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## WHAT IS YEAST?

Yeast is a single cell living organism, or pathogen, that is capable of causing infection or disease. Yeast is a fungus and requires a specific environment in which to grow. A moist, dark place, with a constant food supply, allows yeast cells to thrive and flourish. Yeast cells feed on any form of sugar and multiply in the presence of vinegar or other fermented products such as alcohol, soy sauce, store-bought salad dressings, etc. The only way to rid the body of yeast is to remove its food source and actively destroy the thriving cells. One treatment without the other will not be effective. Diet alone only prevents more yeast from growing but does nothing to eliminate yeast cells already present. Medications will kill off yeast cells, but more may be replaced through your diet.

Yeast is normally controlled by our immune system and the healthy bacteria in our colon. However, once the normal flora in the colon is altered, yeast can overgrow. Antibiotics are meant to kill abnormal bacteria wherever an infection exists. Unfortunately, the antibiotics kill not only bad bacteria, but they also kill normal healthy bacteria in other areas of the body. This is where the initial use of antibiotics is enough to disrupt the very delicate balance of the colon's normal microflora. The normal flora can be changed by the use of birth control pills, synthetic steroids, other environmental factors, and high carbohydrate "diets" that include simple sugars such as breads, cakes, cookies, candy, and even alcohol.

Yeast cells produce toxins, and these toxins are dumped into our system and depress the immune system by making it more reactive to allergy. This leads to more infections and the need for antibiotics, the killing of more good bacteria, and a further increase in yeast levels. An individual with increased levels of yeast in their system often become allergic to yeast, and therefore, is allergic to food products which contain yeast. Such foods include wine, beer, breads, etc.

Yeast is measured first by history and additionally by blood levels (candida antibodies). Yeast may also be detected by skin testing or stool analysis. Your body makes an antibody in response to any foreign substance present. Some people with a severely depressed immune system will not respond properly to the foreign yeast and therefore may not have high levels of candida antibodies. This does not mean that yeast is not present in the body further depressing the immune system. This is why a thorough history of symptoms is the best way to diagnose yeast sensitivity.

When you complete the yeast-free program, it is not necessary or helpful to repeat the candida antibody blood test. Antibodies are a healthy immune response to a foreign substance. The antibodies remain as a protective memory mechanism (i.e. chicken pox). The yeast cells will remain destroyed as long as the body remains free of antibiotics and the other foreign substances listed above, and as long as eating habits remain healthy and clean. Remember, moderation in your diet is the key. Once you have successfully killed off the yeast, you can safely begin to bring SOME foods back into the diet (milk products, salad dressing, etc.) All in all, the resolution of physical symptoms is the most important factor that the yeast has been successfully eradicated.

## YEAST-FREE GUIDELINES

- The duration of the Yeast-Free Eating Program is ONLY one (1) month.
- Concentrate on the large variety of foods that you CAN have.

The following list of foods is yeast-free:

- ✓ **Meats** (chicken, beef, turkey, pork, lamb, venison, and seafood)
- ✓ **Vegetables** (see page 6 for the most favorable choices)
- ✓ **Salads** (see pages 29-31 for dressing recipes)
- ✓ **Dried beans** (black, red, and kidney beans)
- ✓ **Eggs** (boiled, poached, scrambled, or fried with olive oil)
- ✓ **Oatmeal** (slow-cook/steel-cut brands) for recipes only
- ✓ **Lemons or limes**
- ✓ **Avocados**
- ✓ **Cold-pressed olive oil**
- ✓ **Black olives**
- ✓ **Nuts and nut butters**
- ✓ **Herbal teas** (Celestial Seasonings has many choices)
- ✓ **Perrier flavored waters**
- ✓ **Coffee or tea** (no decaffeinated beverages)
- ✓ **Xylitol or Stevia** (xylitol and Stevia can be purchased at most health food stores)

After two weeks, you may add the following foods:

- ✓ **Fruits** (with the exception of fruit juice, grapes or bananas)
- ✓ **Butter** (use only real butter, not margarine)

For 1 month, avoid the following:

- × **No milk or milk products** (cheese, yogurt, sour cream, ice cream or milk-based dressings, etc.)
- × **No bread or baked goods** (cereals, crackers, biscuits, rolls, flour tortillas, etc.)
- × **No grains** (corn, wheat, rye, rice, and barley)
- × **No pasta**
- × **No potatoes**
- × **No mushrooms**
- × **No sugar** (honey or syrup) or **artificial sweetener** (NutraSweet, Sweet-n-Low, Equal, Splenda). You may have xylitol or Stevia listed above as it does not contribute to yeast production.
- × **No alcohol**
- × **No vinegar** (pickles, green olives, salad dressings, soy sauce, mustard, mayonnaise, ketchup, salsa, etc.).
- × **No vegetable shortening, margarine or partially hydrogenated oils**

# PLANNING AND PREPARING MEALS

## *HOW TO DETERMINE PORTION SIZES AND FOOD CHOICES*

### THE “BASICS”

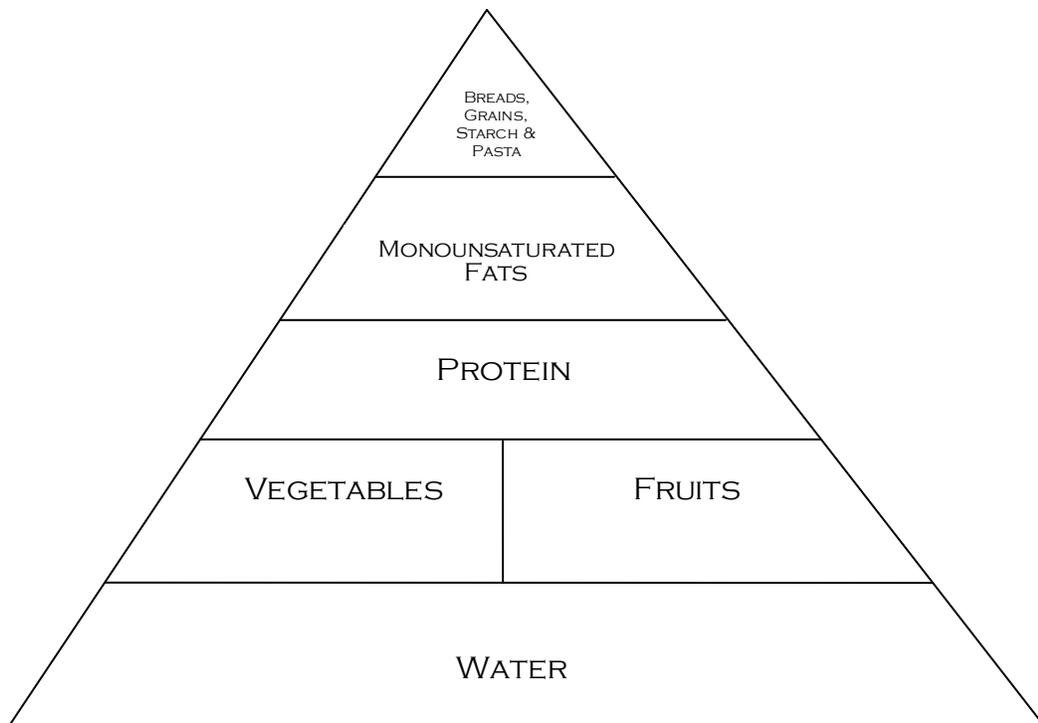
1. There are three (3) categories of food:
  - a. **Protein** – meats, eggs, tofu
  - b. **Carbohydrates** – vegetables and fruits (favorable only)
  - c. **Fats and oils** – nuts, avocado, black olives, cold-pressed olive oil, flax seed oil
2. Eat three (3) balanced meals every day – breakfast, lunch and dinner. In order for you to maintain a normal weight or even lose weight, you must balance your carbohydrate intake with protein at each meal.
3. Divide your plate into thirds:
  - a. **Protein (one third)**: the size & thickness of a standard deck of cards
  - b. **Vegetables (one third)**: the size of your fist (week 1 and 2, you need two vegetables)
  - c. **Fruit (one third)**: the size of your fist (beginning week 3, 1 vegetable and 1 fruit)
  - d. **Fat**: ¼ to ½ cup at each meal

☞ See pages 6 and 9 for a list of favorable choices within each of the food groups.

### MEAL PLANNING – A GUIDE TO BALANCING YOUR MEALS

1. When eating your meals, eat the protein portion first. This reduces carbohydrate cravings and overeating these foods.
2. Drink at least eight 8-ounce glasses of water daily, including one glass before every meal. To burn fat, you will need to drink water. This also decreases your hunger.
3. Favorable fats and oils (or essential fatty acids) are vital for the maintenance of cell membranes and the formation of prostaglandins, which regulate all cellular activities. These essential fatty acids are also necessary for the prevention and treatment of heart disease, hypertension, elevated cholesterol, weight loss, arthritis, skin disorders, cancer and even premenstrual syndrome.
4. Treat your snacks like a miniature meal with 1 food from each food group – 1 protein, 1 carbohydrate and 1 fat. See pages 17 – 19, snacks are incorporated into the 5 day rotation menu plan.
5. Last, but not least, see the following page for the “New” Balanced Food Pyramid. If you desire a life of health and wellness, one of the first steps must be to discard your “old” habits and replace them with healthy lifestyle changes. Discard the USDA Food Guide Pyramid, and begin using the “New” Balanced Food Pyramid on page 4 as your meal planning guide.

## THE “NEW” BALANCED FOOD PYRAMID



- \* **Grains** – use ONLY in moderation. Treat these as condiments not as full portions.
- \* **Monounsaturated fats** – hormonally neutral fat that will have no effect on insulin.
- \* **Protein** – low fat meats, tofu, soy.
- \* **Vegetables and fruits** – see the favorable choice list on pages 6 and 7.
- \* **Water** – the body is 70% water. Water is essential to maintain adequate hydration.

Regular exercise is encouraged; at least 30 minutes, 4 times per week.

*There is a strong association between eating vegetables and fruits and the reduction of cancer and heart disease, as shown by many major studies. The processed grains, starches, pastas, and breads have shown no benefit in the reduction of such degenerative diseases. For that reason, it is essential to change to a new way of thinking, no longer using the USDA Food Guide Pyramid to determine dietary choices. In its place, the “New” Balanced Food Pyramid will enable you to enjoy better health and an improved quality of life.*

## EATING “IN THE ZONE”

1. You will know that you are eating right and “in the Zone” when:
  - ☺ You don’t experience hunger between meals
  - ☺ You don’t have carbohydrate cravings
  - ☺ Your meals keep you satisfied for approximately 4 hours
  - ☺ Your thinking is sharp and your concentration is focused
  - ☺ You have energy to perform your daily tasks and physical activities
2. If you are hungry 2-3 hours following a meal, you have eaten too many carbohydrates at a previous meal and have fallen out of the “Zone”. To get back into the “Zone”, you will need to balance your next meal with more protein and less carbohydrates.
3. In order to lose weight at a faster rate you should **eliminate** all grains (breads, cereals, and pasta). These are rapidly converted to glucose and stored as fat. Also **eliminate** all sugars as well as canned and bottled drinks.
4. Don’t forget the portion of favorable fats or oils at each meal.
  - ★ It takes fat to burn fat! In other words, fat must be present for the body to release lipase, the enzyme necessary to break down fat.
  - ★ Fats and oils also cause the release of cholecystokinin, a hormone in the stomach, which signals the brain to “stop eating!”
  - ★ Favorable oils, such as cold-pressed olive oil, also enable the cells to produce powerful hormones called eicosanoids. These enable your cells to function optimally.
  - ★ You should avoid the following fats and oils. These damage the integrity of the cells and lead to degenerative diseases: margarine, shortenings, lard (animal fat), vegetable oils, fried foods, packaged salad dressings, liver and other organ meats.
5. Always use the lists on the following pages as your guidelines to determine the most favorable food choices and meal combinations.

## “FAVORABLE” YEAST-FREE FOODS

FAVORABLE	FAIR	POOR
<p><b><u>Proteins</u></b>            Chicken breast            Turkey breast            Veal            Venison            Seafood            Eggs</p> <p><b><u>Vegetables</u></b>            Alfalfa sprouts            Artichoke            Asparagus            Bean sprouts            Black beans            Green/wax beans            Bok choy            Broccoli            Brussel sprouts            Cabbage            Cauliflower            Celery            Cucumber            Chick peas            Collard greens            Eggplant            Green pepper            Humus            Kale            Kidney beans            Lettuce            Leeks            Lentils            Okra            Onions            Radishes            Spaghetti squash            Spinach            Swiss chard            Tomato            Turnips            Turnip greens            Yellow squash            Zucchini</p>	<p><b><u>Proteins</u></b>            Beef – lean cuts            Canadian bacon – lean            Chicken – dark, no skin            Corn Beef – lean            Duck            Ham – deli style            Ham – lean            Lamb – lean            Pork chop            Turkey – dark, no skin            Turkey bacon            Tofu            Soy products</p> <p><b><u>Vegetables</u></b>            Carrots            Peas</p>	<p><b><u>Proteins</u></b>            Bacon            Beef – fatty cuts            Beef – ground            Hot dogs (any meat)            Kielbasa            Liver            Pepperoni            Pork sausage            Pork sausage            Salami            Bologna</p> <p><b><u>Vegetables</u></b>            Acorn squash            Baked beans            Beets            Butternut squash            Corn            Lima beans            Parsnips            Pinto beans – canned            Potatoes            Refried beans            Sweet potatoes</p>

## “FAVORABLE” YEAST-FREE FOODS - CONTINUED

FAVORABLE	FAIR	POOR
<p><b><u>Fruits</u></b>  Apple  Applesauce  Apricots  Blackberries  Blueberries  Cantaloupe  Fruit cocktail  Grapefruit  Honeydew  Kiwi  Lemon  Lime  Nectarine  Orange  Peach  Pear  Pineapple  Plum  Raspberries  Strawberries  Tangerine  Watermelon</p> <p><b><u>Grains</u></b>  Oatmeal (only in recipes)  Quinoa</p> <p><b><u>Fats</u></b>  Almonds  Avocados  Cold-pressed olive oil  Macadamia nuts  Olives (black only)  Peanut butter  Peanut oil  Peanuts  Pecans</p>	<p><b><u>Fats</u></b>  Walnuts  Any nut</p>	<p><b><u>Fruits</u></b>  Banana  Cranberries  Cherries  Dates  Figs  Guava  Kumquat  Mango  Papaya  Prunes  Raisins  Fruit juices</p> <p><b><u>Grains</u></b>  Rice (white or brown)</p>

## GETTING STARTED

### HELPFUL HINTS AND IDEAS

*DO NOT START YOUR YEAST-FREE EATING PROGRAM TODAY:*

#### 1. On your mark...

- Take inventory of foods at home (throw out or give away any “forbidden” foods – so you won’t cheat☺). Prepare a shopping list and menus.
- Review recipes provided. Make a list of the ingredients you will need.
- Plug in your favorite recipes and foods into the menu planner provided. Use the menu planner, the grocery lists, and the ingredient list you prepared to help you make your grocery shopping easy.
- At your local grocery store, shop on the outside aisles for fresh produce and meats.
- Purchase fresh deli-meat from the deli-counter (no pre-packaged deli-meats). Purchase a pound of each meat to enable you to rotate your foods (roast beef, ham, chicken and turkey). This is an easy way to get protein with your snacks and meals, especially if you are on the go!
- Read Labels!** Search the ingredient lists for yeast, sugar, vinegar, dairy, or milk (lactose), dextrose, maltodextrin, hydrogenated oils, margarine, butter... the list goes on and on! Therefore, PLEASE eat like a cave man...whole foods. Avoid packaged foods as much as possible; they tend to contain a multitude of hidden additives and ingredients.
- Canned and frozen vegetables are allowed, but read the labels. They may contain some sugar. Remember that frozen vegetables are not as healthy – fresh is the 1<sup>st</sup> choice, frozen is the 2<sup>nd</sup> choice, canned is the 3<sup>rd</sup> choice.
- For an even wider variety of ideas and products, stop by a local health food store. They have very helpful sales people to help you make good choices.
- Pick a start day – and stick to it! ☺
- It’s a good idea to start cleaning up your dietary habits NOW, while you are preparing for the eating program. This will help you be more successful! A big binge the night before you start will set you up for more “die-off” or detoxification symptoms (see page 16).
- Find a friend or family member to join you or hold you accountable during your new eating program. This too will help you be more successful. Also, inform your co-workers, family members and friends about the eating program and what is involved; they can be your supporters.

