

Patient Dietary Guide
For

*21 Day Purification Weight
Management Support Program.*

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The following information on serving size and glycemic index is for your benefit. These food items have been modified for your use during the 21 Day Purification Weight Management Program. Your physician will guide you on the reintroduction of foods to your diet. It is highly recommended that you use Organically grown foods whenever possible. If you are unable to find Organically grown foods, soak your vegetables and non-porous fruits in 1 Tablespoon Organic Apple Cider Vinegar per half gallon of water for 5 minutes. Rinse thoroughly to remove residue and vinegar before preparing or cooking. This will help to remove the surface pesticides but not the systemic kind. I have also placed a list of food brands to use in place of brands which may contain hydrogenated or partially hydrogenated oils and MSG or hydrolyzed proteins. ***Make sure to read all labels, even in health food or whole food markets.***

What to Eat, How Much, and How Often

Balancing ratios of protein, carbohydrate, and fat in your diet helps promote healthy body composition, appetite control, emotional stability, mental clarity, and physical endurance. This section will provide you with guidelines in making healthy food choices, to assist you in optimizing your weight (lean body mass to fat ratio), and overall health.

Each meal should contain approximately:

- 15 grams of protein
- 20 grams of low- or moderate-glycemic-index (GI) carbohydrates
- 6 grams of high quality oils or fats

Glycemic Index (GI) of Fruits & Vegetables

Vegetables

| <i>Low Glycemic Index</i> | “ | <i>Moderate Glycemic Index</i> |
|----------------------------|------------------|--------------------------------|
| Asparagus | String beans | Artichoke |
| Bean Sprouts | | Oyster plant |
| Beet greens | Brussels sprouts | |
| Broccoli | Chives | Green peas |
| Cabbage | Collards | Squash |
| Cauliflower | Dandelion greens | Carrots |
| Celery | Eggplant | Yam |
| Chickpeas (garbanzo beans) | Kale | Sweet Potatoes |
| Chard, Swiss | Kohlrabi | |
| Cucumber | Leeks | |
| Endive | Okra | |
| Lettuce | Onion | |

Lentils
 Mustard greens
 Radish
 Spinach
 Watercress
 Split peas

Parsley
 Peppers
 Pimento
 Turnip

Fruits

| <i>Low Glycemic Index</i> | <i>Moderate Glycemic Index</i> | <i>High Glycemic Index</i> |
|---------------------------|--------------------------------|----------------------------|
| Rhubarb | Blueberries | Banana |
| Strawberries | Orange | Watermelon |
| Tangerine | Grapes | Cantaloupe |
| Tomato | Kiwi | Pineapple |
| Cherries | Kumquats | Dates |
| Apple | Loganberries | Raisins |
| Apricot, dried | Mango | |
| Blackberries | Mulberries | |
| Cranberries | Pomegranate | |
| Grapefruit | Papaya | |
| Guava | | |
| Raspberries | | |
| Lemon | | |
| Lime | | |
| Peach | | |

Pear
Plum

Serving Sizes and Portions

What to Eat, How Much, and How Often

The following food choice guidelines are designed to help you achieve sustained moderate fat loss and improved body composition. Foods with a low glycemic index are emphasized, with the goal of controlling insulin levels and improving your body's ability to utilize insulin. Of course, your menu plan should be individualized depending on your calorie needs, personal health issues, and health goals.

Legumes

*Average serving size = ½ cup cooked, or
as indicated*

Servings: 1-2 per day

Lentils (230 calories per cup)

Split Peas (672 calories per cup) ½ cup
max per day

Category 1 – VEGETABLES

Average serving size = ½ cup

Servings: unlimited

(1 serving = approximately 10-25 calories)

***Fresh juices made from these vegetables
are also allowed***

Artichokes

Asparagus

Bamboo Shoots

Bean Sprouts

Bell or other peppers

Brussels sprouts

Broccoli, broccoflower

Cabbage (all types)

Cauliflower

Celery

Chives, onion, leeks, garlic

Cucumber/Dill pickles

Eggplant

Green beans

Greens: bok choy, escarole, Swiss chard,
kale, collard greens, spinach, dandelion,
mustard, or beet greens

Lettuce/Mixed Greens: romaine, red and
green leaf, endive, spinach, arugula,
radicchio, watercress, chicory

Mushrooms

Okra

Radishes

Salsa (sugar-free)

Sea vegetables (kelp, etc.)

