The Last Diet

A sensible way of eating to promote healing and optimal health.
Congratulations in taking the next step toward bettering your health. “The Last Diet” we feel is a sensible way of eating to both maintain good health and recover from illness and disease. You will find in this book the general guidelines of how you should be eating, however your treating doctor may fine tune the diet for your specific needs.

We have found both in our busy lives and the lives of our patients if you don’t plan ahead for the week coming it is very difficult to stay disciplined with your eating habits. It is much easier to pick something up from a fast food restaurant than it is to start cooking at 7:00 (or later) in the evening. If you already have the groceries in the refrigerator and the meal is planned in advance you are more likely to follow through with good eating habits. In addition if you are in a position where you need to eat on the run or stop at a “fast food restaurant” you can always choose the right foods if you follow the guidelines set forth within this book.

This program includes:

- Weekly menu Monday-Sunday
- Recipes that are needed to complete the menu
- Information on how the particular items on the menu benefit your health.
- Grocery list to complete each weekly menu

It is also very beneficial to the person being treated that the whole family make an attempt to modify their eating habits for the support of the family member who is not feeling well. It is often very difficult if one person in the family has to change their diet to improve health and well being, but the rest of the family is on a different program.

General Guidelines:
These are the guidelines we follow when making out the meal plan:

- Protein and vegetables for breakfast, lunch, and dinner
- Fruit in between meals (fresh fruit, not juiced or dried)
- NO bread, pasta, rice, or white potatoes (this includes cereal)
- NO SUGAR (this includes artificial sweeteners: Splenda, Nutrisweet, Sweet-N-Low, Fructose, Sucrose, Aspertame, etc.) NO cookies, cakes, soda, diet soda, candy, etc. Watch out for hidden sugars in condiments.
- NO dairy, corn (corn is a grain, not a vegetable), soy, or wheat…(butter is ok and eggs are not dairy)

Although there is no need to count calories, you should consume 4x the amount of vegetables as protein. For example, if you eat 4 ounces of protein you should eat 16 ounces of vegetables. Eat until you are no longer hungry. When the proper amount of protein is eaten your body releases a chemical that tells you to stop eating. This phenomenon does not occur when you eat grains, starches, or other sugary foods. “The Last Diet” was once criticized because we did not list all the foods you can eat. That is the beauty of this eating program. You can eat any vegetable (except for white potatoes) and I mean ANY vegetable and eat as much as you wish or can possibly get down. You can also eat ANY fruit you like, but important to control portion size. Keep it to 1 serving, either one piece of fruit or a cup of any fresh fruit (remember no fruit juice or dried fruit, these cause a spike in blood sugar). You can also eat any source of animal
protein you want. Again variety is very important and if you have any food sensitivities or allergies your treating doctor can advise you of alternatives. Beans are not a great source of protein. The carbohydrate/protein ratio is too high. Beans every now and then are okay but not as a main staple, especially if you are diabetic.

**Allowable Substitutions:**
I know that this meal plan will encounter a few picky eaters so substitutions are allowed. Try to keep an open mind; I challenge you to try everything on the menu at least once. If you need to make a substitution keep the rules in mind and substitute like for like. For example: if you don’t like brussel sprouts substitute this green for another green like spinach. It is always best to have a wide variety of vegetables in your diet, in other words don’t just eat broccoli every night. Number one, you would get tired of it and number two it doesn’t contain all of the proper vitamins and nutrients for a balanced diet. If you eat the same food over a long period of time your body can and usually does develop sensitivity to it, so variety is very important.

**Meat**
It is best to buy meat from a natural grocer (Whole Foods, Wild Oats, or Vitamin Cottage, etc). You want to make sure your meat does not contain any hormones, antibiotics, nitrates/nitrites or preservatives. This recommendation is the same for bacon and cold cuts. When possible buy grass fed and/or free range products (including eggs). Although these meat products cost a little more, it is well worth the long term health benefits. If you can’t afford to purchase everything from a natural grocer, you can buy vegetables and fruit from your usual grocery store.

**Ideas for Eating Out**
You are allowed to eat out at restaurants. It is pretty easy to stick to the diet even when eating out. It is easy to eat salads with protein (ex: chicken or salmon Cesar salad, Cobb Salads, etc, or protein with vegetables (steak w/ vegetables, or grilled chicken with vegetables. If the entrée comes with rice or potatoes substitute extra vegetables). Remember “out of site, out of mind”. If bread is at the table it is much harder to resist than if you asked the waiter not to bring it.

It is important to keep in mind that these dietary recommendations are not meant to treat or heal any specific disease or condition, but rather to provide a general guide to restoring balance and vitality. When disease or functional conditions impair health diet alone is often not enough to overcome the imbalances associated with poor health. On the other hand if your diet is not balanced or adequate you have little to no chance of reclaiming your good health. If you have a specific health care condition we strongly recommend you seek the advice of your treating doctor in this office.

