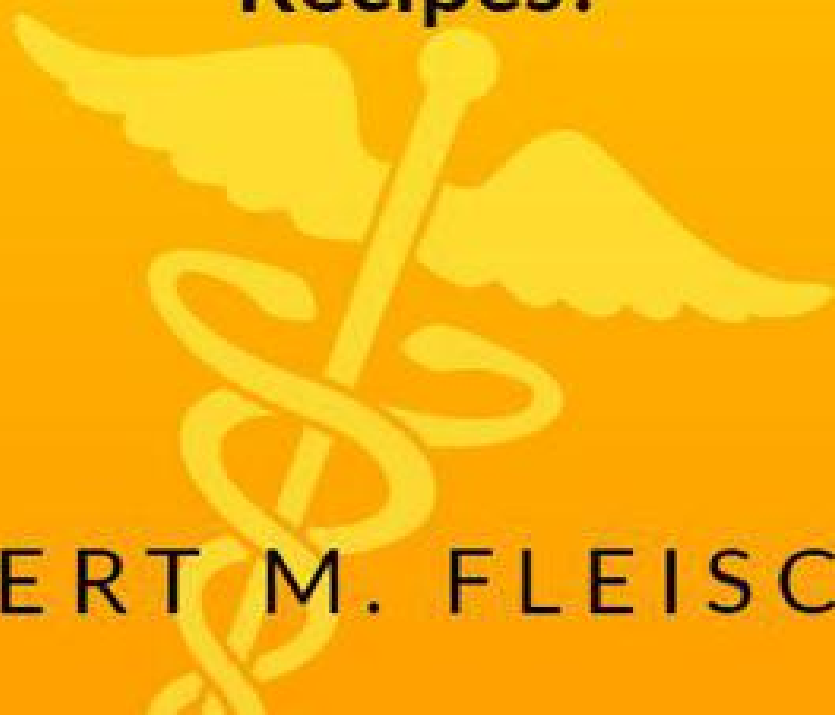


# **THE 3-STEP DIABETIC DIET PLAN**

**Quickstart Guide to Easily Reversing  
Diabetes, Losing Weight and  
Reclaiming your health.**

**\***

**Includes a Month of Delicious  
Recipes!**



**ROBERT M. FLEISCHER**

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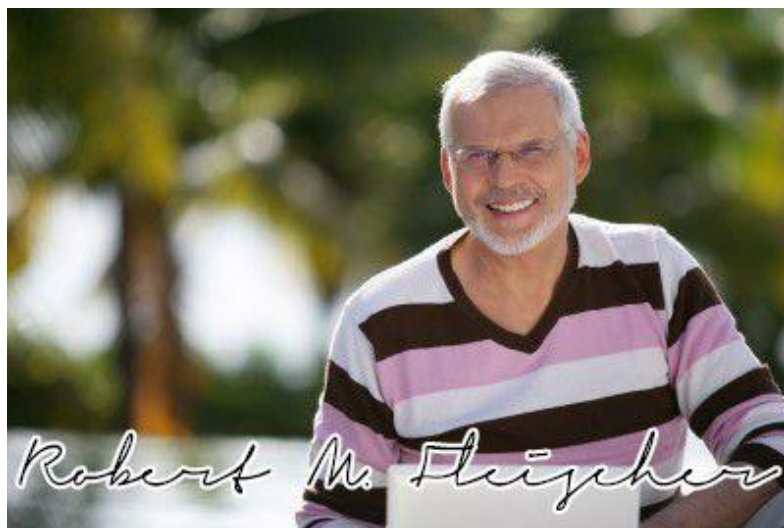
**Robert M. Fleischer**

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## What Others are Saying

*“I wish I had this book when I was expecting my first child”*

**★★★★☆ Marla Kennedy – Missouri**

*“Everything in this book is true. I’ve been on the quest to cure my own diabetes, and without this book it would have been impossible for me to do. Thank you.”*

**★★★★☆ David Burdett – California**

*“I’m reducing the medication for my type 2 diabetes, and I’ve never felt better in my life.”*

**★★★★☆ Alex Biscoe – Queensland, Australia**

*“The stuff in this book works”*

**★★★★☆ Tim Glockner – Hautzen, Germany**



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[The 3-Step Diabetic Diet Plan](#)

[The Anti Inflammatory Diet Plan](#)

<https://www.amazon.com/author/robertfleischer>

# **Author's Notes**

## **A 3-Step Diet Plan to Prevent, Control and Cure Diabetes**

The price that people sometimes have to pay for their ignorance is too high. A lot of them suffer from a disease without even knowing it, while others can see the symptoms but choose to ignore them. That's not the wisest thing to do.

Diabetes is a disease that affects millions of people today and the number keeps rising. It can hit anyone at anytime, no matter how young or old they are. However, in most of the cases it can be prevented, while in a lot of them it can also be treated effectively or even cured.

I wrote this book in order to help people get to know all there is to know about this terrible disease. In its pages I do not talk only about its symptoms and the treatments one may follow, but I also propose ways of avoiding contacting it altogether, I explain how exercise can help the patient, and I even provide the reader with cooking tips that can make the road to recovery feel a little bit lighter. I believe that whether you're diabetic or not you can benefit from the contents of my book, as its only aim is to help you lead a healthy life.

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## Disclaimer

While all attempts have been made to provide effective, verifiable information in this Book, neither the Author nor Publisher assumes any responsibility for errors, inaccuracies, or omissions. Any slights of people or organizations are unintentional.

This Book is not a source of medical information, and it should not be regarded as such. This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. It is sold with the understanding that the publisher is not engaged in rendering a medical service. As with any medical advice, the reader is strongly encouraged to seek professional medical advice before taking action.

# Introduction

Cases of type 2 diabetes are on the rise in the U.S. today, fact. Sedentary lifestyles and increased stress factors are inextricably linked to the widespread increase in diagnosed cases and the estimation that millions of undiagnosed individuals already have hidden symptoms of pre-diabetes: fact. But, the popular misconception that diabetes is a genetic condition and therefore something that cannot be prevented or controlled without prescribed medication is *not* based on fact. The truth is that type 2 diabetes is an entirely preventable condition: not only can type 2 diabetes be avoided, it can also be treated, controlled and cured by taking positive steps to change your diet and lifestyle. The good news is that making lifestyle changes may be much simpler than you think and that a change of diet does not necessarily equate to a life sentence of dull foods that take every morsel of enjoyment out of eating!

**You can eat your way to good health and well-being, and you can enjoy the process: fact.**

By committing to a practical and proven diet and exercise plan that is designed to help your body become stronger and more resistant to diabetes, you can take control of your health today and in the long-term. Eating right does not mean following complicated diet programs and counting every calorie, it simply means gaining an understanding of how the foods you eat affect your body, and the connection between poor quality foods and poor health ... and exercise does not mean embarking on a marathon training plan!

It's never too late to make positive lifestyle changes and the best thing about taking control of your daily diet and exercise habits is that you can not only prevent the onset of type 2 diabetes, you can *reverse* and eradicate existing symptoms. Being proactive gives you control and it gives you a choice. Choose to invest in your long-term health and well-being by taking positive action TODAY.

# Chapter One: Diabetes Facts, Figures and Myths

## What is Diabetes?

*“Diabetes is a condition where the amount of glucose in your blood is too high because the body cannot use it properly. This is because your pancreas does not produce any insulin, or not enough, to help glucose enter your body’s cells – or the insulin that is produced does not work properly (known as insulin resistance).”* – Diabetes UK

In simple terms, insulin is a hormone produced by your pancreas and its presence in the bloodstream makes it possible for glucose to enter the cells of your body. Glucose is essentially your body’s fuel, so it gives you the energy you need to function on a daily basis. You need glucose to be able to do the things you do, therefore you need insulin to allow glucose to do what it needs to do! When you have diabetes, your body has difficulty with this process. Glucose begins to build up in your bloodstream because it’s unable to enter your cells, and this means it’s unable to fuel your daily activities.

There are two main types of diabetes:

- Type 1 diabetes
- Type 2 diabetes

## Type 1 Diabetes

This form of diabetes is genetic and generally develops in childhood or before the age of 40 years, but it can develop at *any* age. The exact causes are not yet known but the condition results in the body being unable to produce any insulin. Currently, between 5 and 15 percent of the global population with diabetes has this form. Type 1 diabetes is treated by administering injections of insulin on a daily basis, along with eating a healthy diet and exercising regularly.

## Type 2 Diabetes

This form of diabetes is not necessarily genetic and generally develops in adults over the age of 40 years, however, a growing number of younger individuals are now developing symptoms and “early onset” type 2 diabetes is becoming increasingly common in children. Statistics show that South Asian and black people are at greater risk of developing this form, with type 2 diabetes accounting for between 85 and 95 percent of the global population with diabetes. Unlike type 1 diabetes, the body is still able to produce some insulin but generally not enough to help glucose enter the cells effectively, resulting in a build-up of glucose in the bloodstream. Type 2 diabetes is treated by following a healthy diet and taking regular exercise, but, in some cases, insulin or other daily medications may also be needed.

## **Pre-diabetes**

A diagnosis of pre-diabetes is given to individuals who are not yet diabetic but their blood glucose levels are higher than normal, therefore their risk of going on to develop type 2 diabetes is increased. Medical research has shown that individuals with pre-diabetes are also at greater risk of developing heart disease but it has been medically proven that blood glucose levels can be dramatically reduced or even returned to normal through simply following an appropriate diet and exercise plan.

A number of factors are known to increase the potential of developing pre-diabetes or being diagnosed with type 2 diabetes.

### **Increased risk factors:**

- You have a parent or sibling with type 2 diabetes.
- You are overweight or you have a waist measurement of over 31.5 inches (women); over 35 inches (South Asian men); over 37 inches (white men and black men).
- You have a medical history of high blood pressure, heart attack, or stroke.
- You are an overweight woman with polycystic ovary syndrome.
- You are a woman with a history of gestational diabetes.

- You have a history of, or currently have, severe mental health issues.

Individuals with pre-diabetes may have no physical symptoms, so it is important to have an awareness of the potential increased risk factors. If you have any of the above factors in your life, you could have an increased risk of developing pre-diabetes or type 2 diabetes and you should speak to your doctor for professional advice and to have your blood glucose level tested.

Having pre-diabetes increases the risk of developing type 2 diabetes and this highlights the importance of proactively taking steps to improve your diet and lifestyle. Pre-diabetes can be prevented and the onset of type 2 diabetes, for those with pre-diabetes, can be prevented by eating and exercising your way to good health.

#### **Other medical terms used to describe pre-diabetes:**

- NDH – Non-Diabetic Hyperglycemia
- IGT – Impaired Glucose Tolerance
- IFG – Impaired Fasting Glucose
- IGR – Impaired Glucose Regulation
- Borderline diabetes

## **Gestational Diabetes**

Gestational diabetes is a much rarer form of diabetes which only affects pregnant women. According to the American Diabetic Association (ADA), this form of diabetes affects around 18 percent of pregnant women but the exact cause is as yet unknown. Blood glucose levels become elevated during pregnancy, even though the women do not have diabetes pre-pregnancy. This is believed to be because some of the hormones responsible for the baby's development begin to interfere with the mother's ability to use insulin. Without enough insulin, glucose cannot enter the body's cells to be used for fuel.

Like pre-diabetes, there are no physical signs or symptoms to indicate the presence of gestational diabetes other than the discovery of overly high blood glucose levels. This is something that is routinely checked with urine or blood tests throughout

every pregnancy, irrespective of whether there are any other existing risk factors.

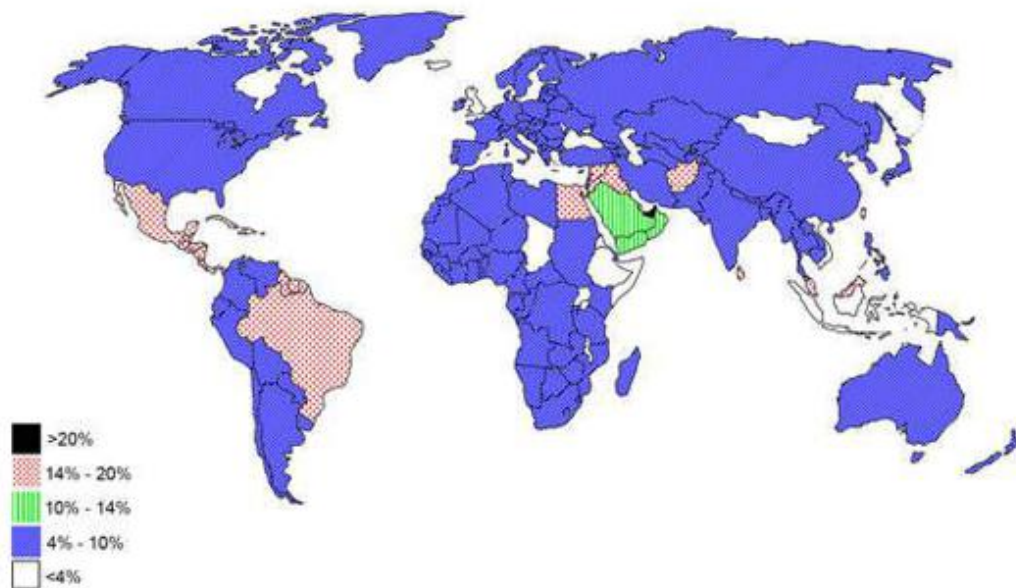
**Complications associated with gestational diabetes include:**

- **Macrosomia** – this is a condition caused by the unborn baby receiving the excess glucose in the mother's blood. The baby then produces insulin which allows the glucose to enter his or her cells, resulting in excess growth. In most cases, the unborn baby's weight increases to over 9 pounds which can lead to birthing difficulties.
- **Perinatal death**
- **Preeclampsia**
- **Neonatal hypoglycemia** – low blood sugar in a newborn baby can lead to feeding difficulties.
- **Increased risk of obesity and diabetes** – statistics show that babies born to mothers with gestational diabetes have a greater risk of becoming overweight or developing diabetes in childhood or later in life.

The good news is that gestational diabetes can be managed effectively through following a healthful diet plan and the condition generally resolves itself soon after the birth.

## **Statistics**

Prevalence estimates of diabetes, 2025



- According to the Centers for Disease Control and Prevention in the U.S., almost 26 million Americans currently have diabetes. That's an alarming 11.3 percent of the adult population. Even more alarming is the estimation that a further 80 million adults have undiagnosed pre-diabetes.
- According to the American Diabetes Association (ADA), 1.9 million new cases of diabetes were diagnosed in individuals aged 20 years and older in 2010, a trend that could lead to 1 in 3 American adults having diabetes by 2050.
- Common health concerns and complications associated with diabetes include:

**Heart Disease and Stroke** – ADA figures show that the risk of heart disease or stroke is 2 to 4 times higher in diabetic adults.

**High Blood Pressure** – figures show that in 2008, 67 percent of diabetic adults also had high blood pressure or were taking prescribed medication for hypertension.

**Blindness**– statistics show that diabetes is the leading cause of severe vision impairment or blindness in adults aged between 20 and 74 years.



**Kidney Disease**– in 2008, the number of people with end-stage kidney failure due to diabetes totaled 202,290.

**Neuropathy**– figures show that around 70 percent of diabetic adults suffer mild to severe symptoms of nervous system damage.

**Amputation**– over 60 percent of lower limb amputations (non-traumatic) in American adults are linked to diabetes. ADA figures show that in 2006, approximately 65,700 lower limb amputations were performed in diabetic individuals.

## Myths

- **Diabetes is not a serious condition**– annual death rates through diabetes and related complications are higher than through AIDS and breast cancer combined. Diabetes can be life-threatening.
- **Overweight people will eventually develop type 2 diabetes**– being overweight is a major risk factor for the development of diabetes but not all overweight people become diabetic. Other risk factors play a role, including family history, age, and ethnicity. In fact, many diabetic individuals are *not* overweight, so weight alone does not make diabetes inevitable.
- **Diabetes is caused by eating too much sugar**– type 1 diabetes is a genetic condition triggered by unknown factors but type 2 diabetes is caused by genetic *and* lifestyle factors. A high-sugar diet is linked to obesity which does increase the risk of developing type 2 diabetes, but this highlights that it's not sugar alone that's the problem, it's overeating in general.
- **People with diabetes can only eat special diabetic food**– a healthy diet for a diabetic is no different to a healthy diet for a non-diabetic! A meal plan based on fresh foods is the healthy approach for *everyone*, and processed foods – diabetic or not – should be avoided as the more “processes” a food has been through, the lower the nutritional value is likely to be. “Special” foods are not necessary, but an understanding of how ordinary foods affect your body makes it possible to eat your way to good health and well-being.

- **People with diabetes can only eat limited amounts of starchy foods such as pasta, potatoes and bread**—starchy foods *can* be included in a diabetic diet and they are an important element of a balanced diet. Portion size is the key element in terms of maintaining a healthy balance of nutrients in every daily diet.
- **People with diabetes cannot eat chocolate or candy**—yes, they can! Sweet treats and desserts *can* be enjoyed in moderation by people with diabetes. However, as in any healthy diet plan, the key is to limit consumption and to keep the emphasis on “treat” rather than slipping into a pattern of everyday indulgence!

## Obesity Links

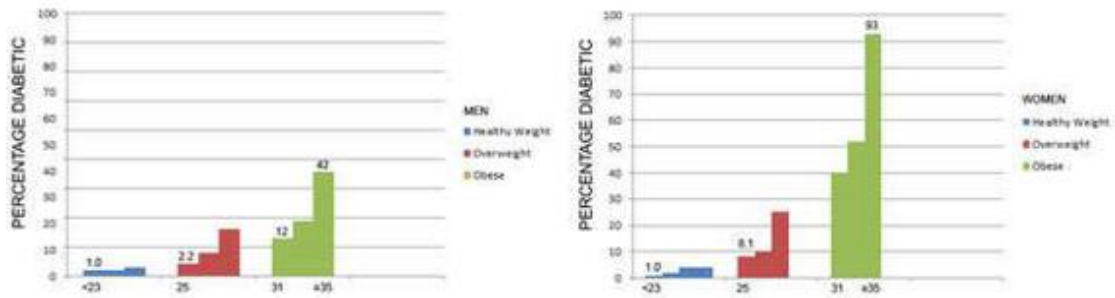
The link between obesity and type 2 diabetes is now well established through medical research. A 2009 study led by Associate Professor Mathew Watt at Monash University in the U.S. proved the link with the discovery of a protein present in fat cells which triggers the development of type 2 diabetes ...

*“It appears that the more fat tissue a person has, the less sensitive they become to insulin. Therefore a greater amount of insulin is required to maintain the body’s regulation of blood-glucose.”*— Associate Professor Mathew Watt

According to statistics published by the International Diabetes Foundation, the number of Americans affected by diabetes reached 16 million in 1999. This figure not only represents 6 percent of the total population, it also represents an increase of 40 percent in cases over a 10 year period. Over the same time period, the number of Americans classed as clinically obese rose from 12 percent of the population to around 20 percent, and statistics show that almost 90 percent of those diagnosed with diabetes are also diagnosed as obese.

The graph below shows the relationship between obesity and the risk of developing diabetes, however, it must be noted that obesity is *not* a prerequisite for the onset of type 2 diabetes and being overweight does *not* make diabetes inevitable. It’s a medical fact that weight is a significant risk factor, but it’s also a medical fact that healthy weight loss through a combination of diet and exercise can greatly reduce the risks and *reverse* the

condition, allowing blood glucose levels to return to normal in the majority of cases.



According to The Obese Society in the U.S., being overweight can lead to your body becoming resistant to insulin, making it difficult for your body to regulate the levels of glucose in your blood. On-going resistance to insulin is known to increase the risk of developing type 2 diabetes, and to increase the chances of needing daily insulin injections in those already diagnosed with type 2 diabetes.

Losing weight not only lowers the risk of diabetes developing in the first place, it also lowers the risk of pre-diabetes developing into type 2 diabetes *and* it can reduce the amount of medication needed by those already diagnosed. Even small losses of as little as five percent of bodyweight can promote big improvements in overall health, lowering potential risks and preventing the occurrence of associated health concerns such as heart attack and stroke in those already diagnosed with type 2 diabetes.

### Celebrity Success Stories

- Hollywood actor Alec Baldwin was diagnosed with pre-diabetes in 2012. He has now reversed that diagnosis and is symptom free. Here's how he did it ... *"I stopped eating refined sugars, desserts and sweets and things; I gave up sugar and lost 30 pounds in four months. It's amazing."*
- In 2003, Fox News host Mike Huckabee was diagnosed with type 2 diabetes. Just two years later he had completely reversed all symptoms of the condition and he is now diabetes-free. How did he do it? He lost 105 pounds in weight by almost halving his daily food intake and took up running.
- Singing star Patti LaBelle was diagnosed with type 2 diabetes after collapsing on stage in 1994. Her mother had

leg amputations and her uncle lost his sight as a result of diabetes complications so she already had a family history. However, Patti blames her diagnosis on her poor diet. She says, *“I was hooked on fried chicken and pasta.”* She has now reversed her symptoms through making changes to her diet and lifestyle and has written three cookbooks to promote diabetic-friendly recipes.

- TV personality Sherri Shepherd took control of her type 2 diabetes by changing her eating habits and losing weight with the help of a personal trainer.
- Comedian Drew Carey was able to stop taking medication for type 2 diabetes after changing his diet and lifestyle and losing 80 pounds. He says, *“Once I started dropping a couple of pants sizes, then it was easy, cause once you see the results, then you don’t wanna stop.”*

# Chapter Two: Diagnosis

## Common Symptoms

The lack of outward symptoms means pre-diabetes can go undetected for long periods of time and it is very often something that is only discovered through the course of a routine medical check-up or a visit to your doctor with a related but as yet unrecognized complaint. The same can be said of type 2 diabetes, with many people remaining unaware of their condition for years until it is picked up by a routine check-up.

Type 1 diabetes and type 2 diabetes each have specific symptoms but certain symptoms are common to both conditions.

### **Common type 1 and type 2 symptoms:**

- Frequently feeling thirsty.
- Frequent need to urinate throughout the day, and also during the night.
- Tiredness and an on-going feeling of fatigue.
- Unintentional weight loss; and a loss of muscle bulk in particular.

Other diabetes symptoms that may or may not be experienced include:

- Dry mouth.
- Nausea.
- Blurry vision.
- Itchy skin, particularly in the genital region.
- Frequent vaginal infections in women and/or yeast infections in men and women.
- Prolonged healing process for minor cuts or sores.
- Cramps.
- Constipation.

Unfortunately, the common symptoms of type 2 diabetes are often very mild initially, making it all too easy to overlook them or put them down to something else. If you are experiencing any of the above symptoms, particularly feeling excessively thirsty, tired, or needing to urinate extremely frequently, you should seek medical advice and speak to your doctor about your diabetes concerns.

## Measuring Blood Glucose

Testing for diabetes involves checking the amount of glucose present in your blood. The most common practice is for your doctor or health professional to take a blood sample from you and then send it off for accurate analysis. There are several types of test in common use, some of which require an eight hour fast before giving blood, but the majority provide a measurement of blood glucose levels in terms of milligrams per decilitre – usually written as mg/dL – or millimoles per liter – usually written as mmol/l or mM. As a guide, 5 mmol/l is equivalent to 90/mg/dL.

According to the National Institutes of Health, results can be broken down as follows:

- **Normal blood glucose** = 100 mg/dL
- **Pre-diabetes** = 100 – 126 mg/dL
- **Diabetes** = 126 mg/dL or above

Depending on the results, repeat tests are often given to monitor the findings or to confirm a diagnosis.

The treatment for type 1 diabetes will involve insulin injections as the body is no longer able to produce its own supply. This form of treatment classifies an individual as an insulin-dependent diabetic. However, the treatment for type 2 diabetes or pre-diabetes will be determined by many individual factors and medication may not be prescribed immediately. Some type 2 diabetics will become insulin-dependent over time but in the vast majority of cases, the need for medication can be avoided completely by making positive diet and lifestyle changes. Many insulin-dependent type 2 diabetics have also taken control of the condition and reduced the amount of medication needed by taking positive steps to lower their blood glucose levels through diet and exercise.

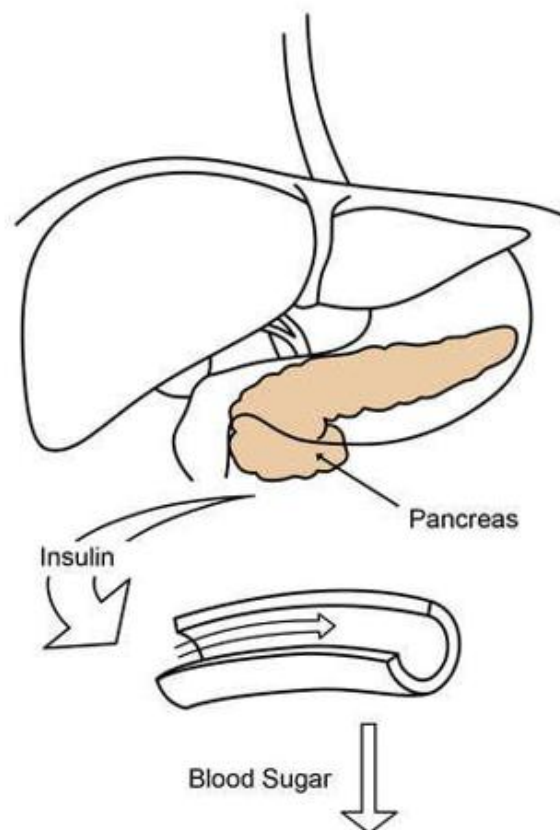
## What is Blood Glucose?

