

THE Elimination Diet COOKBOOK

Over 100 easy to prepare,
highly nutritious meal ideas
to help you get the most out
of your Elimination Diet

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*Over 100 easy to prepare, highly nutrition
meal ideas to help you get the most out of
your elimination diet*

Dax Moy

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Introduction

When I first created the elimination diet some four and a half years ago now, I was hoping that it would successfully help to motivate and inspire people to change their diets in such a way that they would, almost instantly, see and feel the positive impact of the changes they were making.

I had decided, way back then, that it was not enough to deliver a dietary program that simply spoke of non-quantifiable benefits such as 'feeling healthier' or 'having more energy' but that rather, people who used it would know for sure that it was working because of the specific results they were attaining.

Similarly, it was important to me that the diet be one that not only worked in the short term, but continued to work and continued to deliver results for as long as it was being followed.

A tall order you might think.

I did too when I first put the program together. Not that I wasn't confident that the program would work, I'd already seen great results from hundreds of my personal training clients, but I guess I just wasn't sure what would happen when the diet was tested on a larger scale with thousands and tens of thousands of people using it regularly.

I needn't have worried.

In the last four years I've had well over 21,500 people use the elimination diet to get incredible results not only in terms of their general health and energy but also in specific areas such as fat loss, weight loss, hypertension control, cholesterol reduction and reports of better hair, teeth, skin, nails and physical strength and endurance.

All from my 'little' diet!

I say 'my' but, in reality, the rules I lay down in the diet are not concepts that are solely mine and neither are they new. In fact, most of the principles that the elimination diet derives from are well over 2000 years old.

They come from the works of Hippocrates, Galen, Lucretius and too many Chinese and Ayurvedic masters to mention here.

In fact, you could say that the reason that the diet is a success is because it follows an approach based upon these ancient principles rather than one that follows the latest methods that come onto the diet and weight loss bookshelves with alarmingly increasing speed and regularity.

It's the principle-based concepts that deliver the greatest results, last the greatest time and can be relied upon to consistently work and work well whereas the method-driven approaches are those that change year in, year out and that only work for some people some of the time.

My good friend Alwyn Cosgrove puts it this way:

**Methods there are many,
Principles but few.
Methods are often changing,
Principles never do.**

So, the elimination diet was built around principles.

Very simple principles really, but very effective nonetheless.

They simply say that for 30 days you should:

1. Eat only fresh, non-processed foods
2. Eat organic whenever possible
3. Cut out ALL sugar
4. Cut out ALL Wheat
5. Cut out all dairy except live yoghurt and organic butter
6. Cut out ALL caffeine
7. Cut out ALL alcohol
8. Drink plenty of clean, fresh water

...and then, at the end of the thirty day period, listen to your body as you try re-introducing these foods back into your diet. If there's no ill-effect then you can add a little of what you fancy on the odd occasion or skip it entirely if it makes you feel bad.

Hardly rocket science, I'm sure you'll agree. There's no calorie counting, no food combining, no protein to carbohydrate rations, no 'zones' or anything else.

Simply follow the rules above and your results are assured.

That was the theory anyway and I sat back and waited to find out whether or not the theory would hold up 'under fire' when I introduced it to a larger audience.

Well, I now receive literally hundreds of emails every week from people from all walks of life all over the world who write me to tell me that not only does the elimination diet work but that, for many, it's been a life-changing experience and that they now look, feel and perform better than they have in years.

The Main Criticism

However, one small criticism that's often thrown up about the elimination diet is that, whilst the program itself is very simple to follow, coming up with recipe ideas to support the diet is not so easy.

After all, people are creatures of habit and especially in relation to how they eat, right?

Being asked to actually think about what to eat, what ingredients they need and how to prepare them creates, for many at least, a stumbling block where they often trip up and go back to their old ways of eating, and so ruin their chances of succeeding with the diet.

It is for that reason that I've created this cookbook.

You see, I really had no intention of ever creating a cookbook. It's not my field, it's not my expertise and, though I genuinely enjoy cooking for my family and I'm told that my culinary skills are better than average, I'm hardly a Jamie Oliver or a Gordon Ramsey in the kitchen.

I'd always kind of thought that my readers would simply go out and buy cookbooks of their own.

But they didn't.

And for good reason.

99% of cookbooks, however well written and however great the chef, are simply not compatible with the elimination diet as they contain foods from the banned list.

In fact, I've been told by many people that, in order to get the variety of elimination diet compatible recipes required to get through a month, that they'd have to buy 4 or 5 cookbooks in total.

I don't know how true that really is, but it certainly highlighted to me a problem.

People were not sticking as strictly to the diet as they possibly could because they simply didn't know what to eat!

So, I relented and created the cookbook that you now see before you.

Within these pages you'll find over 100 recipes that cover breakfast, lunch, dinner and snacks that are all 100% compatible with the diet.

I've created each and every recipe with the busy person in mind so you'll find no 'fluff', no 'padding' and absolutely nothing there to rob you of your valuable time or keep you over a hot stove any longer than you have to be.

In fact, because I know how easy it is to fall off of a diet when it all starts to feel like too much hard work, I've created well over 75% of these meal ideas to be 'meals in minutes' so that you can prepare, cook and 'get on with it' rather than feeling like the diet has taken over your life.

In fact, this cookbook is more like a 'how to' book with quick, clear, step-by-step instructions to get you in and out of the kitchen as fast as possible with a nutritious and tasty meal in your hands.

Sound ok so far?

Good!

"Hi Dax

*having started the elimination diet i have
**dropped a dress size and lost a total of 6
inches**, I feel great, and won't ever go back to
caffeine.*

*I have more energy, sleep better and my
performance in sports has dramatically
improved.*

Thanks!"

Stephanie

How to use this book

Sounds strange doesn't it?

After all, this is a cookbook, you just flip it open and *use it* right?

Well, I guess you could do that but it wouldn't be the best way to get the results you're looking for.

You see, whilst all the recipes are elimination diet compatible, not all of them achieve the same things for all people.

For example, if you bought this book to help with weight and fat loss goals, then you'd be better served by choosing meals with less starchy carbs like rice and potatoes and opting instead for foods that contain a little more protein and fat from fish and meat sources.

(Whatever your goal, you should try to avoid eating carbohydrates like fruit or grains without also taking on some fat or protein to slow down your insulin response)

Now, I don't want this diet to get really boring by counting calories and grams of carbs etc (which is why I've specifically not included nutritional data for each meal) but it makes sense to plan in advance how your nutritional week is going to look don't you think?

That way, you'll never be caught out on what to eat and when and, come the end of the 30 days (and beyond) you'll get the results you were hoping for when you first started the program.

So, on the next page I've provided a 7 day planner where you can record breakfasts, lunches, dinners and snacks for the week ahead and determine at-a-glance whether or not you're getting a good balance of nutrients in support of your goals.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							

It may be useful to write down both the name of the food that you plan to eat as well as the page of the book that it's on. That way you'll be able to reference the recipes quickly, meaning that you'll spend less time in the kitchen and more time doing whatever it is that you really want to be doing.

Create A Shopping List... In Advance!

Now that you know what your weekly meal intake will look like, try creating a shopping list in advance for the foods that you'll be needing this week.

Be sure to include enough fruit, veg, live yoghurt, meat and fish to last you for up to four days so that supplies never run low and you'll never be tempted to cheat on the diet.

Seems like an obvious step but in truth, it's rarely, if ever, done and results in more dietary failure than any other reason.

Conversely, being prepared means that, all things being equal, you'll get a great result as you won't get bored of what you're eating and you'll always have the raw ingredients at home to keep those fine meals coming.

Just create a master ingredients list of all of the foods on your weekly planner and then either divide them into 2 small shopping lists that you shop for a couple of times during the week, or one big one.

In any event, don't get into the mindset of this being some great and difficult chore.

It's really not.

It'll take you literally 5 minutes to plan your week and another 5 minutes to create your shopping list. (I just did it to make sure it could be done this fast)

This ten minute investment every week will be paid back to you in consistent and reproducible results for as long as you commit to it.

"All my friends are commenting on how much better I look and I really feel more energised and much more confident - when I look at my before pictures I can't believe how much my body has changed. And I owe all this to you - yes I know that I committed to the exercise and the eating plan and that I did it - but you were the inspiration and the constant factor at the beginning when it was difficult to get going and remain committed.

Once the weight started coming off and the measurements were less and less every week then it became easier and gained momentum - thank you for giving me a new lease on life.

As for the future - well who knows? But one thing is for sure, I won't be going back to the sedentary, processed lifestyle I have left behind - so watch out future because here I come!!"

Suzanne

Finally...

This isn't an 'ordinary' cookbook.

When I first came up with the idea of creating a cookbook to accompany the elimination diet, I thought long and hard about how I could provide the best possible means to stay with the diet long-term.

I considered many means but by far the greatest feedback I received was that if my readers were given enough variety that they wouldn't find the diet a hardship at all.

So I've created a 'living' e-book.

What this means is that every month or so I'll be sending you an updated version of the book with a minimum of 10 new recipe ideas to keep you motivated and on track.

You won't have to pay any extra for this, I'm adding it as a free 'bonus' to kind of bribe you into staying on the diet for longer than the 30 days, or at least, following MOST of the principles most of the time.

This means of course that although you've bought 100 or so recipes, that at the end of the year, you'll have well over 200 to choose from.

Not bad huh?

Ok, enough of all this chatter... let's get to the recipes.

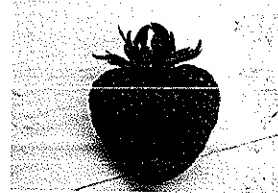
Enjoy!

Breakfast & Brunch

Summer Saturday Berry and Yogurt Parfait (serves 1)

Ingredients

1-2 cups of any combination fresh, strawberries (sliced),
blueberries, blackberries, or raspberries
1 cup plain, active culture yoghurt
small handful raw almonds
sprig of fresh mint



Directions

Spoon 1/3 of the yoghurt into a tall parfait glass (or similar substitute) then add an equal amount of berries. Continue layering the yoghurt/berries in this manner until the final top layer of yoghurt is added. Sprinkle the almonds on top and garnish with the mint. Serve well-chilled, preferably on the front porch or beneath a shady tree!

Lazy Morning Fruit Smoothie (serves 1)

Ingredients

1 whole orange, peeled, seeded, and sliced
1 cup strawberries, blueberries, blackberries, raspberries, or any combination thereof
1 cup plain, active culture yoghurt
a couple handfuls of crushed or cubed ice

Directions

Wash and prepare the berries. Combine all ingredients in the blender and blend on high speed until smooth and free of ice chunks. Serve with a straw and a favorite song.

Mellow Melon Smoothie (serves 1)

Ingredients

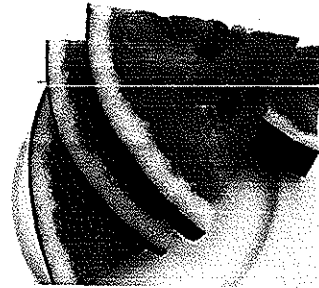
½ cup cubed and seeded watermelon

½ cup cubed honeydew melon

½ cup sliced, fresh pineapple

1 cup plain, active-culture yoghurt

handful of crushed or cubed ice



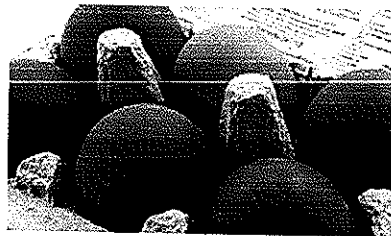
Directions

Combine all ingredients in the blender and blend on high speed until smooth. Serve with a straw on a picnic blanket in the sun.

Everything-but-the-Sink Scrambler (serves 1-2)

Ingredients

3 eggs, beaten
1 small avocado peeled, pitted, and diced
1 red or green bell pepper, seeded and diced
½ small onion, peeled and chopped
½ tomato, diced
fresh baby spinach leaves
fresh shrimp, shelled/tailed/deveined and boiled
1 tablespoon butter
1-2 cloves garlic, peeled and minced
any combination of the following fresh herbs, washed and chopped: parsley, basil, sage, tarragon, dill, or chives
Sea salt and pepper to taste



Directions

In a large skillet, sauté the onion, bell pepper, and garlic in the butter. When the onions are soft, add the shrimp, avocado, tomato, and spinach leaves. Continue sauteing on very low heat while you scramble the eggs with the herbs in a smaller, separate skillet. When the eggs and herbs are cooked and scrambled, add them to the large skillet and give everything a good stirring. Sprinkle with sea salt and pepper and enjoy with a plate of fresh fruit.

Warm Millet Porridge with Fruit (serves 2-4)

Ingredients

1 ½ cups uncooked millet
1 cup strawberries (sliced), blueberries, or cubed apples/pears
cinnamon and nutmeg, to taste
½ tablespoon butter
5 cups water

Directions

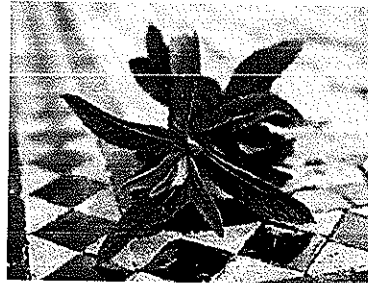
Put all ingredients except for the butter in a large saucepan and bring to a boil. Cover, and reduce heat to simmer until the millet is cooked and the water is absorbed (around 25-30 minutes). Stir in the butter until melted, sprinkle on extra cinnamon/nutmeg as needed, and tuck in!

