



METABOLIC METHOD

The Ultimate Weight Loss Plan

**M2 Metabolic
Method
Diet Program
Recipes**

Recipes

Fish:

Crab cakes

Ingredients:

100 grams/3.5 oz snow or king crab meat

1 serving Melba toast crumbs

1 tablespoon lemon juice

1 teaspoon apple cider vinegar

1/8 teaspoon onion powder

1/8 teaspoon garlic powder

1 tablespoon finely minced onion

1 clove crushed and minced garlic

Cayenne to taste

Salt and black pepper to taste

Directions:

In a small bowl combine ingredients and form into cakes.

Press crab cakes into muffin tins and bake at 350 degrees for about

10-20 minutes until slightly brown on top.

The crab mixture can also be sauté d until warm or chilled and served over a green salad with lemon garnish and topped with Melba toast crumbs.

Makes 1 serving (1 protein, 1 Melba toast)

Citrus fish

Ingredients

100 grams/3.5 oz white fish

1 tablespoon minced onion

2 tablespoons lemon juice

Lemon and orange zest to taste

Lemon and orange slices

Chopped parsley

Salt and pepper to taste

Stevia/Truvia to taste

Directions

Mix lemon juice with zest and a little Stevia/Truvia.

Baste fish with mixture and top with salt, pepper, and lemon and orange slices.

Wrap in aluminum foil and place on the barbeque or in oven at 350 degrees.

Cook fish for 5-10 minutes or until fish is thoroughly cooked.

Serve with lemon and top with parsley.

Makes one serving (1 protein, 1 fruit)

Mahi mahi w/ oranges

Ingredients:

100 grams/3.5 oz mahi mahi fish

½ orange in segments

2 tablespoons Bragg's amino acids

1 teaspoon apple cider vinegar

1/8 teaspoon fresh or dried ginger

1 tablespoon chopped green onion

1 clove garlic crushed and minced

Pinch of red pepper flakes

Stevia/Truvia to taste

Cayenne to taste

A little water as needed

Directions:

Sauté mahi mahi fish with a little water, vinegar and Bragg's then add garlic, spices, and Stevia.

Add ½ orange in chunks or segments.

Cook for 5-10 minutes.

Top with green onion and serve on a bed of steamed spinach or greens.

Makes 1 serving (1 protein, 1 fruit)

Sweet & sour shrimp

Ingredients:

100 grams/3.5 oz shrimp

1 cup water

½ lemon, with rind

½ orange with rind

3 tablespoons Bragg's Liquid Aminos

1 tablespoon minced onion

1 clove garlic crushed and minced

Cayenne to taste

Salt and pepper to taste

Stevia/Truvia to taste

Directions:

Boil 1 cup of water with ½ lemon and ½ orange with rind until pulp comes out of the center.

Scrape out remaining pulp and discard the rind.

Add onion, garlic, Bragg's, and spices and reduce liquid by half.

Add the shrimp to the sauce and sauté for 5-7 minutes until shrimp is cooked.

Makes 1 serving (1 protein, 1 fruit)

Savory onion carmelized shrimp

Ingredients:

100 grams/3.5 oz shrimp

Sliced onion cut into rings

¼ cup water

3 tablespoons lemon juice

1 tablespoons Bragg's Liquid Aminos

Vanilla flavored liquid Stevia/Truvia to taste

Salt and pepper to taste

Directions:

Heat up the liquid ingredients on high heat in small frying pan.

Add Stevia, salt, pepper, onion, and shrimp.

Deglaze with a little water several times to create a caramelized sauce.

Makes 1 serving (1 protein, 1 vegetable)

Spicy mustard shrimp w/ chard

Ingredients:

100 grams/3.5 oz shrimp

Chard chopped

½ cup vegetable broth or water

3 tablespoons homemade mustard (see Dressings, Sauces & Marinades)

2 tablespoons Bragg's Liquid Aminos

1 tablespoon apple cider vinegar

2 tablespoons lemon juice

Pinch of red pepper flakes

2 tablespoons chopped onion

2 cloves garlic sliced

Salt and pepper to taste

Directions:

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

Remove the shrimp and deglaze the pan with the vegetable broth.

Add chard to the broth and cook stirring occasionally until chard is tender.

Add a little water if needed.

Top with mustard shrimp and enjoy.

Makes 1 serving (1 protein, 1 vegetable)

Ginger shrimp wraps

Ingredients:

100 grams/3.5 oz shrimp

1 or more cabbage or lettuce leaves

1 cup vegetable broth or water

2 teaspoons apple cider vinegar

1 tablespoon Bragg's Liquid Aminos

1 clove garlic crushed and minced

Pinch of fresh ginger

1 tablespoon finely minced green onion

1 serving spicy orange sauce (see Dressings, Sauces & Marinades)

Salt and pepper to taste

Directions:

Lightly steam cabbage leaves and then set aside.

Cook shrimp with spices and mince together with onion.

Wrap up shrimp mixture in cabbage or lettuce leaves and enjoy with dipping sauce.

Another alternative is to place multiple rolls in small baking dish.

Cover with vegetable broth and bake for 25 minutes at 350 degrees.

Variations: Dip wraps in Sweet wasabi dipping sauce (see Dressings, Sauces & Marinades) or top with additional Bragg's.

Makes 1 serving (1 protein, 1 vegetable)

Sweet ginger shrimp

Ingredients:

100 grams/3.5 oz shrimp

¼ cup vegetable broth or water

2 tablespoons lemon juice

2 tablespoons orange juice (optional)

2 tablespoons Bragg's Liquid Aminos

¼ teaspoon fresh or powdered ginger

Pinch of chili powder

Dash of garlic powder

Dash of onion powder

Stevia/Truvia to taste

Salt and black pepper to taste

Directions:

Mix dry spices with vegetable broth and liquid ingredients.

Sauté with shrimp in small saucepan stirring continuously until cooked.

Add water to deglaze the pan periodically until desired consistency is reached.

Makes 1 serving (1 protein)

Orange roughy w/ tomato & onion

Ingredients:

100 grams/3.5 oz orange roughy fish

2 tomatoes chopped

2 tablespoons onion chopped

1 clove garlic crushed and minced

½ cup vegetable broth or water

Salt and pepper to taste

Directions:

Sauté onions and garlic in vegetable broth, add orange roughy and spices until almost cooked about 5 minutes.

Add freshly chopped tomatoes and cook for an additional 5 minutes.

Serve hot, add salt and pepper to taste.

Garnish with parsley.

Makes 1 serving (1 protein, 1 vegetable)

Sweet orange pepper shrimp

Ingredients:

100 grams/3.5 oz shrimp

1 tablespoon minced onion

1 serving of sweet orange marinade (see Dressings, Sauces & Marinades)

Stevia/Truvia to taste

Directions:

Marinate shrimp for 30 minutes in marinade.

In small frying pan add shrimp and rest of marinade along with a few chopped slices of orange.

Add black pepper to taste.

Deglaze the pan periodically with water.

Sauté until shrimp are cooked and tender and the sauce is the right consistency.

Makes 1 serving (1 protein, 1 fruit)

Orange (or lemon) glazed orange roughy BBQ wrap

Ingredients:

100 grams/3.5 oz orange roughy fish

3 orange slices

3 tablespoons orange juice (optional)

1 tablespoon lemon juice

1 tablespoon chopped green onion

Dash of garlic powder

Dash of onion powder

Salt and pepper to taste

Stevia/Truvia to taste

Directions:

Place fish on aluminum foil.

Baste with juice and spices.

Top with orange or lemon slices.

Wrap up and place on barbeque or in the stove at 350 degrees for 10-15 minutes until well cooked and fork tender.

Serve with juices and orange slices.

Sprinkle with parsley.

Makes 1 serving (1 protein, 1 fruit)

Baked white fish w/ asparagus

Ingredients:

100 grams/3.5 oz white fish (make multiple servings for best results)

Asparagus

1 serving Melba toast crumbs per serving

½ cup vegetable broth or water

2 tablespoons caper juice

4 tablespoons lemon juice

1 clove garlic crushed and minced

1 tablespoon onion minced

¼ teaspoon dried or fresh dill

Pinch of tarragon

Parsley

Salt and pepper to taste

Directions:

In a small baking dish, layer the fish and asparagus.

Mix vegetable broth with spices and pour over fish and asparagus.

Top with herbed Melba toast crumbs and bake at 350 for about 20 minutes or until fish and asparagus is cooked thoroughly and crumbs are slightly brown.

Top with remaining sauce, fresh parsley, and serve with lemon wedges.

Dish can also be cooked on the barbeque.

Just wrap up fish and asparagus in foil, toss with spices and baste with vegetable broth.

Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)

Baked lobster w/ spicy lemon sauce

Ingredients:

100 grams/3.5 oz sliced lobster tail

1 serving Melba toast crumbs

¼ cup water

4 tablespoons lemon juice

Pinch of red pepper flakes

¼ teaspoon garlic powder

Pinch of sweet paprika

Pinch of lemon zest

1 teaspoon fresh chopped parsley

Salt and pepper to taste

Directions:

In a small saucepan combine water and lemon juice with spices and bring to a boil.

Reduce liquid and deglaze occasionally.

Lay out slices of lobster in small baking dish.

Pour lemon sauce over lobster and sprinkle with Melba crumbs, paprika, salt and fresh ground pepper.

Bake lobster slices at 350 degrees for approximately 15 minutes or until lobster is fully cooked.

Add a little extra water if needed so lobster doesn't burn.

Serve hot and topped with sauce.

Garnish with lemon slices and sprinkle with lemon zest and parsley.

Makes 1 serving (1 protein, 1 Melba toast)

Poached fish w/ thyme

Ingredients:

Any white fish

½ cup vegetable broth or water

2 tablespoons caper juice

2 tablespoons lemon juice

1 teaspoon apple cider vinegar

1 clove garlic crushed and minced

1 tablespoon minced red onion

Pinch of thyme

Salt and pepper to taste

Directions:

Add garlic, onion and spices to liquid ingredients.

Add fish and poach for 5 minutes or until fish is cooked thoroughly.

Garnish with parsley and lemon.

Makes 1 serving (1 protein)

Sweet wasabi sautéed shrimp

Ingredients:

100 grams/3.5 oz shrimp

1 recipe sweet wasabi marinade (page 54)

1 tablespoon minced onion

Pinch of dried or fresh ginger

Stevia/Truvia to taste

Directions:

Sauté shrimp with onion in wasabi marinade.

Serve hot or enjoy chilled over mixed green salad.

Makes 1 serving (1 protein)

Italian shrimp w/ tomato

Ingredients:

100 grams/3.5 oz shrimp

2 large tomatoes chopped

¼ cup vegetable broth or water

2 tablespoons lemon juice

¼ teaspoon dried or fresh basil

2 cloves of garlic crushed and minced

Pinch of dried or fresh oregano

Pinch of red pepper flakes

Salt and black pepper to taste

Directions:

Sauté onion, garlic and spices in broth and lemon juice.

Add spices and cook for 5 minutes.

Add the shrimp and tomatoes and cook until shrimp is pink and well cooked.

Makes 1 serving (1 protein, 1 vegetable)

Lemon dill fish

Ingredients:

100 grams/3.5 oz any kind of white fish

4 tablespoons lemon juice

¼ cup vegetable broth or water

1 teaspoon apple cider vinegar

1 teaspoon fresh dill

1 clove garlic crushed and minced

1 tablespoon minced onion

Salt and black pepper to taste

Directions:

Sauté fish with lemon juice, vegetable broth, and vinegar.

Add garlic, onion, and fresh dill.

Cook for an additional 5-10 minutes or until fish is completely cooked.

Garnish with lemon wedges.

Makes 1 serving (1 protein)

Jambalaya

Ingredients:

100 grams/3.5 oz shrimp (chicken, beef, or chicken sausage can be used)

Tomatoes or celery chopped

1 cup vegetable broth or water

1 tablespoon lemon juice

1 tablespoon chopped onion

1 clove garlic crushed and minced

Dash of Worcestershire sauce

Dash of hot sauce

Dash of liquid smoke (optional)

Pinch of cayenne to taste

1/8 teaspoon garlic powder

1/8 teaspoon onion powder

Pinch of thyme

Salt and pepper

Water as needed

Directions:

Lightly sauté shrimp or chicken with celery or tomatoes, garlic and onion in lemon juice until cooked or lightly browned.

Deglaze the pan with broth and add seasonings.

Simmer on low for approximately 20-30 minutes until liquid is slightly reduced adding additional broth or water to achieve desired consistency.

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

Curried shrimp w/tomato

Ingredients:

100 grams/3.5 oz shrimp

½ cup vegetable broth or water

2 tomatoes chopped

1 tablespoon minced onion

1 clove garlic crushed and minced

1/8 teaspoon curry or to taste

1/8 teaspoon onion powder

1/8 teaspoon garlic powder

Pinch of allspice

Stevia/Truvia to taste

Directions:

Sauté the shrimp with the onion and garlic for about 3 minutes or until cooked.

Add vegetable broth, curry and Stevia/Truvia.

Add garlic and onion powder to thicken the mixture.

Cook for 5-10 minutes on medium heat.

Add water or reduce liquid until desired consistency is reached.

Makes 1 serving (1 protein, 1 vegetable)

Shrimp etouffe

Ingredients:

100 grams/3.5 oz shrimp

½ cup vegetable broth or water

Celery

1 clove garlic crushed and minced

1 tablespoon chopped red onion

1 tablespoon chopped green onion

Pinch of thyme

Pinch of cayenne pepper to taste

Salt and pepper to taste

Directions:

Add spices and vegetables to broth and simmer for about 15 minutes until celery is softened.

Add the shrimp to the mixture and cook an additional 10-20 minutes.

Serve hot.

Makes 1 serving (1 protein, 1 vegetable)

Tilapia w/ herbs

Ingredients:

100 grams/3.5 oz of Tilapia fish

2 tablespoons lemon juice

1 clove garlic crushed and minced

1 tablespoon chopped onion

Pinch of dill

Fresh parsley

Salt and black pepper to taste

Directions:

Sauté fish in lemon juice with a little water then add onion, garlic and fresh herbs.

Garnish with chopped parsley.

Or bake in baking dish with a little water at 350 for 20 minutes until fish is tender and delicious.

Variations: oregano, thyme, or tarragon.

Makes 1 serving (1 protein)

Baked curried fish

Ingredients:

Your choice of white fish

2 tablespoons lemon juice

1 serving Melba toast crumbs

1 tablespoon finely chopped onion

1 clove garlic crushed and minced

1/8 teaspoon onion powder

1/8 teaspoon garlic powder

1/8 teaspoon curry powder

Salt and pepper to taste

Fresh parsley

Directions:

Combine dry spices and Melba toast crumbs.

Dip fish into Melba and spice mixture to coat thoroughly.

Broil fish until fish is cooked and herbed crumb mixture is slightly brown.

Garnish with lemon slices and fresh parsley.

Makes 1 serving (1 protein, 1 Melba toast)

Poached halibut

Ingredients:

100 grams/3.5 oz per serving halibut

½ cup vegetable broth or water

1 tablespoon lemon juice

1 tablespoon chopped onion

1 clove garlic crushed and minced

½ teaspoon fresh ginger

Pinch of grated orange zest

Salt and pepper to taste

Stevia/Truvia to taste

Directions:

Heat up the vegetable broth in small frying pan.

Add lemon juice, onion, garlic, and spices.

Poach halibut filet for 5-10 minutes until fish is tender and cooked thoroughly.

May also be wrapped in foil and placed on the barbeque.

Serve topped with remaining juices as a sauce.

Makes one serving (1 protein)

Creole shrimp

Ingredients:

100 grams/3.5 oz shrimp

½ cup vegetable broth or water

1 clove garlic crushed and minced

1 tablespoon minced onion

¼ teaspoon horseradish

1/8 teaspoon garlic powder

1/8 teaspoon onion powder

1-2 teaspoons hot sauce

2 tablespoons lemon juice

Pinch of thyme

1 bay leaf

Dash of saffron powder or root beer flavored Stevia/Truvia

Dash of liquid smoke flavoring (optional)

Cayenne pepper to taste

Salt and black pepper to taste

Directions:

Mix liquid ingredients, onion, garlic, and spices.

Simmer over low heat for 10 minutes in a small frying pan.

Add shrimp and cook thoroughly for an additional 5 minutes.

Add salt and pepper to taste.

Deglaze the pan periodically with additional water or broth.

Serve hot or cold over a salad or with fresh asparagus.

Makes 1 serving (1 protein)

Shrimp scampi

Ingredients:

100 grams/3.5 oz shrimp

¼ cup vegetable broth or water

3 tablespoons lemon juice

4 cloves garlic crushed and minced

Dash of garlic powder

Dash of onion powder

Dash of chili or cayenne pepper powder to taste

Salt and pepper to taste

Directions:

Add garlic to liquid ingredients.

Add shrimp and additional spices.

Cook for 5-7 minutes until shrimp are pink and liquid is reduced.

Serve hot or cold with a salad or on a bed of spinach.

Makes 1 serving (1 protein)

Black pepper sautéed shrimp

Ingredients:

100 grams/3.5 oz shrimp

1 serving Melba toast crumbs (optional)

2 tablespoons lemon juice

1 tablespoon caper juice

Salt and fresh ground black pepper to taste

Directions:

Mix Melba toast crumbs with salt and generous amount of black pepper.

