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SALADS AND APPETIZERS

Sweet Asian Cucumber Salad

Ingredients

- 1 cucumber sliced/diced
- 2 tablespoons apple cider vinegar
- 1 tablespoon fresh lemon juice
- 1 tablespoon Bragg's amino acids

1 teaspoon finely minced onion
Cayenne pepper to taste
Stevia to taste
1 teaspoon MCT oil

Directions

Mix ingredients together, marinate for 15 minutes or more and serve chilled.

One serving (1 vegetable)

Mid-Eastern Cold Curried Chicken Salad

Ingredients

100 grams diced chicken
1 apple diced (small)
Celery diced (optional)
¼ cup water
2 tablespoons lemon juice
1 tablespoon finely minced onion
1 clove of garlic crushed and minced
¼ teaspoon curry powder
Dash of garlic powder
Dash of onion powder
Dash of cayenne pepper
Dash of cinnamon
Dash of turmeric
MCT oil (for sauté)

Directions next page

In small saucepan lightly sauté chicken in lemon juice until lightly brown, add ¼ cup water and spices. Stir well and simmer over low heat until liquid reduces to form a sauce and chicken is cooked well. Add water as needed to create the consistency you want. Chill, add chopped apple and celery or omit the celery and serve over a green salad.(can't have it twice)

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

Northwest Lobster Salad

Ingredients

100 grams lobster tail diced
Celery, sliced steamed fennel bulb, or tomatoes (optional)
1 tablespoon lemon or lime juice

1 teaspoon apple cider vinegar
Pinch of chopped green onion
Pinch of tarragon
Salt and black pepper to taste
Stevia (just a dash)

Directions

Mix lobster, liquid ingredients and spices together and serve over a salad, greens, or with another vegetable.

One serving (1 protein, 1 vegetable)

Spice and Nice Crab Salad

Ingredients

100 grams crab
Celery diced (optional)
1 tablespoon lemon juice
2 teaspoons apple cider vinegar
1 tablespoon Bragg's liquid aminos
1 tablespoon finely minced red
Dash of garlic powder
Dash of onion powder
Cayenne pepper to taste
Salt and black pepper (just a dash)

Directions

Steam the crab and chop into medium chunks. Toss with onions, spices, and liquid ingredients. Marinate for 15 minutes or more and serve over mixed green salad or add diced celery.

One serving (1 protein, 1 vegetable)

Traditional Shrimp Cocktail

Ingredients

100 grams raw shrimp (approximately 10-12 small to Medium shrimp steamed)

Cocktail sauce

2 ounces tomato paste low sodium
2 tablespoons lemon juice
1 tablespoon apple cider vinegar

1 teaspoon hot sauce
1/8 teaspoon of horseradish
Dash of mustard powder
Stevia
Salt and pepper (just a dash)
Water as needed for desired consistency

Directions

Mix tomato paste, vinegar, horseradish, lemon juice and spices together and allow spices to marinate and dipping sauce to chill. Add additional water as needed to create desired consistency. Steam the shrimp until pink and well cooked.(don't mind a tsp of MCT oil) Chill shrimp for 30 minutes in the refrigerator and serve with cocktail dipping sauce. Can serve on ice and a small leaf of romaine lettuce.

One serving (1 protein, 1 vegetable)

French Chilled Garlic Pickles

Ingredients

One medium cucumber sliced into rounds
4 cloves of garlic in thin slice
3 tablespoons lemon juice
Sea Salt

Directions

Mix liquid ingredients together. Salt cucumber slices well. Pack cucumber slices tightly into a small glass canning jar layering garlic slices in between layers. Pour apple cider vinegar and lemon juice into container until liquid covers the slices. Refrigerate overnight. Pickles can be refrigerated for up to 4 days. Or marinate cucumber slices in salt, vinegar and garlic then use a pickle press or weighted plate to press out excess liquid.

One serving (1 vegetable) remember only one serving of this per meal.

Orange County Cabbage Salad w/ Chicken

Ingredients

100 grams of chicken
½ head of any kind of cabbage
One small orange (3 tablespoons of juice and remaining orange sliced or in segments)
1 tablespoon apple cider vinegar
2 tablespoons lemon juice
1 tablespoon Bragg's liquid aminos
Pinch of fresh or powdered ginger if desired
Dash of cayenne (optional)
Stevia (optional) remember stevia is sweet
Salt and fresh black pepper (just a dash)

Directions

Marinate strips of chicken in apple cider vinegar, lemon juice and spices. Cook thoroughly browning slightly. Prepare dressing with 3 tablespoons of orange juice, Bragg's, stevia, black pepper, salt and cayenne. You may add extra apple cider vinegar if desired. Shred cabbage into Cole slaw consistency and toss lightly with dressing. Allow to marinate for at least 20 minutes or overnight. Top with chicken and orange slices.

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

Farmers Asparagus Cold Salad

Ingredients

Asparagus spears
3 tablespoons lemon or lime juice
Fresh chopped mint leaves or parsley
2 tablespoons caper juice
1 tablespoon finely minced red onion
Salt and pepper (just a dash)

Directions

Lightly steam the asparagus until tender. Marinate in juices and spices for at least 30 minutes and enjoy. Variations: Toss with the marinade of your choice for flavor variety.

One serving (1 vegetable)

Tennessee Red Cabbage Salad

Ingredients

½ head of red cabbage
¼ cup apple cider or red wine vinegar
3 tablespoons Bragg's liquid aminos
3 tablespoons lemon juice
¼ teaspoon onion powder
¼ teaspoon garlic powder
1 clove finely minced garlic
1 tablespoon finely minced onion
Cayenne pepper to taste
Stevia
Salt and black (just a dash)

Directions

Combine spices with liquid ingredients. Coat cabbage thoroughly with dressing and marinate for 1-2 hours or overnight to blend flavors.

One serving (1 vegetable)

Yakima Apple/Coleslaw

Ingredients

½ head cabbage
1 apple(small) diced (optional)
2 tablespoons lemon juice
1 tablespoon apple cider vinegar
¼ teaspoon garlic powder
Dash of mustard powder
Dash of cinnamon (optional)
Salt and pepper (just a dash)
Stevia

Directions

Slice cabbage in very thin strips. Toss with lemon juice and spices. Allow to marinate for 30 minutes or overnight. Add apples and a 1/8 teaspoon of cinnamon to make an apple slaw.

One to two servings (1 vegetable coleslaw) (1 vegetable, 1 fruit apple slaw)

California Citrus and Fennel Salad

Ingredients

½ grapefruit cut into medium chunks or 1 orange in segments

Fennel bulb steamed

2 tablespoons lemon juice

Chopped mint or cilantro

Stevia for taste

Directions

Slice fennel bulb and cut citrus into chunks. Combine ingredients in a bowl.

Mix well and chill.

One serving (1 vegetable, 1 fruit)

Spicy Thai Cucumber Salad

Ingredients

1 whole cucumber cut julienne style

2 tablespoons Bragg's liquid aminos

2 tablespoons lemon juice

2 tablespoons vegetable broth (optional)

1 tablespoon chopped green onion

1 clove of garlic crushed and minced

1 basil leaf rolled and sliced

1 teaspoon cilantro leaves chopped

1/8 teaspoon red chili flakes

Salt and pepper (just a dash)

Stevia

Directions

Chop up cucumber in strips. Mix liquid ingredients with the garlic, onion, fresh herbs and chili flakes. Mix in cucumbers and coat thoroughly with spice mixture. Allow to marinate for 10 minutes or overnight.

One to two servings(1 vegetable)

Crunchy Alabama Sweet Apple Chicken Salad

Ingredients

100 grams chicken cooked and diced
1 apple diced
3 stalks celery diced
3 tablespoons lemon juice
1/8 teaspoon cinnamon
Dash of nutmeg
Dash of cardamom
Dash of salt
Stevia
Wedge of lemon

Directions

Mix ingredients together, sprinkle with stevia and cinnamon. Chill for 20 minutes. Serve with a wedge of lemon and enjoy.

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

Mid-Eastern Curried Celery Salad

Ingredients

Celery stalks diced
2 tablespoons Bragg's liquid aminos
3 tablespoons lemon juice
1 tablespoon apple cider vinegar
1 tablespoon chopped green onions
Curry to taste
Stevia

Directions

Add spices to liquid ingredients and mix thoroughly. Coat celery thoroughly and allow flavors to marinate for 20-30 minutes and serve. Variations: Add chopped tomatoes (used as a fruit serving)

One serving (1 vegetable)

Ceviche

Ingredients

100 grams fresh white fish (halibut or sea bass ideally), crabmeat, or shrimp
3 tablespoons lemon or lime juice
Diced fresh tomatoes (small pieces)
1 tablespoon chopped onion
Small pieces of jalapeno pepper to taste
1 clove garlic crushed and minced Fresh chopped cilantro
Dash hot sauce, Salt and pepper (just a dash)

Directions

Cut the shrimp, crabmeat or fish into small pieces. Add lemon, onion, garlic, jalapeno and chopped cilantro. Stir in diced tomatoes and hot sauce. Chill and marinate the ingredients in refrigerator. The citric acids will “cook” the seafood. Eat chilled.

One serving (1 protein, 1 vegetable)

Cucumber and Strawberry Patch Salad

Ingredients

1 whole cucumber
Sliced strawberries
1 serving strawberry vinaigrette (See recipe)
Fresh ground white pepper
Stevia to taste

Directions

Slice strawberries and cucumber. Toss with strawberries, dressing, stevia and pepper to taste. Allow to marinate for at least 10 minutes.

One serving (1 vegetable, 1 fruit)

Beijing Chicken Salad

Ingredients

100 grams chicken breast
Cabbage
3 tablespoons Bragg’s liquid aminos
1 tablespoon apple cider vinegar
1 tablespoon minced green onion
1 clove of garlic crushed and minced
Fresh grated ginger or a dash of powdered
Pinch of pepper flakes

MCT oil (1 tbsp for browning)
Stevia to taste
Salt and pepper (just a dash)

Directions

Brown the chicken with MCT oil and lemon juice, 1 tablespoon Bragg's, garlic, and onion. Slice cabbage into fine strips. Steam lightly until cooked. Drain off excess liquid. Add chicken, ginger, salt and pepper and chill.

