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Paleo diet vs. modified paleo diet: A randomized control trial of health quality and benefit

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Paleo diet vs. Modified Paleo diet: A Randomized Control Trial of Health Quality and Benefit

A Project Presented to
the Faculty of the Undergraduate
College of Health Sciences
James Madison University

in Partial Fulfillment of the Requirements
for the Degree of Bachelor of Sciences

by Charlotte Martin

August 3, 2013

Accepted by the faculty of the Department of Health Sciences, James Madison University, in partial fulfillment of the requirements for the Degree of Bachelor of Sciences.

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Abstract

Consuming a diet similar to our hunter-gatherer ancestors has been shown to confer numerous health benefits. Our purpose was to compare metabolic, physiological, and psychological improvements of participants consuming a full-scale Paleolithic-type diet (PD) or a modified Paleolithic-type diet (MPD). Twenty participants (WT 74.9 ± 3.3 kg; BMI 26 ± 1 kg/m²) aged 43 ± 3 yrs were enrolled in a two-group, clinical 5-week dietary intervention study comparing a PD to a MPD. All participants were instructed to maintain current activity levels and turn in weekly diet compliance records. Both groups were instructed to consume only items that are included in a traditional Paleolithic-type diet (i.e. lean meats, f/v, eggs, nuts, and fish); however MPD participants were allowed to include three ‘unrestricted meals’ and two ‘unrestricted snacks’. Outcome measures included insulin sensitivity, body composition and weight, blood pressure, and lipid profiles. Five-week data showed a significant within group decline in WT (-3.3 ± 0.4 kg), BMI (-1.2 ± 0.2 kg/m²), FFM (-0.9 ± 0.3 kg), Fat Mass (-2.2 ± 0.3 kg), and % Body Fat ($-1.6 \pm 0.4\%$) over time, all $p < 0.05$. Clinically, all biochemical and blood pressure measures improved, however there were no significant between group differences. Both groups had 70% retention. Following both a full-scale or modified Paleolithic-type diet for 5-weeks resulted in significant reductions in body weight, fat mass, and percent body fat and may be beneficial for lowering blood pressure, and improving insulin sensitivity and lipid profiles. The present research suggests that following a modified Paleolithic-type diet can have similar physiological benefits as the more restrictive full-scale Paleolithic-type diet. More research needs to be conducted to examine the extent of these benefits.

Introduction

Dietary habits of Western civilizations have been questioned for decades; it wasn't until recently that contemporary scientists and nutrition experts turned to our ancestors for answers. Evolutionary research indicates that the human genome has remained relatively unchanged since the end of the Paleolithic era some 10,000 years ago; however, dietary patterns reflect quite the opposite [1-3]. Application of this reasoning to current dietary practice is the foundation on which modern Paleolithic-type diets have developed, suggesting a more suitable diet is one that resembles the composition and macronutrient distribution of the diets hunter-gatherer societies from that time period relied on [1-3]. These societies were relatively free of the diseases of affluence currently plaguing western civilization (obesity, coronary heart disease, hypertension, diabetes, stroke, and certain types of cancer) [2-5]. Pre-agricultural revolution Paleolithic diets were composed mainly of lean meats, vegetables, fruits, eggs, and nuts [6]. Modern interpretation of the Paleolithic diet, often referred to as the 'Paleo diet', emphasize those same principles and also includes complete avoidance of the cereals, dairy, sugars, refined carbohydrates, and processed foods commonly found in Western diets [7].

The only research studies to date experimentally testing the Paleolithic-type diet have determined many metabolic and physiologic improvements, such as higher insulin sensitivity, lower blood pressure, decreased weight, decreased BMI, and reductions in total cholesterol, LDL, and triglyceride levels, as well as highlighted its satiating effect and improvement of risk factors associated with development of CVD, type II diabetes mellitus, and metabolic syndrome [8-14]. However, these studies were less than three months with no more than 30 participants, showing lack of evidence following long-term sustainability of a Paleolithic-type diet. Furthermore, participants involved in two studies comparing satiety and glucose tolerance of Mediterranean and Paleolithic-type diets, were excluded due to 'non-willingness to continue'. All excluded participants had been randomly assigned to a group instructed to follow a Paleolithic diet for 12 weeks [8,9].

A study involving a short-term, three-week diet intervention excluded one of its 20 eligible participants due to the subject's inability to fulfill the diet [10]. These findings are consistent with other low-carbohydrate diet studies in which significant limitations include low adherence, poor compliance, and higher attrition rates in comparison to low-fat diets. [15-17]. The highly-restricting aspect of a Paleolithic-type diet, with regard to both carbohydrate restriction and limited food choices, allows for further speculation of the long-term sustainability of a full-scale Paleolithic-type diet, since normal food habits of participants in these elimination-type diets tend to reestablish once they find the restrictions too hard to abide by [15]. Although the beneficial effects of a Paleolithic-type diet have been demonstrated, the degree of restriction of such a diet may prove to be too extreme for long-term maintenance.

Paleo forerunner Dr. Loren Cordain has also seen this as problematic, and addressed the issue in his book *The Paleo Diet*. Dr. Cordain includes three levels of the diet; level one being a full-scale Paleolithic-type diet with no modification and level three being the version with the most modification, allowing 15% of weekly meals to be 'open meals'. Open meals are opportunities to indulge on favorite foods, excluding bingeing, so that those foods do not have to be given up permanently, which allows for flexibility of a Paleolithic-type diet [7]. For long-term maintenance of this health-promoting diet, a modified version may be a more plausible option and paleo experts claim this modification can still yield significant health benefits similar to a full-scale Paleolithic-type diet. However, to the knowledge of the researchers, no studies have been conducted to support this theory. The purpose of the present study was to measure the health benefits of a five-week modified- Paleolithic-type diet intervention.

Methods

Healthy nonobese men and women ages 20-64 were recruited via James Madison University's employee bulk e-mail service. The e-mail discussed the study investigators' intention to compare two similar diet regimens high in lean meats, fish, nuts, eggs, seeds, fruits, and vegetables, with little to no grain products, dairy, and processed foods. Those interested in participating were emailed an initial screening questionnaire. Completed questionnaires were then screened by the study investigators. Eligibility requirements were healthy, sedentary, age (20-64), BMI between 20-29.9 kg/m², free from chronic disease and ability to follow strict dietary protocols and study requirements. Exclusion criteria were BMI ≥ 30 kg/m² or < 20 kg/m², special diet requirements, ≥ 10 pound weight gain or loss over the previous year, currently "dieting", and/or presence of chronic disease (i.e. hypertension, diabetes (insulin and noninsulin dependent), and hypercholesterolemia).

Study design

The study was a five-week randomized dietary intervention study. Eligible participants were given an orientation day, on which details regarding the pre- and post- testing methods, risks of tests, and study requirements were discussed and informed consent forms (Appendix A) were signed and health history questionnaires were completed (Appendix B). Participants were given three blank food intake records (Appendix C), and were provided detailed instructions on how to fill out their usual dietary intake for two consecutive weekdays and one weekend day prior to their scheduled pre-testing session.

Participants were randomly assigned to one of two groups: full-scale Paleolithic-type diet (PD) or Modified Paleolithic-type diet (MPD). PD participants were instructed to follow a diet high in lean meats, vegetables, fruits, eggs, fish, and nuts, and free of any processed foods, grains, cereals, legumes, dairy, and refined sugars. MPD participants were instructed to follow the same diet as the PD group; however, they were allowed three 'open meals' and two 'open snacks' of their choosing per week on Wednesday through

Saturday. Open meals meant that a typical paleo meal could be replaced with a meal of their choice. Participants were allowed to choose how many items of the meal they wish to replace with non-paleo food items. Since the goal of having open meals is to provide more flexibility and less restriction in a Paleolithic-type diet, participants were allowed to include any food items in their open meals. However, it was suggested that they avoid binge eating or over consuming high fat/sugar energy dense foods. All open meals/snacks had to be documented on ‘open meal intake records’ (Appendix D), regardless of whether or not the open meal/snack was consumed on one of the four food intake record days. Each participant was provided with a detailed binder including their assigned dietary intervention requirements and guidelines (Appendices E and F), allowed foods (Appendix G), foods to avoid (Appendix H), cooking substitutes and essentials (Appendices I and J), where to buy uncommon items (Appendix K), sample two-week meal plan (Appendix L), and recipes (Appendix P).

Both groups were allowed to eat *ad libitum*. Participants were instructed to follow usual activity throughout the duration of the study. During the five weeks of the intervention phase, participants recorded consecutive four-day food intake records (Appendix M) beginning on the Wednesday of each week. Participants were also asked to complete an adherence chart (Appendix N) each week, on which they were to place a check mark on each meal and snack(s) they consumed that followed the diet regimen or place an X if it did not. Prior to beginning the intervention phase, participants in the PD group were notified that if more than five meals throughout the intervention phase did not follow the diet regimen (as was checked on the adherence chart) they would be excluded from the study. Participants in the MPD group were notified that if more than five meals, not including open meals, did not follow the diet regimen, they would be excluded. Participants e-mailed food intake records and adherence charts to the principal investigator at the end of each week. The principal investigator examined each food intake record and adherence chart weekly to check participant compliance with their assigned diet regimen. Any non-allowed food items that appeared

in the food intake records were addressed, and the participant was notified not to consume that particular item.

Measurements were obtained at baseline and after five weeks of intervention. Participants were asked to fast for at least 8 hours prior to coming for their pre- and post-testing sessions. Pre-testing sessions were 2.5 hours long each, and took place from September 27th to October 12th in the Human Performance Lab located in room 052 of Burruss Hall at James Madison University. Each pre-testing session followed the same protocol: First, a fasting blood sample was taken for lipid profile and fasting blood glucose measurements. The blood sample was collected via fingerstick. The subject's finger was wiped with an alcohol swab and dried with gauze. A Tenderlet lancet was used to prick the finger with the first drop of blood wiped away with gauze. A sample of approximately 0.1 μ L to 0.5 μ L of blood was placed on the testing strips to be analyzed. Total cholesterol, high density lipoprotein (HDL), low density lipoprotein (LDL), triglycerides, glucose, and total cholesterol to HDL ratio were measured using a blood lipid plus glucose cassette in the Cholestech LDX analyzer (Cholestech Corporation, Hayward, CA). A blood sample was also analyzed for glucose tolerance using a One Touch Ultra 2 Glucometer (Life Scan Inc, Columbus OH).

Immediately after the first two blood samples were taken, a 16 ounce Crystal Light drink with 75 grams of dextrose added was consumed within five minutes. Non-fasting blood glucose measurements were then taken in two consecutive thirty-minute increments and again one hour later (total of two-hour time span). The first non-fasting glucose measurement was taken thirty minutes after the dextrose solution was finished. During the first thirty-minute wait, height and weight were measured and body composition was assessed using dual-energy x-ray absorptiometry (DEXA). Assessment took place using the GE Lunar Prodigy (General Electric Inc., Fairfield, Connecticut). The participant was asked to lie on their back, positioned on the machine according to protocol. They were asked to lie completely still, while breathing normally, and

closing their eyes while the scan took place (approximately 6 to 12 minutes). During the second thirty-minute wait, the participant was asked to complete a Health Related Quality of Life Survey (Appendix O). During the wait, the assigned dietary intervention was discussed, in detail, with the participant. This included allowed foods, restricted foods, shopping lists, recipes, and where to buy hard-to-find items (i.e. almond flour and coconut oil). The investigator also addressed completion of adherence charts and food intake records. Blood pressure was measured during the last ten minutes of the hour-long wait using a sphygmomanometer (Cosmed Tango, Rome, Italy). A blood pressure cuff was placed over the brachial artery of the right arm, slightly above the elbow. Pressure in the cuff was inflated to approximately 160 mmHg, and then deflated slowly to discern the systolic pressure (onset of heart sounds) and diastolic pressure (cessation of heart sounds) using a stethoscope. Post-testing sessions took place from November 6th to November 19th. Post-testing sessions followed the same protocol as pre-testing sessions; however, assigned dietary interventions were not discussed.

Assessment of variables

Body weight was measured to the nearest 0.1 lb. in minimal clothing and without shoes using a Health O Meter balance beam scale (Boca Raton, FL). Height was measured to the nearest 0.1 in. using a Health O Meter stadiometer (Boca Raton, FL) under the same conditions. BMI was calculated by converting weight and height into metric units and using the following equation: kg/m^2 . Dual-energy x-ray absorptiometry (DXA) was used to estimate body composition data through the whole body scan. Assessment took place using the GE Lunar Prodigy (General Electric Inc., Fairfield, Connecticut). Blood pressure measurements were taken using a digital sphygmomanometer (Cosmed Tango, Rome, Italy). Fasting blood samples for lipid analysis were measured using a blood lipid cassette and Cholestech LDX analyzer (Cholestech Corporation, Hayward, CA). Blood glucose levels were determined using a One Touch Ultra 2

Glucometer (Life Scan Inc, Columbus OH). All blood samples were collected via fingerstick, using Tenrderlet lancets to prick the finger.

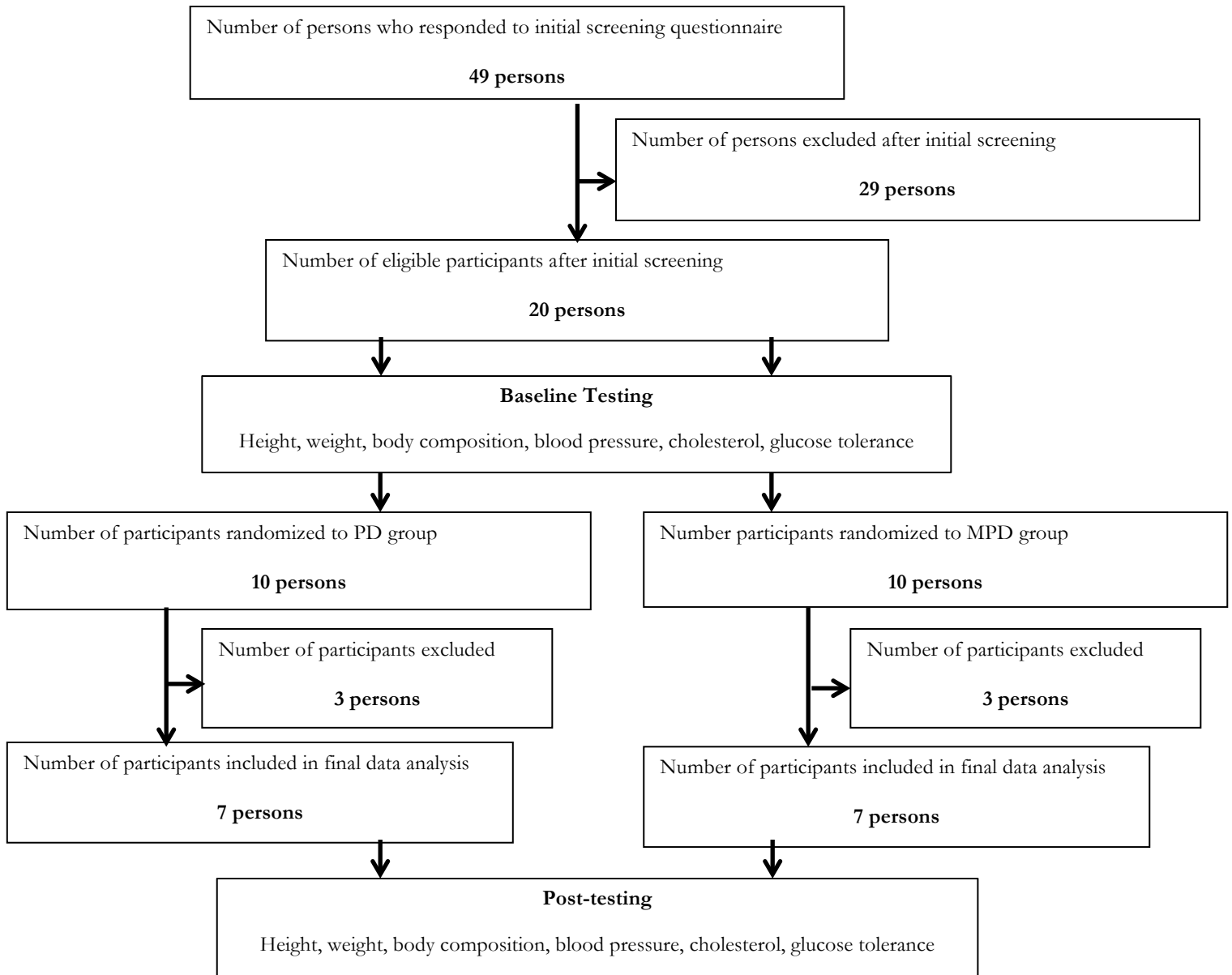
Statistical analysis

All data were analyzed using IBM Statistical Package for the Social Sciences version 20.0 (Armonk, NY). Data and results are expressed as mean \pm standard deviation. One-Way ANOVA test was used to identify any between group differences. Paired-samples *t*-test was used to identify any within group differences. A *p*-value of $p < 0.5$ was considered statistically significant.

Results

Twenty eligible participants were included in the study; ten per group. Six participants (three from each group) were unable to complete the study; two participants stopped responding to e-mails, one participant was unable to finish for monetary reasons, one participant was unable to finish for family reasons, and two participants were unable to follow the dietary protocol. Fourteen participants completed the study (twelve female, two male). Mean age of the PD group was 44.1 ± 13.5 . Mean age of the MPD group was 41.7 ± 12.3 (Figure).

Figure. CONSORT diagram of study design



No statistically significant between-group differences for any of the metabolic variables measured were found (all $p > 0.05$). Body weight reduction after the five-week intervention within both the PD group and MPD group was statistically significant (-3.9 ± 2.1 kg, $p = 0.003$; -2.8 ± 0.5 kg, $p = 0.000$, respectively). Decrease in BMI within both the PD and MPD groups was statistically significant (-1.4 ± 0.7 kg/m², $p = 0.002$; -1.0 ± 0.2 kg/m², $p = 0.000$, respectively). Although decrease in fat mass within both the PD and MPD groups was statistically significant (-2.5 ± 1.0 kg, $p = 0.001$; -

1.8±1.4 kg, $p=0.015$, respectively), decrease in percent fat was statistically significant in the PD group only (-1.8±1.1 %, $p=0.006$) (Table 1).

Table 1. Means (± standard deviation) of variables measured at baseline and after dietary intervention.

Variable	Paleo diet ($n=7$)				Modified Paleo diet ($n=7$)				p^b
	Pre	Post	Change	p^a	Pre	Post	Change	p^a	
Weight (kg)	74.1±15.2	70.2±14.7	-3.9±2.1	0.003	75.6±10.0	72.9±9.9	-2.8±0.5	0.000	0.194
BMI (kg/m ²)	25.9±4.0	24.5±3.8	-1.4±0.7	0.002	26.8±3.8	25.8±3.8	-1.0±0.2	0.000	0.178
Total cholesterol (mg/dL)	198.4±45.4	186.9±26.3	-11.6±28.5	0.325	183.1±21.8	182.3±25.5	-0.9±9.2	0.814	0.363
HDL-C (mg/dL)	56.1±15.6	55.9±14.9	-0.3±6.9	0.916	62.4±23.9	67.9±30.9	5.4±15.7	0.395	0.395
LDL-C (mg/dL)	123.1±40.7	113.6±37.8	-9.6±22.1	0.295	102.4±23.3	98.6±22.8	-3.9±11.7	0.415	0.556
Triglycerides (mg/dL)	96.1±33.7	87.4±41.9	-8.7±36.4	0.550	91.7±36.9	78.6±25.2	-13.1±23.5	0.189	0.791
Fat mass (kg)	25.9±11.5	23.4±11.1	-2.5±1.0	0.001	28.4±10.6	26.6±11.1	-1.8±1.4	0.015	0.306
% Fat	35.4±10.2	33.6±10.5	-1.8±1.1	0.006	38.5±10.5	37.2±11.2	-1.3±1.7	0.085	0.570

p^a – within group differences (using paired-samples *t*-test)

p^b – between group differences (using one-way ANOVA test)

*HDL-C – high density lipoprotein-cholesterol

*LDL-C – low density lipoprotein-cholesterol

No statistically significant between-group differences for any of the HRQL survey question answers were found (all $p>0.05$). Statistical within-group differences for both the PD group and MPD group were found for question 1 ‘self-rating of general health’ ($p=0.017$ and $p=0.030$, respectively) and question 9 ‘number of days full of energy’ ($p=0.039$ and $p=0.002$, respectively). Decrease in days ‘feeling worried, tense, or anxious’ and days ‘not getting enough rest or sleep’ decreased significantly within the MPD group (-3.7±3.9 days, $p=0.044$; -8.5±6.9 days, $p=0.017$, respectively) (Table 2).

Table 2. Means (\pm standard deviation) of HRQL questions measured at baseline and after dietary intervention.

Survey Question #	Paleo diet ($n=7$)				Modified Paleo diet ($n=7$)				p^b
	Pre	Post	Change	p^a	Pre	Post	Change	p^a	
1	2.3 \pm 0.5	1.4 \pm 0.5	-0.9 \pm 0.7	0.017	2.6 \pm 0.5	2.0 \pm 0.6	-0.6 \pm 0.5	0.030	0.403
2	1.6 \pm 2.9	3.4 \pm 4.3	1.9 \pm 5.2	0.385	1.1 \pm 1.9	1.4 \pm 1.9	0.3 \pm 3.1	0.818	0.509
3	2.7 \pm 2.6	3.1 \pm 3.8	0.4 \pm 4.7	0.818	4.6 \pm 4.7	2.1 \pm 1.7	-2.4 \pm 3.6	0.128	0.229
4	1.9 \pm 3.8	1.3 \pm 3.0	-0.6 \pm 1.1	0.175	1.3 \pm 2.2	0	-1.3 \pm 2.2	0.175	0.505
5	0.4 \pm 1.1	1.7 \pm 3.0	1.3 \pm 3.0	0.298	0	0	0	*	0.277
6	1.1 \pm 2.0	0.9 \pm 1.6	-0.3 \pm 0.5	0.172	1.4 \pm 1.5	0.4 \pm 0.6	-1.0 \pm 1.5	0.134	0.261
7	4.0 \pm 3.4	2.3 \pm 2.7	-1.7 \pm 4.0	0.299	5.4 \pm 4.4	1.7 \pm 1.0	-3.7 \pm 3.9	0.044	0.359
8	7.7 \pm 4.4	3.3 \pm 1.5	-4.4 \pm 5.3	0.070	10.8 \pm 8.2	2.3 \pm 2.1	-8.5 \pm 6.9	0.017	0.240
9	15.1 \pm 8.4	25.7 \pm 3.5	10.6 \pm 10.6	0.039	6.9 \pm 4.2	19.7 \pm 6.5	12.9 \pm 6.2	0.002	0.632
10 A	4.4 \pm 1.1	4.7 \pm 0.5	0.3 \pm 0.8	0.356	4.3 \pm 1.1	4.9 \pm 0.4	0.6 \pm 0.8	0.103	0.502
10 B	2.1 \pm 0.9	1.3 \pm 0.5	-0.9 \pm 1.1	0.078	2.3 \pm 0.8	1.6 \pm 0.5	-0.7 \pm 0.8	0.047	0.778
10 C	3.9 \pm 1.5	4.3 \pm 1.3	0.4 \pm 1.7	0.534	3.7 \pm 1.0	3.3 \pm 1.4	-0.4 \pm 0.8	0.200	0.253
10 D	1.7 \pm 0.5	1.6 \pm 0.5	-0.1 \pm 0.4	0.356	2.3 \pm 0.8	1.9 \pm 0.4	-0.4 \pm 0.8	0.200	0.403

p^a – within group differences (using paired-samples *t*-test)

p^b – between group differences (using one-way ANOVA test)

*Significance not computed because the standard error of the difference is 0

**Questions can be found in Appendix O

Discussion

We found that following a five-week, modified Paleolithic-type diet, allowing three open meals and two open snacks per week, yielded metabolic and psychological improvements similar to those obtained from following a five-week, full-scale Paleolithic-type diet. Although many ‘Paleo’ books, such as Loren Cordain’s *The Paleo Diet*, have discussed the psychological benefits of following a Paleolithic-type diet, such as improved sleep and energy levels, this is the first study of its kind to highlight such benefits with a modified version [7]. Findings of the Health Related Quality of Life survey indicated that general health and energy levels were found to significantly improve within both groups, showing no significant differences between the groups. In addition, days ‘feeling worried, tense, or anxious’ and days ‘not having gotten enough rest or sleep’ significantly decreased within only the MPD group. This suggests that one can obtain the same if not better psychological improvements from a modified Paleolithic-type diet as they would from a full-scale Paleolithic-type diet. To date, a few studies have already demonstrated the metabolic benefits of following a full-scale Paleolithic-type diet. Such findings include increased insulin sensitivity, lower blood pressure, decreased weight, decreased BMI, and reductions in total cholesterol, LDL, and triglyceride levels [8-14]. While this study found no significant improvements in cholesterol levels and glucose tolerance within either group, we did find significant decreases in weight, BMI, and fat mass within both the PD and MPD groups, with no significant difference between the groups. The findings of this study suggest that one wanting to improve their metabolic status in the way following a Paleolithic-type diet has been demonstrated to do, can potentially do so by following a less-restrictive, modified Paleolithic-type diet.

We were surprised to find no significant improvements in cholesterol and triglyceride levels. This may be due to the small sample size. In addition, we were surprised to find that an equal

number of participants dropped from each group, since we were expecting to find fewer participants drop out from the MPD group than from the PD group. However, two of the three excluded participants from the MPD group dropped due to monetary and family reasons, whereas those who dropped from the PD group were either unresponsive to follow up contact or unable to fulfill the dietary protocol. It is noteworthy that when asked whether or not they would continue their assigned diet regimen in the future, every participant that finished the study stated they would with or without some minor adjustments. The majority of the participants in the PD group stated they would adjust their diet regimen to one that more closely resembled that of the MPD group.

It is still unclear as to the effecting mechanism behind the improvements observed in this study and others before it. Prior studies discussed a need for further research in order to determine this mechanism [10-12]. One study, which allowed its subjects to eat *ad libitum*, noted a lower reported energy intake in the Paleolithic diet group compared to the Diabetes diet group. The study noted that this reduced energy intake could evidently be a major explanation for the metabolic improvements achieved by the participants, and that further research into possible mechanisms is needed [11]. Another study, involving domestic pigs, reported that the group consuming a Paleolithic feed was consuming fewer calories than the group consuming a Western diet-based feed, and that the decrease in weight in the Paleolithic feed group associated with the decreased caloric intake could be the effecting mechanism behind the metabolic improvements, as opposed to the difference in macronutrient distribution between the feeds [12]. Furthermore, a study involving a short-term, three-week Paleolithic diet intervention indicated the need for further investigation of other diet regimens compared with Paleolithic-type diets in order to determine relative health efficacy [10]. Thus, although the beneficial effects of a Paleolithic-type diet have been demonstrated, it still remains unclear as to whether the effecting mechanism is energy intake related or due to the macronutrient distribution and choice of foods on Paleolithic-type diet.

