

# 123Diet Recipe Ebook



**Please note:**

The recipes contained in this ebook are not all suitable for phase 2.

These recipes are for maintaining your weight however some are suitable for phase 2, so please check with your instruction booklet to compare ingredients.

For recipe ideas for phase 2 please email [admin@123diet.com.au](mailto:admin@123diet.com.au)

# SALADS AND APPETIZERS

## Sweet Japanese Cucumber Salad

### Ingredients:

1 cucumber sliced/ diced  
 2 tablespoons apple cider vinegar  
 1 tablespoon fresh lemon juice  
 1 tablespoon Bragg's amino acids  
 1 teaspoon finely minced onion  
 Cayenne pepper to taste  
 Stevia to taste

### Directions:

Mix ingredients together, marinate for 15 minutes or more and serve chilled.  
 Variations: Marinate cucumbers in Sweet wasabi marinade. Makes one serving (1 vegetable)

## Cold Curried Chicken Salad

### Ingredients:

100 grams diced chicken  
 1 apple diced  
 Celery diced (optional)  
 1/4cup water  
 2 tablespoons lemon juice  
 1 tablespoon finely minced onion  
 1 clove of garlic crushed and minced  
 1/4 teaspoon curry powder or to taste  
 Dash of garlic powder  
 Dash of onion powder  
 Dash of cayenne pepper  
 Dash of cinnamon  
 Dash of turmeric  
 Stevia to taste

### Directions:

In small saucepan lightly sauté chicken in lemon juice until lightly brown, add 1 cup water and spices. Stir well and simmer over low heat until liquid reduces to form a sauce and chicken is cooked well. Add water as needed to create the consistency you want. Chill, add chopped apple and celery or omit the celery and serve over a green salad. Makes 1 serving (1 protein, 1 vegetable, 1 fruit)

## Lobster Salad

### Ingredients:

100 grams lobster tail diced  
 Celery, sliced steamed fennel bulb, or tomatoes (optional)  
 1 tablespoon lemon juice  
 1 teaspoon apple cider vinegar  
 Pinch of chopped green onion  
 Pinch of tarragon  
 Salt and black pepper to taste  
 Stevia to taste

### Directions:

Mix lobster, liquid ingredients and spices together and serve over a salad, arugala greens, or with another vegetable. Makes 1 serving (1 protein, 1 vegetable) Phase 3 modifications: Stir in 1-2 tablespoons mayonnaise or sour cream. You can also add any kind of fresh fruit like grapes, diced apple, or top with stevia caramelized pear slices. Add a small amount of chopped walnuts, almonds, or pine nuts for added crunch.

## Spicy Crab Salad

### Ingredients:

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

You may substitute 1 teaspoon of Old Bay seasoning for the powdered ingredients.

### Directions:

Steam the crab and chop into medium chunks. Toss with onions, spices, and liquid ingredients. Marinate for 15 minutes or more and serve over mixed green salad or add diced celery. Makes one serving (1 protein, 1 vegetable)

## Shrimp Cocktail

### Ingredients:

100 grams raw shrimp (approximately 10-12 medium shrimp steamed)  
Cocktail sauce 3 ounces tomato paste  
2 tablespoons lemon juice  
1 tablespoon apple cider vinegar  
1 teaspoon hot sauce  
1/8 teaspoon of horseradish or to taste  
Dash of mustard powder  
Stevia to taste  
Salt and pepper to taste  
Water as needed for desired consistency

Directions: Mix tomato paste, vinegar, horseradish, lemon juice and spices together and allow spices to marinate and dipping sauce to chill. Add additional water as needed to create desired consistency. Steam the shrimp until pink and well cooked. Chill shrimp for 30 minutes in the refrigerator and serve with cocktail dipping sauce. Makes 1 serving (1 protein, 1 vegetable)

## Chilled Garlic Refrigerator Pickles

### Ingredients:

One medium cucumber sliced into rounds  
4 cloves of garlic in thin slices  
1/4-1/2 cup apple cider vinegar  
3 tablespoons lemon juice  
Sea Salt

### Directions:

Mix liquid ingredients together. Salt cucumber slices well. Pack cucumber slices tightly into a small glass canning jar layering garlic slices in between layers. Pour apple cider vinegar and lemon juice into container until liquid covers the slices. Refrigerate overnight. Pickles can be refrigerated for up to 4 days. Or marinate cucumber slices in salt, vinegar and garlic then use a pickle press or weighted plate to press out excess liquid. Makes 1-2 servings (1 vegetable)

## Orange Cabbage Salad with Chicken

### Ingredients:

- 100 grams of chicken
- 1/2 head of any kind of cabbage
- One orange (3 tablespoons of juice and remaining orange sliced or in segments)
- 1 tablespoon apple cider vinegar
- 2 tablespoons lemon juice
- 1 tablespoon Bragg's liquid aminos
- Pinch of fresh or powdered ginger
- Dash of cayenne (optional)
- Stevia to taste (optional)
- Salt and fresh black pepper to taste

### Directions:

Marinate strips or chunks of chicken in apple cider vinegar, lemon juice and spices. Cook thoroughly browning slightly. Prepare dressing with 3 tablespoons of orange juice, Bragg's, stevia, black pepper, salt and cayenne. You may add extra apple cider vinegar if desired. Shred cabbage into coleslaw consistency and toss lightly with dressing. Allow to marinate for at least 20 minutes or overnight. Top with chicken and orange slices. Makes one serving (1 vegetable, 1 protein, 1 fruit) Phase 3 modifications: Add a drizzle of olive or sesame oil, top with sliced almonds or sesame seeds.

## Cold Asparagus Salad

### Ingredients:

- Asparagus spears
- 3 tablespoons lemon juice
- Fresh chopped mint leaves or parsley
- 2 tablespoons caper juice
- 1 tablespoon finely minced red onion
- Salt and pepper to taste

### Directions:

Lightly steam the asparagus until tender. Marinate in juices and spices for at least 30 minutes and enjoy. Variations: Toss with the marinade of your choice for flavor variety. Makes one serving (1 vegetable) Phase 3 modifications: Add olive oil or drizzle with melted butter.

## Red Cabbage Salad

### Ingredients:

1/2 head of red cabbage  
 1/4 cup apple cider vinegar  
 3 tablespoons Bragg's liquid aminos  
 3 tablespoons lemon juice  
 1/4 teaspoon onion powder  
 1/4 teaspoon garlic powder  
 1 clove finely minced garlic  
 1 tablespoon finely minced onion  
 Cayenne pepper to taste  
 Stevia to taste  
 Salt and black pepper to taste

### Directions:

Combine spices with liquid ingredients. Coat cabbage thoroughly with dressing and marinate for 1-2 hours or overnight to blend flavors. Makes 1-2 servings (1 vegetable)  
 Phase 3 modifications: Add olive oil or flax seed oil. Toss with crumbled bacon or gorgonzola cheese.

## Cucumber Orange Salad

### Ingredients:

1 cucumber sliced  
 Orange slices (1 orange)  
 Orange juice from 3 segments  
 1 tablespoon lemon juice  
 1 teaspoon apple cider vinegar  
 1 teaspoon fresh tarragon minced  
 1 tablespoon red onion minced  
 Salt and pepper to taste Stevia to taste  
 Chopped fresh mint leaves (optional)

### Directions:

Combine apple cider vinegar, stevia, onion, and spices and mix well. Add cucumber and orange slices, tarragon, salt, and pepper to taste. Marinate for 30 minutes. Garnish with fresh mint leaves. Makes one serving (1 vegetable, 1 fruit). Phase 3 modifications: Drizzle with hazelnut oil, top with toasted pine nuts.

## Citrus and Fennel Salad

### Ingredients:

1/4 grapefruit cut into medium chunks or 1 orange in segments  
 Fennel bulb steamed  
 2 tablespoons lemon juice  
 Chopped mint or cilantro  
 Stevia to taste

### Directions:

Slice fennel bulb and cut citrus into chunks. Combine ingredients in a bowl. Mix well and chill. Makes 1 serving (1 vegetable, 1 fruit) Phase 3 modifications: Drizzle with olive oil and top with pine nuts

## Spicy Thai Cucumber Salad

### Ingredients:

1 whole cucumber cut julienne style  
 2 tablespoons Bragg's liquid aminos  
 2 tablespoons lemon juice  
 2 tablespoons vegetable broth (optional)  
 1 tablespoon chopped green onion  
 1 clove of garlic crushed and minced  
 1 basil leaf rolled and sliced  
 1 teaspoon cilantro leaves chopped  
 1/8 teaspoon red chili flakes  
 Salt and pepper to taste Stevia to taste

### Directions:

Chop up cucumber in julienne strips. Mix liquid ingredients with the garlic, onion, fresh herbs and chili flakes. Mix in cucumbers and coat thoroughly with spice mixture. Allow to marinate for 10 minutes or overnight. Makes 1-2 servings (1 vegetable) Phase 3 modifications: Add a little sesame oil or chili oil. Add chopped bell pepper or other vegetables. Top with a tablespoon of crushed peanuts.

## Crunchy Sweet Apple Chicken Salad

### Ingredients:

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

### Directions:

Mix ingredients together, sprinkle with stevia and cinnamon. Chill for 20 minutes. Serve with a wedge of lemon and enjoy. Makes 1 serving (1 protein, 1 vegetable, 1 fruit) Phase 3 modifications: Add chopped walnuts or raw almonds. Mix in low sugar Greek yogurt or 1 tablespoon of mayonnaise for a creamier texture.

## Cucumber and Strawberry Salad

### Ingredients:

- 1 whole cucumber
- Sliced strawberries
- 1 serving strawberry vinaigrette
- Fresh ground white pepper
- Stevia to taste

### Directions:

Slice strawberries and cucumber. Toss with strawberries, dressing, stevia and pepper to taste. Allow to marinate for at least 10 minutes. Makes 1-2 servings (1 vegetable, 1 fruit)



## Chinese Chicken Salad

### Ingredients:

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

### Directions:

Brown the chicken with lemon juice, 1 tablespoon Bragg's, garlic, and onion. Slice cabbage into fine strips. Steam lightly until cooked. Drain off excess liquid. Add chicken, ginger, salt and pepper and chill. Sprinkle with additional Bragg's. Makes 1 serving (1 protein, 1 vegetable) Phase 3 modifications: Drizzle with sesame oil. Add additional vegetables such as bell pepper sesame seeds.

## Asparagus and Apple Salad

### Ingredients:

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

Directions: Marinate asparagus in vinaigrette for 10 minutes or so. Lightly sauté asparagus in lemon juice until just lightly cooked. Toss with finely chopped onion, apple, and spices. Add salt, pepper, and stevia to taste. Chill in refrigerator for 10 minutes and serve as a salad or hot as a side dish. Makes 1 serving (vegetable, 1 fruit)

## Arugula Salad with Chicken and Fruit

### Ingredients:

- 100 grams of chicken
- 2 or more cups of arugula greens
- Your choice of apple, orange, strawberry or grapefruit slices
- Dressing made from your choice of compatible fruit
- 1 tablespoon chopped red onion
- Salt and pepper to taste

### Directions:

Cook chicken with a little lemon juice and water until slightly browned. Prepare and wash arugula. Lay chicken slices on top of arugula salad and top with fruit and a dressing made from your fruit of choice. Examples: Strawberry vinaigrette, grapefruit vinaigrette, spicy orange dressing etc. See recipes for dressings, sauces, and marinades. Makes 1 serving (1 protein, 1 vegetable, 1 fruit)

## Chicken Salad with Celery Sticks

### Ingredients:

- 100 grams of chicken
- Celery
- 2 tablespoons Bragg's liquid aminos
- 1 tablespoon lemon juice
- 1 teaspoon apple cider vinegar
- 1/4 teaspoon organic poultry seasoning (Such as Simply Organics)
- 1 tablespoon minced onion
- Salt and pepper to taste

### Directions:

Cook chicken in a little water or chicken broth. Finely chop all ingredients. Mix with spices and additional liquid ingredients. Serve with celery sticks or mix in diced celery and your choice of dressing or dipping sauce. Makes 1 serving (1 protein, 1 vegetable)

# MEALS

## Chicken Meatball Soup

### Ingredients:

100 grams ground chicken breast  
1 teaspoon minced onion  
1 clove garlic crushed and minced  
Pinch of sage  
Pinch of marjoram  
Pinch of thyme  
Dash of onion powder  
Dash of garlic powder  
1 serving Melba toast crumbs (optional)  
2 cups chicken broth (or substitute 1 cup water for 1 cup broth)  
2 tablespoons Bragg's liquid aminos  
1 tablespoon apple cider vinegar  
Chopped celery or tomato  
1 tablespoon chopped onion  
2 cloves garlic crushed and minced  
1 bay leaf Cayenne pepper to taste  
Salt and pepper to taste

### Directions:

Combine ground chicken breast with spices, chopped garlic, onion, and crushed Melba toast. Form into balls. Bring broth to a boil; add spices, vinegar, Bragg's liquid aminos, and chicken balls. Reduce to a simmer and cook a minimum of 30 minutes adding the celery or tomato the last 5-10 minutes of cooking. Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)

## Vegetable Beef Soup

### Ingredients:

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

### Directions:

Combine onion, garlic and spices with beef broth. Add celery and diced beef. Simmer for 20-30 minutes. Add tomatoes and simmer for an additional 5 minutes. Makes 1 serving (1 protein, 1 vegetable) Phase 3 modifications: Add additional vegetables such as zucchini, bell peppers or a small amount of chopped carrots.

