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Vegetables

Cabbage Rice/Noodle Alternative

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

* Mexican rice style

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

* Italian style

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

* Indian style

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

* Oriental style

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

In a large frying pan sauté cabbage with a little water (vegetable or chicken broth may be substituted) and liquid ingredients. Add spices and cook until cabbage is tender adding water as necessary. Add ground beef or chicken to the spiced cabbage if desired. Makes 2 or more servings (1 vegetable)

Garlic and Onion Spiced Chard

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

In a frying pan add chard, water, onion, garlic and spices to the water and liquid ingredients and sauté for 5 minutes or to desired level of doneness. Sprinkle with lemon and salt and pepper to taste. Makes 1-2 servings (1 vegetable)

Cold Chicory Salad

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

Chop chicory very fine. Stir in apple cider vinegar and lemon juice. Add salt and fresh ground black pepper to taste. Enjoy as a side dish or cool salad.

Phase 2 variations: Add tomatoes and chopped fresh mint or mix in a little orange juice. Add finely minced red onion and garlic or chopped apple and stevia. Makes 1 serving (1 vegetable)

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

Caramelized Onion Garnish

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

Preheat skillet. Add small amount of water to bottom of pan and add lemon juice and stevia. Add onion rings and stevia and cook quickly periodically deglazing the pan with a little more water to create a sweet caramel sauce. Serve immediately over steak or chicken. Spoon any remaining sauce created by deglazing over the top. Can be served chilled and added as a topping to salads. Makes 4 servings

Savory Baked Red Onion Garnish

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

Put onion in a baking dish with apple cider vinegar, water, and spices. Bake at 375 for 10 minutes. Serve hot over

beef or chicken or chill and add to salads. Can also be sautéed in a small frying pan deglazing periodically.

Phase 2 variations: substitute a sprinkle of rosemary, tarragon or dill instead of other spices. Or sprinkle with organic poultry seasoning.
Makes 4 servings

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

Garlic Spinach

Spinach
½ cup chicken broth or water
2 tablespoons lemon juice
2 tablespoons minced onion
2 cloves garlic crushed and minced
¼ teaspoon onion powder
Pinch red pepper flakes

Sauté the onion and garlic lightly in frying pan with a little water and lemon juice until soft. Add fresh garlic and spices. Stir in fresh spinach leaves and cook lightly. Serve with your favorite chicken or fish dish.
Makes 1-2 servings (1 vegetable)

Saffron Cabbage

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

In a large frying pan, heat chicken broth and spices. Add cabbage and cover pan with a lid. Cook cabbage until tender adding water if necessary to keep from burning and coating with the spice mixture. Serve hot with chicken or chilled for a cool salad. Makes 1-2 servings (1 vegetable)

Radish Relish

6-7 large red radishes
3 tablespoons of apple cider vinegar
Dash of garlic powder
Dash of onion powder
Salt and pepper to taste
Stevia to taste (optional)

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

dish. Makes 1-2 servings (1 vegetable)

Indian Spiced Spinach

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

Sauté spices in chicken broth with onion. Add spinach and stir gently until cooked. (substitute ¼ teaspoon garam masala for dry spices)
Variations: add chicken or shrimp.
Makes 1-2 servings (1 vegetable)

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

Baked Celery

Celery
½ cup beef, chicken broth, or water
2 tablespoons lemon juice
2 tablespoons Bragg's liquid aminos
2 tablespoons chopped onions
1 clove fresh chopped garlic
1 bay leaf

Pinch of red pepper flakes
Paprika to taste
Salt and pepper to taste

Chop up celery into sticks and arrange in a baking dish. Dissolve spices in liquid ingredients and pour over the celery. Bake in 375 degree oven until soft and lightly brown on top. Serve with the juices and sprinkle with paprika. Add salt and pepper to taste. Makes 1-2 servings (1 vegetable)

Chilled Tomato Salad

Chopped tomatoes
¼ cup apple cider vinegar
1 tablespoon green onion sliced
1 garlic clove crushed and minced
Dash of mustard powder
¼ teaspoon basil
1/8 teaspoon thyme
1/8 teaspoon marjoram
Salt and pepper to taste

Combine apple cider vinegar with spices. Pour over tomato chunks or slices. Marinate and chill for 1 hour before serving. Makes 2 servings (1 vegetable)

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

Grilled Asparagus with Rosemary Lemon Sauce

Asparagus

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

Marinate asparagus in lemon, garlic, salt, cayenne pepper and Bragg's. Steam or grill asparagus spears to desired level of doneness. In a small saucepan place remaining lemon marinade along with lemon rind, ½ cup water, spices and cook until pulp starts to come out. You may add a little stevia if you wish for added sweetness. Reduce liquid by half. Remove lemon rind and pour over grilled asparagus. Garnish with lemon wedges and salt and pepper to taste. Makes 1 serving (1 vegetable)

Pickled Beet Greens

Beet greens
¼ cup apple cider vinegar
1 tablespoon lemon juice
1 tablespoon Bragg's amino acids
1 clove garlic crushed and sliced

2 tablespoons minced onion
¼ teaspoon red pepper flakes or to taste
Salt and pepper to taste
Stevia to taste (optional)

Combine liquid ingredients and spices. Pour over beet greens and cook for 5-10 minutes stirring occasionally to mix spices. Add water as necessary. Serve hot or cold. Makes 1 or more servings (1 vegetable)

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

Roasted Fruit and Vegetable Kabobs

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

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

and tomato alternately on to skewers. Place on grill for 5-8 minutes or until desired level of doneness. Top with herbs and serve with lemon wedges. Makes 1 serving (1 fruit, 1 vegetable)

Hot Pickled Red Cabbage

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

Slow cook cabbage and apples in water, apple cider vinegar. Add spices and chopped onion, and garlic, and stevia. Add salt and pepper to taste. Serve hot or cold. Makes 2 serving (1 vegetable, 1 fruit)

Hot Peppered Chicory

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

Mince the chicory. In a small saucepan add chicory to broth and add lemon juice, salt and pepper.

Cook for 3-5 minutes and serve hot. Makes 1 or more servings (1 vegetable)

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

Fennel with Herbs

Fennel bulbs
½ cup vegetable broth or water.
2 tablespoons lemon juice
Your choice of marinade or dressing

Thoroughly wash and trim fresh fennel. Cook the fennel for several minutes in a little water or vegetable broth adding pepper, lemon, salt and fresh or dried herbs. Try Italian style or toss with Spicy Cajun or Dill Dressing. Cook until the bulb portion is tender and delicious. Fennel may also be grilled on the barbeque. Makes 1 or more servings (1 vegetable)

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

Herbed Asparagus

Generous serving of Asparagus
½ cup vegetable, chicken broth, or water
2 tablespoons lemon juice
1 clove of garlic crushed and minced
1 tablespoon minced onion
1 teaspoon organic Italian herb mix
Water as needed

Lightly sauté chopped onion, garlic and herbs in the chicken broth for about one minute. Add the asparagus and cook until tender. Top with herbed sauce (add a little powdered garlic and onion for a thicker sauce). Garnish with parsley and lemon wedges. Makes 1 or more servings (1 vegetable)

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

Roasted Tomato with Onion

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

Stevia to taste (optional)
Squeeze of lemon juice

Lay out slices of onion rings intact. Salt and pepper the onion and sprinkle with lemon juice. Lay a few slices of basil and garlic on top of the onion. Top onion slices with a slice of tomato. Top the tomato with remaining basil and garlic. Bake at 375 for 10-15 minutes or until desired level of doneness. Sprinkle with lemon juice and salt and pepper to taste. Makes 4 servings (1 vegetable)

Spiced Beet Greens

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

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

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

Chilled Pesto Tomato Salad

2 medium tomatoes or 3 Roma tomatoes sliced.

3 leaves of fresh basil rolled and sliced

Savory red onion or caramelized onion garnish

1-2 cloves of garlic minced

2 tablespoons lemon juice

2 tablespoons caper juice

1 tablespoon of apple cider vinegar

Toss fresh tomatoes with spices and vinegar and coat completely.

Marinate for at least 1 hour. Top with onion garnish and serve. 1-2 servings (1 vegetable or fruit)

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

Chicken Recipes

Greek Seasoning Mix

2 t oregano
1 1/2 t onion powder
1 1/2 t garlic powder
1 t salt
1 t black pepper
1 t parsley
1 t basil
1/2 t cinnamon
1/2 t nutmeg
1/2 t thyme

Grind spices in food processor or coffee grinder. Store in air-tight container.

Effortless Cream of Chicken Soup

3.5 oz cooked chicken
celery (allowed amount)
1-2 c chicken broth
3 cloves garlic
1 T dehydrated minced onion
1/2 t parsley
1/2 t basil
ground white pepper (to taste)
salt (optional)
1/2 t thyme

Preheat saucepan over MED-HI heat. Store in air-tight container. In food processor, combine all ingredients and pulse until reaches desired consistency. Pour into saucepan and bring to boil. Reduce heat to simmer, cover, and heat 20-30 mins. Serve.

TIP: For the cooked chicken in this dish, I use the chicken I boiled to make the broth. I usually start out by adding 1 c broth to the food processor, and then gradually add more broth until it's the soup consistency I prefer.

Chile Chicken

3.5 oz chicken
1 T red chile paste/sambal oelek
1 T ACV
3 cloves minced garlic
1 t oregano
1/2 t granulated sugar substitute
salt
crushed red pepper (optional)

In ziplock bag, add all ingredients except chicken. Mix. Sprinkle chicken with salt and add the chicken to bag. Seal & shake to coat. Place in refrigerator to marinate at least 1 hr. Cook chicken on George Foreman or under broiler until done. Top with crushed red pepper (optional) and serve.

TIP: This tastes great served fresh from the grill with a veggie, or even shredded in tomato soup.

Cinnamon Curry Chicken Soup

3.5 oz chicken - cubed
diced onion (allowed amount)
2 c broth
3 cloves minced garlic
1/2 t curry powder
1/4 t cinnamon
1/4 t pumpkin pie spice
salt/black pepper to taste

In saucepan, combine all ingredients. Bring to a boil. Reduce heat, cover, and simmer 45 mins.

TIP: The chicken can go straight from the freezer to the saucepan or crockpot on this one. If frozen, I place the breast in whole, and then when the soup is finished, I cube or shred the chicken. Very flavorful!

Lemon Chicken Soup

3.5 oz cooked chicken breast (diced or shredded)
chopped spinach (allowed amount)
2-3 c broth
Juice of 1 lemon
1 t thyme
sea salt to taste

ground white pepper to taste
Preheat saucepan over MED heat. Combine all ingredients. Bring to a boil, then simmer 20 mins. Serve.