We believe these dietary guidelines are worth their weight in gold and hope that one day everyone will have access to them.
Dietary Restrictions

Suggestions for substitutions:
<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Snack</th>
<th>Lunch</th>
<th>Snack</th>
<th>Dinner</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>2 Eggs Sauted Spinach and tomatoes</td>
<td>1 Banana</td>
<td>Tuna Fish Salad (lettuce, carrots, bell pepper)</td>
<td>1 cup of pineapple chunks</td>
<td>Tuna Fish Salad (lettuce, carrots, bell pepper, tomatoes)</td>
<td>1Tbsp Cashew Butter</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Scrambled Eggs with Mushrooms and Onions</td>
<td>1 Satsuma</td>
<td>Grilled Pork Chops Golden Beets Broccoli</td>
<td>1 cup of pineapple chunks</td>
<td>Grilled Pork Chops Golden Beets Broccoli</td>
<td>1Tbsp Cashew Butter</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Cream of Buckwheat</td>
<td>2 Celery Stalks</td>
<td>Grilled Pork Chops Golden Beets Broccoli</td>
<td>1 cup of pineapple chunks</td>
<td>Grilled Pork Chops Golden Beets Broccoli</td>
<td>1Tbsp Cashew Butter</td>
</tr>
<tr>
<td>Thursday</td>
<td>2 Eggs Bacon Asparagus</td>
<td>8-12 Grapes</td>
<td>Rosemary &amp; Garlic Roast Carrots Tomatoes</td>
<td>12 Grapes</td>
<td>Rosemary &amp; Garlic Roast Carrots Tomatoes</td>
<td>12 Grapes</td>
</tr>
<tr>
<td>Friday</td>
<td>2 Eggs Bacon Bell Pepper</td>
<td>1 Satsuma</td>
<td>Grilled Chicken Breast Squash Zucchini Red Beets</td>
<td>1 Satsuma</td>
<td>Grilled Chicken Breast Squash Zucchini Red Beets</td>
<td>1 Satsuma</td>
</tr>
<tr>
<td>Saturday</td>
<td>2 Eggs Sliced Turkey Sliced Tomatoes Avocado</td>
<td>10-12 Grapes</td>
<td>Meat Loaf Green Beans Salad Olive Oil Lemon Juice</td>
<td>Fruit Salad</td>
<td>Egg Omlet (mushrooms, onion, artichoke hearts, and tomatoes) Sliced Turkey</td>
<td>Hot Lemon Water</td>
</tr>
<tr>
<td></td>
<td>Cream of Buckwheat</td>
<td></td>
<td>Meat Loaf Green Beans Salad Olive Oil Lemon Juice</td>
<td></td>
<td>Hot Lemon Water</td>
<td>Hot Lemon Water</td>
</tr>
</tbody>
</table>

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Grocery List – Month 1 – Week 1

Meats
Sliced Turkey
Pork Chops
Ground Beef
Chicken Breasts
Bacon
Tuna Fish
Beef Roast

Vegetables
Onions
Bell Peppers (Green, Yellow, Red, and Orange)
Spinach
Tomatoes – Large
Tomatoes – Grape
Mushrooms
Asparagus
Golden Baby Beets
Red Baby Beets
Baby Carrots (peeled, cut)
Baby Carrots (unpeeled and uncut)
Broccoli
Cabbage
Cauliflower
Lettuce
Sweet Potatoes
Squash
Zucchini
Artichoke Hearts - Canned
Rotel Tomatoes
Green Beans
Celery
Parsley
Garlic
Avocados

Fruit
Bananas
Fresh Pineapple
Cherries
Grapes
Satsumas (tangerine or orange)
Blueberries
Raspberries

Miscellaneous
Butter – Unsalted Sweet Cream
Eggs
Cashew Butter
Olive Oil
Beef Broth
Cream of Buckwheat
Grade B Maple syrup – (must be Grade B)
Walnuts or Almonds
Dill Relish
Mayonnaise
No-Salt-Added Glen Muir Tomato Sauce

Spices
Celtic Sea Salt
Cayenne Pepper
Rosemary – fresh
Recipes – Month 1 – Week 1

Traditional Tuna Fish Salad

2 6-oz cans of Tuna Fish (packed in spring water)
2 Tbsp of dill relish
1 Tbsp of Mayonnaise
4 Soft Boiled Eggs, chopped
Salt and Pepper to desired taste
¼ Medium yellow onion, chopped (optional)

Mix all ingredients in a large bowl.
Makes 4 servings

Cabbage and Beef

16 ounces (1 pound) of ground beef
1 large head of green cabbage, shredded
1 can of Rotel Tomatoes
1 large yellow onion, chopped
Salt and Pepper
Cayenne Pepper (optional)

o Brown ground beef and onion in a skillet.
o Place shredded cabbage, tomatoes, onion, and ground beef in a large pot and cook over medium heat for approximately 30 minutes.
o Add salt, pepper, and cayenne pepper for desired taste.
Makes 4 Servings

Garlic and Rosemary Beef Roast

2 ½ pound beef roast
8-10 cloves of garlic, peeled
Fresh Rosemary
1 cup of beef broth

o Make small slits in the beef roast and stuff with garlic cloves and fresh rosemary on both sides
o Place roast in crock pot and pour beef broth over roast
o Set the crock pot on low heat for 6 hours
Makes 8-9 servings