One serving (1 protein, 1 vegetable)

Farmers Delight Asparagus Apple Salad

Ingredients

6-8 stalks of asparagus chopped
1 apple diced
4 tablespoons lemon juice and water as needed
¼ teaspoon garam masala or cinnamon
1 tablespoon finely minced onion
Salt and pepper just a dash
1 tablespoon MCT oil
Stevia to taste

Directions

Marinate asparagus in vinaigrette for 10 minutes or so. Lightly sauté asparagus in MCT oil & lemon juice until just lightly cooked. Toss with finely chopped onion, apple, and spices. Add salt, pepper, and stevia to taste. Chill in refrigerator for 10 minutes and serve as a salad or hot as a side dish.

One serving (vegetable, 1 fruit)

Horseradish Kick'n Cole Slaw

Ingredients

Finely chopped cabbage
¼ cup apple cider vinegar
3 tablespoons low sodium broth (beef, vegetable, or chicken)
1-2 tablespoon Bragg's liquid aminos

1 tablespoon lemon juice
1 tablespoon minced red onion
¼ teaspoon horseradish or to taste
Pinch of celery seeds
Salt and black (just a dash)

Directions

Chop up cabbage finely. Discard any tough parts of the cabbage. In a small bowl combine the liquid ingredients, horseradish and spices. Toss dressing mixture with cabbage. Allow to marinate for at least an hour or overnight.

One serving (1 vegetable)

DRESSINGS, SAUCES, AND MARINADES

Strawberry Patch Vinaigrette

Ingredients

Strawberries
1 tablespoon apple cider vinegar
1 tablespoon lemon juice
1 teaspoon MCT oil
Dash of salt
Dash of cayenne (optional)
Fresh ground black pepper (just a dash)
Stevia to taste

Directions

Combine all ingredients in food processor. Puree until smooth. Pour over fresh green salad. Garnish with sliced strawberries and freshly ground black pepper.

Makes 1 serving (1 fruit)

About Time Dill Dressing/Marinade

Ingredients

Fresh dill minced
2 tablespoons lemon juice
2 tablespoons apple cider vinegar
2 tablespoon low sodium chicken or vegetable broth
½ teaspoon Old Bay seasoning mix
1 teaspoon MCT oil
Salt and pepper just a pinch

Directions

Combine ingredients; allow the flavors to marinate for 30 minutes or more and serve as a marinade for fish or a dressing for vegetables or salad. For use as a marinade.

One serving

Delightful Orange Tarragon Marinade for Chicken or Fish

Ingredients

¼ cup chicken or vegetable broth
2 tablespoons apple cider vinegar
½ orange juiced
1 clove of garlic crushed and minced
1 teaspoon fresh tarragon chopped
¼ teaspoon onion powder
1 teaspoon MCT oil
Salt and pepper just a dash

Directions

Combine liquid ingredients with spices and cook on low heat for 3 minutes. Remove from heat and cool. Marinate chicken or fish for 20 minutes or more. Cook chicken or fish in remaining marinade. Deglaze the pan Periodically with a little water. Save the sauce and add apple cider vinegar to make additional dressing for a salad. Serve over a mixed green salad or with other vegetable.

One serving (1 fruit)

Tarragon Vinegar Infusion Conclusion

Ingredients

¼ cup apple cider or red wine vinegar
Fresh tarragon
1 tablespoon MCT oil

Directions

Combine vinegar with fresh tarragon in a lidded jar. Crush or roll the tarragon slightly to release the flavor. Allow flavors to infuse into the vinegar overnight or up to a week. Use as a marinade for fish or as the base for a dressing. Add salt and pepper (just a dash)

Makes multiple servings

California Citrus Ginger Dressing/Marinade

Ingredients

1 tablespoon lemon juice
2 tablespoons orange juice
1 teaspoon apple cider vinegar
1 tablespoon Bragg's liquid aminos
Ginger fresh or ground to taste
Salt and fresh black pepper (just a dash)
1 teaspoon MCT oil
Stevia to taste

Directions

Combine spices with liquid ingredients. Enjoy over salad or double the recipe for use as a marinade. Warm slightly to enhance the flavors.

Makes 1-2 serving (1 fruit) Serve with additional orange slices to complete a fruit serving

Aloha Teriyaki Sauce

Ingredients

½ cup beef or chicken broth (Depending on your protein choice)
¼ cup Bragg's liquid aminos
2 tablespoons apple cider

Orange juice (Juice from 3 segments)
¼ cup lemon juice
1 tablespoon finely minced onion
1 teaspoon garlic powder
1 teaspoon onion powder
½ teaspoon powdered ginger or grated fresh ginger
1 clove finely minced garlic
Lemon and/or orange zest to taste
Stevia to taste

Directions

Combine all ingredients in a small saucepan and bring to a boil. Reduce heat and simmer for 20 minutes or until liquid is reduced. The longer you simmer the richer the flavors. As the liquid reduces, deglaze the pan with a little MCT oil or broth to intensify the flavors. Enjoy as a glaze or sauce with chicken or beef.

One to two serving (1 fruit)

Texas Horseradish Marinade/Dipping Sauce

Ingredients

¼ cup very low sodium beef broth
1 teaspoon of horseradish or to taste
½ teaspoon garlic powder
¼ teaspoon paprika
1 teaspoon MCT oil

Directions

Whisk the ingredients together and heat the sauce in a small saucepan. Pour into dipping bowl or use as a sauce or marinade and enjoy with beef dishes. Add Cheyenne pepper to crank it up a notch

Makes 1-2 servings

Ketchup de Naturale

Ingredients

2 ounces of low sodium tomato paste
3 tablespoons apple cider vinegar
1 tablespoon lemon juice
¼ teaspoon celery salt
½ teaspoon paprika
¼ teaspoon mustard powder
Pinch of nutmeg and clove
Pinch of black pepper
¼ teaspoon onion powder
¼ teaspoon garlic powder
Stevia to taste

Directions

Dissolve spices in vinegar and lemon juice. Add tomato paste and mix thoroughly. Can dilute with water if desired. Add additional lemon juice, vinegar or a little water until desired consistency is reached.

Two serving (1 vegetable)

Southwest Tomato Picante Dressing

Ingredients

1 medium tomato chopped
1 8 ounce can tomato sauce low sodium
1 clove garlic crushed and chopped
1 teaspoon mustard powder
2 tablespoons lemon or lime juice
½ teaspoon ground cumin
½ teaspoon chili powder
Pinch cayenne pepper
Salt and black pepper to taste
Apple cider vinegar to taste

Directions

Put tomato and garlic into food processor and puree. Add mustard, lemon juice, cumin, chili powder, cayenne, and salt and tomato sauce. Blend until smooth. Transfer to a jar and refrigerate. Stir before using.

Makes 2-4 servings (1 vegetable)

Mama's Homemade Mustard

Ingredients

2 tablespoons ground mustard powder
1 tablespoon garlic powder
1 tablespoon onion powder
½ teaspoon ground ginger
½ teaspoon grated horseradish (optional)
½ cup apple cider vinegar
¼ cup water
1 tablespoon lemon juice
Stevia to taste

Directions

Mix ingredients together thoroughly, heat in a saucepan for 2-3 minutes. Pack warm mustard into a jar and top with lemon juice. Mustard will last up to two weeks in the refrigerator. Add water as needed for consistency.

One to Two servings

One of a kind Grapefruit Vinaigrette

Ingredients

Juice of 3 segments of grapefruit
1 tablespoon lemon juice
1 teaspoon apple cider vinegar (optional)
1 teaspoon MCT oil

Directions

Combine juices and vinegar together. Add stevia to taste. Pour over mixed green salad and top with remaining grapefruit segments. Use as a marinade for fish, shrimp or chicken. Add a dash salt and fresh ground pepper.

One to Two servings (1 fruit)

Summer Tomato Basil Vinaigrette

Ingredients

2 tablespoons tomato paste
3 tablespoons apple cider vinegar
2 tablespoons lemon juice

¼ cup water, low sodium chicken or vegetable broth
1 tablespoon minced onion
½ teaspoon garlic powder
½ teaspoon onion powder
1 teaspoon dried basil or fresh rolled and sliced basil leaves to taste
1/8 teaspoon oregano
Cayenne pepper to taste
1 tablespoon MCT oil

Directions

Combine ingredients in a small saucepan and heat slightly to a boil. Adjust liquid to desired consistency by adding a little more water or broth. Remove from heat and chill. Enjoy over salad with fresh ground black pepper.

Makes 2-3 servings (1 vegetable)

Italian Stallion Vinaigrette

Ingredients

½ cup low sodium chicken or vegetable broth
1 tablespoon MCT oil
2 tablespoon apple cider vinegar
2 tablespoons lemon juice
1 teaspoon organic Italian herb spice blend
2 tablespoons finely minced onion
½ teaspoon garlic powder
½ teaspoon onion powder

Directions

Combine ingredients in small saucepan. Simmer on low heat for 5 minutes to combine flavors. Remove from heat, chill, and serve as a dressing or use as a marinade.

One to two servings

New Orleans Dressing/Dipping Sauce

Ingredients

3 tablespoons apple cider vinegar
1 tablespoon lemon juice
Dash of garlic powder
Dash of onion powder
Cayenne pepper to taste

Salt and black pepper just a dash
¼ teaspoon Old Bay seasoning mix (optional)
1 tablespoon MCT oil

Directions

Combine ingredients in small bowl and pour over salad. You can also serve this as a dipping sauce or marinade for vegetables or fish.

One to two servings

Spanish Salsa

Ingredients

1 cup fresh chopped tomato
3 tablespoons lemon or lime juice
1 tablespoon apple cider vinegar (optional)
2 cloves garlic crushed and minced
2 tablespoons finely chopped onion
¼ teaspoon chili powder
¼ teaspoon fresh or dried oregano
Cayenne pepper to taste
Fresh chopped cilantro
Salt and pepper (just a dash)

Directions

Puree ingredients in food processor for smooth salsa or chop ingredients by hand for chunkier salsa. Add spices and chill in the refrigerator for 10 minutes or more to allow flavors to blend.

