



SAMPLE RECIPES

DRESSINGS

Vinaigrette

¼ cup apple cider vinegar
1 dash of onion powder
2 packets of Stevia
½ cup water
¼ t. sea salt
2 dashes of celery salt
Pepper to taste
1 T. lemon juice
Combine all ingredients and mix well

Chipotle Vinaigrette

Same as above just add: 1/8 t. paprika, 1/8 t. nutmeg, 1/8 t. cinnamon, ¼ t. chipotle seasoning, dash of garlic and onion powder.

Italian Dressing

1 cup of water
1/2 cup apple cider vinegar
½ t. sea salt
½ t. Italian seasoning
1 t. onion powder
2 packets Stevia
Combine ingredients and mix well

SALADS

Cucumber Salad

2 t. fresh basil, chopped
2 cucumbers, peeled
2 t. apple cider vinegar
½ t. lemon juice
Sea Salt to taste
Pepper to taste
Combine ingredients together and chill for 2 hours before serving.

Curry Chicken Salad

100 grams (4 oz) Chicken breast (chopped) - Weigh meat raw before cooking.
1-2 cups Celery (chopped)
1 apple(diced)
2 t. lemon juice
1 minced garlic clove
Dash of cinnamon, turmeric, onion powder, garlic powder, and cayenne pepper

Directions:

1. Sautee chicken, water, and lemon juice, and garlic
2. Add spices and stir well - let simmer
3. Let cool, then add celery & apples
4. Mix well then enjoy!

Chicken Salad

Chicken Breast (chopped)
2 Melba toast
Vinaigrette dressing (above)
¼ cup chicken broth
1-2 cups Lettuce

Directions:

1. Weigh chicken breast to 100 grams (4 oz) before cooking, add salt and pepper to taste.
2. Bake grill or steam chicken as desired and add to other ingredients.
3. Mix together and serve.

Taco Salad

Lean ground beef, cooked
Melba toast
Vinaigrette dressing
Taco seasoning
Lettuce

Directions:

1. Weigh ground beef to 100 grams (4oz), add salt, pepper, and taco seasoning.
2. Mix remaining ingredients together and serve.

Crab Salad

Real Crab Meat - weigh crab meat to 100 grams (4oz) then steam
Garlic, sea salt, pepper, onion powder to taste
1 celery stick, diced
½ squeezed lemon

4 t. apple cider vinegar
½ t. dried onion

Add ingredients together and stir - serve cold

LUNCH & DINNER

Spicy Chicken Wraps

Lettuce
Ground or minced chicken
Taco seasoning

Directions:

1. Weigh chicken to 100 gram (4oz) raw
2. Brown chicken for 10 to 15 minutes and add seasoning.
3. Put chicken into lettuce wraps and serve.

Fresh Lemon Chicken and Noodles

Chicken breast 100 grams (4 oz)
Miracle Noodles (avail at grocers, health food stores, and online)
1 tomato (diced)
Juice of 1 whole lemon
Dash of garlic or onion powder
Pepper to taste
1/8 t. sea salt
1 t. water

Directions:

1. Combine tomato, lemon, spices, and water.
2. Add chicken. -Bake at 350 deg. for 25-30 min or until done.
3. Prepare Miracle Noodles (avail at grocers, health food stores, and online).
4. Add noodles and serve.

Curry Chicken

1 Chicken Breast (cooked and chopped) - 100g or 4 oz.
1 cup chicken broth
¼ t. onion powder
¼ t. garlic powder
½ t. curry powder
1 t. Stevia
¼ t. Konjac flour

Directions:

1. Prepare miracle noodles (avail at grocers, health food stores, and online)
2. In pan, mix 2 tablespoons of broth mixture and simmer chicken over low heat until done.
3. Salt and pepper lightly, then combine remaining chicken broth, and curry.
4. Add sweetener and Konjac flour, whisk until thickened.
5. Add Sea salt and pepper to taste
6. Add Garlic, and onion powder to taste
7. Add noodles and serve

Spaghetti & Chicken Meatballs

Lean ground Chicken

1 clove of garlic(minced)

2 melba Toasts

1 t. Italian seasoning

1/8 t. garlic powder

Miracle noodles (avail at grocers, health food stores, and online)

Directions:

1. Combine meat, Melba toast, and spices.
2. Make into small meatballs.
3. Cover with foil and bake at 350 for 30 min.
4. Mix with Miracle noodles.