## 2. Get Set...

- Cut up fresh veggies for snacks and for steaming with meals (keep in Ziploc bags). Do this after each shopping trip.
- Prepare your beverages – herbal ice tea, Lipton ice tea, homemade lemonade with xylitol.
- Boil a dozen eggs for a quick and easy snack or for a breakfast protein. Refrigerate them.
- Prepare condiment recipes – see recipes.
- Each evening, remove frozen meats and place in refrigerator for thawing.

## 3. GO...

- Rotate all foods. Don't get into the habit of eating the same foods day after day. This is one of the ways that food allergies are created. Remember the menu planner will help you rotate your foods.
- When cooking your meals, plan to make enough for leftovers. Use leftovers in your meals for the next day.
- Be creative in adding new spices to enhance the flavor of both vegetables and meats. A nutritious meal does not mean bland! Most seasonings are acceptable. Make sure there is no added sugar or dairy products such as dried milk or parmesan, and try to avoid MSG.
- Do not hesitate to alter the ingredients of your favorite recipes – remove all “forbidden” ingredients and substitute with other “authorized” ingredients. (See page 20 for specific substitution ideas.)
  - For any recipe that requires vinegar, substitute with an equal amount of lemon juice.
  - Instead of using butter as a sauce for vegetables or meat marinades, use cold-pressed olive oil and Ms. Dash (or another favorite spice).
  - Use xylitol or stevia instead of sugar.
  - Any recipe calling for cream or milk, use soy, oat or almond milk.
  - Substitute oat or soy flour in the place of any other flours.
  - Chicken broth may be used in place of butter when making sauces.
- Remember; do not use sauces, (barbecue sauces, store-bought salad dressings, Worcestershire sauce, soy sauce, etc.). Wycoff Wellness Center Eating Program sauce recipes are acceptable.

- ☑ Steam vegetables or eat them raw. This is much more nutritious than boiling the vitamins out of the vegetables.
- ☑ Meats should be broiled, baked or grilled. Microwaving is also acceptable, but no frying. Frying destroys the nutritional value of the food.
- ☑ Dust off your crock pot on those “hectic” days! Prepare and season your meat and chop vegetables the night before. Then place the vegetables and meat in the crock-pot, cooking on low all day! You’ll have a great meal ready to eat when you get home.
- ☑ Never skip breakfast! All meals are important, but especially breakfast because it determines your metabolism for the rest of the day. Any time you skip meals, you will be setting yourself up to cheat!
- ☑ Throw out the idea of a conventional breakfast. Try broiled meats and other vegetables in the morning. Example: chicken and vegetables.
- ☑ Drink an abundant amount of water; eight 8-ounce glasses daily. This detoxifies the body of yeast and lessens food allergy reactions.
- ☑ Review your social/personal calendar for upcoming events (weddings, showers, dinner parties or even a night out with a spouse/friend, etc.) in order to pre-plan your meals. Eat before an event, if you suspect the foods will be unfavorable. Inquire about what is being served. If possible bring your own food. Plan which restaurants will accommodate you needs.
- ☑ When eating out, don’t be afraid to ask for the ingredients in their menu items. Many restaurants will prepare foods without sauces and other additives upon request.
- ☑ Remember, the closer you stick to the eating program, the better you will feel and the less die-off (detox) you will experience.

# Grocery-Shopping List

## Vegetables

Artichokes  
Asparagus  
Brussel sprouts  
Bell peppers  
Bok choy  
Broccoli  
Broccoflower  
Collard greens  
Cabbage  
Zucchini squash

Cauliflower  
Celery  
Cucumbers  
Lettuce (all varieties)  
Eggplant  
Green beans  
Kale  
Leeks  
Spaghetti squash  
Avocados

Turnips  
Okra  
Onions  
Spinach  
Yellow squash  
Swiss chard  
Tomatoes  
Lemons  
Limes

## Meats

Crab  
Crawfish  
Canadian bacon  
Chicken  
Pork steaks  
Trout  
Catfish

Steaks - any lean cut  
Turkey  
Pork chops  
Flounder  
Tuna  
Sausage  
Turkey bacon

Tenderloin  
Salmon  
Shrimp  
Deli meats – any kind  
Lamb  
Ground beef – (lean)  
Orange Roughy

## Canned Goods

Black olives  
Kidney beans  
Black beans  
Crab meat  
Asparagus  
Tuna  
Salmon

Chicken  
Green beans  
Collard greens  
Pasta sauce  
Peanut butter  
Tomato sauce  
Spinach

Specialty soups  
Chicken broth  
Apple sauce  
Red beans  
Salsa

## Drinks

Perrier flavored water

Coffee  
Lipton Tea

Herbal teas  
Celestial Seasonings

## Spices & Seasonings

Salt  
Italian seasoning  
Lemon pepper  
Ms. Dash  
Nutmeg

Pepper Cajun seasoning  
Dill  
Cinnamon  
Paprika  
Thyme

Grill Mates  
Basil  
Rosemary  
Garlic

### Miscellaneous

Eggs  
Nuts (any kind)  
Cold-pressed olive oil

Oatmeal (Quaker, slow  
cook)  
Quinoa

Bragg's Liquid Aminos  
(liquid soy)

### After 2 Weeks

Butter  
Fruit of any kind (except grapes & bananas)

## Yeast-Free Product Shopping List

Below is a list of acceptable food products on the yeast – free eating program. Most of these foods can be found at major supermarkets. If for any reason, you are unable to locate these products at your local grocery store, they may also be found at many health food stores.

### Meats

Smart Deli ham  
Turkey Italian sausage  
Turkey sausage patties  
Turkey burgers

Soybeans – Arrowheads Mills  
Chickpeas – Arrowhead mills  
Small red beans  
Dried mixed beans

### Canned foods

Whole tomatoes – Hunt's  
Tomato paste – Hunt's  
Tomatoes and green chilies – Rotel  
Asparagus spears – Kroger Brand  
Chopped spinach – Del Monte  
Cut green beans – Del Monte  
Apple sauce – Motts  
Pink salmon – Chicken of the Sea  
Chunk light tuna – Star-Kist  
Breast of chicken – Hormel  
Fat free beef broth  
All natural chicken broth  
Turkey chili with beans  
Collard greens  
Ripe olives (jumbo pitted)

### Salsa and spaghetti sauce

Salsa  
Guacamole  
Mom's spaghetti sauce  
Classic pasta sauce

### Soup mixes and broths

Buckeye beans and herbs soups  
Organic vegetable broth

### Flours

Oat flour – Arrowhead Mills  
Soy flour – Arrowhead Mills  
Baking soda – Arm and Hammer  
Arrowroot  
Amaranth

### Nut butters, seeds and beans

Peanut butter  
Almond butter – Arrowhead Mills  
Cashew butter – Arrowhead Mills  
Pumpkin seeds – David  
Sunflower seeds – David

## **Snacks**

Terra chips – original flavor only

## **Milks**

Soy milk

Oat milk

Sour cream 100% dairy free

## **Cold-pressed olive oils**

Candoni

Colavita

Isabella & Rae's lemony olive oil dressing

## **Oats**

Old fashioned oats – Quaker Oats

## **Drinks**

Mountain Valley spring water

Folgers coffee

Lipton tea

Celestial Seasoning teas

Perrier flavored water

## **Seasoning**

Beef fajita – Adams

Italian seasoning – Adams

Cajun seasoning – Adams

Onion and herb – Ms. Dash

Garlic and herb – Ms. Dash

Lemon pepper – Ms. Dash

Organic blend – Ms. Dash

Chicken and herb – McCormick

Grill Mates – McCormick

Barbecue seasoning – Kroger

Bragg's Liquid Aminos (liquid soy)

## **Non-petroleum based body care products**

(body lotion, soap, shampoo, cleansers, & make-up)

- Kiss My Face – facial products
- Zia – facial products
- Shi Kai
- Lagona
- Nature's Gate lotion

- Camocare Gold – facial products
- Earth Science – facial products
- Tom’s of Maine – toiletries
- Sappo Hill – bath soap
- Get Fresh – bath soap

## How to read product labels

### The “Nutrition Facts” labels tell you

- Serving sizes – number of servings per container
- Quantities of specified nutrients & food constituents
- Ingredient list
- Name and address of manufacturer, packer, or distributor
- Net contents in terms of weight , measure, count

### Ingredient list

- Ingredients are listed in descending order, based on the amount used.  
**Example:** If there is more salt than pepper in a product, salt will be listed before pepper.
- More than one sugar or sweetener is listed as “sweetener”

- Common and Not-So-common names for sugar or sweeteners

Barbados sugar	Golden sugar
Barley malt	Golden syrup
Beet sugar	Grape sugar
Brown sugar	High-fructose corn syrup
Buttered syrup	Honey
Cane-juice crystals	Invert sugar
Cane sugar	Lactose
Caramel	Malt
Carob syrup	Malt syrup
Corn syrup	Maltodextrin
Corn syrup solids	Maltose
Date sugar	Mannitol
Demerara sugar	Molasses
Dextrin	Muscovado
Dextrose	Panocha
Dextrose Monohydrate	Refiner’s syrup
Diatase	Rice syrup
Diastatic malt	Sorbitol
Ethyl Maltol	Sorghum syrup
Fructose	Sucrose
Fruit Juice concentrate	Sucralose
galactose	Sugar
Glucose	Treacle
Glucose solids	Turbinado sugar
	Yellow sugar

- Specific fats and oils must be listed
- Flavor enhancers and additives used must be listed

## How to use the ingredient list to locate yeast-free products

- If a product contains an unfavorable substance, it will be on the “ingredient list” (i.e. yeast, sugar, dextrose, maltodextrin, vinegar, hydrogenated oils or margarine, dairy of any kind) and therefore, must be avoided while on the yeast-free eating program.

### Important Reminder:

- Do not be deceived by the **Sugar** count on the “Nutrition Facts” label (see label on right). This sugar count refers to the final breakdown of carbohydrates into glucose. All carbohydrates will break down into sugars.
- Remember that vegetables and fruits are carbohydrates. These and other carbohydrates are broken down by the body into glucose (sugar) to be used for energy. This does not make a product unacceptable on the yeast-free eating program.

Nutrition Facts			
Serving Size:			
Servings Per Package:			
Amount Per Serving			
Calories:		Calories From Fat:	
		% Daily Value*	
Total Fat g			%
Saturated Fat g			%
Cholesterol mg			%
Sodium mg			%
Total Carbohydrates g			%
Dietary Fiber g			%
Sugars g			%
Protein g			%
Vitamin A %		Vitamin C %	
Calcium %		Iron %	
* Percent Daily Values are based on a 2,000 calories diet.			

## Yeast Die-off or “Herxheimer Reaction”

Yeast die-off (detoxification), or Herxheimer reaction, occurs when you start an anti-yeast or anti-candidiasis program. When you treat yeast overgrowth, large numbers of yeast cells die off quickly, releasing their toxins into the body. These toxins are quickly absorbed into the colon membrane and circulate throughout the entire body causing adverse symptoms. These toxins affect the mucous membranes in the mouth, esophagus, stomach, small and large intestines, sexual and urinary organs, sinuses, eustachian tubes in the ears, bronchial tubes, lymphatics, and even the joints. This explains why the entire body reacts to die-off – the body must eliminate these toxins.

Each person’s die-off reaction is different. Your body will react in a unique and individual way. Often your symptoms may be an exacerbation of symptoms already present or a representation of new symptoms never before experienced. Some sort of “die-off” reaction, be it subtle or severe, tells you that the treatment for yeast is working. However, the severity of your die-off reaction is NOT directly related to the amount of yeast in your system.

Some of the symptoms may include:

- Fatigue
- Headaches
- Flu-like symptoms
- Aching joints
- Irritability
- Dizziness/lightheadedness
- Nausea/cramping
- Dry mouth
- Decreased appetite
- Eczema
- Bowel/stool changes
- Bloating/gas
- Yeast infections(vaginal, jock itch)
- Bladder infection
- Sinus infection
- Generalized itching/rash
- Food cravings

These symptoms *do not* mean that you are having a drug reaction or that you are allergic to the medications Diflucan or Nystantin. It only means that the medications are doing their job. Symptoms can last anywhere from several days to two weeks. It is different for each individual. Staying strictly on your yeast-free eating program will help tremendously. Occasionally reducing (not stopping) the dosage Diflucan or Nystantin will slow down the die-off process, making symptoms more tolerable.

We recommend that you obtain a supplement called *Alka-Seltzer Gold* to take along with anti-yeast medications for the duration of the die-off symptoms. It contains sodium bicarbonate, potassium and bicarbonate, which devours the toxins dumped by the dying yeast cells. You may take one or two Alka-Seltzer Gold with each dose of Diflucan or Nystantin. When you begin taking Diflucan (after one week on the eating program), die-off symptoms may occur for a couple of days, once again. If you are unsure about your symptoms, contact our office. *Remember, die-off is a temporary condition.*

## **Food Rotation**

The goal of a rotation diet is to prevent the overload of a particular food and in turn possibly eliminate the sensitivity to that food. Repetitious eating is the number one cause of antibodies against that food. This results in adverse symptoms, and one more allergen the body must fight against. Repeatedly putting that food into the body only further taxes the immune system.

You must learn to rotate and diversify your diet. It is not recommended to repeat foods within 4 days of itself because a food (in antigen form) can stay in the body for approximately 72 hours (3 days). This is why the 5-Day Rotation Diet was developed. You pre-plan your menus having a beef day (Monday), a chicken day (Tuesday), a seafood day (Wednesday), a pork day (Thursday), and a turkey day (Friday). Then it will be five full days before you repeat the same meat. Do this also with vegetables and other food items.

The following is an example of a 5-Day Rotation diet (rotating protein/ meat) for one week. Plug in your favorite recipes and/or foods in order to rotate your vegetables or other side dishes! Remember after two weeks on the yeast-free eating program, one serving of fruit can be added to your meals in place of a vegetable serving, or ½ piece of fruit can be added to your snacks in place of the vegetables seen below.

