

# **Ovarian Cyst Miracle™**

## **14-Day Recipes and Meal Plans**

By Carol Foster

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# Introduction

In the following pages you will find a 14 days meal plan aimed at women who aren't sure about what to eat or are looking for meal ideas that meet the six dietary principals outlined in the Ovarian Cyst Miracle™ book.

Each of the recipes in this book has been carefully designed, tested and optimized specifically for PCOS or ovarian cysts sufferers. The majority of recipes are easy to prepare and with little time and practice you will be able to quickly pick the recipes that appeal to you or suit your requirements and easily incorporate them into your diet.

Like everything worthy, it takes time and persistence to shift from old eating habits to new more healthy and digestion friendly eating style. But choosing low calorie foods with high nutritional value and avoiding foods that can trigger problems or aggregate your existing condition, along with adhering to the 6 dietary principals outlined in the Ovarian Cyst Miracle book, can be extremely rewarding. In most cases, you may experience positive results, feelings of well-being and relief from previous health problems almost immediately.

Important notes:

1. The meal planning, daily menus and recipes outlined in this book are merely suggestions. Always use your judgment and consult your doctor prior to planning and building your meals based on the recipes and menus outlined in the book. It is important to carefully choose the recipes that suit the severity of your condition, while avoiding foods and ingredients that you're allergic to.

2. Choose natural methods of cooking (avoid microwave heating or cooking at all costs). Do not overcook your food. Never fry or deep-fry your food and aim for consuming raw food as much as possible (approx 70% of your daily diet).
3. Choose organic or natural, fresh and good quality foods whenever possible. This is especially important when it comes to red meat and chicken.
4. Eating at least 3 meals a day is the basic rule of thumb for healthy nutrition. Always make sure you adhere to the six dietary principals and food combining/ digestion optimization guidelines outlined in the Ovarian Cyst Miracle book. Try to break your meals into small portions, never drink while eating and remember to chew your food slowly to optimize digestion.

Bon Appetite,

*Carol Foster*

# 14 Day PCOS and Ovarian Cysts Meal Plan

## Day 1

### **Breakfast**

Huevos Rancheros\*

### **Morning Snack (optional)**

1 teaspoon almond butter on celery sticks

### **Lunch**

4-6 oz. leftover Marinated Flank Steak\*

Cole slaw\*

### **Afternoon Snack (optional)**

1/4 handful pumpkin seeds and 5 baby carrots

### **Dinner**

Louisiana Gumbo\*

### **Dessert or Evening Snack (optional)**

1/2 apple and/or 6-8 raw cashews

## Day 2

### **Breakfast**

Turkey Citrus Salad\*

Green tea

### **Morning Snack (optional)**

Sugar snap peas (or vegetable sticks) dipped in Asian Dressing\*

### **Lunch**

Deviled Eggs\*

Basic Garden Salad\*

### **Afternoon Snack (optional)**

1/4 cantaloupe and 1/4 handful walnuts

### **Dinner**

Herb and Garlic Petite Sirloin\*

Mango Salsa

Steamed Asparagus\*

Small garden salad

### **Dessert or Evening Snack (optional)**

Carrot sticks and 4 macadamia nuts

## Day 3

### Breakfast

Turkey Burger\*

1/2 cup of Green Salsa,\* Latin Salsa,\* or Mango Salsa\* (on top of burger)

1/4 cup Mexican Guacamole\* (optional) (on top of burger)

Green tea

(Start Crockpot Chicken\* before leaving for work).

### Morning Snack (optional)

2-4 small sardines (pat dry if packed in oil)

### Lunch

4 oz. pork loin, sliced from leftovers

Mediterranean Salad\*

### Afternoon Snack (optional)

1/4 handful pumpkin seeds and celery sticks

### Dinner

Chicken Crockpot\*

Spinach and Pink Grapefruit Salad\* (optional)

### Dessert or Evening Snack (optional)

1/2 cup berries, fresh or frozen

## Day 4

### Breakfast

Aloha Smoothie\*

2-3 oz. cold venison (or other meat, poultry or seafood)