TIP: This is an easy way to use up that boiled chicken you used to make your broth. You can even make this in the crockpot using uncooked or frozen chicken cut into cubes.

Orange Ginger Chicken

3.5 oz chicken - cut into chunks
black pepper
orange - cut in 1/4s
2-3 cloves minced garlic
1 T fresh ginger root (about 1/2"-1" long piece, peeled & minced)
1/2 t basil
juice of half lemon

Preheat pan over MED heat. Sprinkle chicken with pepper. Add chicken to pan and stir fry until brown on all sides, about 5-10 mins. Add garlic and cook for 1 min. Squeeze juice of orange quarters over chicken. Peel & separate orange into sections. Add orange sections, ginger, lemon juice, and basil. Stir well. Cover and simmer for about 20-30 mins.

TIP: This is an easy way to use up that boiled chicken you used to make your broth. You can even make this in the

crocpot using uncooked or frozen chicken cut into cubes.

Kung Pao Chicken

3.5 oz chicken - cut into chunks
chopped onion (allowed amount)
1-2 t sambal oelek
red pepper flakes (optional)

Marinade

1 part liquid aminos
1 part rice vinegar

Seasoning

Mash together in small bowl:
3 cloves minced garlic
1-2 t fresh minced ginger root

Sauce

Stir together in small bowl:
1/2 c broth
1-2 t liquid aminos
1 t rice vinegar

In small dish, combine marinade & chicken. Refrigerate 30 mins - 1 hour. Preheat non-stick pan over MED-HI heat. Cook chicken 5-7 mins, browning on all sides. Add sambal oelek. Cook 1-3 additional mins. Remove chicken from pan and set aside. Add onion to pan and cook until tender. Stir seasoning mixture in with onions. Cook 1-3 mins. Add sauce mixture to pan. Cook 1-3 mins.. Re-add chicken to pan. Stir.

Cook 1-3 mins. Top with a few dashes of red pepper flakes (optional). Serve.

TIP: This dish is also delicious with shrimp.

Lemon Mustard Broiled Chicken

3.5 oz chicken
juice of 1/2 lemon
1 T spicy mustard
1/2 t black pepper
1/2 t oregano
1/4 t cayenne pepper

Preheat broiler. Broil 1 side of chicken 5-10 mins until slightly browned. In small bowl, add the rest of the ingredients and mix well. Spoon mixture onto chicken. Flip over and coat other side. Broil uncooked side 5-10 mins or until no longer pink.

NOTE: This chicken stays really moist and juicy and full of flavor. Enjoy!

Spicy White Chili

3.5 oz cooked chicken breast, shredded
1-4 c broth (depending on how soupy you want it)
4 cloves minced garlic
1/2 t cumin

1/4 t oregano
1/4 t red pepper flakes
1/8 t ground cloves
tabasco or hot sauce to taste

Preheat pot over MED-HI heat. Add all ingredients except for tabasco/hot sauce. Bring to a boil then reduce heat to simmer, cover, & cook 30 mins. Add tabasco or hot sauce right before serving.

TIP: This is also great fixed in a small crockpot. Toss everything in and put it on while you're out and come back to great tasting dinner! If using the crockpot, you can use cut up uncooked chicken (even frozen!). Feel free to add your allowed vegetable to this as well - I usually add chopped onion.

Baked Cajun Chicken

3.5 oz chicken
1/2 T milk
1/2 t cajun seasoning

Preheat oven to 350. In small dish, coat both sides of chicken with milk. Place chicken in glass baking dish. Sprinkle top with cajun seasoning. Bake uncovered 20-30 mins until chicken is no longer pink.

TIP: If you would like it even more spicy, add a bit of Tabasco or Frank's

Red Hot before serving. This includes 1/2 of your milk portion for the day.

Mock Shake 'n Bake

1/2 c minced dehydrated onions
1/4 t coriander
1/4 t thyme
1/4 t red pepper flakes
1/8 t oregano
1/8 t paprika
1/8 t black pepper
1/8 t salt

Place all ingredients in food processor or coffee grinder. Grind to a powder. Store in air-tight container.

TIP: Use this as coating on your meat before you cook it. Dampen meat, then coat. This is great on chicken, fish, shrimp, even steakburgers. This yields several portions.

Breaded Chicken Cutlets

3.5 oz chicken
1 grissini (ground into powder)
1/2 c homemade chicken broth
1/4 t garlic powder
1/4 t paprika
1/4 t poultry seasoning (optional)
1/4 t cayenne (use less if you want them less spicy)
salt/pepper to taste

Preheat pan over MED heat. In small dish, combine grissini powder, garlic powder, paprika, poultry seasoning, cayenne, and salt/pepper. (You could also use ziplock bag.) Add chicken to seasonings and fully coat. Add half of broth and chicken to pan. Cook for approx. 3-4 mins each side depending on thickness of chicken. Keep adding more broth as it cooks off. Serve immediately.

Fried Chicken Tenders

3.5 oz chicken
1 T milk
1 grissini
Seasonings (salt, pepper, paprika, ground red pepper, garlic powder)
1/8 t oregano
1/8 t paprika
1/8 t black pepper
1/8 t salt

Preheat oven to 350. Slice chicken breast into 3 tenders. In small bowl, mix milk and any seasonings you prefer. Grind grissini in food processor until it is a powder. (I use my coffee grinder.) Put grissini powder in a separate small bowl. Add chicken to milk mixture and toss to coat well. Then one at a time, place chicken in grissini powder and coat both sides of chicken. Place chicken in glass baking dish and bake 30-40 mins, turning over halfway

through. In last 5 mins, turn on broiler and broil 2-3 mins each side. Serve immediately.

NOTE: Remember that this recipe includes both your meat and grissini portion. As well as your daily allowance of milk.

Chicken "Gravy"

1/2 c homemade broth
1 grissini

Add 1/4 c broth to small saucepan and bring to boil. While broth is heating, grind grissini in food processor until it is a powder. (I use my coffee grinder.) Add the powdered grissini to the pan, whisking constantly until dissolved. Still whisking, add remaining 1/4 c broth. Reduce heat to MED and whisk for 3-4 mins, until thickened. I usually add some salt, pepper, thyme, sage, or poultry seasoning, etc. for more flavor. Feel free to add any spices you like.

TIP: I pour this over my boiled chicken that I use to make my broth. This gives it a lot more flavor as boiled chicken is usually pretty bland.

Mexican Chicken Soup

3.5 oz cooked chicken, shredded into bite-sized pieces
3-4 cloves minced garlic
1 t cumin
1/2 t onion powder
1/2 t chili powder
1/2 t cayenne (use less if you don't want it as spicy)
diced tomato
2-3 c homemade chicken broth
1/4 c fresh chopped cilantro (optional)

Preheat pot over medium-high heat. Add garlic, and cook for 3-5 minutes. (Heat until you see little bubbles around the garlic.) Use a bit of your broth to keep garlic from sticking to the pot, if necessary. Add tomatoes, chicken broth, and onion powder, cumin, chili powder, cayenne. Bring to a boil. Reduce heat to a simmer, and add chicken. Simmer for 20 minutes. Stir in cilantro, and simmer for 5 minutes more.

NOTE: For easy chopping of cilantro and other herbs, use kitchen shears. When using a knife sometimes the leaves of the herbs are difficult to chop. The kitchen shears make this a simple task.

Easy Homemade Broth

3.5 oz chicken (you can add more chicken - you just need to track your portions)
parsley
onion powder
garlic
thyme
rosemary
oregano
basil
bay leaf
salt
black pepper

Fill saucepan 3/4 full with water. Bring to boil. Add chicken and seasonings. Boil for 20 mins. Remove boiled chicken & serve or refrigerate and save for later. Strain out bay leaf & seasonings. Let broth cool to room temperature. Skim fat off surface (if any).

Refrigerate broth. Once cold, skim the rest of the fat from the top (if any). Store in refrigerator or freezer for later use.

TIP: You can add on-protocol veggies such as 3-4 stalks celery (I usually add the trimmings that I don't eat) and 1 onion for more flavor - just be sure to strain them at the end. You can also choose to omit the chicken altogether and just use the celery and

onion with the seasonings for a simple veggie broth. OR add your steak trimmings that you've inevitably had to trim from your steaks and add to the broth for a beef broth.

TIP2: I usually freeze the broth in ice cube trays after cooling and skimming all fat. Then after they freeze, I place the cubes of broth in a freezer bag. This makes for easy use when 'frying' up shrimp, chicken, etc. Just toss a broth cube into a pan and let it melt then add your meat, etc. It adds flavor and keeps food from sticking.

Steak (or Chicken) Pizzaiola

3.5 oz steak (or chicken)
tomato (diced)
2-3 cloves minced garlic
1 t oregano
1 t basil
1/4 t chili powder
black pepper
basil
bay leaf
salt
black pepper

Preheat oven to 350. Place 1/2 of the diced tomato in casserole dish. Add meat on top of tomato and top with minced garlic. In small bowl, toss the rest of tomato with the oregano,

basil, chili powder, and black pepper. Place on top of steak. Cover tightly with aluminum foil or with lid. Bake 45-60 mins.

TIP: If using chicken, sear each side for a minute or two in a frying pan with a dash of salt/pepper (until just browned). Then follow with same steps as above.

Garlic Chicken

3.5 oz chicken
400g chicken - 4 servings
diced onion
3-5 cloves garlic - unpeeled & left whole
juice of half lemon
black pepper to taste
1/4 t chili powder
black pepper

Preheat oven to 350. Heat non-stick saucepan over MED. Add the onion. Stir constantly until tender. 5-10 mins. Transfer onions to glass baking dish. Place chicken atop onions. Place garlic around and on the chicken. Squeeze on lemon juice & sprinkle with pepper. Cover tightly either with lid or aluminum foil. Cook for 30-45 mins or until chicken is no longer pink.

Note: You don't have to eat the onions as your veggie (it's primarily

for flavor). Just eat the chicken and add veggie of your choice.

Blackened Chicken Salad

3.5 oz chicken tenders
1 t paprika
1/2 t onion powder
1/2 t garlic powder
1/4 t oregano
1/4 t thyme
1/4 t white pepper
1/4 t black pepper
1/4 t ground red pepper
spinach or salad greens (as allowed)

Combine all spices and rub on chicken. Grill until no longer pink. Serve over spinach or salad greens.