Blood glucose is a type of sugar which is carried around your body in your bloodstream as a source of fuel for every cell. For this reason, the term “blood sugar” is sometimes used in place of blood glucose but glucose is just one type of sugar, and not the same as the type you might stir into your coffee.

Glucose comes from the foods you eat, carbohydrates in particular. Simple carbohydrate sources are sugary foods such as

cakes, pastries and candies, and complex carbohydrate sources are starchy foods such as potatoes, pasta and bread. Both forms of carbohydrate are broken down in the digestive system and converted into different forms of sugar, one of which is glucose. The glucose then enters the bloodstream to be transported around the body as a source of energy for every cell, but it can only enter the cells if insulin is also present in the bloodstream.

Every time we eat, the level of glucose in the blood rises. The rise triggers an automatic release of insulin from the pancreas, and the presence of insulin allows glucose to enter the cells. Blood glucose levels begin to lower and return to normal as more and more cells are fuelled. However, without the presence of insulin, glucose cannot enter the cells and blood glucose levels remain elevated as a result. *After eating, blood glucose levels rise, triggering the release of insulin from the pancreas. Blood glucose then enters the cells and levels return to normal.*



It's normal for blood glucose levels to fluctuate at meal times but when levels persistently remain high, it is known as hyperglycemia. Undiagnosed or inefficiently managed diabetes leads to hyperglycemia as the pancreas is unable to produce enough insulin to aid the transfer of glucose into the cells, causing it to accumulate in the blood as a result.

## **Monitoring Blood Glucose**

Individuals diagnosed with diabetes or pre-diabetes can monitor their blood glucose levels at home with a glucose meter. There are many different makes and models available but they all measure blood glucose levels in a similar way through the use of small needles to prick the skin and test strips to “analyze” the blood sample. Of course, the use of a glucose meter at home does not replace the need to visit your doctor for regular check-ups and professional blood glucose monitoring. Your doctor will advise you on the safe parameters for you according to your specific condition but as a general guide, a glucose meter reading of 125 mg/dL or above indicates hyperglycemia, and a reading of below 100 mg/dL indicates hypoglycemia, meaning overly low blood glucose levels. Most individuals with type 1 diabetes monitor their blood glucose on a daily basis, generally first thing in the morning before eating. Individuals with type 2 diabetes may be advised to monitor their blood glucose several times each day at regular intervals, and individuals with pre-diabetes may be advised to visit their doctor for frequent check-ups rather than rely on the use of a glucose meter at home. In all cases, symptoms are carefully monitored through regular medical health checks.



## Chapter Three: Beating Diabetes

A diagnosis of type 1 diabetes is a diagnosis for life. Prescribed medication and daily insulin injections will become a life-long necessity, but this does not mean that you have no control over your condition or that there's nothing you can do to improve your situation. By switching your focus away from what you may see as "restrictions" in your diet and placing it on eating a diet of healthful foods instead, you not only give your body a nutritional helping hand, you also discover just how varied and delicious a nutritious diet can be.

A diagnosis of type 2 diabetes, on the other hand, may still be a diagnosis for life but it does not need to be a life of daily medications. Many people with type 2 diabetes are now controlling their symptoms successfully through eating a healthful diet of foods that help them to lower and regulate their blood glucose levels with reduced levels of medication. In many cases, type 2 diabetes symptoms can be completely *reversed* and the need for medication completely eliminated, and individuals diagnosed with pre-diabetes can not only prevent the onset of type 2 diabetes, they can rid themselves of their pre-diabetic status by making positive diet and lifestyle changes.

**You can prevent pre-diabetes and reverse type 2 diabetes by changing your diet and lifestyle.**

Depending on your individual circumstances, your doctor may prescribe medication to help lower your blood glucose levels. However, this can also be achieved through making changes to your diet. The main considerations are ...

**... Paying attention to the types of food you eat.**

**... Paying attention to the amount you eat in terms of portion size.**

**... And paying attention to when you eat in terms of meal times and frequency.**

As glucose is sourced in foods containing carbohydrates, the quantity of sugary and starchy foods consumed must be carefully managed at meal times. Contrary to popular belief, this does not mean that carbohydrates should be cut from your diet completely. It simply means that steps must be taken to balance

out the blood glucose elevating effects of eating such foods with the addition of other foods at mealtimes and taking part in a program of exercise designed to help lower blood glucose levels.

## **The Glycemic Index**

Regular blood glucose monitoring at home and through your doctor makes it possible to identify the foods that lead to the biggest elevations in your blood glucose levels, or “sugar spikes”, after eating. Knowing which foods are most harmful to your health and understanding why they are harmful is a powerful motivator for change.

In a nutshell, the foods that will have the most dramatic effect on your blood glucose levels are those with a high glycemic index (GI). The GI is an indicator of how quickly a food will raise your blood glucose levels after consumption, so foods with a high GI have a much faster effect on your body than foods with a low or moderate GI.

Every food has a GI ranking, but a few examples of high and low GI foods are listed below.

### **High GI foods include:**

- White rice.
- White bread and other starchy foods made with white flour.
- Breakfast cereals such as Rice Krispies, Cornflakes, Cheerios etc.
- Potatoes and potato products such as potato chips, French fries etc.
- Sugary foods such as cakes, cookies, donuts and candies.

### **Low GI foods include:**

- Fruits and vegetables (although some have a moderate GI).
- Whole meal bread.
- Whole meal pasta.
- Porridge oats.
- Lentils.

Scientific research has confirmed a link between eating a diet of high GI foods and an increased risk of developing type 2 diabetes. Eating the occasional high GI meal is unlikely to cause any long-term problems but eating high GI meals on a regular basis increases the potential to develop pre-diabetes and lead into the health concerns associated with type 2 diabetes. The

foods included in a healthful diet to beat diabetes are generally low GI foods but by combining high and moderate GI foods with low GI foods, the overall GI of a nutritious meal can be lowered.

## **Super-Foods**

The term “super-food” is used to describe a food that’s particularly nutritious and high in health-boosting vitamins and minerals. The majority of fruits and vegetables are super-foods, and with most varieties having a low GI, they are of great benefit to diabetics.

The following everyday foods are great examples of super-foods that can be included in a diabetic diet plan.

### **Almonds**

Almonds are high in fiber which helps to slow down the digestion process, and because they are high in healthy fat and protein, they are a useful way to help with portion control as a small amount leaves you feeling satisfied and feeling fuller for longer. Almonds are a low GI food and studies have shown that adding almonds to a meal can help to lower the GI of the other foods on your plate.

- **Apples**

Apples are a rich source of antioxidants, vitamin C in particular, and they are a low GI food. Antioxidants are vitamins and minerals which help to protect your body from the potentially damaging effects of free radicals – chemicals produced by your body as part of its natural defense against bacteria – and vitamin C gives your immune system a healthy boost.

- **Bananas**

Bananas are packed with antioxidants and provide a rich source of potassium which is known to help lower blood pressure.

- **Beans**

Beans are also a rich source of antioxidants along with providing protein and dietary fiber. In fact, black beans, red beans and kidney beans all feature in the USDA (U.S. Department of Agriculture) top 10 list of the world’s richest sources of antioxidants, and studies have found that beta-

glucans in beans can help to slow the digestion of carbohydrates, therefore reducing the impact on blood glucose levels after eating. This means that beans can also help to lower the overall GI of your meal when eaten with other foods.

- **Blueberries**

Blueberries are jam-packed with antioxidants and studies have shown that blueberry consumption can help to lower blood glucose levels. The good news is that frozen berries are just as beneficial to your health when fresh berries are out of season.

### **Coconut and Coconut Oil**

On-going research suggests that the properties of coconut and coconut oil may help to reverse diabetes. Naturopath Dr. Bruce Fife believes that a daily serving of three or four tablespoons spread over several meals or snacks can promote big health improvements in those with pre-diabetes or type 2 diabetes.

### **Ginger**

Ginger is known to contain many anti-inflammatory properties and on-going studies are now looking into its potential to be effective in lowering blood glucose levels.

- **Green Leafy Vegetables**

Green leafy vegetables should be the “main event” in a diabetic meal plan as all varieties are high in health-boosting antioxidants. In a research study, broccoli was found to contain an antioxidant which can actually reverse artery damage caused by high blood glucose levels, and spinach is also known to contain properties which help combat diabetes.

Below are just a few examples of the “super-nutrient” content of common green leafy vegetables and flavorsome herbs.

**Cabbage** — a rich source of vitamin C, vitamin K, and a good source of vitamin E, potassium and beta-carotene. Vitamin K is essential in the formation of many proteins.

**Broccoli** — another rich source of vitamin C. Broccoli also contains beta-carotene, iron and potassium, and is high in bioflavonoids and other antioxidants.

**Spinach** — a rich source of carotenoids, including beta-carotene and lutein, which are powerful antioxidants. Also

contains vitamin C and potassium.

**Collard Greens** — a good source of omega-3 essential fatty acids which have anti-inflammatory properties.

**Kale** — a good source of iron, calcium, vitamin C and beta-carotene.

**Watercress** — contains vitamin C, beta-carotene and iron, and is also 91 percent water, making it a useful way to boost hydration levels.

**Parsley** — one cup of parsley contains 2 grams of protein. It is also rich in calcium and provides iron, copper, magnesium, potassium, zinc, phosphorus, beta-carotene and vitamin C.

**Dill** — contains calcium, iron, manganese, vitamin C, and beta-carotene.

**Sorrel** — provides iron, magnesium and calcium.

**Basil** — provides beta-carotene, iron, potassium, copper, manganese and magnesium.

**Coriander** — provides a mild, peppery flavor along with anti-inflammatory properties, vitamin C, iron and magnesium.

Green fruits and vegetables contain chlorophyll which has been shown to stimulate the production of hemoglobin, the oxygen carrying pigment in red blood cells. In simple terms, this means that your body is better able to take in oxygen and utilize it.

- **Green Tea**

Studies in Japan have concluded that green tea can help to prevent the onset of type 2 diabetes. It's high in antioxidants and catechins which have been shown to provide protection against chronic diseases such as cancer.

- **Honey**

Natural (raw) honey is known to lower blood glucose levels when used as a sugar substitute. It also contains many other health-boosting vitamins and minerals.

- **Nuts**

Nuts provide a healthy source of protein and fat when eaten in moderation. In a study carried out at Harvard University, it was discovered that women who ate a daily portion of nuts (around one handful) had a 27 percent lower risk of developing

type 2 diabetes than women who did not eat nuts, or only occasionally ate nuts. Top nut choices for diabetics include almonds, walnuts, cashews, pistachios, pecans and other varieties of tree nut.

- **Oily Fish**

The omega-3 essential fatty acid content of oily fish such as mackerel, salmon, trout, and sardines makes all varieties a healthy addition to any diet. Your body is able to manufacture its own supply of fat by storing any excess protein and carbohydrate consumed in your diet but it is unable to manufacture certain essential unsaturated fats, and this means that your body's own supply comes from the foods you eat. These essential oils are omega-3 and omega-6 oils. Omega-3 is sourced in oily fish, green leafy vegetables, and a few vegetable oils, and omega-6 is sourced in the majority of vegetable oils. Omega-3 oils are known to reduce inflammation in your body and can lower the risk of developing heart disease as well as alleviate the symptoms of conditions such as rheumatoid arthritis, depression, and asthma. Omega-6 oils also have health benefits but high levels of omega-6 in your diet can lead to an inflammatory response in your body, so the key to maximizing the benefits of essential fatty acids in your diet is to create a healthy omega-3 and omega-6 balance. The optimum ratio of 2:1 in your overall diet brings the best results in terms of boosting your health and wellbeing.

- **Wine Vinegar**

Both white and red wine vinegar have been shown to help lower blood glucose levels. Using lemon or lime juice as a vinegar substitute has also been shown to have the same positive effect.

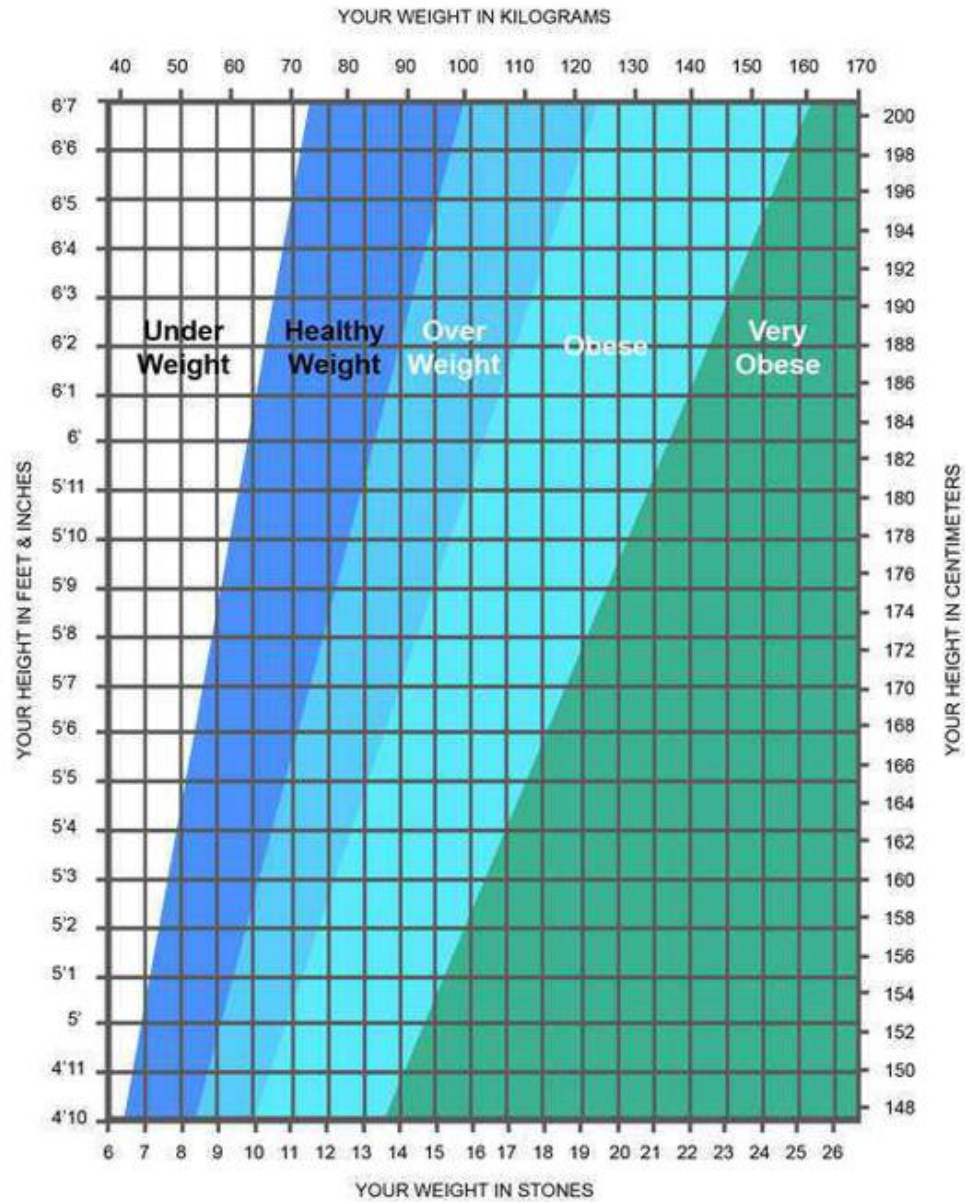
- **Yogurt**

Yogurt is a healthy source of protein and it has also been proven to help lower blood glucose levels and cut belly fat when consumed as part of a calorie controlled diet. However, not all yogurts are the same. Most commercial brands contain large quantities of added sugar, making them unsuitable for diabetics, so choose plain, organic brands with no added sugar and add fresh fruits or honey in moderation to sweeten it to your taste.

## **The GI and BMI Connection**

BMI is an abbreviation of Body Mass Index. Your BMI is a measurement that can be used to assess whether your weight is appropriate for your height, and therefore whether you may be unhealthily underweight or overweight. It is now known that there is a connection between high blood glucose levels and body shape, with individuals who store excessive body fat around their waist being most at risk of developing type 2 diabetes. The classic “apple shape” created by stored abdominal fat is an indicator of a related condition known as Syndrome X or Insulin Resistance Syndrome. The symptoms of Syndrome X are very similar to pre-diabetes or type 2 diabetes symptoms and the tell-tale body shape is known to be caused by eating a diet high in sugar and refined (processed) carbohydrates, in other words, a diet of high GI foods.

The chart below is an example of the type of chart used by health professionals to measure an individual’s BMI.



According to the National Heart, Lung and Blood Institute (NHLBI), 25 percent of the U.S. population currently has Syndrome X, placing them at a much greater risk of developing pre-diabetes or type 2 diabetes, and as many as 85 percent of those diagnosed with diabetes also have Syndrome X. Measuring your BMI using a chart, or putting your height and weight into one of the many free online BMI calculators, is a quick and easy way to gauge your own potential risk but it's always advisable to speak to your doctor about your concerns. The NHLBI recommend that women should seek medical advice if they have a waist measurement of between 35 and 40 inches, or more than 40 inches for men.



**Evidence suggests that individuals who eat a diet of mainly low GI meals have smaller waistline measurements on average compared to individuals who eat a diet of mainly high GI meals.**

# **Chapter Four: 3-Step Diet Plan to Prevent, Control, and Cure Diabetes**

## **Step 1 – Lower Your Blood Glucose Levels**

The goal of this step is to reduce your blood glucose levels to 100 (this will be a fasting blood glucose measurement taken by your doctor). To lower your blood glucose you must cut your carbohydrate consumption, and this will undoubtedly involve cutting some of your favorite foods from your daily diet. However, this is just the first step in your journey toward a healthier and potentially diabetes-free life and you will be able to reintroduce many of these “forbidden” foods as you progress to step 2. The length of time it will take to successfully lower your blood glucose levels is going to depend on your starting point and your individual circumstances, but you should expect this step to take up to four weeks.

### **Foods You Must Cut From Your Diet**

The idea of cutting foods from your diet is not an appealing one, but it must be remembered that this is not forever. Adopt an attitude of discovering new foods and flavors over the next few weeks rather than focusing on the foods you are cutting out.

#### **Fats and Starchy Carbohydrates:**

- Wheat products (bread, pasta, cereals)
- Barley
- Bread crumbs and croutons
- Potatoes
- Chips
- Pretzels

- Corn
- Dairy products (milk, yogurt)
- Vegetable oils
- Cornbread
- Popcorn
- Grits
- Beans / Legumes (except black soy beans and red kidney beans)
- Beets
- Peas
- Okra
- Canned soups
- Tortilla
- Processed meats

**Fruits (sugary carbohydrates):**

- Apples
- Oranges
- Tangerines
- Watermelon
- Cantaloupe melon
- Papaya
- Apricot
- Bananas
- Pomegranate
- Peaches
- Grapefruit
- Pears
- Prunes
- Cherries
- Figs
- Grapes
- Strawberries
- Loganberries
- Pineapple

**Dried fruits of any variety Advanced Glycation End-Products (AGEs):**

AGEs refer to the way a food is heated or processed. Certain cooking or preparation processes can have a

negative effect on the sugar properties in a food and render them unsuitable for individuals with high blood glucose levels. Common examples include:

- Barbecued meat
- Oven-roasted, fried or broiled meat and poultry
- Regular cold cuts
- Frozen meals (cooked/microwaved at a high heat)
- Frozen breakfast foods
- Full fat dairy products
- Butter
- Cream cheese
- Mayonnaise
- Cakes and donuts

Some AGE foods can be reintroduced into your diet as you progress to step 2, but these are foods that must always be consumed in moderation and considered occasional treats rather than daily staples.

### **And Sodas!**

Recent studies have revealed that drinking sodas, including “diet” sodas, on a daily basis increases an individual’s risk of developing high glucose levels along with a high waist measurement by 36 percent. This leads to a 67 percent greater risk of developing pre-diabetes or type 2 diabetes compared to non-soda drinking individuals.

## **Foods You Can Eat**

### **Carbohydrates:**

In step 1, your aim is to reduce your carbohydrate consumption to 20 grams per day. This means cutting starchy and sugary sources of carbohydrate from your daily diet and sourcing your carbohydrates from vegetables instead.

Green leafy varieties are always good choices but you can add any variety you like to keep things interesting. For example, onions, garlic, peppers,

tomatoes, avocado, cauliflower, carrots, or pickles (no added sugar) to name just a few.

If you have a craving for sweet foods, some fruits can be included. But, keep in mind that many fruits contain high levels of natural sugars, so limit your choices to cranberries, raspberries, or blackberries.

### **Proteins:**

Healthy sources of protein include lean pork and beef, ideally from grass-fed animals, and free-range poultry. Other useful sources include organic eggs, cold water fish such as salmon and mackerel, tofu, black soy beans, and red kidney beans. Protein portions, especially meats, should be no bigger than the size of your palm.

### **Fats (oils):**

Healthy oils can be used as dressings on raw or steamed vegetables. Good choices include extra virgin olive oil, avocado oil, sesame oil, and walnut oil.

### **Additional Condiments:**

Commercial sauces and condiments are generally high in sugar and salt and should therefore be avoided. However, the above foods can be flavored using “healthier” options in moderation. Good examples include low calorie salad dressings, unsweetened dill pickles, unsweetened vinegar, horseradish, mustard, ketchup, or taco sauce. Calorie free sugar substitutes can also be used to add sweetness.

### **Drinks:**

Caffeine raises blood glucose levels but regular tea or coffee can be enjoyed in moderation. Herbal teas or green tea provide useful substitutes. Broth drinks and diet soft drinks are also acceptable but water is always the best choice for maintaining hydration levels.

### **Meal Ideas:**

The above foods provide you with ample ingredients to create healthy, delicious and blood glucose lowering

meals without the need to feel restricted. Raw vegetables can be enjoyed as snacks at any time and steamed vegetables should form the bulk of main meals.

Meals ideas to tickle your taste-buds include:

**Omelets** – with the use of fresh herbs, you can whip up a nutritious omelet in minutes. How about tomato and basil, red pepper and onion, or chili flavors?

**Hot Salads** – tossing up a fresh salad drizzled with olive oil and serving with slices of steamed salmon makes a nutritious meal for any time of day.

**Vegetable or Meat Chili** – a chili with beans makes a hearty evening meal that’s sure to satisfy any appetite.

**Beef Stew** – a tasty stew served with a selection of steamed vegetables is not only a satisfying meal, it’s a meal that makes it very easy to forget that you are on a “diet”!

## **Never Go Hungry!**

With so many low-carb options on offer, eating no more than 20 grams of carbohydrate per day should not feel like a “starvation” diet. In all three steps, and beyond this diet plan, it’s extremely important to eat regularly and to leave no more than three or four hours between snacks or meals during the day. Longer gaps will not only disrupt your blood glucose levels, they will potentially lead you into overeating or making poor food choices when you do eat as a result of feeling “starved.” Eating little and often (small meals at frequent, regular intervals) is much more effective in terms of stabilizing your blood glucose than eating a big meal and leaving it to the point of feeling hungry before eating again.

### **Step 1 Key Points**

Goal = to lower fasting blood glucose to 100

Target = to restrict carbohydrate intake to no more than 20 grams per day

Duration = up to four weeks

## **Step 2 – Eat Your Way to Good Health**

The goal of this step is to gradually re-introduce healthful carbohydrates to your daily diet. You will begin by increasing your daily carbohydrate intake from 20 grams to 40 grams, but the aim is to maintain a blood glucose level of 100 or lower (no lower than 80).

### **Foods You Can Re-introduce**

The most important element of this step is to re-introduce carbohydrates gradually. Eating every food you cut from your diet in step 1 straight away is guaranteed to send your blood glucose levels through the roof and defeat the object. The re-introduction process should be spread over a minimum of two weeks and could take up to four months depending on how your body responds to the additional carbohydrate in your diet.

The first foods to re-introduce are the following:

- Fruits and vegetables (begin to eat the varieties you cut from your diet in step 1)
- Low fat dairy (for example, unsweetened yogurt or low fat cheese)
- Whole grains (breads, pasta, cereals etc.)

This step is a trial and error process that will help you to make the connection between the foods you eat and the way they affect your body. By bringing carbohydrates back in to your diet gradually, you can assess the impact each one has on your blood glucose levels and make informed choices as a result. Foods which make you feel bloated or tired after eating do not represent good choices for you, but by choosing low GI foods and mixing them with higher GI foods at mealtimes, you can enjoy a varied diet *and* keep your blood glucose levels stable at the same time.

