 grams=6 servings)

4-6 stalks celery

1 tablespoon garlic powder

1 tablespoon onion powder

1 tablespoon paprika

¼ cup chopped onion

5 cloves of garlic crushed and chopped

Cayenne pepper to taste

Chili pepper to taste

Salt and fresh ground black pepper to taste

Directions

Combine spices in a small bowl. Rub the mixture into the beef on all sides. Salt the meat liberally. Place the brisket in a crock pot. Fill about ½ ways with water. Add celery to the liquid and set crock pot on high for 30 minutes. Reduce heat to medium or low and allow to slow cook for 6-8 hours. Baste and turn the brisket periodically. You may add more of the spice mixture if you wish. Enjoy with horseradish sauce (page 47). Save the juices, skim the fat, and use to make flavorful sauces and dressings.

Makes multiple servings (1 protein, 1 vegetable)

Phase 3 modifications: Sear on high heat in olive oil on each side before adding to crock pot. Horseradish sauce may be modified by adding mayonnaise or Greek yogurt instead of beef broth.

Pot Roast

Ingredients

1 shoulder roast weighed in 100 gram increments (example 900 grams= 9 servings)

Tomatoes
5 cloves chopped garlic
½ chopped onion
1 tablespoon paprika
Cayenne to taste
Salt and black pepper to taste

Directions

Rub spices into meat on all sides. Place in crock pot and fill halfway. Add celery to liquid. Heat on high for 30 minutes then reduce heat to low and cook for 6-8 hours until fork tender. Separate into 9 equal servings and enjoy. Save the juice to make sauces and dressings. Save the celery to make soup. Always refrigerate and skim off any excess fat.

Makes multiple servings (1 protein, 1 vegetable)

Phase 3 modifications: Sear on high heat with olive oil on all sides before placing in the crock-pot to cook.

Fajitas/ Carne Asada

Ingredients

100 grams sliced beef or chicken cut into strips or flank steak asada
Tomatoes
Sliced onion cut into thin strips
1 clove garlic chopped
3 tablespoons lemon juice
2 tablespoons orange juice (optional)
1/8 teaspoon oregano
1/8 teaspoon chili powder or to taste
Pinch of cayenne pepper

Directions

Marinate meat in lemon juice and spices. Barbeque for carne asada or cook strips in a frying pan with garlic and onion. Add chopped tomatoes during the last 5 minutes of cooking and enjoy with lettuce leaf mock tortillas and salsa.

Makes 1 serving (1 protein, vegetable)

Phase 3 modifications: Add multi-colored bell peppers to fajitas. Use a little butter or oil for cooking. Serve with sour cream, guacamole and cheddar cheese if desired.

Meatloaf

Ingredients

100 grams Ground beef (lean) for each serving
1 serving Melba toast crumbs
1 ketchup recipe (page 47)
1 tablespoon chopped onion
1 clove minced garlic
Cayenne to taste
¼ teaspoon paprika

Directions

Crush Melba toast into fine powder. Mix with the ground beef, chopped onion and spices. Place in a baking dish, loaf pan or muffin tin for single servings. Baste with ketchup recipe mixture and bake at 350 for 15-20 minutes. Cook longer for multiple servings using a loaf pan. Phase 2 variations: Use apple pulp after juicing to make meatloaf sweet and moist. Just count it as a fruit serving and enjoy the juice as an apple virgin martini or sparkling soda.

Makes 1 or more servings (1 protein, 1 vegetable, 1 Melba toast)

Ground Beef Tacos

Ingredients

100 grams lean ground beef
Lettuce leaves
1 tablespoon finely minced onion
1 clove crushed and minced garlic
Dash of garlic powder
Dash of onion powder

Pinch of dried oregano
Fresh chopped cilantro to taste
Cayenne pepper to taste
Salt and black pepper to taste

Directions

Brown ground beef. Add onion, garlic, and spices and a little water and simmer gently for 5-10 minutes. Add salt to taste. Serve taco style in butter lettuce or romaine leaf mock tortillas or with a side of tomatoes or salsa.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Serve with cheddar cheese, sour cream and guacamole.

Veal Italian Style (Try with chicken)

Ingredients

100 grams veal cutlet
1 serving Melba toast crumbs
1 recipe marinara sauce (page 48)
1 tablespoon finely minced onion
1 clove of garlic crushed and minced
¼ teaspoon dried basil
1/8 teaspoon dried oregano
Pinch of marjoram
Salt and pepper to taste

Directions

Mix Melba toast crumbs with dry spices. Dip cutlet in water or lemon juice and coat with crushed Melba spice mixture. Fry on high heat without oil. Top with marinara sauce and bake in 350 degree oven for 20 minutes. Add a little water to the bottom of the pan if necessary. Garnish with fresh basil, parsley, leftover Melba spice mixture and salt and pepper to taste.

Makes 1 serving (1 protein, 1 fruit or vegetable, 1 Melba toast)

Phase 3 modifications: Top with provolone or mozzarella cheese and baste with olive oil. Enjoy with freshly grated parmesan or sautéed mushrooms

Veal Picatta

Ingredients

100 grams veal cutlet
1 serving Melba toast crumbs
¼ cup vegetable broth or water
2 tablespoons caper juice
2 tablespoons lemon juice
1 clove of garlic crushed and minced
Pinch of paprika
1 bay leaf
Salt and black pepper to taste

Directions

Mix Melba toast crumbs with paprika, salt and pepper. Dip veal cutlet in lemon juice and coat with herbed Melba toast crumbs. Fry veal cutlet in a little lemon juice on high heat until cooked thoroughly. Set aside cooked veal cutlet. Deglaze the pan with vegetable broth, lemon and caper juice and add chopped garlic and bay leaf. Cook for 1-2 minutes. Remove bay leaf. Top the veal cutlet with remaining lemon sauce and garnish with lemon slices.

Phase 3 modifications: Deglaze the pan with ¼ cup white wine and whisk in 2 tablespoons of cold butter. Pour over veal and enjoy.

Makes 1 serving (1 protein, 1 Melba toast)

Veal Florentine

Ingredients

100 grams veal cutlet
1 serving Melba toast crumbs
Spinach finely chopped
¼ cup vegetable, beef broth or water

2 tablespoons lemon juice
2 leaves of basil rolled and sliced
1 clove garlic crushed and minced
1 tablespoon minced onion
Dash of garlic powder
Pinch of lemon zest
Pinch of paprika
Salt and pepper to taste

Directions

Manually tenderize veal cutlet until flattened. Mix Melba toast crumbs with paprika, lemon zest and dry spices. Then, dip cutlet in lemon juice and spiced Melba mixture. Fry on high heat with lemon juice until slightly browned and cooked. Remove veal cutlet from pan and deglaze the pan with the broth. Add garlic, onion, and basil. Add spinach to the liquid and toss lightly until slightly cooked. Top veal cutlet with spinach mixture and spoon remaining sauce over the top. Top with salt and pepper to taste and serve with lemon wedges.

Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)

Phase 3 modifications: Fry with a little olive oil. Add ricotta and parmesan cheese to the spinach mixture. Top with toasted pine nuts and parmesan cheese curls.

Mongolian Beef with Cabbage

Ingredients

100 grams sliced beef
Cabbage cut into fine strips
½ cup beef broth or water
1 tablespoon apple cider vinegar
3 tablespoons orange juice (optional)
2 tablespoons lemon juice
2 tablespoons Bragg's liquid aminos
2 cloves garlic crushed and minced
1 tablespoon green onions chopped
¼ teaspoon chili powder or to taste

Salt and pepper to taste
Stevia to taste

Directions

Combine spices into liquid ingredients. In frying pan or wok, stir fry on high heat to combine flavors and cook beef and cabbage. Add additional water if necessary to keep dish from burning. Add additional orange slices for added sweetness if desired.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Stir fry with additional vegetables such as bell pepper or zucchini. Cook Mongolian beef with sesame, chili, peanut, or coconut oil and use soy sauce to add additional flavor. Top with 1 tablespoon of crushed peanuts if desired.

Pepper Crusted Steak

Ingredients

100 grams lean steak
Fresh ground black pepper
Dash of Worcestershire sauce
Salt to taste

Directions

Manually tenderize the meat until flat. Rub meat with salt and coat liberally with black pepper. Cook on high heat for about 3-5 minutes or throw on the barbeque. Top with Worcestershire sauce if desired and caramelized onion garnish (page 131). You can also cut the steak into strips and serve over a mixed green or arugula salad.

Phase 3 modifications: Top with blue cheese, onions, or sautéed mushrooms in butter. Or, cut into thin strips and top with onions and provolone, and make a cheese steak salad.

Makes 1 serving (1 protein)

Spaghetti-less Meat Sauce

Ingredients

100 grams lean ground beef (less than 7% fat)
8 ounces organic tomato sauce
2 cups chopped tomatoes
2 cloves garlic crushed and minced
1 tablespoon minced onion
½ teaspoon dried basil or 4 leaves rolled and sliced fresh basil
¼ teaspoon dried oregano
Salt and black pepper to taste
Cayenne pepper to taste
Stevia (optional)

Directions

Brown the ground beef and pat off excess oil or sauté in water and drain off the fat. Add tomato sauce, chopped tomatoes, onion, garlic, and herbs. Simmer on low heat for at least 30 minutes. Add water to desired consistency. Serve atop cabbage noodles.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Add a little olive oil, chopped green or black olives. Top with parmesan cheese.

Beef Bourguignon

Ingredients

100 grams beef cubed
1 cup beef broth or water
3 tablespoons tomato paste
1 tablespoon chopped onion
1 clove garlic crushed and sliced
Pinch of dried thyme
Pinch of marjoram
Salt & pepper to taste

Directions

Lightly braise beef cubes with onion and garlic. Combine all ingredients in small saucepan. Add liquid ingredients and spices. Slow cook for a minimum of 30 minutes or until beef is tender. Add additional water as needed to achieve desired consistency.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Add ½ cup red wine, whisk in cold butter and add additional non-starchy vegetables.

Hamburgers

Ingredients

100 grams lean ground hamburger (less than 7% fat)
1 tablespoon finely minced onion
1 clove finely minced garlic
Dash of garlic powder
Dash of onion powder
Cayenne pepper to taste
Salt and black pepper to taste

Directions

Mix ingredients thoroughly and form into patties (2-3). Fry in small frying pan until desired level of doneness or grill on the barbeque. If using frying pan add small amounts of water and deglaze pan to intensify flavors. Cook approximately 3 minutes each side or to desired level of doneness.

