FOOD FOR THOUGHT

Be very careful about recipes or changes to the Dr. Simeon’s diet from the internet. Many programs change his original protocol which will affect your results. If an ingredient in any recipe is not in your Breakthrough plan, make an acceptable substitution or choose a different recipe.

When using pre-mixed spices, please read the ingredient list. Many of them contain sugar which you need to avoid when you’re on this program. If you’re not making your own beef or chicken stock, be very diligent about reading labels. Natural or organic stocks are a must, but some of these do contain cane juice or honey so if that is what you are using be aware that it might affect your progress. This was the one thing I used anyway because I did not have time to make my own. Vegetable stock is not to be used because many of the vegetables are not on your list and it also has added cane juice or honey.

Nan 😊
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NAN’S FAVORITES

CABBAGE SOUP (INSPIRED BY MY COUSIN NADINE)

1 Large can/carton of fat free chicken broth
2 cups Nan’s Salsa
1 head of cabbage (any kind, I like Napa)
Season the way you like.

My seasoning:

small handful fresh cilantro,
3-4 fresh chopped garlic
salt/pepper
onion powder
parsley (fresh or dried)
Chef Paul Prudomme’s® Magic poultry seasoning (all of his flavors are sugar free)

Directions:

Slice cabbage thin, put everything in one pot and simmer for about an hour. Store in the fridge and use all week.

Eat as much of this as you need. It helps fill you up and all ingredients are unlimited. 😊
NAN’S BEST CABBAGE SOUP RECIPE

1 head Savoy cabbage
2 containers chix broth
1 package Pine Island Spice: “garlic herb dip” (produce section of Shoprite or Adam’s)
½ to 1 tsp marjoram and thyme
frank’s hot sauce (if you like spice) or you can add your 3.5 oz of protein

MIKAYLA’S MORNING SMOOTHIE

6 (fresh) frozen strawberries coated with Truvia®
8 ounces of cold water
1-2 packets of truvia
½ tablespoon vanilla powder
½ tablespoon dry non-fat milk

Pre-Preparation step:
put 12 fresh strawberries and 1 packet of Truvia in a ziplock bag, shake, and freeze over night. (this is enough for two smoothies)

Directions:
Blend all ingredients in a blender until smooth.
You can use this as your breakfast and/or your afternoon snack. 😊
**NAN’S MEDIUM SALSA (INSPIRED BY MY FRIEND SARAH)**

1 handful of fresh cilantro
1 medium red onion
4-5 cloves fresh garlic
½ inch wide slice of fresh jalepeno (more or less if you want mild or hot)

**Place all of the above in a food processor or mini chopper. Dice until everything is small**

**In a large bowl mix all above and below ingredients:**

- 1 large can of diced tomatoes
- 1/8 teaspoon cumin
- 1/8 teaspoon chili powder
- 1-2 teaspoons salt
- 1 teaspoon pepper (black, cayenne, etc)
- Juice from 1 lemon, and I also grate in lemon zest

Refrigerate 1-2 hours before serving.

**This is unlimited! Use on any protein, vegetable, with your cucumbers, or dip your breadstick/melba toast in it.**

The only reason why this is unlimited and tomatoes are not is because of the positive effect on your metabolism from the spices and jalapeno pepper.
MARINADES, SAUCES, AND CONDIMENTS

LEMON PEPPER MARINADE

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

Directions:
Mix ingredients together. Marinate protein for 20 or more minutes.
Makes 1-2 servings

STRAWBERRY VINAIGRETTE

Strawberries
1 T apple cider vinegar
1 T lemon juice
Stevia to taste
Dash of salt
Dash of cayenne (optional)
Fresh ground black pepper taste
Combine all ingredients in food processor. Puree until smooth. Pour over green salad.

Variations:
use as a marinade or sauce for chicken. (Makes one serving)
ITALIAN VINAIGRETTE

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

Directions:
Combine ingredients in small saucepan. Simmer on low heat for 5 minutes to combine flavors. Remove from heat, chill, and serve as a dressing or use as a marinade.
Makes 2 or more servings

HORSERADISH DIPPING SAUCE

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

Directions:
Whisk the ingredients together and heat the sauce in a small saucepan. Pour into dipping bowl or use as a sauce or marinade and enjoy with beef dishes.
Makes 2 servings
BBQ SAUCE

3 ounces tomato paste
¼ cup apple cider vinegar
3 tablespoons lemon juice
1 tablespoon hot sauce
1 tablespoon minced onion
3 cloves garlic crushed and minced
¼ teaspoon chili powder
>Liquid smoke hickory flavoring to taste (only a little)
½ teaspoon Worcestershire sauce
½ teaspoon garlic powder
½ teaspoon onion powder
1 teaspoon chopped parsley
Stevia to taste (Try a touch of dark chocolate liquid stevia for added flavor)
Cayenne pepper to taste
Salt and pepper to taste
Water as needed to achieve desired consistency

**Directions:**

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

*Makes 3 servings (1 vegetable)*
MARINARA SAUCE

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

Directions:
Chop tomatoes or puree in a food processor for a smoother texture, add spices and heat in a saucepan. Allow to slow cook for 30 minutes to an hour. Allow the liquid to reduce or add additional water to achieve desired consistency.
Makes 2 or more servings (1 vegetable)

COCKTAIL SAUCE:

½ cup sugar free ketchup
horseradish sauce
lemon juice
salt / pepper
garlic powder

Direction:
start with ½ cup of the ketchup, then add other ingredients until it gets to desired taste
**KETCHUP**

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

**Directions:**

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

*Makes 2 or more servings (1 vegetable)*

**TARRAGON INFUSION**

¼ cup apple cider vinegar  
Fresh tarragon

**Directions:**

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

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

Directions:

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

Makes 2 servings (1 fruit)
SWEET ORANGE MARINADE

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

Directions:

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

Makes 2 servings (1 fruit)

Serve with additional orange slices to complete a fruit serving.

TACO SEASONING

4 T chili powder
1 T garlic powder
1 T onion powder
1 T crushed red pepper flakes or to taste
1 T dried oregano
2 T paprika
6 T ground cumin
1 T sea salt
1 T black pepper

Mix and store in a jar
**EMERIL’S ESSENCE**

2 1/2 T paprika  
1 T sea salt  
2 T garlic powder  
1 T onion powder  
1 T black pepper  
1 T cayenne  
1 T oregano  
1 T thyme

Mix and store in a shaker jar.
CRAB CAKES

Ingredients:

100 grams/3.5 oz snow or king crab meat
1 serving Melba toast crumbs
1 tablespoon lemon juice
1 teaspoon apple cider vinegar
1/8 teaspoon onion powder
1/8 teaspoon garlic powder
1 tablespoon finely minced onion
1 clove crushed and minced garlic
Cayenne to taste
Salt and black pepper to taste

Directions:

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

Makes 1 serving (1 protein, 1 Melba toast)
CITRUS FISH

**Ingredients:**

- 100 grams/3.5 oz white fish
- 1 tablespoon minced onion
- 2 tablespoons lemon juice
- Lemon and orange zest to taste
- Lemon and orange slices
- Chopped parsley
- Salt and pepper to taste
- Stevia/Truvia to taste

**Directions:**

Mix lemon juice with zest and a little Stevia/Truvia.
Baste fish with mixture and top with salt, pepper, and lemon and orange slices. Wrap in aluminum foil and place on the barbeque or in oven at 350 degrees. Cook fish for 5-10 minutes or until fish is thoroughly cooked.
Serve with lemon and top with parsley.