When you are able to maintain a blood glucose level of 100 or lower with a daily intake of 40 grams of carbohydrates, you can then gradually begin to increase your daily intake to 60 grams. You will now be aware of the foods which are likely to cause an unwanted “sugar spike” so you can increase your carbohydrate intake by eating more of the foods your body is able to manage. However, it’s important not to choose starchy or sugary carbohydrates over the carbohydrates sourced in green leafy vegetables. The vegetables you ate in step 1 should still be the “main event” on your plate along with palm-sized portions of meat or fish, and foods such as pasta or potatoes should be considered a side dish.

A useful online resource to help you calculate the carbohydrate value of the foods you eat can be found here:

<http://www.carbs-information.com/carbs-in-food.html>

## **Cooking Tips**

Raw foods and foods cooked using low heat still represent the best options for those aiming to lower and stabilize their blood glucose levels. This makes steaming one of the best cooking methods for both vegetables and meats, so buying a steamer and some cook books designed around its use will be a very worthwhile investment. Steamed foods are not as boring and bland as you might think, you can even cook up delicious “stir fries” without the need for high heat. Slow cookers also make it possible to enjoy wholesome foods cooked at low heats, and learning how to cook using these methods is an important step towards living without diabetes for life.

However, this does not mean that you can never again enjoy the flavor of barbecued foods. Having the occasional barbecue is not an issue, just be mindful of AEGs and make it your choice to limit your consumption of foods cooked at high heats in favor of eating healthful



foods that will give your body the nutrition it needs to combat diabetes.

### **Step 2 Key Points**

Goal = to gradually re-introduce carbohydrates into your diet

Target = to increase carbohydrate intake to 40 grams and then 60 grams daily

Duration = up to four months

## **Step 3 – Maintain Healthy Blood Glucose Levels for Life**

This step is all about eating healthily for the rest of your life; preventing pre-diabetes from progressing to diabetes, reducing the amount of medication you need for type 2 diabetes, *and* never feeling like you're on any kind of "special" or restrictive diet ever again.

Steps 1 and 2 have opened your eyes to the fact that there's much truth in the old saying, "You are what you eat." By cutting carbohydrates from your diet and then re-introducing them gradually, you have made valuable connections about the foods you eat and how you feel. In a regular diet, there are foods that help your body and foods that potentially harm your body. The key to eating a diet that can prevent, control, and cure diabetes lies in understanding which foods are helpful and which are harmful. You now have that understanding.

From this point forward, you can continue to help your body combat diabetes by choosing to continue eating healthful foods on a daily basis. Remember, this is a diet plan for life, and it should not feel like a life-sentence! Experiment with the good food choices you now know and understand, and build on your experiences of new flavor combinations to begin creating your own recipe book for a healthy diabetes-free life.

## A Note on Supplements

The American Diabetes Association promotes a healthy diet and regular exercise to treat pre-diabetes and diabetes, and little emphasis is placed on the use of dietary supplements. However, there are a number of supplements which have proven to be effective in helping to combat symptoms as well as helping to boost overall health and well-being.

Always ask your doctor for advice before taking any dietary supplement as not all combinations are suitable for everyone. Some types can interfere with prescribed medications or increase the risks of developing other conditions.

Listed below are some of the supplements which have proven to be effective in the control of diabetes.

**Chromium Picolinate** – research has found that chromium helps insulin to bond to cell walls making it easier for glucose to be taken in by the insulin receptors. This leads to lower blood glucose levels.

**Chromax** – the chromium content promotes the same benefits as the chromium picolinate above.

**Pycnogenol** – studies have shown pycnogenol to be effective in lower blood pressure, lowering cholesterol and managing blood glucose levels.

**Alpha-Lipoic Acid** – research has found alpha-lipoic acid to play an important role in allowing insulin to function properly.

**Calcium and Vitamin D** – on-going research is looking into the potential for vitamin D supplementation to lower the risk of developing type 1 diabetes in childhood. It's also known to help lower blood glucose levels in pre-diabetics.

**Magnesium** – magnesium plays an important role in lowering blood pressure and it also helps to regulate heart rate, muscle and nerve function, and blood glucose levels.

The recommended daily intake of magnesium is around 400 milligrams and it's worth noting that many natural foodstuffs provide rich sources. For example, one ounce of dry roasted almonds contains 80 milligrams of magnesium and a half cup of spinach contains 75 milligrams.

**Asian Ginseng** –also known as Korean Ginseng, this has been shown to help lower blood glucose levels.

**Curry Leaves** – research has found that eating curry leaves can be a useful weight loss aid, therefore of benefit to obese individuals with pre-diabetes or type 2 diabetes.

**Aloe Vera, Garlic, Onions, Burdock Tea, and Cinnamon** have all been found to help lower blood glucose levels and aid in the treatment of diabetes.

### **And a Note on Hydration**

Water is essential to all life. Around 70 percent of the human body is actually water, so we need an adequate supply just to stay alive, and without proper hydration our health suffers. Dehydration leads to headaches, tiredness, and an inability to concentrate, and in the longer-term can cause serious kidney damage. We lose water every day simply through digesting the foods we eat, so supplies need to be topped throughout the day, every day, and the easiest way to do this is of course to drink water.

However, it's worth noting that most fruits and vegetables have a high water content, so an added bonus of sourcing your carbohydrates from vegetables is that your hydration levels are topped up at the same time.

### **Sources of water include the following:**

- **Cucumber** — 96 percent water
- **Lettuce** — 96 percent water
- **Celery** — 95 percent water
- **Zucchini** — 95 percent water
- **Melon** — 94 percent water
- **Red tomatoes** — 94 percent water
- **Cabbage** — 93 percent water

- **Grapefruit** — 91 percent water
- **Watercress** — 91 percent water
- **Strawberries** — 89 percent water
- **Carrots** — 87 percent water
- **Oranges** — 86 percent water
- **Peaches** — 86 percent water
- **Apples** — 84 percent water
- **Grapes** — 79 percent water

With fruits and vegetables also providing rich sources of healthful nutrients and antioxidants, many people find a daily green smoothie is a great way to “get their greens” and boost hydration levels at the same time. A green smoothie made with at least 60 percent vegetable content and no more than 40 percent fruit content provides the best combination in terms of keeping the overall GI low. Some nutritious and delicious flavor combinations include:

**Spinach with strawberries and bananas** — the flavor of the spinach is sweetened by the fruit to provide an antioxidant-rich way to rehydrate.

**Kale with kiwi fruit and/or oranges**— kale contains vitamin C, iron, calcium and beta-carotene, and citrus fruits such as kiwi fruit or orange provide a rich source of antioxidants along with vitamin C.

**Collard greens with apple, pear, banana, and dates** — collard greens are a good source of healthful omega-3 fatty acids, and dates provide iron and calcium.

### **Step 3 Key Points**

Goal = to maintain steady, optimal blood glucose levels

Target = to eat a healthy, nutritious and varied daily diet

Duration = life

# Chapter Five: An Exercise Plan for Life

As little as 15 minutes of exercise every day can make big improvements to your health. However, if you currently live a sedentary lifestyle, even 15 minutes sounds like 15 minutes too long! The word “exercise” conjures up images of sweaty gyms or people running around getting hot and bothered, and these are *not* images that encourage participation. So, if exercise is not your thing, is there really such a thing as an exercise plan for life? Yes, there is.

The key to getting involved in an exercise program is to change your focus away from “exercising” and place it on “getting active” instead. You don’t need to be in training for a sport or taking part in a structured exercise class to be getting active, you just need to be on the move. If you’ve spent the last few years of your life avoiding the need to move around by making use of labor-saving gadgets and gizmos, just getting up out of your chair and walking around your home is all it takes to begin realizing the benefits of getting active.

*“If it weren’t for the fact that the TV and refrigerator are so far apart, some of us would get no exercise at all” — Joey Adams*

## **Exercise Basics**

Exercise can be split into three main categories:

### **Cardiovascular (CV) exercise**

Sometimes referred to as cardiopulmonary exercise, CV exercise is any activity that works your heart and lungs by getting your heart rate and breathing rate up. Popular examples are walking, jogging, cycling, and swimming.

### **Resistance exercise**

When your muscles are asked to contract against an external resistance such as a weight in a gym, you are performing a resistance exercise. However, resistance can be provided by your own body and “weights” don’t need to be the gym variety to be effective.

### **Flexibility exercise**

Flexibility exercises are any form of stretching activity designed to help improve the flexibility of your muscles and therefore improve the range of movement you have around your joints.

Another form of exercise is neuromotor exercise, commonly referred to as functional fitness. Activities in this form of exercise revolve around the use of motor skills, making them particularly important for improving and also maintaining balance, coordination, and agility. Popular examples are tai chi and yoga.

The benefits of regular exercise go way beyond weight management. Additional health benefits include the following:

- More energy
- Improved mood and a boost in your overall well-being
- Improved posture
- Improved muscle tone
- Increased strength and endurance
- Better sleep
- And evidence also suggests that regular exercise may help to prevent the onset of gestational diabetes

According to the latest American College of Sports Medicine exercise guidelines, adults should aim to achieve 150 minutes of moderate intensity CV exercise each week. This works out at 30 minutes each day, five days per week, but the good news is that the benefits of 30 consecutive minutes of moderate intensity exercise can still be achieved by splitting it into two or three shorter sessions of 10 or 15 minutes each time, or by exercising just once each day for 10 to 15 minutes at a more vigorous intensity.

The National Health Service in the UK defines “moderate” and “vigorous” intensity exercise in the following way:

**Moderate intensity** = exercising at a pace that raises your heart rate and causes you to break a sweat, but you can still talk while you’re doing it. You know the pace is right if you have enough breath left to talk, but you can’t sing along to a song with ease!

**Vigorous intensity** = exercising at a pace that significantly raises your heart and breathing rate. At this level of intensity, you’re only able to speak a few words at a time before gasping for breath, and you certainly can’t sing!

This means that if you're a newcomer to exercise, your definition of moderate intensity is going to be quite different to a regular exerciser's definition. This highlights that it's not important whether or not you sign up to take part in a formal exercise session, all that matters is that you raise your heart rate and breathing rate above your normal relaxed rate by getting more active.

## **Get Active**

For those who have been inactive for some time, simply getting up off the couch and moving around the house more often is a great start. From there, getting out for a walk in your local area is a logical next step. Depending on where you live, you may need to settle for a walk around the block or around your neighborhood, but if you have access to green spaces and parks, getting out in the fresh air can really make the whole experience so much more rewarding. Even a short walk of 10 or 15 minutes is beneficial, and the more often you're able to get out and walk, the greater the benefits. No specialist "exercise" equipment is needed to get started but it's important to wear comfortable shoes that won't pinch or rub as you walk.

The more frequently you walk, the faster your body will adapt to the new pressures being placed upon it. This means that the more you walk, the better at walking you become! You may find that your 15 minute walk route begins to take only 10 minutes to complete and you will be able to walk faster and further while maintaining a moderate level of intensity.

### **Other ways to get active include ...**

**Swimming** – if you have access to a pool, swimming is another simple way to get more active.

**Cycling** – if you already own a bike and you have suitable traffic-free paths in your area, cycling is a great way to get active and enjoy some fresh air at the same time.

## **Home Workout for Beginners**

Depending on your circumstances, you may prefer to exercise indoors in the comfort of your own home. The following workout is designed for newcomers to exercise and should take around 15 to 20 minutes to complete.

Always check with your doctor before starting any new exercise program.

## **Warm Up:**

Warm up exercises prepare your body for the activities ahead by gently putting your muscles and joints through a progressively bigger range of movement. By warming up before exercising, you minimize the risk of doing too much, too soon and causing an injury.

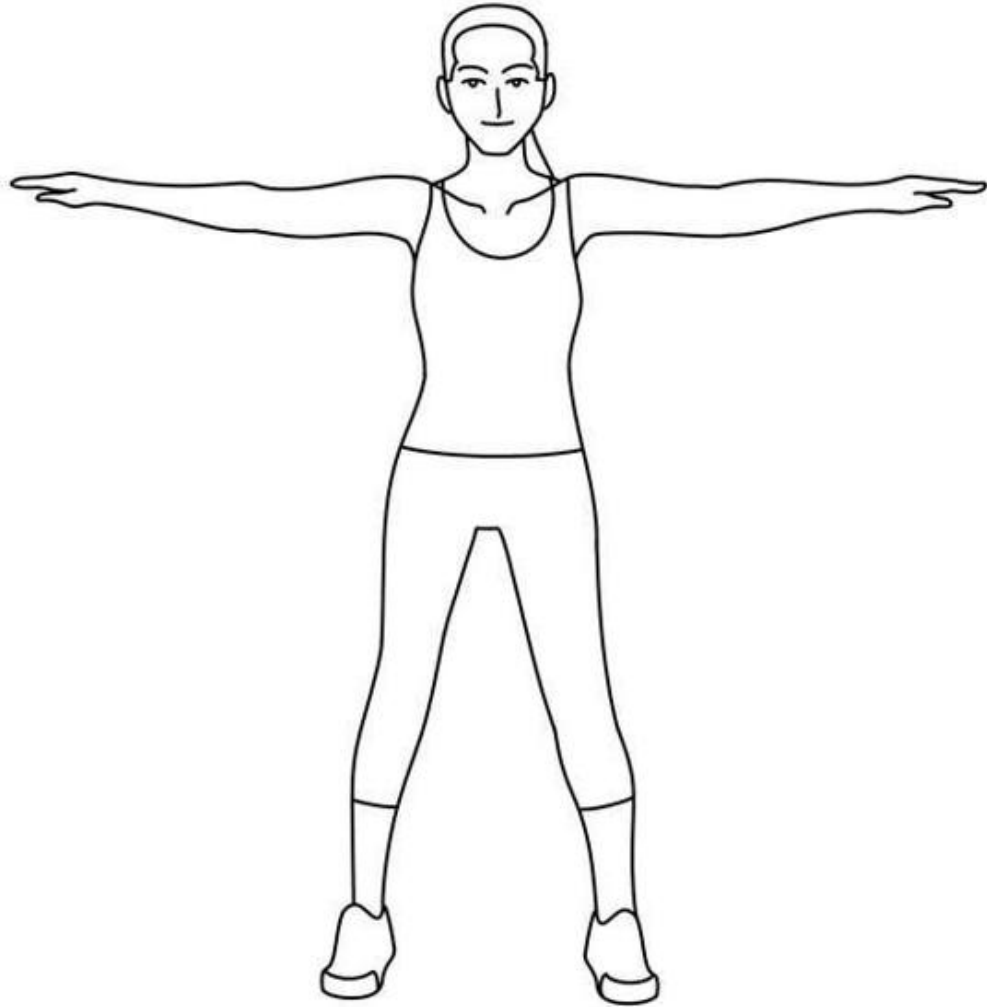
**Ankle circles** – this can be done seated or standing but you may need something solid to lean against for balance. Begin by circling your right foot clockwise several times and then counter-clockwise several times. Repeat the exercise to circle your left foot and ankle.

**Knee flexion** – this can also be done seated or standing, but a standing position will allow for a greater range of movement. Bend your right knee, aiming to swing your right heel gently toward your butt. Allow your leg to swing naturally back to the starting position. Repeat the swing several times before switching legs to do the same with your left knee and leg.

**Hip flexion** – in a standing position, raise your right leg with knee bent as if about to march in place. This movement creates a bend in your right hip. Return your right foot to the floor and raise your left leg in the same marching pose so that you create a bend in your left hip. Continue to alternate legs as if marching in place for three or movements in each hip, aiming to raise your knees as high as possible each time.

**Trunk rotation** – in a standing position, place your feet at hip-width apart and hold your arms out to each side of your body at around shoulder height.





Keep your knees relaxed (slight bend) and slowly begin to rotate your body from your waist to look as far to your right as possible. Return to the center, and then slowly rotate to your left to look as far to your left as possible. Repeat the rotation in both directions three or four more times, aiming to gradually increase the range of movement each time.

**Shoulder shrugs** – simply shrug your shoulders up toward your ears and then roll them slightly back before allowing them to relax back down. Repeat the movements several times, making sure you maintain good posture in your upper body.

**Arm circles** – with straight arms, circle your right arm followed by your left arm in a backstroke swimming movement. Continue to alternate arms through several more movements, aiming to gradually increase the range of movement each time.

**Elbow flexion** – bend your right arm at your elbow and bring your right hand up toward your right shoulder. Allow your arm to gently straighten out again, and then switch arms to do

the same with your left elbow. Continue to alternate arms, bending each elbow several more times.

**Wrist circles** – circle your wrists in the same way that you circled your ankles, first one way and then the other. Trying to circle both wrists in the same direction at the same time can be quite a fun challenge!

### **Boosting Your Metabolism**

It's well-known that losing weight is essentially a matter of calories in versus calories out, or getting the balance right between the amount of food you eat and the amount of energy you burn doing everyday activities. CV exercises that raise your heart rate and breathing rate are the most commonly prescribed methods of promoting weight loss, however, losing weight and losing fat are not necessarily one and the same. One of the most effective ways to boost your metabolism and promote fat burning is known as interval training.

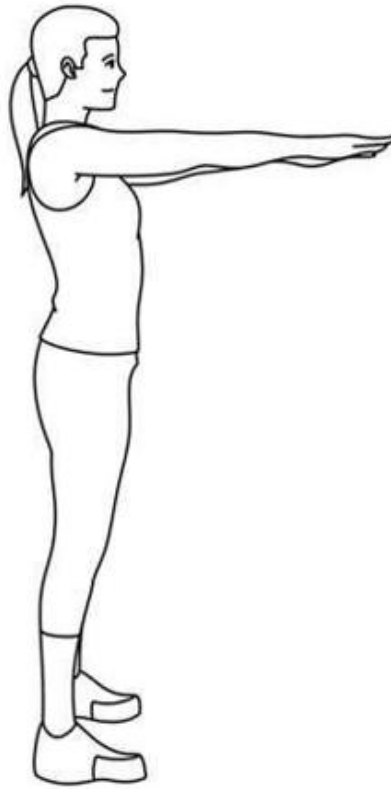
Interval training is simply alternating short periods of higher intensity effort with periods of lower intensity effort across the total duration of your workout. The efforts don't need to be precise or timed in any way, you just vary the pace of your workout to prevent your body from slipping into an easy rhythm. The more you switch things around, the harder your body works so you get the maximum benefits in the minimum time.

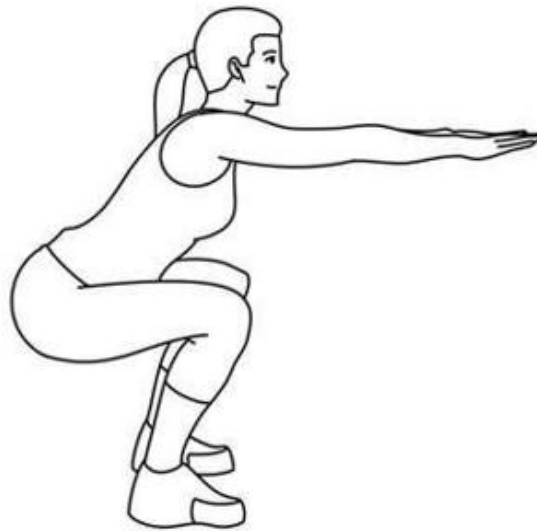
Another important element of boosting your metabolism, and therefore increasing your ability to burn fat, is to increase the amount of lean muscle mass you have. The more lean muscle you have, the more calories you burn every hour of every day – even when you are asleep. Lean muscle does not bulk you up like a weight lifter and it's not even necessary to work out with weights to promote lean muscle growth. Simple bodyweight exercises combined with CV exercises that can be performed at home are all you need to raise your heart rate and boost your metabolism to burn more calories.

The following four exercises should be performed one after the other without a rest period to keep your body working.

**1. Squats** – this exercise targets the major muscle groups in your legs, including your butt, so expect to feel your legs working and your heart rate going up.

- Stand with your feet placed at slightly wider than hip-width apart. Allow your toes to angle out slightly so that your knees will follow the line of your toes as you bend your legs to squat down.



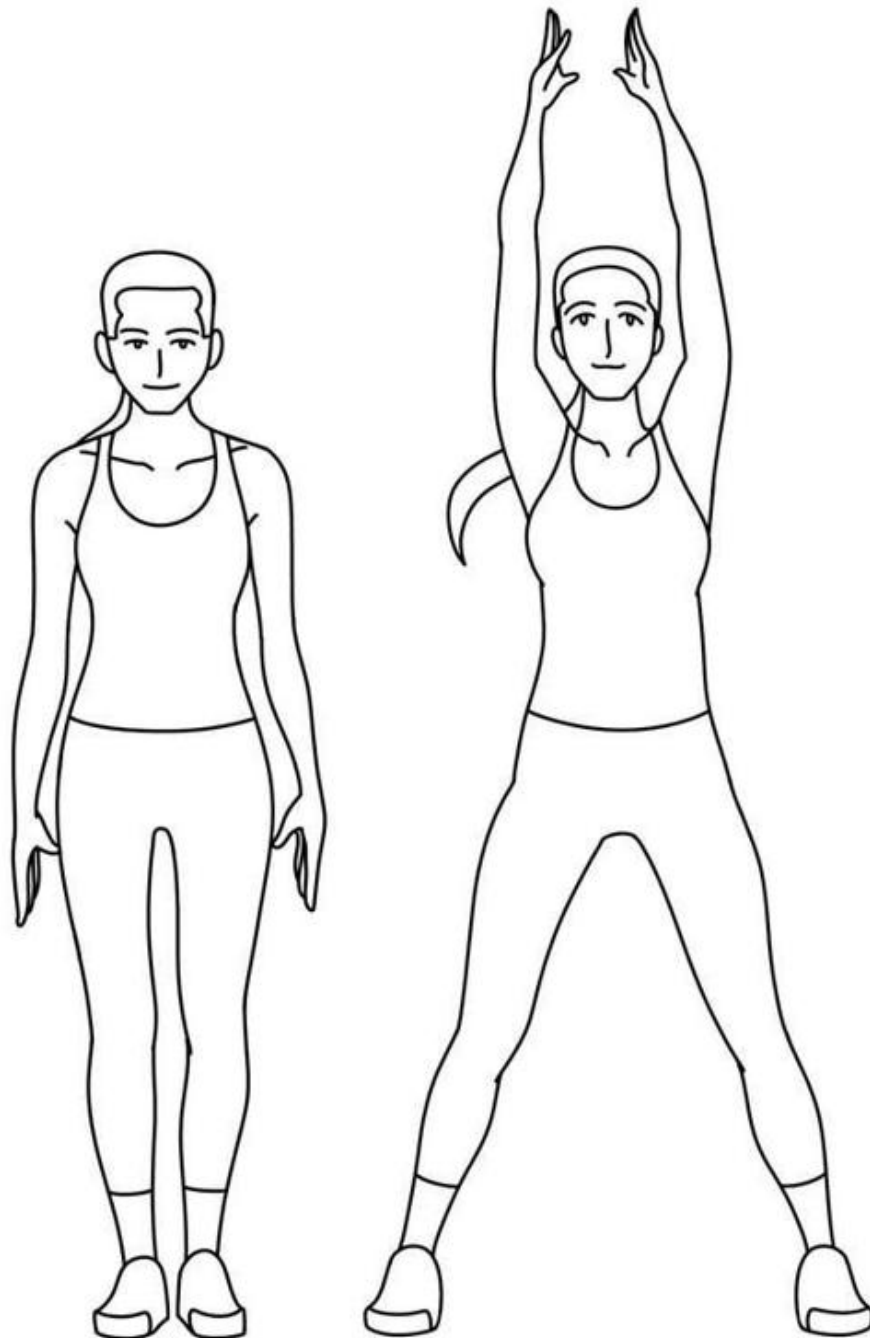


- Bend your knees to squat down, as if about to sit back into an imaginary chair, aiming to lower your butt to the level of your knees – or lower if it feels comfortable to do so – but just go as low as you can to begin with and build from there.
- Raise your arms in front of your body to shoulder height as you squat down, although you may find it helpful initially to place one hand against a wall or solid object as a balance aid.
- Reverse the movements to return to the starting stance.
- Aim to complete 10 squat movements, making sure you stay in control of the movements in both directions to avoid injury.

## **2. Jumping Jacks**

This is a CV exercise designed to get your heart rate and your breathing rate up, so expect to feel like you're working hard and push yourself as much as you can.

- Stand with your feet together and your arms by your sides.
- Jump both feet out to the side, raising your arms out to the side and above your head simultaneously.