## Savory Chicken Soup

### Ingredients:

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

Directions: Bring chicken stock to a boil. Add onion, garlic and spices. Add chicken and vegetables and simmer on low heat for 20 minutes or more until chicken and cabbage are tender and fully cooked. Serve hot. Sprinkle with chives or parsley if desired. Makes 1 serving (1 protein, 1 vegetable)

## Thai Beef Soup

### Ingredients:

100 grams beef  
 Celery  
 2 cups beef or vegetable broth (or substitute 1 cup water for 1 cup broth)  
 3 tablespoons Bragg's liquid aminos  
 1 tablespoon chopped green onion  
 1 clove of garlic crushed and minced  
 Fresh cilantro  
 1/2 teaspoon fresh grated ginger  
 1/8 teaspoon chili powder or red pepper flakes  
 1 bay leaf  
 Pinch of cinnamon  
 Stevia to taste  
 Salt and pepper to taste

### Directions:

Heat up broth. Add dry spices, bay leaf, Bragg's, garlic and onion and bring to a boil. Reduce heat and simmer for 5 minutes. Add beef and celery and cook for 20 to 30 minutes until soft. Add salt, pepper, and stevia. Garnish with fresh chopped cilantro. Makes 1 serving (1 protein, 1 vegetable) Phase 3 modifications: Add chili or sesame oil and a few bean sprouts to the soup. Top with fresh sliced mushrooms.

## Homemade Chicken Broth

### Ingredients:

3 large chicken breasts  
 10 or more cups of water  
 1/2 large onion chopped  
 4 stalks of celery chopped  
 5 cloves of garlic sliced  
 1 bay leaf Salt and pepper to taste

### Directions:

In a large soup pot or crock pot combine chicken and 10 or more cups of water. Water should slightly cover the chicken. Add celery and spices. Heat to a boil then reduce heat to simmer. Allow to slow cook for 4 hours. Remove vegetables and chicken from broth. Refrigerate stock and skim off the chicken fat. Put through a strainer for a clear broth. Save the chicken and make chicken salad or add to soups. Makes multiple servings

## Chilli

### Ingredients:

100 grams lean ground beef (less than 7% fat)  
 1 cup chopped tomatoes  
 1/2 cup water  
 1 tablespoon minced onion  
 2 cloves garlic crushed and minced  
 Pinch of garlic powder  
 Pinch of onion powder  
 1/4 teaspoon chili powder  
 Pinch of oregano  
 Cayenne pepper to taste (optional)  
 Salt and pepper to taste

### Directions:

Brown ground beef in small frying pan, add onions and garlic. Stir in tomatoes and water. Add spices and simmer slowly until liquid is reduced. The longer it cooks the more tender and flavorful. Add a little water as needed to prevent burning. Serve with chopped green onion or tomato garnish and salt and pepper to taste. Makes 1 serving (1 protein, 1 vegetable) Phase 3 modifications: Top with cheddar cheese and a dollop of sour cream.

## Lemony Spinach and Chicken Soup

### Ingredients:

100 grams chicken  
 2 cups chicken broth (or substitute 1 cup water for 1 cup broth)  
 1/2 lemon with rind  
 1-2 cup cups loosely packed spinach cut into strips  
 1 tablespoon onion chopped  
 1 clove garlic crushed and minced  
 1 stalk lemongrass (optional)  
 1/4 teaspoon thyme or to taste  
 Cayenne pepper to taste  
 Salt and pepper to taste

Directions: Lightly brown the chicken in small saucepan with a little lemon juice. Add the onion, garlic, spices and chicken broth. Add lemon with rind and simmer for 20-30 minutes. Add the fresh spinach during the last five minutes of cooking. Serve and enjoy. Makes 1 serving (1 protein, 1 vegetable)

## Hot and Sour Thai Shrimp Soup

### Ingredients:

- 100 grams shrimp
- 2 cups vegetable broth (or substitute 1 cup water for 1 cup broth)
- Juice of 1/2 lemon with rind
- 1 lemon grass stalk
- 2-3 slices of fresh ginger
- Red pepper flakes or cayenne pepper
- 1 tablespoon green onion
- 1 tablespoon fresh chopped cilantro
- Salt and pepper to taste

Directions: Bring the broth to a boil. Add the ginger, lemongrass, lemon juice, onion, and pepper. Simmer for 10-15 minutes. Add the shrimp and cilantro and cook another 8 minutes. Serve hot. Remove lemongrass before serving. Makes 1 serving (1 protein) Phase 3 modifications: Add straw mushrooms and fish paste. Add a little hot chili paste or chili oil

## French Onion Soup

### Ingredients:

- 2 cups beef broth
- 1 Melba toast crumbled or Melba croutons(optional)
- 1 teaspoon Worcestershire sauce
- 1 tablespoon Bragg's liquid aminos (optional)
- 1 tablespoon lemon juice
- 1/4 to 1/2 of an onion in thin strips
- 1 clove garlic crushed and minced
- Stevia to taste
- Salt and black pepper to taste

### Directions:

Brown the onions in a little water and lemon juice. Add beef broth and spices and simmer for 20-30 minutes. Makes 1-2 servings (1 vegetable, 1 Melba toast) Phase 3 modifications: Top with mozzarella or provolone cheese.

## Abondigas Soup (Mexican meatball soup)

### Ingredients:

100 grams lean ground beef  
 1 serving Melba toast crumbs  
 Dash of onion powder  
 Dash of garlic powder  
 1/8 teaspoon oregano  
 1 teaspoon minced onion  
 1 clove garlic crushed and minced  
 Pinch of cumin Cayenne pepper to taste  
 Salt and pepper to taste  
 1 cup beef broth  
 1 cup water Fresh tomatoes or celery  
 1 tablespoon chopped onion  
 1 clove garlic crushed and minced  
 1 tablespoon fresh chopped cilantro !  
 1/4 teaspoon dried oregano  
 Salt and pepper to taste

Directions: Make meatballs by mixing ground beef, Melba crumbs, finely diced onion, garlic, powdered spices and chopped cilantro. Form into balls and drop into beef broth. Add spices, onion and garlic to the broth and bring to a boil. Reduce to a simmer and cook for a minimum of 30 minutes. Add your choice of celery or tomato to the broth in the last 10 minutes of cooking. Garnish with fresh chopped cilantro and oregano. Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast) Phase 3 modifications: Add additional vegetables small amount of carrots.

## Chicken Curry

### Ingredients:

100 grams cubed chicken  
 1/4 cup chicken broth or water  
 1/4 teaspoon curry powder or to taste  
 Pinch of turmeric  
 Dash of garlic powder  
 Dash of onion powder  
 1 tablespoon minced onion  
 Salt and pepper to taste  
 Stevia to taste Cayenne to taste

### Directions:

Dissolve spices in chicken broth in a small saucepan. Add chopped onion, garlic and chicken. Add Stevia to taste for a more sweet curry. Sauté chicken in liquid until fully cooked and liquid is reduced by half. Additional water may be added to achieve desired consistency. Serve hot or cold. Makes 1 serving (1 protein)



## Chicken Pesto

### Ingredients:

100 grams thinly sliced or whole chicken breast  
 3 tablespoons lemon juice  
 Salt and pepper to taste  
 Pesto  
 3 cloves raw garlic  
 1/4 cup fresh basil leaves  
 2 tablespoons apple cider vinegar  
 1/4 cup chicken broth or water  
 2 tablespoons lemon juice  
 1/4 teaspoon dried oregano  
 Salt and black pepper to taste

### Directions:

Marinate chicken in lemon juice, salt and pepper. Fry in a pan until lightly browned and cooked thoroughly. For the pesto sauce, puree fresh basil, garlic, chicken broth, and lemon juice in a food processor. Add pesto mixture to chicken, add a little water and cook on medium heat coating chicken with pesto mixture. Add salt and pepper to taste and serve hot. Pesto sauce may be made by itself and added to vegetables or other protein options. Makes 1 serving (1 protein) Makes 2-3 servings of pesto sauce. Phase 3 modifications: Add 1 cup pine nuts or walnuts and 1 cup parmesan cheese to the food processor along with 1 cup of olive oil. For a creamy pesto, add a little half and half and omit the lemon juice.

## Oriental Ginger Chicken

### Ingredients:

100 grams chicken  
 1/4 cup chicken broth or water  
 4 tablespoons lemon juice  
 1/4 teaspoon lemon or orange zest  
 1/2 teaspoon fresh ginger  
 4 tablespoons Bragg's liquid aminos  
 1 tablespoon chopped onion  
 Stevia to taste  
 Salt and pepper to taste  
 Cayenne pepper to taste

### Directions:

In a small sauce pan, sauté chicken in a little lemon juice and water until slightly browned. Add spices, ginger, salt, lemon and stevia. Add Bragg's liquid aminos and cook thoroughly. Deglaze the pan periodically by adding a little water. Serve hot and garnish with lemon or orange slices. Makes 1 serving (1 protein).

## Chicken Apple Sausage

### Ingredients:

100 grams ground chicken breast  
 2 tablespoons minced apple  
 1 serving Melba toast crumbs (optional)  
 2 tablespoons chicken broth or water  
 2 tablespoons apple juice  
 1 tablespoon finely minced onion  
 Dash of garlic powder  
 Dash of onion powder  
 Dash of cinnamon  
 Dash of clove or nutmeg (optional)  
 Dash of cayenne to taste  
 Stevia to taste (optional)  
 Salt and black pepper to taste

### Directions:

Combine ground chicken, diced apple, and dry spices in a small bowl. Add in the minced onion and apple juice and mix thoroughly. Form into 2-3 round patties and fry in chicken broth until fully cooked and lightly brown. Deglaze periodically with a little water to intensify the flavors and keep the patties moist. Makes 1 serving (1 protein, 1 fruit, 1 Melba toast)

## Sweet Lemon Chicken

### Ingredients:

100 grams thinly sliced chicken  
 1/2 lemon with rind  
 1 tablespoon Bragg's liquid aminos  
 1/4 cup chicken broth or water 1 cup water  
 Dash of cayenne pepper  
 Salt to taste  
 Stevia to taste (optional)

### Directions:

Slice up 1/2 lemons into quarters and add to water. In a small saucepan boil lemon quarters until pulp comes out of the rind. Add broth, chicken, Bragg's and spices and simmer on low heat until chicken is cooked and sauce is reduced by half. Deglaze periodically with water if necessary. Garnish with fresh lemon slices, lemon zest or mint. Makes 1 serving (1 protein)

## Rosemary Chicken

### Ingredients:

- 100 grams thick sliced or whole chicken breast
- 1 serving Melba toast crumbs
- 1/4 cup chicken broth or water
- 3 tablespoons lemon juice
- 1/2 teaspoon fresh rosemary
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- Salt and pepper to taste
- Pinch of lemon zest

### Directions:

Marinate chicken in lemon juice, salt and rosemary. Mix spices and Melba toast crumbs together in shallow bowl or plate. Coat the chicken pieces with spice mixture and place in baking dish. Add broth and top chicken with additional spice mixture. Bake chicken at 350 for approximately 20 minutes or until cooked. Sprinkle chicken with lemon juice, salt, and pepper to taste. Garnish with fresh chopped parsley and lemon slices. Makes 1 serving (1 protein, 1 Melba toast)

## Chicken Tacos

### Ingredients:

- 100 grams finely chopped or ground chicken breast
- 1/4 cup chicken broth or water
- 1 tablespoon chopped onion
- 1 clove garlic crushed and minced
- 1/8 teaspoon oregano
- Cayenne pepper to taste
- Pinch of cumin
- Fresh cilantro chopped
- 2-4 large lettuce leaves

### Directions:

In a small frying pan cook chicken in broth. Add onion, garlic, and spices. Deglaze pan with lemon juice or a little water. Serve chicken taco style in butter lettuce or romaine leaves or top with salsa. Makes 1 serving (1 protein, 1 vegetable)

## Tomato Basil Chicken

### Ingredients:

100 grams cubed chicken  
 1 cup chopped tomato  
 1/4 cup chicken broth or water  
 2 tablespoons lemon juice  
 2 tablespoons chopped onion  
 1-2 cloves garlic sliced  
 3 leaves basil rolled and sliced  
 1/8 teaspoon oregano fresh or dried  
 Dash of garlic powder  
 Dash of onion powder  
 Cayenne to taste  
 Salt and pepper to taste

### Directions:

Lightly brown the chicken in small saucepan with lemon juice. Add garlic, onion, spices and water. After chicken is cooked add fresh tomatoes and basil. Continue cooking for 5-10 minutes. Salt and pepper to taste, garnish with fresh basil. Makes 1 serving (1 protein, 1 vegetable)

## Sweet and Sour Chicken

### Ingredients:

100 grams chicken breast  
 1/2 orange, 1/2 lemon with rind  
 1 cup water  
 1 tablespoon Bragg's liquid aminos  
 2 tablespoons apple cider vinegar  
 1 tablespoon minced onion  
 1 tablespoon lemon and/or orange zest  
 Dash of garlic powder  
 Dash of onion powder  
 1 tablespoon hot sauce  
 Cayenne pepper to taste  
 Salt and pepper to taste  
 Stevia to taste

### Directions:

In a frying pan or small saucepan place 1 orange and 1 lemons with the rind in water and boil until pulp comes out of the rind. Remove rinds from the water and scrap out remaining pulp and juice with a spoon. Add spices, onion, and stevia to taste. Add chicken and cook until liquid is reduced by approximately half and desired consistency is achieved. Add onion and garlic powders which act as slight thickening agent. Serve hot and garnish with lemon. Makes 1 serving (1 protein, 1 fruit) Phase 3 modifications: Add a small amount of fresh pineapple, bell pepper, and chopped mushrooms.