## 5 Day Rotation Menu Plan

Day 1
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### **Breakfast**

- All beef sausage
  - Italian green beans – frozen, steamed with slivered almonds
- OR**
- Denny's breakfast steak and a small salad

### **Lunch**

- Pepper steak
- Chinese vegetables

### **Dinner**

- Veal w/Italian vegetables
- OR**
- Carraba's or Olive Garden – veal with tomato sauce and steamed vegetables

### **Snack**

- Roast beef deli-meat
- ½ cup raw vegetables
- Black olives

Day 2
-------

### **Breakfast**

- Omelet (with bell pepper, tomato, onion) or 2-3 boiled eggs
  - Sliced tomatoes
  - One small avocado
- OR**
- IHOP – omelet with vegetables, bring with you a small bag of nuts

### **Lunch**

- Grilled chicken on garden salad with Italian dressing, sprinkle nuts on salad
- OR**
- Subway Sandwich – salad with chicken (double portion) with olive oil

### **Dinner**

- Chicken stir-fry

### **Snack**

- Chicken deli-meat rolled with avocado slices
- Cucumber and onion salad

Day 3

**Breakfast**

- Smoked salmon
- Black beans and steamed spinach
- Black olives

OR

Hotel breakfast buffet (usually a Sunday buffet) – smoked salmon with steamed vegetables

**Lunch**

- Tuna salad stuffed in avocado
- Celery sticks with peanut butter

**Dinner**

- Stuffed salmon for 2, or grilled catfish fillets
- Steamed artichokes with seasoned olive oil
- Chick peas

**Snack**

- 1 or 2 hard boiled eggs
- Raw broccoli
- 3-4 almonds

Day 4

**Breakfast**

- Breakfast pork chops – grilled
- Sliced cucumbers and tomatoes with olive oil and salt and pepper

OR

Denny's – breakfast ham and spinach

**Lunch**

- Ham deli-meat rolled with spinach leaf
- Black olives

**Dinner**

- Pork tenderloin (wrap in foil with bell pepper, onion and garlic salt, place on grill)
- Steamed cauliflower and asparagus with olive oil and seasonings

Day 5

**Breakfast**

- Turkey deli meat or turkey bacon
- Avocado or guacamole

- Raw vegetables

### **Lunch**

- Grilled turkey breast (cold or hot)
- Steamed yellow squash and zucchini with onions  
OR  
Subway – salad with turkey deli meat

### **Dinner**

- Turkey cacciatore
- Okra and stewed tomatoes with olive oil and seasoning

### **Snack**

- Turkey deli-meat
- Sliced cucumbers
- 3-4 cashews

## **Recipe Reminders**

### **Olive oil vs. butter**

- Any recipe that calls for butter is only okay after the first two weeks on the eating program.
- For any recipe that calls for olive oil, butter can be used in its place after the first two weeks on the eating program. Not all recipes will work as well with butter (i.e. salad dressing), so use your judgment if you want to switch the ingredients. On the same note some recipes will not work as well with olive oil used in place of butter (i.e. pie crusts).

### **Recipe legend**

- Two asterisks will follow the recipe titles with special indications ( \*\* ). For example, recipes allowed *only* after the first two weeks because of ingredients such as butter or fruit.
- Three asterisks will follow the recipe titles ( \*\*\* ) on recipes that can be introduced after the 1 month yeast-free diet has been completed. For example, recipes that may contain rice or other grains.

### **Substitutions**

- Whenever a recipe calls for fresh lemon juice, it is okay to use lemon juice concentrate.
- Egg substitute can be used in place of whole eggs if desired.
- Salt is always an optional ingredient.
- Recipes that call for a thickening agent, i.e. cornstarch or potato flour, may use arrowroot or soy flour as a substitute.

### **Spices & seasonings**

- See the following page for an **Herb Directory** that will identify some of the herbs that are used in the recipes that follow. Use this information to help you spice up your food and even your favorite recipes.

### **Cooking oils**

- Remember to use cold-pressed olive oil as your primary cooking oil. Your only other choices for cooking oils are canola oil and safflower oil.

### **Flour reminders**

- In some cases, you may use oat or soy flour to dust a salmon patty or thicken a sauce.

### **Balanced meals**

- Remember that not all of these recipes are balanced (protein, carbohydrate, fat) so do not forget your rules when "Planning and Preparing" your meals.

## **Herb Dictionary**

### Hints to help you "spice up your life"

#### **Basil**

- Sweet and full of flavor – great for salads, soups and dressings – used in many Italian recipes – also good with tomatoes, eggplant, squash, etc.

#### **Bay Leaf**

- Fragrant and pungent – add depth and sweet peppery scent – use in soups, stews, sauces, and tomato dishes.

#### **Chives**

- Similar in taste to scallions, only milder – use with tomatoes, steamed vegetables, dips, spreads, herb butters, etc.

#### **Cilantro**

- Much stronger dried than fresh – used in East Indian, Central and South American dishes.

#### **Cumin**

- Gives aromatic taste to stews, vegetables, Mexican and Indian cooking – it has a warm, robust flavor – use sparingly, used in curry and chilies.

#### **Dill**

- Use with tomatoes, cucumbers, in sauces, dips, dressings and salads – add at the end of cooking because flavor fades quickly when heated.

#### **Garlic**

- Use whole garlic in soups and sauces, it gives a unique fragrance and flavor which can easily become overpowering. Sautéed garlic is half as strong as pressed garlic: 1/8 tsp. of garlic powder equals 1 tsp. fresh garlic.

#### **Ginger**

- Pungent, hot and spicy flavor, golden color – use root in stir-fries or other middle-eastern dishes – leaves can be used in soups.

### **Marjoram**

- Sweet herb with mild flavor, best added toward the end of cooking time in soups, stews, salad dressings and stuffing – also goes well with tomatoes and onions.

### **Oregano**

- Strong flavor, similar to marjoram – use sparingly with basil, garlic, olive oil, tomatoes, eggplant, summer squash, in marinades, herb dressings and other Greek and Italian dishes.

### **Parsley**

- Mild flavor – use with cauliflower, lima beans, summer squash, potatoes, pilafs, tabouli, dips, marinades, soups, stews, and sauces. It blends well with most other herbs.

### **Rosemary**

- Aromatic shrubby mint with strong pine taste – use with cauliflower, lemon, parsnips, peas, tomatoes, in marinades, soups and stews, etc. – use sparingly as it can easily dominate.

### **Sage**

- Aromatic and spicy – use with beans, grains, potatoes, stews, dressings, soups, sauces and marinades. Can be domineering, so use sparingly.

### **Savory**

- Aromatic, grass like smell, with mild peppery flavor – assertive – use with green beans, salads, cabbage and soups.

### **Tarragon**

- Use in salads and with vegetables – fresh tarragon has a taste similar to licorice – great alone or mixed with parsley, chives and chervil.

### **Thyme**

- Heavy aroma and spicy taste – use with asparagus, carrots, eggplant, leeks, nutmeg, onions, parsley, peas, tomatoes, soups, stews, sauces, herb butters, marinades and bean dishes.

### **Turmeric**

- Adds mild, slightly musty flavor and yellow color to curries and rich dishes.

# ***Congratulations...***

## ***You made it!***

*What do I do next?*

After completing one month on the yeast-free eating program, you should perform an oral challenge to yeast as a food:

### **1. Finish line...**

Eat two pieces of whole wheat bread with a glass of water. Monitor your symptoms for one hour. If no symptoms develop, then perform a second challenge with two pieces of whole wheat bread. DO NOT have any more yeast products for two days and watch for delayed symptoms (symptoms listed on page 16). If no symptoms occur, then you may add yeast products back into your diet. If symptoms do occur, then eliminate yeast for another month.

### **2. Add back...**

You may now introduce some of the foods that were excluded on the yeast-free eating program back into your diet. When adding in foods, go slowly! Add one food group at a time. For example, you may have 3 days on vinegar products, and if tolerated, then move to 3 days with milk products, etc.

### **3. Old habits die hard...**

By participating in the yeast-free eating program you were beginning some essential lifestyle changes. Now that you have successfully completed the eating program do not take license to return to your "old" dietary habits. Maintain these new habits; simply add more variety, i.e. milk, vinegar, condiments, etc.

If for any reason you are placed on any form of an antibiotic, it is always recommended that you take Nystantin and acidophilus for the duration of antibiotic treatment plus one additional week. Also, remember to watch your diet. Try to avoid a high yeast/sugar diet so as not to promote yeast growth.

#### **4. Chase the cravings away...**

It is important to know that all grains, starches and pastas are unfavorable (see the new food guide pyramid on page 4 and favorable food selection list on pages 4, 6 and 7). These foods are high-glycemic which means they will break down into larger amounts of sugar. This causes the sugar highs and lows (i.e. hypoglycemia or diabetes) between meals. In turn, this leads to a slower metabolic rate, higher cholesterol and triglyceride levels, elevated blood pressure, and even the cycle of carbohydrate cravings leading to weight gain. It is always a good idea to leave these products out of your diet as much as possible.

#### **5. Pick your poison...**

Eat properly Monday – Friday of every week; Saturday's and Sunday's are your cheat days (in moderation). Each week pick one food group to be your treat, for example, one night you might have a small glass of wine (red wine is the best choice) with dinner, so another night have a small slice of cheesecake (possibly split with a friend). A piece of bread or maybe even pancakes for breakfast (whole grain breads or grains are more favorable) can also be a reward.

#### **6. Catastrophic carbohydrates...**

Even though you are including some “cheat foods” on your special days off, be sure to balance your meals with the protein, carbohydrates and fat. This will prevent a “cheat day” from becoming disastrous. Imbalance between your proteins, fats, and carbohydrates will result in carbo-craving. A “cheat day” does not mean to cheat at every single meal, but rather to select your favorite meal that day, and choose a “cheat” item to enjoy.

#### **7. The body talks...**

Listen to your body! Your body will tell you which foods provide energy, which foods cause weight loss or weight gain, and which foods cause allergic reactions etc. Be diligent. It only takes a few days to destroy a habit, but it takes 30 days to reinstate that habit. Do not forget where you came from or where your going... your trophy or reward is your healthy, strong immune system.

#### **8. One more lap...**

Some people will need to maintain the yeast-free eating program for more than just one month, possible 2-4 months total, if symptoms of yeast are still present. Keep in mind that clinical symptoms are the most important diagnostic tool to determine the presence of yeast in the body (more than any blood test). Therefore, if symptoms persist, the yeast-free eating program is still warranted.

# Oral Food Challenge

Your skin sensitivities (to food) are:

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## What is the oral food challenge?

We recommend that you perform this challenge test after the completion of the yeast-free eating program. However, if one of the subjected foods (above) is an important part of the yeast-free eating program, you may want to go ahead and perform the challenge test immediately.

The reason for this challenge test is to prove or disprove a **true** food allergy. This means that even though you react to a food on the skin, this may not always mean that you are reacting to the food internally. On the other hand, if you are eating one of the suspected foods (above) frequently, or even daily, and it does not seem to cause a problem, this does NOT mean you are not reacting to that food. When a food is repeated in the diet, your body will learn to adapt, and it will not produce a specific or apparent response. This is why this challenge test is essential in order to determine WHICH foods are causing a problem – true food allergy. In order to determine if you are reacting to a food, you must provoke your system by following the steps below.

## How to Perform the Oral Food Challenge:

1. Choose which ONE food you will challenge first.
2. Day 1 – Day 4: This food must be eaten for 4 consecutive days. (at least one serving, 1x/day) if severe symptoms occur, the food may be discontinued.
3. Day 5 - Day 8: This food must be OMITTED 100% for the next 4 days. (The food and all products made with the food must be omitted).
4. Day 9: First thing in the morning, eat a portion of the food with nothing but a glass of water. Watch for symptoms over the next 30 minutes. If no symptoms occur, eat a second portion of the food with nothing but a glass of water. Now you will wait and watch for the next three days.
  - What to look for: a food reaction could be anything, such as aching joints, diarrhea/constipation, headaches, irritability/depressed moods, marked fatigue, nervousness, anxiety, allergy symptoms (sneezing, postnasal drainage, cough, ringing ears, watery eyes, etc.), hives/itching/rash, cramps/bloating/gas, asthma or breathing difficulty, canker sores, difficulty concentrating or any exacerbation of current symptoms.
  - When will the symptoms occur: a food (in antigen form) stays in the body for approximately 72 hours. Therefore, it is common to have a delayed reaction 2 or 3 days after eating a particular food.

- When a reaction occurs: Alka-Seltzer Gold, Milk of Magnesia, or citrocarbonate will all help neutralize your reaction.
  1. Document your symptoms
    - a) Mild reaction: If your reaction was not severe (use your personal discretion), you may choose to keep the food in you diet on a 5-Day Rotation. However, remember the best benefit would be to avoid food.
    - b) Moderate/Severe reaction: If your reaction was more notable, you have two choices:
      - allergy drops – these drops will neutralize the food for ONLY a 24 hour time period. These drops are helpful for the foods that are the hardest to avoid (i.e. wheat, corn, egg, milk, and soy).
      - avoidance – if you will faithfully avoid the problem food anywhere from 6 months to 2 years, you can generally eliminate the food allergy. In the long run, strict avoidance of the food will allow you to bring the food back into the diet as soon as the body recovers. (Remember to always rotate foods to prevent new food allergies from developing).

### **Types of food allergies:**

There are cyclic food allergies, fixed food allergies and masked food allergies. The **cyclic allergies** can be resolved by avoidance of that food for 6 months to 2 years (each person is different).

A **fixed allergy** is one that is neither inborn or develops later in life and remains permanent (shellfish, strawberries, peanuts are usually fixed food allergies).

A **masked food allergy** is one in which symptoms are “masked”. This is the most common and most harmful food reaction, because it often goes unrecognized. A masked food reaction is often delayed and less dramatic than the other types of food reactions. Another term for “masked allergies” is “food addiction”. For example, a patient will feel temporary relief of symptoms upon the ingestion of a problem-food. Therefore, when symptoms re-occur, they will again be drawn to that food, becoming “hooked”. That is why the phrase “you crave what you are allergic to” is a true statement. At first, repeatedly eating problem-foods will maintain a symptom free state, but inevitably you will become more addicted, requiring more and more of the food to alleviate “symptoms”.

## **The Wycoff Wellness Center Eating Program**

- **Do you have high blood pressure or elevated cholesterol and /or triglycerides?**
- **Are you overweight and find it difficult to lose weight?**
- **Are you underweight and find it difficult to gain muscle weight?**
- **Are you or any of your family members having sugar highs and lows, mood swings, fatigue or reactive hypoglycemia?**
- **Are you a borderline adult diabetic or do you have a family history of adult diabetes?**

These conditions are often caused by a high carbohydrate diet. Carbohydrates are foods that are converted by your body to glucose, which is a sugar. When your blood sugar level rises due to a high carbohydrate diet, your pancreas produces a hormone, called insulin, to lower the sugar level. A high carbohydrate diet leads to chronically elevated insulin levels in your blood. Elevated insulin causes your body to store sugar as fat. Elevated insulin also causes your liver to produce more cholesterol (because it activates HMG CoA reductase, the enzyme that controls the rate at which the liver produces cholesterol).

Elevated insulin levels can lead to obesity, elevated cholesterol and triglycerides, high blood pressure, reactive hypoglycemia, and adult onset diabetes. These conditions can often be prevented or resolved by eating an appropriately balanced diet.

Your goal in eating a balanced diet is to maintain a low-normal insulin level. This is called being in the "Zone," which leads to the breakdown of fat, weight loss, normal cholesterol and triglycerides, as well as normal blood pressure and blood sugar levels.

### **Goals of the Wycoff Wellness Center Eating Program:**

- Increased energy level
- Weight loss through decreased body fat
- Normal blood pressure
- Cholesterol <200 with HDL (good cholesterol) >50
- Triglycerides <100
- Fasting Insulin <10
- Glycohemoglobin (sugar attached to red blood cells) <5%
- Burning stored body fat rather than incoming carbohydrates for energy

## **Making Sense of it All:**

The Wycoff Wellness Center Eating Program is a way of life, not a diet. The guidelines followed on the yeast-free eating program regarding the planning and preparing of meals remain similar. However, you now have more freedom with your food choices.

Make a point to carefully review these very important concepts and catch some new ideas and hints along the way.

## **The Basics:**

1. When eating your meals, eat the protein portion first. This cuts down on overeating carbohydrates.
2. Drink at least eight to ten 8-ounce glasses of water daily, including one glass before every meal. To burn fat you will need to drink water. This also decreases your hunger.
3. Favorable fats and oils (or essential fatty acids) are vital for the maintenance of cell membranes and the formation of prostaglandins, which regulate almost all cellular activities. These essential fatty acids are also necessary for the prevention and treatment of heart disease, hypertension, elevated cholesterol, arthritis, skin disorders, cancer and even premenstrual syndrome.
4. Your snacks should be just like a miniature meal, with 1 food from each food group – 1 protein, 1 carbohydrate and 1 fat.
5. See page 4 for the new balanced food pyramid. If you desire a life of health and wellness, one of the first steps must be to discard your old habits and replace them with healthy lifestyle changes. Throw out the old Food Pyramid as your meal – planning guide!
6. Last, but not least, read labels routinely, manufactures change ingredients frequently.