Boneless Hot Wings

3.5 oz chicken breast tenders
1/4 c vinegar
1/4 c water
1-2 T cayenne pepper
1-2 T chili powder (adjust as needed)

In small bowl, mix vinegar, water, and cayenne pepper. Add chicken to marinade and refrigerate for 1-2 hrs. Preheat oven to 350. Add chili powder to a small dish and dip chicken in chili powder. Place on rack in baking pan. Bake 15-20 mins

turning halfway through. Serve immediately with some homemade buffalo sauce or Frank's Original Red Hot Sauce.

Apple Cider Chicken Wraps

3.5 oz. chicken
2 medium green cabbage leaves
2 medium red cabbage leaves
1 garlic clove
3 T. apple cider vinegar
1/4 tsp. onion powder
1/4 T. sea salt
1/4 T. pepper
1 T. fresh ginger

Mix together finely grated ginger, garlic, onion powder, apple cider vinegar, salt, pepper and chicken pieces. Cook until chicken is cooked thoroughly and then add the Napa cabbage and cook until cabbage is slightly cooked. Take the 2 green cabbage leaf and split the chicken mixture and place in cabbage leaves and roll into a wrap.

Basil Chicken

1/2 c. finely chopped green or red onion
1 clove garlic, chopped
2 1/2 c. chopped tomatoes
3.5 oz.. Boneless chicken breast halves, cooked and cubed

1/4 c. chopped fresh basil
1/2 tsp. salt
1/8 tsp. hot pepper sauce

Warm large skillet to medium-high heat. Sauté the onions and garlic. Stir in the tomatoes, chicken, basil, salt and hot pepper sauce. Reduce heat to medium, and cover skillet. Simmer for about 5 minutes, stirring frequently, until mixture is hot and tomatoes are soft.

Blackened Chicken

Makes 2 servings
1/2 tsp. paprika
1/8 tsp. salt
1/4 tsp. cayenne pepper
1/4 tsp. ground cumin
1/4 tsp. dried thyme
1/8 tsp. ground white pepper
1/8 tsp. onion powder
200 grams, boneless chicken breast halves

Preheat oven to 350 degrees F (175 degrees C). Heat a cast iron skillet over high heat for 5 minutes until it is smoking hot. Mix together the paprika, salt, cayenne, cumin, thyme, white pepper, and onion powder. Coat the chicken breasts evenly with the spice mixture. Place the chicken in the hot pan, and cook for 1 minute. Turn, and cook 1 minute on other

side. Place the breasts on the baking sheet. Bake in the preheated oven until no longer pink in the center and the juices run clear, about 5 minutes.

Braised Vinaigrette Chicken

600 grams (approx 6 boneless chicken breast halves) Makes 6 servings

ground black pepper to taste
1 tsp. garlic salt
1 onion, thinly sliced
1/2 c. apple cider vinegar
1lb stewed and diced tomatoes
1 tsp. dried basil
1 tsp. dried oregano
1 tsp. dried rosemary
1/2 tsp. dried thyme

Season chicken breasts with ground black pepper and garlic salt. Lightly coat a medium skillet with cooking spray and brown the onion and seasoned chicken breasts. Pour tomatoes and both vinegars over chicken, and season with basil, oregano, rosemary and thyme. Simmer until chicken is no longer pink and the juices run clear, about 15 minutes.

Chicken Chili

Shredded cabbage
2 cups chicken broth
1 tsp. cayenne pepper
1 tsp. black pepper
1 T. chili powder
1 T. cumin
3 pinches of dried chopped onions
3.5 oz. of chicken breast, pre-cooked

In a medium saucepan add 2 cups chicken broth. Bring to boil. Add spices, cabbage and cooked chicken. Stir constantly. The broth will begin to dissolve, so it will become less soupy. Let simmer for about 10 minutes or so, until the cabbage is to your preference.

Curry Chicken and Spinach

3.5 oz. chicken
2 cups spinach
2 tsp. onion powder
1 garlic clove (minced)
1/2 cup chicken broth
1/4 tsp. salt
1/4 tsp. pepper
1 lime
1 T. curry powder

Mix chicken and all seasonings and 1/2 the lime and cook chicken through. Throw the spinach in for 1

minute and serve in a bowl and squeeze the other 1/2 of the lime.

Lemon Parsley Chicken

400 grams (approx 4 Skinless, Boneless chicken breast halves)
1/2 cup lemon juice
1/2 teaspoon onion powder
1/8 teaspoon ground cayenne pepper
ground black pepper to taste
3 teaspoons dried parsley

Preheat grill for medium to high heat. Dip chicken in lemon juice and sprinkle with the onion powder, ground black pepper, seasoning salt and parsley. Discard any remaining lemon juice. Cook on the grill 10 to 15 minutes per side, or until no longer pink and juices run clear. Makes 4 servings

Low Carb Chicken Burger

3.5 oz. of ground chicken breast
1/4 tsp. pepper
1/4 tsp. onion salt
1/4 tsp. onion powder
1tsp. garlic powder
1/4 tsp. dry mustard
2 T. apple cider vinegar
2 cups spinach

Mix all ingredients into the ground chicken breast and mold into a small

patty. Grill or broil and serve with the spinach and apple cider vinegar.

Salsa Chicken

7 oz. Chicken (approx 2 skinless, boneless chicken breasts)
1 cup salsa

Open jar of salsa and put into a large saucepan. Add chicken breasts to picante sauce and bring to a steady boil. Boil gently for 20 to 25 minutes or until the chicken is no longer pink inside and the juices run clear. Makes 2 servings

Spicy Chicken Breasts

2 1/2 Tsp. paprika
2 Tsp. garlic powder
1 Tsp. salt
1 Tsp. onion powder
1 Tsp. dried thyme
1 Tsp. ground cayenne pepper
1 Tsp. ground black pepper
400 grams (approx. 4 skinless, boneless chicken breast halves)

In a medium bowl, mix together the paprika, garlic powder, salt, onion powder, thyme, cayenne pepper, and ground black pepper. Set aside about 3 T. of this seasoning mixture for the chicken; store the remainder in an airtight container for later use (for

seasoning fish, meats, or vegetables). Lightly oil the grill grate with cooking spray. Preheat grill for medium-high heat. Rub some of the reserved 3 tablespoons of seasoning onto both sides of the chicken breasts. Place chicken on the grill, and cook for 6 to 8 minutes on each side, until juices run clear. Makes 4 servings

Su Yong Egg Rolls

3.5 oz. ounces of Chicken
2-3 big cabbage leaves
1 cup shredded cabbage
1/8 tsp. onion salt
1/8 tsp. garlic powder
1/8 tsp. Asian spices
4 drops or 1 packet Stevia

Steam big cabbage leaves for 5 minutes. Move leaves over to side of steamer to make room for shredded cabbage. Steam both for 5 additional minutes. Remove shredded cabbage to a mixing bowl. Add chopped chicken or shrimp and spices. Mix and then wrap in a big cabbage leaf.

Tomato Basil Chicken

3.5 oz. cubed chicken
1 cup chopped tomato
¼ cup water or chicken broth
2 T. lemon juice
2 T. chopped green or red onion

1-2 cloves garlic sliced
3 leaves basil rolled and sliced
1/8 tsp. oregano fresh or dried
¼ tsp. garlic powder
¼ tsp. onion powder
Cayenne pepper to taste
Salt and pepper to taste

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 fruit or vegetable) This one is great for variety while on the hCG Diet.

Midwest American Chicken

1 tsp. ground ginger
2 T. crushed garlic
2 tsp. ground turmeric
1/4 cup fat free yogurt
400 grams (approx. 4 boneless, skinless chicken breast halves cut into pieces)

In a large bowl, combine ginger, garlic, turmeric, salt, and yogurt. Marinate the chicken pieces in the mixture for 3 hours.
Preheat an outdoor grill for medium-high heat and lightly oil grate. Grill chicken until juices run clear. *makes 4 servings*

This counts for your daily serving of dairy

Cornish Hens

400 grams (approx. 4 Cornish game hens)
4 bay leaves
2 c. diced celery
2 c. diced onions
1 tsp. parsley flakes
1/2 tsp. thyme leaves

Season birds with salt and pepper and put 1 bay leaf in each cavity. Truss for roasting. Arrange vegetables in roasting pan. Place birds, breast side up, on vegetables. Combine herbs and brush over birds. Roast in 375 degree F. oven 55-65 minutes or until tender, basting with pan juices. Moisten hens with water if herbs do not stick. *makes 4 servings*.

Herb Smoked Chicken

Wood chips, soaked 1 hour
3 (3 lb.) broiler-fryers
3 bunches fresh herbs, untrimmed
Freshly ground pepper

Prepare charcoal fire in smoker. Scatter wood chips over coals. Place water pan in smoker, and fill with water, wine or fruit juice. Stuff each fryer with 1 bunch of

herbs, including stems and leaves. Rub pepper liberally on surface of chickens, and place them on grill rack. Insert meat thermometer, making sure it does not touch bone. Cover with smoker lid; cook 3 1/2 to 4 1/2 hours or until thermometer reaches 185 degrees. Refill the water pan and add charcoal as needed. *Note* Only consume breast meat. Makes 6 servings if only consuming one breast per meal. This meal does leave a lot of waste.

Smoked Chicken

14 oz. Chicken (approx 4 chicken breast halves)
1 red bell pepper, chopped in lg. pieces
1 lg. red onion, chopped in lg. pieces
1 c. chopped celery, lg. pieces

Place ingredients in baking dish. Sprinkle with salt, pepper and garlic over them. Cover with tin foil. Poke fork holes in foil. Cook on smoker or in oven with small amount of liquid smoke. Cook until tender. *makes 4 servings* This counts as one vegetable and one meat. We recommend eating one of the vegetables. Onion, Pepper or celery. Chill the other for a later meal.

Pine Smoked Chicken

1 c. dry white wine
1/4 c. sherry wine vinegar
5 lg. garlic cloves, coarsely chopped
1 med. onion, coarsely chopped
Stevia to taste
Salt & freshly ground pepper
400 grams chicken (approx. 4 chicken boneless skinless breast halves) 4-5 fresh pine boughs

Puree first 5 ingredients with salt and pepper in processor or blender. Arrange chicken in shallow dish and pour puree over. Cover and refrigerate for 4 to 6 hours, turning several times. Preheat oven to 350 degrees. Drain marinate into small bowl. Pat chicken dry with paper towel and arrange in single layer in shallow roasting pan. Roast 45 minutes basting often with marinade. Heat coals until gray ash forms. Spread around perimeter of barbecue, leaving center with well-spaced single layer of coals. Set grill 4" above coals, let coals burn about 20 minutes. Arrange chicken pieces without touching over center of grill. Cook 15 minutes, turning and basting frequently until chicken is crisp and browned, adding remaining pine boughs to fire when smoke dies down. Yield: 4 servings.