Coat shrimp with Melba toast pepper mixture and fry on high heat in a skillet in a little lemon juice until cooked well.

Serve hot and garnish with lemon and additional freshly ground black pepper.

Makes 1 serving (1 protein, 1 Melba toast)

Cajun baked shrimp

Ingredients:

100 grams/3.5 oz your choice of white fish

1 serving Melba toast crumbs

1/8 teaspoon onion powder

1/8 teaspoon garlic powder

Pinch of cayenne pepper to taste

Pinch of thyme

Salt and black pepper to taste

Directions:

Combine spices and Melba toast powder.

Dip fish in lemon juice and coat with spice mixture.

Bake in 350 degree oven for 20 minutes or broil until lightly brown.

Garnish with parsley.

Makes 1 serving (1 protein, 1 Melba toast)

Blackened red snapper

Ingredients:

100 grams/3.5 oz red snapper fish

Blackening spice mix

2 teaspoons paprika

4 teaspoons thyme

2 teaspoons onion powder

2 teaspoons garlic powder

1 teaspoon cayenne pepper

2 teaspoons oregano

½ teaspoon cumin

½ teaspoon nutmeg powder

2 teaspoons salt

2 teaspoons black pepper

Stevia

Directions:

Mix spices well in shaker jar.

On a paper plate remove enough of the spice mixture to coat pieces of fish thoroughly.

Preheat a skillet to high heat.

Add fish dry and cook quickly until spices are blackened and fish is cooked completely.

Serve hot.

Garnish with lemon and fresh parsley.

Save the rest of the blackened spice mixture to use later.

Works well with chicken also.

Makes 1 serving (1 protein)

Baked stuffed lobster

Ingredients:

100 grams/3.5 oz raw lobster tail

1 serving Melba toast crumbs

½ cup vegetable broth or water

1 tablespoon minced onion

1 clove garlic crushed and minced

1/8 teaspoon garlic powder

1/8 teaspoon onion powder

Paprika to taste

Salt and pepper to taste

Directions:

Mix Melba toast crumbs with spices, garlic and onion.

Stuff lobster tail with Melba mixture and place into baking dish stuffing side up.

Pour vegetable broth over the lobster, dust the lobster with more paprika and bake at 350 degrees for approximately 20 minutes.

Broil for additional 1-2 minutes to brown.

Add salt and pepper to taste and serve with lemon wedges.

Makes 1 serving (1 protein, 1 Melba toast)

Lobster medallions in tomato sauce

Ingredients:

100 grams/3.5 oz raw lobster tail

2 tomatoes chopped

8 ounces tomato sauce

2 tablespoons lemon juice

1 clove of garlic crushed and minced

1 tablespoon minced onion

1 bay leaf

1/8 teaspoon thyme

1/8 teaspoon fresh chopped tarragon

Cayenne pepper to taste

Salt and pepper to taste

Chopped parsley

Salt and fresh ground black pepper to taste

Directions:

Slice medallions of lobster tail. Weigh out 100 grams/4 oz raw.

Sauté lobster in lemon juice and a little water then add garlic, onion, tomatoes, tomato sauce, and spices.

Simmer for 10-15 minutes and serve.

Makes 1 serving (1 protein, 1 vegetable)

Shrimp w/mint & cilantro

Ingredients:

- 100 grams/3.5 oz shrimp
- 2 tablespoons fresh cilantro finely minced
- 1 tablespoon fresh mint finely minced
- 1 teaspoon fresh Italian parsley
- 1 clove garlic crushed and minced
- 2 tablespoons lemon juice
- Salt and pepper to taste
- Stevia/Truvia (optional)

Directions:

In a small frying pan, fry up the garlic in the lemon juice.

Add shrimp, cilantro, mint and parsley.

Stir fry together until shrimp is cooked and coated with herb mixture.

Add a little extra water or lemon juice if necessary.

Garnish lemon wedges.

Makes 1 serving (1 protein)

Sautéed snapper w/ lemon pepper sauce

Ingredients:

100 grams/3.5 oz red snapper

¼ cup vegetable broth or water

2 tablespoons lemon juice

2 tablespoons caper juice

Dash of garlic powder

Dash of onion powder

Dash of cayenne (optional)

Salt and fresh ground pepper to taste

Directions:

Add dry spices to broth and liquid ingredients.

Sauté fish in sauce for 5-10 minutes until thoroughly cooked.

Makes 1 serving (1 protein)

Chicken:

Baked rosemary chicken

Ingredients:

100 grams/3.5 oz thick sliced or whole chicken breast

1 serving Melba toast crumbs

¼ cup chicken broth or water

3 tablespoons lemon juice

½ teaspoon fresh rosemary

¼ teaspoon onion powder

¼ teaspoon garlic powder

Salt and pepper to taste

Pinch of lemon zest

Directions:

Marinate chicken in lemon juice, salt and rosemary.

Mix spices and Melba toast crumbs together in shallow bowl or plate.

Coat the chicken pieces with spice mixture and place in baking dish.

Add broth and top chicken with additional spice mixture.

Bake chicken at 350 for approximately 20 minutes or until cooked.

Sprinkle chicken with lemon juice, salt, and pepper to taste.

Garnish with fresh chopped parsley and lemon slices.

Makes 1 serving (1 protein, 1 Melba toast

Szechwan chicken w/ cabbage

Ingredients:

100 grams/3.5 oz chicken breast

Cabbage

1 cup chicken broth or water

3 tablespoons Bragg's Liquid Aminos

1 teaspoon hot sauce

Pinch of crushed red pepper flakes

Pinch of fresh or powdered ginger

1 clove garlic crushed and minced

1 tablespoon chopped green onion

Stevia/Truvia to taste

Directions:

Brown Chicken in Bragg's and a little water.

Add chicken broth and spices.

Simmer for 5 minutes.

Add the cabbage and allow to cook for 10 minutes or until cabbage is tender.

Add additional water if necessary.

Top with additional green onions for garnish and sprinkle with lemon juice and additional Bragg's.

Makes 1 serving (1 protein, 1 vegetable)

Bruschetta chicken

Ingredients:

100 grams/3.5 oz thick sliced or whole chicken breast

1 Melba toast crushed into crumbs

2 medium Roma tomatoes

2 tablespoons lemon juice

1 tablespoon Bragg's Liquid Aminos

2 tablespoons apple cider vinegar

2 cloves finely chopped garlic

3 large fresh basil leaves rolled and sliced

Pinch of dried oregano

Pinch of marjoram

Salt and black pepper to taste

Directions:

Marinate chicken in lemon juice, Braggs, vinegar, salt, and pepper.

Mix Melba crumbs with dry spices.

Coat the chicken in Melba crumbs/herb mixture and fry chicken in small pan until golden brown.

Deglaze the pan periodically with a little broth to keep chicken from burning.

For the bruschetta sauce; chop tomatoes finely and put into small bowl.

Roll basil leaves together, crush lightly and cut horizontally to create fine slices.

Mix ingredients together with lemon juice, vinegar and salt and pepper to taste.

Serve chilled bruschetta sauce over the hot chicken.

Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)

Sweet & sour chicken

Ingredients:

100 grams/3.5 oz chicken breast

½ orange, ½ lemon with rind

1 cup water

1 tablespoon Bragg's Liquid Aminos

2 tablespoons apple cider vinegar

1 tablespoon minced onion

1 tablespoon lemon and/or orange zest

Dash of garlic powder

Dash of onion powder

1 tablespoon hot sauce

Cayenne pepper to taste

Salt and pepper to taste

Stevia/Truvia to taste

Directions:

In a frying pan or small saucepan place ½ orange and ½ lemons with the rind in water and boil until pulp comes out of the rind.

Remove rinds from the water and scrap out remaining pulp and juice with a spoon.

Add spices, onion, and Stevia/Truvia to taste.

Add chicken and cook until liquid is reduced by approximately half and desired consistency is achieved.

Add onion and garlic powders which act as slight thickening agent.

Serve hot and garnish with lemon.

Makes 1 serving (1 protein, 1 fruit

Chicken cacciatore

Ingredients:

100 grams/3.5 oz diced chicken breast

1-2 cups chopped tomatoes

¼ cup chicken broth or water

2 tablespoons tomato paste

1 tablespoon apple cider vinegar

2 tablespoons lemon juice

1 tablespoon Bragg's Liquid Aminos

2 tablespoons chopped onion

2 cloves crushed and minced garlic

¼ teaspoon onion powder

¼ teaspoon garlic powder

1 bay leaf

Pinch of cayenne to taste

Stevia/Truvia to taste

Directions:

Brown the chicken with garlic, onion, and lemon juice in a small saucepan.

Deglaze the pan with the chicken broth.

Add tomatoes, tomato paste, vinegar and spices.

Simmer on low heat for 20 minutes stirring occasionally.

Remove the bay leaf and serve hot.