Snow peas

Sprouts

Tomatoes, tomato juice

Water chestnuts, 5 whole

Zucchini; yellow, summer, or spaghetti
squash

Category 2 – VEGETABLES

*Average serving size = ½ cup, or as
indicated*

Servings: 1-2 per day

(1 serving = approximately 45 calories)

Beets, winter squash, such as acorn or
butternut squash

Carrots, ½ cup cooked or 2 medium raw or
12 baby carrots

Sweet potatoes or yams, ½ medium baked

CONCENTRATED PROTEIN SOURCES

Average serving size = 3 oz. cooked, or as indicated. (Meat, poultry, and fish should be frilled, baked or roasted; fish can also be poached. Keep cheese intake low due to its saturated fat content.)

Servings: 2-4 per day (including 1 serving of fish)

(1 serving = approximately 150 calories)

Beef, 3 oz. (roughly 200 calories) ½ palm sized

Fish, 3 oz. fresh or ¾ cup canned in water

Poultry: chicken or Cornish hen (breast only), turkey

Leg of Lamb, lean roast

OILS

Average serving size = 1 tsp., or as indicated

Servings: 4-7 teaspoons per day (approximately 40 calories)

(Oils should be cold-pressed)

Flaxseed oil (keep refrigerated, do not heat)

Walnut Oil

Extra virgin olive oil (preferable) for cooking

Coconut Oil

Almond Oil

Butter 1-2 pads

NUTS AND SEEDS

No nuts and seeds during the 21 Day Purification Program.

Grapes, 15

Honeydew melon, ¼ small

Nectarines, 2 small

Olives, 8-10 medium

Orange, 1 large

Peaches, 2 small

Pear, 1 medium

Plums, 2 small

Tangerines, 2 small

FRUIT

Serving size as indicated

Servings: 2-3 per day

(1 serving = 80 calories)

Fresh fruit or frozen only!

Apple, 1 medium

Apricots, 3 medium

Avocado, ¼

Berries: blackberries & blueberries, 1 cup;

raspberries & strawberries, 1 ½ cups

Cantaloupe, ½ medium

Cherries, 15

Fresh figs, 2

Grapefruit, 1 whole

DAIRY

No Dairy during the 21 Day Purification Program

GRAIN

No grains during the 21 Day Purification Program.

BEVERAGES

*Servings: unlimited
(0 calories per serving)*

Decaffeinated, herbal, or green tea

Water

CONDIMENTS

Servings: unlimited

Cinnamon, mustard, tamari, vinegar, lime, lemon, flavored extracts (e.g., vanilla or almond), other herbs/spices, Stevia

VEGETABLES *Days 1-10*

Kale

1 bunch of Lacinato (this is a flatter, milder flavored, darker green leaf than curly Kale) Kale
1 cup chicken broth or water

You can cut the Kale width wise into strips. Steam it in the broth for 3 minutes. You may add minced garlic as an option. You can also add a little organic butter just before serving if desired.

I also add kale to a vegetable soup about 5 minutes before serving. This is the best tasting way to eat it if you do not like it alone.

Beets

Wash thoroughly and cut the leaves off leaving about 2-3 inches of the stems. Also leave the root on to avoid excess loss of nutrients. Make sure to eat the remaining stems once steamed. They are high in folic acid.

Place beets in a steam and fill water just to where it touches the beets. Steam approximately 20 minutes for a medium to small beet. You may require more time for larger beets. Test with fork. They should be tender to pierce.

You can use raw beet grated on a salad. They are very sweet. Also I use the beet leaves as salad greens with other mixed greens. It gives some variety to the taste.

Swiss Chard

Wash leaves thoroughly. Cut width wise into strips. Bring ½ inch of water to boil and steam for 3 minutes. This has a very mild, almost spinach like taste.

Cabbage and Onions

¼ inch of water in large skillet
Napa Cabbage - slice width wise
Sliced onion

Steam for about 5 minutes until soft. Serve with tamari sauce or Gomasio sprinkled on the top if desire.