## **Avocado & Lemon Herb Dressing**

*Eating for Life*

### **Ingredients:**

1 med. avocado, peeled, pitted & quartered	2 cups cold-pressed olive oil
2 Tbsp. each fresh basil, parsley, chopped	½ cup water
1 Tbsp. each fresh oregano, thyme, chopped	¼ cup fresh lemon juice
1 Tbsp. each tarragon, savory, chopped	1 tsp. salt
1 tsp. each fresh sage, rosemary, chopped	

### **Directions:**

Place avocado in a blender or food processor; blend until creamy. Add remaining ingredients; blend until liquid consistency. Pour dressing into a quart jar with a tight fitting lid; refrigerate until ready to serve.

## **Basil and Garlic Salad Dressing**

*Eating for Life*

### **Ingredients:**

1 cup cold-pressed olive oil	6 stems fresh basil, with leaves
¼ cup fresh lemon juice	1 tsp. salt
4 large cloves garlic; coarsely chopped	

### **Directions:**

Pour olive oil into a 1 cup jar. Scrub basil; pull off leaves from stems and place in oil. Add garlic. Cover with a tight-fitting lid; set on a sunny windowsill for 2-7 days (for more flavor leave longer). Shake container daily, taste for desired flavor. When ready, strain liquid carefully into a measuring cup and discard leaves and garlic. Pour liquid back into container; add lemon juice. Add salt. Chill before serving.

## **Creamy Herb Dressing**

*Eating for Life*

### **Ingredients:**

½ cup cold-pressed olive oil	½ tsp. ground paprika
1 Tbsp. each fresh thyme, tarragon, chopped	1 large tomato
¼ cup fresh lemon juice	4 tsp. xylitol
2 large cloves garlic, chopped	2 Tbsp. sesame seeds
½ tsp. salt	

### **Directions:**

Place all ingredients in a blender, food processor or wide mouthed jar. Mix well. Refrigerate before serving.

## **Classic Italian Dressing**

*Eating for Life*

### **Ingredients:**

⅔ cup cold-pressed olive oil	½ cup fresh lemon juice
1 Tbsp. each fresh oregano, basil, sage	2 Tbsp. xylitol
½ cup water	½ tsp. salt
¼ tsp. pepper	2 large cloves garlic, minced

### **Directions:**

Combine all ingredients in a small bottle or jar with a tight fitting lid. Refrigerate several hours and shake well before serving. Serve over salad, fresh vegetables or use as a marinade.

## **Poppy Seed French Dressing**

*Eating for Life*

### **Ingredients:**

½ cup cold-pressed olive oil	¼ cup fresh lemon juice
1 tsp. each fresh thyme, tarragon, chopped	½ tsp. ground paprika
1 large clove garlic, minced	½ cup xylitol
½ tsp. salt	¼ cup poppy seeds
½ tsp. fresh basil, chopped	

### **Directions:**

Combine all ingredients in a blender or food processor. Mix well. Cover and refrigerate for at least 1 hour before serving.

## **Thousand Island Dressing**

*Eating for Life*

### **Ingredients:**

½ cup <i>Blender Mayonnaise</i> (page 35)	¼ med. red bell pepper, finely chopped
1 Tbsp. fresh lemon juice	1 tsp. yellow onion, peeled and grated
1 Tbsp. unsweetened tomato sauce	1 Tbsp. chopped fresh basil

### **Directions:**

Mix all ingredients in a small bowl. Chill 1 hour before serving to allow flavors to blend.

## ***Tofu Salad Dressing***

*Eating for Life*

### **Ingredients:**

½ lb. soft tofu	1 Tbsp. xylitol
¼ cup cold-pressed olive oil	1 ½ tsp. <i>Mild Mustard</i> (see pg. 35)
1 Tbsp. fresh lemon juice	½ tsp. salt

### **Directions:**

Combine in a blender and blend until smooth and creamy.

## ***Savory Spanish Dressing***

*Eating for Life*

### **Ingredients:**

1 med. avocado, pitted and peeled	½ tsp. garlic powder
1 large fresh tomato	2 Tbsp. fresh lemon juice
2 large green onions, peeled	¼ tsp. cumin
Cayenne pepper to taste	

### **Directions:**

Mix all ingredients in a food processor until creamy; pour over salad.

## ***Spectacular Herb Seasoning***

*Marcy Baylis*

### **Ingredients:**

1 Tbsp. onion powder	1 Tbsp. thyme leaves
1 Tbsp. dillweed	1 Tbsp. paprika
1 Tbsp. garlic powder	1 Tbsp. dried parsley flakes

### **Directions:**

Thoroughly blend ingredients and store in a sealable container in the freezer. This spice mixture is great for seasoning any meat, poultry, fish or vegetable dish.

## **Gourmet Sauce**

*Eating for Life*

### **Ingredients:**

3 Tbsp. cold-pressed olive oil  
2 green onions, chopped  
¼ tsp. tarragon

1 large clove garlic, minced  
½ tsp. fresh rosemary, chopped

### **Directions:**

Heat oil in a large skillet. Add onions, garlic and rosemary; mix. Simmer 10 minutes or until thoroughly cooked.

## **Italian Seasoning**

*Recipes for Life, Rhonda J. Malkmus*

### **Ingredients:**

1 Tbsp. dried marjoram  
1 Tbsp. dried thyme  
1 Tbsp. dried oregano

1 Tbsp. dried parsley  
1 Tbsp. dried onion flakes

### **Directions:**

Combine all ingredients and store in a tightly covered dark glass jar. Great for seasoning almost any dish.

## **All Purpose Seasoning**

*Recipes for Life, Rhonda J. Malkmus*

### **Ingredients:**

1 Tbsp. dried oregano  
1 Tbsp. dried marjoram  
1 Tbsp. dried basil  
1 tsp. dried summer savory

1 tsp. dried rosemary  
1 Tbsp. dried parsley  
1 Tbsp. dried onion flakes  
1 tsp. dried thyme

### **Directions:**

Combine all ingredients and store in a tightly covered dark glass jar. Great for seasoning almost any dish. Remember herbs can be added or deleted to adjust flavor.

## **Lemon Butter Sauce \*\***

*Eating for Life*

### **Ingredients:**

½ cup butter

¼ tsp. lemon pepper

¼ cup fresh lemon juice

Salt to taste

### **Directions:**

Melt butter in a small skillet. Add lemon pepper, lemon juice and salt; mix. Remove from heat immediately. Serve.

## **Sweet and Sour Sauce**

*Eating for Life*

### **Ingredients:**

1 (8 oz.) can unsweetened tomato sauce

1 (6 oz.) can tomato paste

1 Tbsp. cold-pressed olive oil

1 tsp. each fresh basil, oregano, chopped

1 tsp. each garlic powder, onion powder

1 ¼ cups xylitol

### **Directions:**

Place all sauce ingredients in a large skillet; mix. Bring to a boil, lower heat. Cover and simmer 20 minutes. Serve over any meat or vegetable dish.

## **Asparagus Sauté**

*Eating for Life*

### **Ingredients:**

1 lb. fresh asparagus, cut into 2 inch pieces

2 Tbsp. cold-pressed olive oil

Grated fresh ginger root to taste

½ tsp. salt

2 large cloves garlic, minced

2 Tbsp. sesame seeds

¼ tsp. onion powder

### **Directions:**

Steam asparagus until tender. Heat oil in a large skillet. Add ginger, garlic, salt, onion powder, sesame seeds and asparagus. Sauté, stirring frequently. Serve immediately.

## **Roast Asparagus with Black Olives**

*Cindy Wycoff*

### **Ingredients:**

2 lbs. fresh asparagus  
1 -2 tsp. cold-pressed olive oil  
1 can black olives

### **Directions:**

Evenly spread washed asparagus spears in shallow roasting pan. Sprinkle black olives over top of asparagus. Drizzle with olive oil. Place in 400° F oven for 10 minutes or until tender.

## **Scrumptious Zucchini Sauté**

*Eating for Life*

### **Ingredients:**

2 Tbsp. cold-pressed olive oil  
1 lb. zucchini, shredded or “matchstick”  
1 large tomato, coarsely chopped  
3 small green onions, coarsely chopped  
2 large cloves garlic, minced  
Coarsely chopped fresh basil to taste  
¼ tsp. thyme  
Salt to taste

### **Directions:**

Heat oil in a large nonstick skillet. Add garlic; sauté 2–3 minutes or until tender. Add all other ingredients, sauté, stirring frequently, 2-3 minutes until cooked, but not overdone.

## **Tomato Topping**

*Eating for Life*

### **Ingredients:**

6 Tbsp. tomato paste  
¼ cup fresh lemon juice  
¼ tsp. onion powder  
Chopped fresh oregano, basil to taste

### **Directions:**

Mix all ingredients in a small bowl. Serve over meat loaf or almost any dish.

## **Easy Hollandaise Sauce**

*Eating for Life*

### **Ingredients:**

½ cup *Blender Mayonnaise* (page 35)  
1 Tbsp. fresh lemon juice  
1 large egg yolk  
¼ tsp. salt  
Ground nutmeg to taste

### **Directions:**

Place mayonnaise and lemon juice in a small nonstick saucepan. Add egg yolk and salt; Stir continually with a whisk over medium-high heat. When hot (but not boiling), stir in nutmeg. Remove from heat immediately; serve with or over vegetables.

## ***Blender Mayonnaise***

*Eating for Life*

### **Ingredients:**

6 large egg yolks	1 tsp. salt
2 cups safflower oil or canola oil	¼ tsp. paprika
¼ cup fresh lemon juice	1 tsp. mustard powder
¼ cup water	

### **Directions:**

Beat yolks for 2 minutes in a blender. Slowly drizzle 1 cup of oil into the yolks while beating at a high speed, until all has been incorporated; mixture should become thick. Drizzle in remaining cup, still beating at high speed. Add lemon juice, water, salt, paprika and mustard powder; mix. Mayonnaise is ready. Spoon mixture into a wide-mouth quart jar with a tight-fitting lid. Refrigerate until ready to use.

## ***Mild Mustard***

*Eating for Life*

### **Ingredients:**

2 tsp. dry mustard powder	¼ tsp. turmeric
1 cup water	¼ tsp. salt
3 tsp. arrowroot	1 tsp. lemon juice

### **Directions:**

Combine the dry mustard and water in a saucepan and let stand for 10 minutes. Stir in the arrowroot, turmeric and salt. Heat the mixture over medium heat, stirring often until it thickens and boils. Stir in lemon juice and refrigerate the mustard. Makes about 1 cup.

## ***Homemade Ketchup***

*Eating for Life*

### **Ingredients:**

4 cups tomato juice	2 cloves garlic, whole
¼ cup lemon juice	1 Tbsp. xylitol

### **Directions:**

In a large saucepan, combine tomato juice, lemon juice and garlic. Bring to a boil, then reduce heat and simmer uncovered for about 2 ½ hours, until desired thickness. Remove garlic cloves and stir in sweetener. Simmer 5 more minutes. Store in refrigerator.

## **Seafood Cocktail Sauce**

Eating for Life

### **Ingredients:**

1 cup *Homemade Ketchup* (page 35)

1 Tbsp. lemon juice

### **Directions:**

Mix ingredients together and chill.

## **Tartar Sauce**

*Steve Gunter*

### **Ingredients:**

1 ½ cup *Blender Mayonnaise* (page 35)

2-3 Tbsp. dillweed or to taste

½ cup cucumber, finely chopped

¼ tsp. dry mustard powder

1 cup yellow onion, grated

Pepper to taste

¼ cup lemon juice

### **Directions:**

Place all ingredients in a small bowl; mix well. Chill 1 hour before serving to allow flavors to blend.

## **Homemade Guacamole**

*Eating for Life*

### **Ingredients:**

3 med. ripe avocados, mashed

3 small green onions, chopped

2 Tbsp. fresh lemon or lime juice

½ tsp. garlic powder

1 large fresh tomato, chopped

Salt and pepper to taste

### **Directions:**

Blend avocados and lemon juice until creamy. Place in a small bowl. Add tomato, onion and seasonings; mix. Refrigerate until ready to serve.

## **Saucy Salsa**

*Eating for Life*

### **Ingredients:**

2 large tomatoes, cored  
1 large clove garlic, minced  
1 chili pepper, coarsely chopped  
2 Tbsp. fresh lemon juice  
2 Tbsp. yellow onion, coarsely chopped  
¼ cup chopped fresh cilantro, rinsed  
½ tsp. jalapeno, chopped (optional)

### **Directions:**

Place tomatoes and garlic in a 2 quart saucepan; boil until tender. Remove from heat; cool. Beat in food processor or with electric mixer until sauce consistency. Add remaining ingredients; mix. Spoon sauce into a bowl and serve.

## **Margaret's Salsa**

*Margaret Benson*

### **Ingredients:**

1 cup fresh tomatoes, diced  
½ cup red onions, diced  
¼ red bell pepper, diced  
¼ green bell pepper, diced  
¼ cup cold-pressed olive oil  
2 Tbsp. fresh lemon juice

### Additional Options:

¼ cup green onions, chopped  
2 Tbsp. cilantro, chopped fine  
1 clove garlic, minced  
Salt, pepper, cumin to taste

### **Directions:**

Combine all ingredients and serve. Serve with any meal as a tasty topping for added zest.

## **Creamy Onion Dip**

*Eating for Life*

### **Ingredients:**

1 (8 oz.) pkg. tofu, drained  
1 ½ tsp. Bragg's Liquid Aminos  
½ cup dehydrated onion flakes  
4 tsp. xylitol  
2 Tbsp. fresh lemon juice  
½ tsp. garlic powder

### **Directions:**

Combine all ingredients in a blender and blend until smooth.

## **Chili Con Tofu**

*Eating for Life*

### **Ingredients:**

1 cup fresh (or frozen) tofu	4 small tomatoes, finely chopped
2 onions, finely chopped	1 lb. drained cooked kidney beans
2 Tbsp. cold-pressed olive oil	2 Tbsp. water
1 carrot, chopped	2 tsp. Bragg's Liquid Aminos
1 stalk celery, finely chopped	2 Tbsp. tomato paste
1 small bell pepper, finely chopped	2 tsp. Mexican chili seasoning
1 clove garlic, finely chopped	

### **Directions:**

Defrost the tofu (if using frozen). Drain thoroughly and squeeze the moisture out. Set aside. Sauté onions in olive oil for 3–4 minutes over low heat until just tender. Add carrots, celery and green bell pepper to the onions. Stir well and cook for 2-3 minutes. Add garlic to sauce pan; stir well and cook for an additional 4-5 minutes. Add tomatoes, kidney beans, Bragg's Liquid Aminos, tomato paste and chili seasoning to the pan. Crumble the tofu into the saucepan. Stir well. Cover and simmer over low heat for 10-15 minutes, stirring occasionally. Serve immediately.

## **Spaghetti Sauce Plus**

*Eating for Life*

### **Ingredients:**

1 onion, chopped	1 (10 oz.) can tomato paste
½ green bell pepper, chopped	1 (10 oz.) can tomato puree
¼ tsp. garlic powder	1 large can stewed tomatoes
¼ tsp. pepper	½ -1 tsp. oregano

### **Directions:**

Brown onion, green pepper, garlic powder, pepper and oregano. Add paste, puree and tomatoes. Simmer 30 minutes.

### **Sauce Variations:**

With beef: brown 1 lb. ground beef with onion

With chicken: bone chicken breasts. Bread with oat flour. Fry in cold-pressed olive oil on both sides until golden. Bake in shallow pan at 350° F 30 minutes. Pour sauce over top.