Fresh Fruit Omelet (serves 2-4)

Ingredients

2 cups fresh fruit (berries are recommended)
1/3 cup plain, active-culture yoghurt
1/2 teaspoon cinnamon (more to taste)
2 tablespoons butter, divided
6 eggs, beaten
chopped fresh mint (optional garnish)

(makes 2 omelets)



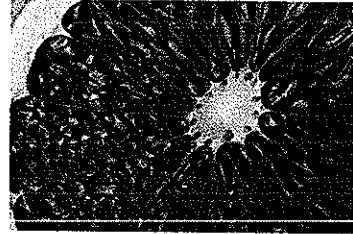
Directions

Position oven rack 6 to 8 inches from broiler and preheat broiler. Clean the fruit and cut into bite-size pieces if necessary. Set aside. In small bowl, stir together the yoghurt and cinnamon. Set aside. In 8- to 10-inch omelet pan or skillet, over medium heat, melt half of the butter and pour in half of the beaten eggs. As the eggs cook, use a spatula to lift the edges, letting uncooked egg run underneath. When no loose egg will move to the edge, remove pan from heat and allow egg to completely set by placing the pan under the broiler. Spread half of the fruit on one side of the omelet and top with a generous dollop of the yoghurt/cinnamon mixture. Fold other side over the fruit and slide the omelet onto a plate. Garnish with more yoghurt mixture and fresh mint. Cook the second omelet the same way and share with someone you love.

Sunrise Grapefruit (serves 1-2)

Ingredients

1 large grapefruit, cut in half
2 teaspoons softened butter
2 tablespoons cinnamon



Directions

Cut a little flesh from the center of each grapefruit half. Cut around each section so it will be easy to spoon out when eating. Place one teaspoon of butter in the center of each half and sprinkle the cinnamon over the fruit. Broil until butter is melted and serve immediately.

Country Potato Cakes (serves 3-5)

Ingredients

3 large potatoes (peel or un-peeled), scrubbed and boiled until soft
3 tablespoons finely chopped onion
2 tablespoons finely chopped celery
2 tablespoons green or red bell pepper, finely chopped
2 tablespoons brown rice flour
1 tablespoon fresh parsley, minced
sea salt to taste

Directions

Shred the potatoes in a food processor or with a grater. Combine with the remaining ingredients and shape into four patties. Cook on a nonstick griddle or in a greased pan until browned on both sides.

Let Them Eat Pancakes (serves 4-6)

Ingredients

1 cup rice or millet flour
½ cup soy flour
½ cup corn meal
1 tablespoon non-alum baking powder
¼ teaspoon sea salt
1 egg, beaten
1 ½ cup water
2 tablespoons olive oil

Directions

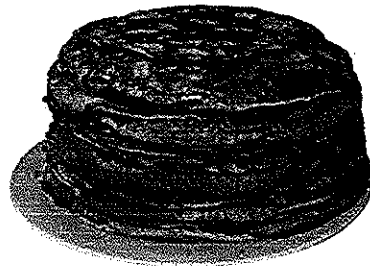
Combine all dry ingredients. Stir together all liquids and add to dry ingredients. Bake on pre-heated griddle or pan (350 F. to 375 F.). Turn only once and serve topped with cinnamon apple slices.

Feather-Light Pancakes for a Crowd

Ingredients

4 eggs
1 teaspoon baking powder
1-2 tablespoons cinnamon

¼ cup water
½ teaspoon sea salt
1 ½ cup rice flour
2 cups plain, active-culture yogurt



Directions

Blend all ingredients until there are no lumps. Drop batter by spoon onto a lightly greased (butter) griddle until 1 side bubbles. Flip pancakes and bake until golden brown. Can be covered and chilled overnight. Top with fresh fruit and nuts.

Makes 30 to 40 pancakes.

Wild Mushroom Toast (serves 2-4)

Ingredients

2 tablespoons unsalted butter
1 tablespoon olive oil
1 lb. mixed mushrooms (if safe, wild mushrooms are not available, check the produce aisle of the grocery store and pick a few that will sauté well)
4 shallots, finely sliced
½ cup chopped fresh herbs (basil, chives, sage, fennel, tarragon, rosemary)
½ teaspoon sea salt
½ teaspoon freshly ground black pepper
4 slices of wheat-free bread, crusts removed
additional olive oil



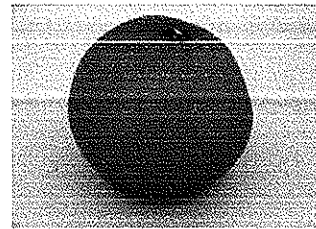
Directions

Heat the butter and 1 tablespoon olive oil until very hot and hazelnut in color. Add the mushrooms and sauté over high heat for 10 seconds. Cover and continue cooking over high heat for 3 minutes. Uncover and cook over high heat for 2 to 3 minutes, until dry. Add the shallots, herbs, salt and pepper, and cook for 1 minute longer. Lightly toast the slices of bread and arrange them on a plate. Spoon the mushroom mixture on top of the toast, sprinkle a little olive oil on top, if desired, and serve immediately.

Orange Muffins (makes six muffins)

Ingredients

1 cup mashed banana
¾ cup fresh-squeezed orange juice
1 tablespoon orange zest
2 tablespoons olive oil
1 ¼ cup rice flour
1 ½ teaspoons cornstarch-free baking powder



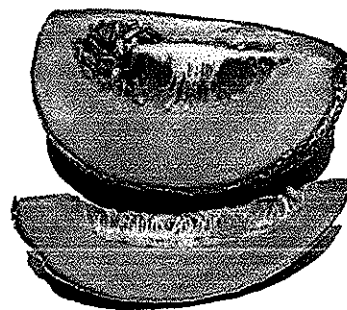
Directions

In large bowl mix, bananas, orange zest, orange juice, and oil. Add flour and baking powder. Blend well. Fill six 2 1/2 inch nonstick muffin cups 2/3 full. Bake at 375 for 20-25 minutes. Turn out onto a wire rack to cool. For apple rice muffins, substitute apple juice/concentrate for orange juice and add 1 tablespoon apple peel instead of orange zest.

No-Bowl Fruit Salad (serves 2)

Ingredients

1 large cantaloupe
1 cup fresh pineapple chunks (not from a can!)
½ cup fresh shredded coconut
½ cup finely chopped walnuts
1 apple
1 cup plain, active culture yogurt



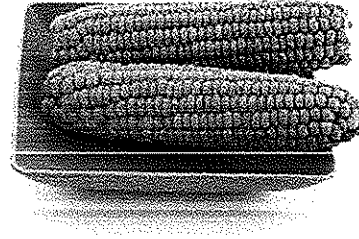
Directions

Half the cantaloupe and remove the seeds. Use a melon baller to scoop a good deal of the flesh from each half. Set aside. Peel, core, and cube the apple and set aside. With a knife, scallop or wedge the edges of each melon half to make an elegant design, then dollop equal amounts of yogurt into each half. Put the pineapple, apple, and melon balls back into the cantaloupe halves and refrigerate the leftover fruit for later use. Sprinkle the shredded coconut and chopped walnuts over the top of each "bowl" and impress your friends and family with this delightful, easy presentation.

Savory Breakfast Polenta (serves 2)

Ingredients

1 cup polenta (coarse yellow cornmeal)
1 cup fresh yellow or white corn kernels
4 oz. chopped mild green chilies
3 ¼ cups boiling water
½ teaspoon nutmeg
cumin, to taste
sea salt and pepper, to taste



Directions

Preheat oven to 425° F. In a mixing bowl stir together the polenta, corn, and green. Add the hot water and seasonings, and mix well. Pour into in a lightly greased 13 x 9 glass baking dish. Bake the polenta mixture until the water is absorbed and the polenta is cooked and soft, about 25 minutes. Stir the polenta once during the baking time. Top spoonfuls of hot cooked polenta with your favorite breakfast/brunch foods. Try it smothered with pineapple, sliced fresh avocado and sweet grape tomatoes, sauted spinach and mushrooms, or an assortment of roasted veggies.

Breakfast Rice Bake (serves 2-4)

Ingredients

3 cups boiling water
1 ½ cups brown rice
½ cup raisins or dried cranberries
¼ cup ground flax meal (optional)
1 tablespoon sesame seeds
1 teaspoon cinnamon
¼ teaspoon allspice or nutmeg
½ teaspoon or more sea salt

Directions

Preheat oven to 375 degrees. Heat water to boiling in kettle or sauce pan. Measure rice into 8x8 square glass dish and combine with remaining ingredients. Pour boiling water into dish and stir several times. Seal tightly with tinfoil, preferably using two layers. Bake in oven for 1 hour. Remove, allow to stand, covered, at least five minutes.

If you desire a softer texture stir to loosen grains, add an additional couple cups of boiling water, and return to oven for another forty-five minutes or so.

Cajun Oven Hash Browns(serves 4)

Ingredients

6 large red-skinned potatoes, peeled and cut into 1/2" pieces
¼ cup olive oil
1 teaspoon paprika
1 teaspoon chili powder
1 teaspoon Cajun seasoning or 2 teaspoons chili powder
sea salt to taste

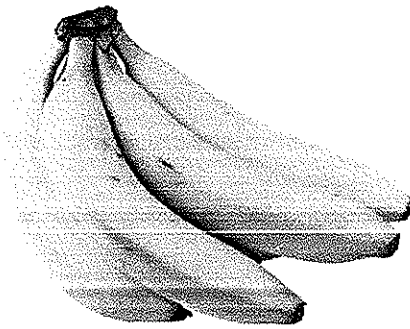
Directions

Preheat oven to 400 degrees. Cook potatoes in medium pot of boiling salted water until slightly tender - about 5 minutes. Drain well. Spread potatoes on heavy large baking sheet. Sprinkle with paprika, chili powder and Creole seasoning. Season with salt. Drizzle olive oil over potatoes and stir to coat. Bake about 40 minutes until potatoes until browned and crisp - turning with metal spatula every 10 minutes while cooking. Serve with scrambled eggs and fresh orange juice.

Banana Eggs (serves 1-2)

Ingredients

3 eggs
1 banana
1 teaspoon cinnamon
1 teaspoon sea salt
1 teaspoon butter



Directions

Preheat skillet over medium heat while preparing food. Place eggs, banana, cinnamon and salt in blender and blend until smooth and there are no banana chunks floating around. Melt butter in skillet and add the egg mixture. Cook until eggs begin to set and flip once. Cook until fully set and enjoy!

Strawberry Omelet (serves 1)

Ingredients

2 eggs
1-2 drops vanilla extract
1-2 teaspoons butter
2 tablespoons plain yoghurt
sliced fresh strawberries
pinch of grated lemon or orange peel
cinnamon or nutmeg for garnish

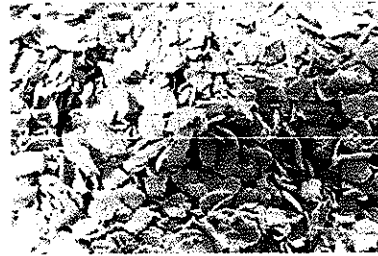
Directions

In small bowl with an electric mixer, beat eggs until very light and fluffy. Stir in the vanilla extract. In omelet pan or small skillet, melt butter over medium-low heat. Pour egg mixture in pan; cover. Cook about 4 minutes (top will be a little soft). Combine yoghurt, a little cinnamon or nutmeg, and grated peel. Spread yoghurt filling on omelet; remove to plate; fold in half. Add strawberries; sprinkle with more cinnamon/nutmeg.

Apple Oatmeal (Serves 2)

Ingredients

3 cups fresh, non-pasteurized, 100% pure apple juice or cider
1 teaspoon cinnamon
1 ½ cups quick oats
½ cup chopped apple
1-2 teaspoons non-alcoholic pure vanilla extract
¼ cup chopped walnuts
4 tablespoons plain yoghurt



Directions

Combine apple juice and cinnamon in a medium saucepan. Bring to a boil. Stir in oats, vanilla, apple, and chopped walnuts. Reduce heat and cook until most of juice is absorbed, stirring occasionally. Top with a dollop of yoghurt and enjoy immediately.

Holiday Frittata (Serves 3-4)

Ingredients

½ medium onion, minced
4 medium cloves garlic, chopped
2 tablespoons fresh sage, chopped
¼ lb ground organic lamb or turkey (free range)
2 tablespoons butter
2 cups rinsed and finely chopped kale, (stems removed)
2 whole eggs
3 egg whites
sea salt and black pepper to taste



Directions

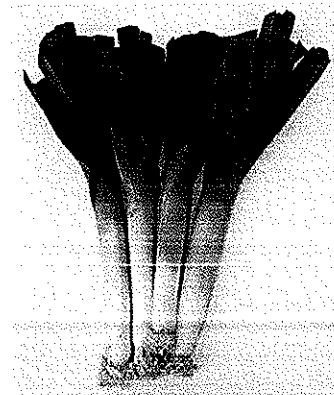
Directions:

Preheat broiler on low. Heat 1 tablespoon butter in a 9-10 inch stainless steel skillet. Sauté onion over medium heat, for about 3 minutes, stirring often. Add garlic, sage, ground lamb or turkey, and cook for another 3 minutes on medium heat, breaking up clumps. Add kale and the other tablespoon of butter. Reduce heat to low and continue to cook covered about 5 more minutes. Season with salt, pepper and mix. Beat eggs, season with a pinch of salt and pepper, and pour on top of mixture evenly. Cook on low for another 2 minutes without stirring. Put under broiler in middle of oven, about 7 inches from the heat source, on low, so it has time to cook without the top burning. When it gets firm it is done, about 2-3 minutes.