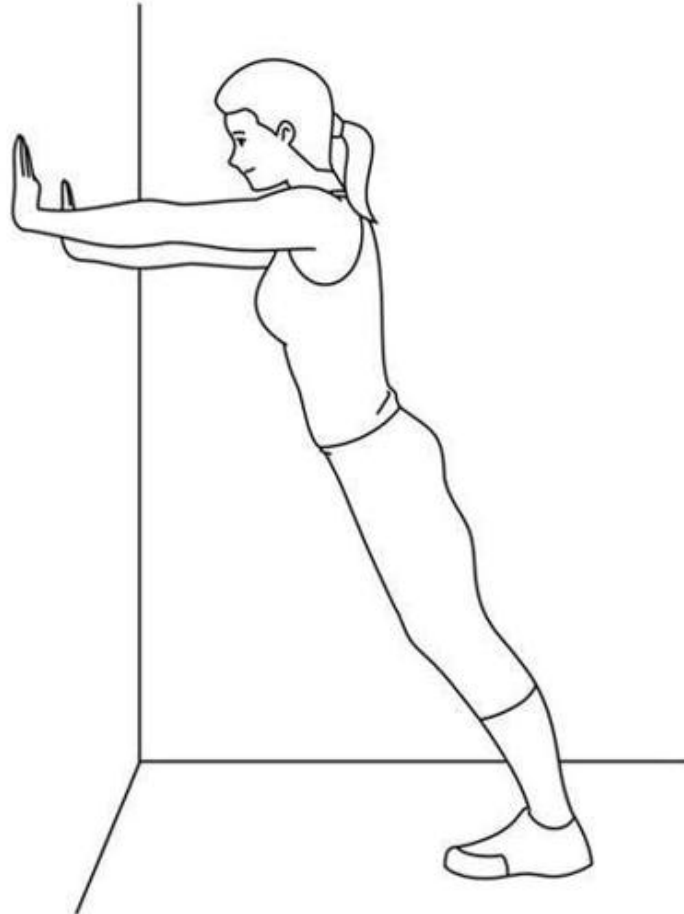


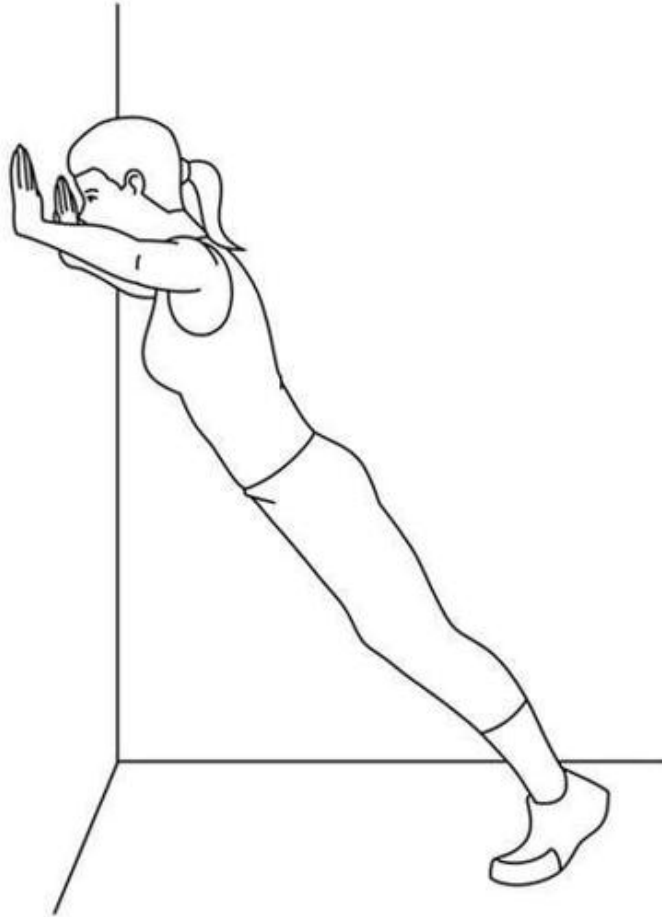
- Jump your feet and arms back to the starting stance.
- Aim to keep “jumping” for approximately 30 seconds non-stop, but you can build up to this in stages if it proves too challenging initially.
- If you have knee or other joint issues, a lower impact version of this exercise is to move only one foot and arm at a time, alternating from side to side in a “half jack” movement i.e. right foot and right arm out and back followed by left foot and left arm out and back.

### **3. Standing Push-Ups**

This exercise targets your chest and triceps— the muscles which form the back of your upper arm.

- Stand facing a wall and place yourself around arm's-length away from it.
- Position your hands on the wall at shoulder-height and slightly wider than shoulder-width apart.





- Bend your elbows to lean in toward the wall, keeping good posture throughout your body as you do so. Allow your heels to lift up from the floor as you lean in.
- Push back from the wall to return to the starting stance.
- Aim to complete 10 push up movements, making sure you stay in control of the movements in both directions to avoid injury.
- It's important to maintain correct posture in your back and this can be aided by imagining you are trying to pull your tummy in toward your spine. However, avoid holding your breath by focusing on breathing in as you lean in and breathing out as you push back each time.

#### **4. Jumping Jacks (or Half Jacks)**

Repeat the jumping jack exercise detailed above for a further 30 seconds non-stop, or take a short breather every few jumps if necessary and aim to build up to non-stop movement.

#### **Cool Down:**

After completing the metabolism boosting exercises above, your heart rate and breathing rate will be elevated. Cooling down is simply allowing your heart and breathing rate to gradually return to normal before ending your exercise session. A cool down can be as simple as walking around your home, gradually reducing the pace until you feel that your heart rate has returned to normal. Alternatively, the warm up routine detailed above can be repeated to keep your muscles and joints moving gently as your body cools down.

## **Home Workout at the Next Level**

The above home workout for beginners can be taken to the next level by repeating the whole sequence of four exercises twice in succession without a rest period.

### **Warm Up**

**Squats** – 10 repetitions

**Jumping Jacks** – approximately 30 seconds

**Push Ups** – 10 repetitions

**Jumping Jacks** – approximately 30 seconds

**Squats** – 10 repetitions

**Jumping Jacks** – approximately 30 seconds

**Push Ups** – 10 repetitions

**Jumping Jacks** – approximately 30 seconds

### **Cool Down**

When you feel “comfortable” with the above exercises, meaning you feel in control of the movements and you have no balance or coordination issues, it’s time to switch things around to create a new challenge for your body.

Your new routine will revolve around the following four exercises, but you can substitute any of these with the original exercises whenever you need to reduce the level of challenge. It is of much more benefit to keep moving at a reduced level of intensity rather than stop to rest.

Warm up before you begin.

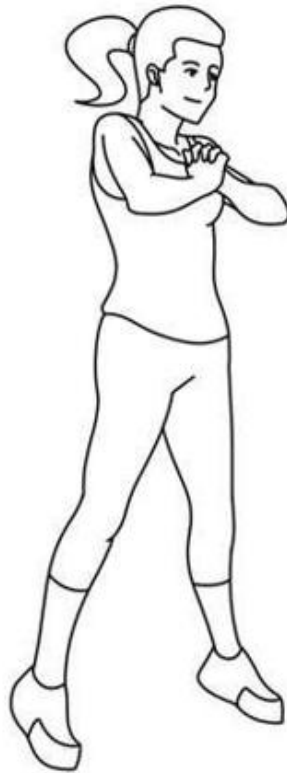
### **5. Squat Jumps**

- Perform the squat exercise as detailed above but with your hands placed by your ears (or clasped in front of you at chest



level) rather than held out in front.

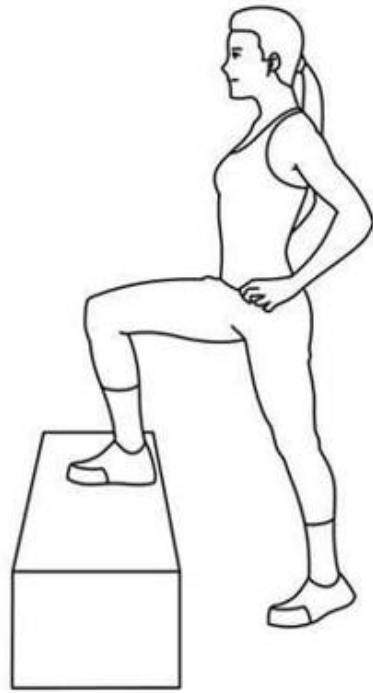


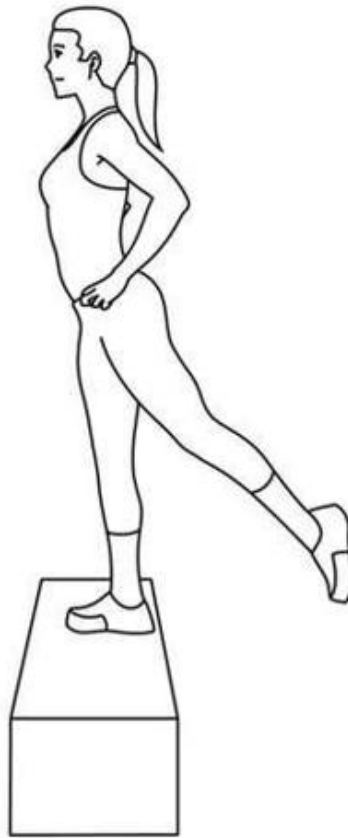


- At the end of the squat movement, spring up into the starting position to finish with an energized bounce from the floor!
- Repeat the sequence of moves to complete 10 “squat jumps” in total.
- Aim to stay light on your toes as you spring up and land, allowing your hip, knee, and ankle joints to remain relaxed as natural shock absorbers.

### **6. Step Ups**

- Stand facing a low step such as the bottom stair in your home.
- Step onto the step with your right foot leading, followed by your left foot, and then step back down with right foot leading, followed by left foot.

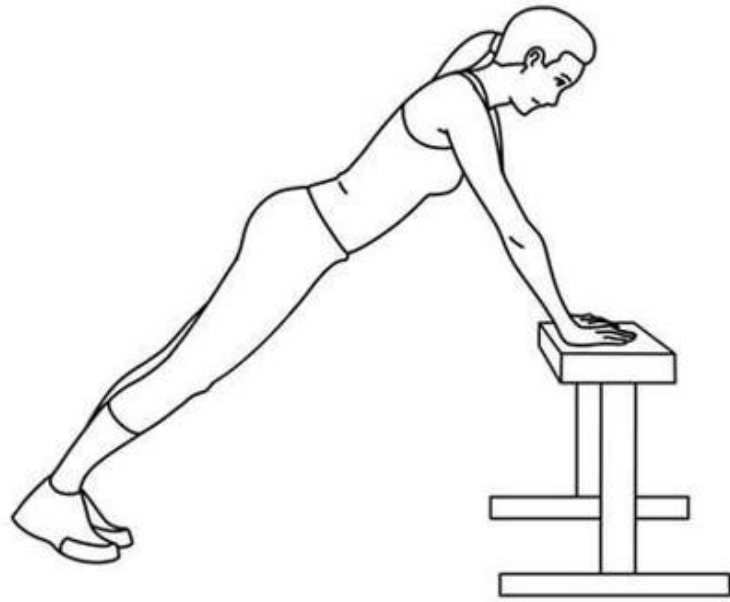


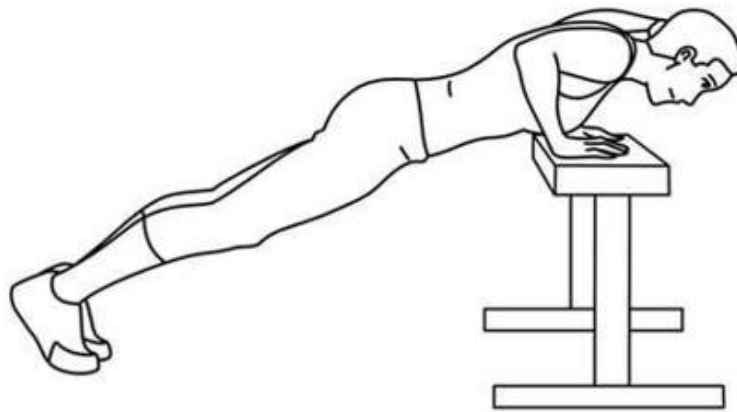


- Repeat the movements to complete around 15 seconds of non-stop stepping, and then switch legs to complete another 15 seconds with your left leg leading the way.

### **7. Incline Push-Ups**

- Stand facing a kitchen counter, solid table, park bench, or any solid object that's of a suitable height such as the edge of your bed. The greater the incline, the more intense the exercise becomes.





- Place your hands at slightly wider than shoulder-width apart and maintain good posture throughout your body as you move into the incline starting position.
- Bend your elbows to lower your chest toward the counter and then reverse the movements to return to the starting stance.
- Breathe in as you lower your body and breathe out as you push it up again.
- Aim to complete 10 repetitions.

### **8. Step Ups**

Repeat the step ups exercise but aim to increase the intensity by setting yourself the target of completing as many step ups as possible in 30 seconds. However, it's important to stay in control of the movements to avoid the potential for injury, so build up your speed gradually.

Cool down after completing all four exercises.

**A Progressive Routine:**

To progress your new routine, begin by repeating the whole sequence of four exercises twice in succession without a rest period. To continue taking it progressively to the next level, switch to using time rather than repetitions when performing jump squats and incline push-ups.

### **Warm Up**

**Squat Jumps** – complete as many jump squats as possible in approximately 30 seconds.

**Step Ups** – complete as many step ups as possible in approximately 30 seconds, aim to switch your leading leg at the half-way point.

**Incline Push Ups** – complete as many push-ups as possible in approximately 30 seconds.

**Step Ups** – complete as many step ups as possible in approximately 30 seconds.

**Squat Jumps** – a further 30 seconds.

**Step Ups** – a further 30 seconds.

**Incline Push Ups** – a further 30 seconds.

**Step Ups** – a further 30 seconds.

### **Cool Down**

## **Adding a Challenge**

As your confidence grows, add 10 seconds to each exercise to give your body a new challenge. Keep increasing the time when you feel ready with the aim of being able to complete 60 seconds on each exercise, thereby creating an eight minute routine of non-stop movement.

The more active you become, the more you begin to *enjoy* being active and you may choose to add a little competitive edge to your routine. **The Merrell® 10-minute Challenge** is a walking challenge that was developed by the Merrell footwear company, but you don't need to wear Merrell shoes to give it a try! All you need is a measured route of half a mile which could be a circular route or an out-and-back route of a quarter mile. The challenge is to time yourself walking the route and then compare your result to the times given in the chart below.

Times are in minutes and seconds in each age category.

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Age	20-29	30-39	40-49	50-59	60+
High	< 5:37	< 5:55	< 6:17	< 6:40	< 7:07
Above Average	5:37 to 6:27	5:55 to 7:00	6:17 to 7:21	6:40 to 7:53	7:07 to 8:31
Average	6:28 - 7:31	7:01 – 8:05	7:22 – 8:45	7:54 – 9:16	8:32–10:29
Below Average	7:32 to 8:59	8:06 to 10:09	8:46 to 10:29	9:17 to 11:12	10:30 to 12:04
Low	>9:00	>10:10	>10:30	>11:13	>12:05

By comparing your time to the time ranges given for your age group on the chart, you can gauge your current level of fitness. The above chart provides time ranges for women only; a separate chart of time ranges is available for men. Remember, the more you walk, the better you become at walking!

## **Make Exercise a Daily Habit**

Medical research has proven that regular exercise coupled with good nutrition can reduce body fat and reverse diabetes. Regular exercise can be as simple as taking a short walk daily, and your efforts can be maximized by adding frequent interval training sessions to your routine. The amount of time you have available for exercise will be governed by your individual circumstances, but choosing to make time for one or two short sessions of 10 to 15 minutes each day will help you to lower your blood glucose levels, and set you on course to reducing the amount of medication you need and potentially curing your diabetes completely. The feel-good factor generated by regular exercise boosts your motivation to keep exercising, and this in turn leads to overall improvements in your health and well-being that make exercise as routine and as important as brushing your teeth each day.

## **Rest and Relaxation**

The exercises detailed in the home workout sessions above will help you to lose weight, and lose body fat in particular. It is well-documented that weight loss leads to improvements in blood glucose levels and it also alleviates other weight related health concerns such as high blood pressure. Many individuals diagnosed with pre-diabetes and type 2 diabetes are overweight and as a consequence, many have high blood pressure.



High blood pressure is linked to many other poor health issues and it's known that making dietary improvements, exercising regularly, and reducing stress levels all play an important role in its treatment. All of the above are key factors in diabetes prevention and control, making it important not to allow the need for daily exercise to overshadow the equal need for adequate rest and relaxation.

The following exercises are simple ways to reduce and relieve stress and tension.

### **Deep Breathing**

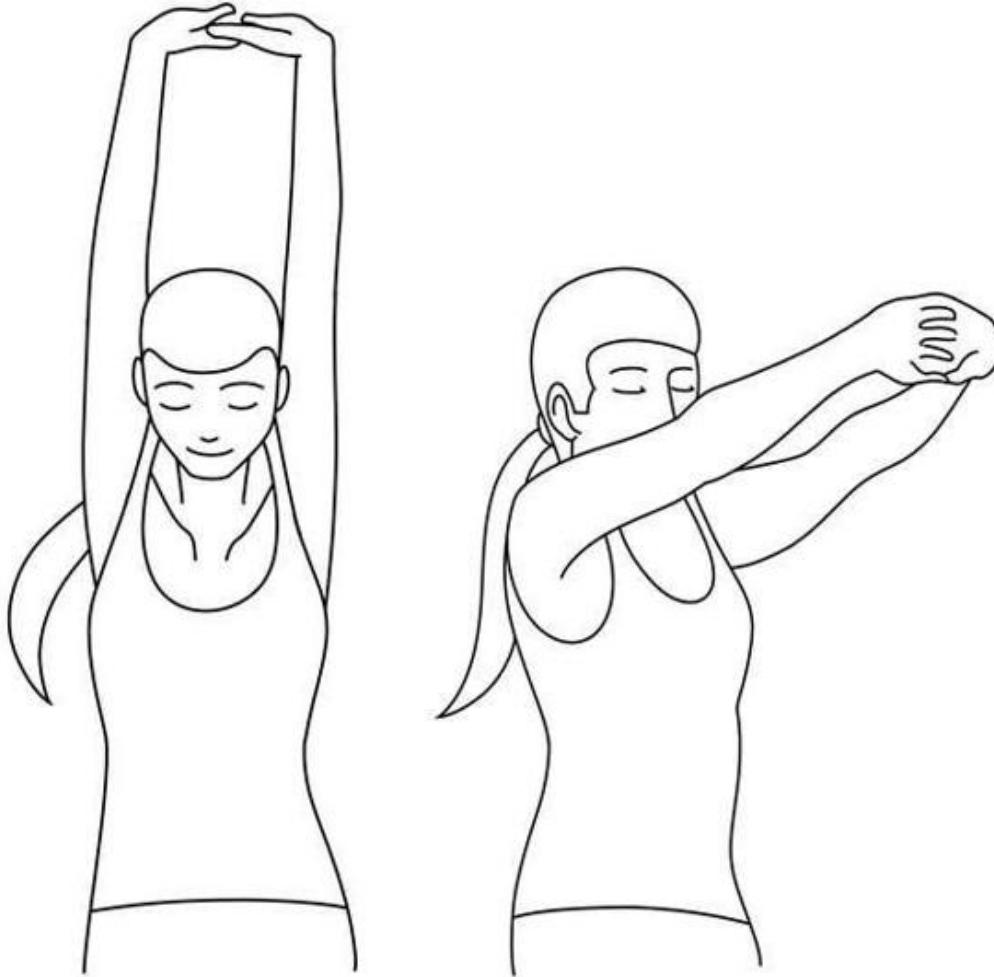
It has been medically proven that focusing on your breathing and consciously controlling your breathing rate can help to reduce anxiety.

- Sit in a comfortable position, perhaps in a chair, on the floor, or on your bed.
- Maintain good posture in your upper body, keeping your head directly above your shoulders and in line with your spine. Close your eyes and consciously relax your shoulders to release any tension in your muscles.
- Place one hand on the center of your abdomen and the other hand slightly higher on your chest.
- Take a deep breath in. Focus on the way your hands move as you inhale. An effective inhalation should result in a sensation of both hands rising as your abdomen and chest rise. A less effective inhalation will result in only your chest rising, and this is known as shallow breathing.
- Effective breathing fills your body with oxygen. Taking the time to focus on the effectiveness of each breath helps you to improve the quality of each breath and therefore your oxygen intake. Breathing deeply provides your heart and lungs, and therefore your whole body, with much more oxygen for much less effort.
- Aim to practice taking deep, controlled breaths for up to 10 minutes at a time. Focus on breathing in through your nose and out through your mouth, and on feeling both of your hands rise with each inhalation.

### **Sit Tall Stretch**

This stretch is a great way to keep your overall posture in check and to create an upper body posture that will promote much more effective, deeper breathing.

- In a seated position, raise your arms overhead with hands clasped.
- Take a deep breath in and stretch your arms as far away from your body as possible, as if trying to reach the sky with your fingers.

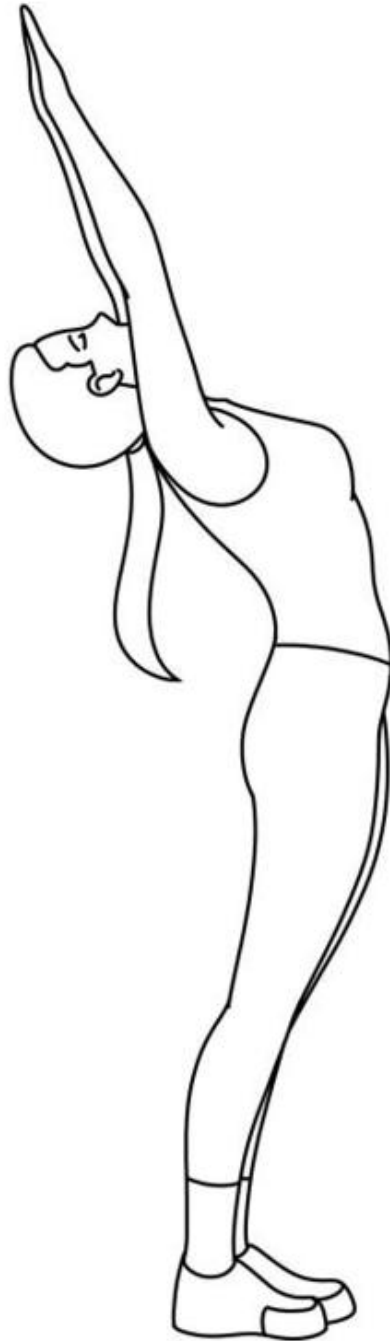


- Slowly breathe out as you relax your arms back down.
- With hands still clasped, hold your arms out in front of your body at chest height and stretch your fingers as far away from your body as possible. Tuck your chin in toward your chest and allow your shoulders and back to round as you increase the stretch.
- Aim to hold the stretch for a slow count of three before relaxing your arms.

### **Standing Prayer Stretch**

- In a standing stance, relax your arms by your sides.

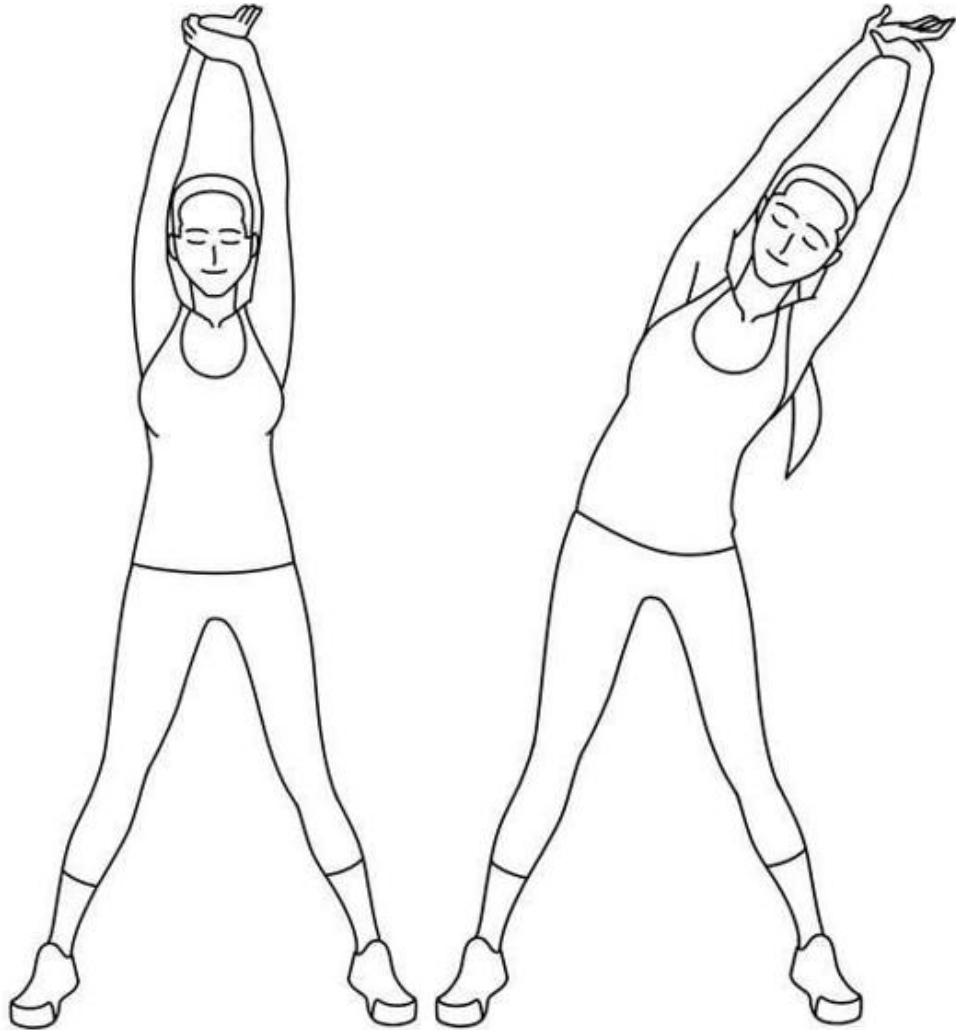
- Raise your arms in front of your body to around shoulder-height and gently open them out to each side of your body as you take a deep breath in.
- Push your chest out and raise your head as you open your arms, allowing your back to hollow naturally.