One to two servings (1 vegetable)

Modifications: Add chopped jalapeno or chipotle peppers.

Southern Barbeque Sauce

Ingredients

2 ounces tomato paste
¼ cup apple cider or red wine vinegar
3 tablespoons lemon juice
1 tablespoon hot sauce
1 tablespoon minced onion
3 cloves garlic crushed and minced
¼ teaspoon chili powder
Liquid smoke hickory flavoring to taste

½ teaspoon Worcestershire sauce
½ teaspoon garlic powder
½ teaspoon onion powder
1 teaspoon chopped parsley
Stevia to taste
Cayenne pepper to taste
Salt and pepper (just a dash)
Water as needed to achieve desired consistency

Directions

In a small saucepan, combine all ingredients. Mix well and bring to a boil. Reduce heat and simmer for at least 5 minutes adding a little water to achieve desired consistency and to make sure it doesn't burn. Use as a barbeque sauce for chicken or beef.

One to two servings (1 vegetable)

Oh my! Marinated Apple Relish

Ingredients

1 apple finely minced
1 stalk of celery minced (optional)
2 tablespoons apple cider or red wine vinegar
2 tablespoons lemon juice
1 teaspoon minced red onion
Dash of Worcestershire sauce
Salt and pepper (just a dash)
Stevia taste

Directions

Mix apples and celery together. Dissolve spices into liquid ingredients and pour over the apple mixture. Mix well and allow ingredients to marinate for 30 minutes or longer to allow flavors to blend.

One serving (1 fruit, 1 vegetable)

California Sweet Orange Dressing/Marinade

Ingredients

Juice of 3 orange juice segments
2 tablespoons lemon juice
1 teaspoon apple cider vinegar (optional)

¼ teaspoon ginger powder
Pinch of turmeric
Pinch of orange zest
Stevia to taste

Directions

Dissolve spices and stevia in juice mixture. Heat the dressing slightly in a Sauce pan then chill until ready to use. You may double the recipe for a marinade add 1 teaspoon MCT oil. Serve with remaining orange slices.

One to Two servings (1 fruit)

Traditional French Dressing Naturele

Ingredients

¼ cup low sodium beef broth
2 tablespoons apple cider vinegar
2 tablespoons lemon juice
1 clove garlic crushed and minced
¼ teaspoon horseradish or to taste
½ teaspoon paprika
1/8 teaspoon mustard powder
Cayenne pepper to taste
Stevia to taste

Directions

Dissolve spices in broth, vinegar and lemon juice. Mix well and heat slightly in small saucepan. Chill and serve over mixed greens or vegetables.

One to two servings

‘Crank it up’ Sweet / Spicy Mustard Dressing

Ingredients

2 tablespoons homemade mustard recipe (See recipe)
2 tablespoons apple cider vinegar
2 tablespoons lemon juice
1 tablespoon Bragg’s liquid aminos
Pinch of turmeric
1 clove garlic finely minced
1 tablespoon minced onion
Stevia to taste
Water to desired consistency

Directions

Dissolve spices in liquid ingredients. Mix thoroughly and heat slightly in a saucepan. Add a little water or extra vinegar to create desired consistency.

One to two servings

Homemade Lemon Pepper Marinade

Ingredients

4 tablespoons lemon juice

3 tablespoons low sodium chicken or vegetable broth

Salt and black pepper (just a dash) 1 teaspoon MCT oil

Stevia to taste

Directions

Mix ingredients together. Marinate protein for 20 or more minutes.

One to two servings

Spicy Asian Orange Sauce

Ingredients

½ orange rolled and slightly juiced with rind

½ lemon slightly juiced and with rind

½ cup water

1 tablespoon minced green onion

1 clove crushed garlic

¼ teaspoon ginger powder

¼ teaspoon garlic powder

Pinch of orange and lemon zest

Pinch of cayenne pepper

Stevia to taste

Directions

In a small saucepan add slightly juiced orange with rind and ½ lemon with rind to water. Bring to a boil, reduce heat and simmer adding water as needed. Simmer until the pulp comes out of the rinds. Scrape out the pulp and discard the rinds. Continue stirring and reducing down the liquid by half until desired consistency is reached. Add onion, stevia and spices. Add chicken, white fish or beef and sauté or pour spicy orange sauce over desired cooked protein. Serve with remaining orange slices for garnish.

One to Two servings (1 fruit)

SOUPS

Spanish Tomato Basil Soup

Ingredients

2 cups low sodium chicken or vegetable broth (or substitute 1 cup water for 1 cup low sodium broth)
2 cups chopped fresh tomatoes
3 ounces of tomato paste
4-6 leaves of fresh basil rolled and sliced
1-2 cloves garlic crushed and minced
2 tablespoons chopped onion
1 teaspoon garlic powder
¼ teaspoon dried oregano
Pinch of marjoram
Salt and black pepper (just a dash)

Directions

Puree all ingredients in a food processor or blender. Pour into a saucepan and heat to a boil. Reduce heat and simmer for 20 to 30 minutes. Serve hot, garnish with fresh basil leaves or parsley.

One to Two servings (1 vegetable)

Homemade Chicken Meatball Soup

Ingredients

Meatballs
100 grams homemade ground up chicken breast
1 teaspoon minced onion
1 clove garlic crushed and minced
Pinch of sage
Pinch of marjoram
Pinch of thyme
Dash of onion powder
Dash of garlic powder

1 serving Melba toast crumbs (optional)

Broth

2 cups low sodium chicken broth (or substitute 1 cup water for 1 cup broth)

2 tablespoons Bragg's liquid aminos

1 tablespoon apple cider vinegar

Chopped celery or tomato

1 tablespoon chopped onion

2 cloves garlic crushed and minced

1 bay leaf

Cayenne pepper to taste

Salt and pepper just a dash

Directions

Combine ground chicken breast with spices, chopped garlic, onion, and crushed Melba toast. Form into balls. Bring broth to a boil; add spices, vinegar, Bragg's liquid aminos, and chicken balls. Reduce to a simmer and cook a minimum of 30 minutes adding the celery or tomato the last 5-10 minutes of cooking.

One to Two servings (1 protein, 1 vegetable, 1 Melba toast)

Farmers Chicken Cabbage Soup

Ingredients

100 grams chicken

Cabbage

2 cups low sodium chicken broth (or substitute 1 cup water for 1 cup broth)

2 tablespoons Bragg's amino acids (optional)

2 cloves garlic crushed and minced

1 tablespoon chopped onion

¼ teaspoon thyme

¼ teaspoon rosemary

Cayenne to taste

Salt and pepper (just a dash)

Directions

Combine chicken and spices in medium saucepan. Bring broth to a boil. Add cabbage. Reduce heat and simmer for a minimum of 30 minutes. Add additional water to broth as needed. Variations: change the spices and add fresh tarragon or turmeric. Add a ¼ lemon with rind to the broth and

simmer for a rich lemon flavor.

One to Two servings (1 protein, 1 vegetable)

Country Homemade Vegetable Beef Soup

Ingredients

100 grams lean beef cubed
Celery, cabbage, or tomato diced
2 cups low sodium beef or vegetable broth
(or substitute 1 cup water for 1 cup of broth)
1 tablespoon onion chopped
1 clove garlic crushed and minced
1 bay leaf
1/8 teaspoon dried basil
1/8 teaspoon fresh or dried oregano
Pinch of thyme
Pinch of paprika
Pinch of chili powder
Salt and pepper (just a dash)

Directions

Combine onion, garlic and spices with beef broth. Add celery and diced beef. Simmer for 20-30 minutes. Add tomatoes and simmer for an additional 5 minutes.

One serving (1 protein, 1 vegetable)

Miami Savory Chicken Soup

Ingredients

100 grams chicken breast cubed
1-2 cups chopped celery or tomatoes
2 cups low sodium chicken broth
(or substitute 1 cup water for 1 cup of broth)
1 tablespoon minced onion
2 cloves garlic crushed and sliced
1 bay leaf
½ teaspoon organic poultry spice blend
Cayenne pepper to taste
Salt and black pepper (just a dash)

Directions

Bring chicken stock to a boil. Add onion, garlic and spices. Add chicken and vegetables and simmer on low heat for 20 minutes or more until chicken and cabbage are tender and fully cooked. Serve hot. Sprinkle with chives or parsley if desired.

One to Two servings (1 protein, 1 vegetable)

Thai Beef Soup

Ingredients

100 grams beef

Celery

2 cups low sodium beef lo or vegetable broth
(or substitute 1 cup water for 1 cup broth)

3 tablespoons Bragg's liquid aminos

1 tablespoon chopped green onion

1 clove of garlic crushed and minced Fresh cilantro

½ teaspoon fresh grated ginger

1/8 teaspoon chili powder or red pepper flakes

1 bay leaf Pinch of cinnamon Stevia to taste

Salt and pepper (just a dash)

Directions

Heat up broth. Add dry spices, bay leaf, Bragg's, garlic and onion and bring to a boil. Reduce heat and simmer for 5 minutes. Add beef and celery and cook for 20 to 30 minutes until soft. Add salt, pepper, and stevia. Garnish with fresh chopped cilantro.

One to Two servings (1 protein, 1 vegetable)

Homemade Vegetable Broth

Ingredients

10 or more cups of water

½ large onion chopped

6-10 stalks celery

10 cloves of garlic chopped

2 bay leaves

1 teaspoon paprika
1 teaspoon garlic powder
1 teaspoon basil
1 teaspoon of thyme
Salt and pepper (just a dash)

Directions

Bring water to a boil in a large soup pot or crock-pot. Add vegetables and spices. Slow cook for 2-4 hours. Strain out vegetables and cool. Use as a base for soups.