### Morning Snack (optional)

1 Tomato Cup\*

### Lunch

Hawaiian Chicken Salad\*

Tea

### Afternoon Snack (optional)

5-10 grapes and 1/4 handful walnuts

### Dinner

Liver and Onions\*

Mashed Cauliflower\* with Mushroom Gravy\*

Steamed Swiss chard

### Dessert or Evening Snack (optional)

4-5 olives

## Day 5

### **Breakfast**

Apricot-Apple Flaxseed Smoothie\*

4 oz. slices of beef, turkey, chicken or seafood

Hot lemon water or green tea

### **Morning Snack (optional)**

1 sliced kiwi and 4-5 macadamia nuts

### **Lunch**

4 oz. cold, leftover Chili Pepper Halibut\*

Mango Salsa\*

Confetti Salad\*

### **Afternoon Snack (optional)**

Jicama sticks and 4-5 macadamia nuts

### **Dinner**

Chicken Vegetable Soup\*

Confetti Salad\* with Lemon Vinaigrette

Herbal Tea

### **Dessert or Evening Snack (optional)**

Daikon radish slices and a few green olives

## Day 6

### **Breakfast**

1-2 Deviled Eggs\*

Celery sticks with Nut Pâté\* or Lettuce Roll Ups\*

Green tea

### **Morning Snack (optional)**

1/2 cup blueberries

### **Lunch**

Leftover Basic Stew\*

### **Afternoon Snack (optional)**

4-5 cherry tomatoes and 1/8 avocado

### **Dinner**

Broiled Tilapia Pesto\*

Roasted Vegetables No. 1 or No. 2\*

### **Dessert or Evening Snack (optional)**

2 fresh apricots



## Day 7

### **Breakfast**

Fritata\*

Green tea

### **Morning Snack (optional)**

1 kiwi and 1/4 handful walnuts

### **Lunch**

Italian Beef Soup\*

### **Afternoon Snack (optional)**

Handful sprouts and 1/8 avocado

### **Dinner**

Fish Filets in Red Sauce\*

Spinach Salad\* with Lime, Oil and Garlic Dressing\*

Mashed Cauliflower\*

### **Dessert or Evening Snack (optional)**

2/3 cup fresh berries in season sprinkled with 3-4 chopped macadamia nuts and

1 teaspoon dark

chocolate drops

## Day 8

### **Breakfast**

Leftover Baked Buffalo Stew\*

Green tea

### **Morning Snack (optional)**

Celery with 2 teaspoons Nut Pâté\* or nut butter

### **Lunch**

Chicken with Confetti Salad

2 Tomato Cups

### **Afternoon Snack (optional)**

Lettuce Roll Ups

### **Dinner**

Basic Stir Fry\*

### **Dessert or Evening Snack (optional)**

1/4 papaya and 2-3 macadamia nuts

## Day 9

### **Breakfast**

Lettuce Roll Ups\*  
3 oz. canned tuna or any leftover fish  
Green tea

### **Morning Snack (optional)**

Tomatoes Dijon\*

### **Lunch**

Salade Nicoise\*

### **Afternoon Snack (optional)**

4-6 pecans and cucumber slices

### **Dinner**

Italian Braised Steak\*  
Broccoli with Garlic and Lemon\*  
Wild Greens Salad\* or Shoestring Carrot Salad\*

### **Dessert or Evening Snack (optional)**

2-5 olives

## Day 10

### **Breakfast**

Frittata\*  
Green tea

### **Morning Snack (optional)**

1/2 cup berries

### **Lunch**

Leftover Turkey Meat Loaf\*  
Small Raw Veggie Delight\* salad

### **Afternoon Snack (optional)**

3-4 small carrot sticks and 1 teaspoon nut butter

### **Dinner**

Pecan Catfish\*  
Cauliflower with Mushrooms\*  
Small Basic Garden Salad\* with Lime, Oil and Garlic Dressing\*  
Herb tea

### **Dessert or Evening Snack (optional)**

Cucumber sticks

## Day 11

### **Breakfast**

3-6 oz. leftover meat, fish or poultry  
Confetti Salad\* with dressing of your choice  
Green tea

### **Morning Snack (optional)**

4-5 cherry tomatoes

### **Lunch**

Chicken Vegetable Soup (leftover)  
Small Basic Garden Salad\* with Herb Dressing\*

### **Afternoon Snack (optional)**

2-3 small sardines (pat dry if packed in oil)

### **Dinner**

Creole Rabbit\*  
Walnut Watercress Stir Fry  
Steamed broccoli

### **Dessert or Evening Snack (optional)**

2 apricots, fresh

## Day 12

### **Breakfast**

Curried Squash Soup\*  
4 oz. leftover meat, poultry or seafood

### **Morning Snack (optional)**

Mixed sprouts

### **Lunch**

Asian Salad\*  
2-4 oz. Poached Chicken\*

### **Afternoon Snack (optional)**

Tomato and cucumber rounds  
1/4 handful pine nuts

### **Dinner**

Basic Stew\*  
Salad of your choice

### **Dessert or Evening Snack (optional)**

1/4 cantaloupe and 3-4 almonds

## Day 13

### **Breakfast**

Confetti Salad\* or Raw Veggie Delight\*  
4-6 oz. canned tuna or salmon, added to salad  
Choice of dressing from Recipes list  
Green tea

### **Morning Snack (optional)**

1/2 peach or nectarine and 2-3 pecans

### **Lunch**

Herbed London Broil\*  
Shoestring Carrot Salad\*  
Steamed asparagus

### **Afternoon Snack (optional)**

Raw vegetables with 2 tablespoons guacamole

### **Dinner**

Baked White Fish\*  
Cooked Cabbage\*  
Mustard Greens in Vinaigrette\*

### **Dessert or Evening Snack (optional)**

Cucumber sticks and a few cherry tomatoes

## Day 14

### **Breakfast**

Spinach and Eggs\*  
Green tea

### **Morning Snack (optional)**

A few carrot sticks with 1-2 tablespoons guacamole

### **Lunch**

Leftover Creole Rabbit\*  
Warm Nut and Cress Salad\*  
Steamed broccoli (if you wish)

### **Afternoon Snack (optional)**

1 piece fruit and 4-6 almonds

### **Dinner**

Asian Flank Steak\*  
Stir Fried Bok Choy\*  
Bean Sprout Salad\*

### **Dessert or Evening Snack (optional)**

3-4 fresh strawberries

# PCOS and Ovarian Cysts Recipes

## Huevos Rancheros

1 tablespoon extra virgin olive oil  
4-5 tomatoes, chopped  
1/4 onion, chopped  
3 cloves garlic, pressed through garlic press or finely chopped  
Serrano or other chili peppers to taste, chopped (optional)  
Pinch of chili powder (optional)  
4 eggs  
6 large lettuce leaves

Set small frying pan to medium heat. Add 2 teaspoons of water and then 1 tablespoon of oil.

Add tomatoes, onion, garlic, peppers, and chili powder. Bring to a boil, reduce heat and simmer for about 10 minutes.

Brush bottom of larger frying pan with olive oil. Gently fry eggs "sunny side up." (Don't overcook or cook topside of eggs).

Lay out 3 lettuce leaves on each of two plates. Place 2 eggs on each bed of lettuce leaves. Cover eggs with the mixture from the other pan. The topping will partially cook the tops of the eggs.

Yield: 2 servings

## Aloha Smoothie

2 tablespoons flax seeds  
2 tablespoons raw macadamia nuts  
2 tablespoons raw almonds  
2 tablespoons pecans  
2 slices organic ginger root  
1 papaya  
About 2 cups pure water  
Stevia to taste

Soak nuts and seeds overnight, rinse. Add seeds, nuts, ginger, papaya and a little water to blender. Fit lid and blend on high until smooth. Add remaining water a little at a time and continue blending until all water is added. Add stevia to taste.

Yield: 2 servings

## Asian Flank Steak

1 pound flank steak  
2 tablespoons tamari  
1 tablespoons ginger root, peeled and minced  
1/4 cup teaspoon olive oil  
2 cloves garlic, crushed

Trim fat from steak. Combine tamari, ginger, oil and garlic in a large heavy-duty zip-top plastic bag. Add steak and seal bag. Marinate in refrigerator 8 hours, turning bag occasionally. Remove steak from bag. Reserve marinade for basting. Prepare grill or broiler. Place steak on grill rack or broiler pan coated with cooking spray and cook 8 minutes on each side or until desired degree of doneness. You may baste meat with reserved marinade when you turn it. Cut steak diagonally across the grain into thin slices.