## **Lemon & Herb Marinade**

*Eating for Life*

### **Ingredients:**

½ cup fresh lemon juice  
¼ cup cold-pressed olive oil  
1 tsp. chervil  
2 cloves garlic, minced

2 Tbsp. chives, minced  
¼ cup fresh parsley, finely chopped  
⅛ tsp. cayenne pepper (optional)

### **Directions:**

Combine all ingredients and mix well.

## **Fish Marinade**

*Eating for Life*

### **Ingredients:**

½ cup cold-pressed olive oil  
1 Tbsp. each fresh oregano, thyme, chopped  
½ med. yellow onion, chopped  
1 large clove garlic, minced

2 Tbsp. fresh lemon juice  
¼ tsp. salt  
¼ tsp. dried parsley  
Cayenne pepper to taste

### **Directions:**

Combine all ingredients and mix well.

## **Mexican Omelet**

*Eating for Life*

### **Ingredients:**

2 ⅔ tsp. cold-pressed olive oil, divided  
2 cups onion, minced  
4 garlic cloves, minced, divided  
½ cup cooked chickpeas  
½ cup cooked kidney beans  
1 cup red bell pepper, diced  
1 cup green bell pepper, diced

2 whole eggs  
12 egg whites  
⅛ tsp. dry mustard  
¼ tsp. turmeric  
⅛ tsp. chili powder  
⅛ tsp. black pepper  
Cayenne pepper to taste

### **Directions:**

In a medium nonstick sauté pan, cook onion, garlic, chickpeas, kidney beans, red and green peppers in ⅔ tsp. olive oil until tender. In a mixing bowl, whip together whole eggs, egg whites, mustard, turmeric, chili powder, black pepper and cayenne pepper. In a second sauté pan, heat 1 tsp. olive oil before adding half the egg mixture. Cook until set and an omelet is formed. Fill omelet with half the vegetable mixture; fold over and serve. Repeat process to make second omelet.

## **Spanish Nomlette \*\*\***

*Eating for Life*

### **Ingredients:**

¾ lb. potatoes	4 Tbsp. cooked peas
2 small onions, chopped	3 cups firm or medium tofu
3 Tbsp. cold-pressed olive oil	½ cup oat flour
2 tomatoes, peeled and chopped	1 ½ tsp. baking powder
1 small jar pimientos, chopped	Salt and pepper to taste

### **Directions:**

Cook potatoes in boiling water; drain and dice. Sauté onions in olive oil for 2-3 minutes, add tomatoes, pimientos, potatoes and peas. Fry for a few minutes, stirring frequently. Place ½ cup tofu in blender; blend until creamy (if necessary, add a little water). Mash remaining tofu in large mixing bowl. Add the blended tofu, oat flour and baking powder; mix well. Add vegetable mixture to tofu mixture; mix well. Add seasonings. Form the mixture into 4 patties and place on a greased baking sheet. Bake at 325° F for about 30 minutes, then flip the patties over and cook another 15 minutes.

## **Sausage and Egg Breakfast with Vegetables**

*Eating for Life*

### **Ingredients:**

2 cups kale	9 oz. ground turkey
1 cup leeks, sliced	⅛ tsp. each sage, paprika, nutmeg
2 cups steamed broccoli	Salt and pepper to taste
½ cup steamed carrots, half slices (optional)	2 ⅔ tsp. cold-pressed olive oil, divided
¾ cup red bell pepper, half-rings	2 whole eggs
1 cup steamed wax beans, chopped	

### **Directions:**

Place vegetables in a saucepan with enough water to cover. Cook until tender but not overcooked. In a mixing bowl, combine ground turkey and spices. Form turkey mixture into 2 patties and sauté in ⅔ tsp. olive oil. Remove patties from pan and set aside. In a nonstick sauté pan, heat 2 tsp. olive oil and cook whole eggs over easy. Divide eggs, sausage and vegetables; serve warm.

## **Scrambled Eggs with a Flair**

*Eating for Life*

### **Ingredients:**

8 large eggs	2 med. green onions, diced
½ lb. cooked baby shrimp, rinsed	½ tsp. garlic powder
1 med. avocado, peeled and diced	Cayenne pepper to taste
1 med. red bell pepper, diced	2 Tbsp. cold-pressed olive oil

### **Directions:**

Beat eggs in a large bowl. Add remaining ingredients, except olive oil; mix. Heat olive oil in a large nonstick skillet; add egg mixture. Cook over medium-high heat, stirring frequently, until egg is set. Serve immediately.

## **Tofu Rancheros**

*Eating for Life*

### **Ingredients:**

1 onion, chopped	½ tsp. turmeric
1 green bell pepper, chopped	¼ cup soy flour
1 red bell pepper, chopped	1 (14-16 oz.) can tomatoes, drained
2 Tbsp. cold-pressed olive oil	2 cups firm tofu
2 Tbsp. Mexican chili seasoning	

### **Directions:**

Sauté onion and bell peppers in olive oil until tender. Add chili seasoning, turmeric and soy flour. Stir well, then slowly add the tomatoes. Bring to a boil, lower heat and simmer for about 5 minutes. Place tofu on a clean towel and squeeze well to extract moisture. Crumble tofu; add to tomato mixture. Heat for 1-2 minutes before serving.

## **Fiesta Frittata**

*Eating for Life*

### **Ingredients:**

4 large eggs	2 med. green onions, chopped
1 large tomato, diced	Cold-pressed olive oil
1 med. avocado, peeled and diced	<i>Saucy Salsa</i> (page 37)
1 small fresh chili pepper, chopped	

### **Directions:**

Beat eggs in a large bowl. Add tomato, avocado, chili pepper and green onions; mix. In a large nonstick skillet, heat 2 Tbsp. olive oil, then add egg mixture. Cover and reduce heat to simmer. Eggs should cook 5-10 minutes. Serve with *Saucy Salsa*.

## **Skillet Hash**

*Eating for Life*

### **Ingredients:**

3 oz. lean ham, chicken or beef, cooked  
1 tsp. cold-pressed olive oil  
Green bell pepper and onions to taste  
1 cup fresh tomatoes, chopped  
Salt and pepper to taste

### **Directions:**

In a nonstick pan, sauté bell pepper and onions in olive oil until tender. Add cooked meat, tomatoes and spices. Cook; stirring until heated through.

## **Simply Delicious and Easy Chicken Soup**

*Eating for Life*

### **Ingredients:**

1 lb. chicken wings  
1 (17.5 oz.) can unsweetened chicken broth  
3 cups water  
1 med. yellow onion, coarsely chopped  
1 stalk celery, diced  
½ tsp. salt  
½ tsp. ground nutmeg  
1 large carrot, sliced into ¼" rounds (optional)

### **Directions:**

Place wings, broth and water in a 2 quart saucepan; bring to a boil and skim off foam. Reduce heat, add vegetables, seasoning. Cover; simmer 45 minutes or until chicken is tender. Remove chicken and serve separately or chill and use for chicken salad.

## **Meat and Vegetable Soup**

*Eating for Life*

### **Ingredients:**

1-2 lbs. lean meat, cut into 1" cubes  
12 cups water  
1 cup carrots, cut into coins (optional)  
1 cup celery, diced with tops  
½ med. green pepper, diced  
1 large onion, diced  
½ (10 oz.) pkg. frozen green beans  
1 cup frozen peas (optional)  
1 (6 oz.) can tomato paste  
2 Tbsp. salt  
Sprinkles of garlic powder, pepper, oregano and dill

### **Directions:**

Combine all ingredients in a large saucepan and bring to a boil. Boil 10 minutes; reduce heat and simmer 2 ½ hours or until meat is tender. Refrigerate overnight. Skim fat from top, then heat and serve.

## **Black Bean Soup\*\*\***

*Eating for Life*

### **Ingredients:**

1 lb. black beans	2 cloves garlic, minced
8 cups vegetable soup stock	Cold-pressed olive oil, as needed
1 whole onion, insert 4 whole cloves	2 Tbsp. cilantro
2 bay leaves	1 tsp. oregano
1 ½ cups onion, chopped	1 tsp. fresh lemon juice
1 yellow or red pepper, chopped	1 Tbsp. parsley
1 cup celery, chopped (including leaves)	2 Tbsp. marjoram
1 cup carrots, grated (optional)	1 Tbsp. xylitol
1 potato, shredded	Bragg's Liquid Aminos to taste

### **Directions:**

Sort and rinse black beans; cover with water and soak overnight, drain. Place beans in a soup pot with vegetable stock, onion with cloves and bay leaves. Bring to a boil and cook about 2 ½ hours or until beans are tender. Remove onion with cloves and bay leaves. Meanwhile combine chopped onion, pepper, celery, carrots, potato and garlic in a skillet and sauté in a small amount of olive oil until firm but tender. During the last hour of cooking, add the vegetable mixture and seasonings to the beans. Bring to a boil, lower heat to simmer and cook until vegetables and beans are tender.

## **Meatball Chowder \*\*\***

*Eating for Life*

### **Ingredients:**

1 lb. ground chuck	1 cup celery, chopped fine
1 Tbsp. cold-pressed olive oil	1 Tbsp. fresh parsley
6 cups fresh tomatoes, peeled and diced	½ tsp. thyme
6 cups beef broth	¼ tsp. each basil, garlic powder
2 cups carrots, thinly sliced (optional)	2 tsp. salt
1 medium new potato, diced	¼ tsp. pepper

### **Directions:**

Shape ground chuck into meatballs. In large soup pot, brown meatballs in olive oil. When thoroughly browned, add remaining ingredients and cook about 1 hour or until tender. Serve immediately.

## **Best Clam Chowder**

*Eating for Life*

### **Ingredients:**

2 large tomatoes, cored, pureed and strained	1 med. red bell pepper, diced
1 cup water	1 med. yellow onion, finely chopped
1 (6.5 oz.) can unsweetened minced clams	1 large clove garlic, minced
2 stalks celery, finely chopped	1 Tbsp. each fresh parsley, sage, thyme, chopped
1 tsp. ground nutmeg	

### **Directions:**

Combine all ingredients in a large kettle; mix and bring to a boil. Reduce heat; cover and simmer 15 minutes, or until vegetables are tender.

## **Tofu Gumbo**

*Eating for Life*

### **Ingredients:**

1 cup medium or firm tofu	1 can (14-16 oz.) tomatoes
2 Tbsp. cold-pressed olive oil plus additional for deep frying	1 onion, chopped
1 bay leaf	3 ¾ cups vegetable stock or water
1 small green bell pepper, chopped	2-3 Tbsp. fresh parsley, chopped
Salt and pepper to taste	½ lb. okra, chopped

### **Directions:**

Dice tofu and deep fry in olive oil until golden brown. Drain well and set aside. Sauté onion, bell pepper and okra in 2 Tbsp. olive oil for 4-5 minutes; stirring occasionally. Add tomatoes, stock or water and bay leaf to the okra mixture. Bring to a boil, lower heat, cover and simmer for 5-20 minutes. Add the fried tofu, parsley and seasonings, cook another few minutes.

## **Tomato Bisque \*\***

*Eating for Life*

### **Ingredients:**

2 onions, chopped	Salt and pepper to taste
2 (14-16 oz.) cans tomatoes, coarsely chopped	1 cup soft or medium tofu
1 ½ cups water	1 Tbsp. butter

### **Directions:**

Place onions, tomatoes, water, salt and pepper in a saucepan; bring to a boil. Lower heat and simmer uncovered for 20-30 minutes. In a blender, combine tofu, butter and a few spoonfuls of the liquid from the soup, blend thoroughly. Add the blender contents to the saucepan. Heat gently over low heat. Serve immediately.

## **Chilled Cream of Cucumber Soup**

*Eating for Life*

### **Ingredients:**

2 ½ cups vegetable broth or water	1 cup soft or medium tofu
1 Tbsp. Bragg's Liquid Aminos	1 Tbsp. cold-pressed olive oil
1 cucumber, peeled and diced	Salt and pepper to taste
1 onion, chopped	

### **Directions:**

Combine the broth or water, Bragg's Liquid Aminos, cucumber and onions in a saucepan; bring to a boil. Lower heat, cover and simmer for approximately 15 minutes. Put the tofu, olive oil and contents from saucepan into a blender and blend thoroughly. Season to taste, cool, then chill. Serve chilled.

## **Chicken-Egg Drop Soup with Lemon**

*Eating for Life*

### **Ingredients:**

1 frying chicken (3 lbs.), quartered	1 tsp. ground nutmeg
Water	½ cup fresh lemon juice
1 med. yellow onion, coarsely chopped	2 large eggs, beaten
Salt and pepper to taste	

### **Directions:**

Boil chicken in a large saucepan; reduce heat. Add onion, salt and nutmeg. Cover and simmer 1 hour. Remove chicken, reserving broth. Cool. Remove skin and bones; dice chicken meat. Skim any fat off soup; add chicken and lemon juice. Return broth to heat. Using a teaspoon, drizzle egg into soup. Serve immediately.

## **Black Bean and Turkey Stew**

*Deborah Renaldi*

### **Ingredients:**

1 package of dried black beans*	1 pkg. frozen spinach, chopped
1 lb. ground turkey	4 stalks celery, chopped
1 large onion, chopped	1 cup tomato, chopped (optional)
1 tsp. basil	1 tsp. parsley
1 tsp. rosemary	1 tsp. thyme
Salt and pepper to taste	

### **Directions:**

Prepare beans as directed on package. (\*An equivalent amount of canned black beans may be used.) Brown ground turkey in a skillet; crumble into bite size pieces. Fill skillet with water and retain liquid for stock; pour into stock pot. Cook beans with turkey, chopped celery, onions and all seasonings. Add chopped spinach ½ hour before serving.

## ***Florentine-Stuffed Tomatoes***

*Eating for Life*

### **Ingredients:**

½ lb. ground beef	1 (10 oz.) pkg. frozen chopped spinach, thawed and drained
2 Tbsp. cold-pressed olive oil, plus additional	1 Tbsp. fresh basil, coarsely chopped
1 large clove garlic, minced	¼ cup ground fresh almonds
1 med. yellow onion, minced	

### **Directions:**

Preheat oven to 400° F. Brown meat in skillet with olive oil. Add garlic and onion and sauté until tender; set aside. Cut tops off tomatoes; remove pulp. Chop pulp; place into a small bowl and reserve. Heat olive oil in another large skillet. Add spinach, tomato pulp and basil. Stir until spinach and tomatoes are well coated with seasonings; remove from heat. Add meat mixture to spinach. Place tomatoes in a greased 8 inch baking dish; fill tomatoes with stuffing; top with almonds. Bake 15-20 minutes.

## ***Tuna Stuffed Tomatoes***

*Deborah Renaldi*

### **Ingredients:**

1 can tuna in water, drained	Bearno's Classical White Pizza Sauce with Sun Dried Tomato Oil to taste
2 scallions, chopped	2 tomatoes
1 egg, scrambled	

### **Directions:**

Preheat oven to 350° F. Mix all ingredients except tomatoes. Hollow out tomatoes and fill with stuffing mix. Bake for 10 minutes or serve without baking.

## ***Spinach Artichoke Dip***

*Patricia McGuire*

### **Ingredients:**

1 can artichoke hearts	Salt and pepper to taste
1 lb. fresh spinach	1 tsp. fresh garlic, minced
1 recipe <i>Blender Mayonnaise</i> (page 35)	

### **Directions:**

Run artichoke hearts and spinach through food processor. Mix in remainder of ingredients. Cook in microwave for 8-10 minutes on medium-high heat.