Sauté Spinach

Thoroughly wash spinach and spin dry
In frying pan add 1- 1 ½ Tbls. Extra virgin olive oil
1 Tbls. Organic butter
1 - 2 minced organic garlic cloves
Add everything into pan and sauté until spinach is just wilted.

Asparagus (only if organic or grown in USA)

Rinse and cut bottom part of stock (it is too fibrous)
If non-organic, soak in 1 tablespoon of organic Apple Cider Vinegar for five minutes then rinse repeatedly.
Bring ¼ inch of water to a boil in a large pan.
Drop in asparagus and steam for 3 minutes only. Rinse with cold water. It should remain slightly crisp - so do not over cook. You could also blanch them for 2 minutes and sauté with garlic and olive oil for a variation.

Broccoli

Rinse thoroughly. You may want to soak in salted water for 5 minutes then rinse thoroughly.
Cut up to fit in steamer or large pan with boiling water. Steam for about 4-5 minutes till slightly tender. Do Not Overcook.
You may sprinkle with lemon juice or sauté with garlic and oil – only steam broccoli for 2 minutes if opting for this recipe.

Stir-Fried Tomatoes and Eggplant

1 Tbls. Organic Extra Virgin Olive Oil
1 medium sized eggplant, peeled and diced
1 medium onion, diced
1 celery stalk thinly sliced
1 28 oz. can of Organic diced tomatoes with juice
2 Tbls. Organic Red wine or Balsamic vinegar
2 finely sliced basil leaves or ¼ tsp. dried basil
2 tsp. dried oregano
salt and pepper to taste.

In a wok, heat the olive oil and stir fry the eggplant, celery and onion for 8-10 minutes. Add remaining ingredients, cover and simmer for 20-25 minutes while stirring occasionally. Serve immediately.

Burdock and Carrots

Peel Burdock and carrots then slice in julienne style.
Sauté in 1-2 Tablespoons of Toasted or Regular Sesame Seed Oil until tender.

Sauté Zucchini and Red Pepper

2 Organic sweet red peppers, sliced 1 inch strips
2 medium Zucchini, sliced 1 inch strips
1 minced garlic clove
1 Tbsp. Organic Extra Virgin Olive Oil
1 tsp. dried oregano or sweet basil
salt and pepper to taste

Sauté Zucchini in olive oil for 5 minutes over medium high heat just until lightly browned. Add garlic and continue sautéing for 30 seconds. Add peppers and sauté an additional 4 minutes. Add salt and pepper and serve.

Garlic-Chili Roasted Broccoli

¼ cup extra virgin olive oil
6 cloves garlic, finely chopped
1 Tbls. chili powder
1 Tbls. grill seasoning blend or grill creations
1 large head of broccoli, cut into thin long spears

Preheat oven to 425 degrees F.

Place olive oil, garlic, chili powder and grill seasoning in the bottom of a large bowl and add the broccoli spears. Coat broccoli evenly and place on a large nonstick baking sheet. Roast broccoli until ends are crisp and brown and stalks are just tender, approximately 15 minute

Cajun Crudite

Whole baby carrots
½ seedless European Cucumber thinly sliced on an angle into ovals
3 small celery stalks, cut into 3-4 inch pieces
½ green pepper, seeded and cut into thin strips
1 lime, juiced
Salt
2 tsp. chili powder
3-4 drops Tabasco hot sauce or sprinkle with cayenne pepper

Arrange sliced vegetables on a platter. Squeeze lime juice over them and season with salt, chili powder, cayenne or hot sauce.

Mashed "Mock Potatoes"

6 cup chopped cauliflower
1/4 cup flax oil or extra virgin olive oil
Spike All Purpose Seasoning to taste

Process cauliflower in a food processor with "S" blade, chop until "grainy". In a large pot, slow cooker, or electric skillet on the lowest temperature, add oil, spices and cauliflower, stirring and tossing until coated and warmed to 105 degrees. Make sure not to heat over 110 degrees if using flax seed oil. You may heat higher when using olive oil.