- Relax for a moment as you breathe out, and then repeat the stretch with arms raised higher overhead as you breathe in deeply.

## Side Stretches

- In a standing position, raise your arms overhead with hands clasped.
- Slowly and gently bend to one side from your waist, ensuring you maintain an upright posture (avoid tilting forward or backward from your hips).
- Return to the center and bend to the other side.



- Repeat the movements, aiming to increase the stretch by holding for a few seconds on each side.

# Conclusion

The human body has a remarkable capacity to self-heal. When you take steps to improve your diet, you give your body a helping hand by providing it with top quality fuel. When you then take steps to shed excess body fat through a combination of diet and regular exercise, you give your body a helping hand by reducing the strain caused by carrying around extra pounds. You also give your energy levels a boost, making it possible to cope with everyday life without undue fatigue.

When you give your body the help it needs, diabetes can be prevented, controlled, and *cured*. The diet and exercise plan detailed above provides you with the information you need to understand the connection between the foods you eat and your health. Armed with this understanding, you can now take action to promote good health through eating foods that help your body to *heal* and avoiding the foods that ultimately cause *harm*. What's more, you can *enjoy* the process!

# STEP 1 Recipes

## BREAKFAST

### 1. No-Crust Spinach Carrot Quiche

Servings: 6

Preparation time: 10 minutes

Cook time: 35 minutes

Ready in: 45 minutes

<b>Nutrition Facts</b>	
Serving Size 93 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 191	Calories from Fat 130
% Daily Value*	
<b>Total Fat</b> 14.4g	<b>22%</b>
Saturated Fat 5.9g	<b>29%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 157mg	<b>52%</b>
<b>Sodium</b> 426mg	<b>18%</b>
<b>Total Carbohydrates</b> 2.8g	<b>1%</b>
Dietary Fiber 0.6g	<b>2%</b>
Sugars 0.8g	
<b>Protein</b> 14.2g	
Vitamin A 58%	Vitamin C 7%
Calcium 29%	Iron 6%
<b>Nutrition Grade C+</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 2 tablespoons olive oil (extra-virgin olive oil is best)
- 1 medium scallion, chopped
- 2 cups fresh spinach, chopped
- 1/2 cup carrots, shredded
- 5 eggs, beaten
- 1 tablespoon chives, chopped
- 3 cups parmesan cheese, shredded
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 tablespoon dried basil

## **Directions**

1. **Preheat** oven to 350 degrees F (175 degrees C). Lightly grease a 9 inch pie pan with 1 tablespoon olive oil.
2. **Sauté** scallion in olive oil in a large skillet over medium-high heat until soft. Add spinach and carrots continue cooking until spinach is wilted.
3. **Beat** together eggs, cheese, chives, basil, salt and pepper in a large bowl. Add spinach-carrot mixture. Pour mixture into prepared pie pan.
4. **Bake** for 30 minutes until eggs have set. Let cool and serve into wedges.

## 2. Broccoli and Pine Nuts

Servings: 8

Preparation time: 15 minutes

Cook time: 12 minutes

Ready in: 27 minutes

<b>Nutrition Facts</b>	
Serving Size 72 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 80	Calories from Fat 43
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.8g	<b>7%</b>
Saturated Fat 0.7g	<b>3%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 259mg	<b>11%</b>
<b>Total Carbohydrates</b> 6.9g	<b>2%</b>
Dietary Fiber 2.3g	<b>9%</b>
Sugars 2.1g	
<b>Protein</b> 3.5g	
Vitamin A 8%	Vitamin C 85%
Calcium 4%	Iron 4%
<b>Nutrition Grade A-</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 1 pound fresh broccoli, cut into bite size pieces
- 2 tablespoons sesame oil
- 1/2 tablespoon raw honey
- 2 tablespoons soy sauce
- 2 teaspoons balsamic vinegar
- 1/4 teaspoon red pepper flakes
- 2 cloves garlic, minced
- 1/4 cup salted pine nuts, chopped

### Directions

1. **Heat** about 1-inch of water in the bottom of a large pot placed over medium heat. Add the broccoli and bring to a boil. Cook for 7 minutes, or until tender. Drain broccoli and set aside.
2. **Heat** sesame oil in a small skillet over medium heat.



3. **Combine** honey, soy sauce, vinegar, red pepper and garlic in a small bowl and pour into the skillet. Bring to a boil until sauce starts to thicken. Remove skillet from heat and stir in the pine nuts.
4. **Place** broccoli onto individual plates and pour the sauce over the broccoli. Serve warm.

### 3. Berry Green Smoothie

Servings: 8

Serving size: 1 medium glass

Preparation time: 10 minutes

Ready in: 10 minutes

<b>Nutrition Facts</b>	
Serving Size 81 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 39	Calories from Fat 4
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.5g	<b>1%</b>
<i>Trans Fat</i> 0.0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 35mg	<b>1%</b>
<b>Total Carbohydrates</b> 9.1g	<b>3%</b>
Dietary Fiber 2.3g <b>9%</b>	
Sugars 5.9g	
<b>Protein</b> 0.8g	
Vitamin A 48%	Vitamin C 15%
Calcium 8%	Iron 3%
<b>Nutrition Grade A</b>	
* Based on a 2000 calorie diet.	

#### Ingredients

- 1 cup cranberries
- 1 cup raspberries
- 1 cup pure unsweetened almond milk
- 2 tablespoons raw honey
- 1 medium carrot, chopped
- 3 cups fresh spinach leaves
- 1 cup crushed ice

#### Directions

Blend all ingredients into a blender until smooth. Pour into glasses and serve.

## 4. Chicken and Vegetable Omelet Muffins

Servings: 4

Serving size: 2 muffins

Preparation time: 15 minutes

Cook time: 18-20 minutes

Ready in: 33 minutes

<b>Nutrition Facts</b>	
Serving Size 237 g	
Amount Per Serving	
<b>Calories</b> 304	Calories from Fat 160
<b>% Daily Value*</b>	
<b>Total Fat</b> 17.8g	<b>27%</b>
Saturated Fat 8.6g	<b>43%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 376mg	<b>125%</b>
<b>Sodium</b> 490mg	<b>20%</b>
<b>Total Carbohydrates</b> 6.2g	<b>2%</b>
Dietary Fiber 1.8g	<b>7%</b>
Sugars 3.6g	
<b>Protein</b> 30.4g	
Vitamin A 121%	Vitamin C 83%
Calcium 7%	Iron 16%
<b>Nutrition Grade B+</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 8 eggs
- 1/2 pound lean ground chicken meat, cooked and diced
- 1/2 cup broccoli florets, diced
- 1/2 cup mushrooms, chopped
- 1 cup carrots, diced
- 1 red bell pepper, diced
- 1/4 teaspoon sea salt
- 1/8 teaspoon ground pepper
- 1/8 cup water
- 2 tablespoons coconut oil for greasing

### Directions

1. **Preheat** oven to 350 degrees F. Grease an 8-cup muffin pan with coconut oil.

2. **Beat** the eggs in a medium bowl. Add chicken meat, vegetables, water, salt, and pepper to taste.
3. **Pour** mixture into the muffin cups.
4. **Bake** for 18-20 minutes.

## 5. Low-Carb Breakfast Porridge

Servings: 4

Preparation time: 20 minutes

Ready in: 20 minutes

<b>Nutrition Facts</b>	
Serving Size 163 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 182	Calories from Fat 156
<b>% Daily Value*</b>	
<b>Total Fat</b> 17.4g	<b>27%</b>
Saturated Fat 3.3g	<b>16%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 7mg	<b>0%</b>
<b>Total Carbohydrates</b> 7.4g	<b>2%</b>
Dietary Fiber 2.5g	<b>10%</b>
Sugars 3.2g	
<b>Protein</b> 2.0g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 3%
<b>Nutrition Grade C+</b>	
* Based on a 2000 calorie diet.	

### Ingredients

- 3/4 cup light coconut milk
- 3/4 cup pecan meal
- 1 teaspoon ground cinnamon
- 1 teaspoon raw honey
- 1 1/2 cup water
- 1/4 cup fresh blueberries

### Directions

1. **Combine** coconut milk, pecan meal, and water in a saucepan over medium heat; stirring continuously until smooth.
2. **Stir** in cinnamon and honey. Bring to a slow simmer about 3 minutes, or until thick and bubbly.
3. **Ladle** into bowls and top with blueberries. Serve warm.

## 6. Almond Pancakes

Servings: 6

Preparation time: 5 minutes

Cook time: 10 minutes

Ready in: 10 minutes

<b>Nutrition Facts</b>	
Serving Size 49 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 162	Calories from Fat 124
<b>% Daily Value*</b>	
<b>Total Fat</b> 13.8g	<b>21%</b>
Saturated Fat 5.0g	<b>25%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 118mg	<b>5%</b>
<b>Total Carbohydrates</b> 6.4g	<b>2%</b>
Dietary Fiber 1.9g	<b>8%</b>
Sugars 3.6g	
<b>Protein</b> 5.2g	
Vitamin A 1%	Vitamin C 0%
Calcium 5%	Iron 5%
<b>Nutrition Grade C</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 1 cup almond meal
- 2 eggs
- 1/4 cup water
- 2 tablespoons coconut oil
- 1/4 teaspoon salt
- 1 tablespoon raw honey

### Directions

1. **Beat** eggs until frothy then add honey.
2. **Whisk** together almond meal and salt. Pour egg mixture to the almond meal mixture then add the water.
3. **Grease** a pan with coconut oil then place over medium-low heat. Pour about 3 tablespoons batter onto pan.
4. **Cook** both sides for 2-3 minutes. Serve warm.

# LUNCH

## 7. Broiled Tilapia Parmesan

Servings: 8

Preparation time: 15 minutes

Cook time: 8 minutes

Ready in: 23 minutes

<b>Nutrition Facts</b>	
Serving Size 136 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 181	Calories from Fat 86
% Daily Value*	
<b>Total Fat</b> 9.5g	<b>15%</b>
Saturated Fat 4.9g	<b>25%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 74mg	<b>25%</b>
<b>Sodium</b> 262mg	<b>11%</b>
<b>Total Carbohydrates</b> 2.2g	<b>1%</b>
Sugars 0.6g	
<b>Protein</b> 22.6g	
Vitamin A 15%	Vitamin C 6%
Calcium 6%	Iron 8%
<b>Nutrition Grade D+</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 2 pounds tilapia fillets
- 1/2 cup Parmesan cheese
- 1/4 cup low-fat butter, softened
- 3 tablespoons low-fat mayonnaise
- 2 tablespoons fresh lemon juice
- 1 tablespoon paprika
- 2 tablespoons flat-leaf parsley, chopped
- 1/8 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon red pepper flakes, crushed
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon salt

## **Directions**

1. **Preheat** broiler. Line broiling pan with aluminum foil.
2. **Whisk** together cheese, butter, mayonnaise, and lemon juice. Add paprika, parsley, onion powder, garlic powder, red pepper flakes, black pepper, and salt. Set aside.
3. **Arrange** fillets on the prepared pan. Broil a few inches from the heat for 2-3 minutes. Flip the fillets over and broil for 2-3 minutes more.
4. **Remove** the fillets from the oven. Divide and spread the cheese mixture evenly onto the top of each fillet.
5. **Broil** for 2 more minutes or until the topping is browned and fish flakes easily with a fork.



## 8. Stir-Fried Shrimp with Broccoli and Mushrooms

Servings: 6

Preparation time: 20 minutes

Cook time: 10 minutes

Ready in: 30 minutes

<b>Nutrition Facts</b>	
Serving Size 224 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 139	Calories from Fat 34
<b>% Daily Value*</b>	
<b>Total Fat</b> 3.8g	<b>6%</b>
Saturated Fat 0.7g	<b>4%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 159mg	<b>53%</b>
<b>Sodium</b> 1538mg	<b>64%</b>
<b>Total Carbohydrates</b> 7.0g	<b>2%</b>
Dietary Fiber 1.2g	<b>5%</b>
Sugars 1.5g	
<b>Protein</b> 18.8g	
Vitamin A 10%	Vitamin C 49%
Calcium 10%	Iron 5%
<b>Nutrition Grade A</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 1 pound shrimp, peeled and deveined
- 1 head broccoli, cut into bite-size florets
- 1/2 cup mushrooms, quartered
- 1 tablespoon salt
- 2 cups cold water
- 1/3 cup organic low-sodium chicken broth
- 1 1/2 teaspoons soy sauce
- 1 1/2 teaspoons cornstarch
- 3/4 teaspoon raw honey
- 2 teaspoons white wine vinegar
- 1/4 teaspoon red pepper flakes
- 1/8 teaspoon ground white pepper
- 1 tablespoon and 2 teaspoons olive oil
- 3 tablespoons garlic, minced
- 2 teaspoons ginger, minced

- 2 medium scallions, chopped
- 1/4 teaspoon salt

### **Directions**

1. **Stir** together the chicken broth, soy sauce, cornstarch, honey, vinegar, red pepper flakes, and black pepper in a large bowl. Set aside.
2. **Place** a wok over high heat. Add 1 tablespoon olive oil. Once the oil is hot, add shrimp and cook for about 1 minute; turning constantly until pink on all sides.
3. **Add** the 2 teaspoons olive oil and stir in the garlic, ginger, broccoli, mushrooms, scallions, and salt for 3 more minutes, or until tender.
4. **Pour** the prepared broth mixture into the wok and continue cooking until sauce thickens. Serve warm.

## 9. Slow Cooker Pork

Servings: 8

Preparation time: 15 minutes

Cook time: 8 hours on LOW

Ready in: 8 hours and 15 minutes

<b>Nutrition Facts</b>	
Serving Size 221 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 461	Calories from Fat 315
<b>% Daily Value*</b>	
<b>Total Fat</b> 35.0g	<b>54%</b>
Saturated Fat 12.1g	<b>60%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 120mg	<b>40%</b>
<b>Sodium</b> 136mg	<b>6%</b>
<b>Total Carbohydrates</b> 5.4g	<b>2%</b>
Dietary Fiber 0.9g	<b>3%</b>
Sugars 2.9g	
<b>Protein</b> 29.2g	
Vitamin A 7%	Vitamin C 8%
Calcium 2%	Iron 14%
<b>Nutrition Grade D+</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 1 teaspoon chili powder
- 1/2 teaspoon red pepper flakes, crushed
- 1 yellow onion, chopped
- 3 cloves garlic, peeled, crushed and finely chopped
- 1/2 cup fresh cilantro leaves, chopped
- 1 tablespoon ground cumin
- 1 teaspoon ground black pepper
- 1 teaspoon smoked paprika
- 1 tablespoon raw honey
- 3 pounds pork shoulder roast
- 1 cup pure vegetable broth
- 1 bay leaf

### Directions

1. **Place** pork shoulder in a 6-quart slow cooker.

2. **Stir** together the first 9 ingredients in a small bowl and then rub over the meat. Add vegetable broth and bay leaf.
3. **Cover**, and cook for 8 hours on Low.
4. **Shred** pork using tongs or 2 forks then serve.

## 10. Spicy Salsa Chicken

Servings: 4

Preparation time: 20 minutes

Cook time: 28 minutes

Ready in: 48 minutes

<b>Nutrition Facts</b>	
Serving Size 266 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 333	Calories from Fat 121
<b>% Daily Value*</b>	
<b>Total Fat</b> 13.5g	<b>21%</b>
Saturated Fat 6.8g	<b>34%</b>
<b>Cholesterol</b> 128mg	<b>43%</b>
<b>Sodium</b> 963mg	<b>40%</b>
<b>Total Carbohydrates</b> 5.8g	<b>2%</b>
Dietary Fiber 1.6g	<b>6%</b>
Sugars 2.4g	
<b>Protein</b> 43.2g	
Vitamin A 19%	Vitamin C 4%
Calcium 23%	Iron 5%
<b>Nutrition Grade C</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 4 skinless, boneless chicken breast halves
- 3/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground cumin
- 1/4 teaspoon oregano
- 1 teaspoon hot chili powder
- 1 teaspoon paprika
- 1/4 teaspoon sea salt
- 1/8 teaspoon freshly ground black pepper
- 1 cup organic chunky salsa
- 1 cup low-fat Cheddar cheese, shredded
- 1 tablespoon olive oil

### Directions

1. **Preheat** oven to 375 degrees F (190 degrees C). Lightly grease a 9x13 inch baking dish with olive oil.

2. **Place** chicken breasts in the baking dish.
3. **Combine** onion powder, garlic powder, cumin, oregano, chili powder, paprika, salt, and pepper in a small bowl.
4. **Rub** seasoning on both sides of chicken breasts. Pour salsa over chicken.
5. **Bake** for 25 to 35 minutes, or until chicken is tender and juices run clear.
6. **Sprinkle** cheese over chicken, and continue baking for 3-5 minutes more, or until cheese is melted.
7. **Take** baking dish out of the oven and transfer chicken breasts to a platter. Cover with foil and let rest for about 10 minutes. Serve warm.

# 11. Herbed Beef Tenderloin

Servings: 10

Preparation time: 20 minutes

Cook time: 30 minutes

Ready in: 50 minutes

<b>Nutrition Facts</b>	
Serving Size 131 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 249	Calories from Fat 97
<b>% Daily Value*</b>	
<b>Total Fat</b> 10.8g	<b>17%</b>
Saturated Fat 4.0g	<b>20%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 104mg	<b>35%</b>
<b>Sodium</b> 356mg	<b>15%</b>
<b>Total Carbohydrates</b> 2.8g	<b>1%</b>
Dietary Fiber 0.7g	<b>3%</b>
<b>Protein</b> 33.4g	
Vitamin A 6%	Vitamin C 7%
Calcium 5%	Iron 19%
<b>Nutrition Grade B</b>	
* Based on a 2000 calorie diet	

## Ingredients

- 1 (2 1/2-pound) grass-fed beef tenderloin, trimmed
- Olive oil spray
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1/3 cup finely fresh parsley, chopped
- 3 garlic cloves, crushed and finely chopped
- 2 tablespoons fresh thyme, chopped
- 1/2 cup shallots, minced
- 1 1/2 tablespoons fresh rosemary, finely chopped
- 3 tablespoons Dijon mustard

## Directions

1. **Coat** a grill rack with olive oil spray. Preheat grill to medium-high.
2. **Lightly coat** beef with olive oil spray and season with salt and pepper. Reduce heat to medium.

3. **Grill** beef for 30 minutes or until internal temperature reaches 145°F or until brown on all sides. Remove beef from grill and let rest for 10 minutes.
4. **Rub** beef evenly with mustard.
5. **Combine** the parsley, garlic, thyme, shallots, and rosemary in a bowl. Spread herb mixture on a sheet of plastic wrap (18 x 15-inch)
6. **Roll** and press beef over herb mixture on plastic wrap. Slice beef and serve.



## 12. Chunky Tuna Salad

Servings: 4

Preparation time: 15 minutes

<b>Nutrition Facts</b>	
Serving Size 94 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 156	Calories from Fat 81
<b>% Daily Value*</b>	
<b>Total Fat</b> 9.0g	<b>14%</b>
Saturated Fat 0.9g	<b>5%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 8mg	<b>3%</b>
<b>Sodium</b> 340mg	<b>14%</b>
<b>Total Carbohydrates</b> 4.0g	<b>1%</b>
Dietary Fiber 0.9g	<b>4%</b>
Sugars 2.5g	
<b>Protein</b> 14.5g	
Vitamin A 3%	Vitamin C 2%
Calcium 2%	Iron 5%
<b>Nutrition Grade B</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 1/2 cup low-fat mayonnaise
- 1/4 teaspoon curry powder
- 1/8 teaspoon salt, or to taste
- 1/8 teaspoon pepper, or to taste
- 1 (6 ounce) oil-packed tuna
- 1 shallot, finely chopped
- 1/4 cup walnuts, chopped
- 1/2 cup celery, diced
- 1 teaspoon sweet pickle relish
- 4 lettuce leaves

### Directions

1. **Whisk** together mayonnaise, curry powder, salt, and pepper in a medium bowl.
2. **Toss** in tuna, shallot, walnuts, celery and pickle relish.
3. **Cover** and chill for 5 minutes in the fridge.
4. **Serve** with lettuce leaves.

# DINNER

## 13. Grilled Cod Fillets

Servings: 4

Serving size: 1 cod fillet

Preparation time: 20 minutes

Cook time: 8 minutes

Ready in: 28-30 minutes

<b>Nutrition Facts</b>	
Serving Size 152 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 194	Calories from Fat 72
<b>% Daily Value*</b>	
<b>Total Fat</b> 8.0g	<b>12%</b>
Saturated Fat 1.2g	<b>6%</b>
<b>Cholesterol</b> 62mg	<b>21%</b>
<b>Sodium</b> 557mg	<b>23%</b>
<b>Total Carbohydrates</b> 3.6g	<b>1%</b>
Dietary Fiber 0.7g	<b>3%</b>
Sugars 1.8g	
<b>Protein</b> 26.2g	
Vitamin A 2%	Vitamin C 7%
Calcium 2%	Iron 4%
<b>Nutrition Grade B</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 2 tablespoons olive oil, divided
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon lemon pepper
- 1/2 teaspoon raw honey
- 1/4 cup fresh cilantro, chopped
- 1 pound cod, cut into 4 fillets (or other white fish)
- 1 onion, thinly sliced

### Directions

1. **Place** fish in a large dish and brush with 1 tablespoon olive oil.
2. **Combine** salt, black pepper, lemon pepper, honey, and cilantro in a small bowl. Pour mixture over fish and top with onion slices. Marinate in the fridge for 10-20 minutes.
3. **Lightly grease** the grill rack with 1 tablespoon olive oil. Preheat grill to medium-high.
4. **Grill** cod fillets for 4-6 minutes on each side, until golden brown.

## 14. Chicken Creole

Servings: 6

Preparation time: 15 minutes

Cook time: 23 minutes

Ready in: 38 minutes

<b>Nutrition Facts</b>	
Serving Size 193 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 125	Calories from Fat 85
<b>% Daily Value*</b>	
<b>Total Fat</b> 9.4g	<b>14%</b>
Saturated Fat 1.3g	<b>7%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 3mg	<b>1%</b>
<b>Sodium</b> 340mg	<b>14%</b>
<b>Total Carbohydrates</b> 8.9g	<b>3%</b>
Dietary Fiber 2.3g	<b>9%</b>
Sugars 5.3g	
<b>Protein</b> 2.8g	
Vitamin A 18%	Vitamin C 74%
Calcium 2%	Iron 9%
<b>Nutrition Grade B-</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 1/4 cup olive oil
- 3 cloves garlic, minced
- 1 red bell pepper, chopped
- 1 onion, chopped
- 1 cup celery, sliced
- 2 cups cooked chicken breast meat, chopped
- 1 (14.5 ounce) can diced tomatoes, with liquid
- 2 tablespoons fresh parsley, chopped
- 2 teaspoons Worcestershire sauce
- 1 teaspoon soy sauce
- 1 teaspoon raw honey
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/4 cup almond flour
- 1/2 teaspoon ground black pepper

- 1 cup low-sodium chicken broth

### **Directions**

1. **Sauté** garlic, onion, red bell pepper, and celery in olive oil in a large skillet over medium-low heat, about 3 minutes, or until garlic is golden brown.
2. **Stir** in chicken, tomatoes, parsley, Worcestershire sauce, soy sauce, honey, cayenne pepper, thyme, salt, and black pepper.
3. **Dissolve** almond flour in chicken broth and pour into the vegetables in the skillet. Simmer for 20 minutes.
4. **Serve** warm.