Poached Eggs on a Bed of Greens **(Serves 3-4)**

Ingredients

4 free range eggs
1 teaspoon light vinegar (rice, apple cider, or white wine)
approx. 4 cups of water
1 cup thinly sliced leeks (1 large leek; white part only)
6 medium cloves garlic, sliced
4 cups chopped kale
3 tablespoons butter or olive oil
2 tablespoons fresh lemon juice
5-6 basil leaves, shredded
sea salt and pepper to taste



Directions

Bring water and vinegar to a fast simmer in a skillet large enough to fit eggs. Make sure there is enough water to cover eggs. While water is coming to a simmer, heat 1 tablespoon butter or olive oil in a separate stainless steel 10-12 inch skillet. Sauté sliced leeks in butter/oil over medium heat for about 3 minutes. Add garlic slices and continue to sauté stirring constantly for another minute. Add kale, basil, the rest of the butter/oil, and lemon juice, and simmer covered on medium low heat for about 10 minutes stirring occasionally. When done season with salt and pepper. Poach eggs until desired doneness. This will take about 5 minutes, or just until the white is set and the yolk has filmed over. Remove from vinegar water with a slotted spoon and place on top of greens.

Caramelized Onion & Potato Pancakes (serves 4)

Ingredients

2 potatoes, baked and chilled
1 tsp olive oil
1 red onion, julienned
1 red, orange, or yellow bell pepper, julienned
½ cup fresh corn kernels
3 cloves fresh garlic, minced
¾ teaspoon fresh rosemary, chopped
1 teaspoon fresh oregano, chopped
2 eggs or egg whites
sea salt to taste
freshly ground black pepper

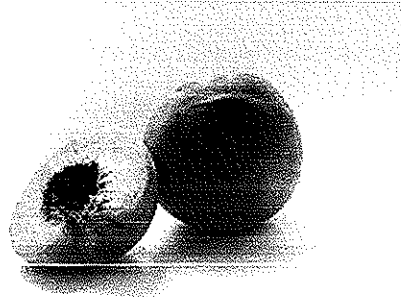
Directions

Peel the chilled potatoes and grate them with the coarse side of a cheese grater. Set aside. Heat the olive oil in a saucepan over medium-high heat. Sauté the onions and peppers for about 5 minutes until the onions begin to brown. Add the corn, garlic and herbs and cook 2 to 3 minutes longer. Set aside to cool. Place the potatoes, vegetables, eggs, salt, and pepper in a bowl and gently fold together. Season to taste and form into eight 2" patties. Place a non-stick griddle, skillet, or lightly oiled sauté pan over medium heat and toast each side of the cakes until golden brown, about 3 to 4 minutes.

Sweet as Pie Peach Cooler **(serves 6)**

Ingredients

4 cups silken or soft tofu, drained
2 cups of peaches, pitted and chopped
1 cup fresh apple or orange juice, chilled
½ banana, peeled
juice of 1 lime
6 sprigs fresh mint (for garnish)



Directions

Place the tofu, peaches, apple/orange juice, banana, and lime juice in a blender and process for 10 seconds. Serve immediately in frosted tall glasses garnished with mint sprigs.

Hi-Protein Fiesta Fruit Smoothie (serves 8)

Ingredients

4 cups silken or soft tofu, drained
1 cup watermelon, diced and seeded
½ cup cantaloupe, cubed
½ cup fresh pineapple, diced
1 mango, peeled, pitted and sliced
½ cup strawberries, halved
1 cup fresh squeezed orange juice
1 cup ice

Cooking Instructions

1. Place all of the ingredients in a blender and blend until smooth. Serve immediately.

Impress-the-Guests Smoked Salmon Potato Cakes (serves 10)

Ingredients

1 pound baked potatoes, cooked, peeled and grated (a food mill works best)
4 ounces diced smoked salmon
1 tablespoon chopped, fresh chives
½ teaspoon sea salt
¼ teaspoon freshly ground pepper
1 chopped scallion
a bit of olive oil

Directions

Combine all ingredients. Form into 2 ounce size patties and brown on an oiled griddle. Finish in low-heat oven till heated through. Garnish with chopped green onions

Seize-the-Day Smoothie (Serves 1)

Ingredients

¼ cup fresh blueberries
¼ cup fresh-squeezed orange juice
¼ cup banana, sliced
¼ cup yoghurt
½ tablespoon chopped walnuts
¼ teaspoon chopped fresh mint



Directions

Combine all of the ingredients in a blender and puree. Pour into a tall glass and *carpe diem!*

Huevos Rancheros (serves 2 or three)

Ingredients

6 fresh eggs
2 green onions, chopped, including the green parts
1 fresh tomato, peeled and chopped
One jalapeño pepper, sliced (optional!)
2 tablespoons olive oil
1 tablespoon fresh oregano leaves
six shakes of sea salt
1 tablespoon cilantro leaves, chopped

Directions

Heat oil in a large frying pan on medium heat. Add the onions and brown for a minute or two. Add the chopped tomato and let cook for a few minutes on medium high heat until the tomatoes are somewhat cooked and mushy and some of the moisture has evaporated. Add the oregano, and, if you're using one, the jalapeño pepper. Crack eggs directly into the pan with the cooking sauce. Add salt and stir with a spatula to mix in the sauce and to scramble the eggs. Remove from heat when the eggs cook to the desired consistency. Remove the mixture from the pan and put into a serving bowl. Sprinkle with cilantro.

Lunch & Dinner Recipes

"Hi Dax,

this diet does, as you say, work.

*I've **lost 14lbs in weight** feel fitter, less sluggish. People to whom I work with has commented on my change appearance generally.*

I had my hair done last week where my hair dresser commented on the improved condition of my hair, stating that " what ever I'm doing keep it up" I told her about your diet, she was most impressed.

I would also like to express a "Thank you" to Michelle McManus she is an inspiration too."

Regards Sian.....

Basic Chicken Stock (makes 8 cups)

Ingredients

4 lbs. chicken wings
4 quarts cold water
3 stalks celery, sliced
1 onion, sliced
1 carrot, sliced
4 fresh parsley sprigs
4 whole cloves
4 black peppercorns
4 sprigs fresh thyme
1 bay leaf
4 tablespoons butter



Directions

Combine chicken wings, butter, and 4 quarts water in heavy large pot. Bring to boil over high heat. Reduce heat to medium-low and simmer 15 minutes, skimming foam from surface. Add remaining ingredients to pot; simmer 2 hours. Strain stock, lightly pressing on solids to release all liquid. Chill stock until cold and fat on top is solid, at least 6 hours and up to 2 days. Discard fat. Boil stock in heavy medium saucepan over high heat until reduced to 8 cups, about 30 minutes. Use in any recipe that calls for chicken stock.

Basic Vegetable Stock (makes about 10 cups)

Ingredients

2 heads of celery
2 large onions
2 carrots
bunch of fresh parsley stalks
10 cups water

Directions

Clean and prepare the vegetables, chop coarsely and boil in the water for 30 mins. Leave to cool, then puree the mixture and pass it through a sieve. Discard the vegetable debris and store the stock in a sealed container in the fridge. It will keep happily for a couple of weeks, or may be frozen for up to 3 months. Use in place of chicken stock, or as a warming drink.

Basic Fish Stock (makes 7 cups)

Ingredients

4 pounds chopped fish bones, heads, and tails
1 stick celery, leaves included, chopped
1 onion, chopped
1 unpeeled carrot, chopped
1 leek, sliced
1 *bouquet garni* (see below)
12 peppercorns
2-4 cloves garlic, mashed

To make a *bouquet garni* take any number of fresh sprigs of the following herbs and tie together into a bouquet with a piece of trussing string (the kind used for roasting chickens): chives, sage, oregano, thyme, rosemary, tarragon, dill, fennel, or basil.

Directions

Put the fish parts, celery, onion, carrot, leek, garlic, and 8 cups of water into a heavy pot. Bring to a boil and skim the surface as required. Add the *bouquet garni* and the peppercorns. Reduce the heat to low and simmer gently for 20 minutes. Skim the froth from the surface regularly. Ladle the stock bit by bit into fine mesh sieve over a bowl. Once all the stock has been "filtered," allow to cool, then keep in the fridge for up to 2 days or the freezer for up to half a year.

Fresh Tomato Soup (serves 4)

Ingredients

4 cups fresh, peeled, seeded tomatoes, chopped
2 cups water or fresh chicken or vegetable broth
1 large yellow or white onion, peeled and chopped
1 stalk celery, sliced
2 bay leaves
2 teaspoons sea salt
4 whole cloves
2 tablespoons butter
1 teaspoon paprika
2 cloves garlic, minced
Fresh, minced parsley



Directions:

In a large pot, bring the tomatoes, water/broth, bay leaves, sea salt, cloves, and paprika to a boil. Meanwhile, in a saucepan, sauté the garlic, onion, and celery. When the onions are soft, transfer the contents of the saucepan to the pot and reduce heat to a simmer. Cook for twenty or thirty minutes, stirring and tasting frequently, adding spices as needed. If possible, allow the soup to sit meditatively for half an hour or so after cooking. Ladle into bowls, garnish with the minced parsley, and serve!

Chilled Yoghurt Soup (serves 2)

Ingredients

1 cucumber, peeled and sliced
1 tomato, peeled and seeded
3 or 4 tablespoons Vidalia onions, chopped
2 tablespoons chopped fresh mint or garlic chives
1 cup plain, active-culture yoghurt
½ teaspoon ground cumin
6 mint sprigs
Cayenne pepper, to taste



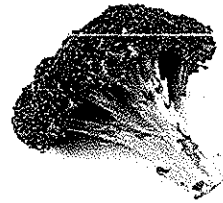
Directions

Put the cucumber, tomato, onion, and mint or chives into a food processor or blender. Process until very fine. Add the yoghurt and cumin and blend well. To make by hand, chop the cucumber, onion and herbs finely, reserving as much liquid as possible. Put the chopped ingredients and any reserved liquid into a mixing bowl and add the remaining ingredients. Serve with a garnish of mint and a sprinkle of cayenne to taste.

Broccoli & Apple Soup (serves 2-4)

Ingredients

1 tablespoon olive oil
2 cups fresh broccoli stalks, peeled and diced
2 tablespoons fresh thyme, finely chopped
1 cup onion, thinly sliced
1 cup red cooking apple, peeled and diced
1/2 cup celery, diced
4 cups all-natural chicken stock (not from bullion cubes)
1/4 teaspoon ground pepper
1/4 cup plain, active culture yoghurt
2 tablespoons minced parsley



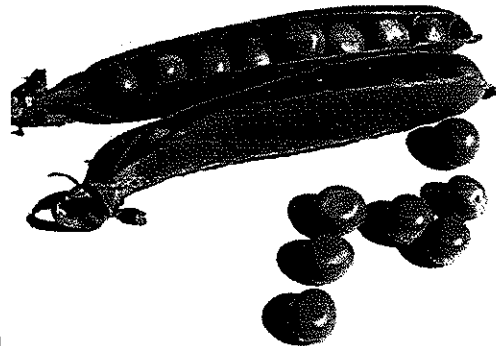
Directions

Heat oil in large pot with lid. Add broccoli, thyme, onion, apple and celery. Cover and cook over low heat 10 minutes. Add chicken stock and pepper. Cook 30 minutes more. Remove from heat and cool slightly. Puree the soup one cup at a time in blender or food processor. Serve hot or chilled, garnished with a dollop of yogurt and sprinkling of minced parsley. Makes 5 1/2 cups.

Herbed Split-Pea Soup (serves 4)

Ingredients

½ pound ground turkey (optional)
1 tablespoon olive oil
1 onion, chopped
3 cloves garlic, minced
1 carrot, diced
3 ribs celery with leaves, chopped
3 tablespoons fresh parsley, minced
1 tablespoon fresh thyme, minced
1 large bay leaf
¼ teaspoon dried rosemary
½ lb. split peas, picked over
6 cups chicken or vegetable broth
sea salt
freshly ground black pepper
1 tablespoon fresh chives, snipped, for garnish



Heat the olive oil in a large soup kettle, set over medium heat and cook the turkey, stirring, until it just begins to brown. Add the chopped onion and garlic and stir-cook for 1 minute. Add the carrot and stir-cook for 30 seconds; add the celery and stir-cook for 30 seconds. Stir in the parsley, thyme, bay leaf, rosemary, split peas, and broth. Bring to a boil, skimming the top as necessary. Boil for 1 minute then cover and simmer until the peas are tender, about 1 1/2 hours. For serving, season with salt and fresh pepper to taste. Ladle into warm bowls and top each serving with snipped chives.