Further investigation of the effecting mechanism is necessary, such as testing the effects of varying the macronutrient distribution of a Paleolithic-type diet. In addition, several limitations of the present study exist, which should also be corrected in future studies. The small sample size of twenty people may have affected significance of results. Insulin sensitivity results, which have been shown to greatly improve from following a Paleolithic-type diet, were excluded from this study due to inaccuracy of and error in calibration of the One Touch Ultra device. Future studies should utilize venous blood samples, as opposed to finger samples, when testing for metabolic variables such as glucose tolerance and cholesterol levels.

The future of the Paleo diet is promising. Its metabolic benefits can reduce risk of heart disease, type II diabetes, and many of the chronic degenerative diseases that plague western society. However, further research is needed to determine how the diet can be adjusted to suit modern society in a way that still yields similar benefits to those obtained from following a full-scale Paleolithic-type diet. As evidenced by the attrition rates of this study, even a less restrictive Paleo diet can be difficult to follow. However, there were no significant differences in metabolic improvements between the full-scale and modified groups, suggesting that a modified Palolithic-type diet may be a step in the right direction toward defining a new modern 'Paleo diet'.

Appendix A. Informed Consent

James Madison University

Department of Health Sciences

Consent for Investigative Procedure (Informed Consent)

You are being asked to participate in a 6-week research study comparing two dietary interventions that is suggested to improve risk factors for cardiovascular disease and type II diabetes. These risk factors include weight, blood pressure, blood glucose tolerance, total cholesterol, LDL cholesterol, HDL cholesterol, and triglycerides. The study will be conducted by Charlotte Martin and Dr. Jeremy D. Akers from the Departments of Health Sciences at James Madison University. All laboratory procedures will be administered in the Human Performance Laboratory in Burrus Hall. The purpose of the current study is to compare the effects of the two dietary interventions on body weight, blood pressure, blood lipids, BMI, and blood glucose.

Research Procedures:

Note: In the event you discover that any of the following information is not clear, please ask one of the investigators to explain immediately.

Should you decide to participate in this research study, you will be asked to sign this consent form once all your questions have been answered to your satisfaction. You will be asked to complete a health history questionnaire which will be reviewed prior to your participation in the study. Your involvement in the study will involve an orientation session, pre-test measurements, randomization to a 6-week modified dietary intervention, and post-intervention testing.

In this study I understand I will be randomly assigned to one of two dietary intervention groups:

Dietary Intervention 1: Participants in this group will be asked to consume a diet consisting of fruits, vegetables, lean meats, eggs, and nuts. They will be given extensive information on allowed foods, restricted foods, shopping lists, and recipes.

Dietary Intervention 2: Participants in this group will be asked to consume the same diet as the participants in the other group and will be given the same extensive information; however, they will be allowed to consume three ‘open meals’ and two ‘open snacks’ per week. Participants will not be given food or beverage modifications for the open meals/snacks.

Participants will be trained on how to correctly complete a 4-day food intake record during the orientation session. Participants will be required to complete a 4-day food intake record per week, starting on the Wednesday of each week, for six weeks. Participants will also be required to complete a simple, diet adherence chart each week. Both the food intake records and the adherence charts can be e-mailed at the end of each week to the lead investigator.

The study will consist of various supervised lab tests, body composition, blood lipids and glucose, and resting metabolic rate.

In this study I understand the following measurements and tests will be taken:

- Before measurements will be taken you will be asked to complete a Health Status Questionnaire to assess your current health prior to participation in the study. You will also be asked to complete a Health Related Quality of Life questionnaire which you will assess your current mental and physical health status. These questionnaires will take approximately 20 minutes to complete.
- Dual-energy x-ray absorptiometry (DEXA) will be used to assess body fat, and muscle tissue. A whole body scan will be measured at the beginning and conclusion of the study. The importance of these measurements is to determine any changes in body fat and/or muscle mass during the intervention. Each scan will last approximately five minutes. Excess body fat is associated with chronic diseases such as hypertension, type 2 diabetes, stroke, coronary heart disease, and hyperlipidemia. According to the manufacture's specifications, one DXA scan exposes subjects to 1.5 mrem of radiation. The exposure to radiation during a single chest x-ray (i.e., 5 mrem) is more than 3 times greater than radiation from DXA. Also, background radiation from DXA is about equal to the amount of radiation an individual experiences during a flight from New York to London.
- All blood samples will be collected via fingerstick. You will be asked to report to the lab after a 8-10 hour fast and well hydrated to increase blood flow. The finger will be prepped with an alcohol prep pad and pricked using a Tenderlet lancet and a blood sample will be collected using a capillary tube. The sample will be placed into an appropriate analyzing machine. Values for all blood samples will be recorded and explained at the completion of the study.
- Blood Pressure. After a 5 minute rest, blood pressure measurements will be taken using a blood pressure cuff. A blood pressure cuff will be placed on the upper portion of the right arm, slightly above the elbow. Pressure in the cuff will be inflated and then deflated slowly to discern the systolic pressure (onset of heart sounds) and diastolic pressure (cessation of heart sounds) using a stethoscope.
- Oral Glucose Tolerance Tests is where glucose is given and blood samples taken afterward to determine how quickly it is cleared from the blood. The test is usually used to test for diabetes, insulin resistance. For the test, you will be asked to drink a sugary liquid and have 5 minutes to consume the mixture. Your blood will be taken at 1 hour and 2 hours after you drink the solution. The test takes up to 2 hours.
- Resting Metabolic Rate (RMR) will be assessed by a handheld device to measure how many calories your burn at rest by measuring the amount of oxygen consumed. Researchers will administer the RMR test while you are rested and in a comfortable state. Measurements are made in a quiet, temperature controlled room. The researcher will place a sterilized noseclip on your nose and the researcher will test that you cannot breathe out your nose. You will hold the MedGem and insert the disposable mouthpiece in your mouth and breathe normally. The test will be 5-10 minutes.

Time Required:

Total time to complete the test sessions is estimated to be: test session #1 (eligibility screening, 10 minutes), test session #2 (orientation session, 45 minutes), and test sessions #3 and #4 (3 hours each). Test session #1 will be completed over the phone or by e-mail. Participants will be asked to come to the Human Performance Lab in Burrus for test sessions #2, #3, and #4. Test session #2 will involve discussing research procedures, informed consent, and food intake records. Test session #3 will involve discussing the assigned dietary intervention, handing out packets of information regarding the assigned dietary intervention, and completing pre-tests and measurements. Test session #4 will involve completing post-tests and measurements.

Risks:

Participation in this study poses minimal risk. Risk may include slight bruising at the fingerstick site. All researchers will observe extreme caution handling blood. This risk is considered to be minimal and all safety precautions for handling blood samples will be followed according to OSHA protocols. Please remember that you are under no obligation to complete the study and could drop out at any time, for any reason. The researchers are trained to complete all assessments.

Benefits:

Potential benefits from participation in this study include free testing of body composition, c-reactive protein, glucose, and lipid profile. . Participants will also learn about dietary intake and their percentages of energy nutrients and total caloric intake. The researchers expect to see positive metabolic changes for participants that may result in improved health and general well being.

Confidentiality:

All data and results will be kept confidential. Participants will be assigned an identification code. At no time will a participant's name be identified with individual data. The researcher retains the right to use and publish non-identifiable data. All data will be secured in a locked cabinet in a locked office. Upon completion of the study, all information that matches up individual respondents with their answers or fitness test results will be destroyed.

Participation and Withdrawal:

Your participation is entirely voluntary. You are free to choose not to participate. Should you choose to participate, you can withdraw at any time without consequences of any kind.

Reporting Procedures:

Each participant will receive data pertaining to their own, individual test results following pre- and post-testing. No researcher will deny a participant of any information related to their own test results. Data obtained in this project will be presented at national or regional conferences and/or be published in national journals.

Questions about the Study:

If you have any questions or concerns during the time of your participation in this study, including questions regarding food choices, grocery shopping, recipes, etc., or after its completion or you would like to receive a copy of the final aggregate results of this study, please contact:

Lead Researcher:

Charlotte Martin

marti4ca@dukes.jmu.edu

703-298-2502

Research Advisor:

Jeremy D. Akers, PhD, RD

Department of Health Sciences

James Madison University

701 Carrier Dr., MSC 4301

akersjd@jmu.edu

540-568-8974

Questions about Your Rights as a Research Subject

Dr. David Cockley

Chair, Institutional Review Board

James Madison University

540-568-2834

cocklede@jmu.edu

Giving of Consent

I have read this consent form and I understand what is being requested of me as a participant in this study. I freely consent to participate. I have been given satisfactory answers to my questions. The investigator provided me with a copy of this form. I certify that I am at least 18 years of age.

My initials below signify that I agree to participate in the test for the phase(s) I have indicated above.

Name of Participant (Printed)

Name of Participant (Signed)

Date

Name of Witness (Printed)

Name of Witness (Signed)

Date

Appendix B. Health Status Questionnaire

Instructions: Complete each question accurately. All information provided is **confidential**.

Part I Demographic Information

1. _____

ID# _____

_____ Date

2. _____

Legal Name

_____ Nickname

3. _____

Mailing Address (Local Address)

_____ Local Phone

4. _____

Permanent Address (Home)

_____ Phone

5. Gender (circle one) Male _____ Female _____

6. Date of Birth _____

Month/ Day/ Year

Part II Medical History

7. Circle any that died of heart attack before age 50: Father Mother Brother Sister Grandparent

8. Date of Last medical exam : _____ Last physical fitness test: _____

9. Circle operations you have had:

Back Heart Kidney Eyes Joint Neck Ears Hernia Lung Other _____

10. Please circle any of the following for which you have been diagnosed or treated by a physician or health professional:

- | | | |
|----------------------|--------------------------|----------------------|
| Alcoholism | Diabetes | Kidney problems |
| Anemia (sickle cell) | Emphysema | Mental Illness |
| Anemia (other) | Epilepsy | Neck Strain |
| Asthma | Eye Problems | Obesity |
| Back Strain | Gout | Phlebitis |
| Bleeding trait | Hearing Loss | Rheumatoid arthritis |
| Bronchitis, chronic | Heart Problem | Stroke |
| Cancer | High Blood Pressure | Thyroid problem |
| Cirrhosis, liver | Hypoglycemia | Ulcer |
| Concussion | Hyperlipidemia | Other _____ |
| Congenital defect | Infectious Mononucleosis | |

11. Circle all medications taken in the last six months:

- | | | |
|---------------|--------------------------------|---------------|
| Blood thinner | Epilepsy medication | Nitroglycerin |
| Diabetic pill | Heart-rhythm medication | Diuretic |
| Digitalis | High-blood pressure medication | Insulin |
| Other _____ | | |

12. Any of these health symptoms that occurs frequently is the basis for medical attention. Circle the number indicating how often you have each of the following:

5 = Very often 4 = Fairly often 3 = Sometimes 2 = Infrequently 1 = Practically never

- | | | |
|--------------------------------|--------------------------------------|-------------------------------|
| a. cough up blood
1 2 3 4 5 | b. abdominal pain
1 2 3 4 5 | c. low back pain
1 2 3 4 5 |
| d. leg pain
1 2 3 4 5 | e. arm or shoulder pain
1 2 3 4 5 | f. chest pain
1 2 3 4 5 |

g. swollen joints
1 2 3 4 5

h. feel faint
1 2 3 4 5

i. Dizziness
1 2 3 4 5

j. breathless on slight exertion
1 2 3 4 5

Part III Health Related Behavior

13. Do you smoke? Yes No

14. If you are a smoker, indicate the number smoked per day:

Cigarettes: 40 or more 20-39 10-19 1-9

Cigars or pipes only: 5 or more or any inhaled less than 5, none inhaled

15. Do you exercise regularly? Yes No

16. How many times in a week do you spend at least 20 minutes in moderate to strenuous exercise?

1 2 3 4 5 6 7 days per week

17. Can you walk 4 miles briskly without fatigue? Yes No

18. Can you jog 3 miles continuously at a moderate pace without discomfort? Yes No

19. Weight now: _____ lb. One year ago: _____ lb. Age 21: _____ lb.

Source: Howley and Franks. 2007). *Health Fitness Instructor's Handbook*. Health Status Questionnaire. Champaign :Human Kinetics.

Appendix C. Food Intake Records

Instruction for Completing Food Intake Records:

For a complete diet analysis, it is important to record an accurate measure of the amount of food and beverages you consume. You may choose to measure food/beverage items before you consume them. Most people underestimate how much they eat. Record the quantity and name of all food and beverages you consume for 3 days consecutively.

- Eat and drink as you normally would. Please do not change your usual eating habits; no one is judging you! This is a valuable tool and you want it to be accurate!
- Record EVERYTHING you eat and drink (including diet drinks, water, etc.), please be specific.
- If possible, use measuring spoons and cups. Record serving sizes of meats in ounces or by the piece (1 thigh, 1 breast of chicken, etc.). Measure or estimate the volume of fluid in your glass or cup (4 fl oz, 8 fl oz).
- Describe the method of food preparation – baked, fried in butter or vegetable oil, barbequed, etc. ALSO, specify ‘dry’ or ‘cooked’ for items such as rice and pasta. For example, did you measure 1 cup of dry pasta and record that amount before cooking it or did you consume 1 cup of cooked pasta and recorded that amount?
- Don’t forget to write down all the little “extras” like sugar in your coffee or on your cereal, fruit on your cereal, butter on your vegetables or bread, honey in tea, mustard, mayo or ketchup on sandwiches, cream in coffee and so forth.
- Fully describe the food: 2% milk, water packed tuna, lowfat cottage cheese, low salt Wheat Thins, tomato soup made with whole milk, sugar-free Jell-O, canned peaches in heavy syrup, etc.
- Check food labels for weights (oz, etc.) such as candy bars, individually wrapped cheeses, cookies and juices.
- Combination foods like stews, sandwiches, and casseroles can be entered by ingredient amount.
- Please record (somewhere on the food log) all vitamin, mineral, and herbal supplements in mg, that you take.

Food Intake Record *Sample*

Date: 09/24/12

Meal (breakfast, lunch, dinner, snack)	Time	Meal Location (restaurant, home, work, etc.)	Name of Food Item or Beverage (provide as much detail as possible, <i>one food item per line</i>)	Amount consumed (cups, tsp., Tbs, ounces, etc., specify <i>dry</i> or <i>cooked</i> with pasta/rice)
Breakfast	8:30 am	Home	2% Milk	1/2 cup
Breakfast	8:30 am	Home	Kashi Go Lean Cereal, Original	1 cup
Breakfast	8:30 am	Home	Dunking Donuts French Roast Coffee, Decaf	1 cup
Breakfast	8:30 am	Home	Coffee-mate Liquid French Vanilla Creamer, Fat Free	2 Tbs
Breakfast	8:30 am	Home	Fresh Strawberries	7
Breakfast	8:30 am	Home	Splenda	2 packets
Snack	11:00 am	Office	PowerBar Protein Plus Bar, Vanilla	1 bar
Lunch	12:30 pm	Chick-Fil-A	Chargrilled Chicken Sandwich without pickles	1
Lunch	12:30 pm	Chick-Fil-A	Honey Roasted BBQ Sauce	1 packet
Lunch	12:30 pm	Chick-Fil-A	Waffle Potato Fries	Medium size
Lunch	12:30 pm	Chick-Fil-A	Iced Tea	16 fluid oz.
Lunch	12:30 pm	Chick-Fil-A	Sweet N Low	1 packet
Snack	2:00 pm	Office	Bottle Vitamin Water, Power-C Dragonfruit	1, 20 fl oz bottle
Snack	2:00 pm	Office	Granny Smith Apple	1 medium
Dinner	6:00 pm	Home	Starkist Tuna, canned in water	4 oz
Dinner	6:00 pm	Home	Fat Free Miracle Whip	2 Tbs

Dinner	6:00 pm	Home	Pickle Relish	1 Tbs
Dinner	6:00 pm	Home	Romaine Lettuce	2 cups
Dinner	6:00 pm	Home	Cherry Tomatoes	10
Dinner	6:00 pm	Home	Nature's Own Honey Wheat Bread, Toasted	2 slices
Dinner	6:00 pm	Home	Bottle Dasani Water	1, 16 fl oz bottle
Snack	8:00 pm	Home	SnackWell's Devil's Food Fat Free Cookies	2 cookies

Day 1 Food Intake Record

Date: _____

Meal (breakfast, lunch, dinner, snack)	Time	Meal Location (restaurant, home, work, etc.)	Name of Food Item or Beverage (provide as much detail as possible, <i>one food item per line</i>)	Amount consumed (cups, tsp., Tbs, ounces, etc.)

Appendix D. Open Meal/Snack Intake Record

Date: _____

Meal (breakfast, lunch, dinner, snack)	Time	Meal Location (restaurant, home, work, etc.)	Name of Food Item or Beverage (provide as much detail as possible, <i>one food item per line</i>)	Amount consumed (cups, tsp., Tbs, ounces, etc.)

Appendix E. Assigned Dietary Intervention Requirements

Thank you for agreeing to participate in this study. We appreciate your time and dedication to advancing the scientific dietary information available to the public. Your participation in this study involves following the dietary intervention for the *majority* of your meals. The diet is composed mainly of lean meats, vegetables, fruits, eggs, seafood, and nuts with no intake of cereals, dairy, sugars, refined carbohydrates, and processed foods. You are asked to follow this diet for every meal/snack consumed *except* for three meals and two snacks per week in which you are not restricted on what you consume. These meals/snacks are referred to as ‘Open Meals/Snacks’.

Dietary Intervention: You are allowed to eat *ad libitum*, meaning *you will not be restricted on the number of calories you eat per day*. However, you are not allowed to completely avoid consumption of any of the three main food groups of this intervention: lean meats, fruits, or vegetables. It is recommended that lean meats make up about half of your caloric intake. The next section includes extensive lists of foods that are allowed/not allowed and a two-week sample meal plan. You are also provided with shopping lists and recipes.

Open Meals/Snacks: You may consume whatever you like for these meals/snacks. However, it is recommended that you make healthy choices, stick to appropriate portions sizes, not eliminate fruits and vegetables, choose whole grain when possible, and not over-indulge in over-processed, fatty foods. Intake of such foods may potentially cause discomfort, as your body will not be used to eating such foods for the majority of each week. You are provided with sample meal plans that reflect what appropriate Open Meals/Snacks could be. However, this does not mean you are required to follow these guidelines, it is just highly recommended and encouraged. All Open Meals/Snacks consumed on non-food intake record days must be written down on a separate food intake record. You do not have to record the entire day if the meal was consumed on a non-food intake record day, just the details of that particular Open Meal/Snack.

We ask that you be 100% honest when filling out weekly meal charts and food intake records because any false information may skew results. You will be excluded from the study if more than 5 of your meals/snacks do not follow the assigned dietary intervention. You may drop out of the study at any time. If you have any questions, concerns, or are skeptical about a recipe or particular food/ingredient, you may call (703)-298-2502 or e-mail marti4ca@dukes.jmu.edu.

Appendix F. Intervention Dietary Guidelines (Participant Handout)

Some Guidelines:

1. Eat generous amounts of animal protein; this includes red meat, poultry, pork, eggs, organs (liver, kidney, heart...), wild caught fish and shellfish
2. Eat good amounts of fresh or frozen vegetables
3. Cut out all:
 - Cereal grains
 - Dairy
 - Legumes
 - Starchy vegetables
 - Vegetable, hydrogenated, and partly-hydrogenated oils
 - Sugar
 - Processed, refined foods
4. Eat when you're hungry, do what feels naturally
5. As a rule of thumb, if it comes in a box, you probably can't eat it. If something's packaged and you think it might be allowed, the only way you can know for sure is by **READING THE FOOD LABEL!**
6. Learn your spices & herbs to make your food taste amazing and avoid boredom
7. Try to stick with coconut and olive oil for cooking
8. Use olive oil, nut oils (macadamia oil is good), avocado oil, and vinegars for drizzling over salad dressings
9. Ask your server about ingredients and cooking oils if you eat out

Appendix G. Allowable Foods List (Participant Handout)

ALLOWED FOODS

Meats	Seafood	Fruits	Vegetables	Other
-Uncured bacon (can buy bacon in pictures below, but avoid the 'Canadian' variety), and uncured ham <i>Any Lean, Uncured Meat, Examples:</i> <i>Lean beef:</i> -Flank steak -Top sirloin steak -Extra-lean hamburger -London broil -Chuck steak -Lean veal <i>Lean pork:</i> -Pork loin -Pork chops <i>Lean poultry:</i> -Chicken breast -Turkey breast -Ground Chicken or Turkey (lean) -Game hen breast *Any other lean cuts of the above meats <i>Organ meats:</i> <i>Livers</i> - beef, lamb, pork, chicken <i>Tongues</i> - beef, lamb, pork <i>Marrow</i> - beef, lamb, pork <i>Sweetbreads</i> - beef, lamb, pork	<i>Fish:</i> -Bass -Bluefish -Cod -Drum -Eel -Flatfish -Grouper -Haddock -Halibut -Herring -Mackerel -Monkfish -Mullet -Northern pike -Orange roughy -Perch -Red snapper -Rockfish -Salmon -Scrod -Shark -Striped bass -Sunfish -Tilapia -Trout -Tuna (can buy the canned version in picture below) -Turbot -Walleye *Any other commercially available fish	-Apple -Apricot -Avocado -Banana -Blackberries -Blueberries -Boysenberries -Cantaloupe -Carambola -Cassava melon -Cherimoya -Cherries -Cranberries -Figs -Gooseberries -Grapefruit -Guava -Grapes -Honeydew melon -Kiwi -Lemon -Lime -Lychee -Mango -Nectarine -Orange -Papaya -Passion fruit -Peaches -Pears -Persimmon -Pineapple -Plums	-Artichoke -Asparagus -Beet greens -Beets -Bell peppers -Broccoli -Brussel sprouts -Cabbage -Carrots -Cauliflower -Celery -Collards -Cucumber -Dandelion -Eggplant -Endive -Green beans -Green onions -Kale -Kohlrabi -Lettuce -Mushrooms -Mustard greens -Onions -Parsley -Parsnip -Peppers (all) -Pumpkin -Purslane -Radish -Rutabaga -Seaweed -Spinach	<i>Eggs:</i> -Chicken -Duck -Goose <i>Nuts (unsalted):</i> -Almonds -Brazil nuts -Cashews -Chestnuts -Hazelnuts -Macadamia nuts -Pecans -Pine nuts -Pistachios -Walnuts <i>Seeds (unsalted):</i> -Chia -Flax -Pumpkin -Sesame -Sunflower <i>Oils:</i> -Avocado -Coconut -Flaxseed -Olive -Walnut <i>Beverages:</i> -Almond milk (unsweetened) -Coconut milk (unsweetened) -Coffee -Fresh squeezed fruit

<p><i>Other meats (lean cuts):</i></p> <ul style="list-style-type: none"> -Alligator -Bear -Bison -Caribou -Deer -Duck -Elk -Emu -Goat -Goose -Kangaroo -Ostrich -Pheasant -Quail -Rattlesnake -Reindeer -Squab -Turtle -Venison -Wild boar -Wild turkey <p>*Avoid canned and smoked meats due to salt content</p>	<p><i>Shellfish:</i></p> <ul style="list-style-type: none"> -Abalone -Clams -Crab -Crayfish -Lobster -Mussels -Oysters -Scallops -Shrimp 	<ul style="list-style-type: none"> -Pomegranate -Raspberries -Rhubarb -Star fruit -Strawberries -Tangerine -Watermelon <p>*All other fruits</p> <p><i>Dried fruits</i> (no more than 2 ounces per day)</p>	<ul style="list-style-type: none"> -Squash (all) -Swiss chard -Tomatillos -Tomatoes (If buying canned, can buy the ‘Muir Glen No Salt Added Diced Tomatoes’, can also buy their tomato paste, and no salt added tomato sauce) -Turnip greens -Turnips -Watercress 	<p>juices</p> <ul style="list-style-type: none"> -Tea (unsweetened, natural) -Water -Red or White Drinking Wine (limit one 5 oz glass of wine per day, unless cooking with it). Do not buy ‘cooking wine’ <p><i>Flours/Meals:</i></p> <ul style="list-style-type: none"> -Coconut flour -Nut flours (any, such as almond, hazelnut, pecan, chestnut, etc.) <p><i>Spices:</i></p> <ul style="list-style-type: none"> -All natural spices <p>(most spice mixes contain salt so make sure to read ingredients)</p> <ul style="list-style-type: none"> -Dry mustard powder -Lemon pepper -Unrefined sea salt (this includes unrefined sea salt that is part of recipes not “on foods”) -Himalayan Pink Salt <p><i>Other:</i></p> <ul style="list-style-type: none"> -baking soda -Baking powder -Unsweetened coconut flakes -Raw honey, syrup -Vanilla, stevia -Unsweetened applesauce -Vinegar (balsamic, apple cider, etc.) -Unsweetened chocolate (Baker’s), cocoa powder
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Appendix H. Foods to Avoid (Participant Handout)

FOODS TO AVOID

Dairy	Grains	Legumes	Starchy Vegetables	Salts, Sweets, & Fats
<ul style="list-style-type: none"> -All processed foods made with dairy -Butter -Cheese -Cream -Dairy creamer -Dairy spreads -Frozen yogurt -Ice cream -Margarine -Milk (skim, low-fat, powdered, whole) -Yogurt 	<p><i>Grains/ Grain-like Seeds:</i></p> <ul style="list-style-type: none"> -Amaranth -Barley -Bran -Buckwheat -Bulgur -Corn (maize) -Hominy -Millet -Oats -Quinoa -Rice -Rye -Sorghum -Wheat -Wheat germ <p><i>Grain Products:</i></p> <ul style="list-style-type: none"> -Bread -Cereal -Crackers -Flour (other than nut flours) -Noodles -Pasta -Pizza -Any other processed foods made with grains 	<ul style="list-style-type: none"> -Alfalfa -Beans (all – kidney, black, navy, garbanzo, etc.) -Black-eyed peas -Carob -Chickpeas -Clover -Lentils -Lupins -Mesquite -Peas -Peanut butter -Peanuts -Snow peas -Sugar snap peas -Soybeans (and all soybean products) -Tofu 	<ul style="list-style-type: none"> -Arrowroot -Cassava root -Manioc -Potatoes (and all potato products such as fries, chips, etc.) -Starchy tubers -Sweet potatoes -Tapioca pudding -Water chestnuts -Yams 	<p><i>Salt-Containing Foods:</i></p> <p>Salt and all processed foods with salt, such as:</p> <ul style="list-style-type: none"> -Canned meats and fish (unless unsalted and in water, or you soak and drain them) -Condiments (almost all commercial ones) -Cured Bacon -Hot dogs -Frankfurters -Olives -Pickled foods -Pork rinds -Processed meats -Salad dressing (almost all commercial ones) -Salami -Salted nuts -Salted spice mixes -Sausages: unless you make ones from recipe book or your own recipe that follows the allowed foods -Smoked, dried, and salted fish or meat -Seasoned vegetables (such as those bought frozen) <p><i>Sweets:</i></p> <ul style="list-style-type: none"> -Candy -Honey (unless raw)

				<ul style="list-style-type: none"> -Fruit juices -Sugars -Soft drinks <i>Fats:</i> -Shortening -Trans fat -Vegetable oil <i>Fatty Meats:</i> -Bacon (unless uncured) -Bologna -Breakfast sausage -Chicken wings -Deli meats -Fatty lamb chops -Fatty pork chops -Pepperoni -Pork sausage (unless recipe in book) -Salami -Spam
--	--	--	--	---

