

Diabetes Superfood Recipes

**6-Months of Delicious, Mouth-Watering
Recipes to Destroy Your Diabetes... While
also Boosting Your Metabolism, Controlling
Your Blood Sugars, & Fighting the Aging
Process**

**By: Mike Geary &
Catherine Ebeling**



By Catherine Ebeling RN BSN, www.simplesmartnutrition.com
and Mike Geary, www.TruthAboutAbs.com

DISCLAIMER: *The information provided by this book and this company is not a substitute for a face-to-face consultation with your physician, and should not be construed as individual medical advice. If a condition persists, please contact your physician.*

This book is provided for personal and informational purposes only. This book is not to be construed as any attempt to either prescribe or practice medicine. Neither is the book to be understood as putting forth any cure for any type of acute or chronic health problem. You should always consult with a competent, fully licensed medical professional when making any decisions regarding your health.

The authors of this book will use reasonable efforts to include up-to-date and accurate information on this book, but make no representations, warranties, or assurances as to the accuracy, currency, or completeness of the information provided. The authors of this book shall not be liable for any damages or injury resulting from your access to, or inability to access, this book, or from your reliance upon any information provided in this book.

All rights reserved. No part of this publication may be reproduced, transmitted, transcribed, stored in a retrieval system, or translated into any language, in any form, by any means, without the written permission of the author.

CONTENTS

Introduction.....

Phase 1

Breakfast.....

Soups.....

Main Dishes

Sides.....

Snacks.....

Phase 2

Breakfast.....

Soups.....

Main Dishes

Sides.....

Snacks and Desserts.....

Kitchen Essentials.....

INTRODUCTION

Yes, You Can Eat to Reverse Diabetes with These Delicious Recipes!



Quick and Easy Recipes for Your Busy Life!

I am well aware that we are not all master chefs, nor do we have the time to spend hours preparing food, so I made these recipes to be quick and easy. We all like to eat healthy, great tasting food and delicious dishes with the least time and effort. So quick and easy is how these recipes were put together.

But, since everyone's tastes are different, feel free to change or 'tweak' the recipes as much as you want to taste the way you want them to taste. Often, that's half the fun of a new recipe—adapting it to the way you like best.

Growing up, I was fortunate to have parents who were 'foodies' before their time. We ate a large variety of foods from different ethnicities, and learned to love and enjoy healthy food. We had a large garden that produced wonderful Midwestern United States produce like zucchini, green beans, baby lettuce, cucumbers, beets, carrots,

tomatoes, peas, asparagus, sweet peppers and hot peppers and many different herbs like fresh basil, parsley, and dill.

The difference between eating a freshly picked tomato, still warm from the sunshine and eating one that came from a grocery store, grown in a hothouse was dramatic. They could have been two totally different foods! And, while I never could stomach the canned spinach that was served with our school lunches, there was nothing more flavorful, sweet and full of nutrients as fresh picked sautéed spinach, sprinkled with some fresh lemon juice, butter, salt and pepper.

This is where I learned my love for real, fresh, and local foods. There simply is no comparison to foods grown on industrial farms, canned, frozen or otherwise processed, then shipped thousands of miles to show up on a grocery store shelf. This is what I want you to understand and learn about enjoying healthful, REAL food. It's absolutely amazing! And it feels good to your body to eat such powerful, nutrient-rich superfood too. This is how you heal and reverse diabetes and possibly other health issues as well.

I want you to embrace healthy eating and think about food this way:

What you eat either helps or harms your body. Let everything you put in your mouth be food or drink that promotes the most optimal health and has the most nutrition possible.

Eating a healthy diabetes-reversing diet does not have to be boring or repetitive. While you may think making the change to a natural, clean way of eating leaves you with limited choices, in reality, there are an overwhelming amount of delicious healthy, choices. And as you move into healthier eating, you may find that your tastes gravitate towards REAL food as opposed to packaged, processed, sweetened foods that may have made up your diet prior to making these major life changes.

Eating for your health, reversing diabetes and maintain a healthy blood sugar balance can actually mean really enjoying and eating satisfying and delicious foods! We'll show you how to make quick and easy, healthy and delightful meals and snacks with this book!

The best way to do this is by following a diet similar to our ancestors, going even as far back as our Paleolithic ancestors. Rich, nutrient-dense foods like grass-fed, naturally raised meats, wild caught fishes, raw dairy, and plenty of healthy, satisfying fats like grass fed butter, extra virgin olive oil, avocados, nuts, nut butters and extra virgin coconut oil can even be part of your delicious anti-aging nutrition plan.

The best diet consists of fresh, unprocessed foods with ingredients you can recognize; raised or grown as naturally as possible.

This is a 'REAL food' diet. REAL food that is REALLY good for your body and your mind.

We are going to eliminate those fake, processed “diet” convenience foods: frozen, packaged, processed “weight loss” dinners, artificial sweeteners, sugar-laden yogurt, processed ‘energy bars’, soy products, fake meat products (usually made with processed soy), diet shakes, and more. These items are not real food! This is artificial food that is fooling you and your body, and adversely affecting your hormones and internal biochemistry. This food usually ends up making you addicted to it—making you gain weight, and ruining your health!

Real food is usually **one ingredient**, or a combination of one-ingredient foods—foods you can identify. The way nature made it. But while these natural foods contain only one ingredient, they are actually jam-packed with tens of thousands of vital nutrients your body needs and craves. And when you feed your body what it really craves--real nutrition—your cravings for junk food go away. You feel satisfied. And your good health returns!

You will notice that when you eat this way, you actually have more energy and feel great. Many of your chronic health problems may totally disappear—including diabetes and more.

You will look younger. You will feel younger. And you will be younger, physiologically.

Consider this: You may think you are eating nutritious foods like whole wheat bread, whole grain pasta, whole grain crackers, etc. Even “whole grain” foods are high glycemic carbohydrates, and they cause your blood sugar to go up. These so-called ‘complex’ carbohydrates just release their sugar into your body more slowly than refined carbohydrates, but in the end, all these carbohydrates are just the same—**sugar**.

High glycemic foods that raise your blood sugar leads to not only diabetes and pre-diabetes, but also the formation of AGE’s (advanced glycation end products) inside your body, contributing to inflammation, oxidation, and chronic disease and accelerated aging.

Each recipe in this book is not only very nutritious, but the recipes mostly contain foods that are virtual ‘superfoods’. Superfoods are those foods that contain the highest concentrations of anti-aging vitamins, minerals, anti-inflammatory ingredients, antioxidants and other nutrients such as ‘phytochemicals’ that make them, bite for bite, the most nutritious foods you can possibly eat.

These spectacular foods, spices and herbs are almost medicinal in their ability to reverse your diabetes, balance and maintain stable blood sugar, but also to:

- burn fat
- increase muscle

- keep you looking and feeling young
- strengthen the immune system
- fight cancer
- help mental concentration and mood
- make your heart healthy
- help you to breathe better
- sleep more restfully
- see better
- and feel great—all over!

This is NOT dieting, this is a healthy, lean lifestyle with delicious recipes for meals and snacks you can eat day after day, and never feel deprived, or that you are missing out on delicious, satisfying food. This is delicious, satisfying food.

Healthy Food is Your Weapon to Fight and Reverse Disease, Lose Weight, Conquer Your Cravings and Bring You to Optimal Health.

You probably already know about the amazing health benefits of antioxidant-rich foods in your diet. Antioxidants contain free-radical fighting phytochemicals that not only help you look and feel younger but they are incredibly protective of your overall health as well.

In fact, it is thought one of the primary factors in developing diabetes has to do with a lack of important nutrients and a depletion of the powerful antioxidants that help fight disease and imbalance in the body.

Included in this book are tons of antioxidant-rich, nutrient dense foods like brightly colored vegetables, nuts, seeds, squash, beans, dark chocolate, naturally-raised meats and plenty of herbs and spices, all combined in new and exciting ways that you will love.

There are literally *thousands* of other beneficial ‘phytochemicals’ (plant-based, health-boosting natural chemical compounds), that help to reverse diabetes, burn fat and give you more energy, and fight off other diseases like heart disease, kidney disease, nerve disease and diseases that affect your eyes. What’s more, they contribute to your health in an infinite number of ways.

These recipes contain combinations of the best REAL one-ingredient foods, herbs and spices to make the most delicious meals and snacks you have ever had. Everything is low-glycemic and excellent to help balance and maintain a low blood sugar level.

I have included important information about one or more of the main ingredients, in each recipe, so you will know exactly what these super-powered ingredients can do for your health!

Rest assured that every bite of every recipe is packed with the healthiest diabetes-reversing nutrition, metabolism-boosting, fat burning energy, and good for you in a hundred different ways. And what's more—they are absolutely delicious!

Enjoy creating these wonderful dishes and share them with loved ones, friends, and family! After all, good food is meant to be shared with good company!

A Few Words About Food Allergies, from Catherine

Recipes are:

Gluten free, corn free, dairy free, soy free and many are also nut/peanut free recipes

I have food allergies—some that are pretty serious, and have learned how to adapt most recipes to be free of the above allergens—which by the way, are some of the most common food allergies. I also think that avoiding wheat, corn, and soy is a healthy dietary choice for many of the reasons I outlined in the Diabetes Reversal book. They are often genetically modified, over processed, and are highly inflammatory to most everyone—allergies or not. These foods are in no way necessary in the human diet and often contain ‘anti-nutrients’ instead of adding real nutrition.

Gluten is a substance that is part of wheat, barley, and rye grains and can often cause stomach upset, bloating, gas, nutritional deficiencies, and chronic inflammation, and contribute to blood sugar increases. Even if you do not have full-blown celiac disease, you may still be sensitive to the gluten in grains, and some sources estimate that almost a third of the population has some degree of gluten sensitivity. My personal take on this is if you have some type of gluten sensitivity, you most likely have a form of celiac disease. I think gluten in general, should just be avoided.

Many people do not even realize they have sensitivity to gluten, but often find they lose weight, digest food better, sleep better, poop better, and even feel more emotionally stable and happy, as soon as gluten is removed from their diets. And blood sugar is more normalized as well.

Corn is to be avoided as well. Corn is almost always genetically modified, and also contains its own natural toxins and nutrient-blocking ingredients (anti-nutrients). Corn can quickly cause a rise in blood sugar, and most definitely causes weight gain—and is a big contributor to diabetes. Countries and cultures that use large amounts of corn in their diets generally have high numbers of obesity and diabetes.

Corn is also a very irritating allergen, and is one of the most common food allergies. Beware the many disguised ways corn is added to prepared foods. Often it is in the form of corn syrup or high fructose corn syrup, but can also be corn starch, modified food starch, dextrose, maize, corn flour and more. The most commonly used form of corn in the form of corn syrup or high fructose corn syrup is a known contributor to diabetes, obesity, fatty liver disease, chronic inflammation, high blood pressure, and heart disease. About 80-85% of packaged food and drinks usually contain corn in some form or another. Take a look around your grocery store and see what I mean!

Soy is another crop is most often genetically modified, full of toxic and nutrient blocking substances—and hormone-disrupting phytochemicals. Soy’s phytoestrogens and

xenoestrogens will screw up your own natural hormone balance, and even cause some men to start developing hormonal problems such as “man boobs”, low testosterone, impotence and more.

Soy blocks thyroid function, which causes hypothyroid (low thyroid) symptoms, including weight gain and fatigue.

And soy contains anti-nutrients that actually block the body’s ability to use important nutrients like zinc, calcium, magnesium and iron, leaving you with serious deficiencies.



What about dairy products? Personally, I am allergic to pasteurized, processed dairy products, as are many other people. Pasteurized dairy is one of the most common food sensitivities or allergies, even though some people may be eating or drinking it every day and not know they have an intolerance to it. This is more than lactose intolerance, which a certain degree of the population has—this is more of a true allergic reaction to the protein molecule of dairy.

Vital nutrients, are destroyed when milk is pasteurized, and that white liquid you are buying from the grocery store is loaded with growth hormones, antibiotics (and pus!) and not the nutritious, wholesome food you thought it was. (Read the chapter I wrote on milk in [The Fat Burning Kitchen](#)).

Raw, unpasteurized, grass-fed dairy is better if you are going to eat dairy products. Many people who have an intolerance to pasteurized dairy do not have the same digestive issues with raw dairy. The heat from pasteurization changes the protein molecule of milk, and it then becomes more difficult to digest. However, raw dairy from a clean, local grass-fed dairy is safer and cleaner and easier to digest than the pasteurized products you see on your grocery store shelves.

Raw WHOLE dairy also contains a very important type of fat-burning, health-protective fat called CLA, or conjugated linoleic acid. And if it’s grass fed milk, you get up to five times as much of this healthy fat-burning fat, along with more omega 3 fats, and a very important vitamin, vitamin K2, which cannot be found in anything other than the milk of grass fed animals. Vitamin K2 is actually vital to get calcium into bones and teeth where it is needed.

Mike’s Note: You’re probably aware of the controversy in recent years about raw milk. The government tries to vilify raw milk and claim that it is “dangerous”, despite humans using this nutritious food source for thousands of years, and the fact that milk from

grass-fed cows is generally MUCH safer and healthier than grain-fed milk. On a personal note, I've been drinking raw milk for over 10 years, and my family and I have NEVER once gotten sick, despite the government claiming it's "dangerous". If you eat dairy at all, ultimately, it's up to you to research and decide for yourself if you want to go the nutritious route of raw milk vs conventional pasteurized milk at most stores. Go to realmilk.com to see more info about raw milk and also find locations to obtain it.

Most of these recipes are dairy-free or dairy optional, so if you avoid dairy, you will still be able to enjoy all the great-tasting dishes, without missing a thing!

What You Need to Know About Herbs and Spices



Don't be intimidated when you see lots of ingredients in a recipe--most of the time, many of those ingredients are just herbs and spices. While many of these seasonings are optional, I recommend that you add as much as you can—as often as you can!

Every time you flavor your meals with herbs or spices you supercharge your food without adding a single calorie! You can transform ordinary and bland dishes into something delicious and exciting, simply by adding herbs and spices.

Herbs and spices contain ingredients that are as powerful as many medicines used to treat diabetes. And they are natural, so there's less chance of adverse reactions to herbs and spices.

Herbs and spices contain some of the most potent antioxidants of any foods! In fact, many herbs and spices rank even higher in antioxidant activity than fruits and vegetables! Combined with other foods, they actually boost the natural antioxidant and anti-inflammatory power of the food exponentially!

Many spices and herbs actually have medicinal value—Scientific studies show that herbs and spices can actually work as well or better than some medications for certain health issues—including diabetes.

One study of people with Type 2 Diabetes found that as little as two teaspoons of cinnamon a day would significantly reduce blood sugar levels—almost as well as insulin—and also lowered LDL cholesterol and triglyceride levels.

Researchers found that the active ingredient in turmeric (curcumin) is effective at slowing or stopping the harmful inflammation that is associated with diabetes. And curcumin has also been proven as effective as ibuprofen for treating pain and inflammation.

Researchers at Penn State reported that adding two tablespoons of a spice mixture (rosemary, oregano, cinnamon, turmeric, black pepper, cloves and garlic) to meals cut triglycerides by as much as 30%.

Cumin seeds also have a unique ability to keep blood glucose in check. Researchers compared the effects of cumin and a commonly used diabetic drug and found that the cumin worked as well as the diabetic drug regulating insulin and glycogen, and worked even better at protecting the kidneys and pancreas.

Herbs and spices are **thermogenic**, which means they naturally help to increase metabolism, partly because they are so nutrient-dense. Some spices are also good at regulating blood sugar and controlling insulin. When your blood sugar is well controlled, you are more likely to burn fat and store calories as excess weight.

(Check with your physician to be sure they don't interfere with any medications you are taking—and always check with your doctor before you quit any of your current medications.)



Here are some other health benefits of some of the most popular herbs and spices:

- Cayenne, coriander and cinnamon help to regulate insulin and burn fat.
- Cumin, turmeric, rosemary, basil and sage are anti-inflammatory
- Lemon grass, nutmeg, bay leaves and saffron have a calming effect.

- Turmeric fights inflammation, cancer and Alzheimer's disease.
- Oregano is anti-fungal, antibacterial.
- Garlic, mustard seed and chicory are excellent for the heart.
- Basil and thyme make your skin softer and smoother.
- Turmeric, garlic, basil, cinnamon, thyme, saffron, garlic and ginger boost the immune system and help fight infections.
- Coriander, rosemary, cayenne, allspice and black pepper help banish depression.

These spices contain the *most* antioxidants and super-nutrients—use often and use liberally:

Turmeric
 Basil
 Cumin
 Cayenne and Red Pepper flakes
 Cloves
 Cinnamon or its cousin Cassia (often used instead of real cinnamon)
 Nutmeg
 Oregano
 Ginger
 Marjoram
 Sage
 Thyme

Enjoy, and spice up your life a bit!

PHASE 1 RECIPES

DELICIOUS RECIPES TO RESET YOUR BODY AND BLOOD SUGAR

Your diabetes reversal diet is divided up into two phases. The first phase lasts about 2-4 weeks, **or** until you are able to get your fasting blood sugar stabilized at 100 or under--and under control. In this first phase, you are restricting high glycemic, starchy carbohydrates and sugars and eating plenty of satisfying, low glycemic, high quality proteins, healthy fats, fresh, organic vegetables, with a few delicious, low glycemic fruits.

Phase 1 serve as a detox diet for your body from sugary and starchy foods, chemicals and preservatives, and inflammatory foods, so that you can start to reset your metabolism.

This is where you will break the addictions you have to sugar and sugary, starchy foods. While this may seem a bit difficult at first, once you get away from these foods after about 3-5 days, you should find the cravings start to go away. If you find you crave sugary or starchy foods, try these two things:

- Drink plenty of water—Often when you think you are hungry or have the munchies, you need to drink water. Drinking water also helps you feel more full and satisfied.
- Eat protein—Protein satisfies hunger without causing changes in blood sugar. In fact, it helps to stabilize blood sugar.

If at all possible, prepare and eat most all of your meals from home in phase 1—as much as possible. This way you can control what you eat. If you need to, pack a lunch or snacks for work or anytime you may be out, so that you will not get off track by eating out at restaurants with all the temptations available. Pack a small cooler for the car if you have a lot of errands or driving to do—this will keep you from being tempted by fast food restaurants when hunger strikes. Fill it up with healthy snacks, and keep nuts on hand to snack on whenever the munchies strike you.

You may eat three satisfying meals full of protein, healthy fats, and lots of low glycemic, filling vegetables—as well as two healthy snacks—if you desire. You might be surprised to find out that your cravings go away, and that you are not as hungry all the time.

Most vegetables, meat, fish, and healthy fats are very low glycemic. There a few low-carb, low glycemic fruits in Phase 1 that include raspberries, strawberries, blueberries, and blackberries, but most other fruit will be re-introduced when you get to Phase 2.

Do your best to find grass-fed meat and wild-caught, naturally raised fish and chicken, and free-range, pastured eggs. While these type of protein may be harder to find, they contain more of the healthy, fat-burning, blood sugar stabilizing, anti-inflammatory Omega 3 fats and less of the toxins of regular factory farmed foods. Most farmers' markets and health food stores carry naturally raised meat, poultry and fish—as well as ample supplies of delicious, locally grown, nutrient-dense veggies!

This is a 'cold-turkey' approach—and while it may seem harsh—it is nearly impossible to 'cut back' on these foods. Cutting back on sugar is like telling an alcoholic to drink less. It just doesn't work. Food addictions are very similar to drug and alcohol addictions, and 'cutting back' only feeds your addiction and makes it worse.

You can DO this!

The benefits of Phase 1 go beyond lowering your blood sugar:

- The constant craving for carbs and sugar goes away.
- You lose weight quickly and without really trying. (6-10 lbs. on average)
- Your pancreas gets a much-needed rest from supplying insulin constantly.
- Your body resets itself and you begin to crave healthier foods.

Again, be sure to let your doctor know you are starting on a low carb, low glycemic diet to naturally and safely lower your blood sugar. You will most likely need to reduce your medications—even in the first week or so on Phase 1.

Delicious, Satisfying Foods included in Phase 1 Recipes:

- **Grass Fed Beef**
- **Wild Caught Fish—especially salmon, sardines, cod and halibut**
- **Free Range Pastured Poultry**
- **Healthy Fats—coconut oil, grassfed butter, extra virgin olive oil, avocado oil, nuts**
- **Vegetables**
- **Avocados**
- **Nuts**
- **Berries—Cherries, Strawberries, Blueberries, Raspberries, Blackberries**
- **Unsweetened Coconut**

Foods Omitted in Phase 1:

- **All Grains and Gluten**
- **All Sugars and Foods Containing Sugars**
- **Dairy Products**
- **Processed, Packaged Foods**
- **Sweetened Beverages, Including (100%) Fruit Juices**
- **Starchy Vegetables**
- **Moderate to High Glycemic Fruits**

After the initial few days of adjustment, not only will your blood sugar start to level off, but your appetite will decrease and you will find these recipes to be very satisfying and delicious.

The other great thing you may notice about this part of the diabetes reversal diet is that you will lose weight effortlessly—often a significant amount in the first week or so!

Without the constant supply of glucose-producing foods, your body will learn to burn fat for energy, and will become very proficient at this over time.

Once your *fasting blood sugar* stabilizes under 100, (allow yourself 2 weeks—or more if necessary) you may advance to Phase 2 section where will find more recipes with some complex carbohydrates, along with more varieties of fruit—along with more delicious desserts.

You may always use recipes from Phase 1 and Phase 2 after your blood sugar has stabilized. And, if you ever feel you need to get your blood sugar under control again, just switch back to Phase 1 recipes for however long it takes for you to get back on track with STABILIZED blood sugar.

Vegetarian Recipes

I am not a big fan of strictly vegan or vegetarian diets—I think our bodies need some complete protein/fats and the extra bioavailable nutrients that animal protein sources provide. However, I do think that a diet that is about 75% plant based, vegetarian is very healthy—as long as you add in some animal proteins and fats a few days a week.

If you are vegetarian or vegan because of personal beliefs, religious or cultural beliefs or for the environment, I have included a few vegetarian recipes for you as well.

By combining incomplete plant proteins with other foods—cheese, eggs or fish—you increase the protein availability in your diet. If you are a vegan, you must combine foods such as: legumes with grains and/or seeds to get the correct combination of amino acids necessary for your health. One—this is hard to get complete protein this way; two—

most protein foods that vegans eat are grains and starches, leading to high blood sugar, and, three—vegans miss out on some vital nutrients: bioavailable iron, zinc, calcium, B12, healthy saturated fats, and bioavailable proteins. Many of use cannot break down plant foods into the usable nutrients our bodies need. A perfect example of this is iron. While iron is present in many plant based foods, our bodies need ‘hemi-iron’ which comes only from red meat. Lots of people (me included) cannot get the necessary iron any other way than to eat red meat.

One other consideration—many legumes like soy, actually contain ‘anti-nutrients’ which block the body’s ability to digest and break down nutrients. While many people have very legitimate reasons to become and stay vegetarian, it may be worth considering adding meat, fish, or eggs to your diet if you are having trouble keeping your blood sugar stable on a vegetarian diet.



Don't forget to drink copious amounts of water or other non-sweetened beverages.

Try these if you aren't good at just drinking plain water:

- 1. Make your own flavored water with cut up cucumber, limes, lemons, oranges, strawberries, raspberries, mint, basil, etc. Cut up and allow to sit for a while to flavor water.***
- 2. Sparkling mineral water with or without fruit added***
- 3. Green or black tea, hot or on ice***
- 4. Herb tea, hot or on ice***

BREAKFAST



Breakfast is truly an important start to your day!

A hearty, fat burning breakfast actually jumpstarts your metabolism for the day, sets up your body to burn off sugar and fat, fires up your brain and gives you fuel for a day full of energy. Don't miss this opportunity to supercharge your day with essential nutrients.

Studies show that when you compare breakfast eaters with those who skip breakfast, the breakfast eaters lose more weight, lose more body fat and are less likely to eat junky, high calorie lunches or snacks. In other words, it is easier to stick to a healthy diet if you eat a healthy, low glycemic, high fat/protein breakfast.

The best type of breakfasts that help to stabilize blood sugar, hold off hunger and burn fat, are those that contain some protein and healthy fats.

For many people, breakfast comes primarily from two food groups—starchy grains and dairy. But these types of food can really spike your blood sugar! These recipes will give you much better choices than a bagel, toast or cereal. And healthy leftovers can be for breakfast too!

Try these easy options:

- An egg—pan-fried, poached, boiled or scrambled in some grass fed butter. Add couple slices of natural bacon, or leftover meat scramble together, garnish with avocado. Or start with a few veggies for a veggie scramble, top with the miracle spice, turmeric, and heat it up a bit with some red pepper flakes or some hot sauce.
- Try frying an egg in some grass fed butter, and add some tasty nutrient rich greens like Swiss chard or spinach to the pan. Top with some natural salsa or hot sauce.
- If you want something other than an egg, try a sliced apple with peanut butter, almond butter or other nut butters. This is one of my favorite quick and easy, light and healthy breakfasts.
- How about a handful of nuts and maybe a couple slices of raw cheese? This makes a great breakfast on the run.
- Want to make something a little more elaborate and filling? Try some coconut flour or ground flax seed pancakes. You can even omit the usual topping, and just use them as a burrito-style wrap for eggs and bacon, or throw in some fruit and nut butter for a healthy nut butter sandwich.
- Or try a green smoothie with kale, unsweetened hemp or almond milk, a half an apple, some avocado, and protein powder, and stevia if desired. Pow! You've got a superfood smoothie! Other ingredients you can add to smoothies to supercharge them and rev up their nutritional punch:

- Organic canned pumpkin (watch out for “pumpkin pie filling” though, it may have added sugar)
- Fresh or frozen cranberries (very high in antioxidants)
- Ground or whole flax seeds
- Cold processed, grass fed whey protein, hemp protein or pea protein
- Extra virgin coconut oil
- Unsweetened coconut flakes
- Flax or chia seeds
- A handful of raw nuts
- Fresh or frozen kale, organic spinach, or Swiss chard
- Parsley, or other dark green leafy vegetables to really rev up the nutritional punch.

Huevos Rancheros with Grain-Free Tortilla



Fiber, particularly soluble fiber, slows the absorption of sugar into the bloodstream. Legumes in general cause less of a rise in blood glucose than foods like potatoes or almost any sort of grain-based flour food.

This recipe includes the added health benefits of cilantro, avocado and tomatoes, along with the blood sugar-stabilizing protein power of eggs. Cilantro aids in the digestive process by helping to stimulate digestive enzymes, and is a natural anti-inflammatory while it helps to control blood sugar. It is also full of vitamin K, which helps to prevent bruising, excessive bleeding, protects the immune system, and aids bones and teeth. Cilantro is highly effective in removing harmful heavy metals like mercury, aluminum, and lead from the body.

Tomatoes add their own healthy dose of antioxidants, primarily lycopene, which is a known cancer-fighter, and vitamin C, as well as beta-carotene, plus manganese, and vitamin E.

The avocado is full of healthy monounsaturated fats—very effective at stabilizing blood sugar, and it turns on your body's fat burning ability for the day. You are more satisfied-- and you burn fat better all day with the addition of avocado to your breakfast!

Directions

Tortillas (optional)

1 cup garbanzo flour
½ tsp baking powder
1 teaspoon ground cumin or cumin seed
½ teaspoon fine ground sea salt
1 cup water
2 tablespoons olive oil
coconut oil for cooking

Whisk together flour, baking powder, and spices until there are no lumps at all. Add olive oil and water and allow to sit at room temperature for at least one hour. Heat a cast iron or nonstick skillet on medium heat. Add a small amount of coconut oil, pour ¼ cup of the batter into the skillet and cook until lightly browned on one side, then flip. Repeat with the rest of the batter. You can cover these and reheat on a bare burner over low heat.