Cream of Buckwheat

When preparing buckwheat the best type of buckwheat is Cream of Buckwheat (I’ve only been able to find this at Whole Foods in the cereal isle). Prepare as directed on the box. It is very easy to get creative with buckwheat. You can add butter, fruit, Grade B Maple Syrup, or nuts. Just remember the rules: No Sugar or Dairy!!! If you are Diabetic, use only a small amount of maple syrup.
**Yummy Meatloaf**  
(Fat Flush Plan by Louise Gittleman)

16 ounces of ground beef  
1 c spinach, chopped  
1 c onion, diced  
4 garlic cloves, minced  
½ teaspoon cayenne pepper (optional)  
4 tsp fresh parsley, chopped  
4 tbsp no-salt-added Muir Glen Tomato Sauce

- Preheat oven to 400 degrees  
- Place the meat, spinach, onion, garlic, cayenne, and parsley in the bowl of a food processor and blend.  
- Press into a loaf pan (or square glass pan) and glaze the top with the tomato sauce  
- Bake for approximately 45 minutes.  

Makes 4 servings

**Sweet Potato Chips**

2 long, skinny jewel yams  
½ stick of butter

- Pre-heat oven to 400 degrees  
- Peel yams and slice into 1/8 of an inch rounds  
- Spread evenly onto a rimmed baking sheet  
- Cut butter into 4 equal pieces and place on top of yams  
- Stir every 10 minutes for 30-45 minutes (depending on desired crisp)

Makes 4 servings

**Fruit Salad**

This is very easy. Select 3 or 4 of your favorite fresh fruits. Cut into bite size pieces and squeeze ½ of a fresh lemon to prevent browning and it’s ready to eat. Here are a few combinations I like to use:

<table>
<thead>
<tr>
<th>Pineapple</th>
<th>Apples</th>
<th>Pineapple</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bananas</td>
<td>Oranges</td>
<td>Mango</td>
</tr>
<tr>
<td>Grapes</td>
<td>Grapes</td>
<td>Kiwi</td>
</tr>
<tr>
<td>Oranges or tangerines</td>
<td>Bananas</td>
<td>Bananas</td>
</tr>
</tbody>
</table>

1 cup = 1 serving  
Warning: measure out a serving before eating, it’s easy to over eat!!!!!  

- All of the vegetables on the meal plan for this week taste wonderful when sautéed in butter with minced garlic. These include: asparagus, carrots, and broccoli. I usually steam the squash, zucchini, and cauliflower then add melted butter and garlic before serving.
Grocery List – Month 1 - Week 2

**Meat**
- 3-6 links Sausage
- 10 ounces Salmon Fillet, skinned
- ½ lb Sliced Turkey (your favorite deli meat)
- 4-8 Lamb T-Bones
- 2 Boneless Ribeyes
- 10 ounces Halibut, skinned
- 4 large scallops
- 1 pkg bacon
- 1-2 lbs shrimp, deveined, uncooked

**Vegetables**
- Tomatoes – large
- Tomatoes – grape
- 2 Avocados
- Lettuce (Belgium Endive, baby arugula, and 1 bunch watercress)
- 2-3 Bell peppers (yellow, orange, or red)
- Squash
- Zucchini
- Celery
- Carrots – unpeeled, with greens
- Broccoli
- 1 bunch Broccoli Raab/ Rapini
- 1 bunch Golden Baby Beets
- Spinach
- Onions
- Mushrooms
- Golden Beets
- Spinach
- Sweet potatoes
- 1 bunch or stalk Brussel Sprouts
- 1 bunch Kale
- 1 medium container Piquant Peppers
- Asparagus
- Baby Red Beets
- Large Red Beet
- Garlic
- 1 bunch cilantro

**Fruit**
- Bananas
- Strawberries
- 3 Lemons
- 2 limes
- Grapes
- Oranges
- Grapefruit
- Pineapple
- Blue berries
- Black berries

**Misc.**
- Pico de Gallo
- Cashew Butter
- Butter
- Eggs
- Olive Oil
- Cream of Buckwheat
- Dijon mustard (small jar)
- Balsamic vinegar
- Walnuts
- Wood skewers
- Red pepper Flakes
- Cayenne Pepper
- Dried Rosemary
- Sea Salt or Kosher salt
Recipes and Nutritional Facts – Month 1 - Week 2

Keep your recipes from each week handy because a lot of the recipes will repeat throughout the weeks. This week does not require any major recipes. The main courses were purchased already prepared. Most of the vegetables can be eaten raw, sautéed in butter and garlic, or steamed.

**Grilled Chicken Breast Salad**
1-2 Grilled Chicken Breast (depending on the quantity you wish to prepare), finely chopped
Baby arugula
Watercress
Belgium Endive, chopped
Piquant Peppers (found in the olive bar at Whole Foods, these are small red peppers), chopped
Yellow Bell Pepper, diced
Cherry or Grape tomatoes, halved
Avocado, diced
Walnuts, chopped
Course Sea Salt
Fresh ground pepper

You can be creative with the amount of each ingredient depending on your liking. Put a portion of the salad aside for the next day before you add the salad dressing to ensure freshness. I have found if you prepare the salad in a large bowl and toss thoroughly before serving, it tastes better than just adding the dressing on top of individual servings.