Appendix I. Cooking Substitutes (Participant Handout)

Cooking Substitutes

Not Good	Good
Butter, lard, margarine, shortening, vegetable oil	Coconut manna, coconut oil, olive oil
Flour	Nut flour (most recipes call for almond flour/meal) or coconut flour (be sure to follow recipes, you can't simply substitute a cup of one of these flours for a cup of white/wheat flour)
Milk	Almond or coconut milk
Pasta	Spaghetti squash
Salt	Any natural spices, unrefined sea salt
Sugars	Spices (such as cinnamon, nutmeg, mint leaves, ginger, vanilla, etc.), raw honey, raw maple syrup, fruit, coconut cream concentrate

Appendix J. Cooking Essentials (Participant Handout)

Cooking Essentials:

- Almond flour/meal
- Almond milk
- Coconut oil
- Coconut milk
- Eggs
- Garlic
- Lemons
- Olive Oil
- Raw Honey
- Spices:
 - o Unrefined sea salt
 - o Cinnamon
 - o Nutmeg
 - o Cayenne
 - o Dry mustard powder
 - o Italian spices
 - o Basil
 - o Pepper

Appendix K. Where to Purchase Uncommon Food Items (Participant Handout)

Where to Buy Uncommon Items:

You can purchase any uncommon items at:
 Martin's Grocery Store: 2035 East Market Street
 24 hours

Kate's Natural Products: 451 University Boulevard
 Mon.-Sat. 9-6

Sue's Super Nutrition: 3060 South Main St.
 Mon.-Fri. 9-6, Sat. 9-5

WalMart: Multiple locations

*Also check out:

Friendly City Food Co-Op: 150 E. Wolfe St.
 Daily 8 am – 9 pm

Harrisonburg Farmers Market: 228 South Liberty Street
 Tue. & Sat. 7-1





*Friendly City Coop

LÄRABAR

*Allowed flavors: Apple pie, Banana bread, Cappuccino, Carrot cake, Cashew cookie, Cherry pie, Chocolate coconut chew, Coconut cream pie, Ginger snap, and Pecan pie

Appendix L. Sample Two-Week Meal Plan

**Italicized items are recipes found in the recipe book!*

Day	Breakfast	Lunch	Dinner	Snack (s)
1	<i>Pumpkin Muffins</i> , cup decaf	<i>Chef Salad</i> , w/ <i>Simple Salad Dressing</i>	<i>Coconut Shrimp & Basil Spinach</i> , glass white wine	Hard boiled eggs & nuts
2	Eggs w/ <i>Salsa or Mango Salsa</i> , cup fresh squeezed orange juice	<i>Cilantro Turkey Burgers</i> w/ Mixed Greens	Open Meal: Parmesan crusted fish, steamed broccoli in light cheese sauce, beer	<i>Trail Mix</i> , handful of grapes
3	<i>Simple Pancakes</i> , <i>Cinnamon Applesauce</i> , cup of green tea	Open Meal: Quinoa (1/4 cup dry) w/ chicken, vegetables, and sauce of choice	<i>Yummy Chicken with Mushroom Sauce</i>	Fruit salad sprinkled w/ cinnamon
4	<i>Baked Eggs Florentine</i> , side of fruit, cup regular coffee	<i>Meatloaf</i>	<i>Creamy Tomato Baked Scallops</i> , side salad w/ choice of dressing from recipe book	<i>Chocolate Cake in a Mug</i>
5	2-4 Poached eggs, almonds, berries or small piece of fruit, cup of black tea	<i>Chicken Fajita Salad</i>	<i>Grilled Salmon</i> , <i>Roasted Green Beans</i> , side salad w/ choice of dressing from recipe book	Apple, few avocado slices, Open Snack: Fiber One Bar
6	Open Meal: 1 cup Raisin Bran with ½ cup 1 % milk, glass of Tropicana orange juice	<i>Slow Cooker Pork Loin</i>	<i>Stir-Fry Beef Salad</i>	Baby carrots Open Snack: bag of pretzels
7	<i>Chicken Apple Hash</i> , cup fresh squeezed grapefruit juice	<i>Chicken Avocado Salad Sandwich</i>	<i>Poached Halibut Steaks</i> , <i>Roasted Asparagus</i> , glass white wine	Hard boiled eggs, berries
8	Open Meal: packet Quaker Maple and Brown Sugar instant oatmeal, banana	<i>Cilantro Turkey Burger</i> , top with desired vegetables and condiments (from recipe book)	<i>Barbecued Spicy Honey Chicken</i> , side salad or steamed veggies	<i>Chocolate Snack Cakes</i> , orange, celery sticks

9	Unsweetened applesauce, piece of , walnuts, cup of green tea	Salad with grilled chicken strips, lettuce or spinach, and your favorite ingredients. Top with olive oil and vinegar.	<i>Breaded Tilapia, Almond Asparagus</i>	Slice of <i>Carrot Cake</i> , cucumber and tomato slices
10	<i>French Toast</i> , top with raw maple syrup, cup regular coffee	Rotisserie chicken and steamed vegetables of your choice	<i>Salmon Caesar Salad</i> , glass white wine	Few <i>Simple Cookies</i> , pear
11	<i>Peach & Pecan Scramble</i>	<i>Spaghetti and Meatball Bites</i> , Steamed Broccoli	<i>Chicken Alfredo</i>	Orange, celery and carrot sticks, Open Snack: cheddar cheese and crackers
12	<i>Breakfast Egg Muffins</i> , side of raspberries	<i>Chicken Apple Salad</i>	Open Meal: Whole Wheat Spaghetti (1 cup cooked), tomato sauce, side Caesar salad, diet coke	<i>Chocolate nuts</i>
13	<i>Banana Omelet</i> , cup fresh squeezed orange juice	<i>Mandarin Spinach Salad</i>	<i>Pizza</i> , glass red wine	Open Snack: yogurt
14	<i>Turkey Sausage Stir-Fry Breakfast</i>	Open Meal: Subway Roasted Turkey Breast 6" Sandwich, Unsweetened Iced Tea, Cookie (I can't resist their cookies!)	<i>Tomato Crab Bake</i> , side salad or steamed veggies	<i>Lemon Blueberry Muffin</i>

Appendix M. Food Intake Record Intervention Sample

Date: 10/1/12

Meal (breakfast, lunch, dinner, snack) Circle Open Meals/Snacks	Time	Meal Location (restaurant, home, work, etc.)	Name of Food Item or Beverage (provide as much detail as possible, <i>one food item per line</i>)	Amount consumed (cups, tsp., Tbs, ounces, etc.)
Breakfast	6:30	Home	Coffee – Folger’s French Roast	1 cup
Breakfast	6:30	Home	Truvia	1 tsp
Breakfast	8:30	Work	<u>Pumpkin Muffins</u> : Libby’s canned pumpkin, Bob’s Red Mill almond flour, Real Salt unrefined sea salt, Pure N’ Simple 100% pure honey, Woodstock Farms almond butter	1 muffin
Lunch	12:00	Work	<u>Chef Salad with simple dressing</u> – Applegate Naturals uncured bacon, Pure N’ Simple 100% pure honey, Real Salt	1 salad
Lunch	12:00	Work	Water – tap	33.8 oz
Lunch	12:00	Work	Apple – raw – medium	1 cup
Snack	3:00	Work	<u>Trail Mix</u> – Same honey as above	1 cup
Supper	6:30	Home	<u>Whole wheat spaghetti with Ragu Mushroom and Garlic Tomato Sauce</u>	1 cup cooked pasta, ¼ cup sauce
Supper	6:30	Home	<u>Cilantro Turkey burger</u> – same salt as above	¼ lb
Supper	6:30	Home	White wine – Yellow Tail Pinot Grigio	4 oz

*** Make sure to include any vitamin supplements you may be taking.**

*** If you use any of the recipes in this binder or that are e-mailed to you, you may write down the recipe name and simply underline it in the food intake record but make sure to write down the brands of any ingredients you use that you bought packaged, canned, or in a jar. No need to record amounts for those ingredients!**

Appendix N. Weekly Adherence Chart Instructions

Weekly Meal Chart Instructions

For each meal/snack, make a check mark in the corresponding box if you followed the dietary intervention for that particular meal/snack.

Mark Open Meals/Snacks boxes with an asterisk (*).

If you already consumed your allotted number of Open Meals/Snacks for the week and consumed another meal/snack in addition to that, make an X in the box. Even if only a small part of your meal did not follow the assigned dietary intervention, you must still mark an X.

Leave snack boxes blank if you didn't eat four snacks that day.

Leave meal boxes blank for any meals you skip (try not to skip many meals).

Sample Weekly Meal Chart

Name_Jane_____

Week of __09/01/12_____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	✓	✓	*	✓	✓	✓	✓
Lunch	✓	✓	✓	*	✓	✓	✓
Dinner	✗	✓	✓	✓	✓	*	✓
Snacks	✓	✓	✓	✓	✓	*	✓
	✓	✓	✓	✓	*	✓	✓
		✓	✓	✓		✓	✓
		✓		✓			

Appendix O. Health Related Quality of Life Survey

Healthy Days Core Module (CDC HRQOL- 4)

Directions: Please circle the best answer for you and your health as it stands today.

1. Would you say that in general your health is:
a. Excellent b. Very Good c. Good d. Fair e. Poor
2. Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?
a. Number of days _____
b. None
3. Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?
a. Number of days _____
b. None
4. During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?
a. Number of days _____
b. None
5. During the past 30 days, for about how many days did PAIN make it hard for you to do your usual activities, such as self-care, work, or recreation?
a. Number of days _____
b. None
6. During the past 30 days, for about how many days have you felt SAD, BLUE, or DEPRESSED?
a. Number of days _____
b. None
7. During the past 30 days, for about how many days have you felt WORRIED, TENSE, or, ANXIOUS?
a. Number of days _____
b. None
8. During the past 30 days, for about how many days have you did NOT get ENOUGH REST or SLEEP?
a. Number of days _____
b. None

9. During the past 30 days, for about how many days have you felt VERY HEALTHY AND FULL OF ENERGY?

- a. Number of days _____
- b. None

10. How TRUE or FALSE is each of the following statements for you? (*select the most appropriate box*)

	Definitely true	Mostly true	Don't know	Mostly false	Definitely false
a) I seem to get sick a lot easier than other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b) I am as healthy as anybody I know	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c) I expect my health to get worse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d) My health is excellent	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Source: Centers for Disease Control and Prevention. Measuring healthy days: population assessment of health-related quality of life. Atlanta (GA): US Department of Health and Human Services; 2000. <http://www.cdc.gov/hrqol/pdfs/mhd.pdf>.

Appendix P. Recipe List for Participants (Participant Manual)

Recipes

Bass

Sautéed Bass with Shiitake Mushroom Sauce

- 2 t olive oil
- 1/8 t black pepper
- 4 (6-ounce) skinned bass fillets
- 2 c sliced shiitake mushroom caps
- 1 t olive oil
- 2 t ground ginger
- 1 t minced garlic
- 1 c chopped green onions
- 1/4 c water
- 1 T lemon juice

Bass: Heat oil in a large nonstick skillet over medium-high heat. Sprinkle pepper over fish. Add fish to pan. Cook 2.5 minutes on each side or until fish flakes easily with a fork or until desired degree of doneness. Remove fish from pan; cover and keep warm.

Mushroom sauce: Add mushrooms and oil to pan. Sauté 2 minutes. Add ginger and garlic to pan. Sauté 1 minute. Add the green onions and remaining ingredients to pan. Sauté 2 minutes. Serve with fish.

Catfish

Broiled Catfish Fillets

- 1 t paprika
- 4 catfish fillets
- 1/2 t dried thyme
- 1/4 t garlic powder
- 1/4 t black pepper
- 1/4 t oregano
- 1/8 t cayenne pepper
- 1/4 c lemon juice

Mix spices together in a shallow dish. Put lemon juice in a bowl. Dip fillets in the lemon juice and then coat lightly with seasoning mixture.

Preheat broiler. Coat rack of unheated pan with oil. Put fish on rack and broil 4 inches from heat until fish flakes easily with fork (4-6 minutes). Turn once while broiling.

Cod

Broiled Cod with Ginger

- 4 - cod fillets, (1/4 lb each)
- Black pepper (to taste)
- 1 t grated gingerroot or 1/2 t (2 mL) ground ginger
- 1 1/2 t olive oil
- 1/4 t paprika

Coat a shallow roasting pan with nonstick olive oil. Place cod in pan and sprinkle both sides with pepper and ginger root. Drizzle with oil and sprinkle with paprika. Broil until fish flakes easily with fork, 6-8 minutes. Serves 4.

Grilled Cod with Cayenne Citrus Marinade

- 1/4 c orange juice
- 1 1/2 T lemon juice
- 3 T lime juice
- 1/8 t cayenne pepper
- 2 minced garlic cloves
- 2 T olive oil
- 1 lb cod filets
- 2 T finely chopped chives
- 1 T finely chopped thyme

Combine orange, lemon and lime juices in a bowl with cayenne pepper, garlic, olive oil, and 1/3 c of water to make the marinade.

Place fish in a flat dish, pour in the marinade, and marinate the fish 15 minutes. Light grill and add the fish. Grill fish 3-4 minutes per side, basting often with the marinade. Serve the fish with a spoonful of marinade and sprinkle with chives and thyme.

Haddock

Baked Haddock

- 1 lb haddock fillets
- 2-3 T olive oil
- 1 medium onion, chopped
- 1 medium green pepper, chopped
- 1 lb can tomatoes, chopped plus juice
- 3 T parsley, chopped (or 1 T dried)
- 1/2 t dried basil
- 1/8 t black pepper
- 2 t lemon juice (optional if tomatoes are acidic)

Sauté onion and pepper in oil about 5 minutes until soft. Stir in everything else except fish and lemon juice and cook over medium heat 5-10 minutes until it thickens.

Spread half the sauce in the bottom of a 9 x 9-inch baking dish. Layer the fish on top and sprinkle with lemon juice. Top with rest of sauce. Bake uncovered 375 F for 10 minutes until flaky.

Halibut

Poached Halibut Steaks

- 2 or 3 green onions, cut into 2 inch long pieces
- 1 T olive oil
- 2 halibut steaks (1/2 lb)
- 2 lemons
- 1 red onion, cut lengthwise into thin slices 1 carrot, cut into thin matchstick pieces

Heat oil in a deep skillet over medium heat. Add onion and sauté three minutes. Add carrot and cook 3 more minutes. Stir in green onions. Spread vegetables evenly over bottom of skillet. Lay halibut steaks on the vegetable bed in the skillet. Add a small amount of water just to cover the bottom of the skillet. Cover and cook until the fish flakes easily with a fork (about 10 minutes). Transfer the fish to a serving plate and top with vegetables and lemon juice.

Perch

Baked Herb Perch Fillets

- 1 lb yellow perch (walleye or pike) fillets
- 1/2 c olive oil
- 1/2 t basil leaves
- 1/2 t oregano
- 1/4 t garlic

Preheat oven to 350 F. Arrange the yellow perch fillets in baking pan. Spread oil, basil, oregano and garlic over the fillets. Bake 25-30 minutes or until fish flakes easily with a fork. Serves 3.

Salmon

Baked Salmon

- 4 salmon steaks (about 1 3/4 lbs)
- 4 T lemon juice
- 1 t dill weed
- 2 T finely chopped chives
- lime wedges

Place individual salmon steaks on pieces of aluminum foil large enough to wrap each steak. Pour a T of lemon juice over each steak, sprinkle with dill, and seal each steak in an aluminum pouch. Place the aluminum-sealed steaks in an oven dish and bake at 350 F for 30 minutes or until the fish flakes easily with a fork. Serve salmon with sprinkled chives and lime wedges.

Grilled Salmon

- coconut oil
- 1 lb salmon
- 2 T pecans
- 2 t rosemary
- unrefined sea salt

Preheat oven to 350. Add a bit of coconut oil to a baking pan, coat well. Lay salmon in the pan skin side down. Chop pecans. Sprinkle pecans, rosemary, and unrefined sea salt over fish, then bake for 12-15 minutes until flakes easily with a fork.

Salmon Caesar Salad

- Four 6-ounce salmon fillets, skin on
- 2 T extra virgin olive oil
- 2 heads romaine lettuce, chopped
- ¼ small red onion, diced
- 2 T cold-pressed flaxseed oil
- 1 garlic clove, crushed
- 1 t crushed mustard seed
- 1 T freshly squeezed lemon juice
- Freshly ground black pepper, to taste

Preheat oven to broil. Brush flesh side of salmon fillet with 1 T of the olive oil. Place in baking pan flesh side down. Brush skin with the remaining T of olive oil. Broil for 15 minutes. Remove from oven and set aside.

In a large bowl, mix together lettuce and onion. Combine flaxseed oil, garlic, mustard seed, and lemon juice in a small jar and shake well. Toss with lettuce and onion. Serve topped with salmon fillet and season with freshly ground pepper.

Pan Seared Salmon with Avocado

- 2 large avocados, cut and peeled
- 3 T freshly squeezed lime juice (can substitute lemon)
- 3-4 T olive oil
- 1 T minced shallots or green onion
- 1 T minced parsley
- pinch unrefined sea salt and pepper to taste
- 1-1 1/2 lbs of salmon fillets

Put avocado pieces and lime juice into a food processor or blender and pulse until blended. Slowly add olive oil, pulsing, until you reach desired consistency of sauce. Add minced shallots (or green onions) and parsley, pulse just until combined. Remove to a bowl, salt and pepper to taste.

Coat the bottom of a sauté pan with oil, heat on medium high until almost smoking. Season both sides of the salmon fillets with salt and pepper. Place the salmon into the pan, skin side down.

Cook the salmon until about medium doneness, about 3-4 minutes per side. Serve salmon with avocado sauce. Serves 4.

Poached Salmon and Spinach

- 1 1/2 c water
- 1/2 white wine
- 2 cloves garlic, minced
- 2 scallions, sliced
- 2 salmon steaks (4-6 oz each)
- 1 c spinach
- 1 pinch nutmeg
- 1 dash chili powder, to taste

Boil the water, wine, garlic, and scallions in a skillet. Add the salmon and return to a boil. Reduce the heat, cover, and simmer until the fish flakes easily with a fork. Cook the spinach, drain, and stir in the nutmeg. Preheat the broiler.

Place the fish on a pan coated with oil, top with the spinach and chili powder and broil.

Poached Salmon and Zucchini Fritters

- 2 eggs
- 1 1/2 c almond meal
- 100g freshly cooked salmon, thinly sliced
- 2 large zucchini, roughly grated, liquid squeezed out
- 1 T chopped dill
- Olive oil

Combine eggs and almond meal in a bowl and whisk until smooth. Stir with salmon, zucchini, dill and pepper. Place oil in a frying pan and heat over medium heat. Spoon 1 T of the salmon mixture into the pan, allowing room for spreading. Cook for 2-3 minutes each side or until golden underneath and cooked through. Remove and repeat with remaining smoked salmon mixture, adding oil to the pan between each batch.

Spicy Salmon Tacos

- 4-ounce salmon fillets (or halibut, snapper)
- 2 T olive oil, plus more to brush the fish
- juice of two limes
- 1 T chili powder
- 1 T cumin
- 1 t cayenne pepper
- 1 t unrefined sea salt
- 1/4 t freshly ground black pepper
- 1 head lettuce
- 1 head radicchio
- 1 tomato, diced
- 1 onion, diced
- 1/4 c chopped scallions

Preheat grill to 400 F. In 13x9 baking dish, combine olive oil, lime juice, and spices. Add fillets and turn them so every side is coated with marinade. Let marinate for 10 minutes.

Form lettuce cups by gently separating the heads of butter lettuce and radicchio. Line a whole leaf of butter lettuce with radicchio.

Brush fillets with olive oil before placing them on the grill. Cook until they begin to turn opaque on top (cooking time will vary, depending on thickness of fillets). Fish should be firm to the touch, flaking easily.

Flake a generous amount of fish into each lettuce cup, or cut the fish into small chunks and place them in each cup. Top with tomato and onion. Garnish with scallions. Serves 4.

Snapper

Spicy Red Snapper

- 4 red snapper fillets (4 oz each)
- 1/4 c lime juice
- 1 T lemon juice
- 1 t chili powder
- 1 plum tomato coarsely chopped
- 4 green onions, sliced in 1/2 inch sections
- 1/2 c chopped Anaheim pepper
- 1/2 c chopped red bell pepper
- cilantro

Place red snapper in a shallow baking dish. Combine juices and chili powder in a measuring cup. Pour over snapper. Marinate 10 minutes, turning once or twice. Sprinkle onions, tomato and peppers over snapper. Cover. Bake at 350 F for 30 minutes or until fish flakes in center. Let stand, covered, 4 minutes before serving. Garnish with cilantro.

Sole

Asparagus Sole Rolls

- 1 lb asparagus (1/2 in. thick)
- 1 1/2 lbs boned sole fillets (4-12, about 1/4 inches thick, 2-3 inches wide)
- white wine
- pepper, or lemon pepper

Rinse asparagus. Discard tough ends. In a 10x12 inch frying pan over high heat, bring 1/2 inch water to a boil. Add asparagus and simmer, stirring occasionally, until tender when pierced (about 2 minutes). Drain.

Rinse sole and lay pieces flat (if unskinned, skin up). Align an equal portion of asparagus, tips in same direction, at one end and across the narrow width of each fillet. Roll fillet to enclose asparagus. Set sole, seam down, in a shallow 2 1/2-3 quart casserole (prepped with olive oil). Cover tightly with foil.

Bake at 425 F until fish is opaque but moist-looking in center of thickest part (12-16 minutes). Spoon white wine over fish and season to taste with pepper.

Lemon Filet of Sole

- 1 lb sole fillets
- 1/4 c lemon juice
- 1 t olive oil
- 1 small onion, thinly sliced
- 1 t dried parsley flakes

Cut fish into serving-size pieces. Place in an ungreased baking dish. Drizzle with lemon juice and oil; sprinkle with pepper. Arrange onion slices over fish; sprinkle with parsley. Cover and let stand for 5 minutes. Bake at 350 F for 20 minutes or until fish flakes easily.

Tilapia

'Breaded' Tilapia

- Tilapia
- Eggs (1 egg per 2 pieces of fish)
- Nut flour of your choice (preferably almond flour)
- Garlic powder
- Pinch unrefined sea salt
- Pepper
- Coconut oil

Place your nut flour in a bowl. Add seasonings to taste to flour, amount depends on quantity of fish. In another bowl, break eggs and mix with a fork to combine the yolk and whites. In non-stick pan, heat coconut oil over medium-high heat. While the oil is heating, dredge your fish filets first in the egg, and then in the flour. Once the oil is hot, place filets in the skillet and reduce to medium heat. Cook 2-3 minutes on each side until breading is golden brown and fish is flaky. Once done, remove from pan and place on serving plate.

Trout

Almond Trout

- 6 trout
- 1 c sliced almonds
- 1/4 c raisins
- 2 T olive oil
- 2 shallots
- 1/2 bunch parsley
- 1/2 t pepper
- 1/4 c olive oil
- Lemon, parsley, and seedless red grapes for garnish

Rinse and dry trout and rub body cavity with olive oil. In a bowl, mix almonds, raisins and olive oil with chopped shallots, parsley and pepper. Stuff the trout with this mixture. Put 1/4 c olive oil in a skillet and sauté each trout for about 8-10 minutes on each side until nicely browned. Serve with a garnish of lemon, parsley, and seedless red grapes.

Baked Trout with Fresh Lemon and Dill

- 2 whole wild-caught rainbow or other trout, 10–12 inches each
- 2 T extra-virgin olive oil
- ½ sweet yellow onion, diced
- 2 T Chardonnay
- 1 t minced fresh dill
- 1 t paprika
- Juice from ½ lemon

Preheat oven to 350 degrees. Clean trout thoroughly and place on a sheet of foil large enough to wrap entire fish.

In a small cast-iron skillet, heat oil over medium flame. Add onion and sauté until tender, about 5 minutes. Remove from pan and place in a small mixing bowl.

Mix with wine, dill, paprika, and lemon juice. Stuff the trout with the onion mixture and wrap securely with foil. Bake for twenty minutes.

Trout in White Wine Sauce

- 2 trout
- 2 T olive oil
- 1/3 c minced shallots or onions
- 2/3 c minced carrots
- 2/3 c chopped mushrooms
- 1 c white wine
- 1 T thyme
- 3 T parsley

Sauté the shallots, carrots, and mushrooms in oil until the shallots are soft. Add wine and seasonings. Simmer for several minutes. Add trout and cook about 6 minutes per side.

Tuna

Tuna Stuffed Bell Pepper

- 1 medium-large bell pepper (orange, yellow or red)
- 3 oz Albacore tuna (if using canned, make sure in water)
- 1/2 c diced tomatoes
- 2 T snipped chives

Cut the pepper in half length-wise, removing membranes and seeds. In a bowl, mix together tuna and diced tomatoes until blended. Stuff each pepper half with the tuna mixture.

Garnish each pepper with the snipped chives. Serves 2.

Baked Tuna Steak

- 2 lbs whole tuna
- 3 c wine
- 2 carrots, shredded
- 2 ribs celery, sliced thin
- lemons

Preheat oven to 450 F. Slice tuna into quarter portions and marinate in wine 15 minutes. Place tuna portions on tin foil and spread carrots and celery evenly over fish. Wrap loosely in foil. Bake 10 minutes per inch of thickness. Garnish with lemon slices.

White Fish

White Fish with Macadamia Salsa

- 2 white fish fillets
- 1/4 c macadamias, halved
- 1/2 c chopped tomatoes
- 1 avocado, peeled, seeded and diced
- 3 T coriander, chopped
- 3 T parsley, chopped
- Olive oil

Preheat grill to medium heat. Place fish on grill and cook for 3-4 minutes or until cooked. For the salsa, place macadamias, tomatoes, avocado, coriander and parsley in a mixing bowl, combine well. Add olive oil to coat. Place fish and salsa on a plate to serve

Crustaceans/Mollusks Entrees

Crustaceans include crab, crayfish, lobster, prawn and shrimp. Mollusks include abalone, clam, conch, cuttlefish, mussel, octopus, oyster, winkles, scallop and squid.

Clams

Grilled Clams Gremolata

- 3 T parsley, snipped
- 2 cloves garlic, minced
- 1/2 t lemon peel, finely shredded
- 24 cherrystone or littleneck clams, cleaned

Gremolata: Mix parsley, garlic, and lemon peel. Grill clams: Cook clams on a rack over medium-hot coals until shells open, 5-7 minutes. Remove and discard unopened clams. Sprinkle gremolata over clams. Serve with hot-pepper sauce. Serves 4.

Crab

Dill and Lime Crab

- 2 large crabs, cooked, cracked and shelled and chilled (3/4-1 lb)
- lime juice
- paprika
- dried, ground dill weed
- lime wedges
- parsley

Boil crab, prepare the meat and chill it or buy cooked crab. Drizzle meat with lime juice and sprinkle with paprika and dill. Serve with lime wedges and garnish with parsley.