# 15. Slow Cooker Turkey Breast

Servings: 12

Preparation time: 10 minutes

Cook time: 1 hour on HIGH and 7 hours on LOW

Ready in: 8 hours and 10 minutes

<b>Nutrition Facts</b>	
Serving Size 218 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 298	Calories from Fat 122
<b>% Daily Value*</b>	
<b>Total Fat</b> 13.5g	<b>21%</b>
<i>Trans Fat</i> 0.0g	
<b>Cholesterol</b> 118mg	<b>39%</b>
<b>Sodium</b> 263mg	<b>11%</b>
<b>Total Carbohydrates</b> 2.5g	<b>1%</b>
<i>Dietary Fiber</i> 0.6g <b>3%</b>	
<i>Sugars</i> 1.3g	
<b>Protein</b> 40.8g	
Vitamin A 36%	Vitamin C 3%
Calcium 1%	Iron 1%
<b>Nutrition Grade D+</b>	
* Based on a 2000 calorie diet	

## Ingredients

- 1 (5-6 pound) bone-in lean turkey breast, rinsed and pat dried
- 1 teaspoon paprika
- 1 teaspoon celery salt
- 1 teaspoon onion powder
- 1/4 teaspoons freshly ground black pepper
- 2 medium carrots, diced
- 1 sweet yellow onion, diced
- 1 tablespoon minced garlic, minced
- 1/4 cup pure chicken broth

## Directions

1. **Mix** together the paprika, celery salt, onion powder, and black pepper in a small bowl. Rub spice mixture all over the turkey.

2. **Layer** the carrots, onion, and garlic in a 6-quart slow cooker; cover with chicken broth.
3. **Place** turkey on top of the vegetables.
4. **Cover**, and cook turkey and vegetables for 1 hour on High, then set to Low, and cook for 7 hours.

# 16. Orange Glazed Swordfish with Tropical Salsa

Servings: 6

Preparation time: 40 minutes

Cook time: 12 minutes

Ready in: 52 minutes

<b>Nutrition Facts</b>	
Serving Size 194 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 226	Calories from Fat 67
<b>% Daily Value*</b>	
<b>Total Fat</b> 7.5g	<b>11%</b>
Saturated Fat 1.8g	<b>9%</b>
<b>Cholesterol</b> 57mg	<b>19%</b>
<b>Sodium</b> 523mg	<b>22%</b>
<b>Total Carbohydrates</b> 10.0g	<b>3%</b>
Dietary Fiber 1.1g	<b>5%</b>
Sugars 6.2g	
<b>Protein</b> 29.7g	
Vitamin A 7%	Vitamin C 44%
Calcium 2%	Iron 8%
<b>Nutrition Grade B+</b>	
* Based on a 2000 calorie diet	

## Ingredients

- 1 pound swordfish steaks
- 1/2 cup fresh orange juice
- 1 tablespoon grated fresh ginger
- 2 tablespoons light soy sauce
- 2 teaspoons sesame oil

### *Tropical Salsa:*

- 1/2 cup pineapple chunks
- 1/4 cup orange sections
- 1/2 cup mango cubes
- 1 medium red onion, finely diced
- 1 tablespoon fresh cilantro, chopped
- 1 tablespoon mint, chopped
- 1/4 teaspoon freshly ground black pepper



## **Directions**

1. **Mix** together all the tropical salsa ingredients in a bowl and chill covered.
2. **Place** the swordfish in a shallow dish.
3. **Stir** together orange juice, ginger, soy sauce, and sesame oil in a small bowl pour over fish. Marinate for 30 minutes.
4. **Preheat** oiled grill to medium-high.
5. **Grill** the swordfish for 6 to 7 minutes each side, or until opaque in the center.
6. **Serve** grilled fish with the prepared tropical salsa.

# 17. Honey Mustard Grilled Pork Chops

Servings: 8

Serving size: 1 pork chop

Preparation time: 2 hours and 10 minutes

Cook time: 6-8 minutes

Ready in: 2 hours and 16 minutes

<b>Nutrition Facts</b>	
Serving Size 106 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 298	Calories from Fat 181
<b>% Daily Value*</b>	
<b>Total Fat</b> 20.1g	<b>31%</b>
Saturated Fat 7.5g	<b>37%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 69mg	<b>23%</b>
<b>Sodium</b> 146mg	<b>6%</b>
<b>Total Carbohydrates</b> 10.3g	<b>3%</b>
Sugars 9.6g	
<b>Protein</b> 18.4g	
Vitamin A 1%	Vitamin C 8%
Calcium 3%	Iron 5%
<b>Nutrition Grade B</b>	
* Based on a 2000 calorie diet	

## Ingredients

- 8 thin cut pork chops

### *Marinade:*

- 1/4 cup raw honey
- 3 tablespoons orange juice
- 3 tablespoons Dijon mustard
- 1 tablespoon fresh parsley, minced
- 1 tablespoon apple cider vinegar
- 1 teaspoon Frank's Red hot sauce
- 1 teaspoon gluten free Worcestershire sauce
- 2 teaspoons onion powder
- 1/4 teaspoon dried rosemary

## Directions

1. **Mix** together the marinade ingredients in a large re-sealable plastic bag.
2. **Place** pork chops in the plastic bag, tightly seal and gently shake to coat. Marinate for at least 2 hours in the fridge.
3. **Grill** pork chops over high heat for 6-8 minutes.

## 18. Herb Omelet

Servings: 4

Preparation time: 5 minutes

Cook time: 5 minutes

Ready in: 10 minutes

<b>Nutrition Facts</b>	
Serving Size 220 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 142	Calories from Fat 81
<b>% Daily Value*</b>	
<b>Total Fat</b> 9.0g	<b>14%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 218mg	<b>73%</b>
<b>Sodium</b> 413mg	<b>17%</b>
<b>Total Carbohydrates</b> 7.9g	<b>3%</b>
Dietary Fiber 2.1g	<b>8%</b>
Sugars 4.2g	
<b>Protein</b> 8.6g	
Vitamin A 9%	Vitamin C 58%
Calcium 6%	Iron 19%
<b>Nutrition Grade B-</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 1 tablespoon olive oil
- 4 free-range eggs, lightly beaten
- 5 cherry tomatoes, halved
- 2 tablespoons red onions, chopped
- 1 tablespoon fresh basil, chopped
- 1 tablespoon fresh parsley, chopped
- 1 teaspoon jalapeno, chopped
- 1/4 cup low-fat parmesan cheese, shredded
- 1/2 teaspoon salt, or to taste
- 1/2 teaspoon pepper, or to taste

### Directions

1. **Beat** together eggs, tomatoes, onions, basil, parsley, jalapeno, cheese, salt, and pepper in a bowl.
2. **Heat** olive oil in a nonstick skillet.

3. **Heat** the broiler.
4. **Pour** egg mixture into the skillet and cook for about 2-3 minutes, or until set underneath.
5. **Place** skillet under the broiler and cook omelet for 2 minutes, or until golden on top.
6. **Slice** omelet into wedges, transfer omelet to a plate and serve.

# DESSERTS AND SNACKS

## 19. Raspberry Cheesecake bars

Servings: 16

Serving size: 1 (2-inch) cheesecake bar

Preparation time: 10 minutes

Cook time: 42 minutes

Ready in: 52 minutes

<b>Nutrition Facts</b>	
Serving Size 30 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 92	Calories from Fat 58
<b>% Daily Value*</b>	
<b>Total Fat</b> 6.5g	<b>10%</b>
Saturated Fat 0.8g	<b>4%</b>
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 43mg	<b>2%</b>
<b>Total Carbohydrates</b> 7.1g	<b>2%</b>
Dietary Fiber 0.5g	<b>2%</b>
Sugars 4.6g	
<b>Protein</b> 2.9g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%
<b>Nutrition Grade D</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 1/4 cup almond butter, softened
- 1/4 cup unrefined brown sugar
- 1/4 cup walnuts, chopped
- 1 cup almond flour
- 1/4 cup raspberry jam
- 112 g low-fat sugar-free cream cheese, softened
- 2 tablespoons almond milk
- 1 egg
- 1/2 teaspoon pure vanilla extract

### Directions

1. **Preheat** oven to 350 degrees F (175 degrees C).
2. **Combine** and stir together the butter, brown sugar, flour, and walnuts stir until mixture becomes crumbly.
3. **Press** 3/4 cup of pastry mixture into 8-inch square baking pan. Set aside remaining pastry mixture.
4. **Bake** for 12 to 15 minutes. Cool crust on wire rack.
5. **Whisk** together the cream cheese, egg, almond milk, and vanilla. Swirl raspberry jam through the filling. Spread filling mixture over baked crust. Sprinkle reserved mixture on as a topping.
6. **Bake** for about 30 minutes. Let cool on wire rack and chill covered in the fridge.

## 20. Creamy and Chunky Peanut Butter Fudge

Servings: 24

Preparation time: 10 minutes

Cook time: 15 minutes + 1 hour for chilling

Ready in: 1 hour and 25 minutes

<b>Nutrition Facts</b>	
Serving Size 25 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 92	Calories from Fat 53
% Daily Value*	
<b>Total Fat</b> 5.8g	<b>9%</b>
Saturated Fat 1.2g	<b>6%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 31mg	<b>1%</b>
<b>Total Carbohydrates</b> 7.8g	<b>3%</b>
Dietary Fiber 0.9g	<b>3%</b>
Sugars 5.3g	
<b>Protein</b> 2.8g	
Vitamin A 1%	Vitamin C 0%
Calcium 1%	Iron 3%
<b>Nutrition Grade D</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 1 3/4 cup organic almond milk
- 1/2 cup organic low-fat creamy peanut butter
- 1/4 cup raw honey
- 1/2 cup dark chocolate chips
- 1 cup peanuts, chopped
- 1 teaspoon pure vanilla extract

### Directions

1. **Line** an 8-inch square baking pan with parchment paper.
2. **Heat** almond milk, peanut butter, and honey in a heavy saucepan over medium heat, until just bubbly; stirring continuously.
3. **Remove** pan from heat then stir in chocolate until smooth; add peanuts and vanilla.



4. **Spread** mixture evenly into the baking pan then let cool.  
Cover and chill in the fridge for 1 hour, or until firm.
5. **Cut** fudge into squares and serve.

# Step 2 Recipes

## BREAKFAST

### 21. Almond Pumpkin Pancakes

Servings: 5

Preparation time: 10 minutes

Cook time: 6-8 minutes

Ready in: 16 minutes

<b>Nutrition Facts</b>	
Serving Size 86 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 193	Calories from Fat 132
% Daily Value*	
<b>Total Fat</b> 14.6g	<b>23%</b>
Saturated Fat 3.8g	<b>19%</b>
<b>Cholesterol</b> 98mg	<b>33%</b>
<b>Sodium</b> 41mg	<b>2%</b>
<b>Total Carbohydrates</b> 10.8g	<b>4%</b>
Dietary Fiber 2.7g	<b>11%</b>
Sugars 7.0g	
<b>Protein</b> 7.5g	
Vitamin A 53%	Vitamin C 1%
Calcium 6%	Iron 24%
<b>Nutrition Grade C-</b>	
* Based on a 2000 calorie diet	

#### Ingredients

- 1 cup almond flour
- 3 organic free-range eggs
- 1/3 cup organic pumpkin puree
- 1/4 cup organic almond butter
- 1 1/2 tablespoons raw honey
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon baking powder
- 1/2 teaspoon pure vanilla extract
- 1 tablespoon coconut oil

#### Directions

1. **Beat** eggs in a large bowl. Add remaining ingredients and whisk until smooth.
2. **Grease** a pan with coconut oil and place over low heat.
3. **Pour** batter (about 4-5 tablespoons of batter per pancake) onto pan and cook for about 3 to 4 minutes each side.

## 22. Crock Pot Carrot Ginger Soup

Servings: 4

Serving size: 1 cup

Preparation time: 10 minutes

Cook time: 6 hours on LOW or 4 hours on HIGH

Ready in: 4 hours and 10 minutes

<b>Nutrition Facts</b>	
Serving Size 178 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 255	Calories from Fat 206
<b>% Daily Value*</b>	
<b>Total Fat</b> 22.9g	<b>35%</b>
Saturated Fat 19.2g	<b>96%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 353mg	<b>15%</b>
<b>Total Carbohydrates</b> 13.6g	<b>5%</b>
Dietary Fiber 4.4g	<b>17%</b>
Sugars 6.9g	
<b>Protein</b> 3.0g	
Vitamin A 230%	Vitamin C 14%
Calcium 4%	Iron 11%
<b>Nutrition Grade B-</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 1 small thumb-size ginger, diced
- 2 1/2 cups carrots, diced
- 1 teaspoon olive oil
- 1/2 cup onion, chopped
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon cumin
- 1 1/2 cups full fat coconut milk

### Directions

1. **Combine** ginger, carrots, olive oil, onion, salt, pepper, and cumin in a 4-quart crockpot.
2. **Cook** covered for 6 hours on Low or 4 hours on High.

3. **Process** mixture until smooth, using a handheld blender.  
Stir coconut milk into the soup.
4. **Ladle** into bowls serve.

## 23. Breakfast Egg Scramble

Servings: 4

Preparation time: 5 minutes

Cook time: 8 minutes

Ready in: 13 minutes

<b>Nutrition Facts</b>	
Serving Size 147 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 158	Calories from Fat 95
<b>% Daily Value*</b>	
<b>Total Fat</b> 10.5g	<b>16%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 222mg	<b>74%</b>
<b>Sodium</b> 183mg	<b>8%</b>
<b>Total Carbohydrates</b> 7.2g	<b>2%</b>
Dietary Fiber 1.7g	<b>7%</b>
Sugars 3.0g	
<b>Protein</b> 8.9g	
Vitamin A 28%	Vitamin C 91%
Calcium 8%	Iron 7%
<b>Nutrition Grade C+</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 4 organic free-range eggs, beaten
- 1 tomato, seeded and chopped
- 1 pinch salt and pepper, or to taste
- 1/2 cup broccoli florets, chopped
- 1/4 cup gluten-free cheddar cheese, grated
- 1 medium red bell pepper, diced
- 1 medium onion, chopped
- 2 cloves garlic, crushed and chopped
- 1 tablespoon olive oil

### Directions

1. **Sauté** garlic and onion in olive oil in a skillet over medium-high heat until garlic is lightly browned and onion is soft.

2. **Stir** in broccoli, tomato and red bell pepper and cook for about 5 minutes, or until tender. Turn heat to medium.
3. **Add** the beaten eggs and season with salt and pepper and cook for 2 minutes; stirring occasionally until eggs are set.
4. **Serve** warm with sprinkled cheese on top.

## 24. Avocado Spinach Omelet

Servings: 4

Preparation time: 8 minutes

Cook time: 15 minutes

Ready in: 23 minutes

<b>Nutrition Facts</b>	
Serving Size 216 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 233	Calories from Fat 159
<b>% Daily Value*</b>	
<b>Total Fat</b> 17.7g	<b>27%</b>
Saturated Fat 4.0g	<b>20%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 327mg	<b>109%</b>
<b>Sodium</b> 303mg	<b>13%</b>
<b>Total Carbohydrates</b> 7.8g	<b>3%</b>
Dietary Fiber 2.4g	<b>10%</b>
Sugars 3.3g	
<b>Protein</b> 13.0g	
Vitamin A 51%	Vitamin C 34%
Calcium 8%	Iron 17%
<b>Nutrition Grade B+</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 2 cloves garlic, crushed and chopped
- 1/2 cup celery sticks, diced
- 1 large tomato, diced
- 1 medium onion, chopped
- 3 cups baby spinach leaves, chopped
- 1 avocado flesh, mashed
- 8 eggs
- 1/4 teaspoon salt, or to taste
- 1/4 teaspoon pepper, or to taste
- 2 tablespoons olive oil

### Directions

1. **Sauté** garlic in olive oil in a skillet over medium heat until lightly browned.
2. **Stir** in the celery, tomato, onion, spinach, mashed avocado, salt, and pepper, and cook until tender.



3. **Beat** the eggs in a medium bowl, and season with salt and pepper.
4. **Add** the egg mixture into the skillet and cook for 3 minutes on each side, or until set.

## 25. Easy Gluten-Free French Toast

Servings: 4

Preparation time: 5 minutes

Cook time: 8 minutes

Ready in: 13 minutes

<b>Nutrition Facts</b>	
Serving Size 102 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 256	Calories from Fat 175
% Daily Value*	
<b>Total Fat</b> 19.4g	<b>30%</b>
Saturated Fat 13.3g	<b>67%</b>
<b>Cholesterol</b> 123mg	<b>41%</b>
<b>Sodium</b> 171mg	<b>7%</b>
<b>Total Carbohydrates</b> 14.9g	<b>5%</b>
Dietary Fiber 2.6g	<b>10%</b>
Sugars 2.9g	
<b>Protein</b> 5.8g	
Vitamin A 3%	Vitamin C 1%
Calcium 27%	Iron 17%
<b>Nutrition Grade D+</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 4 thick slices gluten-free bread
- 3 eggs
- 1/2 cup coconut milk
- 1 teaspoon raw honey
- 1 teaspoon pure vanilla extract
- 2 tablespoon coconut oil

### Directions

1. **Beat** together eggs, coconut milk, honey, and vanilla in a bowl.
2. **Dip** both sides of the bread slices in the egg mixture.
3. **Heat** coconut oil in a large skillet over medium-high heat.
4. **Add** the coated bread slices and fry until golden brown on both sides.

## 26. Honey Lime Fruit Salad

Servings: 8

Preparation time: 20 minutes

Ready in: 20 minutes

<b>Nutrition Facts</b>	
Serving Size 93 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 36	Calories from Fat 1
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.1g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 1mg	<b>0%</b>
<b>Total Carbohydrates</b> 8.8g	<b>3%</b>
Dietary Fiber 1.6g	<b>6%</b>
Sugars 6.3g	
<b>Protein</b> 0.7g	
Vitamin A 4%	Vitamin C 58%
Calcium 1%	Iron 2%
<b>Nutrition Grade A</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 1/2 pound watermelon, sliced in 4cm triangular chunks
- 1 (12 ounce) package fresh strawberries, hulled and sliced
- 3/4 cup fresh blackberries
- 2 tablespoons raw honey
- 1 lemon, juiced

### Directions

1. **Combine** fruits in a bowl then drizzle with honey and lemon juice.
2. **Toss** gently to coat.
3. **Chill** and serve.

# LUNCH

## 27. Easiest Spicy Cod

Servings: 4

Preparation time: 10 minutes

Cook time: 30 minutes

Ready in: 40 minutes

<b>Nutrition Facts</b>	
Serving Size 306 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 178	Calories from Fat 9
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.1g	<b>2%</b>
<i>Trans Fat</i> 0.0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 1098mg	<b>46%</b>
<b>Total Carbohydrates</b> 9.6g	<b>3%</b>
Dietary Fiber 2.5g <b>10%</b>	
Sugars 4.1g	
<b>Protein</b> 32.4g	
Vitamin A 14%	Vitamin C 9%
Calcium 4%	Iron 6%
<b>Nutrition Grade B</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 1 1/2 pounds cod fillets
- 2 cups salsa
- 1 tablespoon ginger, chopped
- 1 tablespoon mint, chopped
- 1/2 teaspoon red pepper flakes
- 2 tablespoons fresh parsley, chopped
- 1/2 teaspoon salt, or to taste
- 1/2 teaspoon pepper, or to taste

### Directions

1. **Preheat** oven to 350 degrees F (175 degrees C).
2. **Place** fillets in a lightly greased casserole dish.
3. **Pour** salsa over fish.

4. **Sprinkle** with ginger, mint, red pepper flakes, parsley, salt and pepper.
5. **Bake** for 30 minutes. Serve warm.

## 28. Caribbean Chicken

Servings: 4

Serving size: 1 chicken breast half

Preparation time: 15 minutes

Cook time: 30 minutes

Ready in: 45 minutes

<b>Nutrition Facts</b>	
Serving Size 175 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 269	Calories from Fat 68
<b>% Daily Value*</b>	
<b>Total Fat</b> 7.6g	<b>12%</b>
Saturated Fat 0.7g	<b>4%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 74mg	<b>25%</b>
<b>Sodium</b> 1104mg	<b>46%</b>
<b>Total Carbohydrates</b> 20.3g	<b>7%</b>
Dietary Fiber 1.7g	<b>7%</b>
Sugars 6.6g	
<b>Protein</b> 30.5g	
Vitamin A 9%	Vitamin C 39%
Calcium 6%	Iron 15%
<b>Nutrition Grade A</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 2 teaspoons onion powder, divided
- 2 teaspoons garlic powder, divided
- 1 teaspoon ground ginger
- 1 teaspoon paprika
- 2 teaspoon dried parsley
- 1/2 teaspoon dried thyme
- 1 teaspoon salt
- 1 teaspoon pepper
- 4 boneless, skinless chicken breast halves
- 1/4 cup tomato sauce
- 1/2 teaspoon dried rosemary
- 1/4 teaspoon oregano
- 1 teaspoon raw honey
- 1 tablespoon olive oil
- 1 teaspoon Thai hot chili sauce

- 1/4 cup lime juice
- 1/2 cup orange juice
- 1 cup gluten-free Italian seasoned bread crumbs

### **Directions**

1. **Preheat** oven to 375 degrees F. Line a baking dish with parchment paper.
2. **Combine** 1 teaspoon onion powder, 1 teaspoon garlic powder, ground ginger, paprika, parsley, thyme, salt, and pepper in a large bowl. Toss mixture with chicken breasts until evenly coated.
3. **Stir** together the remaining ingredients (except the breadcrumbs) in another bowl, and pour over chicken to coat evenly.
4. **Dredge** chicken in breadcrumbs until evenly breaded and place in a baking dish.
5. **Bake** for 30 minutes.

## 29. Gluten Free Chicken and Veggies Stir Fry

Servings: 4-6 servings

Serving size: 1 medium bowl

Preparation time: 10 minutes

Cook time: 25 minutes

Ready in: 35 minutes

<b>Nutrition Facts</b>	
Serving Size 304 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 403	Calories from Fat 147
<b>% Daily Value*</b>	
<b>Total Fat</b> 16.3g	<b>25%</b>
Saturated Fat 4.0g	<b>20%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 151mg	<b>50%</b>
<b>Sodium</b> 614mg	<b>26%</b>
<b>Total Carbohydrates</b> 9.8g	<b>3%</b>
Dietary Fiber 1.9g	<b>8%</b>
Sugars 4.1g	
<b>Protein</b> 51.9g	
Vitamin A 97%	Vitamin C 41%
Calcium 5%	Iron 16%
<b>Nutrition Grade B+</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 3 tablespoon gluten-free soy sauce
- 1 teaspoon raw honey
- 1 teaspoon corn flour dissolved in 1 teaspoon water
- 1/4 teaspoon ground black pepper
- 1 tablespoon olive oil
- 1 1/2 pound boneless chicken breast cut into 1 inch cubes
- 2 cloves garlic, minced
- 1 small onion, chopped
- 1 cup mushrooms, sliced
- 1 cup broccoli, chopped
- 1 cup carrots, sliced
- 1/2 cup low-sodium chicken broth

### Directions



1. **Stir** together soy sauce, honey, corn flour, and pepper in a small bowl. Marinate chicken with the mixture and refrigerate for at least 15 minutes.
2. **Heat** olive oil in a skillet over medium heat. Add garlic and onions and sauté until golden brown. Add the chicken (reserving marinade) and cook until brown, about 5 minutes. Stir in the mushrooms and cook for additional 10 minutes.
3. **Add** broccoli, carrots, chicken broth, and reserved marinade.
4. **Cover** and simmer for 5 more minutes, or until vegetables are tender.

## 30. Steamed Cod and Vegetables

Servings: 4

Preparation time: 15 minutes

Cook time: 14 minutes

Ready in: 29 Minutes

<b>Nutrition Facts</b>	
Serving Size 450 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 309	Calories from Fat 67
% Daily Value*	
<b>Total Fat</b> 7.4g	<b>11%</b>
Saturated Fat 0.8g	<b>4%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 327mg	<b>14%</b>
<b>Total Carbohydrates</b> 14.4g	<b>5%</b>
Dietary Fiber 3.6g	<b>14%</b>
Sugars 4.2g	
<b>Protein</b> 41.9g	
Vitamin A 9%	Vitamin C 97%
Calcium 4%	Iron 6%
<b>Nutrition Grade A-</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 4 (8-ounce) skinless cod fillets, sliced into 1 inch thick
- 3 zucchini, cut into 1/2-inch rounds
- 1 head cauliflower, cut into bite-size florets
- 4 teaspoons fresh ginger, grated
- 2 tablespoons finely fresh flat-leaf parsley, chopped
- 4 teaspoons extra-virgin olive oil
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper

### Directions

1. **Place** a steamer in a large saucepan of boiling water. Add the vegetables and steam covered for about 7 minutes or until tender.
2. **Transfer** vegetables to a bowl and season with 1/4 teaspoon salt. Cover to keep warm.

3. **Sprinkle** the cod with ginger, remaining salt, and the pepper.
4. **Cover** and steam for 7 minutes or until fish is cooked through.
5. **Drizzle** the cod fillets and vegetables with olive oil and serve with chopped parsley on top.

## 31. Beef and Veggie Medley Stir Fry

Servings: 6

Preparation Time: 15 minutes

Cook Time: 10 minutes

Ready in: 25 minutes

<b>Nutrition Facts</b>	
Serving Size 181 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 178	Calories from Fat 64
<b>% Daily Value*</b>	
<b>Total Fat</b> 7.1g	<b>11%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 22mg	<b>7%</b>
<b>Sodium</b> 111mg	<b>5%</b>
<b>Total Carbohydrates</b> 13.1g	<b>4%</b>
Dietary Fiber 3.3g	<b>13%</b>
Sugars 5.0g	
<b>Protein</b> 14.1g	
Vitamin A 32%	Vitamin C 66%
Calcium 3%	Iron 11%
<b>Nutrition Grade A</b>	
* Based on a 2000 calorie diet.	

