



BAY AREA'S TOP VOTED  
FITNESS & NUTRITION COACH



FirstLine Therapy

# Healthy Transformation™

Weight Loss Program

**Additional Recipes & Shopping Tips**



**Additional Recipes & Shopping Tips for the  
FirstLine Therapy Healthy Transformation™ Weight Loss Program**

Many more recipes can be found in your Healthy Transformation Weight Loss Program guide. You can get additional recipes and tips at <http://brienshamp.com/recipes/> & <http://brienshamp.com/coaching-corner/>

Note that some recipes may contain some proteins (e.g., peanuts), vegetables, or condiments that are not included on your list of food choices. They are acceptable for use within these recipes only unless otherwise advised by your coach.

Recipe items in bold italics refer to other recipes within this collection or the patient guide.

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## **APPETIZERS/SNACKS**

### **Spicy Mixed Nuts**

(24 servings at 3 Tbsp. each)

*Food types per serving: ½ Protein (1 daily serving of Nut/Seed)*

|                                |                         |
|--------------------------------|-------------------------|
| 3 Tbsp. extra virgin olive oil | ¼-½ tsp. chili powder   |
| 2 cloves garlic, minced        | 1 cup whole brazil nuts |
| 1 tsp. wheat-free tamari sauce | 1 cup whole hazelnuts   |
| ½ tsp. ground cumin            | 1 cup pecan halves      |
| 1 tsp. curry powder            | 1 cup walnut halves     |

Preheat oven to 350°. In a heavy skillet, heat oil over medium heat. Sauté garlic for 20 seconds, stirring constantly so as not to burn. Add remaining spices and stir well. Then add nuts and mix well until all nuts are coated with spices. Transfer mixture to a baking sheet. Bake 15-20 minutes, stirring every 3-4 minutes to be sure all nuts are evenly baked and do not burn. Remove from oven and cool. Store in an airtight container.

### **Guacamole**

(Serves ~12 at 3 Tbsp. each)

*Food types per serving: 2 Oil (plus 1-2 Vegetable if eating with raw veggies)*

|                                |                                      |
|--------------------------------|--------------------------------------|
| 3 ripe avocados                | 1½ Tbsp. chopped fresh cilantro      |
| ¼ cup finely chopped red onion | 2 Tbsp. unsweetened salsa            |
| 1 garlic clove, minced         | Freshly ground black pepper to taste |
| 2 Tbsp. fresh lemon juice      | Raw veggies of choice                |

Cut avocados in half and remove pits. Scoop the flesh into a medium-sized bowl and mash with a fork. Add remaining ingredients, mix and adjust seasonings (more salsa, lemon juice, cilantro, pepper). Serve immediately as the dip will turn brown if it sits for too long. Eat with raw veggies (cauliflower, bell peppers, celery, cucumber, etc.)

### **Italian Meatballs**

(Serves 10 at 3 meatballs per snack; serves 6 at 5 meatballs per meal)

*Food types per serving: ¾ Protein (snack); 1 Protein (meal)*

|  |  |
|--|--|
| 2 tsp. extra virgin olive oil                  | 1 tsp. dried basil or 1 Tbsp. fresh, chopped |
| 3 cloves garlic, minced                        | 1 tsp. sea salt                              |
| 1 cup part-skim ricotta                        | ½ tsp. ground pepper                         |
| 1 egg  | 1 lb. very lean ground beef                  |
| 1 tsp. dried oregano or 1 Tbsp. fresh, chopped | ½ cup shredded Parmesan or Romano cheese     |

Preheat oven to 350°. Sauté garlic in olive oil for 1-2 minutes only, being careful not to burn. Remove from heat and cool for 5 minutes. In a medium bowl, combine ricotta cheese and egg. Add spices, salt, and pepper, and mix well. Add cooled garlic, beef, and shredded cheese, and mix until all ingredients are combined. Divide meat into about 30 meatballs. Place meatballs on baking sheet, and bake until cooked through and brown, about 20 minutes.

### **Baba Ghanouj**

(Serves about 12 at 3 Tbsp. each)

*Food types per serving: 1 Oil, 1 Vegetable (plus 1-2 servings of raw veggies)*

3 Tbsp. extra virgin olive oil, divided  
2 eggplants, about 2 lb. total  
Juice from 1 large lemon  
1/3 cup tahini

2 Tbsp. sesame seeds  
2 garlic cloves, minced  
Sea salt and freshly ground pepper to taste  
Raw veggies of choice

Preheat oven to 375°. Lightly oil a baking sheet with sides. Rub 1 Tbsp. olive oil over both eggplants and place on baking sheet, pricking holes in the skin with a fork. Roast for 30-40 minutes, turning occasionally, or until soft. Remove from oven and allow to cool. Cut in half and scoop out flesh. Puree eggplant in a food processor. Transfer to a bowl, and add the lemon juice, tahini, sesame seeds, and garlic; stir to blend well. Slowly mix in remaining 2 Tbsp. olive oil, and season to taste with salt and pepper. Refrigerate for 2 hours and bring to room temperature before serving. Eat with raw veggies (cauliflower, bell peppers, celery, cucumber, broccoli, etc.).

### **Marinated Veggies**

(Serves 10+ at ~1 cup each)

*Food types per serving: 1 Vegetable, 1-2 Oil (depending on how many olives you eat)*

#### Marinade:

½ cup extra virgin olive oil  
¼ cup balsamic vinegar (any vinegar is fine)  
1 tsp. each: dried oregano and basil OR 2 Tbsp.  
chopped fresh  
2 cloves garlic, slivered  
½ tsp. kosher or sea salt

#### Vegetables:

15-oz. can artichoke hearts in water, drained, cut in halves or quarters  
15-oz. can hearts of palm, drained and cut into ¼" slices  
15-oz. can pitted black olives, drained  
½ lb. mushrooms, cleaned and quartered

This recipe makes the perfect dish for a potluck event. Keep in mind that 10 olives are equal to 1 serving of Oils. Mix marinade ingredients in a jar. Mix veggies in a bowl and pour marinade over. For best flavor, marinate 4-8 hours in the refrigerator, tossing frequently. Serve with toothpicks at room temperature. Leftovers will last several days in the refrigerator. (Any leftover marinade makes a great salad dressing for greens).

### **Shrimp Lettuce Wraps**

(8 appetizer servings at 1 wrap each)

*Food types per serving: 1 Protein (including ½ Nut/Seed serving), 1 Oil*

1 Tbsp. coconut oil  
1 lb. medium shrimp; cleaned, deveined and each  
cut into 2 or 3 pieces  
½ cup finely chopped celery  
¼ cup water chestnuts, chopped  
1 large garlic clove, minced

2 tsp. finely chopped fresh ginger  
1 Tbsp. tamari soy sauce (gluten free)  
1 Tbsp. unseasoned rice wine vinegar  
8 large leaves of Boston or Bibb lettuce  
¼ cup chopped peanuts (optional)

Heat oil in wok over medium-high heat. Add shrimp and stir-fry for 2-3 minutes or until shrimp begin to turn pink. Transfer to a bowl and keep warm. Add celery, water chestnuts, garlic, and ginger to wok and stir-fry until veggies are tender but still crisp, about 4-5 minutes. Return shrimp to wok and add soy sauce and vinegar. Cook 1-2 minutes more, stirring, until thoroughly heated. Divide mixture evenly on lettuce leaves and top with 1 Tbsp. nuts.

### **Popcorn Kale**

(Serves 4 at ~2 cups each)

*Food types per serving: 1 Oil, 1 Vegetable (or part of your daily allocation of Fresh Greens)*

1 bunch kale  
Sea salt to taste

1-1½ Tbsp. extra virgin olive oil

Preheat oven to 375°. Fold the kale leaves in half along the stem and use a sharp knife to trim off the stem part. Then cut or tear into 2" or 3" pieces. Toss leaf pieces with olive oil, mixing well to coat all the leaf pieces. Put on a baking sheet and roast in oven for 5-7 minutes. Gently turn the pieces over and bake for another 5-10 minutes. Be careful not to burn, but ensure they become crisp. Sprinkle lightly with salt and enjoy. The pieces should be crunchy, so leave them in the oven a little longer if needed. Serve when cooled a bit.

### **Grilled Clams**

(Serves 4 appetizers at 6 clams each; serves 2 meals at 12 clams each)

*Food types per serving: ½ Protein (snack); 1 Protein (meal)*

2 cloves garlic, minced  
2 Tbsp. finely chopped parsley  
1 Tbsp. finely chopped fresh basil

½ tsp. grated lemon peel  
24 littleneck, cherrystone, or manila clams

Preheat grill. Combine garlic, parsley, basil, and lemon peel in a small bowl. Cook clams on a grill over medium heat and cook until shells open, about 5 minutes. Remove from grill with tongs and discard any unopened clams. Sprinkle herb mixture on top and serve while hot.

### **Lemon Chicken Nibbles**

(Serves 2 as a main dish; serves 4 as an appetizer/snack)

*Food types per serving: ½ Protein (snack); 1 Protein (meal)*

1 cup lemon juice  
2 Tbsp. tamari soy sauce (gluten free)  
2 Tbsp. Dijon mustard

2 tsp. extra virgin olive oil  
Pinch of cayenne pepper  
2 palm-sized portions of chicken breast, diced

Combine all ingredients but the chicken in a medium bowl. Add chicken and toss to coat well. Allow to marinate for about 1 hour. Heat pan and sauté chicken, turning as needed, adding marinade. Cook for 15-20 minutes, or until cooked through. Be careful not to overcook. Serve with toothpicks if using as an appetizer.

### **Spinach & Chicken Stuffed Mushrooms**

(Serves 1 as a main dish; serves 2 as an appetizer/snack)

*Food types per snack serving: ½ Protein, ½ Oil, ½ Vegetable, plus portion of Fresh Greens*

*Food types per snack serving: 1 Protein, 1 Oil, 1 Vegetable, plus portion of Fresh Greens*

1 handful spinach  
1 palm-sized portion of chicken breast, finely diced  
4 large mushrooms, cleaned  
1 tsp. extra virgin olive oil

1 clove garlic  
1 tsp. oregano  
1 tsp. lemon juice  
2 Tbsp. grated Raw Parmesan cheese

Preheat oven to 400° and grease baking sheet. Wash spinach and place in a lightly oiled saucepan (with no water added). Cook, over moderate heat until spinach wilts. Drain and cool spinach; squeeze out extra liquid. Take stems off mushrooms, chop finely, and set aside. Add garlic, herbs, chicken, and mushroom stems to lightly oiled saucepan and cook until golden. Mix in spinach and cook for 1 more minute. Stir in lemon juice and remove from heat. Fill mushroom caps with mixture and sprinkle with cheese. Bake for 10-15 minutes or until cheese melts.

## DRESSINGS/SAUCES

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Many of the salad recipes within this collection feature other homemade dressings and marinades that you can use to create your own dishes. And don't forget the tasty dressing recipes in the patient guide as well.

### **Peach Salsa**

(Serves 8 at ~½ cup each)

*Food types per serving: ½ Fruit*

|   |   |
|---|---|
| 4 peaches or nectarines, diced            | 1 Tbsp. grated orange zest                  |
| 1/3 cup minced red onion                  | 2 Tbsp. fresh orange juice                  |
| 2 Tbsp. chopped fresh mint                | 2 Tbsp. fresh lime juice                    |
| 2 Tbsp. chopped fresh cilantro or parsley | Sea salt and freshly ground pepper to taste |
| 1 Tbsp. seeded and minced jalapeño chile  |   |

Combine all ingredients in a large bowl, except salt and pepper. Toss gently. Cover and chill for 30-60 minutes. Allow to warm to room temperature before serving, and stir in salt/pepper to taste. Serve with seafood.

### **Balsamic/Red Wine Vinaigrette**

(Serves 2)

*Food types per serving: 1 Oil*

|                                      |   |
|--------------------------------------|---|
| 1 Tbsp. balsamic or red wine vinegar | ¼ tsp. dried oregano                        |
| 1 Tbsp. fresh lemon juice            | ½ tsp. dried basil or 2 tsp. fresh          |
| 2 Tbsp. extra virgin olive oil       | Sea salt and freshly ground pepper to taste |

In a small bowl, whisk together all the vinaigrette ingredients, except for the olive oil. Then add olive oil slowly while whisking until olive oil is well incorporated.

### **Thai Vinaigrette**

(Serves 4)

*Food types per serving: 1½ Oil*

|  |  |
|--|--|
| 2 Tbsp. fresh lime juice               | 1 Tbsp. fresh ginger, peeled and finely minced |
| 2 Tbsp. unseasoned rice vinegar        | ½ Tbsp. hot chili oil                          |
| 1 Tbsp. tamari soy sauce (gluten free) | 3 Tbsp. extra virgin olive oil                 |
| 1 garlic clove, minced                 | 1 Tbsp. sesame oil                             |
| 2 Tbsp. fresh minced mint leaves       | ½ tsp. red pepper flakes (optional)            |
| 3 Tbsp. chopped fresh basil            | Sea salt and freshly ground pepper to taste    |
| 2 Tbsp. chopped fresh cilantro         |  |

Blend all ingredients in a food processor or blender. When smooth, taste, and add salt and pepper as needed. If you prefer a spicier flavor, increase the red pepper.