**Salad Dressing**
You can make as much as you like, this will keep for about a week in the refrigerator.
3 parts olive oil
1 part balsamic vinegar
1-2 tsp Dijon mustard (this helps the dressing stick to the lettuce and balances the vinegar)
Shake vigorously. Add to salad and gently toss just before serving.

**Garlic Salmon Fillet**
4 Cloves of garlic, minced
Juice of 1 lemon
2 Tbsp olive oil
4 Tbsp butter, melted
1 Tbsp coarse sea salt
1 Tbsp fresh ground pepper
10 ounces Salmon, skinned (it is best to buy wild rather than farm raised when available)

Preheat oven to 500 degrees
Brush a glass baking dish with olive oil, Brush butter generously over one side of fish, rub half of the garlic, salt, and pepper on the fish. Repeat on the other side. Add lemon juice on top. Bake in the oven for 10 minutes. Let cool and serve warm.
**Lamb T-Bones**

*(You should prepare 2 T-Bones per person. This recipe will serve 4)*

4 Tbsp dried rosemary, crushed
4 Tbsp coarse Kosher or Sea Salt
3 Tbsp fresh ground pepper
4 Tbsp olive oil
8 Lamb T-Bones

Preheat grill or broiler to 400 degrees. Rub each T-Bone with olive oil on all sides. In a small mixing bowl, combine rosemary, salt, and pepper. Rub spices over all sides of each T-Bone. Grill for 5-7 minutes on each side for medium (pink in the center).

**Ribeye Steak**

*(If you are buying ribeyes from Whole Foods, grass fed ribeyes are usually available. Grass fed is the best option. There is less fat so the cooking time will also be less in order to maintain moistures. The ribeyes at Whole Foods are really thick so ask the butcher to cut them in half lengthwise. One ribeye will usually feed two people.)*

2 Boneless Ribeyes (Grass Fed if available)
2-3 Tbsp olive oil
3 Tbsp coarse Kosher or Sea Salt
2 Tbsp fresh ground pepper

Preheat grill or broiler to 400 degrees. Rub all sides of ribeye with olive oil. Rub salt and pepper over entire ribeye. Cook 8-10 minutes on each side for medium. 6-8 minutes if grass fed.

**Kale with Garlic and Vinegar**

1 bunch of Kale (any variety will do, I like the green or red. Dinosaur Kale is a little tougher than the others, but still tasty.)
3 Tbsp butter
3 Tbsp Balsamic Vinegar
2-3 Cloves of Garlic, minced

Wash Kale thoroughly, dirt hides in the small crevices. Cut out the hard middle rib. Put Kale in food processor and pulse until finely chopped, or finely chop with a knife. Melt butter in a large skillet, add kale, and cook over medium heat until soft. Then add garlic and cook until garlic and kale are starting to brown. Turn off stove and stir in Balsamic vinegar. Add salt to taste.

**Southwestern Halibut Fillet**

10 ounces of Halibut fillet, skinned
2 Tbsp cilantro, minced
2 cloves of garlic, minced
Juice of 2 limes
3 Tbsp butter, melted
¼ tsp cayenne pepper (optional)
2 Tbsp olive oil
Preheat oven to 500 degrees. Brush glass baking dish with olive oil. Generously brush butter on top of fish, add half of the cilantro, garlic, lime juice, and cayenne pepper. Turn the fish over and repeat with remaining ingredients. Cook in the oven for 10 minutes.

**Scallops Wrapped in Bacon**
4 large scallops  
4 pieces of bacon  
1-2 wood skewers

Wrap each scallop with a piece of bacon; secure the bacon with a skewer. You can put 2 or 4 scallops per skewer. I prefer 2 in order to cook the bacon well done. Saute the bacon on all sides first, then brown the scallops for 1-2 minutes each side. You can sauté in a skillet or on a grill.

**Shrimp Stir Fry**
2 bags of frozen Chinese Stir Fry Vegetables  
2 pound of shrimp, uncooked, deveined, peeled  
2 Tbsp butter  
1-2 tsp red pepper flakes  
2 tsp kosher or sea salt  
Juice of ½ lemon

Melt butter in a wok or skillet. Add frozen vegetables and cook until soft and no longer frozen. Add shrimp, lemon, and pepper flakes, and salt. Cook for 3-5 minutes until shrimp are opaque in color.

**Broccoli Raab / Rapini**
Rinse and shake off water  
Cut off heavier stem bottoms.  
Blanch in boiling, salt water for 1 minute  
Drain and dry  
Saute in butter

**Brussel Sprout Hash**
*(If you don’t like brussel sprouts, I suggest you try this recipe. I have yet to meet anyone who didn’t like it. Give it a shot, it’s delicious!)*
1 bunch or stalk of brussel sprouts, trimmed (cut off bottom stalk and take off outside layer)  
½ pkg of bacon  
3-5 Cloves of garlic, minced

Cut bacon in small pieces. Cook in a large skillet. Finely chop brussel sprouts or put in a food processor and pulse until finely chopped. Once bacon is cook through add brussel sprout and garlic. Cook until brussel sprouts begin to brown. Add salt and pepper to taste. Saute’ in garlic and butter

**Baked Red Beets**
These are prepared and baked like a potatoe. Wash & dry the outside. Rub butter around the beet and cover with aluminum foil. Bake at 375 degrees for 40-50 minutes or until tender.
**Hot Lemon Water**
Squeeze a small-medium sized lemon into 8-10 ounces of hot water. This gives you lots of vitamin C, which helps strengthen your immune system.