Variations: Add stevia, lemon juice, and Bragg's liquid aminos to create a slight teriyaki flavor or top with caramelized onion garnish (page 131). Also try lean buffalo or bison meat.

Makes 1 serving (1 protein)

Phase 3 modifications: Add crumbled gorgonzola cheese to the hamburger meat before cooking. Top cooked hamburgers with Swiss cheese and sautéed mushrooms or top with chili and cheese.

Cabbage Rolls

Ingredients

100 grams lean ground beef each serving
1 cup beef broth
1 tablespoon chopped onion
1 clove garlic crushed and minced
Dash of garlic powder
Dash of onion powder

Directions

Preheat oven to 375. Lightly blanch large cabbage leaves and set aside. In small frying pan combine ground beef, onion, garlic and spices and cook until brown. Spoon ground beef mixture into cabbage leaves, tuck in ends and roll up (burrito style). Put cabbage rolls in a baking dish and add broth to the bottom of the pan. Brush lightly with beef broth and bake in oven for 20-30 minutes. Spoon sauce over cabbage rolls periodically to keep moist. Make multiple servings at one time for best results.

Makes 1 serving (1 protein, 1 vegetable)

Gingered Beef

Ingredients

100 grams beef cut into thin strips
¼ cup beef broth or water
2 tablespoons Bragg's liquid aminos
2 tablespoons apple cider vinegar
2 tablespoons lemon juice
1-2 tablespoons chopped green onions
¼ teaspoon fresh grated ginger
1 clove garlic crushed and minced
Salt and pepper to taste
Stevia to taste (optional)

Directions

Sauté ginger and spices in broth and liquid ingredients to release the flavors. Add the beef and stir fry gently. Deglaze the pan periodically by adding a little water. Add the chopped green onions and serve hot.

Makes 1 serving (1 protein)

Italian Beef Roll Ups

Ingredients

100 grams lean flank steak
Finely chopped cabbage
1 cup beef broth or water
2 tablespoons apple cider vinegar
2 tablespoons Bragg's liquid aminos
1 clove garlic crushed and minced
1 tablespoon minced onion
1 teaspoon Italian herb mix
Salt and pepper to taste

Directions

Tenderize steak with manual meat tenderizer until flat and thin. In a frying pan combine cabbage with spices, vinegar and aminos and cook until slightly tender. Spoon cabbage mixture into pounded flank steak and wrap into a roll. Fill the bottom of the pan with a little water and beef broth. Salt and spice the top of the roll Bake in 375 degree oven for approximately 20 minutes until cooked and cabbage tender. Baste occasionally with juices to keep the rolls moist. Variations: Substitute spinach for the cabbage filling.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Top with herbed cream cheese, marinara sauce, Alfredo sauce or provolone cheese and bake until bubbly and brown. Substitute chopped broccoli and cheddar cheese for the filling.

Corned Beef with Cabbage

Ingredients

Beef brisket weighed in 100 gram increments

Cabbage

½ cup apple cider vinegar

½ onion chopped

1 teaspoon powdered mustard

¼ teaspoon fresh thyme

1 bay leaf

Pinch of allspice

1 teaspoon whole black peppercorns

Liquid smoke to taste (optional)

Salt and pepper to taste

Directions

Salt and pepper the beef and lightly dust with mustard. Put meat, onion and spices into a crock-pot or large pot and cover with water. Add vinegar. Bring to a boil and then reduce heat and simmer for 1 hour. Skim the fat from the water as it rises. Add the cabbage to the pot and cook for an additional 1-2 hours until the meat and cabbage are tender. Slice thinly across the grain and serve with horseradish sauce (page 47).

Makes multiple servings (1 protein, 1 vegetable)

Corned Beef Hash

Ingredients

Leftover corned beef from corned beef and cabbage

Leftover cabbage, radish relish recipe, or apple relish recipe (page 133, 53)

1 tablespoon minced onion

1 clove garlic crushed and minced

Pinch of fresh thyme

Pinch of fresh chopped oregano

Salt and pepper to taste

Directions

Chop up corned beef into finely diced chunks. Combine with finely chopped leftover cabbage or one serving of radish or apple relish and spices and mix well. Preheat non-stick or cast iron skillet. Press corned beef mixture into pan firmly and cover. Cook for approximately 5-6 minutes on medium heat until lightly browned. Add a little beef broth or water to deglaze, mix and press down again cooking for an additional 5-6 minutes. Repeat as necessary until hot and lightly browned.

Phase 3 modifications: Use butter to cook the corned beef mixture and add bell peppers and additional vegetables if you like (make sure they are not starchy vegetables).

Makes 1 serving (1 protein, 1 vegetable or fruit)

Baked Italian Meatballs

Ingredients

100 grams lean ground beef
¼ teaspoon basil
1/8 teaspoon oregano
1/8 teaspoon garlic powder
1/8 teaspoon oregano
1 tablespoon minced onion
1 clove garlic crushed and minced
1 serving Melba toast crumbs
1 recipe marinara sauce (page 48)

Combine meat, crumbs and spices and mix thoroughly. Form into balls. Place into baking dish and cover with marinara sauce. Bake for 20-30 minutes at 350 degrees. Serve hot over cabbage noodles. Garnish with fresh basil.

Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)

Phase 3 modifications: Top with sliced provolone cheese or mozzarella cheese and bake until brown and bubbly. Top with grated parmesan.

Herbed London Broil

Ingredients

100 grams lean London broil cut into strips
¼ cup beef broth or water
1 tablespoon minced onion
1 clove garlic crushed and minced
1/8 teaspoon thyme
Pinch of rosemary
Salt and pepper to taste
Chopped Italian parsley

Directions

Salt and pepper the beef strips. In a small frying pan or non-stick skillet combine London broil, herbs and beef broth. Cook until desired level of doneness. Garnish with fresh chopped parsley.

Makes 1 serving (1 protein)

Sloppy Joes/Barbequed Beef

Ingredients

100 grams ground beef
1 recipe barbeque sauce (page 52)
Butter lettuce or any large variety lettuce leaves

Directions

Brown ground beef in small frying pan. Add barbeque sauce and a little water to achieve desired consistency. Cook for about 5 minutes. Serve sloppy Joe style on lettuce leaves.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Top with cheddar cheese slices and stevia caramelized onion rings.

Savory Beef Stew

Ingredients

100 grams lean steak (round, London broil, or any other lean steak) finely cubed or whole. This is a slow cooked dish so, for multiple servings, weigh out in hundred gram increments and then divide into equal servings at the end of the cooking process.

Chopped celery

1 cup beef broth or water

1 tablespoon chopped onion

1 clove garlic crushed and minced

1/8 teaspoon onion powder

1/8 teaspoon garlic powder

Pinch of oregano

Cayenne pepper to taste

Salt and pepper to taste

Directions

In saucepan, lightly brown cubed beef, onion and garlic. Add water, vegetables, and spices and bring to a boil. Reduce heat and simmer for approximately 30 minutes to an hour or until the beef is tender. Add water as needed to create a stew like consistency. Serve hot and enjoy. Garnish with parsley. This also works as a crock pot recipe. Just add additional water and slow cook whole 100 gram servings instead of cubed.

Makes multiple servings (1 protein, 1 vegetable)

Phase 3 modifications: Add additional non starchy vegetables.

Baked Stuffed Tomatoes

Ingredients

100 grams ground beef

2 medium sized tomatoes

1 serving of Melba toast crumbs

1 tablespoon finely minced onion

1 clove garlic crushed and minced

1/8 teaspoon garlic powder

1/8 teaspoon onion powder
Cayenne pepper to taste
Salt and pepper to taste

Directions

Hollow out the tomatoes, sprinkle with salt and turn upside down to drain for 10 minutes. Brown ground beef in a small frying pan; add onion, garlic and spices. Pack ground beef mixture into tomatoes, add small amount of water to bottom of dish, top with Melba toast crumbs and salt, and bake in 350 degree oven for 20 minutes. Garnish with fresh parsley and serve.

Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)

Roasted Beef and Apple Kabobs

Ingredients

100 grams of lean good quality beef or chunked chicken
1 apple cut into large chunks
¼ onion petals
½ cup beef, chicken, or vegetable broth
3 tablespoons apple cider vinegar
1 tablespoon Bragg's liquid aminos
Stevia to taste

Directions

Marinate beef or chicken in broth, vinegar, and spices. Layer apple, onion petals, and beef or protein chunks on wooden or metal skewers (If using wooden skewers soak them for a few minutes so they don't burn). Barbeque directly or place on aluminum foil sheet and cook until desired level of doneness. Baste frequently with remaining marinade. Heat the remaining marinade in a small sauce pan and use as a dipping sauce.

Makes 1 serving (1 protein, 1 fruit)

Stuffed Chard Rolls

Ingredients

100 grams lean ground beef (per serving)
1 or more large chard leaves any kind
1 cup beef broth or 1 serving marinara sauce (page 48)
1 tablespoon finely minced onion
1 clove of garlic crushed and minced
1/8 teaspoon basil
1/8 teaspoon oregano
1/8 teaspoon onion powder
1/8 teaspoon garlic powder
Cayenne pepper to taste
Salt and pepper to taste

Directions

Cook ground beef with a little water. Add spices, garlic and onion to the beef. Lightly steam chard leaves until slightly soft. Wrap ground beef in chard leaf burrito style. Place wraps in baking dish. Cover with beef broth or marinara recipe (page 48) and bake at 350 for 20 minutes. Garnish with fresh spices or parsley.

Makes 1 serving (1 protein, 1 vegetable)

SEAFOOD ENTREES

Curried Shrimp with Tomatoes

Ingredients

100 grams shrimp
½ cup vegetable broth or water
2 tomatoes chopped
1 tablespoon minced onion
1 clove garlic crushed and minced
1/8 teaspoon curry or to taste
1/8 teaspoon onion powder
1/8 teaspoon garlic powder
Pinch of allspice
Stevia to taste

Directions

Sauté the shrimp with the onion and garlic for about 3 minutes or until cooked. Add vegetable broth, curry and stevia. Add garlic and onion powder to thicken the mixture. Cook for 5-10 minutes on medium heat. Add water or reduce liquid until desired consistency is reached.

