



NAET Recipe Book

15 Basics and Beyond



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You may not eat or touch

- Egg yolks
- Egg whites
- Chicken
- Tetracycline and all foods containing egg or chicken including: crackers
- Cookies
- Soups
- Breads
- Mayonnaise
- Salad dressings
- Cakes
- Pastries
- Pies
- Pancakes
- Food baked or fried in egg batter and thick sauces
- Birds
- Feather pillows
- Comforters
- Vitamins and protein drinks made with eggs
- Shampoo
- Conditioners and skin lotions with egg products



You may eat

- Brown or white rice
- Pasta made without eggs
- Vegetables
- Fruits
- Milk products
- Oil
- Beef
- Pork
- Fish
- Coffee
- Juice
- Soft drinks
- Water
- Tea

Notes

Egg mix includes egg yolk, egg white, chicken, tetracycline, and feathers. For egg alternative baking, in muffins, pancakes, etc., use $\frac{1}{4}$ cup mashed banana or applesauce per 1 egg, or use 1 tbsp ground flaxseed mixed in 3 tbsp water until thickened.

Meal Ideas

Breakfast

- Granola with yogurt and berries
- Oatmeal with berries and sweetened with maple syrup, if needed
- Bowl of whole grain cereal with milk, rice milk or almond milk
- Juice, milk, coffee or tea with cream and sugar



Lunch

- Tuna salad (no mayo) with olive oil and balsamic vinegar (use avocado as a binder for tuna)
- Roasted vegetables (peppers, onions, carrots, zucchini) in olive oil on rice or rice noodles with parmesan cheese sprinkled on top
- Hummus with raw vegetables, rice crackers
- Greek salad
- Peanut butter/almond butter and banana in a whole wheat or sprouted wheat wrap

Dinner

- Vegetable or beef stir-fry on rice or rice noodles with teriyaki sauce (see recipe)
- Beef or pork with potatoes and side seasonal vegetable
- Homemade lasagna with rice noodles and ground beef/bison
- Fish Tacos

Snacks

- Fruit
- Veggies with hummus
- Water
- Nuts
- Popcorn
- Rice crackers
- Corn chips and salsa
- Guacamole



Recipes

Teriyaki Beef Stir Fry

Ingredients

- 1 lb top round steak, cut into thin strips
- 2 bell peppers, cut into $\frac{3}{4}$ inch cubes
- 6 green onions, cut into 2 inch pieces
- 3 tbsp teriyaki sauce
- 1 tbsp oil
- 2 tsp cornstarch

Steps

1. Marinate steak in sauce for 30 minutes.
2. Stir fry bell peppers and onions in 1 tablespoon oil for 3 minutes. Remove. Stir fry beef, one half at a time, for 2 to 3 minutes. Return all ingredients to wok (or large pan) and cook until hot. Serves 4.



Fish Tacos

Ingredients

- 1 lb halibut or tilapia fillets
- ½ lemon, cut into slices
- 1 tbsp olive oil
- 1 small onion diced
- ½ cup zucchini, diced
- ½ lemon, juiced
- 1 tsp chili powder
- ½ tsp cumin
- 6 taco shells
- 1 avocado, sliced

Steps

1. In a large frying pan, place fish on lemon slices in just enough water to cover the fish.
2. Bring water to a simmer and cook until flaky. Remove from pan and cool. Crumble fish when cooled. Set aside.
3. In the frying pan, heat oil and add onion and sauté until translucent. Add zucchini, lemon juice, chili powder and cumin. Sauté for 4 mins. Add fish and mix well.
4. Serve fish mixture in taco shells and top with avocados.
5. Serve with sautéed baby spinach. 6 servings.



You may not eat or touch

- Milk or milk products
- Uncooked vegetables
- Dark, leafy vegetables
- Lettuce
- Cabbage
- Spinach
- Dandelion greens
- Brussel sprouts
- Broccoli
- Sesame seeds
- Oats
- Navy beans
- Soybeans
- Almonds
- Dried beans
- Walnuts
- Sardines
- Salmon
- Peanuts
- Sunflower seeds
- Calcium supplements
- Products that have been fortified with calcium



You may eat

- Cooked rice
- Pasta
- Cooked vegetables
- Cooked potatoes
- Corn
- Yams
- Cauliflower
- Sweet potato
- Red meat
- Coffee or tea without milk.

Notes

Drink calcium free water. Any food without calcium derivatives is okay. Calcium includes cal-citrate, cal-gluconate, cow's milk, goat's milk, milk-casein, milk-albumin, and lactic acid.

Meal Ideas

Breakfast

- Hashbrowns and eggs (scrambled with mushrooms, peppers, green onion)
- Toast (not calcium-enriched) with honey or strawberry jam
- Coffee or tea with sugar
- Millet hot cereal

Lunch

- Tuna Salad in a whole wheat pita
- Hamburger with grilled onion and tomato
- Whole wheat or rice pasta with tomato sauce and grilled chicken
- Greek pasta salad (no romaine lettuce)



Dinner

- Roast chicken with sweet potatoes and corn on the cob or cauliflower
- Roasted vegetables in olive oil on penne noodles
- Steak with sliced mushrooms on top with mashed potatoes (no milk) and grilled carrots and red and yellow bell peppers

Snacks

- Water (calcium-free),
- Sweet potato fries,
- Popcorn
- Guacamole with whole wheat pita bread
- Rice crackers
- Fruit

Recipes

Herb Roasted Sweet Potato Skins

Ingredients

- 4 medium sweet potatoes, halved lengthwise
- 2 tablespoons extra virgin olive oil, plus more for oiling
- 3 tablespoons chopped parsley
- ½ teaspoon dried oregano
- ½ teaspoon dried rosemary
- ½ teaspoon dried thyme
- ½ teaspoon dried sage
- Salt and pepper to taste



Steps

1. Preheat oven to 400°F. Pierce potatoes all over with a fork then arrange on a greased foil-lined baking sheet, cut sides down, and bake until tender but not mushy, about 30 minutes. Transfer to a plate and set aside until cool enough to handle; reserve foil-lined baking sheet.
2. Arrange a rack in the oven about 6 inches from the heating element and preheat broiler. Scoop about half of the potato flesh from the skins, leaving a 1/2-inch thick wall around the edges and bottom of each half. (Reserve scooped out flesh for another use.) Cut each sweet potato shell lengthwise into 1/2-inch strips then arrange on the same foil-lined baking sheet in a single layer.
3. In a small bowl, combine oil, parsley, oregano, rosemary, thyme, sage, salt and pepper then brush all over potato skins and broil until browned in parts and piping hot, 4 to 6 minutes total.
4. Bake the potatoes until they are just tender and still a tad firm so they don't turn to mush and fall apart. These potato skins are a great side dish to meat, tofu or salmon.

Millet Breakfast Cereal

Ingredients

- ½ cup millet
- 1 ½ cup water
- ½ cup coconut
- ½ tsp cinnamon
- ½ tsp cardamom
- Pinch of nutmeg
- Pinch of salt

Steps

1. Bring water to boil in a medium saucepan. Add all ingredients and reduce heat to low. Cover and simmer for 15 minutes or until cereal is tender.
2. Sweeten with a tbsp of maple syrup, honey or a tsp of stevia.



You may not eat or touch

- Fresh fruits
- Vegetables
- Leafy vegetables
- Citrus fruits
- Dry fruits
- Juices
- Sauces
- Soft drinks
- Milk
- Artificial sweeteners
- Vitamin C supplements

Notes

Vitamin C is found in acerola, ascorbic acid, oxalic acid, citrus mix, berry mix, fruit mix, melon mix, cucumber mix, vegetable mix, vinegar mix, chlorophyll, quecertin, hesparin, rutin, and bioflavonoid.

It is very important to read labels to ensure ascorbic acid has not been added as a preservative. Stay away from food that contains any vitamin C or its derivatives.

Quinoa is an ancient grain that you would cook the same way as rice and can be used as a rice alternative in meals. Whole grain mixture should not include buckwheat.



Meal Ideas

Breakfast

- Any grain cereal (corn, rice, whole wheat. Excluding anything with buckwheat)
- Whole wheat/grain toast with eggs
- Whole wheat pancakes with maple syrup

Lunch

- White pasta noodles with olive oil and 2 tbsp of parmesan cheese
- Rice noodles in a chicken broth
- Grilled or baked chicken/fish on brown rice/quinoa with olive oil
- Sandwich on whole wheat/grain bread with a nut butter (peanut, almond, sunflower seed)

Dinner

- White pasta noodles with olive oil drizzle, 2 tbsp parmesan cheese
- Rice noodles in a small amount of vegetable broth
- Grilled or baked chicken/fish on brown rice/quinoa with olive oil

Snacks

- Hot air popped popcorn with a small amount of butter and sea salt
- Rice crackers/cakes
- Granola bars without fruit
- Hard boiled egg
- Organic corn chips



You may not eat or touch

- Whole grain products
- Fruits
- Vegetables
- Meats
- Dairy products
- Anything with B vitamins.

Notes

B Complex includes B1, B2, B3, B4, B5, B6, B12, B13, B15, B17, paba, inositol, choline, biotin, and folic acid.

Meal Ideas

Breakfast

- Homemade cream of rice (recipe attached) with 2 tbsp of maple syrup to sweeten, dash of cinnamon
- White pasta noodles with olive oil and 2 tbsp of parmesan cheese

Lunch

- White pasta noodles with olive oil and 2 tbsp of parmesan cheese
- Rice noodles in a vegetable broth or chicken broth

Dinner

- White pasta noodles with olive oil/lemon drizzle, 2 tbsp parmesan cheese with cauliflower (cooked or raw)
- Deep fried (or well cooked) fish with french fries
- Rice noodles in a small amount of vegetable broth



Snacks

- Hot air popped popcorn with a small amount of butter and sea salt
- Cauliflower, cucumbers
- Rice crackers/cakes with honey
- Drink purified water (distilled water works well) and you can flavor it with lemon if you like

Recipes

Homemade Cream of Rice Cereal

Ingredients

- $\frac{1}{4}$ cup rice
- 1 $\frac{1}{2}$ cups water

Steps

1. Place 2 cups of uncooked white rice in a heavy skillet; on medium heat, toast until light toasted. Cool and place in a grinder/blender and chop for a fine powder. Store in a covered jar and use for cereal or to thicken soups and sauces.
2. Bring liquid to a boil in saucepan. Add rice powder, stirring constantly. Simmer for 10 minutes or until desired thickness. Add maple syrup, honey, cinnamon or cocoa powder for flavor.



You may not eat or touch

- Anything with any of the sugars listed in Notes
- Sauces
- Drinks with sugar
- Powdered spices in pre-packed containers
- Toothpaste
- Mouth-washing liquids

Notes

Sugar includes cane sugar, beet sugar, brown sugar, corn sugar, rice sugar, maple syrup, molasses, honey, fruit sugar, sucrose, glucose, dextrose, maltose, lactose, date sugar, and grape sugar.

Meal Ideas

Breakfast

- Eggs (any style), vegetable or ham omelet without cheese
- Black coffee, tea without milk & sugar- can use Stevia
- Oatmeal or millet sweetened with Stevia and cinnamon with nuts and/or seeds. Top with coconut oil or coconut butter.

Lunch

- Pasta with olive oil or sugar free tomato sauce
- Grilled chicken on white rice
- Baked salmon with grilled asparagus with olive oil and sea salt
- Fajita Salad (see recipe)
- Vegetable wraps



Dinner

- Chicken or other meats without sauce (unless sugar-free) with roasted onions, peppers, carrots, and zucchini in olive oil
- Pasta with roasted peppers in or with sugar-free pasta sauce (see recipe)
- Grilled pork cutlet topped with sautéed mushrooms and served with steamed broccoli and rice

Snacks

- Hot air popcorn with coconut oil/butter and salt
- Veggies without dip (may have hummus- make sure no added sugar)
- Water
- Rice crackers
- Hard boiled egg

Recipes

Fajita Salad

Ingredients

- 4 oz chicken breast
- 1 cup romaine lettuce
- ½ cup sliced red onion
- ¾ cup sliced red peppers sautéed in vegetable oil

Steps

1. Mix ingredients together in a bowl until combined. Enjoy!



Sugar-Free Pasta Sauce

Ingredients

- 1 lb. lean ground beef, chicken, or turkey
- 28 oz can crushed tomatoes
- 1 large onion
- 3 garlic cloves
- ½ tsp tarragon
- ½ tsp nutmeg
- ½ tsp oregano
- ½ tsp basil
- 1 tsp curry powder
- ¼ tsp pepper
- 1 tsp salt

Steps

1. Use a large saucepan, or a large, deep frying pan. Place pan on stove and turn up heat to medium.
2. If you are making the sauce with meat, place ground meat in pan and brown it, turning regularly. This takes about 10 - 20 minutes. Meanwhile, peel and chop onion and garlic.
3. When most of the meat is browned, add the chopped onion and garlic cloves. Cook on medium or medium-low heat until onion is transparent (about 15 minutes).
4. If you are using curry powder, add this and stir it around for a minute or two.
5. Add all the rest of the ingredients, and cover pan.
6. Cook on medium-low or low heat for about 20 - 40 minutes, stirring occasionally. This recipe makes about 4 servings.



You may not eat or touch

- Apricots
- Peaches
- Bananas
- Black molasses
- Dates
- Prunes
- Raisins
- Brewer's yeast
- Whole grain cereals
- Turnip
- Greens
- Broccoli
- Brussel sprouts
- Spinach
- Beet tops
- Alfalfa
- Beets
- Sunflower seeds
- Walnuts
- Sesame seeds
- Whole rye
- Dry beans
- Lentils
- Kelp
- Egg yolk
- Liver
- Beef
- Organ meats like kidney, heart, and liver
- Farina
- Raw clams



- Oysters
- Nuts
- Asparagus
- Coffee
- Chocolate
- Iron supplements

You may eat

- Pineapples
- Squash
- Pears
- Rice noodles
- Miso

Notes

Iron includes ferrous sulfate, ferrous gluconate, beef, pork, lamb, and gelatin.

Meal Ideas

Breakfast

- Orange Juice, scrambled egg whites, white bread/sourdough toast (or rice bread)
- Breakfast potatoes, hashbrowns
- Homemade cream of rice cereal (see B complex menu)

Lunch

- Chicken sandwich on sourdough/white bread with iceberg lettuce and mayonnaise, avocado
- Grilled or broiled fish, white rice with soy sauce
- White pasta noodles with olive oil/lemon drizzle, 2 tbsp parmesan cheese



Dinner

- Chicken, white rice with small amount of soy sauce, baked/mashed potatoes, cauliflower
- Fish, iceberg lettuce salad with cucumbers with olive oil/lemon drizzle, potatoes

Snacks

- Apples
- Berries
- Water
- Celery
- Cucumber
- Popcorn
- Rice crackers



You may not eat or touch

- Yellow fruits
- Yellow vegetables
- Green fruits
- Green vegetables
- Green peppers
- Fish or fish products
- Milk products
- Corn products
- Eggs

Notes

Vitamin A is found in fish, shellfish mix, and beta carotene.

Quinoa is an ancient grain that can be substituted in place of rice. It is a great vegetable protein source.

Meal Ideas

Breakfast

- Coffee with sugar, tea with sugar
- Granola with berries and maple syrup, rice or almond milk
- Oatmeal
- Toast with peanut butter and strawberry jam

Lunch

- Pasta with cauliflower and olive oil
- Quinoa salad with olive oil/lemon juice, chopped cauliflower
- Grilled chicken wrap with avocados, rice(white or brown)
- Peanut butter/almond butter wrap



Dinner

- Chicken with steamed rice
- Steak with mashed potatoes and cauliflower
- Ground beef or ground chicken chili with beans

Snacks

- Red apples
- Berries
- Strawberries
- Water
- Hummus with pita bread
- Rice crackers with peanut butter.



You may not eat or touch

- Metals
- Tap water
- Mineral water
- Root vegetables such as onion
- Potato
- Carrots
- Turnips

Notes

Minerals include trace minerals like antimony, barium, boron, beryllium, bromide, caesium, chlorine, chromium, cobalt, copper, europium, fluorine, gallium, germanium, gold, iodine, lithium, manganese, molybdenum, nickel, palladium, rubidium, samarium, scandium, silver, magnesium, phosphorus, potassium, selenium, sulfur, vanadium, and mercury.

Wear gloves while touching metal surfaces, metal buttons on clothes, shoes, handbags. Wedding rings or religious rings can be covered with masking tape. Use plastic utensils to cook and eat. Use a pair of gloves during 25 hour period to avoid touching metals.