Makes 1 serving (1 protein, 1 vegetable)

Sweet mustard chicken

Ingredients:

100 grams/3.5 oz chicken breast

¼ cup chicken broth or water

2 tablespoons Bragg's Liquid Aminos

1/8 teaspoon mustard powder or to taste

¼ teaspoon fresh ginger or sprinkle of ginger powder

1 tablespoon chopped onion

½ teaspoon garlic powder

Salt and pepper to taste

Stevia/Truvia to taste

Directions:

Dissolve spices in chicken broth.

Add chicken, broth, and onion, to a small saucepan and cook on medium heat for about 5-10 minutes or until chicken is tender.

Periodically deglaze the pan with a little water to create a richer sauce.

Makes 1 serving (1 protein

Sweet lemon chicken

Ingredients:

100 grams/3.5 oz thinly sliced chicken

½ lemon, with rind

1 tablespoon Bragg's Liquid Aminos

¼ cup chicken broth or water

1 cup water

Dash of cayenne pepper

Salt to taste

Stevia/Truvia to taste (optional)

Directions:

Slice up ½ lemons into quarters and add to water.

In a small saucepan boil lemon quarters until pulp comes out of the rind.

Add broth, chicken, Bragg's and spices and simmer on low heat until chicken is cooked and sauce is reduced by half.

Deglaze periodically with water if necessary.

Garnish with fresh lemon slices, lemon zest or mint.

Makes 1 serving (1 protein)

Oriental ginger chicken

Ingredients:

100 grams/3.5 oz chicken

¼ cup chicken broth or water

4 tablespoons lemon juice

¼ teaspoon lemon or orange zest

½ teaspoon fresh ginger

4 tablespoons Bragg's Liquid Aminos

1 tablespoon chopped onion

Stevia/Truvia to taste

Salt and pepper to taste

Cayenne pepper to taste

Directions:

In a small sauce pan, sauté chicken in a little lemon juice and water until slightly browned.

Add spices, ginger, salt, lemon and Stevia/Truvia.

Add Bragg's Liquid Aminos and cook thoroughly.

Deglaze the pan periodically by adding a little water.

Serve hot and garnish with lemon or orange slices.

Makes 1 serving (1 protein

Chicken curry

Ingredients:

100 grams/3.5 oz cubed chicken

¼ cup chicken broth or water

¼ teaspoon curry powder or to taste

Pinch of turmeric

Dash of garlic powder

Dash of onion powder

1 tablespoon minced onion

Salt and pepper to taste

Stevia/Truvia to taste

Cayenne to taste

Directions:

Dissolve spices in chicken broth in a small saucepan.

Add chopped onion, garlic and chicken.

Add Stevia/Truvia to taste for a more sweet curry.

Sauté chicken in liquid until fully cooked and liquid is reduced by half.

Additional water may be added to achieve desired consistency.

Serve hot or cold.

Makes 1 serving (1 protein)

Savory baked chicken

Ingredients:

100 grams/3.5 oz chicken breast

1 serving Melba toast crumbs

½ cup chicken broth or water

2 tablespoons lemon juice

1 tablespoon Bragg's Liquid Aminos

¼ teaspoon onion powder

¼ teaspoon garlic powder

1/8 teaspoon thyme

Pinch of fresh or dried rosemary

1 teaspoon fresh chopped parsley

Salt and pepper to taste

Directions:

Combine Melba powder with dried spices.

Dip chicken breast in lemon juice and Bragg's Liquid Aminos and coat with herb mixture.

Bake chicken in 350 degree oven for approximately 20 minutes or until thoroughly cooked.

Makes 1 serving (1 protein, 1 Melba toast)

Roasted garlic chicken

Ingredients:

100 grams/3.5 oz chicken sliced

1 serving Melba toast crumbs

¼ cup chicken broth or water

2 tablespoons lemon juice

1 tablespoon Bragg's Liquid Aminos

2 cloves of garlic sliced

¼ teaspoon onion powder

½ teaspoon garlic powder

Salt and pepper to taste

Directions:

Marinate chicken in liquid ingredients.

Add dry spices to Melba toast crumbs and coat chicken with the herbed mixture.

Place chicken in a small baking dish and add marinade to the bottom.

Cover the chicken breast with slices of garlic and bake in 375 degree oven for 20 minutes or until thoroughly cooked and lightly brown.

Garnish with chopped parsley.

Makes 1 serving (1 protein 1 Melba toast

Orange glazed chicken

Ingredients:

100 grams/3.5 oz chicken

One serving spicy orange sauce or sweet orange marinade (see

Dressings, Sauces & Marinades)

Directions:

Prepare orange sauce.

Cook the chicken with the sauce in small saucepan with the juices or bake in oven at 375 degrees for approximately 20 minutes or until cooked thoroughly.

In a small saucepan reduce liquid until desired consistency.

Deglaze the pan periodically by adding water and pour remaining mixture over chicken breast.

Makes 1 serving (1 protein, 1 fruit

Barbecued chicken

Ingredients:

100 grams/3.5 oz of chicken breast whole

1 serving of barbecue sauce (see Dressings, Sauces & Marinades)

Directions:

Coat chicken with barbeque sauce and fry with a little water in small frying pan until cooked thoroughly on low heat.

Stir constantly and add water so that it doesn't burn or grill on the barbeque.

Serve hot. Add salt and pepper to taste.

Makes 1 serving (1 protein, 1 vegetable)

Moroccan lemon chicken

Ingredients:

100 grams/3.5 oz chicken breast

Juice of ½ lemon

1 tablespoon minced onion

Pinch of ginger

Pinch of ground coriander

Pinch of saffron

Pinch of lemon zest

Salt and pepper to taste

Lemon slices

Directions:

Marinate saffron strands in lemon juice then crush into a paste.

Add dry spices. Dip chicken breast in lemon juice and spice mixture.

Rub additional spices into chicken breast with salt and pepper.

Wrap individual servings in foil and cover with slices of lemon and a little of the saffron mixture.

Bake chicken at 350 for 20-30 minutes or until chicken is cooked completely and tender.

Makes 1 serving (1 protein)

Stuffed chicken rolls

Ingredients:

100 grams/3.5 oz chicken breast

Spinach

½ cup chicken broth or water

1 tablespoon chopped onion

1 clove of garlic crushed and minced

1 tablespoon lemon juice

Dash of onion powder

Dash of garlic powder

Pinch of cayenne pepper

Salt and pepper to taste

Directions:

Tenderize chicken manually by pounding until flat.

Cook spinach lightly with garlic, onion and spices.

Strain out excess liquid from the spinach and place mound of spinach in the center of the pounded chicken.

Roll up the spinach mixture inside the chicken breast.

Place rolls in baking dish and add chicken broth to the pan.

Bake the rolls in 350 degree oven for about 15 minutes or until chicken is cooked completely.

Variations: Top with marinara sauce recipe (see Dressings, Sauces & Marinades)

Makes 1 serving (1 protein, 1 vegetable)

Chicken paprika

Ingredients:

100 grams/3.5 oz chicken

½ cup chicken broth or water

3 tablespoons tomato paste

1 teaspoon paprika

1 tablespoon chopped red onion

1 clove garlic crushed and minced

1 bay leaf

Salt and pepper to taste

Directions:

Combine broth, chicken, broth, garlic, and onion.

Stir in tomato paste and spices.

Simmer chicken mixture for 20 minutes or more.

Serve with sliced tomatoes and garnish with parsley.

Makes 1 serving (1 protein, 1 vegetable)

Chicken asparagus bake

Ingredients:

100 grams/3.5 oz cubed chicken

Asparagus chopped

½ cup chicken broth or water

1 Melba toast crushed (optional)

1 clove garlic crushed and minced

2 tablespoons onion chopped

Dash of paprika

Salt and pepper to taste

Directions

Place chicken, asparagus, liquids, and spices and pour into small baking dish.

Bake at 375 degrees for 30 minutes or until bubbly and hot.

Top with crushed Melba toast crumbs and sprinkle with paprika.

Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)

Chicken tarragon

Ingredients:

100 grams/3.5 oz chicken breast

¼ cup tarragon and garlic infusion (see Dressings, Sauces & Marinades)

¼ cup chicken broth or water

2 tablespoons lemon juice

½ teaspoon fresh chopped tarragon

1 tablespoon chopped onion

1 clove garlic minced

Dash of mustard powder

Salt and pepper to taste

Directions:

Heat the chicken broth, vinegar, garlic, and onion in a small saucepan or frying pan.

Add chicken and sauté for about 10 minutes or until chicken is completely cooked and liquid is reduced.

Deglaze the pan periodically with a little water to create a sauce.

Serve hot.