Makes 1 serving (1 protein, 1 vegetable)

Shrimp Etouffee

Ingredients

100 grams shrimp
½ cup vegetable broth or water
Celery
1 clove garlic crushed and minced
1 tablespoon chopped red onion
1 tablespoon chopped green onion
Pinch of thyme
Pinch of cayenne pepper to taste
Salt and pepper to taste

Directions

Add spices and vegetables to broth and simmer for about 15 minutes until celery is softened. Add the shrimp to the mixture and cook an additional 10-20 minutes. Serve hot.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Start sauce with browned butter. Add a splash of dry sherry to the sauce and whisk in additional cold chunks of butter to create a richer more flavorful sauce.

Tilapia with Herbs

Ingredients

100 grams of Tilapia fish
2 tablespoons lemon juice
1 clove garlic crushed and minced
1 tablespoon chopped onion
Pinch of dill
Fresh parsley
Salt and black pepper to taste

Directions

Sauté fish in lemon juice with a little water then add onion, garlic and fresh herbs. Garnish with chopped parsley. Or bake in baking dish with a little water at 350 for 20 minutes until fish is tender and delicious. Variations: oregano, thyme, or tarragon.

Makes 1 serving (1 protein)

Baked Curried Fish

Ingredients

Your choice of white fish
2 tablespoons lemon juice

1 serving Melba toast crumbs
1 tablespoon finely chopped onion
1 clove garlic crushed and minced
1/8 teaspoon onion powder
1/8 teaspoon garlic powder
1/8 teaspoon curry powder
Salt and pepper to taste
Fresh parsley

Directions

Combine dry spices and Melba toast crumbs. Dip fish into Melba and spice mixture to coat thoroughly. Broil fish until fish is cooked and herbed crumb mixture is slightly brown. Garnish with lemon slices and fresh parsley.

Makes 1 serving (1 protein, 1 Melba toast)

Poached Halibut

Ingredients

100 grams per serving halibut
½ cup vegetable broth or water
1 tablespoon lemon juice
1 tablespoon chopped onion
1 clove garlic crushed and minced
½ teaspoon fresh ginger
Pinch of grated orange zest
Salt and pepper to taste
Stevia to taste

Directions

Heat up the vegetable broth in small frying pan. Add lemon juice, onion, garlic, and spices. Poach halibut filet for 5-10 minutes until fish is tender and cooked thoroughly. May also be wrapped in foil and placed on the barbeque. Serve topped with remaining juices as a sauce.

Makes one serving (1 protein)

Creole Shrimp

Ingredients

100 grams shrimp
½ cup vegetable broth or water
1 clove garlic crushed and minced
1 tablespoon minced onion
¼ teaspoon horseradish
1/8 teaspoon garlic powder
1/8 teaspoon onion powder
1-2 teaspoons hot sauce
2 tablespoons lemon juice
Pinch of thyme
1 bay leaf
Dash of saffron powder or root beer flavored stevia
Dash of liquid smoke flavoring (optional)
Cayenne pepper to taste
Salt and black pepper to taste

Directions

Mix liquid ingredients, onion, garlic, and spices. Simmer over low heat for 10 minutes in a small frying pan. Add shrimp and cook thoroughly for an additional 5 minutes. Add salt and pepper to taste. Deglaze the pan periodically with additional water or broth. Serve hot or cold over a salad or with fresh asparagus.

Makes 1 serving (1 protein)

Shrimp Scampi

Ingredients

100 grams shrimp
¼ cup vegetable broth or water
3 tablespoons lemon juice
4 cloves garlic crushed and minced
Dash of garlic powder
Dash of onion powder

Dash of chili or cayenne pepper powder to taste
Salt and pepper to taste

Directions

Add garlic to liquid ingredients. Add shrimp and additional spices. Cook for 5-7 minutes until shrimp are pink and liquid is reduced. Serve hot or cold with a salad or on a bed of spinach.

Makes 1 serving (1 protein)

Sweet Ginger Shrimp

Ingredients

100 grams shrimp
¼ cup vegetable broth or water
2 tablespoons lemon juice
2 tablespoons orange juice (optional)
2 tablespoons Bragg's liquid aminos
¼ teaspoon fresh or powdered ginger
Pinch of chili powder
Dash of garlic powder
Dash of onion powder
Stevia to taste
Salt and black pepper to taste

Directions

Mix dry spices with vegetable broth and liquid ingredients. Sauté with shrimp in small saucepan stirring continuously until cooked. Add water to deglaze the pan periodically until desired consistency is reached.

Makes 1 serving (1 protein)

Jambalaya

Ingredients

100 grams shrimp (chicken, beef, or chicken sausage can be used)
Tomatoes or celery chopped

1 cup vegetable broth or water
1 tablespoon lemon juice
1 tablespoon chopped onion
1 clove garlic crushed and minced
Dash of Worcestershire sauce
Dash of hot sauce
Dash of liquid smoke (optional)
Pinch of cayenne to taste
1/8 teaspoon garlic powder
1/8 teaspoon onion powder
Pinch of thyme
Salt and pepper
Water as needed

Directions

Lightly sauté shrimp or chicken with celery or tomatoes, garlic and onion in lemon juice until cooked or lightly browned. Deglaze the pan with broth and add seasonings. Simmer on low for approximately 20-30 minutes until liquid is slightly reduced adding additional broth or water to achieve desired consistency.

Makes 1 serving (1 protein, 1 vegetable, 1 fruit)

Phase 3 modifications: Add chopped red and green bell pepper and additional seafood, chicken, sausage, etc.

Black Pepper Sautéed Shrimp

Ingredients

100 grams shrimp
1 serving Melba toast crumbs (optional)
2 tablespoons lemon juice
1 tablespoon caper juice
Salt and fresh ground black pepper to taste

Directions

Mix Melba toast crumbs with salt and generous amount of black pepper. Coat shrimp with Melba toast pepper mixture and fry on high heat in a skillet in a little lemon juice until cooked well. Serve hot and garnish with lemon and additional freshly ground black pepper.

Makes 1 serving (1 protein, 1 Melba toast)

Ginger Shrimp Wraps

Ingredients

100 grams shrimp
1 or more cabbage or lettuce leaves
1 cup vegetable broth or water
2 teaspoons apple cider vinegar
1 tablespoon Bragg's liquid aminos
1 clove garlic crushed and minced
Pinch of fresh ginger
1 tablespoon finely minced green onion
1 serving spicy orange sauce (optional, for dipping page 56)
Salt and pepper to taste

Directions

Lightly steam cabbage leaves and then set aside. Cook shrimp with spices and mince together with onion. Wrap up shrimp mixture in cabbage or lettuce leaves and enjoy with dipping sauce. Another alternative is to place multiple rolls in small baking dish. Cover with vegetable broth and bake for 25 minutes at 350 degrees. Variations: Dip wraps in Sweet wasabi dipping sauce (page 54) or top with additional Bragg's.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Add a drizzle of sesame, peanut or hot chili oil to the shrimp mixture for added flavor.

Crab Cakes

Ingredients

100 grams snow or king crab meat
1 serving Melba toast crumbs
1 tablespoon lemon juice
1 teaspoon apple cider vinegar
1/8 teaspoon onion powder
1/8 teaspoon garlic powder
1 tablespoon finely minced onion
1 clove crushed and minced garlic
Cayenne to taste
Salt and black pepper to taste

Directions

In a small bowl combine ingredients and form into cakes. Press crab cakes into muffin tins and bake at 350 degrees for about 10-20 minutes until slightly brown on top. The crab mixture can also be sauté d until warm or chilled and served over a green salad with lemon garnish and topped with Melba toast crumbs.

Makes 1 serving (1 protein, 1 Melba toast)

Phase 3 modifications: Add a little egg to the crab mixture and fry with a little butter or oil. Serve with Cajun spiced cream sauce or mayonnaise.

Cajun Baked Fish

Ingredients

100 grams your choice of white fish
1 serving Melba toast crumbs
1/8 teaspoon onion powder
1/8 teaspoon garlic powder
Pinch of cayenne pepper to taste
Pinch of thyme
Salt and black pepper to taste

Directions

Combine spices and Melba toast powder. Dip fish in lemon juice and coat with spice mixture. Bake in 350 degree oven for 20 minutes or broil until lightly brown. Garnish with parsley.

Makes 1 serving (1 protein, 1 Melba toast)

Phase 3 modifications: Dip fish in egg and brush with olive oil. Serve with a Cajun cream sauce.

Lemon Dill Fish

Ingredients

100 grams any kind of white fish
4 tablespoons lemon juice
¼ cup vegetable broth or water
1 teaspoon apple cider vinegar
1 teaspoon fresh dill
1 clove garlic crushed and minced
1 tablespoon minced onion
Salt and black pepper to taste

Directions

Sauté fish with lemon juice, vegetable broth, and vinegar. Add garlic, onion, and fresh dill. Cook for an additional 5-10 minutes or until fish is completely cooked. Garnish with lemon wedges.

Makes 1 serving (1 protein)

Italian Shrimp with Tomatoes

Ingredients

100 grams shrimp
2 large tomatoes chopped
¼ cup vegetable broth or water

2 tablespoons lemon juice
¼ teaspoon dried or fresh basil
2 cloves of garlic crushed and minced
Pinch of dried or fresh oregano
Pinch of red pepper flakes
Salt and black pepper to taste

Directions

Sauté onion, garlic and spices in broth and lemon juice. Add spices and cook for 5 minutes. Add the shrimp and tomatoes and cook until shrimp is pink and well cooked

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Sauté with a little olive oil. Add chopped zucchini or other vegetables. Top with fresh grated parmesan cheese.

Sweet Wasabi Sautéed Shrimp

Ingredients

100 grams shrimp
1 recipe sweet wasabi marinade (page 54)
1 tablespoon minced onion
Pinch of dried or fresh ginger
Stevia to taste

Directions

Sauté shrimp with onion in wasabi marinade. Serve hot or enjoy chilled over mixed green salad.

Makes 1 serving (1 protein)

Spicy Mustard Shrimp with Chard

Ingredients

100 grams shrimp

Chard chopped
½ cup vegetable broth or water
3 tablespoons homemade mustard (page 50)
2 tablespoons Bragg's liquid aminos
1 tablespoon apple cider vinegar
2 tablespoons lemon juice
Pinch of red pepper flakes
2 tablespoons chopped onion
2 cloves garlic sliced
Salt and pepper to taste

Directions

Sauté the shrimp with onion, garlic, Bragg's, vinegar, lemon juice and mustard until cooked. Remove the shrimp and deglaze the pan with the vegetable broth. Add chard to the broth and cook stirring occasionally until chard is tender. Add a little water if needed. Top with mustard shrimp and enjoy.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Cook with a little olive oil, sesame oil or walnut oil. Top with 2 tablespoons chopped roasted almonds.