Lemony Leek and Mushroom Soup (serves 8)

Ingredients

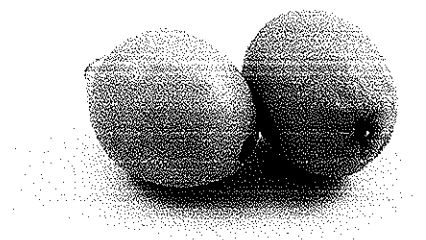
Stock:
(or use 7 cups of pre-made vegetable stock)

5 cups water
2 cups chopped onion
4 leeks, green parts only

4 parsley sprigs
1 large celery stalk, chopped
2 cups vegetable stock

Soup:

2 tablespoons olive oil
4 large leeks, chopped; white and light green parts only
2 medium turnips, peeled and diced
1 large celery stalk, sliced
2 bay leaves
3 medium tomatoes, chopped
12 oz. sliced white mushrooms
juice of one whole lemon
sea salt and pepper, to taste
3 tablespoons freshly minced parsley
3 tablespoons freshly minced dill



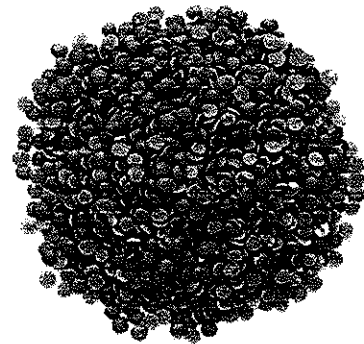
Directions

Combine all stock ingredients, bring to a boil & simmer for 30 minutes. Let stand till needed & then drain before using. Heat oil in a soup pot. Add chopped leeks & sauté over moderate heat, stirring frequently, until the leeks start to go limp. Add stock, turnips, celery & bay leaves. Bring to a boil, cover & simmer for 10 minutes. Add tomatoes & mushrooms, simmer another 15 to 20 minutes. Season to taste & remove from heat. Allow soup to stand for several hours or cool & refrigerate overnight. Before serving, heat through, add parsley & dill.

Chilly Day Carrot and Lentil Soup (serves 2-4)

Ingredients

½ lb. red lentils
2 pints chicken stock, vegetable stock, or water
½ large onion, chopped
3 garlic cloves, chopped
1 ½ teaspoon cumin
½ teaspoon ground coriander
½ teaspoon paprika
1 bay leaf
3 medium carrots, peeled and diced
1 sweet red pepper, diced
1 red onion, thinly sliced
2 tablespoons chopped fresh coriander
1-2 tablespoon fresh lemon juice
¼ teaspoon black pepper



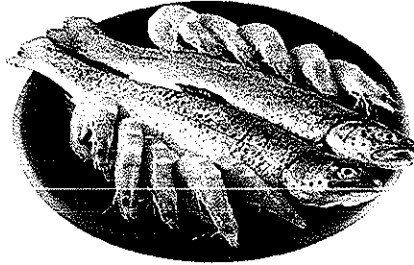
Directions

In a large saucepan set over high heat, bring lentils and stock/water to a boil. Skim off froth. Stir in chopped onion, garlic, seasonings and bay leaf. Reduce heat to medium-low. Simmer, covered. Dice carrots and red pepper. Stir into soup. Continue simmering, covered, until carrots are very tender, about 15 minutes. Lentils in soup will need a total of about 20 minutes to cook. Stir in red onion, coriander, lemon juice and pepper. Remove bay leaf. Serve immediately or refrigerate, covered, up to 3 days or freeze.

Manhattan Seafood Chowder (serves 4-6)

Ingredients

2-4 tablespoons butter
2 onions, chopped
2 cloves garlic, finely chopped
2 ribs celery, sliced
3 medium potatoes, peeled and diced
5 cups fish, chicken, or vegetable stock
2 tablespoons chopped fresh thyme
3 chopped, fresh tomatoes
12 oz. white fish fillets, cut into chunks
12-15 large, raw prawns (or jumbo shrimp), peeled, deveined, and halved
½ pound bay scallops
2 tablespoons fresh parsley, chopped



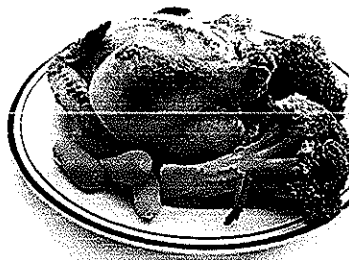
Directions

Melt the butter in a large pan and cook the onion, garlic, and celery over low heat, stirring occasionally until the onions are soft, but not browned. Add the potatoes, tomatoes, stock, and thyme and bring to a boil. Reduce the heat and simmer, covered, for about 15 minutes. Stir in the fish pieces, shrimp or prawns, and scallops and simmer until the seafood is cooked. Season to taste with sea salt or pepper and stir in the parsley. Serve piping hot.

Rock Cornish Game Hen for Two (serves 2)

Ingredients:

Two Cornish game hens, thawed
2 tablespoons butter
1 large onion, peeled and finely minced
4 cloves garlic, minced
fresh tarragon, sage, and thyme, chopped
2 sprigs rosemary
olive oil
pepper and sea salt



Directions

Preheat the oven to 350. Stuff the hens until full with equal parts onion, garlic, tarragon, sage, and thyme. Put the hens in a roasting pan and rub/drizzle them with a generous amount of olive oil. Sprinkle with pepper and sea salt and cover them with the remaining onion, garlic, and herbs. Top each hen with a tablespoon of butter and a rosemary sprig. Cover the pan and roast the hens for approximately 25-30 minutes or until juices run clear. Serve with steamed veggies and candlelight.

Mediterranean Chicken Wraps with Pesto-Yoghurt Dressing (serves 1)

Ingredients

6 oz. boneless, skinless chicken breast, cut into strips
1 small tomato, sliced
enough olive oil to saute the chicken
1 tablespoon fresh oregano leaves
1 or 2 large leaves Romano (not iceberg!) lettuce

Dressing:

1/3-1/2 cup plain, active-culture yoghurt
1 tablespoon coarsely chopped pine nuts or walnuts
1 clove garlic, peeled
2 tablespoons olive oil
1 cup fresh basil leaves, shredded
pinch of sea salt



Directions

Heat the olive oil in a skillet and add the chicken strips and oregano. Cook the chicken thoroughly, then set aside.

Put the pine nuts/walnuts and the garlic into the food processor or blender until finely minced. Add the olive oil and pulse several times. Add in the basil, yoghurt, and salt. Pulse until thoroughly mixed.

Lay the lettuce leaf flat on a plate. Spread the whole of the leaf with the dressing and then assemble your chicken and tomato slices. Wrap, secure with a toothpick, and serve with a tall bottle of bubbly Italian mineral water.

“Scarborough Fair” Roasted Chicken (serves 4)

Ingredients

4 lb fryer or roasting chicken
¼ cup chopped onions
2 tablespoons butter
fresh juice of one lemon
½ teaspoon sea salt
1 tablespoon fresh parsley, chopped
1 tablespoon fresh sage leaves, chopped
2-3 sprigs fresh rosemary
1 tablespoon fresh thyme leaves
½ teaspoon paprika



Directions

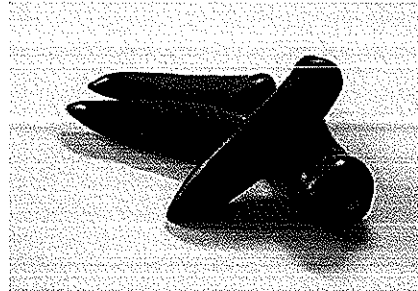
Preheat oven to 325 degrees. Rinse chicken well and pat dry; remove any excess fat. Stuff the cavity of the chicken with the onion, a wedge of the lemon, the parsley, sage, rosemary, and thyme. Put the chicken in a roasting pan, rub all over with butter, pour on the lemon juice, and sprinkle with sea salt and paprika. Cover the roasting pan and cook the chicken for 45-60 minutes. Serve with wild or brown rice and steamed veggies.

Caribbean Chicken Salad (serves 2)

Ingredients

2 cups cooked chicken or turkey, diced
3 cups cooked brown rice, cooled
1 cup celery, finely sliced
¼ cup green pepper, chopped
¾ cup fresh diced pineapple
2 tablespoons pimento, sliced
¾ cup plain, active-culture yoghurt
1 ½ tablespoons lemon juice

1 teaspoon curry powder
½ teaspoon sea salt
¼ teaspoon pepper



Directions

Combine chicken, rice, celery, green pepper, pineapple and pimiento. In a small bowl, blend remaining ingredients. Stir vigorously or shake to blend. Pour over chicken mixture. Toss lightly until well mixed. Chill and enjoy this zesty, healthy treat!

Chicken A L'orange (serves 6)

Ingredients

1 orange
6 boneless, skinless chicken breast halves
½ teaspoon paprika
¼ c butter, melted
1 cup fresh-squeezed orange juice
4 sprigs tarragon, whole
1 teaspoon cornstarch
1 tablespoon water
2 tablespoons slivered almonds, toasted

Directions

Preheat oven to 375 degrees. Peel the orange and cut rind into thin strips; set aside. Sprinkle chicken with paprika; sauté in butter for 2 minutes on each side or until lightly browned. Transfer to a 13-x 9-x 2-inch baking dish; add orange juice, tarragon, and orange rind strips. Bake, covered, for 25 to 30 minutes until done. Remove chicken from pan; set aside and keep warm. Pour contents of pan into a small saucepan. Combine cornstarch and water, stirring until blended; add to orange juice mixture in the saucepan. Bring to a boil, stirring constantly, and cook for 1 minute. Sprinkle chicken with almonds and serve with orange sauce. Enjoy this classy favorite with steamed veggies.

Lemon-Dill Chicken (serves four)

Ingredients

1 teaspoon sea salt
1 teaspoon black pepper;
1 tablespoon fresh dill weed
2 tablespoons fresh basil leaves, chopped
8 boneless, skinless chicken breasts (2-3 oz. each)
1 ½ cups chicken stock
2 cups onions; julienned
1 tablespoon + 2 teaspoons cornstarch
½ cup fresh lemon juice
1 cup fresh, no-sugar added apple juice

Directions

Combine sea salt, pepper, dill weed, and basil leaves in a small bowl. Sprinkle all surfaces of chicken evenly with 2 teaspoons seasoning mix. Rub it in well. Dissolve cornstarch in 1/4 cup apple juice. Set aside. Preheat heavy 10-inch skillet, preferably non-stick, over high heat to 350 degrees for about 4 minutes. Place 4 chicken breasts in

skillet. Lower heat to medium. Brown for at least 1 minute per side. Remove chicken. Brown 4 more. Set all the chicken aside. Return heat to high. Stir in 1/2 cup stock, scraping bottom of skillet to clear it of all browned bits. Add onions and remaining seasoning mix. Stir. Cook for 3 to 4 minutes, or until all liquid evaporates. Stir in 1/4 of lemon juice. Scrape bottom of skillet again to clear it. Cook for 3 to 4 minutes, or until liquid evaporates. Add 1/2 cup apple juice. Clear bottom and side of skillet. Cook for 2 to 3 minutes, or until about half of the liquid evaporates.

Stir in remaining 1 cup of stock, the 1/4 cup lemon juice and the 1/4 cup apple juice. Bring to a boil (will take 2 to 3 minutes), whisk in the cornstarch-apple juice mixture, and return to a boil. Return the chicken to the skillet, lower the heat to medium, and cook until the chicken is done all the way through, about 4 to 5 minutes. Turn off the heat, remove the chicken, and serve!

Apple-Walnut Chicken Salad (serves 4)

Ingredients

¼ cup no-sugar added white grape juice
¼ cup white wine vinegar
pinch of sea salt
10 black peppercorns
juice of 1 lemon
2 sprigs fresh thyme
2 cloves garlic, minced
4 boneless, skinless chicken breasts about 4 ounces each
½ cup plain yoghurt
2 apples, cored and chopped
½ cup diced celery
¼ cup diced red onion
1 tablespoon chopped, fresh parsley
sea salt and pepper
8 cups mixed salad greens
¼ cup chopped walnuts, toasted

Directions

In a large saucepan combine the grape juice, white wine vinegar, sea salt, peppercorns, lemon juice, and thyme.

Add the chicken breasts and enough water to cover them. Bring the liquid to a boil, reduce the heat, and simmer for 10 minutes.

Remove from the heat and let the chicken cool in the liquid.

In a large bowl, mix the yoghurt, garlic, apples, celery, red onion and parsley together. When the chicken is cool enough to handle, remove it from the liquid. (Discard the liquid.) Cut the chicken into small pieces, add it to the yoghurt mixture and toss. Season to taste with salt and pepper.

Refrigerate until ready to serve. Then, divide the salad greens among 4 plates. Top the greens with the chicken salad and garnish with walnuts.