## BREAKFAST/BRUNCH DISHES

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Also see *Crustless Vegetable Quiche* (p. 26) and Healthy Transformation Protein Shake Recipes (p. 31-32).

### Baked Spinach & Cheese Omelet

(Serves 6)

*Food types per serving: 1 Protein, 1 Vegetable*

|  |   |
|--|---|
| 4 eggs, beaten                                   | ½ of 10-oz. package frozen spinach, thawed and squeezed dry |
| ½ cup raw ricotta cheese                         | ½ cup plum tomatoes, chopped                                |
| ¼ cup almond milk                                | ½ cup part-skim mozzarella, shredded                        |
| ¼ tsp. dried basil                               | ¼ cup scallion, thinly sliced                               |
| 1/8 tsp. each sea salt and freshly ground pepper |   |

Preheat oven to 325°. Combine eggs and ricotta in a large bowl. Stir in milk, and seasonings. Fold in spinach, tomato, mozzarella, and scallion. Spread evenly in a greased, 2-3 qt. baking dish. Bake for 30-35 minutes or until a knife inserted near the center comes out clean. Allow to stand for 10-15 minutes before serving.

### Breakfast Casserole

(Serves 4-6, depending on palm size)

*Food types per serving: 1 Protein, 1 Vegetable, 1 Oil*

|                               |  |
|-------------------------------|--|
| 12 stalks asparagus           | 1 cup shredded raw organic mozzarella cheese |
| ¼ lb. chopped mushrooms       | 3 Tbsp. fresh basil, chopped fine            |
| 1 small onion, diced          | 1 tsp. dried thyme                           |
| 2 tsp. extra virgin olive oil | Sea salt and freshly ground pepper to taste  |
| 7 eggs, lightly beaten        |  |

Preheat oven to 350°. Spray an 8" x 8" baking dish with oil. Snap off ends of asparagus and slice into ½" pieces. Set aside. Heat oil over medium heat in a wok or skillet and sauté onions for about 3 minutes, stirring occasionally. Add asparagus and mushrooms and cook for another 5 minutes until mushrooms have softened and released some of their juices. Remove from heat. In a large mixing bowl, mix eggs with herbs, salt and pepper. Spread half the egg mixture in the baking dish and top with all the veggies, then the shredded cheese. Cover with the remaining egg mixture. Bake 40-50 minutes, until lightly golden and slightly puffy set in the center. Check in the center to be sure that the eggs have set. Allow to set for 5 minutes before serving.

### Zucchini Pie (Serves 6)

*Food types per serving: ½ Protein, 2 Vegetable, 1 Oil*

|  |  |
|--|--|
| 1 Tbsp. extra virgin olive oil                     | ½ cup chopped fresh dill                         |
| 2 lb. zucchini (use a mixture of green and yellow) | 1/3 cup chopped fresh parsley                    |
| 1/3 cup scallions, sliced thin                     | 5 extra large eggs                               |
| 3 garlic cloves, minced                            | 3 egg whites                                     |
| 1 tsp. dried marjoram                              | 2 roma tomatoes, thinly sliced                   |
| ½ tsp. salt  | 2 oz. crumbled wholefat raw, organic feta cheese |
| ¼ tsp. freshly ground black pepper                 |  |

Preheat oven to 325°. Spray a 9" round baking dish with olive oil and set aside. Cut zucchini into medium-thin slices. Heat olive oil in large skillet over medium heat. Add the zucchini, scallions, garlic, marjoram, salt and pepper. Cook, stirring frequently, until zucchini begins to brown, about 5-7 minutes. Drain and discard any liquid. Transfer to a large bowl. Beat eggs with the egg whites and add to the zucchini mixture, along with the dill and parsley. Pour into prepared baking dish. Decorate the top with sliced tomatoes and sprinkle with feta cheese. Bake for 50-60 minutes until the eggs are set and top is browned. Serve immediately or at room temperature.



### Sausage & Egg Muffins

(Serves 4)

*Food types per serving: 1 Protein, 1 Vegetable*

4 oz. bulk turkey sausage  
8 oz. mushrooms, cleaned and sliced thin  
5 scallions, thinly sliced  
½ medium red or yellow pepper, chopped

5 large eggs, beaten  
½ cup (~2 oz.) wholefat raw organic cheddar or  
Jarlsberg

cheese, shredded

Preheat oven to 350°. Line 4 large muffin pan cups with paper cups. In a medium skillet, cook the sausage, crumbling it as it browns. Add the mushrooms and scallions and continue to sauté, stirring, for about 4 minutes. Then add the pepper and cook for 5 minutes more, until all veggies are softened. Spoon mixture into a bowl and cool slightly. Stir in the eggs and pour into the muffin cups. Sprinkle cheese on top. Bake for 20 minutes or until eggs are set. Serve immediately or make ahead and warm the next morning for a quick breakfast.

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### SALADS/VEGGIE SALADS

#### Greek Salad

(Serves 8)

*Food types per serving: 2 Vegetable, 1 Oil, 2 oz. Fresh Greens*

Dressing:

***Balsamic/Red Wine Vinaigrette*** (p. 5)

Salad:

1 large eggplant, unpeeled  
1 lb. spinach

1 large cucumber  
1 large ripe tomato  
Olive oil cooking spray (bought or homemade)  
1 small red onion, sliced  
3 Tbsp. chopped black Greek olives  
3 Tbsp. wholefat raw, organic feta cheese

Prepare dressing as indicated. Preheat oven to 450°. Cut eggplant into ½" cubes. Lightly spray a baking sheet with olive oil (to make your own, just add olive oil to a spray bottle). Spread eggplant cubes in a single layer on sheet, and then spray eggplant with a dash of olive oil. Roast for approximately 10 minutes, then turn and roast for 10 more minutes. Eggplant should be somewhat softened and golden brown. Set aside to cool. Combine all the remaining veggies in a large bowl with the cooled eggplant. Gently mix in the vinaigrette. Garnish with feta cheese and olives and serve.

#### Cauliflower & Kale Salad

(Serves 6)

*Food types per serving: 2 Vegetable (including small portion of Fresh Greens), 1 Oil*

1 small bunch kale (4-5 leaves)  
1 pint cherry tomatoes, halved  
3 scallions, finely chopped  
¼ cup fresh parsley/basil/cilantro, minced  
1 small head cauliflower  
2 Tbsp. lemon juice

1 garlic clove, finely minced  
¼ tsp. sea salt  
Freshly ground black pepper to taste  
1 Tbsp. sesame oil  
1 Tbsp. extra virgin olive oil

Cut away the center stalk from the kale and discard. Finely chop the kale leaves. Add to a large bowl, along with the cherry tomatoes, green onion, and herbs. Grate cauliflower using the large holes of a grater. Add to the bowl and mix until well combined. In a small bowl, whisk together remaining ingredients. Pour dressing onto the veggies and toss gently. Taste and season with additional salt if needed. Add more sesame oil if needed for taste. Allow to sit for 15 minutes for flavors to blend. Leftovers may be refrigerated; kale and cauliflower will stay crunchy.

### **Roasted Veggie Salad**

(Serves 1)

*Food types per serving: 1-2 Vegetable; 2-3 oz. Fresh Greens*

Dressing:

¼ cup balsamic vinegar  
2 tsp. Dijon mustard  
3-4 Tbsp. chopped fresh basil

Salad:

Veggies of choice (bell pepper, onion, mushrooms, green beans, etc.)

Follow recipe for **Roasted Veggie Plate** (p. 26). When all veggies are nicely browned, remove to a serving bowl and allow to cool to room temperature. If any pieces are large, chop to bite size. In a small bowl, whisk together mustard and vinegar. Toss with roasted veggies, using the amount needed for the amount of veggies used. Garnish with chopped basil and serve at room temperature on top of 2-3 oz. fresh chopped lettuce or other greens.

### **Spinach Salad with Avocado & Mushrooms**

(Serves 4)

*Food types per serving: 3 Oil, 1 Vegetable, 3 oz. Fresh Greens*

Salad:

12 oz. fresh spinach, torn into small pieces  
½ ripe avocado, diced  
½ lb. mushrooms, thinly sliced  
8 green onions, thinly sliced (use some green)  
1 hard-cooked egg, finely chopped

Dressing:

**Balsamic/Red Wine Vinaigrette** (p. 5)

Toss veggies with dressing in a large salad bowl. Garnish with egg and serve immediately.

### **Green Bean Salad with Feta & Olives**

(Serves 5)

*Food types per serving: 1 Vegetable, 2 Oil*

Salad:

1 lb. fresh green beans, ends trimmed  
1 small red onion, sliced very thin  
½ cup Kalamata olives, pitted and diced  
2 oz. wholefat raw, organic feta cheese  
¼ cup chopped fresh basil

Dressing:

**Balsamic/Red Wine Vinaigrette** (p. 5)

Prepare dressing as indicated. Combine veggies, feta cheese, and basil. Toss with dressing and serve immediately.

### **Zucchini "Pasta"**

(Serves 4)

*Food types per serving: 2 Vegetable, ¼ Protein (including ½ Nut/Seed serving), 1 Oil*

2 cups cherry tomatoes, sliced in half (use yellow, orange & red for colorful presentation)  
1 clove garlic, thinly sliced or crushed  
¼ cup pine nuts (or chopped walnuts)  
3 Tbsp. torn fresh basil, plus extra for garnish

2 Tbsp. extra virgin olive oil, plus more for drizzling  
1 medium zucchini, grated or thinly sliced lengthwise and cut into ¼" long strips  
Sea salt to taste

To cut zucchini, use a food processor with a grating blade if possible; or use a hand grater or mandoline. In a serving bowl, combine tomatoes, garlic, walnuts, basil, and oil. Add salt and let stand 20 minutes. Toss with zucchini and garnish with basil.

### Warm Mushroom Salad

(Serves 4)

*Food types per serving: 1 Vegetable, 2 Oil*

|   |  |
|---|--|
| 1 Tbsp. extra virgin olive oil  | 1 medium tomato, diced                           |
| ½ lb. mushrooms, sliced   | 2 Tbsp. lemon juice                              |
| 3 cloves garlic, minced   | 2 Tbsp. water                                    |
| 1 tsp. each: dried basil and marjoram (or 1 Tbsp. each fresh, chopped—plus extra for garnish) | Pinch each of sea salt and freshly ground pepper |

Heat oil in a wok or frying pan over low-medium heat. Add mushrooms and gently sauté for 4-5 minutes. Add garlic, basil, and marjoram and stir-fry for 1-2 minutes until mushrooms are well coated. Add diced tomato, lemon juice, water, salt, and pepper; stir and cook until the tomato softens. Add a few Tbsp. more water if it seems too dry. Remove from heat and set aside to cool. Garnish with herbs of your choice. Serve at room temperature.

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## MAIN DISH SALADS

### Chicken & Zucchini Salad

(Serves 4-6, depending on palm size)

*Food types per serving: 1½ Protein (including 1 Nut/Seed), 1 Vegetable, 2-3 oz. Fresh Greens, 2 Oil*

|   |   |
|---|---|
| ¼ cup extra virgin olive oil              | 1 small bunch (~4 oz.) arugula or leafy lettuce |
| ½ cup fresh lemon juice                   | 1 small/medium red onion, thinly sliced         |
| Coarse sea salt and freshly ground pepper | ¼ cup chopped walnuts or pecans                 |
| 1¾ lb. zucchini, thinly sliced or grated  | 3 Tbsp. grated wholefat raw, organic            |
| 1½ lb. boneless, skinless chicken breasts | fParmesan cheese                                |
| 1 bunch (~8 oz.) spinach, chopped         | ¼ cup chopped fresh basil                       |

Bake chicken (or use leftovers) and cool to room temperature while preparing dressing. In a large bowl, whisk oil and lemon juice; season with salt and pepper. Add zucchini; toss to coat, and marinate for about 15 minutes. If chicken pieces are too large, cut into bite-sized pieces. Toss chicken with zucchini mixture, and add spinach and onion. Garnish with nuts, cheese, and basil before serving.

### Salad Niçoise

(Serves 4)

*Food types per serving: 1 Protein, 2 Vegetable, 4 Oil*

|   |   |
|---|---|
| 1 lb. fresh green beans, cut into 3" pieces and steamed lightly to crisp yet tender | ¼ cup snipped parsley or chives   |
| 1 small red onion, sliced thinly  | ¼ cup extra virgin olive oil  |
| ½ cup black olives  | 6 very ripe plum tomatoes, cut in half (or ½ pint cherry tomatoes)                                  |
| ½ tsp. each sea salt and black pepper, divided                                      | 4 hard-cooked eggs, sliced  |
| 2 Tbsp. balsamic or wine vinegar  | 2 cans (6½ oz. each) water-packed wild tuna, drained and flaked (or 12 oz. cooked baby wild shrimp) |
| 2 Tbsp. water   |   |
| 2 tsp. Dijon mustard  |   |

In a large bowl, mix green beans, onion, olives, ¼ tsp. each salt and pepper. Set aside. Dressing: In a small bowl, whisk together vinegar, water, mustard, parsley or chives, and ¼ tsp. each salt and pepper. Gradually whisk in the olive oil and mix until slightly thickened. Pour half of this mixture over vegetables and mix gently. Transfer veggies to a large serving platter. Arrange tomatoes and sliced egg around the edge of the veggies. Spoon tuna on top of veggies and drizzle the whole platter with the remaining dressing. Serve immediately.