Primavera Vegetables

2 medium Zucchini, sliced
2 stalks celery, diagonally sliced
1 red pepper, seeded and cut into strips
1 yellow pepper, seeded and cut into strips
½ green pepper, seeded and cut into thin strips
1 ½ cup broccoli florets, fresh or frozen
2 Tbls. olive oil
3-4 garlic cloves, sliced
¾ cup fresh basil leaves or 3Tbls. dried
1 cup flat leaf Italian parsley, slightly chopped
1 15 oz. can fire roasted or regular crushed or diced tomatoes
Salt and pepper to taste
Parmesan cheese (sprinkle sparingly if recommended)

Prepare all the vegetables. Heat pan or wok over high heat. Add olive oil and sliced garlic. Stir fry 1 to 2 minutes. Add zucchini, celery, and broccoli while constantly stirring just until vegetables soften approximately 6-7 minutes. Add the peppers, basil, parsley, salt, pepper and entire can of tomatoes. Cover and reduce heat to medium high for 2-3 minutes.

Remove from heat and sprinkle with parmesan cheese. Serve as a side dish or top on fish, chicken or cooked and shredded spaghetti squash.

Spaghetti squash

1 large Spaghetti squash
Salt and pepper to taste

Preheat oven to 350 degrees. Cut spaghetti squash length wise in half. Place on baking sheet and bake 25-30 minutes until tender. Remove from oven and shred the squash with a fork. It will look like spaghetti. Serve with Primavera vegetables or Marinara Sauce.

Marinara Sauce

2 Tbls. olive oil
2-3 garlic cloves, sliced or minced
1 medium onion, finely chopped
1 28 oz. can crushed tomatoes (slightly drained)
1 cup fresh Italian flat leaf parsley, chopped
½ cup fresh basil leaves, rolled and thinly sliced
Salt and pepper to taste

Heat pan on medium high heat and add olive oil, garlic and onions. Stir until soft then add remaining ingredients. Stir occasionally and reduce heat to simmer for 10-15 minutes. Serve over Spaghetti squash, kale, broccoli, chicken or fish.

Pesto Squash

1 large raw yellow summer squash, cut into matchstick or cooked spaghetti squash, shredded

Pesto Sauce

1 cup pine nuts
¾ cup olive oil
½ large bunch fresh basil
½ cup fresh parsley
3 garlic cloves
1 tsp salt

Prepare squash as desired.

In food processor, combine remaining ingredients and chop finely. Scrap out Pesto mixture and toss in the squash until thoroughly blended.

Vegetable Angel Hair Pasta

3 zucchini
16 oz cherry tomatoes (very flavorful) or 1 lb. regular tomatoes)
1/2 small white onion
a few fresh basil leaves
1 or 2 cloves of garlic
1 red, orange or yellow bell pepper (not green)
2 tsp. dried Italian spices or oregano, basil, salt & pepper
A little Olive Oil (optional)

Use a Spiral slicer to cut Zucchini into angel hair like strands. Place all items in a food processor or blender, and PULSE CHOP to a "chunky" consistency. I don't recommend pureeing the mixture. Pour sauce into a bowl and allow to "set" for 30 minutes to allow sauce to thicken. Pour Sauce over pasta.

Zucchini Salad

3 shredded zucchini
2 red apples cut in small pieces
1 avocado cut in small slices
cumin to taste
Braggs to taste

Mix all ingredients together and serve.

Roasted Sweet Potatoes

4-5 medium sweet potatoes, peeled and cut into large chunks
2 sweet onions cut into one inch pieces
1 ½ Tbls. extra virgin olive oil
¾ tsp. garlic pepper blend or make your own with ½ tsp garlic granules and ¼ tsp. ground pepper
½ tsp. salt

Preheat oven to 425 degrees.

In a large bowl combine all ingredients and toss thoroughly. Spread onto 9 X 13 baking dish and bake for 30 to 35 minutes or until tender.

SALAD DRESSING

Basic Vinaigrette

½ cup Organic Extra Virgin Olive Oil
3 TBLS. Organic Apple Cider or Vinegar without sulfites
1 Tsp. Oregano leaves
½ tsp. Salt - preferably Celtic salt
1/8 Tsp. pepper

I mix this in a container and refrigerate ahead of time. Just let it sit out a few minutes before using.

Dijon Olive Oil Dressing

½ cup Organic Extra Virgin Olive Oil
6 Tbls. Organic Balsamic Vinegar or Lemon Juice
6 Tbls. Water
1 tsp. Organic Dijon Mustard
1/8 tsp. Oregano
Salt and Pepper to taste
1 minced garlic clove

Combine all ingredients into an air tight jar or carafe and shake vigorously to blend. You may use a whisk if you do not have an airtight container.