Yield: 4 servings

## Louisiana Gumbo

3 tablespoon extra virgin olive oil  
2 cups onion, chopped  
1 cup celery, chopped  
2 large tomatoes, chopped  
8 cups organic chicken stock  
8 cups pure water  
4 cloves garlic, minced  
Tamari, black pepper and red pepper to taste  
1/2 - 1 pound fish (any fish), in chunks  
2 pounds shrimp, peeled and deveined  
1 cup frozen clams  
1 tablespoon parsley, finely chopped  
1/2 teaspoon "gumbo file" (dried, ground sassafras leaves)

Moisten bottom of large soup kettle with 2 tablespoons of water, then add oil and heat with medium heat until hot. Add onions and celery. Cook until onions are wilted and then add tomatoes, chicken stock, water and garlic. Cook over medium heat for 1/2 hour and season to taste with tamari, black pepper and red pepper. Add fish, shrimp, clams and parsley. Cook another 10 minutes. Sprinkle a dash of gumbo file on each served dish of gumbo.

Yield: 6 servings



## Turkey Citrus Salad

2 cups turkey, cooked and chopped  
1/2 cups celery, chopped fine  
1/4 teaspoon Salt-Free All-Purpose Seasoning\*  
1/4 teaspoon curry powder  
1 orange  
1/2 cup seedless grapes  
2 tablespoons Omega mayonnaise\*

Combine turkey, celery, and seasonings in a bowl. Peel and chop the orange. Add orange, grapes and mayonnaise. Toss gently to mix.

Yield: 4 servings

## Asian Dressing

1 cup raw hulled (white) sesame seeds  
1 cup brewed black tea  
1 tablespoon rice vinegar  
1/2 teaspoon chili flakes (optional)  
2 cloves garlic, chopped  
2 tablespoons tamari  
2 tablespoons fresh ginger, minced

Grind sesame seeds in coffee bean grinder or food processor into a fine meal. Place all ingredients in a blender and blend until smooth, adding a little water if necessary to get desired consistency. Refrigerate in tightly covered container. Use as dip or thin down and use as salad dressing.

Yield: 2 cups

## Deviled Eggs

6 large organic eggs  
1/3 cup Omega 3 Mayonnaise\*  
2 teaspoons Dijon mustard  
1/2 teaspoon Spike  
Black pepper to taste  
1/4 teaspoon dill (optional)  
Paprika (optional)

Bring water to a boil over high heat. Slip eggs into water slowly with a spoon and reduce heat to simmer.

Cook for 5 or 6 minutes. Pour off hot water and fill pan with cold water to immediately cool eggs.

When eggs are cool, peel them and cut them in half lengthwise. Scoop out yolks into small bowl and place whites on a serving platter. To the yolks add mayonnaise, mustard and seasonings.

Mash together and mix well until fluffy. Fill cavity of each egg white half with yolk mixture and sprinkle top with dill or paprika.

Yield: 6 servings

## **Basic Garden Salad**

2 cups any combination of leafy greens on Recommended List, such as lettuce, endive, escarole, radicchio, spinach, dandelion greens, plus any of the following ingredients:

- 1/2 cup watercress, broken into 1" pieces
- 1/2 cup broccoli, small spears
- 1/2 cup bean sprouts
- 1/2 cup jicama, diced or thinly sliced
- 1/3 cup radish or daikon radish, thinly sliced
- 1 stalk celery, chopped
- 1 carrot, diced, shredded or thinly sliced
- 1-2 green onions, cut into 1" pieces
- 1/4 cup pine nuts, walnuts or slivered almonds

## Herb and Garlic Beef or Lamb

2 lamb shoulder steaks, chops, or petite beef sirloin steak  
1 tablespoon minced garlic  
1/4 teaspoon dried rosemary  
1/2 teaspoon dried oregano  
1/2 teaspoon dried tarragon  
2 tablespoons lemon juice  
1/2 tablespoon tamari  
Pepper to taste

Preheat oven to 350° F. Place chops in a baking dish. Combine the remaining ingredients, pour over chops and bake until done (about 35-45 minutes).

Yield: 2 servings

## **Steamed Asparagus**

- 1 bunch fresh asparagus (green or white)
- 1 teaspoon lemon juice
- 1 teaspoon fresh parsley, minced

Bring 1 inch of water to a boil in covered stockpot with steamer inserted. Wash asparagus and snap off tough ends. Put into steamer; steam until crunchy-tender. Serve with lemon juice and minced parsley.

Yield: 2 servings

## Turkey Burger

1/4 pound ground turkey  
1 clove garlic, finely chopped  
1 egg  
1 teaspoon tamari  
1 teaspoon onion powder  
2 teaspoon extra virgin olive oil

Mix all ingredients except olive oil together and form into patty. Heat frying pan with medium heat; add 2 teaspoons water, then oil. Add patty and steam-sauté for 8-10 minutes or until turkey is cooked.

Yield: 1 serving

## Green Salsa

4-7 jalapeno or Serrano chilies

1 clove garlic

1 pound tomatillos (husked)

1 ripe avocado

1/2 cup chopped cilantro

1 lime

Morton Salt Substitute or regular salt

Roast chilies and tomatillos on the grill. Blend garlic first with a little water in blender or mash with a garlic press.

Combine garlic with roasted chilies and tomatillos and blend at low speed.

Mash or cut finely the avocado. Combine avocado, cilantro and contents of blender in a bowl.

Squeeze lime into salsa and add salt or salt substitute to taste.

Yield: Approximately 2 cups



## Mexican Guacamole

2 avocados  
1 onion, chopped fine  
1 tomato, chopped fine  
1-2 limes or 1 lemon, juiced (to taste)  
2 cloves garlic, minced  
1 tablespoon cilantro, minced  
1 jalapeno or Serrano pepper, finely chopped (optional)

Cut avocados in half, pop out the pit, scoop out the flesh with a spoon  
Ingredients can be chopped by hand or put into food processor or blender,  
depending upon whether you like your guacamole smooth or chunky.