## Stuffed Chicken Rolls

### Ingredients:

100 grams chicken breast Spinach  
 1/2 cup chicken broth or water  
 1 tablespoon chopped onion  
 1 clove of garlic crushed and minced  
 1 tablespoon lemon juice  
 Dash of onion powder  
 Dash of garlic powder  
 Pinch of cayenne pepper  
 Salt and pepper to taste

### Directions:

Tenderize chicken manually by pounding until flat. Cook spinach lightly with garlic, onion and spices. Strain out excess liquid from the spinach and place mound of spinach in the center of the pounded chicken. Roll up the spinach mixture inside the chicken breast. Place rolls in baking dish and add chicken broth to the pan. Bake the rolls in 350 degree oven for about 15 minutes or until chicken is cooked completely.

Variations: Top with marinara sauce recipe. Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Brush chicken with olive oil, add marinara sauce, and top with mozzarella cheese if desired. Bake until brown and bubbly. Another modification is to mix the spinach mixture with sliced mushrooms.

## Bruchetta Chicken

### Ingredients:

100 grams thick sliced or whole chicken breast  
 1 Melba toast crushed into crumbs  
 2 medium Roma tomatoes  
 2 tablespoons lemon juice  
 1 tablespoon Bragg's liquid aminos  
 2 tablespoons apple cider vinegar  
 2 cloves finely chopped garlic  
 3 large fresh basil leaves rolled and sliced  
 Pinch of dried oregano  
 Pinch of marjoram  
 Salt and black pepper to taste

### Directions:

Marinate chicken in lemon juice, Braggs, vinegar, salt, and pepper. Mix Melba crumbs with dry spices. Coat the chicken in Melba crumbs/herb mixture and fry chicken in small pan until golden brown. Deglaze the pan periodically with a little broth to keep chicken from burning. For the bruschetta sauce; chop tomatoes finely and put into small bowl. Roll basil leaves together, crush lightly and cut horizontally to create fine slices. Mix ingredients together with lemon juice, vinegar and salt and pepper to taste. Serve chilled bruschetta sauce over the hot chicken. Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast) Phase 3 modifications: Brush chicken breasts with olive oil and substitute balsamic vinegar (check the sugar count) for the bruschetta. Serve with fresh grated parmesan cheese or lay a slice of provolone cheese over the breast then top with bruschetta sauce.

## Barbecued Chicken

### Ingredients:

- 100 grams of chicken breast whole
- 1 serving of barbecue sauce

### Directions:

Coat chicken with barbeque sauce and fry with a little water in small frying pan until cooked thoroughly on low heat. Stir constantly and add water so that it doesn't burn or grill on the barbeque. Serve hot. Add salt and pepper to taste. Makes 1 serving (1 protein, 1 vegetable)

## Roasted Garlic Chicken

### Ingredients:

- 100 grams chicken sliced
- 1 serving Melba toast crumbs
- 1/4 cup chicken broth or water
- 2 tablespoons lemon juice
- 1 tablespoon Bragg's liquid aminos
- 2 cloves of garlic sliced
- 1/4 teaspoon onion powder
- 1/2 teaspoon garlic powder
- Salt and pepper to taste

### Directions:

Marinate chicken in liquid ingredients. Add dry spices to Melba toast crumbs and coat chicken with the herbed mixture. Place chicken in a small baking dish and add marinade to the bottom. Cover the chicken breast with slices of garlic and bake in 375 degree oven for 20 minutes or until thoroughly cooked and lightly brown. Garnish with chopped parsley. Makes 1 serving (1 protein 1 Melba toast) Phase 3 modifications: baste chicken breast with olive oil. Add parmesan cheese to make the coating.

## Spicy Chicken Sausage Patties

### Ingredients:

100 grams ground chicken breast (must be breast meat, no dark meat)  
Dash of onion powder  
Dash of garlic powder  
1 tablespoon minced onion  
1 clove of garlic crushed and minced  
Cayenne pepper to taste

### Directions:

Mix ingredients thoroughly in small bowl. Form mixture into 2 or 3 patties and fry in small saucepan deglazing periodically with water to enhance flavor and keep chicken moist. Cook thoroughly until lightly browned. Makes 1 serving (1 protein)

## Crock Pot Chicken

### Ingredients:

Several 100 gram whole chicken breast pieces  
1/2 cup chopped onion  
5 cloves fresh chopped garlic  
1 teaspoon paprika  
1/2 teaspoon cayenne  
1 teaspoon onion powder  
1/2 teaspoon thyme  
1 teaspoon garlic powder  
1 teaspoon whole black peppercorns  
Salt and pepper to taste

### Directions:

Place pieces of chicken in crock-pot and cover with enough water so it doesn't burn. Add spices and onion. Cook on medium for 3 or more hours. Save the juices for sauces and dressings. Variations: add 1 can tomato paste to fresh chopped tomatoes. Try an organic poultry mix spice mixture for a rich sage flavor. Makes 1 serving (1 protein)

## Slow Roasted Beef Brisket

### Ingredients:

Lean beef brisket in weighed 100 gram increments (example 600 grams=6 servings)  
 4-6 stalks celery  
 1 tablespoon garlic powder  
 1 tablespoon onion powder  
 1 tablespoon paprika  
 1/4 cup chopped onion  
 5 cloves of garlic crushed and chopped  
 Cayenne pepper to taste  
 Chili pepper to taste  
 Salt and fresh ground black pepper to taste

### Directions:

Combine spices in a small bowl. Rub the mixture into the beef on all sides. Salt the meat liberally. Place the brisket in a crock pot. Fill about "ways with water. Add celery to the liquid and set crock pot on high for 30 minutes. Reduce heat to medium or low and allow to slow cook for 6- 8 hours. Baste and turn the brisket periodically. You may add more of the spice mixture if you wish. Save the juices, skim the fat, and use to make flavorful sauces and dressings. Makes multiple servings (1 protein, 1 vegetable). Phase 3 modifications: Sear on high heat in olive oil on each side before adding to crock pot. Horseradish sauce may be modified by adding mayonnaise or Greek yogurt instead of beef broth.

## Meatloaf

### Ingredients:

100 grams Ground beef (lean) for each serving  
 1 serving Melba toast crumbs  
 1 ketchup recipe  
 1 tablespoon chopped onion  
 1 clove minced garlic  
 Cayenne to taste  
 1/4 teaspoon paprika

### Directions:

Crush Melba toast into fine powder. Mix with the ground beef, chopped onion and spices. Place in a baking dish, loaf pan or muffin tin for single servings. Baste with ketchup recipe mixture and bake at 350 for 15-20 minutes. Cook longer for multiple servings using a loaf pan.



## Ground Beef Tacos

### Ingredients:

100 grams lean ground beef  
 Lettuce leaves  
 1 tablespoon finely minced onion  
 1 clove crushed and minced garlic  
 Dash of garlic powder  
 Dash of onion powder  
 Pinch of dried oregano  
 Fresh chopped cilantro to taste  
 Cayenne pepper to taste  
 Salt and black pepper to taste

### Directions:

Brown ground beef. Add onion, garlic, and spices and a little water and simmer gently for 5-10 minutes. Add salt to taste. Serve taco style in butter lettuce or romaine leaf mock tortillas or with a side of tomatoes or salsa. Makes 1 serving (1 protein, 1 vegetable) Phase 3 modifications: Serve with cheddar cheese, sour cream and guacamole.

## Spaghetti-less Meat Sauce

### Ingredients:

100 grams lean ground beef (less than 7% fat)  
 8 ounces organic tomato sauce  
 2 cups chopped tomatoes  
 2 cloves garlic crushed and minced  
 1 tablespoon minced onion  
 1/2 teaspoon dried basil or 4 leaves rolled and sliced fresh basil  
 1/4teaspoon dried oregano  
 Salt and black pepper to taste  
 Cayenne pepper to taste  
 Stevia (optional)

### Directions:

Brown the ground beef and pat off excess oil or sauté in water and drain off the fat. Add tomato sauce, chopped tomatoes, onion, garlic, and herbs. Simmer on low heat for at least 30 minutes. Add water to desired consistency. Serve atop cabbage noodles. Makes 1 serving (1 protein, 1 vegetable) Phase 3 modifications: Add a little olive oil, chopped green or black olives. Top with parmesan cheese.

## Hamburgers

### Ingredients:

- 100 grams lean ground hamburger (less than 7% fat)
- 1 tablespoon finely minced onion
- 1 clove finely minced garlic
- Dash of garlic powder
- Dash of onion powder
- Cayenne pepper to taste
- Salt and black pepper to taste

### Directions:

Mix ingredients thoroughly and form into patties (2-3). Fry in small frying pan until desired level of doneness or grill on the barbeque. If using frying pan add small amounts of water and deglaze pan to intensify flavors. Cook approximately 3 minutes each side or to desired level of doneness. Variations: Add stevia, lemon juice, and Bragg's liquid aminos to create a slight teriyaki flavor or top with caramelized onion garnish. Also try lean buffalo or bison meat. Makes 1 serving (1 protein). Phase 3 modifications: Add crumbled gorgonzola cheese to the hamburger meat before cooking. Top cooked hamburgers with Swiss cheese and sautéed mushrooms or top with chili and cheese.

## Italian Beef Roll Ups

### Ingredients:

- 100 grams lean flank steak
- Finely chopped cabbage
- 1 cup beef broth or water
- 2 tablespoons apple cider vinegar
- 2 tablespoons Bragg's liquid aminos
- 1 clove garlic crushed and minced
- 1 tablespoon minced onion
- 1 teaspoon Italian herb mix
- Salt and pepper to taste

### Directions:

Tenderize steak with manual meat tenderizer until flat and thin. In a frying pan combine cabbage with spices, vinegar and aminos and cook until slightly tender. Spoon cabbage mixture into pounded flank steak and wrap into a roll. Fill the bottom of the pan with a little water and beef broth. Salt and spice the top of the roll Bake in 375 degree oven for approximately 20 minutes until cooked and cabbage tender. Baste occasionally with juices to keep the rolls moist. Variations: Substitute spinach for the cabbage filling. Makes 1 serving (1 protein, 1 vegetable).