Chicken Breast Piccata

400 grams approx. (4 medium halved chicken breasts).

1/2 tsp. salt

1/4 tsp. black pepper

1/4 c. wine vinegar

2 tbsp. capers, drained

1/4 c. fresh lemon juice

3 tbsp. chopped fresh parsley

4 thin slices lemon for garnish

4 thin slices lime for garnish

Bone and skin chicken breasts. Cut each into 2 pieces, cutting crosswise so that each piece is 2 to 3 inches square. Place between sheets of plastic wrap. With flat side of mallet, pound to about 1/4 inch thickness and double the diameter. Lightly spray oil in skillet. Add chicken. Sprinkle with salt and black pepper. Brown quickly on both sides, cooking about 1 minute in all, sufficient time to cook meat through. Remove onto warm platter. Pour off excess fat. Add wine, vinegar, capers and lemon juice to pan. Heat to a boil, scraping bottom of pan. When about 4 tablespoons liquid remains, pour it over chicken on platter. Sprinkle with parsley. Garnish with lemon and lime slices. Serve immediately.

Beef Entrees

Slow Roasted Beef Brisket

Lean beef brisket in weighed 100 gram increments
4-6 stalks celery
1 tablespoon garlic powder
1 tablespoon onion powder
1 tablespoon paprika
¼ cup chopped onion
5 cloves of garlic crushed and chopped
Cayenne pepper to taste
Chili pepper to taste
Salt and fresh ground black pepper to taste

Combine spices in a small bowl. Rub the mixture into the beef on all sides. Salt the meat liberally. Place the brisket in a crock pot. Fill about ½ ways with water. Add celery to the liquid and set crock pot on high for 30minutes. Reduce heat to medium or low and allow to slow cook for 6-8hours. Baste and turn the brisket periodically. You may add more of the spice mixture if you wish. Enjoy with horseradish sauce. Save the juices, skim the fat, and use to make flavorful sauces and dressings. Makes multiple servings (1 protein, 1 vegetable)

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

Pot Roast

1 shoulder roast weighed in 100 gram increments
Tomatoes
5 cloves chopped garlic
½ chopped onion
1 tablespoon paprika
Cayenne to taste
Salt and black pepper to taste

Rub spices into meat on all sides. Place in crock pot and fill halfway. Add celery to liquid. Heat on high for 30 minutes then reduce heat to low and cook for 6-8 hours until fork tender. Separate into 9 equal servings and enjoy. Save the juice to make sauces and dressings. Save the celery to make soup. Always refrigerate and skim off any excess fat. Makes multiple servings (1 protein, 1 vegetable)

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

Fajitas/ Carne Asada

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

Marinate meat in lemon juice and spices. Barbeque for carne asada or cook strips in a frying pan with garlic and onion. Add chopped tomatoes during the last 5 minutes of cooking and enjoy with lettuce leaf mock tortillas and salsa. Makes 1 serving (1 protein, vegetable)

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

Meatloaf

3.5 oz lean ground beef
1 serving Melba toast crumbs
1 ketchup recipe
1 tablespoon chopped onion
1 clove minced garlic
Cayenne to taste
¼ teaspoon paprika

Crush Melba toast into fine powder. Mix with the ground beef, chopped onion and spices. Place in a baking dish, loaf pan or muffin tin for single servings. Baste with ketchup recipe mixture and bake at 350 for 15-20 minutes. Cook longer for multiple servings using a loaf pan.
Phase 2 variations: Use apple pulp after juicing to make meatloaf sweet and moist. Makes 1 or more servings (1 protein, 1 vegetable, 1 Melba toast)

Ground Beef Tacos

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

Brown ground beef. Add onion, garlic, and spices and a little water and simmer gently for 5-10 minutes. Add salt to taste. Serve taco style in butter lettuce or romaine leaf mock tortillas or with a side of tomatoes or salsa. Makes 1 serving (1 protein, 1 vegetable)

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

Veal Italian Style

3.5 oz veal cutlet
1 serving Melba toast crumbs
1 recipe marinara sauce
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

Mix Melba toast crumbs with dry spices. Dip cutlet in water or lemon juice and coat with crushed Melba spice mixture. Fry on high heat without oil. Top with marinara sauce and bake in 350 degree oven for 20 minutes. Add a little water to the bottom of the pan if necessary. Garnish with fresh basil, parsley, leftover Melba spice mixture and salt and pepper to taste. Makes 1 serving (1 protein, 1 fruit or vegetable, 1 Melba toast)

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

Veal Picatta

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

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

Phase 3 modifications: Deglaze the pan with ¼ cup white wine and whisk in 2 tablespoons of cold butter. Pour over veal and enjoy. Makes 1 serving (1 protein, 1 Melba toast)

Veal Florentine

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

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

Manually tenderize veal cutlet until flattened. Mix Melba toast crumbs with paprika, lemon zest and dry spices. Then, dip cutlet in lemon juice and spiced Melba mixture. Fry on high heat with lemon juice until slightly browned and cooked. Remove veal cutlet from pan and deglaze the pan with the broth. Add garlic, onion, and basil. Add spinach to the liquid and toss lightly until slightly cooked. Top veal cutlet with spinach mixture and spoon remaining sauce over the top. Top with salt and pepper to taste and serve with lemon wedges. Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)

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

Mongolian Beef with Cabbage

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
¼ teaspoon chili powder or to taste
Salt and pepper to taste
Stevia to taste

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

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

Pepper Crusted Steak

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

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. You can also cut the steak into strips and serve over a mixed green or arugula salad.

Phase 3 modifications: Top with blue cheese, onions, or sautéed mushrooms in butter. Or, cut into thin strips and top with onions and provolone, and make a cheese steak salad. Makes 1 serving (1 protein)

Spaghetti-less Meat Sauce

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

Brown the ground beef and pat off excess oil or sauté in water and drain off the fat. Add tomato sauce, chopped tomatoes, onion, garlic, and

herbs. Simmer on low heat for at least 30 minutes. Add water to desired consistency. Serve atop cabbage noodles. Makes 1 serving (1 protein, 1 vegetable)

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

Beef Bourguignon

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

Lightly braise beef cubes with onion and garlic. Combine all ingredients in small saucepan. Add liquid ingredients and spices. Slow cook for a minimum of 30 minutes or until beef is tender. Add additional water as needed to achieve desired consistency. Makes 1 serving (1 protein, 1 vegetable)

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

Hamburgers

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

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

Variations: Add stevia, lemon juice, and Bragg's liquid aminos to create a slight teriyaki flavor or top with caramelized onion garnish. Also try lean buffalo or bison meat. Makes 1 serving (1 protein)

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

Cabbage Rolls

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

Preheat oven to 375. Lightly blanch large cabbage leaves and set aside. In small frying pan combine ground beef, onion, garlic and spices and cook until brown. Spoon ground beef mixture into cabbage leaves, tuck in ends and roll up (burrito style). Put cabbage rolls in a baking dish and add broth to the bottom of the pan. Brush lightly with beef broth and bake in oven for 20-30 minutes. Spoon sauce over cabbage rolls periodically to keep moist. Make multiple servings at one time for best results. Makes 1 serving (1 protein, 1 vegetable)

Gingered Beef

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 to taste (optional)

Sauté ginger and spices in broth and liquid ingredients to release the flavors. Add the beef and stir fry gently. Deglaze the pan periodically by adding a little water. Add the chopped green onions and serve hot. Makes 1 serving (1 protein)

Italian Beef Roll Ups

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

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

spinach for the cabbage filling. Makes 1 serving (1 protein, 1 vegetable)

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

Corned Beef with Cabbage

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

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. Makes

multiple servings (1 protein, 1 vegetable)

Corned Beef Hash

Leftover corned beef from corned beef and cabbage

Leftover cabbage, radish relish recipe, or apple relish recipe

1 tablespoon minced onion

1 clove garlic crushed and minced

Pinch of fresh thyme

Pinch of fresh chopped oregano

Salt and pepper to taste

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

Phase 3 modifications: Use butter to cook the corned beef mixture and add bell peppers and additional vegetables if you like (make sure they are not starchy vegetables). Makes 1 serving (1 protein, 1 vegetable or fruit)

Baked Italian Meatballs

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

1 recipe marinara sauce

Combine meat, crumbs and spices and mix thoroughly. Form into balls. Place into baking dish and cover with marinara sauce. Bake for 20-30 minutes at 350 degrees. Serve hot over cabbage noodles. Garnish with fresh basil. Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)

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

Herbed London Broil

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

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

Sloppy Joes

3.5 oz ground beef
1 recipe barbeque sauce
Butter lettuce or any large variety lettuce leaves

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

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

Savory Beef Stew

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

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. Makes multiple servings (1 protein, 1 vegetable)

Phase 3 modifications: Add additional non starchy vegetables.

Baked Stuffed Tomatoes

3.5 oz ground beef
2 medium sized tomatoes
1 serving of Melba toast crumbs
1 tablespoon finely minced onion
1 clove garlic crushed and minced
1/8 teaspoon garlic powder
1/8 teaspoon onion powder
Cayenne pepper to taste
Salt and pepper to taste

Hollow out the tomatoes, sprinkle with salt and turn upside down to drain for 10 minutes. Brown ground beef in a small frying pan; add onion, garlic and spices. Pack ground beef mixture into tomatoes, add small amount of water to bottom of dish, top with Melba toast crumbs and salt, and bake in 350 degree oven for 20 minutes. Garnish with fresh parsley and serve. Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)

Roasted Beef and Apple Kabobs

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

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

small sauce pan and use as a dipping sauce. Makes 1 serving (1 protein, 1 fruit)

Stuffed Chard Rolls

3.5 oz lean ground beef (per serving)
1 or more large chard leaves any kind
1 cup beef broth or 1 serving marinara sauce
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

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 and bake at 350 for 20 minutes. Garnish with fresh spices or parsley.