### Ingredients

- 2 tablespoons olive oil
- 1/2 pound boneless grass-fed top sirloin steak, thinly sliced into bite-size pieces
- 1/2 cup onion, sliced
- 1 tablespoon garlic, minced
- 1 tablespoon ginger, minced
- 1 (12-ounce) bag fresh mixed vegetables stir-fry medley (such as carrots, radish, broccoli and cauliflower florets)
- 1 cup mushrooms, sliced
- 1 zucchini, sliced
- 1 red bell pepper, sliced into strips
- 2 tablespoons Worcestershire sauce
- 2 teaspoons dried parsley
- 1/2 teaspoon red pepper flakes, crushed

### Directions

1. **Stir-fry** beef in olive oil in a large skillet over high heat, about 3 minutes. Transfer cooked beef to a plate and set aside.
2. **Heat** the remaining olive oil in the same skillet. Add the onions, garlic, and ginger; sauté until garlic is golden brown.
3. **Stir** in the cooked beef, mixed vegetables, mushrooms, zucchini, and red bell peppers and cook for about 3 minutes. Add the Worcestershire sauce, dried parsley, and red pepper flakes, stirring constantly for another 3 minutes until vegetables are tender. Serve warm.

## 32. Sweet and Spicy Picante Chicken

Servings: 4

Serving size: 1 chicken breast half

Preparation time: 10 minutes

Cook time: 20 minutes

Ready in: 30 minutes

<b>Nutrition Facts</b>	
Serving Size 254 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 309	Calories from Fat 49
<b>% Daily Value*</b>	
<b>Total Fat</b> 5.5g	<b>8%</b>
<i>Trans Fat</i> 0.0g	
<b>Cholesterol</b> 121mg	<b>40%</b>
<b>Sodium</b> 1100mg	<b>46%</b>
<b>Total Carbohydrates</b> 18.2g	<b>6%</b>
<i>Dietary Fiber</i> 1.0g <b>4%</b>	
<i>Sugars</i> 15.8g	
<b>Protein</b> 46.9g	
Vitamin A 8%	Vitamin C 9%
Calcium 4%	Iron 12%
<b>Nutrition Grade B</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 4 skinless, boneless chicken breast halves
- 1 cup picante sauce
- 1/2 cups organic chunky Salsa
- 3 tablespoons raw honey
- 1 tablespoon Dijon mustard
- 1 lime, sliced (optional)

### Directions

1. **Preheat** oven to 400 degrees F.
2. **Place** the chicken into a shallow baking dish.
3. **Stir** the picante sauce, salsa, honey, and mustard in a small bowl.
4. **Pour** the sauce mixture over the chicken.
5. **Bake** for 20 minutes, or until chicken is cooked through.
6. **Place** chicken breasts onto serving plates with lime wedges on the side.

# DINNER

## 33. Chicken 'n Mushroom Pasta

Servings: 8

Preparation time: 15 minutes

Cook time: 30 minutes

Ready in: 45 minutes

<b>Nutrition Facts</b>	
Serving Size 137 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 182	Calories from Fat 47
<b>% Daily Value*</b>	
<b>Total Fat</b> 5.3g	<b>8%</b>
Saturated Fat 0.9g	<b>4%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 53mg	<b>18%</b>
<b>Sodium</b> 313mg	<b>13%</b>
<b>Total Carbohydrates</b> 19.0g	<b>6%</b>
Dietary Fiber 0.9g	<b>4%</b>
Sugars 2.0g	
<b>Protein</b> 15.2g	
Vitamin A 1%	Vitamin C 15%
Calcium 3%	Iron 16%
<b>Nutrition Grade A</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 3 cups penne pasta
- 3 skinless, boneless chicken breast halves
- 1 clove garlic, crushed and chopped
- 1 tablespoon olive oil
- 1 teaspoon dried basil
- 1/4 cup onion, chopped
- 1 teaspoon dried oregano
- 3 cups fresh mushrooms, sliced (or spinach)
- 2 tablespoons Italian seasoning
- 2 cups tomatoes, diced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons crumbled feta cheese

## **Directions**

1. **Boil** pasta in a large pot of lightly salted water until al dente, about 8 to 10 minutes (refer to package directions). Drain pasta and set aside.
2. **Grease** a large skillet with olive oil and place over medium heat. Add garlic and chicken and cook for about 15 minutes.
3. **Remove** cooked chicken from skillet. Cool and dice.
4. **Mix** the remaining ingredients in the same skillet over medium heat; cook until onions are translucent. Remove skillet from heat. Add chicken and pasta; toss gently.
5. **Top** with crumbled feta cheese and serve.



## 34. Bacon with Collard Greens and Beans

Servings: 8

Preparation time: 15 minutes

Cook time: 1-2 hours and 18 minutes

Ready in: 1 hour and 33 minutes

<b>Nutrition Facts</b>	
Serving Size 108 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 171	Calories from Fat 56
<b>% Daily Value*</b>	
<b>Total Fat</b> 6.2g	<b>10%</b>
Saturated Fat 2.4g	<b>12%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 819mg	<b>34%</b>
<b>Total Carbohydrates</b> 20.0g	<b>7%</b>
Dietary Fiber 4.8g	<b>19%</b>
Sugars 3.2g	
<b>Protein</b> 9.2g	
Vitamin A 21%	Vitamin C 20%
Calcium 6%	Iron 9%
<b>Nutrition Grade B+</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 5 cups collard greens, stems and tough ribs removed, leaves chopped
- 3 slices nitrite and nitrate-free bacon, coarsely chopped
- 1 cup red kidney beans, drained and rinsed
- 1 red onion, thinly sliced
- 6 cloves garlic, minced
- 3/4 cup low-sodium chicken broth
- 1 teaspoon red pepper flakes, crushed
- 1 tablespoon raw honey
- 2 teaspoons cider vinegar
- 1 tablespoon salt, or to taste
- 1 pinch black pepper, or to taste

### Directions

1. **Cook** the bacon covered in a pan over medium-high heat for about 10 minutes, until browned on both sides.

Remove the bacon pieces from the pan, leaving about 3 tablespoons of bacon fat. Drain bacon on paper towels and set aside.

2. **Turn** heat to medium-low. In the same pan, sauté the garlic until golden brown. Scrape the bits off the bottom of the pan.
3. **Stir** in the onion, and cook until lightly brown. Add the collard greens and cooked bacon; toss gently until the greens are wilted, about 3 minutes.
4. **Pour** in the chicken broth to cover the collard greens, and then stir in the red pepper flakes, honey, vinegar, salt, and pepper. Bring to a boil. Reduce heat to low. Simmer covered for 1 to 2 hours until very tender.
5. **Stir** in the red kidney beans 30 minutes before serving, and then simmer uncovered for 5 minutes.

## 35. Lemon and Herb Crusted Grilled Halibut Fillets

Servings: 4

Serving size: 1 fillet

Preparation time: 10 minutes

Cook time: 10 minutes

Ready in: 20 minutes

<b>Nutrition Facts</b>	
Serving Size 193 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 273	Calories from Fat 93
<b>% Daily Value*</b>	
<b>Total Fat</b> 10.4g	<b>16%</b>
Saturated Fat 4.7g	<b>23%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 49mg	<b>16%</b>
<b>Sodium</b> 575mg	<b>24%</b>
<b>Total Carbohydrates</b> 11.7g	<b>4%</b>
Dietary Fiber 1.2g	<b>5%</b>
Sugars 1.2g	
<b>Protein</b> 34.0g	
Vitamin A 7%	Vitamin C 19%
Calcium 9%	Iron 6%
<b>Nutrition Grade C</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 1 lemon, juiced and zest grated
- 1/3 cup parmesan cheese, grated
- 1/2 cup breadcrumbs
- 2 tablespoons parsley, chopped
- 2 tablespoons dried basil
- 2 tablespoons chives, chopped
- 1 teaspoon mint, chopped
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 4 skinless halibut fillets
- 2 tablespoons olive oil
- 1/4 cup low-fat butter

### Directions

1. **Preheat** grill to medium-high.
2. **Combine** lemon zest, cheese, breadcrumbs, parsley, basil, chives, mint, salt, and pepper in a medium bowl.
3. **Season** halibut fillets with salt and pepper.
4. **Heat** olive oil in a frying pan over medium heat. Add the fish fillets and fry for 2-3 minutes on each side until just tender. Sprinkle fried fillets with the prepared crumb mixture.
5. **Reduce** grill heat to medium. Grill fillets for 2-3 minutes.
6. **Spread** 1 tablespoon butter on top of each fillet and drizzle with lemon juice. Serve.

## 36. Roasted Rosemary Pork Loin

Servings: 4

Preparation time: 15 minutes

Cook time: 1 hour

Ready in: 1 hour and 15 minutes

<b>Nutrition Facts</b>	
Serving Size 275 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 458	Calories from Fat 189
<b>% Daily Value*</b>	
<b>Total Fat</b> 21.0g	<b>32%</b>
Saturated Fat 4.7g	<b>24%</b>
Trans Fat 0.1g	
<b>Cholesterol</b> 166mg	<b>55%</b>
<b>Sodium</b> 522mg	<b>22%</b>
<b>Total Carbohydrates</b> 5.6g	<b>2%</b>
Dietary Fiber 2.1g	<b>8%</b>
Sugars 1.1g	
<b>Protein</b> 60.0g	
Vitamin A 2%	Vitamin C 9%
Calcium 6%	Iron 24%
<b>Nutrition Grade B+</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 3 cloves garlic, minced and crushed
- 1 tablespoon dried thyme
- 3 tablespoons fresh rosemary (or 1 tablespoon dried)
- 1/4 cup olive oil
- 1 medium onion, finely chopped
- 1 teaspoon salt, or to taste
- 1 teaspoon pepper, or to taste
- 2 pounds boneless pork loin roast

### Directions

1. **Preheat** oven to 350 degrees F (175 degrees C).
2. **Combine** garlic, thyme, rosemary, olive oil, onion, salt, and pepper in a small bowl. Rub the mixture all over the pork.
3. **Place** pork in a roasting pan and into the oven. Roast for about 1 hour, or until internal temperature reaches 145

degrees F (63 degrees C).

4. **Place** roast in a platter and slice. Serve with steamed or stir-fried veggies.

## 37. Slow Cooker Beef Stew

Servings: 6

Serving size: 1 medium bowl

Preparation time: 15 minutes

Cook time: 4-12 hours

Ready in: 4 hours and 15 minutes

<b>Nutrition Facts</b>	
Serving Size 332 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 332	Calories from Fat 87
<b>% Daily Value*</b>	
<b>Total Fat</b> 9.7g	<b>15%</b>
Saturated Fat 3.6g	<b>18%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 135mg	<b>45%</b>
<b>Sodium</b> 397mg	<b>17%</b>
<b>Total Carbohydrates</b> 11.2g	<b>4%</b>
Dietary Fiber 2.1g	<b>8%</b>
Sugars 3.0g	
<b>Protein</b> 47.5g	
Vitamin A 142%	Vitamin C 10%
Calcium 3%	Iron 163%
<b>Nutrition Grade A-</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 2 pounds grass-fed beef stew meat, cut into 1 inch cubes
- 3 tablespoons cornstarch
- 1/2 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 1 teaspoon gluten-free Worcestershire sauce
- 1 onion, chopped
- 2 clove garlic, minced
- 1 teaspoon paprika
- 2 bay leaves
- 1 cup button mushrooms, quartered
- 4 carrots, sliced
- 1 stalk celery, chopped
- 1 1/2 cups pure beef broth
- 1/4 cup fresh cilantro, chopped

## **Directions**

1. **Place** beef in a 4-quart slow cooker.
2. **Mix** the cornstarch, sea salt, and pepper in a small bowl. Pour the flour mixture over beef; toss to coat. Add the remaining ingredients, except the cilantro, and stir well.
3. **Cook** covered for 10 to 12 hours on Low, or for 4 to 6 hours on High.
4. **Serve** warm topped with chopped fresh cilantro.



## 38. Veggie Stuffed Chicken

Servings: 4

Serving size: 1 stuffed chicken breast

Preparation time: 10 minutes

Cook time: 40 minutes

Ready in: 50 minutes

<b>Nutrition Facts</b>	
Serving Size 217 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 222	Calories from Fat 120
<b>% Daily Value*</b>	
<b>Total Fat</b> 13.4g	<b>21%</b>
Saturated Fat 1.6g	<b>8%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 632mg	<b>26%</b>
<b>Total Carbohydrates</b> 7.6g	<b>3%</b>
Dietary Fiber 2.3g	<b>9%</b>
Sugars 2.9g	
<b>Protein</b> 20.1g	
Vitamin A 148%	Vitamin C 23%
Calcium 4%	Iron 8%
<b>Nutrition Grade B-</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 3 tablespoons olive oil
- 4 butterflied chicken breasts
- 1 cup button mushrooms, chopped
- 1 cup carrots, chopped
- 4 cups fresh spinach, chopped
- 1/2 teaspoon ground nutmeg
- 1 medium onion, quartered
- 2 cloves garlic, minced
- 1/2 teaspoon salt, or to taste
- 1/2 teaspoon freshly ground black pepper, or to taste
- Toothpicks

### Directions

1. **Preheat** oven to 350 degrees F. Line a baking sheet with parchment paper.
2. **Heat** olive oil in a large skillet over medium-high heat.
3. **Add** mushrooms, onion, and garlic and sauté until lightly browned; season with salt and pepper.
4. **Stir** in spinach and carrots, sprinkle with ground nutmeg. Cover the skillet and allow vegetables to simmer until the spinach has wilted. Remove the pan from heat. Spoon mixture into chicken breasts and secure with toothpicks. Place stuffed chicken breasts on the prepared baking sheet.
5. **Bake** for 18-20 minutes, or until chicken is no longer pink in the center.

# DESSERTS AND SNACKS

## 39. Zesty Banana and Berry Parfait

Servings: 5

Serving size: 1 parfait glass

Preparation time: 10 minutes

Ready in: 10 minutes

<b>Nutrition Facts</b>	
Serving Size 132 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 256	Calories from Fat 148
<b>% Daily Value*</b>	
<b>Total Fat</b> 16.4g	<b>25%</b>
Saturated Fat 8.1g	<b>41%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 1mg	<b>0%</b>
<b>Total Carbohydrates</b> 25.9g	<b>9%</b>
Dietary Fiber 5.2g	<b>21%</b>
Sugars 16.0g	
<b>Protein</b> 5.1g	
Vitamin A 1%	Vitamin C 41%
Calcium 2%	Iron 6%
<b>Nutrition Grade B-</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 1 cup coconut butter, melted
- 1/2 cup organic low-fat lemon yogurt
- 1 cup ripe bananas, sliced
- 1 cup fresh blueberries
- 1 cup fresh strawberries
- 2 tablespoons raw honey
- 1/2 cup walnuts, chopped

### Directions

1. **Mix** together honey, lemon yogurt, and coconut butter a small bowl.
2. **Combine** the black berries and raspberries.

3. **Layer** the berries, coconut butter mixture, and banana slices in parfait glasses and sprinkle walnuts on top.

## 40. Slow Cooker Choco-Almond Cups

Servings: 16

Serving size: 3 mini muffin cups

Preparation time: 10 minutes

Cook time: 3 hours on LOW

Ready in: 3 hours and 10 minutes

<b>Nutrition Facts</b>	
Serving Size 35 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 165	Calories from Fat 93
<b>% Daily Value*</b>	
<b>Total Fat</b> 10.4g	<b>16%</b>
Saturated Fat 2.7g	<b>13%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 1mg	<b>0%</b>
<b>Sodium</b> 69mg	<b>3%</b>
<b>Total Carbohydrates</b> 18.0g	<b>6%</b>
Dietary Fiber 1.9g	<b>8%</b>
Sugars 10.6g	
<b>Protein</b> 2.5g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 5%
<b>Nutrition Grade C-</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 1 cup almonds, chopped
- 2 cups semi-sweet chocolate chips
- 1 cup dark chocolate bars
- 2 tablespoons raw honey

### Directions

1. **Line** 2 (24-cup) mini muffin tins with mini muffin liners.
2. **Combine** all the ingredients in a 4-quart slow cooker.
3. **Cook** covered for 3 hours on Low.
4. **Scoop** mixture onto lined muffin tins. Let cool then chill.

# Step 3 recipes

## BREAKFAST

### 41. Luscious Tropical Smoothie

Servings: 6

Preparation time: 5-8 minutes

<b>Nutrition Facts</b>	
Serving Size 171 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 137	Calories from Fat 47
<b>% Daily Value*</b>	
<b>Total Fat</b> 5.2g	<b>8%</b>
Saturated Fat 4.3g	<b>22%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 13mg	<b>1%</b>
<b>Total Carbohydrates</b> 24.0g	<b>8%</b>
Dietary Fiber 2.8g	<b>11%</b>
Sugars 16.7g	
<b>Protein</b> 1.8g	
Vitamin A 27%	Vitamin C 82%
Calcium 3%	Iron 5%
<b>Nutrition Grade B+</b>	
* Based on a 2000 calorie diet	

#### Ingredients

- 2 cups spinach, fresh
- 1 cup fresh pineapple chunks
- 1 cup mango, diced
- 2 ripe bananas
- 1/2 cup almond milk
- 1 cup orange juice, freshly squeezed

#### Directions

1. **Place** all the ingredients in a blender and puree until smooth.
2. **Pour** in glasses and serve.

## 42. Low-Carb Chicken Salad Sandwich

Servings: 4

Preparation time: 10 minutes

<b>Nutrition Facts</b>	
Serving Size 171 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 260	Calories from Fat 90
<b>% Daily Value*</b>	
<b>Total Fat</b> 10.0g	<b>15%</b>
Saturated Fat 2.0g	<b>10%</b>
<b>Cholesterol</b> 43mg	<b>14%</b>
<b>Sodium</b> 530mg	<b>22%</b>
<b>Total Carbohydrates</b> 27.0g	<b>9%</b>
Dietary Fiber 6.3g	<b>25%</b>
Sugars 4.9g	
<b>Protein</b> 19.2g	
Vitamin A 3%	Vitamin C 13%
Calcium 5%	Iron 14%
<b>Nutrition Grade A-</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 1 ½ cup boneless, skinless cooked chicken breast, cut into chunks
- ¼ cup light mayonnaise
- ⅓ cup celery, chopped
- ⅓ cup green grapes, halved
- 2 tablespoons onions, finely chopped
- ¼ teaspoon salt, or to taste
- ¼ teaspoon freshly ground black pepper, or to taste
- 8 slices low-carb gluten-free bread
- 8 slices tomatoes
- 4 lettuce leaves

### Directions

1. **Combine** chicken, mayonnaise, celery, grapes, onion, salt, and pepper in a medium bowl.
2. **Fill** bread slices with the chicken mixture, tomato, and lettuce.

## 43. Zucchini and Carrot Frittata

Servings: 4

Preparation time: 10 minutes

Cook time: 25 minutes

Ready in: 35 minutes

<b>Nutrition Facts</b>	
Serving Size 243 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 239	Calories from Fat 150
% Daily Value*	
<b>Total Fat</b> 16.7g	<b>26%</b>
Saturated Fat 4.3g	<b>21%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 419mg	<b>140%</b>
<b>Sodium</b> 370mg	<b>15%</b>
<b>Total Carbohydrates</b> 8.2g	<b>3%</b>
Dietary Fiber 2.2g	<b>9%</b>
Sugars 4.4g	
<b>Protein</b> 15.6g	
Vitamin A 69%	Vitamin C 61%
Calcium 9%	Iron 21%
<b>Nutrition Grade B+</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 1 1/2 tablespoon olive oil
- 1 zucchini, diced
- 1/2 cup carrots, chopped
- 1/2 red bell pepper, diced
- 1/2 red onion, chopped
- 1 tablespoon fresh thyme, chopped
- 1/2 teaspoon sea salt, or to taste
- 1/4 teaspoon freshly ground black pepper, or to taste
- 2 cloves garlic, chopped
- 1 medium tomato, seeded and chopped
- 9 large eggs

### Directions

1. **Heat** olive oil in a medium oven-proof skillet over medium heat. Add garlic and sauté until lightly browned. Add zucchini, carrots, thyme, onion, red bell pepper, and



1/8 teaspoon salt. Cover and cook for about 6 minutes, or until tender. Add tomato and cook for additional 5 minutes.

2. **Beat** together eggs, 1/8 teaspoon salt, and pepper in a medium bowl until frothy.
3. **Gently** pour egg mixture over vegetable mixture. Turn heat to medium-low. Cover and cook for 15 minutes.
4. **Preheat** broiler to low. Cook frittata for 3 minutes under the broiler, or until set.
5. **Transfer** the frittata to a plate, slice, and serve.

## 44. 5-minute Banana and Blueberry Oatmeal

Servings: 2

Serving size: 1 medium-size bowl

Preparation time: 3 minutes

Cook time: 2 minutes

Ready in: 5 minutes

<b>Nutrition Facts</b>	
Serving Size 109 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 129	Calories from Fat 12
% Daily Value*	
<b>Total Fat</b> 1.4g	<b>2%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 2mg	<b>1%</b>
<b>Sodium</b> 53mg	<b>2%</b>
<b>Total Carbohydrates</b> 28.6g	<b>10%</b>
Dietary Fiber 2.6g <b>11%</b>	
Sugars 15.2g	
<b>Protein</b> 3.2g	
Vitamin A 1%	Vitamin C 7%
Calcium 4%	Iron 4%
<b>Nutrition Grade A</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 2/3 cup gluten-free quick cooking oats
- 2 tablespoons raw honey
- 1 1/2 cups fat free evaporated milk
- 1/4 teaspoon ground cinnamon
- 1 pinch salt
- 1 pinch ground nutmeg
- 1 ripe banana, sliced
- 1/2 cup frozen blueberries

### Directions

1. **Stir** together oats, honey, milk, cinnamon, nutmeg, and salt in a saucepan.
2. **Bring** to a boil over low heat, about 2 minutes, stirring constantly.

3. **Top** with sliced bananas and blueberries.

## 45. Banana Oats Breakfast Brownies

Servings: 12

Preparation time: 10 minutes

Cook time: 20 minutes

Ready in: 30 minutes

<b>Nutrition Facts</b>	
Serving Size 63 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 178	Calories from Fat 67
<b>% Daily Value*</b>	
<b>Total Fat</b> 7.4g	<b>11%</b>
Saturated Fat 2.8g	<b>14%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 14mg	<b>5%</b>
<b>Sodium</b> 61mg	<b>3%</b>
<b>Total Carbohydrates</b> 23.5g	<b>8%</b>
Dietary Fiber 6.5g	<b>26%</b>
Sugars 13.1g	
<b>Protein</b> 5.7g	
Vitamin A 0%	Vitamin C 2%
Calcium 6%	Iron 10%
<b>Nutrition Grade C-</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 1 tablespoon coconut oil, for greasing
- 1/2 cup almond flour
- 1 teaspoon baking powder
- 1/2 cup unsweetened cocoa powder
- 1 1/2 cups gluten-free quick-cooking oats
- 3/4 cup flax seed meal
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1 banana, mashed
- 1/2 cup raw honey
- 1/4 cup almond milk
- 1 egg
- 1 teaspoon pure vanilla extract

### Directions

1. **Preheat** oven to 350 degrees F (175 degrees C). Lightly grease an 8x10-inch baking pan with coconut oil.
2. **Mix** almond flour, baking powder, cocoa powder, oats, flax seed meal, cinnamon, and salt in a bowl. Mix banana, honey, almond milk, egg, and vanilla extract together in a separate bowl.
3. **Stir** together the banana mixture and flour mixture. Pour batter into the prepared baking pan.
4. **Bake** for 20 minutes, or until a toothpick inserted in the center comes out clean. Let cool and serve.

## 46. Citrus Summer Fruit Salad

Servings: 8

Preparation time: 1 hour and 20 minutes

<b>Nutrition Facts</b>	
Serving Size 188 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 125	Calories from Fat 2
% Daily Value*	
<b>Total Fat</b> 0.3g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 6mg	<b>0%</b>
<b>Total Carbohydrates</b> 31.3g	<b>10%</b>
Dietary Fiber 3.2g	<b>13%</b>
Sugars 24.9g	
<b>Protein</b> 1.1g	
Vitamin A 3%	Vitamin C 100%
Calcium 3%	Iron 2%
<b>Nutrition Grade B+</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 2 cups fresh pears, cubed
- 2 cup oranges, peeled and sectioned
- 2 cups strawberries, hulled and sliced
- 3 bananas, sliced
- 1 cup seedless green grapes
- 1/3 cup fresh lemon juice
- 2/3 cup fresh orange juice
- 1/2 teaspoon lemon zest, grated
- 1/2 teaspoon orange zest, grated
- 1/4 cup raw honey
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon fresh mint, chopped

### Directions

1. **Combine** fruits (first 5 ingredients) in a large bowl.
2. **Stir** together lemon juice, orange juice, lemon zest, orange zest, and honey in a pan and bring to a boil over medium-high heat for 5 minutes, or until sauce starts to thicken.