*Makes one serving (1 protein, 1 fruit)*
ORANGE ROUGHY W/ TOMATO & ONION

**Ingredients:**

- 100 grams/3.5 oz orange roughy fish
- 2 tomatoes chopped
- 2 tablespoons onion chopped
- 1 clove garlic crushed and minced
- ½ cup vegetable broth or water
- Salt and pepper to taste

**Directions:**

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

*Makes 1 serving (1 protein, 1 vegetable)*
SWEET WASABI SAUTÉED SHRIMP

Ingredients:
100 grams/3.5 oz shrimp
1 recipe sweet wasabi marinade
1 tablespoon minced onion
Pinch of dried or fresh ginger
Stevia/Truvia to taste

Directions:
Sauté shrimp with onion in wasabi marinade.
Serve hot or enjoy chilled over mixed green salad.
Makes 1 serving (1 protein)

SWEET ORANGE PEPPER SHRIMP

Ingredients:
100 grams/3.5 oz shrimp
1 tablespoon minced onion
1 serving of sweet orange marinade (see Dressings, Sauces & Marinades)
Stevia/Truvia to taste

Directions:
Marinate shrimp for 30 minutes in marinade. In small frying pan add shrimp and rest of marinade along with a few chopped slices of orange.
Add black pepper to taste. Deglaze the pan periodically with water.
Sauté until shrimp are cooked and tender and the sauce is the right consistency.
Makes 1 serving (1 protein, 1 fruit)
SAVORY ONION CARMELIZED SHRIMP

Ingredients:

100 grams/3.5 oz shrimp
Sliced onion cut into rings
¼ cup water
3 tablespoons lemon juice
1 tablespoons Bragg’s Liquid Aminos
Vanilla flavored liquid Stevia/Truvia to taste
Salt and pepper to taste

Directions:

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

Makes 1 serving (1 protein, 1 vegetable)
MAHI MAHI W/ ORANGES

Ingredients:

100 grams/3.5 oz mahi mahi fish
½ orange in segments
2 tablespoons Bragg’s amino acids
1 teaspoon apple cider vinegar
1/8 teaspoon fresh or dried ginger
1 tablespoon chopped green onion
1 clove garlic crushed and minced
Pinch of red pepper flakes
Stevia/Truvia to taste
Cayenne to taste
A little water as needed

Directions:

Sauté mahi mahi fish with a little water, vinegar and Bragg’s then add garlic, spices, and Stevia.
Add ½ orange in chunks or segments.
Cook for 5-10 minutes.
Top with green onion and serve on a bed of steamed spinach or greens.
Makes 1 serving (1 protein, 1 fruit)
SWEET & SOUR SHRIMP

Ingredients:

100 grams/3.5 oz shrimp
1 cup water
½ lemon, with rind
½ orange with rind
3 tablespoons Bragg’s Liquid Aminos
1 tablespoon minced onion
1 clove garlic crushed and minced
Cayenne to taste
Salt and pepper to taste
Stevia/Truvia to taste

Directions:

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

Makes 1 serving (1 protein, 1 fruit)
SPICY MUSTARD SHRIMP W/ CHARD

Ingredients:

- 100 grams/3.5 oz shrimp
- Chard chopped
- ½ cup water
- 3 tablespoons homemade mustard (see Dressings, Sauces & Marinades)
- 2 tablespoons Bragg’s Liquid Aminos
- 1 tablespoon apple cider vinegar
- 2 tablespoons lemon juice
- Pinch of red pepper flakes
- 2 tablespoons chopped onion
- 2 cloves garlic sliced
- Salt and pepper to taste

Directions:

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

Makes 1 serving (1 protein, 1 vegetable)
GINGER SHRIMP WRAPS

Ingredients:

100 grams/3.5 oz shrimp
1 or more cabbage or lettuce leaves
1 cup water
2 teaspoons apple cider vinegar
1 tablespoon Bragg’s Liquid Aminos
1 clove garlic crushed and minced
Pinch of fresh ginger
1 tablespoon finely minced green onion
1 serving spicy orange sauce (see Dressings, Sauces & Marinades)
Salt and pepper to taste

Directions:

Lightly steam cabbage leaves and then set aside. Cook shrimp with spices and mince together with onion. Wrap up shrimp mixture in cabbage or lettuce leaves and enjoy with dipping sauce. Another alternative is to place multiple rolls in small baking dish. Cover with water and bake for 25 minutes at 350 degrees.

Variations:

Dip wraps in Sweet wasabi dipping sauce (see Dressings, Sauces & Marinades) or top with additional Bragg’s.

Makes 1 serving (1 protein, 1 vegetable)
SWEET GINGER SHRIMP

Ingredients:

100 grams/3.5 oz shrimp
¼ cup water
2 tablespoons lemon juice
2 tablespoons orange juice (optional)
2 tablespoons Bragg’s Liquid Aminos
¼ teaspoon fresh or powdered ginger
Pinch of chili powder
Dash of garlic powder
Dash of onion powder
Stevia/Truvia to taste
Salt and black pepper to taste

Directions:

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

Makes 1 serving (1 protein)
ORANGE (OR LEMON) GLAZED ORANGE ROUGHY BBQ WRAP

**Ingredients:**

- 100 grams/3.5 oz orange roughy fish
- 3 orange slices
- 3 tablespoons orange juice (optional)
- 1 tablespoon lemon juice
- 1 tablespoon chopped green onion
- Dash of garlic powder
- Dash of onion powder
- Salt and pepper to taste
- Stevia/Truvia to taste

**Directions:**

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

Makes 1 serving (1 protein, 1 fruit)
BAKED WHITE FISH W/ ASPARAGUS

Ingredients:

100 grams/3.5 oz white fish (make multiple servings for best results)
Asparagus
1 serving Melba toast crumbs per serving
½ cup water
2 tablespoons caper juice
4 tablespoons lemon juice
1 clove garlic crushed and minced
1 tablespoon onion minced
¼ teaspoon dried or fresh dill
Pinch of tarragon
Parsley
Salt and pepper to taste

Directions:

In a small baking dish, layer the fish and asparagus. Mix vegetable broth with spices and pour over fish and asparagus. Top with herbed Melba toast crumbs and bake at 350 for about 20 minutes or until fish and asparagus is cooked thoroughly and crumbs are slightly brown. Top with remaining sauce, fresh parsley, and serve with lemon wedges. Dish can also be cooked on the barbeque. Just wrap up fish and asparagus in foil, toss with spices and baste with vegetable broth.

Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)
BAKED LOBSTER W/ SPICY LEMON SAUCE

Ingredients:

100 grams/3.5 oz sliced lobster tail
1 serving Melba toast crumbs
¼ cup water
4 tablespoons lemon juice
Pinch of red pepper flakes
¼ teaspoon garlic powder
Pinch of sweet paprika
Pinch of lemon zest
1 teaspoon fresh chopped parsley
Salt and pepper to taste

Directions:

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

Makes 1 serving (1 protein, 1 Melba toast)
POACHED FISH W/ THYME

Ingredients:
Any white fish
½ cup water
2 tablespoons caper juice
2 tablespoons lemon juice
1 teaspoon apple cider vinegar
1 clove garlic crushed and minced
1 tablespoon minced red onion
Pinch of thyme
Salt and pepper to taste

Directions:
Add garlic, onion and spices to liquid ingredients.
Add fish and poach for 5 minutes or until fish is cooked thoroughly.
Garnish with parsley and lemon.
Makes 1 serving (1 protein)
ITALIAN SHRIMP W/ TOMATO

Ingredients:

100 grams/3.5 oz shrimp
1 tomato chopped
¼ cup vegetable broth or water
2 tablespoons lemon juice
¼ teaspoon dried or fresh basil
2 cloves of garlic crushed and minced
Pinch of dried or fresh oregano
Pinch of red pepper flakes
Salt and black pepper to taste

Directions:

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

Makes 1 serving (1 protein, 1 vegetable)
LEMON DILL FISH

Ingredients:

100 grams/3.5 oz any kind of white fish
4 tablespoons lemon juice
¼ cup water
1 teaspoon apple cider vinegar
1 teaspoon fresh dill
1 clove garlic crushed and minced
1 tablespoon minced onion
Salt and black pepper to taste

Directions:

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

Makes 1 serving (1 protein)
JAMBALAYA

Ingredients:

100 grams/3.5 oz shrimp (chicken or beef may be used also)
3.5 oz Tomatoes or celery chopped
1 cup water
1 tablespoon lemon juice
1 tablespoon chopped onion
1 clove garlic crushed and minced
Dash of Worcestershire sauce
Dash of hot sauce
Dash of liquid smoke (optional)
Pinch of cayenne to taste
1/8 teaspoon garlic powder
1/8 teaspoon onion powder
Pinch of thyme
Salt and pepper
Water as needed

Directions:

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

Makes 1 serving (1 protein, 1 vegetable)
CURRIED SHRIMP W/TOMATO

**Ingredients:**

- 100 grams/3.5 oz shrimp
- ½ cup water
- 3.5 oz chopped tomato
- 1 tablespoon minced onion
- 1 clove garlic crushed and minced
- 1/8 teaspoon curry or to taste
- 1/8 teaspoon onion powder
- 1/8 teaspoon garlic powder
- Pinch of allspice
- Stevia/Truvia to taste

**Directions:**

Sauté the shrimp with the onion and garlic for about 3 minutes or until cooked.