The healing properties of Lemons
- Supply the body with significant amounts of potassium, magnesium, Vitamin C, and calcium.
- Lemons are especially tonic and help to detoxify the liver, kidneys, bowels, lungs, and skin.
- Natural therapy for fever
- A first-rate insect repellant!!

**Asparagus**
- Helps to regulate blood pressure by providing 200% of the RDA recommendation of potassium
- Sole source of asparagines, an essential for prostate gland health.
- Supplies the body with the nutrient folate, which helps lower the risk of birth defects, and colon and cervical cancer.
- Cleanser of the bladder and kidneys.
- Is a diuretic which helps with premenstrual bloating and edema.
<table>
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<th>Snack</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Scrambled Eggs w/ salsa &amp; mushrooms, sun dried tomatoes, salsa on top</td>
<td>10-12 Grapes</td>
<td>Grilled Chicken breast, baby carrots, grape tomatoes, sugar snap peas</td>
<td>1 cup of Fruit Salad</td>
<td>Hot Lemon Water</td>
</tr>
<tr>
<td>Tuesday</td>
<td>2 Soft Boiled Eggs Asparagus, Bell Pepper</td>
<td>10-12 Grapes</td>
<td>Shrimp stir fry, broccoli, baby red beets, grilled veggies</td>
<td>1 cup of Fresh Pineapple</td>
<td>Hot Lemon Water</td>
</tr>
<tr>
<td>Wednesday</td>
<td>2 Eggs Roasted Garlic Spinach, Bacon</td>
<td>1 cup of Fruit Salad</td>
<td>Ground Beef w/ rice, deli meat, baby carrots, spinach</td>
<td>1 Tbsp Nut Butter</td>
<td>Hot Lemon Water</td>
</tr>
<tr>
<td>Thursday</td>
<td>2 Eggs Celery Stalks</td>
<td>1 cup of Fresh Pineapple</td>
<td>Southwestern flank steak, grilled veggies, sugar snap peas</td>
<td>1 Tbsp Nut Butter</td>
<td>Hot Lemon Water</td>
</tr>
<tr>
<td>Friday</td>
<td>Egg Omelet, mushrooms, onion, roasted garlic</td>
<td>1 Orange</td>
<td>Grilled Chicken breast, baby carrots, spinach</td>
<td>1 Tbsp of Nut Butter</td>
<td>Hot Lemon Water</td>
</tr>
<tr>
<td>Saturday</td>
<td>Cream of Buckwheat</td>
<td>5 Strawberries</td>
<td>Grilled Chicken breast, baby carrots, spinach</td>
<td>1 Grapefruit</td>
<td>Hot Lemon Water</td>
</tr>
<tr>
<td>Sunday</td>
<td>2 Eggs Bacon, Spinach</td>
<td>1 Orange</td>
<td>Grilled Chicken breast, baby carrots, spinach</td>
<td>1 Tbsp of Nut Butter</td>
<td>Hot Lemon Water</td>
</tr>
</tbody>
</table>
Grocery List – Month 1 -Week 3

Meat
¼-1/2 lb Deli Meat
4-5 Chicken Breast
2 Rib eye Steak
1 lb large Shrimp
2 lbs Flank Steak
10 ounces Salmon, skinned
1 pkg Bacon
7 lbs 85% lean ground beef
Separate packages - 2 lbs and 5 lbs

Vegetables
Mushrooms
1-2 Lg. Portobello Mushrooms
1-2 Large Tomatoes
1 carton Grape Tomatoes
1 small bag Baby Carrots
1 small bag Sugar Snap Peas
1 bag Spinach
1 bunch Red Swiss chard
1 bunch Asparagus
4 large red Bell Peppers
4 large yellow bell peppers
1 large green bell pepper
2-3 Sweet Potatoes
1 bunchBroccoli
1 bunchBaby Red Beets
1 bunch Celery
2 heads Garlic
1-2 Eggplant
2-3 Purple onions
3 large Yellow onions
2-3 Yellow Squash
1 head Cauliflower
1 head Green Cabbage
1 bunch Kale
2-3 Avocados
2 bags Frozen Stir Fry Vegetables
2-3 jalapeno chiles
1 small container piquant peppers (olive bar)
1 container baby arugula
1 head Belgium Endive
1 bunch watercress
1 bunch green onions

Fruit
Bananas
Grapefruit
Lemons
Grapes
Strawberries
Blueberries
Blackberries
Pineapple
Oranges
Lime

Misc.
Butter
Eggs
Salsa
Rotel Tomatoes
Cream of Buckwheat
Nut Butter
Beef Broth
Sun dried tomatoes
Olive oil
Walnuts
Balsamic Vinegar
Dijon Mustard
1 small bag White Rice
1 can diced tomatoes w/ green chiles
2-28 ounce cans crushed tomatoes
2-15 ounce cans kidney beans
1 can chipotle chiles in adobo sauce
Redbridge Beer (any gluten free beer)

Spices
Cumin
Cayenne Pepper
Red Pepper Flakes
Chili Powder
Ground Coriander
Sea Salt

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Swiss Chard
Separate the stalks from the leaves
Cut the stalk into thick slices
Sauté in butter, covered, over low heat for 15 minutes or until tender
Add strips of chard leaves. Cook over medium heat until wilted.
Sprinkle with lemon juice

Soft Boiled Eggs
Place eggs in a pan of water.
Allow water to come to a boil.
Boil eggs for 5 minutes.
Remove from water and peel.