Tomato Crab Bake

- 2 large tomatoes , cut in half
- 1 c lump crabmeat , well-drained
- 1/2 c black olives, finely chopped
- 1/2 c mushrooms, finely chopped
- 1/2 c parsley, finely chopped
- 1 clove garlic , minced
- 1/2 t dried oregano
- 1/2 t dried basil

Preheat the oven to 350 F. Place tomato slices on a baking sheet. In a large bowl, combine crabmeat, olives, mushrooms, parsley, garlic, oregano, and basil. Spoon crab mixture evenly onto tomato slices. Bake 15 minutes or until hot.

Octopus

Octopus in Red Wine

- 2.25 lbs young octopus
- 8 T olive oil
- 12 oz small onions or shallots
- 150ml (0.25 pint) red wine
- 6 T lemon/lime juice
- 8 oz tomatoes, roughly chopped
- 2 T tomato puree
- 4 bay leaves
- 2 t dried oregano
- black pepper
- 2 T chopped parsley

Clean the octopus. Pull off the tentacles, remove and discard the intestines and the ink sac, eyes, and the beak. Skin the octopus, wash, and scrub it thoroughly to remove any traces of sand. Cut it into 1.5-2 inch pieces and place in a saucepan over medium heat to release the liquid. Stir the octopus until this liquid has evaporated. Pour on the oil and stir the octopus to seal it on all sides. Add the whole onions and cook them, stirring once or twice, until they color slightly. Add the wine, the lemon/lime juice, tomatoes, tomato puree, bay leaves, oregano and several grindings of pepper. Stir well, cover the pan and simmer very gently for 1-1.25 hrs, checking from time to time that the sauce has not dried out. If it does (if the heat is too high) add a little more wine or water.

The octopus is cooked when it can be easily pierced with a skewer. The sauce should be thick, like a runny paste. If any of the liquid separates, remove the lid from the pan, slightly increase the heat and stir until some of the liquid evaporates and the sauce thickens.

Discard the bay leaves and stir in the parsley. Taste the sauce and adjust the seasoning if necessary. Serves 4-6.

Scallops

Broiled Scallops

- 1 lb sea scallops
- 2 T lime or lemon juice
- 2 T cilantro or parsley, snipped
- 1 1/2 t olive oil
- t black pepper

Coat a shallow baking pan with olive oil. Toss scallops with lime juice, cilantro, oil, and pepper. Arrange scallops in a single layer in pan. Broil until scallops are opaque, 3-4 minutes. Serves 4.

Creamy Tomato Baked Scallops

- 12 medium scallops;
- 1/4 c coconut milk;
- 1/4 c tomato sauce (see recipe)
- 1 c tomatoes, diced;
- 1 T coconut oil;
- 1 c red onion, chopped;
- 3 cloves garlic, minced;
- Fresh oregano, finely chopped and to taste;
- Unrefined sea salt and freshly ground black pepper to taste;

Preheat your oven to 475F.

In a medium skillet over a medium-high heat, saute the onions in the coconut oil. Cook for several minutes, until the onion becomes slightly transparent. Add the minced garlic to the mix and cook on medium-low heat. Saute for just a few minutes and then add the coconut milk and tomato sauce, followed by the oregano. Season to taste with salt and pepper. Mix well and cook for about 2 to 3 minutes.

Lay the scallops on the bottom of a semi-deep baking dish that is large enough so that they do not overlap each other. Pour the coconut milk and tomato mixture from on top of the scallops and ensure that they are all well coated. Finish it off by sprinkling the diced tomatoes over the scallops

and bake, uncovered, for anywhere between 15 and 20 minutes. You may find you need less time if your scallops are small, but be sure to check that they are cooked through. Cooking them too much is not a good idea either as overcooked scallops become very chewy.

Shrimp

Barbecued Shrimp

- 1/4 c olive oil
- 3 garlic gloves minced
- 2 T lemon juice
- 1/8 t of cayenne paprika
- dash of cayenne pepper
- shelled shrimp with tail left on (2 1/2 lbs)
- lime wedges
- parsley

Mix olive oil, spices, and lemon juice in a bowl. Fire up grill. Brush shrimp with mixture, place on hot grill, turn (1-2 minutes per side) at once and remove. Garnish with lime wedges and parsley.

Coconut Shrimp

- 1 lb raw prawns (or shrimp) in shell
- 1 (403 mL) can coconut milk
- 1-2 cloves garlic, minced
- 1 t ginger root, peeled and minced
- 1/4 t unrefined sea salt
- 1/4 t freshly ground black pepper

Wash prawns or shrimp, but do not shell them. Place prawns into a medium saucepan with coconut milk, garlic, ginger, salt, and pepper. Bring to a boil, stirring frequently. Reduce heat and simmer uncovered 15 minutes. Stir frequently. Remove from shells and serve warm.

Easy Ceviche

- 10 oz tail-off precooked shrimp
- 2 c tomato sauce (see recipe in book)
- 2 T olive oil
- 2 T lemon juice
- 1 t basil

Rinse shrimp, divide between two bowls. Pour half of tomato sauce over each bowl of shrimp, then drizzle with 1 T of both olive oil and lemon juice.

Lime Shrimp

- 3 T lime juice
- 1 green onion, chopped
- 2 T chopped cilantro
- 1 t minced, seeded jalapeno peppers
- 1 t olive oil
- 1/2 t minced garlic
- 20 large shrimp (about 1 lb) peeled and deveined
- 1 T minced red peppers
- 20 cucumber slices

Stir together lime juice, green onion, cilantro, jalapeno peppers, oil and garlic in medium bowl. Toss the shrimp with two T of the dressing in another medium bowl. Cover and refrigerate shrimp for 30 minutes.

Preheat broiler or grill. Broil shrimp about 3 inches from heat for 1 1/2 minutes per side or until opaque. Immediately toss hot shrimp with the remaining dressing and red pepper and cool to room temperature. Arrange shrimp on cucumber slices.

Shrimp Tacos

- 1 t olive oil
- 1 lb small shrimp, peeled and deveined
- 1/4 c carrots, diced
- 1/4 c celery, diced
- 1 t garlic, minced
- 1 t gingerroot, minced
- 1 t wine (instead of soy sauce, wine vinegar)
- 8 large iceberg lettuce leaves
- toasted pine nuts (optional)

In a wok or large nonstick skillet, warm the oil over medium-high heat. Add the shrimp and stir-fry until they are opaque. Remove the shrimp and set aside. Add the carrots, celery, garlic, and gingerroot to the wok and stir-fry until the vegetables are crisp-tender. Return the shrimp to the wok and add the wine. Cook until heated through, about 1 minute. Divide the shrimp mixture among the 8 lettuce leaves. Roll each leaf around the filling and serve. Garnish with the pine nuts, if desired.

Shrimp Scampi

- 24 large frozen shrimp (peeled and deveined)
- 1/2 c chopped baby spinach leaves
- 1 t olive oil
- 1 clove garlic, crushed
- 1/2 t dried basil

Mix all ingredients in a large pan (or bowl that you could microwave). Toss well to coat the shrimp. Cook for 1 minute. Remove and toss again. Cook for 1-2 minutes more.

Shrimp Stuffed Avocados

- 3 medium size avocados
 - 2 T lemon juice
 - 1 1/2 lb small or medium sized shrimp, cooked, shelled, deveined and chilled
- Cut avocados in half; remove seed and skin. Stuff with shrimp. Add lemon juice.

Meat Entrees

Beef

Pot Roast

- 2 medium onions, sliced
- 3 lbs beef pot roast
- 3 c water
- pepper

Place onions and water in crock pot. Add roast, sprinkle with pepper. Cook overnight or until tender. Oven: Cook at 325 F in a covered roasting pan for 2-3 hours.

Grilled Herb Steak

- 4 steaks
- 1 T olive oil
- 2 garlic cloves, minced
- 2 t minced rosemary or 1 t dried
- 2 t minced thyme or 1 t dried
- 2 t minced basil or 1 t dried
- pepper

Place steaks in shallow dish. Rub both sides with oil, garlic, and herbs. Add pepper. Marinate at least 1 hour. Heat grill or preheat broiler. Cook steaks 2 inches from heat source to desired doneness.

Spaghetti and Meatball Bites

- 1 medium spaghetti squash, cut in half lengthwise, seeds removed
- 1lb ground beef extra lean
- 1 (14oz) can tomato paste, no salt added
- 3 egg whites, whisked
- 1 T dried parsley
- 1 T dried basil
- 1 T dried thyme
- unrefined sea salt and pepper, to taste
- 1 T coconut oil

Preheat oven to 425 degrees. Cut spaghetti squash in half lengthwise, use a spoon to remove the seeds and excess threads. Place spaghetti squash cut side down on a baking sheet and bake for 20-25 minutes. Make sure not to overcook. Add your ground beef to a large bowl and add 1/2 T of parsley, basil, and thyme and a bit of salt and pepper. Combine. Make your ground beef into small bite-sized meatballs. Now place a large skillet under medium heat, add your oil then small meatballs. Then add your can of tomato sauce, extra herbs, and salt and pepper. After meatballs have cooked for about 3-4 minutes, flip them and let them simmer in the sauce. While the meatballs are cooking through, remove your spaghetti squash from oven and use a fork to dethread the squash. Turn oven down to 350 degrees. Place silicone cups in your muffin tin then add your spaghetti squash threads to eat silicone cup, pressing down in the middle of the cup for the meatball to sit. Once the meatballs are done cooking, remove them from the sauce, and place each one in a muffin tin. Now pour just a little bit of beaten egg white on top of each muffin, spaghetti squash and the meatball. Bake for 18-20 minutes or until egg is completely cooked through. Add extra sauce to a bowl and dip your spaghetti and meatball bites in the sauce!

Chicken

Barbequed Spicy Honey Chicken

- 3 T raw honey
- 2 T lemon juice
- 1 T orange juice (squeezed from orange, not carton juice)
- 2 scallions, finely chopped
- 1 t finely chopped tarragon
- 1 t finely chopped thyme
- 1 t finely chopped sage
- 1 t fennel seeds, toasted and crushed
- Freshly ground black pepper to taste
- 4 boneless, skinless, chicken breast halves (about 1 lb)

In a large bowl, combine honey, lemon and orange juices, herbs, scallions, pepper and fennel seeds. Put the chicken in the bowl and marinate for 1-2 hours. Grill the chicken, turning constantly while basting with the marinade until cooked.

Chicken Apple Hash

- 2 T olive oil
- 6 oz leftover cooked chicken
- 1 apple
- 2 t cinnamon or allspice

Heat olive oil in saucepan over medium heat. Shred and add chicken. Grate apple then add to the pan with spice of choice. Cover and cook on medium-low, stirring frequently. Once apple has cooled down and become soft, it is ready to serve.

Chicken Alfredo

- 2 t olive oil
- 4 cloves of garlic, chopped
- 1 lb chicken breast
- 1 (12oz) package of kelp noodles (Or cook with spaghetti squash cut in half, open side down with water in pan for 30 min at 375. Then scrape insides with fork for 'spaghetti noodles')
- 2 t tarragon
- 1 c cashews
- 1/2 t onion powder
- 1/4 t garlic powder
- 1/4 t mustard powder
- 1/4 t unrefined sea salt
- 1/4 t pepper
- 1/8 t paprika

Add the olive oil to a large skillet. Saute the garlic over medium heat for 3-4 minutes. Chop the chicken into 1 inch cubes, then add to the skillet and cook until browned on all sides. Rinse and chop the kelp noodles. Add them to the skillet along with the tarragon, cover and cook on low for 30 minutes. Then, pour the liquid from the skillet carefully into a small container for use in the sauce. Add cashews, onion powder, garlic powder, mustard powder, salt, pepper, and paprika to a blender. Cover and blend into a powder. Add the reserved pan juices slowly blending into a thick sauce. You'll have to use a spatula to scrape down the sides of the blender periodically. Add the juices until the mixture reaches the desired consistency. Add the sauce to the skillet, then mix well. Cover and continue to cook for 10 minutes longer, until the kelp noodles have become tender.

Chicken Breasts with Red Pepper Sauce

- 2 medium tomatoes, peeled, seeded and chopped
- 1 small onion, chopped
- 1 medium red bell pepper, chopped
- 1 T parsley, chopped
- 1 T basil, chopped
- 1/4 t dried thyme
- 1/8 t cayenne pepper
- 1/4 t pepper
- 4 skinless, boneless breast halves, pounded to 1/4 inch thickness
- 2 T olive oil
- 1/2 c white wine

Combine vegetables and spices in a medium saucepan. Bring to a boil, reduce heat, and simmer 20 minutes. Transfer to a food processor or blender, and puree until smooth. Pour into a small saucepan and keep warm over very low heat. In a large fry pan, heat oil. Add chicken breasts; cook three minutes a side until chicken turns white. Add wine; reduce heat and simmer for 10 minutes. Spoon red pepper sauce on plate and arrange chicken on top.

Coconut Ginger Mushroom Chicken

- 1lb chicken thighs
- 1 can coconut milk
- 3 T freshly grated ginger
- 1 package shiitake mushrooms, sliced
- 1 package crimini mushrooms, sliced
- 2 garlic cloves, minced
- 1/2 sweet onion, thinly chopped
- 1 t garlic powder
- 1 t onion powder
- salt and pepper, to taste
- 1-2 T coconut or olive oil

You will need 2 separate skillets for this meal. One large, one medium. First place the large skillet under medium heat and add a bit of oil with your minced garlic and onion. Cook until onions are translucent. Next, add the can of coconut milk and mushrooms to begin to cook down. Reduce the heat and let the flavors simmer. Reducing the heat is important so that the coconut milk doesn't splash everywhere. Once the mushrooms become tender, use your grater for some fresh ginger directly into the pan. Mix together. Add salt and pepper to taste and cover to let cook while you cook your chicken. Now put your medium skillet over medium-high heat and add a bit of oil to your pan. While the pan heats, season your chicken thighs with salt and pepper along with the garlic and onion powder. Add chicken thighs to pan and cook on both sides for 4-6 minutes, depending on thick the thighs are. Once the chicken is almost done cooking, add them directly to your coconut milk pan, cover and let cook for about 3-5 minutes to let the chicken absorb some of the liquid. Now they are ready to eat, try serving with some broccoli.

Garlic Chicken, Red Peppers and Mushroom Sauce

- 1 lb boneless, skinless chicken breasts, diced
- 2 T olive oil, divided
- 1/2 t sea salt (optional)
- 1/4 t freshly ground black pepper
- 1/2 t chili powder
- 1 clove garlic, minced
- 1 medium yellow onion, diced
- 8-10 white button or cremini mushrooms, sliced
- 2 red bell peppers, sliced
- 1/3 c coconut milk

Marinate chicken in 1 T olive oil, sea salt (optional), black pepper, chili powder and garlic. Refrigerate for 1 hour. Shortly before meal time, heat 2 medium skillets over medium-high heat. In one, saute marinated chicken until browned and almost fully cooked. Heat 1 T olive (or coconut) oil in the other skillet. Add onion and saute for about 5 minutes, stirring occasionally. Add mushrooms and continue to cook until tender. Add red pepper, coconut milk and browned chicken and stir. Cook for an additional 5-10 minutes, or until the chicken is completely done.

Yummy Chicken with Mushroom Sauce

- 4 (6-ounce) skinless, boneless chicken breast halves
- 2 t olive oil
- 1/2 t sea salt
- 1/4 t freshly ground black pepper
- 1/4 c chopped shallots
- 1 (8-ounce) package presliced mushrooms
- 2 minced garlic cloves
- 1/2 c dry white wine
- 1 1/2 t almond flour
- 3/4 c chicken broth/stock (use homemade – see recipes)
- 2 T olive oil
- 1 t minced fresh thyme

Place each chicken breast half between 2 sheets of heavy-duty plastic wrap, and pound to 1/2-inch thickness using a meat mallet or small heavy skillet. Heat a large nonstick skillet over medium-high heat. Add olive oil to pan; swirl to coat. Sprinkle chicken with 1/4 teaspoon sea salt and pepper. Add chicken to pan; cook 3 minutes on each side or until done. Transfer chicken to a serving platter; keep warm. Add shallots and mushrooms to pan; sauté for 4 minutes or until browned, stirring occasionally. Add garlic; sauté for 1 minute, stirring constantly. Stir in wine, scraping pan to loosen browned bits; bring to a boil. Cook until liquid almost evaporates. Sprinkle mushroom mixture with remaining 1/4 teaspoon salt and almond flour, cook 30 seconds, stirring frequently. Add broth to pan; bring to a boil. Cook 2 minutes or until slightly thick. Remove pan from heat; add remaining oil and thyme, stir until mixed. Serve with chicken.

Chicken Club Wrap

- 3 large lettuce leaves
- 1 c cooked chicken, chopped into bite-size pieces
- 1/2 c sliced red pepper
- 1 plum tomato, sliced
- 1/2 avocado
- bacon

Wash and pat dry the large lettuce leaves. In the center of each leaf, pile all of the ingredients. Top with a dab of mayonnaise (optional, must use mayonnaise recipe in this recipe book or another recipe that follows the allowed foods/ingredients).

Chicken Fajita Salad

- 1 T olive oil
- ¾ c sliced onions
- 1 lb skinless chicken breast
- ½ t cumin
- 2 t oregano
- 1 c chopped bell peppers
- red leaf lettuce
- 1-2 tomatoes
- 1 avocado

Add olive oil to skillet and heat over medium heat. Add sliced onions, sauté until soft. Add the chicken, cut into strips. Add cumin and oregano, continue sautéing, toss often. Add bell peppers once chicken has browned

Chicken Cutlets with Olives and Tomatoes

- 4 (4-6oz) boneless, skinless chicken breasts
- extra virgin olive oil
- juice of 1 lemon
- 1/4-1/2 t unrefined sea salt (optional)
- 1/4 t freshly ground pepper
- 6 cloves garlic, chopped
- 1 large onion, chopped
- 1 (28 oz) can plum tomatoes, drained and chopped—or equivalent amount of fresh plum tomatoes, blanched to remove skin and chopped
- 18 black olives, drained, pitted, and chopped (about 1/2 can)
- 3 Tbs fresh parsley, chopped fine (divided)
- 2 t fresh thyme (chopped)

Marinate chicken in 2 Tbs olive oil, lemon juice, unrefined sea salt and freshly ground black pepper for 30 to 60 minutes, turning often. Preheat oven to 375° F. In a large skillet sauté garlic and onions in remaining olive oil. Add tomatoes and olives and sauté for 15 minutes, uncovered, stirring often. Add 1 Tbs parsley and thyme, stirring to combine. Place chicken breasts in oven proof baking dish. Cover with sautéed mixture and sprinkle with remaining parsley. Cover, and bake for 35 to 40 minutes or until brown.

Chicken Fingers

- 2 boneless skinless chicken breasts, sliced into fingers
- 2 egg, beaten
- ½ - 1 c almond flour
- 1/2 t unrefined sea salt
- ½ t parsley flakes
- ½ t oregano
- ½ t parsley flakes
- ¼ t onion powder
- ¼ t pepper
- ½ t dry mustard powder (optional)
- 1/4 - 1/3 c olive or coconut oil for frying

Heat the oil in a large pan over medium heat. Place the beaten egg in one bowl and the almond flour plus seasonings into another bowl. Dip each chicken breast in egg, then in the almond flour mixture. Cook the chicken in two batches until it is golden on each side.

Coconut Chicken

- chicken pieces (or shrimp or fish)
- unrefined sea salt
- pepper
- egg (beaten)
- coconut flour
- dried unsweetened coconut flakes
- coconut oil

Season the chicken pieces (or shrimp or fish) with salt and pepper. Dunk them in an egg bath, dredge them in coconut flour, then back in the egg bath, and then coat with coconut flakes. Cook them in coconut oil.

Chicken Pancakes

- 1 chicken breast precooked (season as desired while boiling)
- 3 eggs

Using a food processor, blend ingredients together until completely smooth. Mixture will look like thick pancake batter. Use 1/4 c of the mixture and cook in hot greased skillet like a pancake. Batter may need to be spread out a bit so that it is not too thick. These cook much faster than nut flour pancakes. Watch them closely. Makes 4-5 pancakes. Spread the top with sauce (approved ingredients) and veggies.

Crock Pot Chicken

- 1 chicken
- 2 carrots, sliced thinly
- 2 med onions, sliced thinly
- 2 celery stalks with leaves, chopped
- 1/2 t unrefined sea salt
- 1/2 t black pepper
- 16 oz chicken broth, see recipe
- 2 c water
- 1 t basil, crushed
- 1 t oregano
- 1 t garlic powder

In a slow cooker, put in half of the chicken broth. Place half of the carrots, celery and onions in the bottom. Place the chicken (back side down) in the slow cooker. Add remaining broth, vegetables, salt and pepper, basil, oregano and garlic. Place lid on cooker and cook on low heat for 7-10 hours or high heat for 2.5-3.5 hours. Serves 4.

Green Chicken

- boneless skinless chicken breast
- olive oil
- salt-free herbal seasoning blend
- pinch of unrefined sea salt

Heat the broiler, line a baking sheet with foil, and position a rack over the pan. Remove the tenders from the breasts and thinly slice them. Slice breasts into 2-3 slices. Put some olive oil in a small bowl. Add a pinch of salt and enough dried herbs to make a thick paste. Drag the breast slices and tenders through the herb paste and coat both sides. Place the chicken on the rack and broil for 8 minutes on one side until it cooks through and the side facing up gets a crust. Remove from oven, let cool, slice, and store.

Fruity Chicken

- 6 T olive oil
- 1 medium onion, chopped
- 1/4 c finely chopped celery
- 1 garlic clove, minced
- 2 medium apples, cored and chopped
- 1/4 c raisins
- 1/4 c chopped walnuts
- 1 egg, beaten
- 8 large chicken thighs
- 1 t dried tarragon

In a medium size frying pan, heat 2 T oil. Add onion, celery and garlic. Sauté about 3 minutes, until onion and celery are tender. Remove from heat and add apple, raisins, walnuts, and eggs. Mix well. Preheat oven to 350 F. Prepare chicken thighs by pulling the skin away from the meat without removing it. Stuff apple mixture between the skin and meat. Arrange chicken pieces in a foil-lined 13x9x2 baking dish. In a small bowl, combine the remaining 4 T olive oil with tarragon. Brush over chicken thighs. Bake, uncovered, basting every 15 minutes, for 1 hour, until chicken is tender.

Ginger Chicken with Almonds

- 4 boneless, skinless chicken breast halves (1 1/2 - 2 lbs total)
- 2 t ground coriander
- 1 t grated ginger plus 1/4 c julienned ginger
- 4 t olive oil
- 2 t white wine (or lemon juice)
- 1/2 t unrefined sea salt
- 1/4 t freshly ground pepper
- 4 large scallions (or 6 small), trimmed
- 1/2 c mango chutney, large pieces chopped
- 1/4 c chicken broth, see recipe
- 1 t minced garlic
- 1/4 c sliced almonds, toasted

Slice chicken crosswise into 1/2-inch thick pieces. Toss with ground coriander, grated ginger, 2 t oil, wine/juice, salt, and pepper in a medium bowl. Marinate at room temperature 15 minutes. Thinly slice white parts of scallions. Julienne green parts; set aside. Stir together chutney, broth, and garlic in a small bowl. Heat remaining 2 t oil in a 12-inch nonstick skillet (or wok) over medium-high heat. Add scallion whites and julienned ginger; stir-fry 30 seconds. Add chicken and stir-fry until thoroughly cooked, 4-6 minutes. Add scallion greens and chutney mixture; cook, stirring, 2 minutes. Transfer to shallow bowls. Sprinkle with toasted almond slices and serve. Serves 4-6.

Poached Chicken

- 4 boneless, skinless chicken breast halves
- 2 T olive oil
- 1 c sliced scallions
- 2 garlic cloves, crushed
- 1/8 t cayenne pepper
- 1 bay leaf
- 1/2 t ground cloves
- 4 medium tomatoes, peeled, seeded, chopped
- 1/8 t ground saffron (optional)
- 1/8 t ground pepper
- 1 T red wine

In a large frying pan, heat oil over medium heat. Add scallions and cook until lightly browned (about 3 minutes). Add garlic and cayenne pepper; cook 1 minute. Add tomatoes, red wine, bay leaf, cloves, saffron and pepper. Bring to a boil; reduce heat and simmer uncovered for 15 minutes. Place chicken on top of sauce. Cover and simmer for 15-20 minutes until chicken is tender and opaque.

Pork and Chicken Stir Fry

- 1 lb boneless chicken
- 1 lb boneless pork chops
- 1 12 oz pre-cut broccoli
- 1 12 oz julienne vegetable mix (carrots, broccoli, cauliflower and cabbage - if using frozen vegetables be sure to allow moisture to evaporate before cooking)
- 1 6 oz container whole button mushrooms
- 5 T olive oil
- 1 t pepper
- 2 T chopped garlic
- 1 t crushed red pepper
- 1 T roasted sesame seeds

Preheat 12 inch non-stick skillet or wok to medium high. In batches so as not to crowd, stir fry chicken and pork with olive oil and pepper (3 batches requires 1 T olive oil for each). Takes 1-2 minutes for each batch.

Remove cooked meat from pan and set aside. Add 1 T olive oil to pan with broccoli and julienne vegetables. Cover skillet with lid 3 -4 minutes. Remove lid and stir fry by tossing consistently for 1 minute. Clear area in center of pan with spoon and add garlic and red pepper. Cook 1 minute. Toss and then add mushrooms, olive oil and stir fried meat back to pan. Cover and heat 2-3 minutes. Turn off heat and transfer stir fry to large serving platter and garnish with roasted sesame seeds.

Rosemary Chicken

- 1 chicken
- 1 bunch of rosemary
- 1 clove of garlic
- 1 whole onion
- ½ t unrefined sea salt
- olive oil

After proper cleansing, rub chicken with olive oil inside and out. Place rosemary inside chicken cavity with a whole peeled onion. Crush or squeeze garlic and rub over chicken or place slices under skin of breast. Sprinkle with salt and place in roasting pan. Cook at 300 F for 3 hours.

Roast Chicken with Grapes

- 1 roasting chicken, about 4-5 lbs
- 1 lemon, sliced
- unrefined sea salt and pepper to taste
- 1 onion, cut into eight wedges
- 1 large bunch of seedless grapes
- a few sprigs of rosemary, thyme, sage, and or tarragon
- 1 c of white wine (or lemon juice)
- Olive oil

Preheat oven to 350 F. Rub inside of chicken with olive oil. Sprinkle insides with salt and pepper. Remove about a cup's worth of grapes from their vines and cut in half. Insert grapes into cavity. Add a few onion wedges into the cavity, along with a few sprigs of herbs. You do not need to remove the rosemary from the stalk. Add a half of the lemon slices to the cavity. If you still have more space in the cavity, add more grapes. Rub olive oil over the outside of the chicken. Line the bottom of a roasting casserole dish with onion slices and lemon slices. Place the chicken in the roasting pan, on top of the lemon wedges and onion, breast side down (or use a roasting rack). Sprinkle outside of chicken with salt and pepper. Place sprigs of herbs and slices of lemon between the wings and the body of the chicken. Arrange any remaining grapes, lemon slices, and herbs around the sides of the chicken. Roast at 350 F for about 20 minutes per lb. Baste with the juices from the chicken and the white wine several times during the cooking. The chicken is done when the juices run clear (not pink) when a knife tip is inserted into both the chicken breast and thigh, about 165-170 F for the breast and 180-185 F for the thigh.