Baked White Fish with Asparagus

Ingredients

100 grams white fish (make multiple servings for best results)
Asparagus
1 serving Melba toast crumbs per serving
½ cup vegetable broth or water
2 tablespoons caper juice
4 tablespoons lemon juice
1 clove garlic crushed and minced
1 tablespoon onion minced
¼ teaspoon dried or fresh dill
Pinch of tarragon
Parsley
Salt and pepper to taste

Directions

In a small baking dish, layer the fish and asparagus. Mix vegetable broth with spices and pour over fish and asparagus. Top with herbed Melba toast crumbs and bake at 350 for about 20 minutes or until fish and asparagus is cooked thoroughly and crumbs are slightly brown. Top with remaining sauce, fresh parsley, and serve with lemon wedges.

Dish can also be cooked on the barbeque. Just wrap up fish and asparagus in foil, toss with spices and baste with vegetable broth.

Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)

Orange or Lemon Glazed Orange Roughy BBQ Wrap

Ingredients

100 grams orange roughy fish
3 orange slices
3 tablespoons orange juice (optional)
1 tablespoon lemon juice
1 tablespoon chopped green onion
Dash of garlic powder
Dash of onion powder
Salt and pepper to taste
Stevia to taste

Directions

Place fish on aluminum foil. Baste with juice and spices. Top with orange or lemon slices. Wrap up and place on barbeque or in the stove at 350 degrees for 10-15 minutes until well cooked and fork tender. Serve with juices and orange slices. Sprinkle with parsley.

Makes 1 serving (1 protein, 1 fruit)

Poached Fish with Thyme

Any white fish
½ cup vegetable broth or water

2 tablespoons caper juice
2 tablespoons lemon juice
1 teaspoon apple cider vinegar
1 clove garlic crushed and minced
1 tablespoon minced red onion
Pinch of thyme
Salt and pepper to taste

Directions

Add garlic, onion and spices to liquid ingredients. Add fish and poach for 5 minutes or until fish is cooked thoroughly. Garnish with parsley and lemon.

Makes 1 serving (1 protein)

Phase 3 modifications: Brush fish with melted butter or olive oil. Top with a tablespoon of capers.

Sweet Orange Pepper Shrimp

Ingredients

100 grams shrimp
1 tablespoon minced onion
1 serving of sweet orange marinade (page 54)
Stevia to taste

Directions

Marinate shrimp for 30 minutes in marinade. In small frying pan add shrimp and rest of marinade along with a few chopped slices of orange. Add black pepper to taste. Deglaze the pan periodically with water, Sauté until shrimp are cooked and tender and the sauce is the right consistency.

Makes 1 serving (1 protein, 1 fruit)

Lobster Medallions in Tomato Sauce

Ingredients

100 grams raw lobster tail

2 tomatoes chopped
8 ounces tomato sauce
2 tablespoons lemon juice
1 clove of garlic crushed and minced
1 tablespoon minced onion
1 bay leaf
1/8 teaspoon thyme
1/8 teaspoon fresh chopped tarragon
Cayenne pepper to taste
Salt and pepper to taste
Chopped parsley
Salt and fresh ground black pepper to taste

Directions

Slice medallions of lobster tail. Weigh out 100 grams raw. Sauté lobster in lemon juice and a little water then add garlic, onion, tomatoes, tomato sauce, and spices. Simmer for 10-15 minutes and serve.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Add a drizzle of olive oil or add small cubes of cold unsalted butter and stir in quickly for a richer sauce. Add a splash of white wine or dry sherry and a tablespoon of heavy cream.

Baked Stuffed Lobster

Ingredients

100 grams raw lobster tail
1 serving Melba toast crumbs
½ cup vegetable broth or water
1 tablespoon minced onion
1 clove garlic crushed and minced
1/8 teaspoon garlic powder
1/8 teaspoon onion powder
Paprika to taste
Salt and pepper to taste

Directions

Mix Melba toast crumbs with spices, garlic and onion. Stuff lobster tail with Melba mixture and place into baking dish stuffing side up. Pour vegetable broth over the lobster, dust the lobster with more paprika and bake at 350 degrees for approximately 20 minutes. Broil for additional 1-2 minutes to brown. Add salt and pepper to taste and serve with lemon wedges.

Makes 1 serving (1 protein, 1 Melba toast)

Phase 3 modifications: Add parmesan cheese to the stuffing and serve with melted butter.

Savory Onion Caramelized Shrimp

Ingredients

100 grams shrimp
Sliced onion cut into rings
¼ cup water
3 tablespoons lemon juice
1 tablespoons Bragg's liquid aminos
Vanilla flavored liquid stevia to taste
Salt and pepper to taste

Directions

Heat up the liquid ingredients on high heat in small frying pan. Add stevia, salt, pepper, onion, and shrimp. Deglaze with a little water several times to create a caramelized sauce.

Makes 1 serving (1 protein, 1 vegetable)

Sweet and Sour Shrimp

Ingredients

100 grams shrimp
1 cup water
½ lemon with rind

½ orange with rind
3 tablespoons Bragg's liquid aminos
1 tablespoon minced onion
1 clove garlic crushed and minced
Cayenne to taste
Salt and pepper to taste
Stevia to taste

Directions

Boil 1 cup of water with ½ lemon and ½ orange with rind until pulp comes out of the center. Scrape out remaining pulp and discard the rind. Add onion, garlic, Bragg's, and spices and reduce liquid by half. Add the shrimp to the sauce and sauté for 5-7 minutes until shrimp is cooked.

Makes 1 serving (1 protein, 1 fruit)

Phase 3 modifications: Add red and green bell peppers to the mix. Add sesame or chili oil to the recipe and a small amount of fresh pineapple. (Pineapple should be used sparingly due to the high sugar content)

Shrimp with Mint and Cilantro

Ingredients

100 grams shrimp
2 tablespoons fresh cilantro finely minced
1 tablespoon fresh mint finely minced
1 teaspoon fresh Italian parsley
1 clove garlic crushed and minced
2 tablespoons lemon juice
Salt and pepper to taste
Stevia (optional)

Directions

In a small frying pan, fry up the garlic in the lemon juice. Add shrimp, cilantro, mint and parsley. Stir fry together until shrimp is cooked and coated with herb mixture. Add a little extra water or lemon juice if necessary. Garnish lemon wedges.

Makes 1 serving (1 protein)

Phase 3 modifications: Add a little olive oil, parmesan cheese and top with walnuts or pine nuts.

Orange Roughy with Tomatoes and Onion

Ingredients

100 grams orange roughy fish
2 tomatoes chopped
2 tablespoons onion chopped
1 clove garlic crushed and minced
½ cup vegetable broth or water
Salt and pepper to taste

Directions

Sauté onions and garlic in vegetable broth, add orange roughy and spices until almost cooked about 5 minutes. Add freshly chopped tomatoes and cook for an additional 5 minutes. Serve hot, add salt and pepper to taste. Garnish with parsley.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Sauté onions and garlic in butter. Add ¼ cup half and half.

Sautéed Snapper with Lemon Pepper Sauce

Ingredients

100 grams red snapper
¼ cup vegetable broth or water
2 tablespoons lemon juice
2 tablespoons caper juice
Dash of garlic powder
Dash of onion powder
Dash of cayenne (optional)
Salt and fresh ground pepper to taste

Directions

Add dry spices to broth and liquid ingredients. Sauté fish in sauce for 5-10 minutes until thoroughly cooked.

Makes 1 serving (1 protein)

Phase 3 modifications: Whisk in small cubes of unsalted butter to create a lemon butter sauce.

Blackened Red Snapper

Ingredients

100 grams red snapper fish

Blackening spice mix

2 teaspoons paprika

4 teaspoons thyme

2 teaspoons onion powder

2 teaspoons garlic powder

1 teaspoon cayenne pepper

2 teaspoons oregano

½ teaspoon cumin

½ teaspoon nutmeg powder

2 teaspoons salt

2 teaspoons black pepper

Stevia

Directions

Mix spices well in shaker jar. On a paper plate remove enough of the spice mixture to coat pieces of fish thoroughly. Preheat a skillet to high heat. Add fish dry and cook quickly until spices are blackened and fish is cooked completely. Serve hot. Garnish with lemon and fresh parsley. Save the rest of the blackened spice mixture to use later. Works well with chicken also.

Makes 1 serving (1 protein)

Baked Lobster with Spicy Lemon Sauce

Ingredients

100 grams sliced lobster tail
1 serving Melba toast crumbs
¼ cup water
4 tablespoons lemon juice
Pinch of red pepper flakes
¼ teaspoon garlic powder
Pinch of sweet paprika
Pinch of lemon zest
1 teaspoon fresh chopped parsley
Salt and pepper to taste

Directions

In a small saucepan combine water and lemon juice with spices and bring to a boil. Reduce liquid and deglaze occasionally. Lay out slices of lobster in small baking dish. Pour lemon sauce over lobster and sprinkle with Melba crumbs, paprika, salt and fresh ground pepper. Bake lobster slices at 350 degrees for approximately 15 minutes or until lobster is fully cooked. Add a little extra water if needed so lobster doesn't burn. Serve hot and topped with sauce. Garnish with lemon slices and sprinkle with lemon zest and parsley.

Makes 1 serving (1 protein, 1 Melba toast)

Citrus Fish

Ingredients

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 (1 protein, 1 fruit)

Mahi Mahi with Oranges

Ingredients

100 grams mahi mahi fish
½ orange in segments
2 tablespoons Bragg's amino acids
1 teaspoon apple cider vinegar
1/8 teaspoon fresh or dried ginger
1 tablespoon chopped green onion
1 clove garlic crushed and minced
Pinch of red pepper flakes
Stevia to taste
Cayenne to taste
A little water as needed

Directions

Sauté mahi mahi fish with a little water, vinegar and Bragg's then add garlic, spices, and stevia. Add ½ orange in chunks or segments. Cook for 5-10 minutes. Top with green onion and serve on a bed of steamed spinach or greens.