Add water, curry and Stevia/Truvia.

Add garlic and onion powder to thicken the mixture.

Cook for 5-10 minutes on medium heat.

Add water or reduce liquid until desired consistency is reached.

Makes 1 serving (1 protein, 1 vegetable)
SHRIMP ETOUTFFE

**Ingredients:**

100 grams/3.5 oz shrimp  
½ cup water  
3.5 oz Celery  
1 clove garlic crushed and minced  
1 tablespoon chopped red onion  
1 tablespoon chopped green onion  
Pinch of thyme  
Pinch of cayenne pepper to taste  
Salt and pepper to taste

**Directions:**

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

*Makes 1 serving (1 protein, 1 vegetable)*
TILAPIA W/ HERBS

Ingredients:

100 grams/3.5 oz of Tilapia fish
2 tablespoons lemon juice
1 clove garlic crushed and minced
1 tablespoon chopped onion
Pinch of dill
Fresh parsley
Salt and black pepper to taste

Directions:

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

Makes 1 serving (1 protein)
BAKED CURRIED FISH

Ingredients:
Your choice of white fish
2 tablespoons lemon juice
1 serving Melba toast crumbs
1 tablespoon finely chopped onion
1 clove garlic crushed and minced
1/8 teaspoon onion powder
1/8 teaspoon garlic powder
1/8 teaspoon curry powder
Salt and pepper to taste
Fresh parsley

Directions:
Combine dry spices and Melba toast crumbs.
Dip fish into Melba and spice mixture to coat thoroughly.
Broil fish until fish is cooked and herbed crumb mixture is slightly brown.
Garnish with lemon slices and fresh parsley.
Makes 1 serving (1 protein, 1 Melba toast)
POACHED HALIBUT

Ingredients:

100 grams/3.5 oz per serving halibut
½ cup water
1 tablespoon lemon juice
1 tablespoon chopped onion
1 clove garlic crushed and minced
½ teaspoon fresh ginger
Pinch of grated orange zest
Salt and pepper to taste
Stevia/Truvia to taste

Directions:

Heat up the vegetable broth in small frying pan.
Add lemon juice, onion, garlic, and spices.
Poach halibut filet for 5-10 minutes until fish is tender and cooked thoroughly.
May also be wrapped in foil and placed on the barbeque.
Serve topped with remaining juices as a sauce.
Makes one serving (1 protein)
CREOLE SHRIMP

**Ingredients:**

- 100 grams/3.5 oz shrimp
- ½ cup water
- 1 clove garlic crushed and minced
- 1 tablespoon minced onion
- ¼ teaspoon horseradish
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- 1-2 teaspoons hot sauce
- 2 tablespoons lemon juice
- Pinch of thyme
- 1 bay leaf
- Dash of sassafras powder or root beer flavored Stevia/Truvia
- Dash of liquid smoke flavoring (optional)
- Cayenne pepper to taste
- Salt and black pepper to taste

**Directions:**

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

*Makes 1 serving (1 protein)*
SHRIMP SCAMPI

Ingredients:

100 grams/3.5 oz shrimp
¼ cup water
3 tablespoons lemon juice
4 cloves garlic crushed and minced
Dash of garlic powder
Dash of onion powder
Dash of chili or cayenne pepper powder to taste
Salt and pepper to taste

Directions:

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

Makes 1 serving (1 protein)
BLACK PEPPER SAUTÉED SHRIMP

Ingredients:

- 100 grams/3.5 oz shrimp
- 1 serving Melba toast crumbs (optional)
- 2 tablespoons lemon juice
- 1 tablespoon caper juice
- Salt and fresh ground black pepper to taste

Directions:

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

*Makes 1 serving (1 protein, 1 Melba toast)*
CAJUN BAKED SHRIMP

**Ingredients:**

- 100 grams/3.5 oz your choice of white fish
- 1 serving Melba toast crumbs
- 1/8 teaspoon onion powder
- 1/8 teaspoon garlic powder
- Pinch of cayenne pepper to taste
- Pinch of thyme
- Salt and black pepper to taste

**Directions:**

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

*Makes 1 serving (1 protein, 1 Melba toast)*
BLACKENED RED SNAPPER

Ingredients:

100 grams/3.5 oz red snapper fish
Blackening spice mix
2 teaspoons paprika
4 teaspoons thyme
2 teaspoons onion powder
2 teaspoons garlic powder
1 teaspoon cayenne pepper
2 teaspoons oregano
½ teaspoon cumin
½ teaspoon nutmeg powder
2 teaspoons salt
2 teaspoons black pepper
Stevia

Directions:

Mix spices well in shaker jar.
On a paper plate remove enough of the spice mixture to coat pieces of fish thoroughly.
Preheat a skillet to high heat.
Add fish dry and cook quickly until spices are blackened and fish is cooked completely.
Serve hot.
Garnish with lemon and fresh parsley.
Save the rest of the blackened spice mixture to use later.
Works well with chicken also.
Makes 1 serving (1 protein)
BAKED STUFFED LOBSTER

Ingredients:

100 grams/3.5 oz raw lobster tail  
1 serving Melba toast crumbs  
½ cup water  
1 tablespoon minced onion  
1 clove garlic crushed and minced  
1/8 teaspoon garlic powder  
1/8 teaspoon onion powder  
Paprika to taste  
Salt and pepper to taste

Directions:

Mix Melba toast crumbs with spices, garlic and onion.  
Stuff lobster tail with Melba mixture and place into baking dish stuffing side up.  
Pour water over the lobster, dust the lobster with more paprika and bake at 350 degrees for approximately 20 minutes.  
Broil for additional 1-2 minutes to brown.  
Add salt and pepper to taste and serve with lemon wedges.  
Makes 1 serving (1 protein, 1 Melba toast)
LOBSTER MEDALLIONS IN TOMATO SAUCE

**Ingredients:**

100 grams/3.5 oz raw lobster tail
3.5 oz chopped tomato
4 ounces tomato sauce
2 tablespoons lemon juice
1 clove of garlic crushed and minced
1 tablespoon minced onion
1 bay leaf
1/8 teaspoon thyme
1/8 teaspoon fresh chopped tarragon
Cayenne pepper to taste
Salt and pepper to taste
Chopped parsley
Salt and fresh ground black pepper to taste

**Directions:**

Slice medallions of lobster tail. Weigh out 100 grams/4 oz raw.
Sauté lobster in lemon juice and a little water then add garlic, onion, tomatoes, tomato sauce, and spices.
Simmer for 10-15 minutes and serve.
Makes 1 serving (1 protein, 1 vegetable)
SHRIMP W/MINT & CILANTRO

Ingredients:

100 grams/3.5 oz shrimp
2 tablespoons fresh cilantro finely minced
1 tablespoon fresh mint finely minced
1 teaspoon fresh Italian parsley
1 clove garlic crushed and minced
2 tablespoons lemon juice
Salt and pepper to taste
Stevia/Truvia (optional)