Salad dressing: Braggs brand "Healthy Organic VINAIGRETTE"

Ingredients: Bragg Organic Extra Virgin First Pressed Olive Oil, Bragg Organic Apple Cider Vinegar, Bragg Liquid Aminos, raw honey, garlic, onion and red bell pepper flakes.

Tahini Dressing

Mix 2 Tbls. of sesame tahini with desired amount of lemon juice to your own taste. Mix a little water to dressing consistency.

SAUCES OR ACCOMPANY SIDES

Guacamole

2 Organic Avocados- peeled and mashed
1 clove minced garlic
1 Tbls. finely chopped onion
½ chopped tomato (use less if diabetic)
Salt
1 Tbls lemon juice

Mix all together thoroughly and put avocado seed back into bowl to prevent turning brown.

Salsa

2 large diced tomatoes
2 scallions, thinly chopped
1 garlic clove, minced
1 Tbls. chopped cilantro (fresh is best)
1 Tbls. organic extra virgin olive oil
2 tsp. fresh lime juice

Combine all ingredients in a bowl and let sit a few minutes before serving. This is great as a topping on fish.

SALADS (Meat products only on Days 11-21)

Caesar Salad

¼ to 1/3 cup extra virgin olive oil
½ tsp. Anchovy paste
1 tsp. Dijon style mustard
1 mince clove of garlic
¼ tsp ground pepper
1 Tbls. Organic lemon juice
Romaine Lettuce torn in pieces

Mix the first seven ingredients thoroughly. Add some of the grated parmesan. Toss mixture with the greens until coated. Add more cheese and serve.

Tomato and Onion Salad

Plum tomatoes, wedged
Red Onion, thinly sliced or chopped scallions
Combine with Basic Vinaigrette Dressing and marinade at least 15 minutes at room temperature before serving.

Greek Salad

Any type of loose leaf lettuce, Dandelion greens, Beet greens, Romaine, etc. or combination of greens
2 Organic Green onions
Organic Red Roasted Peppers
Organic Cucumbers sliced
Olives
Tomatoes chopped (use sparingly if diabetic)

Add above ingredients into salad bowl and liberally shake on salad dressing from above.

Puttanes Salad

4 vine ripe tomatoes or plum tomatoes, seeded and chopped
½ red onion, chopped
3 tablespoons capers
½ cup kalamata olives, pitted and coarsely chopped
6 anchovies, chopped or 1 tsp anchovy paste
1 garlic clove, minced
1/3 cup Italian or flat leaf parsley, coarsely chopped
Extra virgin olive oil for drizzling
12 fresh basil leaves, pile and roll into log to shred or tear
Salt and black pepper

Combine first seven ingredients in a medium bowl. Drizzle just enough olive oil to lightly coat salad, approximately 1-2 Tbls. Sprinkle in basil, salt and pepper and toss again to mix thoroughly. Adjust seasoning to your taste.

Coleslaw

1 cup shredded red cabbage
1 cup shredded green cabbage
1 carrot, shredded
¼ cup onion, finely chopped
juice from 1 lemon
1 tsp. salt
1 garlic clove, minced
1 tsp. paprika
1/3 cup olive oil
3 Tbls. apple cider vinegar
1 tomato, diced (optional)

Mix all ingredients together in a large bowl and serve

Spinach Salad

- 2 10 oz. bags fresh baby spinach leaves, washed and stemmed
- 8 oz. button mushrooms or baby portabella, sliced
- ½ medium cucumber, sliced
- 2 Tbls. Vinaigrette salad dressing

Spin spinach once washed. Place in salad bowl. Add remaining ingredients and toss with dressing.

Tabouleh

- 2 cups curly parsley, chopped
- 2 cups flat leaf Italian parsley, chopped
- ¾ cup finely chopped tomatoes
- ½ cup finely chopped celery
- 1 Tbls. pine nuts
- 2 Tbls. fresh lemon juice
- 2 Tbls. olive oil
- 1 tsp. salt
- pinch of fresh ground pepper

Combine the parsley, cucumber, celery, tomato and pine nuts in a medium bowl.