Makes 1 serving (1 protein, 1 fruit)

VEGETABLES

Cabbage Rice/Noodle Alternative

Ingredients

½ - 1 head of cabbage finely chopped into rice sized or noodle size pieces
Your choice of spices
1 cup chicken, vegetable broth or water

▪ Mexican rice style

1 cup chicken or vegetable broth
2 tablespoons minced onion
1 clove of garlic crushed and minced
¼ teaspoon Mexican oregano
¼ teaspoon cayenne pepper or to taste
Dash of cumin to taste
Fresh chopped cilantro
Salt and pepper to taste

▪ Italian style

1 cup chicken or vegetable broth
¼ teaspoon fresh or dried oregano
¼ teaspoon dried basil or 5 leaves fresh basil rolled and sliced
2 tablespoons minced onion
1 clove garlic crushed and minced
Salt and pepper to taste

▪ Indian style

½ teaspoon curry
2 tablespoons minced onion
1 clove garlic crushed and minced
¼ teaspoon cumin
Salt and pepper to taste

▪ **Oriental style**

½ teaspoon ginger
3 tablespoons Bragg's liquid aminos
2 tablespoons lemon juice
3 tablespoons orange juice (optional)
2 tablespoons chopped onion
1 clove garlic crushed and minced

Directions

In a large frying pan sauté cabbage with a little water (vegetable or chicken broth may be substituted) and liquid ingredients. Add spices and cook until cabbage is tender adding water as necessary. Add ground beef or chicken to the spiced cabbage if desired.

Makes 2 or more servings (1 vegetable)

Garlic and Onion Spiced Chard

Ingredients

4-6 cups swiss or red chard
1 tablespoon apple cider vinegar
½ cup vegetable, chicken broth or water
4 tablespoons lemon juice to taste
6 cloves of garlic chopped
2 tablespoons chopped onion
½ teaspoon garlic powder
Salt and pepper to taste

Directions

In a frying pan add chard, water, onion, garlic and spices to the water and liquid ingredients and sauté for 5 minutes or to desired level of doneness. Sprinkle with lemon and salt and pepper to taste.

Makes 1-2 servings (1 vegetable)

Cold Chicory Salad

Ingredients

Chopped fresh chicory
2 teaspoons apple cider vinegar
1 tablespoon Bragg's liquid aminos
1 tablespoon lemon juice
Salt and pepper to taste

Directions

Chop chicory very fine. Stir in apple cider vinegar and lemon juice. Add salt and fresh ground black pepper to taste. Enjoy as a side dish or cool salad. Phase 2 variations: Add tomatoes and chopped fresh mint or mix in a little orange juice. Add finely minced red onion and garlic or chopped apple and stevia.

Makes 1 serving (1 vegetable)

Phase 3 modifications: Add a little olive, walnut, or hazelnut oil. Sprinkle with 1 tablespoon chopped walnuts and feta cheese.

Caramelized Onion Garnish

Ingredients

½ large onion cut into fine rings
4 tablespoons lemon juice
Vanilla stevia to taste
Small amount of water as needed
Pinch of salt

Directions

Preheat skillet. Add small amount of water to bottom of pan and add lemon juice and stevia. Add onion rings and stevia and cook quickly periodically deglazing the pan with a little more water to create a sweet caramel sauce. Serve immediately over steak or chicken. Spoon any remaining sauce

created by deglazing over the top. Can be served chilled and added as a topping to salads.

Makes 4 servings

Savory Baked Red Onion Garnish

Ingredients

½ red onion cut into rings
¼ cup apple cider vinegar
2 tablespoons lemon juice
1 bay leaf or pinch of bay leaf powder
1 clove garlic crushed and minced
Pinch of dried basil and oregano (optional)
Salt and pepper to taste
Small amount of water

Directions

Put onion in a baking dish with apple cider vinegar, water, and spices. Bake at 375 for 10 minutes. Serve hot over beef or chicken or chill and add to salads. Can also be sautéed in a small frying pan deglazing periodically. Phase 2 variations: substitute a sprinkle of rosemary, tarragon or dill instead of other spices. Or sprinkle with organic poultry seasoning.

Makes 4 servings

Phase 3 modifications: Brush with olive oil before baking or sauté with browned butter and spices. Top with fresh grated parmesan or Romano cheese. Try baked, topped with a slice of provolone or mozzarella cheese.

Garlic Spinach

Ingredients

Spinach
½ cup chicken broth or water
2 tablespoons lemon juice

2 tablespoons minced onion
2 cloves garlic crushed and minced
¼ teaspoon onion powder
Pinch red pepper flakes

Directions

Sauté the onion and garlic lightly in frying pan with a little water and lemon juice until soft. Add fresh garlic and spices. Stir in fresh spinach leaves and cook lightly. Serve with your favorite chicken or fish dish.

Makes 1-2 servings (1 vegetable)

Saffron Cabbage

Ingredients

Chopped cabbage (½ head)
1 cup chicken broth or water
2 tablespoons onion finely chopped
1 clove garlic crushed and minced
Pinch of saffron powder or threads softened in water and made into a paste.
1/8 teaspoon turmeric
Dash of mustard powder
Salt and pepper to taste

Directions

In a large frying pan, heat chicken broth and spices. Add cabbage and cover pan with a lid. Cook cabbage until tender adding water if necessary to keep from burning and coating with the spice mixture. Serve hot with chicken or chilled for a cool salad.

Makes 1-2 servings (1 vegetable)

Radish Relish

Ingredients

6-7 large red radishes

3 tablespoons of apple cider vinegar
Dash of garlic powder
Dash of onion powder
Salt and pepper to taste
Stevia to taste (optional)

Directions

Combine liquid ingredients with powdered spices. Finely dice radishes and marinate in liquid mixture for 1-3 hours or overnight. Use as a topping on your protein servings or as a side dish.

Makes 1-2 servings (1 vegetable)

Indian Spiced Spinach

Ingredients

Spinach
2 tablespoons minced onion
¼ cup chicken broth or water
1/8 teaspoon cumin
1/8 teaspoon paprika
1/8 teaspoon turmeric
Pinch of fresh grated ginger
Pinch of ground coriander
Salt and pepper to taste

Directions

Sauté spices in chicken broth with onion. Add spinach and stir gently until cooked. (substitute ¼ teaspoon garam masala for dry spices) Variations: add chicken or shrimp.

Makes 1-2 servings (1 vegetable)

Phase 3 modifications: Add melted butter or ghee. Stir in chunks of paneer cheese to make palak paneer, a traditional Indian dish.

Baked Celery

Ingredients

Celery

½ cup beef, chicken broth, or water

2 tablespoons lemon juice

2 tablespoons Bragg's liquid aminos

2 tablespoons chopped onions

1 clove fresh chopped garlic

1 bay leaf

Pinch of red pepper flakes

Paprika to taste

Salt and pepper to taste

Directions

Chop up celery into sticks and arrange in a baking dish. Dissolve spices in liquid ingredients and pour over the celery. Bake in 375 degree oven in until soft and lightly brown on top. Serve with the juices and sprinkle with paprika. Add salt and pepper to taste.

Makes 1-2 servings (1 vegetable)

Chilled Tomato Salad

Ingredients

Chopped tomatoes

¼ cup apple cider vinegar

1 tablespoon green onion sliced

1 garlic clove crushed and minced

Dash of mustard powder

¼ teaspoon basil

1/8 teaspoon thyme

1/8 teaspoon marjoram

Salt and pepper to taste

Directions

Combine apple cider vinegar with spices. Pour over tomato chunks or slices. Marinate and chill for 1 hour before serving.

Makes 2 servings (1 vegetable)

Phase 3 modifications: Add olive oil or mayonnaise, mix in small slices of Swiss or crumbled feta cheese and sliced green olives.

Grilled Asparagus with Rosemary Lemon Sauce

Ingredients

Asparagus
Juice of ½ lemon with rind
1 tablespoon Bragg's liquid aminos
1 clove garlic crushed and minced
¼ teaspoon rosemary
Dash of garlic powder
Dash of onion powder
Salt and pepper to taste
Cayenne pepper to taste

Directions

Marinate asparagus in lemon, garlic, salt, cayenne pepper and Braggs. Steam or grill asparagus spears to desired level of doneness. In a small saucepan place remaining lemon marinade along with lemon rind, ½ cup water, spices and cook until pulp starts to come out. You may add a little stevia if you wish for added sweetness. Reduce liquid by half. Remove lemon rind and pour over grilled asparagus. Garnish with lemon wedges and salt and pepper to taste.

Makes 1 serving (1 vegetable)

Pickled Beet Greens (substitute spinach)

Ingredients

Beet greens

¼ cup apple cider vinegar
1 tablespoon lemon juice
1 tablespoon Bragg's amino acids
1 clove garlic crushed and sliced
2 tablespoons minced onion
¼ teaspoon red pepper flakes or to taste
Salt and pepper to taste
Stevia to taste (optional)

Directions

Combine liquid ingredients and spices. Pour over beet greens and cook for 5-10 minutes stirring occasionally to mix spices. Add water as necessary. Serve hot or cold.

Makes 1 or more servings (1 vegetable)

Phase 3 modifications: Add 2 tablespoons of crumbled bacon to the greens for added flavor.

Roasted Fruit and Vegetable Kabobs

Ingredients

1 apple cut into large chunks
¼ onion cut into 1 inch petals
1 tomato cut into chunks
1 tablespoon apple cider vinegar
1 tablespoon lemon juice
½ teaspoon crushed mint leaves
½ teaspoon crushed cilantro leaves
Pinch of allspice
Stevia to taste

Directions

Marinate fruit and vegetables in lemon juice and vinegar with stevia and spices in the refrigerator for 20 minutes or more. Soak wooden skewers in water for five minutes. Layer chopped apple, onion petals, and tomato alternately on to skewers.

Place on grill for 5-8 minutes or until desired level of doneness. Top with herbs and serve with lemon wedges.

Makes 1 serving (1 fruit, 1 vegetable)

Hot Pickled Red Cabbage

Ingredients

Red cabbage
1 apple diced
½ cup apple cider vinegar
¼ cup water
2 tablespoons Bragg's liquid aminos
2 tablespoons chopped red onion
1 clove garlic crushed and minced
A pinch of red pepper flakes
Salt and pepper to taste

Directions

Slow cook cabbage and apples in water, apple cider vinegar. Add spices and chopped onion, and garlic, and stevia. Add salt and pepper to taste. Serve hot or cold.

Makes 2 serving (1 vegetable, 1 fruit)

Hot Peppered Chicory

Ingredients

Chicory
Salt and pepper to taste
2 tablespoons lemon juice
¼ cup vegetable broth or water

Directions

Mince the chicory. In a small saucepan add chicory to broth and add lemon juice, salt and pepper. Cook for 3-5 minutes and serve hot.

Makes 1 or more servings (1 vegetable)

Phase 3 modifications: Add a little butter or olive oil or omit the lemon juice and add a small amount of half and half or cream cheese. Top with grated parmesan cheese or mix in crumbled feta cheese.