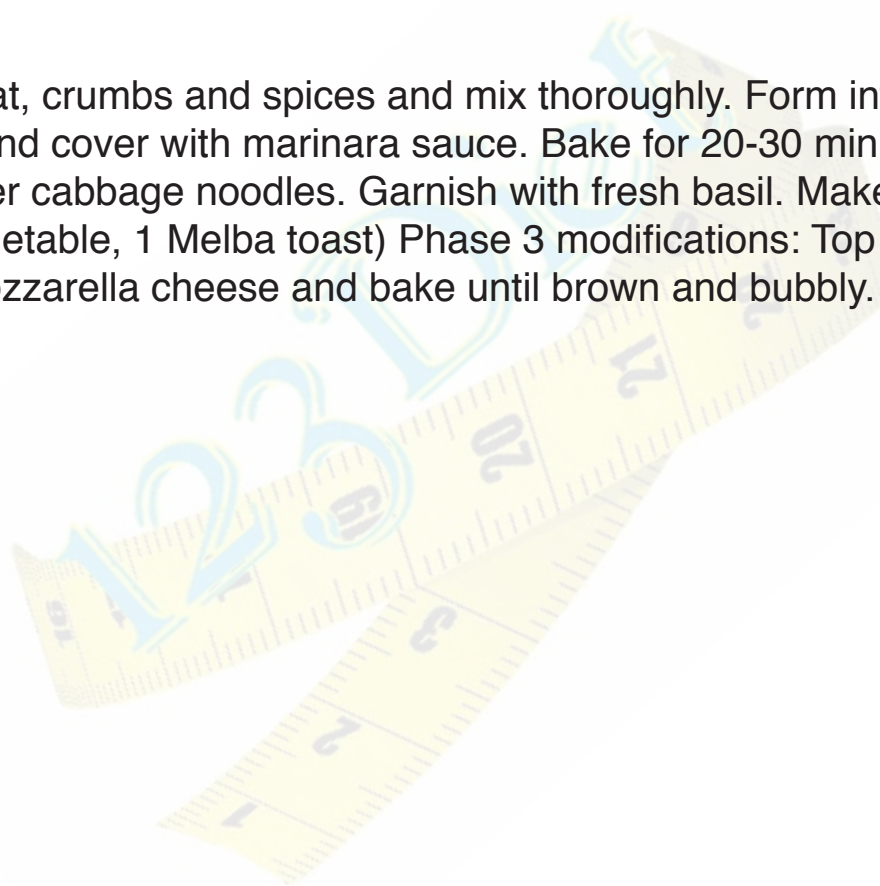
## Baked Italian Meatballs

### Ingredients:

- 100 grams lean ground beef
- 1/4 teaspoon basil
- 1/8 teaspoon oregano
- 1/8 teaspoon garlic powder
- 1/8 teaspoon oregano
- 1 tablespoon minced onion
- 1 clove garlic crushed and minced
- 1 serving Melba toast crumbs
- 1 recipe marinara sauce

### Directions:

Combine meat, crumbs and spices and mix thoroughly. Form into balls. Place into baking dish and cover with marinara sauce. Bake for 20-30 minutes at 350 degrees. Serve hot over cabbage noodles. Garnish with fresh basil. Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast) Phase 3 modifications: Top with sliced provolone cheese or mozzarella cheese and bake until brown and bubbly. Top with grated parmesan.



## Curried Shrimp with Tomatoes

### Ingredients:

100 grams shrimp  
 1/2 cup vegetable broth or water  
 2 tomatoes chopped  
 1 tablespoon minced onion  
 1 clove garlic crushed and minced  
 1/8 teaspoon curry or to taste  
 1/8 teaspoon onion powder  
 1/8 teaspoon garlic powder  
 Pinch of allspice  
 Stevia to taste

### Directions:

Sauté the shrimp with the onion and garlic for about 3 minutes or until cooked. Add vegetable broth, curry and stevia. Add garlic and onion powder to thicken the mixture. Cook for 5-10 minutes on medium heat. Add water or reduce liquid until desired consistency is reached. Makes 1 serving (1 protein, 1 vegetable)

## Creole Shrimp

### Ingredients:

1/2 cup vegetable broth or water  
 1 clove garlic crushed and minced  
 1 tablespoon minced onion  
 1/4 teaspoon horseradish  
 1/8 teaspoon garlic powder  
 1/8 teaspoon onion powder  
 1-2 teaspoons hot sauce  
 2 tablespoons lemon juice  
 Pinch of thyme  
 1 bay leaf  
 Dash of saffron powder or root beer flavored stevia  
 Dash of liquid smoke flavoring (optional)  
 Cayenne pepper to taste  
 Salt and black pepper to taste

### Directions:

Mix liquid ingredients, onion, garlic, and spices. Simmer over low heat for 10 minutes in a small frying pan. Add shrimp and cook thoroughly for an additional 5 minutes. Add salt and pepper to taste. Deglaze the pan periodically with additional water or broth. Serve hot or cold over a salad or with fresh asparagus. Makes 1 serving (1 protein)

## Shrimp Scampi

### Ingredients:

100 grams shrimp  
1/4 cup vegetable broth or water  
3 tablespoons lemon juice  
4 cloves garlic crushed and minced  
Dash of garlic powder  
Dash of onion powder  
Dash of chili or cayenne pepper powder to taste  
Salt and pepper to taste

### Directions:

Add garlic to liquid ingredients. Add shrimp and additional spices. Cook for 5-7 minutes until shrimp are pink and liquid is reduced. Serve hot or cold with a salad or on a bed of spinach. Makes 1 serving (1 protein)

## Lemon Dill Fish

### Ingredients:

100 grams any kind of white fish  
4 tablespoons lemon juice  
1/4 cup vegetable broth or water  
1 teaspoon apple cider vinegar  
1 teaspoon fresh dill  
1 clove garlic crushed and minced  
1 tablespoon minced onion  
Salt and black pepper to taste

### Directions:

Sauté fish with lemon juice, vegetable broth, and vinegar. Add garlic, onion, and fresh dill. Cook for an additional 5-10 minutes or until fish is completely cooked. Garnish with lemon wedges. Makes 1 serving (1 protein)

## Citrus Fish

### Ingredients:

- 100 grams white fish
- 1 tablespoon minced onion
- 2 tablespoons lemon juice
- Lemon and orange zest to taste
- Lemon and orange slices
- Chopped parsley
- Salt and pepper to taste
- Stevia to taste

### Directions:

Mix lemon juice with zest and a little stevia. Baste fish with mixture and top with salt, pepper, and lemon and orange slices. Wrap in aluminum foil and place on the barbeque or in oven at 350 degrees. Cook fish for 5-10 minutes or until fish is thoroughly cooked. Serve with lemon and top with parsley. Makes one serving (1 protein, 1 fruit)



## Fish and Cabbage with Cumin

### Ingredients:

- 100g white fish fillet without skin
- 2 tsp Tamari (soy sauce)
- 1/4 tsp crushed fennel seeds
- 1 cup Savoy cabbage, thinly shredded
- 1 spring onion
- 1/4 tsp cumin seeds

### Directions:

Grill fish fillet (season with a squeeze of lemon, ½ the tamari, salt and pepper to taste). Be careful not to overcook.

Meanwhile, heat pan and cook cabbage, fennel and cumin (about 3 minutes) until cabbage starts to wilt. Add a drizzle of water or lemon juice plus the remaining Tamari to avoid sticking.

Place cabbage on plate. Put the fish on top and drizzle with the pan juices. (if you place the fish on a piece of foil curled up at the edges you can catch the juice and use it too). Garnish with spring onion and serve immediately.

## Tarragon Veal and Mushrooms

### Ingredients:

- 100g veal schnitzel (uncrumbed)
- 90g mushrooms, thinly sliced
- 1 1/2 tablespoons chopped fresh tarragon leaves

### Directions:

Cook veal for 2 minutes each side for medium or until cooked to your liking (lightly coat with lemon juice first so it doesn't stick). Transfer to a plate. Cover to rest and keep warm.

Put ½ cup of water into the pan then add mushrooms to it. Cook for 5 minutes or until mushrooms are tender. Add salt and pepper to taste. Stir in tarragon.

Add mushrooms to the plate with the veal. Garnish with a little chopped parsley if desired.

## Baked Cajun Chicken

### Ingredients:

100g Chicken  
1/2 Tablespoon Milk  
Cajun Seasoning to cover

### Directions:

Preheat oven to 180

In small dish, coat both sides of chicken with milk.

Place chicken in glass baking dish.

Sprinkle top with cajun seasoning.

Bake uncovered 20-30 mins until chicken is no longer pink.

## Orange Ginger Chicken

### Ingredients:

100g Chicken - cut into chunks  
Black Pepper  
Orange - cut in half (half for juice and half to cut in thin slices)  
2-3 cloves Minced Garlic  
1 Teaspoon Fresh Ginger Root (about 2cm long piece, peeled & minced)  
1/2 Tablespoon Fresh Basil  
Juice of Half Lemon

### Directions:

Preheat pan over MED heat.

Sprinkle chicken with pepper.

Add chicken to pan and stir fry until brown on all sides, about 5-10 mins.

Add garlic and cook for 1 min.

Squeeze juice of ½ orange over chicken.

Peel & slice ½ orange into thin slices. Add orange sections, ginger, lemon juice, and basil. Stir well.

Cover and simmer for about 20-30 mins.



## Spicy Chilli Chicken

### Ingredients:

100g cooked chicken breast, shredded  
1 cup chicken stock  
2 cloves minced garlic  
1/2 tsp cumin  
1/4 tsp oregano  
1/4 tsp red pepper flakes  
1/8 tsp ground cloves  
Tabasco sauce to taste

### Directions:

Preheat saucepan over MED-HI heat.

Add all ingredients except for Tabasco sauce.

Bring to a boil then reduce heat to simmer, cover, & cook 30 mins.

Add Tabasco just before serving (to taste).

## Moroccan Chicken

### Ingredients:

100g chicken (Veal or Beef)  
Juice of half lemon  
Black Pepper to taste  
Moroccan Spices

### Directions:

Heat non-stick frypan over MED heat.

Cut chicken in thin slices, toss in the spices

squeeze on lemon juice & sprinkle with pepper.

Toss seasoned chicken in preheated pan till cooked.

## San Choy Bow (makes 5 portions)

### Ingredients:

- 500 g Chicken mince (Veal or Beef)
- 4-6 Tb Water
- 3 Tb Tamari sauce (Chang's, Fountain, Ayam)
- 3 Tb Fish sauce gluten free (Chang's)
- 1 ts Ginger, grated
- 2 Garlic cloves, minced
- ½ cup fresh chopped coriander
- 3 cups Iceberg lettuce (keep 3 small leaves shred the rest finely) OR 2 cups Cabbage

### Directions:

Mix tamari and fish sauce in a jug.

stir fry the mince until half-browned.

Mix chicken mince with water until absorbed. (this will help soften the proteins in the meat and improve the finished texture)

Add ginger, garlic, coriander, tamari and fish sauce

Continue simmering to reduce sauce. (Divide into 5 portions) freezes well.

SERVE

Fill 3 small lettuce cups with shredded lettuce divide the single portion of Meat over the lettuce...ENJOY

## Spicy Mince (makes 5 portions)

### Ingredients

- 500 chicken mince (Veal or Beef)
- 3 x cans organic tomatoes (crushed or chopped)
- 2 garlic cloves
- 1/2 tsp organic chilli powder (to taste)
- 1 cup water

### Directions:

puree 1/2 of tomatoes

saute meat until browned

add all tomatoes

add chili powder

add water

simmer at least 15 minutes or until sauce is thick.

## Spice encrusted Eye Fillet

### Ingredients:

100g Eye fillet (chicken breast or Veal Steak)  
Prepared spices (see Tip)

### Directions:

Place ingredients in a plastic bag, toss till whole fillet is coated.

Refrigerate for at least 1 hour.

Heat non stick fry pan

Add seasoned steak, cook on one side till blood rises to the surface.

Turn over, cook until steak is done to your liking. (only turn steak once to ensure it remains tender)

### TIP

Prepared spices from the spice aisle of any supermarket:

Moroccan, Thai, Smokey BBQ, Italian, Portuguese, Bush Spices, Aussie BBQ...Just to name a few...experiment.

## Curry prawns (VLCD)

### Ingredients:

100g prawn meat (head and tail removed) 1/2 tsp garlic paste (2 cloves minced)  
1/8 cup water  
1/2 tsp curry powder  
1/4 tsp cumin  
salt/black pepper (to taste)

### Directions:

Preheat frypan over MED heat.

Add garlic. Cook until translucent. 5-10 mins.

Add prawn meat, seasonings, and water. Mix & stir fry until cooked through. 2-3 mins

## Prawn & Asparagus Stir Fry

### Ingredients:

100g prawn meat (head and tailed removed) (Lobster or Crab)

1-2 cloves minced garlic

Asparagus (15 spears)

1 T fresh ginger

### Directions:

Add prawns, garlic, and ginger into pre-heated frypan.

Stir fry for 3-5 mins. (If needed, add small amount of water.)

While that cooks, snap ends off of asparagus. Cut asparagus into 5cm pieces.

Remove prawns from frypan and add asparagus.

Stir fry for 2-3 mins.

Re-add prawns to pan and heat for 1 minute to heat through.

## Lemon Prawns and Spinach

### Ingredients:

100g prawn meat (head and tails removed) (Crab or lobster)

3 cups spinach (or amount allowed)

3 Tblsps water

Juice of 1 lemon (or 1/2 lemon if you like things less lemony)

2 cloves minced garlic

salt

black pepper

### Directions:

Preheat non-stick frypan over MED heat.

Add water, garlic, and prawns.

Cook 3 -5 mins or until prawns just turn pink. (Add water as necessary)

Squeeze in juice of 1 lemon.

Add spinach.

Toss in salt & pepper.

Cook uncovered until spinach wilts.