3. **Remove** pan from heat, and stir in vanilla and mint. Cool and set aside.
4. **Pour** sauce over the fruits and gently toss to coat.
5. **Chill** for at least 1 hour then serve.

# LUNCH

## 47. Salmon Vegetable and Egg Salad

Servings: 4

Preparation time: 15 minutes

<b>Nutrition Facts</b>	
Serving Size 271 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 486	Calories from Fat 296
<b>% Daily Value*</b>	
<b>Total Fat</b> 32.9g	<b>51%</b>
Saturated Fat 6.4g	<b>32%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 344mg	<b>115%</b>
<b>Sodium</b> 657mg	<b>27%</b>
<b>Total Carbohydrates</b> 14.2g	<b>5%</b>
Dietary Fiber 2.9g	<b>12%</b>
Sugars 5.4g	
<b>Protein</b> 33.8g	
Vitamin A 67%	Vitamin C 11%
Calcium 8%	Iron 16%
<b>Nutrition Grade B-</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 14 -15 ounces flakes salmon
- 1 medium radish, diced
- 6 hard-boiled eggs, peeled and chopped
- 1 medium carrot, grated
- 1/2 cup onion, chopped
- 1/2 celery, chopped
- 2 tablespoons fresh basil, chopped
- 1 1/2 teaspoons Dijon mustard
- 3/4 cup low-fat mayonnaise
- 1/8 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1/4 teaspoon paprika
- 1/2 teaspoon salt, or to taste

### Directions



1. **Combine** salmon, radish, eggs, carrot, onion, celery, and basil in a large bowl.
2. **Stir** together the remaining ingredients in a small bowl and pour into the salmon mixture.
3. **Toss** salad gently.
4. **Chill** for at least 1 hour and serve.

## 48. Spicy Pork Piccata

Servings: 4

Preparation time: 10 minutes

Cook time: 15 minutes

Ready in: 25 minutes

<b>Nutrition Facts</b>	
Serving Size 363 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 529	Calories from Fat 269
<b>% Daily Value*</b>	
<b>Total Fat</b> 29.9g	<b>46%</b>
Saturated Fat 9.4g	<b>47%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 89mg	<b>30%</b>
<b>Sodium</b> 1295mg	<b>54%</b>
<b>Total Carbohydrates</b> 23.7g	<b>8%</b>
Dietary Fiber 3.7g	<b>15%</b>
Sugars 1.7g	
<b>Protein</b> 45.2g	
Vitamin A 15%	Vitamin C 38%
Calcium 2%	Iron 5%
<b>Nutrition Grade D</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 2 pounds boneless skinless pork cutlets (about 8 cutlets)
- 1/4 teaspoon sea salt
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon black pepper
- 3/4 cup gluten-free all-purpose flour
- 2 tablespoons olive oil
- 1 cup low-sodium pure chicken broth
- 3 tablespoons capers
- 1 tablespoon Dijon mustard
- 2 tablespoons lime juice
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon low-fat butter
- 1 lime, sliced
- 1/2 cup parsley, chopped

### Directions

1. **Season** pork with salt, cayenne pepper, and black pepper, and then dredge in flour to coat.
2. **Heat** olive oil in a large skillet over medium-high heat. Add the pork cutlets and sauté for 2 minutes on each side. Transfer pork to a plate, set aside and cover to keep warm.
3. **Pour** the chicken broth in the same skillet and simmer for 2 minutes. Add the cooked pork, capers, mustard, lime juice, and parsley.
4. **Simmer** for about 2 minutes then add the butter.
5. **Serve** pork with lime slices on the side and sprinkled parsley on top.

## 49. Crock Pot Chicken Curry

Servings: 6

Preparation time: 15 minutes

Cook time: 4-5 hours on LOW and 30 minutes on HIGH

Ready in: 4 hours and 45 minutes

<b>Nutrition Facts</b>	
Serving Size 281 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 574	Calories from Fat 310
<b>% Daily Value*</b>	
<b>Total Fat</b> 34.4g	<b>53%</b>
Saturated Fat 17.4g	<b>87%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 151mg	<b>50%</b>
<b>Sodium</b> 546mg	<b>23%</b>
<b>Total Carbohydrates</b> 14.7g	<b>5%</b>
Dietary Fiber 2.4g	<b>9%</b>
Sugars 6.8g	
<b>Protein</b> 52.4g	
Vitamin A 4%	Vitamin C 11%
Calcium 4%	Iron 21%
<b>Nutrition Grade C+</b>	
* Based on a 2000 calorie diet.	

### Ingredients

- 2 tablespoons olive oil
- 6 (6-ounce) boneless skinless chicken breast halves
- 1 teaspoon salt, or to taste
- 1 1/2 cup light coconut milk
- 1 tablespoon fresh basil, chopped
- 1 teaspoon curry powder
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon cayenne pepper
- 1/2 cup mushrooms, sliced
- 1 medium onions, thinly sliced
- 2 tablespoons cornstarch dissolved in 2 tablespoons cold water
- 2 tablespoons lemon juice
- 1/4 cup cashews, sliced
- 1/4 cup raisins

### Directions

1. **Season** chicken with salt. Heat olive oil in a nonstick skillet. Add chicken and cook until brown on both sides. Place cooked chicken in a 5-quart slow cooker.
2. **Stir** together the coconut milk, basil, curry powder, turmeric and cayenne then pour and lightly rub over chicken. Add mushrooms and onions. Cook covered on Low for 4-5 hours or until tender.
3. **Stir** in dissolved cornstarch into slow cooker. Cook on High for 30 minutes, or until sauce is thick. Stir in lemon juice. Serve dish topped with cashews and raisins.

## 50. Roasted Cauliflower and Mushrooms

Servings: 4

Preparation time: 15 minutes

Cook time: 30-45 minutes

Ready in: 45 minutes

<b>Nutrition Facts</b>	
Serving Size 229 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 151	Calories from Fat 97
<b>% Daily Value*</b>	
<b>Total Fat</b> 10.8g	<b>17%</b>
Saturated Fat 1.5g	<b>8%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 343mg	<b>14%</b>
<b>Total Carbohydrates</b> 12.9g	<b>4%</b>
Dietary Fiber 5.1g	<b>21%</b>
Sugars 5.5g	
<b>Protein</b> 4.4g	
Vitamin A 2%	Vitamin C 138%
Calcium 4%	Iron 8%
<b>Nutrition Grade A-</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 1 1/2 pounds cauliflower, cut into bite-size florets
- 3 tablespoons olive oil
- 1/2 teaspoon red pepper flakes
- 2 cloves garlic, crushed and chopped
- 1 medium onion, chopped
- 1 cup mushrooms, halved
- 1 /2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper

### Directions

1. **Preheat** oven to 400 degrees F (205 degrees C).
2. **Combine** all ingredients in a large re-sealable plastic bag, seal and shake to coat.
3. **Place** mixture in a baking sheet and roast for 30-45 minutes; shaking the pan every 5-7 minutes for even browning.

# 51. Fruit and Chicken Salad

Servings: 6

Preparation time: 20 minutes

<b>Nutrition Facts</b>	
Serving Size 238 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 459	Calories from Fat 238
<b>% Daily Value*</b>	
<b>Total Fat</b> 26.4g	<b>41%</b>
Saturated Fat 4.2g	<b>21%</b>
<b>Cholesterol</b> 93mg	<b>31%</b>
<b>Sodium</b> 686mg	<b>29%</b>
<b>Total Carbohydrates</b> 26.2g	<b>9%</b>
Dietary Fiber 2.7g	<b>11%</b>
Sugars 14.3g	
<b>Protein</b> 30.9g	
Vitamin A 35%	Vitamin C 89%
Calcium 5%	Iron 12%
<b>Nutrition Grade B</b>	
* Based on a 2000 calorie diet	

## Ingredients

- 1 cup low-fat mayonnaise
- 1 teaspoon sea salt
- 1 teaspoon paprika
- 4 cups cooked chicken meat, cubed
- 1/2 cups raisins
- 1/2 cup celery, chopped
- 1/2 cup sweet red bell pepper, minced
- 1/4 head of iceberg lettuce, shredded
- 1/2 cup walnuts, chopped
- 1/2 cup seedless green grapes, chopped
- 2 green onions, chopped
- 1/4 teaspoon ground black pepper, or to taste

## Directions

1. **Toss** together all ingredients in a large bowl.
2. **Chill** for at least an hour before serving.

## 52. Garlic Butter Baked Tilapia

Servings: 4

Preparation time: 10 minutes

Cook time: 20 minutes

Ready in: 30 minutes

<b>Nutrition Facts</b>	
Serving Size 202 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 233	Calories from Fat 87
<b>% Daily Value*</b>	
<b>Total Fat</b> 9.6g	<b>15%</b>
Saturated Fat 4.0g	<b>20%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 83mg	<b>28%</b>
<b>Sodium</b> 118mg	<b>5%</b>
<b>Total Carbohydrates</b> 4.5g	<b>1%</b>
Sugars 1.8g	
<b>Protein</b> 32.9g	
Vitamin A 4%	Vitamin C 6%
Calcium 4%	Iron 11%
<b>Nutrition Grade D</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 1 tablespoon olive oil, for greasing
- 1 1/2 pound tilapia fillets, rinsed and patted dry
- 2 cloves garlic, crushed and chopped
- 3 tablespoons low-fat butter, melted
- 1 teaspoon raw honey
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon paprika
- 1 tablespoon lemon juice
- 1 tablespoon fresh parsley, chopped
- 1/3 cup gluten-free breadcrumbs

### Directions

1. **Preheat** oven to 425 degrees F. Lightly grease a 9x13 inch baking dish with olive oil.
2. **Arrange** fish fillets in a single layer in the prepared baking dish.



3. **Mix** the garlic, butter, honey, pepper, paprika, lemon juice, and parsley in a small bowl.
4. **Brush** the top of each fillet with the butter mixture and sprinkle with breadcrumbs.
5. **Bake** for 20 minutes, or until fillets are opaque and flakey.

# DINNER

## 53. Baked Salmon Fillets with Zesty Herb Crust

Servings: 4

Serving size: 1 fillet

Preparation time: 10 minutes

Cook time: 10-15 minutes

Ready in: 20 minutes

<b>Nutrition Facts</b>	
Serving Size 174 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 295	Calories from Fat 154
<b>% Daily Value*</b>	
<b>Total Fat</b> 17.2g	<b>26%</b>
Saturated Fat 3.3g	<b>16%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 67mg	<b>22%</b>
<b>Sodium</b> 2723mg	<b>113%</b>
<b>Total Carbohydrates</b> 10.3g	<b>3%</b>
Dietary Fiber 1.5g	<b>6%</b>
Sugars 1.4g	
<b>Protein</b> 24.1g	
Vitamin A 5%	Vitamin C 26%
Calcium 6%	Iron 18%
<b>Nutrition Grade C+</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 4 (4-ounce) small Atlantic salmon portions
- 1 1/2 tablespoons salt
- 2 teaspoons freshly ground black pepper
- 1 cup gluten-free breadcrumbs
- 2 tablespoons thyme, chopped
- 1 tablespoon fresh rosemary, chopped
- 2 tablespoons parsley, chopped
- 1 tablespoon ginger, chopped
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder

- 1 teaspoon lemon zest, grated
- 1/4 cup lemon juice
- 4 teaspoons olive oil

### **Directions**

1. **Preheat** oven to 400 degrees F (200 degrees C). Line a baking tray with baking paper.
2. **Season** salmon fillets with salt and pepper. Place fillets skin side down on the baking tray then drizzle with lemon juice.
3. **Combine** the remaining ingredients, except the olive oil, in a small bowl and press down on top of the salmon fillets. Drizzle fillets with olive oil.
4. **Bake** for 10 to 15 minutes, or until cooked through. Serve warm.

## 54. Beef 'N Rice Stuffed Cabbage

Servings: 6

Preparation time: 15 minutes

Cook time: 1 hour and 15 minutes

Ready in: 1 hour and 30 minutes

<b>Nutrition Facts</b>	
Serving Size 351 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 250	Calories from Fat 52
<b>% Daily Value*</b>	
<b>Total Fat</b> 5.8g	<b>9%</b>
Saturated Fat 2.1g	<b>10%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 95mg	<b>32%</b>
<b>Sodium</b> 723mg	<b>30%</b>
<b>Total Carbohydrates</b> 22.0g	<b>7%</b>
Dietary Fiber 5.6g	<b>22%</b>
Sugars 11.5g	
<b>Protein</b> 27.6g	
Vitamin A 20%	Vitamin C 146%
Calcium 8%	Iron 89%
<b>Nutrition Grade A</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 1 medium head cabbage
- Water to cover
- 1 pound ground beef
- 1 cup cooked gluten-free brown rice
- 1 medium green bell pepper, seeded and chopped
- 2 cloves garlic, finely chopped
- 1 tomato, seeded and diced
- 1 egg
- 1 teaspoon sea salt
- 1 1/2 cup tomato sauce
- 1 tablespoon raw honey
- 1 tablespoon white wine vinegar

### Directions

1. **Place** a large pot of water over high heat. Add cabbage and boil for 15 minutes, or until it is pliable. Drain and

cool. Remove the hard outer vein from the leaves using a paring knife.

2. **Mix** the beef, rice, green bell pepper, garlic, tomato, egg, and salt in a medium bowl.
3. **Fill** the center of each cabbage leaf with 1/3 cup of the beef mixture. Fold sides over filling, tucking in the sides of the leaf.
4. **Pile up** the stuffed leaves in a large pot over medium low heat, placing the larger leaves on the bottom. Add the tomato sauce, honey, vinegar and enough water to cover.
5. **Simmer** for about an hour, or until cabbage is very tender. Add more tomato sauce as needed.

## 55. Slow Cooker Roast Beef

Servings: 6

Preparation time: 10 minutes

Cook time: 6 hours on HIGH and 2 hours on LOW

Ready in: 8 hours and 10 minutes

<b>Nutrition Facts</b>	
Serving Size 247 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 845	Calories from Fat 569
<b>% Daily Value*</b>	
<b>Total Fat</b> 63.3g	<b>97%</b>
Saturated Fat 25.2g	<b>126%</b>
<b>Cholesterol</b> 234mg	<b>78%</b>
<b>Sodium</b> 971mg	<b>40%</b>
<b>Total Carbohydrates</b> 3.8g	<b>1%</b>
Dietary Fiber 0.6g	<b>2%</b>
Sugars 1.2g	
<b>Protein</b> 60.5g	
Vitamin A 2%	Vitamin C 2%
Calcium 4%	Iron 43%
<b>Nutrition Grade C</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 3 pounds beef chuck roast
- 2 bay leaves
- 1/3 cup gluten-free soy sauce
- 1 tablespoon dried onion
- 2 teaspoons parsley flakes
- 1 teaspoons onion powder
- 2 teaspoons turmeric
- 1 teaspoon celery salt
- 1 teaspoon sea salt
- 1 teaspoon raw honey
- 2 teaspoons ground black pepper

### Directions

1. **Place** chuck roast into a 6-quart slow cooker; add the bay leaves.

2. **Stir** together all other ingredients in a bowl then pour into the slow cooker.
3. **Add** water until the top 1/2 inch of the roast is not covered.
4. **Cover** and cook on High for 6 hours, then 2 hours on Low.

## 56. Winter Chicken Soup

Servings: 6

Preparation time: 10 minutes

Cook time: 1 hour and 40 minutes

Ready in: 1 hour and 50 minutes

<b>Nutrition Facts</b>	
Serving Size 521 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 308	Calories from Fat 173
<b>% Daily Value*</b>	
<b>Total Fat</b> 19.2g	<b>30%</b>
Saturated Fat 5.5g	<b>27%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 128mg	<b>43%</b>
<b>Sodium</b> 929mg	<b>39%</b>
<b>Total Carbohydrates</b> 5.6g	<b>2%</b>
Dietary Fiber 2.0g	<b>8%</b>
Sugars 1.9g	
<b>Protein</b> 27.8g	
Vitamin A 81%	Vitamin C 18%
Calcium 9%	Iron 25%
<b>Nutrition Grade C</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 2 pounds whole rotisserie chicken, cut into quarters and excess fat trimmed
- 4 sprigs fresh thyme
- 2 teaspoons salt
- 1 bay leaf
- 2-1/2 quarts cold water
- 2 medium sized carrots, diced
- 2 stalks celery, diced
- 1 medium sized onion, diced
- 1/2 cup parsley, chopped

### Directions

1. **Place** chicken, thyme, salt, bay leaf, and water in a large pot over medium-high heat. Cover the pot and bring to a boil. Uncover and skim off top foam.
2. **Simmer** uncovered, about 1 hour, then skim off fat.



3. **Add** carrots, celery, onion, and parsley and simmer for 30 minutes.

## 57. Spicy Crock Pot Carnitas

Servings: 10

Preparation time: 10 minutes

Cook time: 10 hours on LOW

Ready in: 10 hours and 10 minutes

<b>Nutrition Facts</b>	
Serving Size 267 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 483	Calories from Fat 334
<b>% Daily Value*</b>	
<b>Total Fat</b> 37.1g	<b>57%</b>
Saturated Fat 12.9g	<b>64%</b>
<b>Cholesterol</b> 128mg	<b>43%</b>
<b>Sodium</b> 521mg	<b>22%</b>
<b>Total Carbohydrates</b> 3.1g	<b>1%</b>
Dietary Fiber 0.8g	<b>3%</b>
Sugars 1.3g	
<b>Protein</b> 31.4g	
Vitamin A 16%	Vitamin C 63%
Calcium 1%	Iron 13%
<b>Nutrition Grade D+</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 4 cloves garlic, crushed and chopped
- 2 red bell peppers, seeded and cut into strips
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground cilantro
- 1/2 cup onion, chopped
- 1/4 cup chili sauce
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 4 pound boneless pork shoulder roast
- 2 cups low-sodium pure chicken broth
- 2 bay leaves

### Directions

1. **Combine** garlic powder, bell pepper, oregano, cilantro, onion, chili sauce, cumin, and salt in a bowl. Rub mixture over the pork.

2. **Place** pork in a 6-quart slow cooker then add the bay leaves and chicken broth.
3. **Cook** covered for 10 hours on Low; turn the meat after 5 hours.
4. **Remove** pork to a plate, shred with tongs or two forks, and serve.

## 58. Green Chili Turkey Burger

Servings: 4

Serving size: 1 patty

Preparation time: 15 minutes

Cook time: 12 minutes

Ready in: 27-30 minutes

<b>Nutrition Facts</b>	
Serving Size 217 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 223	Calories from Fat 81
<b>% Daily Value*</b>	
<b>Total Fat</b> 8.9g	<b>14%</b>
Saturated Fat 2.6g	<b>13%</b>
<b>Cholesterol</b> 80mg	<b>27%</b>
<b>Sodium</b> 573mg	<b>24%</b>
<b>Total Carbohydrates</b> 13.4g	<b>4%</b>
Dietary Fiber 4.6g	<b>18%</b>
Sugars 6.9g	
<b>Protein</b> 24.3g	
Vitamin A 59%	Vitamin C 31%
Calcium 4%	Iron 21%
<b>Nutrition Grade B-</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 1 cup green chilies, diced
- 1 pound lean ground turkey
- 1 cup cilantro, finely chopped
- 1/2 cup onion, finely chopped
- 1/2 teaspoon oregano
- 1 teaspoon garlic powder
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon sea salt
- 1 onion, sliced
- 1 large tomato, sliced

### Directions

1. **Combine** all ingredients in a large bowl and shape into 4 patties.

2. **Grill** the burgers for 6 minutes on each side, or until cooked through.
3. **Serve** patties with onion, and tomato slices.

# DESSERTS AND SNACKS

## 59. Creamy Pumpkin Parfait

Servings: 6

Serving size: 1/2 cup

Preparation time: 10 minutes

<b>Nutrition Facts</b>	
Serving Size 132 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 173	Calories from Fat 54
<b>% Daily Value*</b>	
<b>Total Fat</b> 6.1g	<b>9%</b>
<i>Trans Fat</i> 0.0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 268mg	<b>11%</b>
<b>Total Carbohydrates</b> 13.5g	<b>4%</b>
<i>Dietary Fiber</i> 6.2g <b>25%</b>	
<i>Sugars</i> 4.0g	
<b>Protein</b> 18.4g	
Vitamin A 129%	Vitamin C 3%
Calcium 41%	Iron 4%
<b>Nutrition Grade B</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 1 cup pumpkin puree
- 2 (3.4 oz) boxes sugar-free French vanilla pudding mix
- 2 teaspoons cinnamon
- 1/4 teaspoon nutmeg
- 1/8 teaspoon allspice
- 1 cup evaporated 2% milk
- 1 cup skim milk

### Directions

1. **Blend** together all the ingredients in a mixing bowl until smooth
2. **Pour** into parfait glasses and chill.

## 60. Gluten-free Double Chocolate Mint Cookies

Servings: 5

Serving size: 2 cookies

Preparation time: 8 minutes

Cook time: 10-11 minutes

Ready in: 18 minutes

<b>Nutrition Facts</b>	
Serving Size 71 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 310	Calories from Fat 201
<b>% Daily Value*</b>	
<b>Total Fat</b> 22.4g	<b>34%</b>
Saturated Fat 11.1g	<b>56%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 2mg	<b>1%</b>
<b>Sodium</b> 87mg	<b>4%</b>
<b>Total Carbohydrates</b> 23.0g	<b>8%</b>
Dietary Fiber 5.9g	<b>24%</b>
Sugars 12.2g	
<b>Protein</b> 8.1g	
Vitamin A 0%	Vitamin C 0%
Calcium 7%	Iron 38%
<b>Nutrition Grade D+</b>	
* Based on a 2000 calorie diet	

### Ingredients

- 1 cup almond meal
- 1/8 teaspoon sea salt
- 1 cup pure cocoa powder
- 1/8 teaspoon baking soda
- 1/4 cup dark chocolate, chopped
- 3 tablespoons coconut oil, melted
- 2 tablespoons raw honey
- 1 tablespoon almond milk
- 1 tablespoon pure mint extract
- 1 teaspoon pure vanilla extract

### Directions

1. **Preheat** oven to 350 degrees F. Prepare a parchment-lined baking sheet.
2. **Mix** the almond meal, baking soda, cocoa powder, salt, and dark chocolate in a medium bowl. Whisk together coconut oil, honey, almond milk, mint extract, and vanilla in a small bowl.
3. **Pour** wet mixture over dry mixture and stir well to combine.
4. **Fill** a tablespoon or cookie scoop with batter. Drop batter 2 inches apart out onto prepared baking sheet and lightly press down in the center.
5. **Bake** for 10-11 minutes, or until set. Remove from oven and let cool in a wire rack.
6. **Store** cookies in a tightly covered cookie jar.



## **Books by Robert M. Fleischer**

[The 7-Day Acid Reflux Diet](#)

[The 3-Step Diabetic Diet Plan](#)

[The Anti Inflammatory Diet Plan](#)

<https://www.amazon.com/author/robertfleischer>

## **About Robert M. Fleischer**

Besides being a noted author, Robert M. Fleischer is a California-based health researcher, husband and a father of 2 children, one boy and one girl. He has dedicated his career to developing better standards of care and treatment for patients of common, chronic and misunderstood conditions which are often handled with pharmaceuticals to treat the symptoms rather than lifestyle changes which address the root cause.

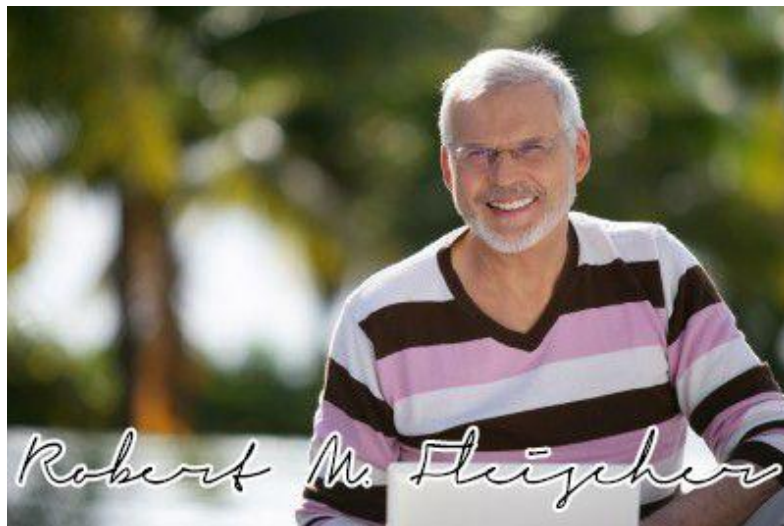
In his spare time he enjoys tennis, mountain biking and is a member of a local amateur theater group.

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Robert M. Fleischer



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