Mix lemon juice, olive oil, salt and pepper in a cup and toss over salad to mix well.

You could use a food processor or Magic bullet to mix all ingredients for a finely chopped mixture.

Tomato cups

- 6 medium tomatoes
- ½ small cucumber
- 2 sticks celery
- ½ medium red onion or 2 scallions chopped

- 1/2 cup fresh parsley
 - 1 tablespoon fresh mint (optional)
 - 1 clove garlic
 - 2 teaspoons kelp
 - 1 tablespoon lemon juice
 - 1 tablespoon olive oil (optional)
 - celtic salt to taste (optional)
- Recipe makes 12 cups

Cut tomatoes in half scoop out center. Add tomato pulp to the other ingredients and finely chop all ingredients, mix well and fill tomato halves, great for a side dish or for finger food use cherry or small tomatoes.

Lettuce Wraps

Oriental Lettuce Wraps

Dice small or grate:

carrots, celery, broccoli stalks, mushrooms, or any variety of vegetable that you prefer. Toss with a 1 tsp. of approved salad dressing. Add fresh bean sprouts and toss. Spoon vegetables into fresh, washed lettuce leaves of your choice preferably leaf lettuce. Roll cabbage roll style and enjoy.

Greek Lettuce Wraps

Dice small:

tomatoes, cucumbers, onion, (a little smashed garlic) toss with extra virgin oil, a little lemon juice; add fresh basil chopped or any herbs that you prefer. Spoon vegetables into fresh, washed lettuce leaves and add a few good olives. Roll cabbage roll style.

MAINDISH FISH

Fish Creole

1 Tbls. organic extra virgin olive oil
1/3 cup celery, thinly sliced
1 medium onion, chopped
¼ cup green pepper, chopped
1 garlic clove, minced
1 bay leaf
2 ½ Tbls. fresh parsley or 2 ½ tsp. dried parsley
¼ tsp. chopped rosemary
1 28 oz. can fire roasted diced tomatoes with liquid (or regular)
1 ½ pounds fish fillet (tilapia, sole, etc. try to find wild versus farm raised)

In a large saucepan, heat oil and lightly sauté the onion, celery, pepper, and garlic until soft. Add parsley, bay leaf, rosemary, and tomatoes. Leave uncovered and simmer for about 25 minutes. Add the fish fillets which have been cut into small pieces. Simmer till cooked through – approximately 10-12 minutes. Remove the bay leaf and serve alone.

Fish Rub

Either use Lysander's or make your own.

Combine ½ tsp. salt
1/8 tsp. curry powder
¼ tsp. paprika
1/8 tsp. black pepper
a pinch or two of grounded Red pepper

¼ tsp. garlic
¼ tsp. onion powder

Mix well and rub onto fish (salmon, halibut, tilapia, etc)
Or

Use Dabs of butter and Dill weed sprinkled over fish. After baking, sprinkle with lemon juice. Bake, broil or grill

Garlic Shrimp-avoid shrimp on program for now.

12 garlic cloves, cracked away from skins
2 Tbls. extra-virgin olive oil – spread around pan
2 Tbls. butter, cut into small pieces
¾ tsp. crushed red pepper flakes
1 ½ pounds jumbo shrimp, peeled, and deveined
1 tsp. coarse salt (Kosher salt)
Black pepper

In food processor, finely chop the garlic. Meanwhile, heat a large skillet over medium heat. Add oil and butter then garlic and crushed pepper. Season shrimp with salt and toss to coat. Add shrimp to the pan and cook stirring frequently. Shrimp should turn pink and curl when cooked through. Add pepper to taste and serve immediately.

Garlic Salmon Fillets

Salmon fillets, skinned
1/3 cup extra virgin olive oil
2 garlic cloves, minced or pressed

Combine olive oil and garlic. Marinade salmon fillets for 5 to 10 minutes.

Broil or sauté to desired doneness.