Baked Sweet Potatoes
Preheat oven to 375 degrees
Pierce sweet potato with fork
Rub with butter and cover with foil.
Cook for 60-75 minutes or until tender

Grilled Chicken Breast Salad
1-2 Grilled Chicken Breast (depending on the quantity you wish to prepare), finely chopped
Baby arugula
Watercress
Belgium Endive, chopped
Piquant Peppers (found in the olive bar at Whole Foods, these are small red peppers), chopped
Yellow Bell Pepper, diced
Cherry or Grape tomatoes, halved
Avocado, diced
Walnuts, chopped
Course Sea Salt
Fresh ground pepper
You can be creative with the amount of each ingredient depending on your liking. Put a portion of the salad aside for the next day before you add the salad dressing to ensure freshness. I have found if you prepare the salad in a large bowl and toss thoroughly before serving, it tastes better than just adding the dressing on top of individual servings.

Salad Dressing
You can make as much as you like, this will keep for about a week in the refrigerator.
3 parts olive oil
1 part balsamic vinegar
1-2 tsp Dijon mustard (this helps the dressing stick to the lettuce and balances the vinegar)
Shake vigorously. Add to salad and gently toss just before serving.
**Ground Beef w/ Rice**  
*(if you are diabetic eliminate the rice)*

2 lbs 85% lean ground beef  
1 cup white rice  
1 can diced tomatoes w/ green chilies  
1 green bell pepper, diced  
1 yellow onion, diced  
2-3 cloves garlic, minced  
2 Tbsp chili powder  
1 Tbsp Cumin  
Salt to taste  

In a small sauce pan, boil 2 cups of water. Add rice, 2 Tbsp butter, 1 tsp salt. Reduce heat to simmer and cover for 20-25 minutes. While the rice is cooking, combine ground beef, onion, green bell pepper, chili powder, cumin, garlic, and salt in a large skillet and brown. Once the beef is cooked through, add the dice tomatoes. Cut until the juice is reduced by half. Add rice and stir thoroughly.

**Shrimp Stir Fry**

1 lb Large Shrimp  
2 packages of Frozen Stir Fry Vegetables  
2 Tbsp butter  
1 small lemon  
1 tsp red pepper flakes  

Allow vegetables to thaw.  
Place all ingredients into a wok or skillet.  
Cook over medium heat for 15-20 minutes  
Makes 4 servings

**Roasted Garlic**

This is a great way to prepare garlic. You can cook this at the beginning of the week and have it ready to add to any dish. This recipe was taken from the Fat Flush Plan by Ann Louise Gittleman.

Garlic heads, as many as desired  
Preheat oven to 350 degrees  
Wrap garlic heads in parchment paper  
Place in oven for about 45 minutes

**Southwestern Flank Steak**

This steak tastes very good cooked on the grill  
Makes 4 servings  
*Requires 2 hours marinating time*

2 Tbsp of fresh lime juice  
1 Tbsp of beef broth  
2 garlic cloves, crushed  
¼ tsp of cayenne pepper (to taste)  
3 tsp of cumin  
3 tsp of chili powder  
2 Tbsp Kosher or sea salt  
1 lb of Flank Steak
Combine the lime juice, beef broth, garlic, cayenne, chili powder, salt, and cumin in a small bowl
Rub mixture over steak, and then transfer the steak to a baking dish and refrigerate for about 2 hours
Heat broiler (or outdoor grill), and cook steak to desired doneness (5 minutes on each side for medium).

Grilled Veggies
Requires at least 30 minutes marinating time

Red Bell Pepper, cut in half
Yellow Bell Pepper, cut in half
Purple Onion, cut into 1 inch slices
Portobello mushroom
Eggplant, cut into ¼ inch slices
Yellow Squash, cut into ¼ inch slices
1 stick of melted butter, or 3-4 Tbsp olive oil
4 cloves of garlic, minced
1/3 cup Balsamic vinegar
1/3 cup Olive oil

Put purple onions in a large plastic bag. Add about 1/3 cup of olive oil and 1/3 cup of balsamic vinegar to cover onions. Place in the refrigerator for 30 mins-1 hour before grilling. Add garlic to the melted butter or olive oil, brush vegetables with butter or olive oil and place on the grill over low heat until tender. As you turn the vegetables continue to brush with butter or olive oil. You can also place vegetables in a baking dish drizzled with olive oil and broil for about 10 minutes. Once the bell peppers and mushroom are cooked, cut them into small strips for serving. Everything else can be served just how it was grilled.