Grilled Chicken with Tomato-Avocado Salsa (serves 4)

Ingredients

Salsa:

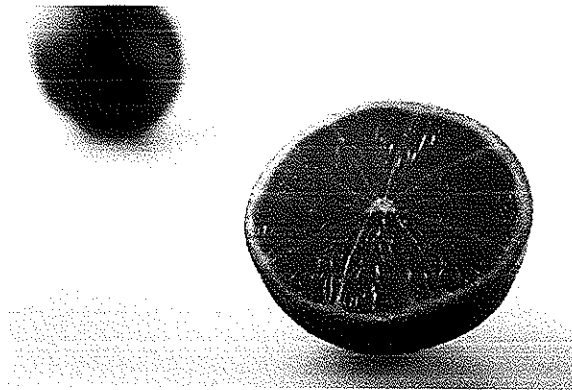
4 ripe plum tomatoes, chopped or 12 cherry tomatoes, halved
½ small red onion, finely chopped
1 jalapeño chili pepper, seeded and diced (optional!)
2 tablespoons chopped fresh cilantro
2 cloves garlic, minced
¼ cup fresh lime juice
½ ripe avocado

Chicken:

½ cup plain yoghurt
½ small red onion
¼ cup fresh lime juice
¼ cup fresh cilantro
4 boneless, skinless chicken breasts, about
4 to 6 ounces each

salt to taste

freshly ground black pepper



Directions

Salsa: In a small bowl, combine the tomatoes, red onion, pepper and cilantro. Chop the avocado and sprinkle it with 2 tablespoons of lime juice to keep it from browning. Add the avocado and remaining lime juice to the bowl and toss to combine. (This can be made in advance and stored in the refrigerator for up to 1 day.)

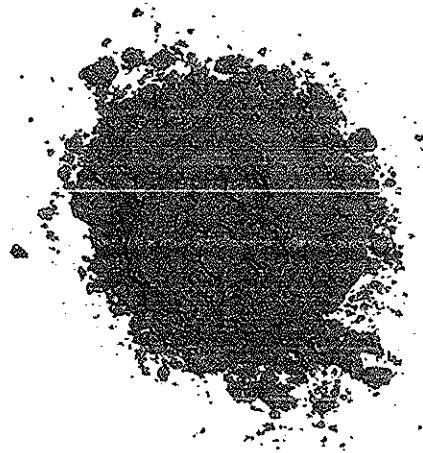
Chicken: In a food processor, puree the yoghurt, red onion, lime juice and cilantro to make a yogurt marinade. Transfer the marinade to a shallow bowl or a plastic bag. Add the chicken and coat well with the marinade. Refrigerate for 1 hour or up to 8 hours.

Preheat the grill to medium-high. Remove the chicken from the marinade, discard the remaining marinade and season the chicken with salt and pepper. Grill the chicken on both sides until it is cooked through, about 6 minutes per side. Serve the chicken with tomato-avocado salsa.

Bombay Chicken (serves 4)

Ingredients

2 tablespoons olive oil
1 large yellow onion, sliced
2 cloves garlic, minced
2 medium carrots, peeled and sliced
4 small potatoes, cut into wedges
sea salt to taste
freshly ground black pepper
1 tablespoon freshly grated ginger
1 tablespoon curry powder
1 small butternut squash, peeled, seeded and cubed
3 cups crushed tomatoes
1 pound skinless, boneless chicken breast, cut into 1-inch pieces
juice of 1 lemon
parsley or cilantro sprigs for garnish



Directions

Heat the olive oil in a large skillet over medium heat. Add the onion and cook, stirring occasionally, until the onion begins to wilt, about 3 minutes. Turn the heat to high, add the garlic, carrots and potatoes. Season with salt and pepper and cook, stirring occasionally, until the vegetables begin to brown, about 5 minutes. Stir in the ginger and curry powder. Add the butternut squash, canned tomatoes and chicken pieces and stir to combine. Adjust the heat so that the mixture simmers slowly and place a lid, slightly ajar, over the skillet. Simmer for 15 minutes or until the chicken is completely cooked. Add the lemon juice and adjust the salt and pepper to taste. Serve in warm bowls garnished with parsley or cilantro sprigs.

Spicy Thai Chicken over Rice Noodles (serves 4)

Ingredients

8 ounces rice noodles
1 ½ tablespoons chopped, fresh ginger root
2 Thai chilies-stemmed, seeded and chopped OR 1 jalapeño with seeds, stemmed and chopped (these ingredients are optional, as they will make the dish extremely spicy)
1 large scallion, cut into 2 inch pieces
2 garlic cloves, mashed
1/3 cup fresh Thai or sweet basil leaves, torn
3 tablespoons fish stock
2 tablespoons fresh-squeezed lime juice
1 roasted boneless, skinless chicken breast from a whole chicken, shredded
2 carrots, peeled and shredded
1 cucumber-peeled, seeded and finely sliced
2 large radishes, thinly sliced
1/3 cup fresh cilantro leaves, shredded
1/3 cup fresh mint leaves, shredded
1/4 cup roasted, unsalted peanuts, chopped
Lime slices for garnishing

Directions

In a pan of boiling, salted water, cook the noodles until al dente. Drain and rinse under cold running water in a colander. Shake out the excess water and pat the noodles dry quickly with a paper towel or cheesecloth. In a blender or food processor, make dressing by combining the ginger with the chilies or jalapeño, the scallion pieces, the basil, and the garlic and grind or pulse until chopped. Add the fish stock and lime juice and blend or process until smooth. In a serving bowl, place the rice noodles along with the chicken, carrots, cucumber, radishes, cilantro and mint. Toss to combine well, add the dressing, and toss until the noodles are well coated. Garnish with a sprinkling of peanuts and a wedge of lime and serve.

Chicken Chili (serves 6)

Ingredients

10 ounces boneless, skinless chicken breasts, cooked and cut into small pieces
3 cups cooked white beans, black beans, or kidney beans
3 or 4 tomatoes, finely chopped
4 cups chicken broth
1 medium onion, chopped
½ green pepper, chopped
1 red pepper, chopped
2 garlic cloves, minced
2 teaspoons chili powder
1 teaspoon ground cumin
2-3 tablespoons fresh oregano, chopped
cayenne pepper, to taste

Directions

In a good-sized pot, add the chicken, beans, tomatoes and chicken broth. Cover and simmer over medium heat. Meanwhile, oil a frying pan with olive oil. Add the onions, peppers, and garlic and sauté until the vegetables are soft, 3 to 5 minutes. Add the onion and pepper mixture to the soup pot. Stir in the chili powder, cumin, oregano and cayenne pepper, to taste. Simmer for about 10 minutes, or until all the vegetables are soft. Ladle the chili into bowls and enjoy this protein-packed favorite.

Chicken-Apple Hash with Sage (serves 4)

Ingredients

1 tablespoon olive oil, divided
1 cup onion, chopped
2 tart cooking apples, peeled, cored, and finely chopped
2 cups peeled, cubed potato, baked
1 ½ cups chopped skinless, boneless roast chicken breast
1 tablespoon chopped fresh sage
¾ teaspoons sea salt
¼ teaspoon black pepper
½ teaspoon paprika



Directions

Heat half of the olive oil in a large skillet set over medium-high heat. Add the onion and apples; sauté until mixture begins to brown. Transfer to a large bowl. Add the potato, chicken, sage, sea salt, pepper, and paprika and toss well to combine. Heat the remaining olive oil in a pan over medium heat. Add the hash mixture and use your hands to pat it into the pan in an even layer. Cook for about 2 minutes without stirring, then stir, and cook until the potato begins to brown. Serve this excellent comfort food immediately!

Moroccan Turkey Patties

Ingredients

¾ cup drained chickpeas (garbanzo beans)
½ cup dried apricots, chopped
1/3 cup shallots, minced
4 cloves garlic
½ teaspoon sea salt
½ teaspoon ground ginger
½ teaspoon ground cumin
½ teaspoon ground cinnamon
1/8 teaspoon ground red pepper
1 ½ pound ground turkey
olive oil

Directions

Put the chickpeas and garlic in a food processor and pulse until chopped. Combine chickpeas, apricots, all spices, and the turkey in a bowl. Divide the mixture into 6 portions and form each portion into a patty. Coat a grill rack with olive oil and grill the patties on each side until cooked through—about six minutes per side. Let the patties stand for about six minutes before serving.

Farikal (serves 4)

Ingredients

8 ounces sliced lamb meat
2 cloves garlic, minced
1 head cabbage, cored and chopped
2 cups water or broth
1 1/2 tablespoons whole black peppercorns tied into a small muslin or cheesecloth bag
sea salt to taste

Directions

Arrange a layer of sliced lamb in the bottom of a soup pot. Add a layer of cabbage. Repeat layering as many times as possible. Place the peppercorn bag into the center of your arrangement and pour the water or broth over all, then cover. Bring to a boil and then simmer over low heat for 2 hours. Remove the peppercorns and enjoy this traditional Norwegian dish.

Deep Sea Delight with Vegetables (serves 2-4)

Ingredients

1 pound flounder fillets or any firm-fleshed fish, such as cod or flounder, cut into serving-sized pieces.
1 tablespoon olive oil
1 or 2 small onions, peeled and sliced
2 small zucchini, sliced
1 green pepper, seeded and sliced
1 medium tomato, chopped
4 tablespoons fresh-squeezed lemon juice
1/2 teaspoon sea salt
4 or 5 fresh basil leaves, chopped
1/4 teaspoon freshly ground black pepper
1 or 2 dashes chili flakes

Directions

Preheat oven to 350. Grease a 9-inch baking dish with olive oil and layer the fillets in the dish. Sauté onion, zucchini, and green pepper in olive oil until tender-crisp. Spoon mixture over fillets and top with tomatoes. In a separate bowl, combine lemon juice, salt, basil, pepper, and chili flakes. Pour over fillets, cover pan with foil, and bake for 25-30 minutes. Serve with pan juices poured over fish, if desired.

Salmon Medallions with Creamy Herb Sauce (serves 2-4)

Ingredients:

4 fresh salmon steaks, 1" thick (about 5 oz. each)
4 tbsp fresh-squeezed lemon juice

Herb Sauce:

2 minced shallots
2 tbsp of one or more of the following (chopped): tarragon, basil, dill, garlic chives, or thyme
1 cup plain, active-culture yoghurt
1 medium plum tomato, seeded and chopped
1 tbsp parsley, chopped
1 clove garlic, peeled and finely minced

Directions

Fire up the grill or preheat the broiler. With a basting brush, paint the lemon juice on both sides of each piece of salmon. Grill for each side for 5-6 minutes or until the fish flakes easily with a fork. In the meantime, combine the shallots, garlic, herbs, yoghurt, tomato, and parsley in a bowl. Mix well.

Serve the grilled salmon with a generous dollop of sauce on each. Enjoy with fresh grilled and buttered asparagus spears.

Oven "Fried" Fish (serves 4-6)

Ingredients

Fish:

1 1/4 cups wheat-free breadcrumbs or croûtons
2 tablespoons chopped fresh parsley
paprika
sea salt
1 egg white
1 teaspoon water
2 lbs cod or orange roughy fillets

Directions

preheat the oven to 400 degrees. Line a large flat baking pan with foil and grease it lightly with olive oil. In a small bowl, combine the breadcrumbs, salt, parsley, and paprika. In another small bowl, beat the egg white and water until frothy. Place the fish on the foil and brush it with the egg mixture. Sprinkle thoroughly with the crumb mixture and bake for 15-20 minutes or until fish flakes with a fork. For a fish n' chips craving, serve this healthy alternative with the Oven French "Fries" in the Snacks & Appetizers section.

Crab & Grapefruit Bistro Salad for a Crowd (serves 4)

Ingredients

2 heads butter lettuce, washed and dried
3 pink grapefruit, peeled and sectioned
1 lb. cooked crab meat (not imitation "krab"!)

Dressing:

2 teaspoons grated grapefruit peel
1 shallot, minced
1 tablespoon white wine vinegar
1 tablespoon Balsamic vinegar
½ teaspoon sea salt
½ cup olive oil



Directions

Grapefruit dressing: In small bowl, combine grapefruit peel, shallot, white wine vinegar, balsamic vinegar and salt. Whisk in olive oil slowly. Taste for acid and salt and add more if too bland. Stir to blend before using.

Salad: Separate lettuce leaves, using only choice ones. Arrange bed of lettuce on 6 individual serving dishes. Evenly distribute grapefruit sections and crab meat over lettuce, arranging it attractively. Drizzle about 1 tablespoon grapefruit dressing over each serving.

Scallop Sauté with Winter Vegetables (serves 2)

Ingredients

4 tablespoons olive oil
1 inch knob unpeeled fresh ginger, thinly sliced
2 cloves garlic, mashed
½ pound scallops, cut into slices
3 tablespoons rice flour, seasoned with sea salt and pepper
1 small red pepper, sliced
white part of 1 leek, sliced
2 small carrots, finely grated
1 wedge red cabbage, sliced
1 bunch scallions, cut into 1/4" pieces
2 heads Belgian endive, sliced
1 bunch watercress, cut into 3" pieces
2 inch knob unpeeled fresh ginger, finely chopped
2 cloves garlic, finely mashed

Directions

Heat dry wok, heavy skillet, or sauté pan 1 to 2 minutes. Then add 1 tablespoon oil, and heat over high heat until hot but not smoking, about 1 to 2 minutes. Place first batch of ginger and garlic in hot oil, stir, and remove after 1 minute. This step flavors the oil. Discard ginger and garlic. Toss scallops in flour mixture just before cooking. Add 1 tablespoon oil to pan and heat until very hot. Place half the scallops in oil and stir-fry 45 seconds to 1 minute. Remove and place on warm plate. Add 1 more tablespoon oil, heat, and cook remaining scallops. Remove. Add remaining tablespoons oil, heat, stir in half the vegetables (except ginger and garlic), stir-fry 30 seconds to 1 minute, and remove. Reheat oil, and stir-fry remaining vegetables. Remove. Let oil reheat slightly, add ginger and garlic, and cook 1 minute. Add the already cooked scallops and vegetables. Stir-fry about 1 minute, tossing to reheat and mix ingredients evenly. Add more salt and pepper. Serve this elegant dish immediately.