Directions:

In a small frying pan, fry up the garlic in the lemon juice.
Add shrimp, cilantro, mint and parsley.
Stir fry together until shrimp is cooked and coated with herb mixture.
Add a little extra water or lemon juice if necessary.
Garnish lemon wedges.
Makes 1 serving (1 protein)
SAUTÉED SNAPPER W/ LEMON PEPPER SAUCE

Ingredients:

100 grams/3.5 oz red snapper
¼ cup water
2 tablespoons lemon juice
2 tablespoons caper juice
Dash of garlic powder
Dash of onion powder
Dash of cayenne (optional)
Salt and fresh ground pepper to taste

Directions:

Add dry spices to water and liquid ingredients.
Sauté fish in sauce for 5-10 minutes until thoroughly cooked.
Makes 1 serving (1 protein)
BAKED ROSEMARY CHICKEN

Ingredients:

100 grams/3.5 oz thick sliced or whole chicken breast
1 serving Melba toast crumbs
¼ cup chicken broth or water
3 tablespoons lemon juice
½ teaspoon fresh rosemary
¼ teaspoon onion powder
¼ teaspoon garlic powder
Salt and pepper to taste
Pinch of lemon zest

Directions:

Marinate chicken in lemon juice, salt and rosemary.
Mix spices and Melba toast crumbs together in shallow bowl or plate.
Coat the chicken pieces with spice mixture and place in baking dish.
Add broth and top chicken with additional spice mixture.
Bake chicken at 350 for approximately 20 minutes or until cooked.
Sprinkle chicken with lemon juice, salt, and pepper to taste.
Garnish with fresh chopped parsley and lemon slices.

Makes 1 serving (1 protein, 1 Melba toast)
SZECHWAN CHICKEN W/ CABBAGE

Ingredients:

100 grams/3.5 oz chicken breast
Cabbage
1 cup chicken broth or water
3 tablespoons Bragg’s Liquid Aminos
1 teaspoon hot sauce
Pinch of crushed red pepper flakes
Pinch of fresh or powdered ginger
1 clove garlic crushed and minced
1 tablespoon chopped green onion
Stevia/Truvia to taste

Directions:

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

Makes 1 serving (1 protein, 1 vegetable)
BRUSCHETTA CHICKEN

Ingredients:

100 grams/3.5 oz thick sliced or whole chicken breast
1 Melba toast crushed into crumbs
3.5 oz Roma tomatoes
2 tablespoons lemon juice
1 tablespoon Bragg’s Liquid Aminos
2 tablespoons apple cider vinegar
2 cloves finely chopped garlic
3 large fresh basil leaves rolled and sliced
Pinch of dried oregano
Pinch of marjoram
Salt and black pepper to taste

Directions:

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

Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)
SWEET & SOUR CHICKEN

**Ingredients:**

100 grams/3.5 oz chicken breast  
½ orange, ½ lemon with rind  
1 cup water  
1 tablespoon Bragg’s Liquid Aminos  
2 tablespoons apple cider vinegar  
1 tablespoon minced onion  
1 tablespoon lemon and/or orange zest  
Dash of garlic powder  
Dash of onion powder  
1 tablespoon hot sauce  
Cayenne pepper to taste  
Salt and pepper to taste  
Stevia/Truvia to taste

**Directions:**

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

*Makes 1 serving (1 protein, 1 fruit)*
CHICKEN CACCIATORE

Ingredients:

100 grams/3.5 oz diced chicken breast
3.5 oz chopped tomatoes
¼ cup chicken broth or water
2 tablespoons tomato paste
1 tablespoon apple cider vinegar
2 tablespoons lemon juice
1 tablespoon Bragg’s Liquid Aminos
2 tablespoons chopped onion
2 cloves crushed and minced garlic
¼ teaspoon onion powder
¼ teaspoon garlic powder
1 bay leaf
Pinch of cayenne to taste
Stevia/Truvia to taste

Directions:

Brown the chicken with garlic, onion, and lemon juice in a small saucepan.
Deglaze the pan with the chicken broth.
Add tomatoes, tomato paste, vinegar and spices.
Simmer on low heat for 20 minutes stirring occasionally.
Remove the bay leaf and serve hot.
Makes 1 serving (1 protein, 1 vegetable)
SWEET MUSTARD CHICKEN

Ingredients:

- 100 grams/3.5 oz chicken breast
- ¼ cup chicken broth or water
- 2 tablespoons Bragg’s Liquid Aminos
- 1/8 teaspoon mustard powder or to taste
- ¼ teaspoon fresh ginger or sprinkle of ginger powder
- 1 tablespoon chopped onion
- ½ teaspoon garlic powder
- Salt and pepper to taste
- Stevia/Truvia to taste

Directions:

Dissolve spices in chicken broth.
Add chicken, broth, and onion, to a small saucepan and cook on medium heat for about 5-10 minutes or until chicken is tender.
Periodically deglaze the pan with a little water to create a richer sauce.
Makes 1 serving (1 protein)
SWEET LEMON CHICKEN

Ingredients:

100 grams/3.5 oz thinly sliced chicken
½ lemon, with rind
1 tablespoon Bragg’s Liquid Aminos
¼ cup chicken broth or water
1 cup water
Dash of cayenne pepper
Salt to taste
Stevia/Truvia to taste (optional)

Directions:

Slice up ½ lemons into quarters and add to water.
In a small saucepan boil lemon quarters until pulp comes out of the rind.
Add broth, chicken, Bragg’s and spices and simmer on low heat until chicken is cooked and sauce is reduced by half.
Deglaze periodically with water if necessary.
Garnish with fresh lemon slices, lemon zest or mint.
Makes 1 serving (1 protein)
ORIENTAL GINGER CHICKEN

**Ingredients:**

100 grams/3.5 oz chicken  
¼ cup chicken broth or water  
4 tablespoons lemon juice  
¼ teaspoon lemon or orange zest  
½ teaspoon fresh ginger  
4 tablespoons Bragg’s Liquid Aminos  
1 tablespoon chopped onion  
Stevia/Truvia to taste  
Salt and pepper to taste  
Cayenne pepper to taste

**Directions:**

In a small sauce pan, sauté chicken in a little lemon juice and water until slightly browned.  
Add spices, ginger, salt, lemon and Stevia/Truvia.  
Add Bragg’s Liquid Aminos and cook thoroughly.  
Deglaze the pan periodically by adding a little water.  
Serve hot and garnish with lemon or orange slices.  

*Makes 1 serving (1 protein)*
CHICKEN CURRY

Ingredients:

100 grams/3.5 oz cubed chicken
¼ cup chicken broth or water
¼ teaspoon curry powder or to taste
Pinch of turmeric
Dash of garlic powder
Dash of onion powder
1 tablespoon minced onion
Salt and pepper to taste
Stevia/Truvia to taste
Cayenne to taste

Directions:

Dissolve spices in chicken broth in a small saucepan.

Add chopped onion, garlic and chicken.

Add Stevia/Truvia to taste for a more sweet curry.

Sauté chicken in liquid until fully cooked and liquid is reduced by half.

Additional water may be added to achieve desired consistency.

Serve hot or cold.

Makes 1 serving (1 protein)
SAVORY BAKED CHICKEN

**Ingredients:**

100 grams/3.5 oz chicken breast
1 serving Melba toast crumbs
½ cup chicken broth or water
2 tablespoons lemon juice
1 tablespoon Bragg’s Liquid Aminos
⅛ teaspoon onion powder
⅛ teaspoon garlic powder
1/8 teaspoon thyme
Pinch of fresh or dried rosemary
1 teaspoon fresh chopped parsley
Salt and pepper to taste

**Directions:**

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

*Makes 1 serving (1 protein, 1 Melba toast)*
ROASTED GARLIC CHICKEN

Ingredients:

100 grams/3.5 oz chicken sliced
1 serving Melba toast crumbs
¼ cup chicken broth or water
2 tablespoons lemon juice
1 tablespoon Bragg’s Liquid Aminos
2 cloves of garlic sliced
⅛ teaspoon onion powder
⅛ teaspoon garlic powder
Salt and pepper to taste

Directions:

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

Makes 1 serving (1 protein 1 Melba toast)
**ORANGE GLAZED CHICKEN**

**Ingredients:**

- 100 grams/3.5 oz chicken
- One serving spicy orange sauce or sweet orange marinade (see Dressings, Sauces & Marinades)

**Directions:**

Prepare orange sauce.