Makes 1 serving (1 protein)

Baked apple chicken

Ingredients:

100 grams/3.5 oz cubed chicken

½ finely chopped apple

2 tablespoons lemon juice

1 tablespoon apple cider vinegar

1/8 teaspoon cinnamon

Salt and pepper to taste

Stevia/Truvia to taste

Dash of cayenne

Directions:

Lightly brown the chicken in lemon juice.

Add chopped apple and evenly coat with a mixture of apple cider vinegar, lemon juice, Stevia/Truvia, cinnamon, cayenne and pinch of salt.

Put in small baking dish and add additional vinegar and lemon juice.

Serve with the rest of the apple in thin slices on the side.

Makes 1 serving (1 protein, 1 fruit)

Oregano chicken

Ingredients:

100 grams/3.5 oz chicken breast

1 teaspoon dried oregano or 1 tablespoon fresh finely minced

1 serving Melba toast crumbs

¼ cup chicken broth or water

¼ teaspoon garlic powder

¼ teaspoon onion powder

Salt and pepper to taste

Directions:

Crush Melba toast into fine powder and mix with dried spices.

Dip chicken breast in chicken broth and coat with Melba spice mixture.

Layer in baking dish and add remaining broth to the bottom.

Bake at 350 degree oven for 15-20 minutes until crusty brown on top.

Add a little water if necessary to keep chicken from burning.

Makes 1 serving (1 protein, 1 Melba toast)

Tomato basil chicken

Ingredients:

100 grams/3.5 oz cubed chicken

1 cup chopped tomato

¼ cup chicken broth or water

2 tablespoons lemon juice

2 tablespoons chopped onion

1-2 cloves garlic sliced

3 leaves basil rolled and sliced

1/8 teaspoon oregano fresh or dried

Dash of garlic powder

Dash of onion powder

Cayenne to taste

Salt and pepper to taste

Directions:

Lightly brown the chicken in small saucepan with lemon juice.

Add garlic, onion, spices and water.

After chicken is cooked add fresh tomatoes and basil.

Continue cooking for 5-10 minutes.

Salt and pepper to taste, garnish with fresh basil.

Makes 1 serving (1 protein, 1 vegetable)

Chicken tacos

Ingredients:

100 grams/3.5 oz finely chopped or ground chicken breast

¼ cup chicken broth or water

1 tablespoon chopped onion

1 clove garlic crushed and minced

1/8 teaspoon oregano

Cayenne pepper to taste

Pinch of cumin

Fresh cilantro chopped

2-4 large lettuce leaves

Directions:

In a small frying pan cook chicken in broth.

Add onion, garlic, and spices.

Deglaze pan with lemon juice or a little water.

Serve chicken taco style in butter lettuce or romaine leaves or top with salsa.

Makes 1 serving (1 protein, 1 vegetable)

Spicy chicken sausage patties

Ingredients:

100 grams/3.5 oz ground chicken breast (must be breast meat, no dark meat)

Dash of onion powder

Dash of garlic powder

1 tablespoon minced onion

1 clove of garlic crushed and minced

Cayenne pepper to taste

Salt and pepper to taste

Directions:

Mix ingredients thoroughly in small bowl.

Form mixture into 2 or 3 patties and fry in small saucepan deglazing periodically with water to enhance flavor and keep chicken moist.

Cook thoroughly until lightly browned.

Makes 1 serving (1 protein)

Chicken apple sausage

Ingredients:

100 grams/3.5 oz ground chicken breast

2 tablespoons minced apple

1 serving Melba toast crumbs (optional)

2 tablespoons chicken broth or water

2 tablespoons apple juice

1 tablespoon finely minced onion

Dash of garlic powder

Dash of onion powder

Dash of cinnamon

Dash of clove or nutmeg (optional)

Dash of cayenne to taste

Stevia/Truvia to taste (optional)

Salt and black pepper to taste

Directions:

Combine ground chicken, diced apple, and dry spices in a small bowl.

Add in the minced onion and apple juice and mix thoroughly.

Form into 2-3 round patties and fry in chicken broth until fully cooked and lightly brown.

Deglaze periodically with a little water to intensify the flavors and keep the patties moist.

Makes 1 serving (1 protein, 1 fruit, 1 Melba toast)

Chicken pesto

Ingredients:

100 grams/3.5 oz thinly sliced or whole chicken breast

3 tablespoons lemon juice

Salt and pepper to taste

Pesto:

3 cloves raw garlic

¼ cup fresh basil leaves

2 tablespoons apple cider vinegar

¼ cup chicken broth or water

2 tablespoons lemon juice

¼ teaspoon dried oregano

Salt and black pepper to taste

Directions:

Marinate chicken in lemon juice, salt and pepper.

Fry in a pan until lightly browned and cooked thoroughly.

For the pesto sauce, puree fresh basil, garlic, chicken broth, and lemon juice in a food processor.

Add pesto mixture to chicken, add a little water and cook on medium heat coating chicken with pesto mixture. Add salt and pepper to taste and serve hot.

Pesto sauce may be made by itself and added to vegetables or other protein options.

Makes 1 serving (1 protein) Makes 2-3 servings of pesto sauce.

Chicken fajitas

Ingredients:

100 grams/3.5 oz chicken cut into strips

Tomatoes

Sliced onion cut into thin strips

1 clove garlic chopped

3 tablespoons lemon juice

2 tablespoons orange juice (optional)

1/8 teaspoon oregano

1/8 teaspoon chili powder or to taste

Pinch of cayenne pepper

Directions:

Marinate chicken in lemon juice and spices.

Cook chicken strips in a frying pan with garlic and onion.

Add chopped tomatoes during the last 5 minutes of cooking and enjoy with lettuce leaf mock tortillas and salsa.

Makes 1 serving (1 protein, vegetable)

Spicy mustard chicken

Ingredients:

100 grams/3.5 oz chicken

½ cup chicken broth or water

2 tablespoons lemon juice

1 tablespoon homemade mustard (see Dressings, Sauces & Marinades)

¼ teaspoon dried basil

1/8 teaspoon tarragon

Salt and pepper to taste

Stevia/Truvia to taste

Directions:

Lightly sauté the chicken in chicken broth, lemon juice, and spices until cooked.

Simmer for additional 10 minutes and periodically deglaze the pan with a little water or additional broth to make the sauce.

Makes 1 serving (1 protein)

Crock pot chicken

Ingredients:

Several 100 gram whole chicken breast pieces

½ cup chopped onion

5 cloves fresh chopped garlic

1 teaspoon paprika

½ teaspoon cayenne

1 teaspoon onion powder

½ teaspoon thyme

1 teaspoon garlic powder

1 teaspoon whole black peppercorns

Salt and pepper to taste

Directions:

Place pieces of chicken in crock-pot and cover with enough water so it doesn't burn.

Add spices and onion.

Cook on medium for 3 or more hours.

Save the juices for sauces and dressings.

Variations: add 1 can tomato paste or fresh chopped tomatoes.

Try an organic poultry mix spice mixture for a rich sage flavor.

Makes 1 serving (1 protein)

Cinnamon chicken

Ingredients:

100 grams/3.5 oz of chicken

1 serving Melba toast crumbs

½ cup chicken broth or water

¼ teaspoon ground cinnamon

Pinch of nutmeg

Pinch of cardamom

1/8 teaspoon curry powder

Dash of garlic powder

Salt and pepper to taste

Stevia/Truvia to taste

Directions:

Mix Melba toast crumbs with ½ of the dry spices in a small bowl.

Dip chicken in broth and coat with Melba spice mixture.

Lay out 100 gram servings in shallow baking dish.

Add broth and mix in the rest of the spices.

Top the chicken with the rest of the Melba spice mixture.

Bake chicken at 350 degrees for 20 minutes or until chicken is fully cooked.

Makes 1 serving (1 protein 1 Melba toast)

Tangy vinegar chicken

Ingredients:

100 grams/3.5 oz chicken breast

¼ cup chicken broth or water

¼ cup apple cider vinegar

2 tablespoons lemon juice

1 tablespoon chopped onion

1 clove diced garlic

Salt and pepper to taste

Directions:

In a small saucepan combine vinegar, chicken stock, onion, garlic, salt and pepper.

Add chicken and cook thoroughly.

Deglaze the pan periodically with a little water to create a sauce.

Makes 1 serving (1 protein)

Middle Eastern spiced chicken

Ingredients:

100 grams/3.5 oz chicken

1 cup chopped fresh tomatoes

½ cup chicken broth or water

3 tablespoons lemon juice

1 tablespoon minced onion

1 clove garlic crushed and minced

1/8 teaspoon fresh grated ginger

¼ teaspoon allspice

Dash of cumin

Dash of cinnamon

Salt and black pepper to taste

Directions:

Combine spices with liquid ingredients.

Bring to a boil.

Add tomatoes and chicken to the sauce.

Simmer for 20-30 minutes and serve.