Fennel with Herbs

Ingredients

Fennel bulbs

½ cup vegetable broth or water.

2 tablespoons lemon juice

Your choice of marinade or dressing (See dressings, sauces, and marinades section for ideas)

Directions

Thoroughly wash and trim fresh fennel. Cook the fennel for several minutes in a little water or vegetable broth adding pepper, lemon, salt and fresh or dried herbs. Try Italian style or toss with Spicy Cajun or Dill Dressing. Cook until the bulb portion is tender and delicious. Fennel may also be grilled on the barbeque.

Makes 1 or more servings (1 vegetable)

Phase 3 modifications: Drizzle with melted butter or olive oil. Fennel has a slight licorice taste and goes well with fish.

Herbed Asparagus

Ingredients

Generous serving of Asparagus

½ cup vegetable, chicken broth, or water

2 tablespoons lemon juice

1 clove of garlic crushed and minced

1 tablespoon minced onion

1 teaspoon organic Italian herb mix
Water as needed

Directions

Lightly sauté chopped onion, garlic and herbs in the chicken broth for about one minute. Add the asparagus and cook until tender. Top with herbed sauce (add a little powdered garlic and onion for a thicker sauce). Garnish with parsley and lemon wedges.

Makes 1 or more servings (1 vegetable)

Phase 3 modifications: Add a splash of white wine. Stir in cold cubes of butter whisking gently to create a butter sauce or omit the lemon juice and stir in ¼ cup cream or half and half. Add a few capers and top with fresh herbs.

Roasted Tomato with Onion

Ingredients

4 thin whole slices of onion
4 thick cut tomato slices
1-2 cloves of garlic sliced
2 leaves fresh basil rolled and sliced
Sprinkle of dried or fresh oregano
Salt and black pepper to taste
Stevia to taste (optional)
Squeeze of lemon juice

Directions

Lay out slices of onion rings intact. Salt and pepper the onion and sprinkle with lemon juice. Lay a few slices of basil and garlic on top of the onion. Top onion slices with a slice of tomato. Top the tomato with remaining basil and garlic. Bake at 375 for 10-15 minutes or until desired level of doneness. Sprinkle with lemon juice and salt and pepper to taste.

Makes 4 servings (1 vegetable)

Spiced Beet Greens (substitute spinach)

Ingredients

Beet greens
¼ cup chicken broth or water
4 tablespoons lemon juice
2 cloves of garlic crushed and minced
¼ teaspoon paprika
Pinch of cumin
Pinch of lemon zest
Salt and pepper to taste

Directions

Combine spices in liquid ingredients. Lightly sauté beet greens in spice mixture. Serve hot and garnish with lemon and fresh ground black pepper.

Phase 3 modifications: Top with 1 tablespoon of crushed pecans.

Chilled Pesto Tomato Salad

Ingredients

2 medium tomatoes or 3 Roma tomatoes sliced.
3 leaves of fresh basil rolled and sliced
Savory red onion or caramelized onion garnish (pages 131, 132)
1-2 cloves of garlic minced
2 tablespoons lemon juice
2 tablespoons caper juice
1 tablespoon of apple cider vinegar

Directions

Toss fresh tomatoes with spices and vinegar and coat completely. Marinate for at least 1 hour. Top with onion garnish and serve.

1-2 servings (1 vegetable or fruit)

Phase 3 modifications: Layer sliced tomatoes with fresh mozzarella cheese to make a Caprese salad. Brush with olive oil.

DESSERTS

Strawberry Sorbet/Pops

Ingredients

4-6 medium strawberries
Approximately 3 cubes of ice
Any powdered or flavored stevia to taste
½ teaspoon vanilla powder or cocoa (optional)
2 tablespoons lemon juice
¼ cup water

Directions

Blend ingredients together until smooth. Pour into a dish or Popsicle molds and freeze until firm.

Makes 1 serving (1 fruit)

Phase 3 modifications: Add half and half or cream and whipped egg whites. Mix in chopped nuts or phase 3 chocolate crumbles (See bonus phase 3 report) and freeze for an ice cream style dessert.

Orange or Lemon Pops

Ingredients

Juice of ½ lemon or 1 small orange juiced
Powdered stevia to taste

Directions

Mix stevia to taste into lemon or orange juice. Pour into Popsicle molds and freeze.

Makes one serving (1 fruit)

Apple Chips

Ingredients

1 apple
Dash of cinnamon
Stevia to taste

Directions

Slice apples thinly, coat with stevia and cinnamon. Place in a dehydrator or bake at 325 until chewy and a little crispy.

Makes 1 serving (1 fruit)

Apple Cookies

Ingredients

Pulp from 1 apple
1/8 teaspoon cinnamon
Pinch of nutmeg
1/8 teaspoon vanilla powder
Stevia to taste
1 tablespoon lemon juice

Mix pulp from 1 apple (use juice for a virgin apple martini) Mix with stevia and spices and form into cookies (1-2). Bake the cookies for approximately 15-20 minutes or until slightly brown.

Makes 1 serving (1 fruit)

Phase 3 modifications: Add chopped walnuts or pecan meal and a little butter to the apple mixture then bake.

Iced and Spiced Orange Slices

Ingredients

1 orange sliced or segmented
2 tablespoons lemon juice

¼ teaspoon cinnamon
¼ teaspoon powdered vanilla
Pinch of nutmeg to taste
Pinch of powdered clove to taste
Pinch of cardamom to taste
Powdered stevia to taste

Directions

Mix powdered spices and stevia together. Dip orange slices in lemon juice and dredge with spice mixture. Freeze until firm. Variations: substitute strawberry or apple slices.

Makes 1 serving (1 fruit)

Apple Slices with Cinnamon Sauce

Ingredients

1 apple sliced
3 tablespoons lemon juice
1 teaspoon apple cider vinegar
1-2 teaspoons cinnamon
Dash of nutmeg
Powdered stevia to taste

Directions

In the microwave or small saucepan heat the liquid and spice ingredients together stirring constantly. Serve in a small dipping bowl and serve with chilled apple slices or other fruit.

Makes 1 serving (1 fruit)

Phase 3 modifications: Dissolve spices in lemon juice. Whisk in small cubes of cold butter to make a sauce. Add rum extract or vanilla. Sauté apple slices in spiced butter mixture.

Fruit with Warm Vanilla Sauce

Ingredients

Your choice of allowed fruit
1 tablespoon vanilla powder
2 tablespoons lemon juice
½ teaspoon apple cider vinegar
Powdered stevia to taste

Directions

In a small saucepan or dipping bowl stir stevia and vanilla powder into lemon juice and vinegar. Heat the sauce on the stove or in the microwave. Pour into a dipping bowl. Dip fresh fruit into the warm sauce and enjoy.

Makes 1 serving (1 fruit)

Phase 3 modifications: Stir in 1 tablespoon of cold butter cut into small cubes and whisk quickly until blended. Or add a small amount of cream and omit the lemon juice. Add a little cinnamon or rum extract for added flavor.

Caramel Apple Pie

Ingredients

1 apple
1 tablespoon lemon juice
1 tablespoon water
1 teaspoon apple cider vinegar
1 packet powdered stevia
1 teaspoon ground cinnamon
Pinch of nutmeg
1 tablespoon water
English toffee stevia to taste

Directions

Slice apple into very thin slices. Arrange in layers in a round 3 inch crème Brule dish. For each layer, sprinkle generously with cinnamon, nutmeg, and

powdered and English toffee stevia. Continue layering with spices until dish is full. Sprinkle lemon juice, apple cider vinegar and water over the apple slices. Bake at 375 for approximately 20-25 minutes or until apples are cooked and top is slightly crispy. Drizzle with additional English toffee stevia if desired. Serve warm.

Makes 1 serving (1 fruit)

Phase 3 modifications: Add a small amount of melted butter to the mixture and top with a tablespoon of chopped walnuts or pecans.

Warm Spiced Oranges

Ingredients

One orange sliced or segmented
2 tablespoons lemon juice
1/8 teaspoon ground cinnamon
Dash of cloves
Dash of nutmeg
1/8 teaspoon powdered vanilla
Stevia to taste (powdered or flavored liquid)

Directions

Mix spices with lemon juice and stevia. Warm slightly in saucepan and add oranges. Cook for 2-3 minutes. Serve hot or chilled.

Makes 1 serving (1 fruit)

Frozen Grapefruit Spears

Ingredients

½ grapefruit in slices or segments
2 tablespoons lemon juice
Pinch of lemon zest
Powdered stevia to taste

Directions

Dip grapefruit chunks in lemon juice and coat with stevia and lemon zest. Freeze until firm and enjoy as an icy treat.

Makes 1 serving (1 fruit)

Iced Cocoa Strawberries

Ingredients

4-6 medium strawberries
1 tablespoon dry defatted cocoa (Wondercocoa)
Powdered stevia to taste

Directions

Mix cocoa and stevia together. Slice strawberries and dip in cocoa mixture. Place on wax or parchment paper and freeze until firm. Variations: Use orange segments.

Makes 1 serving (1 fruit)

Warm Strawberry Compote

Ingredients

1 serving fresh sliced strawberries
2 tablespoons lemon juice
Dash of cinnamon
Dash of nutmeg
Dash of cayenne
Dash of salt
Vanilla or dark chocolate stevia to taste

Directions

In a small saucepan, combine ingredients and stir thoroughly. Sauté on medium heat until warm and bubbly and a sauce develops. Serve warm in a bowl. Garnish with mint. Top with cinnamon Melba croutons (page 42)

Makes 1 serving (1 fruit)

Phase 3 modifications: Omit the lemon juice and stir in 2 tablespoons cream cheese or heavy cream. Top with chopped roasted nuts or phase 3 chocolate crumbles (see phase 3 bonus report).

Applesauce with Cinnamon

Ingredients

1 apple
½ teaspoon cinnamon
Pinch of nutmeg
Powdered stevia to taste

Directions

Peel and puree apple in a food processor. Add in cinnamon and stevia to taste. Serve chilled.

Makes 1 serving (1 fruit)

Dark Chocolate Flavored Strawberry or Orange Slices

Ingredients

1 orange peeled and sliced or handful of strawberries sliced
Dark chocolate stevia extract

Directions

Arrange orange or strawberry slices in a bowl. Drizzle dark chocolate stevia over the slices and serve chilled. Garnish with mint if desired.