Cook the chicken with the sauce in small saucepan with the juices or bake in oven at 375 degrees for approximately 20 minutes or until cooked thoroughly.

In a small saucepan reduce liquid until desired consistency.

Deglaze the pan periodically by adding water and pour remaining mixture over chicken breast.

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

**BARBECUED CHICKEN**

**Ingredients:**

- 100 grams/3.5 oz of chicken breast whole
- 1 serving of barbecue sauce (see Dressings, Sauces & Marinades)

**Directions:**

Coat chicken with barbeque sauce and fry with a little water in small frying pan until cooked thoroughly on low heat.

Stir constantly and add water so that it doesn’t burn or grill on the barbeque.

Serve hot. Add salt and pepper to taste.

*Makes 1 serving (1 protein, 1 vegetable)*
MOROCCAN LEMON CHICKEN

Ingredients:
100 grams/3.5 oz chicken breast
Juice of ½ lemon
1 tablespoon minced onion
Pinch of ginger
Pinch of ground coriander
Pinch of saffron
Pinch of lemon zest
Salt and pepper to taste
Lemon slices

Directions:
Marinate saffron strands in lemon juice then crush into a paste.
Add dry spices. Dip chicken breast in lemon juice and spice mixture.
Rub additional spices into chicken breast with salt and pepper.
Wrap individual servings in foil and cover with slices of lemon and a little of the saffron mixture.
Bake chicken at 350 for 20-30 minutes or until chicken is cooked completely and tender.
Makes 1 serving (1 protein)
STUFFED CHICKEN ROLLS

**Ingredients:**

100 grams/3.5 oz chicken breast  
Spinach  
½ cup chicken broth or water  
1 tablespoon chopped onion  
1 clove of garlic crushed and minced  
1 tablespoon lemon juice  
Dash of onion powder  
Dash of garlic powder  
Pinch of cayenne pepper  
Salt and pepper to taste

**Directions:**

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

*Makes 1 serving (1 protein, 1 vegetable)*
CHICKEN PAPRIKA

Ingredients:

100 grams/3.5 oz chicken
½ cup chicken broth or water
3 tablespoons tomato paste
1 teaspoon paprika
1 tablespoon chopped red onion
1 clove garlic crushed and minced
1 bay leaf
Salt and pepper to taste

Directions:

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

Makes 1 serving (1 protein, 1 vegetable)
CHICKEN ASPARAGUS BAKE

**Ingredients:**

- 100 grams/3.5 oz cubed chicken
- Asparagus chopped
- ½ cup chicken broth or water
- 1 Melba toast crushed (optional)
- 1 clove garlic crushed and minced
- 2 tablespoons onion chopped
- Dash of paprika
- Salt and pepper to taste

**Directions**

Place chicken, asparagus, liquids, and spices and pour into small baking dish.

Bake at 375 degrees for 30 minutes or until bubbly and hot.

Top with crushed Melba toast crumbs and sprinkle with paprika.

*Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)*
**CHICKEN TARRAGON**

**Ingredients:**

- 100 grams/3.5 oz chicken breast
- ¼ cup tarragon and garlic infusion (see Dressings, Sauces & Marinades)
- ¼ cup chicken broth or water
- 2 tablespoons lemon juice
- ½ teaspoon fresh chopped tarragon
- 1 tablespoon chopped onion
- 1 clove garlic minced
- Dash of mustard powder
- Salt and pepper to taste

**Directions:**

Heat the chicken broth, vinegar, garlic, and onion in a small saucepan or frying pan.

Add chicken and sauté for about 10 minutes or until chicken is completely cooked and liquid is reduced.

Deglaze the pan periodically with a little water to create a sauce.

Serve hot.

*Makes 1 serving* (1 protein)
BAKED APPLE CHICKEN

**Ingredients:**

- 100 grams/3.5 oz cubed chicken
- ½ finely chopped apple
- 2 tablespoons lemon juice
- 1 tablespoon apple cider vinegar
- 1/8 teaspoon cinnamon
- Salt and pepper to taste
- Stevia/Truvia to taste
- Dash of cayenne

**Directions:**

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

*Makes 1 serving (1 protein, 1 fruit)*
OREGANO CHICKEN

Ingredients:

100 grams/3.5 oz chicken breast
1 teaspoon dried oregano or 1 tablespoon fresh finely minced
1 serving Melba toast crumbs
¼ cup chicken broth or water
¼ teaspoon garlic powder
¼ teaspoon onion powder
Salt and pepper to taste

Directions:

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

Makes 1 serving (1 protein, 1 Melba toast)
TOMATO BASIL CHICKEN

**Ingredients:**

- 100 grams/3.5 oz cubed chicken
- 3.5 oz chopped tomato
- ¼ cup chicken broth or water
- 2 tablespoons lemon juice
- 2 tablespoons chopped onion
- 1-2 cloves garlic sliced
- 3 leaves basil rolled and sliced
- 1/8 teaspoon oregano fresh or dried
- Dash of garlic powder
- Dash of onion powder
- Cayenne to taste
- Salt and pepper to taste

**Directions:**

Lightly brown the chicken in small saucepan with lemon juice.
Add garlic, onion, spices and water.
After chicken is cooked add fresh tomatoes and basil.
Continue cooking for 5-10 minutes.
Salt and pepper to taste, garnish with fresh basil.

*Makes 1 serving (1 protein, 1 vegetable)*
CHICKEN TACOS

Ingredients:

100 grams/3.5 oz finely chopped or ground chicken breast
¼ cup chicken broth or water
1 tablespoon chopped onion
1 clove garlic crushed and minced
1/8 teaspoon oregano
Cayenne pepper to taste
Pinch of cumin
Fresh cilantro chopped
2-4 large lettuce leaves

Directions:

In a small frying pan cook chicken in broth.
Add onion, garlic, and spices.
Deglaze pan with lemon juice or a little water.
Serve chicken taco style in butter lettuce or romaine leaves or top with salsa.
Makes 1 serving (1 protein, 1 vegetable)
SPICY CHICKEN SAUSAGE PATTIES

Ingredients:

100 grams/3.5 oz ground chicken breast (must be breast meat, no dark meat)
Dash of onion powder
Dash of garlic powder
1 tablespoon minced onion
1 clove of garlic crushed and minced
Cayenne pepper to taste
Salt and pepper to taste

Directions:

Mix ingredients thoroughly in small bowl.
Form mixture into 2 or 3 patties and fry in small saucepan deglazing periodically with water to enhance flavor and keep chicken moist.
Cook thoroughly until lightly browned.
Makes 1 serving (1 protein)
CHICKEN APPLE SAUSAGE

Ingredients:

100 grams/3.5 oz ground chicken breast
2 tablespoons minced apple
1 serving Melba toast crumbs (optional)
2 tablespoons chicken broth or water
2 tablespoons apple juice
1 tablespoon finely minced onion
Dash of garlic powder
Dash of onion powder
Dash of cinnamon
Dash of clove or nutmeg (optional)
Dash of cayenne to taste
Stevia/Truvia to taste (optional)
Salt and black pepper to taste

Directions:

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

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

Ingredients:

100 grams/3.5 oz thinly sliced or whole chicken breast
3 tablespoons lemon juice
Salt and pepper to taste

Pesto:

3 cloves raw garlic
¼ cup fresh basil leaves
2 tablespoons apple cider vinegar
¼ cup chicken broth or water
2 tablespoons lemon juice
¼ teaspoon dried oregano
Salt and black pepper to taste

Directions:

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

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

Ingredients:

100 grams/3.5 oz chicken cut into strips
3.5 oz chopped tomatoes
Sliced onion cut into thin strips
1 clove garlic chopped
3 tablespoons lemon juice
2 tablespoons orange juice (optional)
1/8 teaspoon oregano
1/8 teaspoon chili powder or to taste
Pinch of cayenne pepper

Directions:

Marinate chicken in lemon juice and spices.
Cook chicken strips in a frying pan with garlic and onion.
Add chopped tomatoes during the last 5 minutes of cooking and enjoy with lettuce leaf mock tortillas and salsa.
Makes 1 serving (1 protein, vegetable)
SPICY MUSTARD CHICKEN

**Ingredients:**

- 100 grams/3.5 oz chicken
- ½ cup chicken broth or water
- 2 tablespoons lemon juice
- 1 tablespoon Gulden’s mustard
- ¼ teaspoon dried basil
- 1/8 teaspoon tarragon
- Salt and pepper to taste
- Stevia/Truvia to taste

**Directions:**

Lightly sauté the chicken in chicken broth, lemon juice, and spices until cooked.