## Asian Steak Salad

(Serves 6)

*Food types per serving: 1¼ Protein (if including ½ Nut/Seed), 3 Vegetable, 1 Oil*

### Marinade:

1 lime  
1 Tbsp. freshly grated ginger  
1 garlic clove, minced  
2 scallions, thinly sliced (use some of the green)

### Dressing:

2 limes  
1 Tbsp. extra virgin olive oil  
1 Tbsp. sesame oil  
2 Tbsp. water  
2 Tbsp. unseasoned rice vinegar

### Salad:

1 flank steak to equal 6 palm-sized portions  
1 yellow bell pepper, cut into thin strips  
1 small/medium head of Napa cabbage  
1/3 cup fresh cilantro leaves  
½ cup mint leaves, loosely packed  
1 cup bean sprouts  
2 Tbsp. chopped pecans for garnish (optional)

Dressing: Grate the skin and juice the 2 limes then whisk all the ingredients together in a small bowl; taste to correct seasoning and set aside. Marinade: Grate the skin and juice the lime. Whisk with all the ingredients in a shallow dish and cover steak with the marinade. Turn steak in the marinade and refrigerate for 1 hour. Let sit at room temperature for 30 minutes before grilling. Heat a grill at medium-high. Cook about 5-7 minutes on each side, depending on thickness. Remove from grill when done to your preference. Cool for 5 minutes and slice thinly on the bias. In a salad bowl, combine the pepper, cabbage, cilantro, mint, and bean sprouts. Drizzle with vinaigrette and toss well. Arrange veggies and steak on serving plates and garnish with some chopped pecans.

## Korean Chicken Salad

(Serves 2)

*Food types per serving: 1 Protein, 3 Vegetable, 2 Oil*

### Marinade:

2 Tbsp. soy sauce (gluten free)  
1 Tbsp. extra virgin olive oil  
¼ tsp. ground ginger  
¼ tsp. cinnamon  
1 clove garlic, finely chopped

### Dressing:

½ tsp. dry mustard  
½ tsp. sea salt  
½ tsp. hot red pepper sauce  
1 Tbsp. soy sauce  
1 Tbsp. sesame oil  
4 tsp. lemon juice

### Salad:

2 palm-sized portions of chicken breast  
2 cups lettuce, shredded  
¼ cup thinly sliced cucumber  
½ cup thinly sliced red pepper  
¼ cup chopped red onion  
½ cup snow peas  
½ cup bean sprouts  
1 Tbsp. slivered almonds, toasted and salted  
1 Tbsp. sesame seeds, toasted

In a small bowl, whisk together all dressing ingredients. Cut chicken breast in half. Combine marinade ingredients and thoroughly coat chicken pieces. Place chicken in roasting pan, pour remainder of marinade over the top and cook uncovered at 400° for 15-20 minutes, turning at half time. Cool chicken and cut into thin strips. Prepare salad vegetables and place in a large bowl. Combine dressing ingredients and toss the chicken, veggies, and dressing together, garnish with sesame seeds and slivered almonds and serve immediately.

### **Cobb Salad**

(Serves 4)

*Food types per serving: 1 Protein, 3 Oil, 2 Vegetable, 2 oz. Fresh Greens*

Salad:

4 large eggs  
4 palm-sized portions (~1 lb.) boneless chicken breasts, diced  
1 cup steamed green beans, cut into 1" pieces  
2/3 cup crumbled wholefat raw, organic feta cheese  
2 medium tomatoes, chopped

1 ripe avocado, diced or sliced  
4 scallions, chopped  
6 cups mixed salad greens

Dressing:

**Balsamic/Red Wine Vinaigrette** (p. 5)

Prepare dressing as indicated in recipe or use leftover dressing. Bake chicken and prepare green beans, or plan to have leftover chicken/green beans for this recipe. Place eggs in a saucepan and cover with cold water. Bring to a boil, uncovered. Allow to boil for 1 minute, then cover and remove from heat. Allow to sit for 10 minutes, then rinse under cold water to cool. Peel eggs and set aside. Arrange salad greens on 4 individual dinner plates. In a large bowl, mix veggies with eggs and cheese and place on top of greens. Dice chicken and mix with some dressing. Mound on top of greens. Drizzle dressing on top, saving any extras.

### **Steak Salad with Snap Peas**

(Serves 2-3, depending on palm size)

*Food types per serving: 1 Protein, 1 Vegetable, 2-3 oz. Fresh Greens, 1 Oil*

Salad:

8-12 oz. leftover flank steak, cut into bite size  
Sea salt and freshly ground pepper to taste  
2 cups sugar snap peas, trimmed and halved  
1 head leaf lettuce, torn into small pieces  
4 radishes, sliced  
½ red or yellow pepper, thinly sliced

Dressing:

¼ cup **Mustard Vinaigrette Dressing**  
(see patient guide for recipe)

Prepare dressing as indicated in patient guide. Steam snap peas for about 2-3 minutes. Rinse with cold water and pat dry. Slice leftover steak. Toss lettuce in a large serving bowl with 2 Tbsp. of dressing. Top with steak, snap peas, radishes, and pepper slices. Drizzle with remaining dressing.

### **Mediterranean Salad**

(Serves 1)

*Food types per serving: 1 Protein, 1 Vegetable (or portion of Fresh Greens), 2 Oil*

Salad:

2 handfuls of salad greens, including arugula or watercress  
1 egg, hardboiled and sliced  
¼ cup each red onion and cucumber, thinly sliced  
½ palm-sized portion of canned wild tuna  
1 oz. wholefat raw, organic feta cheese, crumbled  
4 black olives, sliced (optional)

Dressing:

2 Tbsp. **Mustard Vinaigrette Dressing**  
(see patient guide for recipe)

Prepare dressing as indicated in the patient guide or use leftover dressing. Mix tuna and veggies together and toss with dressing. Top with feta cheese and optional sliced olives. Optional veggie extras to add variety (and extra vegetable servings): blanched green beans, asparagus, roasted pepper/eggplant strips, and marinated mushrooms.

### Asian Shrimp Salad

(Serves 4)

*Food types per serving: 1-1¼ Protein (if using ½ Nut/Seed serving), 3 Vegetable, 1½ Oil*

Salad:

4 palm-sized portions of cooked wild shrimp (~1 lb.)  
1½ cups finely shredded green or red cabbage  
1 cup blanched fresh green beans, cut into 1" pieces  
1 cup thinly sliced mushrooms  
1 red or yellow pepper, diced  
4 scallions, finely chopped

4 cups fresh spinach, torn into small pieces  
1½ Tbsp. minced fresh cilantro (optional garnish)  
1/3 cup chopped almonds (optional garnish)

Dressing:

**Thai Vinaigrette** (p. 6)

Leftover green beans may be used for this recipe. In a medium bowl, combine shrimp with veggies, except for spinach. Toss with half of dressing. Put spinach leaves in large salad bowl and arrange shrimp and veggies on top. Garnish with cilantro and almonds. Drizzle additional dressing on top, saving some for individual use after serving.

### Chicken Salad with Green Beans & Walnuts

(Serves 6)

*Food types per serving: 1½ Protein (including 1 Nut/Seed), 1 Vegetable, 2 Oil*

Salad:

1½ lb. fresh green beans, cut into thirds, and steamed until crisp tender; cool  
1 lb. boneless, skinless, chicken breast, baked or poached, and cooled  
1½ cups coarsely chopped walnut/pecan halves  
1/3 cup chopped fresh parsley  
¼ tsp. freshly ground black pepper

Dressing:

3 Tbsp. vinegar (white wine or balsamic)  
1 Tbsp. Dijon mustard  
Dash of sea salt  
Grinding of fresh black pepper  
¼ cup extra virgin olive oil

Can use leftover chicken/turkey and green beans for this recipe. For the dressing, add first 4 ingredients to a small jar and shake; add oil and shake until well blended. Combine salad ingredients in a large serving bowl. Drizzle with dressing and toss until all ingredients are well coated. Serve immediately.

## SOUPS

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### Vegetable Beef Soup

(Serves 6)

*Food types per serving: ½ Protein, 1 Oil, 3 Vegetables (including portion of Fresh Greens)*

2 Tbsp. extra virgin olive oil, divided  
1 lb. very lean boneless steak, cut into 1" cubes  
1 large celery stalk  
1 medium onion  
6 cups water

4 cups coarsely shredded cabbage  
3 oz. baby/regular spinach, chopped  
16-oz. can diced tomatoes, including juice  
½ lb. green beans, cut into 1" pieces (frozen okay)  
Sea salt and freshly ground black pepper to taste

Heat 1 Tbsp. of olive oil in a 4-qt. soup pot over medium heat. Trim fat from meat and add to pot. Sauté, stirring occasionally for about 6 minutes, until browned on all sides. Remove to a bowl and set aside. Heat remaining 1 Tbsp. oil and add celery and onion. Cook, stirring occasionally, for about 5 minutes. Return meat to the pot, along with the remaining ingredients, except green beans, salt, and pepper. Be sure to use the juice from the tomatoes. Bring to a boil, stirring frequently, then reduce heat to a simmer. Cover and stir occasionally for another 1-2 hours, until meat is tender. Add green beans about 10 minutes before finishing. Season with salt/pepper to taste.

### Mushroom-Miso Soup

(Serves 6)

*Food types per serving: 2 Vegetable (including portion of Fresh Greens), ½ Oil*

|                                |  |
|--------------------------------|--|
| 1 Tbsp. extra virgin olive oil | 4 small plum tomatoes, diced                       |
| 1 medium onion, diced          | 4 oz. firm tofu (organic), drained and diced       |
| 1 Tbsp. finely chopped ginger  | 4 oz shitake mushrooms                             |
| 3 cloves garlic, minced        | 2 oz. watercress or baby spinach (~2 cups chopped) |
| 4 cups veggie broth            | 2 scallions, sliced thinly (include some green)    |
| 2 Tbsp. white miso             |  |

Heat olive oil over medium heat in a large soup pot. Add onion and sauté until soft, about 5 minutes. Add ginger and garlic and sauté 3 more minutes, being careful not to burn garlic. Add broth, bringing to a boil and reducing heat to a simmer. Whisk in the miso until dissolved. Add remaining ingredients, except for scallion, and simmer until mushrooms are softened, about 2-3 minutes. Serve in soup bowls and garnish with scallion.

### Homestyle Chicken Soup

(Serves 2)

*Food types per serving: 1 Protein, 2 Vegetable, 1 Oil*

|   |                               |
|---|-------------------------------|
| 1 Tbsp. extra virgin olive oil          | 2 carrots, chopped            |
| ½ cup onion, diced                      | 1 clove garlic, minced        |
| 2 palm-sized portions of chicken breast | 1 chili pepper, optional      |
| 1 cup green beans, cut into 1" pieces   | 3 cups chicken stock or broth |
| 2 stalks celery, diced                  | Chopped parsley for garnish   |

In a soup pot, sauté onion in olive oil over medium heat. Add chicken and veggies and continue to sauté for 1 more minute. Add stock or broth and simmer for 15-20 minutes. Garnish with fresh parsley before serving.

### Chicken Noodle Soup

(Serves 5)

*Food types per serving: 1 Protein, 1 Vegetable (including Shirataki Noodles)*

|   |   |
|---|---|
| 2 packages <b>Shirataki Noodles</b> (see patient guide) | ½ lb. extra firm tofu, cut into ½" pieces         |
| 5 cups chicken broth plus 1 cup water                   | Sea salt and freshly ground black pepper to taste |
| ½ lb. boneless chicken breasts                          | Watercress for garnish                            |

Cook 2 package of shirataki noodles as directed in patient guide. Cook the chicken in the broth and water, simmering until cooked through, about 12 minutes. Remove to a plate and set aside to cool slightly. Keep the broth in the pot at a low simmer and add tofu, simmering until heated through. Season broth as needed with salt and pepper. When chicken is cool enough to handle, cut into bite-sized pieces or shred, and add to broth. Ladle soup into bowls and add noodles. Garnish with watercress and serve.

### Italian Egg Drop Soup

(Serves 4)

*Food types per serving: ½ Protein*

|   |   |
|---|---|
| 3 large eggs  | 3 Tbsp. freshly chopped parsley             |
| ¼ cup grated wholefat raw, organic<br>Parmesan cheese | Sea salt and freshly ground pepper to taste |
| 6 cups chicken broth                                  |   |

In a medium-sized bowl, mix the eggs and cheese together with a wire whisk. Heat the broth almost to a boil and slowly pour in the egg/cheese mixture. Allow the eggs to set before stirring in the parsley, separating the egg a bit while stirring. Remove from heat and adjust seasoning with salt and pepper as needed. Serve immediately.