Seafood Entrees

Curried Shrimp with Tomatoes

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

Sauté the shrimp with the onion and garlic for about 3 minutes or until cooked. Add vegetable broth, curry and stevia. Add garlic and onion powder to thicken the mixture. Cook for 5-10 minutes on medium heat. Add water or reduce liquid until desired consistency is reached. Makes 1 serving (1 protein, 1 vegetable)

Shrimp Etouffee

3.5 oz shrimp
½ cup vegetable broth or water
Celery
1 clove garlic crushed and minced

1 tablespoon chopped red onion
1 tablespoon chopped green onion
Pinch of thyme
Pinch of cayenne pepper to taste
Salt and pepper to taste

Add spices and vegetables to broth and simmer for about 15 minutes until celery is softened. Add the shrimp to the mixture and cook an additional 10-20 minutes. Serve hot. Makes 1 serving (1 protein, 1 vegetable)

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

Tilapia with Herbs

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

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

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

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

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

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

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

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

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

Add garlic to liquid ingredients. Add shrimp and additional spices. Cook for 5-7 minutes until shrimp are pink and liquid is reduced. Serve hot or cold with a salad or on a bed of spinach. Makes 1 serving (1 protein)

Sweet Ginger Shrimp

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

Salt and black pepper to taste

Mix dry spices with vegetable broth and liquid ingredients. Sauté with shrimp in small saucepan stirring continuously until cooked. Add water to deglaze the pan periodically until desired consistency is reached. Makes 1 serving (1 protein)

Jambalaya

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

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

desired consistency. Makes 1 serving (1 protein, 1 vegetable, 1 fruit)Phase 3 modifications: Add chopped red and green bell pepper and additional seafood, chicken, sausage, etc.

Black Pepper Sautéed Shrimp

3.5 oz shrimp1 serving
Melba toast crumbs (optional)
2 tablespoons lemon juice
1 tablespoon caper juice
Salt and fresh ground black pepper to taste

Mix Melba toast crumbs with salt and generous amount of black pepper. Coat shrimp with Melba toast pepper mixture and fry on high heat in a skillet in a little lemon juice until cooked well. Serve hot and garnish with lemon and additional freshly ground black pepper. Makes 1 serving (1 protein, 1 Melba toast)

Ginger Shrimp Wraps

3.5 oz shrimp
1 or more cabbage or lettuce leaves
1 cup vegetable broth or water
2 teaspoons apple cider vinegar
1 tablespoon Bragg's liquid aminos
1 clove garlic crushed and minced
Pinch of fresh ginger
1 tablespoon finely minced green onion

1 serving spicy orange sauce
Salt and pepper to taste

Lightly steam cabbage leaves and then set aside. Cook shrimp with spices and mince together with onion. Wrap up shrimp mixture in cabbage or lettuce leaves and enjoy with dipping sauce. Another alternative is to place multiple rolls in small baking dish. Cover with vegetable broth and bake for 25 minutes at 350 degrees. Variations: Dip wraps in Sweet wasabi dipping sauce or top with additional Bragg's. Makes 1 serving (1 protein, 1 vegetable)Phase 3 modifications: Add a drizzle of sesame, peanut or hot chili oil to the shrimp mixture for added flavor.

Crab Cakes

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

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)

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

Cajun Baked Fish

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

Combine spices and Melba toast powder. Dip fish in lemon juice and coat with spice mixture. Bake in 350 degree oven for 20 minutes or broil until lightly brown. Garnish with parsley. Makes 1 serving (1 protein, 1 Melba toast)Phase 3 modifications: Dip fish in egg and brush with olive oil. Serve with a Cajun cream sauce.

Lemon Dill Fish

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

Sauté fish with lemon juice, vegetable broth, and vinegar. Add garlic, onion, and fresh dill. Cook for an additional 5-10 minutes or until fish is completely cooked. Garnish with lemon wedges. Makes 1 serving (1 protein)

Italian Shrimp with Tomatoes

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

Sauté onion, garlic and spices in broth and lemon juice. Add spices and cook for 5 minutes. Add the shrimp and tomatoes and cook until shrimp is pink and well cooked. Makes 1 serving (1 protein, 1 vegetable)

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

Sweet Wasabi Sautéed Shrimp

3.5 oz shrimp
1 recipe sweet wasabi marinade
1 tablespoon minced onion
Pinch of dried or fresh ginger
Stevia to taste

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

Spicy Mustard Shrimp with Chard

3.5 oz shrimp
Chard chopped
½ cup vegetable broth or water
3 tablespoons homemade mustard
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

Sauté the shrimp with onion, garlic, Bragg's, vinegar, lemon juice and mustard until cooked. Remove the

shrimp and deglaze the pan with the vegetable broth. Add chard to the broth and cook stirring occasionally until chard is tender. Add a little water if needed. Top with mustard shrimp and enjoy. Makes 1 serving (1 protein, 1 vegetable)

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

Baked White Fish with Asparagus

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

In a small baking dish, layer the fish and asparagus. Mix vegetable broth with spices and pour over fish and asparagus. Top with herbed Melba toast crumbs and bake at 350 for about 20 minutes or until fish and asparagus is cooked thoroughly and

crumbs are slightly brown. Top with remaining sauce, fresh parsley, and serve with lemon wedges. Dish can also be cooked on the barbeque. Just wrap up fish and asparagus in foil, toss with spices and baste with vegetable broth. Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)

Orange or Lemon Glazed Orange Roughy BBQ Wrap

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 to taste

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 350degrees for 10-15 minutes until well cooked and fork tender. Serve with juices and orange slices. Sprinkle with parsley. Makes 1 serving (1 protein, 1 fruit)

Poached Fish with Thyme

Any white fish
½ cup vegetable broth or water

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

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

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

Sweet Orange Pepper Shrimp

3.5 oz shrimp
1 tablespoon minced onion
1 serving of sweet orange marinade
Stevia to taste

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

Lobster Medallions in Tomato Sauce

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

Slice medallions of lobster tail. Weigh out 3.5 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)Phase 3 modifications: Add a drizzle of olive oil or add small cubes of cold unsalted butter and stir in quickly for a richer sauce. Add a splash of white wine or dry sherry and a tablespoon of heavy cream.

Baked Stuffed Lobster

3.5 oz raw lobster tail
1 serving Melba toast crumbs
½ cup vegetable broth or water

1 tablespoon minced onion
1 clove garlic crushed and minced
1/8 teaspoon garlic powder
1/8 teaspoon onion powder
Paprika to taste
Salt and pepper to taste

Mix Melba toast crumbs with spices, garlic and onion. Stuff lobster tail with Melba mixture and place into baking dish stuffing side up. Pour vegetable broth over the lobster, dust the lobster with more paprika and bake at 350degrees for approximately 20 minutes. Broil for additional 1-2 minutes to brown. Add salt and pepper to taste and serve with lemon wedges. Makes 1 serving (1 protein, 1 Melba toast)Phase 3 modifications: Add parmesan cheese to the stuffing and serve with melted butter.

Savory Onion Caramelized Shrimp

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 to taste
Salt and pepper to taste

Heat up the liquid ingredients on high heat in small frying pan. Add stevia, salt, pepper, onion, and shrimp.

Deglaze with a little water several times to create a caramelized sauce. Makes 1 serving (1 protein, 1 vegetable)

Sweet and Sour Shrimp

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 to taste

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

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

Shrimp with Mint and Cilantro

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 (optional)

In a small frying pan, fry up the garlic in the lemon juice. Add shrimp, cilantro, mint and parsley. Stir fry together until shrimp is cooked and coated with herb mixture. Add a little extra water or lemon juice if necessary. Garnish lemon wedges. Makes 1 serving (1 protein) Phase 3 modifications: Add a little olive oil, parmesan cheese and top with walnuts or pine nuts.

Orange Roughy with Tomatoes and Onion

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

Sauté onions and garlic in vegetable broth, add orange roughly and spices until almost cooked about 5 minutes. Add freshly chopped tomatoes and cook for an additional 5 minutes. Serve hot, add salt and pepper to taste. Garnish with parsley. Makes 1 serving (1 protein, 1 vegetable)

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

Sautéed Snapper with Lemon Pepper Sauce

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

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

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

Blackened Red Snapper

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

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

Baked Lobster with Spicy Lemon Sauce

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

In a small saucepan combine water and lemon juice with spices and bring to a boil. Reduce liquid and deglaze occasionally. Lay out slices of lobster in small baking dish. Pour lemon sauce over lobster and sprinkle with Melba crumbs, paprika, salt and fresh ground pepper. Bake lobster slices at 350 degrees for approximately 15 minutes or until lobster is fully cooked. Add a little extra water if needed so lobster doesn't burn. Serve hot and topped with sauce. Garnish with lemon slices and sprinkle with lemon zest and parsley. Makes 1 serving (1 protein, 1 Melba toast)

Citrus Fish

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 to taste

Mix lemon juice with zest and a little stevia. Baste fish with mixture and top with salt, pepper, and lemon and

orange slices. Wrap in aluminum foil and place on the barbeque or in oven at 350 degrees. Cook fish for 5-10 minutes or until fish is thoroughly cooked. Serve with lemon and top with parsley. Makes one serving (1 protein, 1 fruit)

Mahi Mahi with Oranges

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 to taste
Cayenne to taste
A little water as needed

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)

Soups

Tomato Basil Soup

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

Puree all ingredients in a food processor or blender. Pour into a saucepan and heat to a boil. Reduce heat and simmer for 20 to 30 minutes. Serve hot, garnish with fresh basil leaves or parsley. Makes 2 servings (1 vegetable)

Chicken Meatball Soup

Meatballs

3.5 oz ground chicken breast
1 teaspoon minced onion
1 clove garlic crushed and minced
Pinch of sage
Pinch of marjoram
Pinch of thyme

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

Broth

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

Combine ground chicken breast with spices, chopped garlic, onion, and crushed Melba toast. Form into balls. Bring broth to a boil; add spices, vinegar, Bragg's liquid aminos, and chicken balls. Reduce to a simmer and cook a minimum of 30 minutes adding the celery or tomato the last 5-10 minutes of cooking. Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)

Chicken and Cabbage Soup

3.5 oz chicken
Cabbage
2 cups chicken broth (or substitute 1 cup water for 1 cup broth)
2 tablespoons Bragg's amino acids (optional)

2 cloves garlic crushed and minced
1 tablespoon chopped onion
¼ teaspoon thyme
¼ teaspoon rosemary
Cayenne to taste
Salt and pepper to taste

Combine chicken and spices in medium saucepan. Bring broth to a boil. Add cabbage. Reduce heat and simmer for a minimum of 30 minutes. Add additional water to broth as needed. Variations: change the spices and add fresh tarragon or turmeric. Add a ¼ lemon with rind to the broth and simmer for a rich lemon flavor. Makes 1 serving (1 protein, 1 vegetable)

Vegetable Beef Soup

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

Combine onion, garlic and spices with beef broth. Add celery and diced beef. Simmer for 20-30 minutes. Add tomatoes and simmer for an additional 5 minutes. Makes 1 serving (1 protein, 1 vegetable) Phase 3 modifications: Add additional vegetables such as zucchini, bell peppers or a small amount of chopped carrots.