Simmer for additional 10 minutes and periodically deglaze the pan with a little water or additional broth to make the sauce.

*Makes 1 serving (1 protein)*
CROCK POT CHICKEN

Ingredients:
Several 100 gram whole chicken breast pieces
3.5 oz chopped onion
5 cloves fresh chopped garlic
1 teaspoon paprika
½ teaspoon cayenne
1 teaspoon onion powder
½ teaspoon thyme
1 teaspoon garlic powder
1 teaspoon whole black peppercorns
Salt and pepper to taste

Directions:
Place pieces of chicken in crock-pot and cover with enough water so it doesn’t burn.
Add spices and onion.
Cook on medium for 3 or more hours.
Save the juices for sauces and dressings.

Variations:
add 1 can tomato paste or fresh chopped tomatoes.
Try an organic poultry mix spice mixture for a rich sage flavor.
Makes 1 serving (1 protein)
CINNAMON CHICKEN

Ingredients:

- 100 grams/3.5 oz of chicken
- 1 serving Melba toast crumbs
- ½ cup chicken broth or water
- ¼ teaspoon ground cinnamon
- Pinch of nutmeg
- Pinch of cardamom
- 1/8 teaspoon curry powder
- Dash of garlic powder
- Salt and pepper to taste
- Stevia/Truvia to taste

Directions:

Mix Melba toast crumbs with ½ of the dry spices in a small bowl. Dip chicken in broth and coat with Melba spice mixture. Lay out 100 gram servings in shallow baking dish. Add broth and mix in the rest of the spices. Top the chicken with the rest of the Melba spice mixture. Bake chicken at 350 degrees for 20 minutes or until chicken is fully cooked. Makes 1 serving (1 protein 1 Melba toast)
TANGY VINEGAR CHICKEN

Ingredients:

- 100 grams/3.5 oz chicken breast
- ¼ cup chicken broth or water
- ¼ cup apple cider vinegar
- 2 tablespoons lemon juice
- 1 tablespoon chopped onion
- 1 clove diced garlic
- Salt and pepper to taste

Directions:

In a small saucepan combine vinegar, chicken stock, onion, garlic, salt and pepper.

Add chicken and cook thoroughly.

Deglaze the pan periodically with a little water to create a sauce.

Makes 1 serving (1 protein)
MIDDLE EASTERN SPICED CHICKEN

Ingredients:

100 grams/3.5 oz chicken
3.5oz cup chopped fresh tomatoes
½ cup chicken broth or water
3 tablespoons lemon juice
1 tablespoon minced onion
1 clove garlic crushed and minced
1/8 teaspoon fresh grated ginger
¼ teaspoon allspice
Dash of cumin
Dash of cinnamon
Salt and black pepper to taste

Directions:

Combine spices with liquid ingredients.
Bring to a boil.
Add tomatoes and chicken to the sauce.
Simmer for 20-30 minutes and serve.
Makes 1 serving (1 protein 1 vegetable)
Make multiple servings using whole 100 gram chicken breast pieces
BUFFALO STYLE CHICKEN FINGERS

Ingredients:
100 grams/3.5 oz of chicken cut into long thin strips
Melba toast crushed (optional)
2 tablespoons hot sauce
4 tablespoons lemon juice
Salt and black pepper to taste

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

Makes 1 serving (1 protein, 1 Melba toast)
MEXICAN STYLE CILANTRO CHICKEN

Ingredients:

100 grams/3.5 oz cubed or sliced chicken  
Chopped tomatoes  
½ cup chicken broth or water  
2 tablespoons lemon juice  
Fresh chopped cilantro  
1 tablespoon chopped onion  
¼ teaspoon dried oregano  
¼ clove fresh garlic minced  
¼ teaspoon chili powder  
Cayenne to taste  
Pinch of cumin  
Salt and pepper to taste

Directions:

Lightly brown the chicken with a little lemon juice.  
Add spices, additional lemon juice, and chicken broth.  
When the chicken is cooked thoroughly, add fresh tomatoes and cilantro and cook for 5-10 more minutes.  
Makes 1 serving (1 protein 1 vegetable)
STUFFED CHARD ROLLS

Ingredients:

100 grams/3.5 oz lean ground beef (per serving)
No more than 3.5 oz large chard leaves any kind
1 cup beef broth or 1 serving marinara sauce (see Dressings, Sauces & Marinades)
1 tablespoon finely minced onion
1 clove of garlic crushed and minced
1/8 teaspoon basil
1/8 teaspoon oregano
1/8 teaspoon onion powder
1/8 teaspoon garlic powder
Cayenne pepper to taste
Salt and pepper to taste

Directions:

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

Makes 1 serving (1 protein, 1 vegetable)
ROASTED BEEF & APPLE KABOBS

Ingredients:

- 100 grams/3.5 oz of lean good quality beef or chunked chicken
- 1 apple cut into large chunks
- 3.5 oz onion petals
- ½ cup beef, chicken, or vegetable broth
- 3 tablespoons apple cider vinegar
- 1 tablespoon Bragg’s Liquid Aminos
- Stevia/Truvia to taste

Directions:

Marinate beef or chicken in broth, vinegar, and spices.

Layer apple, onion petals, and beef or protein chunks on wooden or metal skewers (If using wooden skewers soak them for a few minutes so they don’t burn).

Barbeque directly or place on aluminum foil sheet and cook until desired level of doneness.

Baste frequently with remaining marinade.

Heat the remaining marinade in a small sauce pan and use as a dipping sauce.

Makes 1 serving (1 protein, 1 vegetable, 1 fruit)
SAVORY BEEF STEW

Ingredients:

100 grams/3.5 oz lean steak (round, London broil, or any other lean steak) finely cubed or whole.
This is a slow cooked dish so, for multiple servings, weigh out in hundred gram increments and then divide into equal servings at the end of the cooking process.
Chopped celery
1 cup beef broth or water
1 tablespoon chopped onion
1 clove garlic crushed and minced
1/8 teaspoon onion powder
1/8 teaspoon garlic powder
Pinch of oregano
Cayenne pepper to taste
Salt and pepper to taste

Directions:

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

Makes multiple servings (1 protein, 1 vegetable)
SLOPPY JOES/ BBQ’ED BEEF

Ingredients:

100 grams/3.5 oz ground beef
1 recipe barbeque sauce (see Dressings, Sauces & Marinades)
3.5 oz of Butter lettuce or any large variety lettuce leaves

Directions:

Brown ground beef in small frying pan.
Add barbeque sauce and a little water to achieve desired consistency.
Cook for about 5 minutes.
Serve sloppy Joe style on lettuce leaves.
Makes 1 serving (1 protein, 1 vegetable)

PEPPER CRUSTED STEAK

Ingredients:

100 grams/3.5 oz lean steak
Fresh ground black pepper
Dash of Worcestershire sauce
Salt to taste