Place all ingredients, except lemon or lime juice, into bowl and mix. Add lemon or  
lime juice to taste and mix again.

Store in sealed container in refrigerator.

## Mediterranean Salad

2 medium cucumbers, peeled and diced  
3/4 cup tomatoes, chopped fine  
3/4 cup celery, diced  
1 cup Jerusalem artichokes (sun chokes), chopped fine  
2 cups curly parsley, chopped  
2 cups flat leaf Italian parsley, chopped  
1 cup fresh mint leaves, chopped  
1 tablespoon pine nuts  
3 tablespoons fresh lemon juice  
3 tablespoons extra virgin olive oil  
1 teaspoon Morton Salt Substitute or 1/2 teaspoon regular salt  
1/4 teaspoon freshly ground black pepper (optional)

Combine all chopped vegetables in large bowl. Mix lemon juice, olive oil, salt and pepper together.

Pour over vegetables and toss thoroughly.

Yield: 4 servings

## Crockpot Chicken

2 carrots, sliced  
2 onions, sliced  
2 celery stalks with leaves, cut in 1 inch pieces  
3 pound whole free range chicken, skin and visible fat removed  
2 teaspoons tamari  
1/4 teaspoon black pepper  
1/2 cup chicken broth  
1 teaspoon fresh or dried basil  
1 teaspoon Mrs. Dash

Put carrots, onions, and celery in bottom of crockpot. Add chicken. Top with tamari, pepper and broth. Sprinkle basil and Mrs. Dash over top. Cover and cook on low until done (8 to 10 hours).

Remove chicken and vegetables with spatula.

Yield: 6 servings.

## **Spinach and Pink Grapefruit Salad**

8 cups spinach (about 1/2 pound), washed, stemmed, chopped or torn into bite-size pieces

2 pink grapefruit, sectioned

Grapefruit Vinaigrette\*

Place spinach in salad bowl with grapefruit sections and dressing. Toss well.

Yield: 4 servings

## Tomato Cups

6 medium tomatoes  
1/2 small cucumber, chopped fine  
2 sticks celery, minced  
2 -3 green onions, chopped fine  
1/2 cup fresh parsley, minced  
1 tablespoon fresh mint, minced  
1 clove garlic, minced  
1/2 cup pine nuts  
1 tablespoon lemon juice  
1 tablespoon olive oil (optional)  
Tamari to taste (optional)

With a very sharp knife, cut tomatoes in half and scoop out the center pulp. Add pulp to other ingredients (saving a little parsley for garnish) and mix well. Fill tomato halves.

Yield: 12 tomato cups

## Hawaiian Chicken Salad

1 pound mesclun lettuce mix or other chopped salad greens  
1 pound grilled chicken breasts, sliced into thin strips  
8 ounces red bell peppers, sliced into thin strips  
8 ounces yellow bell peppers, sliced into thin strips  
8 ounces fresh green beans, blanched, cut into 3" pieces  
8 ounces cucumber slices  
4 ounces red onion, cut into small pieces  
8 ounces fresh papaya, cut into small pieces  
1 teaspoon tamari  
1/4 teaspoon ground black pepper (optional)  
3/4 cup vinaigrette salad dressing  
1/2 cup raw macadamia nuts, chopped  
1/2 cup carrots, peeled, sliced into 1" thin strips  
2-3 green onions, sliced into 1" thin strips

Place lettuce/salad mix, chicken, bell peppers, green beans, cucumber, red onion and papaya into a large mixing bowl. Season the ingredients with tamari and pepper. Drizzle the vinaigrette dressing over the salad ingredients and gently toss together.

Sprinkle the macadamia nuts over each salad serving. Garnish with sliced carrots and green onions.

Yield: 4 servings

## Liver and Onions

4-6 ounces free range beef liver  
1 tablespoon lemon juice  
2 tablespoons pure water  
1 tablespoon olive oil  
1 clove garlic, minced fine  
1-2 medium onions  
2 tablespoons tamari

Place liver on a plate and drizzle with lemon juice. Let stand while preparing the rest of the recipe.

Heat a covered sauté pan over low heat. When hot, add water; then add olive oil, garlic, onions and tamari. Steam-sauté until onions begin to turn translucent. Add liver to pan and cook 3 minutes on each side.

Then cover pan tightly and allow liver to steam for 5-10 minutes, or until thoroughly cooked (time will vary depending on thickness of the liver). Remove liver to serving plate and top with onion mixture.

Yield: 1 serving

## Mashed Cauliflower

1 tablespoons butter  
2 tablespoons olive oil  
1/4 cup water  
1 clove garlic (optional)  
6 cups cauliflower, chopped fine  
2 tablespoons tamari  
Onion powder to taste

In a large pot, slow cooker, or electric skillet (on the lowest temperature) add butter, olive oil, water, garlic and cauliflower; stir and toss until coated.

Cook over low heat until cauliflower is very soft. Season with tamari and onion powder. With hand blender or beaters, whip mixture until cauliflower is creamy and fluffy.



## **Apricot Apple Flaxseed Smoothie**

3 fresh apricots, pitted  
1/2 medium apple, chunked  
2 tablespoons flax seeds  
1/8 cup lemon juice  
1 cup pure water  
Dash of cinnamon  
Stevia to taste

Soak flax seeds overnight before using this recipe. Drain seeds. Put all ingredients in blender or food processor and process until smooth, adding more water if necessary.

Yield: 1 serving

## Chili Pepper Halibut

4 halibut fillets (4 ounces each)  
1/4 cup fresh lime juice  
1 tablespoon fresh lemon juice  
1 teaspoon tamari  
1 teaspoon chili powder  
4 green onions, sliced in 1/2 inch lengths  
1 tomato, coarsely chopped  
1/2 cup Anaheim pepper, chopped  
1/2 cup red bell pepper, chopped  
Cilantro for garnish

Preheat oven to 350° F. Place halibut in a shallow baking dish. Combine lime juice, lemon juice, tamari and chili powder in bowl and pour over halibut. Marinate 10 minutes, turning once or twice. Sprinkle onions, tomato and peppers over fish. Cover. Bake for 30 minutes or just until halibut flakes in center. Let stand, covered, 4 minutes before serving. Garnish with fresh cilantro.