One to Two servings

Cheery Celery Soup

Ingredients

Celery (may use celery from crock pot cooking or 1 baked celery recipe)
2 cups low sodium chicken broth
(or substitute 1 cup water for 1 cup broth)
¼ teaspoon thyme
1 bay leaf. ¼ teaspoon dried basil. Salt and pepper to taste

Directions

Cook celery until very soft or use crock-pot or vegetable broth cooked celery. Puree in a food processor or blender with broth and spices. Simmer in a saucepan for 20-30 minutes.

Makes 1 serving (1 vegetable)

Tex/Mex Chili

Ingredients

100 grams lean ground beef (less than 7% fat)
1 cup chopped tomatoes
½ cup water
1 tablespoon minced onion
2 cloves garlic crushed and minced
Pinch of garlic powder
Pinch of onion powder
¼ teaspoon chili powder
Pinch of oregano
Cayenne pepper to taste (optional)

MCT oil (for frying)

Salt and pepper (just a dash)

Directions

Brown ground beef in small frying pan, add onions and garlic. Stir in tomatoes and water. Add spices and simmer slowly until liquid is reduced. The longer it cooks the more tender and flavorful. Add a little water as needed to prevent burning. Serve with chopped green onion or tomato garnish and salt and pepper to taste.

One to Two servings (1 protein, 1 vegetable)

Lemony Garlic Spinach Chicken Soup

Ingredients

100 grams chicken

2 cups low sodium chicken broth (or substitute 1 cup water for 1 cup broth)

½ lemon with rind

1-2 cup cups loosely packed spinach cut into strips

1 tablespoon onion chopped

1 clove garlic crushed and minced

1 stalk lemongrass (optional)

¼ teaspoon thyme or to taste

Cayenne pepper just a dash

MCT oil

Salt and pepper (just a dash)

Directions

Lightly brown the chicken in small saucepan with MCT oil little lemon juice. Add onion, garlic, spices and chicken broth. Add lemon with rind and simmer for 20-30 minutes. Add the fresh spinach during the last five minutes of cooking. Serve and enjoy.

One to Two servings (1 protein, 1 vegetable)

Friday's Asparagus Soup

Ingredients

4-5 stalks asparagus

2 cups chicken or vegetable broth (or substitute 1 cup water for 1 cup broth)

3 tablespoons Bragg's liquid aminos

2 tablespoons chopped onion
¼ teaspoon thyme
¼ teaspoon garlic powder
¼ teaspoon onion powder
1 bay leaf
1 tablespoon low fat half and half milk
Salt and pepper (just a dash)
Old Bay seasoning to taste

Directions

Trim asparagus to remove the tough ends of the stalk and steam until soft. Puree asparagus with broth and spices in a blender or food processor. Heat soup in a saucepan and enjoy. Add 100 grams diced chicken if desired. You can replace dried spices with 1-2 teaspoons of Old Bay seasoning if you wish.

One to Two servings (1 vegetable)

Asian Hot and Sour Chicken Soup

Ingredients

100 grams chicken breast diced (or substitute shrimp)
1 cup low sodium chicken broth
1 cup water
4 tablespoons apple cider vinegar
4 tablespoons Bragg's liquid aminos
½ lemon in quarters with rind
1 clove garlic crushed and minced
2 tablespoons minced onion
Cayenne pepper to taste
Pinch of chili powder or red chili flakes
Salt and pepper to taste
Stevia to taste (optional)

Directions

Boil lemon wedges with rind in 1 cup of water until pulp comes out of the rind. Scrape out additional pulp and juice. Add the diced chicken, spices and chicken broth. Simmer until cooked. Variation: You can use the juice of an orange or substitute shrimp for chicken.

One to Two servings (1 protein) (one fruit if you substitute an orange)

Creole Jumbo Gumbo (great with shrimp or chicken)

Ingredients

100 grams shrimp or 1 chicken sausage recipe (See recipe)
2 cups low sodium vegetable broth (or substitute 1 cup water for 1 cup broth)
Tomatoes chopped
3 tablespoons tomato paste
2 tablespoons green or white onion
2 cloves of garlic crushed and minced
3 tablespoons apple cider vinegar
Dash of Worcestershire sauce
Cayenne pepper to taste
MCT oil (for frying)
Salt and pepper just a dash
Liquid smoke hickory smoke flavoring to taste

Directions

Fry up shrimp or chicken sausage in a saucepan with onions. Add tomato paste, tomatoes, and broth. Mix well. Add the spices and vinegar. Simmer for 20-30 minutes. Serve hot and garnish with fresh parsley.

One to Two servings (1 protein, 1 vegetable)

Mid-Eastern Vegetable Soup

Ingredients

2 cups low sodium vegetable broth
(or substitute 1 cup water for 1 cup broth)
Tomatoes chopped or celery
8 ounces tomato sauce or 3 ounces tomato paste (omit if celery is used)
1 clove garlic crushed and minced
1 tablespoon onion chopped
1/8 teaspoon ginger
¼ teaspoon cumin
Dash of salt and black pepper
Fresh parsley, cilantro or mint

Directions

Combine broth, tomato sauce, and paste. Bring to a boil. Reduce heat and add spices. Simmer for 20-30 minutes or until vegetables are tender.

One to Two servings (1 vegetable)

Fisherman's Crab Bisque

Ingredients

100 grams crab meat
1 cup tomatoes chopped
2 cups low sodium vegetable broth
(or substitute 1 cup water for 1 cup broth)
1 tablespoon onion minced
1 clove garlic crushed and minced
1 teaspoon Old Bay seasoning
1 bay leaf
1 tablespoon low fat half and half milk
Cayenne pepper to taste
Salt and black (just a dash)

Directions

Puree tomatoes and broth in a food processor or blender. Heat up mixture in a small saucepan. Add the crab and spices and simmer for 20-30 minutes stirring frequently.

One serving (1 protein, 1 vegetable)

Seasonal Sweet Strawberry Soup (serve hot or cold)

Ingredients

6-7 medium strawberries
2 tablespoons lemon juice
¼ cup water
Vanilla liquid stevia or powdered vanilla to taste
Dash of cinnamon

Directions

Puree strawberries with spices, lemon juice, water and milk. Heat the strawberry mixture in a small saucepan for 3-5 minutes. Serve hot or chilled with a garnish of mint.

One serving (1 fruit)

Hot and Sour Thai Shrimp Soup

Ingredients

100 grams shrimp

2 cups vegetable broth (or substitute 1 cup water for 1 cup broth)
Juice of ½ lemon with rind
1 lemon grass stalk
2-3 slices of fresh ginger
Red pepper flakes or cayenne pepper
1 tablespoon green onion
1 tablespoon fresh chopped cilantro
Salt and pepper (just a dash)

Directions

Bring the broth to a boil. Add the ginger, lemongrass, lemon juice, onion, and pepper. Simmer for 10-15 minutes. Add the shrimp and cilantro and cook another 8 minutes. Serve hot. Remove lemongrass before serving.

One serving (1 protein)

CHICKEN ENTREES

India Chicken Curry

Ingredients

100 grams cubed chicken
¼ cup chicken broth or water
¼ teaspoon curry powder or to taste
Pinch of turmeric
Dash of garlic powder and onion powder
1 tablespoon minced onion
Salt and pepper (just a dash)
MCT oil (for sauté)
Cayenne to taste

Directions

Dissolve spices in chicken broth in a small saucepan. Add chopped onion, garlic and chicken. Add Stevia 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.

One servings (1 protein)

Italian Chicken Pesto

Ingredients

100 grams thinly sliced or whole chicken breast

3 tablespoons lemon juice

Salt and pepper (just a dash)

Pesto

3 cloves raw garlic

¼ cup fresh basil leaves

2 tablespoons apple cider vinegar

¼ cup low sodium chicken broth or water

2 tablespoons lemon juice

¼ teaspoon dried oregano

Salt and black (just a dash)

Directions

Marinate chicken in lemon juice, salt and pepper. Fry with MCT oil 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.

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

Southeast Asian Ginger Chicken

Ingredients

100 grams chicken

¼ cup low sodium 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 MCT oil (for sauté)

Salt and pepper (just a dash)

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. 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.

One servings (1 protein)

Downtown Chicken Tarragon

Ingredients

100 grams chicken breast
¼ cup tarragon and garlic infusion (see recipe)
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
MCT oil (for sauté)

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.

One servings (1 protein)

Chicken Apple Sausage

Ingredients

100 grams ground chicken breast
2 tablespoons minced apple
1 serving Melba toast crumbs (optional)
2 tablespoons low sodium chicken broth or water

2 tablespoons apple juice
1 tablespoon finely minced onion
Dash of garlic powder
2 tablespoons apple cider vinegar
¼ cup low sodium chicken broth or water
2 tablespoons lemon juice
¼ teaspoon dried oregano
Salt and black pepper (just a dash)

Directions

Marinate chicken in lemon juice, salt and pepper. Fry with MCT oil 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.

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

Oriental Ginger Chicken

Ingredients

100 grams chicken
¼ cup chicken low sodium 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
MCT oil (for sauté)
Stevia to taste
Salt and pepper to taste
Cayenne pepper (just a dash)

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. Add Bragg's liquid aminos.

One serving (1 protein)

Daddy's Sweet Lemon Chicken

Ingredients

100 grams thinly sliced chicken
½ lemon with rind
1 tablespoon Bragg's liquid aminos
¼ cup low sodium chicken broth or water
1 cup water
Dash of cayenne pepper
Salt (just a dash)
Stevia 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.

One servings (1 protein)

Oven Baked Rosemary Chicken

Ingredients

100 grams thick sliced or whole chicken breast
1 serving Melba toast crumbs
¼ cup low sodium chicken broth or water
3 tablespoons lemon juice
½ teaspoon fresh rosemary
¼ teaspoon onion powder
¼ teaspoon garlic powder
Salt and pepper (just a dash)
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.