## **Zucchini Gazpacho**

(Serves 6)

*Food types per serving: 2 Vegetable, 1½ Oil*

|                                |   |
|--------------------------------|---|
| 1 lb. zucchini, diced          | 1 Tbsp. wine vinegar                              |
| ½ cup jicama, diced            | 3 scallions, chopped, using some green            |
| 6 red radishes, chopped        | 1 garlic clove, minced                            |
| 1 cup water                    | 1/3 cup mint leaves, chopped                      |
| 3 Tbsp. extra virgin olive oil | Sea salt and freshly ground black pepper to taste |

Set aside some radish for garnish, if desired. Combine all ingredients (except salt and pepper) in a blender or food processor and coarsely blend, leaving some pieces for texture. Add salt/pepper to taste. For more bite, add more radish or jicama. Refrigerate until ready to serve. Serve in bowls garnished with additional radish. Best eaten soon after making it. If eaten the next day, it will separate a little, but the jicama and radish flavors will intensify.

## **Cream of Tomato Soup**

(Serves 4)

*Food types per serving: ½ Protein, 2 Vegetable, 1 Oil*

|                                  |   |
|----------------------------------|---|
| 28-32 oz. canned tomatoes, diced | 1 cup vegetable broth                                 |
| ½ cup finely minced onion        | 1/8 tsp. hot red pepper sauce (more or less to taste) |
| 1 Tbsp. extra virgin olive oil   | Sea salt and freshly ground pepper to taste           |
| ½ box soft silken tofu (organic) |   |

Drain tomatoes, reserving juice. Strain juice and add enough broth to make 1½ cups liquid. In a deep saucepan, sauté onions in olive oil until soft. Add tomatoes and cook over low heat 5 minutes. While tomatoes cook, puree tofu in blender with broth and juice. Pour all but ¼ cup of tofu mixture into a separate container. Add tomatoes to blender and puree, reserving ½ cup for garnish. Return tomato mixture to saucepan and add reserved tofu mix. Heat gently until just warm. Add hot sauce and salt/pepper to taste. Garnish with chunks of reserved tomato mix.

## **Minestrone**

(Serves 4)

*Food types per serving: 1 Oil, 3 Vegetable (includes portion of Fresh Greens and optional **Shirataki Noodles**)*

|   |   |
|---|---|
| 1 clove garlic, chopped coarsely                  | ½ tsp. sea salt   |
| ¼ cup chopped parsley                             | 4 cups chicken or veggie broth                          |
| 1 Tbsp. extra virgin olive oil                    | 4 cups Swiss chard or spinach, chopped                  |
| 1 medium onion, diced                             | 1 medium zucchini, cut into small chunks                |
| 2 celery ribs, thinly sliced (include the leaves) | 2 Tbsp. grated wholefat raw, organic<br>Parmesan cheese |
| 2 additional cloves garlic, minced                | Several basil leaves for garnish                        |
| 1 tsp. dried oregano                              | <b>Shirataki Noodles</b> (optional, see patient guide)  |
| Dash of freshly ground black pepper to taste      |   |

Cook 1 package of shirataki noodles as directed in patient guide. Cool slightly and cut noodles into smaller pieces. Set aside. Combine the chopped garlic with the parsley in a small bowl and set aside. Heat oil in a large soup pot over medium heat. Add onion, celery, garlic, oregano, pepper, and salt. Stir-fry for 4-5 minutes, until veggies have softened. Add broth and chard/spinach and bring to a boil. Then reduce heat to medium-low and simmer, covered, until veggies are tender. When veggies are tender, stir the garlic/parsley mixture into the soup. Add zucchini and cover. Cook for another 5 minutes. Add the noodles and heat through. Serve in bowls garnished with cheese.



## MAIN DISHES

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### Beef Goulash with Cauliflower

(Serves 8)

*Food types per serving: 1 Protein, ½ Oil, 2 Vegetable (add 2 Vegetable and 1 Oil for cauliflower recipe)*

2 Tbsp. extra virgin olive oil  
2 large onions, sliced thin  
2 garlic cloves, minced  
1½ lb. of very lean beef, cut into cubes  
3 Tbsp. paprika

4 stalks celery, sliced  
28-oz. can diced tomatoes, using liquid  
***I Can't Believe It's not Mashed Potatoes***  
(see patient guide for recipe)

Prepare cauliflower as indicated in patient guide. In a large soup pot, heat oil over medium heat. Add onion and sauté 4-5 minutes until softened. Add garlic and sauté for 1 more minute. Then add beef, paprika, celery, and tomatoes with their liquid. Simmer, covered, over very low heat for 3-4 hours, stirring occasionally. Add a little water if it gets too dry. Taste and add salt and pepper as needed. Serve with mashed cauliflower.

### Stir-Fried Beef & Broccoli

(Serves 4)

*Food types per serving: 1 Protein, 1 Oil, 2 Vegetable*

2 Tbsp. extra virgin olive oil, divided  
1-2 tsp. finely minced fresh ginger  
3 scallions, chopped, include some green  
2 garlic cloves, minced  
1 lb. flank steak, sliced across grain into thin strips  
2½ cups broccoli florets  
2 cups sliced mushrooms

1 medium yellow or red pepper  
¾ cup beef broth  
1 Tbsp. arrowroot or tapioca  
1 Tbsp. dry white wine  
2 Tbsp. tamari soy sauce  
Sea salt and freshly ground black pepper to taste

In a wok, heat 1 Tbsp. oil over medium-high heat. Add ginger and scallions, stir-frying for 1-2 minutes. Then add garlic and flank steak strips, stir-frying for 2 more minutes. Remove from pan and set aside. Heat remaining Tbsp. oil in the wok over medium-high heat. Add broccoli, mushrooms, and pepper. Quickly stir-fry for 1-2 minutes, then add beef broth. Bring to a boil, cover, and reduce heat to a simmer until veggies are just tender (but not too soft), about 3-5 minutes. Return beef to pan. While veggies are cooking, mix arrowroot, wine, and soy sauce in a small bowl. Stir into wok and cook until thickened and heated through. Add salt/pepper as needed.

### Baked Salmon

(Serves 4)

*Food types per serving: 1 Protein, ½ Vegetable, 1 Oil (marinade not included in calculations, as most is not eaten)*

¼ cup tamari soy sauce  
2 Tbsp. sesame oil  
1 clove garlic, minced  
1 tsp. fresh grated ginger  
1 Tbsp. chopped fresh basil  
1 tsp. oregano leaves

¼ tsp. thyme  
¼ tsp. tarragon  
4 palm-sized portions of salmon fillets (~1 lb.)  
1½ Tbsp. coconut oil  
½ cup chopped fresh mushrooms  
3 Tbsp. chopped scallions

In a small bowl, mix the tamari, sesame oil, and spices. Put the salmon into a quart-sized plastic zippered bag and pour in the marinade mixture. Refrigerate the salmon in the marinade for 2-4 hours, turning occasionally. Preheat oven to 350°. Spray a large baking pan with oil. Remove salmon from the marinade and place in a single layer in the baking pan. Pour marinade over all. Bake for 10-15 minutes. While the salmon is baking, heat coconut oil in a small saucepan. Stir in the mushrooms and scallions. Remove salmon from the oven, and pour veggies to cover each fillet. Bake about 10 minutes more. Serve immediately.

### Italian Chicken

(Serves 4)

*Food types per serving: 1½ Protein, 1 Oil, 1 Vegetable*

|   |   |
|---|---|
| ¾ cup wholefat raw, organic ricotta                   | 1½ Tbsp. extra virgin olive oil           |
| 1 tsp. oregano  | ¾ cup canned crushed tomatoes             |
| 4 palm-sized boneless chicken breast halves, skinless | 4 slices wholefat raw, organic mozzarella |
| ½ tsp. garlic powder                                  | (¾ oz. each)                              |

Combine ricotta and oregano in a small bowl; set aside. Preheat oven to 350°. Rub each chicken piece with some garlic powder. Heat oil in a skillet over medium high heat and add the chicken, cooking for about 8 minutes on each side. Remove from pan and place chicken in a 13" x 9" baking pan. Spoon 3 Tbsp. each of cheese mixture and crushed tomatoes onto each chicken breast. Top each with a slice of mozzarella. Bake for 20 minutes. Serve immediately with *Spaghetti Squash* (p. 26) for additional Vegetable servings.

### Chicken Stir-Fry

(Serves 4)

*Food types per serving: 1 Protein, 3 Vegetable, 1½ Oil*

|   |   |
|---|---|
| 2 Tbsp. chopped fresh mint              | 4 palm-sized portions of boneless, skinless chicken |
| ¼ cup chopped fresh basil               | breasts (~1 lb.)                                    |
| ¼ cup chicken broth, divided            | 1 small unpeeled eggplant (~12 oz.), diced          |
| 3 scallions, thinly sliced, divided     | 1 medium onion, chopped                             |
| 2 cloves garlic                         | 1 red bell pepper, cut into thin strips             |
| 1 Tbsp. chopped fresh ginger            | 1 yellow bell pepper, cut into thin strips          |
| 2 Tbsp. extra virgin olive oil, divided | 2 Tbsp. tamari soy sauce (gluten free)              |

In a blender or food processor, combine mint, basil, ¼ cup of the broth, 2 of the scallions, garlic, and ginger. Pulse until mixture is minced but not pureed. Set aside. Cut chicken breasts into 2" strips. Set aside. In a large skillet, heat 1 Tbsp. oil over medium heat. Add eggplant, onion, and both peppers. Sauté about 8-10 minutes until tender. Transfer to a bowl and keep warm. Add remaining 1 Tbsp. oil to pan and heat over medium heat. Add basil/mint mixture and sauté, stirring for 1 minute only. Add chicken strips and tamari sauce and sauté for about 3-4 minutes until chicken is almost cooked through. Add remaining ½ cup broth and bring to a boil. Return veggies to pan and stir until heated through, about 3-4 minutes. Transfer to serving dish and garnish with remaining scallion to serve.

### Crustless Shrimp & Greens Torte

(Serves 4-6, depending on palm size)

*Food types per serving: 1 Protein, 1 Vegetable (including a portion of Fresh Greens), 1 Oil*

|                                       |   |
|---------------------------------------|---|
| 16 oz. lowfat ricotta cheese          | 3 small-medium leeks (discard dark green part)  |
| 1 egg                                 | 1 tsp. fresh thyme leaves or ¼ tsp. dried thyme |
| ¼ tsp. nutmeg                         | 1 lb. baby wild shrimp                          |
| Dash of sea salt                      | 2½ cups Swiss chard, kale, or spinach           |
| 1/8 tsp. hot pepper flakes (optional) | ¼ cup grated wholefat raw, organic Parmesan     |
| 2 tsp. extra virgin olive oil         | cheese  |
|                                       | 2 Tbsp. grated Parmesan, for garnish            |

Preheat oven to 350°. Prepare greens by removing tough stems. Slice thinly. Slice ends off leeks and discard the dark green parts. Slice in half lengthwise and wash any dirt off. Cut into thin slices. In a large bowl, beat egg and then add the cheeses. Add nutmeg and salt. Heat oil in a sauté pan or wok over medium heat. Add leeks and cook, stirring occasionally until softened, about 5 minutes. Add hot pepper if using and thyme. Stir for 1 minute; then add shrimp and cook for just a few minutes. Do not overcook. Add greens and stir while cooking for 2-3 minutes. Add to cheese mixture and spoon into a 9" or 10" pie plate. Garnish with remaining Parmesan and bake until puffy and slightly browned, about 45 minutes. Test the center to be sure it has set. Serve warm with a tossed salad.

### Roasted Herb Chicken

(Serves 4)

*Food types per serving: 1 Protein, 1½ Oil*

|   |   |
|---|---|
| 1 whole, bone-in chicken breast (or 2 halves) | 1 tsp. chopped fresh parsley                      |
| 2 chicken legs, cut into thigh and drumstick  | 4 large cloves unpeeled garlic, cut into slivers  |
| 2 Tbsp. extra virgin olive oil                | ½ cup dry white wine                              |
| 2 tsp. chopped fresh tarragon                 | ½ cup chicken broth                               |
| 1 Tbsp. chopped fresh thyme                   | Sea salt and freshly ground black pepper to taste |

Preheat oven to 400°. Place chicken in a large bowl and season with salt and pepper. Add the oil and fresh herbs and toss to coat. Transfer all to a roasting pan in a single layer. Scatter garlic over the chicken. Cook until the skin is golden and chicken is cooked through, 45-50 minutes. Transfer to a serving dish and cover to keep warm. Skim fat from pan and discard. Set roasting pan on stove over medium high heat. Add wine and cook, scraping up browned bits until reduced by half, about 4-5 minutes. Stir in the broth and simmer until reduced another half, about 2 minutes more. Strain and remove fat. Remove skin from chicken and serve with wine sauce.