Makes 1 serving (1 protein 1 vegetable)

Make multiple servings using whole 100 gram chicken breast pieces

Buffalo style chicken fingers

Ingredients:

100 grams/3.5 oz of chicken cut into long thin strips

Melba toast crushed (optional)

2 tablespoons hot sauce

4 tablespoons lemon juice

Salt and black pepper to taste

Directions:

Marinate chicken strips in lemon juice and salt.

Coat chicken strips with Melba crumbs.

Fry in frying pan until lightly browned and cooked thoroughly.

Toss with hot sauce and black pepper to taste.

Serve as finger food or as an entrée.

Serve with raw celery sticks or desired vegetable.

Garnish with parsley.

Makes 1 serving (1 protein, 1 Melba toast)

Mexican style cilantro chicken

Ingredients:

100 grams/3.5 oz cubed or sliced chicken

Chopped tomatoes

½ cup chicken broth or water

2 tablespoons lemon juice

Fresh chopped cilantro

1 tablespoon chopped onion

¼ teaspoon dried oregano

¼ clove fresh garlic minced

¼ teaspoon chili powder

Cayenne to taste

Pinch of cumin

Salt and pepper to taste

Directions:

Lightly brown the chicken with a little lemon juice.

Add spices, additional lemon juice, and chicken broth.

When the chicken is cooked thoroughly, add fresh tomatoes and cilantro and cook for 5-10 more minutes.

Makes 1 serving (1 protein 1 vegetable)

Beef:

Stuffed chard rolls

Ingredients:

100 grams/3.5 oz lean ground beef (per serving)

1 or more large chard leaves any kind

1 cup beef broth or 1 serving marinara sauce (see Dressings, Sauces & Marinades)

1 tablespoon finely minced onion

1 clove of garlic crushed and minced

1/8 teaspoon basil

1/8 teaspoon oregano

1/8 teaspoon onion powder

1/8 teaspoon garlic powder

Cayenne pepper to taste

Salt and pepper to taste

Directions:

Cook ground beef with a little water.

Add spices, garlic and onion to the beef.

Lightly steam chard leaves until slightly soft.

Wrap ground beef in chard leaf burrito style.

Place wraps in baking dish.

Cover with beef broth or marinara recipe and bake at 350 for 20 minutes.

Garnish with fresh spices or parsley.

Makes 1 serving (1 protein, 1 vegetable)

Roasted beef & apple kabobs

Ingredients:

100 grams/3.5 oz of lean good quality beef or chunked chicken

1 apple cut into large chunks

¼ onion petals

½ cup beef, chicken, or vegetable broth

3 tablespoons apple cider vinegar

1 tablespoon Bragg's Liquid Aminos

Stevia/Truvia to taste

Directions:

Marinate beef or chicken in broth, vinegar, and spices.

Layer apple, onion petals, and beef or protein chunks on wooden or metal skewers (If using wooden skewers soak them for a few minutes so they don't burn).

Barbeque directly or place on aluminum foil sheet and cook until desired level of doneness.

Baste frequently with remaining marinade.

Heat the remaining marinade in a small sauce pan and use as a dipping sauce.

Makes 1 serving (1 protein, 1 fruit)

Savory beef stew

Ingredients:

100 grams/3.5 oz lean steak (round, London broil, or any other lean steak) finely cubed or whole.

This is a slow cooked dish so, for multiple servings, weigh out in hundred gram increments and then divide into equal servings at the end of the cooking process.

Chopped celery

1 cup beef broth or water

1 tablespoon chopped onion

1 clove garlic crushed and minced

1/8 teaspoon onion powder

1/8 teaspoon garlic powder

Pinch of oregano

Cayenne pepper to taste

Salt and pepper to taste

Directions:

In saucepan, lightly brown cubed beef, onion and garlic.

Add water, vegetables, and spices and bring to a boil.

Reduce heat and simmer for approximately 30 minutes to an hour or until the beef is tender.

Add water as needed to create a stew like consistency.

Serve hot and enjoy.

Garnish with parsley.

This also works as a crock pot recipe. Just add additional water and slow cook whole 100 gram servings instead of cubed.

Makes multiple servings (1 protein, 1 vegetable)

Sloppy joes/ BBQ'ed beef

Ingredients:

100 grams/3.5 oz ground beef

1 recipe barbeque sauce (see Dressings, Sauces & Marinades)

Butter lettuce or any large variety lettuce leaves

Directions:

Brown ground beef in small frying pan.

Add barbeque sauce and a little water to achieve desired consistency.

Cook for about 5 minutes.

Serve sloppy Joe style on lettuce leaves.

Makes 1 serving (1 protein, 1 vegetable)

Herbed London broil

Ingredients:

100 grams/3.5 oz lean London broil cut into strips

¼ cup beef broth or water

1 tablespoon minced onion

1 clove garlic crushed and minced

1/8 teaspoon thyme

Pinch of rosemary

Salt and pepper to taste

Chopped Italian parsley

Directions:

Salt and pepper the beef strips.

In a small frying pan or non-stick skillet combine London broil, herbs and beef broth.

Cook until desired level of doneness.

Garnish with fresh chopped parsley.

Makes 1 serving (1 protein)

Baked Italian meatballs

Ingredients:

- 100 grams/3.5 oz lean ground beef
- ¼ teaspoon basil
- 1/8 teaspoon oregano
- 1/8 teaspoon garlic powder
- 1/8 teaspoon oregano
- 1 tablespoon minced onion
- 1 clove garlic crushed and minced
- 1 serving Melba toast crumbs
- 1 recipe marinara sauce (see Dressings, Sauces & Marinades)

Directions:

Combine meat, crumbs and spices and mix thoroughly.

Form into balls.

Place into baking dish and cover with marinara sauce.

Bake for 20-30 minutes at 350 degrees.

Serve hot over cabbage noodles.

Garnish with fresh basil.

Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)

Corned beef hash

Ingredients:

Leftover corned beef from corned beef and cabbage

Leftover cabbage, radish relish recipe, or apple relish recipe (see Dressings, Sauces & Marinades)

1 tablespoon minced onion

1 clove garlic crushed and minced

Pinch of fresh thyme

Pinch of fresh chopped oregano

Salt and pepper to taste

Directions:

Chop up corned beef into finely diced chunks.

Combine with finely chopped leftover cabbage or one serving of radish or apple relish and spices and mix well.

Preheat non-stick or cast iron skillet.

Press corned beef mixture into pan firmly and cover.

Cook for approximately 5-6 minutes on medium heat until lightly browned.

Add a little beef broth or water to deglaze, mix and press down again cooking for an additional 5-6 minutes.

Repeat as necessary until hot and lightly browned.

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

Corned beef w/ cabbage

Ingredients:

Beef brisket weighed in 100 grams/3.5 oz increments

Cabbage

½ cup apple cider vinegar

½ onion, chopped

1 teaspoon powdered mustard

¼ teaspoon fresh thyme

1 bay leaf

Pinch of allspice

1 teaspoon whole black peppercorns

Liquid smoke to taste (optional)

Salt and pepper to taste

Directions:

Salt and pepper the beef and lightly dust with mustard.

Put meat, onion and spices into a crock-pot or large pot and cover with water.

Add vinegar.

Bring to a boil and then reduce heat and simmer for 1 hour.

Skim the fat from the water as it rises.

Add the cabbage to the pot and cook for an additional 1-2 hours until the meat and cabbage are tender.

Slice thinly across the grain and serve with horseradish sauce (see Dressings, Sauces & Marinades)

Makes multiple servings (1 protein, 1 vegetable)

Italian beef roll-ups

Ingredients:

100 grams/3.5 oz lean flank steak

Finely chopped cabbage

1 cup beef broth or water

2 tablespoons apple cider vinegar

2 tablespoons Bragg's Liquid Aminos

1 clove garlic crushed and minced

1 tablespoon minced onion

1 teaspoon Italian herb mix

Salt and pepper to taste

Directions:

Tenderize steak with manual meat tenderizer until flat and thin.

In a frying pan combine cabbage with spices, vinegar and aminos and cook until slightly tender.

Spoon cabbage mixture into pounded flank steak and wrap into a roll.

Fill the bottom of the pan with a little water and beef broth.

Salt and spice the top of the roll Bake in 375 degree oven for approximately 20 minutes until cooked and cabbage tender.

Baste occasionally with juices to keep the rolls moist.

Variations: Substitute spinach for the cabbage filling.

Makes 1 serving (1 protein, 1 vegetable)

Mongolian beef w/ cabbage

Ingredients:

100 grams/3.5 oz sliced beef

Cabbage cut into fine strips

½ cup beef broth or water

1 tablespoon apple cider vinegar

3 tablespoons orange juice (optional)

2 tablespoons lemon juice

2 tablespoons Bragg's Liquid Aminos

2 cloves garlic crushed and minced

1 tablespoon green onions chopped

¼ teaspoon chili powder or to taste

Salt and pepper to taste

Stevia/Truvia to taste

Directions:

Combine spices into liquid ingredients.