One servings (1 protein, 1 Melba toast)

Mazatlan Chicken Tacos

Ingredients

100 grams finely chopped or ground chicken breast
¼ cup low sodium chicken broth or water
1 tablespoon chopped onion
1 clove garlic crushed and minced
1/8 teaspoon oregano
Cayenne pepper just a dash
Pinch of cumin
Fresh cilantro chopped
2-4 large lettuce leaves
MCT oil 1 tsp

Directions

In a small frying pan cook chicken in broth and MCT oil.
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 (See recipe)

One servings (1 protein, 1 vegetable)

Alabama Sweet Mustard Chicken

Ingredients

100 grams chicken breast
¼ cup low sodium chicken broth or water
2 tablespoons Bragg's liquid amino
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 (just a dash)
Stevia 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.

One to Two servings (1 protein)

Delightful Chicken Cacciatore

Ingredients

100 grams diced chicken breast
1-2 cups chopped tomatoes
¼ cup low sodium chicken broth
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
MCT oil (browning chicken)
Stevia 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.

One to Two servings (1 protein, 1 vegetable)

Asian Sweet/ Sour Chicken

Ingredients

100 grams chicken breast
½ orange, ½ lemon with rind
1 cup water

1 tablespoon Bragg's liquid aminos
2 tablespoons apple cider or red wine 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 (just a dash)
Stevia 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 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.

One servings (1 protein, 1 fruit)

Family Chicken Paprika

Ingredients

100 grams chicken
½ cup low sodium chicken broth
3 tablespoons tomato paste
1 teaspoon paprika
1 tablespoon chopped red onion
1 clove garlic crushed and minced
1 bay leaf
Salt and pepper (just a dash)

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.

One servings (1 protein, 1 vegetable)

Mainly Stuffed Chicken Rolls

Ingredients

100 grams chicken breast
Spinach
½ cup low sodium chicken broth
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 (just a dash)

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.

One servings (1 protein, 1 vegetable)

Bruchetta Breaded Chicken

Ingredients

100 grams 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 and marjoram
MCT oil (for frying chicken)

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 bruchetta 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 bruchetta sauce over the hot chicken.

One servings (1 protein, 1 vegetable, 1 Melba toast)

Healthy Oregano Chicken

Ingredients

100 grams chicken breast

1 teaspoon dried oregano or 1 tablespoon fresh finely minced

1 serving Melba toast crumbs (optional)

¼ cup low sodium chicken broth ¼ teaspoon garlic powder

¼ teaspoon onion powder

Salt and pepper (just a dash)

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.

One servings (1 protein, 1 Melba toast)

Moroccan Lemony Chicken

Ingredients

100 grams chicken breast

Juice of ½ lemon

1 tablespoon minced onion

Pinch of ginger

Pinch of ground coriander

Pinch of saffron

Pinch of lemon zest

MCT oil

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 oil & 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.

One servings (1 protein)

Southern Baptist Barbecued Chicken

Ingredients

100 grams of chicken breast whole

1 serving of barbecue sauce (see recipe)

MCT oil

Directions

Coat chicken with barbeque sauce and fry wit MCT oil 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 just a dash.

One servings (1 protein, 1 vegetable)

Buffalo Style Chicken Fingers

Ingredients

100 grams of chicken cut into long thin strips

Melba toast crushed (optional) 2 tablespoons hot sauce

4 tablespoons lemon juice MCT oil (for frying)

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.

One servings (1 protein, 1 Melba toast)

Washington Baked Apple Chicken

Ingredients

100 grams cubed chicken

½ finely chopped apple

2 tablespoons lemon juice

1 tablespoon apple cider vinegar
1/8 teaspoon cinnamon
Salt and pepper to taste
MCT oil (for browning chicken)
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, 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.

One servings (1 protein, 1 fruit)

Orange Glazed Chicken Breast

Ingredients

100 grams chicken
One serving spicy orange sauce or sweet orange marinade (see recipe)

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.

One servings (1 protein, 1 fruit)

Italian Roasted Garlic Chicken

Ingredients

100 grams chicken sliced
1 serving Melba toast crumbs
¼ cup low sodium chicken broth
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 (just a dash)

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.

One servings (1 protein 1 Melba toast)

Modifications: Baste chicken breast with MCT oil and Butter Buds.

Mouth Watering Baked Chicken

Ingredients

100 grams chicken breast
1 serving Melba toast crumbs
½ cup low sodium 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 (just a dash)

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.

One serving (1 protein, 1 Melba toast)

Mexicali Style Cilantro Chicken

Ingredients

100 grams 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

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.

One servings (1 protein 1 vegetable)

Mid- Eastern Chicken

Ingredients

100 grams chicken
1 cup chopped fresh tomatoes
½ cup low sodium 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 (just a dash)

Directions

Combine spices with liquid ingredients. Bring to a boil. Add tomatoes and chicken to the sauce. Simmer for 20-30 minutes and serve.

One to Two servings (1 protein 1 vegetable)

Alaskan Chicken / Cabbage

Ingredients

100 grams chicken breast
Cabbage
1 cup low sodium 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 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.

One servings (1 protein, 1 vegetable)

Homemade 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 (just a dash)

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.

One servings (1 protein)

Fancy Cinnamon Chicken

Ingredients

100 grams of chicken
1 serving Melba toast crumbs
½ low sodium 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 (just a dash)
Stevia 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.

One servings (1 protein 1 Melba toast)

Mama's Tangy Vinegar Chicken

Ingredients

100 grams chicken breast
¼ cup low sodium chicken broth or water
¼ cup apple cider vinegar
2 tablespoons lemon juice
1 tablespoon chopped onion
1 clove diced garlic
Salt and pepper (just a dash)

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.

One servings (1 protein)

BEEF ENTREES

Arizona Slow Roasted Beef Brisket

Ingredients

Lean beef brisket 100 gram
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 just a dash
Salt and fresh ground black (just a dash)

Directions

Combine spices in a small bowl. Rub the mixture into the beef on all sides. Salt the meat liberally. Place the brisket in a crock pot. Fill about ½ ways 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.

One servings (1 protein, 1 vegetable)

Wintertime Pot Roast

Ingredients

Shoulder roast 100 gram
Tomatoes
5 cloves chopped garlic
½ chopped onion
1 tablespoon paprika
Cayenne to taste
Salt and black pepper (just a dash)

Directions

Rub spices into meat on all sides. Place in crock pot and fill halfway. Add celery to liquid. Heat on high for 30 minutes then reduce heat to low and

cook for 6-8 hours until fork tender. Save the juice to make sauces and dressings. Save the celery to make soup. Always refrigerate and skim off any excess fat.

One serving (1 protein, 1 vegetable)

Cabo Baja Fajitas/ Carne Asada

Ingredients

100 grams sliced beef or chicken cut into strips or flank steak asada

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 (just a dash)

Pinch of cayenne pepper

MCT oil (for frying)

Directions

Marinate meat in lemon juice and spices. Barbeque for carne asada or cook 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.

One servings (1 protein, vegetable)

Traditional Meatloaf

Ingredients

100 grams Ground beef (lean) for each serving

1 serving Melba toast crumbs

1 ketchup recipe (see recipe)

1 tablespoon chopped onion

1 clove minced garlic

Cayenne to taste

¼ teaspoon paprika

Pulp of apple after juicing

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.

Variations: Use apple pulp after juicing to make meatloaf sweet and moist. Enjoy the juice of the apple as an apple virgin martini or sparkling soda.

One servings or more servings (1 protein, 1 vegetable, 1 fruit, 1 Melba toast)

American Ground Beef Tacos

Ingredients

100 grams 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
MCT oil (for browning)

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.

One servings (1 protein, 1 vegetable)

Veal or Chicken Italian Style

Ingredients

100 grams veal cutlet
1 serving Melba toast crumbs
1 recipe marinara sauce (see recipe)
1 tablespoon finely minced onion

1 clove of garlic crushed and minced
¼ teaspoon dried basil
1/8 teaspoon dried oregano
Pinch of marjoram
MCT oil (for frying)

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 with MCT 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.

One servings (1 protein, 1 fruit or vegetable, 1 Melba toast)

Southern Rome Veal Picatta

Ingredients

100 grams 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
MCT oil (for frying)

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

One servings (1 protein, 1 Melba toast)

Classy Veal Florentine

Ingredients

100 grams veal cutlet
1 serving Melba toast crumbs
Spinach finely chopped
¼ cup vegetable, low sodium 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
MCT oil (for frying)

Directions

Manually tenderize veal cutlet until flattened. Mix Melba toast crumbs with paprika, lemon zest and dry spices. Then, 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.

One servings (1 protein, 1 vegetable, 1 Melba toast)

Mongolian Style Beef w/ Cabbage

Ingredients

100 grams sliced beef
Cabbage cut into fine strips
½ cup low sodium 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 just a dash
MCT oil (for frying)
Salt and pepper (just a dash)
Stevia 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.

One servings (1 protein, 1 vegetable)

Southern Pepper Crusted Steak

Ingredients

100 grams lean steak
Fresh ground black pepper
Dash of Worcestershire sauce
Salt (just a dash)

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

One servings (1 protein)

European Beef Bourguignon

Ingredients

100 grams beef cubed
1 cup low sodium 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 and pepper (just a dash)

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.

One servings (1 protein, 1 vegetable)

All-American Hamburger

Ingredients

100 grams lean ground hamburger(less than 7% fat)cook on a George Forman Grill
1 tablespoon finely minced onion
1 clove finely minced garlic
Dash of garlic powder
Dash of onion powder
Cayenne 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.

Variations: Add stevia, lemon juice, and Bragg's liquid aminos to create a slight teriyaki flavor or top with caramelized onion garnish (see recipe). Also try lean buffalo or bison meat.

One servings (1 protein)

Traditional Cabbage Rolls

Ingredients

100 grams 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
MCT oil (for frying)

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.

One servings (1 protein, 1 vegetable)

Gingered Beef Special

Ingredients

100 grams beef cut into thin strips
¼ cup low sodium 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 (just a dash)
Stevia dash (optional)
MCT oil (for sauté) 1 teaspoon

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.

One servings (1 protein)

Western Beef Roll Ups

Ingredients

100 grams lean flank steak
Finely chopped cabbage
1 cup low sodium 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 (just a dash)
MCT oil (for frying)

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.