Meal Ideas

Breakfast

- Soft-boiled eggs over buttered toast, broken into pieces
- Breakfast cereal, granola with milk or yogurt and berries or raisins
- Breakfast sandwich
- Protein smoothie (see recipe)
- Milk, Juice, Coffee, Tea- made with distilled water

Lunch

- Chicken or tuna sandwiches or wraps without carrots or onion
- Fruit salad
- Garden salad
- Peanut butter and honey sandwiches



Dinner

- Any meats with non-root veggies and rice on the side with soy sauce
- Chicken Cacciatore (see recipe) with side of steamed broccoli or asparagus, pasta

Snacks

- Popcorn
- Fruit
- Non-root veggies with dip
- Distilled water
- Nuts
- Cheese
- Rice crackers

Recipes

Banana Split Protein Smoothie

Ingredients

- 1 cup nut milk
- 1 ½ cups frozen banana slices
- ½ cups pineapple chunks
- 5 frozen strawberries
- 1 ½ to 2 tablespoons sweetened cocoa powder (to taste)
- 2 scoops protein powder

Steps

1. Combine ingredients together in blender or food processor. Serve in a glass and enjoy!



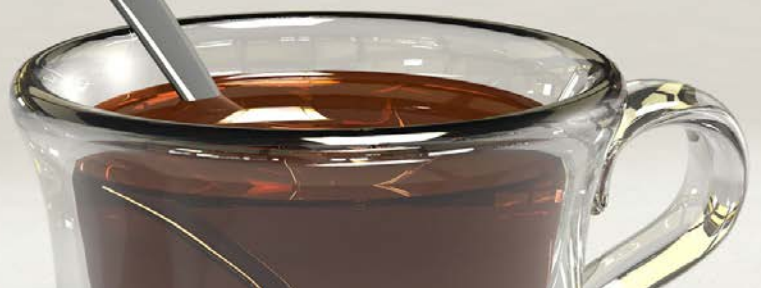
Chicken Cacciatore

Ingredients

- 3 tablespoons olive oil
- 4 chicken breasts or a whole chicken cut up
- 1 medium onion, sliced (leave out)
- 3 garlic cloves, minced (leave out)
- ½ pound of mushrooms, sliced
- 1 large green pepper, cut into 1-inch pieces
- 1 can (16 ounces) tomatoes
- 1 can (8 ounces) tomato paste
- 1 teaspoon dried oregano
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper

Steps

1. In a large frying pan, heat oil over medium heat. Add chicken and brown on all sides, about 10 minutes. Remove and drain on paper towels.
2. Add onion, garlic, mushrooms, and green pepper to pan and sauté until onion and pepper are softened, about 5 minutes. Add remaining ingredients. Stir well.
3. Return chicken to pan. Bring to a boil; reduce heat. Cover and simmer 30 minutes, until chicken is tender.



You may not eat or touch

- Kelp
- Celery
- Romaine lettuce
- Watermelon
- Sea food
- Processed food with salt
- Fast food
- Table salt
- Fish
- Shellfish
- Carrots
- Beets
- Artichoke
- Dried beef
- Brains
- Kidney
- Cured meat
- Bacon
- Ham
- Coffee
- Watercress
- Seaweed
- Oats
- Avocado
- Swiss chard
- Tomatoes
- Cabbage
- Cucumber
- Asparagus
- Pineapple



- Tap water
- Prepared canned or frozen foods

Notes

Salt includes sea salt, table salt, rock salt, sodium, and chloride.

Meal Ideas

Breakfast

- Eggs with toast
- Whole wheat cereal with rice milk
- Millet cereal (see recipe, can be made the night before)
- Tea with sugar

Lunch

- Quinoa salad topped with grilled chicken breast, peppers
- Spinach strawberry salad with salt-free salad dressing (see recipe)
- Grilled chicken wrap
- Almond butter and banana wrap

Dinner

- Grilled marinated chicken (see recipe) with fresh broccoli and steamed rice
- Beef topped with sliced fresh mushrooms, fresh green beans with unsalted butter, and baked potato

Snacks

- Homemade fries with salt-free seasoning (see recipe),
- Distilled water,
- Air-popped popcorn with salt-free seasoning,
- Unsalted nuts & seeds,
- Any fresh fruit except pineapple



Recipes

Salt-Free Salad Dressing

Ingredients

- $\frac{2}{3}$ cups oil
- $\frac{1}{3}$ cups vinegar
- $\frac{1}{4}$ tsp pepper
- $\frac{1}{2}$ tsp paprika
- 1 tbsp lemon juice
- $\frac{1}{4}$ tsp dry mustard
- 1 tsp finely chopped onion

Steps

1. Shake all ingredients together before serving on fresh greens.

Salt-Free Chicken Marinade

Ingredients

- Lime juice
- Minced garlic
- Chopped cilantro
- Chili powder
- Chicken breasts

Steps

1. Mix lime juice, minced garlic, chopped cilantro, and chili powder into a paste.
2. Rub it all over the chicken, and put it into a plastic bag.
3. Refrigerate it for 1 to 2 hours. It can be wiped off and broiled, baked, or grilled.



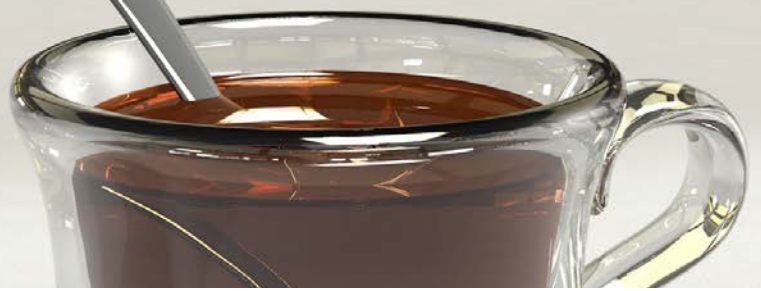
Salt-Free Seasoning

Ingredients

- 1 Tbsp garlic powder
- 2 tsp dried thyme leaves
- 2 tsp onion powder
- 2 tsp paprika
- 1 ½ tsp ground white pepper
- 1 Tbsp dry mustard powder
- 2 tsp dried finely chopped lemon peel
- 1 tsp pepper

Steps

1. Mix all the ingredients together in a small mixing bowl, stirring until thoroughly combined.
2. Store in a dark, cool place in a tightly sealed container. Use on meats, poultry and fish, or at the table for a salt-free seasoning.



Millet Breakfast Cereal

Ingredients

- $\frac{2}{3}$ cup uncooked millet
- 2 cups water
- 1 $\frac{1}{2}$ cups orange juice
- 4 large dates, pitted and chopped
- 1 cinnamon stick
- $\frac{1}{2}$ teaspoon green cardamom pods
- Pinch of salt
- 1 cup canned Mandarin oranges, drained

Steps

1. Toast millet in a large skillet over medium heat, stirring constantly, until fragrant and just golden brown, 3 to 4 minutes.
2. Transfer to a large bowl, cover with cold water and rub millet grains with your hands for about 5 seconds.
3. Transfer to a strainer, rinse for 1 minute then drain millet well.
4. Put drained millet into a small pot. Add water, orange juice, dates, cinnamon, cardamom and salt and bring to boil over medium high heat
5. Reduce heat to medium low, cover and simmer, stirring occasionally, until liquid is absorbed and millet is tender, about 40 minutes.
6. Remove and discard cinnamon and cardamom, then stir in mandarin oranges. Spoon into bowls and serve.



You may not eat or touch

- Grains
- Wheat
- Corn
- Rice
- Oats
- Rye
- Millet
- Barley

Meal Ideas

Breakfast

- Ham and cheese omelet with peppers, tomatoes, mushrooms
- Fruit topped with vanilla or strawberry yogurt
- Milk, tea, coffee, water

Lunch

- Salads
- Fajita Salad (see recipe)
- Romaine lettuce wraps with chicken, veggies, and cheese or yogurt

Dinner

- Chicken, beef or veggie stir-fry without rice or noodles
- Beef/chicken/pork/fish with potatoes and veggies

Snacks

- Fruit
- Raw veggies and dip
- Water
- Earth bowl (see recipe)
- French fries



Recipes

Fajita Salad

- 4 oz chicken breast
- 1 cup romaine lettuce
- ½ cup sliced red onion
- ¾ cup sliced red peppers sautéed in olive oil
- ¼ cup chopped grape tomatoes
- ¼ cup salsa with juice of 1 lime

Steps

1. Combine all ingredients in a bowl. Enjoy!

Earth Bowl

Ingredients

- 1 apple, peeled and chopped
- 2 celery stalks, diced
- Small handful of berries
- 6 walnuts, broken up
- 1 tbsp hemp or pumpkin seeds
- Juice of an orange (optional)

Steps

1. Combine all ingredients in a bowl. Enjoy!



You may not eat or touch

- Brewer's yeast
- Baker's yeast
- Any foods containing these items including baked goods
- Sugars
- Fruits
- Grains
- Soy sauce
- Alcoholic beverages

Notes

Yeast mix includes baker's yeast, brewer's yeast, torula yeast, and candida albicans.

Meal Ideas

Breakfast

- Eggs, ham and vegetable omelet
- Bacon and eggs
- Millet breakfast sweetened with stevia
- Herbal tea with Stevia (non-sugar sweetener)

Lunch

- Tuna or grilled chicken on salad greens with olive oil and lemon juice
- Chicken strips (not breaded, no dip)
- Quinoa, tomato and cucumber salad with olive oil and lemon juice and goat feta cheese
- Almond butter and celery sticks
- Vegetable soup with lentils



Dinner

- Grilled chicken and roasted veggies in oil, tossed in rice pasta, sprinkled with parmesan cheese
- Grilled fish seasoned with parsley flakes, onion powder, sage, and paprika, with green beans and baked potato
- Homemade Shepherd's pie
- Homemade Chili

Snacks

- Raw veggies
- Raw pecans
- Walnuts
- Almonds
- Pumpkin seeds
- Water
- Hard-boiled egg
- Hummus
- Plain Greek yogurt
- Rice crackers and tuna
- Other foods to include are beans and lentils



You may not eat or touch

- Sugars
- Starches
- Grains
- Meats
- Other acid forming foods
- Coffee

Meal Ideas

Breakfast

- Eggs
- Veggie cheese omelet
- Summit Scramble (see recipe)
- Tea

Lunch

- Guacamole- Raw burrito (see recipe)
- Refried beans and vegetable lettuce wrap
- Vegetable salad with shredded cheese, olive oil and lemon juice or apple cider vinegar

Dinner

- Spaghetti Squash Pasta (see recipe)
- Sautéed vegetables (see recipe)

Snacks

- Kale chips (see recipe)
- Guacamole
- Raw veggies in ranch dip
- Almonds



Recipes

Summit Scramble

Ingredients

- 1 tbsp clarified butter or coconut oil
- ¼ cup onion, diced
- ¼ cup zucchini, diced
- ½ tsp each: cumin, sea salt
- 8 large eggs
- ½ cup nut milk
- 1 tbsp clarified butter, or coconut oil
- Avocado slices

Steps

1. In a skillet, melt 1 tbsp butter over medium heat, add vegetables and sauté until tender. Transfer to a bowl and set aside.
2. In a bowl, whisk eggs and milk until fluffy. In skillet add butter and melt. Add egg mixture and stir to scramble. When eggs are almost cooked, add vegetable mixture and stir through. Serve with slices of avocado.

Kale Chips

Ingredients

- Kale
- Olive oil
- Sea salt

Steps

1. Wash and chop kale into pieces.
2. Toss in olive oil and sea salt.
3. Bake @ 425 until crispy and slightly browned, approximately 15 mins.



Spaghetti Squash Pasta

Steps

1. Cut squash into thin strands.
2. Bake squash at 350 F until tender (30-45 mins), until strands separate easily. Scoop out flesh and serve topped with any kind of pasta sauce or a light toss in olive oil.

Guacamole

Ingredients

- 3 ripe mashed avocados
- 2 garlic cloves, crushed
- 4 tbsp lemon juice
- 1 tsp sea salt
- 2 tbsp green onion, chopped OR sweet onion, chopped

Steps

1. For a chunkier version add finely chopped peppers, broccoli or tomato
2. Mash avocado with garlic, lemon juice, salt. Add onion and other vegetables, if using. Stir to combine and serve.
3. Use guacamole for a 'raw burrito': spoon guacamole into individual romaine lettuce leaves and add other vegetables and roll lengthwise.



Sautéed Vegetables

Ingredients

- 1 tbsp olive oil
- ½ cucumber sliced
- ½ cup chopped mushrooms (white)
- 1 cup chopped cauliflower
- 2 tbsp water
- Squeeze of lemon
- Salt and pepper to taste
- Dash oregano

Steps

1. In a large sauté pan over medium-high heat, add the olive oil and heat.
2. Add the all of the vegetables and cook until just starting to wilt, about 2 minutes.
3. Add the oregano, salt, pepper, water and lemon and stir well and cook just until vegetables are wilted, about 3 minutes. Remove from heat and serve.



You may not eat or touch

- Raw and cooked vegetables
- Beans
- Eggs
- Milk

Notes

Base is digestive juices and enzymes from intestinal tracts.

Meal Ideas

Breakfast

- Cereal with almond milk and sliced banana or berries
- Toast with almond butter and honey or jam
- Protein smoothie with almond milk (see recipe)
- Juice, coffee or tea with sugar

Lunch

- Chicken salad with rice crackers
- Fruit salad
- Chicken soup with rice noodles

Dinner

- Teriyaki stir fried chicken or beef on rice noodles
- Sloppy Joes with side of fruit
- Fish on rice bed with squeeze of lemon and spices



Snacks

- Fruit
- Rice crackers
- Nuts & seeds
- Trail mix
- Popcorn
- Water

Recipes

Banana Split Protein Smoothie

Ingredients

- 1 cup nut milk
- 1 ½ cups frozen banana slices
- ½ cups pineapple chunks
- 5 frozen strawberries
- 1 ½ to 2 tablespoons sweetened cocoa powder (to taste)
- 2 scoops protein powder

Steps

1. Blend all ingredients together in blender or food processor. Pour into a glass and enjoy!



You may not eat or touch

- Red meats
- Products with hormones
- Estrogen
- Progesterone
- Testosterone
- Avoid stimulating your hormones
- Avoid treating during menstrual cycle

You may eat

- Meat from an animal that has never received any hormones

Meal Ideas

Breakfast

- Protein Smoothie (see recipe)
- Granola or dry cereal(no oats) with berries and honey
- Toast with almond butter and jam
- Juice, water, tea, coffee (sugar only)

Lunch Ideas

- Sautéed Vegetables (see recipe)
- A.L.T with mustard (Avocado, tomato, and lettuce sandwich)- can substitute other veggies on sprouted grain bread or wrap
- Earth Bowl (see recipe)
- Fruit salad

Dinner

- Roasted vegetables in olive oil on penne noodles
- Vegetable stir-fry on noodles or rice
- Vegetarian Chili



Snacks

- Fruits and berries
- Nuts& seeds
- Rice cakes
- Raw veggies
- Popcorn with salt
- Guacamole or salsa with corn chips

Recipes

Banana Split Protein Smoothie

Ingredients

- 1 cup nut milk
- 1 ½ cups frozen banana slices
- ½ cups pineapple chunks
- 5 frozen strawberries
- 1 ½ to 2 tablespoons sweetened cocoa powder (to taste)
- 2 scoops protein powder

Steps

1. Combine ingredients in blender or food processor. Serve in a glass. Enjoy!



Sautéed Vegetables

Ingredients

- 1 tbsp olive oil
- ½ cucumber sliced
- ½ cup chopped mushrooms (white)
- 1 cup chopped cauliflower
- 2 tbsp water
- Squeeze of lemon
- Salt and pepper to taste
- Dash oregano

Steps

1. In a large sauté pan over medium-high heat, add the olive oil and heat.
2. Add the all of the vegetables and cook until just starting to wilt, about 2 minutes.
3. Add the oregano, salt, pepper, water and lemon and stir well. Cook just until vegetables are wilted, about 3 minutes. Remove from heat and serve.

Earth Bowl

Ingredients

- 1 apple, peeled and chopped
- 2 celery stalks, diced
- Small handful of berries
- 6 walnuts, broken up
- 1tbsp hemp or pumpkin seeds
- Juice of an orange (optional)

Steps

1. Combine ingredients together. Enjoy!



You may not eat or touch

- Fresh fruit
- Vegetables
- Leafy vegetables
- Citrus fruit
- Dry fruit
- Juices
- Soft drinks
- Milk
- Artificial sweetener
- Vitamin C supplements

You may eat

- Cooked white or brown rice
- Pasta without sauce
- Boiled/poached eggs
- Baked or broiled chicken
- Fish
- Red meat
- Brown toast
- Deep fried food
- French fries
- Salt
- Oil
- Coffee and water

Notes

Do not eat Acerola berries or Vitamin C made from Acerola berries.



Meal Ideas

Breakfast

- Coffee or tea
- Oatmeal
- Boiled eggs and sourdough toast

Lunch

- Pasta with melted cheese
- Grilled chicken with avocados, and rice
- Sandwich on whole wheat or sourdough bread with nut butter

Dinner

- Chicken with steamed rice
- Chicken chili (see recipe)

Snacks

- Rice crackers and almond butter
- Popcorn
- Organic corn chips
- Avocado popsicles (see recipe)



Recipes

Chicken Chili

Ingredients

- 1 Tbsp olive oil
- 2 Garlic cloves, minced
- 1 ½ tsp Cumin
- 1 tbsp Chili Powder
- ½ tsp Sea Salt
- 3 cups Organic Chicken Broth
- 3 cups Navy Beans canned
- 1 lb Chicken Thighs (boneless, skinless)

Steps

1. Heat oil in a large pot with a lid over medium-high heat. Add garlic and chicken, cumin, chili powder and salt and cook for another minute until fragrant. Cover and make the stock.
2. Add a third of the stock and half of the beans to a food processor or blender and blend to puree the beans. Add the remaining stock and pureed beans to the pot and stir to combine.
3. Cook at a gentle boil covered for 20 minutes or until the chicken is cooked though.
4. Remove the cooked chicken thighs from the pot and carefully shred the chicken with two forks. Stir to combine and season with additional salt if needed. Allow soup to cook for an additional 5 to 10 minutes.



Avocado Popsicles

Ingredients

- 2 avocados
- ¼ cup of honey
- 1 cup unsweetened almond milk

Steps

1. Blend all ingredients in a food processor or blender until smooth.
2. Pour into 3 ounce cups and insert popsicle sticks in the middle.
3. Place in freezer for 4 hours or until completely frozen.



You may not eat or touch

- Any food that contains proteins
- Protein products that are used for external application

You may eat

- Lettuce
- Water

Notes

Essential and non-essential amino acids include alanine, arginine, aspartic acid, carnitine, citrulline, cysteine, glutathione, glutamic acid, glycine, histidine, ornithine, proline, serine, taurine, tyrosine, lysine, methionine, leucine, threonine, valine, tryptophan, isoleucine, and phenylalanine.