In frying pan or wok, stir fry on high heat to combine flavors and cook beef and cabbage.

Add additional water if necessary to keep dish from burning.

Add additional orange slices for added sweetness if desired.

Makes 1 serving (1 protein, 1 vegetable)

Meatloaf

Ingredients:

100 grams/3.5 oz Ground beef (lean) for each serving

1 serving Melba toast crumbs

1 ketchup recipe (see Dressings, Sauces & Marinades)

1 tablespoon chopped onion

1 clove minced garlic

Cayenne to taste

¼ teaspoon paprika

Directions:

Crush Melba toast into fine powder.

Mix with the ground beef, chopped onion and spices.

Place in a baking dish, loaf pan or muffin tin for single servings.

Baste with ketchup recipe mixture and bake at 350 for 15-20 minutes.

Cook longer for multiple servings using a loaf pan.

Makes 1 or more servings (1 protein, 1 vegetable, 1 Melba toast)

Steak fajitas

Ingredients:

100 grams/3.5 oz flank steak

Tomatoes

Onion

1 clove garlic chopped

3 tablespoons lemon juice

2 tablespoons orange juice (optional)

1/8 teaspoon oregano

1/8 teaspoon chili powder or to taste

Pinch of cayenne pepper

Directions:

Marinate meat in lemon juice and spices.

Barbeque flank steak

Cook garlic and onion in a frying pan.

Add chopped tomatoes during the last 5 minutes of cooking

Slice steak and onions into thin strips

Enjoy with lettuce leaf mock tortillas and salsa.

Makes 1 serving (1 protein, vegetable)

Slow roasted beef brisket

Ingredients:

100 grams/3.5 oz Lean beef brisket

4-6 stalks celery

1 tablespoon garlic powder

1 tablespoon onion powder

1 tablespoon paprika

¼ cup chopped onion

5 cloves of garlic crushed and chopped

Cayenne pepper to taste

Chili pepper to taste

Salt and fresh ground black pepper to taste

Directions:

Combine spices in a small bowl.

Rub the mixture into the beef on all sides and salt the meat liberally.

Place the brisket in a crock pot. Fill about halfway with water.

Add celery to the liquid and set crock pot on high for 30 minutes.

Reduce heat to medium or low and allow to slow cook for 6-8 hours.

Baste and turn the brisket periodically.

You may add more of the spice mixture if you wish.

Enjoy with horseradish sauce (see Dressings, Sauces & Marinades)

Save the juices, skim the fat, and use to make flavorful sauces and dressings.

Makes multiple servings (1 protein, 1 vegetable)

Pot roast

Ingredients:

1 shoulder roast weighed 100 grams/3.5 oz

Tomatoes

5 cloves chopped garlic

½ chopped onion

1 tablespoon paprika

Cayenne to taste

Salt and black pepper to taste

Directions:

Rub spices into meat on all sides. Place in crock pot and fill halfway with water.

Add celery to liquid. Heat on high for 30 minutes then reduce heat to low and cook for 6-8 hours until fork tender.

Separate into 9 equal servings and enjoy.

Save the juice to make sauces and dressings.

Save the celery to make soup.

Always refrigerate and skim off any excess fat.

Makes multiple servings (1 protein, 1 vegetable)

Ground beef tacos

Ingredients:

100 grams/3.5 oz lean ground beef

Lettuce leaves

1 tablespoon finely minced onion

1 clove crushed and minced garlic

Dash of garlic powder

Dash of onion powder

Pinch of dried oregano

Fresh chopped cilantro to taste

Cayenne pepper to taste

Salt and black pepper to taste

Directions:

Brown ground beef.

Add onion, garlic, and spices and a little water and simmer gently for 5-10 minutes.

Add salt to taste.

Serve taco style in butter lettuce or romaine leaf mock tortillas or with a side of tomatoes or salsa.

Makes 1 serving (1 protein, 1 vegetable)

Veal Italian style

Ingredients:

100 grams/3.5 oz veal cutlet

1 serving Melba toast crumbs

1 recipe marinara sauce (see Dressings, Sauces & Marinades)

1 tablespoon finely minced onion

1 clove of garlic crushed and minced

¼ teaspoon dried basil

1/8 teaspoon dried oregano

Pinch of marjoram

Salt and pepper to taste

Directions:

Mix Melba toast crumbs with dry spices.

Dip cutlet in water or lemon juice and coat with crushed Melba spice mixture.

Fry on high heat without oil.

Top with marinara sauce and bake in 350 degree oven for 20 minutes.

Add a little water to the bottom of the pan if necessary.

Garnish with fresh basil, parsley, leftover Melba spice mixture and salt and pepper to taste.

Makes 1 serving (1 protein, 1 fruit or vegetable, 1 Melba toast)

Veal picatta

Ingredients:

100 grams/3.5 oz veal cutlet

1 serving Melba toast crumbs

¼ cup vegetable broth or water

2 tablespoons caper juice

2 tablespoons lemon juice

1 clove of garlic crushed and minced

Pinch of paprika

1 bay leaf

Salt and black pepper to taste

Directions:

Mix Melba toast crumbs with paprika, salt and pepper.

Dip veal cutlet in lemon juice and coat with herbed Melba toast crumbs.

Fry veal cutlet in a little lemon juice on high heat until cooked thoroughly. Set aside cooked veal cutlet.

Deglaze the pan with vegetable broth, lemon and caper juice and add chopped garlic and bay leaf.

Cook for 1-2 minutes and then remove bay leaf.

Top the veal cutlet with remaining lemon sauce and garnish with lemon slices.

Makes 1 serving (1 protein, 1 Melba toast)

Veal Florentine

Ingredients:

100 grams/3.5 oz veal cutlet

1 serving Melba toast crumbs

Spinach finely chopped

¼ cup vegetable, beef broth or water

2 tablespoons lemon juice

2 leaves of basil rolled and sliced

1 clove garlic crushed and minced

1 tablespoon minced onion

Dash of garlic powder

Pinch of lemon zest

Pinch of paprika

Salt and pepper to taste

Directions:

Manually tenderize veal cutlet until flattened.

Mix Melba toast crumbs with paprika, lemon zest and dry spices.

Dip cutlet in lemon juice and spiced Melba mixture.

Fry on high heat with lemon juice until slightly browned and cooked.

Remove veal cutlet from pan and deglaze the pan with the broth.

Add garlic, onion, and basil.

Add spinach to the liquid and toss lightly until slightly cooked.

Top veal cutlet with spinach mixture and spoon remaining sauce over the top.

Top with salt and pepper to taste and serve with lemon wedges.

Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)

Pepper crusted steak

Ingredients:

100 grams/3.5 oz lean steak

Fresh ground black pepper

Dash of Worcestershire sauce

Salt to taste

Directions:

Manually tenderize the meat until flat.

Rub meat with salt and coat liberally with black pepper.

Cook on high heat for about 3-5 minutes or throw on the barbeque.

Top with Worcestershire sauce if desired and caramelized onion garnish (see VEGETABLES).

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

Makes 1 serving (1 protein

Spaghetti-less meat sauce

Ingredients:

100 grams/3.5 oz lean ground beef (less than 7% fat)

8 ounces organic tomato sauce

2 cups chopped tomatoes

2 cloves garlic crushed and minced

1 tablespoon minced onion

½ teaspoon dried basil or 4 leaves rolled and sliced fresh basil

¼ teaspoon dried oregano

Salt and black pepper to taste

Cayenne pepper to taste

Stevia/Truvia (optional)

Directions:

Brown the ground beef and pat off excess oil or sauté in water and drain off the fat.

Add tomato sauce, chopped tomatoes, onion, garlic, and herbs.

Simmer on low heat for at least 30 minutes. Add water to desired consistency.

Serve atop cabbage noodles.

Makes 1 serving (1 protein, 1 vegetable)

Beef bourguignon

Ingredients:

100 grams/3.5 oz beef cubed

1 cup beef broth or water

3 tablespoons tomato paste

1 tablespoon chopped onion

1 clove garlic crushed and sliced

Pinch of dried thyme

Pinch of marjoram

Salt & pepper to taste

Directions:

Lightly braise beef cubes with onion and garlic.

Combine all ingredients in small saucepan.

Add liquid ingredients and spices.

Slow cook for a minimum of 30 minutes or until beef is tender.

Add additional water as needed to achieve desired consistency.

Makes 1 serving (1 protein, 1 vegetable)

Hamburgers

Ingredients:

100 grams/3.5 oz lean ground hamburger (less than 7% fat)

1 tablespoon finely minced onion

1 clove finely minced garlic

Caramelized onion garnish (see VEGETABLES)

Dash of garlic powder

Dash of onion powder

Cayenne pepper to taste

Salt and black pepper to taste

Directions:

Mix ingredients thoroughly and form into patties (2-3).