Savory Chicken Soup

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

Bring chicken stock to a boil. Add onion, garlic and spices. Add chicken and vegetables and simmer on low heat for 20 minutes or more until chicken and cabbage are tender and fully cooked. Serve hot. Sprinkle with chives or parsley if desired. Makes 1 serving (1 protein, 1 vegetable)

Thai Beef Soup

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

Heat up broth. Add dry spices, bay leaf, Bragg's, garlic and onion and bring to a boil. Reduce heat and simmer for 5 minutes. Add beef and celery and cook for 20 to 30 minutes until soft. Add salt, pepper, and stevia. Garnish with fresh chopped cilantro. Makes 1 serving (1 protein, 1 vegetable)

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

Homemade Chicken Broth

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

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

Homemade Vegetable Broth

10 or more cups of water
½ large onion chopped
6-10 stalks celery
10 cloves of garlic chopped
2 bay leaves
1 teaspoon paprika
1 teaspoon garlic powder
1 teaspoon basil
1 teaspoon of thyme
Salt and pepper to taste

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

Fennel Soup

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

Add chopped fennel bulbs, spices, and minced onion to vegetable broth. Heat in small saucepan and simmer for 20 minutes. Add lemon with rind to the broth if desired. Serve warm with chopped sprigs of fennel for garnish. Makes 1 serving (1 vegetable)

Phase 3 modifications: Add half and half or cream.

Celery Soup

Celery
2 cups chicken broth (or substitute 1 cup water for 1 cup broth)
¼ teaspoon thyme
1 bay leaf

¼ teaspoon dried basil
Salt and pepper to taste

Cook celery until very soft or use crock-pot or vegetable broth cooked celery. Puree in a food processor or blender with broth and spices. Simmer in a saucepan for 20-30 minutes. Makes 1 serving (1 vegetable)

Chili

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

Brown ground beef in small frying pan, add onions and garlic. Stir in tomatoes and water. Add spices and simmer slowly until liquid is reduced. The longer it cooks the more tender and flavorful. Add a little water as needed to prevent burning. Serve with chopped green onion or tomato garnish and salt and pepper to taste. Makes 1 serving (1 protein, 1 vegetable)

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

Lemony Spinach and Chicken Soup

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

Lightly brown the chicken in small saucepan with a little lemon juice. Add the onion, garlic, spices and chicken broth. Add lemon with rind and simmer for 20-30 minutes. Add the fresh spinach during the last five minutes of cooking. Serve and enjoy. Makes 1 serving (1 protein, 1 vegetable)

Asparagus Soup

4-5 stalks asparagus

2 cups chicken or vegetable broth (or substitute 1 cup water for 1 cup broth)

3 tablespoons Bragg's liquid aminos

2 tablespoons chopped onion

¼ teaspoon thyme

¼ teaspoon garlic powder

¼ teaspoon onion powder

1 bay leaf

1 tablespoon milk (optional)

Salt and pepper to taste

Old Bay seasoning to taste

Trim asparagus to remove the tough ends of the stalk and steam until soft. Puree asparagus with broth and spices in a blender or food processor. Heat soup in a saucepan and enjoy. Add 3.5 oz diced chicken if desired. You can replace dried spices with 1-2 teaspoons of Old Bay seasoning if you wish. Makes 1 serving (1 vegetable)

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

Hot and Sour Chicken Soup

3.5 oz chicken breast diced

1 cup chicken broth

1 cup water

4 tablespoons apple cider vinegar

4 tablespoons Bragg's liquid aminos

½ lemon in quarters with rind

1 clove garlic crushed and minced

2 tablespoons minced onion
Cayenne pepper to taste
Pinch of chili powder or red chili flakes
Salt and pepper to taste
Stevia to taste (optional)

Boil lemon wedges with rind in 1 cup of water until pulp comes out of the rind. Scrape out additional pulp and juice. Add the diced chicken, spices and chicken broth. Simmer until cooked. Variation: You can add orange juice as an option and your choice of approved vegetable or substitute shrimp for chicken. Makes 1 serving (1 protein)Phase 3 modifications: Add a small amount of fresh pineapple juice. Add vegetables such as zucchini, cauliflower, small amount of carrots etc. Add a little chili oil or paste to the soup for added heat and flavor.

Creole Gumbo

3.5 oz shrimp or 1 chicken sausage
2 cups vegetable broth (or substitute 1 cup water for 1 cup broth)
Tomatoes chopped
3 tablespoons tomato paste
2 tablespoons green or white onion
2 cloves of garlic crushed and minced
3 tablespoons apple cider vinegar
Dash of Worcestershire sauce
Cayenne pepper to taste
Salt and pepper to taste

Liquid smoke hickory smoke flavoring to taste

Fry up shrimp or chicken sausage in a saucepan with onions. Add tomato paste, tomatoes, and broth. Mix well. Add the spices and vinegar. Simmer for 20-30 minutes. Serve hot and garnish with fresh parsley. Makes 1 serving (1 protein, 1 vegetable)

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

Middle Eastern Vegetable Soup

2 cups vegetable broth (or substitute 1 cup water for 1 cup broth)
Tomatoes chopped or celery
8 ounces tomato sauce or 3 ounces tomato paste (omit if celery is used)
1 clove garlic crushed and minced
1 tablespoon onion chopped
1/8 teaspoon ginger
1/4 teaspoon cumin
Salt and black pepper to taste
Fresh parsley, cilantro or mint

Combine broth, tomato sauce, and paste. Bring to a boil. Reduce heat and add spices. Simmer for 20-30 minutes or until vegetables are tender. Makes 1 serving (1

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

Crab Bisque

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

Puree tomatoes and broth in a food processor or blender. Heat up mixture in a small saucepan. Add the crab and spices and simmer for 20-30 minutes stirring frequently. Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Add half and half or cream.

Sweet Strawberry Soup

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

Puree strawberries with spices, lemon juice, water and milk. Heat the strawberry mixture in a small saucepan for 3-5 minutes. Serve hot or chilled with a garnish of mint. Makes one serving (1 fruit)

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

Hot and Sour Thai Shrimp Soup

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

Bring the broth to a boil. Add the ginger, lemongrass, lemon juice, onion, and pepper. Simmer for 10-15 minutes. Add the shrimp and cilantro and cook another 8 minutes. Serve hot. Remove lemongrass before serving. Makes 1 serving (1 protein)Phase 3 modifications: Add

straw mushrooms and fish paste. Add a little hot chili paste or chili oil.

French Onion Soup

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

Brown the onions in a little water and lemon juice. Add beef broth and spices and simmer for 20-30 minutes. Top with Melba toast croutons. Makes 1-2 servings (1 vegetable, 1 Melba toast)

Phase 3 modifications: Top with mozzarella or provolone cheese.

Meatball Soup

3.5 oz lean ground beef
1 serving Melba toast crumbs
Dash of onion powder
Dash of garlic powder
1/8 teaspoon oregano
1 teaspoon minced onion
1 clove garlic crushed and minced

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

Make meatballs by mixing ground beef, Melba crumbs, finely diced onion, garlic, powdered spices and chopped cilantro. Form into balls and drop into beef broth. Add spices, onion and garlic to the broth and bring to a boil. Reduce to a simmer and cook for a minimum of 30 minutes. Add your choice of celery or tomato to the broth in the last 10 minutes of cooking. Garnish with fresh chopped cilantro and oregano. Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)

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

Salads & Appetizers

Cucumber Salad

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

Mix ingredients together, marinate for 15 minutes or more and serve chilled.

Makes one serving (1 vegetable)

Cold Chicken Curry Salad

3.5 oz diced chicken
1 apple diced
Celery diced (optional)
¼ cup water
2 tablespoons lemon juice
1 tablespoon finely minced onion
1 clove of garlic crushed and minced
¼ teaspoon curry powder or to taste
Dash of garlic powder
Dash of onion powder

Dash of cayenne pepper
Dash of cinnamon
Dash of turmeric
Stevia to taste

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

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

Lobster Salad

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

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

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Stir in 1-2 tablespoons mayonnaise or sour cream.

You can also add any kind of fresh fruit like grapes, diced apple, or top with stevia caramelized pear slices. Add a small amount of chopped walnuts, almonds, or pine nuts for added crunch.

Spicy Crab Salad

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

Steam the crab and chop into medium chunks. Toss with onions, spices, and liquid ingredients. Marinate for 15 minutes or more and serve over mixed green salad or add diced celery.
Makes one serving (1 protein, 1 vegetable)

Shrimp Cocktail

3.5 oz raw shrimp (approximately 10-12 medium shrimp steamed)
Cocktail sauce
3 ounces tomato paste
2 tablespoons lemon juice
1 tablespoon apple cider vinegar
1 teaspoon hot sauce
1/8 teaspoon of horseradish or to taste
Dash of mustard powder
Stevia to taste
Salt and pepper to taste
Water as needed for desired consistency

Mix tomato paste, vinegar, horseradish, lemon juice and spices together and allow spices to marinate and dipping sauce to chill. Add additional water as needed to create desired consistency. Steam the shrimp until pink and well cooked. Chill shrimp for 30 minutes in the refrigerator and serve with cocktail dipping sauce. Makes 1 serving (1 protein, 1 vegetable)

Chilled Garlic Refrigerator Pickles

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

3 tablespoons lemon juice
Salt

Mix liquid ingredients together. Salt cucumber slices well. Pack cucumber slices tightly into a small glass canning jar layering garlic slices in between layers. Pour apple cider vinegar and lemon juice into container until liquid covers the slices. Refrigerate overnight. Pickles can be refrigerated for up to 4 days. Or marinate cucumber slices in salt, vinegar and garlic then use a pickle press or weighted plate to press out excess liquid. Makes 1-2 servings (1 vegetable)

Orange Cabbage Salad with Chicken

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

Marinate strips or chunks of chicken in apple cider vinegar, lemon juice and spices. Cook thoroughly

browning slightly. Prepare dressing with 3 tablespoons of orange juice, Bragg's, stevia, black pepper, salt and cayenne. You may add extra apple cider vinegar if desired. Shred cabbage into coleslaw consistency and toss lightly with dressing. Allow to marinate for at least 20 minutes or overnight. Top with chicken and orange slices. Makes one serving (1 vegetable, 1 protein, 1 fruit)