Huevos

1 Tbsp of grass fed butter
1 small can mild green chili peppers, chopped
1 14 oz can refried black or pinto beans, or whole canned beans, smashed with fork
Fresh salsa (can buy premade) or chunky salsa in a jar (be sure no sugar added)
Handful of cilantro leaves, chopped
Sliced avocado or guacamole*
4 eggs
Grated raw cheese, optional
Sea salt and fresh black pepper

Prepare tortillas ahead of time. Melt butter in skillet over medium heat and fry eggs sunny side up or over easy in grass fed butter. In another small pan, add beans and green chilies and heat up until warm.

Layer tortilla, beans, and eggs; and a big spoonful of salsa, avocado or guacamole, raw cheese, and a generous amount of chopped cilantro. Serves 2-4.

***Quick Guacamole**

Smash up 1 or 2 avocados in bowl. Add lemon or lime juice and a small amount of premade salsa. Mix. Add sea salt and black pepper to taste.

Swiss Chard, Mushroom and Egg Scramble



I ate this so fast I forgot to take a photo, so I borrowed a photo from www.oncemorewithveggies.com.

I often get requests for a quick, easy and healthy breakfast—and this would make a great healthy breakfast. Today, however, this was my lunch. In the spirit of true inspiration borne of necessity and hunger, I looked in my fridge for something I could rustle up for lunch. I had a few nice stalks of Swiss Chard, a couple of mushrooms, a part of a red onion, some garlic, and a couple eggs.

Some of the massive health benefits from Swiss Chard include:

An amazing variety of phytonutrients in chard which is quickly seen in its vibrant colors, like the rich, dark greens of the leaves and the red, purple, or yellows in the stalks.

Chard provides some very specific and powerful phytonutrients that regulate blood sugar, making this a valuable food item to add to meals if you are working on keeping blood sugar low and preventing or managing diabetes.

The only thing I would change would be to add bacon next time!

Ingredients

2T Extra Virgin Olive Oil or butter

1/4-1/2 red onion, chopped

2 cloves of garlic, chopped

2 sliced mushrooms

2-3 leaves of fresh Swiss Chard, chopped (include white or red stalks, but chop off tough ends)

Or, use a handful or two of chopped organic spinach ([read about the “Dirty Dozen” here](#))

1 or 2 eggs

2 slices pre-cooked natural uncured bacon, crumbled

½ tsp turmeric

Hot pepper flakes

Sea salt, fresh ground pepper

1/2 fresh lemon

Directions

In a pan, melt butter or add olive oil, garlic and onion over medium heat. Sauté until until is soft.

Add Swiss Chard and stir, about 1-2 minutes, or until it just begins to wilt. Don't overcook! Push veggies out to the sides of the pan, and add the eggs in the center. Scramble lightly and then stir into veggies. Add hot pepper to taste, salt, pepper and a squeeze of lemon juice. I'm thinking this would have been good with a squeeze of Sriracha sauce as well!

If using bacon, cook first and break or chop up. Drain excess grease, and then to egg mixture.

Spinach-Egg Mini Quiche Cups



This is a great meal to make ahead and keep on hand all week in the fridge for a fast, healthy, high protein, low glycemic, fat burning meal or snack. Be sure and use the egg yolks as well as the whites, because the yolks contain the healthy fats, and most of the vitamins, minerals and antioxidants.

You can add virtually any type of vegetable to this, just cut up in smaller pieces. Any way you go, you will be adding powerful antioxidants and vitamins and minerals. Try spinach or kale, chopped mushrooms, sweet red peppers, asparagus, or zucchini.

Ingredients

6 large eggs, beaten

1 small package of frozen organic spinach

½ cup of chopped red pepper, asparagus, or other vegetable

½ cup or so of shredded raw, grass fed cheese (optional)

¼ cup of minced onion

Dash of Tabasco, or other hot sauce, or red pepper flakes

Sea salt

1 - 2 slices of natural, nitrite/nitrate free ham, sausage or bacon if desired, diced

Muffin pan sprayed with nonstick cooking oil for 12 servings

Directions

Heat oven to 350 degrees F. Spray muffin pan with cooking spray. Thaw and drain the spinach. You can wring out the spinach with your hand and get most of the excess liquid out of it.

Mix all ingredients in with beaten eggs, and pour into muffin cups. Bake in 350-degree oven for 20 minutes, or when a knife inserted comes out clean. Cool and serve.

Can be refrigerated and re-warmed in a pan (low heat with lid on) to reheat—never a microwave! Great topped with fresh salsa and avocados! Makes 10-12.

Smoked Salmon Stuffed Avocados



Photo and recipe credit courtesy Grow Grub

<http://grokgrub.com/2014/05/16/smoked-salmon-egg-stuffed-avocados/>

I cannot say enough good things about avocados! This fatty food is actually one of the best low glycemic, fat burning superfoods there is. Their mild taste makes them so adaptable to so many recipes—any time of the day. And they are the perfect breakfast food, combined with the protein power of eggs. Avocados contain lots of healthy, blood sugar-lowering, satisfying, monounsaturated fats, in addition to antioxidants, vitamins and minerals. A breakfast high in healthy fats and protein will turn on your fat burning, blood sugar-stabilizing power the whole day!

This recipe is super easy, but really delicious, satisfying and filling—sure to become one of your favorites!

Ingredients

4 avocados
4 oz smoked salmon
8 eggs
Salt
Black pepper
Chili flakes
Sriracha

Directions

Preheat oven to 425°F. Halve the avocados, then remove the large pit—I do this by holding the avocado carefully, fingers out of the way, and hitting it with a sharp knife blade. The pit then sticks to the blade and it comes out cleanly. If the hole looks small, scoop out a small bit extra with a spoon.

Arrange the avocado halves on a cookie sheet, and line the hollows with strips of smoked salmon. Crack each of the eggs into a small bowl, then spoon the yolks and however much white the avocado will hold. Add salt and fresh cracked black pepper on top of the eggs, to taste. Sprinkle with chili flakes if desired.

Gently place the cookie sheet in the oven and bake for about 15-20 minutes, until the eggs look cooked. Dot with Sriracha, serve warm and enjoy! Serves 4.

Breakfast Stir-fry



One of the easiest things to make for breakfast is stir-fry, using leftover ingredients from your fridge. Most kinds of meat or fish will work, but you can always use an egg for protein too! There's really no measuring, just a little bit of chopping, so it's a quick and easy option to the same old eggs in the morning. Add in some veggies like peppers, zucchini, greens, onion—you name it, and viola! You have a delicious low glycemic, quick and easy healthy breakfast! You can add a small amount of cooked sweet potato or quinoa in Phase 2 if desired.

Ingredients

Leftover chicken or salmon, natural sausage, bacon or eggs

Zucchini, onions, bok choy

Sweet red pepper

Greens—kale, chard, spinach

Carrot

½ Tsp of Turmeric

Chopped cilantro

Phase 2 - ½ cooked sweet potato, or ¼ cup cooked quinoa

Directions

Add veggies to pan over medium heat with a Tbsp of butter or coconut oil. Stir over heat until soft and mostly done—or if already cooked, just heat through. Add chopped cooked meat or fish and stir until heated.

If using an egg for protein, scoot cooked veggies to side of pan and add eggs, stir in pan and cook until done. Mix in veggies. Serves 2-4. Enjoy!

Warm Lentil, Kale and Bacon Toss



This dish is delicious ANY time of the day, but it is especially delicious for breakfast—especially if you’d like something a little different from the usual eggs for breakfast.

Lentils are a great low-glycemic power food—loaded with protein, fiber, B vitamins, and iron. Lentils are full of folate too. Folate, a B vitamin, protects your body against heart disease by lowering inflammation, especially homocysteine—a risk factor for heart attacks. Folate also helps to lower the risk of cancers—especially breast cancer. The fiber in lentils, and the kale also help to stabilize blood sugar levels, making them an ideal food for people with diabetes, pre-diabetes or insulin resistance.

And kale—need we say any more about kale? Kale lowers bad cholesterol, and contains a massive amount of super nutrients that fight disease and fortify the body including vitamin A, C, K, calcium, magnesium and potassium. It also contains several powerful antioxidants to supercharge your body and fight diabetes. Plus, I added turmeric, that powerful anti-diabetic spice that is so incredibly good for you!

Ingredients

2 slices of thick sliced, natural (nitrite/nitrate free) bacon

4-6 good sized garlic cloves, chopped

2/3 cup (or so) cooked black or brown lentils

1/2 bunch of kale, chopped in small pieces

Sea salt to taste

1/2 tsp turmeric

Juice of 1 fresh lemon wedge, to taste

Hot pepper flakes, to taste

Directions

In a frying pan, fry bacon until medium crispy. Remove from pan and chop or break in small pieces. Set aside.

Leave about 1-2 Tbsp of the bacon grease in pan, and stir and cook garlic for a few minutes, until soft. Add chopped kale, salt, drained lentils, red pepper flakes, and turmeric. Cover with lid and cook over medium to medium-low heat for a few minutes until kale is tender. Squeeze fresh lemon juice over kale, add bacon, stir and serve. Enjoy! Serves 2-4.

SOUPS



Soups are one of the best ways to get health-promoting herbs and spices into your diet. Many herbs and spices have medicinal properties that assist in helping your body control blood sugar, and are packed with antioxidants!

Soups heal, nourish and soothe, and are the ideal 'comfort' food. There is nothing better than a hot, steaming bowl of soup on a cold, cloudy day. Making soup is actually easy and not an exact science. You can make your own variations on each recipe, according to your own tastes and preferences.

Supercharge the nutrition in your soups with: bok choy, kale, mustard greens, spinach, collard greens, Swiss chard, kallaloo, and other greens. These dark green leafy vegetables are some of the most nutrient-dense foods on earth! Try this great idea from Mike:

Take a handful of greens, in any combination and add them to the soup while it's cooking. After it simmers for a while, remove greens with a strainer, and blend in a blender, until smooth, then add back to soup. Even if you are not a big fan of greens, when pureed and blended in the soup, they add delicious texture and TONS of extra nutrients! Plus, pureed greens are easily digested and absorbed too. Works great with kiddos—you can sneak more greens into their meals without them even knowing!

White Chicken Chili



A delicious variation of regular chili that is lighter and uses chicken instead of beef. This particular recipe tastes especially good with generous amounts of cumin and with the health benefits cumin adds, you will enjoy it even more!

Cumin, like cinnamon, helps keep blood sugar levels stable, which means cumin is great for diabetics or pre-diabetics, and it means less chance of weight gain and excess body fat. Cumin has been proven to work as well as some commonly used diabetic drugs at regulating insulin and glycogen.

Cumin seeds also stimulate the secretion of pancreatic enzymes necessary for optimal digestion of proteins, fats and carbohydrates, which helps your body utilize nutrients in the food you eat. Cumin also has anti-cancer properties as well. In one study, cumin was shown to protect against stomach or liver tumors.

Cumin is also a very good source of iron, vitamin C and vitamin A, which benefit the immune system. Add cumin liberally to this recipe and enjoy its healthy benefits!

Ingredients

2 lbs. organic chicken breasts, or boneless skinless thigh meat
1-2 Tbsp extra virgin olive oil
2 cloves of garlic, minced
1 can white or pinto beans
2 medium onions, diced
1 small can mild green chili peppers, chopped
1 cup chopped fresh cilantro
2 cups chicken stock or more or less to taste
2-4 tsp cumin powder
1 tsp chili powder
Sea salt and pepper
Red pepper flakes, if desired

Directions

Cook chicken in large soup pan in extra virgin olive oil with garlic and onions.
Remove the chicken from the pan and allow it to cool. When cool, shred with a fork.

Add all ingredients to a large pan and simmer over medium low heat. Cook for about 30 minutes or more, stirring occasionally. Garnish with avocado slices and a generous handful of cilantro. Serves 4 or more.

The Best Superfood Chili Ever



I like to add some unexpected ingredients into my chili recipe, not only for a taste sensation, but to increase the nutrient and antioxidant punch. People always rave about this chili—it's a proven crowd pleaser, and you can adjust the seasonings for a milder or spicier version. I like LOTS of seasoning—especially because of their health benefits! This chili is similar to a Cincinnati-style chili, and the added spices and 'secret ingredients' add a massive amount of healthy, fat burning antioxidants.

The cumin stimulates pancreatic enzymes helping your digestion. Cumin also contains iron--and it has powerful antioxidant properties as well. And newest research shows that cumin may have a unique power to keep blood glucose in check, adding to its fat burning potential.

Oregano contains thymol and rosmarinic that are also very potent antioxidants. So potent that it has 42 times more antioxidant activity than apples, 30 times more than potatoes, 12 times more than oranges and 4 times more than blueberries. Oregano also has anti-bacterial properties, as well as providing vitamin K, iron and manganese, an often overlooked but essential trace mineral.

For Phase 2, you may add two cans of beans.

Cinnamon can lower LDL (the bad kind) cholesterol, lowers blood sugar, (which means you stay in fat burning mode!), fights certain types of cancer, and helps prevent harmful blood clots.

Chocolate powder is chock full of flavonoids, antioxidants that benefit your heart and your body. It also contains a rich source of magnesium, a mineral the majority of people are deficient in. The serotonin and other phytochemicals in chocolate also have a calming effect on mood and lift depression. And the red chili peppers help you burn fat, raise the metabolism, open up the blood vessels, fight inflammation, and lift mood.

On top of all that you have the super healthy fats in the grass fed beef, the lycopene in tomatoes (known for its cancer fighting ability), and the anti-inflammatory and immune strengthening power of the onions and garlic.

So you see—how can you not feel GREAT when you eat this chili?

Ingredients

1 lb of grass fed ground beef, or beef stew meat, chopped in small pieces
1-2 Tbsp of extra virgin olive oil
1 medium red onion chopped
2 or 3 cloves of garlic chopped
1 small can of mild green chilies, chopped
2 Tbsp of cumin, or more to taste
2-4 Tbsp of chili powder
1 Tbsp of oregano
1 Tbsp of cinnamon
2 tsp of unsweetened organic cocoa
1 can of crushed fire roasted organic tomatoes
1 to 2 cups of water
1 14 oz can of kidney beans, black beans or pinto beans
1-2 Tbsp of Frank's red-hot sauce
½ to 1 tsp of sugar
Red pepper flakes to taste (be careful, this gets hotter as it cooks!)
Sea salt and red pepper flakes to taste

Directions

Brown meat over medium heat and add in onions, garlic, salt, cumin and chili pepper when meat is almost cooked. Add in rest of ingredients, and simmer over low heat, 1-2 hours, stirring occasionally. Adjust seasonings to taste, keeping in mind that red pepper flakes pick up heat and intensity as they cook.

Garnish with avocado slices and a big handful of chopped cilantro. Phase 2 may add a small amount of raw, grass fed cheese (if you tolerate dairy). Serves about 4.

Note: This is great for leftovers and tastes even better when it's re-heated as a leftover. The flavors and spices all mingle together and become richer and tastier.

If you really like your chili served over noodles, try it with spaghetti squash instead, for a gluten free, grain-free version. (Slice a spaghetti squash in half, scrape out seeds and bake, cut side down in ½ " water in shallow pan covered foil, 30-40 minutes in oven at 375 degrees F. Scrape out "spaghetti with a fork.) Voila! Chili Mac the healthy way.

Hearty Vegetable Beef Soup



This is one of those soups you can make in a variety of ways, using whatever fresh ingredients are available and in season at the time. It is chock full of potent antioxidants, phytochemicals, and anti-inflammatory compounds. And it's healthy, warming and delicious! I try to always use grass fed beef, as it is far superior in nutrients and healthy fat content to commercially raised grain fed beef, plus it tastes way better than conventional meat!

Be sure and add in a handful of blended kale, Swiss chard, or other hearty greens to supercharge this delightful, nutritious soup even more.

Ingredients

- 2 Tbsp extra virgin olive oil
- 1 lb [grass fed beef](#) stew meat, or boneless chuck, brisket, tri-tip steak, sirloin steak, etc., cut into small chunks
- 1 large yellow or red onion, chopped
- 2-3 garlic cloves, minced
- 2 carrots, chopped
- 2 organic celery stalks*, chopped
- 1 large can (28 ounces) crushed plum tomatoes, with juices
- ½ lb green beans, trimmed
- 1 small summer (or yellow) squash, quartered and chopped
- 1 small zucchini, quartered and chopped
- 2 tsp oregano

2 Tbs. chopped fresh flat-leaf parsley

Salt and freshly ground pepper, to taste

Red pepper flakes, optional

Phase 2- 2 red-skinned potatoes, scrubbed but unpeeled, cut into chunks or 1 can beans

Directions

In a large saucepan over medium heat, add extra virgin olive oil and beef. Cook beef until slightly browned. Add the salt and pepper, oregano, garlic, onion, carrots and celery; cover the pan and cook, stirring occasionally, until the onion is softened, about 5 minutes.

Add 4 cups water, potatoes, tomatoes, green beans, squash, zucchini, and greens and simmer, partially covered, for 1 hour. Stir in the parsley and season with salt and pepper. Serves 4 to 6.

Note: I sometimes like to spice this soup up a bit and add a touch of chili powder, cayenne and cilantro for a Southwestern twist.

**Conventionally grown celery is highly sprayed with dangerous pesticides. Always buy organic celery if at all possible.*

Garden Fresh Gazpacho



Gazpacho is the perfect soup for summer. Refreshingly cold on hot summer days, this classic Spanish cold tomato soup combines the best of summer's most nutrient and antioxidant-rich vegetables. This version leaves out the starchy bread cubes that the real Spanish version has. For a complete meal, add in some cooked shrimp.

This soup is best when fresh vegetables are at their peak and locally picked. The best ingredients usually come from local farmer's market with vine ripe tomatoes bursting with real tomato flavor, and homegrown vegetables. Tomatoes, when freshly picked and vine ripe, are one of those vegetables that have no comparison to those pallid, tasteless globes in the supermarket. *Lycopene* is one of the antioxidants in tomatoes that make them so very good for you. Lycopene prevents cancer, including colorectal, prostate, breast, endometrial, lung, and pancreatic cancers. And, organic tomatoes deliver *three times the lycopene* as conventionally grown tomatoes. When lycopene is eaten with foods that contain healthy fats, like avocado or extra virgin olive oil, it is absorbed even better!

Tomatoes are also excellent source of vitamin C and vitamin A. These antioxidants travel through the body neutralizing dangerous free radicals that could otherwise damage cells and cell membranes, causing inflammation that contributes to heart disease, diabetic complications, asthma, and colon cancer. And, all the other fresh veggies in this soup are packed with super powered antioxidants, vitamins and minerals as well! Gazpacho is like eating a liquid salad! This recipe does not need exact ingredients, so if you have a handful of fresh kale or a garden fresh zucchini, by all means, throw it in!

Ingredients

4-6 ripe organic ripe, red tomatoes of any variety, quartered
1 red onion, quartered
1 cucumber, peeled, seeded, chopped in large pieces
2-3 stalks celery, chopped
2 carrots
1 sweet red bell pepper (or green) seeded and halved
1-2 cloves garlic, chopped
1-2 Tbsp fresh parsley
1 tsp or more of cumin
Pinch of red pepper flakes, to taste
1/4 cup extra virgin olive oil
2-3 Tbsp freshly squeezed lemon juice
1 tsp raw sugar or honey
Sea salt and fresh ground pepper to taste
1 tsp Worcestershire sauce
2-4 cups V-8 or tomato juice
Cooked shrimp or any cooked cubed white fish, like Cod (optional)
Cilantro, chopped for garnish
Avocado sliced, for garnish

Directions

Combine all ingredients-except shrimp or fish. Blend at low speed, leaving the soup somewhat chunky. This can be made ahead of time and placed in a glass storage container with a lid and refrigerated overnight, so the flavors blend better. Add cooked shrimp or fish. Garnish with sliced avocado, a squeeze of lime, a handful of cilantro or whatever suits your fancy. Serves 4.

Toasted Pecan and Mushroom Soup



Pecans were a staple of the Native Americans and for good reason. They contain more than 19 vitamins and minerals, including vitamins A, B, and E, along with calcium, potassium, magnesium, zinc and healthy fats. Pecans are naturally low-glycemic and effective in fighting diabetes, in addition to being filling and delicious. They are chock full of antioxidants which help protect the body against cell damage, cancer, and heart disease. Eating a handful of pecans a day actually protects the body's nervous system and also lowers the heart-disease causing LDL cholesterol.

Spicing this soup up with some chili powder or cayenne will actually speed up your metabolism, help you burn fat and help lower your blood sugar. This rich creamy version will be satisfying and delicious as a meal.

Mushrooms are a great addition to this delicious soup as they taste meaty and delicious. Their fiber is great for your blood sugar and they are full of powerful, health promoting phytochemicals. For added health benefits, try them with shiitake mushrooms—but most any kind will work.

Ingredients

2 ½ cups pecans, shelled and halved or in pieces
2 Tbsp extra virgin olive oil
½ lb sliced crimini mushrooms
1 large onion chopped
1 Tbsp real maple syrup
1 Tbsp chili powder
2 cloves garlic, minced
3 cups organic chicken broth, bone broth or vegetable broth
4 sprigs of fresh thyme
1 cup unsweetened coconut milk, almond milk or hemp milk
¼ cup chopped green onions for garnish
Sea salt and pepper to taste

Directions

Preheat oven to 350 and spread pecans on baking sheet, toasting 7-8 minutes, until browned and fragrant. Watch closely—they can burn easily!

Heat olive oil in large pan over medium heat and add onion, and mushrooms—sauté about five minutes. Add 2 cups of pecans, syrup, chili powder, and garlic. Cook 2-3 minutes, add broth, 3 cups of water and thyme. Cook for 2 hours, remove thyme sprigs, and puree soup in blender in batches. Return to pot and add milk and reheat. Garnish with pecans and green onions and serve. Serves 4.

Shiitake Chicken Soup



This is a great way to use a leftover chicken or turkey carcass. All you have to do is throw the leftover chicken or turkey, leftover meat, bones and all into a pot of water. OR you can use cut up chicken pieces or turkey meat. You can also use a whole cut up chicken, chicken breasts, leftover turkey, etc. Just add enough meat so it's sufficient for the number of servings you are making.

Aside from the healing properties of chicken soup, this soup contains shiitake mushrooms. Shiitake mushrooms have some powerful healing and immune strengthening properties of their own. The Shiitake is featured in many Asian cuisines and has long been considered a powerful medicinal food. Even during the Ming Dynasty, it was known that shiitakes were a remedy for upper respiratory diseases, poor circulation, liver trouble, exhaustion, and weakness. It was also believed to prevent premature aging.

Scientific studies now prove shiitake's ability to stimulate the immune system, and kill bacteria and viruses. One of the substances in shiitake, AHCC, increases the body's ability to fight off flu viruses, and other serious bacterial infections. Another compound in shiitakes is actually used as an anticancer agent in some countries. Shiitakes are an

excellent source of vitamins B2, B5 and B6, as well as manganese, phosphorus, potassium, selenium, copper and zinc, and a good source of protein, magnesium, and vitamin D. They also provide a wide variety of unique phytonutrients. While shiitakes are known for their immune strengthening properties, they are also known to prevent autoimmune diseases as well.

Ingredients

1 chicken or turkey carcass with some meat left or 4 thighs
4 cups water
Sea salt
4-6 cloves garlic chopped roughly
1 Tbsp fresh ginger, minced
1 cup chopped organic kale
3 carrot slices
1 medium sized baby bok choy chopped
1/2 lb shiitake mushrooms, sliced
1 carton of organic chicken stock
1/2 cup of quinoa
chopped green onions
sprinkle of red pepper flakes
2 Tbsp of soy sauce
1-2 Tbsp of miso paste
Fish sauce to taste

Directions

In a large saucepan or Dutch oven, add in (already cooked) chicken and about 4-6 cups of water. Bring to a boil and simmer for about a half hour to an hour, until meat is falling off the bones. If you added in large pieces of chicken or carcass, remove them with a strainer spoon, remove the meat from bones, and return meat to stock. Add in vegetables, mushrooms, and seasoning, and simmer for another half hour to an hour. Serve with a tossed green salad and enjoy!! Makes 4-6 servings.

MAIN DISH MEALS

Meat, Chicken and Fish



Is it healthy to eat red meat?

We have all been told that red meat is bad—especially red meat. BUT certain types of red meat are actually very beneficial to our health. Sometimes you may be craving a big juicy steak or burger. Did you realize that this may be your body's way of telling you, you need more iron, or that your muscles need some extra protein to regenerate?

Athletes, vegans, elderly people, pregnant women, children, teens and people recovering from surgery can all benefit from iron. The thing is that some of us are not as efficient at converting iron from plant foods into 'heme' iron that our body needs. Iron plays a vital role in helping the body rebuild and create more red blood cells. Red meat is also great source of other vitamins and minerals such as vitamin B-12, phosphorus, potassium, magnesium and selenium.

The protein found in red meat contains all the amino acids that the body cannot make on its own, and is absolutely essential for the repair and renewal of our body tissue, organs and muscles, as well as our overall general health and immune function.

Red meat is also one of the best sources for B vitamins, especially B12, which is found only in meat or fish, and helps to maintain nerve cells and brain function. While conventionally-raised (CAFO) red meat has a bad reputation, **grass fed meat** is a better health choice, and is one of the best, easiest to digest, high quality, fat burning, muscle-building, power-packed protein you can get. It's like eating a totally different kind of meat. Here are some more of the health advantages of grass fed meat:

Double the beta carotene (a precursor to vitamin A), and three times the vitamin E as conventionally raised meat. 60% more ultra-healthy omega 3 fatty acids than conventionally raised meat.

Meat and milk from grass fed cattle and bison contain the richest known source of "conjugated linoleic acid" or CLA. When cattle are raised solely on grass, their milk and meat contain *five times* more CLA than regular grain-fed meat. CLA has been proven to help burn fat and build muscle, making you lean and ripped! CLA actually increases your metabolic rate, so you burn more calories. It also lowers cholesterol and triglycerides, reduces food allergy symptoms, and enhances the immune system. CLA can also actually lower an individual's risk for cancer and arteriosclerosis (clogged arteries), and helps prevent diabetes.

And you only get these healthy benefits from real 100% grass fed meat, not a supplement. ***And one other important benefit of grass fed meat:***

The dangerous, life-threatening form of E. coli bacteria do not grow well in a healthy grass-fed animal. Cattle eating grain actually get a form of indigestion. Their bodies do not adapt well to eating grain, and their digestive system has to produce more acid in an attempt to try to digest it better. The deadly form of E. coli bacteria grow and thrive in this highly acidic environment. Grass fed meat is an important investment in your health and wellness.

Everyone seems to like chicken but is it healthy? What is the best kind of chicken to buy? Free range, organic or pastured chicken is not just a cool fad, it is a far healthier option for your chicken dishes!

Free-range and organic chicken is becoming very popular, and is now easier to find—and a little less expensive. It tastes better and is much healthier than factory farm-raised chicken. Just like grass fed meat, and wild caught fish, free range organic chickens eat their natural diet so they are healthier overall, and healthier for you—full of the nutrients you need.

Commercially raised chickens are raised in extremely close quarters where they can hardly move or turn around. They are fed hormone-enhanced grain and antibiotics and fattened up about three times faster than the normal growing time.

These poor chickens can barely move or support their own weight, and are very sickly due to their rapid growth and the filthy living conditions. The chickens are often raised in chicken houses that have no windows, and the chickens are kept inside, away from the fresh air and warm sunshine. And, with some of the latest USDA changes, many large scale commercial chicken farms are actually shipping chickens overseas to China, a country with food standards that are much less regulated than the U.S., where the chicken is processed and packaged and then shipped back to the United States. Do you want to eat that? I know I wouldn't.

Free-range, organic chickens are allowed outside in their natural environment with sun and fresh air, and allowed to eat at will, and processed in our country under stricter standard. So, it should be an easy decision to buy organic, free range chicken whenever you can. If you can find it locally from a farmer's market or farm, even better!