### Spiced Lemon Meatballs

(Serves 4)

*Food types per serving: 1 Protein*

|  |   |
|--|---|
| <u>Meatballs:</u>                              | ½ tsp. lemon zest                           |
| 2 tsp. extra virgin olive oil, divided         | Sea salt and freshly ground pepper to taste |
| 1 onion, chopped finely                        |   |
| 2 cloves garlic, minced                        | <u>Stock:</u>                               |
| ½ tsp. ground cumin                            | 1 cup chicken stock plus more as needed     |
| ½ tsp. paprika                                 | ½ tsp. lemon zest                           |
| 1/3 cup chopped parsley                        | ½ tsp. ground cumin                         |
| 4 palm-sized portions of very lean ground beef | ½ tsp. turmeric                             |
| 2 eggs   |   |

Heat 1 tsp. oil in a fry pan. Add onion, garlic, and spices and sauté for a few minutes. Add to ground beef in a medium bowl, and mix in remaining ingredients. Shape into size of golf balls. Heat 1 tsp. oil and brown meatballs for about 2 minutes. In a small pot, heat stock with spices and lemon zest. Add to meatballs and simmer until cooked through and stock is thickened. Add additional stock if needed to keep from becoming too dry. Serve with the sauce/stock on a bed of freshly steamed green veggies.

### Grilled Shrimp Kabobs

(Serves 6)

*Food types per serving: 1 Protein, 1 Oil (only 1 Oil from marinade is included in calculations)*

|                              |   |
|------------------------------|---|
| 1 cup extra virgin olive oil | 2 tsp. dried oregano  |
| ¼ cup chopped fresh basil    | 2 tsp. dried parsley  |
| 1 lime, freshly juiced       | ½ tsp. salt   |
| 2 Tbsp. hot pepper sauce     | ½ tsp. freshly ground black pepper                          |
| 3 cloves garlic, minced      | 2 lb. large shrimp, peeled and deveined with tails attached |
| 1 Tbsp. tomato paste         |   |

Marinade: In a mixing bowl, mix all ingredients together, except shrimp. Reserve a small amount of marinade for basting later and pour the remainder into a large zippered plastic bag. Add shrimp. Seal, and marinate in the refrigerator for 2 hours. Turn the bag occasionally. Preheat grill for medium-low heat. Thread shrimp onto skewers, piercing at each end. Discard marinade. Lightly oil grill grate. Cook shrimp for 5 minutes per side, or until opaque, basting frequently with reserved marinade.

### **Mexican Grouper**

(Serves 4)

*Food types per serving: 1 Protein, 1 Vegetable, 1 Oil*

4 palm-sized portions of grouper fillets (~1¼ lb.)  
Dash of sea salt and freshly ground black pepper  
4 tsp. extra virgin olive oil, divided  
1 medium onion, diced  
1 clove garlic, minced

4 Roma tomatoes, diced  
5 large green pimiento-stuffed olives  
1 jalapeño chile, seeded and cut into 1" pieces  
3 Tbsp. fresh lime juice

Sprinkle grouper with salt/pepper on both sides. Heat 2 tsp. oil over medium-high heat in large skillet. Add fish and sear on both sides, browning lightly, 2-3 minutes on each side. Remove from heat and keep warm. Reduce heat to medium and add remaining 2 tsp. oil to the pan. Sauté onion about 5 minutes, until softened, and then add garlic, stirring for 1 more minute. Add remaining ingredients (except lime juice) and simmer for 10 minutes. Stir in another dash of salt/pepper if needed. Return fish to the pan, cover and simmer for another 7-10 minutes. Insert tip of knife to be sure that fish is cooked through. Transfer fish to a serving plate. Stir lime juice into pan juices and spoon sauce over the fish. Serve immediately.

### **Stuffed Fillet of Sole**

(Serves 4)

*Food types per serving: 1¼ Protein (including ½ Nut/Seed), 1 Oil, 1 Vegetable (includes portion of Fresh Greens)*

2 tsp. extra virgin olive oil  
1 large shallot, minced  
½ lb. baby spinach  
1 large lemon, cut in half  
1/3 cup dry white wine

1 Tbsp. finely minced herbs (use tarragon, parsley, chives, oregano, or basil)  
4 palm-sized fillets of Dover sole or flounder  
2 Tbsp. finely chopped almonds (optional)

Preheat oven to 375°. In a large skillet, heat oil over low heat and cook shallot, stirring frequently for 2-3 minutes. Increase heat to medium and add spinach. Cook, stirring until spinach is wilted, about 2-3 minutes. Put spinach in strainer and squeeze the remaining liquid out. Divide spinach into 4 equal portions and set aside. Finely grate 1 lemon half. Combine with almonds and herbs of your choice in a small bowl, and set aside. Lay fish fillets flat on a board and place 1 portion of spinach at the narrow end of each fillet. Roll fish up around the spinach and place in a covered baking dish. Cut the remaining lemon half into thin slices and scatter in between the fish rolls. Pour wine into the bottom of the dish and sprinkle the almonds on top. Cover and bake about 15 minutes.

### **Pan-Roasted Chicken, Spinach & Mushrooms**

(Serves 4)

*Food types per serving: 1 Protein, 2 Vegetable, 1 Oil*

1 Tbsp. extra virgin olive oil  
2 boneless, skinless, chicken breasts (~8 oz. each, cut into several pieces)  
1 bunch green onions, sliced thin, green part discarded (or 1 large shallot, minced)  
8 oz. mushrooms, cleaned and sliced  
1 clove garlic, minced

1 cup chicken or vegetable stock or broth  
3 sprigs of fresh thyme or tarragon or 1 tsp. dried  
1 bunch spinach (~1 lb.) or asparagus, washed and chopped into large pieces  
3 Tbsp. grated Parmesan cheese (optional garnish)  
Sea salt and freshly ground pepper to taste

Preheat oven to 350°. Heat oil in a heavy, ovenproof pan over medium heat. Sauté chicken pieces for about 3 minutes on each side. Remove from pan. Add onions/shallot, mushrooms, and garlic to pan and sauté, stirring, for about 3-4 minutes. Be careful that garlic does not burn. Add stock, thyme, spinach, and top with chicken. Bring mixture to a boil. Cover pan and bake for about 10-15 minutes, being sure not to overcook chicken. Season with salt/pepper to taste, and garnish with Parmesan cheese if desired. Serve immediately.

### **Marinated Grilled Chicken Breasts**

(Serves 4-6, depending on palm size)

*Food types per serving: 1 Protein*

|  |  |
|--|--|
| 1½ lb. boneless chicken breasts, sliced in half if too thick | ¼ cup dry white wine                         |
| 3 Tbsp. extra virgin olive oil                               | 1 sprig of fresh thyme or 1 tsp. dried thyme |
| 3 Tbsp. tamari soy sauce (gluten free)                       | 1 clove garlic, cut into slivers             |
| 2 Tbsp. lemon juice  | 1 scallion, sliced (use some of the green)   |

Marinade: Mix all ingredients except chicken in a flat dish or in a plastic zippered bag. Add chicken breasts and marinate for ½ hour at room temperature, or up to 1 hour in the refrigerator. Grill on a preheated grill or under the broiler for about 5 minutes per side, depending on thickness.

### **Quick & Easy Red Snapper**

(Serves 4)

*Food types per serving: 1¼ Protein (including ½ Nut/Seed), 1 Oil*

|                        |   |
|------------------------|---|
| ½ cup white wine       | 4 palm-sized fillets of red snapper (~1 lb.)      |
| 1 Tbsp. coconut oil    | Sea salt and freshly black ground pepper to taste |
| 1 clove garlic, minced | ½ cup sliced almonds                              |

Pour wine into a large skillet over medium heat; cook until mostly evaporated, 5-7 minutes. Stir coconut oil and garlic into remaining wine; cook and stir until the garlic softens and the coconut oil has melted completely, 3-5 minutes. Season red snapper fillets with salt and black pepper. Increase heat under the skillet to medium-high; gently place snapper fillets into pan. Cook about 3 minutes and turn. Add almonds and continue cooking until the flesh of the snapper flakes easily with a fork, 2-3 minutes more. Serve immediately.

### **Roasted Cornish Hens**

(Serves 4)

*Food types per serving: 1 Protein, 1 Oil*

|  |   |
|--|---|
| 2 Cornish hens (1½-2 lb. each), rinsed and dried | 1/3 cup Italian parsley                     |
| ½ oz. fresh thyme                                | 2 Tbsp. extra virgin olive oil              |
| 2 lemons, cut in half                            | Sea salt and freshly ground pepper to taste |

Preheat oven to 450°. Place hens in a roasting pan breast side up. Put 1 lemon half and 3 sprigs of thyme in each cavity. Tuck several thyme sprigs under the breast skin, along with some parsley. Squeeze 1 lemon half over each hen. Brush 1 Tbsp. oil all over each hen. Roast hens until golden brown, about 45-50 minutes. Meat thermometer should read 180°. Let hens stand for 10-15 minutes before cutting in half. Remove skin and garnish with sprigs of thyme. Serve immediately.

### **Marinated Flank Steak**

(Serves 3-6, depending on palm size)

*Food types per serving: 1 Protein*

|  |                               |
|--|-------------------------------|
| 3 Tbsp. extra virgin olive oil         | 2 Tbsp. freshly grated ginger |
| 2 Tbsp. tamari soy sauce (gluten free) | 1-1½ lb. flank steak          |
| 2 limes                                |                               |

Juice and zest limes. Combine marinade ingredients in a flat dish (non-metal). Add flank steak and turn to coat all sides. Marinate in refrigerator 1-2 hours, turning occasionally. Heat grill and cook for about 5 minutes on each side.

### Grilled Coconut Chicken

(Serves 3-4, depending on palm size)

*Food types per serving: 1 Protein, 1 Oil*

4 boneless, skinless chicken breast halves  
½ cup regular canned coconut milk and ½ cup water  
(or 1 cup canned coconut milk)  
3 Tbsp. chopped fresh cilantro or basil

2 Tbsp. lemon juice  
1/8 tsp. cayenne pepper (use more if desired)  
Sea salt and freshly ground black pepper to taste

Mix the coconut milk (or coconut milk/water blend) with the cilantro/basil, lemon juice, cayenne pepper, salt, and pepper. Pour mixture over the breasts, turning several times to coat both sides. Set chicken in a dish and refrigerate for 2-8 hours. Remove from refrigerator 30 minutes before cooking. Heat grill and add chicken. Grill for about 8 minutes on each side. Serve immediately.

### Fish Creole

(Serves 3-4, depending on palm size)

*Food types per serving: 1 Protein, 1 Vegetable, 1 Oil*

1 Tbsp. extra virgin olive oil  
1 onion, chopped  
½ cup thin-sliced celery  
¼ cup green pepper, chopped  
1 garlic clove, minced

2 Tbsp. fresh parsley or 2 tsp. dried  
1 bay leaf  
¼ tsp. rosemary, chopped  
28-oz. (825 ml) can tomatoes with liquid  
1 lb. fish fillets, cut into bite-sized pieces

Heat oil in a large saucepan and lightly sauté the onion, celery, pepper, and garlic until soft. Add parsley, bay leaf, rosemary, and tomatoes. Simmer, uncovered, about 20 minutes. Add fish and simmer until cooked through, about 5-7 minutes more. Remove bay leaf. Serve over **Spaghetti Squash** (p. 26) or **Shirataki Noodles** (see patient guide).

### Thai Chicken Curry with Steamed Vegetables

(Serves 2)

*Food types per serving: 1 Protein, 2 Vegetable, 1 Oil*

1 Tbsp. extra virgin olive oil  
2 palm-sized chicken breast portions, cut into strips  
1 medium onion, sliced into rings  
Finely chopped fresh ginger to taste

½ cup canned coconut milk  
Green curry paste to taste (no added sugar)  
1 cup each: lightly steamed broccoli, green beans,  
cauliflower, and zucchini; cut lengthways

Heat oil in a frying pan. Add onions and cook for about 3-4 minutes. Add chicken and ginger to sauté, stirring occasionally until chicken is partially cooked. Add coconut milk and curry paste. Simmer for 5-10 minutes. Serve on top of steamed veggies.

### Curried Fish

(Serves 4-6, depending on palm size)

*Food types per serving: 1 Protein*

1½ lb. flounder, cod, grouper, or haddock  
1 cup chopped onions  
2 stalks of celery, chopped fine  
1 Tbsp. extra virgin olive oil

1 tsp. curry powder  
½ tsp. sea salt  
¼ cup almond milk  
(unsweetened)

Preheat oven to 350°. Place the fish in a single layer in a greased 13" x 9" x 2" baking dish. In a skillet, sauté onions and celery in oil until tender. Stir in curry powder and salt. Remove from the heat; stir in milk. Spoon over fish. Bake uncovered for 15-20 minutes or until fish flakes easily with a fork.

### **Cold Salmon**

(Serves 6-8, depending on palm size)

*Food types per serving: 1 Protein, 1 Oil*

2 lb. salmon fillets (about 1½" thick)

1 Tbsp. extra virgin olive oil

Preheat oven to 275°. Place salmon skin side down in ovenproof pan. Brush with olive oil. Roast uncovered until salmon flakes with a fork, about 25-30 minutes. Don't overcook. Serve at room temperature. Make a day ahead and refrigerate, but reheat or bring to room temperature before serving as part of a salad.

