



RECIPES

Fruit Salad

Chop strawberries, blueberries, apples and grapefruit. Mix, sprinkle with xylitol or stevia and enjoy!

Chicken Stir-Fry

Slice chicken prior to cooking. Slice preferred vegetables; bell peppers, onions, green beans, cabbage, celery, etc. Stir fry in Braggs Amino Acids

Lettuce Wraps

Brown lean ground beef. Mix with fajita seasoning, saute various bell peppers; red green orange & yellow; with onion. Wrap in lettuce leaves and voila!

Hamburgers

Mix garlic and/or beef seasoning into lean ground beef. Form individual patties and grill. Top with tomato and onion, and serve on or wrapped in lettuce.

Cajun Chicken Salad

Baste sliced chicken breast with cajun seasoning and grill. Place on bed of lettuce and sprinkle with salt, pepper and lemon juice.

Melba Toast Bruschetta

Diced tomatoes, onion, cilantro, Balsamic Vinegar, and salt. Heat and top on Melba toast and enjoy!

Shish Kabobs

Chunks of chicken or shrimp for lowest calories, onion, tomato chunks or cherry tomatoes, vegetables of you preference on skewer. Season with herbs and lemon juice prior to grilling. Ready in 10 minutes!

No Bean Chili

1lb of lean ground beef, 6oz can tomato paste, water or beef broth (to desired thickness) Minced onion (dried or fresh) garlic (more the better) chili powder, italian seasoning, cayenne pepper, Emeril's Bam Orig Essence, salt & pepper. 5 Servings

Fresh Salsa

4-5 tomatoes, 4 tbsp lemon juice, 3-4 tbsp garlic minced, 1/2 chopped onion, 1/2 tsp chili pwd, 1/2 italian seasoning, cayenne pepper to taste, cilantro (fresh or dried) to taste, salt & pepper. chop or blend in food processor to desired chunkiness. Refrigerate to blend flavors. 2 Servings

Lemon Asparagus

1/3 lb asparagus, 1 lemon juiced, salt & pepper to taste, 1/4 tsp cayenne. Cut asparagus into 1 or 2" sections. Fill medium sized sauce pan halfway with water. Bring to a boil. Add the asparagus, reduce heat to a simmer. Boil for 2 mins, Drain the hot water. While asparagus is still hot toss it in a bowl with lemon juice and spices. Serve warm.

Baby Spinach

1/2 bag of baby spinach, 1 clove garlic, minced, 4 tbsp broth. Saute garlic in 1 tbsp of broth. Add remaining broth and spinach. Toss until the spinach is covered in the garlic sauce and starts to go soft. Remove from heat before it gets mushy.

Tomato "Bun" Burgers

100 grams, 93% fat free ground beef or turkey, 1 large tomato, 1/2 tsp chili pwd, 1/2 tsp onion pwd, 1/2 tsp garlic pwd, 1/4 tsp cayenne to taste, salt & pepper. Mix spices together with the ground meat in a bowl. take the spiced meat and prepare patties. Cook it throughly. Slice your large tomato and use two slices or tomato as the "bun" for your burger. Serve with the remainder of the large tomato (sliced) to complete your servings of vegetable. Serves 1

Garlic Roast

3lbs of lean beef roast, fat removed, 1/2 onion, cut into large chunks, 6-8 large garlic cloves, 1/2 tsp garlic pwd, 1/2 tsp onion pwd, 1/2 tsp chili pwd, 1/4 cayenne pwd, 1 tsp sea salt, pepper to taste, water as needed. Preheat oven to 350 degrees. Put roast in a roasting pan, Cut 6 small slits in the roast and place one piece of the cut garlic in each slit. Mix the rest of the spices in a bowl and then rub on to the roast. Add water to the roasting pan until approximately 1 1/2" deep. Add your garlic and onion. Cook it for 45 to 60 mins. Make sure you serve yourself a 3oz serving.

Mexican Green Salsa

Green tomatoes, peel off outer layer, boil until soft, but not too long. Throw in blender: green tomatoes, salt, garlic, cilantro, water. Absolutely excellent in tacos, eggs and any Mexican dish.