## ***Shrimp-Stuffed Cherry Tomatoes***

*Eating for Life*

### **Ingredients:**

1/3 lb. baby shrimp, cooked  
1 stalk celery, finely chopped  
1/2 tsp. garlic powder  
1/2 tsp. fresh basil, chopped

2 Tbsp. *Blender Mayonnaise* (page 35)  
1 dozen cherry tomatoes, scrubbed with  
tops and pulp removed  
Fresh parsley sprigs for garnish

### **Directions:**

Combine shrimp, celery, garlic powder, basil and mayonnaise in small mixing bowl. Place tomatoes on a serving platter; stuff with filling. Place parsley sprigs between and around tomatoes to garnish. Chill 1-2 hours before serving to allow flavors to blend.

## ***Marinated Artichokes***

*Eating for Life*

### **Ingredients:**

4 fresh miniature artichokes  
Water

*Classic Italian Dressing* (page 30)

### **Directions:**

Scrub and trim artichokes. Place artichokes in a 2 quart saucepan. Add enough water to cover tops; bring to a boil. Cover; cook over medium heat 10-15 minutes, or until leaves are very tender. Remove from heat, drain and cool. Pull off any tough outer leaves; slice artichokes in half. Place in *Classic Italian Dressing*. If dressing does not completely cover artichokes, add a little more cold water. Refrigerate overnight or several hours to allow flavors to blend.

## ***Party-Stuffed Eggs***

*Eating for Life*

### **Ingredients:**

6 large eggs, hard-boiled, cooled and peeled  
2 Tbsp. *Blender Mayonnaise* (page 35)  
1 Tbsp. fresh basil, chopped  
Dash of cayenne pepper

1/2 tsp. garlic powder  
1/4 lb. baby shrimp, cooked, rinsed and  
chopped

### **Directions:**

Cut each egg in half lengthwise. Scoop out yolk; mash with fork until smooth; add mayonnaise and seasonings. Gently fold in shrimp. Spoon mixture into egg white cavities. Sprinkle with cayenne pepper.

## ***Fancy Red and Green Slaw***

*Eating for Life*

### **Ingredients:**

1 green cabbage, grated	¼ cup xylitol
1 red cabbage, grated	2 tsp. caraway seeds
3 green onions, chopped	Salt to taste
¼ cup <i>Blender Mayonnaise</i> (page 35)	

### **Directions:**

Mix all ingredients in a large bowl. Refrigerate at least 1 hour before serving to allow flavors to blend.

## ***Tofu and Vegetable Salad***

*Eating for Life*

### **Ingredients:**

2 cups firm tofu	2 stalks celery, chopped
3 scallions, chopped	1 carrot, grated (optional)
1 green bell pepper, chopped	6 Tbsp. <i>Blender Mayonnaise</i> (page 35)

### **Directions:**

Cut tofu into small cubes. Combine vegetables and tofu in a bowl and stir in mayonnaise. Chill before serving.

## ***Japanese Mixed Vegetables and Tofu***

*Eating for Life*

### **Ingredients:**

¾ cup medium tofu, diced	½ cup green beans, sliced
2 Tbsp. cold-pressed olive oil, plus additional for deep frying	1 bell pepper
1 small eggplant, thinly sliced	2 stalks celery, chopped
1 onion, thinly sliced	1 (5 oz.) can bamboo shoots
1 clove garlic, crushed	⅔ cup water
½ cup cabbage, coarsely chopped	1 tsp. black pepper
½ cup broccoli, cut into florets	2 Tbsp. Bragg's Liquid Aminos
	Salt to taste

### **Directions:**

Deep-fry tofu in olive oil. Drain and set aside. Salt the eggplant slices; set aside with a weight on them for about 30 minutes, rinse and pat dry. Heat 2 Tbsp. olive oil in a wok or large frying pan; sauté onion and garlic until lightly browned. Add cabbage, broccoli, beans, bell pepper, eggplant and bamboo shoots to the onion and garlic. Stir-fry for 3-5 minutes. Add water, black pepper, Bragg's Liquid Aminos and salt; bring to a boil; reduce heat and simmer for 5-10 minutes. Add the tofu and simmer for an additional 5-10 minutes before serving.

## **Chinese Vegetables**

*Eating for Life*

### **Ingredients:**

1 lb. fresh green beans, carrots (optional), cauliflower, broccoli or brussel sprouts  
3 Tbsp. cold-pressed olive oil  
½ tsp. xylitol  
¼ cup chicken broth

### **Directions:**

Thinly slice vegetables. Heat olive oil in large skillet; add vegetables and toss until coated with oil. Add sweetener and broth. Cover skillet; reduce heat; steam for 8-10 minutes, shaking pan occasionally to stir vegetables. Serve immediately

## **Lemon-Rosemary Chicken**

*Eating for Life*

### **Ingredients:**

⅓ cup cold-pressed olive oil	½ tsp. salt
½ cup fresh lemon juice	½ tsp. freshly ground pepper
2 Tbsp. shallots, chopped	1 frying chicken (3 ½ lbs.), quartered
2 Tbsp. fresh rosemary, chopped	Handful fresh rosemary sprigs

### **Directions:**

In a small bowl, stir together the olive oil, lemon juice, shallots, chopped rosemary, salt and pepper to make marinade. Place the chicken quarters in a large plastic food storage bag and add the marinade. Press the air out of the bag and seal tightly. Massage the bag gently to distribute the marinade. Set the bag in a large bowl and refrigerate for at least 2 hours, turning and massaging occasionally.

Soak the rosemary sprigs in water to cover for 30 minutes. Prepare a fire in a charcoal grill. Position the oiled grill rack 4-5 inches above the fire. Remove the chicken quarters from the marinade and pat dry. Pour the marinade into a saucepan and bring to a boil; boil for 2 minutes, then reserve. Arrange chicken quarters, skin side down, on the rack. Grill, turning frequently, for 30-35 minutes. During the last 10 minutes drop the soaked rosemary sprigs on the fire and brush the chicken two or three times with the reserved marinade. If the chicken starts to get too dark, turn skin side up and move it to a cooler part of the rack, so it isn't directly over the fire, or cool the fire a little by covering the grill and opening the vent halfway. Serves 4

## **Broiled Lamb Chops with Basil Green Beans \*\***

*Eating for Life*

### **Ingredients:**

12 oz. lamb chops	1 tsp. fresh mint, chopped
Celery salt	3 cups green beans
Onion powder	2 ¼ cups red bell peppers, cubed
Garlic powder	2 ⅔ tsp. cold-pressed olive oil
Black pepper to taste	2 garlic cloves, minced
1 ⅓ cups unsweetened applesauce	¼ tsp. dried basil

### **Directions:**

Sprinkle lamb chops with celery salt, onion powder, garlic powder and black pepper. Place them in a baking pan with a little water and broil about four inches from heat. Broil for 5 minutes (be careful not to overcook). While lamb chops are broiling, place the applesauce and mint\* in a small saucepan; heat. In a nonstick sauté pan, cook green beans and bell pepper in olive oil with garlic and basil, cook until tender. Divide lamb chops and vegetables and serve immediately.

*\*Do not use mint extract because it overpowers the applesauce*

## **Mama's Meat Loaf**

*Eating for Life*

### **Ingredients:**

2 lbs. ground chuck	1 clove garlic, minced
1 (10 oz.) can tomato paste	¾ cup rolled oats
1 egg	1 ½ tsp. salt
1 onion, grated	¼ tsp. pepper
1 bell pepper, chopped	1 (6 oz.) can tomato paste, for sauce

### **Directions:**

Combine ingredients in large bowl, mixing well. Place in loaf pan; using knife poke holes in loaf. Pour the 6 oz. can of tomato paste over the top of loaf; bake at 350° F for 1 ½ hours.

## **Salmon Patties**

*Bobbie Klebba*

### **Ingredients:**

1 can salmon	1 egg
½ cup oat flour	1 small diced onion
Garlic salt to taste	

### **Directions:**

Mix all together and form patties. Cook 10-15 minutes in skillet with olive oil.

## ***Chicken Thighs with Artichokes and Almonds***

*Eating for Life*

### **Ingredients:**

8 chicken thighs	1 tsp. garlic powder or to taste
<i>Marinated Artichokes</i> (page 47)	Salt to taste
½ can (8 ¾ oz.) unsweetened chicken broth	Chopped fresh rosemary to taste
2 Tbsp. soy flour	½ cup sliced almonds

### **Directions:**

Preheat oven to 350° F. Place chicken and artichokes in a greased 8 inch baking dish, reserving artichoke marinade. In a 2 quart saucepan, bring chicken broth to a boil; reduce heat. Add marinade liquid, soy flour and seasonings to saucepan; mix until thick. Pour mixture over chicken and artichokes. Sprinkle with additional rosemary and sliced almonds over top. Bake, uncovered, 30 minutes; baste with sauce. Cover; bake 20 minutes longer.

## ***Baked Lemon Turkey Breast***

*Eating for Life*

### **Ingredients:**

½ turkey breast (about 3-4 lbs.)	1 med. yellow onion, sliced
½ can unsweetened chicken broth	Chopped fresh sage and basil to taste
1 large clove garlic, minced	Salt to taste
1 med. lemon, sliced into rounds	Parsley sprigs for garnish

### **Directions:**

Preheat oven to 325° F. Place turkey in a large baking dish; cover with broth. Cut several slits in top of breast skin; plug with garlic. Place lemon slices on top of turkey; surround bottom of breast with onion. Sprinkle seasonings over breast; bake 20 minutes per pound, basting as needed. When browned, cover pan with foil; bake 30-50 minutes. Let sit a few minutes before slicing.

## ***Lemon Pepper Chicken***

*Eating for Life*

### **Ingredients:**

4 skinless chicken breast halves	1 lemon, cut into 8 slices
Lemon pepper to taste	Parsley

### **Directions:**

Place chicken in 8 x 8 greased baking dish. Sprinkle lightly with lemon pepper. Place 2 lemon slices on each chicken breast. Sprinkle with parsley. Bake at 350° F (325° F if using a glass baking dish); 45-60 minutes or until chicken is cooked through and tender.

## ***Marinated and Stuffed Flank Steak***

*Eating for Life*

### **Ingredients:**

1 ½ lbs. flank steak (tenderized)

### **Directions:**

See recipes below.

#### **Beef Marinade**

##### **Ingredients:**

⅓ cup cold-pressed olive oil	1 med. yellow onion, chopped
2 Tbsp. lemon juice	1 large clove garlic, minced
½ tsp. lemon pepper	

##### **Directions:**

Mix together all marinade ingredients in a small bowl. Pour into a large baking dish. Place flank steak, unrolled, in marinade. Cover, refrigerate 2 hours to allow flavors to blend.

#### **Meat Stuffing**

##### **Ingredients:**

½ lb. ground chuck or veal	2 Tbsp. fresh parsley, chopped
1 large egg	½ tsp. garlic salt
1 med. yellow onion, chopped finely	

##### **Directions:**

Preheat oven to 350° F. Mix stuffing ingredients; spread over flank steak. Roll flank steak lengthwise and secure with toothpicks. Bake, basting often, for 45-60 minutes, or until desired doneness.

## ***Baked Italian Trout***

*Eating for Life*

### **Ingredients:**

2 trout filets	1 small lemon, peeled and thinly sliced
Black olives	½ yellow onion, thinly sliced
Cayenne pepper to taste	1 can Italian stewed tomatoes
Salt and pepper to taste	

### **Directions:**

Place filets in small greased baking dish. Season to taste. Cover filets with lemon, onion, tomatoes and olives. Bake at 350° F until lightly brown. Cool and serve.

## **Tex-Mex Chili**

Lori Figart

### **Ingredients:**

1 ½ lbs. ground beef	2 cans Mexican Fiesta Rotel
1 bell pepper, chopped	3 (15 oz.) cans kidney beans
1 medium onion, chopped	1 Tbsp. chili powder
1 clove garlic, minced	

### **Directions:**

Brown ground beef, bell pepper, onion and garlic. Drain fat. Add remaining ingredients. Bring to a boil; reduce heat and simmer for 30 minutes. You may also add one can of diced tomatoes.

## **Shrimp-Stuffed Avocado**

*Eating for Life*

### **Ingredients:**

1 med. avocado, pitted and halved	¼ cup slivered or ground fresh almonds
¼ lb. baby shrimp, cooked and rinsed	2 Tbsp. <i>Homemade Mayonnaise</i> (page 35)
2 stalks celery, finely chopped	1 med. fresh lemon, cut into wedges
2 small green onions, finely chopped	

### **Directions:**

Cover avocado halves with plastic wrap and set aside. Combine all other ingredients (except lemon wedges) in a large bowl. Uncover avocado halves; fill with shrimp mixture; garnish with lemon wedges.

## **Mulligan Stew\*\*\***

*Eating for Life*

### **Ingredients:**

1 lb. beef, cut into small pieces	2 cups water
1 Tbsp. cold-pressed olive oil	3 carrots, sliced (optional)
1 tsp. salt	1 med. new potato, chopped
1 (10 ½ oz.) can tomato puree	2 onions, each cut into 4 pieces

### **Directions:**

In a skillet, brown beef with olive oil over medium heat. Add salt, tomato puree and water; cover tightly; cook slowly until tender. Add carrots, potatoes and onions; cover and continue cooking 30 minutes. Add water, if needed. If stew is too thin, remove lid and cook until thickened.

## **Roasted Herb Chicken**

*Eating for Life*

### **Ingredients:**

1 whole roasting chicken (3 lbs.)	Fresh rosemary, tarragon, chopped,
Cold-pressed olive oil	to taste
Salt to taste	2 Tbsp. soy flour
½ cup unsweetened chicken broth	

### **Directions:**

Preheat oven to 350° F. Place chicken in a large baking dish or roasting pan. Rub olive oil over chicken; sprinkle seasonings over top and sides. Cover dish or pan with foil; bake 45 minutes, basting frequently. Remove foil; bake 15-20 minutes, or until browned. Remove from oven.

Pour drippings into a 2 quart saucepan. Mix flour and broth in a measuring cup; pour into saucepan and stir until gravy thickens. Simmer 5 minutes. Cut chicken into pieces. Serve the gravy over chicken or on the side.

## **Crock-pot Chicken**

*Eating for Life*

### **Ingredients:**

1 whole chicken (2 ½ - 3 lbs.)	½ cup carrots, sliced (optional)
⅔ cup onions, chopped	Salt and pepper to taste
½ cup celery, chopped	

### **Directions:**

Place chicken in crock-pot. Add 2-3 cups water along with onion, celery and carrots. Sprinkle with salt and pepper. Cook on low 4-6 hours. When tender, remove skin and serve.

## **Hamburger in a Skillet**

*Eating for Life*

### **Ingredients:**

1 lb. ground beef	¼ tsp. garlic salt
½ cup onion, diced	1 (10 oz.) pkg. frozen peas, thawed (optional)
2 cups beef broth	1 (5 oz.) can water chestnuts
1 ½ cups water	

### **Directions:**

In a large skillet, brown meat and onion; pour off grease. Add broth, water and garlic salt to skillet. Reduce heat to low; simmer 15 minutes. Stir in peas and water chestnuts. Heat through; serve.

## ***Marinated Fish Kabobs***

*Eating for Life*

### **Ingredients:**

*Fish Marinade* (page 39) 1 ½ lbs. halibut, cut into 2 inch squares  
1 med. red bell pepper, diced  
1 med. yellow onion, peeled, diced

### **Directions:**

Pour marinade in a large dish or bowl. Add fish, bell pepper and onion; marinate in refrigerator 2 hours or more, mixing occasionally. Before serving, alternate fish and vegetables on 4 large skewers. Place skewers on a broiling pan, broil. (Or try barbecuing).

## ***Grandma's Chili***

*Eating for Life*

### **Ingredients:**

1 Tbsp. cold-pressed olive oil 1 (14-16 oz.) can chopped tomatoes  
1 lb. ground chuck with juice  
1 onion, chopped 1 (6 oz.) can tomato paste  
1 green bell pepper, chopped 2 tsp. chili powder  
3 cloves garlic, minced 1 tsp. ground cumin  
1 (14-16 oz.) can red beans, drained 1 tsp. salt  
Water or vegetable broth if needed

### **Directions:**

Heat olive oil in a 2 quart saucepan, brown meat, onion, bell pepper and garlic. Add remaining ingredients. Bring to a boil; reduce heat to simmer. Cook covered 1 hour, stirring occasionally to avoid burning.