### **Quick Chicken Sauté**

(Serves 2)

*Food types per serving: 1 Protein, 1 Oil, 2 Vegetable (includes portion of Fresh Greens)*

2 tsp. extra virgin olive oil or coconut oil

6 plum tomatoes, chopped (any tomato is fine)

2 palm-sized portions of chicken breasts

1 Tbsp. Dijon mustard

2 cups spinach/Swiss chard, chopped in small pieces

½ cup white wine

Sauté chicken in oil. When brown on each side, add chopped greens and tomatoes. Stir until softened. In a small bowl, mix mustard and wine, then add to chicken. Stir, then cover and cook until done, about 5 minutes.

### **Sautéed Chicken with Artichokes**

(Serves 4)

*Food types per serving: 1 Protein, 1 Oil, 1 Vegetable*

4 palm-sized boneless chicken breasts (~1 lb.)

1 Tbsp. drained capers

1 Tbsp. olive or coconut oil

1 Tbsp. lemon juice

2/3 cup chicken broth

1 tsp. dried oregano

12- or 13-oz. can artichoke hearts, drained and each cut in half

1 Tbsp. fresh basil (or 1 tsp. dried)

6 Spanish olives, pitted and cut in half

Sea salt and freshly ground pepper to taste

Rinse and dry chicken. Pound each breast with a rolling pin to ¼" thick. Sprinkle each lightly with salt and pepper. Heat oil in a large skillet over medium high heat. Add chicken in a single layer and cook about 3 minutes on each side until no pink remains in the center. Remove from pan and keep warm. Add remaining ingredients (except basil) to pan, stirring to scrape all the bits. When mixture boils, stir in basil. Pour over chicken and serve.

### **Chicken & Tarragon Patties**

(Serves 4)

*Food types per serving: 1 Protein*

4 palm-sized portions of ground chicken meat

¼ tsp. sea salt

1/3 cup chopped red onion

Freshly ground black pepper to taste

1 Tbsp. fresh or dried tarragon leaves, chopped

2 eggs

2 tsp. Dijon mustard

Preheat oven to 350°. In a mixing bowl, combine chicken with other ingredients. Mix thoroughly. Shape into patties and place on a greased baking dish. Bake for about 10 minutes on each side, until brown and thoroughly cooked.

## Spaghetti Squash & Meatballs

(Serves ~4)

*Food types per serving: 2 Vegetable, 1 Protein*

20 **Italian Meatballs** (p. 3)

1 cup of spaghetti sauce (no sugar added)

2 cups cooked **Spaghetti Squash** (p. 26)

¼ cup Parmesan cheese, grated, for garnish

Prepare squash and meatballs as indicated. Heat meatballs in sauce and simmer for about 5 minutes. Stir in cooked spaghetti squash. Add more sauce as needed. Garnish with grated Parmesan and serve immediately.

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## VEGETARIAN MAIN DISHES

### Eggplant Lasagna

(Serves 6)

*Food types per serving: 2 Vegetable, 1 Protein, 1 Oil*

2 Tbsp. extra virgin olive oil, divided

1 large eggplant, cut into ½" slices

1 green pepper, sliced into rings

¾ cup wholefat raw, organic ricotta

2 eggs

½ cup grated Parmesan cheese, divided

¼ cup chopped fresh basil

2 Tbsp. chopped fresh parsley

Sea salt to taste

¾ cup spaghetti sauce, divided (no sugar added)

3 oz. part-skim mozzarella, grated

Preheat oven to 400°. Lightly grease a baking sheet with olive oil. Arrange eggplant slices on the baking sheet and season with salt. Spray or brush olive oil on eggplant. Bake about 15 minutes until eggplant is soft. Transfer to a plate and allow to cool. Reduce oven temperature to 350°. Mix ~2 tsp. oil with the pepper rings and toss until coated. Bake on the baking sheet for about 10 minutes. Meanwhile, in a large bowl, mix eggs with ricotta, ¼ cup Parmesan, basil, parsley, and salt to taste. Arrange half the eggplant slices in a 9" baking dish, and spread the ricotta mixture evenly over the eggplant. Arrange the peppers on top of the cheese and spread half the spaghetti sauce on top, sprinkling with the mozzarella. Top with the remaining eggplant slices and cover with remaining sauce. Sprinkle the remaining Parmesan cheese on top, and bake until cheese melts, about 30 minutes.

### Stir-Fried Tofu with Ginger Broccoli (Vegans Only)

(Serves 3-4, depending on palm size)

*Food types per serving: 2 Vegetable, 1 Protein, 2 Oil*

1 lb. extra firm tofu (organic)

2 Tbsp. tamari (low sodium gluten free soy sauce)

2 Tbsp. coconut oil, divided

2 tsp. peeled and minced fresh ginger

2 garlic cloves, minced

2 cups broccoli florets

2 cups sliced mushrooms

1 red bell pepper, cut into thin strips

1 Tbsp. arrowroot (used as a thickener)

1 Tbsp. dry sherry

½ tsp. cayenne or ¼ tsp. hot pepper flakes

1 tsp. sesame oil

Slice tofu into cubes. Toss with tamari soy sauce and set aside for 5-10 minutes. In a wok or large non-stick skillet, heat 1 Tbsp. coconut oil over medium-high heat and add scallions, ginger, and garlic; stir-fry for 30 seconds. Drain tofu, reserving tamari. Add tofu to stir-fry for 2 minutes. Remove from pan and set aside. Whisk reserved tamari with arrowroot, sherry, and cayenne in a small bowl. Set aside. Heat 1 Tbsp. more coconut oil in wok over medium-high heat. Add broccoli, mushrooms, and bell pepper, and stir-fry for 2 minutes. Add ¼ cup water and bring to boil. Cover wok and reduce heat to medium, steaming vegetables about 5 minutes until slightly tender. Return tofu to wok. Stir reserved tamari mixture into wok and cook over medium heat until thickened and thoroughly heated. Do not overcook vegetables. Add sesame oil, salt, and pepper to taste. Adjust seasonings if you desire a spicier dish. Serve immediately. Or make ahead and refrigerate overnight to enhance flavors; reheat carefully.



### **Marinated Baked Tofu (Vegans Only)**

(Serves 6)

*Food types per serving: ½ Protein, 1 Oil*

|  |                                   |
|--|-----------------------------------|
| 1 lb. firm tofu (organic)              | ¼ cup sesame oil                  |
| ¼ oz. dried mushrooms, sliced thinly   | 3 Tbsp. tamari soy sauce          |
| ½ cup hot water                        | 1 Tbsp. fresh squeezed lime juice |
| 1 garlic clove, minced                 | Dash cayenne pepper, optional     |
| ½ Tbsp. peeled and minced fresh ginger | 1 Tbsp. minced shallots           |
| ¼ cup unseasoned rice vinegar          | 2 tsp. minced fresh cilantro      |

Drain tofu and rinse with clear water. Cut crosswise into 4 slices. Set aside. Immerse mushrooms in hot water and soak for 15 minutes. Remove from water, and slice off and discard stem ends. Discard soaking liquid (or strain in a strainer lined with a paper towel and save drained liquid for soup stock). In a medium bowl, combine slivered mushrooms with remaining ingredients. Mix well and pour over tofu. Marinate in refrigerator for at least 1 hour and up to 2 days. When ready to serve, preheat oven to 375°. Remove tofu from marinade and arrange on a greased baking sheet. Bake for 30 minutes, turning once after 15 minutes. Serve hot or allow to cool for salad use.

### **Tempeh & Cauliflower Curry**

(Serves 3)

*Food types per serving: 3 Vegetable, 1 Protein, 2 Oil*

|  |  |
|--|--|
| 2 Tbsp. coconut oil or extra virgin olive oil, divided | ½ tsp. ground cinnamon                                     |
| ½ medium onion, chopped                                | 2 mild green chilies, seeded and chopped                   |
| 2 medium garlic cloves, cut into slivers               | 1 can coconut milk   |
| 1½ cups broccoli florets                               | 6 palm-sized portions of organic tempeh, cut into 1" cubes |
| 1½ cups snow peas                                      | 1 Tbsp. tamari soy sauce (gluten free)                     |
| 3 cups cauliflower, cut into florets                   | ½ cup toasted sesame seeds                                 |
| 1½ cups diced zucchini                                 | Chopped coriander/cilantro for garnish                     |
| ½ cup sliced mushrooms                                 |  |

Heat 1 Tbsp. oil in a large frying pan, over medium heat. Add onions and sauté until translucent. Add garlic, broccoli, cauliflower, snow peas, and zucchini, and cook for a few minutes, stirring. Add curry, cinnamon, and chilies, stirring to combine. Then add coconut milk, stir, cover, and simmer for 10 minutes. While veggies are cooking, use a separate frying pan to heat remaining Tbsp. oil. Add tempeh pieces and sauté over medium heat, stirring frequently, until golden. Remove from heat and splash with tamari. Add tempeh to the curried veggies, stirring. Garnish with sesame seeds and coriander. Serve immediately.

### **Tofu & Bok Choy (Vegans Only)**

(Serves 2)

*Food types per serving: 1 Protein, 2 Oil, 3 Vegetable (includes optional **Shirataki Noodles**)*

|  |   |
|--|---|
| 6 cups bok choy  | Pinch of Chinese five spice   |
| 4 palm-sized portions of firm organic tofu, sliced into strips | Tamari soy sauce to taste (gluten free)                                     |
| 1 cup vegetable stock (no sugar added)                         | 1 package <b>Shirataki Noodles</b> (optional, see patient guide for recipe) |
| 1 tsp. coconut oil   |   |
| 12 drops sesame oil  |   |

If desired, cook 1 package of shirataki noodles as directed in patient guide. Wash bok choy and trim ends, cut off leaf portion and keep whole. Slice stems. Heat stock in a sauté pan, and add bok choy stems (not the leaves) and tofu. Cook, stirring frequently over medium heat, until bok choy stems are tender. Add the leaves, sesame oil, coconut oil, tamari, and five spice. Cook for just another minute, until leaves soften. Serve with the remaining broth. Add shirataki noodles to broth if desired.

### Crustless Vegetable Quiche

(Serves 5 at 1½-2 cups each)

*Food types per serving: 1 Protein, 2 Vegetable*

|   |  |
|---|--|
| 5 eggs                                    | 10 oz. package frozen chopped broccoli, thawed |
| ½ cup unsweetened almond milk             | 10 oz. package frozen chopped spinach, thawed  |
| ½ cup part-skim mozzarella cheese, grated | ½ tsp. kosher or sea salt                      |
|   | ¼ tsp. freshly ground pepper                   |

Preheat oven to 375°. Beat eggs in a medium-sized bowl; mix in soy milk. Add remaining ingredients, stirring vigorously to blend. Pour into a deep, lightly oiled casserole, and place dish in a 9" x 13" (23 x 33 cm) pan filled part way with hot water. Bake for about 35-45 minutes, or until a knife inserted into quiche comes out clean.

## VEGETABLES/SIDE DISHES

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### Roasted Veggie Plate

(Number of 1 cup servings depends on amount of veggies used)

*Food types per serving: 2 Vegetable, 2 Oil*

Vegetables (choose any combination):

1 each red and yellow bell pepper, cut into large chunks  
2 red or yellow onions, peeled and cut into thick wedges  
1 medium eggplant OR 4 baby eggplants, trimmed and cut into chunks  
1 Portobello mushroom, sliced into quarters  
1 small head of cauliflower, broken into florets  
1 bunch of asparagus, ends snapped off and left in whole stalk  
1 fennel bulb, thickly sliced (gives a licorice flavor)

Seasonings:

4-8 large garlic cloves, peeled  
2 Tbsp. extra virgin olive oil  
Fresh rosemary sprigs  
¼ tsp. kosher or sea salt  
¼ tsp. freshly ground pepper (or to taste)

Preheat oven to 425°. Lightly oil a shallow roasting pan or cookie sheet. Spread your choice of vegetables and fennel in a single layer in the prepared pan. Arrange garlic cloves among the vegetables and brush or spray all with oil. Place rosemary sprigs among vegetables and grind some pepper over top. Sprinkle salt over all. Roast for 20-30 minutes at turning vegetables after 15 minutes. The time may vary for each vegetable, so check oven periodically. Depending on the amount of veggies used, you may need to use 2 roasting pans. Serve immediately or allow to cool and serve at room temperature. Leftovers will enhance a salad or side dish. Make a large pan of roasted veggies once a week and serve the leftovers after a busy day.

### Spaghetti Squash

(Serves 6-8 at 1½ cups each)

*Food types per serving: 2 Vegetable*

1 medium spaghetti squash, halved with seeds removed

Place squash cut side up on a greased cookie sheet. Bake at 375° for about 30-40 minutes, depending on its size, or until easily pierced with a fork. Do not overbake. When squash is cool enough to handle, scrape inside with a fork to release spaghetti-like strands. *Variations:* Top with **Fish Creole** (p. 22), **Ratatouille** (p. 27), or other vegetables or stir-fry for additional vegetable or protein servings. You can also top with some unsweetened spaghetti sauce and grated Parmesan cheese. Also see **Spaghetti Squash & Meatballs** (p. 24).