Yield: 3-4 servings

## Mango Salsa

1 ripe mango, diced  
1 papaya, diced  
1/2 medium red onion, chopped  
1 Serrano or jalapeño chili pepper (or use milder Anaheim), minced (optional)  
1 small cucumber diced  
2 tablespoons fresh cilantro leaves, chopped  
3 tablespoons fresh lime juice  
Pepper to taste

Put all ingredients into bowl and mix. Let salsa stand for one hour at room temperature to let flavors combine. Refrigerate in sealed container.

Yield: 2-3 cups

## Confetti Salad

8 cups of any kind of mixed greens (such as baby spinach, red lettuce, green lettuce, romaine, wild greens, cabbage (red and green), arugula, radicchio, kale, or chard). Wash, dry and chop coarsely.

Chop and add any and all of the following:

Alfalfa sprouts

Asparagus (raw)

Bean sprouts

Bell peppers (green, red, yellow)

Carrots (no more than one carrot)

Cucumber

Fennel bulbs

Herbs (dill, parsley, thyme, cilantro)

Kohlrabi

Onions (red, white, yellow or green)

Pea pods (edible)

Radishes

Tomatoes

Zucchini or other summer squash (patty pan, yellow, crookneck)

Toss together and serve with your favorite dressing.

Yield: 6-12 servings

## Chicken Vegetable Soup

2 cloves garlic  
1 medium onion  
1 tablespoon extra virgin olive oil  
2 quarts low-salt chicken broth  
2 chicken breasts, bone and skin removed  
6 tomatoes (or 24 ounces canned tomatoes if fresh not available)  
2 zucchini, chopped  
8 Brussels sprouts or other vegetables, chopped  
1/2 cup fresh parsley  
1/2 tablespoon turmeric  
Pinch of pepper (optional)

Sauté garlic and onion in a little olive oil in a soup pot. Add broth and bring to a boil. Add chicken. Simmer 30 minutes. Remove chicken, cool and dice. Add vegetables and spices.

Simmer another 15 - 20 minutes. Return chicken to pot and serve when chicken is reheated.

## Nut Pâté

1 cup walnuts  
1/2 cup almonds  
1/2 cup macadamia nuts  
1/4 cup sesame seeds  
1 red bell pepper, finely chopped  
3 stalks celery, finely chopped  
1 small leek (white part only), finely chopped  
2 tablespoons lemon juice  
1-2 teaspoons powdered kelp  
1-2 tablespoons tamari

Soak all nuts and seeds 12-24 hours in pure water, then rinse. Using a food processor, process all nuts and seeds until reduced to a meal. Add red bell pepper, celery, leek, lemon juice, kelp, tamari and mix well.

Yield: 2 - 3 cups

## Basic Stew

1 pound stew meat, cut into 1 inch cubes  
1 teaspoon salt  
1/2 teaspoon ground pepper  
2 tablespoons extra virgin olive oil  
3/4 cup chopped onion  
5 cloves garlic, crushed  
1 bay leaf  
1 tablespoon dried thyme leaves  
1 medium-large tomato  
3/4 cup carrots, sliced  
4 stalks celery, sliced  
1/4 cauliflower or cabbage  
1 pound mushrooms (any kind), sliced  
3 cups pure water  
32 ounces beef or chicken stock  
1/2 cup chopped parsley

Season meat with salt and pepper. Heat heavy kettle or crockpot to medium, then add 2 tablespoons water and 2 tablespoons oil to pan. Steam-sauté beef until browned, about 8 minutes. Add all remaining ingredients except parsley. Simmer for several hours and serve with sprinkle of chopped parsley.

## Broiled Tilapia Pesto

4 filets of tilapia (about 6 ounces each)  
2 cloves garlic, minced  
1/3 cup fresh lemon juice  
1 tablespoon tamari  
1 teaspoon extra virgin olive oil  
2 tablespoons minced onion  
Lemon slices  
4 tablespoons Italian Basil Pesto\*

Place fish in flat pan. Mix garlic, lemon juice, tamari, olive oil and onion together and pour over fish. Marinate for at least 30 minutes.

Place fish on broiler pan and baste with marinade. Broil 6 inches from heat, for 3 - 4 minutes, depending on thickness of tilapia filets. Pull out broiler pan and spread 1 tablespoon of Italian Basil Pesto on each filet. Turn broiler heat off and return pan to oven for 2 more minutes to warm the pesto. Serve with lemon slices.

Yield: 4 servings



## Frittata

1 tablespoons olive oil  
1/2 pound mushrooms, sliced  
1 clove garlic, minced (optional)  
1/2 cup onion, chopped  
1/2 red bell pepper, chopped fine  
2 cups vegetables, chopped (can use asparagus, broccoli, zucchini, spinach or greens)  
1/2 tablespoon marjoram  
1/2 teaspoon oregano  
1 1/2 teaspoons Spike  
1/4 teaspoon black pepper  
4 eggs  
1/2 teaspoon Dijon mustard  
1/8 cup parsley, chopped

Add olive oil to large skillet, turn heat to medium-low. Add mushrooms, garlic and onions.

Sauté until onions are soft and transparent. Add pepper, vegetables and seasonings. Stir well and continue cooking until vegetables turn bright green. Break eggs into bowl and add mustard. Mix together well and pour over vegetable mixture in skillet. Cook until eggs are set, about 4 minutes.

Serve with chopped parsley.

Yield: 4 servings

## Italian Beef Soup

1 pound organic lean ground beef  
1 tablespoon olive oil  
1 small onion, chopped  
1 cup chopped celery  
1 cup chopped carrot  
1 clove garlic, minced  
1/8 teaspoon freshly ground pepper  
5 medium tomatoes, diced  
2 medium tomatoes, pureed  
28 ounces vegetable broth  
1/2 cup fresh loosely chopped basil leaves  
1 tablespoon chopped fresh thyme  
1/2 (8-ounce) container sliced fresh mushrooms

Cook ground beef in a large Dutch oven about 5 minutes or until brown; drain and set aside.