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

Cold Asparagus Salad

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

Lightly steam the asparagus until tender. Marinate in juices and spices for at least 30 minutes and enjoy. Makes one serving (1 vegetable)

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

Red Cabbage Salad

3 tablespoons Bragg's liquid aminos
3 tablespoons lemon juice

¼ teaspoon onion powder
¼ teaspoon garlic powder
1 clove finely minced garlic
1 tablespoon finely minced onion
Cayenne pepper to taste
Stevia to taste
Salt and black pepper to taste

Combine spices with liquid ingredients. Coat cabbage thoroughly with dressing and marinate for 1-2 hours or overnight to blend flavors. Makes 1-2 servings (1 vegetable)

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

Cucumber Orange Salad

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

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

with fresh mint leaves. Makes one serving (1 vegetable, 1 fruit)

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

Coleslaw/Apple slaw

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

Slice cabbage in very thin strips. Toss with lemon juice and spices. Allow to marinate for 30 minutes or overnight. Add apples and a 1/8 teaspoon of cinnamon to make an apple slaw. Makes 1-2 servings (1 vegetable coleslaw) (1 vegetable, 1 fruit apple slaw)

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

Citrus and Fennel Salad

½ grapefruit cut into medium chunks
or 1 orange in segments

Fennel bulb steamed
2 tablespoons lemon juice
Chopped mint or cilantro
Stevia to taste

Slice fennel bulb and cut citrus into chunks. Combine ingredients in a bowl. Mix well and chill. Makes 1 serving (1 vegetable, 1 fruit)

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

Spicy Thai Cucumber Salad

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

Chop up cucumber in julienne strips. Mix liquid ingredients with the garlic, onion, fresh herbs and chili flakes. Mix in cucumbers and coat thoroughly with spice mixture. Allow to marinate for 10 minutes or overnight. Makes 1-2 servings (1 vegetable)

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

Crunchy Sweet Apple Chicken Salad

1 apple diced
3 stalks celery diced
3 tablespoons lemon juice
1/8 teaspoon cinnamon
Dash of nutmeg
Dash of cardamom
Dash of salt
Stevia to taste
Wedge of lemon

Mix ingredients together, sprinkle with stevia and cinnamon. Chill for 20 minutes. Serve with a wedge of lemon. Makes 1 serving (1 protein, 1 vegetable, 1 fruit)

Phase 3 modifications: Add chopped walnuts or raw almonds. Mix in low sugar Greek yogurt or 1 tablespoon of mayonnaise for a creamier texture.

Curried Celery Salad

Celery stalks diced
2 tablespoons Bragg's liquid aminos
3 tablespoons lemon juice
1 tablespoon apple cider vinegar

1 tablespoon chopped green onions
Curry to taste
Stevia to taste

Add spices to liquid ingredients and mix thoroughly. Coat celery thoroughly and allow flavors to marinate for 20-30 minutes and serve. Makes 1 serving (1 vegetable)

Ceviche

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

Steam the shrimp or fish. Add lemon, onion, garlic and chopped cilantro. Stir in diced tomatoes and hot sauce. Chill and marinate the ingredients in the refrigerator. Traditionally ceviche is not cooked. The citric acids "cook" the fish. This is an alternative to cooking the shrimp or fish. Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Add diced jalapeno, add additional types of seafood. Serve over cream cheese for a vegetable dip.

Cold Fennel Salad

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

Steam fennel until bulb is tender, Marinate Fennel in vinegar and spices or any marinade and chill until ready to serve. Serve with appropriate fruit or lemon juice. Add salt and pepper to taste. Works well with chopped apple or slices of orange. (Only use the orange if you marinated with orange juice, remember not to mix fruits) Makes 1 serving (1 serving vegetable)

Cucumber and Strawberry Salad

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

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

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

Chinese Chicken Salad

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

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

Asparagus and Apple Salad

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

Marinate asparagus in vinaigrette for 10 minutes or so. Lightly sauté asparagus in lemon juice until just lightly cooked. Toss with finely chopped onion, apple, and spices. Add salt, pepper, and stevia to taste. Chill in refrigerator for 10 minutes and serve as a salad or hot as a side dish. Makes 1 serving (vegetable, 1 fruit)

Arugula Salad with Chicken and Fruit

3.5 oz of chicken
2 or more cups of arugula greens
Your choice of apple, orange, strawberry or grapefruit slices
Dressing made from your choice of compatible fruit
1 tablespoon chopped red onion
Salt and pepper to taste

Cook chicken with a little lemon juice and water until slightly browned. Prepare and wash arugula. Lay chicken slices on top of arugula salad and top with fruit and a dressing made from your fruit of choice. Makes 1 serving (1 protein, 1 vegetable, 1 fruit)

Horseradish Slaw

Finely chopped cabbage

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

Chop up cabbage finely. Discard any tough parts of the cabbage. In a small bowl combine the liquid ingredients, horseradish and spices. Toss dressing mixture with cabbage. Allow to marinate for at least an hour or overnight. Makes 1-2 servings (1 vegetable)

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

Melba Toast with Strawberry Jam

1 Melba toast
Strawberries
Stevia to taste

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

Makes 1 serving (1 Melba toast, 1 fruit)

Melba Toast Croutons

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

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

Sprinkle the Melba toast with lemon juice and spices and bake for 5 minutes in a 350 degree oven or dust dry with your choice of spices. Makes 1 serving (1 Melba toast)

Melba Toast with Spicy Cucumber

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

Salt and pepper to taste

Combine spices with apple cider vinegar. Marinate cucumber slices in spice mixture. Top Melba toast with cucumber and sprinkle with onion. Save additional cucumber for an additional snack. Variations: sprinkle the crumbs on top of a cucumber salad. Makes 1 serving (1 Melba toast, 1 vegetable)

Chicken Salad

3.5 oz of chicken

Celery

2 tablespoons Bragg's liquid aminos

1 tablespoon lemon juice

1 teaspoon apple cider vinegar

¼ teaspoon organic poultry seasoning

1 tablespoon minced onion

Salt and pepper to taste

Cook chicken in a little water or chicken broth. Finely chop all ingredients. Mix with spices and additional liquid ingredients. Makes 1 serving (1 protein, 1 vegetable)

Dressings

Strawberry Vinaigrette

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

Combine all ingredients in food processor. Puree until smooth. Pour over fresh arugula or green salad. Garnish with sliced strawberries and freshly ground black pepper. Makes 1 serving (1 fruit)

Savory Dill Dressing/Marinade

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

Combine ingredients, allow the flavors to marinate for 30 minutes or more and serve as a marinade for fish or a dressing for vegetables or salad.

For use as a marinade, double or triple the recipe as needed. Makes 1 serving

Orange Tarragon Marinade

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

Combine liquid ingredients with spices and cook on low heat for 3 minutes. Remove from heat and cool. Marinate chicken or fish for 20 minutes or more. Cook chicken or fish in remaining marinade. Deglaze the pan periodically with a little water. Save the sauce and add apple cider vinegar to make additional dressing for a salad. Serve over a mixed green salad or with other vegetable. Makes 1 serving (1 fruit)

Tarragon Vinegar

¼ cup apple cider vinegar
Fresh tarragon

Combine vinegar with fresh tarragon in a lidded jar. Crush or roll the tarragon slightly to release the flavor. Allow flavors to infuse into the

vinegar overnight or up to a week. Use as a marinade for fish or as the base for a dressing. Add salt and pepper to taste. Makes multiple servings

Citrus Ginger Dressing/Marinade

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

Combine spices with liquid ingredients. Enjoy over salad or double the recipe for use as a marinade. Warm slightly to enhance the flavors. Makes 1-2 serving (1 fruit) Serve with additional orange slices to complete a fruit serving.

Teriyaki Sauce

½ cup beef or chicken broth
¼ cup Bragg's liquid aminos
2 tablespoons apple cider vinegar
Orange juice (Juice from 3 segments)
¼ cup lemon juice
1 tablespoon finely minced onion
1 teaspoon garlic powder
1 teaspoon onion powder
½ teaspoon powdered ginger or grated fresh ginger

1 clove finely minced garlic
Lemon and/or orange zest to taste
Stevia to taste

Combine all ingredients in a small saucepan and bring to a boil. Reduce heat and simmer for 20 minutes or until liquid is reduced. The longer you simmer the richer the flavors. As the liquid reduces, deglaze the pan with a little water or broth to intensify the flavors. Enjoy as a glaze or sauce with chicken or beef. Makes 1-2 servings (1 fruit)

Horseradish Marinade/Dipping Sauce

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

Whisk the ingredients together and heat the sauce in a small saucepan. Pour into dipping bowl or use as a sauce or marinade and enjoy with beef dishes. Makes 1-2 servings

Ketchup

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

Dissolve spices in vinegar and lemon juice. Add tomato paste and mix thoroughly. Add additional lemon juice, vinegar or a little water until desired consistency is reached. Makes 2 or more servings (1 vegetable)

Marinara Sauce

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

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

desired consistency. Makes 2 or more servings (1 vegetable)

Tomato Picante Dressing

1 medium tomato chopped
1 8 ounce can tomato sauce
1 clove garlic crushed and chopped
1 teaspoon mustard powder
2 tablespoons lemon juice
½ teaspoon ground cumin
½ teaspoon chili powder
Pinch cayenne pepper
Salt and black pepper to taste
Apple cider vinegar to taste

Put tomato and garlic into food processor and puree. Add mustard, lemon juice, cumin, chili powder, cayenne, and salt and tomato sauce. Blend until smooth. Transfer to a jar and refrigerate. Stir before using. Makes 2-4 servings (1 vegetable)

Homemade Mustard

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

Stevia to taste

Mix ingredients together thoroughly, heat in a saucepan for 2-3 minutes. Pack warm mustard into a jar and top with lemon juice. Mustard will last up to two weeks in the refrigerator. Add water as needed for consistency. Makes 1-2 servings

Grapefruit Vinaigrette

Juice of 3 segments of grapefruit
1 tablespoon lemon juice
1 teaspoon apple cider vinegar (optional)
Stevia to taste

Combine juices and vinegar together. Add stevia to taste. Pour over mixed green salad and top with remaining grapefruit segments. Use as a marinade for fish, shrimp or chicken. Add salt and fresh ground pepper. Makes 1-2 servings (1 fruit)

Tomato Basil Vinaigrette

3 tablespoons tomato paste
3 tablespoons apple cider vinegar
2 tablespoons lemon juice
¼ cup water, chicken or vegetable broth
1 tablespoon minced onion
½ teaspoon garlic powder
½ teaspoon onion powder