Makes 1 serving (1 fruit)

BEVERAGES

Strawberry Smoothie

Ingredients

1 handful frozen strawberries
Flavored or powdered stevia (try vanilla or milk chocolate liquid stevia)
1 tablespoon milk (optional)
Ice cubes

Directions

Blend together and serve in a tall glass. Garnish with a strawberry, lemon slice or mint leaf garnish if desired.

Makes 1 serving (1 fruit)

Phase 3 modifications: Mix in a little half and half or cream. Add peaches, fresh raspberries, or make mixed fruit smoothies.

Iced Tea

Ingredients

Your choice of tea

- Green tea
- Yerba mate
- Chamomile
- Mint
- Fruit flavored
- Chai spice
- Cranberry

Stevia to taste

6 ounces of hot water per serving

Directions

Brew your choice of tea in hot water. Brew the tea a little strong. Chill in the refrigerator and then serve over ice or mix with 3 ounces of sparkling mineral water to make a soda. Add stevia to taste and garnish with mint leaves or lemon slices.

Makes 1 serving

Lemonade

Ingredients

Juice of ½ lemon

Stevia to taste

8 ounces water (plain or sparkling mineral water)

Directions

Squeeze lemon juice into a glass. Add the rind of the lemon, stevia and ice.

Makes 1 serving

Strawberry Lemonade

Ingredients

2 strawberries mashed or pureed

Juice of ½ lemon

Stevia to taste

8 ounces water (plain or sparkling mineral water)

Directions

Mix lemon juice and pureed strawberries in a glass. Pour over ice and sweeten with stevia.

Makes 1 serving (1 fruit)

Sparkling Virgin Apple Martini/Caramel Apple Martini

Ingredients

1 apple juiced (Use pulp for meatloaf or apple cookie recipe (pages 94,143))
6 ounces chilled sparkling mineral water
2 tablespoons lemon juice
Vanilla or English toffee liquid stevia
Apple slice for garnish
Crushed ice (optional)

Directions

Combine apple and lemon juices with flavored stevia. Add sparkling mineral water and ice if desired. Serve in a martini glass with a slice or curl of apple peel for garnish. Works great with tangy apples like granny smith or for a sweeter apple tini you can use red delicious or other sweet apple. Variation: For a Caramel apple martini, add a little English toffee stevia instead of vanilla.

Makes 1 serving (1 fruit)

Phase 3 modifications: Add 1 shot of vodka

Refreshing Grapefruit Virgin Martini

Ingredients

Juice of ½ grapefruit
5 ounces sparkling mineral water
Ice
Vanilla stevia to taste

Directions

Mix juice with stevia and pour over ice. Add sparkling mineral water and enjoy.

Phase 3 modifications: Add 1 shot of vodka

Bloody Hot Thin Mary

Ingredients

8 ounces fresh tomato juice
2 tablespoons apple cider vinegar
Cayenne pepper to taste
2 tablespoons lemon juice
1 teaspoon hot sauce
Celery salt
Freshly ground black pepper
3 dashes of Worcestershire sauce

Directions

Add and spices to fresh tomato juice. Stir well and serve over ice. Serve with freshly ground black pepper. Variations: add ¼ teaspoon horseradish.

Makes 1 serving (1 vegetable)

Phase 3 modifications: Add 1 shot of vodka

Hot Apple Cider

Ingredients

1 apple juiced
2 tablespoons lemon juice
1 tablespoon apple cider vinegar
¼ teaspoon cinnamon
Pinch of nutmeg
Pinch of allspice
Pinch of clove
Pinch of lemon zest
Stevia to taste
Water

Directions

Heat the juice with spices and a little water in a small saucepan. Serve hot with a cinnamon stick.

Makes 1 serving (1 fruit)

Lemon or Strawberry Ice Cubes

Ingredients

4-6 strawberries or 1 lemon juiced

¼ cup water

Chopped mint (optional)

Stevia to taste (optional)

Directions

Puree strawberries with water and stevia or juice lemon and mix with water and mint. Pour fresh juice of lemons or pureed strawberries into ice cube trays and freeze. Add to cold drinks, recipes, and teas for added flavor.

Makes 1 serving (1 fruit)

Mint Chocolate Coffee Smoothie

Ingredients

6 ounces strong brewed coffee chilled

Peppermint stevia

Dark or milk chocolate stevia

¼ teaspoon defatted powdered cocoa (Wondercocoa)

Ice cubes

1 tablespoon milk (optional)

Directions

Blend ingredients together until smooth. Serve with a mint leaf garnish

Makes 1 serving

Phase 3 modifications: Add half and half or cream.

Virgin Sparkling Mojito

Ingredients

Fresh mint leaves crushed
Juice of ½ lime or lemon
Peppermint or plain powdered stevia
6 ounces sparkling mineral water
Crushed ice

Directions

Crush mint leaves to release the flavor. Add liquid or powdered stevia and lemon or lime juice. Add sparkling mineral water and crushed ice. Top with a sprig of mint and enjoy.

Phase 3 modifications: Add 1 shot of rum.

Makes 1 serving

Apple Green Tea Sparkler

Ingredients

1 apple juiced
½ cup brewed green tea chilled
¼ cup sparkling mineral water
1 teaspoon vanilla stevia
Pinch of cinnamon

Directions

Combine juice of 1 apple, green tea, cinnamon, vanilla stevia together. Add crushed ice and sparkling mineral water. Garnish with apple curls and lemon wedge.

Makes 1 serving (1 fruit)

Chocolate Toffee Coffee Smoothie

Ingredients

6 ounces strong brewed coffee
English toffee flavored stevia to taste
Dark or milk chocolate stevia to taste
¼ teaspoon defatted powdered cocoa (Wondercocoa)
Ice cubes
1 tablespoon milk (optional)

Directions

Puree ingredients together. Add ice, stevia and milk.

Makes 1 serving

Phase 3 modifications: Add half and half or cream and blend. Make homemade stevia sweetened ice cream style dessert by adding whipped egg whites, whipped cream, stevia, and cocoa. Freeze and enjoy.

Sparkling Chocolate Mint Coffee Soda

Ingredients

4 ounces strong brewed coffee
4 ounces sparkling mineral water
Dark chocolate or milk chocolate stevia
Peppermint stevia
1 tablespoon milk (optional)
Ice
Mint leaves (optional)

Directions

Mix coffee, stevia, and milk. Pour over ice and add sparkling mineral water. Garnish with mint leaf.

Makes one serving

Homemade Diet Soda

Ingredients

8 ounces sparkling mineral water

Flavored stevia to taste

Your choice of 3-5 tablespoons fresh orange, lemon, or apple juice (optional)

Directions

Add flavored stevia to sparkling mineral water to taste. The most commonly available options are orange, grape, vanilla, chocolate, and root beer. There are many flavors of stevia on the market. Shop at your local health food store or online to find additional flavors. Add fresh lemon or lime juices and slices to make a lemon lime flavor. Get creative. Try combining flavors like orange and vanilla to create a dreamsicle soda.

Makes 1 serving

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UPDATE ON THE AUTHOR

Hello everyone. At the time this book is releasing I have some wonderful new successes to report. I've currently completed four weeks into my second round of phase 2. I feel absolutely fantastic and full of energy. Today at the start of September 2007 just four short months since beginning the diet in May, I weigh 145.8 pounds and have lost significant inches in all of my problem areas. I am now less than 12 pounds from my goal weight of 135. I am down a total of over 45 pounds! I've lost an incredible 8.25 inches off my waist and 5.75 off of my stomach, another 6 inches off my hips and buttocks, and an amazing 5.0 inches off of each thigh. I've reduced from a size 14 to a slim size 6. I'm enjoying all the compliments, male attention, and new found confidence that I've achieved since beginning this amazing journey. I know that I will reach my goal weight in just a couple of weeks. I look forward to shopping for small and medium size clothing in the stores, frolicking in my brand new bikini at the beach, and enjoying life to the fullest. Future updates of my progress and success with maintaining my weight can be found on my website www.hcgrecipes.com and my upcoming phase 3 cookbook. I am no longer a slave to food or my weight. The yo-yo dieting is a thing of the past and I know that with my new and healthier style of eating and faster, more efficient metabolism, I no longer have to worry about my weight. This truly is the ultimate, miracle, weight loss cure I have searched for all of my life. Good luck to you all in your own weight loss journey.

RESOURCES

www.naturalcures.com

- Kevin Trudeau's website for natural and alternative medicine and features the book "*The Weight Loss Cure They Don't Want You to Know About*". Alliance publishing copyright 2007.

www.hcgdietinfo.com

- This is an informative website about HCG dieting. It features testimonials, links and studies relating to the Dr. Simeons diet.

www.releana.com

- This is a medically supervised HCG weight loss program with a nationwide group of physicians offering a patented source of sublingual HCG. An original scanned copy of Dr. Simeon's manuscript can be found on this site.

www.hcgoesity.org

- Informative site by Dr. Belluscio, an expert on HCG dieting that offers many links, testimonials, before and after pictures, and resources.

<http://hcgrecipes.wlonline.hop.clickbank.net>

- "*Guide to Implementing the Weight Loss Cure: Personal Experiences of HCG dieters*". A comprehensive e-book guide to following the Simeons protocol and Kevin Trudeau's *Weight Loss Cure*" and featuring the best sources of HCG, FAQ, meal planning, resources, and a sublingual HCG recipe.

www.eatwellguide.org

- An online, informative site that guides you to local health food stores, grocery stores, and organic restaurants in your area.

www.blackwing.com

- An online source of organic meats, poultry and other products.

http://www.4eatSMART.com/glycemicindex/lowglycemic_index_foods.htm

- An online resource for checking the glycemic index of foods.

www.steviasmart.com

- Online source for stevia and stevia related natural products.

www.hcgSupplies.com

- A source of complete HCG supply kits for 23 or 43 day weight loss injection cycles.

www.calorieking.com

- A free calorie counter and meal planner

www.fitday.com

- A free calorie counter and meal planner

BONUS PHASE 3 REPORT

INTRODUCTION TO PHASE 3

Welcome to the phase 3 portion of the Dr. Simeons HCG diet protocol popularized by Kevin Trudeau in his book “*The Weight loss Cure They Don’t Want You to Know About*”. This portion of the diet is critical for resetting the hypothalamus gland which controls the endocrine system of the body. If you have always had difficulty losing weight in the past and found that no matter how much you exercised or dieted you simply couldn’t seem to lose weight, then this diet can change your life. As you complete the phase 2 portion or HCG phase of the diet you can expect to lose up to a pound a day over the 23 or 43 days of the protocol.