Heat same Dutch oven over medium heat. Add 2 tablespoons water and then the oil, onion, celery, carrot, and garlic. Sauté about 5 minutes or until vegetables are tender. Add pepper. Stir in tomatoes, broth, basil and thyme. Let simmer uncovered over medium-low heat for 20 minutes, stirring occasionally. Add mushrooms and beef and simmer 10 more minutes.

Yield: 6 - 8 servings.

## **Fish Filets in Red Sauce**

2 tablespoons extra virgin olive oil  
2 medium onions, chopped  
2 cloves garlic, minced  
2 cups fresh or canned tomatoes  
1/2 cup dry white wine or water  
1 cup black pitted olives  
1/2 cup basil, chopped  
1 sprig fresh rosemary (or 1/2 tablespoon dried)  
1 sprig fresh thyme (or 1/2 tablespoon dried)  
Morton Salt Substitute or regular salt to taste (optional)  
Black pepper to taste (optional)  
1 1/2 pounds red snapper or other thick white fish, skinless

Add 2 tablespoons water then olive oil to deep skillet. Add onion and cook until soft. Add garlic and tomatoes. Raise heat and let some of the tomato juice evaporate as you stir occasionally.

Add wine or water, cook another 5 minutes.

Add olives, part of the basil, rosemary, thyme, salt and pepper. Cook for several minutes to combine flavors. Submerge fish in sauce and cook over medium heat until fish is tender and white, about 8 minutes. Garnish with remaining basil.

Yield: 4 servings

## Lime, Oil and Garlic Dressing

1-2 teaspoons tamari  
1 teaspoon garlic, peeled and finely chopped  
2 tablespoons shallots, finely chopped  
1/3 cup lime (or lemon) juice, plus extra if needed  
1 cup extra-virgin olive oil, plus extra if needed  
Freshly ground black pepper

In a small bowl, whisk tamari, garlic, and shallots with lime juice. Slowly whisk in the oil until emulsified. Taste and adjust seasonings, adding more lime juice if needed. Store in airtight container overnight or until flavors are well blended.

Yield: 1.3 cups

## **Spinach Salad**

2 bunches fresh spinach, washed and stemmed  
1 bunch scallions, chopped  
2 tablespoons lemon juice  
2 teaspoons tamari  
1 tablespoon extra virgin olive oil  
Black pepper to taste (optional)

Drain spinach, pat dry and chop. Add scallions, lemon juice, tamari, olive oil and pepper.

Yield: 2 servings

## Basic Stir Fry

1/4 cup olive oil  
2 pounds lean meat or chicken, cubed or sliced  
2 medium onions, sliced  
4 cloves garlic, chunks  
1/3 Chinese cabbage (or any cabbage), sliced  
4 carrots, chopped  
2 cups tender snow pea pods  
1-2 small Japanese egg plant or 1/4 regular egg plant, cubed  
1 medium size bok choy, sliced crosswise  
1 cup water or stock  
1/2 pound bean sprouts  
2 tablespoons tamari  
1/3 cup pine nuts

In large frying pan or wok, add 3 tablespoons of water, then add olive oil and heat. Brown meat and remove from pan. Add onion and garlic. Sauté until soft. Increase heat to medium high. Add cabbage and carrots. Sauté about 5 minutes. Add eggplant, then pea pods and bok choy. Sauté a few minutes. Add water or vegetable stock. Add meat to pan. Stir and cover. Simmer 10 minutes. If liquid evaporates, add more water or stock.

Add tamari and bean sprouts. Stir and simmer 30 seconds. Garnish with pine nuts and serve.

## Lettuce Roll Ups

Use 2 large leaves of leafy or Romaine lettuce, washed and patted dry for each roll up. Fill with any the following combinations. Roll leaves and secure with toothpick. Wrap in wax paper, parchment or plastic wrap and store in refrigerator.

### Mixture #1

Water packed canned salmon or tuna

1/2 cucumber, finely chopped

1/4 red onion, finely chopped

### Mixture #2

1/2 cup ground walnuts

1/2 cup apple, finely chopped

Sprinkle of lemon juice

### Mixture #3

4 tablespoons pine nuts, chopped

1/2 cup chopped wild mushrooms

1/8 teaspoon flaked seaweed

1 carrot, shredded

## Tomatoes Dijon

4 cloves garlic, mashed

1 tablespoon Dijon mustard

1/2 teaspoon dry mustard

Salt-Free All-Purpose Seasoning\*, Spike or Mrs. Dash (to taste)

2 tablespoons extra virgin olive oil

4 small tomatoes, cut in half

In bowl, combine garlic, Dijon mustard, dry mustard and seasonings to taste. Add oil, a little at a time, whisking until smooth. Place tomatoes in oiled baking dish and spread with mustard mixture. Broil tomatoes 3 inches from heat for 1 minute or till tops are bubbly and golden.

Yield: 2 servings



## Salade Niçoise

1/2 pound green beans  
2 eggs, hard boiled  
6 cups assorted lettuces or other greens  
2 cans tuna (substitute fresh grilled if you have it)  
3 tomatoes, cut into wedges  
6 anchovies (optional)  
1 teaspoon capers (optional)  
3/4 cup olives, pitted  
2 tablespoons red wine vinegar  
1/2 cup extra virgin olive oil  
Morton Salt Substitute or regular salt (optional)  
Black pepper (optional)  
1 shallot, minced  
1 teaspoon Dijon mustard

Steam green beans for 4 minutes. Drain, dump into ice water to set color.  
Refrigerate until time to use. Boil eggs, cool and refrigerate until ready to use.  
Arrange greens on a platter.

Top with tuna, green beans, eggs, tomatoes, anchovies, capers and olives. Mix in small bowl or blender the red wine vinegar, olive oil, shallot, Dijon mustard, and salt and pepper to taste. Drizzle over salad.