Lemony Shrimp Salad with Dill (serves 4)

Ingredients

1 pound small or medium shrimp, *steamed*, peeled and deveined

½ cup finely diced celery

½ cup plain yoghurt

juice and zest of 1 lemon

1 tablespoon chopped fresh dill

3 cloves garlic, minced

sea salt to taste

freshly ground black pepper

8 cups mixed baby greens

1 tablespoon olive oil

1 pint cherry tomatoes



Directions

Chop the shrimp into small pieces and place them in a medium bowl along with the celery. In a small bowl, combine the sour cream, lemon juice and zest, dill, salt and pepper. Pour this mixture over the shrimp and celery and stir to combine. Taste and adjust the salt and pepper. In a large bowl, toss the lettuce with the olive oil and a pinch of salt. Arrange the greens on chilled serving plates. Spoon the shrimp salad onto the middle of the greens and garnish with cherry tomatoes.

Sole Piccata (serves 4)

Ingredients

1 ½ tablespoons olive oil
4 sole fillets, about 4 to 6 ounces each
sea salt to taste
freshly ground black pepper
rice or other gluten-free flour for dredging
½ cup chicken broth
2 tablespoons lemon juice
2 tablespoons capers
2 tablespoons chopped parsley
2 cloves minced garlic

Directions

Heat the olive oil in a skillet. While the oil is heating, season the sole with salt and pepper and dredge it in flour. Sauté the sole over high heat, about 2 minute on each side. Remove to a platter and keep warm. Quickly add the chicken broth and garlic to the pan and stir with a wooden spoon to release any caramelized bits that may be stuck to the pan. Cook until the broth has reduced by half. Add the lemon juice and capers. Pour this sauce over the sole, sprinkle with parsley, and serve.

Fish Baked in Grape Leaves (serves 4)

Ingredients

16 grape leaves
2 pounds fish fillets, cut into 16 small rectangular pieces (trout, cod, tilapia, etc.)
16 cloves garlic, pressed or mashed
16 teaspoons butter
16 tablespoons wheat-free breadcrumbs or finely chopped pecans
8 teaspoons finely chopped fresh mint
sea salt and pepper, to taste
olive oil
juice from ½ of a lemon

Directions

Preheat the oven to 350 degrees and lay the grape leaves out. Place a piece of fish on each leaf and slather each fish with 1 clove mashed garlic, 1 teaspoon butter, 1 tablespoon breadcrumbs or pecans, 1 teaspoon mint, and some sea salt and pepper. Fold the grape leaves tightly around each fish rectangle to create a tight bundle and place each bundle, seam side down, on a lightly oiled baking sheet. Brush the grape leaves with olive oil and bake for 20 minutes. Remove from the oven and drizzle lemon juice over the parcels. Serve with brown rice, squash, or whatever you desire.

Farmer's Market Squash with Pineapple (serves 2)

Ingredients

1 large acorn squash, cut in half and seeded
1/2-1 tablespoon butter, softened
Cinnamon to taste
Nutmeg to taste
Allspice to taste
Ginger to taste
½ cup fresh (not canned!) pineapple cut into bite-sized cubes



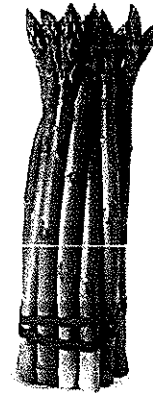
Directions

Preheat the oven to 350 degrees. Place each squash half, cut-side down, on a baking sheet. Bake for 45 to 60 minutes until the flesh is soft and tender. Remove the squash from the oven and scoop out all the flesh. In a bowl, mix the flesh with all the remaining ingredients, then place in a casserole dish and bake for 5 more minutes or until the pineapple softens. Perfect for a crisp autumn day!

Simply Elegant Asparagus Spears (serves 2)

Ingredients

3 cups fresh, diagonally-sliced asparagus stalks
1 tablespoon olive oil or butter
2 cloves garlic, peeled and very thinly sliced
4 tablespoons red onion, minced
1 tablespoon fresh squeezed lemon juice
Freshly-ground black pepper to taste
Sea salt, to taste



Directions

Fill a pot with water enough for the asparagus and bring the water to a rolling boil. Meanwhile, heat the olive oil in a skillet over medium heat. Sauté the garlic and onion in the oil for about 4 minutes. When the water begins to boil, put the asparagus in and allow it to cook briefly—about three minutes. Drain immediately and toss the asparagus with the garlic/onion/oil mixture. Squeeze lemon juice over the whole thing and sprinkle with pepper and salt. Serve alongside fish or roast chicken.

Coriander Carrots (serves 4)

Ingredients

1 lb carrots, peeled and sliced

1-2 tablespoons olive oil

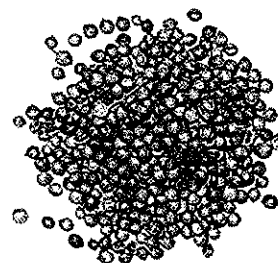
2 teaspoons ground coriander seed—can be bought in whole-seed form and then ground like pepper or can be bought pre-ground, though the hallmark coriander flavor is lacking from the pre-ground form

Fresh-squeezed juice from ½ of a lemon

1/4 cup water

2 cloves garlic, peeled and minced

Fresh, chopped parsley, cilantro, or rosemary for garnish



Directions

In a deep skillet, sauté the carrots until they just begin to turn golden. Add the coriander, garlic, lemon juice, and water.

Bring to a boil and then reduce heat to a simmer until the carrots are tender-crisp.

Remove carrots to a serving dish and garnish with the fresh herbs. Serve on the good china!

Waldorf Salad with Wild Rice and Citrus Dressing (serves 2)

Ingredients

2/3 cup wild rice
2 ½ cups hot water
1 cup brown rice
1 large tart apple
3 tablespoons fresh lemon juice
1 bell pepper, any color, seeded and diced
1 cup diced celery
½ cup minced red onion
¼ toasted walnuts or almonds, chopped

Dressing:

1/2 c fresh-squeezed orange juice
1 teaspoon ground coriander
½ teaspoon ground cardamom
2 tablespoons olive oil

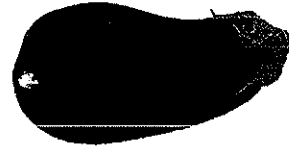
Directions

In a saucepan with a tight fitting lid, soak the wild rice in 1 cup of the hot water for 30 minutes. Add the remaining 1 1/2 cups of water, bring to a boil, then lower to a simmer, cover and cook for about 45 minutes, until the rice is tender. When the rice has cooked for about 30 minutes, dice the apple and toss with the lemon juice in a large bowl. Add the peppers, celery, red onions, and almonds or walnuts and set aside. Whisk together all of the dressing ingredients. Add the cooked rice and the dressing to and toss well to combine. Perfect for a holiday brunch or a fancy lunch!

Baked Creole Eggplant (serves 2-4)

Ingredients

2 eggplants, diced
1 onion, chopped
1 cup raw shrimp, peeled and deveined
1 stalk celery, chopped
1/2 cup butter or olive oil
No-salt-added chili flakes



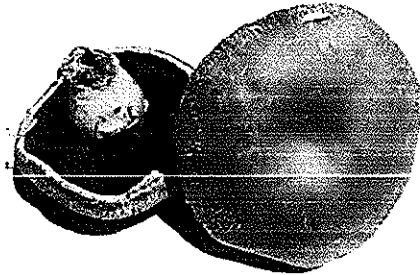
Directions

Preheat oven to 350. In a pot, boil eggplants in water until soft. Meanwhile, in a skillet, sauté onion, chopped shrimp, and celery in butter or oil. Drain boiled eggplant and combine with the sautéed ingredients. Put everything in a baking pan and sprinkle with chili flakes. Bake approximately 30 minutes and serve with some hot jazz.

PBT (Portobello, Basil, & Tomato) Sandwich (serves 4)

Ingredients

4 tablespoons plain, active culture yoghurt
1 teaspoon fresh lemon juice
1 tablespoon olive oil
2 4 ounce portobello mushrooms, stems removed,
caps wiped clean and sliced 1/8".
Sea salt and fresh ground black pepper to taste
8 slices wheat free bread
2 cloves garlic, finely minced
1 cup loosely packed basil leaves



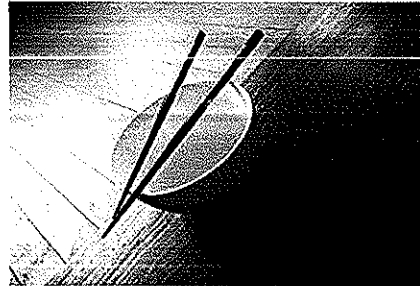
Directions

Prepare grill or preheat broiler. In a small bowl, stir together yoghurt, garlic, and lemon juice. Brush olive oil over the mushrooms. Grill or broil mushroom slices until tender and golden, 2 to 3 minutes a side. Season with salt and pepper. Meanwhile, toast bread on the grill or under the broiler. Spread half of the yoghurt mixture over 4 toasted bread slices and arrange basil on top. Top with the grilled mushroom slices, followed by the tomato slices and salt and pepper. Finish with a dollop of the remaining yoghurt mixture and cover with the remaining pieces of toast.

Pineapple Fried Rice (serves 4)

Ingredients

2 1/2 cups cold, cooked brown rice (cook the rice the night before and refrigerate)
4 shallots, thinly sliced
3 tablespoons olive oil
1 teaspoon grated ginger
1 clove minced garlic
1 tablespoon turmeric powder
1/2 cup mixed Asian vegetables (peas, bell peppers, baby corn, etc.)
1 cup chopped fresh pineapples (use sweet ones)
sea salt to taste
chopped fresh peanuts for garnish



Directions

In a non-stick pan, dry-fry the shallots until brown. Take them out and set aside for garnish later. Sauté garlic and ginger in the olive oil and add in the turmeric. Add in the rice and stir until coated with turmeric/oil. Lastly add in the pineapples and mixed vegetables and stir until cooked. Season to taste. Serve warm with fried shallots and nuts as garnish.

Roasted Eggplant Curry (serves 2)

Ingredients

- 1 medium eggplant
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 1 teaspoon turmeric
- 1 teaspoon sea salt
- 1 teaspoon black pepper
- 1 tomato, seeded
- 1-2 teaspoons curry powder
- 1 teaspoon mustard seeds
- 1 dash cayenne
- 1-2 tablespoons olive oil

Directions

Roast the eggplant over a charcoal grill, or roast in a 400 degree oven until brown on the outside and soft on the inside. Cool and peel. Sauté the onion in olive oil until translucent, then add garlic and mustard seeds. Cook until the onion begins to turn golden. Stir in the turmeric, cayenne and curry. Add the eggplant flesh, onion mixture, and tomato to a food processor and blend. Add tomato until the mixture looks thick and red-brown (don't add too much, or it will be too sweet). Add the salt and pepper. Serve over steamed brown rice.

Garlic Mashed Potatoes (serves 4-6)

Ingredients

6 medium red potatoes, scrubbed and cut into large chunks (peeled or not)
8 cloves of garlic, peeled
1/2 cup of either "mock" sour cream (see above recipe) or plain yoghurt
2 tablespoons butter
sea salt and pepper to taste

Directions

Place the potatoes, butter, and garlic in a soup pot and add enough water to cover. Bring to a boil over high heat. Reduce the heat to medium and cook for 20 to 25 minutes, or until the potatoes are fork-tender; drain and place in a large bowl. Mash the potatoes and garlic along with the yoghurt/mock sour cream, salt, and pepper until smooth and well blended. Serve immediately.

Fennel Salad (serves 4)

Ingredients

2 fennel bulbs
½ teaspoon sea salt
2 teaspoons cinnamon or nutmeg
2 teaspoons red wine vinegar
3 cloves garlic, minced
1/4 orange; seeded

Dressing:

1 tablespoon fresh dill, chopped
1 tablespoon capers
4 tablespoons olive oil



Directions

Trim the stalks from the fennel, cut the bulb in half lengthwise; then cut crosswise into very thin slices. Place in a large bowl with the capers and the dill.

To make the dressing, cut the quarter orange in small pieces and place in the work bowl of a food processor with the vinegar, cinnamon or nutmeg, garlic, and salt.

Process until smooth. With the motor running slowly, pour in the olive oil. Pour over the fennel, toss well and serve.

Quinoa with Fresh Basil (serves 1-2)

Ingredients

1 ½ cups quinoa
2 cups water
sea salt and pepper
1 tablespoon olive oil
1 cup leeks, thinly sliced
¼ cup vegetable broth or chicken broth
cayenne pepper, to taste
4 tablespoons parsley, chopped
2 garlic cloves, chopped
1 lemon, juice and zest of
¼ cup fresh basil, chopped
pine nuts (optional)



Directions

Rinse the quinoa and place in a medium saucepan with water and salt . Cook according to box directions. Cool. Heat Olive oil in a sauté pan and then add leeks, sautéing for 2 minutes over medium high heat (to get some color on them). Add the stock, lower the heat, and cook the leeks for about 5 minutes (until tender). Stock should be almost gone. Add the cooked quinoa and stir to heat through. Remove from the heat. Add the remaining ingredients and drizzle with a fine-quality extra virgin olive oil, if you so choose. Also nice with toasted pine nuts.