## Steamed Fish with Lemon & Lime

### Ingredients:

100g white fish fillet  
 2 slices fresh ginger  
 Fresh parsley  
 3 slices lemon  
 3 slices lime  
 3 cups baby spinach leaves

### Directions:

Prepare steamer: Half fill saucepan with water and bring to boil over a high heat.  
 Cover the base of A steamer with cabbage leaf or two  
 Place fish fillet on cabbage leaf, layer with lemon, lime & ginger  
 Place steamer on pot of boiling water (ensure steamer is not touching the water)  
 Adjust heat to just bubbling gently. Place lid on steamer  
 Cook 10 – 15 minutes (depends on thickness of the fish)  
 Add spinach leaves to steamer 1 minute before fish is ready  
 To check fish is done: cooked, fish will look opaque and will flake easily.

## Baked Thai Cod

### Ingredients:

100g white fish fillet / Cod  
 2 slices fresh ginger  
 Small bunch coriander  
 Juice 1 lime  
 Zest ½ lime  
 Chillies (to taste)  
 2 garlic cloves  
 ¼ tsp salt  
 Square of foil

### Directions:

Preheat oven 180  
 Chop coriander, chillies, garlic and lime zest  
 Place fish fillet on foil square  
 Cover in chopped ingredients  
 Squeeze over lemon  
 Add salt  
 Fold foil up to create a sealed pocket.  
 Place foil pack on oven proof dish  
 Bake 10 – 15 minutes

## Chicken & Celery Soup

### Ingredients:

100 grams lean minced Chicken/ Veal/ Beef  
 2 cups Celery chopped into chunks  
 garlic  
 sea salt, celery salt, garlic powder or garlic salt, dash of pepper, stock cube

### Directions:

Brown meat till half done add ¼ cup of water and cook till absorbed. Add veggies, and enough water to cover all. Simmer until celery is done  
 Add salt and spices to taste

## Curry Chicken & Cabbage Soup

### Ingredients:

100g chicken - cubed  
 2 cups chicken stock (2 chicken cubes)  
 1 cloves minced garlic  
 Tsp grated ginger  
 1/2 t curry powder  
 1/4 tsp cinnamon  
 Pinch cloves, allspice and nutmeg  
 salt/black pepper to taste  
 2 cups chopped cabbage  
 ½ packet “slimpasta” or “Miracle Noodles” (optional)

### Directions:

In saucepan, sauté chicken.  
 Add all other ingredients  
 Bring to a boil.  
 Reduce heat, cover, and simmer 45 mins.  
 Shred chicken before serving  
 Wash noodles/pasta add 3 minutes from end of cooking time

## Baked Ribbon Zucchini

### Ingredients:

- 250 gm Zucchini
- Seasoning mix (smokey bbq, Italian, thai etc)

### Directions:

- Preheat oven to 200 degrees celsius
- Line baking tray with baking paper
- Slice Zucchini lengthwise with potato peeler
- Lay ribbons of zucchini on baking tray
- Sprinkle with seasoning
- Bake for 5 – 10 minutes

## Easy Mushroom Sauce

### Ingredients:

- 180 gm mushrooms
- ½ cup water
- Stock cube
- Salt to taste

### Directions:

- Slice mushrooms
- Combine all ingredients in Saucepan
- Bring to boil
- Simmer uncovered on a low heat till liquid reduces and mushrooms are soft

## Prawn San Choy Bow

### Ingredients:

100 gms diced prawn meat  
1/2 packet diced miracle noodles OR Miracle Rice  
1/2 tsp Soy Sauce  
small clove crushed garlic  
1/2 tsp crushed ginger  
1/2 tsp crushed chilli (optional)  
1 tbsp chopped fresh coriander  
salt to taste

### Directions:

Heat pan and add 1 tblsp water, garlic, ginger, chilli, soy and fish sauce. Be careful not to burn the spices.

Add the prawn meat and noodles and toss through the spices until heated

Remove from heat and mix through coriander.

Serve with your choice of celery or cucumber or you can fill lettuce cups with shredded lettuce (3 cups lettuce total)

## Spice Encrusted Chicken Breast

### Ingredients:

100g Chicken Breast  
Prepared spices (see Tip)

### Directions:

Place ingredients in a plastic bag, toss till whole fillet is coated.

Refrigerate for at least 1 hour.

Heat non stick fry pan..Sear chicken on all sides

Wrap in Foil with tsp water

Bake in Medium Oven till cooked through..(approx 20minutes)



## Baked Avocado and Egg

### Ingredients:

- 1 x Avocado
- 2 x fresh 60g eggs
- Cayenne pepper or paprika to taste

### Directions:

Cut avocado in half.

Remove stone, scoop out some of the avocado to make the hollow a little larger.

Crack an egg into each half, bake in Medium oven till egg cooked to your liking.

## Char Grilled Steak with Cucumber and Carrot Salad

### Ingredients:

- 550 gms beef scotch fillet steaks
- Olive oil spray
- 200gms Italian-style salad greens
- 2 lebanese cucumbers, peeled into ribbons
- 2 carrots (medium size), peeled into ribbons
- 60ml (1/4cup) balsamic dressing

### Directions:

Preheat a chargrill on medium-high. Spray both sides of the steaks with oil. Season with salt and pepper.

Reduce heat to medium. Cook the steaks for 2-3 minutes each side for medium or until cooked to your liking. Transfer to a plate and cover loosely with foil. Set aside for 3 minutes to rest.

Combine the salad, cucumber and dressing in a large bowl.

Thickly slice the steaks diagonally across the grain. Add to the salad. Toss to combine.

Serves 4

## Stuffed Mushrooms

### Ingredients:

- 6 very large field Mushrooms
- 75g butter, at room temperature, plus extra for greasing
- 1 heaped tbsp chopped fresh parsley
- thyme leaves
- 4 lean pork and herb sausages, skinned
- 1 large tomato, diced
- 6 tbsp coarsely grated Cheddar

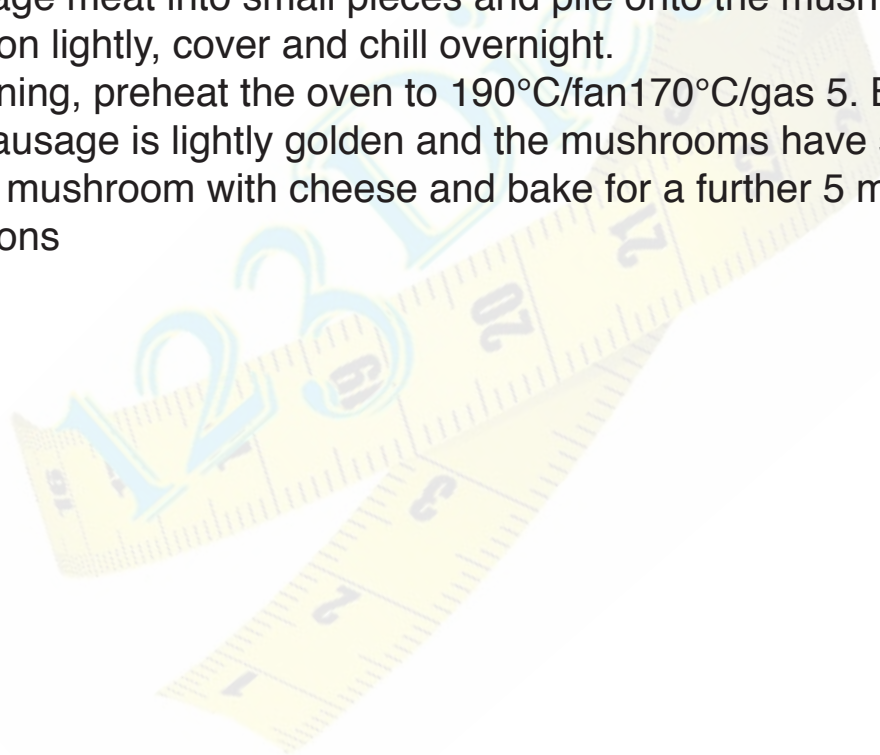
### Directions:

The night before, remove the mushroom stalks and chop finely. Clean the caps and place gill-side up in a lightly greased roasting tin. Mix the butter, thyme and some seasoning and spread over each one. Scatter with the stalks.

Pull the sausage meat into small pieces and pile onto the mushrooms with the tomato. Season lightly, cover and chill overnight.

The next morning, preheat the oven to 190°C/fan170°C/gas 5. Bake for 15 minutes or until the sausage is lightly golden and the mushrooms have softened. Remove, sprinkle each mushroom with cheese and bake for a further 5 minutes

6 entree portions



## Ceviche

### Ingredients:

150 g chilled cooked white fish or prawns  
3 tablespoons lemon or lime juice  
2 tomatoes 1 diced and 1 sliced  
1 clove garlic crushed and minced  
Fresh chopped Coriander  
Dash hot sauce  
Salt and pepper to taste  
1 or 2 Jalapeno peppers thinly sliced  
30 gms cream cheese

### Directions:

Steam the prawns or fish.

Add lemon, onion, garlic and chopped coriander.

Stir in diced tomatoes and hot sauce.

Chill and marinate the ingredients in the refrigerator.

Traditionally ceviche is not cooked.

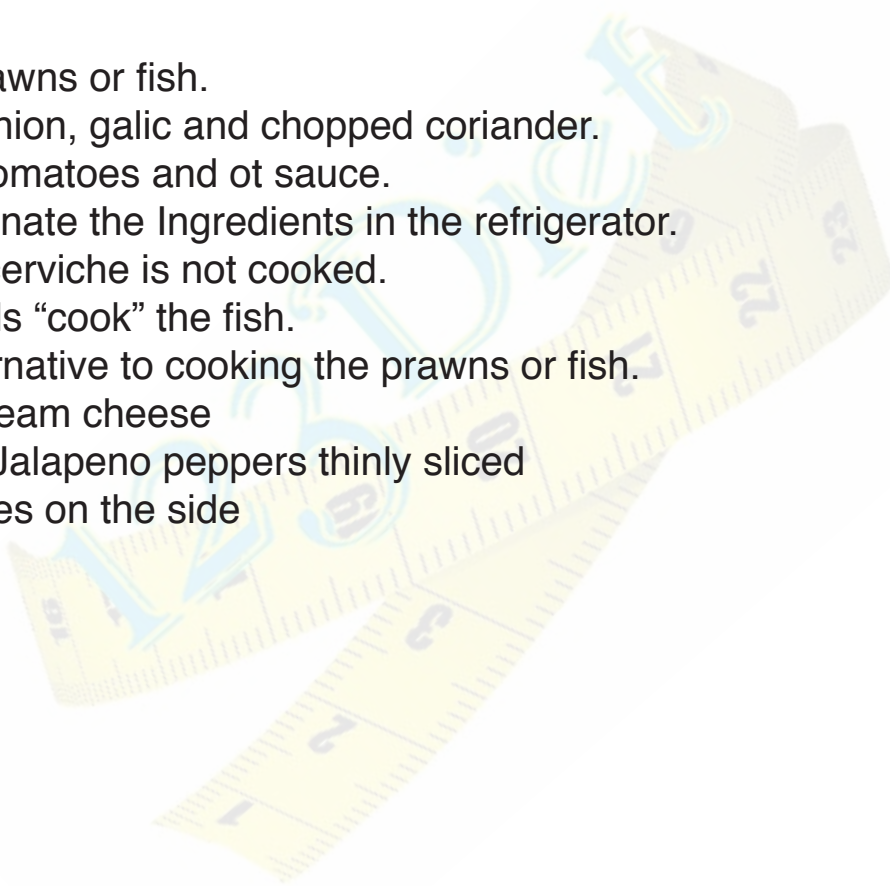
The citric acids "cook" the fish.

This is an alternative to cooking the prawns or fish.

Serve over cream cheese

Garnish with Jalapeno peppers thinly sliced

sliced tomatoes on the side



## Ham and Salsa Wrap

### Ingredients:

3 lettuce leaves (to use as wraps)  
 1/2 medium avocado  
 1/2 Red onion  
 1 tbs fresh basil  
 1tbs pine nuts, roasted  
 120 gms shaved hame  
 30 gms Cream cheese  
 squeeze of lemon juice  
 1 Roma Tomato

### Directions:

Finely chop spanish onions and Basil  
 dice Tomatoes and Avocado  
 combine The above ingredients into a salsa, squeeze of lemon juice..  
 Spread cream cheese on each lettuce leaf  
 lay shaved ham on cream cheese  
 spoon salsa over the top, sprinkle on pine nuts  
 fold lettuce leaf around ingredients

## Lemony Spinach and Chicken soup

### Ingredients:

100g chicken  
 2 cups chicken broth (or substitute 1 cup water for 1 cup chicken broth)  
 1/2 lemon with rind  
 1-2 cups loosley packed spinach cut into strips  
 1 tbsp onion chopped  
 1 clove garlic crushed and minced  
 1 stalk lemongrass (optional)  
 1/4 tsp thyme or to taste  
 cayenne pepper to taste  
 salt and pepper to taste

### Directions:

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

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 Add the onion, garlic spices and chicken broth.  
 add lemon with rind and simmer for 20-30 minutes.  
 Add the fresh spinach during the last five minutes of cooking.