## Italian Braised Steak

1 1/2 pounds lean free-range round steak, cut into 1/4 inch strips  
1/2 teaspoon Salt-Free All-Purpose Seasoning\*  
1 tablespoon extra virgin olive oil  
1 3/4 cup organic beef broth  
1 cup chopped tomatoes  
1 medium onion, sliced  
1 clove garlic, finely chopped  
1 large green bell pepper, cut in strips  
1 zucchini, cut in strips

Season meat with Salt-Free All-Purpose Seasoning. Moisten bottom of large frying pan and add oil. Then add meat and brown on sides, drain off any fat. Add broth, tomatoes, onion and garlic to the meat. Cover and simmer about 1 hour until meat is tender. Add green pepper and zucchini strips and stir-cook for another 5 minutes.

Yield: 4 - 6 servings

## Broccoli with Garlic and Lemon

1 bunch broccoli, about 1 pound  
1/4 cup extra virgin olive oil  
3 cloves garlic, cut into thin slivers  
1/8 teaspoon pepper  
3 tablespoons fresh lemon juice

Cook broccoli in a large saucepan of boiling water 5-6 minutes, or until tender-crisp. Drain in a colander. Arrange on a serving dish and cover to keep warm. In a small frying pan, warm olive oil over low heat.

Stir in garlic and cook slowly until golden brown, being careful not to burn the garlic (about 1-2 minutes). Add pepper and lemon juice.

Pour sauce mixture over broccoli.

Yield: 2 servings

## Wild Greens Salad

6 cups mixed wild greens (whatever is available in your area)  
4 teaspoons fresh lemon juice  
4 teaspoons walnut oil  
1 teaspoon tamari  
1-2 teaspoons capers (optional)

Pour lemon juice into small bowl. Gradually whisk in oil. Season with tamari or any other flavors to your liking. Pour over greens and toss until evenly dressed. Garnish with capers.

Serve at once.

Yield: 4 servings

## Turkey Meat Loaf

1/4 cup walnuts, ground fine  
2 pounds ground turkey  
1/2 onion, diced  
1 zucchini, diced  
8 mushrooms, chopped  
1 medium carrot, grated  
Handful of spinach, chopped fine  
1 egg, well beaten  
2 teaspoons Spike

Preheat oven to 350° F.

Grind walnuts in blender but do not overgrind or they will get oily. Mix all ingredients together.

Pat into a long loaf in a 9 x 13 pan. Bake for 90 minutes.

Yield: 4 - 6 servings

## Raw Veggie Delight

1 zucchini, shredded

1 carrot, shredded

3-4 lettuce leaves, shredded

Handful of alfalfa sprouts or bean sprouts

Handful of cauliflower, chopped into small bite-sized pieces

1/2 red bell pepper, diced

Handful of red cabbage, chopped

Shred zucchini and carrots in food processor. Put all of above ingredients in a large salad bowl and mix together.

## Pecan Catfish

1/4 cup extra virgin olive oil  
1/4 cup pecans, chopped fine  
1 tablespoon lemon juice  
1/4 teaspoon ground savory  
1 teaspoon tamari  
1/4 teaspoon red pepper flakes  
1 teaspoon lemon rind, grated  
2 pounds catfish filets

Make pecan sauce by combining 1/4 cup, less 1 tablespoon olive oil, chopped pecans, lemon juice and savory. Blend well.  
Preheat oven to 350° F.

Combine tamari, pepper flakes and lemon rind. Spread evenly on fish. Heat nonstick skillet over medium heat. Add 1 teaspoon water and 1 tablespoon olive oil. Brown fillets over medium heat until light brown; turning once. Place filets in well-greased 12 x 8 x 2 baking dish. Drizzle pecan lemon sauce over fillets. Bake uncovered for 12 minutes or until fish flakes easily when tested with a fork.

Yield: 4 serving

## Cauliflower with Mushrooms

1 large head of cauliflower  
1 teaspoon extra virgin olive oil  
1/4 pound fresh mushrooms, thinly sliced  
1/3 cup green onions (with tops), thinly sliced  
1 cup chicken broth

In a saucepan containing 1 inch of water, steam whole cauliflower until tender (about 20 minutes). Meanwhile, in a skillet, steam-sauté mushrooms and onions in oil on medium heat until mushrooms are tender. Add chicken broth.

Bring to a boil over medium heat, stirring constantly. Cook and stir for 2 minutes. Place cauliflower in a large bowl; pour mushroom mixture over it and serve immediately.

Yield: 3-4 servings



## Herb Dressing

2 stalks celery and leaves, chopped fine  
2 small green onions, chopped fine  
4 sprigs parsley, chopped fine  
1 teaspoon paprika  
1/4 teaspoon dried basil  
1/8 teaspoon marjoram or rosemary  
1 cup olive oil  
2/3 cup lemon juice

Combine all ingredients in blender and blend well. Allow to stand in refrigerator overnight or until flavors are blended.

Yield: Approximately 2 cups

## Creole Rabbit

3 pounds rabbit meat, cleaned and cut into pieces  
1 teaspoon Morton Salt Substitute or 1/4 teaspoon regular salt  
1/4 teaspoon black pepper  
1/4 teaspoon cayenne pepper  
1/4 cup onion, chopped  
3 cloves fresh garlic, minced  
2 tablespoons white vinegar  
1 tablespoon extra virgin olive oil  
1 cup sliced mushrooms  
1 tablespoon fresh parsley, minced  
2 tablespoons green bell pepper, minced  
2 tablespoons green onions, chopped fine  
1/3 cup dry white wine

Wash and dry rabbit pieces and place in bowl. Combine salt, black pepper, cayenne pepper, onion, garlic, vinegar and oil; and pour over rabbit, turning pieces to coat. Cover bowl and marinate overnight in refrigerator. Preheat oven to 450° F. Transfer rabbit and marinade to oiled baking dish. Bake in preheated oven for 1 hour. Combine remaining ingredients and pour over rabbit. Bake 30 to 45 minutes longer, until rabbit is fork-tender.

