



# Fat Burning & Anti-Aging Main Dish Recipes!

By: Mike Geary &  
Catherine Ebeling

By Catherine Ebeling RN BSN, [www.simplesmartnutrition.com](http://www.simplesmartnutrition.com)  
and Mike Geary, [www.TheNutritionWatchdog.com](http://www.TheNutritionWatchdog.com)

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# INTRODUCTION

**Yes, You Can Eat Rich, Delicious Foods and Melt Belly Fat 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

I learned to love and enjoy healthy food. We also 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 is dramatic. They could be 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 or possibly reverse diabetes and many 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 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, and to maintain a healthy blood sugar balance can mean you get to really enjoy and eat 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 usually contains just **one ingredient**, or it can be combination of one-ingredient foods—foods you can easily 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 and biologically.

Consider this: You may think you are eating nutritious foods when you eat whole wheat bread, 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 in your body—**sugar**.

High glycemic foods that raise your blood sugar can lead to diabetes and pre-diabetes, and also the formation of AGE’s (advanced glycation end products) inside your body, contributing to inflammation, oxidation, 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, Improve Your Moods, 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 disease 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 some of the most common food allergies—and some of those can be pretty serious. I 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 Fat Burning Kitchen 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.

The other important thing about avoiding gluten is that if you have any kind of sensitivity, gluten contributes to inflammation. Increased inflammation can lead to increased risk of disease, including diabetes.

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

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.

And—all of the above grains and soy are doused with the chemical glyphosate causing serious health issues, including an increased risk of disease, loss of your protective bacterial biome in your gut, inflammation, increased risk of cancer and increased risk of allergies.

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](http://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!



### **Delicious, Satisfying Foods included in these 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**

## **DELICIOUS RECIPES THAT RESET YOUR BODY AND BLOOD SUGAR**

These recipes have you eating plenty of satisfying, low glycemic, high quality proteins, healthy fats, fresh, organic vegetables, with a few delicious, low glycemic fruits.

What's more, these meals help to serve as a detox diet for your body from sugars, starches, chemicals, preservatives, and inflammatory foods, so that you can start to reset your metabolism.

This is where we will help you break the addictions to sugar and starchy foods. While this may seem a bit difficult at first, after about 3-5 days, you will find those unhealthy 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.

- Take magnesium. Magnesium deficiencies often make you crave chocolate or sweets.

If at all possible, prepare and eat most all of your meals from home. 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 as your blood sugar levels go down you will not be as hungry all the time.

Most vegetables, meat, fish, and healthy fats are naturally low glycemic. There are a few low-carb, low glycemic fruits that include raspberries, strawberries, blueberries, and blackberries, but generally you should avoid fruit until your blood sugar is under control.

Do your best to find grass-fed meat and wild-caught, naturally raised fish and chicken, and free-range, pastured eggs. While these types of protein may be harder to find, they contain more of the healthy, fat-burning, blood sugar stabilizing, anti-inflammatory Omega 3 fats, conjugated linoleic acid, 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. There is no 'eating in moderation' here. Food addictions are very similar to drug and alcohol addictions, and 'cutting back' only feeds your addiction, makes you crave it more, and makes it worse.

You can DO this!

The benefits of this diet 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.*

**Foods to omit until blood sugar is under control--**

- **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 the Fat Burning Kitchen 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 recipes with some complex carbohydrates, along with more varieties of fruit—along with more delicious desserts.

## **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 healthy 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.

BUT for one—this makes it hard to get complete protein this way; and 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, omega 3 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, no matter how much spinach and kale I consume!

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***

## 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 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 spoonful 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.

## 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.

## **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.



## Italian Sauce and Spaghetti Squash "Pasta"



Photo courtesy of [www.imarriedanutritionist.com](http://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.

# 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!



# 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.

Once your blood sugar is under control, you may add small amounts of potatoes, 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.



# 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.



## 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.



## 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
- Optional—small red potatoes, 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.

## 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](http://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:

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.