MAINDISH CHICKEN

Chicken Cacciatore

½ cup plus 2 Tbls. extra virgin olive oil
2 garlic cloves, pressed
2 Tbls. Balsamic vinegar
1 tsp. crushed red pepper flakes
3 tsp. fresh rosemary, 5 sprigs stripped and leaves chopped
4 large portabella mushroom caps, wiped clean
1 ½ pounds – 4 boneless, skinless breasts
Coarse black pepper
Kosher salt
2 thinly sliced and seeded Italian light green peppers-cubanelle
1 medium red onion, thinly sliced
1 28-oz. can fire roasted diced or crushed tomatoes – (lightly drained)
Handful flat-leaf (Italian) parsley, chopped

Heat a grill pan or outdoor grill to high heat. You can also use a heavy bottom pan on the stove for both chicken and mushrooms.

In a large bowl, combine balsamic vinegar, crushed red pepper flakes, rosemary then whisk in about ½ cup extra virgin olive oil. Run the mushrooms through the marinade and transfer to plate to reserve. Add chicken to remaining marinade and coat evenly. Let sit for 2-3 minutes. Season 1 side of the chicken with salt and pepper. Season the cap of mushroom with pepper only until done grilling then add salt. Place both mushrooms and chicken season side down. Place a heavy skillet on the mushroom caps to cook quickly, approximately 3-4 minutes per side until dark, tender and well marked.

While chicken and mushrooms cook, add 1 Tbls. olive, or coconut oil into a hot skillet. Add garlic, pepper and onions to

skillet and season with salt and pepper. Cook and toss frequently for approximately 7-8 minutes. Add tomatoes and parsley and heat through, approximately 1 minute. Remove from heat.

Thinly slice mushrooms and chicken and arrange on platter. Cover with the sauce mixture and serve.

Chicken Rub

Combine ½ tsp. salt
¼ tsp. rosemary - crushed
¼ tsp. paprika
1/8 tsp. black pepper
¼ tsp. garlic
¼ tsp. onion powder

Mix well and rub onto Chicken. Bake, broil or grill as you normally would.

Garlic Chicken

Boneless, skinless chicken breast sliced lengthwise to make thin
½ cup sesame seeds
1 clove minced garlic
1 Tbls. Parsley flakes or ½ cup fresh parsley
salt and pepper

Preheat oven to 400 degrees.
Place ingredients other than chicken in bag and shake to mix
Place one piece of chicken in bag and coat.
Place on liberally olive, or coconut oiled baking sheet or stone.
Bake approximately 20 minutes and turn half way through.

Chicken Piccata

4 Boneless, skinless chicken breast halves
½ tsp. dried thyme
¼ tsp. salt
¼ tsp. pepper
2 garlic cloves, pressed
1 cup cherry tomatoes
½ cup Pacific free range chicken broth
½ tsp. lemon peel
1 Tbls. lemon juice
1 Tbls. butter

Light oil broiler pan with small amount of olive oil. Preheat broiler.

Season both sides of chicken with thyme, pepper, and 1/8 tsp salt. Place chicken on broiler pan about 2"-3" from the heat for 5 minutes per side or until 160 degrees at thickest part. Remove from broiler and keep warm.

Heat a large skillet lightly oiled over medium heat. Add garlic and stir constantly for 30 seconds. Add tomatoes and remaining 1/8 tsp. salt and cook for 3 minutes. Place tomatoes of platter with chicken.

Add butter and any juice collected on platter and boil while stirring constantly. Cook until butter is just melted and sauce thickens. Pour over the chicken and serve.

Stir Fried Chicken

2 full boneless, skinless chicken breast, sliced into strips
1 Tbls. grated fresh ginger
2 garlic cloves, minced
3 tsp. sesame oil to coat the pan

1 medium onion, sliced or diced
2-3 cups any combination of chopped veggies – bok choy, celery, slightly defrosted pkg. organic broccoli florets or fresh, Napa cabbage, etc.
1 cup sliced mushrooms – preferably shiitake
1 red bell pepper, cut into strips

Heat oil in wok over high heat. Once heated, add garlic, ginger and chicken (if using) stir constantly until lightly brown or chicken cooked through. Add all vegetables and cook for 3-4 minutes-maintain crispness. Cook an additional minute.

MAINDISH MEAT

Pot Roast

2-3 lbs. Chuck Roast or English Pot Roast
1 container of Pacific foods Organic Chicken Broth

Place meat in Dutch oven or baking dish that can be covered with lid or foil. Add soup mix and pour broth over top. Place in 325 degree oven for 2 ½ to 3 ½ hours till very tender. Make sure to add more broth or water if necessary. You may turn the meat over half way through cooking time.