One phenomenon experienced by most HCG dieters following Dr. Simeons protocol is the way the HCG tends to redistribute fat away from your “problem areas” or abnormal fat deposits. For myself, I noticed that my hips and thighs lost the highest percentage of inches as well as significant inches lost from my stomach and waist. More and more people are discovering this revolutionary diet and the success rate is very high among HCG dieters.

My own experience with phase 3 was quite spectacular and I am not alone. Thousands of dieters have experienced the life changing nature of the metabolic shift that occurs after a course of HCG combined with a low calorie diet. I found personally that my body required me to take in at least 1500 calories during phase 3 in order to maintain my new, lower weight. If I ate less than 1500 calories my weight would drop. This is not desirable during this phase of the diet. It’s important to remain within 2 pounds of your last injection weight in either direction. I had to supplement my diet with healthy fats and calories to reach a caloric level that would support my new lower weight and metabolism. This absolutely amazed me as before I would gain weight eating only 800 calories a day and exercising for hours 5 days a week. A shift in my metabolism had occurred. After the three weeks of eating normal amounts of calories with the exception of no starch or sugar, I was able to introduce healthy carbohydrates back into my diet without experiencing any weight gain. It’s important to note that your new

metabolic rate and calorie intake requirements will vary per person. You want to make sure to take in a reasonable amount of calories as soon as you begin phase 3 of the diet because the HCG is no longer burning your fat stores for fuel and your body requires energy and proper nutrition to function properly. Do not try to continue the low calorie diet without the HCG. You may have disastrous results, start to gain weight again, or end up with health and nutrition issues. Follow the plan exactly as it is written by Dr. Simeons and you should be successful.

One thing that I noticed when I began the phase 3 portion of the diet was that I no longer craved the breads, starches, and sugars that I used to find so appealing. Embrace this experience. Make a choice to change your lifestyle. Eat more fruits and vegetables, healthy proteins and fats. Allow yourself to give up the processed food products and fast foods. It is these foods that caused you to gain weight in the first place. Enjoy the taste of whole, natural, and organic foods. There are delicious, healthy versions of any food you enjoy such as pizza, ice cream, or healthy desserts and casseroles in your future. But not the junk food varieties you have eaten in the past. For healthy maintenance following the program, make healthier choices and avoid the junk.

Stay positive and learn to love your body. You've probably been like me and always struggled with your weight, self esteem, and confidence. Now is the time to change all of that. Treat yourself with respect and enjoy this new lifestyle and the thinner, healthier body you have achieved so far. Visualize yourself at your goal weight wearing a beautiful new dress or sharp tailored suit. See yourself with the body you've always wanted. Imagine the scale registering your goal weight and be proud of all you've accomplished thus far. Believe me, it takes some mental effort to see yourself as a thin person but the process of visualization combined with a strong desire for success is a powerful means to achieve your weight loss goals.

TIPS FOR SUCCESS

- Avoid all starches and sugars for three weeks following the HCG phase of the diet then introduce healthy carbohydrates back into your diet slowly as you begin the maintenance phase of the diet (phase 4).
- Weigh yourself daily.
- Enjoy eggs, cheese, dairy, healthy fats, and more variety of non-starchy vegetables and fruits.
- You may enjoy an alcoholic beverage such as wine, beer or liquor with meals during phase 3. Avoid sweet mixers, liqueurs, and dessert alcohols.
- Avoid very sweet fresh and dried fruits due to the high sugar content.
- Avoid starchy vegetables such as potatoes, winter squash, corn, beans, beets, and peas.
- Check ingredients and labels as you shop to avoid ingesting starch or sugars.
- Limit your use of nuts. Small amounts in recipes should be okay. Check the starch content of the nuts and remove the skins if possible.
- Eat organic foods as much as possible and avoid fast food restaurants and processed foods.
- Avoid artificial sweeteners and sodas.
- Do a “steak day” if you go over 2 pounds of your last injection weight. For a “steak day”, make sure to drink plenty of water and avoid food during the day then eat a large steak with either a raw apple or tomato for dinner. You should find yourself back on track the next morning and maintaining your weight.
- Avoid losing weight during phase 3. You want to maintain your loss within 2 pounds of your last injection weight in either direction.

- Make sure you eat enough calories. Supplement your diet with healthy fats such as olive, virgin coconut oil, avocado or flax seed oil.
- Feel free to take your vitamins and supplements during phase 3.
- Consider doing colon, Candida, or other cleanses during phase 3. Candida cleansing is particularly helpful if you have had sugar or starch cravings in the past.
- Drink plenty of water and the recommended teas throughout the day.
- Exercise in moderation. Good exercises include walking, yoga, rebounding, and light strength training.
- Visualize yourself at your goal weight and stay positive.

PHASE 3 RECIPES

Zucchini Lasagna

Ingredients

Zucchini thin sliced lengthwise
15 ounce container ricotta cheese
1 8 ounce ball of mozzarella cheese
Spaghetti sauce (sugar free)
Sausage
Chopped mushrooms
1 teaspoon dried basil
Pinch of dried oregano
Parmesan cheese to taste
Salt and pepper to taste

Directions

Mix ricotta cheese with dried herbs, parmesan, salt and freshly ground black pepper. Grate the mozzarella and set aside. Layer the zucchini on the bottom of a baking dish. Smooth a layer of the ricotta mixture over the zucchini. Sprinkle with mushrooms and/or sausage, spaghetti sauce, and sprinkle with mozzarella. Repeat this procedure until you have filled the baking dish. Top with spaghetti sauce and additional mozzarella cheese. Bake lasagna in a 375 degree oven for about 30-40 minutes or until mozzarella is brown and bubbly on top.

Makes multiple servings

Phase 3 Chocolate/Chocolate Sauce

Ingredients

2 tablespoons virgin coconut oil or butter
3 tablespoons cocoa powder
Stevia to taste

Directions

Melt coconut oil or butter. Mix in cocoa powder and stevia to taste. Adjust the level of cocoa or oil to achieve desired consistency. Enjoy warm as a chocolate dipping sauce for fresh fruits.

Makes 1 serving

Variations:

- Dip fresh fruit into chocolate sauce and refrigerate for chocolate covered raspberries, strawberries, peaches etc.
- Make your own homemade chocolate bark by adding a tablespoon of chopped almonds or other nuts and refrigerate to harden.
- Add flavored extracts like mint, orange, almond or other flavorings to the chocolate mixture.

Macadamia Nut Gingered Salmon

Ingredients

1 salmon filet
¼ cup finely crushed macadamia nuts
1 tablespoon butter
¼ teaspoon fresh ginger
Pinch of salt
Stevia to taste

Directions

Melt butter with stevia and ginger. Dip the salmon filet in the butter mixture and roll in crushed macadamia nuts. Place in a baking dish and top with the rest of the nuts and a sprinkle of additional stevia. Add a pinch of salt and freshly ground black pepper if desired. Bake in 375 degree oven for 20 minutes or until fish is tender, well cooked and macadamia nuts are slightly browned. Enjoy with a squeeze of lemon. Serve as an entrée or on top of a green salad.

Makes 1 serving

Guacamole with Vegetables

Ingredients

1 large avocado
1 tomato minced
3 tablespoons minced onion
1 clove of garlic crushed and minced
3 tablespoons lime juice
2 tablespoons chopped cilantro
Jalapeno pepper seeded and minced to taste
Pinch of cayenne pepper or a dash of hot sauce
Salt to taste

Directions

Mince tomato, onion, garlic, cilantro, peppers and spices. Mash avocado to desired consistency and mix in tomato pepper mixture and add salt to taste. Stir in lime juice. Serve with fresh raw vegetables as a dip or enjoy with fajitas or lettuce tacos.

Makes 2 or more servings

Stuffed Mushrooms

Ingredients

12 medium mushrooms
½ cup cream cheese
¼ cup grated cheddar cheese
Chives
Black pepper

Directions

Mix softened cream cheese with grated cheddar cheese and chives. Lightly oil a baking dish or pan with olive oil. Stuff the mushroom caps with cream cheese mixture and top with freshly ground black pepper. Broil in the oven until lightly browned and bubbly on top. Serve warm.

Makes 4 servings

Variations:

- Mix in blue cheese and onion instead of cheddar
- Add green chilies or minced jalapeno
- Stuff with minced black olives and goat cheese

Cheesy Chicken and Broccoli Soup

Ingredients

Broccoli
2 cups diced chicken breast
1 cup sharp cheddar cheese
1 tablespoon butter
2 cups chicken broth
½ cup heavy cream
2 tablespoons minced onion
1 clove garlic crushed and minced
½ teaspoon garlic powder
½ teaspoon onion powder
Pinch of thyme
Pinch of nutmeg
Salt and pepper to taste

Directions

Sauté the onion and garlic lightly with butter then stir in the chicken broth and cream. Add spices and chicken and bring to a light boil, then reduce heat and simmer. Add 2 cups of chopped broccoli and cook for approximately 10-15 minutes. Stir in the cheddar cheese and serve.

Makes 2 servings

Cheesy Cauliflower Mash

Ingredients

Steamed cauliflower (1 head)
1 cup sharp cheddar cheese
¼ cup half and half or sour cream
1 tablespoon butter
Salt and black pepper to taste

Directions

Steam the cauliflower in water until soft. Puree in blender or food processor with the half and half and cheddar cheese. Pour cauliflower mixture into a saucepan and heat. Add salt and pepper to taste and serve. Can also be enjoyed plain just omit the cheddar cheese.

Makes multiple servings

Variations

- Substitute grilled onions and blue cheese for the cheddar.
- Mix in ¼ cup parmesan cheese and Italian herbs.
- Use less liquid and bake the cauliflower puree in mounds on a cookie sheet until lightly brown.
- Layer with mushrooms, and Swiss cheese and bake like a pie.

SUMMARY

- Avoid starch and sugar for three weeks after completion of the phase 2 HCG portion of the diet.
- Weigh yourself daily.
- Eat enough calories.
- Do a “steak day” if you go over 2 pounds of your last injection weight.
- Change your lifestyle and eating habits for long term maintenance.
- Stay positive, love your body, and celebrate every new day.

I wish you all the success in the world as you begin this amazing journey of transformation. I am sure that you will have as much success as I have experienced as you go through this process and meet your weight loss goals. Your life is about to change!

**Faith is taking the first step even when you
don't see the whole staircase**

Martin Luther King Jr.

Wishing you all the best,

Tammy