One servings (1 protein, 1 vegetable)

Southern Corned Beef w/ Cabbage

Ingredients

Beef brisket 100 gram
Cabbage
½ cup apple cider or red wine vinegar
½ onion chopped
1 teaspoon powdered mustard
¼ teaspoon fresh thyme
1 bay leaf
Pinch of allspice

1 teaspoon whole black peppercorns
Salt and pepper (just a dash)

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 recipe).

One servings (1 protein, 1 vegetable)

Homemade Corned Beef Hash

Ingredients

Leftover corned beef from corned beef and cabbage
Leftover cabbage, radish relish recipe, or apple relish recipe
1 tablespoon minced onion
1 clove garlic crushed and minced
Pinch of fresh thyme
Pinch of fresh chopped oregano
Salt and pepper just a dash
MCT oil (for frying) 1 tbsp

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.

One servings (1 protein, 1 vegetable or fruit)

Italian Baked Meatballs

Ingredients

100 grams 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 recipe)

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.

One servings (1 protein, 1 vegetable, 1 Melba toast)

Britain's Broil Beef

Ingredients

100 grams lean London broil beef cut into strips
¼ cup low sodium beef broth or water
1 tablespoon minced onion
1 clove garlic crushed and minced
1/8 teaspoon thyme
Pinch of rosemary
Salt and pepper just a dash
Chopped Italian parsley
MCT oil (for frying)

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.

One servings (1 protein)

Famous Sloppy Joes/Barbequed Beef

Ingredients

100 grams ground beef
1 recipe barbeque sauce (see recipe)

Butter lettuce or any large variety lettuce leaves
MCT oil (for frying) 1 tbsp

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.

One servings (1 protein, 1 vegetable)

Wintery Savory Beef Stew

Ingredients

100 grams 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 low sodium 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

MCT oil (for browning)

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.

One servings (1 protein, 1 vegetable)

Traditional Stuffed Tomatoes (Baked)

Ingredients

100 grams 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
MCT oil (for browning)
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, and bake in 350 degree oven for 20 minutes. Garnish with fresh parsley and serve.

One servings (1 protein, 1 vegetable, 1 Melba toast)

'On the Grill' Beef Apple Kabobs

Ingredients

100 grams of lean good quality beef or chunked chicken
1 apple cut into large chunks
¼ onion petals
½ cup low sodium beef, chicken, or vegetable broth
3 tablespoons apple cider vinegar
1 tablespoon Bragg's liquid aminos
Stevia 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.

One servings (1 protein, 1 fruit)

SEAFOOD ENTREES

Mid-Eastern Curry Shrimp w/ Tomatoes

Ingredients

100 grams shrimp
½ cup low sodium 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 to taste
MCT oil (for sauté)

Directions

Sauté the shrimp with the onion and garlic for about 3 minutes or until cooked. Add vegetable broth, curry and stevia. 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.

One servings (1 protein, 1 vegetable)

Delicious Shrimp Soufflé

Ingredients

100 grams shrimp
½ cup low sodium 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 (just a dash)

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.

One servings (1 protein, 1 vegetable)

Halibut w/ Herbs (can use any White Fish)

Ingredients

100 grams of Halibut fish (or any white fish)
2 tablespoons lemon juice
1 clove garlic crushed and minced
1 tablespoon chopped onion
Pinch of dill
Fresh parsley
MCT oil (for frying)

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.

One servings (1 protein)

Nicely Baked Curried Fish

Ingredients

Your choice of white fish (Halibut is best)
2 tablespoons lemon or lime 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.

One servings (1 protein, 1 Melba toast)

Alaskan Poached Halibut (or any White Fish)

Ingredients

100 grams per serving halibut
½ cup low sodium 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 (just a dash)
Stevia 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.

One servings (1 protein)

Traditional Creole Shrimp

Ingredients

100 grams shrimp
½ cup low sodium 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
Dash of liquid smoke flavoring (optional)
Cayenne pepper to taste
MCT oil (for frying)

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.

One servings (1 protein)

French Shrimp Scampi

Ingredients

100 grams shrimp
¼ cup low sodium 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 (just a dash)

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.

One servings (1 protein)

Louisiana Sweet Ginger Shrimp

Ingredients

100 grams shrimp
¼ cup low sodium vegetable broth or water
2 tablespoons lemon juice
2 tablespoons juice of orange (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
MCT oil (for sauté)
Salt and black pepper (just a dash)

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.

One servings (1 protein)

Deep South Jambalaya

Ingredients

100 grams shrimp (chicken, beef, or chicken sausage can be used)
Tomatoes or celery chopped
1 cup low sodium 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 (just a dash)
MCT oil (for browning)

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.

One servings (1 protein, 1 vegetable, 1 fruit)

Delicious Black Pepper Sautéed Shrimp

Ingredients

100 grams shrimp
1 serving Melba toast crumbs (optional)
2 tablespoons lemon juice
1 tablespoon caper juice
Salt and fresh ground black pepper (just a dash)
MCT oil (for frying)

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.

One to Two servings (1 protein, 1 Melba toast)

Easy Ginger Shrimp Wraps

Ingredients

100 grams shrimp
1 or more cabbage or lettuce leaves
1 cup low sodium 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
MCT oil or MCT oil and Butter Buds
Salt and pepper (just a dash)

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 or top with additional Bragg's.

One servings (1 protein, 1 vegetable)

Traditional Crab Cakes

Ingredients

100 grams 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
MCT oil (for sauté)

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 sautéed until warm or chilled and served over a green salad with lemon garnish and topped with Melba toast crumbs.

One servings (1 protein, 1 Melba toast)

New Orleans Cajun Baked Fish (any White fish)

Ingredients

100 grams 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 (just a dash)

MCT oil (optional)

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.

One servings (1 protein, 1 Melba toast)

Tangy Lemon Dill Fish

Ingredients

100 grams any kind of white fish
4 tablespoons lemon juice
¼ cup low sodium vegetable broth or water
1 teaspoon apple cider vinegar
1 teaspoon fresh dill
1 clove garlic crushed and minced
1 tablespoon minced onion
MCT oil (for sauté)
Salt and black pepper (just a dash)

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.

One servings (1 protein)

Garlic Shrimp w/ Tomatoes

Ingredients

100 grams shrimp
2 large tomatoes chopped
¼ cup low sodium 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
MCT oil (for sauté)
Salt and black pepper (just a dash)

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.

One servings (1 protein, 1 vegetable)

Sweet & Hot Sautéed Shrimp

Ingredients

100 grams shrimp
1 recipe sweet (hot) wasabi marinade (See recipe)
1 tablespoon minced onion
Pinch of dried or fresh ginger
1 tablespoon MCT oil
Stevia to taste

Directions

Sauté shrimp with onion in wasabi marinade. Serve hot or enjoy chilled over mixed green salad.

One servings (1 protein)

Northwest Baked White Fish w/ Asparagus

Ingredients

100 grams white fish (make multiple servings for best results)
Asparagus
1 serving Melba toast crumbs per serving
½ cup low sodium 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 (just a dash)

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.

One servings (1 protein, 1 vegetable, 1 Melba toast)

Lemon Glazed Orange BBQ Wrap

Ingredients

100 grams 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 or Lakanto 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.

One servings (1 protein, 1 fruit)

'Any Thyme' Poached Fish

Any white fish
½ cup vegetable broth or water
2 tablespoons caper juice
2 tablespoons lemon juice
1 teaspoon apple cider or red wine vinegar
1 clove garlic crushed and minced
1 tablespoon minced red onion
Pinch of thyme

Salt and pepper (just a dash)

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.

One servings (1 protein)

Modifications: Brush fish with Butter Buds and MCT oil. Top with a tablespoon of capers.

Delicious Sweet Orange Pepper Shrimp

Ingredients

100 grams shrimp

1 tablespoon minced onion

1 serving of sweet orange marinade (see recipe)

Stevia to taste

MCT oil (for frying)

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.

One servings (1 protein, 1 fruit)

Famous Lobster Medallions in Tomato Sauce

Ingredients

100 grams 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

MCT oil (for sauté)
Salt and pepper (just a dash)
Chopped parsley
Salt and fresh ground black pepper just a dash

Directions

Slice medallions of lobster tail. Weigh out 100 grams 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.

One servings (1 protein, 1 vegetable)

Alaskan Baked Stuffed Lobster

Ingredients

100 grams raw lobster tail
1 serving Melba toast crumbs
½ cup low sodium 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 (just a dash)

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.

One servings (1 protein, 1 Melba toast)

Local Savory Onion Caramelized Shrimp

Ingredients

100 grams shrimp
Sliced onion cut into rings
¼ cup water
3 tablespoons lemon juice
1 tablespoons Bragg's liquid aminos
Vanilla flavored liquid stevia to taste

Salt and pepper (just a dash)

MCT oil (for frying) 1 tsp

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.

One servings (1 protein, 1 vegetable)

Chinese Sweet and Sour Shrimp

Ingredients

100 grams 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 just a dash

MCT oil (for sauté)

Stevia 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.

One servings (1 protein, 1 fruit)

Garlic Shrimp with Mint and Cilantro

Ingredients

100 grams 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 (just a dash)

MCT oil (for sauté)

Stevia (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)

Northwest Sautéed Halibut w/ Lemon Pepper Sauce

Ingredients

100 grams Halibut

¼ cup low sodium vegetable broth or water

2 tablespoons lemon juice

2 tablespoons caper juice

Dash of garlic powder

Dash of onion powder

Dash of cayenne (optional)

MCT oil (for sauté)

Salt and fresh ground pepper (just a dash)

Directions

Add dry spices to broth and liquid ingredients. Sauté fish in sauce for 5-10 minutes until thoroughly cooked.

One servings (1 protein)

Blackened Halibut

Ingredients

100 grams Halibut (or any white 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
teaspoons salt (just a dash)
2 teaspoons black pepper
MCT oil (for frying)
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.

One servings (1 protein)

Alaskan Baked Lobster w/ Spicy Lemon/Lime Sauce

Ingredients

100 grams sliced lobster tail
1 serving Melba toast crumbs
¼ cup water
4 tablespoons lemon or lime 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 just a dash

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.