Cabbage
1 medium head of green cabbage, shredded
1 can of Rotel Tomatoes, strained
4 strips of bacon, cut into small pieces
- Cook bacon in a large skillet over medium heat, approx. 10 min.
- Add cabbage and Rotel tomatoes
- Cover skillet and cook for 10-15 minutes

Kale
Cut the leaves away from the stem and thick center rib.
Cut the leaves into thin strips.
Sauté in butter over medium-low heat for about 10-15 minutes
Add roasted garlic before serving.
Beer Chili  *(YES, I said *Beer Chili*)
(This is a great recipe for football games, cold weather, or entertaining many people. This chili can be frozen for up to 1 month and left overs taste even better than the day it was cooked. )

12 Servings

2 ½ Tbsp ground cumin
1 Tbsp ground coriander

5 lbs 85% lean ground beef
2 Tbsp butter
2 large yellow onions, coarsely chopped
3 large red bell peppers (1 ½ pounds), seeded, cut into ½ inch pieces
3 large yellow bell peppers (1 ½ pounds), seeded, cut into ½ inch pieces
3 large jalapeno chiles with seeds (if you are sensitive to spicy foods, take out the seeds), chopped (about 1/3 cup)
8 Tbsp chili powder
1-1 ½ Tbsp chipotle chiles in adobo sauce, minced (use less if you don’t like it spicy)
2 28 ounce cans crushed tomatoes
2 15 ounce cans of kidney beans, drained and rinsed
1 12 ounce can of gluten-free beer (I suggest Redbridge from Anheiser Bush although there are a few others available)
1 bunch green onions, chopped

Toast cumin and coriander in small skillet over medium heat until dark and starting to smoke, about 4 minutes. Set aside to cool.
Sauté beef in heavy large pot over medium-high heat until no longer pink, about 15 minutes. (If you have a large Dutch oven it holds the heat best) Heat butter in a large skillet over medium-high heat, add onions, bell peppers, and jalapenos. Sauté until vegetables begin to soften, about 15 minutes. Add sautéed vegetables to beef. Mix in toasted spices, chili powder, and chipotle chiles. Add crushed tomatoes, beans, and beer. Bring chili to boil, stirring occasionally. Reduce heat and simmer 20 minutes, stirring often. Season with salt and pepper.
Ladle chili into individual bowls and garnish with green onions.

Healthy Facts about:

Avocados
- Contain 13 essential minerals
- Contain monounsaturated fats that help maintain health cholesterol levels
- Provides Vitamins A and E to prevent premature aging and wrinkles
- Serves as a laxative (mash 2 avocados with 1 tsp of lemon juice)
- Pureed avocado makes a wonderful moisturizing mask.

Bananas
- Nature’s best fruit source of minerals
- One of the few fruit sources of chromium. Chromium stimulates the metabolism of glucose for energy. Chromium also speeds weight loss and fat loss and promotes an increase of lean muscle mass.
- Among the most digestible fruits when ripe.

Healthy facts taken from Super Healing Foods by Frances Sheridan Goulart

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<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Snack</th>
<th>Lunch</th>
<th>Dinner</th>
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<tbody>
<tr>
<td>Sunday</td>
<td>Cream of Buckwheat</td>
<td>2 Eggs, Bacon</td>
<td>Leftover Beer Chili</td>
<td>Grilled Chicken Breast</td>
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<tr>
<td></td>
<td></td>
<td>10-12 Grapes</td>
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<td>Grilled Asparagus w/mushrooms</td>
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<td>Broccoli</td>
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<tr>
<td>Saturday</td>
<td>2 Eggs, Bacon, Asparagus, Sliced</td>
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<td>Turkey, Tomatoes, Avocados</td>
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<td>Friday</td>
<td>2 Eggs, Bacon, Asparagus, Sliced</td>
<td>8-12 Cherries</td>
<td>Chicken Kabobs</td>
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<td>Taco Salad</td>
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<td>Chicken Kabobs</td>
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<tr>
<td>Wednesday</td>
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<td>2 Celery Stalks,</td>
<td>Taco Salad</td>
<td>Grilled Chicken Kabobs</td>
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<tr>
<td></td>
<td>with Mushrooms and Onions</td>
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<tr>
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<td>Scrambled Eggs, with Mushrooms and</td>
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<td>Grilled Lamb Chops</td>
<td>Parsley and Dill Sprouts</td>
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<td>Onions</td>
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<td>Grilled Lamb Chops</td>
<td>Parsley and Dill Sprouts</td>
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Grocery List – Month 1 - Week 4

**Meat**
- Lamb Chops
- Scallops
- Ground Beef
- Boneless, skinless chicken breast
- Red Snapper fillets (or fillet of your choice)
- Deli Meat
- Bacon