Fish has rightfully earned the reputation of being a 'health food', but did you know there is a huge difference in its nutritional value depending on the type of fish and how it is raised? When deciding what type of fish to eat, the key thing to think about is whether the fish is wild caught or farm-raised. The two different methods of raising fish create a totally different type of fish, and nutritional profile—especially the fat in the fish.

It's that simple.

Similar to grass fed meat, the fat in *wild caught fish* is very healthy. Wild caught fish have much higher levels of the essential fatty acid omega 3, which as you probably already know, is a very important fat for the body in terms of anti-aging health, fat burning and even mental health.

Farm raised fish, on the other hand, have a drastically different fat content and nutritional characteristics. Farm raised fish in general have much higher amounts of omega 6 fats, an inflammatory fat that most of us already get too much of when our omega-6 to omega-3 ratio is not correct.

The active ingredients that make wild caught fish so beneficial are the omega 3 fatty acids, EPA and DHA. These active ingredients are key not only for heart health, but to fend off diabetes, fight cancer, strengthen the immune system, counteract inflammation, and keep the brain and nerves in top condition.

So what kinds of wild caught fish are best to eat? Choose cold water, fatty, wild caught fish for the most health benefits. Most everyone has heard that salmon (wild salmon, of course) is a healthy choice, but what about some of the other ones? Wild caught halibut and wild cod are also great-tasting fish, and full of healthy omega 3's as well. Avoid tuna, shark, swordfish and other predatory fish as they contain large amounts of mercury and other contaminants.

Often overlooked, but making a comeback as a healthy option are sardines and anchovies. Because they are low on the food chain and are very young fish, they do not have the same issues with mercury, PCB's and other toxins that some of the larger, predatory fish like tuna, swordfish, tilefish, king mackerel, and shark will have. Sardines and anchovies are also high in omega 3 fatty acids.



Here are my favorites that are high in omega 3 fats, lowest in toxins, sustainable and easy on the environment:

- Wild Salmon, especially Sockeye
- Arctic Char
- Sablefish/Black Cod
- Atlantic Mackerel (lower in mercury than other types of mackerel)
- Sardines
- Anchovies
- Tuna
- Cod
- Halibut

Indian-Style Beef Kabobs with Cilantro Sauce



These Kabobs are absolutely delicious with an interesting spicy/savory curry (not too spicy) flavor. This is one of my very favorite dishes! The cilantro in this recipe is known for its health benefits. In fact, cilantro is so effective at lowering blood sugar, it is known in some places as the "*anti-diabetic plant*." It is medicinal in value.

Cilantro is also known for its anti-inflammatory and cholesterol-lowering ability, as well as its ability to remove toxic metals (like mercury and lead) from the body. Cilantro is twice as effective as antibiotics against the food-borne salmonella bacteria that cause food poisoning. In addition, cilantro is great for digestion, arthritis, urinary tract infections, and is rich in magnesium, iron and tons of phytonutrients, so use cilantro liberally whenever you can!

The marinade also contains lots of curry powder with turmeric--rich in powerful antioxidants that help lower blood sugar, battle inflammation, prevent Alzheimer's disease, burn fat, and enhance the immune system, as well as preventing exogenous AGEs from forming in the grilled meat.

When you use grass fed beef (which I highly recommend) you will also get the full benefit of the healthy omega 3 and CLA fats in the meat without all the hormones, additives, and antibiotics of conventional meat.

Ingredients

1 bunch of fresh cilantro (2 cups cilantro leaves)
1 small red onion peeled
2 cloves garlic, peeled
1 small green chili pepper trimmed and halved
1/2 inch piece of fresh ginger, peeled
1 ¼ tsp sea salt
4 Tbsp extra virgin olive oil
3 Tbsp fresh lime juice (juice of one lime)
½ tsp curry powder
1-2 lbs. grass fed ribeye or sirloin steak, cut into 24 one-inch chunks
1 medium onion, peeled
1 cup plain or Greek yogurt

Directions

Place the cilantro, onion, garlic, chili, ginger, and salt along with 3 Tbsp of the extra virgin olive oil in a food processor fitted with a metal blade. Process until a paste is formed. Transfer to a large bowl.

Put 2 Tbsp of the paste in a small bowl and stir in the lime juice to make the cilantro sauce. Cover and set aside. Stir the curry powder into the rest of the paste, add the steak and coat well. Cover and marinate at room temp for about 20 min.

Cut the red onion into wedges, separate the wedges and thread beef and onion onto skewers. Brush a grill pan with the oil. Preheat grill. Grill the kebabs for 8-10 minutes turning the skewers every 2 minutes.

Serve with cilantro sauce, plain yogurt, and a big tossed baby greens salad. Serves 4.

Chimichurri Steak



Recipe and photo courtesy Chef Ted Wood

I love the simplicity of a good chimichurri sauce. It truly brings out the flavor of the meat. Chimichurri is Argentinean sauce or condiment that is very popular throughout South America. This version uses fresh parsley, onion, garlic, oil, vinegar and a little bit of chili pepper, although the variations on this theme can be endless. In Argentina, it is used both as a marinade and a sauce for grilled steak, but you can also serve it with fish, chicken, pork, or even pasta. It's even good on scrambled eggs!

The flavor of the onion can make or break this dish, so select a milder (flatter shaped onion) red onion for the best flavor. Onions and garlic are members of the Allium family, and *both* are rich in sulfur-containing compounds that create not only the characteristic odor and taste, but also the health-promoting benefits.

Onions and garlic contain an ample supply of potent antioxidants, including quercetin, which provides anti-inflammatory benefits. These two nutrients have been proven to help lower and balance blood sugar, lower the risk of certain cancers, strengthen the immune system, prevent unhealthy blood clots, lower (bad) LDL cholesterol and triglycerides, and improve function of red blood cells. All of which make it worth having a little 'onion breath' once in a while.

The parsley in this recipe will actually help to tame any unpleasant breath odors you may get from the onion and garlic, because parsley is known for sweetening the breath. Parsley is also an excellent source of vitamins A, C, and K, as well being a great source of iron and folate. Besides these potent nutrients, parsley contains an essential oil called myristicin which inhibits cancer tumor growth, and activates the powerful antioxidant glutathione, something that diabetics are in short supply of.

Eating just two tablespoons of parsley promotes better carbohydrate metabolism. It is also anti-inflammatory, strengthens the immune system, and fights heart disease, strokes, and atherosclerosis. The vitamin K in parsley strengthens the bones, and helps the body make a very important and necessary fat that protects the myelin sheaths around our nerves and nervous system. Fresh cilantro or mint in this recipe can be used instead of, or in addition to the parsley, which has similar health benefits as well.

Ingredients

Grass fed steak—flank, outside skirt steak, flap steak, or tri-tip steak
5 large garlic cloves, minced
¼ to ½ red onion, minced
1 cup of parsley leaves, chopped
¼ cup red wine vinegar or fresh lime juice
½ cup extra virgin olive oil
Sea salt, to taste
Red pepper flakes, to taste

Directions

Finely mince the garlic, onion and parsley, and stir in wine vinegar and extra virgin olive oil. Season to taste with sea salt and red pepper. Set aside.

Grill steak over medium high heat until medium rare or done to your preference. Thinly slice on the diagonal, and serve with a generous amount of chimichurri sauce.
Serves 2-4 or more.

Thai Beef or Chicken Lettuce Wraps



Photo courtesy Fazela Vohra, <http://kharasmithaas.wordpress.com>

This is an often requested meal in my home. It's filling, but not heavy; it has plenty of power-packed nutrition, colorful antioxidants, and fat burning power. The more brightly colored veggies you add; the more nutrition you get! There are plenty of variations on this theme, so I will start out with my Thai-style recipe and give you some other ideas at the end of this recipe.

For individually custom-made wraps, serve the vegetable toppings in separate bowls and let everyone make their own healthy creation. This is a great way to serve to children, as each kid will delight in making their own 'masterpiece'.

This dish has lots of fresh ginger, a great superfood addition. Ginger is well known as a blood sugar balancer, is anti-inflammatory, an immune enhancer, a digestive aid, and cancer killer. So, don't be shy with the ginger, add as much as you like! It also speeds up the metabolism and helps burn fat.

The best type of lettuce for lettuce wraps is organic green or red leaf lettuce, Boston, Bibb or Romaine. Many restaurants use iceberg lettuce in this dish, but iceberg lettuce has virtually no nutritional value whatsoever.

Ingredients

1 lb of ground grass fed beef, free range ground turkey or chicken
2 Tbsp of extra virgin olive oil
Sea salt to taste (1/2 tsp or so)
1 small onion, minced
2-4 cloves garlic, minced
1 Tbsp fresh ginger, grated or minced
Juice of one lime or 1 Tbsp rice wine vinegar
2-3 Tbsp of soy sauce
Pinch of sugar
Hot pepper flakes to taste (just a shake or two will do)
8-10 lettuce leaves, washed and dried

Toppings

1 bunch of fresh cilantro, chopped
1 bunch of green onions, chopped in 2" pieces, and sliced vertically
1 sweet red bell pepper, sliced in thin slices
1 small zucchini, grated
2-3 carrots, grated
1 firm but ripe avocado, sliced thinly
1 or 2 tomatoes, chopped

Directions

Lightly brown the meat in a frying pan with the extra virgin olive oil over medium heat with the garlic, onion, ginger, and salt. Add lime juice, soy, pinch of sugar and a sprinkling of hot pepper flakes. Cook on low for another 1-2 minutes.

Scoop a couple of spoonfuls of the meat mixture on a lettuce leaf, add your choice of toppings, and wrap by folding one end over and then wrapping the sides. (It's probably going to drip, so hold over a plate). Enjoy!! Serves 2-4 or so depending on how hungry everyone is.

Variations

There are a LOTS of variations on this. You can substitute thinly sliced grass fed meat like tri-tip, flank, ribeye, or sirloin steaks, etc. A Mexican version could include black beans, onion, tomato, green chili peppers, lettuce or shredded cabbage, salsa, and avocado or guacamole. Omit the ginger, soy and rice wine vinegar and add a couple teaspoons of cumin instead.

Lettuce wraps are also a great way to avoid bread in sandwiches. Anything you would eat in bread or a bun, wrap with lettuce instead. I love turkey sandwich ingredients wrapped in lettuce instead of bread, or tuna salad—or a BLT! Even hamburgers are great this way. Many restaurants with sandwiches on the menu will substitute lettuce wraps instead of bread. Use your imagination; the possibilities are endless!

Asian Pork Meatballs



A yummy, low glycemic twist on regular meatballs! Try them for a party or just dinner at home. Full of power-packed antioxidants and diabetes fighting ingredients like garlic, ginger, and cilantro.

Cilantro has long been used as a weapon against diabetes. Cilantro is a great flavor enhancer that contains an eye-popping amount of phytonutrients, including *borneol*, *carvone*, *camphor*, *elemol*, *geraniol*, and *linalool*, to name a few. It also contains popular antioxidants such as *quercetin* and *apigenin*. Along with such incredible antioxidant potency, cilantro is nutritionally dense in dietary fiber, manganese, iron, and magnesium.

With such an impressive array of healthy properties, it's no wonder that cilantro has been used as a digestive aid, an anti-inflammatory, an anti-bacterial agent, and as a weapon in the fight to control blood sugar levels, cholesterol, and unwanted, and free radical production.

For Phase 2, try the accompanying pineapple-mango salsa with these meatballs.

Ingredients

1 lb ground humanely raised pork
1 egg
1/3 cup coconut flour
½ red onion, diced finely
2 cloves garlic
2 T fish sauce
2 T soy sauce
2 teaspoons finely chopped or grated fresh ginger
2 T Thai sweet red chili sauce
½ teaspoon salt
Handful of chopped cilantro
2 T sesame seeds

Directions

Mix all ingredients together well. (I my hands—wash thoroughly before and after)
Roll in 1 ½" diameter balls. Place on a baking sheet or jelly roll pan with sides, so the juice doesn't run off. Bake in a 375-degree oven for 30-40 minutes, turning to brown evenly. Serve immediately or in a crockpot with the juice from the pan. Serves 4-6.

Phase 2, serve with Pineapple-Mango Salsa on the side, below.

Pineapple Mango Salsa

This is delicious served with Asian Meatballs, grilled Fish, or even Chicken. Liven up a dinner with the sweet and spicy taste of pineapple and mango, high in vitamin A, antioxidants and digestive enzymes. Enjoy.

Ingredients

Half of a decent sized pineapple, chopped in small pieces
1-2 ripe mangos, chopped
½ red onion
1-2 cloves of garlic minced
1-2 Romano tomatoes, chopped
Handful of cilantro, chopped
Juice of 1-2 limes
Touch of sea salt
Mix all ingredients together, serve or refrigerate.

Chili Rubbed Steak with Radish Salsa



You won't believe how good this is! Heating up the spices beforehand brings out the full fragrant sweet flavor of these super powered spices and the accompanying radish salsa is a refreshing change.

Radishes are full of nutrition, including vitamin C, folate, potassium, and trace minerals. Eating radishes can lower blood sugar, blood pressure, ease digestion, support healthy liver function, and help to prevent cancer. Radishes are a delicious, spicy, peppery snack too!

Use grass fed beef for all the great benefits of the healthy meat. Grass fed meat contains healthy fats including omega 3 fats that lower inflammation and protect your heart, and CLA which helps to burn fat. The best cut of meat for this recipe is flank steak. Be sure not to overcook the steak. When it is done, thinly slice it on the diagonal for the most tender bites.

Steak Ingredients

2 lbs grass fed flank or skirt steak
2 tsp cumin powder
2 tsp chili powder
1 tsp cinnamon
1 tsp garlic powder
1 tsp sugar
¼ cup olive oil
Juice of one freshly squeezed lime

Directions for Steak

In a skillet, add cumin, chili, cinnamon, garlic over medium heat for 20-30 seconds, stirring until spices become very fragrant. Remove from heat immediately—spices burn easily!

In a shallow glass bowl, combine spices with extra virgin olive oil, lime juice and sugar. Add meat, turn to coat both sides, cover and refrigerate for 4 hours or overnight. Heat grill to medium high heat and grill meat for 10-15 minutes per side, depending on thickness. Meat should be brown outside, but pink and juicy inside. Remove from heat and let sit for a few minutes, then slice thinly on diagonal and serve with a generous serving of radish salsa. Serves 4.

Salsa Ingredients

8-10 medium sized radishes, chopped
1 clove garlic, minced
½ small red onion, minced
A handful of cilantro, chopped
2-3 Roma tomatoes, chopped
Juice of one lime
Hot pepper flakes
Sea salt

Directions for Salsa

Chop radishes and tomatoes into small pieces, mince cilantro, red onion and garlic, and mix together. Add lime juice and seasonings.

Roasted Chicken and Veggies in Foil



Cooking chicken in foil packets is the basis for a great, quick and easy meal. Once you get the hang of it (and it's not hard), you will find there are infinite variations. You can also substitute fish instead of chicken, and use whatever veggies are in season at the time. You can also use an oven, charcoal or gas grill, or I have even used these camping on a log fire and hot coals.

In Phase 2, you can add potatoes and they are a delicious addition, as they soak up all the juices of the other foods and seasonings. Adding lots of fresh or dried herbs and spices adds huge amounts of concentrated antioxidants that help to fight diabetes, keep blood sugar low and maximize your health. And don't forget generous amounts of garlic and onions, both proven diabetes fighters!

Ingredients

2 lbs skinless, boneless chicken breasts, or boneless, skinless thighs
1 red or white onion, sliced
Fresh green beans, asparagus, zucchini, summer squash, broccoli, etc.
2-4 cloves minced garlic
2-4 Tbsp grass fed butter
1 tsp oregano, basil, thyme, rosemary, etc., fresh or dried
Sea salt and pepper
Foil sheets, approximately 12" x 10"

Directions

Heat oven to 350-375 degrees F, or heat grill to medium heat.
Place a serving of meat in the middle of the foil sheet, spread vegetables on top, drizzle with extra virgin olive oil or a small chunk of grass fed butter and season with garlic, herbs salt and pepper. Wrap up in a rectangular shaped package, bringing the edges of the foil together on top and sides and folding tightly a couple of times to seal in the juices.

Place packets on a cookie sheet or shallow baking pan and bake in the oven for about 30 minutes, until meat is cooked through and vegetables are tender. (Fish takes less time). If cooking on a grill, cook over medium high heat, and place packets away from direct heat source or coals. If cooking over a fire, wait until the coals are glowing red. Serves 4.

Low Glycemic Coconut Flour Chicken Cutlets



Here is a far, far, healthier version of those unhealthy chicken tenders you might get from a restaurant. This healthy version uses coconut flour for the crispy breading outside, which makes it low-glycemic, grain free, and higher in fiber too.

I like to season this recipe with lots of garlic, and fresh or dried oregano. Oregano contains an active ingredient called rosmarinic acid, (similar to what is in rosemary), and it is a potent antioxidant that has proven blood sugar stabilizing benefits, as well as being a powerful antiviral, antibacterial, and antifungal properties.

Choosing a healthy oil to cook in is just as important as what you are cooking. Coconut oil is a good choice, but you may notice a slight coconut oil taste. Coconut oil, a saturated fat, is not denatured by the heat and is the healthiest choice of oil to use—even over olive oil, which is destroyed by heat.

Canola oil and other vegetable oils are processed and often from genetically modified seeds as well and full of inflammatory compounds. Contrary to what you may think, these oils are NOT healthy!

Ingredients

2 lbs of boneless, skinless chicken breasts or boneless, skinless thighs
2-3 eggs, beaten in shallow dish
1 cup coconut flour, garbanzo bean flour or a mixture of coconut flour and rice flour
Sea salt and pepper
2 tsp garlic powder or 2-3 cloves mashed garlic
3 Tbsp finely minced fresh parsley
1 tsp dried or fresh oregano (if fresh, minced)
3-4 Tbsp virgin coconut oil

Directions

Heat oven to 375 degrees F. Add dry seasoning and herbs to flour mixture. If using whole chicken breasts, slice in half to make thinner cutlets. You may pound out with a meat mallet if desired for added tenderness, but it is not necessary.

Dip each piece of chicken in the beaten egg mixture, then dredge in breadcrumb mix. Melt coconut oil in shallow cooking pans, and then placed breaded chicken in pans. Cook in oven 10-12 minutes on one side, flip, then cook another 8-10 minutes until brown and no longer pink inside.

Note: These make great leftovers and are delicious hot or cold. The cold leftovers are great sliced up and added to a big veggie salad for a healthy satisfying lunch.

Easy Sweet and Spicy Salmon



Salmon has a well-earned reputation as a health food because of its high omega 3 fatty acid content. A 4 ounce serving of *wild caught salmon* has 2 grams of omega 3 fats, which is more than the average adult (in the U.S.) gets in their diet in several days.

Omega 3 fats decrease your risk of diabetes, heart attacks, strokes, arrhythmias, high blood pressure, and high triglycerides in the blood. Frequent consumption of salmon also decreases inflammation, helps cell membranes function better, and protects the brain.

Scientists consider DHA to be the most important type of fat for the human brain, and the high concentration of this fat in *wild caught* salmon decreases the risk of depression, hostility, and age-related forgetfulness. There is also an association between IQ and omega 3 intake, making salmon truly a 'brain superfood'.

This recipe is a great way to get more salmon in your diet. The sweetness of the maple syrup combines with the tanginess of the lime juice, and the spicy heat of the pepper flakes to make a delicious, mouth watering--but simple dish. There are lots of different types of salmon—there's wild sockeye salmon with its deep pink flesh, king salmon--more mild tasting, but higher in good fats; keta salmon, chinook, and chum salmon to name just a few.

Ingredients

One or more pieces of fresh, wild caught salmon, any size--4 ounces to 1 lb or more.

1-2 Tbsp butter

¼ cup real maple syrup

Juice of 1 lime

Hot pepper flakes

Directions

Turn Broiler on high and heat up. Move shelf to about 6 inches away from heat source. Place a small pat of butter on each piece or brush top of salmon with melted butter for best browning. Broil skin side down, 8-10 minutes, depending on size and thickness of salmon.

Salmon can be eaten with the center still translucent and darker pink, or can be more well done and opaque all the way through. Just be careful not to cook too long or it gets very dry. This fish can also be cooked on the grill over medium heat. Remove fish from heat about 1-2 minutes before it looks done (it will cook a bit more after it is out). Don't overcook.

While fish is cooking, mix maple syrup, lime juice, and hot pepper flakes. (Go easy on the pepper, it can add a lot of heat!) When fish is done cooking, pour mixture over hot salmon and enjoy with a baked sweet potato and organic baby greens salad.
Serves 2 or more.

Fish with Garlic Dill Butter and Swiss Chard



Swiss chard is actually one of the healthiest greens you can possibly eat! It has a tender texture and mild flavor similar to spinach and comes with white, yellow, orange or red stalks, all of which add more antioxidants to the greens. The amazing variety of phytonutrients and antioxidants is easy to see with its deep green leaves and brightly colored stalks.

Chard is recognized as having some very significant blood sugar regulating power and is very beneficial for those diagnosed with pre-diabetes or diabetes. One of its powerful antioxidants has the ability to inhibit activity of an enzyme that turns carbohydrates into simple sugars. What this means is that blood sugar levels stay steady following a meal that includes Swiss chard.

The other amazing thing about Swiss chard is that it actually helps pancreatic beta cells that produce insulin regenerate, along with protecting the health of the liver—another organ important to the fight against diabetes.

Ingredients

8-16oz wild caught fish—cod, salmon, etc.

2-4 Tbsp grass fed butter

2-4 cloves minced garlic

Fresh basil, dill or thyme, chopped

Juice of one lemon or lime

Sea salt and pepper

1 large bunch of Swiss chard, chopped (stems are ok to leave on)

Directions

In a frying pan, melt 1-2 Tbsp of butter over medium heat, add Swiss Chard and cook a few minutes until just wilted. Drain, add lemon juice and set aside.

In another frying pan or skillet, add the rest of the butter and garlic and heat over medium high heat. Add fish and cook a few minutes until tender and opaque all the way through—don't overcook! Add fresh herbs a minute or so before fish is done. Cooking times may vary depending on the type of fish.

Add chard to pan and heat slightly, serve with fish on bed of chard. Add extra lemon juice, salt and pepper to taste. Serves 2-4, depending on amount of fish.

Note: omit potatoes for Phase 1. Phase 2 potatoes are allowed.

Salad Nicoise with Grilled Tuna



High in protein, healthy fats and fiber, this salad Nicoise makes a satisfying and incredibly healthy meal. You can make the salad portion ahead of time, and just cook the fish right before serving. I like to serve the fish warm, but it can be served chilled as well. You can use fresh fish like tuna or wild caught salmon, or use the canned type as well.

Dark green leafy greens are proven diabetes fighters and help to keep blood sugar stable and in a healthy range. Greens are also a very alkalizing food, which means they are very good for your overall health. The antioxidants kill free radicals that can cause disease, and they are full of vitamins A and C, folic acid, calcium, magnesium, potassium, zinc, and other powerful health promoting phytochemicals.

Salads are also very good for the healthy bacteria in your gut—another thing that when in balance, helps to promote a healthy weight, and healthy blood sugar. A healthy balance of gut bacteria not only is amazing for your health and immune system, but it also has much to do with your overall moods and emotional state. Gut bacteria imbalance is known to be connected to anxiety and depression.

For Phase 1 of this diet, omit the fingerling potatoes.

Ingredients

2-4 large handfuls of baby greens—arugula, baby kale, watercress, baby lettuces

½ lb of fresh green beans, or asparagus

2-4 eggs, hard boiled and quartered

2 chopped ripe tomatoes

¼ cup Kalamata or Greek olives pitted or unpitted

½ large red onion chopped or thinly sliced

Chopped parsley or chopped cilantro

Capers

Raw imported Parmigiana cheese

Phase 2—2 small red potatoes, boiled and quartered

Dressing Ingredients

1-2 garlic cloves, minced

1 small shallot

¼ cup olive oil

Juice of one lemon

½ tsp Dijon mustard

Sea salt and pepper

Whisk ingredients together in a bowl.

Salad Directions

Steam green beans or asparagus until tender crisp, then cool under cold water. Cut up boiled and cooled eggs. Arrange greens on large plate, and arrange other vegetables in separate sections on top of greens. Add fish and drizzle with dressing. Serves 2-4.

Wine Country Chicken or Shrimp Salad



This recipe is one of my favorites, adapted from a recipe from the Robert Mondavi Winery in Napa Valley. It makes a perfect meal with high quality protein, good-for-you fats, and healthy greens, loaded with antioxidants and blood sugar stabilizing, fat-burning power. And, it's beautiful looking too.

The dressing contains the fresh herbs, thyme and basil. Thyme and basil contain healthy volatile oils with proven health benefits—especially its diabetes fighting ability! The oil in thyme, '*thymol*' can also actually increase the amount of healthy fats in your cell membranes and other cell structures. When you eat omega 3 fats, thyme helps to get those healthy fats right where your body needs them. It even protects brain cells and decreases aging. So, thyme and omega 3 fats are a winning combination! Thyme also contains a variety of flavonoids that increase its antioxidant power, and combined with the manganese it contains, put thyme at the top of the list of powerful antioxidants.

Basil actually contains a substance that works like anti-inflammatory medication like ibuprofen. It adds healing benefits and relief for people with inflammatory health problems like arthritis or inflammatory bowel conditions.

Salad

3 cups chicken stock or water
2 boneless skinless chicken breasts or 1 lb of shrimp
½ lb pencil thin asparagus, cut into 2" pieces
½ cup Nicoise olives, pitted
10 cherry tomatoes, quartered
2 Tbsp capers, drained and rinsed
2 Tbsp finely chopped fresh basil
Raw Parmigiana Reggiano, shaved or grated, optional

Dressing

½ cup extra virgin olive oil
1 medium shallot minced
2 generous tsp finely chopped fresh thyme
1 Tbsp or more finely chopped fresh parsley
¼ cup fresh lemon juice (1 medium lemon)
Sea salt and pepper to taste

Directions

In a deep medium-sized saucepan bring the stock or water to a simmer. Add the whole pieces of chicken and simmer for 10-12 minutes until tender. Cool chicken in the liquid, drain and shred the chicken by tearing into long thin pieces with forks. If using shrimp, boil shrimp for a few minutes until opaque inside (time varies, depending on its size). Set aside. Cook asparagus for 3-4 minutes until tender but crisp. Drain and cool under cold water.

Add asparagus, olives, tomatoes, capers, basil and pepper to the chicken or shrimp, and stir to combine. Mix the ingredients for the dressing, and add to the salad mixture. Stir gently to combine. Arrange on a bed of organic baby greens, Bibb lettuce, or red leaf lettuce. Garnish with some Parmigiana Reggiano (this is the Italian version of Parmigiana cheese, it's usually raw and aged, and way tastier). Using a vegetable peeler, just peel a few thin pieces onto the salad.

This can be prepared up to 6 hours ahead of time and refrigerated. Add the dressing just prior to serving. Serves 2-4, depending on appetites.

SAVORY SIDEDISHES



Sometimes you need a little something extra to add to your meal, and you want it to be full of nutrition, not empty carbs and calories.

Side dishes are a great way to round out a meal, add in some extra fiber and nutrition and balance your diet, and some side dishes are so hearty they can become a meal in itself.

Here are a few great sides that are delicious, low-glycemic, chock full of nutrition, hearty and filling—all the while helping you fight diabetes and keeping your blood sugar stable.

From crunchy, fresh salads to heartwarming cooked veggies, you will surely find your favorites among these great dishes.

Roasted Garlic Mashed Cauliflower



Mashed cauliflower has a rich, decadent creamy taste that make you forget you are avoiding starchy potatoes. With the addition of sweet savory roasted garlic, you will think you have died and gone to heaven.

Not only is cauliflower low-glycemic, but it also contains compounds that fight cancer, boost heart health, fight inflammation, boost your brain health with choline, and help your body detoxify. Cauliflower is packed with antioxidants and phytonutrients galore--including vitamin C, beta-carotene, kaempferol, quercetin, rutin, cinnamic acid, and much more. Antioxidants are your best weapon to fight reactive oxygen radicals that cause disease—including diabetes and its related complications.