# Desserts

## Orange or Lemon Pops

### Ingredients:

Juice of 1/2 lemon or 1 small orange juiced  
Powdered stevia to taste

### Directions:

Mix stevia to taste into lemon or orange juice. Pour into Popsicle molds and freeze.  
Makes one serving (1 fruit)

## Apple Chips

### Ingredients:

1 apple  
Dash of cinnamon Stevia to taste

### Directions:

Slice apples thinly, coat with stevia and cinnamon. Place in a dehydrator or bake at 325 until chewy and a little crispy. Makes 1 serving (1 fruit)

## Apple Cookies

### Ingredients:

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

### Directions:

1 tablespoon lemon juice Mix pulp from 1 apple (use juice for a virgin apple martini)  
Mix with stevia and spices and form into cookies (1-2). Bake the cookies for approximately 15-20 minutes or until slightly brown. Makes 1 serving (1 fruit) Phase 3 modifications: Add chopped walnuts or pecan meal and a little butter to the apple mixture then bake.

## Apple Slices with Cinnamon Sauce

### Ingredients:

- 1 apple sliced
- 3 tablespoons lemon juice
- 1 teaspoon apple cider vinegar
- 1-2 teaspoons cinnamon
- Dash of nutmeg
- Powdered stevia to taste

### Directions:

In the microwave or small saucepan heat the liquid and spice ingredients together stirring constantly. Serve in a small dipping bowl and serve with chilled apple slices or other fruit. Makes 1 serving (1 fruit). Phase 3 modifications: Dissolve spices in lemon juice. Whisk in small cubes of cold butter to make a sauce. Add rum extract or vanilla. Sauté apple slices in spiced butter mixture.

## Frozen Grapefruit Spears

### Ingredients:

- 1/2 grapefruit in slices or segments
- 2 tablespoons lemon juice
- Pinch of lemon zest
- Powdered stevia to taste

### Directions:

Dip grapefruit chunks in lemon juice and coat with stevia and lemon zest. Freeze until firm and enjoy as an icy treat. Makes 1 serving (1 fruit)

## Breakfast Apple Crumble

### Ingredients:

- 1 Apple
- 1 tps water
- 1 tsp stevia
- 3/4 TBS cinnamon
- 1 TBS juice of a lemon
- 2 Melba (mini) Toast

### Directions:

Grate or slice an apple sprinkle with a bit of water, stevia, cinnamon and lemon juice. Crush 2 melba toast mix with cinnamon and stevia and sprinkle on top. Bake in oven until golden brown.

## Lemon drizzled apple

### Ingredients:

- 1 apple
- 1/2 tsp stevia
- 4 TBS freshly squeezed lemon juice

### Directions:

Heat oven to 180 degrees celcius Bake apple in the oven for 10 minutes In a pan heat the stevia and lemon juice Pour juice over apple and serve



## Iced Tea

### Ingredients:

Your choice of tea .  
Green tea,  
Yerba mate,  
Chamomile,  
Mint,  
Chai spice or Cranberry Stevia to taste  
6 ounces of hot water per serving

### Directions:

Brew your choice of tea in hot water. Brew the tea a little strong. Chill in the refrigerator and then serve over ice or mix with 3 ounces of sparkling mineral water to make a soda. Add Stevia to taste and garnish with mint leaves or lemon slices. Makes 1 serving.

## Digestion Cleanse

### Ingredients:

1/4 cucumber coarsely chopped  
2 TBS of lemon  
4 TBS mint  
1 tps stevia  
1 cup water

### Directions

Blend ingredients together in a blend- er and serve over ice

## Kidney Cleanse

### Ingredients:

- 2 Oranges
- 2 Green Apples
- 8-10 Stalks of Asparagus
- 1 Cup Corriander
- 1TBS of Lemon Juice
- 1TBS of Ginger Seasoning

### Directions:

Juice of blend in a blender Serve Cold



## Detox Delight

### Ingredients:

- 1 glass soda water
- Squirt of lemon
- 1/4 tsp Stevia

### Directions

Mix all together



## Sweet and Sour Drink

### Ingredients:

- 2 cups Strawberries
- 1 tsp Lime juice
- 1/2 TBS Stevia
- 2 cups Cold Water
- 6 Ice Cubes

### Directions:

Chop strawberries into small pieces Place strawberries, stevia and lime juice in a blender. Blend until smooth puree.

Add water & blend again for a minute. Strain and pour into small jug. Add two ice cubes in each of the glasses. Pour sweet and sour fresh strawberry fruit juice over it.

Makes 3 glasses



## Colon Cleanse The Green Drink

### Ingredients:

- 2 chopped apples
- 1 stick of celery
- 1 cup of Spinach
- 1 diced cucumber
- 1 cup water
- 1 juice of squeezed lemon
- A small piece of ginger
- 1/2 cup of chopped parsley
- Water and Ice
- Stevia to taste

### Directions:

Blend ingredients together in a blender and serve over ice



# SNACKS

## Tabouli with Mini Toast

### Ingredients:

2 Chopped Tomato's

Mix together and serve with mini toast

1/4 Lemon Juice

4 Cups chopped parsley

4 chopped spring onions

### Directions:

Mix together and serve with mini toast



## Tomato Dip with Mini Toast

### Ingredients:

- 6 Roma Tomato's
- 1/2 Onion chopped fine
- 1Tbs of Worcestershire Sauce
- 1tps Chilli Flakes or other spice
- 1/4 tsp Stevia

### Directions:

Fry Tomato and onion in a pan until soft. Add Worcestershire Sauce, Chilli Flakes and Stevia. Mix until very soft Chill in the Fridge Use as a Dip with Melba Mini Toast for a healthy snack between meals.



## Breakfast Tomato

### Ingredients:

- 1 Tomato
- 1 Spring onion
- 1 TBS apple cider vinegar
- 1 tps seasoning of choice

### Directions:

Slice tomato. Cook in a non stick pan for a few minutes. Mix seasoning, apple cider vinegar and chopped spring onion together.

Place tomato on a plate and pour mix over the top. Great breakfast alternative.





# DRESSINGS

## Chilli lime dressing

### Ingredients:

- 2 TBS freshly squeezed lime juice
- 1/2 tsp chilli powder
- 1/4 tsp salt
- 4 TBS apple cider vinegar

### Directions:

Combine all ingredients in a small jar with a tight fitting lid. Shake vigorously for 30 seconds until emulsified.



## Mint Sauce

### Ingredients:

- 4 TBS apple cider vinegar
- 1 TBS fresh ground mint
- 1/4 tsp salt
- 1/4 tsp stevia

### Directions:

Combine all ingredients in a small jar with a tight fitting lid. Shake vigorously for 30 seconds until emulsified.



## Pepper vinegarette

### Ingredients:

- 4 TBS apple cider vinegar
- 1 tsp ground pepper
- 1/4 tsp garlic salt
- 1/4 tsp stevia

### Directions:

Combine all ingredients in a small jar with a tight fitting lid. Shake vigorously for 30 seconds until emulsified.



## Radish Relish

### Ingredients:

- 7 Radishes
- 3 TBS apple cider vinegar
- 1 tps salt
- 1 tps pepper
- 1/4 tps stevia

### Directions:

Combine apple cider vinegar with spices and stevia. Finely dice radishes and marinate them in the apple cider vinegar mixture over night (or for a few hours)  
Serve with Mini (Melba) Toast



## Tangy lemon mustard dressing

### Ingredients:

- 2 TBS freshly squeezed lemon juice
- 1/2 tsp mustard powder
- 1/4 tsp salt
- 4 TBS apple cider vinegar

### Directions:

Combine all ingredients in a small jar with a tight fitting lid. Shake vigorously for 30 seconds until emulsified.



## Italian Vinaigrette

### Ingredients:

- 1/2 cup chicken or vegetable broth
- 2 tablespoon apple cider vinegar
- 2 tablespoons mayonaise or sour cream
- 1 tspoon orgaic Italian heeer spice blend
- 2 tablespoons finely minced onion
- 1/2 teaspoon garlic powder
- salt and pepper to taste

### Directions:

Combine Ingredients in small saucepan.

Simmer on low heat fo 5 minutesto cobine flavours

Remove from heat, chill, and serve as a dressing or use as a marinade.

Add olive oil

Stir in sour cream or mayonnaise to make creamy Italian dressing

Makes 2 servings

## Strawberry Vinaigrette

### Ingredients:

- Strawberries
- 1 tablespoon apple cider vinegar
- 1 tablespoon lemon juice
- Pinch of salt
- Dash of Cayenne (optional)
- Fresh ground black pepper to taste

### Directions:

Combine all Ingredients in food processor.

Puree until smooth

Pour over fresh Rocket or Green salad.

Garnish with sliced strawberries from allowance and freshly ground black pepper

Variations: Use as a marinade or sauce for chicken

## Savoury dill Dressing/Marinade

### Ingredients:

- Fresh dill minced
- 2 tablespoons lemon juice
- 2 tablespoons apple cider vinegar
- 2 tablespoon chicken or vegetable broth
- 1/2 teaspoon OLD BAY seasoning Mix (see recipe list)
- Salt and pepper to taste

### Directions:

Combine Ingredients, allow the flavours to marinate for 30 minutes or more and serve as a marinade for fish or a dressing for vegetables or salad.

For use as a marinade, double or triple the recipe as needed.

## Orange Tarragon Marinade for Chicken or Fish

### Ingredients:

- 1/4 cup chicken or vegetable broth
- 2 tablespoons apple cider vinegar (or tarragon vinegar infusion)
- 1/2 orange juiced
- 1 clove of garlic crushed and minced
- 1 teaspoon fresh tarragon chopped
- 1/4 teaspoon onion powder
- Salt and pepper to taste

### Directions:

Combine Liquid Ingredients with spices and cook on low heat for 3 minutes.

Remove from heat and cool.

Marinate chicken or fish for 20 minutes or more.

Cook chicken or fish in remaining marinade.

Delaze the pan periodically with a little water.

Save the sauce and add apple cider vinegar to make additional dressing for a salad.

## Tarragon Vinegar Infusion

### Ingredients:

- 1/4 Cup Apple Cider Vinegar
- Fresh tarragon

### Directions:

Combine vinegar with fresh tarragon in a lidded jar.

Crush or roll the tarragon slightly to release the flavour

Allow flavours to infuse into the vinegar overnight or up to a week.

Use as a marinade for fish or as the base for a dressing

Add salt and pepper to taste



## Citrus Ginger Dressing/Marinade

### Ingredients:

- 1 tablespoon lemon juice
- 2 tablespoons orange juice
- 1 teaspoon apple cider vinegar
- Ginger fresh or ground to taste
- Salt and fresh black pepper to taste

### Directions:

Combine spices with liquid ingredients.

Enjoy over salad or double the recipe for use as a marinade.

Warm slightly to enhance the flavours

## Grapefruit Vinaigrette

### Ingredients:

- Juice of 3 segments of grapefruit
- 1 tablespoon lemon juice
- 1 teaspoon apple cider vinegar

### Directions:

Combine juices and vinegar together

Pour over green salad (Rocket)

Top with remaining grapefruit segments

Use as a marinade for fish, shrimp or chicken

Add salt and fresh ground pepper

# Italian Vinaigrette

## Ingredients:

- 1/2 cup chicken or vegetable broth
- 2 tablespoon apple cider vinegar
- 2 tablespoons finely minced onion
- 2 tablespoons lemon juice
- 1 teaspoon roganic Italian herb spice blend
- 1/2 teaspoon garlic powder

## PREPARATION

Combine Ingredients in small saucepan

Simmer on low heat for 5 minutes to combine flavours

Remove from heat, chill, and serve as a dressing or use as a marinade.