Directions:

Manually tenderize the meat until flat. Rub meat with salt and coat liberally with black pepper. Cook on high heat for about 3-5 minutes or throw on the barbeque. Top with Worcestershire sauce if desired and caramelized onion garnish (see VEGETABLES).
You can also cut the steak into strips and serve over a mixed green or arugula salad.
Makes 1 serving (1 protein)
HERBED LONDON BROIL

Ingredients:
100 grams/3.5 oz lean London broil cut into strips
¼ cup beef broth or water
1 tablespoon minced onion
1 clove garlic crushed and minced
1/8 teaspoon thyme
Pinch of rosemary
Salt and pepper to taste
Chopped Italian parsley

Directions:
Salt and pepper the beef strips.
In a small frying pan or non-stick skillet combine London broil, herbs and beef broth.
Cook until desired level of doneness.
Garnish with fresh chopped parsley.
Makes 1 serving (1 protein)
BAKED ITALIAN MEATBALLS

Ingredients:

100 grams/3.5 oz lean ground beef
¼ teaspoon basil
1/8 teaspoon oregano
1/8 teaspoon garlic powder
1/8 teaspoon oregano
1 tablespoon minced onion
1 clove garlic crushed and minced
1 serving Melba toast crumbs
3.5 oz marinara sauce (see Dressings, Sauces & Marinades)

Directions:

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

Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)
CORNED BEEF W/ CABBAGE

Ingredients:

Beef brisket weighed in 100 grams/3.5 oz increments
Cabbage
½ cup apple cider vinegar
½ onion, chopped
1 teaspoon powdered mustard
¼ teaspoon fresh thyme
1 bay leaf
Pinch of allspice
1 teaspoon whole black peppercorns
pinch of Liquid smoke to taste (optional)
Salt and pepper to taste

Directions:

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

Makes multiple servings (1 protein, 1 vegetable)
ITALIAN BEEF ROLL-UPS

**Ingredients:**

- 100 grams/3.5 oz lean flank steak
- Finely chopped cabbage
- 1 cup beef broth or water
- 2 tablespoons apple cider vinegar
- 2 tablespoons Bragg’s Liquid Aminos
- 1 clove garlic crushed and minced
- 1 tablespoon minced onion
- 1 teaspoon Italian herb mix
- Salt and pepper to taste

**Directions:**

Tenderize steak with manual meat tenderizer until flat and thin.
In a frying pan combine cabbage with spices, vinegar and aminos and cook until slightly tender.
Spoon cabbage mixture into pounded flank steak and wrap into a roll.
Fill the bottom of the pan with a little water and beef broth.
Salt and spice the top of the roll Bake in 375 degree oven for approximately 20 minutes until cooked and cabbage tender.
Baste occasionally with juices to keep the rolls moist.
Variations: Substitute spinach for the cabbage filling.
Makes 1 serving (1 protein, 1 vegetable)
MONGOLIAN BEEF W/ CABBAGE

Ingredients:

100 grams/3.5 oz sliced beef
Cabbage cut into fine strips
½ cup beef broth or water
1 tablespoon apple cider vinegar
3 tablespoons orange juice (optional)
2 tablespoons lemon juice
2 tablespoons Bragg’s Liquid Aminos
2 cloves garlic crushed and minced
1 tablespoon green onions chopped
⅛ teaspoon chili powder or to taste
Salt and pepper to taste
Stevia/Truvia to taste

Directions:

Combine spices into liquid ingredients.
In frying pan or wok, stir fry on high heat to combine flavors and cook beef and cabbage.
Add additional water if necessary to keep dish from burning.
Add additional orange slices for added sweetness if desired.
Makes 1 serving (1 protein, 1 vegetable)
MEATLOAF

Ingredients:

100 grams/3.5 oz Ground beef (lean) for each serving
1 serving Melba toast crumbs
1 ketchup recipe (see Dressings, Sauces & Marinades)
1 tablespoon chopped onion
1 clove minced garlic
Cayenne to taste
¼ teaspoon paprika

Directions:

Crush Melba toast into fine powder.
Mix with the ground beef, chopped onion and spices.
Place in a baking dish, loaf pan or muffin tin for single servings.
Baste with ketchup recipe mixture and bake at 350 for 15-20 minutes.
Cook longer for multiple servings using a loaf pan.

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

Ingredients:
100 grams/3.5 oz flank steak
Salsa (amount is up to you)
1 clove garlic chopped
3 tablespoons lemon juice
2 tablespoons orange juice (optional)
1/8 teaspoon oregano
1/8 teaspoon chili powder or to taste
Pinch of cayenne pepper

Directions:
Marinate meat in lemon juice and spices.
Barbeque flank steak
Cook garlic and onion in a frying pan.
Add Salsa during the last 5 minutes of cooking
Slice steak and onions into thin strips
Enjoy with lettuce leaf mock tortillas and salsa.
Makes 1 serving (1 protein, vegetable)
SLOW ROASTED BEEF BRISKET

Ingredients:

100 grams/3.5 oz Lean beef brisket
3.5 oz stalks celery  chopped
1 tablespoon garlic powder
1 tablespoon onion powder
1 tablespoon paprika
⅛ cup chopped onion
5 cloves of garlic crushed and chopped
Cayenne pepper to taste
Chili pepper to taste
Salt and fresh ground black pepper to taste

Directions:

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

Makes multiple servings (1 protein, 1 vegetable)
POT ROAST

Ingredients:

- 1 shoulder roast weighed 100 grams/3.5 oz
- 3.5 oz chopped tomatoes
- 5 cloves chopped garlic
- ½ chopped onion
- 1 tablespoon paprika
- Cayenne to taste
- Salt and black pepper to taste

Directions:

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

Makes multiple servings (1 protein, 1 vegetable)
GROUND BEEF TACOS

Ingredients:

100 grams/3.5 oz lean ground beef
3.5 oz Lettuce leaves
1 tablespoon finely minced onion
1 clove crushed and minced garlic
Dash of garlic powder
Dash of onion powder
Pinch of dried oregano
Fresh chopped cilantro to taste
Cayenne pepper to taste
Salt and black pepper to taste

Directions:

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

Makes 1 serving (1 protein, 1 vegetable)
VEAL ITALIAN STYLE

Ingredients:

100 grams/3.5 oz veal cutlet
1 serving Melba toast crumbs
3.5 oz marinara sauce (see Dressings, Sauces & Marinades)
1 tablespoon finely minced onion
1 clove of garlic crushed and minced
¼ teaspoon dried basil
1/8 teaspoon dried oregano
Pinch of marjoram
Salt and pepper to taste

Directions:

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

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

Ingredients:

100 grams/3.5 oz veal cutlet
1 serving Melba toast crumbs
¼ cup beef broth or water
2 tablespoons caper juice
2 tablespoons lemon juice
1 clove of garlic crushed and minced
Pinch of paprika
1 bay leaf
Salt and black pepper to taste

Directions:

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

Makes 1 serving (1 protein, 1 Melba toast)
VEAL FLORENTINE

Ingredients:

100 grams/3.5 oz veal cutlet  
1 serving Melba toast crumbs  
3.5 oz Spinach finely chopped  
¼ cup beef broth or water  
2 tablespoons lemon juice  
2 leaves of basil rolled and sliced  
1 clove garlic crushed and minced  
1 tablespoon minced onion  
Dash of garlic powder  
Pinch of lemon zest  
Pinch of paprika  
Salt and pepper to taste

Directions:

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

Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)
SPAGHETTI-LESS MEAT SAUCE

**Ingredients:**

- 100 grams/3.5 oz lean ground beef (less than 7% fat)
- 3.5 ounces marinara sauce
- 2 cloves garlic crushed and minced
- 1 tablespoon minced onion
- ½ teaspoon dried basil or 4 leaves rolled and sliced fresh basil
- ¼ teaspoon dried oregano
- Salt and black pepper to taste
- Cayenne pepper to taste
- Stevia/Truvia (optional)