The addition of roasted garlic adds a sweet, caramel-y taste to the cauliflower and its addition further compliments the health benefits of the cauliflower. Allicin is the primary ingredient in garlic which actually helps free up insulin in the body, decreasing blood glucose levels.

Garlic has also been known for its ability to stop free radicals, protect the kidneys and blood vessels as well as the delicate blood vessels in the eyes and skin. And garlic is well known for its ability to lower bad cholesterol, break up platelets, and protect the heart, while lowering blood pressure—and it tastes AWESOME!

Ingredients

1 head cauliflower, stem trimmed and cut in small florets

¾ cup water

1 head garlic, top trimmed, but skin left on

2-3 Tbsp grass fed butter

Chopped parsley

Sea Salt and pepper

Directions

Trim just the papery, pointy top off the entire head of garlic, leaving bulbs intact. Trim off enough that garlic can be squeezed out when cooked and soft.

Wrap in foil and add a small amount of butter to top of garlic. Pull foil up around garlic, but leave top open. Bake in oven at 350-375 for about 45 minutes or so, until garlic is fragrant, soft and light golden brown.

While garlic is baking, steam the cauliflower until very tender. Drain. Mash cauliflower with a hand held masher or hand mixer in pan. Add parsley, butter, sea salt and pepper.

Squeeze the garlic out of its papery shell into cauliflower. Mix in with a fork or masher to distribute evenly. Enjoy!! Serves about 4.

Shaved Fennel and Arugula Salad



Once you try this salad, you may become totally hooked on it like I did. This simple salad has been a hit with everyone who has eaten it. It's just a little bit different from your average salad. I really enjoy its interesting taste and texture and could eat this several times a week without ever tiring of it.

Fennel is an intriguing vegetable. Looking a little like celery with a bulging bottom, fennel is a delicious, crunchy, slightly sweet vegetable with a slight taste of licorice. It is a refreshing and interesting addition to salads and other dishes. Fennel actually has medicinal properties and is known for its unique ingredient, *anethole*. In studies, researchers found that fennel's essential oil actually reduced blood glucose levels, as well as reduce inflammation and fight cancer.

Arugula, like the other cruciferous vegetables in its family tree, also has powerful cancer fighting compounds in it. Arugula contains a group of anti-cancer compounds known as glucosinolates. These compounds are highly active antioxidants and they stimulate natural detoxifying enzymes in the body. Similar to other dark green leafy vegetables, arugula is rich in vitamins A, C, and K, as well as calcium, magnesium and potassium that help lower blood pressure and keep bones healthy. It's a good source of iron for healthy red blood cells, and contains plenty of other important phytochemicals such as

carotenes and chlorophyll, making it an excellent source of antioxidants as well. For milder tasting arugula, buy the baby arugula, or for more pungent flavor, buy the larger, mature leaves.

The thin, shaved slices of fennel are easiest to do on a good mandolin, or you can use a good, sharp chef's knife to cut very, very thin slices. Variations on this recipe are delicious, too. I made this the first time without the zucchini and added in some delightful, nutty flavored, raw Swiss Gruyere cheese and it was incredible!

Ingredients

1 medium-large zucchini, sliced into paper thin coins
2 small fennel bulbs, green parts trimmed off, and shaved paper-thin
2/3 cup loosely chopped fresh dill
1/4 cup fresh lemon juice, give or take
1/3 cup extra virgin olive oil, adjust if desired
Freshly ground sea salt
4 or 5 generous handfuls arugula
Honey (optional)
½ cup sliced or chopped almonds, walnuts or pine nuts
Parmigiana Reggiano, or raw Gruyere, shaved

Directions

Combine the zucchini, fennel and dill in a bowl and toss with the lemon juice, extra virgin olive oil and ¼ teaspoon sea salt. Set aside for 20 minutes or more, to allow flavors to permeate.

Put arugula in a large bowl. Dump the zucchini, fennel, dill and dressing on the arugula, and toss gently but thoroughly. Taste and adjust with more of the dressing, extra virgin olive oil, lemon juice, or salt if desired. If the dressing tastes too sour to you, add a drizzle of honey into the salad mixture. Serve topped with your choice of nuts and cheese. Serves 4.

Bacon, Blue Cheese and Arugula Salad



I had a crazy idea for a hearty salad recipe and thought these ingredients would work well together. This is filling enough to eat on its own as a meal, or have as a savory side dish. The delicious creamy, nutty raw blue cheese flavor goes well with the saltiness of the bacon, the bite of the arugula and the tart-sweetness of the apple. Top it with an easy olive oil and balsamic vinegar mixture. There are no hard and fast measurements in this recipe; it is very easy to adjust to whatever size crowd you are serving.

The blue cheese is a raw, unpasteurized variety, so if you have a dairy sensitivity, this raw cheese should not bother you—but you can also leave it off, if desired. Raw cheeses and dairy are much easier for the body to break down and digest than pasteurized dairy.

Dark green leafy vegetables are, calorie for calorie, probably the most concentrated source of nutrition of any food. They are a rich source of minerals (including iron, calcium, potassium, and magnesium) and vitamins, including vitamins K, C, E, and many of the B vitamins. They also provide a variety of phytonutrients including beta-carotene, lutein, and zeaxanthin, which protect our cells from damage and our eyes from age-related problems, among many other effects. Dark green leaves even contain small amounts of healthy omega 3 fats as well.

Ingredients

4 cups of any combination of arugula, regular baby greens and/or baby kale
2-4 slices thick sliced natural (no nitrites) bacon, cooked and cut up in small pieces
1/2 apple, chopped in small pieces (Granny Smith or any tart-crisp apple variety)
Crumbled Maytag Blue Cheese (or other aged raw blue cheese)
½ thin sliced red onion
Extra virgin olive oil
Balsamic or apple cider vinegar

Directions

Cook bacon, drain or blot off excess grease. Cut in small pieces.
Add greens to large glass bowl, with apple, bacon, and blue cheese sprinkled on top.
Drizzle equal amounts of balsamic vinegar and extra virgin olive oil on salad and serve.
Serves 2-4.

Roasted Brussels Sprouts with Bacon



Even if you are an avowed Brussels sprouts hater, I am certain you will change your mind once you try this recipe. These caramel-y sweet, roasted Brussels sprouts with bacon will transform anyone into a Brussels sprouts lover!

Brussels sprouts are members of the auspicious cruciferous vegetable family and have all the amazing blood sugar-leveling, antioxidant, cancer-fighting, anti-inflammatory, healthy benefits that broccoli, cauliflower, kale, arugula and cabbage contain. Brussels sprouts' health benefits have been well-studied, and many of the studies have to do with the benefits of this vegetable and its powerful cancer-fighting abilities.

Brussels sprouts provide vital nutrients for the body's detoxification system, its antioxidant system, and inflammatory system, which help prevent chronic diseases and cancer. A healthy diet that includes Brussels sprouts arms your body to effectively fight: bladder cancer, breast cancer, colon cancer, lung cancer, prostate cancer, and ovarian cancer.

Brussels sprouts actually contain health omega 3 fatty acids that help fight inflammation as well. About a cup and a half of Brussels sprouts provide about 430 milligrams of plant based omega 3 fatty acid (ALA). And, Brussels sprouts supply antioxidants, including vitamins K, C, E, and A, manganese, quercetin, kaempferol, and more.

The amazing amount of Vitamin K in Brussels sprouts actually fights chronic inflammation. This nutrient helps to regulate our inflammatory response, including chronic inflammation that can come from fighting high blood sugar. Brussels sprouts' anti-inflammatory benefits fight diabetes and also help burn fat and fight Crohn's disease, inflammatory bowel disease, insulin resistance, irritable bowel syndrome, rheumatoid arthritis, and ulcerative colitis.

Ingredients

20-25 small Brussels sprouts
4 slices thick-cut (nitrite free) natural bacon or prosciutto, cut into pieces
2 tablespoons extra virgin olive oil
2 Tbsp butter, melted
Sea salt and pepper

Directions

Preheat oven to 400°.
Wash and dry the Brussels sprouts. Trim off the ends of the sprouts, remove the outer leaves, and cut lengthwise in half.

Slice the bacon into small strips and cook until just crispy. Remove bacon from the pan. If using prosciutto, heat in pan until warm and slightly crispy, then remove. Add extra virgin olive oil, melted butter, Brussels sprouts, bacon, salt, and pepper to bowl and stir to mix well. Spread Brussels sprouts on a large, flat baking sheet or pan. Roast for 20 minutes, or until the sprouts are just fork-tender. Do not overcook! Remove from the oven and serve immediately. Serves 4.

Asian Slaw



Cabbage belongs to the stellar family of cruciferous vegetables, along with broccoli, cauliflower, brussels sprouts, arugula and kale. It contains a very unique phytonutrient called indole-3-carbinol (I3C for short). This unique nutrient blocks the adverse effects of certain chemicals called xenoestrogens (artificial estrogens). Xenoestrogens are responsible for unwanted estrogenic effects from extra fat storage, to “man boobs”, to breast and cervical cancers. Since xenoestrogens are present nearly everywhere in our environment, making sure we can neutralize these chemicals is our best bet. Cruciferous vegetables are one of the best ways to do that, as well as adding tons of healthy fiber to your diet.

The added crunch of slivered almonds, cashews, or peanuts makes this dish even more of a fat burning, blood sugar-lowering addition to any meal, along with the added amounts of healthy fats that nuts bring to the table.

Enjoy this dish with most any meal, any time of the year!

Ingredients

½ regular green cabbage

½ red cabbage

1-2 carrots

4-6 green onions

1 sweet red bell pepper

1 apple

A handful or more of slivered almonds, cashews, peanuts or other nuts

1 Tbsp toasted sesame seeds or black sesame seeds

Dressing Ingredients

½ tsp sesame oil

2 Tbsp peanut oil, avocado oil or olive oil

2-3 Tbsp rice wine vinegar

½ tsp of honey or real maple syrup

1 Tbsp fresh grated ginger

Juice from half a lime

Sea salt

Hot pepper flakes, to taste

Directions

Shred or thinly slice the red and green cabbage. Cut carrot in matchstick slices or grate on a grater. Chop green onions, sliver the red pepper, and cut apple in small slivers as well. Combine dressing in separate bowl and mix briskly with a fork or whisk and pour over all ingredients in glass bowl. Sprinkle with nuts and serve. Serves 4.

Fresh Zucchini and Tomatoes with Basil



When zucchini and tomatoes are in season, nothing compares to the delicate nutty taste of fresh picked zucchini and the sweet, juicy tang of tomatoes. Finding both of these locally grown means that these vegetables are at their peak of flavor and nutrition.

Tomatoes are powerhouses of energy packed nutrition--full of lycopene and antioxidants, including vitamins A and C. Zucchini is an excellent source of manganese and vitamin C, magnesium, vitamin A, fiber, potassium, folate, copper, riboflavin, and phosphorus. The magnesium in zucchini relaxes blood vessels, reducing high blood pressure, and the risk of heart attacks and strokes. Vitamin C and vitamin A are hearty antioxidants and help to prevent the buildup of cholesterol in the blood vessels, along with their ability to maintain blood sugar.

Basil contains flavonoids and volatile oils which are uniquely health protecting. Basil extracts are often used in the treatment of type-2 diabetes. Basil leaves contain potent antioxidants that relieve oxidative stress that is one of the reason diabetics get other health complications. Basil also helps lower triglycerides and the 'bad' cholesterol [LDL] keeping blood vessels smooth and wide open. Basil actually provides protection against dangerous bacteria which can cause food poisoning, including: *Listeria*, *Staphs*, *E.coli* O:157:H7, and more. Basil is also a very good source of vitamin A and magnesium, which improves blood flow and helps the heart beat more regularly. Basil contains iron, calcium, and plenty of potassium and vitamin C.

Note: The oils in basil are highly volatile; it is best to add the herb near the end of the cooking process, so it will retain its maximum essence and flavor.

Ingredients

1 lb or so of fresh, medium-small zucchini, sliced thinly
2-3 firm, medium to small tomatoes, chopped (Roma tomatoes are good for this)
2 Tbsp of extra virgin olive oil
2-4 cloves of garlic, crushed and minced
A handful of fresh basil, chopped
Sea salt
Fresh ground pepper
1-2 Tbsp grass fed butter
Couple thin slices of prosciutto, chopped, (or nitrite-free cooked bacon)

Directions

Over medium heat, add extra virgin olive oil, zucchini, and garlic and cook for a couple of minutes until zucchini becomes slightly tender—it will cook quickly. Add tomatoes, salt and pepper and toss until heated through. Remove from heat and add in prosciutto or bacon and basil. Enjoy! Serves 4.

Roasted Cauliflower



One more way to enjoy the healthy, fat burning, high fiber, cancer fighting benefits of cauliflower. Cauliflower, and other cruciferous vegetables, should be included in your diet 3-5 times a week—which isn't all that difficult when you consider that includes broccoli, kale, collards, arugula, brussels sprouts, green and red cabbage, bok choy, kohlrabi, napa, turnips, mustard greens, watercress and radishes.

If you haven't tried roasted cauliflower before, you are in for a real treat. The roasting process, along with real, grass fed butter gives the cauliflower a sweet, slightly nutty flavor, unlike any other method of cooking cauliflower.

With the addition of some garlic and smoked paprika, you may find you and your family or friends soon become addicted to this dish!

Ingredients

1 head of cauliflower
2-4 cloves of garlic, peeled and coarsely minced
1 lemon
2-4 Tbsp grass fed butter
Sea salt and freshly ground pepper
1 tsp smoked paprika
Fresh or dried herbs such as: basil, oregano, thyme, or rosemary

Directions

Preheat oven to 400 degrees F. Cut the cauliflower into smaller florets. Melt butter and add garlic and smoked paprika to butter. In a bowl, add the cauliflower, lemon juice, butter, herbs and spices. Mix well and spread out on a baking sheet or large baking dish in a single layer. Bake for 20-30 minutes in oven or until cauliflower is starting to get golden brown on the edges and is tender. Serves 4.

SNACKS



One of the toughest things to do when you are trying to stick to a healthy low-glycemic diet is figuring out what to eat when you want a snack. Most of us don't want to have to fix some elaborate dish which requires a lot of preparation and ingredients, but we shouldn't resort to grabbing the nearest processed, unhealthy, fattening starchy or sugary snack in a bag or box either—just because it's easy.

So, what to snack on? Well sometimes it's just a matter of thinking outside of the box to come up with a few great, satisfying ideas. Mike and I have compiled a list of some of our favorite healthy snacks. **Keep these around to help you avoid temptation.** The easy formula here with snacks is to combine a healthy type of protein and healthy fat (meat, eggs, raw cheese, nut butters, nuts, etc. with a high fiber fruit, vegetable or complex carbohydrate.

Try the ten easy solutions listed below, or check out the next few pages for some other delicious, filling, low-glycemic, healthy snack ideas to make and keep on hand for when the munchies strike.

12 Low-Glycemic Snacks for Phase 1 and Phase 2 That Won't Blow Your Diet or Spike Your Blood Sugar

- Deviled eggs or just a plain hard boiled egg with sea salt and pepper.
- Guacamole with raw cut-up veggies, or add mashed hard boiled egg yolks in with the guacamole and put the mixture into halved cooked egg whites like deviled eggs. This is a filling snack that doubles as a meal!
- Any kind of raw cheese (Whole Foods, Trader Joe's and many grocery stores are starting to sell quite a few) and a handful of raw almonds, walnuts, pistachios, etc.
- A couple hard boiled eggs with carrot and celery sticks and ¼ cup hummus (roasted red pepper hummus is my favorite, or try the cashew hummus!)
- Celery sticks with organic sunflower butter, peanut butter, cashew or almond butter.
- Avocado slices wrapped in (always get 'natural' without nitrites or nitrates) deli turkey breast, leftover chicken or turkey or natural beef jerky.
- Avocado slices with lemon juice, hot pepper flakes or hot sauce
- A slice of natural deli turkey or ham, sardines or tuna, rolled up in lettuce, with a splash of Paleo mayo or hot sauce.
- A ½ cup of blueberries mixed with raw almonds.
- A ½ cup or less of hummus with cut-up raw veggies such as sliced red/yellow/orange peppers, sliced cucumbers, cauliflower, zucchini, etc.
- Tuna salad with celery sticks
- Good ol' nut butter, sunflower butter or peanut butter on celery—one of my faves!

And check out the awesome ideas that work great for both Phase 1 and Phase 2 on the next few pages...

Guacamole Deviled Eggs



These delicious eggs have guacamole as a healthy addition to the egg yolks. So on top of all the glucose-lowering effects you get from eating the eggs and the yolk, you get the healthy fats, vitamins and minerals from the avocado as well.

The healthy fats and other nutrition you get from avocados help your body to maintain proper levels of hormones that help fight diabetes, fat loss and muscle building. This monounsaturated fat in also helps control insulin levels and gives your brain a signal that your hunger is satisfied, so you eat less.

Avocados contain plenty of oleic acid, a healthy fat that helps lower cholesterol and is helpful in preventing breast cancer and other cancers. One cup of avocado has about a quarter of your required daily amount of folate, or folic acid, a B vitamin that plays an essential role in making new cells by helping to produce DNA and RNA.

This filling low carb snack will keep your blood sugar low, satisfy your hunger and replenish and fuel your body with lean, fat burning nutrition.

These are fun to bring to a party too! Check these out—they are absolutely delicious!

Ingredients

4-6 eggs, hard-boiled

1 avocado

1 clove minced garlic

¼ cup finely minced red onion

1 small roma or plum tomato, seeded and finely chopped

2-4 Tbsp chopped cilantro

Frank's Redhot sauce or Tabasco, more or less to taste, depending on its hotness

1 tsp lemon or lime juice

Cilantro, chopped

Sea salt

Directions

Peel hard-boiled eggs and cut in half length-wise. Gently pop out yolks into a small bowl with avocado, garlic, tomato, onion, hot sauce and lemon juice. Mash yolks and avocado mix together. Season with sea salt, and freshly ground black pepper to taste.

Refill egg whites with the yolk/guacamole mixture, sprinkle with chopped cilantro.

These are so filling they are a meal in itself. Try taking to the next party you go to—everyone will love this new twist on deviled eggs! Serves 4 or so.

Baba Ghanouj



Baba Ghanouj, or baba ghanoush, is a puree of eggplant flavored with tahini (sesame seed paste), lemon juice, garlic and fresh herbs. It is also loaded with lots of anti-inflammatory and antioxidant ingredients that stabilize blood sugar and decrease insulin resistance. Use fresh sliced veggies like cucumber, carrots, red and green pepper and zucchini for crunchy, low glycemic dipping yumminess.

Ingredients

- 1 large eggplant, halved lengthwise
- 3 Tbsp sesame tahini
- 2 or more garlic cloves, finely chopped
- ½ cup or more of fresh parsley, chopped
- 2-4 sliced green onions
- Juice of one fresh lemon
- 1-2 Tbsp extra virgin olive oil
- Sea salt to taste

Directions

Preheat oven to 350 degrees F. Place eggplant cut side down on foil-lined baking sheet. Prick the skin all over with a fork and bake until soft and collapsed, about 30 minutes. Let cool. Scoop eggplant pulp in a bowl and discard skin. Add other ingredients, puree in a food processor, or hand mash with a fork or potato masher, drizzle with olive oil and serve with sliced veggies for dipping. Serves 4 or more.

Black Bean Salsa



Black beans are rich in healthy fiber, which makes them a satisfying low glycemic snack, and they are full of a very potent antioxidant, anthocyanin—the same kind of antioxidants that grapes and blueberries are rich in! Of any bean, black beans contain by far the most antioxidants of any bean.

Beans also help stabilize blood sugar, and help prevent cancer, increase energy and fat burning metabolism, and are full of protein, vitamins and minerals.

You can purchase black beans already cooked in a can or boil your own from dry beans. Similar recipes often contain corn as an ingredient as well, but I don't recommend using corn as it is high glycemic, fattening and genetically modified.

This hearty salsa is also a great side dish to grass fed beef dishes like burgers, steaks and more. Or try seasoning a chicken breast with a little cumin and chili powder and serve on top of this. It's also great alongside your eggs in the morning!

Since beans are a low glycemic carbohydrate, limit your serving size, and avoid eating it with chips, crackers, etc.

Ingredients

2 15oz/425 gm cans of black beans, drained and rinsed, or 3-4 cups cooked beans

1 ripe tomato, diced

1 red onion, diced

2 cloves garlic, minced

Generous handful of fresh cilantro, chopped

1 small red, green or yellow bell pepper, chopped

1 small jalapeño, minced, ribs and seeds removed or hot pepper flakes

Juice of 1 lemon or lime

Sea salt and pepper to taste

A pinch of cumin powder

Directions

Combine all ingredients in glass bowl, mix and enjoy! Serves 4.

Nutty Cashew Hummus



Nuts are an incredible low-glycemic, healthy fat, high protein snack, but many people avoid them because they think they are fattening. While I wouldn't touch the kind that come in a can from the grocery store loaded with cottonseed oil, soybean oil and salt, I do think nuts are one of the healthiest snacks you can have!

A recent study in the journal *Obesity* showed that people who eat nuts at least twice a week are much *less* likely to gain weight than those who almost never eat nuts. Just remember that nuts are calorically dense, so if you eat a ton of them, like anything else, they will be fattening—so just go easy on this delicious snack.

Most of the fat in cashews is from *oleic acid*, the same heart-healthy fat found in extra virgin olive oil. This monounsaturated fat helps reduce triglyceride levels and LDL cholesterol which are associated with heart disease.

Cashews contain an ample supply of copper and magnesium—necessary nutrients for bone, connective tissue, skin and hair. Copper helps keep blood vessels and joints flexible. Magnesium also helps calm the nerves, reduce muscle spasms, prevent migraines, lower blood pressure, and reduce asthma. And one more added benefit—nuts help lower the risk of gallstones.

Ingredients

1 cup of cashews, raw or naturally roasted without added fats

¼ cup tahini

2-3 garlic cloves, crushed

3 tablespoons of lemon juice

1 tsp cumin

Sprinkle of cayenne pepper

Sea salt

Fresh parsley, chopped

Fresh cut up veggies for dipping

Directions

If using raw cashews, soak in water for at least three hours. Drain and rinse and place in food processor. Add remaining ingredients to food processor, puree until well blended. Add water, ¼ cup at a time, until desired thickness. Sprinkle the top with freshly chopped parsley before serving. Can be stored in covered container in the refrigerator. Serve with sliced fresh veggies. Serves 4.

For variations, keep the base recipe the same and add the following: olives, roasted red pepper, sun dried tomato.

Tomato Tuna Bites



A delicious, super tasty and easy high protein, low glycemic snack that will satisfy your hunger without making your blood sugar go up. These are definitely their best in the summertime when you can find firm, ripe, delicious tomatoes, which as you know are full of antioxidants including lycopene.

The fresh basil contains volatile and most of the benefits of basil come from the fresh leaves. Basil contains cinnamaneic acid, which enhances circulation, stabilizes blood sugar, and improves breathing. Basil is naturally anti-inflammatory. Many naturopathic physicians prescribe basil for diabetes, allergies, arthritis, and respiratory disorders like asthma.

The antioxidants in both the basil and the tomatoes work best when combined with a healthy fat, like the avocado oil mayonnaise in this recipe. Free radicals fight aging, cancer and protect you from the complications of diabetes.

This snack is easy to assemble, delightful to look at, and delicious to eat!

Ingredients

2-4 medium or large sized Roma tomatoes, sliced thickly

1 Tbsp approximately of Paleo avocado oil mayonnaise

Fresh basil leaves

1 can albacore tuna

Sriracha sauce, to taste

Directions

Slice tomatoes in thick slices, arrange on plate. Spread a small amount of mayo on Tomatoes, top with fresh basil leaves (2-3 on each tomato slice), a spoonful of tuna, and dot with Sriracha sauce. Enjoy!

PHASE 2 RECIPES

MAINTENANCE PHASE TO OPTIMIZE YOUR HEALTH



Now that you have detoxed your system from sugar, chemicals, gluten and processed food addictions and have stable blood sugar, you can begin to introduce some new foods (SLOWLY) to maintain your blood sugar and optimize your health.

Once you have your blood sugar under control on a regular basis on Phase 1 of the program, (2-4 weeks), you can move to Phase 2. You will want to continue to carefully monitor your blood sugar and work towards a fasting blood sugar around 100 on a regular basis.

In Phase 2, you will begin to re-introduce some of the **unprocessed** carbohydrates, fruits and other foods that were not allowed on Phase 1. You should carefully and slowly reintroduce each new food, and monitor your blood sugar to gauge your reaction to these foods. Not everyone will respond in the same way—so some things you think may not affect your blood sugar, may affect it—and other things may have little effect.

And, important to keep in mind: some days you may react differently than other days. There are many variables that can affect your blood sugar levels on a day-to-day basis. That is why keeping a journal of your blood sugar reactions along with the different variables can be extremely helpful to establish patterns and new healthier habits.

Become familiar with the Glycemic Index and Glycemic Load to be sure you stay in the 'low' to 'moderate' range of glycemic foods. In Phase 2, you may also re-introduce some whole, intact grains, such as brown rice, wild rice, quinoa, and (old fashioned, slow cooking—not instant) oats, and certain fruits in the moderate GI/GL range.

It is recommended that you continue to avoid gluten due to its inflammatory properties, and because most foods with wheat or gluten in them are highly refined. Wheat also has the ability to raise blood sugar significantly, even whole wheat. And remember that foods labeled “gluten free” are often very highly refined starches—and often WORSE for your blood sugar—so continue to avoid these foods as well. Avoid corn and foods containing corn, cornstarch, corn syrup and high fructose corn syrup.

If you do not have dairy allergies, you may try adding back in raw, unpasteurized cheese and unsweetened (whole) yogurt and see how your blood sugar reacts. Avoid skim milk—without any fat in it, it raises blood sugar and is worthless as far as nutrients go. Dairy can cause inflammation, weight gain, excessive hunger, blood sugar fluctuations, depression or anxiety, acne, sinus issues, increased allergies and decreased immune function. Pay particular attention to your reaction immediately after you eat it, a couple hours later, and then 24-48 hours later. Often food sensitivities don't show up until 24-48 hours later.

Don't forget that *the order in which you eat your foods* has a very big impact on how your blood sugar responds. Eat protein and vegetables BEFORE you eat carbohydrates to keep your blood sugar up to 30% lower. And you want to fill up on the most nutrient-dense, healthy foods first before you eat carbohydrates. Pass on the bread basket and eat a healthy salad instead.

You may be working with your doctor and be on reduced medication or no medication, as you have learned to control your blood sugar with your diet and exercise. You should see that fasting blood sugar levels remain consistently under or around 100, although the aim is to optimize it in the optimal range of 75-85 mg/dL. Pay attention to your HbA1c levels as well, they should be at 5% or below.

Your new and powerful health habits will bring great benefits, and will stay with you for the rest of your life. Habits take AT LEAST 4 weeks to become internalized, so this phase of the diet is about helping you retain the healthy habits, maintaining your diet for the rest of your life.

You probably will notice the benefits of eating a healthy, REAL food diet of highly nutrient-dense foods for the first time ever!

Benefits like: more refreshing sleep, a better overall mood, clearer, smoother skin, better breath, more energy, weight loss, and a reduction in cravings for junk food, while craving those foods that are healthful and beneficial to your body. These are the benefits of a healthy lifestyle and they have far-reaching effects to every part of your life. Relationships improve, productivity at work improves, and you find strength and energy to pursue more activities!

Phase 2 is where you strengthen your resolve to stay with this! As you continue these new healthy eating and lifestyle habits, you will find the wonderful effects will continue to accumulate and build on each other. Your body will continue to change, evolve and transform for the better, your health will continue to improve, and your risk of other diseases will continue to decrease dramatically. Your weight will continue to come off and you will see a new, leaner you looking back from the mirror—with a big smile!