Recommendation is to fast during the 25 hours, and eat a large meal prior to coming for treatment.

Meal Ideas

- Lettuce with lemon juice, salt and pepper – rolled as a wrap
- Drink purified water (distilled water works well)



You may not eat or touch

- Butter
- Lard
- Meats
- Fish and fish oils
- Skin lotions with lanolin or animal fat
- Food fried in animal fat
- Refried beans
- Chili beans
- Corn chips fried in lard

Notes

Animal fat includes butter, lard, chicken fat, beef fat, lamb fat, and fish oil.

Meal Ideas

Breakfast

- Protein Smoothie (see recipe)
- Granola or dry cereal (no oats) with berries and honey
- Toast with jam
- Juice, water, tea, coffee (sugar only)

Lunch

- Sautéed Vegetables (see recipe)
- A.L.T with mustard (Avocado, tomato, and lettuce sandwich)- can substitute other veggies on sprouted grain bread or wrap
- Earth Bowl (see recipe)
- Fruit salad



Dinner

- Roasted vegetables in olive oil on penne noodles
- Vegetable stir-fry on noodles or rice
- Creamy Sunflower noodles

Snacks

- Fruits,berries
- Rice cakes
- Raw veggies
- Popcorn with salt
- Guacamole or salsa with rice chips

Recipes

Banana Split Protein Smoothie

Ingredients

- 1 cup coconut milk
- 1 ½ cups frozen banana slices
- ½ cups pineapple chunks
- 5 frozen strawberries
- 1 ½ to 2 tablespoons sweetened cocoa powder (to taste)
- 2 scoops protein powder

Steps

1. Blend all ingredients together in blender or food processor. Enjoy!



Sautéed Vegetables

Ingredients

- 1 tbsp olive oil
- ½ cucumber sliced
- ½ cup chopped mushrooms (white)
- 1 cup chopped cauliflower
- 2 tbsp water
- Squeeze of lemon
- Salt and pepper to taste
- Dash oregano

Steps

1. In a large sauté pan over medium-high heat, add the olive oil and heat.
2. Add all of the vegetables and cook until just starting to wilt, about 2 minutes.
3. Add the oregano, salt, pepper, water and lemon and stir well and cook just until vegetables are wilted, about 3 minutes. Remove from heat and serve.

Earth Bowl

Ingredients

- 1 apple, peeled and chopped
- 2 celery stalks, diced
- Small handful of berries
- 6 walnuts, broken up
- 1 tbsp hemp or pumpkin seeds
- Juice of an orange (optional)

Steps

1. Combine ingredients together. Enjoy!



Creamy Sunflower Noodles

Ingredients

- 4 cloves minced garlic
- 1 cup filtered water
- 4 tbsp tamari or Bragg's
- 2 cups chopped bok choy
- 1 cup chopped Swiss chard
- 1 cup chopped kale
- 4 cups cooked brown rice pasta
- 6 tbsp creamy sunflower dressing (refer below)
- 1 cup sunflower sprouts
- 1 tbsp sunflower seeds
- 1 tbsp sesame seeds

Steps

1. Put garlic, water, tamari (or Bragg's), bok choy, Swiss chard and kale into a wok or skillet over high heat and cook for 2 minutes until greens are tender.
2. Add brown rice noodles and cook for 2 minutes until heated through and most of the cooking liquid has evaporated.
3. Divide cooked noodles and vegetables between 2 large bowls and drizzle with creamy sunflower dressing. Garnish with sunflower sprouts, sunflower seeds, and sesame seeds. Serves 2.



You may not eat or touch

- All fresh fruits
- Vegetables
- Vitamin C supplements

You may eat

- Cooked white or brown rice
- Pasta without sauce
- Boiled or poached eggs
- Baked or broiled chicken
- Fish
- Red meat
- Brown toast
- Deep fried food
- French fries
- Salt
- Oil
- Any food that does not have Vitamin C or its derivatives

Notes

It is very important to read labels to ensure ascorbic acid has not been added as a preservative. Stay away from food that contains any Vitamin C or its derivatives. Whole grain mixture should not include buckwheat.



Meal Ideas

Breakfast

- Any grain cereal (corn, rice, whole wheat. Excluding anything with buckwheat)
- Whole wheat/grain toast with eggs
- Whole wheat pancakes with maple syrup (see recipe)

Lunch

- White pasta noodles with olive oil and 2 tbsp of parmesan cheese
- Rice noodles in bone broth
- Sandwich on whole wheat/grain bread with a nut butter (peanut, almond, sunflower seed)

Dinner

- Roasted chicken with brown rice/quinoa (see recipe)
- Fish and Chips
- Penne with olive oil and parmesan cheese

Snacks

- Hot air popped popcorn with a small amount of butter and sea salt
- Rice crackers/cakes
- Granola bars without fruit
- Hardboiled egg
- Organic corn chips



Recipes

Whole Wheat Pancakes

Ingredients

- 1 ½ cups whole wheat flour
- 3 ½ tsp baking powder
- 1 tsp salt
- 1 tbsp sugar
- 1 ¼ cup milk (can use almond milk as alternative)
- 1 egg
- 3 tbsp butter melted

Steps

1. In a bowl mix flour, baking powder, salt and sugar. Make a well and pour milk, egg and melted butter until smooth.
2. Heat a frying pan over medium heat. Pour a scoop of the batter on the grill approx. ¼ cup brown on each side and enjoy.



Roasted Chicken

Ingredients

- 4 lbs Whole Roasting Chicken
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Sea Salt
- ½ tsp Black Pepper
- 1 tbsp Poultry Seasoning
- 2 tsp Paprika

Steps

1. Preheat oven to 350°F (177°C).
2. Place chicken in a roasting pan, rub with oil, and season generously inside and out with salt, pepper, poultry seasoning, and paprika.
3. Bake uncovered for 1.5 to 2 hours, or until the internal temperature of the chicken reaches 180°F (83°C).
4. Remove from oven and let sit for 15 minutes before slicing and serving.
5. Can use the carcass of chicken to make homemade bone broth. Place in slow cooker for 24 hours on low, fill with water so carcass is covered. Sieve the bones out of the broth.



You may not eat or touch

- Yellow and green vegetables and fruit

You may eat

- Any other foods from the above listed

Meal Ideas

Breakfast

- Coffee or tea
- Granola with berries and maple syrup, rice or almond milk
- Chia budding with berries
- Toast with peanut butter and strawberry jam

Lunch

- Pasta with cauliflower and olive oil
- Quinoa salad with olive oil/lemon juice, chopped cauliflower
- Grilled chicken wrap with avocados, rice (white or brown)
- Peanut butter/almond butter wrap

Dinner

- Chicken with steamed rice or quinoa
- Steak with mashed potatoes and cauliflower
- Ground beef or ground chicken chili with beans

Snacks

- Red apples
- Berries
- Strawberries
- Water
- Hummus with pita bread
- Rice crackers with peanut butter



Recipes

Chia pudding

Ingredients

- 3 tbsp Chia Seeds
- $\frac{3}{4}$ cup Unsweetened Almond Milk
- $\frac{1}{2}$ cup berries

Steps

1. Heat chia seeds and almond milk over medium heat, stir until thickened (~6 mins.)
2. Add berries and enjoy.

Ground Beef/ Ground Chicken Chili

Ingredients

- 1 onion, finely chopped
- 2 tablespoons (30 ml) oil
- 2 lbs (1 kg) ground beef/chicken
- 2 cloves garlic, finely chopped
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 can 28 oz diced tomatoes
- 2 cans kidney beans, rinsed and drained
- 1 can black beans, rinsed and drained
- Salt and pepper

Steps

1. In a large saucepan, brown the onion in the oil. Add the meat and brown thoroughly. Season with salt and pepper. Add the garlic and spices and cook for 2 minutes while stirring.
2. Add the remaining ingredients, and bring to a boil. Simmer half-covered for 45 minutes or until the chili thickens. Adjust the seasoning.



You may not eat or touch

- Green leafy vegetables
- Chlorophyll supplements
- Avoid going near green plants

You may eat or use

- Any food that doesn't contain the above ingredients

Meal Ideas

Breakfast

- Orange Juice, scrambled egg whites, white bread/sourdough toast
- Hash browns (see recipe)
- Oatmeal with berries

Lunch

- Chicken sandwich on sourdough/white bread with mayonnaise, avocado
- Grilled or broiled fish, white rice with soy sauce
- White pasta noodles with olive oil/lemon drizzle, 2 tbsp parmesan cheese

Dinner

- Chicken and cauliflower
- Fish with olive oil/lemon drizzle, potatoes
- Pasta with sauce

Snacks

- Apples
- Berries and nuts
- Celery
- Cucumber
- Popcorn
- Rice crackers



Recipes

Hash Browns

Ingredients

- 5 tablespoons unsalted butter
- 1 ½ pounds boiling potatoes, peeled and 1/2-inch diced
- 1 ½ cups chopped yellow onions (2 onions)
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper

Steps

1. Melt the butter in a large (10 to 12-inch) sauté pan.
2. Add the potatoes, onions, salt, and pepper and cook over medium-low heat for 15 to 20 minutes, turning occasionally with a flat spatula, until the potatoes are evenly browned and cooked through. (Allow the potatoes to cook for 5 minutes before turning.)



One Pan Cod and Sweet Potato

Ingredients

- 2 Sweet Potato (medium, cubed)
- 1 tsp Extra Virgin Olive Oil
- 1 ½ tsp Smoked Paprika
- 1 tsp Chili Powder
- ¼ tsp Cumin
- ¼ tsp Garlic Powder
- ⅛ tsp Sea Salt
- 2 Cod Fillet
- ¼ Lemon (sliced into wedges)

Steps

1. Preheat the oven to 400°F and line a baking sheet with foil. Toss the cubed sweet potato with extra virgin olive oil and spread over baking sheet.
2. Combine the smoked paprika, chili powder, garlic powder and sea salt to a small bowl. Sprinkle half the seasoning onto the cubed sweet potato and bake for 20 minutes.
3. Remove the sweet potato from the oven and transfer to one side of the sheet to make room for the cod. Place the cod fillet on the sheet and sprinkle the remaining spice mixture on top. Bake for 8 to 10 minutes or until the cod is flaky. Serve with lemon and sprinkle over.



You may not eat or touch

- Whole grains
- Wheat germ
- Corn oil
- Brewers yeast
- Mushrooms
- Meat
- Liver
- Sugar
- Shellfish
- Clams
- Chicken

Meal Ideas

Breakfast

- Protein Smoothie
- Omelette with veggies
- Juice, water, tea, coffee

Lunch

- Sautéed Vegetables
- Twice cooked vegetable soup (see recipe)
- Warm Greek lentil salad (see recipe)

Dinner

- Roasted vegetables in olive oil on penne noodles
- Shrimp and Vegetable stir-fry on noodles or rice
- Tofu teriyaki with rice or rice noodles



Snacks

- Fruits
- Berries
- Raw veggies
- Trail mix

Recipes

Twice-Cooked Vegetable Soup

Ingredients

- ½ cup olive oil
- 2 large carrots, peeled and cut into ¼-inch rounds
- 1 large Spanish onion, peeled and finely diced
- 1 large leek, white part plus an inch of green, thinly sliced and washed well
- 2 stalks celery, cut cross-wise into ¼-inch pieces
- 2 cloves garlic, smashed and peeled coarse salt freshly ground black pepper
- 2 medium Yukon Gold potatoes, peeled and cut into ¼-inch dice
- 4 plum tomatoes, peeled, or 4 canned tomatoes, drained
- ½ head Savoy cabbage, cored, coarsely chopped
- Bunch of kale, stems and tough center stalks removed, coarsely chopped
- 15-ounce can cannellini beans, rinsed and drained
- 2 quarts organic vegetable or chicken stock
- 1 cup loosely packed chopped fresh basil or parsley leaves (optional)

Steps

1. Heat 2 tablespoons of the olive oil in a large, heavy-bottomed pot over medium-high heat until hot but not smoking. Add the carrots, onion, leek, celery and garlic, and season with salt and pepper
2. Cook, stirring, until the vegetables are softened but not brown (about 5 minutes).
Serves 8.



Warm Greek Lentil Salad with Feta and Dill

Ingredients

- 1 ¼ cups green lentils (about 9 ounces), picked over to remove any stones
- 3 garlic cloves, peeled and crushed lightly
- 3 bay leaves Salt
- 3 medium carrots, peeled and diced fine (about 1 cup)
- 2 tablespoons lemon juice
- 2 tablespoons extra-virgin olive oil
- 1 medium celery stalk, diced fine (about 1/3 cup)
- 3 medium radishes, diced fine (about 1/3 cup)
- 2 tablespoons minced fresh dill Ground black pepper
- 8 cups packed mesclun or other tender greens
- 4 ounces feta cheese, crumbled (about ¾ cup)

Steps

1. Bring lentils, garlic, bay leaves, and 2 quarts water to a boil in medium saucepan over high heat. Reduce heat and simmer briskly for 15 minutes. Stir in 1 teaspoon salt and carrots and continue cooking until lentils and carrots are tender but not mushy, about 10 minutes. Drain and discard garlic and bay leaves.
2. While lentils are cooking, remove 2 tablespoons cooking water from pot and transfer to medium bowl. Whisk in lemon juice, oil, and salt to taste.
3. Add drained lentils, celery, radishes, and dill to bowl with dressing. Toss to combine and then adjust seasonings, adding salt and pepper to taste. Let salad cool for 5 minutes.
4. Divide mesclun among 4 large plates. Spoon lentil salad over the mesclun and sprinkle with feta. Serve immediately. Serves 4.



You may not eat or touch

- Green leafy vegetables
- Meat
- Liver
- Kidney
- Figs
- Buckwheat
- Oyster
- Clams
- Milk

Meal Ideas

Breakfast

- Protein Smoothie
- Omelette with tomato, pepper, onion
- Millet mango muffins (see recipe)
- Juice, water, tea, coffee

Lunch

- Sautéed Vegetables
- Vegetable soup
- Salad with salmon

Dinner

- Roasted vegetables in olive oil on penne noodles
- Shrimp and Vegetable stir-fry on noodles or rice
- Tofu teriyaki with rice or rice noodles

Snacks

- Fruits, berries, chips and salsa, trail mix
- Raw brownies (see recipe)



Recipes

Raw Brownies

Ingredients

- 1 cup date paste (1 lb dates = 1 cup date paste)
- 1 ¼ cup almond butter
- 1 ¼ cup raw carob powder
- ⅓ cup honey

Steps

1. Mix and press into 9 x 9x square pan. Refrigerate at least one hour. Cut into squares.
2. Seed & puree dates.

Millet Mango Muffins

Ingredients

- ½ Cup Millet Flour
- 1 Cup Brown Rice Flour
- ½ Cup Oat Flour
- 1 Tablespoon Baking Powder
- 1 Cup Water
- 2 Teaspoons Vanilla
- ¼ Cup Rice Syrup -- or honey
- 3 Tablespoons Vegetable Oil
- ¼ Cup Almonds, chopped (optional)
- 1 Dried Mango, chopped

Steps

1. Mix the dry ingredients well in a mixing bowl, then add the water, vanilla, oil and sweetener. (Warm the honey first for easier mixing). Mix thoroughly. Fold in almonds and fruit, spoon into muffin tin until about 1/4 inch from the top. Bake for 15 to 20 mins in a 375 degree oven.



You may not eat or touch

- Almonds
- Green beans
- Peas
- Green leafy vegetables
- Whole grains
- Prunes
- Raisins
- Liver
- Dried beans
- Whole wheat
- Beef liver
- Calf liver
- Shrimp
- Seafood

Meal Ideas

Breakfast

- Protein Smoothie or juice (See recipe)
- White Toast with jam
- Juice, water, tea, coffee

Lunch

- A.L.T with mustard (Avocado, tomato, and iceberg lettuce sandwich)- white bread only
- Jambalaya (see recipe)
- Chicken wrap with pepper, onions, cucumber



Dinner

- Steak with baked potato and carrots
- Spaghetti with meat sauce and parmesan cheese
- Baked fish with sweet potatoes and grilled eggplant

Snacks

- Fruits
- Berries
- Trail mix with nuts (no almonds)
- Seeds

Recipes

Immune Power Fruit Juice

Ingredients

- 1 orange, peeled
- 1/2 pineapple with skin, sliced
- 1/2 cup strawberries
- 1 banana peeled

Steps

1. Place juiced orange, pineapple, strawberries in a blender with banana and liquefy.



Jambalaya

Ingredients

- 2 boneless, skinless, organic chicken breasts (cooked)
- 1 med onion, chopped
- 2 celery stalks, diced
- 4 cloves garlic, minced (or use garlic salt)
- 1 (14oz) can diced tomatoes (use organic canned products)
- 1 can beef or chicken broth (Swanson has a good organic broth in a carton)
- 1 tbsp dried parsley
- ½ tsp salt
- 1 ½ tsp basil
- 2-3 cups cooked brown rice

Steps

1. Stir chicken, onion, celery, garlic, tomatoes, and broth together in a Crockpot.
2. Add parsley, salt, basil, and oregano.
3. Cook in Crockpot for 8-10 hrs on low or 4-5 hrs on high. Add brown rice before serving, or put jambalaya over the rice on individual plates.



You may not eat or touch

- Corn starch and any food prepared with corn starch and oil such as sauces
- Syrups
- Corn syrups
- Soft drinks
- Carbonated drinks
- Breads
- Creams. Avoid shampoo
- Tooth paste
- Baking soda
- Baking powder
- Deodorants

You may eat

- Steamed vegetables
- Steamed rice
- Broccoli
- Baked chicken and meats

Notes

Corn mix includes blue corn, yellow corn, white corn, cornstarch, corn silk, and corn syrup.