One servings (1 protein, 1 Melba toast)

California Citrus Fish

Ingredients

100 grams 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 (just a dash)
Stevia to taste

Directions

Mix lemon juice with zest and a little stevia. 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.

One servings (1 protein, 1 fruit)

Hawaiian Mahi Mahi w/ Oranges

Ingredients

100 grams 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 to taste
Cayenne to taste
MCT oil (for sauté) 1 tsp

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.

One servings (1 protein, 1 fruit)

VEGETABLES

Oriental Style Cabbage

Ingredients

½ teaspoon ginger
3 tablespoons Bragg's liquid aminos
2 tablespoons lemon juice
3 tablespoons orange juice (optional)
2 tablespoons chopped onion
1 clove garlic crushed and minced

Directions

In a large frying pan sauté cabbage with a little water (vegetable or chicken broth may be substituted) and liquid ingredients. Add spices and cook until cabbage is tender adding water as necessary. Add ground beef or chicken to the spiced cabbage if desired.

Makes 2 or more servings (1 vegetable)

Mexicali Style Cabbage

Ingredients

1 cup low sodium chicken or vegetable broth
2 tablespoons minced onion
1 clove of garlic crushed and minced
¼ teaspoon Mexican oregano
¼ teaspoon cayenne pepper or to taste
Dash of cumin to taste
Fresh chopped cilantro
Salt and pepper (just a dash)
MCT oil (for sauté)

Directions

As above

Italian Style Cabbage

Ingredients

1 cup chicken or vegetable broth
¼ teaspoon fresh or dried oregano
¼ teaspoon dried basil or 5 leaves fresh basil rolled and sliced
2 tablespoons minced onion
1 clove garlic crushed and minced Salt and pepper (just a dash)
MCT oil (for sauté)

Directions

As above

Mid-Eastern Style Cabbage

Ingredients

½ teaspoon curry
2 tablespoons minced onion
1 clove garlic crushed and minced
¼ teaspoon cumin
Salt and pepper (just a dash)

Directions

As above

French Garlic and Onion Spiced Chard

Ingredients

4-6 cups swiss or red chard
1 tablespoon apple cider vinegar
½ cup low sodium vegetable, chicken broth or water
4 tablespoons lemon juice to taste
6 cloves of garlic chopped
2 tablespoons chopped onion
½ teaspoon garlic powder
Salt and pepper (just a dash)
MCT oil (for sauté)

Directions

In a frying pan add chard, water, onion, garlic and spices to the water and liquid ingredients and sauté for 5 minutes or to desired level of doneness.

Sprinkle with lemon and salt and pepper to taste.

Makes 1-2 servings (1 vegetable)

Cold Southern Chicory Salad

Ingredients

Chopped fresh chicory

2 teaspoons apple cider or red wine vinegar, 1 tablespoon Bragg's liquid aminos

1 tablespoon lemon juice

Salt and pepper (just a dash)

Directions

Chop chicory very fine. Stir in apple cider vinegar and lemon juice. Add salt and fresh ground black pepper to taste. Enjoy as a side dish or cool salad. Variations: Add tomatoes and chopped fresh mint or mix in a little orange juice. Add finely minced red onion and garlic or chopped apple and stevia.

Makes 1 serving (1 vegetable)

Western Caramelized Onion Garnish (Family Style)

Ingredients

½ large onion cut into fine rings

4 tablespoons lemon juice

Vanilla stevia to taste

Small amount of water as needed

Pinch of salt

MCT oil

Directions

Preheat skillet. Add small amount of water to bottom of pan and add lemon juice and stevia. Add onion rings and stevia and cook quickly periodically deglazing the pan with a little more water to create a sweet caramel sauce. Serve immediately over steak or chicken. Spoon any remaining sauce created by deglazing over the top. Can be served chilled and added as a topping to salads.

Makes 4 servings

Savory Summer Baked Red Onion Garnish

Ingredients

½ red onion cut into rings
¼ cup apple cider vinegar
2 tablespoons lemon juice
1 bay leaf or pinch of bay leaf powder
1 clove garlic crushed and minced
Pinch of dried basil and oregano (optional)
Salt and pepper to taste (just a dash)
Small amount of water
MCT oil (for sauté)

Directions

Put onion in a baking dish with apple cider vinegar, water, and spices. Bake at 375 for 10 minutes. Serve hot over beef or chicken or chill and add to salads. Can also be sautéed in a small frying pan deglazing periodically. Variations: substitute a sprinkle of rosemary, tarragon or dill instead of other spices. Or sprinkle with organic poultry seasoning.

Makes 4 servings

French Garlic Spinach

Ingredients

Spinach
½ cup low sodium chicken broth or water
2 tablespoons lemon juice
2 tablespoons minced onion
2 cloves garlic crushed and minced
¼ teaspoon onion powder
Pinch red pepper flakes
MCT oil (for sauté)

Directions

Sauté the onion and garlic lightly in frying pan with a little water and lemon juice until soft. Add fresh garlic and spices. Stir in fresh spinach leaves and cook lightly. Serve with your favorite chicken or fish dish.

Makes 1-2 servings (1 vegetable)

Traditional Saffron Cabbage

Ingredients

Chopped cabbage (½ head)
1 cup low sodium chicken broth or water
2 tablespoons onion finely chopped
1 clove garlic crushed and minced
Pinch of saffron powder or threads softened in water and made into a paste.
1/8 teaspoon turmeric
Dash of mustard powder
Salt and pepper (just a dash)
MCT oil (for frying)

Directions

In a large frying pan, heat chicken broth and spices. Add cabbage and cover pan with a lid. Cook cabbage until tender adding water if necessary to keep from burning and coating with the spice mixture. Serve hot with chicken or chilled for a cool salad.

Makes 1-2 servings (1 vegetable)

Red Radish Relish

Ingredients

3 tablespoons of apple cider or red wine vinegar
6 or 7 red radishes
Dash of garlic powder
Dash of onion powder
Salt and pepper (just a dash)
Stevia to taste (optional)

Directions

Combine liquid ingredients with powdered spices. Finely dice radishes and marinate in liquid mixture for 1-3 hours or overnight. Use as a topping on your protein servings or as a side dish.

Makes 1-2 servings (1 vegetable)

Calcutta Spiced Spinach

Ingredients

Spinach
2 tablespoons minced onion
¼ cup low sodium chicken broth or water

1/8 teaspoon cumin
1/8 teaspoon paprika
1/8 teaspoon turmeric
Pinch of fresh grated ginger
Pinch of ground coriander
Salt and pepper (just a dash)
MCT oil (for sauté)

Directions

Sauté spices in chicken broth with onion. Add spinach and stir gently until cooked. (substitute ¼ teaspoon garam masala for dry spices) Variations: add chicken or shrimp.

Makes 1-2 servings (1 vegetable)

Homemade Baked Celery

Ingredients

Celery
½ cup low sodium beef, chicken broth, or water
2 tablespoons lemon juice
2 tablespoons Bragg's liquid aminos
2 tablespoons chopped onions
1 clove fresh chopped garlic
1 bay leaf
Pinch of red pepper flakes
Paprika to taste
Salt and pepper (just a dash)

Directions

Chop up celery into sticks and arrange in a baking dish. Dissolve spices in liquid ingredients and pour over the celery. Bake in 375 degree oven in until soft and lightly brown on top. Serve with the juices and sprinkle with paprika. Add salt and pepper to taste.

Makes 1-2 servings (1 vegetable)

Winterized Tomato Salad

Ingredients

Chopped tomatoes
¼ cup apple cider vinegar

1 tablespoon green onion sliced
1 garlic clove crushed and minced
Dash of mustard powder
¼ teaspoon basil
1/8 teaspoon thyme
1/8 teaspoon marjoram
1 teaspoon MCT oil
Salt and pepper just a dash

Directions

Combine apple cider vinegar with spices. Pour over tomato chunks or slices. Marinate and chill for 1 hour before serving.

Makes 2 servings (1 vegetable)

Grilled Asparagus with Rosemary Lemon Sauce

Ingredients

Asparagus
Juice of ½ lemon with rind
1 tablespoon Bragg's liquid aminos
1 clove garlic crushed and minced
¼ teaspoon rosemary
Dash of garlic powder
Dash of onion powder
Salt and pepper (just a dash)
Cayenne pepper to taste

Directions

Marinate asparagus in lemon, garlic, salt, cayenne pepper and Braggs. Steam or grill asparagus spears to desired level of doneness. In a small saucepan place remaining lemon marinade along with lemon rind, ½ cup water, spices and cook until pulp starts to come out. You may add a little stevia if you wish for added sweetness. Reduce liquid by half. Remove lemon rind and pour over grilled asparagus. Garnish with lemon wedges and salt and pepper to taste.

Makes 1 serving (1 vegetable)

Mississippi Pickled Beet Greens (substitute spinach)

Ingredients

Beet greens

¼ cup apple cider or red wine vinegar

1 tablespoon lemon juice

1 tablespoon Bragg's amino acids

1 clove garlic crushed and sliced

2 tablespoons minced onion

¼ teaspoon red pepper flakes or to taste

Salt and pepper (just a dash)

Stevia to taste (optional)

Directions

Combine liquid ingredients and spices. Pour over beet greens and cook for 5-10 minutes stirring occasionally to mix spices. Add water as necessary.

Serve hot or cold.

One servings or more (1 vegetable)

Grill or Roasted Fruit and Vegetable Kabobs

Ingredients

1 apple cut into large chunks

¼ onion cut into 1 inch petals

1 tomato cut into chunks

1 tablespoon apple cider or red wine vinegar

1 tablespoon lemon juice

½ teaspoon crushed mint leaves

½ teaspoon crushed cilantro leaves

Pinch of allspice

Stevia taste

Directions

Marinate fruit and vegetables in lemon juice and vinegar with stevia and spices in the refrigerator for 20 minutes or more. Soak wooden skewers in water for five minutes. Layer chopped apple, onion petals, and tomato alternately on to skewers.