The goal of Phase 2 is to help you continue to re-educate your tastes in healthy food and to continue to reinforce those healthy habits you began in Phase 1. And you will get to add in small amounts of complex carbohydrates and more moderate Glycemic Index/Glycemic Load foods, while continuing to take stock of your body's responses to foods, maintaining a low and steady blood sugar level and forging more concrete and secure habits.

Maintaining your diet and developing healthy eating habits is important, and it's wise to continue eating mostly LOW glycemic foods for the rest of your life.

Any time you feel you are sliding off the path and picking up some of the old unhealthy habits or eating foods that you shouldn't be eating, return to Phase 1 for a week or two, and reset your body back to where it was, and get your blood sugar levels back down.

Even though you may be able to reverse your blood sugar back to healthy levels, remember that you will always retain the tendency to have diabetes, so your blood sugar levels can easily creep up, if you don't keep tabs on your diet and monitor your blood sugar regularly.

In Phase 2, you may eat as much as you want of the foods that were listed in Phase 1, while adding back in small amounts of some moderate GI vegetables: white potatoes, sweet potatoes, squash, beans, beets, corn, carrots, and peas.

Don't forget these important principles for eating any type of food containing carbohydrates:

1. ***Never eat carbs by themselves. Study the Glycemic Index and know which foods are high glycemic and low glycemic.***
2. ***Combining low glycemic foods with the higher glycemic foods helps to lower the overall glycemic effect on your system.***
3. ***The more refined the grain is (whole grain vs flour), the higher the glycemic value.***
4. ***Size matters—the size of the portion of high glycemic food you eat makes a difference in the glycemic load. So eat SMALL portions of any food with a higher glycemic index.***
5. ***Always eat protein, fats and vegetables BEFORE you eat carbohydrates or foods that are moderate to high glycemic. This slows the effect on your blood sugar and is proven to keep blood sugar lower, when eaten in this order.***

1. **Monitor** your blood sugar to gain effective control over the foods that cause your blood sugar to react.
2. Use your journal and be sure to record blood sugar immediately after dinner, and 1-2 hours later as well as before bed and upon waking.
3. Any foods that cause your blood sugar to spike—should be removed and then carefully re-introduced one more time. If the offending food continues to affect your blood sugar, it is best to avoid it.
4. Also record how you feel: great, energetic, sluggish, tired, irritable, hungry, craving certain foods, etc.
5. Add dairy in small amounts and record your reaction. Eat dairy on just one day; record any immediate effects, effects in 2-4 hours, and any effect 12-24 hours later. *(For example, my general reaction to eating dairy is that I instantly notice my head getting stuffy and a stomachache; 2-4 hours later, I am very sleepy; and 12-24 hours later, I am groggy, have dark circles, have brain fog and am very depressed.)*

Remember some reactions may not seem connected to the offending food, but they can be. They can be as varied as a spike in blood sugar, irritability, cravings, sleepiness, brain fog or depression. Pay attention to how you feel—physically and mentally.

Important to note: while you MAY add in some of these complex carbs on Phase 2, you do not HAVE to. It's best to get in the habit of eating primarily the foods in Phase 1 and occasionally adding in some of the Phase 2 foods. Keep the portions small and limit to meal times when you can eat proteins, healthy fats and fiber from vegetables along with these foods.

Be sure to get adequate protein in your diet. A brand new study shows that eating protein at breakfast actually slows post-prandial (post meal) blood sugar spikes the rest of the day. A simple rule of thumb for getting the right amount of protein is to eat a palm-sized portion of chicken, fish, beef or other protein source of your choice, at each meal, if you're a woman, and if you're a man, allow two palm-sized portions.

Phase 1 and Phase 2 Foods

- Grass Fed Beef
- Wild Caught Fish—especially salmon, sardines, cod and halibut
- Free Range Pastured Poultry
- Whole organic, cage-free or pastured eggs
- Healthy Fats—Virgin coconut oil, grassfed, pasture-raised butter, extra virgin olive oil, avocado oil, raw nuts
- Vegetables—as much as you want to eat, except for carrots, beets, and starchy root vegetables and potatoes
- Avocados
- Nuts
- Berries—Cherries, Strawberries, Raspberries, Blackberries

Phase 2 Carbs Allowed*

- Slow cooking oats
- Buckwheat
- Brown Rice (whole—not brown rice flour)
- Wild Rice
- Quinoa
- Gluten Free Flour: Chickpea, bean, hemp, coconut, almond flour, chia flour or flax meal
- Ezekiel Bread-if not gluten intolerant
- Whole Pearled Barley
- Beans—black, pinto, chickpeas, navy, lentils, soy, kidney, black-eyed peas, etc.
- Whole grain brown rice pasta—cooked al dente

- Sweet Potatoes, white potatoes (with skin, preferably the red skinned variety, they are lower glycemic)
- Hummus
- Full Fat Milk and Cheese (preferably raw, unpasteurized)
- Plain Yogurt and Greek Yogurt
- Apple (small or half a large apple—apples from grocery stores keep getting bigger and bigger)
- Grapefruit
- Peaches
- Pears
- Grapes

**Keep portion sizes to about a ½ cup or less. Monitor blood sugar 1 hour after eating to measure the food's effect on blood glucose. If any of these foods create a significant jump in glucose, remove them.*

Always monitor blood sugar carefully when adding these foods back to your diet. Eat them in combination with other healthy foods—proteins, fats and veggies to minimize the effect on blood sugar. Eat proteins, fats and veggie first which will help keep blood sugar lower. Phase 2 foods should only be eaten one time a day!

Record findings along with other variables: sleep, stress, exercise, medications and amounts, and other food eaten at the same time.

Avoid These Foods:

- **Refined Grains/Flour and Gluten**--Avoid all 'gluten free' products as well—many of these are extremely high glycemic, processed starches. If you'd like to use a gluten free flour, use one made from flax, chickpeas, beans, coconut or hemp flour. These flours are low glycemic.
- **All Sugars and Foods Containing Sugars**—Honey, maple syrup, cane sugar, high fructose corn syrup, corn syrup, fruit juices (even unsweetened fruit juice), sucralose, brown sugar, raw sugar, fructose, glucose, rice syrup, dextrose, erythritol, beet sugar, and more. If you are unsure whether a food contains added sugar, look at the label for "sugars" and you will see a listing of grams of sugar. Avoid ALL artificial or 'low-calorie' sweeteners.
- **Processed, Packaged Foods**—Avoid any foods that come in a box, package, or can and have multiple ingredients. Many of the added ingredients are starches, fillers, sugars, and other chemical additives. Avoid 'diet' frozen dinners as well.

- **Sweetened Beverages, including (100%) Fruit Juices**—These drinks hit your system and inject sugars into your bloodstream almost instantaneously. Even fruit juice with no added sugar is very high in fructose.
- **Moderate to High Glycemic Fruits**—Avoid all canned fruits—these often contain sugar—and they are cooked, which means most of their nutrients are gone. Eat only small servings of fresh fruit like: watermelon, pineapple, cantaloupe, apricots, peaches, raisins, papaya, kiwi, banana, mango, and oranges. You can enjoy delicious low glycemic, high antioxidant berries such as strawberries, blueberries, raspberries, blackberries, and cherries.

BREAKFAST

Coconut Flour Pancakes



Coconut flour is a great gluten free flour substitute that is low-glycemic, low carb, high in fiber and high in nutrition. It has fewer digestible carbs than other flours, and it even has fewer carbs than some vegetables!

Coconut Flour has one of the highest percentages of dietary fiber (58%) found in any flour. Even wheat bran is only 27% fiber, and wheat bran also has the health issues associated with gluten and other anti-nutrients.

Coconut flour is a healthy and delicious alternative for most anyone who is allergic to nuts, wheat, milk or other common foods that trigger sensitivities. Because so few people are allergic to coconut, it is often regarded as hypoallergenic.

Spread some grass fed butter on these pancakes with a small amount of smashed up berries; wrap up some bacon and eggs for a tasty breakfast burrito; top with cut up fresh fruit for a delicious fruit tart, or just eat them plain. These things are incredibly easy to make and incredibly tasty!

Ingredients:

4-5 eggs
1/2 cup mixture of almond flour, ground flax, and coconut flour
1/4 tsp vanilla extract
1 pinch nutmeg
1 tsp cinnamon
1 pinch salt
1 Tbsp honey
1/4 to 1/3 cup coconut milk (full fat)
Pecans or walnuts
1/4 cup Blueberries or raspberries, mashed

Directions

Mix all ingredients but nuts and berries, and let them sit for five minutes. Add a touch of water, if you find batter is too thick—coconut flour absorbs liquids like crazy. Add coconut oil or butter to a pan and heat over medium heat. Pour about a ¼ cup of batter for each pancake, allowing each side to brown before flipping it. Serves 2-4.

If you want some healthy and delicious additions to your pancakes, add a few blueberries, crushed pecans, or walnut pieces immediately after pouring the batter in the pan.

Paleo Low Carb Bread



I've been searching for a good low-carb bread, because it's nice to have a piece of toast sometimes with eggs in the morning, or maybe a sandwich once in a while for lunch. The problem is, even gluten free breads are just as refined as the wheat breads, so they are high glycemic and should be avoided.

There are a few kinds of Paleo style, grain free breads in the store, but I have found the ones that I have tried, have a funny taste and texture (at least the coconut flour ones do). And, really—who wants to pay \$11 or \$12 a loaf? That's crazy!

I've had good luck with ground flax seeds as an all around substitute for many things that are normally made with flour, so I played around a bit and came up with this tasty bread. While it has a heavier texture than a regular loaf of bread, the flax seed gives it a delicious, nutty flavor and of course, tons of fiber! And the recipe contains a lot of eggs, so you get a nice bit of healthy fat and protein as well. My favorite way to eat this for breakfast is toasted with sunflower or almond butter on top.

Enjoy!

Ingredients

½ cup almond butter or sunflower butter (in case you have a nut allergy)

5 eggs

¼ cup butter, melted

1 Tbsp honey or real maple syrup

1 tsp apple cider vinegar

1/3 to ½ cup ground flaxseed meal

1 tsp baking soda

½ tsp sea salt

Directions

Preheat oven to 350-360 degrees F. Grease a loaf pan or use a silicone loaf pan.

Melt the butter over low heat and remove from heat. In a large bowl, whip the eggs with a mixer, whisk or fork until light-colored, and well mixed. Add in other ingredients and mix well.

Pour batter in loaf pan and bake 30 minutes until loaf is firm and lightly browned on top. Let cool. Store in refrigerator, serve warm, toasted or cold. Makes one loaf.

Breakfast Quinoa Scramble



Looking for a quick and tasty breakfast but tired of the same old scrambled eggs and bacon? Here is a great idea that you can make from virtually anything—leftovers work great!

This particular recipe uses bacon, eggs, sweet onion, green onion and sliced carrots. You can also add red or green pepper, peas, broccoli, fresh tomatoes, zucchini, spinach, kale, parsley, cilantro or whatever other yummy veggies you'd like to add. The key ingredients are cooked quinoa, sweet or green onion, bacon and eggs.

When I make quinoa, I usually make a big batch, because the leftovers are great for breakfast or in other dishes. This recipe is quick and easy, and absolutely delicious and satisfying—and very nutritious as well! This recipe serves two but is easily expandable to 4 or more. There are no hard and fast measurements here, just add more ingredients for a bigger crowd.

Ingredients

1 cup cooked quinoa
3-4 slices of natural, nitrite free bacon
2 organic, free range eggs
1/4 cup sweet Vidalia onion, coarsely chopped
3-4 green onions, chopped
1-2 carrots, sliced thinly
1/4 cup frozen peas
handful of cilantro or parsley, if desired
1 Tbsp of grass fed butter
Sea salt and hot pepper flakes (optional)

Directions

In a skillet, cook the bacon till done, but not too crisp. Set aside to cool, then cut or break into smaller pieces. Add vegetables, and stir fry in leftover bacon grease until slightly tender but not mushy. (5-6 minutes) Push veggies to one side of pan and add eggs, and scramble-fry in pan.

Add cooked quinoa and bacon, and stir into veggies and heat through. Sprinkle with sea salt and hot pepper flakes and serve. Enjoy! You will have super-powered energy to burn all day!

Low Glycemic Cranberry Muffins



Muffins, fortunately, are an inexact science—unlike cakes or baking bread. Or perhaps I’m lucky and just know the right ingredients to add in the right amounts.

Cranberries have some of the highest quantities of antioxidants out there. They even top blueberries! They are full of vitamin C, making them great as an immune booster, and their unique properties fight harmful bacteria in the digestive system. They also help to prevent kidney stones, prevents cancer, and lower LDL (bad) cholesterol and raises HDL (good) cholesterol. Not bad for one little berry, huh?

According to a recent study from Cornell University, cranberries also contain compounds that are toxic to a variety of cancer cells including lung, cervical, prostate, breast and leukemia cancer cells.

Fresh cranberries—not the frozen or canned kind, which often have sugar added—have the highest levels of nutrients, and are at their peak usually in the late fall and early winter, just in time to add their bright color and tart tangy flavor to holiday meals. Since they are hard to find any other time, I usually stock up on the fresh ones and throw them in the freezer to use in smoothies, sauces, and muffins.

Ingredients

2 cups fresh or frozen cranberries, whole
2 Tbsp of pure maple syrup
2-3 tsp cinnamon
½ tsp nutmeg
2 Tbsp honey
½ cup ground flax seed
½ cup oats
½ cup walnuts, pecans, or almond slivers (optional)
¼ cup melted butter or coconut oil
½ tsp sea salt
2 tsp baking powder
2 large eggs
1 Tbsp vanilla

Directions

Preheat oven to 375 degrees F. Grease muffin tin or use paper muffin cups. In a bowl, mix all ingredients except cranberries and stir vigorously. Add cranberries, stir. Divide into muffin cups. Bake at 375 for 25 minutes or until centers are done. Cool and enjoy with some grass fed butter!

Power Pumpkin Breakfast Custard or Smoothie



The holidays are a tough time to avoid all the tempting treats that make their appearance. Don't let that healthy resolve disintegrate into high blood sugar and extra pounds. Here's a healthy, delicious way to partake in a treat, without it ruining your diet. If you like pumpkin pie, you'll love this nutrient-dense, antioxidant-rich, protein-packed smoothie—any time of the year!

Pumpkins are a rich source of beta carotene and vitamin A, vitamin C, magnesium, potassium, zinc, and fiber which benefit your eyes, skin, immune system, bones, digestion, and heart health. It is also rich in anti-inflammatory compounds, and contains l-tryptophan, which helps you concentrate, sleep and feel more calm and relaxed.

The fiber in the pumpkin fills you up without increasing your blood sugar—as long as you are not adding sugar. The addition of ginger is a monstrously powerful anti-inflammatory, so if you have achy joints or stiff sore muscles, this is a great addition. You make this dish thick and creamy and enjoy it like yogurt or a dessert, or if you add extra milk or water, it becomes an easily transportable smoothie. This is one of my favorite breakfasts to go.

Ingredients

1/2 small can organic pumpkin—not pumpkin pie filling, be careful!

1-2 teaspoons pumpkin pie spice or 1 tsp cinnamon ½ tsp nutmeg

1 cup unsweetened coconut milk (the kind that comes in a can, or the milk that comes in a carton) use ¼ cup if you want to make the pudding/custard

1 teaspoon real vanilla

½ banana

2 scoops of grass fed/cold processed vanilla whey with no added sugar or artificial sweetener except stevia.

Slice or two of fresh ginger

Handful of ice cubes

Blend until smooth and enjoy this creamy smooth smoothie that tastes like you are drinking a pumpkin pie—with whipped cream. I love these things!

Power Protein Smoothies



The best smoothies have some protein in them, and also good fats. Protein can come from a cold-processed, grass fed whey cold processed protein powder, raw milk, egg, or hemp powder.

A fresh, raw, organic egg can work well for added protein. To minimize any chance of contamination or salmonella, use an organic, pasture-raised egg and wash it first, avoiding any eggs with cracks in the shell-those can be cooked later. Eggs are excellent protein. Easy to digest, and if you get organic, **pasture-raised** eggs, you will also get a healthy dose of omega 3's, less harmful cholesterol, more vitamin A, more vitamin E, 7 times more beta carotene, and higher levels of antioxidants, and healthy brain chemicals. Eggs also make smoothies thick and creamy which makes them taste even more delicious. The best kind of eggs are the ones that you get locally from a farm near you. This will ensure they are as fresh as possible.

Protein powder is a good option too, but choose well, as many have added sugars or artificial sweeteners. The best kind of protein powder is whey based or hemp based, (avoid soy based proteins), and cold-processed. Most whey protein powders are heat processed; heat processing of whey proteins denatures the protein, making it virtually

useless. And if the protein powder is sweetened, look for Stevia as a healthier sweetener, although stevia can cause an insulin release, but it does not affect blood sugar. The best whey protein is cold processed AND from grass fed cows.

‘GO’ Greens

Speaking of green, add lots of your favorite superfood greens like organic kale, spinach or swiss chard. Simply purchase a bag of fresh or frozen, organic greens and just throw in a quarter cup or so into smoothies. While they may change the color a bit, the milder greens just seem to blend right in without even changing the taste. So, if you are not a huge fan of greens on your dinner plate, try this method to get all the healthy benefits of this superfood. And, if you have younger children who may turn up their noses at eating green stuff, this is a great way to sneak it into their diets without the battle.

Fabulous Fats

The perfect fat burning, low glycemic smoothie has the addition of a healthy fat source. This does two things: one, it helps keep blood sugar stable by slowing down absorption time. And two, it adds an instant energy source. One of my favorite healthy fat additions is virgin coconut oil. Coconut oil has many fat burning energy boosting, benefits--as well as fantastic health benefits.

The medium chain fatty acids in coconut oil are metabolized immediately as energy, so coconut oil is a great way to give your smoothie an added bonus of quick, slow burning energy (without the bonk) and extra fat burning power. Coconut oil contains saturated fat, but this is a very healthy type of saturated fat and actually will help to raise your HDL (good) cholesterol, and lower your LDL (bad) cholesterol and help you burn your own fat as well.

Avocado is also another great addition to a healthy, low glycemic, fat burning smoothie. Avocados have tons of vitamins, minerals, antioxidants and healthy monounsaturated fat, similar to the healthy fat in extra virgin olive oil and nuts. While the avocado may change the color of your smoothie slightly, it adds a rich creamy texture, almost like ice cream, and has such a mild taste that it blends in well with any other flavors.

High Powered Spices

Although this may sound weird to you, adding spices to your smoothies is another way to really supercharge them with extra antioxidants, fat burning power and special phytonutrients. Cinnamon is tasty addition to smoothies that will help keep blood sugar low, lower LDL cholesterol, and lower triglycerides, all factors in heart disease and diabetes. A very important study was by the US Department of Agriculture (USDA) that showed that people who ate 1 gram of cinnamon each day over a period of 40 days,

experienced a significant decrease in their blood sugar levels, LDL cholesterol, total cholesterol and triglycerides.

Turmeric, known for its incredibly powerful ability to fight inflammation in the body and the brain, prevent cancer and strengthen the immune system, is also an excellent choice to add to smoothies. It does add a little bit of spicy flavor, but it seems to blend well with most other ingredients, as long as you don't overdo it. I actually accidentally added curry powder one day to my smoothie, (turmeric is a major part of curry powder), and to my surprise, it was actually quite tasty!

Cayenne is another great spice to boost fat burning, lean-body potential of your smoothies, while it warms your insides, fights inflammation, helps your blood vessels, lowers blood pressure, and speeds up your metabolism. Just go easy on this hot spice, a little goes a long way, but it will certainly wake you up in the morning!

Once you get the basic formula for smoothies down, you can create and make up your own customized versions to suit your particular nutritional needs. Experiment and enjoy! Just remember that smoothies can have a lot of calories, so be careful about added sugars, fruit (which contains a lot of sugar) and protein powder, which can contain sugar or artificial sweeteners.

Here is my basic formula for low glycemic smoothies. Choose one or two from each category, blend and enjoy! Go easy on the fruit, as it can become high glycemic, but load up on veggies, protein and healthy fat.

Liquid Base

Coconut water, or coconut milk
Raw dairy whole milk
No sugar added almond milk, hemp milk, cashew milk, etc.
Sparkling water, or mineral water

Fruit or Veggies

½ cup or less, fresh or frozen (no sugar added) fruit: cranberries, strawberries, blackberries, organic mixed berries, acai, goji berries, mango, cherries, blueberries, etc.
½ fresh organic apple (skin and all), good for added fiber and flavor
½ banana (not too ripe) adds thickness and a little sweetness, can be frozen or fresh
Cucumber-has lots of great health benefits, is a natural diuretic (gets rid of excess water in body) and has a mild flavor that blends with most everything
Celery
Carrots
Greens of all kinds

Protein

Cold processed, grass fed whey

Hemp protein (make sure no artificial sweeteners, or artificial additives)
Fresh, organic, free range, raw egg—washed and clean, no cracks in shell.
Walnuts, almonds, pecans, or raw sunflower seeds, raw pumpkin seeds
Peanut butter or other nut butters

Fat

Unprocessed extra virgin coconut oil is my favorite. Its fat burning and health benefits are amazing.

Ground flax seeds or flax seeds are a great source of omega 3 fatty acids and fiber.
Coconut milk (full fat, no sugar kind) adds fat burning, energy boosting nutrition.
Avocados add a thick, creamy taste to smoothies and their mild flavor blends in well with most any ingredients. And chock full of healthy monounsaturated fats, vitamins and antioxidants!

Sweeteners

I don't usually add a sweetener, but just enjoy the natural sweet taste of the ingredients. If you feel you really want a sweeter taste, the best natural, low calorie sweetener to add is Stevia.

Raw honey is okay to add in VERY small amounts. Remember, though, honey is a type of sugar, so go easy on it! 1-2 teaspoons is sufficient

Pure all natural maple syrup adds a great taste, and again 1-2 teaspoons
Natural Stevia

Flavorings

Cinnamon really tastes great in smoothies and it keeps blood sugar levels stable, helping you to burn fat easier.

Natural vanilla extract or vanilla beans are good as well.

Greens and Other Good Stuff

Don't be afraid to throw in fresh parsley, cilantro, sprouts, or a small amount of kale. These green leafy veggies add in powerful vitamins, minerals, and fat burning antioxidants to power you through the day and give you tons of extra energy.

Fresh ginger is a great additive. Ginger adds a bit of a sweet, spicy taste that goes well in smoothies. Ginger lowers blood sugar, expands blood vessels and increases blood flow, as well as burning fat. Ginger also is a powerful anti-inflammatory, aids digestion, combats motion sickness and nausea, and works as a fat burning superfood because it raises the body's metabolism.

Garlic is a great addition for so many health and fat burning reasons, but obviously you can really overpower the taste of the smoothie with this, so go easy.

Smoothies are best cold, so if you are using fresh fruits, then add a few ice cubes. Since bananas ripen so quickly—especially in warm weather, try peeling and chopping in large

pieces and freezing at their peak of ripeness. Throw into the blender frozen and to add a cool, smooth, thickness to your smoothie. Any frozen fruit works well in smoothies as well.

Ok, now you have the basics of making good smoothies. Below are a few of my favorite combinations. You can experiment and just combine those fruits and flavors you like best to come up with all sorts of smoothie varieties. The possibilities are endless!

Green Smoothie

Ingredients

1 cup baby greens, Swiss chard, dinosaur or baby kale, etc.
1/4 cup blueberries
1/4 avocado
1 tbsp. chia seeds
1 tbsp. cacao powder
1 cup unsweetened almond milk, hemp milk, etc.
1/2 cup ice

Directions

Blend and enjoy!

The Chocolate Monkey Smoothie

Dark chocolate contains a variety of powerful fat burning, anti-aging antioxidants, making it excellent for heart and vascular health, and lowering blood pressure as well. Chocolate also helps brain function, and elevates one's mood, raising levels of the feel good hormone, endorphins.

Numerous studies indicate that dark chocolate has a very favorable effect on blood sugar levels as well as diabetes, and decreases inflammation associated with a number of diseases including heart disease, dementia, diabetes and arthritis.

Dark cocoa appears to possess unique properties that can reduce weight gain, and seems to have appetite suppressing properties. So a nibble of dark chocolate can be a delicious and satisfying sweet treat. Always get the darkest chocolate you can find with the highest percentage of cacao, for maximum health benefits.

Ingredients

1 cup of unsweetened hemp milk, almond milk or unsweetened coconut milk
2 Tbsp cacao nibs or organic (70% or more) dark chocolate pieces, or organic powdered unsweetened dark chocolate
1/2 banana
1 Tbsp of extra virgin coconut oil
1-2 scoops protein powder vanilla or chocolate, sweetened with stevia-no real sugar, or artificial sweeteners like Splenda/sucralose, or 1 raw organic egg
Ice cubes if desired

Directions

Blend until smooth.

Green Superfood Smoothie

For those of you who may be watching your blood sugar, yet want to enjoy green smoothie health benefits, here is a great low sugar option for you. The avocado adds a rich creamy texture, healthy fats and added vitamins and minerals.

Ingredients

1/2 medium sized avocado
handful of baby arugula
5 large leaves of kale, center stem removed handful of spinach leaves
1/2 lemon, peeled and seeded
1/2 cup cranberries

1 cup spring water
Ice cubes

Directions

Blend on high in blender, adding water last.

Anti-inflammatory Fat Burning Apple Smoothie

Ingredients

8 large kale leaves, stem removed 2 bananas
6 dates
1-2 tsp turmeric

1 Tbsp (approximately) fresh ginger root, coarsely chopped 1/2 cup water
ice cubes if desired

Directions

Blend all ingredients on high. Serves 2-4.

SOUP



Soup is a great way of getting more benefits of health-promoting herbs and spices into your diet. Many herbs and spices have medicinal properties that assist in helping your body control blood sugar, and are packed with antioxidants!

Soups heal, nourish and soothe, and are the ideal 'comfort' food. There is nothing better than a hot, steaming bowl of soup on a cold, cloudy day. Making soup is actually easy and not an exact science. You can usually make your own variations of each recipe, according to your own tastes and preferences.

The Best Black Bean Soup Recipe, Ever



Okay, so you've heard black beans are good for you? I bet you don't know how nutritionally powerful these little guys can be! The dark color of the beans comes from a potent group of antioxidants called anthocyanins, the same fantastic flavonoids found in nutritional rock stars like blueberries, cranberries, red cabbage, and red beets.

Black beans actually have the highest levels of antioxidants of beans, and as much as the antioxidant-loaded cranberry. A cup of black beans provides half your daily requirement for fiber, helping reduce hunger cravings. They're especially rich in soluble fiber—the kind that helps to lower LDL cholesterol and stabilize blood sugar levels.

Black beans are one of the best sources around for the trace mineral molybdenum. You may not realize it, but this vital mineral is necessary for the metabolism of fats and carbohydrates, protein synthesis, helps our bodies use iron, protects against cancer, prevents anemia, promotes a feeling of general wellbeing, helps to prevent sexual impotence in men, and helps to prevent tooth decay. Whew! That's a lot of good stuff! Black beans are also a good source of protein, folate (vitamin B6) and magnesium to maintain energy levels.

Ingredients

1 ½ cups of black beans rinsed and soaked 6-8 hours or overnight OR
2 cans of organic black beans, drained and rinsed
1 small onion, diced
2 garlic cloves, minced
Sea salt
Sprinkle of hot pepper flakes
2 tsp of cumin
2 cups of water or chicken stock
Fresh salsa (I find this in the produce aisle of my grocery store), or you can use the kind that comes in a jar if you can't find the fresh stuff.
Garnish with fresh cilantro, sliced avocado, and organic sour cream

Directions

If using dried beans, rinse beans and soak overnight. Drain the water they are soaked in, and add fresh water, and bring to a boil. Skim off any foam that appears on top. Simmer beans for about an hour or until tender and drain beans. Sauté onions and garlic in extra virgin olive oil in separate pan, then add cooked beans. If using canned beans, add them at this point.