Meal Ideas

Breakfast

- Yogurt and berries
- Oatmeal with berries (Can sweeten with maple syrup)
- Egg cups (see recipe)
- Juice, milk, coffee or tea without cream and sugar

Lunch

- Tuna salad (no mayo) with olive oil and balsamic vinegar (use avocado as a binder for tuna)
- Roasted vegetables (peppers, onions, carrots, zucchini) in olive oil on rice or rice noodles with parmesan cheese sprinkled on top
- Hummus with raw vegetables, rice crackers
- Greek salad
- Peanut butter\almond butter and banana in a whole wheat or sprouted wheat wrap

Dinner

- Beef or pork with potatoes and side seasonal vegetable
- Homemade lasagna with rice noodles and ground turkey
- Fish Tacos (see recipe)

Snacks

- Fruit
- Veggies with hummus
- Water
- Nuts
- Popcorn
- Rice crackers



Recipes

Egg Cups

Ingredients

- 1 ½ tsp Coconut Oil
- 2 cups Broccoli (cut into florets)
- 3 Egg
- 2 tbsp Unsweetened Almond Milk
- Sea Salt & Black Pepper (to taste)
- ½ tsp Nutmeg
- ⅓ cup Feta Cheese (crumbled)

Steps

1. Preheat oven to 350. Grease ramekins with coconut oil and set aside.
2. Bring a medium sized pot of water to a boil. Add broccoli florets and cook until bright green (about 5 mins). Transfer cooked broccoli to a cutting board, dry with a paper towel and chop finely.
3. In a large bowl, whisk together eggs, almond milk, salt, pepper and nutmeg or any other spices you like. Next, stir in broccoli and feta. Mix well.
4. Place ramekins on a baking sheet. Pour broccoli and egg mixture into ramekins, dividing it evenly. Be sure to leave some space at the top as the eggs rise as they bake.
5. Bake for 30 minutes or until golden brown. Remove from oven. Enjoy them while they are hot! If you aren't eating them right away, let cool and store covered in fridge.



Fish Tacos

Ingredients

- 1 lb halibut or tilapia fillets
- ½ lemon, cut into slices
- 1 tbsp olive oil
- 1 small onion diced
- ½ cup zucchini, diced
- ½ lemon, juiced
- 1 tsp chili powder
- ½ tsp cumin
- 6 taco shells
- 1 avocado, sliced

Steps

1. In a large frying pan, place fish on lemon slices in just enough water to cover the fish.
2. Bring water to a simmer and cook until flaky. Remove from pan and cool. Crumble fish when cooled. Set aside.
3. In the frying pan, heat oil and add onion and sauté until translucent. Add zucchini, lemon juice, chili powder and cumin. Sauté for 4 mins. Add fish and mix well.
4. Serve fish mixture in taco shells and top with avocados.
5. Serve with sautéed baby spinach. 6 servings



You may not eat or touch

- All types of proteins

Meal Ideas

Breakfast

- Puffed Rice cereal with berries and honey
- Toast with jam
- Juice, water, tea, coffee

Lunch

- Sautéed Vegetables (see recipe)
- A.L.T with mustard (Avocado, tomato, and lettuce sandwich)
- Potato salad with dill (see recipe)

Dinner

- Roasted vegetables in olive oil on penne noodles
- Vegetable stir-fry on noodles or rice
- Pasta with tomato sauce

Snacks

- Fruits
- Berries
- Rice cakes
- Raw veggies
- Popcorn with salt
- Guacamole or salsa with corn chips



Recipes

Sautéed Vegetables

Ingredients

- 1 tbsp olive oil
- ½ cucumber sliced
- ½ cup chopped mushrooms (white)
- 1 cup chopped cauliflower
- 2 tbsp water
- Squeeze of lemon
- Salt and pepper to taste
- Dash oregano

Steps

1. In a large sauté pan over medium-high heat, add the olive oil and heat.
2. Add the all of the vegetables and cook until just starting to wilt, about 2 minutes.
3. Add the oregano, salt, pepper, water and lemon and stir well and cook just until vegetables are wilted, about 3 minutes. Remove from heat and serve.



Potato Salad with Dill

Ingredients

- 4 cups new red potatoes, scrubbed and cubed
- 6 cups water
- 1 cup red pepper, sliced
- ½ cup green onions, diced
- 1 cup English cucumber, cubed
- 1/3 cup fresh dill, chopped finely
- ¼ cup lemon juice or apple cider vinegar
- 1 ½ tbsp Dijon mustard
- ½ tsp honey
- ½ cup flaxseed oil

Steps

1. Add potatoes to a large pot of boiling water. Cook 15-20 minutes until just tender. Drain and cool in a mixing bowl. Add peppers, green onions and cucumber.
2. In a separate bowl, mix the dill, lemon juice or vinegar, mustard and honey. Add the oil slowly and stir vigorously, until the dressing is smooth and thick. Pour it over the potatoes, stirring it in well.



You may not eat or touch

- Fluorinated water
- Gelatin
- Sunflower seeds
- Milk
- Cheese
- Carrots
- Garlic
- Almonds
- Green leafy vegetables
- Fish

You may use or eat

- Fruits
- Poultry
- Meat
- Potato
- Cauliflower
- White rice
- Yellow vegetables

Notes

Do not bathe in or drink fluorinated water. Do not eat products prepared with sunflower oil.



Meal Ideas

Breakfast

- Eggs with toast
- Whole wheat cereal with rice milk
- Oatmeal with berries
- Tea or coffee (made with non-fluorinated water)

Lunch

- Quinoa topped with grilled chicken breast, peppers
- Pasta and grilled chicken with sauce
- Grilled chicken wrap (no lettuce or spinach added)
- Almond butter and banana wrap

Dinner

- Grilled marinated chicken (see recipe) with fresh broccoli and steamed rice
- Beef topped with sliced fresh mushrooms, fresh green beans with unsalted butter, and baked potato
- Sweet potato bake (see recipe)

Snacks

- Homemade fries with salt-free seasoning (see recipe)
- Distilled water
- Air-popped popcorn with small amount of butter
- Unsalted nuts & seeds



Recipes

Chicken Marinade

Steps

1. Mix lime juice, minced garlic, chopped cilantro, and chili powder into a paste.
2. Rub it all over the chicken, and put it into a plastic bag.
3. Refrigerate it for 1 to 2 hours. It can be wiped off and broiled, baked, or grilled.

Sweet Potato Bake

Ingredients

- Sweet Potato (small, peeled and chopped)
- 2 cups Black Beans (cooked, from the can)
- 1 cup Quinoa (dry, uncooked)
- 1 Red Bell Pepper (chopped)
- 1 tbsp Chili Powder
- 1 tbsp Cumin (ground)
- ¼ tsp Sea Salt
- 2 cups Organic Vegetable Broth
- 1 Lime (juiced)
- 1 Avocado (diced)

Steps

1. Preheat oven to 375°F (190°C).
2. In a large baking dish, add the sweet potatoes, black beans, quinoa, pepper, chili powder, cumin and sea salt. Stir well to combine and then add the broth.
3. Cover the baking dish with foil and bake for 40 minutes or until the broth has absorbed completely, the quinoa is fluffy and the sweet potatoes are tender. Remove from the oven.
4. Let the quinoa bake sit for 5 minutes before dividing between plates. Top each plate with lime juice and avocado.



Seasoning

Ingredients

- 1 tbsp garlic powder
- 2 tsp dried thyme leaves
- 2 tsp onion powder
- 2 tsp paprika
- 1-½ tsp ground white pepper
- 1 tbsp dry mustard powder
- 2 tsp dried finely chopped lemon peel
- 1 tsp pepper

Steps

1. Mix all the ingredients together in a small mixing bowl, stirring until thoroughly combined.
2. Store in a dark, cool place in a tightly sealed container. Use on meats, poultry and fish, or at the table for a salt-free seasoning.



You may not eat or touch

- All fruits
- Items made with fruits

Notes

Soup will take care of how you can get more than a pound of vegetables daily. You can incorporate lots of greens and other vegetables into soups, with plenty of room to spare for beans, olive oil, pasta and other healthy starches. Cream-based soups are the only ones that don't fit the bill.

Meal Ideas

Breakfast

- Granola or dry cereal with nuts and honey
- Toast with almond butter
- Juice, water, tea, coffee

Lunch

- Chicken wrap with tomato, lettuce, cucumber
- Turkey sandwich with Havarti cheese (add mayo and mustard if desired)
- Stracciatella (see recipe)

Dinner

- Souped up Mediterranean (see recipe)
- Tofu teriyaki with rice
- Steak with rice/quinoa/whole wheat pasta

Snacks

- Raw veggies and hummus
- Rice cakes
- Popcorn with salt



Recipes

Stracciatella

Ingredients

- 8 cups organic chicken stock
- 1 bunch rainbow chard (about 10 ounces)
- 2 large eggs

Steps

1. Bring 4 cups organic chicken stock to a simmer in large saucepan over medium heat.
2. Meanwhile, use knife to trim leafy green portions away from colored Swiss chard stalks. Finely chop stalks (you should have about $\frac{2}{3}$ cup) and set aside. Stack leaves, cut them crosswise into thin strips, and then coarsely chop (you should have about 4 cups); set aside. With fork, beat eggs, and pepper to taste together in small bowl and set mixture aside.
3. When stock comes to a simmer, add chard stalks, cover, and cook until crisp and tender, about 3 minutes. Add the leaves and cook until leaves are tender, about 1 minute.
4. Stir soup with a fork so liquid moves in a circular fashion. Keep stirring as you pour the egg mixture into soup in a slow, steady stream. The egg should form small shreds. Once all the egg mixture has been added, stop stirring and cook just until egg sets completely, about 1 minute. Adjust seasonings, adding salt and pepper to taste, and serve immediately. Serves 4.



Souped-Up Mediterranean

Ingredient Suggestions

- Fresh spinach, kale or other green: about 2 cups, simmered until softened.
- Chopped zucchini, broccoli, cauliflower or other vegetable: 1 cup.
- Canned chickpeas, white beans, kidney beans or other beans: about 1/3 cup (rinse for a minute under running water to reduce the sodium).
- Fresh or canned tomatoes: ½ cup cooked or finely chopped as a garnish.
- Toasted pine nuts, pumpkin seeds or sunflower seeds: about 1 tablespoon for a garnish.
- Crumbled feta cheese: 2 to 4 tablespoons as a garnish.
- Fish, such as tilapia or monkfish, which hold up well: about 1/3 cup chunks, simmered for 4 to 8 minutes.
- Chopped fresh basil, parsley or other herb: about 1 teaspoon per cup, for garnish or added in the last few minutes of cooking.
- Plain yogurt: 2 to 4 tablespoons, swirled in as a garnish.



You may not eat or touch

- All whole grains and sprouts, including breads

You may eat

- Fruit
- Vegetables
- Vegetable oils
- Dairy
- Poultry
- Meats

Meal Ideas

Breakfast

- Ham and cheese omelet with peppers, tomatoes, mushrooms
- Fruit topped with vanilla or strawberry yogurt
- Milk, tea, coffee, water

Lunch

- Salads
- Fajita Salad (see recipe)
- Romaine lettuce wraps with chicken, veggies, and cheese or yogurt

Dinner

- Ginger stir fry (with or without chicken) (see recipe)
- Beef/chicken/pork/fish with potatoes and veggies

Snacks

- Fruit
- Raw veggies and hummus
- Nuts
- Acai bowl (see recipe)



Recipes

Ginger Stir Fry

Ingredients

- ⅓ cup Tamari
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Coconut Oil
- 1 ¼ lbs Chicken Breast (sliced into cubes) – optional, can make without for vegetarian dish
- ½ Yellow Onion (diced)
- 3 stalks Celery (sliced)
- 1 Red Bell Pepper (diced)
- 2 cups Broccoli (chopped into florets)
- 4 cups Kale Leaves (chopped)

Steps

1. Mix together tamari, garlic and ginger in a jar. Put on a lid and shake well. Set aside.
2. Add coconut oil to a large frying pan and place over medium heat. Add chicken and yellow onion. Sauté for 8 to 10 minutes or until chicken is mostly cooked through.
3. Add in celery, red pepper and broccoli. Sauté for another 5 minutes. Pour in sauce from jar. Stir well to mix.
4. Once everything is well combined, turn off the heat and stir in kale. Continue to stir just until kale is wilted.



Acai Bowl

Ingredients

- ¼ cup Almonds (crushed)
- 1 ½ tsp Coconut Oil
- 1 1/2 tsp Raw Honey
- 2 Banana
- 2 cups Frozen Berries
- 1 cup Baby Spinach
- 1 cup Unsweetened Almond Milk
- 2 tbsp Ground Flax Seed
- ¼ cup Chia Seeds
- 2 tbsp Acai Powder
- 2 tsp Cinnamon
- ½ cup Strawberries (sliced)
- ½ cup Blueberries
- 1 Kiwi (sliced)
- ½ Nectarine (chopped)
- 1 tbsp Hemp Seeds

Steps

1. To make granola toast crushed almonds on the stove-top at medium-low heat for about 5 minutes. Add coconut oil and honey. Stir to coat evenly for additional 2-3 minutes. Remove from heat and set aside.
2. Place banana, frozen berries, spinach, almond milk, ground flax seed, chia seeds, acai powder and cinnamon into a blender. Blend well until smooth.
3. Divide into bowls and top with strawberries, blueberries, kiwi, nectarine, hemp seeds and granola.



You may not eat or touch

- Meat
- Fish
- Eggs
- Do not touch fresh blood from you or anyone else

You may eat

- Cooked vegetables
- Grains
- Milk
- Cheese

Meal Ideas

Breakfast

- Smoothie -with vegan protein
- Toast with peanut butter and jam
- Oatmeal with berries and coconut milk
- Juice, milk, coffee or tea

Lunch

- Roasted vegetables (see recipe)
- Turmeric hummus with fresh veggies
- Greek salad

Dinner

- Vegetable stir-fry with teriyaki sauce
- Pasta with tomato sauce
- Veggie wrap, with turmeric hummus (see recipe)



Snacks

- Fruit
- Peanut butter \ almond butter and banana
- Water
- Nuts
- Hummus and veggies

Recipes

Turmeric Hummus

Ingredients

- 2 cups Chickpeas (cooked)
- 1 Garlic clove
- 1 tbsp Tahini
- 3 tbsp Apple Cider Vinegar
- ¼ cup Extra Virgin Olive Oil
- ½ tsp Turmeric
- ½ tsp Sea Salt

Steps

1. Add all ingredients together in a food processor.
2. Blend until a creamy consistency forms. Enjoy!



Roasted Vegetables

Ingredients

- 2 to 3 pounds hearty vegetables: potatoes, carrots, winter squashes, beets, turnips, onion, fennel and broccoli stems
- 2 tbsp avocado oil
- ½ tsp fine sea salt
- 1 ½ tsp dried herbs rosemary, thyme
- ½ tsp pepper

Steps

1. Position an oven rack towards the lower third of the oven. Heat the oven to 425 degrees F.
2. Prepare vegetables by peeling and trimming as needed, cut into 1-inch pieces.
3. Scatter vegetables onto a baking sheet and toss with the oil, herbs, and salt.
4. Bake for 45-60 minutes until vegetables are fork tender.
5. Serve with a light sprinkle of flaky sea salt as needed.



You may not eat or touch

- Kelp
- Seafood
- Iodized salt
- Onions

You may eat

- Rice
- Pasta
- Cauliflower
- Potato
- Fruits
- Non-iodized salt

Meal Ideas

Breakfast

- Boiled eggs on toast
- Oatmeal with milk or yogurt and berries
- Breakfast sandwich
- Milk, juice, coffee, or tea

Lunch

- Sandwich/wrap (no onions)
- Fruit salad
- Garden salad
- Peanut butter and honey wraps



Dinner

- Any meats with non-root veggies and rice on the side with soy sauce
- Chicken Dijon thighs (see recipe) with steamed broccoli
- Pasta with parmesan cheese and vegetables

Snacks

- Popcorn
- Fruit salad (see recipe)
- Non-root veggies with dip
- Distilled water
- Nuts
- Cheese
- Rice crackers



Recipes

Dijon Chicken Thighs

Ingredients

- ½ lb Chicken Thighs (skinless, boneless)
- 6 cups Broccoli (chopped into florets)
- 1 tbsp Extra Virgin Olive Oil
- ½ tsp Sea Salt
- ½ tsp Black Pepper
- ½ tsp Garlic Powder
- 1 tbsp Dijon Mustard
- ¼ cup Balsamic Vinegar
- 1 tsp Dried Oregano

Steps

1. Preheat oven to 400F and line a baking sheet with parchment paper.
2. Place chicken in the center of the baking sheet and arrange the broccoli in a single layer around the chicken. Drizzle oil over chicken and veggies then add half of the salt, pepper and garlic powder. Using your hands, toss or rub the spices evenly all over the chicken and the broccoli. Bake in the oven for 15 minutes.
3. Meanwhile, whisk the Dijon mustard, balsamic vinegar, oregano and remaining salt together. Set aside.
4. After the chicken has baked for 15 minutes, remove from oven and brush half the Dijon mixture on top of the chicken and lightly over the broccoli. Return to oven and bake for 10 more minutes.
5. After 10 minutes, repeat step 4 with remaining Dijon mixture. Place back into the oven and continue to bake for 5 to 10 more minutes, or until chicken is cooked through and broccoli is very tender.



Fruit Salad

Ingredients

- 1 Cantaloupe chopped
- ½ Seedless Watermelon chopped
- 2 cups Blackberries
- 1 pineapple chopped
- ½ Lime (juiced)
- 1 tsp Raw Honey

Steps

1. Combine all ingredients together in a large mixing bowl. Toss well.
Optional: sprinkle cinnamon over and toss.
2. Cover and leave in the fridge until ready to eat.