# Vegetable Recipe Ideas

## •Cabbage Rice/Noodle Alternative

### Ingredients:

- 1/2 - 1 head of cabbage finely chopped into rice sized or noodle size pieces
- Your choice of spices
- 1 cup chicken, vegetable broth or water

## •Mexican Rice Style

### Ingredients:

- 1 cup chicken or vegetable broth
- 2 tablespoons minced onion
- 1 clove of garlic crushed and minced
- 1/4 teaspoon Mexican oregano
- 1/4 teaspoon cayenne pepper or to taste
- Dash of cumin to taste
- Fresh chopped cilantro
- Salt and pepper to taste

## •Italian Style

### Ingredients:

- 1 cup chicken or vegetable broth
- 1/4 teaspoon fresh or dried oregano
- 1/4 teaspoon dried basil or 5 leaves fresh basil rolled and sliced
- 2 tablespoons minced onion
- 1 clove garlic crushed and minced Salt and pepper to taste

## •Indian Style

### Ingredients:

- 1/2 teaspoon curry
- 2 tablespoons minced onion
- 1 clove garlic crushed and minced
- 1/4 teaspoon cumin
- Salt and pepper to taste

## •Oriental Style

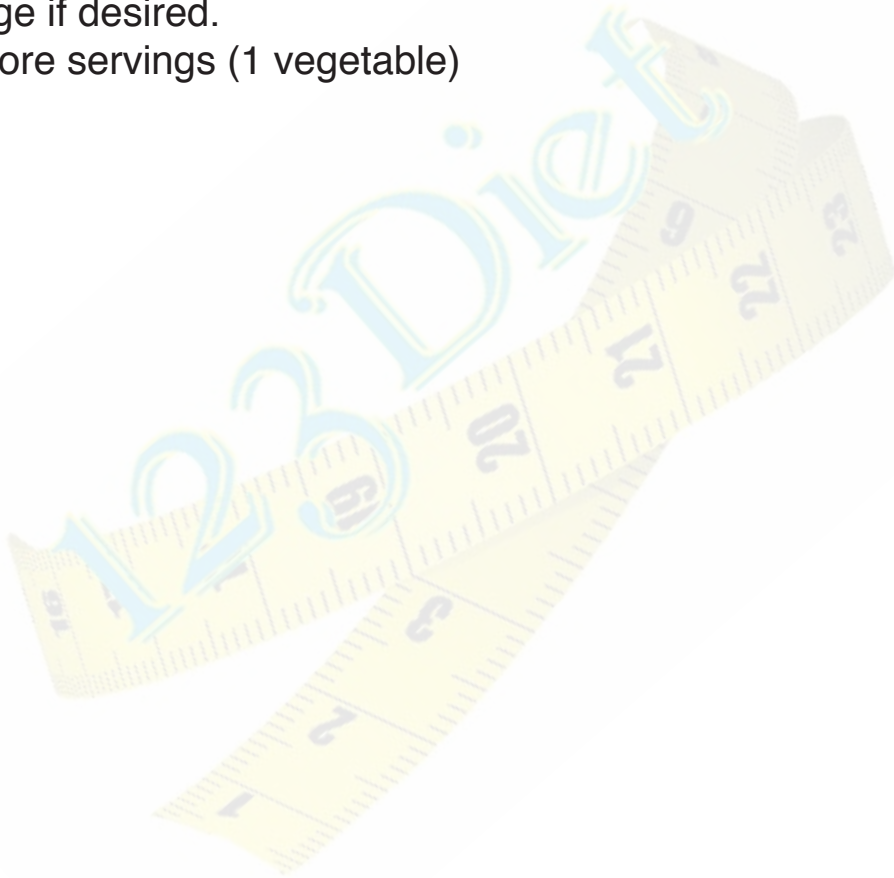
### Ingredients:

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

### Directions for all styles above:

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

Makes 2 or more servings (1 vegetable)



## Garlic and Onion Spiced Chard

### Ingredients:

4-6 cups swiss or red chard  
1 tablespoon apple cider vinegar  
1/2 cup vegetable, chicken broth or water  
4 tablespoons lemon juice to taste  
6 cloves of garlic chopped  
2 tablespoons chopped onion  
1/2 teaspoon garlic powder  
Salt and pepper to taste

### Directions:

In a frying pan add chard, water, onion, garlic and spices to the water and liquid ingredients and sauté for 5 minutes or to desired level of doneness. Sprinkle with lemon and salt and pepper to taste. Makes 1-2 servings (1 vegetable)

## Cold Chicory Salad

### Ingredients:

Chopped fresh chicory  
2 teaspoons apple cider vinegar  
1 tablespoon Bragg's liquid aminos  
1 tablespoon lemon juice  
Salt and pepper to taste

### Directions:

Chop chicory very fine. Stir in apple cider vinegar and lemon juice. Add salt and fresh ground black pepper to taste. Enjoy as a side dish or cool salad. Phase 2 variations: Add tomatoes and chopped fresh mint or mix in a little orange juice. Add finely minced red onion and garlic or chopped apple and stevia. Makes 1 serving (1 vegetable)

## Caramelized Onion Garnish

### Ingredients:

- 1/2 large onion cut into fine rings
- 4 tablespoons lemon juice
- Vanilla stevia to taste
- Small amount of water as needed
- Pinch of salt

### Directions:

Preheat skillet. Add small amount of water to bottom of pan and add lemon juice and stevia. Add onion rings and stevia and cook quickly periodically deglazing the pan with a little more water to create a sweet caramel sauce. Serve immediately over steak or chicken. Spoon any remaining sauce created by deglazing over the top. Can be served chilled and added as a topping to salads. Makes 4 servings.

## Savory Baked Red Onion Garnish

### Ingredients:

- 1/2 red onion cut into rings
- 1/4 cup apple cider vinegar
- 2 tablespoons lemon juice
- 1 bay leaf or pinch of bay leaf powder
- 1 clove garlic crushed and minced
- Pinch of dried basil and oregano (optional)
- Salt and pepper to taste
- Small amount of water

### Directions:

Put onion in a baking dish with apple cider vinegar, water, and spices. Bake at 375 for 10 minutes. Serve hot over beef or chicken or chill and add to salads. Can also be sautéed in a small frying pan deglazing periodically. Makes 4 servings

## Garlic Spinach

### Ingredients:

Spinach 1/2 cup chicken broth or water  
2 tablespoons lemon juice  
2 tablespoons minced onion  
2 cloves garlic crushed and minced  
1/4 teaspoon onion powder  
Pinch red pepper flakes

### Directions:

Sauté the onion and garlic lightly in frying pan with a little water and lemon juice until soft. Add fresh garlic and spices. Stir in fresh spinach leaves and cook lightly. Serve with your favorite chicken or fish dish. Makes 1-2 servings (1 vegetable)

## Saffron Cabbage

### Ingredients:

Chopped cabbage (1/2 head)  
1 cup chicken broth or water  
2 tablespoons onion finely chopped  
1 clove garlic crushed and minced  
Pinch of saffron powder or threads softened in water and made into a paste.  
1/8 teaspoon turmeric  
Dash of mustard powder  
Salt and pepper to taste

### Directions:

In a large frying pan, heat chicken broth and spices. Add cabbage and cover pan with a lid. Cook cabbage until tender adding water if necessary to keep from burning and coating with the spice mixture. Serve hot with chicken or chilled for a cool salad. Makes 1-2 servings (1 vegetable)

## Radish Relish

### Ingredients:

6-7 large red radishes  
3 tablespoons of apple cider vinegar  
Dash of garlic powder Dash of onion powder  
Salt and pepper to taste  
Stevia to taste (optional)

### Directions:

Combine liquid ingredients with powdered spices. Finely dice radishes and marinate in liquid mixture for 1-3 hours or overnight. Use as a topping on your protein servings or as a side dish. Makes 1-2 servings (1 vegetable)

## Indian Spiced Spinach

### Ingredients:

Spinach 2 tablespoons minced onion  
1/4 cup chicken broth or water  
1/8 teaspoon cumin  
1/8 teaspoon paprika  
1/8 teaspoon turmeric  
Pinch of fresh grated ginger  
Pinch of ground coriander  
Salt and pepper to taste

### Directions:

Sauté spices in chicken broth with onion. Add spinach and stir gently until cooked. (substitute 1/4 teaspoon garam masala for dry spices) Variations: add chicken or shrimp. Makes 1-2 servings (1 vegetable)

Phase 3 modifications: Add melted butter or ghee. Stir in chunks of paneer cheese to make palak paneer, a traditional Indian dish.



## Baked Celery

### Ingredients:

Celery  
 1/2 cup beef, chicken broth, or water  
 2 tablespoons lemon juice  
 2 tablespoons Bragg's liquid aminos  
 2 tablespoons chopped onions  
 1 clove fresh chopped garlic  
 1 bay leaf Pinch of red pepper flakes  
 Paprika to taste Salt and pepper to taste

### Directions:

Chop up celery into sticks and arrange in a baking dish. Dissolve spices in liquid ingredients and pour over the celery. Bake in 375 degree oven in until soft and lightly brown on top. Serve with the juices and sprinkle with paprika. Add salt and pepper to taste. Makes 1-2 servings (1 vegetable)

## Chilled Tomato Salad

### Ingredients:

Chopped tomatoes  
 1/4 cup apple cider vinegar  
 1 tablespoon green onion sliced  
 1 garlic clove crushed and minced  
 Dash of mustard powder  
 1/4 teaspoon basil  
 1/8 teaspoon thyme  
 1/8 teaspoon marjoram  
 Salt and pepper to taste

### Directions:

Combine apple cider vinegar with spices. Pour over tomato chunks or slices. Marinate and chill for 1 hour before serving. Makes 2 servings (1 vegetable) Phase 3 modifications: Add olive oil or mayonnaise, mix in small slices of Swiss or crumbled feta cheese and sliced green olives.

## Grilled Asparagus with Rosemary Lemon Sauce

### Ingredients:

Asparagus  
 Juice of 1/2 lemon with rind  
 1 tablespoon Bragg's liquid aminos  
 1 clove garlic crushed and minced  
 1/4 teaspoon rosemary  
 Dash of garlic powder  
 Dash of onion powder  
 Salt and pepper to taste  
 Cayenne pepper to taste

### Directions:

Marinate asparagus in lemon, garlic, salt, cayenne pepper and Braggs. Steam or grill asparagus spears to desired level of doneness. In a small saucepan place remaining lemon marinade along with lemon rind, 1/2 cup water, spices and cook until pulp starts to come out. You may add a little stevia if you wish for added sweetness. Reduce liquid by half. Remove lemon rind and pour over grilled asparagus. Garnish with lemon wedges and salt and pepper to taste.

Makes 1 serving (1 vegetable)

## Pickled Beet Greens

### Ingredients:

Beet greens  
 1/4 cup apple cider vinegar  
 1 tablespoon lemon juice  
 1 tablespoon Bragg's amino acids  
 1 clove garlic crushed and sliced  
 2 tablespoons minced onion  
 1/4 teaspoon red pepper flakes or to taste  
 Salt and pepper to taste  
 Stevia to taste (optional)

### Directions:

5-10 minutes stirring occasionally to mix spices. Add water as necessary. Serve hot or cold. Makes 1 or more servings (1 vegetable) Phase 3 modifications: Add 2 tablespoons of crumbled bacon to the greens for added flavor.

## Roasted Fruit and Vegetable Kabobs

### Ingredients:

- 1 apple cut into large chunks
- 1/4 onion cut into 1 inch petals
- 1 tomato cut into chunks
- 1 tablespoon apple cider vinegar
- 1 tablespoon lemon juice
- 1/2 teaspoon crushed mint leaves
- 1/2 teaspoon crushed cilantro leaves
- Pinch of allspice Stevia to taste

### Directions:

Marinate fruit and vegetables in lemon juice and vinegar with stevia and spices in the refrigerator for 20 minutes or more. Soak wooden skewers in water for five minutes. Layer chopped apple, onion petals, and tomato alternately on to skewers. Place on grill for 5-8 minutes or until desired level of doneness. Top with herbs and serve with lemon wedges. Makes 1 serving (1 fruit, 1 vegetable)

## Hot Pickled Red Cabbage

### Ingredients:

- Red cabbage
- 1 apple diced
- 1/2 cup apple cider vinegar
- 1/4 cup water
- 2 tablespoons Bragg's liquid aminos
- 2 tablespoons chopped red onion
- 1 clove garlic crushed and minced
- A pinch of red pepper flakes
- Salt and pepper to taste

### Directions:

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

Makes 2 serving (1 vegetable, 1 fruit),\_\_

## Hot Peppered Chicory

### Ingredients:

Chicory  
Salt and pepper to taste  
2 tablespoons lemon juice  
1/4 cup vegetable broth or water

### Directions:

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

Makes 1 or more servings (1 vegetable)

## Fennel with Herbs

### Ingredients:

Fennel bulbs  
1/2 cup vegetable broth or water.  
2 tablespoons lemon juice  
Your choice of marinade or dressing

### Directions:

Thoroughly wash and trim fresh fennel. Cook the fennel for several minutes in a little water or vegetable broth adding pepper, lemon, salt and fresh or dried herbs. Try Italian style or toss with Spicy Cajun or Dill Dressing. Cook until the bulb portion is tender and delicious. Fennel may also be grilled on the barbeque. Makes 1 or more servings (1 vegetable)

## Herbed Asparagus

### Ingredients:

Generous serving of Asparagus  
 1/2 cup vegetable, chicken broth, or water  
 2 tablespoons lemon juice  
 1 clove of garlic crushed and minced  
 1 tablespoon minced onion  
 1 teaspoon organic Italian herb mix  
 Water as needed

### Directions:

Lightly sauté chopped onion, garlic and herbs in the chicken broth for about one minute. Add the asparagus and cook until tender. Top with herbed sauce (add a little powdered garlic and onion for a thicker sauce). Garnish with parsley and lemon wedges. Makes 1 or more servings (1 vegetable)