Fry in small frying pan until desired level of doneness or grill on the barbeque.

If using frying pan add small amounts of water and deglaze pan to intensify flavors.

Cook approximately 3 minutes each side or to desired level of doneness.

Top with caramelized onion garnish

Variations: Add stevia, lemon juice, and Bragg's Liquid Aminos to create a slight teriyaki flavor.

Makes 1 serving (1 protein)

Cabbage rolls

Ingredients:

100 grams/3.5 oz lean ground beef each serving

1 cup beef broth

1 tablespoon chopped onion

1 clove garlic crushed and minced

Dash of garlic powder

Dash of onion powder

Directions:

Preheat oven to 375. Lightly blanch large cabbage leaves and set aside.

In small frying pan combine ground beef, onion, garlic and spices and cook until brown.

Spoon ground beef mixture into cabbage leaves, tuck in ends and roll up (burrito style).

Put cabbage rolls in a baking dish and add broth to the bottom of the pan.

Brush lightly with beef broth and bake in oven for 20-30 minutes.

Spoon sauce over cabbage rolls periodically to keep moist.

Make multiple servings at one time for best results.

Makes 1 serving (1 protein, 1 vegetable)

Gingered beef

Ingredients:

100 grams/3.5 oz beef cut into thin strips

¼ cup beef broth or water

2 tablespoons Bragg's Liquid Aminos

2 tablespoons apple cider vinegar

2 tablespoons lemon juice

1-2 tablespoons chopped green onions

¼ teaspoon fresh grated ginger

1 clove garlic crushed and minced

Salt and pepper to taste

Stevia/Truvia to taste (optional)

Directions:

Sauté ginger and spices in broth and liquid ingredients to release the flavors.

Add the beef and stir fry gently.

Deglaze the pan periodically by adding a little water.

Add the chopped green onions and serve hot.

Makes 1 serving (1 protein)

Baked stuffed tomatoes

Ingredients:

100 grams/3.5 oz ground beef

2 medium sized tomatoes

1 serving of Melba toast crumbs

1 tablespoon finely minced onion

1 clove garlic crushed and minced

1/8 teaspoon garlic powder

1/8 teaspoon onion powder

Cayenne pepper to taste

Salt and pepper to taste

Directions:

Hollow out the tomatoes, sprinkle with salt and turn upside down to drain for 10 minutes.

Brown ground beef in a small frying pan; add onion, garlic and spices.

Pack ground beef mixture into tomatoes, add small amount of water to bottom of dish, top with Melba toast crumbs and salt.

Bake in 350 degree oven for 20 minutes.

Garnish with fresh parsley and serve.

Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)

Sauces:

Taco seasoning

4 T chili powder

1 T garlic powder

1 T onion powder

1 T crushed red pepper flakes or to taste

1 T dried oregano

2 T paprika

6 T ground cumin

1 T sea salt

1 T black pepper

Mix and store in a jar

Emeril's essence

2 1/2 T paprika

1 T sea salt

2 T garlic powder

1 T onion powder

1 T black pepper

1 T cayenne

1 T oregano

1 T thyme
Mix and store in a shaker jar

Strawberry vinaigrette

Strawberries

1 T apple cider vinegar

1 T lemon juice

Stevia to taste

Dash of salt

Dash of cayenne (optional)

Fresh ground black pepper taste

Stevia to taste

Combine all ingredients in food processor. Puree until smooth. Pour over green salad.

Variations: use as a marinade or sauce for chicken. (Makes one serving)

Kimchi

Ingredients:

1/2 cup plus 1 tablespoon coarse sea salt or kosher salt

Water

2 heads Napa cabbage, cut into quarters or 2-inch wedges, depending on size of cabbage

Leaves of 2 bunches of mustard greens cut into 1" pieces (approx. 6 cups)

1 bulb garlic, cloves separated and peeled

1 (2-inch) piece of ginger root

1 Asian radish, peeled and grated

1 bunch of green onions, cut into 1-inch lengths

1/2 cup Korean chili powder

Preparation:

Dissolve 1/2 cup salt in 1 gallon water. Soak cabbage in the salt water for 3 to 4 hours.

Combine garlic, ginger, and in food processor or blender until finely minced.

In large bowl, combine radish, green onions, mustard greens, garlic mixture, chili-powder, 1 tablespoon salt and optional stevia.

Toss gently but thoroughly. (If mixing with your hands, be sure to wear rubber gloves to avoid chili burn.)

Remove cabbage from water and rinse thoroughly. Drain cabbage in colander, squeezing as much water from the leaves as possible. Take cabbage and stuff radish mixture between leaves, working from outside in, starting with largest leaf to smallest.

Do not overstuff, but make sure radish mixture adequately fills leaves. When entire cabbage is stuffed, take one of the larger leaves and wrap tightly around the rest of the cabbage.

Divide cabbage among 4 (1-quart) jars or 1-gallon jar, pressing down firmly to remove any air bubbles.

Let sit for 2 to 3 days in a cool place before serving.

Remove kimchi from jar and slice into 1-inch-length pieces. If serving before kimchi is fermented, sprinkle with a little bit of sesame oil and sesame seeds.

Refrigerate after opening.

1 – In reading I have found that most people ferment the kimchi in the refrigerator. They do not put the lids on the jar, but use a zip lock bag mostly filled with water in the jar mouth so the jar is sealed for the fermentation process will take place, but the air and pressure will be let out as needed.

Dessert:

Apple dessert

1 apple sliced

Sprinkle apple with Stevia and cinnamon

Microwave for 2+ minutes

Strawberry shortcake

1 piece of Melba toast

Vanilla (cream) Stevia drops (to taste)

Place sliced strawberries on top

Sprinkle with Stevia

Strawberries & cream

1 TBSP low fat or non fat milk

2-3 drops vanilla cream Stevia

1 packet of dry Stevia

Slice strawberries and place all ingredients in a bowl. Toss to mix.

Baked apples

1 apple

1 serving Melba toast crumbs

Sprinkle of lemon juice

¼ tsp cinnamon

Pinch of nutmeg

Powdered Stevia

Pinch of vanilla powder

Core the apple and cut in half.

Mix Melba toast crumbs with cinnamon, nutmeg, vanilla powder and Stevia.

Top apple halves with Melba mixture and bake for 15-20 minutes at 375 degrees until apples are soft and Melba toast topping is lightly brown.

(1 fruit)

Fruits/veggies:

Glazed strawberries

5 large whole strawberries

1 TBSP fresh lemon juice

1 tsp apple cider vinegar

1 tsp vanilla powder

Stevia to taste

In a small cup or saucepan combine lemon juice, vinegar, and vanilla powder.

Heat on the stove or microwave, stirring occasionally until slightly thickened.

Dip strawberries in sauce and freeze.

(1 fruit)

Cabbage Soup

Pour a full container of Fat Free Chicken Broth into a large soup pot

Sautee garlic cloves into the broth to taste

Add full jar (16 oz) of Sugar Free salsa (hot, mild, or garlic)

Season to taste with garlic powder, sea salt, pepper, Mrs Dash

Cut up full head of cabbage and add to pot

(Optional) cut up cucumbers and add to mixture

Add water to fill the pot

Boil on medium for 45-60 minutes

Drinks:

Green tea strawberry punch

½ cup strong brewed green tea, chilled

4 strawberries pureed and strained

2 TBSP fresh lemon juice

½ cup sparkling mineral water

Stevia to taste

Sparkling cinnamon coffee soda

½ cup strong, brewed coffee

½ cup sparkling mineral water

½ tsp cinnamon

Stevia to taste

Crushed ice

1 TBSP milk (optional)

Thoroughly mix cinnamon and Stevia into the coffee and pour over crushed ice.

Add sparkling mineral water and enjoy.

Sparkling orange dream virgin martini

The juice of one orange

2 TBSP of fresh lemon juice

½ cup sparkling mineral water

Pinch of orange zest

Vanilla Stevia to taste

Combine orange and lemon juices with vanilla Stevia.

Add sparkling mineral water and ice if desired. Serve in a martini glass with a slice or curl of orange peel for garnish.

(1 fruit

Hot apple cider

1 apple juiced

2 TBSP fresh lemon juice

1 TBSP apple cider vinegar

¼ tsp cinnamon

Pinch of nutmeg

Pinch of allspice

Pinch of clove

Pinch of lemon zest

Stevia to taste

Water

Heat the juice with spices and a little water in a small saucepan.

Serve hot with a cinnamon stick garnish.

(1 fruit)

Strawberry fizz

8 oz strawberries

6 oz club soda

1-2 droppers of chocolate raspberry Stevia

12 ice cubes

Blend strawberries, club soda and chocolate raspberry Stevia.

Then add ice cubes and blend well.