You may not eat or touch

- Milk or milk products
- Products made from casein or lactic acid
- Do not exercise or sweat for the avoidance period

You may eat

- Anything without above ingredients

Meal Ideas

Breakfast

- Breakfast skillet (see recipe)
- Toast with honey or strawberry jam
- Coffee or tea

Lunch

- Tuna Salad (no mayo) in a whole wheat pita
- Hamburger with grilled onion and tomato
- Whole wheat or rice pasta with tomato sauce and grilled chicken
- Greek pasta salad

Dinner

- Roast chicken with sweet potato skins (see recipe)
- Roasted vegetables in olive oil on penne noodles
- Steak with sliced mushrooms on top with mashed potatoes (no milk) and veggies

Snacks

- Water
- Popcorn
- Guacamole with whole wheat pita bread
- Rice crackers
- Fruit



Recipes

Herb Roasted Sweet Potato Skins

Ingredients

- 4 medium sweet potatoes, halved lengthwise
- 2 tablespoons extra virgin olive oil, plus more for oiling
- 3 tablespoons chopped parsley
- ½ teaspoon dried oregano
- ½ teaspoon dried rosemary
- ½ teaspoon dried thyme
- ½ teaspoon dried sage
- Salt and pepper to taste

Steps

1. Preheat oven to 400°F. Pierce potatoes all over with a fork then arrange on a greased foil-lined baking sheet, cut sides down, and bake until tender but not mushy, about 30 minutes. Transfer to a plate and set aside until cool enough to handle; reserve foil-lined baking sheet.
2. Arrange a rack in the oven about 6 inches from the heating element and preheat broiler. Scoop about half of the potato flesh from the skins, leaving a 1/2-inch thick wall around the edges and bottom of each half. (Reserve scooped out flesh for another use.) Cut each sweet potato shell lengthwise into 1/2-inch strips then arrange on the same foil-lined baking sheet in a single layer.
3. In a small bowl, combine oil, parsley, oregano, rosemary, thyme, sage, salt and pepper then brush all over potato skins and broil until browned in parts and piping hot, 4 to 6 minutes total.



Breakfast Skillet

Ingredients

- 1 ½ tsp Coconut Oil
- 1 lb Extra Lean Ground Turkey (can use lentils to make vegetarian)
- 2 Zucchini (large, finely diced)
- 1 cup Organic Salsa
- Sea Salt & Black Pepper to taste

Steps

1. Add the coconut oil to a large skillet over medium heat.
2. Cook the ground turkey. Once it starts to brown, stir in the zucchini. Continue to sauté until the zucchini has softened.
3. Add the salsa to the skillet and stir well to mix.
4. Divide onto plates and season with sea salt and black pepper to taste.



You may not eat or touch

- Nuts
- Soybeans
- Raw and cooked green leafy vegetables
- Almonds
- Whole grains
- Sunflower seeds
- Brown rice
- Sesame seeds

Meal Ideas

Breakfast

- Protein Smoothie
- White Toast with jam
- Popovers (see recipe)
- Juice, water, tea, coffee

Lunch

- Herb roasted chicken (see recipe)
- A.L.T with mustard (Avocado, tomato, and iceberg lettuce sandwich)- on white bread

Dinner

- Spaghetti with meat sauce
- Chicken noodle soup
- Meat loaf and baked potato



Snacks

- Fruits
- Berries
- Raw veggies
- Tomatoes
- Carrots
- Celery

Recipes

Popovers

Ingredients

- 4 eggs
- 2 cups water
- 2 cups unbleached white flour
- 1 tsp salt

Steps

1. Heat oven to 450. Grease 16 muffin cups with olive oil.
2. With hand beater, beat eggs slightly; add water, flour and salt and beat just until smooth. Do not over beat.
3. Fill muffin cups $\frac{3}{4}$ full. Bake 25 min. Lower temp to 350 and bake 15-20 min longer.
4. Immediately remove from pan, serve hot. Good with guacamole and chicken from the herb roasted chicken recipe.



Herb Roasted Chicken

Ingredients

- 1 tbsp olive oil
- 1 tsp paprika
- ½ tsp garlic powder
- ½ tsp seasoned salt
- ½ tsp dried thyme
- ½ tsp dried basil
- ½ tsp pepper
- 4 bone in chicken breasts or one whole chicken
- ½ cup chicken broth (or a little more)

Steps

1. In a small bowl, combine first seven ingredients and rub over chicken. Place in Crockpot or covered oven roaster and add broth.
2. Cover and cook on low for 4-5 hrs.
3. Leftover meat is great for sandwiches or tortilla soup.



You may not eat or touch

- Whole grains
- Seeds
- Nuts
- Legumes
- Dairy products
- Egg yolks
- Fish
- Corn
- Dried fruits
- Poultry
- Meat

Meal Ideas

Breakfast

- Fruit Smoothie
- Egg white only omelette with peppers, onions, mushrooms
- Juice, water, tea, coffee (sugar only)

Lunch

- Veggie Lasagna (see recipe)
- Beet Borscht (see recipe)

Dinner

- Roasted vegetables in olive oil on penne noodles (white pasta)
- Vegetable stir-fry on noodles or white rice
- Vegetable soup



Snacks

- Fruits
- Berries
- Raw veggies

Recipes

Veggie Lasagna

Ingredients

- Pasta sauce
- 10 oz frozen spinach
- Zucchini, grate and squeeze the liquid out with a clean towel
- Carrot, grate and squeeze liquid like above
- Bell pepper, chopped
- Any other veggies you like
- 8 oz box lasagna noodles

Steps

1. Combine the veggies. Put a thin layer of sauce on the bottom of an ungreased baking dish. Alternate layers of the veggies, uncooked noodles and sauce ending on top with sauce.
2. Cook on 350 about 1 hour covered with tin foil or until pasta is tender. Let stand 15 min before serving.



Beet Borscht

Ingredients

- 7 cups water or vegetable stock
- 4 cups beets, chopped or shredded
- 1 cup green cabbage, shredded
- ½ cup onion, finely chopped
- 1 tbsp lemon juice
- 2 cloves garlic
- 2 bay leaves
- 1 tsp dulse powder
- 1 tsp honey
- 1/3 cup fresh dill, finely chopped
- ½ cup fresh parsley, finely chopped

Steps

1. Bring the water or vegetable stock to a simmer.
2. Add beets and onions and simmer 15 minutes.
3. Add lemon juice and honey and simmer 10 more minutes.
4. Add cabbage, simmer 15 more minutes.
5. Add the dill and parsley just before serving. Serves 8.



You may not eat or touch

- Red meat
- Beef
- Pork
- Lamb

You may eat

- Anything that does not contain the above ingredients

Meal Ideas

Breakfast

- Smoothie (with vegan protein)
- Toast with peanut butter and jam
- Oatmeal with berries and coconut milk
- Eggs any style
- Juice, milk, coffee or tea

Lunch

- Roasted vegetables with pasta in olive oil, with parmesan cheese sprinkled on top
- Hummus with fresh veggies
- Greek salad with quinoa (see recipe)

Dinner

- Vegetable stir-fry with teriyaki sauce
- Maple Brussel Sprouts (see recipe)
- Veggie wrap, with hummus

Snacks

- Fruit and nuts
- Peanut butter \ almond butter and banana
- Hummus and veggies



Recipes

Greek Salad with Quinoa

Ingredients

- 1 cup Quinoa
- 2 Tomato diced
- 1 Cucumber diced
- ½ cup Red Onion diced
- 1 cup Feta Cheese (cubed or crumbled)
- ¼ cup Red Wine Vinegar
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper to taste

Steps

1. Cook the quinoa according to the directions on the package.
2. While the quinoa is cooling, chop your vegetables and feta. Add everything to a large bowl or container. Add the cooled quinoa, red wine vinegar, olive oil, and season with sea salt and black pepper.



Maple Brussel Sprouts

Ingredients

- 2 cups Brussels Sprouts (trimmed and halved)
- 1/2 tsp Extra Virgin Olive Oil
- Sea Salt And Pepper to taste
- 1 tbsp Dijon Mustard
- 1 tbsp Maple Syrup
- 1/4 cup Feta Cheese (crumbled)
- 2 tbsp Pumpkin Seeds
- 1/4 cup Micro-greens

Steps

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
Toss the Brussels sprouts with olive oil, sea salt and pepper. Spread across the baking sheet and bake for 22 to 24 minutes.
2. Mix the Dijon mustard with the maple syrup in a small bowl and set aside.
3. Remove the Brussels sprouts from the oven and toss with the Dijon maple dressing.
Top with feta, pumpkin seeds and micro-greens (optional).



You may not eat or touch

- Fish or fish products

Meal Ideas

Breakfast

- Hashbrowns and eggs (scrambled with mushrooms, peppers, green onion)
- Toast with honey or strawberry jam
- Coffee or tea with sugar
- Millet hot cereal

Lunch

- Hamburger with grilled onion and tomato
- Whole wheat or rice pasta with tomato sauce and grilled chicken
- Taco salad (see recipe)

Dinner

- Roast chicken with sweet potatoes and corn on the cob or cauliflower
- Roasted vegetables in olive oil on penne noodles
- Beef Stir-fry (see recipe)

Snacks

- Water
- Sweet potato fries
- Popcorn
- Guacamole with whole wheat pita bread
- Rice crackers
- Fruit



Recipes

Taco Salad

Ingredients

- Lettuce or mixed greens
- Kidney beans, heated and drained
- Guacamole
- Tortilla chips
- Ground beef cooked with taco seasoning
- Raw corn off the cob
- Green pepper or other veggies

Steps

1. Toss ingredients with guacamole dressing and crush tortilla chips on top



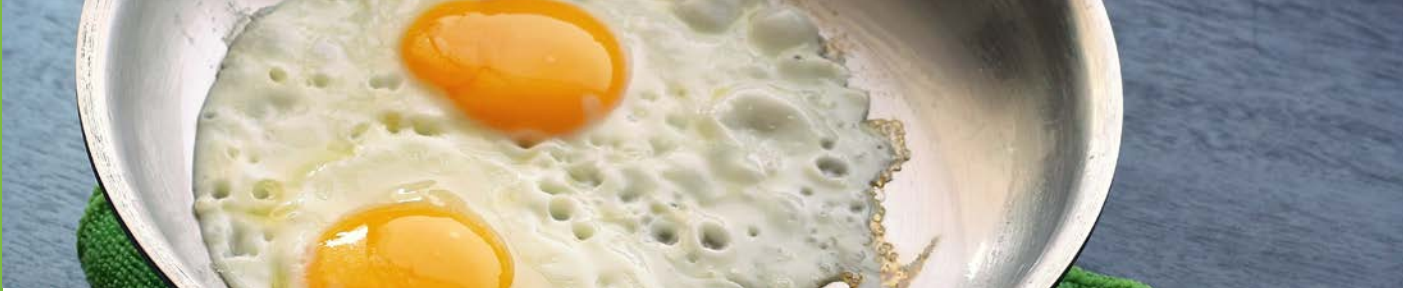
Beef Stir Fry

Ingredients

- 1 Lb Sirloin steak (or you cut of choice)
- 4 green onions
- 10 oz beef broth
- 1 Tbsp cornstarch
- 2 Tbsp olive oil
- 1 clove garlic, minced
- 2 c broccoli, chopped
- Snow peas
- Carrots, grated or sliced
- Cashews
- Salt and pepper to taste
- Brown rice, cooked according to package directions

Steps

1. Cut steak into thin slices. Cut green onions into 1 inch pieces.
2. Combine broth and cornstarch in a small bowl and mix until dissolved; set aside.
3. Heat oil in large skillet over medium heat. Add steak, garlic, salt and pepper; stir fry about 3 min or until brown.
4. Remove the meat with a slotted spoon and keep warm.
5. Add broccoli and green onions to the skillet and stir fry about 3 min.
6. Return steak to the skillet and add snow peas and cashews.
7. Add broth mixture to skillet. Cook, stirring continually about 3 min until thickened. Serve over hot rice.



You may not eat

- Whole grains
- Brown rice
- Brewers yeast
- Legumes
- Buckwheat
- Millet
- Dark green and leafy vegetables

Meal Ideas

Breakfast

- 2 eggs over easy
- White Toast with jam
- Vanilla Chia pudding (see recipe)
- Juice, water, tea, coffee

Lunch

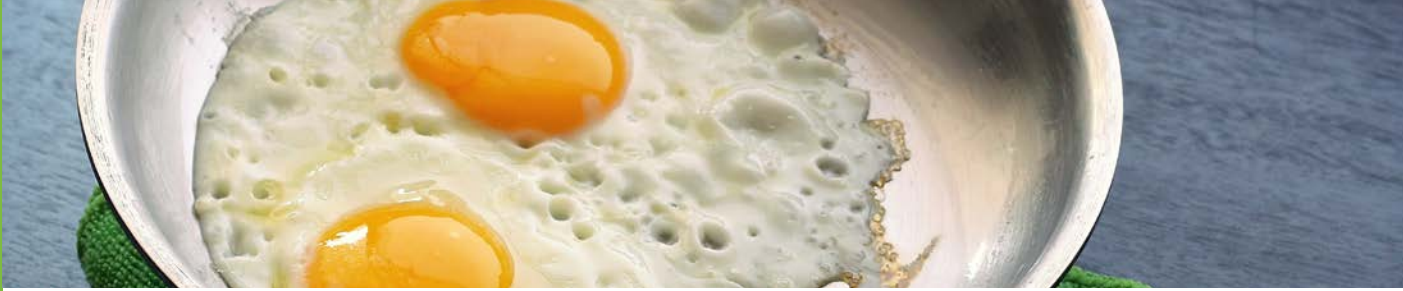
- Chicken soup
- Lettuce Wraps
- Hamburger with cheese, iceberg lettuce and tomato

Dinner

- Halibut with avocado salsa (see recipe)
- Steak with baked potato and grilled carrots
- Spaghetti with tomato sauce

Snacks

- Fruits
- Berries
- Raw carrots/celery
- Trail mix



Recipes

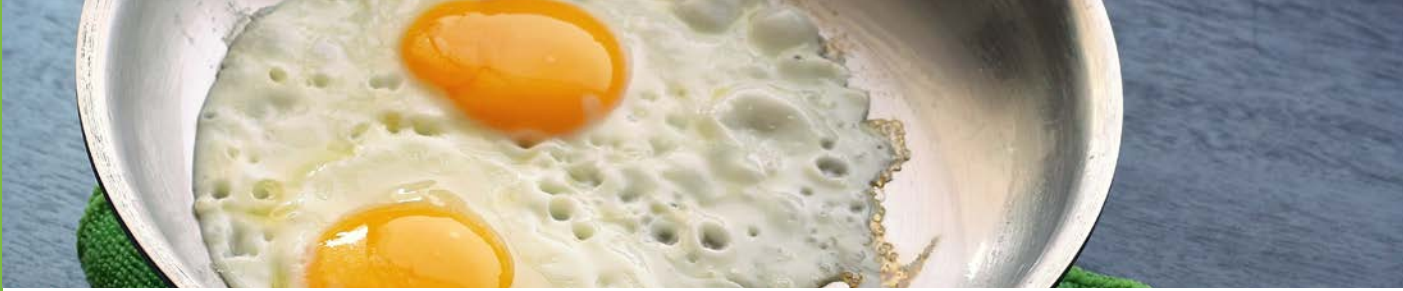
Vanilla Chia Pudding

Ingredients

- 3 tablespoons chia seeds
- 1 cup almond milk
- 1 teaspoon vanilla extract
- 1 tbsp maple syrup

Steps

1. Combine all of the ingredients in a blender, and blend until a uniform texture is achieved.
2. Transfer to a sealed container and allow to chill overnight. Top with fruit if desired.
3. Note: If you prefer a tapioca-like texture, simply stir all of the ingredients together and allow to chill overnight. Chia puddings take practice to get the texture “just right,” so feel free to adjust the amount of seeds or liquid to achieve the texture you desire.



15-Minute Halibut with Avocado Salsa

Ingredients

- 6 medium cloves garlic, pressed
- ¼ cup minced scallion
- 1-2 tsp finely minced jalapeño pepper
- 3 tbsp chopped fresh cilantro
- 8 cherry tomatoes, quartered
- 1 medium ripe but firm avocado, diced into ¼-inch cubes
- 1/4 cup + 1 tbsp fresh lemon juice
- 4 6 oz halibut steaks or fillets
- Salt and black pepper to taste

Steps

1. Press garlic and let sit for 5 minutes to bring out its health-promoting properties.
2. Mix together garlic, scallions, jalapeño pepper, cilantro, tomatoes, avocado, 1/4 cup lemon juice, and salt and pepper to taste. Set aside.
3. Heat 2 inches of water in the bottom of a steamer and let it come to a boil.
4. Rub halibut with 1 tbsp lemon juice and season with a little salt and black pepper. Place in steamer and steam 10 minutes for every inch of thickness. (E.g., 5 minutes if it is 1/2-inch thick)
5. Place fish on plate, and top with salsa. Serves 4.



You may not eat or touch

- All vegetables
- Items made with vegetables

Notes

Nightshade vegetables are onion, tomato, potato, egg plant, and peppers.