Add other ingredients, and cook an additional 20-30 minutes or more. This soup can be blended in a blender for a creamy, thick texture if desired. Cool soup and blend about half, then add to the rest of the soup. Serve with a dollop of sour cream, avocado slices and cilantro. Serves 4.

Roasted Winter Squash Soup



This simple and easy soup recipe is my own version adapted from Dr. Andrew Weil's "The Healthy Kitchen" cookbook. It's warm, filling and satisfying—the perfect comfort food.

While we sometimes think of squash as a starchy vegetable, it is actually the starchy parts of winter squash that have the most antioxidant, anti-inflammatory, anti-diabetic and insulin-regulating properties.

And winter squash turns out to be one of the BEST sources of beta carotene vitamin A and antioxidant rich carotenoids in your diet!

Squash actually contains 1/3 the recommended amount of vitamin C, and a hefty amount of the mineral manganese, as well as its high fiber content. Squash also contains lots of vitamins B1, B3, B6, pantothenic acid, and folate.

You will absolutely love it! Squash soup is perfect soul-satisfying meal for a chilly autumn day along with an avocado, orange and arugula salad drizzled with extra virgin olive oil and balsamic vinegar.

Ingredients

1 large winter squash (about 2 1/2 pounds), such as butternut or kabucha, peeled, seeded, and cut into 2-inch chunks
2 medium red onions, peeled and quartered
3 or 4 cloves garlic, peeled
1 tart organic Granny Smith apple peeled, cored, and quartered
2 Tbsp extra virgin olive oil
Sea salt to taste
1 tsp chili powder
Hot pepper flakes, optional
4 cups vegetable stock or organic free-range chicken stock

Garnish

1 cup pecans, chopped or whole, for garnish
1 Tbsp butter
¼ cup sugar
1 Tbsp cinnamon
Sea salt
¼ tsp of cayenne powder

Directions

Preheat oven to 400 degrees F. Toss squash, onions, garlic, and apples in a large bowl with extra virgin olive oil to coat. Season well with salt, hot pepper, and chili powder. Arrange vegetables in a large roasting pan in one layer. Roast in oven, stirring every 10-15 minutes, until vegetables are tender and lightly browned, about 40 minutes.

Meanwhile, in a small skillet over medium heat, add butter, sugar, pecans, salt and spices. Heat and stir until sugar starts to caramelize, but be careful not to let it burn. Remove from pan and cool.

Transfer half the vegetables and 2 cups stock to a food processor or blender; puree until smooth. Repeat with remaining vegetables and broth. Return pureed mixture to pot, thinning soup with additional stock, if necessary. Season with salt if necessary, bring to a simmer over medium-low heat. Serve immediately, garnished with toasted, seasoned pecans. Serves 4.

Or if you love this recipe as much as I do, it may only serve two! ;-)

Curried Golden Lentil Soup with Pumpkin Seeds



This hearty stew will warm up your insides with ultra, power-packed, disease-fighting nutrition that includes pumpkin seeds, red (yes, I know they look yellow) lentils, garlic, ginger, turmeric and cilantro. The curry and spice add a touch of heat and the lentils are deliciously filling.

These lentils are called 'red lentils', but they actually start out orange, and are much smaller than the more common green or brown lentils, which tend to get mushier. Red lentils turn golden when cooked. I love the lighter taste of red lentils and how quickly they cook.

Lentils contain lots of healthy fiber, making them slower to digest, which helps blood sugar stability. They are high in protein, hearty and satisfying. I added toasted pumpkin seeds for a little bit of crunchy, nutty texture, extra protein, and minerals. Pumpkin seeds are a great source of immune-boosting zinc, manganese, phosphorus, copper and iron. Pumpkin seeds also contain a wide variety of antioxidant phytonutrients, and tryptophan, an important precursor to serotonin, the 'happiness' brain chemical.

I added in fresh turmeric from the produce section instead of the powdered kind you find in the spice aisle, because the fresh root (which looks a bit like a small orange-ish ginger root) is even more potent with its powerful anti-inflammatory, anti-cancer, brain-protective, heart disease-preventing power. There is virtually no body system that does not benefit from turmeric, so use it liberally!

Ingredients

1 cup red lentils, rinsed thoroughly
2-3 stalks of celery, chopped
2-3 carrots, sliced
1/2 red onion, chopped
1-3 cloves garlic, minced
handful cilantro, chopped
1 medium sized turmeric root, minced
1 Tbsp (I didn't measure) fresh ginger root, minced
juice of 1 lemon
1/3 to 1/2 cup raw pumpkin seeds
1-2 Tbsp extra virgin olive oil
1 tsp curry powder
1 tsp paprika
1/2 tsp red pepper or cayenne, more or less to taste
sea salt and black pepper
2 Slices bacon for garnish

Directions

In a medium saucepan add lentils, and about double the water—adjust to how thick or thin you'd like it to be. Rinse a couple of times until water is not foamy or bubbly. Heat over med-high heat and bring to boil.

Meanwhile in a frying pan on med-high, add a tablespoon of olive oil, onion, garlic, ginger, turmeric, carrots, celery, and spices. Cook, stirring often, until vegetables are tender. Be careful not to burn the spices.

In small frying pan, add about 1/3 to 1/2 cup raw pumpkin seeds with a small amount of olive oil. Cook over medium heat, stirring often—being careful they don't burn. (I added a lid to the pan, as pumpkin seeds often puff up as they cook and can pop right out of the pan!)

Add to lentils and continue to cook, 20 minutes or so, until lentils are soft and ingredients are fully cooked. Add bacon, chopped cilantro, and fresh lemon juice, and pumpkin seeds. Enjoy!! Serves 2-4

Phase 2 Superfood Chili



I like to add some unexpected ingredients into my chili recipe, not only for a taste sensation, but to increase the nutrient and antioxidant punch. People always rave about this chili—it's a proven crowd pleaser, and you can adjust the seasonings for a milder or spicier version. I like LOTS of seasoning—especially because of their health benefits!

This chili is similar to a Cincinnati-style chili, and the added spices and 'secret ingredients' add a massive amount of healthy, fat burning antioxidants.

The cumin stimulates pancreatic enzymes helping your digestion. Cumin also contains iron--and it has powerful antioxidant properties as well. And newest research shows that cumin may have a unique power to keep blood glucose in check, adding to its fat burning potential.

Oregano contains thymol and rosmarinic that are also very potent antioxidants. So potent that it has 42 times more antioxidant activity than apples, 30 times more than potatoes, 12 times more than oranges and 4 times more than blueberries. Oregano also has anti-bacterial properties, as well as providing vitamin K, iron and manganese, an often overlooked but essential trace mineral.

Cinnamon can lower LDL (the bad kind) cholesterol, lowers blood sugar, (which means you stay in fat burning mode!), fights certain types of cancer, and helps prevent harmful blood clots.

Chocolate powder is chock full of flavonoids, which are antioxidants to benefit your heart and your body. It also contains a rich source of magnesium, a mineral the majority of people are deficient in. (Did you know one of the reasons people crave chocolate is because they need magnesium?) The serotonin and other phytochemicals in chocolate also have a calming effect on mood and lift depression.

And the red chili peppers help you burn fat, raise the metabolism, open up the blood vessels, fight inflammation, and lift mood.

On top of all that you have the super healthy fats in the grass fed beef, the lycopene in tomatoes (known for its cancer fighting ability), and the anti-inflammatory and immune strengthening power of the onions and garlic.

So you see—how can you not feel GREAT when you eat this chili?

Ingredients

1 lb of grass fed ground beef, or beef stew meat, chopped in small pieces
1-2 Tbsp of extra virgin olive oil
1 medium red onion chopped
2 or 3 cloves of garlic chopped
1 small can of mild green chilies, chopped
2 Tbsp of cumin, or more to taste
2-4 Tbsp of chili powder
1 Tbsp of oregano
1 Tbsp of cinnamon
2 tsp of unsweetened organic cocoa
1 can of crushed fire roasted organic tomatoes
1 to 2 cups of water
2 14oz ounces cans of any combination of kidney beans, black beans or pinto beans
1-2 Tbsp of Frank's red-hot sauce
½ to 1 tsp of sugar
Red pepper flakes to taste (be careful, this gets hotter as it cooks!)
Sea salt and red pepper flakes to taste

Directions

Brown meat over medium heat and add in onions, garlic, salt, cumin and chili pepper when meat is almost cooked. Add in rest of ingredients, and simmer over low heat, 1-2 hours, stirring occasionally. Adjust seasonings to taste, keeping in mind that red pepper flakes pick up heat and intensity as they cook.

Garnish with grass-fed grated cheese (if you would like), avocado slices and a big handful of chopped cilantro. Serves about 4.

If you really like your chili served over noodles, try it with spaghetti squash instead, for a gluten free, grain-free version. (Slice a spaghetti squash in half, scrape out seeds and bake, cut side down in ½ " water in shallow pan covered foil, 30-40 minutes in oven at 375 degrees F. Scrape out "spaghetti with a fork.) Voila! Chili Mac the healthy way.

Note: This is great for leftovers and tastes even better when it's re-heated as a leftover. The flavors and spices all mingle together and become richer and tastier.

Cleansing Artichoke Spring Tonic Soup



This soup is perfect for when you need to get more greens in your diet—and it's a great soup to eat in the spring, when more varieties of fresh ingredients are available. It's not that complicated and you can try different variations on this, depending on what you have on hand and what is in season.

The primary ingredient in this soup and the nutritional super power is the artichoke. Artichokes are members of the thistle family. The actual artichoke is actually the flower portion of the plant when they bloom. When we eat artichokes, we are just eating the bud before it blooms.

Artichokes are very high in fiber (which makes them very filling), potassium, magnesium, calcium, iron, phosphorus, and the trace minerals chromium and manganese that are very important to energy, metabolism and healthy cell function.

Artichokes are a great source of vitamin C and B vitamins as well. What do all these vitamins and minerals mean to you in terms of fat burning? Well, obviously tons of vitamins and minerals means you are giving your body what it's craving. And when you satisfy your nutritional needs, you satisfy your hunger. And you have more energy, and more energy means better fat burning!

Artichokes also contain two natural chemicals, cynarin and silymarin, which are

excellent for detoxifying the liver, stimulating the kidneys and increasing the flow of bile, helping it to function better. Bile, which comes from the liver, helps digest fats better and lowers cholesterol. Cynarin was once used as a cholesterol-lowering drug, and tests show it can decrease total cholesterol by almost 20%, and drop LDL by 23%. That's pretty impressive! And one other plus for the artichoke: because it helps to detoxify the liver, it is popular as a hangover cure as well.

Different types of greens work well in this soup; I often throw in whatever leafy greens I have on hand, such as kale, chard, spinach, beet greens, etc.

Ingredients

2 medium or large-sized artichokes
1 cup of water with juice of 1 lemon added
1 Tbsp of extra virgin olive oil
1 or 2 leeks, white part only, washed and sliced
2 garlic cloves or more for taste
1 or 2 small new potatoes quarter and sliced
Several leaves of butter lettuce, bib lettuce, sorrel, or organic spinach
1 Tbsp of chopped Italian parsley
Sea salt
5 or 6 cups water
1 lb of fresh peas, or 1 cup frozen peas

Garnishes

Extra virgin olive oil
Fresh ground pepper
Parmigiana-Reggiano, shaved or grated

Directions

Trim the artichoke leaves off, and break off all tough outer leaves at base. Slice off the top of the remaining artichoke about 2/3 of the way down. Cut the artichokes in quarters and remove the fuzzy centers. Drop them into the lemon water when done to prevent them from turning dark.

Warm the extra virgin olive oil and add the leeks, artichokes, garlic, potato, greens and salt. Add about a half-cup water and stew gently for about 5 minutes. Add peas and the rest of ingredients, and simmer, partially covered for about 20 minutes until artichokes and potato are tender.

Cool slightly and then blend in a blender for a creamy texture. Blend the soup in batches, garnish generously with extra virgin olive oil, pepper and freshly grated Parmigiana Reggiano cheese. Serves 4.

Thai Orange Seafood Soup



This beautiful and exquisitely delicious Thai soup makes a gracious addition to any table. Serve it as a special appetizer for a dinner party or just make it for the main course. In Thai, it's known as "Geng Som Pla" - which actually means "Orange Fish Curry" - an ancient recipe from the Central Plains region of Thailand.

It is a hot and spicy soup with both sour and sweet overtones that make for a lively combination, especially when paired with your choice of fish and/or seafood. Use plenty of fresh local vegetables to make this a wonderfully healthy Thai soup.

I served this soup on a cold and blustery day to a friend of mine who was coming down with a cold. It hit the spot and was declared, "the best soup ever"!

You can vary the vegetables in the soup, as long as the seasonings stay intact. It can also be served with brown rice or quinoa on the side.

Ingredients

6 cups organic, free-range chicken stock
2-3 medium fillets of wild caught cod, cut into chunks
10 medium shrimp OR other shellfish
Juice of 2 oranges, OR about 1 cup prepared orange juice
2 tsp. tamarind paste (available at Asian/Indian food stores) OR 2 Tbsp. lime juice
1 Tbsp palm sugar
3 Tbsp fish sauce
2 cups baby bok choy, chopped
Handful of cherry tomatoes
Handful green beans, cut into 2 inch lengths
1 small zucchini, cut into quarters and sliced
4-6 green onions sliced

PASTE

Blend in food processor, OR mince by hand—
1 shallot OR 1/4 cup purple onion
1/2-1 fresh red chili OR chili flakes to taste
1 thumb-size piece ginger
3-4 cloves garlic
1/4 tsp ground white pepper
1 extra tsp. fish sauce
1 Tbsp fish sauce
Generous handful fresh coriander (+ extra for later)

Directions

Make the soup paste, either by mincing and mixing paste ingredients together by hand, OR by placing paste ingredients in food processor and processing well.

Warm a medium-size soup pot over high heat. Add a little butter in the bottom then add the paste you just made. Stir-fry 1-2 minutes to release the fragrance, then add stock, orange juice, tamarind or lime, and sugar. When soup comes to a boil, reduce heat to medium.

Add the firmer of the vegetables--the beans and white parts of the bok choy. Simmer 4-5 minutes, or until beans have softened.

Add remaining vegetables, plus fish and shrimp. Simmer 2-3 minutes, until fish has turned firm and opaque-white and shrimp are pink and plump. Finally, add the fish sauce.

Don't over-stir at this point, as this will cause fish pieces to break up.

Remove soup from the heat and do a taste-test. It should be spicy, salty, and sour with overtones of sweetness. Increase saltiness by adding more fish sauce or lime juice, then work on adjusting the sour-sweetness balance. Exactly how sour or sweet your soup tastes will depend on the sweetness of your oranges/orange juice, and the strength of your tamarind paste/lime juice which is quite sour. Add a little more orange juice, for sweetness. For a richer soup, add up to 1/2 cup canned unsweetened coconut milk. If you'd like more spice and flavor, add a dollop or two of Thai chili sauce.

To serve, ladle soup into bowls. Top with a generous sprinkle of fresh coriander. Serve with brown rice on the side if desired.

MAIN DISH MEALS

Italian Sauce and Spaghetti Squash “Pasta”



Photo courtesy of www.imarriedanutritionist.com

Tomatoes and tomato sauce are full of a super nutrient called lycopene. Lycopene is a carotenoid that has been proven to help protect against breast, pancreatic, prostate and intestinal cancer, and it reduces heart attack risk.

While conventionally grown tomatoes contain lycopene, organic tomatoes contain much higher amounts of this valuable nutrient. And canned tomatoes and tomato paste have some of the most concentrated amounts of lycopene.

Tomatoes also provide vitamin C, vitamin K, and vitamin A. The vitamin A comes from the carotenoids and beta carotene in tomatoes. These antioxidants travel through the body neutralizing dangerous free radicals that could damage cells, cause inflammation and heart disease, diabetic complications, asthma, and colon cancer.

Tomatoes also help to reduce cholesterol, are anti-inflammatory, and help reduce the effects of stress on the body. And, did you know cooking meat with tomatoes enhances your body's ability to absorb the vital nutrients from the meat, especially the iron and zinc?

Spaghetti squash has all the healthy benefits of squash including a good supply of carotene, vitamins B1, B6, niacin and C, folic acid, pantothenic acid, fiber, and potassium, along with omega 3 and omega 6 essential fatty acids. Because of the high carotene content, spaghetti squash protect against many cancers, particularly lung cancer. Diets rich in carotenes offer protection against aging, cancer, heart disease, and type 2 diabetes.

Sauce

1 lb (natural, nitrite/nitrate free) ground Italian sausage, or grass fed ground beef
(If you cannot find ground sausage, you can purchase it in links and slice it before cooking)

2-4 cloves of garlic, mashed and minced

1 medium onion, chopped

2 14 oz. cans organic chunky tomato sauce

1 small can organic tomato paste

¼ -½ cup white wine or organic chicken stock

1-2 Tbsp oregano

½ tsp sugar or honey

1 tsp thyme

1 tsp basil

1 bay leaf

1 spaghetti squash, halved and seeds removed for “pasta”

Directions

Heat oven to 375 degrees Fahrenheit, and place squash in shallow baking pan with about ½ “ of water. Cover with foil, and cook in oven 30-40 minutes until squash is tender, stringy and can easily be removed with fork. Drizzle with extra virgin olive oil and sea salt before serving.

While squash is cooking, sauté onions in extra virgin olive oil in large saucepan on medium heat until tender and translucent. Add garlic and meat, cook and stir until browned. Stir in spices, tomato sauce, paste and water. Add sugar or honey, stir together and simmer, covered, on low heat for 30 minutes or more. Stir occasionally. Serve over cooked spaghetti squash. Serves 4.

Zesty Shish Kabobs



These are always a favorite at my house. You can use a specific ‘kabob’ cut of meat, or just buy a decent steak cut, like tenderloin, ribeye, or sirloin. For lamb, use leg or shoulder cut; for pork, the tenderloin or loin cuts work best, and for chicken, either boneless, skinless breast meat or thigh meat make tasty kabobs. And of course, always choose naturally raised, grass fed, organic, and free range meats if possible.

The bell peppers in this recipe contain large amounts of vitamin C and other antioxidants, and the more colorful ones (red, orange and yellow), not only make the shish kabob more appetizing, but they contain the most antioxidants as well. Use organic peppers if possible, as the conventionally grown versions are highly sprayed with pesticides.

Onions are an unsung and overlooked super food. They are often avoided because some varieties have a strong odor and taste. While lots of people avoid onions because they fear having bad breath, their awesome health benefits make up for that!

Onions contain some very strong cancer-fighting enzymes that lower the risk of prostate, esophageal, laryngeal, stomach, colorectal and ovarian cancers and also reduce the risk of dying from a heart attack.

Onions have super antioxidant power, especially the purple or red-skinned ones. The key antioxidant is quercetin, which acts as a natural antihistamine, reducing allergy

attacks, inflammation and asthma. Quercetin and the vitamin C in onions act together to boost the immune system, and protect against colds and flu as well. The anti-inflammatory benefits help reduce the soreness and stiffness of arthritis and other inflammatory diseases. And onions, especially if you use a sweet onion, develop a mellow, caramel-like sweetness when grilled that is hard to resist.

And don't forget the mushrooms! Mushrooms contain rich amounts of riboflavin, niacin, and selenium. They also contain chemicals block excess estrogen production in men and women. They also boost natural testosterone, which is beneficial for both men and women, to help with building lean muscle, as well as increasing your fat burning potential.

While the fresh pineapple adds a delicious touch of sweet and tangy flavor, it also has beneficial enzymes in it that help digestion and absorption of the delicious nutrients in this dish.

Shish Kabob Ingredients

2 lbs beef, lamb, pork or chicken, cut into 1-1 ½ " cubes
½ lb of Baby Bella mushrooms or plain button mushrooms
1 large or 2 small sweet red onions or Vidalia onions, quartered
1 medium zucchini or summer squash cut into thick slices and cut in half
1 fresh pineapple cut in thick slices
1 each--green, yellow and red peppers, quartered and cut into 1" slices

Marinade

1 cup of soy sauce
3 Tbsp of honey
Juice of 1 lime
1-2 cloves garlic, minced
Freshly grated ginger root
Couple shots of Tabasco or a few sprinkles of hot pepper flakes

Directions

Mix up marinade in glass bowl. Cut up meat and vegetables and place all *except the pineapple* into the marinade.

Note: Don't put pineapple in the marinade, it has natural enzymes in it that will turn your meat into total MUSH)

Marinate for 1-4 hours or overnight for extra flavor.

Thread meat onto skewers and thread vegetables and pineapple onto separate skewers. (This prevents the vegetables from getting overcooked, as they cook quickly). On a grill over medium heat, grill meat and vegetables. Turn occasionally until evenly browned.

Brown Rice Penne with Sockeye Salmon and Asparagus



Recipe and photo courtesy Jackie Burgmann, author of [Hot at Home](#)—The Solution for People Who Hate the Gym.

I know you will agree with me—this recipe is absolutely delicious, super healthy, versatile, quick and easy—with or without the pasta! You can have lots of fun with this basic recipe by changing it according to the ingredients you have on hand. I used a can of wild-caught, sockeye salmon in this but you can use tuna if you have it too. Shrimp or chicken works great as well. In the summer, throw in some homegrown tomatoes, mushrooms, zucchini, and fresh basil. Use a ton of veggies and very little pasta.

I like everything a little on the spicy side—for flavor and health benefits--so I added tons of fresh garlic and red pepper flakes. Or, if you want some of the healthy, anti-inflammatory and antioxidant benefits of turmeric, add a little curry seasoning. Fresh herbs like basil, oregano, thyme or mint are also great additions—both for taste and nutrition!

I'm not a big pasta eater, but gluten free, brown rice pasta is the better option. This dish is every bit as delicious, though, without the pasta! There are no real hard and fast measurements here. You can make as much or as little as you want, depending on how many people are eating and the size of everyone's appetite.

Ingredients

1 cup or so of brown rice penne
10-12 spears of fresh raw asparagus
Crushed and minced fresh garlic
Raw milk Parmigiana Reggiano cheese
2 Tbsp of extra virgin olive oil
1 can of tuna, wild caught salmon, shrimp or cooked chicken
Sea salt and cracked black pepper or red pepper flakes to taste
Fresh basil
Optional--chopped fresh tomato, sliced zucchini, or sliced mushrooms

Note: If using tuna or salmon packed in extra virgin olive oil, you can use this oil for cooking. Otherwise drain liquid and set aside. If using fresh tomatoes, toss in at end of cooking and just warm through.

Directions

Boil water, add pasta and cook according to directions. Add a small amount of extra virgin olive oil to the boiling water and boil the brown rice penne until 'al dente' or done, but slightly firm. Drain pasta and set aside.

While pasta is cooking, wash asparagus and break off tough bottoms. Cut the asparagus into smaller, 1-2" pieces. If using zucchini, quarter and slice. Slice mushrooms and other veggies you are using in the dish.

In a large skillet, add extra virgin olive oil, asparagus, other vegetables, and garlic, and stir-fry over medium high heat until tender crisp--about a minute or two. Add cooked fish or meat to pan and stir gently for about a minute, until heated through. Add salt and pepper.

Serve vegetable mixture over pasta and garnish with fresh herbs, chopped tomatoes, and grated Parmigiana cheese. Serves 2.

Super Salmon with Fresh Cranberry Orange Salsa



In a scene straight out of the TV cooking show series, “Chopped” I was looking to make something tasty for dinner and being in a hurry, I decided to just use what I could find in the fridge.

Hmm...an orange, cilantro, some fresh cranberries, and a piece of frozen sockeye salmon. What to make? Well, I decided to make salsa out of the cranberries and serve it with the salmon. I was delighted with how good it was! You will be too, when you try this recipe.

The tart taste of the fresh cranberries mixes with the sweetness of the orange and picks up the flavor of the salmon in a fresh new way. Your taste buds will be absolutely delighted!

Cranberries are one of the few foods totally native to North America. Native American Indians ate cranberries cooked and sweetened with honey or maple syrup. Cranberries were also used as a medicine and a poultice for wounds. The tannins in them help to contract tissue to stop bleeding, and the compounds in cranberries have powerful antibiotic effects as well.

While cranberries are best known for helping urinary health, this little red super berry is also beneficial for the gastrointestinal tract, prevents cavities, helps prevent kidney stones and gallstones, aids in recovery from strokes, prevents cancer, lowers LDL (bad) cholesterol, and raises HDL (good) cholesterol. Not bad for one little berry.

These phytochemical powerhouses are packed with **five times** the antioxidant content of broccoli, and rank higher in antioxidants than most fruits and vegetables! Antioxidants mean Anti-Aging as well.

Several newly discovered compounds in fresh cranberries have also been found to be toxic to cancer cells including lung, cervical, prostate, breast and leukemia cancer cells.

So you see, there is no reason to NOT eat cranberries!

Ingredients

2-4 wild caught salmon fillets (sockeye salmon is my favorite for this)
Jerk seasoning (I used a pre-made powdered rub)
1 cup fresh cranberries, chopped, or lightly processed in food processor
½ small red onion
1 orange or blood orange, peeled, sectioned and cut in smaller pieces
Juice of half a lime
¼ cup chopped cilantro
1 tsp honey
Sea salt
Hot pepper flakes, to taste

Directions

Chop cranberries roughly by hand or in a food processor (just enough to chop but be careful not to turn them to mush), and mix with orange, onion, lime juice, cilantro and hot pepper flakes.

Season the salmon with jerk seasoning, and grill or broil till tender and flaky. Serve topped with cranberry mixture. Enjoy! Serves 2-4.

Alaskan Halibut or Cod with Butter Lime-Cilantro Sauce



This recipe is adapted from my friends at Vital Choice Wild Seafood. They offer the best in fresh, wild caught, sustainable seafood, high in omega 3's. You won't find anything better!

Ingredients

Four (6 oz each) Alaskan halibut, or wild-caught sablefish or cod
3 Tbsp fresh lime juice
3 cloves garlic, coarsely chopped
1/2 cup chopped fresh cilantro
2 Tbsp butter
1 -2 Tbsp extra virgin olive oil or macadamia nut oil
Sea salt and coarse ground pepper

Directions

If you are grilling the fish, prepare the coals and oil the grate.
If you are broiling the fish, brush a broiler pan lightly with oil or butter.
Brush the fish with about half of the lime juice, sprinkle with salt and pepper, and set aside for 20 or so minutes.

Meanwhile, melt the butter and extra virgin olive oil in a small pan over low heat. Add garlic and sauté until fragrant, about 3 minutes. Add the cilantro and the rest of the lime juice and stir for 1 minute. Remove from heat and cover.

Place fish on pre-heated grill over a medium high fire OR under a broiler. Grill or broil until just opaque in the center and flaky, about 4 to 5 minutes per side. Baste once with the oil-butter-cilantro-lime sauce, about one minute before the end of cooking.

Remove the fillets to a serving plate, pour the remaining sauce over them, and serve. Serves 4.

Lemon-Pepper Chicken with Fresh Rosemary



This is a great, simple, easy and super healthy meal. It is suitable for a quick dinner or elegant enough even for company.

Fresh rosemary adds an extra special dimension of taste—and is also associated with good health as well. Rosemary is known to be an immune strengthener, digestive enhancer, and is great for increasing concentration, among other things. It's powerful oils protect the brain and help prevent Alzheimer's disease, Parkinson's, and dementia.

Rosemary's anti-inflammatory compounds help reduce the severity of asthma attacks, and break up chest congestion that comes with colds and flu. In addition, rosemary has been shown to improve concentration by increasing blood flow to the head.

Rosemary helps prevent several deadly cancers, possibly by blocking the effects of excess estrogen, which is a cancer-causing factor in women, as well as a fat-storing hormone in both women and men.

Rosemary's flavor can be overpowering, so even though it has so many wonderful health benefits, don't overdo it or it may make your recipe bitter tasting.