## ***Chicken Salad***

*Eating for Life*

### **Ingredients:**

3 cups chicken, deboned ⅓ cup onion, diced  
1 stalk celery, chopped ¼ cup *Blender Mayonnaise* (page 35)  
¼ cup cucumber, chopped 1 tsp. *Mild Mustard* (page 35)

### **Directions:**

Boil chicken. Combine vegetables, mayonnaise and mustard together in a large serving bowl. Season mixture to taste. Place in refrigerator to chill for several hours. Serve on crisp lettuce leaves.

\* *Chicken may easily be substituted with tuna, turkey or ham*

## **Beef Burgers**

*Eating for Life*

### **Ingredients:**

1 ½ lbs. ground beef	1 egg
¾ cup rolled oats	1 tsp. salt
½ cup onion, chopped	⅛ tsp. pepper
⅓ cup tomato puree	

### **Directions:**

Combine all ingredients; mix well. Shape to form six 3 ½ inch patties. Cook in broiler or grill 5-6 minutes per side or until desired doneness.

## **Tuna-Almond Casserole**

*Eating for Life*

### **Ingredients:**

½ cup onion, chopped	¼ cup cold-pressed olive oil
½ green pepper, chopped	1 (8 oz.) can tuna in water, drained
½ cup slivered almonds, divided	

### **Directions:**

In a large skillet, lightly sauté onion, bell pepper and ¼ cup almonds in olive oil. Combine with tuna. Put in casserole dish; cover with remaining almonds. Bake 15 minutes at 425° F.

## **Bean and Smoked Tofu Napoli**

*The Tofu Cookbook, by Lean Leneman*

### **Ingredients:**

2 onions, chopped	1 cup smoked tofu
2 Tbsp. cold-pressed olive oil	3 Tbsp. tomato paste
2-3 cloves garlic, crushed	1 Tbsp. dried basil
1 (14-16 oz.) can chopped tomatoes	Black pepper to taste
3 stalks celery, finely chopped	2 (14-16 oz.) cans navy beans, drained

### **Directions:**

In a large saucepan, sauté onions with olive oil for 2-3 minutes. Stir in garlic; sauté for another 1-2 minutes. Add chopped tomatoes and celery to saucepan. Bring to boil. Add tofu; stir well. Cook for 2-3 minutes, add tomato paste, basil and black pepper. Lower heat; cover; simmer for 15-20 minutes. Add navy beans; heat through.

## **Stuffed Salmon for Two**

*Eating for Life*

### **Ingredients:**

2 Tbsp. cold-pressed olive oil	½ Tbsp. fresh dillweed, chopped
¼ lb. baby shrimp, cooked, chopped	½ tsp. garlic powder
½ med. yellow onion, finely chopped	¼ tsp. salt
½ med. lemon, peeled and finely chopped	¼ lb. crab meat
1 Tbsp. fresh parsley, finely chopped	2 salmon filets (6-8 oz. each)

### **Directions:**

Preheat oven to 350° F. Heat olive oil in a small skillet; add shrimp, onion, lemon and remaining seasonings; mix and remove from heat. Cut filets in half. Place one half filet (skin side down) in the center of a 12 inch piece of foil. Repeat, using the other half filet and placing on a second piece of foil. Spread shrimp and crab mixture over filets on foil; top with other filet halves (skin side up). Secure with toothpicks. Fold foil over filets; seal. Place in an 8 inch baking dish; bake 25 minutes

## **Filet of Sole**

*Eating for Life*

### **Ingredients:**

4 filets of sole (6-8 oz. each)	½ tsp. each fresh basil, oregano chopped
½ cup cold-pressed olive oil	Salt, pepper and paprika to taste
1 tsp. garlic powder	2 oz. slivered almonds

### **Directions:**

Preheat oven to 350° F. Arrange filets in a shallow baking dish. Brush lightly with olive oil; sprinkle with seasonings. Bake uncovered at 350° F for 20 minutes, remove from oven and sprinkle with almond slivers; bake for an additional 10-15 minutes, longer if necessary, or until fork tender.

# **Turkey Cacciatore**

*Eating for Life*

## **Ingredients:**

1 lb. turkey, skinless breast pieces w/bone (approx. ½ the weight of turkey breast is bone)	1 cup chicken stock
4 garlic cloves, minced	1 cup tomato puree
2 ½ cups tomato, diced	1 tsp. dried basil
2 ¼ cups green bell pepper, diced	1 tsp. dried oregano
1 cup onions, sliced	Salt and pepper to taste
	4 tsp. cornstarch

## **Directions:**

In a nonstick sauté pan, cook turkey pieces in 2/3 tsp. olive oil until lightly browned. Remove turkey and place in baking dish. Using the same sauté pan, add the remaining oil, garlic and vegetables (except tomato puree). Cook vegetables over medium heat until tender.

In saucepan, combine chicken stock, tomato puree, spices and cornstarch. Mix cornstarch with a little water before adding to saucepan. Cook mixture in saucepan over medium heat until thickened sauce forms; add vegetables to form the cacciatore sauce. Simmer sauce for 5 minutes, spread sauce on top of turkey in baking dish. Tightly seal baking dish with aluminum foil and bake in preheated oven at 400° F for 20 minutes. Remove casserole dish from oven; cool then serve.

# **Saucy Meatballs**

*Eating for Life*

## **Ingredients:**

### **Meatballs:**

1½ lbs. ground beef  
¾ cup rolled oats, uncooked  
½ cup green onions or green peppers  
⅓ cup tomato puree  
1 egg  
1 tsp. salt  
⅛ tsp. pepper  
2 Tbsp. cold-pressed olive oil

### **Sauce:**

1 (8 oz.) can tomato puree  
1 (6 oz.) can tomato paste  
½ cup water  
1½ tsp. oregano leaves, crushed  
¼ tsp. salt

## **Meatball directions:**

Combine all meatball ingredients (except olive oil). Shape to form approximately 16 meatballs. In a large skillet, brown meatballs; drain.

## **Sauce directions:**

Combine all sauce ingredients. Pour over meatballs in skillet. Cover; simmer about 30 minutes.

## ***Veal with Italian Vegetables***

*Eating for Life*

### **Ingredients:**

2 $\frac{2}{3}$ tsp. cold-pressed olive oil, divided	$\frac{1}{2}$ cup tomato puree
3 cups eggplant, cubed	6 oz. veal scaloppini
3 cups zucchini, cubed	2 Tbsp. water
2 cups tomato, cubed	$\frac{1}{8}$ tsp. dried rosemary
1 cup onion rings, halved	$\frac{1}{8}$ onion powder
4 garlic cloves, minced	2 Tbsp. + $\frac{1}{8}$ tsp. dried basil
$\frac{1}{2}$ tsp. dried marjoram	$\frac{1}{8}$ tsp. salt
$\frac{1}{8}$ tsp. dried sage	$\frac{1}{8}$ tsp. pepper
$\frac{1}{2}$ tsp. dried oregano	

### **Directions:**

Heat 2 Tbsp. olive oil in sauté pan. Sauté vegetables, garlic, marjoram, sage and oregano. Cook until almost tender; add tomato puree. While the vegetables are continuing to cook, place veal in a second sauté pan with  $\frac{2}{3}$  tsp. olive oil and 2 Tbsp. water. Cook veal until browned; sprinkle with rosemary, onion powder, basil, salt and pepper. Divide veal and vegetables; serve.

## ***Pork Meatballs with Tomato-Tarragon Sauce***

*Eating for Life*

### **Ingredients:**

12 oz. lean ground pork	$\frac{1}{8}$ tsp. black pepper
1 cup lentils, cooked	$\frac{1}{8}$ tsp. dried marjoram, divided
1 cup onion, diced	2 $\frac{2}{3}$ tsp. cold-pressed olive oil
$\frac{1}{4}$ tsp. chili powder	$\frac{1}{2}$ cup beef broth
$\frac{1}{8}$ tsp. dried tarragon, divided	2 tsp. lemon juice

### **Directions:**

Preheat oven to 375° F. In a large mixing bowl, combine pork, lentils, onion, chili powder, basil, dash of tarragon, pepper and a dash of marjoram. Form mixture into 16 one-inch meatballs. Place meatballs in a baking dish brushed with olive oil; bake for 15 minutes.

Meanwhile, in a small saucepan, combine tomato puree, beef broth, lemon juice, a dash of tarragon and a dash of marjoram. Simmer 3-4 minutes to heat through. Remove meatballs from oven and gently place meatballs in sauce, gently spooning the sauce over meatballs. Serve.

## **Shrimp Almandine**

*Eating for Life*

### **Ingredients:**

2 Tbsp. cold-pressed olive oil	¾ lb. raw shrimp
½ cup slivered almonds	1 tsp. garlic powder
1 med. red bell pepper, thinly sliced	½ tsp. salt
1 (17 ½ oz.) can unsweetened chicken broth	1 Tbsp. fresh dill, chopped
1 pkg. (10 oz.) frozen peas, thawed (optional)	1 Tbsp. fresh oregano, chopped

### **Directions:**

Peel and de-vein shrimp leaving tails on. Heat olive oil in a small skillet. Add slivered almonds and sauté until lightly browned. Add bell pepper, chicken broth, peas and mix. Bring to a boil and reduce heat. Add shrimp, seasonings and herbs; simmer a few minutes or until shrimp turns pink.

## **Chicken Cacciatore**

*Eating for Life*

### **Ingredients:**

1 frying chicken (3 lbs.), quartered	Fresh basil to taste
Garlic powder to taste	1 (8 oz.) can tomato sauce
½ onion, chopped	¾ tsp. <i>Italian Seasoning (page 32)</i>

### **Directions:**

Preheat oven to 375° F. Place chicken quarters, skin-side up, in a greased baking dish. Sprinkle seasonings and onions over top. Bake 30 minutes; turn and season other side. Bake 20 minutes longer. Spoon ½ can tomato sauce over chicken parts. Sprinkle more seasonings over sauce; spoon rest of sauce over top. Season and bake 10-15 minutes or until tender.

## **Greek Shish-Kebab**

*Eating for Life*

### **Ingredients:**

1 ½ lbs. round steak, cubed	2 Tbsp. carrots, finely chopped (optional)
½ cup cold-pressed olive oil	2 Tbsp. celery, finely chopped
3 Tbsp. lemon concentrate	Vegetable of your choice, cubed
¼ tsp. oregano	

### **Directions:**

Combine all ingredients, except cubed vegetables and leave meat to marinate approximately 3 hours. Thread onto skewers with cubed vegetables. Cook under broiler or grill until done.

## **Tangy Chicken and Bean Salad**

*Eating for Life*

### **Ingredients:**

2 $\frac{2}{3}$ tsp. cold-pressed olive oil	$\frac{1}{4}$ tsp. celery salt
8 oz. chicken tenderloins (or skinless chicken breast), cubed	$\frac{1}{8}$ tsp. dry mustard
1 cup fresh green beans, chopped	$\frac{1}{8}$ tsp. cayenne pepper
$\frac{1}{4}$ cup kidney beans, cooked	$\frac{1}{8}$ tsp. chili powder
1 cup onion, diced	$\frac{1}{8}$ tsp. curry powder
$\frac{1}{4}$ cup chickpeas, rinsed	$\frac{1}{2}$ head lettuce, shredded
$\frac{1}{4}$ cup water	6 cups spinach
$\frac{1}{4}$ cup lemon juice	1 $\frac{1}{4}$ cups tomato, diced
	1 cucumber, peeled and diced

### **Directions:**

In medium sauté pan, add 2 tsp. olive oil, chicken, green beans, kidney beans, onion and chickpeas. Cook on medium-high heat for 10-15 minutes until the chicken is done and vegetables are crispy-tender. While the chicken and vegetables are cooking, heat  $\frac{2}{3}$  tsp. olive oil, water, lemon juice and spices in a medium saucepan. Bring to a boil, add liquid to the chicken and vegetable mixture, stir.

In a large salad bowl, combine the lettuce, spinach, tomato and cucumber to form a salad. Top the salad with chicken mixture and serve.

## **Herbed Pork and Bean Stew**

*Eating for Life*

### **Ingredients:**

1 cup kidney beans, cooked	2 tsp. Bragg's Liquid Aminos
2 cups green beans, diagonally cut	1 cup chicken broth
4 garlic cloves, minced	$\frac{1}{8}$ tsp. dried basil
1 cup onion, chopped	$\frac{1}{2}$ tsp. dried marjoram
2 $\frac{2}{3}$ tsp. cold-pressed olive oil	4 tsp. cornstarch
2 tsp. lemon juice	12 oz. ground pork

### **Directions:**

In a nonstick saucepan, sauté kidney beans, green beans, garlic and onion in 2 tsp. olive oil until tender; add lemon juice, Bragg's Liquid Aminos, chicken broth, spices and cornstarch. (Mix cornstarch with a little water to dissolve it before adding to sauté pan.) Continue cooking over medium heat until entire mixture is hot, stirring constantly.

While the vegetables are cooking, in another nonstick sauté pan, add remaining olive oil and stir-fry pork until cooked. When the pork is cooked, add to the vegetables and simmer for an additional 5 minutes. Serve.

## **Stuffed Eggplant**

*Eating for Life*

### **Ingredients:**

2 large eggplants	Ground pepper to taste
Salt to taste	$\frac{3}{4}$ cup firm tofu
4 Tbsp. cold-pressed olive oil, divided	2 Tbsp. parsley, chopped
1 onion, chopped	$\frac{1}{2}$ tsp. dried thyme
1 clove garlic, crushed	1 (14-16 oz.) can tomatoes
1 fresh tomato, chopped	1-2 tsp. dried basil

### **Directions:**

Slice the eggplants in half lengthways. With a sharp knife, make cuts into the flesh to within  $\frac{1}{4}$  inch of skin. Sprinkle the eggplants with salt, turn them cut side down onto kitchen towels and leave for  $\frac{1}{2}$  hour.

Rinse and squeeze the eggplant to remove as much liquid as possible and dry them. Place skin-side down on grill and sprinkle each half with a tsp. olive oil. Grill over medium heat, 10 minutes, until flesh is soft. Scoop the flesh from the eggplant, leaving the skins intact. Roughly chop flesh and set it aside.

Heat the remaining olive oil in a large skillet. Sauté onion and garlic over medium heat until tender, but not brown. Remove pan from the heat. Stir in the chopped eggplant flesh, tomato and black pepper to taste. Crumble the tofu into the mixture; add parsley and thyme; mix well.

Fill the eggplant skins with tofu and vegetable mixture. Place them in a greased baking dish and cover it tightly with foil. Bake in the oven at 400° F for 25 minutes. Uncover and bake for an additional 5 minutes. Meanwhile, blend the tomatoes and basil in a blender; heat in small saucepan. Serve the eggplant with tomato sauce poured over the top.

## **Curried Lamb Stew \*\*\***

*Eating for Life*

### **Ingredients:**

4 Tbsp. cold-pressed olive oil	2 tsp. curry powder
1 lb. lamb shoulder, cut into bite-sized pieces	1 tsp. garlic powder
$\frac{1}{4}$ cup potato flour	$\frac{1}{2}$ tsp. salt
1 med. yellow onion, chopped	1 pkg. (10 oz.) frozen peas, thawed (optional)
2 med. new potatoes, peeled and diced	

### **Directions:**

Preheat oven to 375° F. Heat olive oil in a large skillet. Coat lamb with potato flour. Add to skillet; add onion, potatoes and seasonings. Sauté over medium-high heat until lightly browned, turning often. Add peas; stir mixture and remove from heat. Spoon into an 8 inch greased casserole. Bake 1 hour.