### **Ratatouille**

(Serves 6-8 at 1½ cups each)

*Food types per serving: 2 Vegetable, 2 Oil*

|   |  |
|---|--|
| 3 Tbsp. extra virgin olive oil, divided | 28-oz. canned tomatoes, drained (or 3 cups fresh ripe tomatoes, chopped) |
| 2 large onions, sliced                  | 1 tsp. kosher or sea salt  |
| 3 garlic cloves, minced                 | ¼ tsp. freshly ground black pepper                                       |
| 1 medium eggplant, cut into 1" cubes    | 1 tsp. oregano   |
| 2 green bell peppers, chopped           | ½ tsp. thyme   |
| 3 zucchini, cut into ½" slices          |  |

In a 6-qt. pot, sauté onion and garlic in 1 Tbsp. oil for 3 minutes. Add 1 Tbsp. oil and eggplant and stir-fry for 5 minutes. Add another Tbsp. of oil, along with peppers and zucchini, and cook 5 more minutes, stirring. Then add seasonings and tomatoes. Stir, cover, and simmer for 30 minutes. Use to top **Spaghetti Squash** (p. 26), or as a vegetable side dish. It freezes beautifully, so feel free to freeze portions for later use on busy days.

*Variation:* For a little "zip," add chili powder or substitute 1-2 hot peppers for some of the bell peppers.

### **Bok Choy & Mushrooms**

(Serves 3)

*Food types per serving: 2 Vegetable (includes portion of Fresh Greens), 1 Oil*

|  |                                      |
|--|--------------------------------------|
| 1 Tbsp. extra virgin olive oil or coconut oil  | 1 cup vegetable stock                |
| ½ lb. mushrooms, cleaned and sliced            | 1 Tbsp. tamari soy sauce             |
| 1 clove garlic, minced                         | Freshly ground black pepper to taste |
| 6 heads baby bok choy, halved and core removed |                                      |

In a wok or large skillet, heat oil and sauté mushrooms for 2 minutes. Add garlic and bok choy and continue to cook for about 4 more minutes. Add stock and tamari, and simmer for 10-15 minutes. Add pepper to taste.

### **Sautéed Cabbage & Fennel**

(Serves 4)

*Food types per serving: 1 Vegetable, 1 Oil*

|   |  |
|---|--|
| 1 Tbsp. extra virgin olive oil                              | 4 Tbsp. minced shallots                        |
| 2-3 cloves garlic, minced                                   | 4 cups shredded green cabbage                  |
| ½ cup thinly sliced fresh fennel<br>or 1 Tbsp. fennel seeds | 2 Tbsp. grated Parmesan cheese or sesame seeds |

In a heavy skillet or wok, stir-fry all ingredients except Parmesan cheese. Continue for about 5 minutes until cabbage is still slightly crunchy. Sprinkle with Parmesan or sesame seeds and serve immediately.

### **Green Beans Walnutdine**

(Serves 4)

*Food types per serving: 1 Vegetable, 1 Oil, ½ Protein (full serving of Nut/Seed)*

|   |                                  |
|---|----------------------------------|
| 10-oz. package of frozen French-style green beans | 1/3 cup walnuts                  |
| 1 small onion, diced                              | Sprinkle of cinnamon for garnish |
| 1 Tbsp. extra virgin olive oil or coconut oil     |                                  |

Steam green beans, about 10-15 minutes or until softened. While green beans are cooking, in a medium skillet, sauté diced onion in olive or coconut oil. When onion is softened, add walnuts and continue to sauté until just beginning to brown slightly. Stir in cooked green beans and mix well. Serve immediately or refrigerate until ready to serve; reheat briefly.

### **Stir-Fried Eggplant & Tomatoes**

(Serves 6 at 1½ cups each)

*Food types per serving: 1 Vegetable, 1 Oil*

|   |   |
|---|---|
| 1½ Tbsp. extra virgin olive oil               | 2 Tbsp. balsamic or red wine vinegar          |
| 1 eggplant, peeled and diced                  | 1 tsp. dried oregano                          |
| 1-2 celery stalks, sliced                     | 2 leaves fresh basil, chopped or ¼ tsp. dried |
| 1 medium onion, diced                         | Kosher or sea salt to taste                   |
| 2 medium or 4 plum tomatoes, coarsely chopped | Freshly ground black pepper to taste          |

Heat oil in a wok or large skillet and stir-fry eggplant, celery, and onion over medium heat for 7-10 minutes. Add remaining ingredients; cover and simmer for additional 25 minutes. Add salt/pepper to taste and serve.

### **Kale & Cherry Tomatoes**

(Serves 4)

*Food types per serving: 1 Vegetable, 3 oz. Fresh Greens*

|                                       |   |
|---------------------------------------|---|
| 12 oz. kale (dinosaur or red Russian) | ½ pint cherry tomatoes, cut in half (use a variety of red and yellow) |
| 2 tsp. extra virgin olive oil         | 2 Tbsp. freshly squeezed lemon juice                                  |
| 3 cloves of garlic, sliced thinly     | Sea salt and freshly ground black pepper to taste                     |
| 1/3 cup vegetable or chicken broth    |   |

Remove vein from kale and chop coarsely. In a large heavy skillet, heat oil over medium heat. Add garlic and sauté for 1 minute. Then add kale, stirring for 1 more minute. Add the broth, cover, and reduce heat to a simmer. Cook until kale is wilted and half the broth is cooked down, about 5 minutes. Now stir in tomatoes and cook uncovered another 6-7 minutes. Remove from heat and stir in lemon juice and salt/pepper. Serve.

### **Sautéed Broccoli Rabe**

(Serves 6)

*Food types per serving: 1 Vegetable (includes portion of Fresh Greens), 1 Oil*

|                                      |   |
|--------------------------------------|---|
| 1 lb. broccoli rabe, trimmed         | Sea salt and freshly ground pepper to taste |
| 2 Tbsp. extra virgin olive oil       | 1 Tbsp. balsamic vinegar                    |
| 4 large garlic cloves, sliced thinly |   |

Remove tough stems from broccoli rabe. Cut the remaining stems into ½" pieces. Chop leaves. In a large skillet, heat oil over medium heat and sauté garlic for 1 minute. Transfer garlic to a small bowl and set aside. Add the stems and sauté until slightly softened, 3-4 minutes. Sprinkle in dash of salt and add chopped leaves and florets. Sauté another 3-4 minutes and add another sprinkle of salt/pepper and sautéed garlic. Stir to mix well and remove from heat. Add vinegar and toss.

### **Herbed Green Beans**

(Serves 6)

*Food types per serving: 1 Vegetable, ½ Oil*

|                                 |   |
|---------------------------------|---|
| 1 Tbsp. extra virgin olive oil  | 1/3 cup dry white wine                            |
| 1/3 cup minced shallots         | 1 heaping Tbsp. chopped fresh tarragon or basil   |
| 1 lb. green beans, ends trimmed | Sea salt and freshly ground black pepper to taste |

Heat oil in a large skillet or wok over medium heat. Add shallots and stir while cooking for 2-3 minutes. Add beans, tossing to coat all with the oil and shallots. Cook for 3-4 minutes, stirring occasionally. Add wine and cook, partially covered, stirring occasionally for about 10-12 minutes. Stir in tarragon or basil (save some for garnish if desired) and season with salt/pepper to taste. Serve immediately or at room temperature.

### **Italian-Style Mushroom & Spinach**

(Serves 6)

*Food types per serving: 1 Vegetable, 2 Oil, ~1.5 oz. Fresh Greens*

|   |  |
|---|--|
| 2 Tbsp. extra virgin olive oil                  | 1 Tbsp. balsamic vinegar                       |
| 1 small onion, chopped                          | ¼-½ cup white wine                             |
| 2 cloves garlic, minced                         | Freshly ground black pepper to taste           |
| 10 oz. fresh spinach, chopped into large pieces | 2 Tbsp. Parmesan cheese for garnish (optional) |
| 1 lb. mushrooms, cleaned and sliced             |  |

Heat 2 Tbsp. olive oil in a large skillet over medium heat. Add onion and garlic and sauté until softened. Stir in the mushrooms and sauté for about 3-4 minutes, until they begin to shrink. Add ¼ cup white wine, then spinach, and sauté while stirring constantly for a few minutes until spinach is wilted. Add vinegar and reduce heat to low, continuing to stir, until vinegar is absorbed. Add ¼ cup more wine at this time if needed. Season with pepper to taste and sprinkle with Parmesan cheese, if desired.

### **Grilled Radicchio**

(Serves 8)

*Food types per serving: ~2.5 oz. Fresh Greens, 1 Oil*

|                                |   |
|--------------------------------|---|
| 2 heads of radicchio           | ¾ tsp. grated orange zest                         |
| 2 Tbsp. fresh orange juice     | Sea salt and freshly ground black pepper to taste |
| 2 Tbsp. extra virgin olive oil | 1 orange, sliced into 8 wedges (optional)         |

Preheat grill or broiler, being sure that the rack is at least 4" from heat source. Remove any wilted radicchio leaves. Quarter each head, but leave core intact so that head is still together. In a small bowl, stir together orange juice, zest, and oil. Brush mixture onto the cut sides of radicchio quarters. Sprinkle with pepper and put on grill. Cook, turning frequently, about 8-10 minutes. Arrange on a serving plate garnished with orange wedges, if desired. Sprinkle with salt, and serve immediately.

### **Collards & Tomatoes**

(Serves ~8)

*Food types per serving: 2 Vegetable (including portion of Fresh Greens)*

|   |  |
|---|--|
| 1 large bunch of collard greens, washed                           | 2-3 cloves garlic, minced                            |
| 6 cups chopped fresh tomatoes (or 28-oz. can tomatoes, undrained) | 2 tsp. ground cumin                                  |
| 1 large onion, diced  | ¼-½ tsp. sea salt and freshly ground pepper to taste |

Remove large stems from greens and cut crosswise into small strips. Combine tomatoes, onion, garlic, and cumin in a large saucepan. Bring to simmer, cover, and cook for about 5 minutes. Add greens and simmer, covered, for about 25 minutes until tender. Add water if it seems too dry. Add salt/pepper and serve hot.

### **Asparagus in Vinaigrette**

(Serves 6)

*Food types per serving: 2 Vegetable, 1-2 Oil*

1½ lb. asparagus, tough ends snapped off

***Balsamic/Red Wine Vinaigrette*** (p. 5)

Use leftover dressing or prepare according to recipe. Bring about 1" of water to boil in a soup kettle. Add asparagus and cook for about 4-6 minutes. Drain and arrange on a platter. Drizzle dressing over the asparagus. Serve immediately or at room temperature.

### **Mushroom & Bell Pepper Sauté with Arugula**

(Serves 4)

*Food types per serving: 2 Vegetable (including a portion of Fresh Greens), 2 Oil*

|  |  |
|--|--|
| 3 Tbsp. extra virgin olive oil, divided  | 1 Tbsp. balsamic vinegar                           |
| ½ lb. crimini/button mushrooms, cut in half (or 2 medium portabellas, thinly sliced) | 1 Tbsp. lemon juice                                |
| 1 large or 2 small yellow/red/orange bell peppers, sliced very thin                  | ¼ cup fresh basil leaves, chopped or 1 Tbsp. dried |
| 2 cloves garlic, minced  | 4 cups arugula leaves (or any mixed greens)        |
|  | Sea salt to taste                                  |

Heat 2 Tbsp. oil over medium heat in a large skillet. Add mushrooms and pepper and sauté until tender, about 7-10 minutes. Add garlic and sauté for 1 more minute. Stir in the dried basil (if using), balsamic vinegar and lemon juice, cooking over low heat until liquid is reduced by half, about 2 minutes. If using fresh basil, stir in now with a pinch of salt if needed. Divide greens among 4 plates and drizzle with remaining Tbsp. oil. Top with warm peppers and mushrooms and serve immediately.

### **Wilted Greens**

(Serves 4)

*Food types per serving: 1 Oil, 4 oz. Fresh Greens*

|   |                                    |
|---|------------------------------------|
| 1 lb. collard or turnip greens, cleaned and chopped | 1 clove garlic, minced             |
| ¼ tsp. sea salt                                     | 1/3 cup chicken or vegetable broth |
| 1 Tbsp. extra virgin olive oil                      | 1-2 Tbsp. balsamic vinegar         |
| 1 small red or yellow onion, diced                  | Freshly ground pepper to taste     |

Partially fill a 4-qt. saucepan with water and bring to a boil. Add greens and salt, stirring until wilted, about 1-2 minutes. Drain and rinse with cold water to stop cooking. When cooled, squeeze greens to remove excess water. In a large heavy skillet, heat olive oil over medium heat and sauté onion until soft and golden brown, about 5 minutes. Add garlic and stir for 1 minute, not allowing it to brown. Add greens and broth and continue to sauté, sitting occasionally, until stock evaporates and greens are tender, about 5 minutes. Add vinegar and pepper to taste just prior to serving.