Spiced Chicken with Peach/Pineapple Sauce

- 1 3-lb chicken, cut up
- 1 8-oz can crushed pineapple, no syrup or sugar added
- 1 c orange juice
- 1/2 c raisins
- 1/2 c sliced almonds
- 1/4 t cinnamon
- 1/4 t ground cloves
- pepper
- 1 lb of sliced pureed peaches, fresh, or frozen

In a large fry pan, combine chicken, pineapple orange juice, raisins, almonds, cinnamon, and cloves. Simmer, partly covered, for 45 minutes, turning chicken occasionally. Add peach puree to pan and stir until well blended. Simmer uncovered 15 minutes longer, until chicken is tender and sauce is slightly thickened. Season with pepper to taste.

Zanibar Chicken

- 3 lbs chicken thighs and/or drumsticks
- 2 t cinnamon
- 1/4 t ground cloves
- 1/4 pepper
- 2 T olive oil
- 1 medium onion, chopped
- 1 garlic clove, crushed thru a press
- 3/4 c pure orange juice
- 3 T raisins
- 1/3 c slivered almonds

Season chicken with the spices. In a large fry pan, heat oil over med-high heat. Add chicken, in batches if necessary, and cook, turning until browned, about 10 minutes. Remove and set aside. Add onion to pan. Cook until soft, about 3 minutes. Add garlic and cook 1 minute longer. Return chicken to pan. Add orange juice and raisins. Cover, reduce heat, and simmer 15 minutes, until chicken is tender. Garnish with almonds.

Duck

Roasted Duck with Blueberry Sauce

- 1 whole duck, cut into quarters, all excess fat removed
- dried shallot and black pepper spice mixture
- fresh or dried garlic
- ground ginger
- 1/2 Granny Smith apple
- 1/4 onion, peeled
- 1 c blueberries
- 1/4 c raw honey
- 1/4 t ground cloves
- grated zest of 1/2 lime
- grated zest of 1/2 orange
- 1/4 c wine (white or red)

Quarter the ducks, remove any excess fat, and rub with a mixture of the shallot/pepper mixture, garlic, and ginger in a 1:1:1 ratio. Place the duck, skin side up, on a rack in a roasting pan (you may need two pans for the eight quarters). Cover them with plastic wrap, sealed tightly, and place into the refrigerator until three hours before serving.

Peel, quarter, and core the apple. Put the onion and the apple in a food processor and finely chop. Put them into a saucepan with the blueberries, honey, ground clover, zests, and wine. Over high heat, bring the mixture to a boil, then simmer until pulpy and beginning to thicken, about 30 minutes. After 20 minutes, the mixture will appear liquid, but after 30 minutes, it will begin to thicken. When cool, it will be more of a sauce. Pour the sauce into a sterilized jar, and cover tightly. If you are serving the duck within 24 hours, leave the sauce at room temperature; otherwise refrigerate.

Preheat the oven to 375 F. Approximately 2.5 hours before serving, put the duck into the preheated oven. Empty fat from the pans if needed to avoid spillage. A half hour before serving, raise the temperature to 450 F. The duck should be crispy and tender when done. Serve each quarter with about 1/4 c of sauce poured over. Serve extra sauce on the side. You can remove the rib bones from the duck before serving. Serves 4.

Lamb

Lamb and Asparagus

- 1 chopped red onion
- 3 garlic cloves crushed
- 1/2 c of dry white wine
- 3 c of steamed sliced asparagus
- 1 1/2 lb boneless lamb chopped into small cubes
- Freshly-ground black pepper to taste

Steam asparagus. Heat a large frying pan and add 1/2 of the wine. Bring to the boil and add the onion and garlic, cook until softened. Add the lamb and cook for about 6 minutes. Add the rest of the wine and the asparagus. Cover and cook for about 10 minutes, until lamb is tender. Pepper to taste.

Lamb Chops with Herb Vinaigrette

- 8 (4-ounce) lamb loin chops
- 1/2 t black pepper
- 2 T finely chopped shallots
- 1 1/2 T water
- 1 T red wine
- 1 1/2 t lemon juice
- 1 1/2 t olive oil
- 1 1/2 T finely chopped flat-leaf parsley
- 1 1/2 T finely chopped tarragon
- 1 T finely chopped mint
- 1 T finely chopped pimiento (red, heart-shaped chili pepper)

Preheat broiler. Sprinkle 1/4 t salt and pepper over lamb. Place lamb on the rack of a broiler pan or roasting pan; place rack in pan. Broil 5 minutes on each side or until desired degree of doneness. Combine shallots, 1 1/2 T water, and wine in a small bowl; cook (or microwave) for about 30 seconds. Stir in remaining juice and oil, stirring with a whisk. Add parsley and remaining ingredients, stirring well. Serve vinaigrette over lamb.

Lamb Cutlets

- 2 boneless lamb cutlets
- lemon or lime juice
- 2 T olive oil
- large handful parsley
- few cloves minced garlic
- 1 t ground turmeric
- small palmful crushed coriander seeds
- pinch unrefined sea salt

Stab the meat all over with a fork. Put it into a plastic bag along with all the other ingredients: lemon/lime juice, 2 T olive oil, large handful of parsley, a few cloves of garlic, a t of turmeric, a small palmful of coriander, and a large pinch of unrefined sea salt. Let this marinate in the fridge for at least an hour.

Broil the lamb until it is pink in the center (2 4-oz cutlets take about 5 minutes on each side).

Serves 2.

Liver

Rocky Mountain Chicken Livers

- 1 lb of chicken livers
- 1/4 c burgundy wine
- 1 medium yellow onion, diced
- 2 minced garlic cloves
- 1 Anaheim pepper, diced
- 1 T olive oil

Sauté the onions, garlic and green peppers in the oil mixture with 1/2 of the red wine. Add in the livers and remaining wine and sauté the livers until they are firm and brown.

Pork

Slow Cooker Pork Loin

- 3 lbs pork loin
- 8 oz tomato sauce (see recipe)
- 2 c sliced zucchini
- 4 c chopped cauliflower florets
- 1-2 T basil

Add all ingredients into a large Crock-Pot and cook on low for 6-7 hours.

Pork Sausage

- 1 lb. Ground Pork
- 1 t. Unrefined sea salt
- 1 t. Sage
- 1 t. Thyme
- 1 t. Paprika
- 1 t. Black Pepper
- 1/2 t. Cayenne Pepper
- 1/2 t. Nutmeg

Measure and mix spices. Add spices to ground pork. With hands, mix spices and pork together. For mini-sausage balls, roll into 24 balls and place each one in mini-muffin tin. Bake at 350°F for 20-23 minutes or until no longer pink in the center. For sausage patties, form into 12 equal size patties. Pan fry in cast iron skillet, on medium-high heat, 3-4 minutes per side or until no longer pink in the center.

Balsamic Glazed Pork Chops and Grilled Peaches

- 3 center-cut pork loin chops
- 3 peaches sliced in half with pit removed
- 1/2 c of balsamic vinegar
- 1 T of olive oil
- 1 1/2 t of chopped rosemary
- 1/2 T of raw honey
- pinch unrefined sea salt and pepper as needed

Begin by whisking together balsamic vinegar, olive oil, rosemary, honey, and salt and pepper, reserve 1/4 of the mixture in a separate bowl (we will use this later for the peaches). Place pork chops in a Ziploc bag add, marinade and shake to coat the meat. Let meat marinate in the fridge for at least 2 hours (the longer the better). Once pork has marinated place on a greased grill (can use a simple George Foreman grill), grill for about 4-6 minutes or until meat is thoroughly cooked. Using a pastry brush, brush the peaches with the reserved marinade, place peaches under a broiler or face down on grill, the peaches cook very quickly so let sit for 30-60 seconds or until peaches are slightly charred and soft. Serve each pork chop with two peach halves.

Honey Pecan Pork Chops

- 1 1/4 lbs boneless pork loin, pounded thin
- 1/2 c almond flour
- unrefined sea salt to taste
- pepper to taste
- 2 t olive oil
- 1/4 c raw honey
- 1/4 c chopped pecans

In a shallow dish, mix together flour, salt, and pepper. Roll pork in the flour mixture. In a large skillet, add oil over medium-high heat. Add chops and brown both sides. Transfer to a warm plate. Mix honey and pecans in the pan drippings. Heat, stirring constantly. Pour sauce over cutlets.

Rabbit

Slow Cooked Rabbit

- 1 whole rabbit, cut into serving pieces
- unrefined sea salt
- pepper
- 15 oz diced tomatoes
- 1 med onion, chopped
- 2 cloves garlic, chopped
- 1/2 t rosemary
- 1/2 t thyme
- crushed red pepper
- 1 lb carrots
- 1 c dry white wine

Brown rabbit pieces in large skillet. Salt and pepper the rabbit to taste. Place the rabbit in a crock pot. Mix the rest of the ingredients together and pour over rabbit,

Turkey

Cabbage Meatloaf

- 1 lb of ground turkey meat
- 1/2 head cabbage
- 1 medium onion
- 2 cloves garlic
- 1 T thyme
- 1 T basil
- 1 T oregano
- 1 egg
- pepper

In a food processor, combine the cabbage, onion and garlic. Then sauté over medium heat until onions are cooked. Combine with turkey burger, egg and other spices to make loaf. Add any other spices or desired ingredients. Bake at 350 F for about 45 minutes.

Citrus and Herb Turkey

- 1 (7.5 lb) bone-in turkey breast
- 1 t freshly ground pepper
- 1 T olive oil
- 3 T chopped rosemary
- 3 T chopped sage
- 2 oranges, thinly sliced
- 2 lemons, thinly sliced
- 1 large onion, quartered
- 3 c Riesling

Sprinkle turkey breast evenly with pepper. Stir together oil, rosemary, and sage. Loosen skin from turkey without detaching it; spread mixture under skin. Arrange one-fourth of orange and lemon slices over mixture. Gently pull skin over fruit. Coat with oil. Place turkey in an aluminum foil-lined baking pan coated with oil. Place onion and remaining orange and lemon slices in pan. Drizzle with wine.

Bake at 325 F for 2.25 hours or until a meat thermometer inserted in thickest portion registers 170 F, basting every 30 minutes. Cover loosely with aluminum foil coated with oil to prevent excessive browning after 1.5 hours, if necessary.

Cilantro Turkey Burgers

- 1 lb ground turkey
- 1 c cilantro, chopped
- 1/4 c red onion, finely chopped
- 2 t garlic, minced
- 1 t unrefined sea salt
- 1/4 t freshly ground black pepper

Prepare the grill, or turn the broiler on low. Combine all ingredients in a bowl and use a fork to mix well. Divide into 4 portions and shape into patties. Grill or broil until cooked to desired temperature.

Meatloaf

- 1 lb ground turkey
- 1 medium onion
- 1 stalk celery
- 1 carrot
- 2 cloves garlic
- 1/4 c parsley
- 1/2 red pepper
- 1/2 c almond flour (or other thickener)
- 1 egg, slightly beaten
- 1 small (6 ounce) can tomato paste, no salt added
- Unrefined sea salt and pepper to taste

Preheat oven to 375 F. Finely chop the onion, celery, carrot, garlic, parsley, and pepper in a food processor. In a large bowl, combine all ingredients. Form into a loaf and place in a 9x11 inch glass baking dish coated with oil. Bake for 1 hour. Serves 6.

Spaghetti Squash with Turkey Sauce

For “spaghetti”:

- 1 spaghetti squash
- pinch of unrefined sea salt

For sauce:

- 1 lb of ground turkey burger
- 1 large can of tomato paste, no salt added
- 2 cans of water
- 1 c mushrooms
- 1 clove of minced garlic
- 1-2 T oregano
- 1-2 T basil

In a large pan, heat oil and add onions, garlic and turkey. Cook until meat turns brown. Add remaining ingredients, bring to a simmer and cook for 35 minutes, stirring occasionally.

While the sauce is simmering, cut the spaghetti squash in half. Place cut side up, covered with plastic wrap in a microwave safe dish for 10 minutes. Remove from microwave, and let sit, covered, for at least 5 minutes. To create the “spaghetti,” rake a fork over the spaghetti squash until you have essentially emptied the shell. Heap spaghetti into a bowl and top with marinara sauce.

Spinach and Turkey

- 1 lb of ground turkey
- 1 large can of tomatoes
- 2 cans of water
- oregano to taste
- basil to taste
- minced garlic
- mushrooms
- green peppers
- baby spinach leaves

Simmer all ingredients except spinach and then spoon over spinach.

Stir Fried Turkey/Chicken with Vegetables

- 2 T olive oil
- 1 clove garlic, pressed
- 12 oz boneless turkey/chicken, sliced
- 1/4 c burgundy wine
- 1 yellow onion cut thinly into wedges
- 1 red pepper, seeded and cut into slender strips
- 2 celery stalks, chopped
- 4 oz of sliced mushrooms
- 4 oz thinly sliced carrots
- 3 T lemon juice

Sauté the meat in the oil with garlic and half of the red wine until the meat is browned. Remove from skillet. Heat the residual oil in the skillet. Sauté the onion, celery, red pepper, and carrots until the onion is tender (about 4 minutes). Add the remainder of the red wine. Add the mushrooms; stir-fry everything together for about another 3 minutes. Combine the vegetables with the meat.

Turkey and Egg Muffins

- 4 oz ground turkey
- 1/4 c green bell pepper, chopped
- 1/4 c onion, chopped
- 4 eggs
- 12 oz mushrooms , sliced, drained

Preheat the oven to 350 F. Coat a 6-cup muffin pan with oil. In a medium nonstick skillet over medium-high heat, cook the meat, pepper, and onion 5 minutes, or until meat is browned. Spoon mixture into a bowl and cool slightly. Stir in eggs and mushrooms. Spoon mixture evenly into the prepared muffin pan. Bake 20 minutes, or until egg is set. Serves 6.

Turkey Sausage

- 1 lb ground turkey (or can use ground chicken/beef)
- 1 t unrefined sea salt
- 2 t sage
- 1 t fennel seed
- 1 t thyme
- 1 t black pepper
- 1/2 t white pepper
- 1/2 t cayenne
- 1/4 t garlic powder
- 1/8 t ground cloves
- 1/8 t nutmeg
- 1/8 t allspice

Combine all ingredients (use less pepper if you don't want a spicy taste) and blend well. If time permits, refrigerate overnight to let the meat absorb the flavor of the spices. Form into patties and cook as needed, freezing leftovers. Don't overcook or they will dry out--remove from the heat as soon as they're no longer pink inside, but still juicy. (if you prefer a moister texture, you add a splash of olive oil or an egg to the mixture just prior to cooking).

Turkey Sausage Stir-Fry Breakfast

- 1-2 t olive oil
- 1/2 c diced onions
- 1/2 lb turkey sausage (see recipe above)
- 4 c of spinach

Add olive oil to skillet. Heat over medium. Add diced onions, sauté until soft. Add sausage. Add spinach, reduce heat to medium-low and cover. Serve when greens are wilted and soft.

Turkey Stuffed Cabbage

- 1 large head cabbage (about 12 c)
- 3 lbs ground chicken or turkey
- 1t olive oil
- 1 egg
- 12 oz whole tomatoes
- 3 T fine herbs
- 4 c raw cauliflower, diced
- pepper

Boil 8 cups of water in an 8 quart pot. Mix ground chicken, egg and fine herbs in large mixing bowl. Add raw cauliflower and pepper to taste.

Remove core of cabbage with tip of knife. Reduce water in pot to medium. Carefully place head of cabbage in boiling water and simmer 4-5 minutes until outer leaves are soft.

Remove cabbage from water and peel outer soft leaves until you reach uncooked interior of cabbage. Place leaves on platter and return uncooked cabbage to pot. Boil 4-5 minutes more and repeat procedure above until all cabbage leaves are cooked.

Stuff leaves with 1/4 c to 1/2 c meat mixture by placing mixture in center of cabbage then folding over bottom, sides and top of cabbage leaf. Place stuffed cabbage in roasting pan. Season tomatoes with pepper then puree in pan with stick blender. Cover stuffed cabbage with pureed tomatoes and bake covered at 350 F for 1.5 hours. Makes 24 servings.

Turkey Stuffed Zucchini

- 1 zucchini about 12 inches long, or 6 medium ones
- 3 T olive oil
- 1/2 c chopped onion
- 3 cloves garlic, minced
- 1/2 c chopped mushrooms
- 2 T dry white wine
- 1 lb ground turkey
- 2 diced tomatoes
- 3 T chopped basil
- 1 t chopped rosemary
- 1 egg, lightly beaten
- 2 t unrefined sea salt
- 2 t pepper

Cut zucchini in half lengthwise. Scoop out insides, leaving shells about 1/4 inch thick. Reserve about half of the insides. Heat 2 T of olive oil in a skillet on medium high heat. Sauté onion and garlic until soft. Add mushrooms and reserved zucchini insides, and sauté another 2 minutes.

In a separate skillet heat a T of olive oil on medium high heat. Add the ground turkey. Cook until the ground turkey is lightly browned, about 6 minutes. Stir in the onion and mushroom mixture from the other pan. Add the wine. Stir in tomato, basil and rosemary and cook 1 minute longer. Drain any excess fat. Remove mixture from heat and set it aside.

When mixture has cooled, add egg, salt and pepper. Fill zucchini shells with mixture. Fill a baking pan with 1/4 inch of water. Place filled zucchini halves in pan and bake at 375 F for 40 minutes, until golden brown. Remove zucchini from pan and serve while hot. Serves 4.

Veal

Italian Veal Chops

- 8 veal chops
- pepper to taste
- oregano
- chopped parsley
- 2 garlic cloves, minced
- 1 can (1 lb, 12 oz) tomatoes

In skillet, brown chops. Season with pepper. Sprinkle with oregano and parsley. Add garlic and tomatoes. Cover and simmer until tender, about 2 hours.

Veal Roast

- 2 garlic cloves, minced
- 3 T olive oil
- 1/4 t pepper
- 1 t dried sage leaves
- 1 T dried rosemary
- 1 boneless veal shoulder roast, 2 1/2- 3 lbs, trimmed of fat, rolled and tied
- 3 c chicken stock, see recipe

Preheat oven to 350 F. In small bowl mix sage, rosemary, garlic, oil, and pepper. Rub surface of veal with this seasoned oil. Place roast in a large roaster pan with a lid. Pour 2 cups stock around veal. Roast partially covered for 1 hour, turning 2 or 3 times, until barely tender. Uncover and roast until lightly browned, about 15 minutes longer. Remove meat from pan, and tent with foil to keep warm. Put pan juices in a pan over medium heat, and bring juices to a boil, scraping up brown bits from bottom of pan. Add remaining stock to pan. Season with additional pepper to taste. Slice veal roast and serve with pan juices.

Vegetable Dishes

Asparagus

Almond Asparagus

- 2 lbs asparagus
- 2 T olive oil
- 1 T lemon juice
- 3/4 c slivered almonds, toasted
- 1/4 t pepper

Snap off tough ends of asparagus. Cook asparagus in boiling water to cover 3 minutes or until crisp-tender; drain. Plunge asparagus into ice water to stop the cooking process; drain.

Add oil to a large skillet over medium heat; add asparagus and sauté 3-5 minutes. Toss asparagus with lemon juice and remaining ingredients.

Asparagus Frittata

- 2 t olive oil
- 1 small onion, thinly sliced
- 1/2 t unrefined sea salt
- 1 lb asparagus, tough ends snapped off, spears cut diagonally into 1-inch lengths
- 4 large eggs, lightly beaten

While cooking, preheat oven broiler. Heat olive oil into a 10-inch oven-proof frying pan over medium high heat. Add onions and salt. Cook, stirring occasionally, until onions are softened, about 3 minutes. Add asparagus, reduce heat to medium-low, and cook, covered, until the asparagus are barely tender, 6-8 minutes. Pour in eggs and cook until almost set, but still runny on top, about 2 minutes. Broil in oven 3-4 minutes. Remove from oven and slide frittata onto a serving plate. Cut into wedges. Serves 4.

Broccoli

Broccoli with Basil Mushrooms

- 1 lbs frozen broccoli spears
- 2 T olive oil
- 4-1/2 t basil, chopped
- 1/3 lbs whole mushrooms, drained

Cook broccoli spears as directed on package. Drain well. Add oil to a saucepan over medium heat. Stir in basil and mushrooms. Cook and stir until thoroughly heated. Spoon over broccoli.

Sautéed Broccoli

- 1 t olive oil
- 2 or 3 garlic cloves, minced
- 1 onion, diced
- 4 or 5 button mushrooms, thinly sliced
- 1 or 2 tomatoes, diced
- 1 head broccoli, cut into small flowerets, with stems peeled and thinly sliced

Bring a large pot of water to boil over high heat. Add broccoli and cook until bright green but not completely tender, about 3 minutes. Plunge into cold water to stop the cooking process and preserve the bright color. Heat oil in a skillet over medium heat. Add garlic, onion and cook, stirring for 2-3 minutes. Remove cover and stir in broccoli. Simmer uncovered for 2-3 minutes.

Brussels Sprouts

Maple Glazed Brussels Sprouts with Chestnuts

- 3/4 c chestnuts (fresh roasted or canned)
- 1 lb Brussels sprouts
- 1/3 c raw maple syrup
- 1 t unrefined sea salt
- 1/4 t ground black pepper

Preheat oven to 375 F. Bring 2 quarts of water and 1 t of salt to a boil.

If fresh chestnuts are used, shell with a paring knife and toast on a cookie sheet in the oven until the meat pulls from the shell and the shell and skin can be easily removed. If canned chestnuts are used, drain and dry them. Trim the outside leaves from the Brussels sprouts and cut 1/4-inch deep cross in the bottoms of each. Drop them in the boiling salted water and cook until they are fork tender.

Drain the sprouts and drop into ice water to shock and cool. Cut each Brussels sprout in half.

Add the maple syrup to a 10-inch sauté pan and warm. Add the Brussels sprouts and bring to a boil. Quickly add the chestnuts and stir. The syrup will thicken and glaze the sprouts. Season with pepper and serve. Serves 10.

Pan-Fried Brussels Sprouts

- 500g Brussels sprouts, trimmed and sliced in half lengthwise
- 2 cloves garlic, finely chopped
- 1 red onion, sliced
- 1 red chili, sliced with the seeds included
- 2 T olive oil
- ginger (about a cubic inch, grated)
- 1 level T cumin seeds
- 1 T lemon juice

In a large frying-pan, lightly fry the red onion, garlic and chili just long enough for the onion to become translucent. Add ginger, cumin seeds and sprouts. Cook over medium heat for a few more minutes.

Turn the heat down to the absolute minimum, cover the pan and cook for 10 minutes. Stir the sprouts occasionally until tender. Pour over the juice and stir well. Let the juice begin to bubble. Sprinkle with some chopped chives or other herbs if desired. Serves 4.

Roasted Brussels Sprouts

- Brussels Sprouts
- olive oil
- pepper

Preheat oven to 425 F. Wash sprouts and cut the bottom off and then cut in half lengthwise. Place in a baking dish and give them liberal coat of pepper. Give them a nice thin coating with the olive oil, toss to cover evenly. Roast at 425 F for 15-20 minutes.

Cabbage

Cabbage Stir Fry With Ginger

- 2 carrots, in half inch slices
- 2-3 inch ginger piece (thinly chopped)
- 200 grams white or pointy cabbage (cut in wide strips)
- 1 apple chopped
- 2 t nutmeg
- handful sunflower seeds
- raisins (optional)

Start with the carrots in some oil, then work down the ingredient list in 30-60 second intervals.

Carrots

Cinnamon Carrots

- 6 med carrots, thinly sliced
- 6 T orange juice, squeezed from fresh orange
- 1 1/2 t olive oil
- 3/4 t ground cinnamon
- t freshly ground black pepper

Place the carrots and orange juice in a medium saucepan. Cover and cook over medium-low heat for 6 minutes or until the carrots are tender-crisp. Add the oil, cinnamon, and pepper. Cook for 1 minute, stirring to coat. Serves 4.

Honey Dill Carrots

- 12 baby carrots
- 1 t raw honey
- 1 t dill

Steam baby carrots, then drizzle with a bit of honey. Add dill.

Cauliflower

Caramelized Cauliflower

- 1 head cauliflower
- 1 t unrefined sea salt
- 1 t pepper
- 1 t olive oil

Separate the cauliflower florets from the stem. Preheat oven to 425 F. Toss florets in salt, pepper, and olive oil. Cook cauliflower in oven for about 45 minutes.

Spicy Cauliflower

- 1 head cauliflower, about 1 1/4 lbs
- 2 small bunches of scallions
- 2 t black mustard seeds
- 2 t cumin seeds
- 1 t fennel seeds
- 1/2 t turmeric
- 1/3 c warm water (105 F)
- 1/4 c olive oil
- 1/3 c chopped coriander or 8 curry leaves

Separate and cut the cauliflower into 1-inch florets. Peel the cauliflower stem and cut into thin slices. Set aside.

Trim the scallions and chop them, including the entire green part. Set aside.

Measure out the spices and place them, as well as the water, right next to the stove. Heat the oil in a wok or a sauté pan over high heat. When the oil is hot, add the mustard, cumin, and fennel. When the seeds stop sputtering, add the turmeric and immediately add the cauliflower. Stir fry the cauliflower until it is evenly coated with spice-infused oil. Add the scallions and water; mix and cover with a lid.

Cook over medium heat and toss a couple times until the cauliflower is soft, about 10 minutes. Uncover, fold in the coriander, and continue stir-frying until excess moisture evaporates and the cauliflower looks glazed, about 5 minutes.

Celery

Ants on a Hill

- celery cut in strips
- almond butter
- raisins

A fun treat! Stuff celery sticks with almond butter (or hazel or sunflower) and top with raisins.

Collard Greens

Garlic Collard Greens

- 3 T olive oil
- 1 c diced tomato
- 1 large onion, diced
- 2-3 cloves garlic, diced
- 2 lbs collard greens (about 8-10 large leaves), remove tough stems
- 1-2 T herbs (thyme)
- pepper to taste
- 1/4 c raw sunflower seeds (optional)

In a large, non-stick skillet, add oil and tomatoes on low heat. Add onions and garlic, cook until onions just begin to turn clear. Add greens, cover and steam for 10 minutes. Add pepper and herbs and cover for 15 minutes to continue to steam or until the greens are wilted but not soggy. Add sunflower seeds, heating some more. Serve hot.

Eggplant

Eggplant Chips

- 1 large, ripe eggplant
- 2 eggs

Cut ends from eggplant and shred in a food processor. Mix shredded eggplant with egg. Lump mixture onto a pre-greased cookie shape and smooth out to make six 8-inch circles.

Bake at 450 F in a preheated oven for 12 minutes. Loosen and flip the circles. Bake on other side for a further five minutes. Remove from oven and cut rounds into triangles with a pizza cutter. Let cool on a rack for 6-8 hours. Once dried, sprinkle with seasoning of your choice. Eat immediately or store for up to one week in an airtight bag.