1 teaspoon dried basil or fresh rolled and sliced basil leaves to taste
1/8 teaspoon oregano
Cayenne pepper to taste
Stevia to taste

Combine ingredients in a small saucepan and heat slightly to a boil. Adjust liquid to desired consistency by adding a little more water or broth. Remove from heat and chill. Enjoy over salad with fresh ground black pepper. Makes 2-3 servings (1 vegetable)

Italian Vinaigrette

½ cup chicken or vegetable broth
2 tablespoons 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

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

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

Hot Cajun Dressing/Dipping Sauce

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

Combine ingredients in small bowl and pour over salad. You can also serve this as a dipping sauce or marinade for vegetables or fish.
Makes 1-2 servings

Salsa

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

Puree ingredients in food processor for smooth salsa or chop ingredients

by hand for chunkier salsa. Add spices and chill in the refrigerator for 10 minutes or more to allow flavors to blend. Makes 1-2 serving (1 vegetable)

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

Barbeque Sauce

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

In a small saucepan, combine all ingredients. Mix well and bring to a

boil. Reduce heat and simmer for at least 5 minutes adding a little water to achieve desired consistency and to make sure it doesn't burn. Use as a barbeque sauce for chicken or beef. Makes 1-2 servings (1 vegetable)

Marinated Apple Relish

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

Mix apples and celery together. Dissolve spices into liquid ingredients and pour over the apple mixture. Mix well and allow ingredients to marinate for 30 minutes or longer to allow flavors to blend. Makes 1 serving (1 fruit, 1 vegetable)

Sweet Wasabi Dipping Sauce/Marinade

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

Mix wasabi into Bragg's and add lemon juice and stevia to taste. Makes 1 serving

Sweet Orange Dressing

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

Dissolve spices and stevia in juice mixture. Heat the dressing slightly in a saucepan then chill until ready to use. You may double the recipe for a marinade. Serve with remaining orange slices. Makes 1 serving (1 fruit)

French Dressing

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

Dissolve spices in broth, vinegar and lemon juice. Mix well and heat slightly in small saucepan. Chill and serve over mixed greens or vegetables. Makes 2 servings

Sweet and Spicy Mustard Dressing

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

Dissolve spices in liquid ingredients. Mix thoroughly and heat slightly in a saucepan. Add a little water or extra vinegar to create desired consistency. Makes 1-2 servings

Lemon Pepper Marinade

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

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

Spicy Orange Sauce

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

In a small saucepan add slightly juiced orange with rind and ½ lemon with rind to water. Bring to a boil, reduce heat and simmer adding water as needed. Simmer until the pulp comes out of the rinds. Scrape out the pulp and discard the rinds. Continue stirring and reducing down the liquid by half until desired consistency is reached. Add onion, stevia and spices. Add chicken, white fish or beef and sauté or pour spicy orange sauce over desired cooked protein. Serve with remaining orange slices for garnish. Makes 1-2 servings (1 fruit)

Tarragon and Garlic Marinade

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

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

Desserts

Strawberry Sorbet/Pops

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

Blend ingredients together until smooth. Pour into a dish or Popsicle molds and freeze until firm. Makes 1 serving (1 fruit)

Phase 3 modifications: Add half and half or cream and whipped egg whites. Mix in chopped nuts and freeze for an ice cream style dessert.

Orange or Lemon Pops

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

Mix stevia to taste into lemon or orange juice. Pour into Popsicle molds and freeze. Makes one serving (1 fruit)

Apple Chips

1 apple
Dash of cinnamon
Stevia to taste

Slice apples thinly, coat with stevia and cinnamon. Place in a dehydrator or bake at 325 until chewy and a little crispy. Makes 1 serving (1 fruit)

Apple Cookies

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

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

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

Iced and Spiced Orange Slices

1 orange sliced or segmented
2 tablespoons lemon juice

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

Mix powdered spices and stevia together. Dip orange slices in lemon juice and dredge with spice mixture. Freeze until firm. Variations: substitute strawberry or apple slices. Makes 1 serving (1 fruit)

Apple Slices with Cinnamon Sauce

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

In the microwave or small saucepan heat the liquid and spice ingredients together stirring constantly. Serve in a small dipping bowl and serve with chilled apple slices or other fruit. Makes 1 serving (1 fruit)

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

Fruit with Warm Vanilla Sauce

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

In a small saucepan or dipping bowl stir stevia and vanilla powder into lemon juice and vinegar. Heat the sauce on the stove or in the microwave. Pour into a dipping bowl. Dip fresh fruit into the warm sauce and enjoy. Makes 1 serving (1 fruit)

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

Caramel Apple Pie

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

Slice apple into very thin slices. Arrange in layers in a round 3 inch crème Brule dish. For each layer, sprinkle generously with cinnamon, nutmeg, and powdered and English toffee stevia. Continue layering with spices until dish is full. Sprinkle lemon juice, apple cider vinegar and water over the apple slices. Bake at 375 for approximately 20-25 minutes or until apples are cooked and top is slightly crispy. Drizzle with additional English toffee stevia if desired. Serve warm. Makes 1 serving (1 fruit)

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

Warm Spiced Oranges

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

Mix spices with lemon juice and stevia. Warm slightly in saucepan and add oranges. Cook for 2-3 minutes. Serve hot or chilled. Makes 1 serving (1 fruit)

Frozen Grapefruit Spears

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

Dip grapefruit chunks in lemon juice and coat with stevia and lemon zest. Freeze until firm and enjoy as an icy treat. Makes 1 serving (1 fruit)

Iced Cocoa Strawberries

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

Mix cocoa and stevia together. Slice strawberries and dip in cocoa mixture. Place on wax or parchment paper and freeze until firm. Variations: Use orange segments. Makes 1 serving (1 fruit)

Warm Strawberry Compote

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

In a small saucepan, combine ingredients and stir thoroughly. Sauté on medium heat until warm and bubbly and a sauce develops. Serve warm in a bowl. Garnish with mint. Makes 1 serving (1 fruit)

Phase 3 modifications: Omit the lemon juice and stir in 2 tablespoons cream cheese or heavy cream. Top with chopped roasted nuts.

Applesauce with Cinnamon

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

Peel and puree apple in a food processor. Add in cinnamon and stevia to taste. Serve chilled. Makes 1 serving (1 fruit)

Dark Chocolate Flavored Strawberry or Orange Slices

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

Arrange orange or strawberry slices in a bowl. Drizzle dark chocolate stevia over the slices and serve chilled. Garnish with mint if desired. Makes 1 serving (1 fruit)

Beverages

Strawberry Smoothie

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

Blend together and serve in a tall glass. Garnish with a strawberry, lemon slice or mint leaf garnish if desired. Makes 1 serving (1 fruit)

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

Iced Tea

Your choice of tea

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

Stevia to taste

6 ounces of hot water per serving

Brew your choice of tea in hot water. Brew the tea a little strong. Chill in the refrigerator and then serve over

ice or mix with 3 ounces of sparkling mineral water to make a soda. Add stevia to taste and garnish with mint leaves or lemon slices. Makes 1 serving

Lemonade

Juice of ½ lemon
Stevia to taste
8 ounces water (plain or sparkling mineral water)

Squeeze lemon juice into a glass. Add the rind of the lemon, stevia and ice. Makes 1 serving

Strawberry Lemonade

2 strawberries mashed or pureed
Juice of ½ lemon
Stevia to taste
8 ounces water (plain or sparkling mineral water)

Mix lemon juice and pureed strawberries in a glass. Pour over ice and sweeten with stevia. Makes 1 serving (1 fruit)

Sparkling Virgin Apple Martini/Caramel Apple Martini

1 apple juiced

6 ounces chilled sparkling mineral water
2 tablespoons lemon juice
Vanilla or English toffee liquid stevia
Apple slice for garnish
Crushed ice (optional)

Combine apple and lemon juices with flavored stevia. Add sparkling mineral water and ice if desired. Serve in a martini glass with a slice or curl of apple peel for garnish. Works great with tangy apples like granny smith or for a sweeter appletini you can use red delicious or other sweet apple. Variation: For a Caramel apple martini, add a little English toffee stevia instead of vanilla. Makes 1 serving (1 fruit)

Phase 3 modifications: Add 1 shot of vodka

Refreshing Grapefruit Virgin Martini

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

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

Phase 3 modifications: Add 1 shot of vodka

Bloody Hot Thin Mary

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

Add spices to fresh tomato juice. Stir well and serve over ice. Serve with freshly ground black pepper. Variations: add ¼ teaspoon horseradish. Makes 1 serving (1 vegetable)

Phase 3 modifications: Add 1 shot of vodka

Hot Apple Cider

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

Heat the juice with spices and a little water in a small saucepan. Serve hot with a cinnamon stick. Makes 1 serving (1 fruit)

Lemon or Strawberry Ice Cubes

4-6 strawberries or 1 lemon juiced
¼ cup water
Chopped mint (optional)
Stevia to taste (optional)

Puree strawberries with water and stevia or juice lemon and mix with water and mint. Pour fresh juice of lemons or pureed strawberries into ice cube trays and freeze. Add to cold drinks, recipes, and teas for added flavor. Makes 1 serving (1 fruit)

Mint Chocolate Coffee Smoothie

6 ounces strong brewed coffee chilled
Peppermint stevia
Dark or milk chocolate stevia
¼ teaspoon defatted powdered cocoa (Wondercocoa)
Ice cubes
1 tablespoon milk (optional)

Blend ingredients together until smooth. Serve with a mint leaf garnish. Makes 1 serving.

Phase 3 modifications: Add half and half or cream.

Virgin Sparkling Mojito

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

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

Phase 3 modifications: Add 1 shot of rum. Makes 1 serving

Apple Green Tea Sparkler

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

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

Chocolate Toffee Coffee Smoothie

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

Puree ingredients together. Add ice, stevia and milk. Makes 1 serving.

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

Sparkling Chocolate Mint Coffee Soda

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

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

Homemade Diet Soda

8 ounces sparkling mineral water
Flavored stevia to taste
Your choice of 3-5 tablespoons fresh orange, lemon, or apple juice(optional)

Add flavored stevia to sparkling mineral water to taste. The most commonly available options are orange, grape, vanilla, chocolate, and root beer. There are many flavors of stevia on the market. Shop at your local health food store or online to find additional flavors. Add fresh lemon or lime juices and slices to make a lemon lime flavor. Get creative. Try combining flavors like orange and vanilla to create a dreamsicle soda. Makes 1 serving