Ingredients

2 Tbsp extra virgin olive oil

2 Tbsp butter

2 lbs of chicken breasts, thighs, or whole cut up chicken

¼ cup rice flour, almond flour or coconut flour

2 cloves fresh garlic, minced

2 or 3 sprigs fresh rosemary

Sea salt

Fresh coarsely ground pepper

1 lemon cut in half

Handful of fresh parsley for garnish (this is a great garnish to eat!)

Directions

Coat the chicken pieces with flour. (An easy way to do this is to put the flour in a plastic bag, add the chicken and shake it).

Over medium heat, (if using coconut flour, cook over medium low heat, as coconut flour tends to burn easily) add the extra virgin olive oil, butter, and chicken. Season with generous amounts of garlic, sea salt, and fresh ground pepper.

Cook for about 5-7 minutes or so, and turn over. Add the rosemary. Season other side with garlic, salt and pepper. Squeeze half the lemon juice over the chicken as it is cooking.

When chicken is done and golden brown, squeeze the other half of the lemon on the chicken and serve. Serves 2-4, depending on quantity of chicken.

Jerk Chicken with Pineapple Salsa



Photo courtesy of <http://healthyandgourmet.blogspot.com>

This chicken is best cooked on the grill, but can also be cooked in a pan on the stove with butter to brown the chicken. You can use pre-packaged jerk seasoning, or make your own (recipe included). Jerk seasoning is a spicy, sweet seasoning that Jamaicans use often in cooking. It can be found either wet or as a dry rub. The dry rub is the easiest to use, but either works.

Pineapple salsa makes a cool, sweet, and spicy-hot accompaniment to the chicken. Pineapples are nutritionally packed, high fiber fruit, high in the enzyme bromelain, and the antioxidant vitamin C. Bromelain is a natural anti-inflammatory that is not only good for digestion, but encourages healing as well.

And don't forget, the hot peppers in this recipe will boost metabolism and burn fat too!

Ingredients

2 lbs of free range chicken breasts, thighs or a whole cut up chicken
2 Tbsp of jerk seasoning (see recipe at bottom to make it from scratch)

Pineapple Salsa

1 fresh pineapple, skinned, cored and diced in small pieces
¼ cup fresh cilantro
1 small red onion
1 small roma tomato, finely chopped
1 jalapeño, de-seeded and de-ribbed (handle carefully and wash hands after cutting!)
Juice of ½ fresh squeezed lime

Directions

Rub jerk seasoning generously over chicken and cook over medium heat on grill or in pan with extra virgin olive oil. Turn and cook until golden brown and not pink inside.

While chicken is cooking, chop up ingredients for pineapple salsa, and mix together with the fresh squeezed lime. Serve with the cooked chicken. Serves 4 or so.

Mix together all the ingredients. This salsa is great and refreshing and can be used on fish, chicken, and pork for a zippy, delicious seasoning.

Jerk Seasoning

1 Tbsp onion flakes
2 tsp ground thyme
1 tsp ground allspice
1/4 tsp ground cinnamon
1 tsp black pepper
1 tsp cayenne pepper
1 Tbsp onion powder
2 tsp sea salt
1/4 tsp ground nutmeg
2 tsp sugar

Turkey or Chicken Meatballs



I love these and you will too! A great source of healthy protein. I like to add a generous amount of fresh garlic to maximize the healthy nutrition in this recipe.

Ingredients

- 1 lb ground free range organic turkey or chicken
- 1 raw egg
- 1 onion, minced
- 2-4 cloves garlic, minced
- 1 tsp sea salt or so, to taste
- 1 slice gluten free bread, blended into crumbs in a food processor, ½ cup oatmeal, ½ cup ground flax seeds, or any combination of these
- 1-2 tsp of oregano
- 2 Tbsp of extra virgin olive oil

Directions

Heat oven to 375 degrees F. Drizzle extra virgin olive oil on cookie sheets (with sides) or a shallow baking pan.

In a big bowl, combine all remaining ingredients. Mix with clean hands or large wooden

spoon. Roll into 1 ½" sized balls, and place on the baking sheet in oven. Cook for about 10 minutes or so, turn (or roll) and cook another ten minutes, for a total of about 20 minutes. Done when outside is golden brown and inside is no longer pink.

Serve with your favorite organic spaghetti sauce and steamed spaghetti squash, or just eat plain alongside a salad. I have even had cold leftover meatballs (which are delicious by the way!) on Caesar salads for healthy lunch. Serves 4.

These are a great high protein snack too!

Warm Asian Steak Salad



Photo courtesy of Just Jan, <http://janandrussroundozagain-janandruss.blogspot.com>

This salad contains fresh ginger in the dressing. Ginger is one of those incredible superfoods that does many, many good things for your body, including its power as an effective anti-inflammatory.

Ginger actually promotes normal levels of both LDL (“bad”) cholesterol and triglycerides. It’s a delicious way to get these unhealthy fats down to manageable levels.

Eating ginger every day can give you a real antioxidant boost. That’s because ginger contains 12 antioxidant compounds more powerful than vitamin E! And, studies show that ginger is an excellent pain relief additive and promotes healthy circulation as well.

Some of ginger’s other benefits are well known too. You may already know ginger is great for nausea and motion sickness—and works as well or better than some medications.

Ginger is an excellent digestive aid as well. It really helps get your digestive system moving. And ginger’s zippy flavor also jumpstarts your metabolism by making you more energetic and burn more calories.

Salad Ingredients

3/4 lb grass fed sirloin, skirt or tri-tip steak
Mixed organic greens (romaine, arugula, red leaf, etc.)
10-12 pieces of asparagus, trimmed, cooked slightly and cut in 1 inch pieces
1 sweet red pepper, cut in thin strips
½ seedless cucumber, thinly sliced
3 green onions, thinly sliced
Handful of chopped fresh cilantro
Chopped tomato
Toasted sesame seeds or peanuts

Dressing Ingredients

½ cup orange juice
½ Tbsp fresh ginger, minced or grated
½ Tbsp rice wine vinegar
2 cloves garlic, smashed and minced
2 tsp light soy sauce
2 tsp sesame oil
2 tsp liquid honey
1 tsp extra virgin olive oil
1 dash hot pepper sauce (optional)

Directions

Whisk together dressing ingredients. Pour ¼ cup of dressing over steak in a shallow glass dish, turning to coat. Reserve remaining dressing. Grill steak about 3-4 minutes per side (if steak is about 1" thick). Let steak rest for a few minutes before carving. Slice thinly on the diagonal.

In a serving dish, toss reserved dressing with salad greens, asparagus, red pepper, cucumber, green onions and coriander. Add steak to top of salad and garnish with sesame seeds or peanuts, and serve. Serves 4.

Asian Chicken Salad



Photo courtesy www.grammasrecipes.com

This delicious Asian inspired salad includes the delicate flavor of napa cabbage, as well as other cabbage.

Cabbage is one of the members of the cruciferous vegetable family, and contains compounds that make it naturally fat burning. Napa cabbage also actually boasts the highest concentration of folate, an essential B vitamin that is necessary for numerous bodily functions. Our bodies need folate to synthesize and repair DNA, as well as use it for cell division, and growth. Folate is extremely important for healthy pregnancies and infants, but both adults and children also need folate for healthy red blood cells and prevention of anemia.

Cancer prevention is one of the cabbage family's most outstanding benefits. Nearly 500 studies have looked at this vegetable and its outstanding cancer-destroying properties from antioxidants, anti-inflammatory ingredients, and glucosinolates.

Glucosinolates are the primary ingredient with anti-cancer benefits. The glucosinolates found in cabbage can be converted into compounds that prevent a variety of different cancers, including bladder cancer, breast cancer, colon cancer, and prostate cancer.

Salad Ingredients

2-4 boneless, skinless cooked chicken breasts or thighs, sliced into thin slices

2-3 cups Napa cabbage, sliced thinly

½ cup red cabbage, sliced thinly

1 small sweet red bell pepper, sliced into thin strips

4-6 green onions (scallions), chopped

2 carrots, grated or cut into matchstick slices

½ lb fresh snow peas, sliced on diagonal into thin slices

Handful of cilantro, chopped

1-2 cups mung bean sprouts

½ cup sliced or slivered almonds

Dressing Ingredients

¼ cup Rice wine vinegar (seasoned is best if you can find it)

Juice of ½ fresh lime

1 Tbsp of honey

¼ cup extra virgin olive oil

1 tsp sesame oil or toasted sesame oil

Pinch of red pepper flakes, to taste

1 Tbsp grated fresh ginger root

Directions

Slice all vegetables into thin slices and place in large salad bowl. Whisk together dressing ingredients, making sure honey is well blended. Add chicken and almonds to salad, pour on dressing, toss and serve. Serves 4.

Chicken Fiesta Salad with Lime Cilantro Vinaigrette



Ever feel sometimes you just need the maximum amount of nutrition in one meal? Don't fresh, raw veggies, and flavor that bursts in your mouth sound good? Something so satisfyingly different, delicious, and delightful that you serve it when you have company?

This is the salad that answers all those requirements.

Everything in this salad is absolutely packed with a massive amount of immune-enhancing vitamins, minerals and phytochemicals! From the antioxidants, vitamin K, vitamin C and magnesium in the greens, the healthy fats in the avocado, the lycopene in the tomatoes, to the cancer fighting natural chemicals in the tomatillo—it's all great for your body!

I always feel full of energy after eating this wonderful salad, and I love to make this when I have company over—it's a proven crowd pleaser. It's even better in the summer when so many of these ingredients are easy to find locally, bursting with fresh-picked flavor. I am positive this will become one of your personal favorites too.

Dressing

¼ cup chopped shallots
¼ cup fresh lime juice (juice of 1 lime)
½ cup fresh cilantro chopped
2-3 cloves of finely minced garlic
1/3 cup extra virgin olive oil
Sea salt and fresh ground pepper

Dressing Directions

Combine first four ingredients in medium bowl. Gradually whisk in oil. Season with sea salt and pepper.

Salad

3 cups of thinly sliced red leaf lettuce (preferably organic)
3 cups thinly sliced Napa cabbage
2-3 Roma tomatoes, seeded and chopped
½ roasted red bell pepper (you can usually find these already roasted in the store or see below on how to roast your own)
½ roasted yellow pepper
Half (or more) firm avocado, peeled and diced
¼ cup minced red onion
Half a can black beans, drained and rinsed
1 small jalapeno, de-seeded, de-ribbed and minced
2 small tomatillos, hulls removed and chopped (green Mexican tomatoes)
¼ cup toasted pumpkin seeds
½ cup crumbled queso anejo, or feta cheese (optional)
2-4 cooked chicken breasts, cooked and sliced in thin strips, or shredded with a fork
(Grilled chicken tastes best for this recipe.)

Salad Directions

Combine salad ingredients in large bowl and toss in dressing just before serving. Place cut or shredded chicken on top. Serves 4-6.

To roast peppers: heat oven on 'broil'. Slice peppers in half; remove stem and seeds. Place skin side up on flat pan in oven near heat. Roast for 4-7 minutes until skin begins to turn black. Remove and cool. When cool, slide off blackened skin and slice peppers in thin strips.

Sockeye Salmon Salad



Most any type of wild caught salmon works in this salad, but sockeye salmon is definitely my favorite. Salmon contains a large amount of antioxidants, and the darker pink the flesh, the more antioxidants--as long as it is wild caught.

The pigment that helps to make salmon's flesh pink is astaxanthin. Astaxanthin lowers C-reactive protein (CRP), which measures inflammation in the body and the blood vessels.

Astaxanthin may just be the best antioxidant for DNA protection. It's 6,000 times more effective than vitamin C, 800 times more effective than CoQ10 and 550 times more effective than vitamin E or green tea.

The effect astaxanthin has on DNA is rather amazing. DNA is damaged by free radicals when you're exposed to things like pollution, smoke, radiation and processed food. In one study, DNA damage dropped by 43% after subjects took astaxanthin supplements.

The best source of astaxanthin in supplement form (since you won't be eating salmon every single day) is by using [Krill Oil](#) daily:

<http://natural.getprograde.com/essential-fatty-acid.html>

Wild caught salmon is especially rich in omega 3's and the health benefits from this mega nutrient are endless! Salmon is also a great source of easily digestible protein, niacin, B6, B12, selenium, phosphorus and magnesium.

Eating salmon even twice a week may help raise omega 3 levels as effectively as taking daily fish oil supplements. And those healthy fats in salmon help burn body fat, contribute to a healthy heart, protect against strokes, reduce inflammation in the body, fight cancer, improve asthma, protect your eyesight, and more.

Eating a diet high in astaxanthin and omega 3 fats protects skin against sunburn and wrinkles. The omega 3's in salmon lift your mood and fight depression, improve memory and learning ability, and help with disorders like ADD (Attention Deficit Disorder). Healthy fats in salmon and other wild caught cold water fish also help prevent dementia and Alzheimer's disease.

Ingredients

2 cans (6.5 oz each) canned sockeye salmon, drained and chunked
3 Tbsp organic mayo (see recipe below to make your own)
1 Tbsp lemon juice
1 Tbsp capers, drained
1/3 cup finely chopped fennel root
1/3 cup finely diced red onion
Pinch of organic black pepper
1 Tbsp chopped fresh dill or 1/2 - 1 teaspoon dried organic dill weed
4-6 large leaves green or red leaf lettuce

Directions

Drain salmon and discard skin and any bones (if desired). In a medium bowl, combine ingredients. Add salmon and stir gently to combine.

Lay out lettuce leaves and place a scoop of salmon salad on each leaf. Serves 2-4.

A Healthier Mayonnaise



Ingredients

1 whole (fresh, organic) egg
2 egg yolks
1 Tbsp Dijon mustard
1 Tbsp lemon juice
Sea salt to taste
¼ tsp white pepper or black pepper
2/3 cup avocado oil or extra virgin olive oil

Directions

Combine the eggs, mustard, lemon juice, salt and white pepper in your blender or food processor. Then with the blender or food processor running on a low speed, start adding the oils very slowly. Start out with drops and then work up to about a small stream. It takes about 5 minutes to accomplish this, but the end result is worth it! Continue blending until all the oil is incorporated.

Makes about 1½ cups. Refrigerate to thicken. Store in an airtight container for up to two weeks.

SAVORY SIDEDISHES



Sometimes you just need a little something else to add to your meal, and of course, you want it to be full of nutrition--not empty, fattening calories. The one, perfect side dish for most any meal is a salad.

There are so many variations on this--it just doesn't have to be a big production. Just throw in whatever veggies you have (and it does not have to include lettuce), add dressing, and viola--an awesome low-glycemic salad full of antioxidants, vitamins, minerals and phytochemicals.

It's a good idea to keep extra virgin olive oil and some good quality balsamic vinegar or apple cider vinegar. I like fresh squeezed lemon or lime juice for dressings as well.

You can make a quick and easy salad dressing by just drizzling oil and vinegar or citrus juice on your salad. Add some mashed avocado to make a rich, creamy dressing with lots of healthy, fat burning, blood sugar lowering fat. Add chopped fresh herbs, minced garlic, sea salt and pepper and you have a salad dressing that is far better for you than anything you can buy in a store.

Mike Geary's Healthy-Fat Blend Balsamic Vinaigrette Dressing

Dressing

Fill your salad dressing container with these approximate ratios of liquids:

1/3 of salad dressing container filled with balsamic vinegar

1/3 of salad dressing container filled with apple cider vinegar

Fill the remaining 1/3 container with high quality extra virgin olive oil

Add just a small touch (approx. 1) of real maple syrup.

Add a little bit of onion powder, garlic powder, and black pepper and then shake the container to mix all ingredients well.

Mike's Note:

Just make sure to NEVER buy a typical grocery store salad dressing as they almost always contain refined soybean oil and/or canola oil (both are VERY unhealthy for you). Many big food companies will trick you into believing their salad dressing is made with extra virgin olive oil by advertising, "made with extra virgin olive oil" on the front label. But, if you read the ingredients on the back label, you will find out it contains only a tiny bit of extra virgin olive oil and the rest is refined soybean oil, which as we know is NOT good for you. Make your own truly healthy salad dressing instead, and you will know exactly what is in it.

Try These Ingredients in Your Salad:

Start out with some fresh organic baby greens, arugula, watercress, parsley, etc. or some dark green leafy lettuce and build from there.

Chop up some raw, fresh veggies like red, green or yellow peppers (always use organic, as conventionally grown ones are highly sprayed with pesticides), tomatoes, zucchini, red onion, parsley, cucumber, cilantro, carrots, and whatever else strikes your fancy and throw in with the greens. Throw in some sprouts (alfalfa, broccoli, sunflower, etc.) if you have them for even more power-packed nutrition.

When they are in season, I like to add even more antioxidants and make things a little more interesting by adding a few (organic) blueberries, strawberries, blackberries, raspberries, apples, etc. The sweet taste of the fruit and the tang of the dressing make for a mouth-watering taste sensation.

Add in some chopped nuts: walnuts, pecans, almonds, etc. for a little more substance, crunch and taste--along with all the valuable nutrients that nuts contain.

To make a great meal, add some meat to your salad. Try leftover chicken or fish, thin strips of beef or boiled eggs. Sardines or anchovies are delicious in salads as well. For

even more substance, try some drained pinto, black, garbanzo or navy beans in your salad. Now, *you* have become a master chef and created your own masterpiece made of the most powerful antioxidants, vitamins, minerals, and fabulous phytochemicals on the planet. Enjoy!

Quinoa Tabouli Salad



Most Middle Eastern tabouli salads use, but quinoa is a better, gluten free, healthier substitute. Since quinoa is not really a grain, but a low-glycemic, high protein seed--packed with antioxidants, nutrients and all the essential amino acids—it is definitely a better substitute!

Quinoa is high in protein, and its protein is complete protein containing all essential amino acids, especially the amino acid lysine, which is important to tissue growth and repair. Quinoa also contains manganese, iron, copper and phosphorus along with antioxidants, B vitamins, and fiber, making it a great healthy food for everyone but especially anyone with migraine headaches, diabetes, and heart disease.

Eating quinoa will help migraines and headaches. How? Quinoa is a great source of magnesium, something that most of us are lacking enough of in our diets. Magnesium helps relax blood vessels, which helps to prevent the dilation and constriction of migraines. Magnesium levels are also directly associated with blood pressure, so getting adequate amounts of magnesium in your diet will help to lower blood pressure and regulate your heartbeat. Quinoa is also a great source of riboflavin, a B vitamin necessary for proper energy production.

Ingredients

2 cups cooked quinoa, drained
1 organic cucumber, chopped
2 medium tomatoes, chopped
1 bunch green onions, (8) sliced
½ cup fresh chopped mint
2 cups fresh chopped parsley
2 cloves garlic, minced

Dressing

½ cup fresh lemon juice
¾ cup extra virgin olive oil
Sea salt and freshly ground pepper, to taste

Directions

Cut up the vegetables for the salad, and toss with the dressing. This will have better flavor if allowed to soak up the dressing and flavors for an hour or more.
Serve chilled or at room temperature. Serves 4-6.

Fall Kale, Squash and Apple Salad



Everyone knows the advantages of eating kale, but fall is the time to add squash to your meals as well. There are so many different varieties available right now—and all are delicious! This (mostly) fall vegetable is a superfood of its own right, and is very high in beta-carotene, which provides the majority of vitamin A in most diets—as long as it is eaten with some fat so it can be absorbed and utilized. ([Antioxidants don't work unless you eat this.](#)) Squash also contains vitamin C, potassium, fiber, and omega-3 fatty acids, which helps fight cancer, colds and flu, and heart disease—to name just a few.

Unlike summer squash, which has edible skin and can be eaten raw, winter squash usually has a tougher skin and will need to be peeled. There are many methods to cooking squash, but the best method for most squash is roasting. Carefully cut the squash in half and scoop out the fibers and seeds. At this point, you can separate the seeds from the fibers to toast them for a snack. Roast the squash cut-side down at 350 degrees F until tender—or do like I did and half or quarter and put on medium heat on grill for about a half hour or so, depending on the size of the squash pieces.

This is a delicious, hearty salad that can be served as a healthy side dish, or even be eaten as a meal by itself. I love this for lunch! It's filling and satisfying. And extremely good for you!

Ingredients

1/2 Granny Smith apple, chopped
1/2 McIntosh, Gala, Fuji, etc. apple, chopped
1/2 firm pear, chopped
1 small squash, roasted, cooled and chopped in cubes (I used a Delicata squash)
1/2 red onion chopped
1/4 cup roasted pumpkin seeds (I roasted in pan over med heat for about 2-4 min)
Dinosaur kale, chopped and massaged (can use a rolling pin to make it more tender)
1/2 cup chopped celery
1/4 cup tart dried cherries or unsweetened cranberries
1-2 Tbsp pure maple syrup
1 Tbsp extra virgin olive oil
1 Tbsp apple cider vinegar or fresh lemon juice
Salt, pepper, hot pepper flakes to taste

Directions

Roast squash, cool, peel, and cube in small pieces. Chop kale in small pieces, and roll with rolling pin or 'massage' by wrapping in clean dish towel and rolling with a can to make it more tender. Mix the rest of ingredients in and serve. Serves about 4. Works as a great vegan meal too!

Parsley Salad



Parsley deserves to be more than just a decoration on a plate. This small leafy green plant is a great deodorizer and absolutely **packed** with high-powered nutrients including vitamins A, B, and C, K, and iron. Parsley is a rich source of calcium and magnesium which work together in tandem to keep bones and teeth healthy, as well as lower blood pressure and relax the body.

Parsley helps to detoxify the blood and rid the body of heavy metals, like mercury.

You can create a lot of variations on the general idea of this salad. Limit the greens to parsley alone, or mix it up with a variety of other fresh herbs. Chopped radishes are also a delicious addition to this salad. Or, add a half cup or so of any kind of beans to make it a little more filling.

This makes a great side salad with any meal, but especially any meal that is heavy with garlic or onions. Parsley is a natural deodorizer and will actually help to freshen the breath and prevent body odor as well.

Ingredients

2 cups (or one large bunch) Italian or curly parsley leaves, snipped or pulled from the thick stems, chopped

Several sprigs of fresh mint leaves, chopped

Several small fresh marjoram sprigs or a handful of basil, chopped

2 green onions, minced

2-4 radishes, thinly sliced

Sea salt

1 Tbsp extra virgin olive oil

Fresh lemon juice to taste

1-2 ounces of raw Feta, Romano, or Parmigiana cheese, thinly sliced (optional)

Directions

Wash and dry the greens. Slice the radish into slices, and then slice into narrow strips. Combine the parsley, herbs, and radishes in a bowl, sprinkle with salt, add extra virgin olive oil, lemon juice and toss. Add other ingredients and toss again. Serves 4.

Asparagus with Butter and Parmesan



Asparagus is actually a member of the lily family. It is an excellent source of B vitamins--including B1, B2, B3, B6, and folate; as well as vitamin C, vitamin A and vitamin K. It also comes loaded with fiber, manganese, copper, phosphorus, potassium and protein.

The minerals in asparagus combined with an amino acid, *asparagine*, gives asparagus a diuretic effect, meaning it helps the body get rid of excess water weight. Asparagus has been used to treat health problems involving swelling, such as arthritis and rheumatism, and may also be useful for any kind water retention, even the monthly kind that women get with their menstrual periods.

A cup of asparagus supplies about 20 mcg of folate, a B vitamin essential to cell division, making it essential for pregnant women. And, folate, along with vitamins B6 and B12, decreases levels of homocysteine, an inflammatory marker for heart disease.

Spring is the best time for asparagus. The stalks are thin and tender and it is at its freshest. Asparagus is best when it is lightly cooked and tender-crisp, so keep a close eye on it while cooking, it only takes a couple of minutes!

Ingredients

1-2 lbs (approximately) of asparagus

Sea salt

4 Tbsp grass fed butter

Parmigiana Reggiano (Italian version of Parmesan), thinly shaved or grated

Freshly ground pepper

Fresh lemon

Directions

Snap off the tough ends of the asparagus. You can leave the stalks in one piece or cut into smaller pieces. Heat a quart or so of water in a large pan and add salt. While the water is heating, melt butter in a small pan and cook until it begins to become light golden brown. Remove from heat.

Cook asparagus until tender, bright green and still firm. (2-4 minutes) Remove from heat and drain water. Add melted butter to asparagus, squeeze a few drops of fresh lemon over it, dust with fresh ground pepper, sea salt, and cheese. Serves 4.

Note: Leftover asparagus makes a tasty addition to omelets, salads or pasta.

Incredible, Lemon-Butter Broccoli



Eat broccoli on a regular basis to get the fantastic fat burning, health benefits from this outstanding member of the cruciferous vegetable family. Cruciferous vegetables include cauliflower, kale, Brussels sprouts, and cabbage. Try to include a generous serving of broccoli or other cruciferous vegetables in your meals, 2-3 times a week, to get the most out of its healthy benefits.

Cruciferous vegetables contain unique nutrients such as indole-3-carbinol (I3C) that help block the effects of estrogenic compounds. In addition, there are 10-15 compounds that have been proven effective against many cancers, including: stomach cancer, prostate cancer, colon cancer, breast cancer, and ovarian cancer.

Broccoli is unusual in that it also contains a strong combination of both beta carotene (plant based vitamin A) and vitamin K. Having ample supplies of vitamin K and vitamin A in the diet help keep vitamin D in balance and prevent vitamin D deficiencies. And, broccoli is a particularly rich source of an antioxidant flavonoid called kaempferol. Kaempferol has the ability to lessen the impact of allergenic substances we come in contact.

I have prepared this super easy recipe for people who swear they don't like broccoli. The key to tasty broccoli is to cook it lightly, and remove it from the heat while it is still bright green, and still slightly firm. Too often broccoli gets overcooked and is mushy and bitter. What's more, it loses a most of its valuable nutrients when it's overcooked, and broccoli contains a wealth of valuable nutrients.

Ingredients

1 bunch of broccoli (or about a pound)

½ fresh lemon

Grass fed butter

Sea salt and fresh ground pepper

Parmigiana Reggiano cheese or Parmesan cheese (optional)

Directions

Rinse the broccoli, and cut off thick stems. Chop in smaller florets. Place in a large shallow pan with enough water to just barely cover the broccoli. Cover with a lid and cook on medium high heat. Broccoli cooks fairly, so this will probably only take about 5-7 minutes.

Once the broccoli turns bright green and becomes tender, take it off the heat. Add a big slab of grass fed butter, sea salt and pepper, and squeeze a half a lemon (watch out for seeds) over the vegetables. Sprinkle some grated Parmigiana Reggiano cheese over the top, or with a potato peeler, slice off a few slivers of the cheese on top of the broccoli. Place under broiler for 1 minute to brown the butter and cheese. Serve immediately. Serves 4.

Note: I use this same cooking method with asparagus, zucchini, summer squash, or green beans and it all comes out DELICIOUS! Just remember to lightly cook until just tender, but never mushy!

SNACKS AND DESSERTS



Sometimes you just need a little ‘something’ to get you through the day, to fuel a hard workout, or take you through to the next meal. The key to snacks is keeping your blood sugar stable by eating a low-carb, low-glycemic snack, high in nutrition.

While I don’t think it is necessary to eat 6 meals a day, as some weight loss experts will tell you, I do like a snack now and then to stop the ‘hungries’, especially if I have had an especially hard workout, busy day, missed a meal, etc. Be sure to include protein and a healthy fat, but avoid the carbs, starchy stuff or sugar, to keep blood sugar stable and in the fat burning zone. The best snacks are low glycemic—when you eat something higher up on the glycemic scale, you will not only spike up your blood sugar, but you will be hungry a short time later.

Try this delicious idea: mix together a couple of raw nut butters, add a touch of cinnamon and a drizzle of pure maple syrup. You can eat this alone or dip an organic sliced apple in it. It’s delicious and satisfying and you don’t need much to ‘hit the spot’.