Eggplant Pizza

- 1 large sized eggplant
- 1 c tomato sauce (See recipe)
- 1 t basil
- 1 t oregano
- other toppings as desired

Slice the eggplant lengthwise, making probably 6-8 slices about 1/2 inch thick. Place on a greased cookie sheet and place under a broiler. Broil until light brown. Remove, flip and cover with tomato sauce, basil, and oregano.

Feel free to add more toppings – peppers, onions, pepperoni, diced uncured ham. Place back under the broiler. Serves 3-4.

Spicy Sweet Eggplant

- 1 medium to large purple eggplant
- 1/4 c olive oil
- 1 inch of gingerroot, minced
- 3 cloves of garlic, minced
- 1 t hot sauce
- 1 t ground cumin
- juice of 1/2 lemon
- 2 T of raw honey
- 1/4-1/2 c water
- unrefined sea salt (optional)

Slice the eggplant into thick rounds. Using olive oil, brown the slices in two batches in a large skillet. Remove the eggplant to a plate.

Add about 1/4 c water to the pan and then throw in the garlic and ginger and stir until it is fragrant. Add the cumin, hot sauce, lemon juice, and honey and stir to combine.

Add just enough water to cover the bottom of the pan and make it look saucy. Place the eggplant back into the pan, nestling them all in together. Put the heat to medium and simmer for 10 minutes until the eggplant has absorbed all of the sauce. Flip the eggplant at some point if desired. By the end of cooking they should be very soft. Let the eggplant cool slightly and salt to taste, if desired.

Green Beans

Roasted Green Beans

- 1 lb green beans
- 1 T olive oil
- 1 T thyme

Chop ends off of beans. Place into roasting pan, add olive oil and thyme. Toss until they are coated well, and then roast in oven at 350 degrees for 20 minutes. Check occasionally, tossing several times.

Kale

Sautéed Kale

- 1 lb kale trimmed and chopped
- 1 large garlic clove, crushed
- 1 T olive oil
- 2 T walnuts, lightly toasted
- 2 T lemon juice

Cook the kale in a large pot of boiling water until tender (about 10 minutes); drain well.

Coat a large skillet with oil. Sauté garlic over medium heat until just golden (about 3 minutes). Add kale to skillet. Stir in the olive oil, sauté until heated through (about 5 minutes). Stir in pine nuts, remove skillet from heat. Sprinkle kale mixture with lemon juice. Transfer to a shallow serving dish and serve immediately.

Mushrooms

Chili and Garlic Mushrooms

- 1 c button mushrooms
- 3 garlic cloves, chopped
- 2 T olive oil
- 1/2 t ground paprika

Place garlic, paprika and oil in a mixing bowl and combine well. Add mushrooms and coat well in olive oil mixture. Place mushrooms in a frying pan, or on a grill on medium-high heat. Cook for 5-8 minutes, or until mushrooms have browned slightly and have started to shrivel.

Marinated Mushrooms

- 2 lbs mushrooms
- 1/2 c lemon juice
- 1 c olive oil
- 3 medium onions, thinly sliced
- 1/4 t ground black pepper
- 1 t dry mustard
- 1 t thyme
- 1/2 t oregano
- 1 T basil
- 2 t raw honey

Combine all ingredients and cook for 5-10 minutes over medium heat. Cool. Cover and refrigerate overnight.

Okra

Baked Okra

- 5 c sliced okra
- 1/3 c almond meal/flour
- 1 t dill weed • olive oil

Preheat oven to 375 F. Slice okra to get about 5 cups. Mix almond meal and olive oil. Add okra and cover with lid. Shake until well coated.

Oil a baking sheet. Put okra on sheet and drizzle olive oil on top. Bake at 375 F for 20 minutes. Flip okra with spatula and bake for 15-20 minutes more. Serves 4.

Dill Okra

- 1.5 c okra, cut into 1/2 inch lengths and steamed
- 1/2 c tomatoes, chopped
- 1 t dried dill

Put okra, tomatoes, and dill in a pot and simmer for 5 minutes. Serves 4.

Spinach

Basil Spinach

- 1 Tbs coconut oil
- 1/2 yellow onion, diced
- 2 medium tomatoes, diced
- 4 handfuls of spinach
- 1 package (several sprigs) fresh basil

Wash and prepare vegetables. Heat a small skillet over medium-high heat. Add coconut oil when hot.

Add diced onions, and sauté until soft and translucent. Add tomatoes and cook for another minute or two.

Add spinach and basil to the pan and cook for one minute. Serve warm.

Baked Spinach Soufflé

- 2 eggs
- 2 c cooked and chopped spinach

Mix together and bake at 350 F for 30 minutes.

Spinach Frittata

- 1 brick of chopped frozen spinach, thawed
- 1 T olive oil
- 1 medium onion, chopped (about 1 c)
- 1 large clove garlic, minced (about 1 T)
- 9 large eggs (use the yolk too)
- 2 T coconut milk
- 2 T sun-dried tomatoes, coarsely chopped
- Pepper to taste

Preheat oven to 400 F. Drain spinach and set aside. In a mixing bowl, whisk together eggs, and milk. Once combined, add in sun-dried tomatoes and pepper. In a skillet, sauté onions in olive oil on medium heat (about 2 minutes, or until translucent). Add minced garlic and sauté for one more minute. Add spinach. In a pre-greased muffin pan, add spinach mixture to fill cups about one-third to half-way. Pour egg mixture over the top. Put back in the oven for 10 minutes or until muffins are puffy and golden.

Squash/Pumpkin

Acorn Squash with Cranberry Apple Stuffing

- 2 acorn squash
- boiling water
- 2 apples, peeled, cored and chopped into 1/4 inch pieces
- 1/2 c dried cranberries, no sugar added
- 1 t cinnamon
- 2 T olive oil

Cut squash in half and with a spoon, remove pulp and seeds. In a large baking dish place squash cut-side down. Pour 1/4-inch boiling water into baking dish (or use 1/4 inch room temperature apple juice for extra sweetness). Place dish in oven and bake squash for 30 minutes at 350 F. In a large bowl, combine apples, cranberries, cinnamon, and olive oil to make stuffing. Remove squash from the oven after the 30 minutes. Turn halves over and stuff center of each squash half with apple mixture.

Return to oven and bake 30-35 minutes or until squash and apples are tender. Serves 4.

Butternut Soufflé

- 1 c of butternut squash puree
- 2 eggs
- 1/2 t unrefined sea salt
- 1/2 t dry mustard powder
- 1 t paprika
- 2 T coconut milk
- handful of chopped pecans

Beat together all the ingredients except the pecans. Spread into a small greased baking dish. Sprinkle the nuts on top. Bake at 350 F for 35 minutes. Serves 2-3.

Butternut Squash Bake

- 2 c cooked, mashed butternut squash
- 1/3 c raw honey
- 2 eggs, beaten
- 1/3 c orange juice, squeezed from fresh orange
- 1/3 c almond flour
- 1/2 c raisins
- 2 T olive oil

Combine all ingredients and mix well. Pour into a greased 1 1/2-quart oven- proof casserole dish. Bake at 350 F until set, about 1-1.5 hours. To serve, spoon out so each serving contains some raisins (they sink to the bottom during baking).

Butternut Squash with Onions and Rosemary

- butternut squash, seeded and sliced
- red onions, peeled and sliced
- 4 T rosemary leaves, chopped
- 4 T olive oil Preheat oven to 350.

Line a baking tray with baking paper. Place pumpkin, onion, and rosemary leaves in the tray and coat with olive oil. Bake for 15-20 minutes or until squash has cooked and onions have browned. Combine all ingredients and mix well.

Pumpkin Puree

- 1 pumpkin

Preheat oven to 375. Coat a baking sheet with oil. Use a knife to remove the stem of the pumpkin. Cut pumpkin in half and place face-side down onto the baking sheet. Cook for 45 minutes. Test for doneness by piercing with a fork. Let cool.

Turn over the pumpkin halves and gently scoop out seeds and strings and set them aside. Be sure to leave the pumpkin pulp intact while scooping. Scoop the pumpkin pulp into a separate bowl or measuring cup. Scrape skin of pumpkin clean.

Mash and stir the pumpkin pulp. For best results, use a blender or a food processor to blend pumpkin pulp and make puree.

Roasted Pumpkin Seeds

- fresh pumpkin seeds
- unrefined sea salt

While carving a pumpkin, collect the seeds in a separate bowl or colander. Rinse them to remove all of the stringy pumpkin stuff.

Sprinkle unrefined sea salt at the bottom of a small bowl. Pour in a few pumpkin seeds. Top with more unrefined sea salt. Continue to layer pumpkin seeds and salt. Fill bowl to top with water and let seeds soak overnight.

Coat baking sheet with oil and spread soaked seeds on the sheet. Bake for 45 minutes at 300.

Summer Squash and Mushroom Frittata

- 2 T olive oil
- 1 small onion, chopped
- 1 yellow squash or zucchini (6 oz), thinly sliced
- 4 mushrooms (4-5 oz), large, chopped
- 1/2 large red bell pepper, chopped
- 1/4 t dried thyme
- 1/4 t ground black pepper
- 8 eggs, large

Place the broiler rack in the lowest position (6-7 inches from the heat source) and preheat the broiler. Melt 1 T of the oil in a large (10-12 inch) nonstick skillet with a heatproof handle over medium heat. Add the onion, squash or zucchini, mushrooms, bell pepper, thyme, and 1/8 t of the pepper. Cook, stirring occasionally, until the vegetables are tender and no juices remain in the pan, 8-10 minutes.

In a large bowl, combine the eggs and the remaining pepper. Pour the remaining oil in the skillet over very low heat. Pour in the egg mixture. Cook, uncovered and without stirring, until only the top remains runny, 15-20 minutes. Place the skillet under the broiler and cook until the eggs are just set, about 2 minutes. Slide the frittata onto a large serving plate and serve hot, warm, or at room temperature.

Stuffed Pumpkin

- Pumpkin
- Ground turkey
- Egg
- Raisins or sultanas
- Onion
- Olive oil
- Garlic
- Oregano

Combine and cook a mixture of ground meat, egg, raisins or sultanas, onion, olive oil and garlic, plus any herbs such as oregano.

Preheat oven to 400 F. Cut a lid off the pumpkin and scoop out all the seeds. Place the combined mixture in the pumpkin. Put lid on top of pumpkin and cook in oven for about 30 minutes.

Tomatoes

Grilled Tomatoes

- 3 large Tomatoes of choice
- 1 t Olive oil
- ½ t Pepper

Preheat a frying pan or grill on medium-high heat adding a little bit of oil to prevent sticking. Place tomatoes in the frying pan or on the grill. Cook for 4-5 minutes or until tomatoes have browned slightly.

Marinated Tomatoes

- 5 large ripe tomatoes
- 1/4 c olive oil
- 1 1/2 T lemon juice
- 1/2 clove garlic, minced
- 1/2 t oregano
- 1/8 t ground black pepper

Peel tomatoes and cut into thick slices. Combine remaining ingredients and pour over tomatoes. Chill thoroughly, stirring once or twice. Garnish with parsley.

Pizza

Crust:

- 2 c almond meal/flour
- 2 eggs
- 2 t olive oil
- 1 t unrefined sea salt

Preheat oven to 350 F. Mix all ingredients in a large mixing bowl. You should have a ball of "dough." If it is too "mushy" continue to add almond flour until it is a good consistency. Make a pizza sheet or baking tray non-stick. This is important if you want your pizza slices to come off in one piece.

Press your dough on the sheet nice and even about 1/4 inch in the middle and 1/2 inch at the edges. Put crust in the oven for 15 minutes. It should be slightly golden brown.

Sauce:

- 1 can tomato paste, no salt added
- 1-2 c water (to desired thickness)
- 1 t dried oregano
- 1 t garlic

In a saucepan, combine all ingredients. Use water to desired thickness. Feel free to add more spice. Simmer on stove for about 15 minutes. Put it all together: After crust comes out of the oven, spread sauce evenly over crust. Add your toppings evenly on top of sauce. Pre-cook any meat going on your pizza. Veggies can go on fresh and raw, or cooked depending on your preference. Put back in the oven and bake at 350 F for about 15 more minutes. Slice and enjoy.

Various Veggies

Grilled Polish Vegetables

- 1 small cabbage, cored
- 2 T olive oil
- 1/2-1 t onion powder (optional)
- 1/8-1/4 t black ground pepper
- 4 medium carrots cut into 1-inch pieces
- 2 celery ribs cut into 1- inch pieces
- 1 small onion cut into wedges
- 1/2 lb whole mushrooms
- 1 small green pepper cut into pieces

Cut cabbage into 6 wedges; spread oil on cut sides. Place cabbage on a piece of heavy-duty foil, about 24x18 inches. Sprinkle with onion powder, if desired and pepper. Arrange remaining vegetables around cabbage. Seal the foil tightly.

Grill, covered, over medium-hot heat for 30 minutes or until vegetables are tender, turning occasionally.

Grilled Vegetables

- 3 Japanese eggplants (about 5 c) - cut into 10-12 slices
- 2 yellow peppers (about 3 c) - cut in 4 slices
- 2 orange peppers (about 3 c) - cut in 4 slices
- 3 zucchini (about 4 c) - halved into long chunks
- 2 onions (about 2 c) - peeled and cut in rings
- 4 T oregano, chopped
- 1-2 c olive oil
- pepper to taste

Cut eggplant and zucchini lengthwise then widthwise so each side makes 3 pieces. Cut peppers lengthwise and remove rib. Cut peeled onions into rings. Season vegetables with garlic oil, pepper, crushed garlic and oregano. Marinate for at least one hour in refrigerator. Remove vegetables from refrigerator and place onto outdoor grill or grill pan on medium high heat (make sure to drain excess marinade off vegetables before putting on grill). Grill each side 4-5 minutes until browned (long tongs are essential).

Veggie Hash

- (amount depending on how many serving) veggies (onions, red cabbage, carrot, broccoli, etc.)
- 1 t per c of veggies coconut oil
- eggs (optional)

Toss veggies into a big pan with coconut oil. Cook until everything is tender. Optionally, top it with eggs.

Zucchini

Chopped Jamaican Zucchini

- 1 medium zucchini squash, chopped
- 1/4 red onion, chopped 1/2 red pepper, chopped
- 1/2 to 1 jalapeno pepper, chopped (to taste)
- 1/4 c chopped cilantro (or more, to taste)
- 1 small clove garlic, minced
- pinch of ground coriander seed
- dash lemon juice

Toss all ingredients together; adjust seasonings as desired.

Stuffed Zucchini

- 2 large zucchinis
- 1 lb ground bison/buffalo (or ground turkey or other meat)
- 1/2 large onion, minced
- unrefined sea salt and pepper to taste
- dash of cayenne pepper
- 1/2 t of oregano
- 1 c tomato sauce, see recipe
- 1 T tomato paste (optional), no salt added
- 1/2 c chopped olives or olive tapenade
- 1 egg
- 1 T coconut oil

Cut the zucchinis in half (long). Scoop out the insides to form a large trough in each zucchini.

Heat coconut oil in a skillet and sauté the onion and the scraped out zucchini insides. Caramelize it and make sure all the water cooks out. Remove the zucchini/onion mixture to a large bowl.

Add the meat to the skillet and brown, along with some salt and pepper to taste, the cayenne, and the oregano. Drain it if there is a lot of liquid after the meat is done cooking. Add the tomato sauce and paste and stir to combine.

Add the meat/tomato mixture to the bowl with the onion/zucchini mixture, along with the olives. Mix well and make sure it is slightly cool. Beat the egg and mix it in.

Mound each zucchini half with the mixture and put in a large baking dish with a little water on the bottom. Bake at 400 F for 40 minutes. You can make the filling and stuff the zucchinis in advance and hold them covered in the fridge until it is time to bake them. Serves 2.

Zucchini Hash

- 2 medium zucchini (3 c cooked, 4 c raw – peeled, chopped in 1/2 inch pieces)
- 1 medium onion peeled and chopped (about 1 c cooked)
- 1 c uncured ham - diced
- pepper
- paprika
- 4 T olive oil

Preheat 10 inch sauté pan to medium high heat. Put 1 T of olive oil in pan and brown ham 2-3 minutes. Add zucchini and onion and rest of oil and cook for 8-10 minutes. Stir occasionally with wooden spoon (hash should be well browned). Season hash with pepper and paprika.

Zucchini with Tomatoes, Apples and Onions

- 1 1/2 lb small zucchini, thinly sliced
- 2 T olive oil
- 1 medium onion, chopped
- 2 apples, chopped
- 2 tomatoes, peeled and chopped
- 2 T chopped parsley
- pepper to taste

Set a small pan of water to boil. Drop the zucchini slices into the boiling water for 30 seconds. Remove immediately and drain.

Heat the oil in a fry pan and sauté the onion until it is transparent. Add the apples and stir well to coat. Add the tomatoes and the blanched zucchini. Stir well, and then add the parsley. Season this mixture, and leave it to cook, covered over a gentle heat for 5-10 minutes, until the zucchini is soft. Serve hot.

Egg Dishes

Baked Eggs Florentine

- 4oz Ground turkey
- 1/2 c spinach
- 1/2 c diced tomatoes
- 2 eggs
- Olive oil

Oil ramekins (small baking bowls) and place them on a cookie sheet. Preheat oven to 350 F. Cook ground turkey in skillet with olive oil or coconut oil. For each ramekin, fill the bottom with a layer of ground turkey. Add baby spinach, then tomatoes. Pepper to taste. Crack the eggs over the top (do not break yolks). Place ramekins (on the cookie sheet) in the oven and bake for 12-14 minutes.

Banana Omelet

- 1 banana
- 3 eggs, separated
- dash cayenne pepper
- water
- pepper
- parsley (optional)

Cut banana in half lengthways and then cut each half into three (6 pieces total). Place on a baking tray lined with baking paper and bake in an oven preheated to 350 F until softened and brown. The riper the banana and longer it is left in the oven, the more it will dry out.

In a bowl, whisk egg yolks, cayenne pepper, pepper and a little water. In another bowl beat egg whites until light and fluffy and soft peaks form. Fold in the egg yolk mixture and pour into a frying pan on medium heat, with baking paper on top.

When the bottom of the eggs have cooked, turn the mixture over by placing another sheet of baking paper to the side and flipping the eggs onto it, then transfer it onto the heated frying pan and cook for an extra 2-3 minutes, or until browned on the bottom.

When omelet is cooked, turn onto a plate and place banana pieces on top, sprinkling with some cinnamon and chopped parsley.

Breakfast Egg Muffins

- 1 T olive oil
- 1 large sweet onion, finely chopped
- 1 green bell pepper, finely chopped
- 1 red bell pepper, finely chopped
- 1 jalapeno pepper, finely chopped
- 12 large eggs, whisked
- ½ t black pepper
- ¼ t unrefined sea salt

Preheat oven to 350. Sauté onions in olive oil over medium-high heat for 2-3 minutes. Add peppers and continue cooking another 2-3 minutes. Once peppers/onions are cooked, remove from heat and let cool for a few minutes. Dump in whisked eggs and stir well, sprinkling in the salt and pepper. Coat a large muffin pan with olive oil spray or coconut oil. Fill each muffin cup. Bake 10-15 minutes, once tops are high, fluffy, and golden brown.

Green Eggs

- 1/2 c raw spinach
- 1 T coconut milk
- 1 egg

Put all the ingredients in a blender and puree. Then scramble like normal eggs.

Italian Eggs

- 1 small yellow onion, halved and sliced
- 2-3 small zucchini squash, halved and sliced
- 4-5 large tomatoes, diced
- 3 garlic cloves, minced
- A big handful of fresh basil, chopped
- About 1/2 c chives, finely chopped
- Unrefined sea salt and pepper to taste
- 12 eggs (more or less depending on how big your skillet is or how many people you are feeding)
- Cooking oil

In a large skillet, heat the oil of your choice over medium and saute the onions until translucent. Add the zucchini, tomatoes, and garlic and bring to a simmer. Let the tomato mixture simmer, mixing occasionally until it begins to thicken. Add the basil, and a little bit of salt and pepper, stir and taste and season more if desired. Make little holes in the sauce with your spoon and crack an egg into each hole. Sprinkle the whole dish with chives, turn the heat down to low or medium low, cover and let the eggs cook until the whites are done but the yolks are still runny (about 5-8 minutes depending on how much sauce or how many eggs you cram into the skillet). Cook longer if you want your eggs cooked all the way through.

Peach and Pecan Scramble

- 1/2 peach, diced
- 1 t olive oil
- 2 T chopped pecans
- 2 eggs
- 1 T unsweetened applesauce
- 1/8 t cinnamon

Heat olive oil in small skillet over medium heat. Dice Half of riped peach, and chop pecans. Add peaches and pecans to skillet, stir fry for 2-3 minutes, or until peaches soften a bit. Meanwhile, crack eggs into a bowl, add the applesauce and cinnamon and beat well. Add to the skillet, mixing often. When eggs have set, serve and enjoy.

Raisin Omelet

- 2 T raisins
- 3 eggs
- dash ground cinnamon
- dash ground allspice
- dash nutmeg

Boil raisins in water for 1 minute. Drain well. In a bowl, beat together eggs, cinnamon, all spice and nutmeg. Stir in raisins.

Heat a frying pan lined with baking paper. Pour the beaten eggs onto the baking paper. When the bottom of the eggs have cooked, turn the mixture over by placing another sheet of baking paper to the side and flipping and eggs onto it, then transfer it onto the heated frying pan and cook for another 2-3 minutes, or until browned on the bottom.

Roasted Red Pepper Omelet

- poblano, green chili or bell pepper
- 4 eggs
- 1 t freshly ground black pepper
- 2 t coconut oil
- 1/2 lb nitrite/nitrate free beef or pork sausage links, cooked and sliced
- 2 Tbs fresh parsley, chopped

Put pepper in a heavy bottomed pan over high heat. Turn pepper as skin begins to blacken and blister on each side. When blistered on all sides, remove from pan and put in a plastic bag with a few drops of water; seal the bag immediately with plenty of air trapped inside. Wait 5 minutes. Remove from bag, cut out seeds, remove skin and dice.

Meanwhile, beat eggs in a small bowl and add freshly ground black pepper.

Heat medium non-stick skillet over medium heat. Add 1 t coconut oil when hot.

Add half of the egg mixture to hot pan. As the egg starts to set, add half of the remaining ingredients to one half of the pan.

When fully set, fold half of the egg over the filling, and cook a minute more.

Repeat with second omelet.

Scrambled Eggs with Basil and Walnuts

- 3 eggs
- 1/2 c chopped basil
- 1/3 c chopped walnuts
- pepper

Whisk eggs in a bowl then place in a frying pan on medium heat, stirring continuously. When eggs have almost cooked through, add the basil and continue cooking for another minute, or until eggs are cooked through. Pepper to taste. Remove from heat and stir in walnuts before serving.

Scrambled Eggs with Veggies

- 2 spring onions, chopped
- 1 t olive oil
- 1/2 carrot, finely chopped
- 2 broccolini stalks, finely chopped
- 2 asparagus stalks, finely chopped
- 3 eggs
- pepper

Place oil and spring onions in a frying pan on medium heat and cook for 1 minute. Add chopped vegetables and cook for another minute, stirring continuously. Add the eggs and scramble them in the mixture, stirring continuously for 2-3 minutes or until eggs have cooked through. Pepper to taste. Serve straight away.

Salads

Fruit Salads

Celery Apple Slaw

- celery, cut into matchsticks
- apple, cut into matchsticks
- parsley, minced
- lemon juice • olive oil
- unrefined sea salt

All quantities are to taste. Toss everything together. You can also add in some thinly sliced fennel bulbs and then use minced fennel fronds instead of parsley.

Chicken Salad

- 2 c of cooked diced chicken
- 1 large tart apple, cored and diced
- 1 c chopped celery
- 1/2 c chopped walnuts
- 1/4 c mayonnaise (see recipe)
- 2 t lime juice
- 2 t raw honey
- pepper

In a medium size bowl, combine chicken, apple, celery and walnuts. In a small bowl, combine mayonnaise, lime juice and honey; stir to blend well. Season to taste with pepper. Spoon dressing over chicken salad and toss to coat.

Mandarin Spinach Salad

- 8 c spinach leaves, torn
- 1 c red onion, thinly sliced, separated into rings
- 1/2 c mandarin orange segments
- 2 T almonds, sliced, toasted

In a large bowl, combine the spinach, onion rings, oranges and almonds. Toss to combine.

Nut Salads

Colorado Spinach Salad

- 1 small bunch spinach
- 12 dandelion leaves
- 1/2 c pink sorrel leaves, loosely packed
- 1 apple, cored and cut into bite sized pieces
- 1/2 c walnut halves

You may substitute appropriate fresh greens for the dandelion and sorrel leaves. Wash and de-stem spinach. Coarsely chop dandelion leaves, and tear spinach, then toss dandelion, sorrel and spinach together in a stainless steel bowl. Put aside in refrigerator to drain and cool. When drained, pour off excess water and add apple and pecans. Toss with dressing (see section 12.3) and serve.

Spinach Salad

- 1/2 lb pork tenderloin sliced and chopped into fine pieces
- 1 T olive oil
- 1 lb spinach, washed, drained and torn into desired piece size
- 1 lb mushrooms, sliced thinly
- 4 hard boiled eggs, sliced

Sauté the pork tenderloin pieces in the oil mixture until lightly browned. Drain spinach well and put into a large bowl and mix well with the mushrooms. Top the salad with slices of hardboiled eggs and pork tenderloin pieces.

Watercress and Walnut Salad

- 1/4 c olive oil
- 1 lb watercress, finely chopped
- 1 large garlic clove
- 1/2 c cooked and finely diced chicken pieces
- 1/4 c walnuts, finely chopped
- 1/4 c hazelnuts, finely chopped
- 1/2 t pepper

In a heavy 12-inch skillet, heat the olive oil. Cut the garlic in half lengthwise and add it to the oil. Cook for two minutes, stirring constantly. Remove the garlic and discard. Add all the nuts and cook for 5-6 minutes or until they are browned. Add the chicken and pepper. Cook 2-3 minutes. Dry watercress before adding it to the oil. Working fast, toss the watercress into the mixture in the pan, making sure it is well coated and barely heated through. If left too long it loses some of its crispness. Serve immediately.

Veggie Salads

Chef Salad

- 4 eggs, hard-boiled, halved
- 1 head of red leaf lettuce
- 1/2 lb uncured ham or grilled chicken, diced
- 2 slices bacon (uncured), cooked and crumbled
- 8 cherry tomatoes, halved
- 4 green onions, sliced thin
- 2 stalks celery, diced
- 1 avocado, diced
- 4 t Simple Salad Dressing

Hard-boil eggs, cool and remove shells. Meanwhile, cook bacon and crumble, grill chicken and dice (or dice uncured ham). Wash and chop vegetables. Divide lettuce between two plates, top with vegetables, eggs, avocado and meats. Top with Simple Salad Dressing (see recipe).

Mushroom Salad

- 2 T lemon juice
- 1 1/2 T olive oil
- 1 minced garlic clove
- 2 T minced parsley
- 1 t chopped oregano or 1/4 t dry
- 1/4 t pepper
- 1 lb mushrooms, thinly sliced

Combine everything but mushrooms in a medium bowl, beat with a fork to blend. Then add the mushrooms, toss to coat with dressing and serve immediately.