Meal Ideas

Breakfast

- Protein Smoothie
- Granola with berries and honey
- Millet cereal (see recipe)
- Juice, water, tea, coffee

Lunch

- Tofu teriyaki (see recipe)
- Turkey sandwich with Havarti cheese (mayo/mustard)

Dinner

- Steak and rice/quinoa
- Baked Fish with rice
- Whole wheat pasta with chicken and parmesan cheese

Snacks

- Fruits
- Berries
- Nuts and seeds
- Rice cakes
- Popcorn with salt



Recipes

Tofu Teriyaki

Ingredients

- 2 blocks firm tofu
- ¼ cup tamari
- 3 tbsp lemon juice
- 3 tbsp maple syrup
- ½ cup orange juice
- 1 tsp grated fresh ginger
- 3 cloves garlic, minced or crushed
- ¼ tsp dry mustard
- 2 tsp grated orange peel
- Garnish: chopped parsley or fresh coriander

Steps

1. Cut tofu into large bite-sized squares and place in bowl. Blend remaining ingredients. Pour over the tofu. As time allows, marinate for 1 hour or longer.
2. Remove tofu from marinade and place in a small casserole dish along with ½ cup marinade. Bake uncovered in preheated 375F oven for 1 hour, gently stirring and basting with marinade every 20 minutes.
3. Garnish and serve with brown rice and salad. Serves 4.



Millet Cereal

Ingredients

- 1 cup millet
- 2 ½ cups water
- 2 tsp flaxseed
- 1 tsp wheat bran

Steps

1. Grind millet in a grinder or food processor. Combine ground cereal and water in a small pan.
2. Stir constantly and bring to a boil. Turn heat to low and simmer 10-15 minutes, stirring continually to prevent sticking.
3. Sprinkle on 2 tbsp of freshly ground flaxseed and 1 tbsp wheat bran for each serving. Serve with soy milk and a small amount of honey or maple syrup. Makes 4 servings.



You may not eat or touch

- Peanuts
- Walnuts (Black or English)
- Anything made from these nuts or their oils

Meal Ideas

Breakfast

- Protein Smoothie (see recipe)
- Granola or dry cereal (no oats) with berries and honey
- Toast with almond butter and jam
- Juice, water, tea, coffee (sugar only)

Lunch

- Sautéed Vegetables (see recipe)
- A.L.T with mustard (Avocado, tomato, and lettuce sandwich)- can substitute other veggies on sprouted grain bread or wrap
- Earth Bowl (see recipe)
- Fruit salad

Dinner

- Roasted vegetables in olive oil on penne noodles
- Vegetable stir-fry on noodles or rice
- Vegetarian Chili



Snacks

- Fruits
- Berries
- Nuts and seeds
- Rice cakes
- Raw veggies
- Popcorn with salt
- Guacamole or salsa with corn chips

Recipes

Banana Split Protein Smoothie

Ingredients

- 1 cup almond milk
- 1 ½ cups frozen banana slices
- ½ cups pineapple chunks
- 5 frozen strawberries
- 1 ½ to 2 tablespoons sweetened cocoa powder (to taste)
- 2 scoops protein powder

Steps

1. Combine all ingredients in a blender or food processor. Pour into a glass and enjoy!



Sautéed Vegetables

Ingredients

- 1 tbsp olive oil
- ½ cucumber sliced
- ½ cup chopped mushrooms (white)
- 1 cup chopped cauliflower
- 2 tbsp water
- Squeeze of lemon
- Salt and pepper to taste
- Dash oregano

Steps

1. In a large sauté pan over medium-high heat, add the olive oil and heat.
2. Add all of the vegetables and cook until just starting to wilt, about 2 minutes.
3. Add the oregano, salt, pepper, water and lemon and stir well and cook just until vegetables are wilted, about 3 minutes. Remove from heat and serve.

Earth Bowl

Ingredients

- 1 apple, peeled and chopped
- 2 celery stalks, diced
- Small handful of berries
- 6 almonds, broken up
- 1 tbsp hemp or pumpkin seeds
- Juice of an orange (optional)

Steps

1. Combine ingredients together. Enjoy!



You may not eat or touch

- Cashews
- Almonds
- Pecan
- Brazil nut
- Hazelnut
- Macadamia
- Sunflower seeds
- The oils of any of the above items

Meal Ideas

Breakfast

- Protein Smoothie (see recipe)
- Granola or dry cereal(no oats) with berries and honey
- Toast with jam
- Juice, water, tea, coffee (sugar only)

Lunch

- Sautéed Vegetables (see recipe)
- A.L.T with mustard (Avocado, tomato, and lettuce sandwich)- can substitute other veggies on sprouted grain bread or wrap
- Earth Bowl (see recipe)
- Fruit salad

Dinner

- Roasted vegetables in olive oil on penne noodles
- Vegetable stir-fry on noodles or rice
- Vegetarian Chili



Snacks

- Fruits
- Berries
- Rice cakes
- Raw veggies
- Popcorn with salt
- Guacamole or salsa with corn chips

Recipes

Banana Split Protein Smoothie

Ingredients

- 1 cup almond milk
- 1 ½ cups frozen banana slices
- ½ cups pineapple chunks
- 5 frozen strawberries
- 1 ½ to 2 tablespoons sweetened cocoa powder (to taste)
- 2 scoops protein powder

Steps

1. Combine all ingredients in a blender or food processor. Pour into a glass and enjoy!



Sautéed Vegetables

Ingredients

- 1 tbsp olive oil
- ½ cucumber sliced
- ½ cup chopped mushrooms (white)
- 1 cup chopped cauliflower
- 2 tbsp water
- Squeeze of lemon
- Salt and pepper to taste
- Dash oregano

Steps

1. In a large sauté pan over medium-high heat, add the olive oil and heat.
2. Add all of the vegetables and cook until just starting to wilt, about 2 minutes.
3. Add the oregano, salt, pepper, water and lemon and stir well and cook just until vegetables are wilted, about 3 minutes. Remove from heat and serve.

Earth Bowl

Ingredients

- 1 apple, peeled and chopped
- 2 celery stalks, diced
- Small handful of berries
- 6 almonds, broken up
- 1 tbsp hemp or pumpkin seeds
- Juice of an orange (optional)

Steps

1. Combine ingredients together. Enjoy!



You may not eat or touch

- Whole grains
- Seeds
- Nuts
- Legumes
- Dairy products
- Egg yolks
- Fish
- Corn
- Dried fruits
- Poultry
- Meat

You may eat

- White rice
- Cauliflower
- Potato
- Fresh fruit
- Fresh vegetables
- Vegetable oil

Notes

Drink purified water; distilled water works well.



Meal Ideas

Breakfast

- Smoothie (made with water no nuts or seeds added)
- Egg white with spinach and mushrooms
- Coffee or tea

Lunch

- Vegetable lettuce wrap
- Balsamic strawberry salad (see recipe)
- French fries

Dinner

- Vegetable stir-fry with rice (see recipe)
- Sweet potato fries and salad (see recipe)
- Rice pasta with olive oil

Snacks

- Fresh fruit and veggies
- Rice crackers/cakes with honey
- Air-popped popcorn with small amount of butter



Recipes

Strawberry Balsamic Salad

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 ½ tsp Balsamic Vinegar
- 1 ½ tsp Apple Cider Vinegar
- 4 cups Mixed Greens
- ½ cup of strawberries

Steps

1. Combine the olive oil, balsamic vinegar and apple cider vinegar in a mixing bowl or mason jar and shake. Add the mixed greens and toss until well coated. Add strawberries. Enjoy!

Vegetable Stir Fry

Ingredients

- 1 ½ Tbsp olive oil
- 2 tsp garlic minced
- 1 tsp fresh ginger minced
- 3 Tbsp green onion thinly sliced, green and white parts
- ¼ tsp red pepper flakes
- 1 small red, orange or yellow bell pepper cored and seeds removed and thinly sliced
- 1 small onion halved and thinly sliced
- 5-6 baby bok choy stem end removed and quartered

Steps

1. Heat wok over medium heat, add olive oil, garlic and ginger. Add garlic, ginger, green onion and red pepper flakes and cook, stirring, for 30-45 seconds. Add onion and bell pepper slices.
2. Cook, stirring regularly, until tender-crisp. Serve with rice or rice noodles.



Sweet Potato Fries

Ingredients

- 3 tbsp Coconut Oil (melted)
- 2 Sweet Potato (large, sliced into 1/4 inch strips)
- 1 ½ tbsp Tapioca Flour
- Salt and pepper to taste, can add cayenne pepper for some heat

Steps

1. Preheat oven to 425°F, and line baking sheet(s) with foil and grease.
2. Rinse and pat your sweet potato strips dry. Toss them with tapioca flour.
3. Add the remaining coconut oil to the sweet potato strips and gently toss. Arrange the strips onto your baking sheet, sprinkle salt and pepper over.
4. Bake for 25 to 30 minutes, flipping halfway through.



You may not eat or touch

- Meat
- Eggs

You may eat

- Fresh vegetables
- Rice
- Pasta
- Fish
- Water

Meal Ideas

Breakfast

- Oatmeal and berries
- Toast with peanut butter and jam
- Smoothie with vegan protein
- Coffee, tea, juice and water

Lunch

- Guacamole- Raw burrito (see recipe)
- Re-fried beans and vegetable wrap
- Vegetable salad with baked fish

Dinner

- Spaghetti Squash Pasta (see recipe)
- Sautéed vegetables (see recipe)
- Pasta with tomato sauce



Snacks

- Kale chips (see recipe)
- Guacamole
- Raw veggies in ranch dip
- Nuts

Recipes

Kale Chips

Ingredients

- Kale
- Olive oil
- Sea salt

Steps

1. Wash and chop kale into pieces.
2. Toss in olive oil and sea salt.
3. Bake @ 425 until crispy and slightly browned, approximately 15 mins.

Spaghetti Squash Pasta

Steps

1. Cut squash into thin strands.
2. Bake squash at 350 F until tender (30-45 mins), until strands separate easily. Scoop out flesh and serve topped with any kind of pasta sauce or a light toss in olive oil.



Guacamole

Ingredients

- 3 ripe mashed avocados
- 2 garlic cloves, crushed
- 4 tbsp lemon juice
- 1 tsp sea salt
- 2 tbsp green onion, chopped OR sweet onion, chopped

Steps

1. For a chunkier version add finely chopped peppers, broccoli or tomato
2. Mash avocado with garlic, lemon juice, salt. Add onion and other vegetables, if using. Stir to combine and serve.
3. Use guacamole for a 'raw burrito': spoon guacamole into individual romaine lettuce leaves, add other vegetables and roll lengthwise.

Sautéed Vegetables

Ingredients

- 1 tbsp olive oil
- ½ cucumber sliced
- ½ cup chopped mushrooms (white)
- 1 cup chopped cauliflower
- 2 tbsp water
- Squeeze of lemon
- Salt and pepper to taste
- Dash oregano

Steps

1. In a large sauté pan over medium-high heat, add the olive oil and heat.
2. Add the all of the vegetables and cook until just starting to wilt, about 2 minutes.
3. Add the oregano, salt, pepper, water and lemon and stir well and cook just until vegetables are wilted, about 3 minutes. Remove from heat and serve.



You may not eat or touch

- All vegetables
- Oranges
- Bananas
- Cantaloupe
- Tomatoes
- Mint leaves
- Water cress
- Potatoes
- Whole grains
- Seeds
- Nuts
- Cream of tartar

You may eat

- White rice and pasta
- Cauliflower
- Chicken
- Meat
- Eggs

Notes

Drink purified water; distilled water works well.



Meal Ideas

Breakfast

- Rice cereal
- Scrambled eggs
- Coffee or tea

Lunch

- White pasta noodles with olive oil
- Chicken soup (see recipe)

Dinner

- Chicken stir-fry with rice noodles (no vegetables)
- Cauliflower mash and baked chicken (see recipe)

Snacks

- Boiled eggs
- Rice crackers/cakes with honey
- Apples
- Raspberries
- Air-popped popcorn with small amount of butter

Recipes

Cauliflower Mash

Ingredients

- 1 head of cauliflower

Steps

1. Steam until tender, drain.
2. Use a masher to mash, and mix in 2 tbsp of butter.



Chicken Soup

Ingredients

- 1 tbsp Rosemary (fresh)
- 8 oz Chicken Breast (boneless, skinless)
- 1 lb Chicken Thighs (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 6 cups Water (or broth)

Steps

3. Add all ingredients to the crock pot and cook on low for 6-8 hrs.
4. Once chicken is cooked through, transfer it to a large bowl and shred it with two forks. Return the shredded chicken to the crock pot and let it soak for at least 5-10 minutes before serving. Adjust seasoning as needed.

Baked Chicken Breast

Ingredients

- 10oz Chicken Breast
- 1 tbsp Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1/2 tsp Italian Seasoning

Steps

1. Preheat oven to 400°F. Line a baking dish with parchment paper.
2. Place chicken breasts in the prepared baking dish. Drizzle with oil and season with salt and Italian seasoning. Bake for about 25 to 30 minutes, or until the chicken is cooked through.



You may not eat or touch

- Brewers yeast
- Wheat germ
- Kelp
- Sea water
- Sea salt
- Garlic
- Mushroom
- Seafood
- Milk
- Eggs
- Whole grains
- Beef
- Beans
- Bran
- Onions
- Tomato
- Broccoli

You may eat

- White rice and pasta
- Cauliflower
- Potato
- Chicken
- Fruit
- Table salt

Notes

Drink purified water; distilled water works well.



Meal Ideas

Breakfast

- Homemade cream of rice with 2 tbsp of maple syrup to sweeten, dash of cinnamon
- Coffee or tea
- Smoothie (No veggies added)
- Fruit salad

Lunch

- White pasta noodles with olive oil
- Chicken noodle soup (see recipe)

Dinner

- Cauliflower bites (see recipe)
- Butterflied roasted chicken and baked potato (see recipe)

Snacks

- Rice crackers/cakes with honey
- Berries
- Apple
- Fries



Recipes

Cauliflower Bites

Ingredients

- 1 medium cauliflower cut into bite-sized pieces
- ½ cup white flour
- ½ cup water
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons butter melted
- ⅔ cup Buffalo hot sauce

Steps

1. Preheat oven to 450 degrees, spray a large cookie sheet with cooking spray and set aside.
2. In a large bowl whisk together flour, water, garlic powder, salt, and pepper. Add cauliflower florets and toss to coat. Spread evenly onto cookie sheet and place in the oven. Bake for 15 minutes, flipping once. Remove from the oven.
3. Mix melted butter with buffalo hot sauce coat over cauliflower and place back in the oven and bake for 25-30 minutes or until crispy, flipping once.



Baked Potato

Ingredients

- Medium potato
- 1tsp olive oil
- ½ tsp table salt
- ½ tsp pepper

Ingredients

1. Preheat the oven to 400 degrees F. Scrub the potato, and pierce the skin several times with a knife or fork. Rub the skin with olive oil, then with salt.
2. Place the potato in the preheated oven, and bake for 90 minutes, or until slightly soft and golden brown. Slice the potato down the center, and serve with salt and black pepper.

Butterflied Roasted Chicken

Ingredients

- 1 chicken (3-5lbs)
- 1tbsp olive oil
- 1tbsp table salt
- ½ tsp black pepper
- 1-2 fresh rosemary sprigs
- ½ lemon

Steps

1. Have chicken butterflied by butcher or cut out spine with a good pair of kitchen shears or a knife. Flatten chicken by applying pressure to breastbone, so laying flat. Place on a foil lined baking sheet laying flat.
2. Rub olive oil all over the chicken, then sprinkle salt and pepper. Apply juice of ½ lemon and rosemary.
3. Roast at 400 for 45-55 minutes or until breast meat reaches 150 on thermometer. Let sit for 10 minutes before cutting, serve with baked potatoes.



You may not eat or touch

- Turkey
- Asparagus
- Avocado
- Cocoa
- Pineapple
- Plum
- Tomato
- Yeast
- Milk
- Milk products
- B1, B3, and B6
- Tryptophan

You may eat

- Fresh vegetables and fruit not on the list
- Rice
- Pasta
- Fish

Notes

Drink purified water (distilled water works well)



Meal Ideas

Breakfast

- Homemade cream of rice with 2 tbsp of maple syrup to sweeten, dash of cinnamon
- Oatmeal and berries
- Banana muffins (see recipe)
- Coffee, tea and water

Lunch

- White pasta noodles with olive oil and 2 tbsp of parmesan cheese
- Rice noodles in a vegetable broth
- Baked fish on salad (no asparagus, avocado, tomato)

Dinner

- White pasta noodles with olive oil/lemon drizzle, 2 tbsp parmesan cheese with cauliflower (cooked or raw)
- Heart healthy fish and chips (see recipe)
- Rice noodles in a small amount of vegetable broth

Snacks

- Cauliflower, cucumbers, carrots with hummus
- Rice crackers/cakes with honey
- Fruit (no pineapple)



Recipes

Banana Muffins

Ingredients

- 2 Bananas
- ½ cup Unsweetened Almond Milk
- 2 cups Almond Flour
- 3 Egg
- 2 tsp Baking Powder
- ½ cup almonds (optional)

Steps

1. Preheat oven to 350°F.
2. In a mixing bowl, mash the bananas with a fork and combine with the remaining ingredients. Chop almonds and add to batter (optional). Pour the batter into the cups and bake for 20 to 25 minutes or until a toothpick comes out clean.