Brown Rice Vegetable Pilaf (serves 4-6)

Ingredients

1 tablespoon olive oil
1 cup chopped onion
1 ½ cup brown rice
8 large garlic cloves -- pressed
3 cups water
1 teaspoon sea salt
1 cup fresh green beans, cut into 2-inch pieces
1 cup yellow crookneck squash, cubed
1 cup broccoli florets
1 cup fresh corn kernels
1/3 cup chopped red, green, or yellow bell pepper
1 tablespoon sesame seeds, toasted
2 teaspoons butter or soy sauce



Directions

Heat oil heavy large skillet over low heat. Add onion; sauté until golden and tender, about 10 minutes. Add rice and garlic; sauté 1 minute. Add 3 cups water and salt; bring to boil. Reduce heat to low, cover tightly and cook until rice is tender and almost all liquid is absorbed, about 35 minutes; do not stir. Uncover skillet and place green beans, squash, broccoli, corn and carrot evenly over surface of rice. Cover and cook until vegetables are crisp-tender, about 10 minutes. Remove from heat. Stir in red bell pepper and sesame seeds. Mix in butter or soy sauce. Toss to coat.

Butternut Squash Chili with Beef (serves 4)

Ingredients

1 pound extra-lean, organic ground beef
1 green, red, orange, or yellow bell pepper, chopped
1 medium onion, chopped
3 cloves garlic, minced
3 large, ripe tomatoes, coarsely chopped
16 ounces cooked beans (black or garbanzo)
½ of a butternut squash, peeled and cubed
1 cup chicken stock
2 teaspoons ground cumin
1 ½ teaspoons chili powder, or to taste
1 cup fresh corn kernels



Directions

Cook beef, bell pepper, onion, and garlic in a large pot over medium heat until meat crumbles and is no longer pink. Drain in a colander or with a spatula and return to the pot. Stir in the tomatoes, beans, squash, chicken stock, cumin, and chili powder and bring to a boil. Reduce heat and simmer, stirring occasionally, for 15 minutes. Add the corn and cook, uncovered, until the squash is tender and the concoction has thickened. Savor this vitamin and mineral-rich dish!

Cranberry-Pecan Wild Rice (serves 4-6)

Ingredients

1 cup brown and wild rice mix
2 1/3 cups water
½ teaspoon sea salt
1 teaspoon butter
½ cup dried cranberries
½ cup chopped pecans, either toasted or non-toasted
¼ cup sliced green onions
1 tablespoon lemon juice
2 tablespoons olive oil
1 teaspoon grated orange peel
Sea salt and freshly ground pepper

Directions

If there are no directions on the rice package, bring the water, butter, and salt to a boil and add the rice. Reduce to a simmer, cover, and cook for 50 minutes. Do not stir or uncover the rice. After cooking, remove from stove and let sit, covered for 10 minutes. Then uncover, fluff with a fork, and let cool until nearly at room temperature. Then, in a medium sized bowl, mix the rice, cranberries, pecans, and green onions together. In a separate container, such as a jar, mix the lemon juice, olive oil, orange peel, and salt and pepper to taste. Just before serving, mix dressing in with the rice mixture. Serve at any temperature with roast chicken or a seafood dish.

Snacks & Appetizers

"Hi Dax,

I have had absolutely awesome results.

*I was one who already worked out 5 days a week at the gym and walk around 6kms/day. So with your diet and the free foods, I have finally moved past the plateau that I was on for about 3 months - **I have lost an additional 11 pounds and 10 3/4"** - so I am so excited.*

I will work hard to get it off and now I am only 4lbs from where my target is at 120lbs.

I appreciate all the help you have given me with the 100 days and now the diet free trial - I am so blessed to have had your help."

Thanks,

Betty

Herbed Shrimp Hors d'oeuvre (serves 4-8)

Ingredients

1 pound medium shrimp, peeled and deveined with tail left intact
2 tablespoons olive oil or butter
2 cloves garlic, smashed or sliced
1 tablespoon fresh rosemary, minced
1 small lemon, sliced
Sea salt and pepper, to taste



Directions

Heat olive oil and garlic over medium heat until garlic is golden. Remove garlic to a plate. Add rosemary and shrimp. Cook until shrimp are pink and cooked through (about 3 minutes). Season with sea salt and pepper to taste. Transfer to a serving dish, squeeze lemon juice over the shrimp, and garnish with extra lemon wedges.

Sundays at the Farm Homemade Apple Sauce (serves 4-6)

Ingredients

8 sweet apples, peeled, cored and cut into eighths
1/2 cup water
Liberal amounts of cinnamon and nutmeg
2 tablespoons lemon juice
1 tablespoon grated lemon peel



Directions

Combine apples and water in a heavy-bottomed pan. Place over low heat and cook, stirring occasionally. When apples begin to get tender, add spices to taste. Add lemon juice and cook until applesauce is ready to be mashed with fork. Remove from heat and add lemon peel. Mash with tines of fork, leaving some coarse texture. Serve warm. The leftovers can be frozen in Tupperware and will keep indefinitely.

Easy Chickpea Party Dip (serves 4-6)

Ingredients

16 oz. cooked garbanzo beans (chickpeas)
2-3 tablespoons olive oil
1 tablespoon fresh-squeezed lemon juice
1-2 cloves garlic, peeled and finely minced
1 small onion, peeled and chopped
3 or 4 fresh basil leaves, shredded
Sea salt to taste

Directions

In a small bowl, mash the chickpeas until smooth. Add the garlic, olive oil, and lemon juice and stir in thoroughly. Toss in the fresh basil and onion. Salt to taste and serve with an assortment of raw veggies—baby carrots, snap peas, cherry tomatoes, celery sticks, etc.

Stuffed Avocado with Yogurt-Cilantro Sauce (serves 4-6)

Ingredients

2 to 3 ripe avocados halved and pitted with the flesh removed (you should have empty avocado skins when you're done with this process)

1 or 2 diced tomatoes

1 small onion, peeled and diced

1 cup plain, active-culture yoghurt

2 tablespoons fresh parsley, chopped

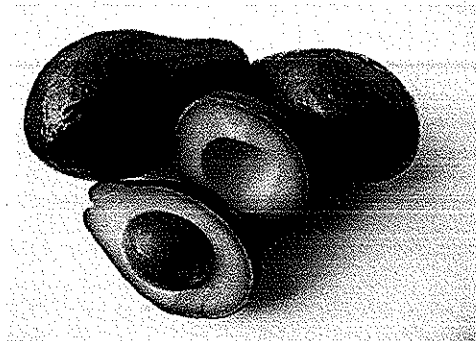
2 tablespoons fresh cilantro, chopped

1 or 2 cloves garlic, minced

Zest of 1 small orange

Juice of 1/2 orange

Sea salt and freshly ground black pepper to taste



Directions

Dice the avocado flesh and combine with the tomatoes and onion. Mix well.

Fill the avocado shells with the avocado mixture. Prepare the cilantro-yoghurt sauce by combining all ingredients and mixing well. Dollop the sauce on top of each stuffed avocado half. Share with a friend and enjoy!

Oven Toasted Acorn Squash Seeds

Ingredients

1 Acorn squash (for ideas on what to do with your acorn squash, see the recipe for "Farmer's Market Squash with Pineapple")

½ tablespoon butter

Sea salt

Directions

Preheat the oven to 350 degrees. Cut uncooked squash in half and scoop out the seeds. Clean the pulp and strings off the seeds in a colander under running water, then set the seeds on a towel to dry. Put the seeds into a small mixing bowl and either melt the butter and pour onto the seeds or put the softened butter into the bowl and mix with your hands. Spread the seeds evenly on a cookie sheet and sprinkle with the sea salt. Slide into the oven and bake the seeds for about 10 minutes or until they just begin to brown.

Onion Blossom (serves 2-4)

Ingredients

2 large red onions
½ cup wheat-free bread crumbs (you can make your own!)
1 tablespoon very finely minced garlic or 2 teaspoons garlic powder
1 teaspoon paprika
½ tablespoon olive oil
2 large egg whites



Directions

Preheat the oven to 375 and grease a baking sheet with olive oil. Peel the onions and slice off the bottoms so that the onions sit flat. Starting at the center of the top of each onion and working around it, cut 20 to 30 slits, cutting only three-quarters into the onion for a "flower" effect. Transfer both onions to the baking sheet and brush them lightly with olive oil. In a small bowl, combine the wheat-free bread crumbs, garlic/garlic powder and paprika. In another bowl, whisk the egg whites with a fork and pour over the onions to cover thoroughly. Sprinkle the onions evenly with the seasoned crumbs and bake for 40 to 50 minutes, until the onions are lightly browned. Serve immediately.

Savory Veggie Chips (serves 2-4)

Ingredients

2 tablespoons olive oil
1/2-3/4 teaspoon sea salt
1/4 teaspoon dried thyme, crushed
1/4 teaspoon dried oregano, crushed
1/8 teaspoon fresh-ground black pepper
3 cups peeled root vegetables (sweet/white potatoes, parsnips, carrots, etc.) peeled and sliced about 1/4" thick

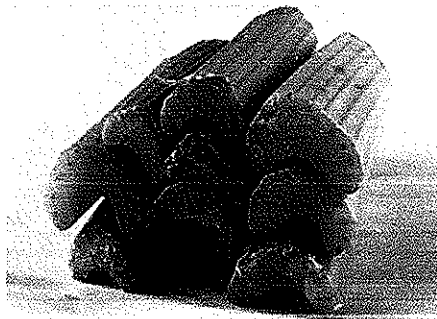
Directions

Preheat the oven to 350 degrees. In a bowl, combine the herbs, oil, salt, and pepper. Toss the vegetable slices in this mixture until well coated. Arrange on baking sheets in single layers and bake for 20-30 minutes or until crispy. Enjoy guiltlessly!

Celery with Toasted Pine nuts (serves 6-8)

Ingredients

1 large bunch celery
1 small-medium onion, chopped
1/2 cup pine nuts, toasted
4 tablespoons butter
sea salt
pepper
1 tablespoon chopped parsley



Directions

Wash the celery and cut it into diagonal pieces, 1" long. Melt the butter in a saucepan and add the onions and celery. Cover and cook, shaking pan till celery is tender-crisp, about 15 minutes. Remove lid, stir in salt & pine nuts, and serve immediately.

Nut-Crunch Apple Slices (serves 2-4)

Ingredients

3 large baking apples, peeled and sliced
¼ cup fresh squeezed lemon or orange juice
2 tablespoons cinnamon
½ teaspoon nutmeg
½ teaspoon ginger
½ cup butter
½ cup walnuts



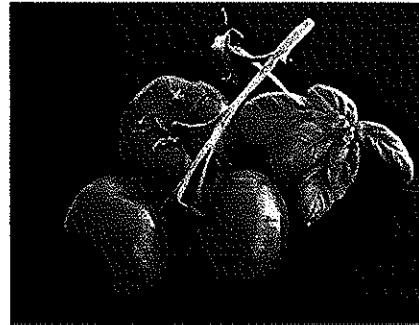
Directions

Preheat oven to 350. Grease a 1 quart baking dish and place the apple slices in it. Combine the cinnamon, nutmeg, ginger and juice; pour over apples. Dot the apples with butter and sprinkle with walnuts. Bake, uncovered, for 45-60 minutes or until tender.

Basil Tomato Plate (serves 2)

Ingredients

1 or 2 fresh, ripe, medium tomatoes, sliced
5 or 6 fresh basil leaves, shredded
sea salt, to taste
fresh ground black pepper, to taste
olive oil
Basalmic vinegar



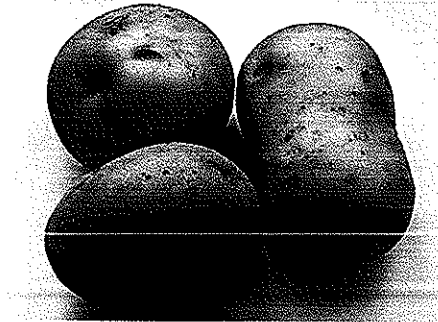
Directions

Arrange the tomato slices prettily on a plate and drizzle with equal parts olive oil and Basalmic vinegar. Sprinkle with basil, sea salt, and pepper. Refrigerate for 1 or 2 hours or enjoy immediately.

Oven French "Fries" (serves 4-6)

Ingredients

4 large potatoes, scrubbed and cut into 1/2" wide strips
2 tablespoons olive oil
sea salt
pepper



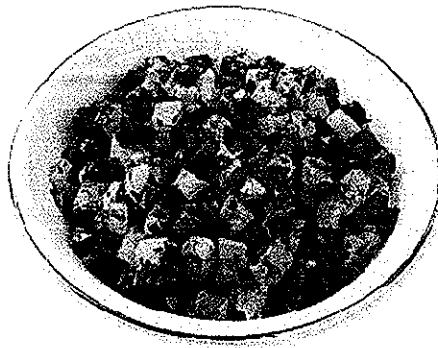
Directions

1-2 hours before preparing the meal, drop the potato strips into ice water and allow them to chill. When you are ready to cook, preheat the oven to 475 and remove the potato strips from the water. Pat dry thoroughly and then place in a bowl. Drizzle with the olive oil and toss thoroughly until each strip has a light coating of oil. Spread fries in a single layer in a shallow baking pan. Place in oven for 30 to 35 minutes. Stir fries occasionally to brown on all sides. Remove from oven, sprinkle lightly with sea salt and pepper, and enjoy!