Salsa Salad

- 1 bunch cilantro
- 5-6 Roma tomatoes
- 1 small yellow or red onion
- 1 small chili pepper
- 2 ripe avocados
- Handful of whole dulse leaf

Chop cilantro, dice tomatoes, dice onion, and finely dice chili pepper, dice avocado. After dicing each ingredient, add them to a large bowl. Tear whole dulse leaf into bite size pieces, and add to the bowl. Toss.

Stir-Fry Beef Salad

- 2 t olive oil
- 3/4 c sliced onion
- 1 lb beef tip steak, sliced into thin strips
- 1-2 c sliced bell peppers
- 1 bag mixed greens
- balsamic vinegar
- unrefined sea salt to taste

Add olive oil to skillet. Heat over medium. Add sliced onions, sauté until soft. Add beef and sprinkle unrefined sea salt, toss often. Add bell peppers when beef has browned. Top on bed of mixed greens and add balsamic vinegar.

Tuna and Cabbage Salad

- 3-4 c shredded cabbage
- 1 can tuna, in water
- 1 T toasted sesame oil

Shred cabbage in a bowl. Top with tuna and drizzle with oil.

Soups

Chili

Spicy Chili

- 5 lb turkey (or beef)
- 3 c water
- 15 oz crushed tomatoes (drained and rinsed)
- 1 c tomato sauce, see recipe
- 1 c salsa, see recipe
- 4 oz green chilies
- 1 green pepper
- 1 red pepper
- 1 large onion
- 2 t ground cumin
- 1.5 t chile powder
- 1.5 t ground nutmeg
- 1 t Ancho chile powder
- 1/2 t dry ground mustard
- 1/2 t ground cinnamon
- 1/2 t ground cloves
- 1 bay leaf
- unrefined sea salt
- pepper

Preheat pot to medium heat. Cut meat into strips and cubes, then season t with unrefined sea salt and pepper. Brown the meat, 4-5 minutes. Cut and add the onions, green and red peppers; cook for another 5 minutes. Add water and bay leaf. Cover and let simmer for 1 hour.

After an hour, add in all remaining ingredients and spices. Cover and simmer for 1.5 hours. To thicken the consistency, remove the lid, increase heat, and bring to a boil until desired consistency is reached.

Turkey Chili

- 2 lbs of ground turkey
- 1 bell pepper
- 6 cloves garlic
- 2 T olive oil
- pepper to taste
- 3 T cumin, or to taste
- 1-1/2 T chili powder, or to taste
- 28-32 oz tomatoes

Light coals in grill. While coals are setting, 30-45 minutes, form ground meat into large patties. Clean, deseed, and chop the pepper. Mince garlic. In a large deep-shouldered skillet, heat olive oil and pepper to taste. Add bell pepper and sauté 5-7 minutes. Turn heat off and stir in minced garlic. Grill patties over coals until medium rare, no more than 5 minutes on each side. Turn heat on high under skillet and place patties in skillet with garlic, oil, and pepper mixture. Break up patties into small pieces with spatula and brown meat thoroughly. Add tomatoes. Mash and break up tomatoes with spatula, and mix in thoroughly. Add enough water to cover all ingredients, reduce heat to low, and let simmer 2 hours or more

Veggies

Cauliflower Celery Soup

- 1 large head of cauliflower
- 2-3 celery stalks
- 1 carrot
- 2 cloves garlic
- 1-2 onions
- 1-2 t ground cumin
- 1/2 t pepper
- Parsley springs
- 1/4 t sage

Chop head of cauliflower (save a handful of tiny flowerets for a raw garnish) and put in soup pot. Chop and add: celery, carrots, garlic, and onions. Add spices. Barely cover with water, bring to boil and simmer until veggies are tender. Blend the contents of the pot and adjust seasonings to taste. Add a little hot water if the soup is too thick. Serve garnished with raw flowerets.

Gazpacho

- 4 ripe tomatoes, quartered
- 1 small onion, coarsely chopped
- 1 peeled garlic clove
- 1/2 c water
- 2 T lemon juice
- pepper to taste
- cayenne (optional)
- 1 sprig parsley
- 4 ice cubes
- 1 medium cucumber, peeled and coarsely chopped

Blend all ingredients in a blender or food processor, until vegetables are small but not pureed.

Zucchini Parsley Soup

- 1/4 c diced onion
- 1 c thinly sliced carrots
- 1 c thinly sliced zucchini
- 2 t chopped parsley
- 1/4 t thyme
- 1/8 t pepper
- 2 c water

In a 1 1/2 quart saucepan, cook onion until translucent. Add all other ingredients except water. Cover and cook over low heat, stirring occasionally, until vegetables are tender, about 10 minutes. Add water and bring to a boil. Reduce heat to medium and cook until vegetables are soft, about 20 minutes. Remove from heat and let cool slightly. Remove 1/2 c soup from pan and reserve; pour remaining soup into blender and process at low speed until smooth. Combine pureed and reserved mixtures in saucepan and cook, stirring constantly until hot.

Fruit Dishes

Apple Breakfast

- 1 large apple, chopped into bite sized pieces
- 1 medium carrot, grated
- handful of raisins
- cinnamon

Mix the apple, carrot, and raisins in a bowl, sprinkle cinnamon over the top.

Apple Chips

- ground nutmeg
- ground cinnamon
- 2 large apples
- 1 lemon or lime

Preheat oven to 225 degrees F. Rinse apples and remove core making a heart shape. Using a mandolin thinly slice apple 1/8 or thinner. Line baking sheets lined with parchment paper. Single layer sliced apples. Sprinkle each slice with lime or lemon juice. Sprinkle each slice front and back with nutmeg or cinnamon. Bake for 1 1/2 hour flip slice and continue to bake for additional 1 1/2 or until apples completely dry. Total baking time approximately 3 hours. Remove from oven. Let apple chips cool. Chip will become crisper when cool. Put cooled apple chips in airtight container.

Baked Walnut-Cinnamon Apples

- 4 apples
- 1 c raisins
- 1/4 t cinnamon
- 1/2 t vanilla extract
- 1/2 c water
- 1/4 c walnuts
-

Heat oven to 375 F. Core and piece apples with a fork in several places around the center, to prevent them from bursting. Mix raisins, nuts, cinnamon, and vanilla in a small bowl. Fill center of each apple with this mixture. Place in a glass-baking dish and pour water into pan. Cover with foil and bake about 30 minutes or until tender.

Banana Pear Ambrosia

- 1 ripe avocado
- 1 pear
- 1 banana
- 1 T raw honey
- lemon juice

Blend all ingredients until smooth. Serve in sherbet glasses.

Blueberry Candies

- 5 c blueberries
- 4 t cinnamon
- 1 1/2 t ginger
- 2 egg whites
- 1/4 c raw honey
- 1 t vanilla extract

In a large bowl, whisk egg whites until frothy. Add in honey and vanilla and stir until combined. With a slotted spoon, add blueberries to the egg mixture. Remove and roll in a small bowl filled with a mixture of cinnamon and ginger.

Repeat until all blueberries are covered. Using the same slotted spoon, transfer the coated blueberries onto a plastic dehydrator tray. Dehydrate for 24 hours or until dry. After 8-12 hours, or when one side is dry enough, turn them over to dry other side. Serve or store in an airtight container.

Cantaloupe Stuffed with Blackberries and Pecans

- 1 half cantaloupe
- 1/2 c blackberries
- 1/4 c chopped pecans
- 1 T raw honey
- mint or spearmint leaves

Cut cantaloupe in half (serrated) and scoop out seeds. Fill cavity with blackberries and pecans. Spoon honey over top. Garnish with mint or spearmint leaves.

Carrot Ambrosia Salad

- 1 lb shredded carrots
- 20 oz pineapple
- 8 oz coconut milk
- 3/4 c flaked coconut
- 3/4 c raisins
- 2 T raw honey

Combine all ingredients, tossing well. Cover and chill.

Cinnamon Applesauce

- 12 apples, peeled and cored
- 1/4 c raw honey
- 2-3 T lemon juice
- 2 T cinnamon

Cut apples into wedges and place in baking dish. Sprinkle with cinnamon. Roast for 60 minutes at 350 degrees. Mash with potato masher, then add lemon juice and honey.

Fruit Crumble

- fruit of your choice (1 c apricots or 1/2 c frozen raspberries)
- 1/4 c prunes or dates
- 1/2 c almond flour
- 1 c walnuts or pecans
- 1/2 t cinnamon
- raw honey

Preheat the oven to 350 F. Place your fruit of choice in an oven safe dish of the appropriate size.

Puree the prunes or date in a food processor along with the almond flour. Add the whole nuts and cinnamon and pulse briefly to combine. Taste and adjust sweetness with raw honey. The mixture should hold together when you squeeze it, but be crumbly if you rub it between your fingers. If it is too dry add, a little splash of juice; if it is too wet, add some more nuts.

Press the nut mixture down firmly over the fruit. Place in the oven and bake for 30 minutes. Let cool for 15 minutes before eating. This refrigerates well for at least one day and is excellent reheated for breakfast. Serves 3-4.

Fruit Salad

- 1/2 c pineapple, diced
- 1 kiwi fruit, diced
- 1 small banana chopped
- 1/2 c mango, diced
- 4 lychee (Chinese soapberry), seed removed
- 1/2 c green grapes, seeds removed
- 1 passion fruit pulp

Combine all ingredients into a medium sized mixing bowl.

Fruit Roll-Ups

- 2 large apples
- 2 c strawberries
- 1 t cinnamon
- 1/4 c purified water

Clean, core and dice apples. Add diced apples and strawberries in a blender and add a 1/4 c of purified water and cinnamon and process about 30 seconds or until smooth. Pour mixture on a Teflex sheet (a Teflon-coated sheet commonly used to dehydrate delicate foods) and place in a plastic dehydrator. Dehydrate for 6-8 hours, remove sheet and flip fruit. Continue drying another 4-6 hours or until desired consistency is achieved. Use a pizza cutter to slice into snack-size pieces.

This recipe may also be done in an oven. A good rule of thumb when using an oven to dehydrate is to set the temperature between 100 and 150 F and keep the oven slightly cracked for the duration of the dehydration.

Peach Almond Treat

- 3 peaches
- 4 oz slivered almonds
- 1 t vanilla
- 2 T diced dates
- Cinnamon

Wash the peaches and cut each one into 8 sections. Mix with the almonds and dates and drizzle with vanilla and sprinkle cinnamon on top.

Raspberry Treat

- 1/2 c raspberries
- 1/2 c casaba melon chunks (bite-size)
- 1/4 c chopped hazelnuts
- 1 T raw honey

Combine raspberries, casaba melon, and hazelnuts in a medium serving dish and ladle honey over top.

Strawberry/Blueberry Treat

- 1 c strawberries
- 1 c blueberries
- 1/2 tangerine, sectioned
- 1 T squeezed orange juice
- 1 t vanilla extract
- ground nutmeg
- mint

Mix strawberries, blueberries, tangerine sections in a bowl. Drip with orange juice and vanilla, and sprinkle with nutmeg. Serve chilled.

Nuts

Almond Milk

- 1 c of almonds
- 4 c of water
- banana, prunes, or other dried fruit (optional)

To activate almonds, soak overnight and then pour off water. The next day, dip the almonds in boiling water, remove from water and peel away skins. Place in a blender with roughly 4 cups of water (less will make the "milk" thicker) and blend until smooth. To sweeten the milk, add half of a banana or a handful of prunes or other dried fruit.

Almond Protein Bars

- 2 c almonds (raw)
- 1/2 c flax meal (flax seeds ground in a blender)
- 1/2 c shredded coconut (unsweetened)
- 1/2 c unsalted almond butter
- 1/2 t unrefined sea salt
- 1/2 c coconut oil
- 4 drops stevia (or raw honey)
- 1 T vanilla extract

Place almonds, flax meal, shredded coconut, almond butter and salt in a food processor. Pulse briefly, about 10 seconds. In a small sauce pan, melt coconut oil over very low heat. Remove coconut oil from stove, stir stevia and vanilla into oil.

Add coconut oil mixture to food processor and pulse until ingredients form a coarse paste. Press mixture into an 8x8 glass baking dish.

Chill in refrigerator for an hour or until mixture hardens. Remove from refrigerator, cut into bars and serve. Makes 20 bars.

Nut Butter

- 1 c roasted nuts or seeds
- 1 T coconut oil

Throw all ingredients into a food processor or blender, process at medium to high speed, stopping periodically to scrape down sides. Blend until smooth (about 10 minutes). Store mixture in a tightly sealed container in the refrigerator and warm to room temperature when ready to use.

Trail Mix

- 1 c raw or roasted almonds (make sure not salted)
- 1/2 c cashews
- 1/2 c pumpkin seeds
- 1/2 c sunflower seeds
- 1/2 c raisins
- 1/2 c dried currants
- 1/2 c blueberries
- 1/2 t raw honey

Dried blueberries: Preheat oven to 225 degrees. Line a baking sheet with parchment paper. Arrange blueberries on parchment paper and drizzle with honey, toss to coat. Cook in oven, turning sheet once, until blueberries are shriveled, but still supple, about 2 hours. Allow to cool.

Combine dried blueberries and remainder of ingredients in an airtight container and store in a cool, dry place.

Roasted Mixed Nuts

- 1 c mixed unsalted pecans, walnuts, and macadamia nuts
- 1 1/2 T lemon juice
- 1/2 t celery salt and/or curry powder

Preheat the oven to 350 F. In a small bowl, combine the nuts, cider or juice, and celery salt and/or curry powder. Toss to coat and spread in a single layer on a baking sheet. Roast until light golden, 4-6 minutes. Let cool before serving.

Spicy Pecans

- 4 t cinnamon
- 1-1/2 t ginger
- 3/4 t nutmeg
- 1/2 t ground cloves
- 1/2 t ground cayenne
- 2 egg whites
- 1/4 c raw honey
- 5 c pecan halves (or walnuts)

In small bowl, combine cinnamon, ginger, nutmeg, cloves, and cayenne. In large bowl, whisk egg whites until frothy. Add honey, whisk again just until egg whites and honey are combined. Add nuts a c at a time in the egg and honey mixture. Remove and toss in the spices. Repeat again until all the nuts have been coated. Spread on 2 lightly greased baking sheets. Bake at 250 F for one hour, rotating sheets halfway through baking, or until coating is crisp and nuts are fragrant. Let cool.

Condiments, Dips, Marinades, Salad Dressings, Salsas

Condiments/Dips

Pumpkin Pie Spice

- 4 T ground cinnamon
- 4 t ground nutmeg
- 4 t ground ginger
- 3 t ground allspice

Combine in bowl.

Chicken Broth/Stock

- 1 Whole Roasting chicken {around 4-5lbs}
- 3 carrots
- 2 medium onions
- 3 stalks of celery
- Dried Basil, Rosemary, Oregano, Unrefined sea salt, + Pepper
- Apple Cider Vinegar (1-2 T)
- Water {Around 11-12 c}

Rinse off your chicken put it in a big soup pot {Make sure you take out giblets / neck if it's included}. Chop your onions in quarters. Cut the carrots in half and the celery, rinse and add it in. Top with spices, just do a good sprinkling of all of them, but limit the unrefined sea salt. Top with water, it should more than cover your chicken {like maybe an inch or two above it}. Bring it to a boil, then reduce to low and simmer for about 3-3.5 hours {uncovered... if you start to get really low on liquid feel free to top with some more water}. When it's done, pull out the chicken, get a big bowl and a strainer and strain the liquid, set aside. Set the stock on the side to cool, then shred all the meat with your fingers {or two forks} and put into separate bowl and then toss the veggies/carcass. When stock is room temperature, cover and put in fridge. Next morning, skim off fat and it's complete. Either put into containers to freeze or stick in the fridge to use soon.

Crock Pot Chicken Broth/Stock

- 2 carrots (or equivalent carrot scrapings you have saved)
- 2 celery stalks
- 1 medium onion – chopped into large chunks
- 4 crushed garlic cloves
- 6 peppercorns
- 1 bay leaf
- 2 tablespoons of vinegar (helps to extract nutrients from the bones)
- 8-10 cups of water (enough to cover ingredients completely)
- 1 tablespoon unrefined sea salt
- bones and other parts of one chicken

Place all of the ingredients (except the salt) in the crock pot and cook on low for 24 hours. After the time is up, let everything cool then strain through a sieve into a large bowl and discard the solids. Add about 1 tablespoon of unrefined sea salt.

Ketchup

- 1 can (6 oz) tomato paste
- 2 T lemon juice
- ¼ t. dry mustard
- 1/3 c water
- ¼ t cinnamon
- ¼ t unrefined sea salt
- 1 pinch ground cloves
- 1 pinch ground allspice
- 1/8 t cayenne pepper (optional)
- Garlic and/or onion powder to taste (optional)

Combine all ingredients and whisk until well combined. Refrigerate overnight.

Mayonnaise

- 2 eggs
- 2 T fresh lemon juice
- 1 t unrefined sea salt
- 2 c olive oil
- Optional:
 - 1 t dry mustard
 - ¼ t cayenne pepper

Combine eggs, lemon juice, salt, mustard and cayenne pepper in blender and pulse a few times until frothy. Continue blending and add olive oil very slowly (drop by drop at first) until an emulsion starts to form. Continue adding the rest of the oil in a slow, steady stream. Store, tightly covered, in the refrigerator for up to 7 days.

Simple Mustard

- ¼ c mustard powder
- ¼ c water
- Unrefined sea salt to taste
- Fresh lemon juice to taste (optional)

Combine ingredients and mix well. Let stand for about 15 minutes before using.

Whole-grain Mustard

- ¼ c yellow mustard seeds
- ¼ c brown mustard seeds
- 1 c white wine or water
- 4 t mustard powder
- ½ t unrefined sea salt
- Fresh lemon juice to taste (optional)

Soak mustard seeds in the white wine or water overnight. Place seeds and soaking liquid in blender with mustard powder, unrefined sea salt, and lemon juice. Blend until paste-like consistency. Put in glass jar, cover and refrigerate for about 4 days before serving.

Tartar Sauce

- 1 c mayonnaise
- ¼ c finely chopped onion
- 1 T lemon juice
- ½ t. dried dill

Mix ingredients together. Chill for an hour before serving.

Salsa

- 6 Roma tomatoes
- 1 jalapeno
- 1/2 red onion
- 6 garlic cloves
- 1 bunch of cilantro
- 1/16 – 1/8 t unrefined sea salt to taste

Place the tomatoes and the jalapeno in a skillet and heat over medium high heat turning frequently until the skins start to blacken on the tomatoes and begin to peel off. While the tomatoes and the pepper are in the skillet, put the onion, garlic, and cilantro in a food processor or blender and pulse until chopped. Add the blackened tomatoes, pepper, and unrefined sea salt, and blend until smooth. I usually only use about 1/2 of the pepper but if you like it really hot, toss in the whole thing.

Blueberry Barbeque Sauce

- 1 t olive oil
- 1/4 c minced onion
- 1 T minced jalapeno chile, seeded
- 1/4 c ketchup (must use ketchup recipe in this book or another recipe that follows the allowed foods/ingredients)
- 1 T raw honey
- 1/4 t dry mustard
- dash cayenne pepper
- 2 c blueberries
- pepper

Heat the oil in a non-reactive saucepan. Add the onion and jalapeno and cook over moderate heat, stirring, until wilted, about 3 minutes. Add the ketchup, honey, mustard and cayenne and bring to a simmer. Add the blueberries and simmer over low heat, stirring until thickened, about 10 minutes. Puree the sauce in a blender or food processor until smooth. Pass through a strainer and season with pepper. Serve at room temperature.

Garlic Oil

- 6 c olive oil
- 30 - 40 cloves garlic

Heat oil in 8 quart stock pot over low medium heat add whole garlic cloves and cook until cloves are golden brown and float. Turn off oil and let garlic steep in oil overnight. Strain garlic and funnel oil into decorative or old wine bottle and store in refrigerator for up to 1-2 months.

Guacamole

- 3 ripe avocados
- 1 t squeezed lemon juice
- 1 t coarse ground black pepper
- 1 t garlic powder
- 1 finely diced, de-stemmed, de-seeded jalapeno pepper

Mash avocados together with a fork or potato masher until smooth and then stir in all other ingredients until well mixed.

Pistachio Mayonnaise

- 3 egg yolks
- 1 c olive oil
- unrefined sea salt and pepper
- juice of 1/2 lemon
- 1 1/2 T basil, finely chopped
- 3 T parsley, finely chopped
- 3 T ground pistachio nuts

Whisk egg yolks in a bowl. Continue to whisk and pour in oil in a very slow trickle, until it has all been absorbed. Still whisking, add salt, pepper and lemon juice to taste. Stir through basil, parsley and nuts to give a smooth very thick sauce. If the mayonnaise curdles, continue its preparation to the finish. Beat another egg yolk in a clean bowl and gradually whisk in the curdled sauce. The mayonnaise keeps, covered and chilled, for up to 24 hours. It is less successful if made with a food processor or blender. Yield: about 1 c.

Tartar Sauce

- 1 c mayonnaise (see recipe)
- 1/4 c finely chopped onion
- 1 T lemon juice
- 1/2 t dried dill

Mix ingredients together. The flavor is best after chilling for an hour before serving.

Marinades

Chicken Marinade

- 1/2 c lime juice
- 1/4 c olive oil
- 3 garlic cloves, minced
- 1 jalapeno pepper, cut in 1/8 inch slices (do not remove seeds)
- 1/4 c chopped cilantro
- dash pepper

Combine all ingredients. Pour over one lb skinless/boneless chicken breast halves. Marinate at least 2 hours. Remove chicken from marinade and either grill or broil. Brush with remaining marinade during cooking.

Coconut Marinade

- 1/3 c coconut milk
- 2 T lime juice
- 1 T raw honey
- 2 T ginger root, finely grated

Combine ingredients and marinate steak, chicken, fish or pork before barbequing. Baste with marinade during barbequing.

Shallot, Steak Marinade

- 1/3 c mince shallots
- 1/2 c olive oil
- 3 T thyme
- 1/4 t white pepper
- 3 T freshly squeezed lemon juice

Mix the marinade ingredients in a non-reactive pan. Score the meat, and place it in the pan and turn in the marinade. Marinate for at least two hours at room temperature or up to 24 hours refrigerated. If refrigerated, turn the steak in the marinade occasionally. Remove the steaks from the marinade (retain marinade) and grill to taste. Bring the remaining marinade to a boil in a non-reactive saucepan and remove from heat. Carve the meat in thin diagonal slices across the grain (this makes for a tender cut) and arrange the slices on a warm platter. Pour the carving juices and the marinade over the meat. Garnish with parsley sprigs or watercress.

Shrimp Marinade

- 1/4 t dry mustard
- juice of 1 lime or lemon
- 1/4 c olive oil
- 1/2 t raw honey
- pepper
- dash cayenne pepper

Mix all ingredients together. Marinate shrimp for several hours.

Salad Dressings

Balsamic Vinaigrette Dressing

- 3/4 cup Balsamic vinegar
- 2 cloves of garlic, crushed
- 1 1/2 tsp dried oregano
- 1 1/2 tsp mustard (use recipe in book)
- 3/4 cup olive oil
- sea salt, to taste
- ground black pepper, to taste

In a jar or glass container, add all the ingredients. Close the lid. Shake vigorously.

Simple Salad Dressing

- 1 c extra virgin olive oil
- 1/4 c balsamic vinegar
- 1 garlic clove, finely minced
- 1 t dry mustard powder
- 1 t raw honey
- 1 Tbs lemon juice
- 1 t unrefined sea salt
- 1/2 t freshly ground black pepper
- 1 t dried herbs of choice (basil, thyme, chives, rosemary, oregano, tarragon)

Whisk (or put in blender) balsamic vinegar, dry mustard, minced garlic, raw honey and lemon juice until blended. Gradually add olive oil while whisking (or blending). Mix salt, pepper and dried herbs in to taste. Store in the refrigerator.

Honey Mustard Dressing

- 1/2 c water
- 1/4 c olive oil
- 1 t mustard powder
- 1 pinch white pepper
- 1/8 t garlic powder
- 2 T raw honey

Mix all ingredients together in a cruet and thoroughly shake before using.

Honey, Paprika Dressing

- 1 c tomatoes
- 1/2 c olive oil
- 1/2 c lemon juice
- 1 T raw honey
- 1 t paprika
- 1 small green onion or 1 t onion powder
- 1 t horseradish powder (optional)
- 1 garlic clove (optional)

Put everything in a blender and blend until smooth.

Paprika, Basil Dressing

- 2 stalks celery and leaves, very finely chopped
- 2 small green onions and tops, very finely chopped
- 1 t paprika
- 1/4 t dried basil
- 1/8 t marjoram or rosemary
- 1/2 c olive oil
- 2/3 c lemon juice

Put all ingredients into a tightly covered jar and shake vigorously until well blended. Allow to stand in refrigerator until flavors are blended.

Ranch Dressing

- 1 c mayonnaise (see recipe)
- 1 c coconut milk
- 1 t dried dill
- 1/2 t garlic powder
- pepper to taste

Mix all ingredients together. Best if refrigerated at least one hour before serving.

Tomato Dressing

- 1/3 c tomato paste, no salt added
- 1/2 c olive oil
- 1/3 c lemon juice
- 1 clove garlic
- 1 onion, chopped
- 1 T raw honey

Put everything in a blender and blend until smooth.

Spinach Dressing

- 1 T raw honey
- 1/3 c lemon juice
- pepper to taste
- 1 t minced tarragon
- 1/3 c olive oil

Dissolve honey in lemon juice. Add pepper and tarragon and stir. Pour this mixture into a cruet, add the oil and shake vigorously to blend.

Creamy Citrus Dressing:

- 1 Small Avocado, Peeled and Pitted
- 1 C Fresh Squeezed Orange Juice
- 1/4 C plus 2 T Fresh Lime Juice
- 1 Handful Cilantro
- 1 Green Onion, coarsely chopped
- 1 T Chopped Shallot
- 1/2 Small Jalapeno
- 1/2 t. Unrefined sea salt
- 1/2 C Extra Virgin Olive Oil
- Freshly Ground Black Pepper

Blend all of the ingredients, except oil, in a blender until smooth. While the blender is running, stream in oil to emulsify. The dressing will be a thick, creamy consistency. Adjust any of the ingredients to suit your taste.

Chive Vinaigrette

- 1/2 C Extra Virgin Olive Oil
- 1/4 C Snipped Fresh Chives
- 2 T Fresh Squeezed Lemon Juice
- 2 T Fresh Squeezed Grapefruit Juice
- 1/2 t. Ground Brown Mustard Seed
- Unrefined sea salt and Black Pepper

In a blender, puree the oil and chives until smooth. Strain out the chive pulp, if you'd, and set strained oil aside (it will be a really pretty green hue). Add remaining ingredients to the blender and blend. While the blender is running, slowly stream in oil to emulsify.

Grapefruit-Chive Vinaigrette:

- 1/2 C Extra Virgin Olive Oil
- 1/4 C Snipped Fresh Chives
- Juice of Two Grapefruits
- Unrefined sea salt and Black Pepper

Roasted Poblano Vinaigrette

- 1 Poblano Chile, roasted, peeled, seeded, and chopped
- 1 t. Red Wine Vinegar (or lemon or lime juice)
- 1/2 Clove Garlic
- 1/2 t. Raw Honey
- 1/8 C. Olive Oil
- Unrefined sea salt and Pepper, to taste

Combine pepper, vinegar, garlic, honey, and 1 T. cold water in a blender and blend until smooth. With the motor running, slowly add the oil and blend until emulsified. Add salt and pepper, to taste.