Place on grill for 5-8 minutes or until desired level of doneness. Top with herbs and serve with lemon wedges.

One servings (1 fruit, 1 vegetable)

Asian Hot Pickled Red Cabbage

Ingredients

Red cabbage
1 apple diced
½ cup apple cider or red wine vinegar
¼ cup water
2 tablespoons Bragg's liquid aminos
2 tablespoons chopped red onion
1 clove garlic crushed and minced
A pinch of red pepper flakes
Salt and pepper to taste (just a dash)

Directions

Slow cook cabbage and apples in water, apple cider vinegar. Add spices and chopped onion, and garlic, and stevia. Add salt and pepper to taste. Serve hot or cold.

Makes 2 serving (1 vegetable, 1 fruit)

Delicious Hot Peppered Chicory

Ingredients

Chicory
Salt and pepper (just a dash)
2 tablespoons lemon juice
¼ cup low sodium vegetable broth or water

Directions

Mince the chicory. In a small saucepan add chicory to broth and add lemon juice, salt and pepper. Cook for 3-5 minutes and serve hot.

One servings or more servings (1 vegetable)

Fennel w/ Herbs

Ingredients

Fennel bulbs
½ cup low sodium vegetable broth or water.

2 tablespoons lemon juice

Your choice of marinade or dressing (See dressings, sauces, and marinades section for ideas)

Directions

Thoroughly wash and trim fresh fennel. Cook the fennel for several minutes in a little water or vegetable broth adding pepper, lemon, salt and fresh or dried herbs. Try Italian style or toss with Spicy Cajun or Dill Dressing.

Cook until the bulb portion is tender and delicious. Fennel may also be grilled on the barbeque.

One servings or more servings (1 vegetable)

Cooked Herb Asparagus

Ingredients

Generous serving of Asparagus

½ cup low sodium vegetable, chicken broth, or water

2 tablespoons lemon juice

1 clove of garlic crushed and minced

1 tablespoon minced onion

MCT oil (for satue)

1 teaspoon Zesty Italian powered mix

Water as needed

Directions

Lightly sauté chopped onion, garlic and herbs in the chicken broth for about one minute. Add the asparagus and cook until tender. Top with herbed sauce (add a little powdered garlic and onion for a thicker sauce). Garnish with parsley and lemon wedges.

One servings or more servings (1 vegetable)

'My oh My' Roasted Tomato w/ Onion

Ingredients

4 thin whole slices of onion

4 thick cut tomato slices

1-2 cloves of garlic sliced

2 leaves fresh basil rolled and sliced

Sprinkle of dried or fresh oregano

Salt and black pepper (just a dash)

Stevia to taste (optional)

Squeeze of lemon or lime juice

Directions

Lay out slices of onion rings intact. Salt and pepper the onion and sprinkle with lemon juice. Lay a few slices of basil and garlic on top of the onion. Top onion slices with a slice of tomato. Top the tomato with remaining basil and garlic. Bake at 375 for 10-15 minutes or until desired level of doneness. Sprinkle with lemon juice and salt and pepper to taste.

Makes 4 servings (1 vegetable)

Western Spice Beet Greens (or substitute spinach)

Ingredients

Beet greens

¼ cup low sodium chicken broth or water

4 tablespoons lemon juice

2 cloves of garlic crushed and minced

¼ teaspoon paprika

Pinch of cumin

Pinch of lemon zest

Salt and pepper (just a dash)

Directions

Combine spices in liquid ingredients. Lightly sauté beet greens in spice mixture. Serve hot and garnish with lemon and fresh ground black pepper.

One serving (1 vegetable)

Chilled Pesto Tomato Salad

Ingredients

2 small tomatoes or 3 Roma tomatoes sliced

3 leaves of fresh basil rolled and sliced

Savory red onion or caramelized onion garnish

1 clove of garlic minced

2 -3 tablespoons lemon juice

2 tablespoons caper juice.

1 teaspoon MCT oil

1-2 tablespoon of apple cider vinegar

Directions

Toss fresh tomatoes with spices and vinegar and coat completely. Marinate for at least 1 hour. Top with onion garnish and serve.

Makes 1-2 servings (1 vegetable or fruit)

DESSERTS

Mouth Watering Strawberry Sorbet/Pops

Ingredients

4-6 medium strawberries
Approximately 3 cubes of ice
Any powdered or flavored stevia to taste
½ teaspoon vanilla powder or cocoa (optional)
2 tablespoons lemon juice
¼ cup water

Directions

Blend ingredients together until smooth. Pour into a dish or Popsicle molds and freeze until firm.

One servings (1 fruit)

Tangy Orange or Lemon Pops

Ingredients

Juice of ½ lemon or 1 small orange juiced
Powdered stevia to taste

Directions

Mix stevia to taste into lemon or orange juice.
Pour into Popsicle molds and freeze.

One servings (1 fruit)

Famous Yakima Apple Chips

Ingredients

1 apple
Dash of cinnamon
Stevia to taste

Directions

Slice apples thinly, coat with stevia and cinnamon. Place in a dehydrator or bake at 325 until chewy and a little crispy.

One servings (1 fruit)

Yummy Apple Cookies

Ingredients

Pulp from 1 apple
1/8 teaspoon cinnamon
Pinch of nutmeg
1/8 teaspoon vanilla powder
Stevia to taste
1 tablespoon lemon juice

Directions

Mix pulp from 1 apple, mix with stevia and spices and form into cookies (1-2). Bake the cookies for approximately 15-20 minutes or until slightly brown.

One servings (1 fruit)

'Icy Spicy' Orange Slices

Ingredients

1 orange sliced or segmented
2 tablespoons lemon juice
¼ teaspoon cinnamon
¼ teaspoon powdered vanilla
Pinch of nutmeg to taste
Pinch of powdered clove to taste
Pinch of cardamom to taste
Powdered stevia to taste

Directions

Mix powdered spices and stevia together. Dip orange slices in lemon juice and dredge with spice mixture. Freeze until firm. Variations: substitute strawberry or apple slices.

One servings (1 fruit)

Grandma's Apple Slices with Cinnamon Sauce

Ingredients

1 apple sliced
3 tablespoons lemon juice
1 teaspoon apple cider vinegar

1-2 teaspoons cinnamon
Dash of nutmeg
Powdered stevia to taste

Directions

In the microwave or small saucepan heat the liquid and spice ingredients together stirring constantly. Serve in a small dipping bowl and serve with chilled apple slices or other fruit.

One servings (1 fruit)

Wenatchee Apple w/ Warm Vanilla Sauce

Ingredients

Your choice of allowed fruit(apple is good choice)

1 tablespoon vanilla powder
2 tablespoons lemon juice
½ teaspoon apple cider vinegar
Powdered stevia to taste

Directions

In a small saucepan or dipping bowl stir stevia and vanilla powder into lemon juice and vinegar. Heat the sauce on the stove or in the microwave. Pour into a dipping bowl. Dip fresh fruit into the warm sauce and enjoy.

One servings (1 fruit)

Sweet Caramel Apple Pie

Ingredients

1 apple
1 tablespoon lemon juice
1 tablespoon water
1 teaspoon apple cider vinegar
1 packet powdered stevia
1 teaspoon ground cinnamon
Pinch of nutmeg
1 tablespoon water

English toffee stevia to taste

Directions

Slice apple into very thin slices. Arrange in layers in a round 3 inch crème Brule dish. For each layer, sprinkle generously with cinnamon, nutmeg, and powdered and English toffee stevia. Continue layering with spices until dish is full. Sprinkle lemon juice, apple cider vinegar and water over the apple slices. Bake at 375 for approximately 20-25 minutes or until apples are cooked and top is slightly crispy. Drizzle with additional English toffee stevia if desired. Serve warm.

One servings (1 fruit)

Easy and Warm Spiced Oranges

Ingredients

One orange sliced or segmented
2 tablespoons lemon juice
1/8 teaspoon ground cinnamon
Dash of cloves
Dash of nutmeg
1/8 teaspoon powdered vanilla
Stevia to taste (powdered or flavored liquid)

Directions

Mix spices with lemon juice and stevia. Warm slightly in saucepan and add oranges. Cook for 2-3 minutes. Serve hot or chilled.

One servings (1 fruit)

'Iced Over' Grapefruit Spears

Ingredients

½ grapefruit in slices or segments
2 tablespoons lemon juice
Pinch of lemon zest
Powdered stevia to taste

Directions

Dip grapefruit chunks in lemon juice and coat with stevia and lemon zest.

Freeze until firm and enjoy as an icy treat.

One servings (1 fruit)

Strawberries a la Cocoa

Ingredients

4-6 medium strawberries

1 tablespoon dry defatted cocoa

Powdered stevia to taste

Directions

Mix cocoa and stevia together. Slice strawberries and dip in cocoa mixture.

Place on wax or parchment paper and freeze until firm. Variations: Use orange segments.

One servings (1 fruit)

Homemade Strawberry Compote (Warm)

Ingredients

1 serving fresh sliced strawberries

2 tablespoons lemon juice

Dash of cinnamon

Dash of nutmeg

Dash of cayenne

Dash of salt

Vanilla or dark chocolate stevia to taste

Directions

In a small saucepan, combine ingredients and stir thoroughly. Sauté on medium heat until warm and bubbly and a sauce develops. Serve warm in a bowl. Garnish with mint. Top with cinnamon Melba croutons

One servings (1 fruit)

Traditional Applesauce w/ Cinnamon

Ingredients

1 apple

½ teaspoon cinnamon

Pinch of nutmeg

Powdered stevia to taste

Directions

Peel and puree apple in a food processor. Add in cinnamon and stevia to taste. Serve chilled.

One servings (1 fruit)

Dark Chocolate Flavored Strawberry or Orange Slices

Ingredients

1 orange peeled and sliced or handful of strawberries sliced

Dark chocolate stevia extract

Directions

Arrange orange or strawberry slices in a bowl. Drizzle dark chocolate stevia over the slices and serve chilled. Garnish with mint if desired.

One servings (1 fruit)