Boneless Rib Eye or Bison Steaks Chimichurri

4 boneless free range rib eye, tenderloin or Bison steaks
Extra virgin olive oil, about ¼ cup
2 Tbls. steak seasoning or grill seasoning
4 stems fresh oregano stripped of leaves
5 sprigs fresh sage leaves, stripped
5 stems fresh thyme, stripped
1 generous handful of flat leaf Italian parsley leaves

2 gloves garlic, split from skin
½ finely chopped red onion
1 lemon
3 Tbls. red wine vinegar
¼ cup water

Drizzle olive oil on each side of steaks and season them with grill seasoning blend and set aside for several minutes.

Prepare Chimicurri: pile the herbs together and finely chop. Coarsely chop garlic and combine with herbs. Chop total mixture to even finer pieces and transfer into a small bowl. Add in finely chopped onion and Zest of lemon. Add red wine vinegar and water to 1/3 cup olive oil and stir. Set aside.

Heat a large heavy bottom pan and sear the steaks for about 4 minutes on each side for medium rare to medium. Do not over cook the bison. Add 2 minutes if you want medium to medium well doneness. Let meat rest 5 minutes before cutting. Top steaks with Chimicurri, (or favorite approved salad dressing or seasonings).

Eye of Round Roast

2-4 lb. Eye of Round roast
Sprinkle garlic powder, pepper, and kosher salt to taste over roast
Place in a shallow roasting pan and add ¼ cup water to the bottom. It is best if the roast is on a small rack so it is not directly in the water.

Preheat oven to 425 degrees for 5 minutes. Place roast in oven for 20 minutes. After 20 minutes turn the oven down to 275 degrees and do not open the door for at least an hour. When meat thermometer reads medium temperature (approximately 140-150 degrees) take out of oven and let sit 5 minutes. Slice

very thin. If it is still to rare for you, place in slices in baking dish and pour the drippings over. Put back in to oven which has been turned off for another few minutes. This meat is best on the slight pinkish side.

You can add mushroom and parsley to the drippings for added flavor. You may use a little salt also

SOUPS

Easy Homemade Beef Soup

Use any cut of precooked beef - especially good if using leftover pot roast – trim any fat
Beef Broth - Pacific brand or any Natural beef broth
celery, chopped to desired amount
chopped onion - approximately ¼ cup
1 clove minced garlic
Fresh or dried parsley as desired
salt and pepper to taste
Chopped Kale, Swiss Chard or Spinach

Sauté onion, garlic and celery till tender in ½ Tbls. Extra virgin olive oil or butter.

Add beef, broth and seasonings to pot. Slow cook for at least ½ hour. Just before finished add Kale, Swiss Chard or Spinach.

It is best to prepare the night before if having for lunch.

Chicken Soup

Chicken breasts on the bone, skinned
2 containers Organic or free range chicken broth
1 small onion, chopped
2 celery stalks, chopped
2 carrots, chopped and diced

1-2 tsp. dried dill weed
Fresh Parsley, chopped, to your taste
salt and pepper to taste
Kale, spinach or Swiss Chard, torn into pieces

Combine 1st seven ingredients and simmer for 1 ½ to 2 hours.
Remove chicken from bone and discard bones. Season to taste.
Add your choice of green 5-10 minutes before serving.

Vegetable Soup

2 tsp. Olive Oil
3 garlic cloves, minced
1 onion, chopped
3 celery stalks, chopped
1 medium zucchini, diced
½ head small green cabbage
2-3 carrots, sliced
¾ cup fresh parsley, chopped
1 Tbls. dried Dill weed
1 container Pacific Organic Vegetable Broth
1 28 oz. can diced or crushed tomatoes
5 leaves Lacinato Kale, cut and large end of stem removed
Pepper

In a large pot over medium high heat, sauté garlic, onions and celery in oil. Once onions translucent, add Zucchini, carrots, and cabbage. Stir and heat for another 3-5 minutes. Add containers of broth, tomatoes, parsley, and dill weed. Season according to your taste with pepper. Let simmer for at least 30 minutes. Approximately 5 minutes before serving, add the Lacinato Kale.

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