Salsas

Asian Caramelized Pineapple

- 1 1/2 t olive oil
- 1 1/2 T minced red onion
- 1 large garlic clove, minced
- 2 c diced pineapple
- 1 1/2 t chopped seeded red jalapeño pepper
- 1 1/2 t lime juice
- 1 t chopped peeled ginger
- 1 1/2 t chopped cilantro

Heat oil in a large nonstick skillet over medium heat. Add onion and garlic to pan; cook 2 minutes. Add pineapple; cook 5 minutes or until lightly browned. Add pepper, juice, and ginger; cook 2 minutes. Remove from heat; stir in cilantro. Use for fish, pork chops.

Peach Salsa

- 1 c peeled and finely chopped peaches
- 1/4 c chopped red onions
- 1/4 c chopped yellow or green peppers
- 1 T lime juice
- 2 t cilantro
- 1/2 t raw honey
- Cayenne pepper to taste

In a medium bowl, stir everything together. Cover and chill for up to 6 hours.

Mango Salsa

- 1 ripe but firm mango
- 1/2 medium red onion
- 1 jalapeno chile
- 1 small cucumber
- 3 T fresh cilantro leaves
- 3 T fresh lime juice
- 1/16 - 1/8 t unrefined sea salt
- pepper to taste

Peel, pit and dice the mango. Peel, seed and dice the cucumber. Finely chop the red onion, jalapeno, and cilantro. Combine all ingredients in a bowl. Season with salt and pepper to taste, chill, and serve with grilled chicken or pork.

Desserts

Breads

Banana Bread

- 3 eggs, separated
- 1/4 c raw honey
- 1/4 c olive oil
- 2 small bananas or 1 large banana, mashed
- 1 t vanilla extract
- 1 1/2 c almond meal

Preheat oven to 350 F. Cream egg yolks and honey in a large bowl until light and fluffy. Add oil, vanilla extract, mashed banana and almond meal, combine well. In a separate bowl, beat egg whites until stiff peaks form. Fold into banana mixture.

Line a loaf tin with baking paper and pour in banana mixture. Place in oven for 20-25 minutes or until cooked. Test by inserting a knife into the middle of the loaf.

Coconut Bread

- 2 eggs
- 1/3 c olive oil
- 1/2 c raw honey
- 1 c coconut milk
- 1 t vanilla extract
- 1 c almond meal
- 1/2 c coconut flour
- 1 t baking powder (or separate 2 eggs and beat the egg whites until stiff peaks form, then fold into the coconut mixture to help in aerating the bread)
- 1/4 c desiccated coconut

Preheat oven to 350 F. Cream eggs, oil, and honey in a large bowl until light and fluffy. Add coconut milk and vanilla essence. Add almond meal, coconut flour, baking powder substitute and desiccated coconut, combine well.

Line a loaf tin with baking paper and pour in coconut mixture. Place in oven for 50-60 minutes or until cooked. Test by inserting a knife into the middle of the loaf.

Easy Bread

- 1 c almond butter
- 3 eggs
- 1 T vinegar
- 1/2 t baking soda
- 1/4 t unrefined sea salt

Blend almond butter and eggs until smooth. Add in remaining ingredients. Pour into a sprayed 8 1/2" by 4 1/2" loaf pan and smooth the top. Bake at 350 degrees for 30-40 minutes. Let cool before slicing.

Classic Almond Bread

3 1/2 cups almond meal

4 eggs

1 tablespoon honey

3/4 teaspoon apple cider vinegar

3/4 teaspoon baking soda

1/4 teaspoon salt

Preheat the oven to 300 degrees F. In a large mixing bowl combine the almond meal, baking soda, and salt. In a small bowl beat together the eggs, honey, and apple cider vinegar. Pour the liquid into the dry ingredients and mix well. Grease a loaf pan with oil. Bake for 45 minutes or until bread is golden.

For tuna sandwich

- 1 can tuna, in water
- 1/2 c cherry tomatoes, cut in half
- 1 c baby spinach leaves
- 1 slice sandwich bread

Preheat grill to medium heat. Place tuna, cherry tomatoes and spinach onto one slice of the Focaccia, place other slice on top and place into closed grill for 1-2 minutes.

For Chicken, Avocado and Salad sandwich

- 1/2 chicken breast, grilled
- 2 T avocado
- 1 c chopped lettuce
- 1 small cucumber, sliced
- 1 slice sandwich bread

Place chicken, avocado, lettuce and cucumber onto one slice of the Focaccia, place other slice on top and place into closed grill for 1-2 minutes.

French Toast

- 4 Dates
- 2 Eggs
- 1/4 c Coconut Milk
- 1/2 T. Pure Vanilla Extract
- 1/2 T. Cinnamon
- 1 T. Coconut Oil, for grilling
- Homemade bread (using a recipe with allowed ingredients)

Mix all of the ingredients (except for oil) in a blender, until smooth. Pour wet mixture into a large bowl of shallow baking dish. Soak bread in the mixture for approximately five minute and then flip. Soak on the second side for another 10 minutes of so...to really get the custard absorbed.

*Heat the oil on a griddle or heavy-bottom pan over medium heat. Cook on first side for 5-7 minutes and then flip. Cook for another 7-10 minutes, until golden brown and cooked through.

Zucchini Bread

- 1 1/2 c almond flour
- 1 1/2 t baking soda
- 1/2 t unrefined sea salt
- 1 t cinnamon
- 1 c grated zucchini, water squeezed out
- 3 eggs
- 3 T maple syrup
- 1 banana, mashed
- 1 T coconut oil, melted

Preheat oven to 350 degrees and grease two mini bread loaf pans.

Combine dry ingredients in a small bowl and set aside.

Combine wet ingredients besides zucchini in a stand mixer and beat on medium for about 2 minutes. Alternatively, combine in a large bowl and whisk together vigorously.

Add zucchini and mix until combined.

Pour dry ingredients into wet and mix until incorporated.

Pour batter into loaf pans.

Bake for 32-35 minutes until a toothpick comes out clean.

Remove from oven and let cool for 5 minutes.

Transfer bread out of loaf pan and cool on wire rack.

Cakes and Muffins

Almond Muffins

- 1 c almond butter
- 1 c sliced raw almonds
- 1 c pure coconut milk
- 2 c shredded unsweetened coconut
- 3 eggs Beat and pour in muffin cups.

Cook at 400 F for 15 minutes.

Almond Coconut Pancakes

- 1 egg
- 1/4 c of ground almonds
- 1/4 c of coconut milk

Cook as regular pancakes in coconut or olive oil.

To cook an oven pancake: Preheat oven. Heat the pan (a cast iron frying pan works the best) in a 425 F oven until hot, add some olive oil or coconut oil to the pan (1 T) and then add the egg mixture. Cook for 10 minutes. No turning. It will not puff up like the ones made with rice flour instead of almonds.

Apple-Pecan Flaxseed Muffins

- ½ c almond flour
- ½ c flax meal
- 1 t baking soda
- ½ t unrefined sea salt
- 1 t cinnamon
- ½ t nutmeg
- 4 dates
- 4 eggs
- 2 T coconut oil
- 2/3 c water
- 1/4 c sesame seeds
- 1/4 c sunflower seeds
- 1/4 c finely chopped pecans
- 1/2 c shredded coconut (unsweetened)
- 3 oz. dried apples (no sugar or other additives)

In a large bowl combine almond flour, flax meal, cinnamon, nutmeg, baking soda and salt
In a blender, blend dates, dried apples, eggs, coconut oil and water on high speed until very smooth
Mix wet ingredients into dry, then stir in sesame seeds, sunflower seeds, shredded coconut, and pecans

Spoon batter (I used a full ice cream scoop, which yielded six muffins) into lined muffin tins
Bake at 350° for 25-30 minutes (for six large muffins) or 17-22 minutes (for nine medium muffins)

Banana Flaxseed Pancakes

- 1/2 c mashed banana
- 2 T almond butter
- 1 1/2 T ground flaxseeds
- 1 egg
- Coconut oil

Place ingredients in a bowl except for the coconut oil and combine well. Place some coconut oil in a frying pan on low-medium heat, and then place a scoop of pancake mixture into the frying pan. Cook for 1 minute before flipping over and cooking for a further 1 minute on the other side.

Blueberry Walnut Pancakes

- 1/2 c finely ground walnuts (should look like a coarse flour)
- dash of unrefined sea salt
- 1/2 t baking powder (no aluminum)
- 1 egg
- 1/2 c pure water
- 1 1/2 t olive oil
- chopped walnuts
- blueberries

You can vary the ingredients, but make sure the batter is thick enough to support the blueberries and chopped walnuts. Cook each pancake in a little oil, flip once and serve. Can add a small amount of warm, raw honey.

Quick Pancakes

- 2 eggs
- ½ c unsweetened applesauce
- ½ c nut butter (almond/cashew nut butter works well)
- ¼ t of cinnamon
- ¼ t of vanilla extract
- coconut oil

Mix all ingredients in a bowl, except coconut oil, and stir well. Use coconut oil to grease pan and cook pancakes over low/medium heat for 1-2 minutes and flip. Use your favorite topping and enjoy!

Carrot Cake

- 6 eggs, separated
- ½ c raw honey (or less)
- 1 ½ c carrots, cooked and pureed
- 1 T grated orange rind
- 1 T frozen orange juice
- 3 c almond flour

Preheat oven to 325 F. Beat the egg yolks and honey together. Mix in carrot puree, orange rind, orange juice, and almond flour. Beat the egg whites until stiff and fold in. Spoon into a greased loose-bottomed 9-inch spring form pan. Bake for about 50 minutes or until a skewer inserted into the centre of the cake comes out clean. Cool in the pan for 15 minutes, then turn out onto a wire rack to cool completely.

Anything could be put in place of the carrots (pumpkin, zucchini, etc.) since the vegetable is pureed first.

Carrot Cake Cupcakes

For the carrot cupcakes

- 3 large carrots, shredded (about 1.5 cups worth)
- 1 c almond flour/meal
- 2 eggs, whisked
- 1/4 c coconut oil, melted
- 1 T [Raw Honey](#)
- 1 T cinnamon
- 1 t vanilla extract
- 1 t nutmeg
- 1/2 t ginger
- 1/4 t cloves
- 1/2 t baking soda
- 1/2 t baking powder
- pinch of salt
- 1/4 cup chopped walnuts (optional)
- 1/4 cup raisins (optional)

For the frosting

- 1.5 cups raw cashews (unsalted)
- 5 T [Coconut Cream Concentrate](#)
- 1/3 cup canned coconut milk
- 1 tablespoon [Raw Honey](#)
- 2 ts vanilla
- 1/2 t cinnamon

Preheat your oven to 350 degrees. Shred your carrots in your food processor with the shredding attachment or use a grater. Add all the carrot cupcake ingredients to a large bowl and mix thoroughly to combine. Place cupcake ingredients into a muffin tin lined with paper liners or silicone liners (like I use). Should fill 10-12 muffins. Bake for 18-20 minutes. Now on to make the frosting! Add your cashews and turn on until you get a chunky meal. Then add your 5 tablespoons of coconut creme concentrate. Once that has combined, add your coconut milk, honey, vanilla, and cinnamon. When you get a paste/frosting, taste to see if you would like any salt added. Once your cupcakes are done baking, let cool COMPLETELY, cut in half and place frosting between the two halves and on top of your cupcake. Sprinkle with cinnamon or extra shredded carrot OR a bit of orange zest!

Chestnut Cake

- 600g chestnut flour
- 3 T olive oil
- 70g raisins
- 40g pine nuts
- 40g walnuts
- rosemary

Sift the chestnut flour into a mixing bowl and gradually add 800ml of water, whisking continually to avoid lumps forming, until you have a smooth paste, neither too runny nor too thick, but forming ribbons when it falls from the spoon. Soak the raisins and squeeze out the excess water. Add two T of oil, and then the raisins, pine nuts and shelled walnuts to the batter.

Pour the mixture into a shallow, greased baking tray (the cake should only be about 1cm high), sprinkle some rosemary leaves on top and drizzle a T of oil over. Put in the oven for thirty minutes. Leave aside for about half an hour before serving, as the cake should be eaten either tepid or cold.

Chocolate Snack Cakes

- 10 dates
- 1 c of unsweetened applesauce (or one ripe banana)
- 3 eggs
- 1/2 c coconut oil
- 2 t vanilla extract
- 1/2 c coconut flour
- 1/2 c unsweetened cocoa powder
- 1 t baking soda
- 1/2 t unrefined sea salt
- 1/2 c strong brewed coffee

Place the medjool dates in a food processor and pulse until completely pureed.

Add applesauce (or banana) and continue to pulse until pureed and combined with the dates. Add the fruit purée to the bowl of a stand mixer, add the eggs, vanilla, coconut oil and coffee and mix on low-medium speed until well combined. Combine the dry ingredients in a separate bowl. Slowly add the dry ingredients into the wet ingredients and mix on low-speed, scraping down the sides, until you have a smooth batter. Grease a 8×8 glass pan with coconut oil, pour in the batter and smooth it with the back of a spatula. Bake at 350 degrees for 30-35 minutes or until a toothpick stuck in the middle comes out clean.

Chocolate Cake in a Mug

- 1.5 T coconut flour
- 1.5 T almond flour
- 2 T walnut oil
- 2 T unsweetened cocoa powder
- 2 T raw honey
- 1 egg
- 1/2 t vanilla extract
- pinch of unrefined sea salt
- pinch of cinnamon

Add all ingredients to a mug. Mix all ingredients well with a spoon. Microwave for 2 minutes. Consume.

Chocolate Nuts

- 3.5 oz Unsweetened Dark Chocolate
- 1 c squeezed orange juice
- 2/3 c raw honey
- Unrefined sea salt
- 5oz Nuts of your choice

In a small sauce pan, heat the orange juice on medium heat. As it starts to simmer, reduce heat to low and add the chocolate. It should take a few minutes for the chocolate to completely melt, but once it has, slowly pour in the honey while stirring the melted chocolate. Once the honey, chocolate and orange juice are mixed thoroughly, give it a taste. Take the nuts of your choice and drop them in the chocolate. Mix the nuts around until they are fully coated and then scoop each one out with a fork and place on parchment paper. Sprinkle a tiny bit of unrefined sea salt on each nut. Put in the refrigerator and let cool.

Coconut Pound Cake with Strawberries

- 6 eggs
- 1 C coconut milk
- 1/2 C raw honey
- 1 t. vanilla extract
- 1/4 t. coconut extract
- 1/4 t. orange extract
- 1 C coconut flour
- 1/4 t. baking soda
- 1/4 t. cinnamon
- 1/8 t. unrefined sea salt
- Coconut oil

Preheat oven to 350 degrees. Beat the eggs with the coconut milk, honey and extracts, until smooth. Add the coconut flour, baking soda and salt. Mix until a smooth batter forms. Grease a loaf pan with coconut oil, and sprinkle with some coconut flour to lightly coat pan. Pour batter into the loaf pan. Bake for about 40-45 minutes, until pound cake separates from the sides of the pan and a toothpick inserted into the center comes out clean! Allow the pound cake to cool before removing it from the pan.

Strawberries:

Thinly slice 2 pints fresh, well rinsed, strawberries. Add to a bowl. Sprinkle with 2 T organic coconut palm sugar. Let the mixture sit and marinate until strawberries create a juicy syrup.

Crepes with Apple Filling

- 1/4 c canned coconut milk
- 1/4 c coconut flour
- 8 egg whites
- 2 whole eggs
- 2 T melted coconut oil
- 1/4 t vanilla (optional)

Beat the egg whites and eggs with a wire whisk or hand mixer until a little frothy. Then sift your coconut flour and add it in along with the remaining ingredients and beat really well. Heat a small skillet over medium heat with a little bit of Coconut oil in the pan so they don't stick if you are using a stainless steel pan, let it start smoking then pull the pan off the heat for a bit. Reduce the heat to low and pour in a small amount of batter (about 3-4 T) and swirl it around in the pan to coat the bottom and sides of the pan thinly. Cook for a few minutes, watching closely, when the edges start to curl, flip it over and cook the other side. I like to use a silicone spatula to loosen the edges a bit while it's cooking so it doesn't stick. It usually takes less time on the second side. Remove from the pan and either set aside or fill with your filling of choice either savory or sweet, fold and eat. Repeat these steps applying more coconut oil as needed to the pan (you don't need to heat it up just add at low temp). This will make about 10 thin crepes.

Filling:

- 4 Fuji apples sliced very thinly (about 7-8 c)
- 1/4 c coconut oil
- 1/2 c raisins
- 1 c canned coconut milk
- 1 T cinnamon

Slice your apples thinly and set aside. When all your apples are sliced, place the coconut oil in a large skillet and melt. When your oil is all melted add the apple slices and sauté over med-high heat or high heat until softened. Then lower heat to medium. Add in the coconut milk, raisins and cinnamon and simmer stirring occasionally until it thickens up nicely and makes a sauce, usually just a couple of minutes. And then they are ready to serve.

Lemon Blueberry Muffins

- ¼ c coconut flour
- ¼ t unrefined sea salt
- ¼ t baking soda
- 3 eggs
- ¼ c raw honey
- ¼ c coconut oil
- 1 T lemon zest
- 1/2 c frozen organic blueberries (look for small blueberries)

In a medium bowl, combine coconut flour, salt and baking soda. In a large bowl, blend together eggs, honey, oil and lemon zest. Blend dry ingredients into wet. Fold in blueberries. Spoon 1 heaping T of batter into each lined mini muffin cup. Bake at 350° for 8 to 10 minutes. Cool and serve

Nut Flour Muffins

- 1 1/4 c of nut flour (walnuts, almonds, sunflower seeds, etc.)
- 2 eggs
- 1 banana
- 1/8 c of coconut oil
- handful of berries or fruit (blueberries, apple grated, peach, etc.)

Place everything except fruit in a food processor. Add fruit before pouring into greased muffin tins. Bake at 350 F for 12-15 minutes.

Pumpkin Muffins

- 1½ c almond flour
- ¾ c canned pumpkin (or cook and puree pumpkin yourself)
- 3 large eggs
- 1 t baking powder
- 1 t baking soda
- ½ t ground cinnamon
- 1½ t pumpkin pie spice (use recipe in condiments section unless you buy some that doesn't have ingredients that aren't allowed such as sugar)
- 1/8 t unrefined sea salt
- 1/4 c raw honey (optional)
- 2 t almond butter
- 1 Tbs sliced almonds

Preheat oven to 350°F.

Coat muffin tins with coconut oil (or use paper muffin cups and add 1/2 t melted coconut oil to batter).

Mix all ingredients and pour evenly into tins.

Bake for 25 minutes on the middle rack.

Sprinkle almonds on top immediately after taking them out of the oven.

Cookies

Almond Cookies

- 1 c almond butter
- 1 whole egg or egg white (not extra large or jumbo - too much liquid)
- 2 T unsweetened applesauce
- 1/2 c raisins or other chopped dried fruit
- 2 T desiccated unsweetened coconut

Beat all ingredients together. It should be thick batter, but not as thick as cookie dough. Drop by T on a cookie sheet. Bake in oven (around 375 F) until they start to go golden, about 10-12 minutes. Allow to cool. You can add a couple of t of honey or fruit juice sweetened jelly, or some dried orange peel, cinnamon or allspice.

Almond Macaroons

- 1-1/4 c almonds
- 1/8 t cinnamon
- 2 T grated lemon peel
- 2 egg whites, beaten
- 1/4 c raw honey
- 2 T lemon juice

Grind almonds coarsely. Combine cinnamon and lemon and add. Beat egg whites very stiff, fold in honey and continue beating. Fold in lemon juice with almond mixture and blend. Drop from a t onto ungreased parchment paper. Bake 30 minutes at 250 F. Remove from paper while still slightly warm. Makes 30 macaroons.

Simple Cookies

- 1-1/4 c blanched almond flour (it has to be the blanched flour. Almond *meal* will give you a different consistency)
- 1/4 t baking soda
- 1/4 t celtic unrefined sea salt
- 2 T coconut oil, melted
- 4 T raw honey
- 1 t pure vanilla extract

Mix flour baking soda & salt in a small bowl. In a separate bowl mix melted coconut oil, honey and vanilla. Then incorporate dry ingredients into wet and mix well. Line a baking sheet with parchment paper and spoon small balls of your mixture onto cookie sheet (or use a small cookie scoop). Use the palm of your hand or a fork to flatten the cookie (they will not spread on their own like regular cookies).

Cranberry Ginger Cookies

- 2 1/2 C Almond Flour
- 1/2 C Almond Butter
- 1/2 C Unsweetened Shredded Coconut
- 1/2 C Dried Cranberries
- 1/2 C Raw Honey
- 1/4 c melted coconut oil
- 1 Egg
- 1 T Ground Ginger
- 1/2 T Unrefined sea salt
- 1/2 T Baking Soda

Preheat oven to 350 Degrees. Combine all the ingredients above except for cranberries in a mixing bowl and mix well with your hand mixer. Fold in your dried cranberries and ensure an even distribution by hand. Using your cookie scoop, place scoops of cookies on a parchment lined baking sheet leaving room between the cookies because they will slightly expand. Using the back of a spoon or your hand, slightly flatten the cookies. Bake in the oven for 10-15 minutes or until done but ensure you continually check it so you don't burn them, some peoples ovens will be hotter than others. Remove from the oven, place on a cooling rack or plate.

Cinnamon Walnut Clusters

- 2 c walnuts
- 1 c raw honey
- 1/2 c cinnamon
- 1 t vanilla

In a large bowl, mix honey, cinnamon and vanilla into paste. Stir in walnuts until thoroughly coated. Form into small clusters and dehydrate at least 24 hours. Various spices and nuts can be substituted. Can add coconut and dried fruits.

Macaroons

- 1 7-ounce bag shredded unsweetened coconut (2 2/3 C)
- 1 c sliced raw almonds
- 1/4 c raw honey
- 4 large egg whites

Preheat oven to 325 F. Grease 2 large cookie sheets. In a large bowl, measure coconut, almonds, and honey. With spoon, mix until combined. Stir in egg whites until well blended. Drop mixture by heaping T, about 2 inches apart, on cookie sheets. Place cookie sheets on 2 oven racks. Bake cookies 20 to 25 minutes until golden, rotating cookie sheets between upper and lower racks halfway through baking time. With pancake turner, remove cookies to wire racks to cool completely. Store cookies in tightly covered container. Yield: about 1 1/2 dozen.

Nutty Coconut Cookies

- 4 egg whites
- 1 t vanilla extract
- 1/2 t unrefined sea salt
- 1/2 c raw honey
- 1 c flaked coconut
- 1/4 c sesame seeds
- 1/4 c sunflower seeds
- More coconut for folding

Pre heat oven to 300 F. Place baking parchment over a cookie sheet and oil thoroughly. Whip egg whites until firm peaks form. Toast coconut and seeds in a dry frying pan until fragrant and light brown. Add vanilla and salt to eggs and mix well. Fold in honey and coconut/seed mixture. Mix until just combined. Place by t on parchment sheet. Do not put them directly on a cookie sheet because they will stick. Bake at 300 F for 20-30 minutes until firm and browned. Do not remove from parchment until cool.

Tea Cookies

- 2 c raw honey
- 2 c ground walnuts
- 4 c almond flour
- 1/2 t nutmeg
- 1/2 t ginger
- 1/2 c dried fruit chopped

Preheat oven to 350 F. Lightly grease cookie sheets, or line with parchment paper. Warm honey in a saucepan. Let mixture cool slightly. Sift together flour and spices. Place honey in mixing bowl; gradually add flour mixture and stir until well blended. Stir in dried chopped fruit. Roll dough about 1/4-inch thick on a floured board; cut into squares and rectangles with a pastry wheel or sharp knife(or make drop cookies, dropping the dough by ts). Bake ten minutes. These cookies keep almost forever in a sealed container. Over time, they become softer and chewier--perfect for dunking in your tea or coffee. Makes four dozen.

Walnut Cookies

- 2 c walnuts
- 1/8 c raw honey (more or less to taste)
- 1 T cinnamon
- 2 egg whites, whisked till frothy

Grind nuts and cinnamon in blender or food processor. Stir in honey. Combine with egg whites. Drop by t on oiled cookie sheet. Bake at 350 F for 15 minutes. Cookies will be soft; do not over bake. Makes 15 cookies. This works well for a pie crust too.

Pies

Pie Crust

- 1 1/4 c almond meal
- 2/3 c coconut oil
- 1/4 t unrefined sea salt
- 5 T icy water

Combine almond flour and unrefined sea salt in a mixing bowl, stir in coconut oil and mix until mixture resembles coarse crumbs. Mix in water, 1 T at a time, until dough is formed. Refrigerate until ready to use. When ready, roll out and place in a pie dish. Fill your favorite fruit (apples, blueberries) and bake at 450 F for 15 minutes or until crust turns a rich golden brown.

Fillings

Apple Pie Filling

- 3 cooking apples, sliced
- 1 t cinnamon
- 1/4 t grated nutmeg
- 1 T olive oil
- pecans (optional)

In a large bowl, combine apples, cinnamon and nutmeg. Toss until apples are evenly coated. Spoon into pie crust and dot top with olive oil. Bake 30 minutes at 350 F until apples are tender when pierced with a knife. Cool slightly before serving. Top with chopped pecans if desired.

Pumpkin Pie Filling

- 1.5 c pumpkin puree (not pumpkin pie filling that is pre-sweetened)
- 3 eggs
- 3/4 c maple sugar flakes
- 3/4 c coconut milk
- 1 t vanilla extract
- 1/2 t unrefined sea salt
- 2 t cinnamon
- 1/2 t powdered cloves
- 1/2 t nutmeg
- 1/8 t ginger

Mix all filling ingredients in a bowl. Pour into a lightly pre-cooked pie crust. Bake at 350 F for 30 minutes or until golden.

Puddings

Berry Custard

- 4 eggs
- 4 egg yolks
- 2 c berries - mashed up (boysenberries are good)
- 1/2 t or raw honey
- 1/2 c coconut oil

Whisk all ingredients except the oil, in a bowl over simmering water until thick (about 10 minutes). Remove from heat, whisk in coconut oil and eat. Can serve cold.

Coconut Pudding

- 1 can coconut milk
- 1 egg yolk
- 3 or 4 T almond flour
- raw honey

Stir yolk, flour, and honey together to form a paste. Using a small pan, heat it over medium heat for one minute. Add the milk and turn the heat up. Once it starts boiling, stir continuously to get all the lumps out. When it is smooth, turn off the heat and serve. A few berries, nuts, or banana slices go well with this. Add a drop or two of vanilla, or even a pinch of cinnamon. Serve hot.

Coconut Banana Pudding

- 1 can coconut milk
- 2 bananas

Chill coconut milk can in fridge. When can is cold, mix with slices of 2 bananas.

Green Pudding

- 1/2 large or 1 whole small avocado
- 1 ripe banana
- 1 rounded T favorite nut butter

Scoop out avocado pulp. Combine with nut butter and banana. Process in a blender to a smooth pudding consistency, adding a little water for consistency if required.

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