Heart Healthy Fish and Chips

Ingredients

- 10 oz Salmon Fillet
- 1 tbsp Maple Syrup
- 1 tbsp Tamari
- 2 Sweet Potato
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

Steps

1. Preheat oven to 425°F.
2. Mix maple syrup and tamari in a bowl. Place salmon fillets in a ziplock bag with the bowl mixture and shake well.
3. Wash your sweet potato and cut it into even fry-shaped pieces. Toss the fries in olive oil and season with salt and pepper. Place fries on foil-lined baking sheet and bake in oven on the middle rack for 30 minutes or until golden. Flip the fries half way through at the 15 minute mark. Remove from oven. Transfer fries from baking sheet to bowl and cover to keep warm.
4. Turn oven up to 500°F, and move the middle rack to the top. Place salmon fillets on the foil-lined baking sheet. Bake in the oven for 7 to 8 minutes depending on the thickness.
5. Serve with fries



You may not eat or touch

- Ginger
- Cardamom
- Cinnamon
- Cloves
- Nutmeg
- Garlic
- Cumin
- Fennel
- Coriander
- Turmeric
- Saffron
- Mint
- The oils of any above spices, which can be encountered in candies
- Chewing gum
- Toothpaste
- Massage oils
- Aromatherapy ingredients
- Toiletries

You may eat

- Any food without the listed spices



Meal Ideas

Breakfast

- Egg cups (see recipe)
- Toast with honey or strawberry jam
- Oatmeal with blueberries
- Coffee or tea with sugar

Lunch

- Chicken Salad on whole wheat pita (see recipe)
- Hamburger with grilled onion and tomato
- Roasted vegetables in olive oil on penne noodles

Dinner

- Roast chicken with sweet potatoes and corn on the cob
- Steak with sliced mushrooms on top with mashed potatoes, grilled carrots and red and yellow bell peppers

Snacks

- Water
- Sweet potato fries
- Popcorn
- Rice crackers
- Fruit



Recipes

Chicken Salad

Ingredients

- 2 cups chopped cooked chicken leftover
- 2 scallions finely diced.
- $\frac{1}{3}$ cup mayonnaise
- 2 tbsp plain Greek yogurt
- $\frac{1}{2}$ red pepper finely diced
- $\frac{1}{3}$ cup chopped water chestnuts or diced celery
- 2 tbsp chopped almonds (optional)
- 1 tsp Dijon mustard
- $\frac{1}{2}$ tsp lemon juice

Steps

1. Mix together all ingredients and serve on a pita or mixed greens



Egg Cups

Ingredients

- 1 tbsp olive oil
- 1 cup red pepper chopped
- 1 cup green pepper chopped
- 1 cup yellow onion chopped
- 2 cups baby spinach
- 1 cup mushroom chopped
- Pepper and salt to taste
- 6 eggs

Steps

1. Preheat oven to 350, grease muffin tins.
2. Sauté red peppers, green peppers and onions for 5 minutes, then add spinach and mushrooms sauté for 2 more minutes.
3. Crack eggs into large bowl, add vegetable mix and salt and pepper.
4. Pour mixture into muffin tins, bake for 15-20 mins.



You may not eat or touch

- Peppers
- Red pepper
- Black pepper green
- Jalapeño
- Banana peppers
- Anise seed
- Basil
- Bay leaf
- Caraway seed
- Chervil
- Cream of tartar
- Dill
- Dill
- Fenugreek
- Horseradish
- Mace
- MSG
- Mustard
- Onion
- Oregano
- Paprika
- Poppy seed
- Parsley
- Rosemary
- Sage
- Sumac
- Vinegar

You may eat

- All foods and food products without the above listed spices



Meal Ideas

Breakfast

- Oatmeal with berries and sweetened with maple syrup, if needed
- Bowl of whole grain cereal with milk, rice milk or almond milk
- Juice, milk, coffee or tea

Lunch

- Vegetable wraps
- Grilled chicken wrap with veggies (no peppers or onions)
- Vegetables (no onions or peppers) and avocado

Dinner

- Grilled chicken on white rice
- Sautéed vegetables (see recipe)
- Baked salmon with grilled asparagus (see recipe)

Snacks

- Unseasoned nuts
- Fruit
- Boiled eggs



Recipes

Sautéed Vegetables

Ingredients

- 1 tbsp olive oil
- ½ cucumber sliced
- ½ cup chopped mushrooms (white)
- 1 cup chopped cauliflower
- 2 tbsp water
- Squeeze of lemon
- Salt to taste

Steps

1. In a large sauté pan over medium-high heat, add the olive oil and heat.
2. Add the all of the vegetables and cook until just starting to wilt, about 2 minutes.
3. Add salt, water and lemon and stir well and cook just until vegetables are wilted, about 3 minutes. Remove from heat and serve.



Cedar Plank Salmon

Ingredients

- Cedar Plank
- 3 cups Asparagus (woody ends snapped off)
- 1 tbsp Extra Virgin Olive Oil
- $\frac{1}{4}$ tsp Garlic Powder
- $\frac{1}{2}$ tsp Sea Salt
- 10 oz Salmon Fillet
- 1 Lemon sliced

Steps

1. Soak cedar plank for minimum 4 hours.
2. Toss asparagus in olive oil, salt to taste and set aside.
3. Place salmon fillets in the bowl and sprinkle garlic powder and sea salt over.
4. Preheat grill on high heat. Grill asparagus for 2-3 minutes until tender. Set aside.
5. Reduce to medium heat and place soaked plank on grill for about 3 minutes or until it begins to crackle and smoke. Flip plank and place salmon on top with lemon slices cook 15-20 minutes.
6. Squeeze lemon over salmon and serve with asparagus.



You may not eat or touch

- All starch products
- Refined grain products
- Vitamins
- Certain prescription drugs (read labels)
- Table salt
- Thick sauces

You may eat

- Vegetables
- Meat
- Egg
- Beans

Notes

Starch mixes are refined starches from potato, corn, arrow root, rice, and all-purpose flour.



Meal Ideas

Breakfast

- Ham and cheese omelet with peppers, tomatoes, mushrooms
- Fruit topped with vanilla or strawberry yogurt
- Milk, tea, coffee, water

Lunch

- Salads
- Fish taco salad (see recipe)
- Romaine lettuce wraps with chicken, veggies, and cheese or yogurt

Dinner

- Ginger stir fry (see recipe)
- Baked beef/chicken/pork/fish with veggies

Snacks

- Vegetables
- Boiled egg
- Kale chips



Recipes

Fish Taco Salad

Ingredients

- 2 Tilapia Fillet
- 1 ½ tsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 Lemon (juiced)
- 1 cup Baby Spinach
- ½ cup Pineapple (diced)
- ½ cup Red Onion (finely diced)
- 1 Jalapeño Pepper (de-seeded and chopped)
- 1 Garlic (clove, minced)
- 1 Red Bell Pepper (diced)
- 1 Lime (juiced)
- 2 Avocado (peeled and mashed)
- 1 Tomato (diced)
- Serve on a bed of greens or in a lettuce wrap

Steps

1. Preheat the oven to 500 and move rack to the top setting. Cover a large baking sheet with parchment paper and lightly grease with some olive oil. Lightly rub white fish with extra virgin olive oil, a splash of lemon juice and season with sea salt and pepper. Cook in the oven on top rack for 8 minute or until fish flakes with a fork.
2. Remove fish from oven and chop with a knife. Place in a bowl and toss with a bit of lemon juice.
3. Prepare all ingredients for the salsa and mix together in a large mixing bowl. (Pineapple, red onion, jalapeño, red bell pepper, and lime juice).
4. Prepare all ingredients for the guacamole and mix together in a separate mixing bowl. (Avocado, tomato, garlic and splash of lemon juice).



Ginger Stir Fry

Ingredients

- ¼ cup Tamari
- 2 Garlic cloves, minced
- 1 tbsp Ginger grated
- 1 tbsp Maple Syrup
- 1 tbsp Coconut Oil
- ½ Yellow Onion chopped
- 3 stalks Celery chopped
- 3 cups Snap Peas
- 3 cups Mushrooms chopped

Steps

1. In a jar mix together tamari, garlic, ginger and maple syrup. Shake well.
2. Add coconut oil to a large frying pan and place over medium heat. Add yellow onion, celery, snap peas and mushrooms. Sauté for 5-7 minutes.
3. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat. (Optional: can add chicken or beef)



You may not eat or touch

- Radish
- Turnip
- Onion
- Celery
- String beans
- Watercress
- Soy
- Fish
- Meat
- Dried beans
- Eggs

Meal Ideas

Breakfast

- Any grain cereal
- Whole wheat/grain toast with almond butter or jam
- Whole wheat pancakes with maple syrup

Lunch

- White pasta noodles with olive oil and 2 tbsp of parmesan cheese
- Rice noodles in a chicken broth
- Grilled or baked chicken on brown rice/quinoa with olive oil
- Sandwich on the Life changing loaf of bread (see recipe)

Dinner

- White pasta noodles with olive oil drizzle, 2 tbsp parmesan cheese
- Rice noodles in a small amount of vegetable broth
- Grilled or baked chicken on brown rice/quinoa with olive oil



Snacks

- Hot air popped popcorn with a small amount of butter and sea salt
- Rice crackers/cakes
- Granola bars without fruit
- No Bake Snackin' orbs (see recipe)
- Organic corn chips

Recipes

No-Bake Snackin' Orbs

Ingredients

- 2 Tbsp coconut flour
- ½ cup protein powder
- 3 Tbsp carob powder (alternative to chocolate- caffeine free- can be found in the baking aisle of health food stores)
- ⅛-¼ tsp stevia powder or more, to your taste, depending on how sweet your protein powder is
- ½ tsp cinnamon, optional
- ½ cup finely ground flax seeds or flax seed meal
- 2 Tbsp sesame seeds (or use hemp seeds)
- ½ cup pumpkin seeds (or use sunflower seeds or unsweetened dried shredded coconut)
- ½ cup nut or seed butter (natural almond, hazelnut, walnut, sunflower, pumpkin seed, etc.)
- 2 Tbsp unrefined coconut oil, preferably organic
- 1 tsp pure vanilla extract (or use 1/2 tsp/2.5 ml almond or orange extract)
- ¾ cup water or unsweetened milk alternative (coconut, almond or rice), or a bit more, as needed



Steps

1. In a medium bowl, sift together the coconut flour, protein powder, carob powder, stevia and cinnamon, if using. Add the flax, sesame seeds, and pumpkin seeds and stir to distribute the seeds evenly.
2. In a small, heavy-bottomed pot melt together the nut butter and coconut oil over very low heat, stirring constantly. Remove from heat and stir in the vanilla and water until smooth. Pour the nut mixture over the dry ingredients and stir well to combine; it should come together and be slightly moist and smooth, like a cookie dough.
3. Using a small ice cream scoop or teaspoon, scoop the dough and form into balls. Place on a plate in the refrigerator until chilled and firm, then store in an airtight container in the refrigerator until ready to eat. Alternately, press into a greased or parchment paper-lined 8 or 9 inch (20-22.5 cm) square pan; refrigerate until firm and then cut into bars. Makes 6-10 servings for breakfast (4-5 orbs per serving) or 24-30 snackin' orbs. Carob-Pumpkinseed Variation: Use sesame seeds, vanilla protein powder, carob powder, almond butter, pumpkin seeds and water options



The Life-Changing Loaf of Bread

Ingredients

- 1 cup / 135g sunflower seeds
- ½ cup / 90g flax seeds
- ½ cup / 65g hazelnuts
- 1 ½ cups / 145g rolled oats
- 2 tbsp Chia seeds
- 4 tbsp psyllium seed husks (3 tbsp if using psyllium husk powder)
- 1 tsp fine grain sea salt (add ½ tsp if using coarse salt)
- 1 Tbsp maple syrup (for sugar-free diets, use a pinch of stevia)
- 3 Tbsp melted coconut oil or ghee
- 1 ½ cups / 350ml water

Steps

1. In a flexible silicon loaf pan, or well greased pan, combine all dry ingredients, stirring well. Whisk maple syrup, oil and water together in a measuring cup. Add this to the dry ingredients and mix very well until everything is completely soaked and dough becomes very thick (if the dough is too thick to stir, add one or two teaspoons of water until the dough is manageable).
2. Smooth out the top with the back of a spoon. Let sit out on the counter for at least 2 hours, or all day or overnight. To ensure the dough is ready, it should retain its shape even when you pull the sides of the loaf pan away from it.
3. Preheat oven to 350°F / 175°C.
4. Place loaf pan in the oven on the middle rack, and bake for 20 minutes. Remove bread from loaf pan, place it upside down directly on the rack and bake for another 30-40 minutes. Bread is done when it sounds hollow when tapped. Let cool completely before slicing.
5. Store bread in a tightly sealed container for up to five days. Freezes well too – slice before freezing for quick and easy toast!



You may not eat or touch

- Fish
- Seafood

Meal Ideas

Breakfast

- Granola or dry cereal with berries and honey
- Toast with jam
- Juice, water, tea, coffee

Lunch

- Chicken soup
- Lettuce Wraps
- Lentil soup (see recipe)

Dinner

- Chicken fajitas
- Steak and baked potato with quinoa/rice
- Four Colour salad (see recipe)

Snacks

- Fruit
- Berries
- Rice cakes
- Raw veggies
- Popcorn with salt
- Salsa with rice chips



Recipes

Lentil Soup

Ingredients

- 1 cup dried split red lentils
- 3 stalks celery, coarsely chopped
- 2 medium carrots, finely chopped
- 1 red pepper, chopped
- 1 onion, chopped
- 2 cloves garlic, finely chopped
- 6 cups water
- 1 tsp dulse powder
- ¼ tsp freshly ground pepper
- ½ cup parsley, finely chopped
- 2 tsp lemon juice

Steps

1. Wash lentils and combine with celery, carrots, red pepper, onion, garlic, dulse powder, pepper and water in large saucepan.
2. Bring to a boil. Reduce heat and simmer 35 minutes or until vegetables are tender.
3. Remove from heat and add lemon juice and parsley. Yields 4 servings.



Four Color Salad

Ingredients

- 2 medium beets, peeled and shredded
- 3 medium carrots, peeled and shredded
- ½ cup cabbage, shredded
- Few sprigs of parsley
- 1 tbsp pumpkin seeds
- 1 tbsp sunflower seeds
- Dressing
- 1 tbsp flaxseed oil
- 1 tbsp lemon juice
- ¼ tsp dulse powder

Steps

1. Mix the beets, carrots, cabbage and seeds together in a bowl, tossing with the dressing.
2. Arrange the parsley around the edges of the bowl and serve. Yields 4 servings.



You may not eat or touch

- Vegetable oils
- Foods containing vegetable oils like breads
- Crackers
- Cookies
- Sauces
- Drinks
- Skin lotions
- Makeup items
- Shampoo
- Conditioner

Notes

Vegetable oils include corn oil, canola oil, peanut oil, linseed oil, sun flower oil, palm oil, flaxseed oil, and coconut oil.

Meal Ideas

Breakfast

- Granola or dry cereal (no oats) with berries and honey
- Toast with jam
- Juice, water, tea, coffee (sugar only)

Lunch

- Chicken soup
- Lettuce wraps
- Fruit salad

Dinner Ideas

- Baked Chicken or Fish
- Simple Dinner salad with Balsamic vinegar as a dressing



Snacks

- Fruits and berries
- Rice cakes
- Raw veggies
- Popcorn with salt
- Salsa with rice chips

Recipes

Chicken Soup

Ingredients

- 1 cup chicken
- 2 quarts water or broth
- 4 cloves sliced garlic
- 2 cups each of sliced carrots, celery, onions, peas
- ½ cup cooked brown rice
- ½ cup chopped parsley
- Herbs and seasonings to taste

Steps

1. Simmer chicken in water or stock for 40 mins. Add vegetables and rice and simmer for 20 mins.
2. Serve broth and vegetables with chicken meat and top with fresh parsley. Add herbs according to taste. Serves 10.



Oriental Lettuce Wraps

Ingredients

- Carrots
- Celery
- Broccoli stalks
- Cauliflower
- Any variety of veggies (not mushroom or zucchini)

Steps

1. Dice small or grate veggies.
2. Toss with an organic tamari. Add fresh bean sprouts and toss.
3. Spoon veggies into fresh, washed lettuce leaves of your choice. Roll cabbage roll style and enjoy.



You may not eat or touch

- All vegetables
- Items made with vegetables

Meal Ideas

Breakfast

- Protein Smoothie (see recipe)
- Granola or dry cereal with berries and honey
- Toast with jam
- Juice, water, tea, coffee

Lunch

- Lemon herb quinoa (see recipe)
- Chicken wrap
- Turkey sandwich with Havarti cheese (add mayo and mustard if desired)

Dinner

- Poached Halibut in a herb-mustard sauce (see recipe)
- Tofu teriyaki with rice
- Steak with rice/quinoa/whole wheat pasta

Snacks

- Fruits
- Berries
- Rice cakes
- Popcorn with salt



Recipes

Poached Halibut with Herb-Mustard Sauce

Ingredients

- 1 cup white wine Salt
- Parsley and tarragon stems
- 4 boneless, skin-on halibut steaks (about 1 ½ pounds)
- ¾ cup packed fresh parsley leaves
- ½ cup coarsely chopped fresh chives
- 2 tablespoons fresh tarragon leaves
- 1 tablespoon Dijon mustard
- 1 tablespoon white-wine vinegar
- 2 tablespoons extra-virgin olive oil Ground black pepper

Steps

1. Bring vinegar, 4 cups water, 2 teaspoons salt, and herb stems to a boil in large sauté pan. Remove pan from heat, slide fish into pan, cover, and set aside until fish is opaque throughout, about 12 minutes. This technique keeps the fish from breaking apart as it cooks (To judge doneness, slide a paring knife into center and peek in.)
2. Meanwhile, process parsley, chives, tarragon, mustard, vinegar, oil, and 2 tablespoons water in food processor, scraping down sides of work bowl as needed, until a fairly smooth puree forms, 1 to 2 minutes. Scrape herb sauce into small bowl and season with salt and pepper to taste.
3. With slotted spatula, carefully lift halibut from poaching liquid, allowing liquid to drain back into pan. Place one piece of fish on each plate. Peel off and discard skin. Top each piece of fish with generous dollop of herb sauce. Serve immediately. Makes 4 servings.