Pineapple Salsa

Ingredients

1 1/2 lbs ripe plum tomatoes, seeded and chopped
1/2 red onion, finely diced
3 cloves minced garlic
2 tablespoons chopped jalapeño peppers or green chilies
1 cup fresh, diced pineapple chunks
1 tablespoon balsamic vinegar
1/4 cup fresh cilantro leaves, stemmed, chopped
1 teaspoon olive oil
juice from one large fresh lime
1/4 teaspoon ground cumin
1/2 teaspoon sea salt



Directions

Combine all ingredients in a glass or ceramic bowl and refrigerate, covered, for several hours to allow flavors to mix. Taste for seasoning adjustments. Add more heat if desired with cayenne pepper flakes. Serve this salsa as an appetizer with vegetables or gluten-free tortilla chips and use as a garnish for potatoes or other dishes.

Avocado Angel Eggs (12-24)

Ingredients

1 dozen large hard-cooked eggs, peeled
2 ripe avocados
1 tablespoon lemon juice
1 clove garlic, finely minced
2 tablespoons finely chopped shallots or green onions
2 teaspoons capers, mashed (optional)
Garnish: slivers of red, yellow, or green bell pepper

Directions

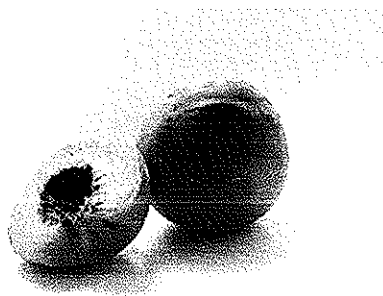
Slice each egg in half lengthwise, removing egg yolk. Use egg yolks in another recipe (such as crumbled over a salad). Cut avocado in half and remove seed. Peel and cube.

In a bowl, combine avocado, lemon juice and garlic, mashing to blend. Stir in shallots or green onions and capers, if desired. Fill each egg half with avocado mixture. Garnish with bell pepper.

Paradise Peaches (serves 4-6)

Ingredients

6 large peaches, pitted and halved
Fresh-squeezed lemon juice
Fresh-squeezed orange juice
1 tablespoon butter
Liberal amounts of cinnamon and nutmeg



Directions

Preheat oven to 350 degrees. Place peach halves, hollow side up, in a baking dish. Add orange juice to the dish until the peaches are sitting in juice. Sprinkle peaches liberally with lemon juice. Dot each half with butter and sprinkle with plenty of cinnamon and nutmeg. Bake for about 20 minutes, basting with lemon juice several times during baking. Serve warm with plain yoghurt or enjoy as-is.

Nori Rolls (serves 8-12)

Ingredients

2 cups raw almonds, soaked overnight
3 cloves garlic
1 cup chopped celery
1 ½ teaspoons sea salt
1/3 cup olive oil
½ cup fresh lemon juice
1 tablespoon curry powder
5 nori sheets

Slice the following into long, thin strips:

½ avocado
½ large bell pepper
2 green onions
shredded carrot

Directions

Blend all the ingredients (except the nori sheets) from the first list in a food processor until creamy. Spread this pate onto a sheet of nori and add the thinly sliced vegetables. Roll up tight in nori sheet. Note: to make the nori sheets stick better you can moisten them a little with water, lemon, tomato, or orange juice. Let the nori rolls sit for 10 minutes and then begin slicing them into 2 inch slices. Makes 10-15 nori rolls.

Hot Spiced Orange Tea (serves 2-4)

Ingredients

2 cups water
2 cups fresh-squeezed orange juice
1 teaspoon whole cloves
2 cinnamon sticks
1 lemon, halved and sliced



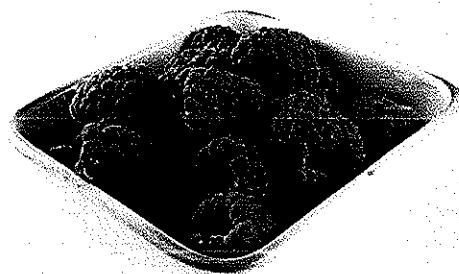
Directions

Heat water and orange juice in a saucepan until it boils. Add cloves, cinnamon, and lemon and lower heat. Simmer 10 minutes over medium heat. Remove cloves and cinnamon and serve hot with some scrumptious wheat-free scones!

Wheat-Free Raspberry Scones (serves 6-12)

Ingredients

2 cups spelt flour
1 tablespoon baking powder
1/2 teaspoon sea salt
1/3 cup extra-light olive oil
1/3 cup pure, no-sugar added agave nectar
1 tablespoon pure, non-alcoholic vanilla extract
1/3 cup hot water
1 cup fresh raspberries



Directions

Preheat the oven to 375 degrees. Line a baking sheet with parchment paper. In a bowl, whisk the spelt with the baking powder and salt. Stir in the olive oil, agave nectar and vanilla. Stir in the hot water, then the raspberries. Scoop 12 mounds of batter 1/3 cup each onto the prepared baking sheet and lightly brush the tops with olive oil. Bake the scones for 20 minutes, or until golden. Let the baking sheet cool completely on top of a rack. Enjoy with herbal tea and a good chat!

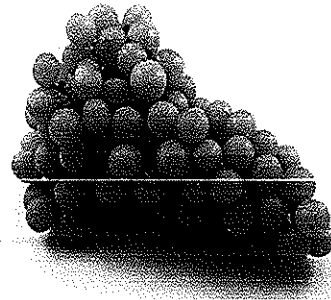
Veranda Grape Parfait (1-2)

Ingredients

1 c seedless grapes, any color
1 8 ounce container plain, active-culture yoghurt
1-2 teaspoons non-alcoholic lemon extract

Directions

Fold all ingredients together, put in parfait glasses, and refrigerate until needed. If you want to be even more elegant, layer the ingredients. The combination of lemony yogurt and grapes is amazingly refreshing and rich.



Guiltless Apricot Tart (serves 8)

Ingredients

2½ cups walnuts
½ tablespoon butter
1½ cups dates
2 cups dried apricots, sliced ¼ inch thick
1 cup orange juice
2 tablespoons rice flour
1 teaspoon cinnamon



Directions

Crust: Remove pits from dates if they have them and place them in a food processor with walnuts. Process until well mixed and ground, but not smooth (about 40 seconds). It should be a coarse texture when done. Press this "crust" mixture evenly into a 9 inch tart pan with about ½ inch crust around rim. Set in refrigerator while making the filling.

Filling: Slice apricots about ¼ inch thick, and cook in a 10 inch skillet with butter, orange juice and cinnamon on medium low heat, until apricots become tender, and liquid is syrupy, about 10 minutes. To help thicken the filling, add the two tablespoons of rice flour and stir in well. Remove apricots and syrup from hot pan and let cool in a bowl for about 1 hour so it gets fairly cool. Spread the mixture evenly over crust. It can be served right away or chilled. Store the tart covered so that it doesn't become soggy due to the moisture in the fridge. Serve with a dollop of yoghurt on each slice.

Frozen Yoghurt Pops (serves 3-4)

Ingredients

6 oz. plain, active-culture yoghurt
½ cup of one or a mix of the following: blueberries, strawberries, blackberries, banana,
or raspberries
small paper cups
wooden Popsicle sticks
plastic wrap



Directions

In a blender, puree the yoghurt and whichever fruit you chose until smooth and creamy. Pour the yoghurt mixture into paper cups. Fill them almost to the top. Stretch a small piece of plastic wrap across the top of each cup. Using a Popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup. Put the cups in the freezer until the yogurt is frozen solid (1-2 hours). Remove the plastic wrap, peel away the paper cup, and enjoy this creamy, cool, delicious treat!

Mock Sour Cream

Ingredients

1 cup (8 ounces) soft tofu (not silken)
1 tablespoon olive oil
1 tablespoon fresh lemon juice
½ cup chopped chives
Sea salt and pepper to taste

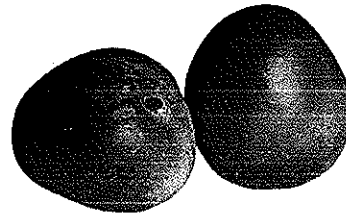
Directions

Put the tofu, olive oil, and lemon juice into a blender or food processor. Combine until smooth and creamy. Pour mixture into a bowl and mix in the chives and salt/pepper. Enjoy on potatoes or anywhere else you might use real sour cream.

Tropical Breeze Shrimp & Mango Appetizer (serves 6-8)

Ingredients

1 ripe mango
8 ounces cooked shrimp, finely chopped
1 fully ripened avocado halved, pitted, peeled, and finely diced
1/4 cup finely diced red onion
2 tablespoons finely chopped fresh cilantro
2 tablespoons freshly squeezed lime juice
1/2 teaspoon sea salt
1/4 teaspoon ground black pepper
Big, dark green lettuce leaves



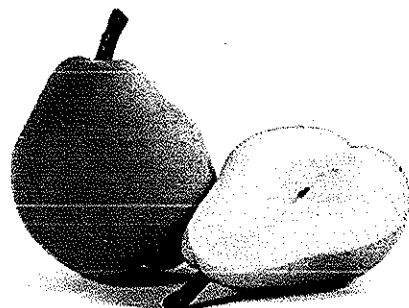
Directions

Peel and slice mango into small cubes. In a bowl, combine mango with shrimp, avocado, red onion, cilantro, lime juice, salt, and pepper. Serve atop lettuce leaves.

Sizzling Pears

Ingredients

1/2-1 tablespoon butter or olive oil
2 cups peeled, cored and sliced fresh pears
1/2 cup fresh orange or apple juice
nutmeg and cinnamon to taste



Directions

In a small skillet, heat the butter over medium heat. Add the fruit and cook until it begins to soften slightly, about 2 to 3 minutes. Add the orange or apple juice and the cinnamon and nutmeg. Bring to a boil, then pour over yoghurt and enjoy.

Quick Roasted Sugar Snap Peas with Shallots ***(serves 6)***

Ingredients

2 pounds sugar snap peas, ends trimmed
1 tablespoon olive oil
sea salt to taste
1 tablespoon shallots, finely chopped



Directions

Preheat the oven to 450°F. Spread the sugar snap peas out on a baking sheet. Brush them with olive oil and sprinkle with salt and shallots. Roast the sugar snap peas on the top rack of the oven until they begin to get tender on the outside, about 5 minutes.

Remove from heat and serve immediately.

Baked Apple Crisps (serves 1)

Ingredients

1 fresh, sweet apple, cored and sliced paper thin
cinnamon and nutmeg to taste

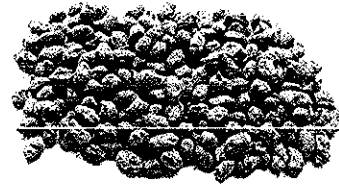
Directions

Preheat oven to 200°. Lay parchment paper onto a baking sheet and arrange the apple slices in a single layer across the baking sheet. Sprinkle the slices lightly with the nutmeg and cinnamon and bake for 1 ½ hours or until browned. Cool on a wire rack and enjoy during a walk in the park.

Roasted Bombay Peanuts (makes about 6 cups)

Ingredients

2 tablespoons ground coriander
1 tablespoon ground cumin
1 ½ teaspoons sea salt
½ teaspoon pepper
½ teaspoon ground red pepper
3 egg whites
6 cups unsalted, dry-roasted peanuts
3 tablespoons sesame seeds
olive oil



Directions

Preheat the oven to 300 degrees. In a small bowl, combine the first five ingredients. In a medium bowl, beat the egg whites until frothy, then add the mixed spices, peanuts, and sesame seeds, stirring well to coat. Lightly coat a baking pan with olive oil and spread the spiced nut mixture in an even, single layer over the pan. Bake for thirty minutes or until the nuts are completely dry, stirring them occasionally. Allow the peanuts to cool completely before serving.

Easy Apple Salad (serves 4)

Ingredients

3 apples, cored and cut into cubes
¼ pound seedless green or red grapes
1 banana, peeled and thinly sliced
1 celery rib, finely chopped
½ of a pineapple, cut into chunks
¼ cup walnuts, chopped
1 ½ cups plain yoghurt
½ tablespoon non-alcoholic pure vanilla extract

Directions

In a large bowl, combine all ingredients. Cover and let stand in the fridge about an hour before serving.

Want Even Faster Results?

The Elimination Diet is just one part of my Look Great Naked Challenge (www.lookgreatnakedchallenge.com) where you'll receive emails each and every day for a full 90 days telling you what to eat, how to train and how to get the most from your program.

Supported by audios, videos and stacks of 'how to' downloadable reports and worksheets, this 90 days program literally leaves no stone unturned.

Just pop on over to www.lookgreatnakedchallenge.com to find out more.

"All my friends are commenting on how much better I look and I really feel more energised and much more confident - when I look at my before pictures I cant believe how much my body has changed. And I owe all this to you - yes I know that I committed to the exercise and the eating plan and that I did it - but you were the inspiration and the constant factor at the beginning when it was difficult to get going and remain committed. Once the weight started coming off and the measurements were less and less every week then it became easier and gained momentum - thank you for giving me a new lease on life.

As for the future - well who knows? But one thing is for sure, I wont be going back to the sedentary, processed lifestyle I have left behind - so watch out future because here I come!!"

Suzanne