Yield: 6 - 8 servings

## Curried Squash Soup

1/4 cup diced onion  
1 tablespoon extra virgin olive oil  
1 cup thinly sliced carrots  
1 cup zucchini, thinly sliced  
1 cup yellow summer or patty pan squash, thinly sliced  
2 teaspoons chopped fresh parsley  
1 teaspoons tamari  
1/8 teaspoon pepper  
1-2 teaspoons curry powder (to taste)  
2 cups organic chicken broth

In a 1 1/2 quart saucepan, cook onion in oil until translucent. Add all other ingredients except broth. Cover and cook over low heat until vegetables are tender, stirring occasionally. Add broth and bring to a boil. (If you wish a thinner soup, add more broth or some water.)

Reduce heat to medium and cook until vegetables are soft (about 20 minutes). Remove from heat and let cool slightly. Remove 2/3 of soup from pan and reserve; pour remaining soup into blender and process at low speed until smooth. Combine pureed and reserved mixtures in saucepan and reheat on low temperature, stirring constantly until hot.

Yield: 2 servings.

## Asian Salad

- 1 large head Bibb lettuce
- 1 large head Boston lettuce
- 2 stalks Chinese cabbage
- 1 cup bean sprouts
- 3/4 cup jicama, thin 1" strips
- 3 - 4 tablespoons Asian Dressing\*

Pat lettuce and cabbage dry, tear into bite-size pieces and put into wooden salad bowl. Rinse bean sprouts and pat dry. Add sprouts and jicama. Dress with Asian Dressing. Toss lightly until all ingredients are coated.

## Poached Chicken

Pure water  
1/2 onion, chunked  
2 cloves garlic, whole, peeled  
1 tablespoon tamari  
4-5 whole peppercorns  
2 bay leaves  
Sprig of fresh sage or 1 teaspoon dried sage  
1 teaspoon dried rosemary  
1 teaspoon dried thyme  
2 free range chicken breasts, skinless (about 4 ounces each)

In bottom of covered frying pan, put about 1 inch of water. Add all vegetables, herbs and seasonings and bring to low simmer. Add chicken breasts, cover tightly and simmer on medium low heat for 15-20 minutes, or until chicken is done. Remove with slotted spoon. Serve hot or slice and serve cold.

## Herbed London Broil

London broil beef (1 - 1 1/2 lbs.), trimmed of fat and cut into four pieces

1 tablespoon extra virgin olive oil

2 cloves garlic, minced

4 teaspoons Salt-Free All-Purpose Seasoning\*

Place meat in a shallow dish. Rub both sides with oil, garlic and Salt-Free All-Purpose

Seasoning. Let stand for up to one hour if you have the time. Prepare grill or preheat broiler.

Grill about 8-10 minutes on each side, depending on thickness and your meat preference. If broiling, cook meat two inches from heat source to desired state (four minutes per side for rare).

Yield: 4 servings

## Shoestring Carrot Salad

3 - 4 large carrots, cut into shoestrings  
1/2 medium onion, chopped fine  
1/2 green bell pepper, chopped fine  
1/2 teaspoon celery seed or 1-2 tablespoons chopped fresh celery  
1/2 teaspoon dried parsley flakes or 1/2 tablespoon fresh parsley  
1/2 teaspoon Salt-Free All-Purpose Seasoning\*  
Black pepper to taste  
2 tablespoons extra virgin olive oil  
1/4 cup lemon juice

Place carrots, onion, and green pepper in steamer for 3-4 minutes only. Remove and place in bowl. Add celery seed and parsley. Combine the seasoning, pepper, olive oil and lemon juice.

Pour over vegetables and blend entire mixture well.

Yield: 4 servings.

## Baked White Fish

1/4 cup raw macadamia nuts  
2 large tomatoes  
1 pound halibut, turbot or other white fish  
1 small onion, minced  
1/4 teaspoon black pepper  
1 egg white  
1 tablespoon extra virgin olive oil  
1/2 teaspoon Salt Free All Purpose Seasoning\*  
1 medium onion, sliced  
1 green bell pepper, chopped

Grind macadamia nuts in coffee grinder or food processor to a fine meal. Do not overgrind or they will become oily. Set aside.

Puree tomatoes in a food processor or blender. Set aside.  
Chop the fish and the small onion in a food processor. Add the nut meal, pepper and egg white.

Mix well. Shape into 12 balls.

Preheat oven to 325° F. Combine oil, sliced onion, green pepper and tomato puree in a baking dish. Arrange the fish balls in it, cover, and bake for 40 to 45 minutes. Baste with the sauce before serving.

Yield: 2 - 4 servings



## Lemon Vinaigrette

1/4 cup freshly squeezed lemon or lime juice

3/4 cup extra virgin olive oil

A dash of Mrs. Dash seasoning

1 teaspoon parsley (fresh or dried), or any fresh herbs you like (rosemary, savory, thyme, dill, sage, etc.)

Blend and store in bottle. Keep refrigerated. Recipe can be doubled.

Yield: 1 cup

## **Spinach and Eggs**

1 hard cooked egg  
2-3 cups fresh spinach or mixed greens  
1 small onion, chopped fine  
Salt-Free All-Purpose Seasoning\* or Spike to taste

Slice egg and place over greens. Season to taste.

Yield: 1 serving

## Warm Nut and Cress Salad

1 tablespoon extra virgin olive oil  
1 large garlic clove  
2 tablespoons pine nuts  
2 tablespoons hazelnuts, finely chopped  
1/2 teaspoon tamari  
1/4 teaspoon black pepper (optional)  
1 pound watercress, washed and finely chopped

In a heavy 12" skillet, heat olive oil on low heat. Cut garlic clove in half lengthwise and add to oil. Cook for 2 minutes, stirring constantly. Remove garlic and discard. Add all nuts and cook for 5 minutes or until they are slightly browned. Add tamari and pepper.

Cook 2 to 3 more minutes.

Working fast, toss watercress into nut and seasoning mixture, making sure it is well coated and barely heated through. If left too long it loses some of its crispiness. Serve immediately.

Yield: 2 servings

## **Bean Sprout Salad**

4 ounces fresh bean sprouts  
1 fresh green chili, seeded and sliced  
1 small onion, finely sliced  
1 teaspoon tamari  
1 tablespoon lemon juice

Wash bean sprouts thoroughly and drain well. Mix all ingredients together. Refrigerate for several hours before serving.

Yield: 1 serving