### **Shredded Brussels Sprouts with Pecans**

(Serves 4)

*Food types per serving: 1 Vegetable, ¼ Protein (½ Nut/Seed), 1 Oil*

|   |   |
|---|---|
| ¼ cup pecans, coarsely chopped (optional) | 1-2 Tbsp. fresh lemon juice                 |
| 16 Brussels sprouts, ends trimmed         | 2 Tbsp. lemon zest (grated lemon peel)      |
| 1½ Tbsp. extra virgin olive oil           | Sea salt and freshly ground pepper to taste |
| 1 Tbsp. yellow mustard seeds (optional)   |   |

Preheat oven to 325°. Spread pecans on a baking sheet with edges. Toast until lightly browned and beginning to smell fragrant, about 8-10 minutes. Check frequently. Remove from oven and set aside. Meanwhile, with the shredding disk of a food processor, shred Brussels sprouts (or cut in half and slice thinly with a chef's knife). In a wok or large nonstick skillet, heat oil over medium-high heat. Add mustard seeds (if using) and cook, stirring, until fragrant, about 30 seconds. Add Brussels sprouts and cook, tossing occasionally until tender and beginning to brown, 7-9 minutes. Remove from heat, stir in lemon juice, zest, and season with salt/pepper. Serve garnished with toasted pecans.

## HEALTHY TRANSFORMATION PROTEIN SHAKE IDEAS

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For all recipes below, put ingredients in a blender for best results—if adding ice or fresh/frozen fruit. A blender will also help smooth out any grittiness of the powder to help make a tasty “milk” shake. Adding 6 oz. unsweetened almond, cashew or coconut milk (boxed, not the canned variety) adds only 30-45 calories and adds significantly to the taste. The amount of milk alternative or water can be adjusted according to personal taste. Extracts are very concentrated; be careful when adjusting these to avoid a bitter taste.

### **Eggnog Shake**

(Serves 1)

*Food types per serving: 1 Meal Replacement*

|   |   |
|---|---|
| 1 serving Ultrameal Advanced Protein<br>vanilla or chocolate flavor | 2-4 oz. cold water<br>1/8 tsp. rum extract    |
| 6 oz. unsweetened almond milk, cashew or<br>coconut milk (boxed)    | 2 ice cubes<br>Sprinkle of cinnamon or nutmeg |

Blend all ingredients. Adjust water/ice to desired consistency.

### **Coconut Melba Shake**

(Serves 1)

*Food types per serving: 1 Meal Replacement, 1 Fruit*

|  |  |
|--|--|
| 1 packet Ultrameal Advanced Protein,<br>vanilla flavor | ¼ cup raspberries, fresh or frozen<br>¼ tsp. coconut extract |
| 8-10 oz. cold water                                    | 2 ice cubes (omit if using frozen fruit)                     |
| ½ peach  |  |

Blend all ingredients. Adjust water/ice to desired consistency.

### **Very Berry PhytoBlast Shake**

(Serves 1)

*Food types per serving: 1 Meal Replacement, 1 Fruit*

|  |  |
|--|--|
| 1 packet Ultrameal Advanced Protein,<br>vanilla flavor | ½ cup blueberries or sliced strawberries, fresh or<br>frozen |
| 4 oz. unsweetened almond or cashew milk                | 1 scoop Phytoganix® from Metagenics                          |
| 4-6 oz. cold water                                     | 2 ice cubes (omit if using frozen fruit)                     |

The Phytoganix powder supplies a delicious blend of beneficial phytonutrients and a natural berry flavor. Blend all ingredients. Adjust water/ice to desired consistency.

### **Almond/Hazelnut Latte Supreme Shake**

(Serves 1)

*Food types per serving: 1 Meal Replacement*

|  |  |
|--|--|
| 1 packet Ultrameal Advanced Protein, vanilla<br>flavor | ¼ tsp. almond or hazelnut extract<br>2 ice cubes |
| 8-10 oz. cold strong coffee (decaf or regular)         | Sprinkle of cinnamon                             |

Note that this recipe exceeds normal daily recommendations for regular/decaf coffee, so reserve as a special treat. Blend all ingredients. Adjust water/ice to desired consistency.

**Almond/Hazelnut Mocha Supreme Shake**

(Serves 1)

*Food types per serving: 1 Meal Replacement*

|  |                                   |
|--|-----------------------------------|
| 1 packet Ultrameal Advanced Protein,<br>chocolate flavor | ¼ tsp. almond or hazelnut extract |
| 8-10 oz. cold strong coffee (decaf or regular)           | Sprinkle of cinnamon              |
|  | 2 ice cubes                       |

Note that this recipe exceeds normal daily recommendations for regular/decaf coffee, so reserve as a special treat. Blend all ingredients. Adjust water/ice to desired consistency.

**Candy Cane Shake**

(Serves 1)

*Food types per serving: 1 Meal Replacement*

|  |                                   |
|--|-----------------------------------|
| 1 packet Ultrameal Advanced Protein,<br>vanilla flavor | 2-4 oz. cold water                |
| 6 oz. unsweetened almond or coconut milk               | Scant 1/8 tsp. peppermint extract |
|  | 2 ice cubes                       |

Blend all ingredients. Adjust water/ice to desired consistency.

**Peppermint Patty Shake**

(Serves 1)

*Food types per serving: 1 Meal Replacement*

|  |                                   |
|--|-----------------------------------|
| 1 packet Ultrameal Advanced Protein,<br>chocolate flavor | Scant 1/8 tsp. peppermint extract |
| 6 oz. unsweetened almond or coconut milk                 | 2 ice cubes                       |
| 2-4 oz. cold water                                       |                                   |

Blend all ingredients. Adjust water/ice to desired consistency.

**Coconut Peppermint Patty Shake**

(Serves 1)

*Food types per serving: 1 Meal Replacement*

|   |  |
|---|--|
| 1 packet Ultrameal Advanced Protein,<br>chocolate flavor    | 2-4 oz. cold water                                     |
| 6 oz. unsweetened almond, cashew or coconut<br>milk (boxed) | Scant 1/8 tsp. each peppermint and coconut<br>extracts |
|   | 2 ice cubes  |

Blend all ingredients. Adjust water/ice to desired consistency.

**Chocolate Blueberry Crème Shake**

(Serves 1)

*Food types per serving: 1 Meal Replacement, 1 Fruit*

|  |  |
|--|--|
| ½ packet Ultrameal Advanced Protein,<br>chocolate flavor         | ½ cup blueberries (fresh or frozen)      |
| ½ packet Healthy Transformation Protein Shake,<br>vanilla flavor | 4 oz. unsweetened coconut milk           |
|  | 4-6 oz. cold water                       |
|  | 2 ice cubes (omit if using frozen fruit) |

Blend all ingredients. Adjust water/ice to desired consistency.



### **Coco-Berry Shake**

(Serves 1)

*Food types per serving: 1 Meal Replacement*

|  |   |
|--|---|
| 1 packet Ultrameal Advanced Protein<br>vanilla | ½ cup sliced strawberries (fresh or frozen) |
| 4 oz. unsweetened coconut milk (boxed)         | ¼ tsp. coconut extract                      |
| 4-6 oz. cold water                             | 2 ice cubes (omit if using frozen fruit)    |

Blend all ingredients. Adjust water/ice to desired consistency.

### **Blueberry Blast Shake**

(Serves 1)

*Food types per serving: 1 Meal Replacement*

|   |  |
|---|--|
| 1 packet Ultrameal Advanced Protein,<br>vanilla | ½ cup fresh or frozen blueberries          |
| 4 oz. unsweetened almond or soy milk            | ¼ tsp. almond extract                      |
| 4-6 oz. cold water                              | 2 ice cubes (omit if using frozen berries) |

Blend all ingredients. Adjust water/ice to desired consistency.

## **SHOPPING TIPS**

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### **Shopping & Navigating the Store**

Marketing practices for grocery stores is generally why foods are very carefully and strategically placed in certain locations. Most grocery stores have a very similar layout, with fresh foods found along the perimeter:

- Produce sections are usually along the side or near the front of the store.
- Fresh meat/fish counters are typically in the rear of the store.
- Dairy foods are usually against the back wall opposite the meat and fish.

On the way to these foods, there are displays of sale items, frozen foods, and colorfully packaged convenience foods. Often they are not the healthiest foods. On this program it is of utmost importance to avoid processed foods and choose fresh foods. Below are some tips to help you outsmart the store's clever marketing:

- Plan a menu each week.
- Keep a copy of your food list in your car or your purse.
- Never go shopping without your food list AND your menu/shopping list.
- Avoid shopping when you're hungry.
- Be sure to read ALL labels.
- Keep to the perimeter of the store for your various proteins, eggs, and fresh veggies.
- If you're shopping with children, try to involve them in healthy food choices and even menu planning. Teach them how to read a label (see below).

## Reading Labels

It's important to read labels. (If you're buying mostly fresh foods, you'll have few labels to read!) When interpreting a food label, note 2 important sections: the ingredients and the nutrition information.

### *Ingredients*

- It's most important for you to know every ingredient in a food product.
- Check that there are no sugars/sweeteners (the most common additive to beware) or other foods not on your food list.
- "Sugar" goes by many names: white/brown/powdered sugar, cane sugar, evaporated cane juice, corn syrup, sucanat, high fructose corn syrup (HFCS), molasses/sorghum, glucose, sucrose, dextrose, honey, agave syrup/nectar, brown rice syrup, fructose, and fruit sweeteners (juice concentrates). Also avoid sugar alcohols (e.g., maltitol) and sweeteners like xylitol, aspartame, saccharin, etc.
- Ingredients are listed in order from highest concentration to lowest concentration.
- Some brands will only have 1 variety with acceptable ingredients.
- Manufacturers frequently change ingredients; sugars have a way of sneaking into foods that had been previously without added sugars.
- Health food stores or chains that feature organic or whole foods are more likely to have a wider selection of products without added sweeteners.

### *Nutrition Information*

- It's important to note the serving size. The nutrition information is based on serving size.
- Often the serving size is much smaller than you might expect.

## Making Appropriate Choices

Following are a list of tips of buying items that comply with the program guidelines. Remember to read all labels.

### *Vegetables*

- Most vegetables should be fresh when possible, or frozen as needed.
- Certain cans/jars of vegetables may be appropriate (e.g., jalapeños, mushrooms, plum tomatoes, diced tomatoes/green chilies), as well as dried vegetables (e.g., mushrooms, sun-dried tomatoes). Look for organic and reduced sodium, and avoid those with added sweeteners.
- Canned tomatoes may have added sugars.
- Roasted seaweed and sea vegetables also make great salty snacks.
- Keep a variety of choices on hand in your freezer or cupboard for last minute meals.

### *Nuts, Seeds & Nut Butters*

- Avoid peanuts and almonds.
- Fresh nuts are best; nut butters are an alternative.
- Look for brands of nut butters that contain no added sugars or sweeteners, which are common ingredients in nut butters.
- Please be sure that nut butters contain no ingredients other than the nut and salt.
- You may have to look in the organic food section of the market or in grocery stores that specialize in whole foods.

### *Oils & Salad Dressings*

- Oils should always be purchased unrefined or cold pressed (expeller pressed).
- All brands of olive oil are acceptable as long as it is labeled extra virgin and cold pressed.
- All brands of coconut oil are acceptable if labeled virgin and organic.
- Salad dressing usually contains added sweeteners (especially lowfat dressings). It may be better to make your salad dressing from scratch.

### *Cheeses*

- Choose Raw & Organic recommend cheeses only.
- Varieties with jalapeño, basil, tomato, etc. may be acceptable choices; read label content.

### *Milk Alternatives*

- Milk substitutes must contain no added sweeteners, so be careful which one you choose. Within the same brand, some varieties may be acceptable while others are not.
- Some are available in a box on the shelf, while others may be in cartons in a refrigerated case.
- Coconut milk also is available in cans for cooking (not using as a shake mixer). Unsweetened, boxed coconut milk can be used as a shake mixer, but is not appropriate for stir-fry meals.

### *Proteins*

- Eggs, meat, poultry, and fish are usually best purchased fresh.
- Unless otherwise specified, both white and dark poultry is acceptable on this plan.
- Wild Canned fish (e.g., clams, tuna, oysters, salmon, sardines) can be a good substitute, as well as tuna in pouches. Look for varieties packed in tuna or olive oil. Avoid "tuna salad" in pouches.
- Canned shrimp is not acceptable, as sweeteners are almost always added.
- Organic canned chunks of chicken in broth or water may be acceptable.
- Whole pastured eggs are preferred over processed egg substitute.
- Frozen wild fish (without breading or marinades that contain sweeteners) is also acceptable.
- Organic ground turkey, grass-fed ground beef patties, and some organic turkey burger patties may be acceptable choices.
- Certain frozen meatless burger patties may be acceptable; check ingredients and carbohydrate content.
- Organic tofu (e.g., frozen, sprouted, flavored, ground) and tempeh are acceptable for vegans.

### *Condiments, Sauces & Spreads*

- Condiments that are generally acceptable: all yellow mustard, Dijon, and spicy brown mustard. Avoid honey mustard.
- Most dill pickles and certain relishes (check labels) are acceptable.
- Most unsweetened vinegars are okay: red wine vinegar, natural rice vinegar, apple cider vinegar, and balsamic vinegar.
- Unsweetened spaghetti sauce makes a great topping for green beans, spaghetti squash, and shiratki noodles.
- Some salsas are fine, but many have added sugars.
- Mayonnaise is very difficult to find without added sugar. You may also be able to find some aioli spreads and tapenades (e.g., olive, artichoke, red pepper) that make acceptable substitutes.
- Gluten free soy sauce, sesame tahini and gluten-free tamari are acceptable.