Chicken Sausage

1 lb. chicken

¼ cup parsley

½ t. nutmeg

1 t. sea salt

1 t. pepper

¼ cup chicken broth

Melba toast(crushed) - 1 per piece of chicken

1 t. red pepper flakes

Directions:

1. In a large bowl, combine chicken, parsley, garlic, red pepper flakes, nutmeg, melba toast, sea salt, and pepper.
2. Make them into chicken patties.
3. Heat ¼ cup chicken broth in pan.
4. After the broth is hot add chicken patties.
5. Cook until brown on each side.

Orange Chicken

100 grams (4 oz) chicken (chopped)
1 orange (cut in quarters)
2/3 cloves minced garlic
½ tsp. basil
Half of lemon(juice)

Directions:

1. Sprinkle chicken with pepper and stir fry on medium for 10 min.
2. Add garlic and orange and cook for 1 more minute.
3. Add orange, ginger, lemon juice, and basil.
4. Cover and simmer for 20 to 30 minutes, then serve.

Fried Chicken Tenders

100 grams (4 oz) of cooked chicken
1 tbsp milk
Salt, pepper, paprika, ground red pepper, and garlic powder.

Directions:

1. Slice chicken breast into tenders, add seasonings, then mix with milk.
2. Crush melba toast into melba powder and coat chicken with milk mixture.
3. Coat with Melba powder and place chicken in a baking dish for 30 to 40 min. then serve.

Cajun chicken

100 grams of chicken
½ tsp Cajun seasoning

Directions:

1. Preheat oven to 350 deg,
2. Coat both sides of chicken with milk,
3. Sprinkle top with Cajun seasoning.
4. Bake uncovered 20 to 30 min. then serve

Garlic Shrimp

6-7 large Shrimp, raw
1 tsp garlic paste
½ cup broth
½ tsp parsley
1/8 tsp. dried thyme
1/8 tsp crushed red pepper
1 bay leaf

Directions:

1. Add 4 Tbs. broth to pan and cook shrimp over med heat until done and remove from pan
2. Add the remainder of the ½ cup broth, parsley, and thyme
3. Mix 1 tbsp of broth with red pepper, minced garlic, and bay leaf - Cook less than a minute, then add shrimp back and cook for 3 more minutes, then serve.

Shrimp and Asparagus Stir fry

6-7 large Shrimp, raw
1 clove of garlic, minced
1 tbsp fresh ginger
1-2 cups Asparagus

Directions:

1. Pre-heat pan then and add shrimp, garlic, and ginger.
2. Cook for 3-5 minutes, until done
3. Cut asparagus and add to shrimp.
4. Cook for 2 to 3 more minutes, then serve.

Mahi Mahi

100 grams (4oz) of Mahi Mahi weighed raw
Black pepper
Sliced tomato
Half lemon juice
Ginger
Minced garlic

Directions:

1. Place mahi mahi on top of large sheet and cover with garlic, ginger, and pepper.
2. Place tomatoes on top of seasoned fish.
3. Place tin foil on top and bake at 350 deg. for 10 to 20 min. then serve.

Chicken Marinara

100 grams of chicken
1 small tomato, diced
1-2 cloves of garlic
1 tsp oregano
1 tsp basil
1/2 tsp chili powder
A dash of garlic powder
A dash of pepper to taste

Directions:

1. Preheat oven to 350 degrees F.
2. Place 1/2 of the diced tomatoes in a casserole dish.
3. Sear chicken on both sides for 1 to 2 minutes per side with a dash of garlic powder, and salt and pepper in the pan as it cooks.
4. Place the seared chicken on top of the tomatoes in the casserole dish with the minced garlic. In a small bowl, toss the remaining diced tomatoes with the remaining seasonings.
5. Place the contents of the bowl on top of the chicken.
6. Cover the dish tightly with foil (or use the lid if you have one).
7. Cook for 45-60 minutes and serve warm.

Turkey and Tomato Soup

100 grams (4 oz) cooked ground turkey

2 cans stewed or crushed tomatoes (organic)

2 cloves of garlic (crushed)

2 tsp red wine vinegar

1 can water

1 Pinch of each of the following seasonings: parsley, cumin, basil, rosemary, red pepper flakes

Add Sea Salt to taste

Directions:

1. Put tomatoes, garlic, vinegar and water in a pot and add seasonings.
2. Cook for 5 minutes.
3. Add the cooked turkey and bring it to a boil.
4. Cook for 5-10 additional minutes and serve warm

NOTE: Stevia and Truvia- Natural Sweeteners

Stevia is an herb that has been used as a sweetener for hundreds of years. The leaves of this small plant have a delicious and refreshing taste.

Stevia will not raise your blood pressure, it may actually lower blood sugar levels.

Truvia a natural sweetener is made from Rebiana, the best tasting part of the Stevia leaf. Truvia is a zero-calorie sweetener.

Both Stevia and Truvia can be purchased at your local grocery store or health food store.