Lemon Herb Quinoa

Ingredients

- 1 cup Quinoa
- 1 ½ tbsp Vegetable oil
- 2 cups Water
- ¾ tsp Dried marjoram or oregano
- ½ tsp Dried thyme
- ¼ tsp Dried rosemary, crumbled
- 3 tbsp Chopped parsley
- 2 tbsp Fresh lemon juice
- ½ tsp Grated lemon rind
- Pepper & salt to taste

Steps

1. Place the quinoa in a large bowl; fill with cold water. Drain into a strainer and repeat the rinsing and draining 4 more times.
2. Over medium-high heat, heat the oil in a 2-quart saucepan. Add the rinsed quinoa and cook, stirring, until the quinoa makes cracking and popping noises, about 3 to 5 minutes. Stir in the water, marjoram, thyme, and rosemary. Bring to a boil, reduce the heat, and simmer, covered, 15 minutes.
3. Stir in the parsley, lemon juice, salt, lemon rind, and pepper. Simmer, covered, 5 minutes longer. Fluff with a fork. Serves 4-6.



You may not eat or touch

- Fish liver oil
- Egg yolks
- Milk
- Butter
- Sprouted seeds
- Mushrooms
- Sunflower seeds
- Sunflower oil

You may eat

- Fruits
- Vegetables
- Poultry
- Meat

Notes

Vitamin D includes ergosterol, viosterol, calciferol, cholecalciferol, ergocalciferol, and sunshine vitamin.

Meal Ideas

Breakfast

- Cranberry or raisin muffins (see recipe)
- Granola or dry cereal with berries and honey
- Toast with almond butter and jam
- Strawberry mango smoothie (no milk)
- Juice, water, tea, coffee (sugar only)



Lunch

- Carrot and Chickpea soup (see recipe)
- Quinoa salad
- Butternut squash soup
- Turkey sandwich

Dinner

- Baked fish with veggies and brown rice
- Tofu stir-fry on noodles or rice
- Vegetarian Chili

Snacks

- Fruit salad
- Any cut up raw veggies



Recipes

Cranberry or Raisin Muffins

Ingredients

- 120 ml honey
- 250 g cranberries or raisins
- 80 ml olive oil
- 1 cup water
- ½ teaspoon sea salt
- 2 ½ teaspoons baking soda
- ½ teaspoon xanthan gum
- 2 tablespoons tapioca starch
- 170 g amaranth flour
- 230 g quinoa flour
- 230 g buckwheat flour

Steps

1. Preheat the oven to 375F.
Oil a 12-cup muffin pan or line with paper cups.
2. In a bowl, whisk the buckwheat flour, quinoa flour, amaranth flour, tapioca starch, xanthan gum, baking soda and salt. In a 2-cup glass measure, whisk the water, oil and honey. Pour into the flour mixture and mix until just combined. Don't over-mix. Fold in the cranberries or raisins.
3. Spoon into the prepared muffin cups, filling them almost full. Bake for 15 to 17 minutes, or until firm when touched in the center, lightly browned, and a butter knife inserted in the center comes out clean. Cool in the pan on a rack for 5 min.
4. Buckwheat flour is gluten-free. However, commercial buckwheat flour may contain a small amount of wheat flour. Look for 100 per cent buckwheat flour on label.



Carrot & Chickpea Soup

Ingredients

- 2 lbs Carrots (Peeled and cut into small chunks)
- 10 Cups Water
- 1 Organic Vegetable Stock Cube
- 1 Large Onion (Cut into small chunks)
- 1 Can Chick Peas (Washed and Drained)
- ¼ Tsp Cinnamon
- Dash Mild Curry Powder
- Dash Ground Coriander
- Salt & pepper to taste

Steps

1. In a medium to large pot, boil the carrots, onion and stock cube in the water until the carrots are soft. Once the carrots are soft, turn off the heat and blend everything in the pot.
2. Add the chick peas and blend into the soup. Add the rest of the ingredients and stir well. Add more spices if needed.



You may not eat or touch

- Wheat germ
- Soybeans
- Vegetable oils
- Broccoli
- Brussel sprouts
- Leafy greens
- Spinach
- Enriched flour
- Whole wheat
- Whole grain cereals
- Eggs
- Unrefined cold pressed crude vegetable oils
- Wheat germ and soybean oils
- Whole
- Raw or sprouted seeds
- Nuts
- Grains

You may eat

- Fresh fruit
- Carrots
- Potatoes
- Poultry
- Meat

Notes

Vitamin E includes tocopherol, D-Alpha tocopherol or tocopheryl, D1-Alpha tocopherol or tocopheryl, and mixed tocopherols.



Meal Ideas

Breakfast

- Yogurt with berries
- Hash brown (no oil used in the cooking process)
- Tea or coffee

Lunch

- Baked potato and carrots
- Baked chicken drumsticks (see recipe)

Dinner

- Baked potato and carrots
- Steak with salt, pepper and basil
- Turkey Bites (see recipe)

Snacks

- Raw veggies
- Carrots
- Fresh fruit



Recipes

Turkey Bites

Ingredients

- 1 lb Extra Lean Ground Turkey
- 1 Carrot (medium, peeled and grated)
- 1 Beet (medium, peeled and grated)
- ½ tsp Sea Salt
- ½ tsp Dried Thyme
- 1 tbsp Dijon Mustard

Steps

1. In a large mixing bowl, use your hands or a spatula to combine all the ingredients
2. Divide the mixture and form patties about 4-inches wide. The patties will shrink after cooking.
3. Grill on the barbecue. Cook the patties for about 4 to 5 minutes each side, or until cooked through. Cut into one of the burgers to confirm doneness, as it may be hard to tell because of the beet juices. Transfer to a plate lined with paper towel and serve immediately. Enjoy!



Chicken Drumsticks

Ingredients

- 2tbsp Olive Oil
- Juice of One Lemon
- 2 Teaspoons Garlic Powder
- 2 Teaspoons Onion Powder
- 2 Teaspoons Salt
- 10 Chicken Drumsticks

Steps

1. Preheat the oven to 425 degrees. Line a large baking sheet with foil and spray with cooking spray.
2. Drizzle olive oil and lemon juice over drumsticks, sprinkle remaining ingredients over chicken.
3. Arrange the chicken in an even layer on prepared baking sheet and bake in the preheated oven for 25 minutes. Flip the chicken and cook for an additional 5-10 minutes, until cooked through.



You may not eat or touch

- Vegetable oils
- Wheat germ oils
- Linseed oil
- Sunflower oils
- Safflower oils
- Soybean oils
- Peanuts
- And peanut oils
- Flax seeds
- Evening primrose oils
- All nuts
- Breast milk

You may eat

- Anything but the above listed foods

Notes

Vitamin F is found in unsaturated fatty acids, such as linoleic, gamma-linoleic, and arachinoidic factors.



Meal Ideas

Breakfast

- Coffee or tea
- Oatmeal with berries and maple syrup and rice milk
- Toast with strawberry jam
- Smoothie (see recipe)

Lunch

- Pasta with melted cheese
- Shrimp salad (see recipe)
- Grilled chicken with avocados, rice

Dinner

- Chicken with steamed rice
- Cauliflower pizza (see recipe)
- Chili (ground beef or chicken)

Snacks

- Red apples
- Berries
- Strawberries
- Water
- Rice crackers



Recipes

Smoothie

Ingredients

- ¼ cup Vanilla Protein Powder
- 1 cup Frozen Blueberries
- 1 cup Baby Spinach
- 1 cup Water (cold)

Steps

1. Blend ingredients together in blender or food processor. Pour into a glass and enjoy!

Shrimp Salad

Ingredients

- 1 Cucumber cubed
- 1 Mango cubed
- 1 Avocado cubed
- 12 oz Shrimp (cooked, tails removed)
- 1 Lime (juiced)
- Sea salt to taste

Steps

1. Mix all ingredients together, enjoy.



Cauliflower Pizza

Ingredients

- 1 medium head of cauliflower (6" – 7" wide or 2.5-3 lbs) or 5-6 cups of store bought cauliflower rice.
- 2 eggs, beaten
- 1 tsp Italian seasoning (dried oregano or basil)
- $\frac{1}{8}$ tsp salt.
- $\frac{1}{4}$ tsp ground black pepper.
- 1tbsp parmesan cheese

Steps

1. Mix all ingredients bake for 20 minutes, on parchment paper at 400. Carefully flip with spatula and bake for a few more minutes.
2. Add desired toppings and bake for 10 minutes



You may not eat or touch

- Kelp
- Alfalfa and other green plants
- Soybean oils
- Egg yolks
- Cow's milk
- Liver
- Yogurt
- Safflower and soybean oils
- Fish liver oils
- Cabbage
- Brussel sprouts, green leafy veggies

You may eat

- Fruit
- Rice
- Potato
- Poultry
- Meat

Note

Vitamin K includes phytomenadione, phytoadione, phylloquinone, and menadione.

Meal Ideas

Breakfast

- Protein Smoothie with fruit
- Granola or dry cereal with berries and honey
- Toast with jam and almond butter
- Juice, water, tea, coffee (sugar only)



Lunch

- Quinoa salad (see recipe)
- A.L.T with mustard (Avocado, tomato, and lettuce sandwich)
- Chicken soup (see recipe)

Dinner

- Baked fish with rice and sweet potato
- Chicken drumsticks or thighs with a baked potato and quinoa
- Lentil soup

Snacks

- Fruits
- Berries
- Rice cakes
- Raw carrots with hummus
- Popcorn with salt
- Guacamole or salsa with rice chips



Recipes

Quinoa Salad

Ingredients

- 3 cups cooked quinoa* (1 cup dried)
- $\frac{1}{3}$ cup freshly squeezed lemon juice (1 large lemon or 2 small ones)
- 3 tbsp olive oil
- 2 tsp ground cumin
- 1 tsp salt
- 1 $\frac{1}{2}$ cups of grated carrots
- $\frac{1}{2}$ cup of chopped celery
- 1.5 cups canned black beans, rinsed (~ 540 ml can)
- $\frac{1}{2}$ small red onion sliced
- $\frac{1}{2}$ cup slivered almonds
- $\frac{1}{4}$ cup chopped fresh mint
- $\frac{1}{4}$ cup chopped fresh coriander

Steps

1. Cook quinoa. *Shortcut to cooking quinoa: Rinse 1 cup of quinoa in cold water. Bring 2 cups of salted water to a boil. Add rinsed quinoa and bring back to a boil. Reduce temperature to medium-low and simmer. Cook for 15-18 min or until almost all of the water has evaporated and quinoa is tender. Let rest for 5 min, then fluff.
2. While quinoa is cooking, whisk together lemon juice, olive oil, cumin, and salt into a vinaigrette in a small bowl.
3. Combine quinoa and all remaining ingredients, except fresh herbs, into a medium-sized bowl. (Not a big deal if you threw in the herbs now)
4. Drizzle with vinaigrette (b). Toss to combine.
5. Refrigerate for at least 1 hour to allow flavours to combine. Add fresh herbs just prior to serving. May be served at room temperature. Serves 6.



Chicken Soup

Ingredients

- 1 cup cut-up chicken
- 2 quarts water or broth
- 4 cloves sliced garlic
- 2 cups each of sliced carrots, celery, onions
- ½ cup cooked brown rice
- ½ cup chopped parsley
- Herbs and seasonings to taste

Steps

1. Simmer chicken in water or stock for 40 min. Add vegetables and rice and simmer for 20 min.
2. Serve broth and vegetables with chicken meat, and top with fresh parsley. Add herbs according to taste. Serves 10.



You may not eat or touch

- Rose hips
- Buckwheat
- Citrus fruit pulp
- Green peppers
- Grapes
- Apricot
- Strawberries
- Black currants
- Cherries
- Prunes
- White skin and segment part of citrus fruit
- Oranges
- Grapefruit
- Lemons
- Black berries

Notes

Vitamin P includes bioflavonoid, citrus bioflavonoid, hesperidin, and rutin.

Meal Ideas

Breakfast

- Protein Smoothie with banana, mango, protein powder, almond milk
- Granola with apples and honey
- Toast and almond butter
- Juice, water, tea, coffee



Lunch

- Chicken breast with a green salad
- Oriental Bean salad (see recipe)
- Butter chicken with rice

Dinner

- Roasted vegetables (no peppers) in olive oil on penne noodles
- Tofu casserole (see recipe)
- Steak with asparagus and rice

Snacks

- Rice cakes
- Raw veggies
- Popcorn with salt
- Guacamole or salsa with corn chips



Recipes

Oriental Bean Salad

Ingredients

- 2 cups blanched baby bok choy, finely chopped
- 3 green onions, sliced
- 2 cups bean sprouts
- 1 cup chopped broccoli flowerets
- 1 cup chopped cucumber
- 2 cans Eden Organic Adzuki beans, juice included
- 1 tbsp sesame seeds
- ¼ cup unrefined Sunflower oil
- 3 tbsp Bragg's
- 2-3 tsp honey
- ¼ tsp sea salt

Steps

1. Blanch bok choy in rapidly boiling water for 2 min.
2. Immediately drain and rinse with cold water in stainless steel colander.
3. In lidded jar, combine sunflower oil, Bragg's, honey, and salt to make dressing. Shake well.
4. Combine vegetables, well-drained bok choy, and beans.
5. Pour dressing into vegetables and mix lightly.
6. Stir in sesame seeds.
7. Refrigerate for 2-3 hours. Serves 3.



Tofu Casserole

Ingredients

- 2 blocks firm tofu, cubed
- 2 tsp turmeric
- 1 ½ tbsp Miso
- ¾ cup water
- 3 red potatoes, cut into bite sized pieces
- 3 onions, cut into bite sized sections
- 1 cup of broccoli florets
- 3 carrots, cut into ¼ inch rounds
- 5 whole cloves garlic
- 2 tsp grated ginger
- 2 tsp dulse powder

Steps

1. Add a small amount of water to the Miso and mix it with a fork or in a blender until it is creamy.
2. Place all ingredients in a glass baking dish. Stir with a spoon, basting the ingredients with liquid mixture.
3. Bake at 350F for 45 minutes or until potatoes are done, stirring and mixing the ingredients every 15 minutes. Makes 4 servings.



You may not eat or touch

- All wheat products

You may eat

- Anything that doesn't contain wheat products

Meal Ideas

Breakfast

- Ham and cheese omelet with peppers, tomatoes, mushrooms
- Fruit topped with vanilla or strawberry yogurt
- Milk, tea, coffee, water

Lunch

- Salads
- Fish tacos with corn or rice tortillas
- Kale wraps (see recipe)

Dinner

- Chicken, beef or veggie stir-fry without rice or noodles
- Beef/chicken/pork/fish with potatoes and veggies
- Stuffed peppers (see recipe)

Snacks

- Fruit
- Raw veggies and hummus
- French fries



Recipes

Kale Wraps

Ingredients

- $\frac{3}{4}$ cup Kale Leaves (whole, lacinato, washed and dried)
- $\frac{1}{3}$ cup Hummus
- 4 $\frac{1}{4}$ oz Sliced Turkey Breast
- 2 tbsp Radishes

Steps

1. Spread hummus on the kale leaves, add sliced turkey breast and thinly sliced radishes. Can add additional veggies or hot sauce.



Stuffed Peppers

Ingredients

- 8 medium red, yellow, or orange bell peppers
- 2 tbsp olive or vegetable oil
- 1 medium yellow onion, diced
- 3 cloves garlic, minced
- 1 tbsp dried Italian seasoning
- 1 lbs lean ground beef (can disregard to make vegetarian)
- 1 teaspoon kosher salt, plus more for seasoning
- 1 ½ cups cooked rice
- 1 can diced tomatoes, drained
- 1 cup shredded Italian blend cheese (4 ounces)

Steps

1. Preheat oven to 375. Cut the tops off of each pepper and remove seeds. Season with salt and pepper, place into greased cooking dish.
2. Heat the oil in a large frying pan over medium heat, add the onion, season with salt, and cook, stirring occasionally, until softened, about 8 minutes. Add the Italian seasoning and garlic and the ground beef, cook about 6 mins.
3. Remove from the heat and stir in the rice and drained tomatoes. Taste and season with salt and pepper as needed.
4. Evenly divide the mixture among the peppers. Sprinkle the cheese over the peppers. Carefully pour 1 cup of water between the peppers into the baking dish. Cover with aluminum foil and bake about 1 hour.



You may not eat

- Wheat bran
- Wheat germ
- Seeds
- Dried beans
- Pea
- Onions
- Mushrooms
- Brewer's yeast
- Milk
- Eggs
- Oyster
- Herring
- Brown rice
- Fish
- Lamb
- Beef
- Pork
- Green leafy vegetables
- Mustard

You may eat

- White rice and pasta
- Cauliflower
- Potato
- Chicken
- Table salt



Meal Ideas

Breakfast

- Homemade cream of rice with 2 tbsp of maple syrup to sweeten, dash of cinnamon
- Coffee or tea
- Hash browns

Lunch

- White pasta noodles with olive oil
- Chicken noodle soup
- French fries

Dinner

- White pasta noodles with olive oil/lemon drizzle, with cauliflower (cooked or raw)
- Chicken stir-fry with rice noodles
- Chicken wings (see recipe)

Snacks

- Rice crackers/cakes with honey
- Air-popped popcorn with small amount of butter
- Cauliflower, carrot, celery, cucumber
- Drink purified water (distilled water works well)



Recipes

Baked Chicken Wings

Ingredients

- 2 lb chicken wings
- 2 tbsp olive oil
- 1 tsp freshly ground black pepper
- 2 tsp table salt

Steps

1. Preheat oven to 425°F degrees. Line a baking sheet with parchment paper.
2. Place all wings in a medium sized bowl. Drizzle the wings with the olive oil and toss well.
3. Sprinkle the chicken wings with the pepper and salt, and toss well.
4. Arrange the wings in a single layer on the prepared baking pan. Bake for about 40 to 45 minutes or until they're golden crisp. Can sprinkle more salt and pepper if desired.
5. Chop up carrots, cucumber and celery to consume with wings.