## Roasted Tomato with Onion

### Ingredients:

4 thin whole slices of onion  
 4 thick cut tomato slices  
 1-2 cloves of garlic sliced  
 2 leaves fresh basil rolled and sliced  
 Sprinkle of dried or fresh oregano  
 Salt and black pepper to taste  
 Stevia to taste (optional)  
 Squeeze of lemon juice

### Directions:

Lay out slices of onion rings intact. Salt and pepper the onion and sprinkle with lemon juice. Lay a few slices of basil and garlic on top of the onion. Top onion slices with a slice of tomato. Top the tomato with remaining basil and garlic. Bake at 375 for 10-15 minutes or until desired level of doneness. Sprinkle with lemon juice and salt and pepper to taste. Makes 4 servings (1 vegetable)

## Spiced Beet Greens

### Ingredients:

- Beet greens
- 1/4 cup chicken broth or water
- 4 tablespoons lemon juice
- 2 cloves of garlic crushed and minced
- 1/4 teaspoon paprika
- Pinch of cumin
- Pinch of lemon zest
- Salt and pepper to taste

### Directions:

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

## Chilled Pesto Tomato Salad

### Ingredients:

- 2 medium tomatoes or 3 Roma tomatoes sliced.
- 3 leaves of fresh basil rolled and sliced
- Savory red onion or caramelized onion garnish
- 1-2 cloves of garlic minced
- 2 tablespoons lemon juice
- 2 tablespoons caper juice
- tablespoon of apple cider vinegar

### Directions:

Toss fresh tomatoes with spices and vinegar and coat completely. Marinate for at least 1 hour. Top with onion garnish and serve. 1-2 servings (1 vegetable or fruit)

# Benefits of Spices

## Cinnamon

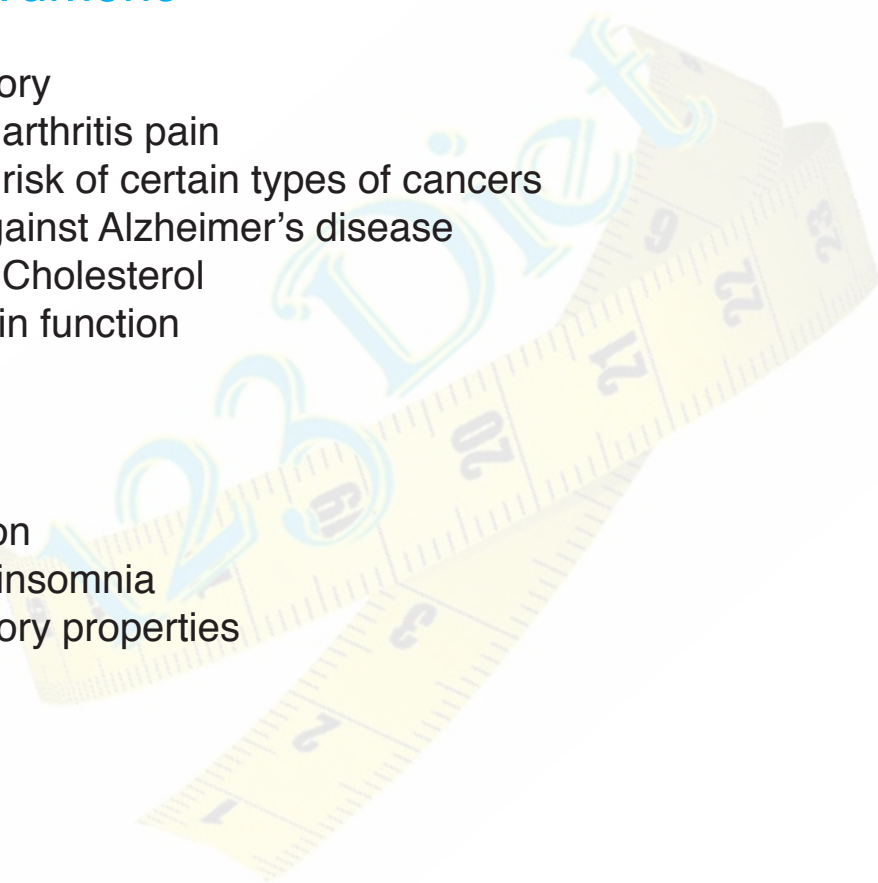
Boots Brain function  
Assist with blood sugar control  
Antimicrobial properties  
Antifungal properties  
Anticlotting properties  
Contains Calcium, vitamins and fibre  
Aids in digestion

## Curry and Tumeric

Anti-inflammatory  
May decrease arthritis pain  
May decrease risk of certain types of cancers  
May protect against Alzheimer's disease  
May decrease Cholesterol  
May boost Brain function

## Tarragon

Aids in digestion  
May help with insomnia  
Anti-inflammatory properties



# Benefits of Spices

## Dill

- Good source of calcium
- Antibacterial properties
- May have anticarcinogenic properties

## Cilantro (Coriander Seeds)

- May help control blood sugar
- May help cleanse heavy metals from the body
- Antimicrobial properties
- Rish in phyto-nutrients
- May help decrease cholesterol

## Cumin

- Good Source of iron
- Anticarcinogenic properties
- Aids in digestion
- Believed to be a blood purifier





# Benefits of Spices

## Safron

- Aids in digestion
- May help with depression
- May have anticarcinogenic properties
- Rich in antioxidants

## Black Pepper

- Aids in digestion
- Rich in antioxidants
- Antibacterial properties

## Cayenne Pepper

- Anti-inflammatory
- Pain relief
- May help prevent ulcers
- May assist with weight loss efforts by increasing metabolism
- Improves circulation
- Decrease mucous production



# Benefits of Spices

## Basil

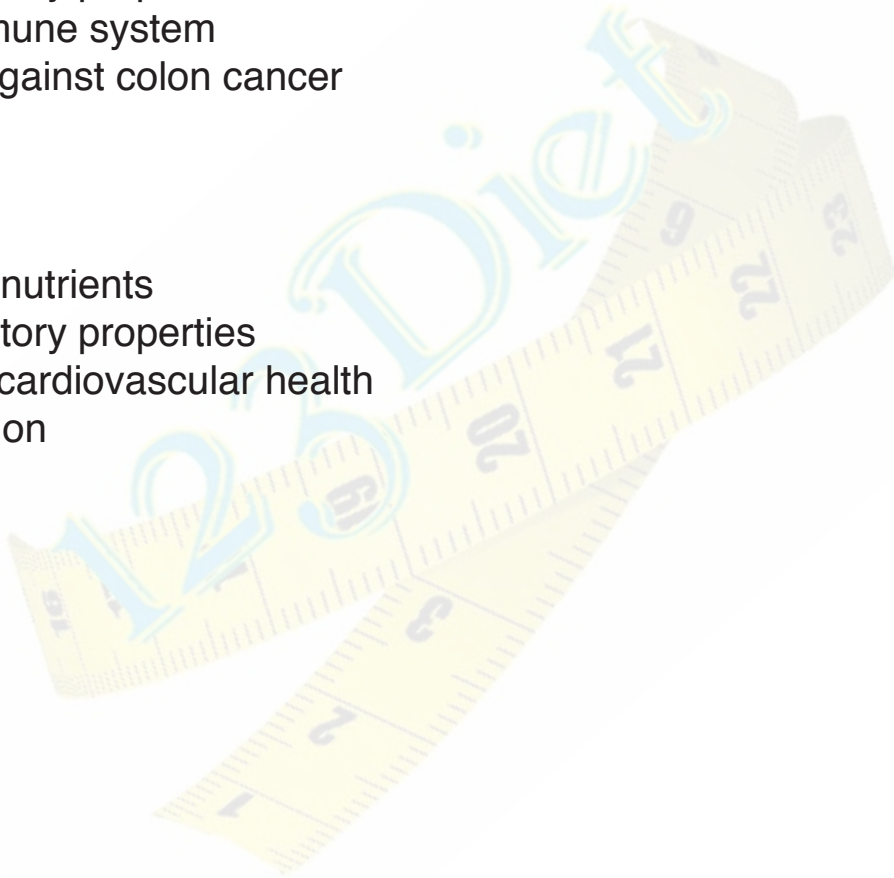
- Good source of beta-carotene
- Anti-inflammatory properties
- Antibacterial properties
- Rich in antioxidants

## Ginger

- Aids in digestion
- Anti-inflammatory properties
- Boost the immune system
- May protect against colon cancer

## Mustard

- Rich in phyto-nutrients
- Anti-inflammatory properties
- May improve cardiovascular health
- Aids in digestion



# Benefits of Spices

## Oregano

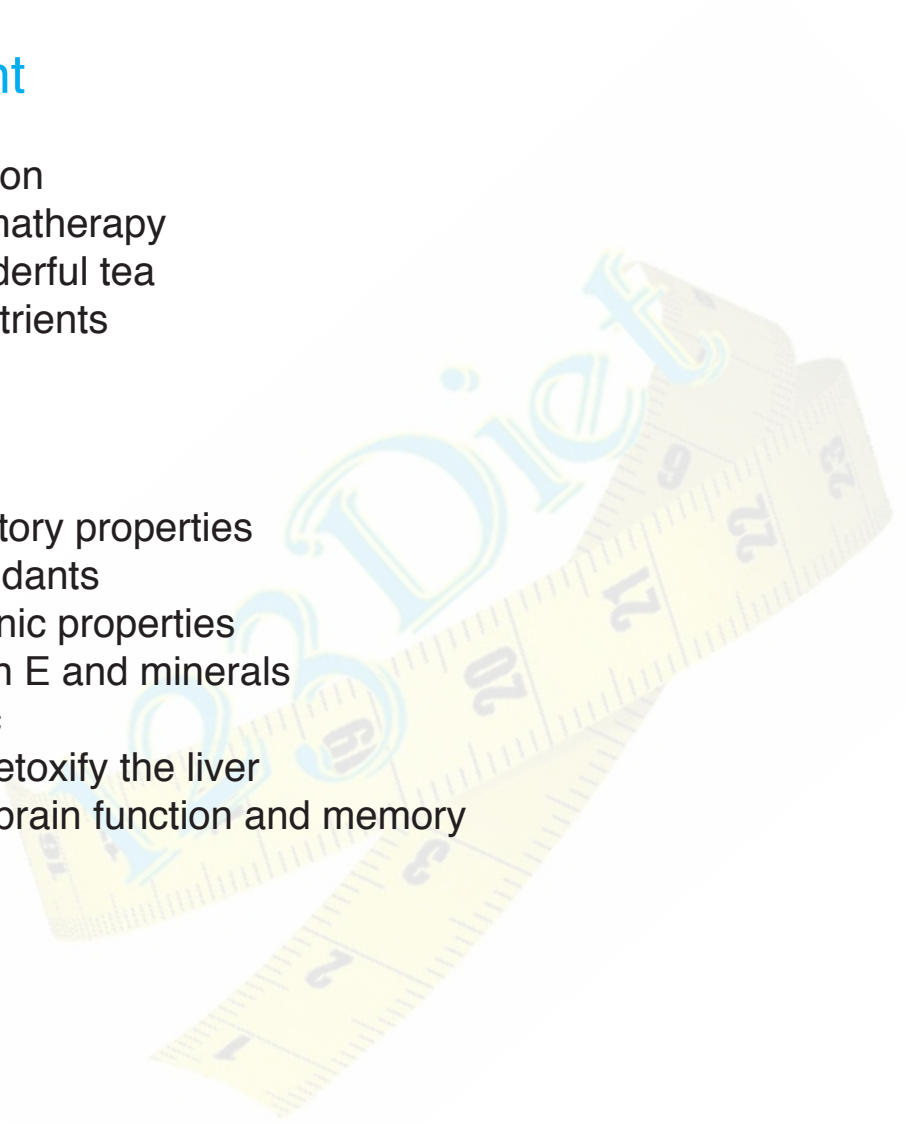
- Antibacterial properties
- Rich in antioxidants
- Aids in digestion
- May assist with respiratory problems

## Peppermint

- Aids in digestion
- Useful in aromatherapy
- Makes a wonderful tea
- Rich phyto-nutrients

## Rosemary

- Anti-inflammatory properties
- Rich in antioxidants
- Anticarcinogenic properties
- Rich in vitamin E and minerals
- A mild diuretic
- May help to detoxify the liver
- May improve brain function and memory



## Benefits of Spices

If you would like to know benefits of other spices, please contact us

**Please note:**

The recipes contained in this ebook are not all suitable for phase 2.

These recipes are for maintaining your weight however some are suitable for phase 2, so please check with your instruction booklet to compare ingredients.

For recipe ideas for phase 2 please email [admin@123diet.com.au](mailto:admin@123diet.com.au)



Australian Supplements

the manufacturer of the 123Diet

would like to wish you all the best with your weight loss and maintaining it for life.