## **Shrimp Curry**

*Eating for Life*

### **Ingredients:**

½ cup onion, finely chopped	1 tsp. curry powder
1 ½ Tbsp. cold-pressed olive oil	¼ tsp. pepper
2 Tbsp. potato starch	2 cups chicken broth
1 tsp. seasoned salt	2 cups fresh shrimp, cooked

### **Directions:**

Sauté onions in olive oil for 5 minutes. Blend in potato starch and seasonings. Slowly add broth, stirring constantly. Bring to a boil; reduce heat and simmer gently about 10 minutes, stirring occasionally. Add shrimp and heat through.

## **Eggplant Tofuanna**

*Eating for Life*

### **Ingredients:**

1 (14-16 oz.) can tomatoes	1 Tbsp. cold-pressed olive oil
1 onion, chopped	1-1 ½ lbs. eggplant, thinly sliced
2 cloves garlic, crushed	Oat flour as required
3 tsp. dried basil	1 ½ - 2 cups firm tofu

### **Directions:**

Blend the tomatoes in a blender; pour into saucepan. Add onion, garlic, basil and 1 Tbsp. olive oil to saucepan; mix well. Bring to a boil; reduce heat and simmer 20 minutes. Brush each slice of eggplant with olive oil on both sides; dip into oat flour. Broil eggplant slices until tender, turning them over once. (Alternatively, shallow-fry the slices in a little olive oil and drain well). Arrange half the eggplant slices in an oiled baking dish, crumble half the tofu over them, top with half the tomato sauce. Repeat the layers. Bake at 350° F for 20-30 minutes.

## **Spaghetti Squash Casserole**

*Sheri Gruener*

### **Ingredients:**

1 ½ lbs. lean hamburger	1 can kidney beans
1 med. Spaghetti squash	1 jar Mom's Spaghetti Sauce

### **Directions:**

Brown hamburger in skillet; drain. Pour in jar of spaghetti sauce and simmer on low. Halve spaghetti squash, scoop out seeds. Place squash face down in glass baking dish with ½ water and cover. Microwave for approximately 20 minutes, until shell gives to the touch. When done, core out squash from shell into skillet. Add one can of rinsed kidney beans and stir. Season with garlic salt and oregano to taste. Serves 4-5

## **Chicken Stir-Fry**

*Eating for Life*

### **Ingredients:**

2 whole chicken breasts, deboned	½ cup water
2 Tbsp. cold-pressed olive oil	2 cloves garlic, chopped
1 med. green bell pepper, cut into strips	½ tsp. ground ginger
1 med. yellow bell pepper, cut into strips	Salt and pepper to taste
1 small onion, thinly sliced	4 tsp. potato starch
1 cup celery, thinly sliced	4 Tbsp. chicken broth
1 (5 oz.) can water chestnuts, drained and sliced	1 (16 oz.) can bean sprouts

### **Directions:**

Remove skin and cut chicken into strips. Heat olive oil in a large skillet; add chicken and cook over medium heat 4-5 minutes or until meat turns white. Add bell peppers, onion, celery, water chestnuts, water, garlic, ginger, salt and pepper. Cover and cook over medium-low heat, 5 minutes. Blend potato starch and broth; stir into chicken mixture. Add bean sprouts and cook 2 minutes more, or until thickened, stirring constantly.

## **Vietnamese-Sweet Pork with Onions**

*Eating for Life*

### **Ingredients:**

8 oz. pork, diced	4 Tbsp. lemon juice
8 cups onion, diced	4 garlic cloves, chopped
2 ⅔ tsp. cold-pressed olive oil	Salt and pepper to taste
½ cup beef broth	

### **Directions:**

In a nonstick sauté pan, add diced pork, onion and olive oil. Cook over medium heat until brown. When onions have caramelized to brown color, add beef broth, lemon juice, garlic, salt and pepper. Bring mixture to a boil; reduce heat and simmer for 30-45 minutes.

## ***Elegant Foiled Red Snapper***

*Eating for Life*

### **Ingredients:**

4 red snapper filets (8 oz. each)	1 med. red bell pepper, chopped
<i>Tartar Sauce</i> (page 36)	Cayenne pepper
¼ cup fresh broccoli florets, chopped	1 med. lemon, thinly sliced
1 tsp. fresh dillweed, chopped	Fresh parsley sprigs

### **Directions:**

Preheat oven to 350° F. Place each filet on a 12-inch piece of foil. Mix tartar sauce, broccoli, dillweed and bell pepper in a small bowl. Spoon mixture, evenly divided, on each filet and smooth over entire surface. Lightly sprinkle cayenne pepper over each and place lemon rounds and parsley sprigs over tops. Fold foil over filets, rolling and sealing edges together. Place packets in a baking pan. Bake 20 minutes or until fish flakes easily with a fork.

## ***Sweet and Sour Pork and Cabbage***

*Eating for Life*

### **Ingredients:**

8 oz. pork loin	2 cups celery, chopped
Salt and pepper to taste	1 cup bok choy, chopped
2 ⅔ tsp. cold-pressed olive oil	1 cup bamboo shoots
6 cups cabbage, shredded	10 Tbsp. lemon juice
1 cup chickpeas, chopped	½ cup water
1 cup water chestnuts	

### **Directions:**

Cut pork tenderloin into ½” cubes; salt and pepper pork to taste. Brown pork with 1/3 tsp. olive oil in a nonstick sauté pan. Set aside. Add cabbage, chickpeas, water chestnuts, celery, bok choy, bamboo shoots, lemon juice and 2 tsp. olive oil to sauté pan and cook vegetable mixture for 10-15 minutes; until vegetables are almost tender. Add water and cooked pork to vegetables; cover. Braise mixture for 5-10 minutes, stirring occasionally.

## **Pepper Steak**

*Eating for Life*

### **Ingredients:**

2 lbs. round steak, cut into thin strips	1 sliced green pepper
1/3 cup cold-pressed olive oil	1 can bean sprouts, drained
1 tsp. salt	1 onion, chopped
Dash pepper	2 tomatoes, quartered
Dash garlic powder	1 Tbsp. potato starch
1/4 cup Bragg's Liquid Aminos	

### **Directions:**

Brown meat in olive oil in large frying pan. Add seasonings and stir occasionally. Cover and cook over low heat 30 minutes or until tender. Add Bragg's Liquid Aminos, green pepper, bean sprouts and onion. Cover and cook another 5 minutes. Add tomatoes. Blend potato starch with water and add to meat mixture. Cook, stirring gently, until sauce is thick and clear.

## **Moo Goo Gai Pan**

*Eating for Life*

### **Ingredients:**

1 1/2-2 cups medium or firm tofu	Salt to taste
3 Tbsp. Bragg's Liquid Aminos	2 onions, thinly sliced
6 Tbsp. cold-pressed olive oil	4 stalks celery, chopped
1-2 oz. fresh ginger, minced	1 green or red bell pepper, slivered
2-3 cloves garlic, minced	1-1 1/2 Chinese cabbage, sliced
2 cups water	1 (10 oz.) can water chestnuts, sliced
2 Tbsp. arrowroot powder	2 cups fresh bean sprouts
4 Tbsp. lemon juice	

### **Directions:**

Dice tofu; sprinkle with Bragg's Liquid Aminos. Place tofu on grill pan and grill over medium heat for a few minutes on each side. Set aside. Add 4 Tbsp. olive oil to a small saucepan; sauté ginger and garlic over medium heat for 3 minutes. Add 2 Tbsp. water and bring to a boil. Reduce heat to simmer. Combine the arrowroot powder with lemon juice, salt and the remaining 2 Tbsp. water; slowly add to saucepan until sauce thickens. Heat the remaining olive oil in a wok or large frying pan. Add the onions, celery and bell pepper; stir-fry for 5 minutes. Add Chinese cabbage, water chestnuts and bean sprouts; stir-fry for additional 3-5 minutes. Add the tofu to vegetable mixture and stir well. Cover with ginger/garlic sauce and stir over low heat until well mixed.

## **Stuffed Pork with Cashews and Vegetable Sauce**

*Eating for Life*

### **Ingredients:**

#### Pork chops

2  $\frac{2}{3}$  tsp. cold-pressed olive oil  
½ cup cooked snow peas, chopped  
⅛ tsp. Bragg's Liquid Aminos  
⅛ tsp. black pepper  
⅛ tsp. marjoram  
½ cup onion, diced  
2 boneless pork chops (4 oz. each)

#### Sauce

3 cups chicken broth  
2 cups celery, chopped  
1 ½ cups broccoli, chopped  
2 cups cauliflower, chopped  
2 ¼ cups red bell pepper, diced  
⅛ tsp. basil  
½ cup cashew nuts  
⅛ tsp. cinnamon and nutmeg  
Salt to taste  
4 tsp. cornstarch

### **Directions:**

Pork chops: Preheat oven to 375° F. In a sauté pan, add  $\frac{2}{3}$  tsp. olive oil, snow peas, Bragg's Liquid Aminos, black pepper, marjoram and onions. Cook until mixture is translucent (about 10 minutes). Set aside to cool. Slice pork chops and fill with mixture; secure with toothpicks. Bake at 375° F in a covered baking dish, for 20-25 minutes.

Sauce: While the pork chops are cooking, combine chicken broth, celery, broccoli, cauliflower, bell pepper, basil, cinnamon and nutmeg in a saucepan. Bring to a boil and cook until vegetables are tender. Reduce heat, add cashews and simmer for 5 minutes; add salt to taste. Combine cornstarch with water to form smooth paste and add to mixture until a sauce forms.

## **Shrimp Louis**

*Eating for Life*

### **Ingredients:**

½ lb. baby shrimp, cooked and rinsed	1 Tbsp. fresh parsley, chopped
2 large eggs, hard-cooked, peeled and grated	2 Tbsp. fresh basil, chopped
1 med. cucumber, diced	¼ cup <i>Blender Mayonnaise</i> (page 35)
3 small green onions, finely chopped	4 romaine lettuce leaves
2 stalks celery, chopped	8 fresh asparagus spears, trimmed and cooked

### **Directions:**

Mix all ingredients except lettuce and asparagus in a large bowl; chill. Place one romaine lettuce leaf on each of 4 salad plates. Spoon salad onto romaine leaf; garnish with whole asparagus spears.

## **Cabbage Rolls \*\*\***

*Eating for Life*

### **Ingredients:**

Large cabbage leaves, washed	½ lb. lean ground beef or pork
Water to blanch	1 cup cooked rice
2 Tbsp. cold-pressed olive oil	Salt to taste
1 cup green onion, chopped	Cayenne pepper
½ cup fresh parsley, chopped	2 large eggs, beaten
½ Tbsp. garlic, chopped	2 cups tomato juice

### **Directions:**

Preheat oven to 325° F. In a large pot, boil enough water to cover cabbage leaves. Put the cabbage in the boiling water and blanch the leaves until they are soft, about 5 minutes. Heat olive oil in a large high-walled skillet over medium heat and sauté the onion and parsley. After a little juice has accumulated, add the garlic and continue cooking until onions are tender. Add meat to the vegetables and brown. Stir in the cooked rice, salt and cayenne pepper. Remove from heat, pour into a large bowl and let cool; add eggs. Place 2 heaping Tbsp. of stuffing into each leaf, roll up, secure with toothpicks, if needed. Place close together in baking dish and pour the tomato juice over the cabbage rolls, covering them lightly. Bake 30-45 minutes.

## **Tofu with Almonds**

*Eating for Life*

### **Ingredients:**

1 cup frozen tofu	1 (10 oz.) can bamboo shoots
4 Tbsp. cold-pressed olive oil	1 ½ Tbsp. cornstarch
1 cup blanched whole almonds	2 tsp. xylitol
1 onion, chopped	1 ½ Tbsp. Bragg's Liquid Aminos
1 green bell pepper, chopped	2 tsp. lemon juice
1 carrot, chopped (optional)	1 ⅓ cup water

### **Directions:**

Defrost tofu; squeeze, drain and dice it. Heat 1 Tbsp. olive oil in a small frying pan and fry the almonds until golden. Set aside. Heat 2 Tbsp. olive oil in a wok or large frying pan and sauté the onion until transparent. Add remaining olive oil, tofu and vegetables and cook, stirring occasionally, for a few minutes. Blend the cornstarch, sweetener, Bragg's Liquid Aminos and lemon juice with water and pour over the tofu/vegetable mixture. Bring to a boil, stirring constantly until thickened. Add almonds and serve immediately.

## **Tofu Whip Cream**

*Eating for Life*

### **Ingredients:**

4 oz. soft tofu  
½ cup xylitol

1 tsp. vanilla or to taste

### **Directions:**

To prepare tofu, drain and rinse in cold water. Pat dry. Put in blender and blend until creamy. Add vanilla and sweetener, blend thoroughly.

## **Vanilla Ice Cream**

*Eating for Life*

### **Ingredients:**

1 cup soft or medium tofu  
4-6 Tbsp. xylitol  
¾ cup soy milk

2 tsp. vanilla extract  
2 Tbsp. canola oil

### **Directions:**

Combine all ingredients in a blender and blend thoroughly. For best results, use an ice-cream maker. Otherwise, pour mixture into a suitable container and freeze; stir frequently to avoid crystallization. Transfer the ice cream from the freezer to the refrigerator 10-15 minutes before serving.

## **Strawberry Cream**

*Eating for Life*

### **Ingredients:**

1 lb. strawberries  
1 ½ cups medium or firm tofu  
Juice from 1 lemon

4-6 Tbsp. xylitol  
¼ tsp. vanilla essence

### **Directions:**

Set aside a few of the nicest berries. Put all the rest in a blender with other ingredients; blend thoroughly. Pour into dessert dish and decorate with strawberries that have been set aside. Serve chilled.

## ***Peanut Butter Balls***

*Eating for Life*

### **Ingredients:**

2 cups unsweetened peanut butter  
½ cup oatmeal  
½ cup xylitol  
½ cup chopped nuts (optional)

### **Directions:**

Mix peanut butter, oatmeal and nuts together in a bowl. Roll mixture into shooter size marbles. On wax paper spread out xylitol and coat peanut butter balls with the sweetener. Store in a reseal able container in the refrigerator. Recipe can be adjusted as needed for quantity.

## ***Daisy's Yeast Free Brownies***

### **Ingredients:**

¾ cup unflavored coconut oil, in solid form, not liquid  
1 1/8 cup Sweet-n-Natural (or Stevia)  
6 oz. unsweetened chocolate  
3 eggs, room temperature  
2 Tbsp. hot water  
1 ½ tsp. instant espresso powder or coffee  
2 tsp. vanilla  
1 cup oat flour  
1 tsp. xanthan gum  
2 tsp. cinnamon  
½ tsp. baking powder  
¼ tsp. salt  
½ - ¾ cup pumpkin seeds (pepitas), toasted & coarsely chopped (optional)

### **Directions:**

Preheat oven to 350. In a medium bowl, cream the coconut oil until no lumps remain. Add sweet-n-natural and continue creaming until no lumps remain. Melt chocolate (either in double boiler or microwave). Add the melted chocolate and mix well. Add eggs one at a time mixing well before adding the next one. Dissolve the espresso power in the hot water and add to the egg mixture along with the vanilla. Mix well. Set aside.

In a small bowl using a whisk, combine the oat flour, xanthan gum, cinnamon, baking powder and salt. Add the dry ingredients to the egg mixture in 3 parts. Line an 8x8 or 9x9 baking pan with parchment paper or foil so you have a 2 inch overhang on either side of the pan to ensure easy removal.

Bake for 20-25 minutes. Edges will be firm but the middle will look and feel undercooked. You need this to ensure a fudgy texture. Over baking will result in dry/crumbly brownies. Let brownies cool complete before cutting. Small puddles of oil are ok – they will reabsorb as the brownies cool.