**Directions:**

Brown the ground beef and pat off excess oil or sauté in water and drain off the fat.
Add tomato sauce, chopped tomatoes, onion, garlic, and herbs.
Simmer on low heat for at least 30 minutes. Add water to desired consistency.
Serve atop cabbage noodles (cabbage sliced thinly).
*Makes 1 serving (1 protein, 1 vegetable)*
BEEF BOURGUIGNON

**Ingredients:**

- 100 grams/3.5 oz beef cubed
- 1 cup beef broth or water
- 3 tablespoons tomato paste
- 1 tablespoon chopped onion
- 1 clove garlic crushed and sliced
- Pinch of dried thyme
- Pinch of marjoram
- Salt & pepper to taste

**Directions:**

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

*Makes 1 serving (1 protein, 1 vegetable)*
HAMBURGERS

Ingredients:

100 grams/3.5 oz lean ground hamburger (less than 7% fat)
1 tablespoon finely minced onion
1 clove finely minced garlic
Caramelized onion garnish (see VEGETABLES)
Dash of garlic powder
Dash of onion powder
Cayenne pepper to taste
Salt and black pepper to taste

Directions:

Mix ingredients thoroughly and form into patties (2-3).
Fry in small frying pan until desired level of doneness or grill on the barbeque.
If using frying pan add small amounts of water and deglaze pan to intensify flavors.
Cook approximately 3 minutes each side or to desired level of doneness.
Top with caramelized onion garnish
Variations: Add stevia, lemon juice, and Bragg’s Liquid Aminos to create a slight teriyaki flavor.

Makes 1 serving (1 protein, 1 vegetable)
CABBAGE ROLLS

Ingredients:

100 grams/3.5 oz lean ground beef each serving
1 cup beef broth
1 tablespoon chopped onion
1 clove garlic crushed and minced
Dash of garlic powder
Dash of onion powder

Directions:

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

Makes 1 serving (1 protein)
GINGERED BEEF

**Ingredients:**

- 100 grams/3.5 oz beef cut into thin strips
- ¼ cup beef broth or water
- 2 tablespoons Bragg’s Liquid Aminos
- 2 tablespoons apple cider vinegar
- 2 tablespoons lemon juice
- 1-2 tablespoons chopped green onions
- ¼ teaspoon fresh grated ginger
- 1 clove garlic crushed and minced
- Salt and pepper to taste
- Stevia/Truvia to taste (optional)

**Directions:**

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

*Makes 1 serving (1 protein)*
BAKED STUFFED TOMATOES

Ingredients:

100 grams/3.5 oz ground beef
1 med tomato
1 serving of Melba toast crumbs
1 tablespoon finely minced onion
1 clove garlic crushed and minced
1/8 teaspoon garlic powder
1/8 teaspoon onion powder
Cayenne pepper to taste
Salt and pepper to taste

Directions:

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

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

5 large whole strawberries
1 TBSP fresh lemon juice
1 tsp apple cider vinegar
1 tsp vanilla powder
Stevia to taste

In a small cup or saucepan combine lemon juice, vinegar, and vanilla powder.
Heat on the stove or microwave, stirring occasionally until slightly thickened.
Dip strawberries in sauce and freeze.
(1 fruit)

SWEET AND SOUR CABBAGE:

Boil cabbage with either apple cider or white vinegar and add truvia or Stevia to sweeten.
KIMCHI

Ingredients:

1/2 cup plus 1 tablespoon coarse sea salt or kosher salt
Water
2 heads Napa cabbage, cut into quarters or 2-inch wedges, depending on size of cabbage
Leaves of 2 bunches of mustard greens cut into 1” pieces (approx. 6 cups)
1 bulb garlic, cloves separated and peeled
1 (2-inch) piece of ginger root
1 Asian radish, peeled and grated
1 bunch of green onions, cut into 1-inch lengths
1/2 cup Korean chili powder

Preparation:

Dissolve 1/2 cup salt in 1 gallon water. Soak cabbage in the salt water for 3 to 4 hours.
Combine garlic, ginger, and in food processor or blender until finely minced.
In large bowl, combine radish, green onions, mustard greens, garlic mixture, chili-powder, 1 tablespoon salt and optional stevia.
Toss gently but thoroughly. (If mixing with your hands, be sure to wear rubber gloves to avoid chili burn.)
Remove cabbage from water and rinse thoroughly. Drain cabbage in colander, squeezing as much water from the leaves as possible. Take cabbage and stuff radish mixture between leaves, working from outside in, starting with largest leaf to smallest.
Do not overstuff, but make sure radish mixture adequately fills leaves.
When entire cabbage is stuffed, take one of the larger leaves and wrap tightly around the rest of the cabbage.
Divide cabbage among 4 (1-quart) jars or 1-gallon jar, pressing down firmly to remove any air bubbles.

Let sit for 2 to 3 days in a cool place before serving.

Remove kimchi from jar and slice into 1-inch-length pieces. If serving before kimchi is fermented, sprinkle with a little bit of sesame oil and sesame seeds.

Refrigerate after opening.

* In reading I have found that most people ferment the kimchi in the refrigerator. They do not put the lids on the jar, but use a zip lock bag mostly filled with water in the jar mouth so the jar is sealed for the fermentation process will take place, but the air and pressure will be let out as needed.
DESSERT

APPLE DESSERT

1 apple sliced
Sprinkle apple with Stevia and cinnamon
Microwave for 2+ minutes

STRAWBERRY SHORTCAKE

1 piece of Melba toast
Vanilla (cream) Stevia drops (to taste)
Place sliced strawberries on top
Sprinkle with Stevia

STRAWBERRIES & CREAM

1 TBSP low fat or non fat milk
2-3 drops vanilla cream Stevia
1 packet of dry Stevia
Slice strawberries and place all ingredients in a bowl. Toss to mix.
BAKED APPLES

1 apple
1 serving Melba toast crumbs
Sprinkle of lemon juice
¼ tsp cinnamon
Pinch of nutmeg
Powdered Stevia
Pinch of vanilla powder
Core the apple and cut in half.
Mix Melba toast crumbs with cinnamon, nutmeg, vanilla powder and Stevia.
Top apple halves with Melba mixture and bake for 15-20 minutes at 375 degrees until apples are soft and Melba toast topping is lightly brown.
(1 fruit)
GREEN TEA STRAWBERRY PUNCH

½ cup strong brewed green tea, chilled
4 strawberries pureed and strained
2 TBSP fresh lemon juice
½ cup sparkling mineral water
Stevia to taste

SPARKLING CINNAMON COFFEE SODA

½ cup strong, brewed coffee
½ cup sparkling mineral water
½ tsp cinnamon
Stevia to taste
Crushed ice
1 TBSP milk (optional)
Thoroughly mix cinnamon and Stevia into the coffee and pour over crushed ice.
Add sparkling mineral water and enjoy.
SPARKLING ORANGE DREAM VIRGIN MARTINI

The juice of one orange
2 TBSP of fresh lemon juice
½ cup sparkling mineral water
Pinch of orange zest
Vanilla Stevia to taste
Combine orange and lemon juices with vanilla Stevia.
Add sparkling mineral water and ice if desired. Serve in a martini glass with
a slice or curl of orange peel for garnish.
(1 fruit)

HOT APPLE CIDER

1 apple juiced
2 TBSP fresh lemon juice
1 TBSP apple cider vinegar
¾ tsp cinnamon
Pinch of nutmeg
Pinch of allspice
Pinch of clove
Pinch of lemon zest
Stevia to taste
Water
Heat the juice with spices and a little water in a small saucepan.
Serve hot with a cinnamon stick garnish.
(1 fruit)
STRAWBERRY FIZZ

8 oz strawberries
6 oz club soda
1-2 droppers of chocolate raspberry Stevia
12 ice cubes

Blend strawberries, club soda and chocolate raspberry Stevia. Then add ice cubes and blend well.