One of my favorite snacks is just a handful of nuts—my favorites are almonds, walnuts or pistachios. They are crunchy and filling and full of great nutrients. A small serving of nuts will give you over thirty vitamins, minerals and other super nutrients. Another favorite is an oldie but goodie—celery with peanut butter or nut butter. Avocado slices are good too. Try a halved avocado with a dollop of salsa.

Eating sweet desserts is definitely a habit to avoid, but occasionally, you may just want a LITTLE something sweet. Let me emphasize, “LITTLE”. That’s OK once in a while, as long as your blood sugar is under control. The best time to eat something sweet is after you have eaten a meal that has plenty of protein and fat in it. This way, any sugar or sweetener in the dessert is absorbed much more slowly into the system, and is less likely to cause a spike in glucose. A small piece of organic, dark (70% or more cacao) chocolate, or a small amount of fresh fruit is perfect. Frozen grapes are one of my favorites when the weather is warm. Or when it’s cold outside, a baked apple with cinnamon sprinkled on top seems to hit the spot.

An easy sweet treat for me in the evenings is just a cup of herb tea (either hot or over ice) with a touch of Stevia in it, and a few bites of deep dark, antioxidant rich chocolate hit the spot. The good news is, you don’t have to totally fall off the wagon or let your blood sugar skyrocket out of control if you care to indulge in a little sweet treat now and then.

Here is a scrumptious collection of delicious, desserts and snacks that are low-glycemic. Moderation is the key, and keeping serving sizes small. As long as you don’t get carried away, you still reap the benefits a diabetes fighting diet, and get plenty of enjoyment along the way! Enjoy without guilt.

Nutty Energy Balls



Photo courtesy Isabel, [www. tisthefood.wordpress.com](http://www.tisthefood.wordpress.com)

These nutty morsels not only fill you up with healthy, super-powered nutrients, but they are low glycemic, and high in fiber, and do not raise your blood sugar—which means they provide you with a generous amount of fat burning energy. Try these before a workout, or as a sweet, satisfying treat for dessert. Every ingredient in these snacks is a virtual superfood, bursting with healthy, energizing, fat burning potential. But beware, they are very calorically dense, so one may be all you need!

The monounsaturated fats in the nuts are anti-inflammatory, good for your heart, and your blood vessels. The protein in nuts contains arginine, which is a precursor to nitric oxide in the body. This helps relax blood vessels, lowers blood pressure, and increases stamina and athletic performance. Nuts are also an excellent source of fiber, vitamins, and minerals, including: vitamin B6, folic acid, zinc, iron, selenium and magnesium.

The chia seeds in this recipe are loaded with omega 3 fats, and are extremely high in antioxidants—even more than blueberries! Chia provides complete protein, fiber and important nutrients—including calcium, phosphorus, magnesium, manganese, copper, niacin, and zinc. All that in one tiny seed!

The medium-chain fatty acids in coconut oil are easy to digest, and are used instantly as energy. They also help thyroid function, increase your body's fat burning ability, and

contain lauric acid, which is valued for healthy heart function, as well as its anti-microbial properties that fight parasites, bacteria and fungi in the body. Enjoy these either as a snack or a sweet treat.

Ingredients

1 cup raw or roasted almond, cashew, peanut butter, or sunflower butter
1 Tbsp coconut oil
1 Tbsp minced fresh ginger
2 Tbsp chia seeds
¾ cup old fashioned oats
1 cup raisins, or dried (no sugar added) cranberries or goji berries
¼ cup unsweetened coconut
2 Tbsp raw honey or maple syrup
Pinch of sea salt
½ tsp vanilla
2 scoops of cold processed protein powder

Directions

Mix all ingredients in bowl.

Roll into 1" sized balls, or press about 3/4-inch thick on a plate or square pan.

Refrigerate for about an hour or more. Cut into 2-inch squares.

Makes about 12 bars or balls.

Coconut Almond Energy Bars



Here is my latest attempt at homemade energy bars. I don't like the 'store-bought' varieties, and the "Go Raw" bars I do buy are pretty expensive, so I made my own version, and they turned out great!

Well, here is another attempt at some good homemade energy bars. I don't generally like the 'store-bought' varieties—so many of them have too much sugar (in the form of rice syrup, extra fruit, corn syrup, etc.), soy protein, artificial ingredients, etc. The store variety bars I like best, "Go Raw" bars are pretty darn expensive, so I decided to make my own version of these.

These are full of nuts, a little bit of fruit for sweetness, a touch of salt and not baked, but dehydrated at a low oven temp overnight. This preserves the natural enzymes in the ingredients, plus helps the bars hold together with just the right amount of chewiness.

And they are gluten free, dairy free, corn free, soy free, grain free, and Paleo as well. This particular rendition actually tasted a lot like Clif bars—without the grain or other additives. If you'd like them to have some extra sweetness, I'd suggest adding whole

raisins—after you are done blending the mixture.

These bars are excellent fuel for a longer bike ride, run, hike, or busy day. They can be stuffed in your cycling jersey pocket without melting all over or taken along in a backpack for a hike.

The ingredients given are all approximate and do not have to be exact. Adjust ingredients until the right consistency is achieved.

Ingredients

1/2 cup mixed nuts (I used raw almonds)

½ cup pumpkin seeds

1/3 cup raisins

5-6 dates

1/2 cup natural (no sugar added) peanut butter (I suggest Trader Joe's Valencia and flax seed peanut butter)

2-3 scoops of cold processed vanilla protein powder

1/2 raw apple

1/2 cup natural flaked or shredded coconut

2 Tbsp or so real Maple Syrup or Honey

1-2 tsp cinnamon

Sea salt to taste

1/4 cup or so water

Directions

In a food processor, add pumpkin seeds, nuts, raisins, and dates and mix. Add peanut butter, and other ingredients and mix until well blended. Add a small amount of water if mixture is too crumbly. Mixture should end up like thick cookie dough. If you'd like raisins, stir in after everything is mixed up.

Preheat oven to 160-175 degrees. Grease a cookie sheet lightly with butter, and drop cookie-sized spoonfuls on sheet. Smash down till about a half inch or less thick. Cook in oven all day or overnight—about 6-8 hours. Bars should be solid when done. Cool. Makes 12 or so, depending on size. Enjoy!!

Mike's Lean-Body Chocolate Peanut Butter Fudge



Don't be afraid of the fat in the coconut milk. Coconut fat is mostly medium chain triglycerides (MCTs) that are quickly used for energy and less likely to be stored as fat. It also contains a special fat called lauric acid, which is extremely healthy and supports the immune system. Coconut fat is also very heart healthy and good for your cholesterol as long as it is not 'hydrogenated'.

The fats and protein in the nuts are also healthy and stabilize blood sugar, making you feel satisfied.

Ingredients

3/4 cup organic canned unsweetened coconut milk (full-fat version)
1 bar (3-5 oz bar) baker's unsweetened chocolate - 100% cacao content (if you can't find 100% cacao bakers chocolate, look for at least 70-80% cocoa content)
4-5 tablespoons of peanut butter or your favorite nut butter (sunflower, almond, cashew, etc.)
¾ cup raisins, dried (no sugar added) cranberries or goji berries
½ cup whole raw almonds or other nuts (optional)
¼ cup raw chopped pecans (optional)
1 scoop, (about 25 gms) protein powder

3 Tbsp chia seeds, hemp seeds, and/or flax seeds (optional, but adds crazy amounts of vitamins, minerals, and antioxidants...plus a nutty taste)
2 Tbsp rice bran or ground flax seeds (usually only available at health food stores)
2 Tbsp whole oats or oat bran
½ tsp vanilla extract
A little natural stevia powder to sweeten (add a small amount to your taste)
A tsp of real maple syrup if you want a more "blended" sweetness flavor

Directions

Start by adding the coconut milk (cans of organic coconut milk are available at most health food stores and possibly even your grocery store) and vanilla extract to a small saucepan on VERY low heat -- the lowest heat setting. Break up the extra dark chocolate bar into chunks and add into pot. Add the nut butters and the stevia, and continuously stir until it all melts together into a smooth mixture.

Then add the raisins, nuts, seeds, protein powder, oat bran, and rice bran and stir until fully blended. If the mixture becomes too thick or crumbly, just add a small amount more coconut milk. If the mixture seems too wet, keep in mind that it will solidify a good bit once it goes in the fridge.

Spoon/pour the fudge mixture onto some waxed paper in an 8"x 8" baking dish and place in the fridge until it cools and solidifies together (3-4 hours). Cut into squares once firm and place in a closed container or cover with foil in fridge to prevent it from drying out.

Enjoy small squares of this delicious healthy "super-food" fudge for dessert and for small snacks throughout the day. This is about as good as it gets for a healthy yet delicious treat!

Even though this is a healthier dessert idea that's lower in sugar and higher in nutrition than most sweet treats, keep in mind that it is still calorie dense, so keep your portions reasonable.

Fresh Blackberry or Mixed Berry Tart



This fabulous fruit tart is bursting with some potent antioxidants, vitamins, minerals and fiber! Eating a variety of fresh berries is one of the best ways to fight aging and all the health issues that go with it, including diabetes and all its complications.

The high-powered antioxidants in the berries protect and smooth your skin and help prevent wrinkles, strengthen your immune system, and fight off cancer and heart disease. Antioxidants also speed up your metabolism, giving you more energy, and helping you burn fat as well!

Berries are a luscious, juicy, sweet treat that fill you up with their healthy fiber and help keep your blood sugar stable as well, meaning you stay in the fat burning zone, as well.

The crunch, nutty crust is low glycemic and grain free. Nuts are a far better choice than a regular pastry crust of starchy refined flours. And what's more, nuts are full of healthy monounsaturated fats such as *oleic* and *palmitoleic acids*, which help to lower LDL or "bad cholesterol" and increase HDL or "good cholesterol".

Nuts are also a rich source of B vitamins, vitamin E, and minerals including: manganese, potassium, calcium, iron, magnesium, zinc, fluoride and selenium.

Ingredients for Crust

1 $\frac{3}{4}$ cups raw almonds, walnuts or pecans
1 Tbsp coconut oil or grass fed butter
5 fresh dates, pitted
Pinch of nutmeg
2 tsp of cinnamon
Pinch of sea salt
1-2 Tbsp raw honey (just enough so that dough will stick together)

Directions for Crust

Finely chop the nuts in a food processor. Add the oil, dates, and spices. Blend together until fine and crumbly. Transfer mixture to a mixing bowl, add honey, and mix to form a dough ball. Add more honey, if needed, so that mixture sticks together.

Grease a 9" pie pan with coconut oil or grass fed butter, and spread the dough into the bottom of the pan. Bake at 350 degrees F for about 10-12 minutes, until the edges are just beginning to brown.

Ingredients for Filling

4-5 cups (around 1 quart) fresh or frozen organic blackberries, cherries, blueberries, strawberries, or raspberries (any combination is great)
1 Tbsp honey or maple syrup
1 $\frac{1}{2}$ Tbsp arrowroot
2 Tbsp water

Directions for Filling

If you are using frozen berries make sure they are completely thawed, so they do not get too juicy and dilute the filling. Add 2 cups of the berries along with the arrowroot in a blender. Add 2 Tbsp water or berry juice. Blend into a puree. Cook puree in small saucepan with honey over medium heat, stirring constantly for about 3-4 minutes. It will become clear as it thickens.

Remove from heat and cool slightly. Add remainder of berries and fill shell. Refrigerate, covered at least 3 hours. Make sure it is covered so it doesn't pick up moisture from the refrigerator.

For an extra special treat, top with REAL whipped cream (recipe follows).

Easy REAL Whipped Cream Topping

Whip a half pint of organic heavy cream with an electric mixer in a metal bowl until soft peaks form. Add a touch of stevia and a splash of vanilla and mix. Keep chilled until ready to use.

Mike's Healthy, Fat Burning, Yummy Chocolate Pudding



This recipe is going to blow you away! I just tried it myself, and it's delicious! It is full of healthy fats, antioxidants, and protein. A high-fiber, high-protein, healthy, fat burning, nutrient-dense, chocolate pudding. All this in every delectable spoonful! Eat this, and feel good about it!

Ingredients

½ of a medium sized ripe avocado (soft to touch)
3 Tbsp (approximately) almond butter (raw if possible)
¼ cup unsweetened almond milk or coconut milk
2 heaping Tbsp of organic cocoa powder
½ tsp vanilla
1 or 2 packets of stevia (or to your desired sweetness level)
½ to ¾ scoop of cold processed chocolate whey protein powder
A pinch of sea salt

Directions

Add avocado and almond butter in a bowl and mash together with a fork until smooth. Add the remaining ingredients to the bowl and mix together vigorously until all is mixed and smooth.

The consistency should be similar to pudding... except normal pudding makes you FAT with the loads of sugar it contains! This healthy pudding recipe will actually HELP you to burn fat, control cravings, and satisfy your body's need for micro-nutrients, protein, healthy fats, and fiber.

If the pudding ends up too thick, simply add a bit more almond milk or coconut milk for more moisture. If you want to get a little wild and add some more nutrient-rich additions, feel free to add some chopped pecans, chia seeds, rice bran, or walnuts at the end. Makes a great healthy dessert or a satisfying late night snack. Makes 2-4 servings.

Avocado Mango Pudding



Photo courtesy www.luminousreflections.com and <http://www.rawrunrelief.com>

Yes, avocados are actually good for things other than just guacamole! With the huge amount of vitamins, minerals and healthy monounsaturated fats they contain, this makes a healthy tasty dessert too.

Avocados in pudding, you ask? Well...yes! What you may not know, is that avocados have a smooth and creamy consistency and a mild flavor that takes well to other flavorings you may want to add. You won't believe how light and fluffy this becomes when you blend it.

Avocados are a great source of monounsaturated fatty acids, potassium, folate, vitamin E, vitamin B, and fiber, as well as heart healthy oleic acid. Avocados also contain glutathione, one of the most powerful antioxidants you can eat, along with the antioxidants lutein and zeaxanthin, which go to work protecting your body and your eyes from free radical damage.

Avocados lower blood pressure, reduce inflammation and cholesterol. They prevent and KILL cancer cells as well as help your skin stay smooth and youthful looking.

Mangos too, are packed with antioxidant power. Mangos are a rich source of vitamin A, E, and selenium that protect against heart disease, cancer, and other serious health issues.

The mango and citrus flavors give this a mouth watering, tangy goodness, and gives the avocado a whole new twist that you are sure to love! Enjoy. Serves 2-4.

Ingredients

1 small avocado
½ or more fresh mango, peeled and cut in large pieces
3 Tbsp orange juice
Juice of half a lime
Dash cayenne pepper
1 tsp raw honey or small amount (1 packet) of stevia

Directions

Puree all ingredients in blender, and serve immediately. Top with chopped fresh mango, papaya, or banana.

Choco-Coconut Truffles



These are awesome when you need a chocolate fix, without going overboard and giving in to a big fattening chocolate candy bar. Make up a batch of these and keep them in the refrigerator or freezer for a little healthy chocolate fix whenever you crave some.

Chocolate does not have to be a 'guilty' pleasure. Dark chocolate—as opposed to milk chocolate—is full of antioxidants, and contains healthier antioxidant flavanoids than red wine, green tea, or blueberries. Antioxidants eliminate harmful free radicals, so getting plenty of antioxidants is really important.

Chocolate contains lots of magnesium, which is actually one of the reasons many women crave it when they have PMS. In fact, chocolate may be one of the richest food sources of magnesium available. This is great for muscles, nerves, the heart, immune system, bones, and much more. It has a calming effect on the body and the mind, lowering blood sugar, blood pressure, and relaxing muscles. Magnesium is necessary for hundreds of biological functions in the body as well. It is the #1 mineral deficiency in most people.

Chocolate also contains serotonin, which acts as an anti-depressant, stimulating the release of endorphins, and that makes chocolate a satisfying treat for your body and

your mind. It also contains a number of other healthy nutrients including, potassium and vitamins B1, B2, D, and E. Always look for dark chocolate, with 60%-70% cacao or more. Indulging your chocolate craving from time to time will help you avoid feeling deprived!

Ingredients

1 cup raw walnuts
4-5 pitted dates
¼ cup full fat, unsweetened canned coconut milk
4 Tbsp unsweetened chocolate powder
2 Tbsp honey
½ cup or so shredded, dry unsweetened coconut

Directions

Blend all ingredients (except dry coconut) in food processor. Refrigerate until cold. Roll into balls and then roll into shredded coconut. Store in refrigerator in covered container. Makes 12-15 truffles.

Almond and Avocado 'Ice Cream'



Ok, so you probably wouldn't think of using avocados for ice cream, but actually, avocados have such a mild flavor that it blends well with other flavors, and the richness of the avocados gives this dessert a delicious creamy texture. Avocados are actually one of the most versatile foods that you can use to add to thicken and enrich most any recipe.

Avocados contain numerous health and fat burning benefits. Besides their heart healthy, monounsaturated fats, they contain potassium, vitamin E, B vitamins, and fiber, as well as oleic acid. Avocados also contain a substance called glutathione, which is one of the most powerful antioxidants you can eat. Avocados also contain the antioxidants lutein, and zeaxanthin, which are good for the eyes and skin.

All these nutrients mean that avocados help lower blood pressure, reduce inflammation, reduce cholesterol, and keep blood sugar stable. The powerful antioxidants serve as weapons that not only prevent, but kill cancer cells. Avocados are definitely one of my favorite healthy, fat burning foods.

Ingredients

1 large or 2 smaller ripe avocados

1 cup raw dairy milk or almond milk

2/3 cup canned unsweetened coconut milk (full fat variety), or raw dairy cream

stevia, to taste

1 Tbsp lemon juice

1 tsp pure vanilla extract (optional)

½ cup chopped, toasted almonds

Directions

Puree all ingredients except almonds, in food processor and blend. Stir in almonds, and pour mixture into ice cube trays and freeze for 4 or more hours, or place in ice cream maker and follow directions on ice cream maker. If using ice cube trays, remove from freezer 15-20 minutes prior to serving, puree again in food processor and serve.

Items to Keep in Your Kitchen

While you cannot feasibly keep every single ingredient in your kitchen at all times, there are few ingredients that have been used over and over again in this book. Some of these ingredients I keep in my cabinet or freezer for handy access, and some are fresh ingredients I purchase at the grocery store or farmer's market on a regular basis, to use in most dishes.

Meats

Grass fed cuts of beef—ground beef, skirt steak and other cuts

Raw grass fed cheeses—these can be frozen to keep on hand until needed

Wild caught fish—can be purchased fresh or frozen

Free range chicken—fresh or frozen

Pasture raised, high omega 3 eggs—the best kind are the kind that come fresh from a farm if you can get them.

Produce

Fresh garlic cloves

Fresh gingerroot

Fresh cilantro (this doesn't last long, so use often!)

Fresh basil

Fresh parsley

Fresh lemons and limes

Avocados—Buy in varying degrees of hardness, so you can ripen some at room temperature, and store some in the fridge for later so they don't ripen as fast

Frozen organic berries

Frozen bananas

Frozen organic kale, spinach or other greens

Canned Goods, Pantry Items

Coconut flour, almond meal/flour, ground flaxseed meal--my favorite!

Coconut juice, unsweetened

Coconut milk, full fat, unsweetened

Canned organic tomatoes, whole or chopped

Wild caught sockeye salmon and tuna (I like the kind packed in olive oil)

Black beans, pinto beans, red beans, garbanzo beans

Organic chicken stock and vegetable stock

Gluten free brown rice flour

Coconut flour or almond flour

Organic, all natural (no added oil or sugar) peanut butter

Organic almond butter, cashew butter or sunflower butter (if you have a nut allergy)

Frank's Redhot Sauce or Tabasco or other hot sauce.

Pure maple syrup

Raw honey

Palm sugar

Cold processed, stevia-sweetened, protein powder—either whey or hemp based

Herbs and Spices

Sea Salt, and peppercorns in grinder

Red pepper flakes

Turmeric

Basil

Oregano

Cumin

Cinnamon

Chili powder

Curry powder

Thyme

Garlic powder or granulated garlic

Stevia sweetener

Fats, Oils

Avocado oil

Extra virgin olive oil

Organic, cold processed unrefined coconut oil

Grass fed/pastured raised butter

Mike Geary Bio

Mike has been a Certified Nutrition Specialist and Certified Personal Trainer for almost 12 years now. Mike has been studying nutrition and exercise for almost 20 years, ever since being a young teenager. Mike is currently 36 and moved from New Jersey (growing up in the Philadelphia area) to the beautiful mountains of the Colorado Rockies 5 years ago. Mike now enjoys skiing almost every day during the winter in Colorado and Utah and spends a lot of time mountain biking, hiking, golfing, and enjoying other outdoor activities and sports.



Mike is an avid adventurer and in the last several years, has done:

- 3 skydiving jumps (2 of them from 17,000 feet in Colorado)
- 5 whitewater rafting trips including some of the most extreme Class 5 rapids in North America in the well-known Gore Canyon, and Class 5 rapids in Thailand.
- Piloting an Italian fighter plane over the desert of Nevada (wow, what a blast!)
- Taking part in a “Zero-Gravity Flight” where you actually experience weightlessness and float around the airplane cabin (the same training given to astronauts)
- Heli-skiing in Chile and British Columbia.
- Scuba diving the Silfra Ravine in Iceland in 34-degree F water and 300-feet visibility underwater.
- Snowmobiling and hiking on a glacier that overlies a volcano in Iceland
- Riding Porsche powered dune buggies through the entire length of the Baja Peninsula of Mexico with 25 high level business owners and CEOs, including Jesse James of West Coast Choppers fame
- Ziplining over canyons and forests in the Rocky Mountains, Costa Rica, and Mexico
- Cruising most of the Caribbean
- Traveling through Thailand, Nicaragua, Spain, Belize, Costa Rica, Mexico, Iceland, Chile, the Bahamas, Jamaica, Cayman Islands, Turks & Caicos, Trinidad & Tobago, and all over the US/Canada.

In the last 5 years, Mike has become the best-selling author of the famous *Truth about Six Pack Abs* program with over 559,000 readers currently in 163 countries, and a subscriber base of over 655,000 subscribers worldwide to Mike’s [Lean-Body Secrets online e-newsletter](#).

If you don’t already receive Mike’s weekly Lean-Body Secrets e-newsletter, make sure to

[sign up here for FREE](#) so you don't miss out on all of Mike's unique fat-burning recipes, crazy workout combinations, and tons more tips to help you live lean and healthy for life!

Mike's *Truth About Six Pack Abs* program has also been translated currently into Spanish, German, and French:

German version: <http://www.flacherbauch.com/>

Spanish version: <http://www.PierdaGrasaAbdominal.com>

French version: <http://www.toutsurlesabdos.com/>

Italian version: <http://www.addominaliperfetti.com/>

Mike is passionate about skiing and is also the author of the program for hard core skiers to get their legs in the shape of their lives for the skiing season. Check it out:

<http://www.AvalancheSkiTraining.com>

Even if you're not a skier, these programs are some very unique leg training programs and will help anyone to get rock solid legs of steel!



If you're a time-crunched person and find it hard to fit in workouts into your schedule, check out Mike's super high intensity Tabata style (4-minute workouts) workout DVDs at:

<http://www.BusyManFitness.com>

Who is Catherine Ebeling?



Catherine (Cat) Ebeling is an RN, BSN (Bachelor of Science in Nursing) with a background in physical therapy and over twelve years as a nationally certified fitness professional.

After learning that she had several food allergies at the age of 20, as well as celiac disease—an autoimmune disease of the GI tract in which the body attacks the digestive system--she starting looking for solutions. Undiagnosed celiac disease can lead to malnutrition, osteoporosis, anemia and many other serious diseases, including cancer.

Once she figured out what caused her health issues, she studied every nutrition and diet book available to find out the best way to be healthy and avoid those foods that she was allergic to.

Cat has had more than thirty years of intense study in diet, nutrition, disease and natural alternatives to drugs for health issues. As an RN and part of the medical community, it became very clear that there was a lot of ignorance among doctors and her peers in regard to nutrition and health, so she often became a resource for both doctors, other nurses, and patients for their dietary concerns.

Through the study of diet and health, as well as her work as a fitness professional, she has learned tried and true ways to lose weight, get healthier, look great, feel young and have tons of energy. Cat has been able to educate thousands of readers worldwide with her many articles on diet and health in her website, www.simplesmartnutriton.com.

This "simple, smart, nutritional" approach has created real results for many people. In addition, through her intensive study of diet, health and nutrition, she has helped many people overcome serious health issues, reduce their medication, lose weight and regain their youth and energy.

Cat is currently traveling, observing and studying diet and health issues around the world, and working on her Masters degree in Nursing and Public Health. She has traveled to Puerto Rico, Mexico, Canada, St. Thomas, Costa Rica, Belize, Columbia (South America), Italy, Germany, France, Spain, Morocco, Thailand and Cambodia.

Catherine graduated Magna Cum Laude with a Bachelor of Science in Nursing from St. Louis University, a prestigious medical and scientific university. She also has an

Associate's Degree in Physical Therapy, and a BS in Marketing. In addition, she is a certified Personal Trainer and Nutrition Consultant.



Cat (on left), age 55, National Cyclocross Championships, fourth place, 2014

Cat has been an athlete since she was a child, participating in track, gymnastics and cheerleading. Throughout her active adulthood, she has pursued many activities including running, weight lifting, aerobics, spinning, water skiing, snow skiing, competitive mountain, cyclocross, and road biking. Cat attributes her success in athletics as well as her youthful, healthy outlook to a healthy diet and exercise.

For more help with diet, blood sugar management, and to fully optimize your health, sign up for [Cat's Diabetes Defense Membership](#).

References:

Anthony Gucciardi, "Study on how eggs prevent cancer shows vast healing power of foods", *Natural News*, August 02, 2011.

Katherine Hobson, *US News and World Report*, "11 Best Fish—High in Omega 3's and Environment Friendly", October 18, 2011. <http://health.usnews.com/health-news/diet-fitness/slideshows/best-fish>

Mercola, *Top Ten Spices That Defend You Against Aging*, August 21 2008, [Mercola.com](http://mercola.com)

Mercola, *Benefits of Coconut Flour*, [Mercola.com](http://mercola.com)

George Mateljan foundation, *WHFoods, Eating healthy for the seasons, Worlds healthiest foods*, [Whfoods.org](http://whfoods.org)

George Mateljan Foundation, *WHFoods, Worlds Healthiest Foods*, [Whfoods.org](http://whfoods.org)

National Pecan Shellers Association, *Nutrition in a Nutshell, Health Benefits of Pecans*, <http://www.ilovepecans.org/nutrition.html>

NZ.herald.co.nz, *Studies identify medicinal benefits of herbs and spices*, Oct 13, 2011. http://www.nzherald.co.nz/health/news/article.cfm?c_id=204&objectid=10757192

Rasooli I, Mirmostafa SA. Bacterial susceptibility to and chemical composition of essential oils from *Thymus kotschyanus* and *Thymus persicus*. *J Agric Food Chem* 2003 Apr 9;51(8):2200-5 2003.

Al Sears, *Salmon that's nine times better*, *Power for Healthy Living*, June 21, 2010, <http://www.alsearsmd.com/salmon-thats-nine-times-better>.

Wood, Rebecca. *The Whole Foods Encyclopedia*. New York, NY: Prentice-Hall Press; 1988 1988. PMID:15220.

Youdim KA, Deans SG. Beneficial effects of thyme oil on age-related changes in the phospholipid C20 and C22 polyunsaturated fatty acid composition of various rat tissues. *Biochim Biophys Acta* 1999 Apr 19;1438(1):140-6 1999. PMID:12480.

Isabel De Los Rios, *The Diet Solution Program*, www.thedietsolutionprogram.com

Mike Geary, *The Truth About Abs*, www.truthaboutabs.com

U.S. Wellness Meats, *Benefits of Grass Fed Beef*, www.grasslandbeef.com

Dawn (Kieba) Blacklidge, Retro Raw Recipes.

<http://www.bodytemplebootcamp.com/books.htm>

Jackie Burgmann, <http://www.girlwithnoname.com>, www.hotathome.com