**Vegetables**
- Spinach
- Large tomatoes
- Grape tomatoes
- Carrots
- Celery
- Mushrooms
- Onions (yellow and purple)
- Scallions
- Green Beans (fresh)
- Red Swiss Chard
- Green leaf lettuce
- Avocados
- Jalapenos
- Cilantro
- Garlic
- Bell Pepper (green, red, and yellow)
- Red baby beets
- Eggplant
- Asparagus
- Rapini
- Brussel Sprouts
- Zucchini
- Yellow squash
- Broccoli
- Sun Dried Tomatoes
- Artichoke Hearts (canned)
- Parsley

**Fruit**
- Lemons
- Limes
- Bananas
- Grapes
- Oranges
- Cherries
- Fresh Pineapple
- Blackberries
- Strawberries

**Misc.**
- Cream of Buckwheat
- Salsa and/or Pico de Gallo
- Almond Butter
- Eggs
- Butter
- Vegetable Broth
- Refried Beans
- Olive Oil

**Spices**
- Cinnamon
- Coriander
- Cumin
- Chili Powder
- Fresh Dill
- Celtic Sea Salt
Recipes – Month 1 - Week 4

Grilled Lamb Chops with Cinnamon and Coriander
This recipe was taken from the Fat Flush Plan by Ann Louise Gittleman
1 lb of lamb chops
2 tbsp filtered water
1 tbsp ground cinnamon
1 tbsp ground coriander

• Preheat grill or broiler
• Brush lamb with filtered water, and rub with cinnamon and coriander
• Grill over medium heat, turning occasionally, about 20 minutes until done
Makes 4 servings

Cumin Sautéed Scallops
This recipe was taken from the Fat Flush Plan by Ann Louise Gittleman
4 tbsp vegetable broth
2 scallions, minced
2 garlic cloves, minced
⅛ tsp cumin
4 ounces scallops, trimmed and rinsed

• Heat broth in a nonstick skillet over medium heat
• Add the scallions, garlic, and cumin and sauté for about 1 minute
• Add scallops and sauté until opaque.
• Remove the scallops from the skillet onto a plate and sprinkle with additional cumin, if desired
Makes 1 Serving

Green Beans with Mushrooms
Green beans
Bacon
Mushrooms

• Wash and cut ends off of green beans
• Cut bacon in to small pieces and cook in a skillet
• Add green beans and cook until tender about 15-20 minutes
• Add mushrooms and cook until tender

Taco Salad (without the taco!!!)
2 lbs of ground beef,
2 tsp chili powder
2 head of green leaf lettuce, cut into small pieces
2 large tomato, diced
2 can of refried beans (optional)
Salsa or Pico de Gallo
Guacamole

• Brown ground beef and add chili powder
• Layer refried beans and beef onto a plate
• Then add lettuce, tomatoes, salsa or Pico de Gallo, and guacamole.
(Refried beans are not optimal for weight loss. The carbohydrate to protein ratio is really high. If you are trying to lose weight eliminate the refried beans.)
Makes 8 servings
Guacamole
4-5 Soft Avocados, peeled and seeded
3 cloves of garlic, minced
3 tbsp of cilantro, chopped
The juice from one small lime
¼ cup of Salsa or Pico de Gallo
1 tsp of Celtic sea salt
2-3 tbsp jalapenos, chopped (optional)

- Mash avocados
- Add garlic, cilantro, lime juice, salsa or pico de gallo, and sea salt
- Mix together
- If you like guacamole more spicy add jalapeños

Chicken Kabobs
This recipe was taken from the Fat Flush Plan by Ann Louise Gittleman
1 lb of skinless, boneless chicken breast cut into 1-inch cubes
2 cups of zucchini, cubed
2 cups yellow squash, cubed
2 cups of red pepper, cubed
½ lb of small Portobello mushrooms
2 cups of purple onions, cubed
Lemon wedges, for garnish

- Preheat grill or broiler
- Alternate chicken and vegetable cubes on skewers
- Grill for about 15-20 minutes, turning at least once, until chicken is cooked through
- Remove from the grill onto a serving platter.
- Garnish with lemon wedges
Makes 4 Servings

Grilled or Roasted Eggplant
2-3 medium eggplants, cut into ½ inch thick slices
½ cup olive oil

- Place eggplant in baking dish
- Broil for 10 minutes
- Add roasted garlic for extra flavor

Parsley and Dill Snapper Fillets
This recipe was taken from the Fat Flush Plan by Ann Louise Gittleman
1 lb of red snapper (or fish of your choice)
½ cup of vegetable broth
2 tbsp parsley, minced
1 tbsp shallots, minced
1 tbsp fresh dill
¼ cup of fresh lemon juice

- Preheat oven to 300 degrees
- Arrange red snapper in the center of a baking dish, and add broth, parsley shallots, and dill
- Place dish in oven, and roast until snapper is opaque in center, about 15-25 minutes
- Transfer fish to serving dish.
- Add lemon juice to pan drippings, and then pour over fish.
Makes 4 servings
Nutritional Facts:

Eggplant
- Eggplant has the ability to bind LDL cholesterol and flush it from the body.
- Eggplant also helps normalize sodium level, and is useful as a diuretic and laxative.
- Eggplant contains the antioxidant terpene which helps prevent some types of cancer.
- According to Hindu Healers, eggplant is the vegetable medicine for sexual stamina.

Carrots
- Carrots provide high amounts of vitamin C and folate, which helps combat respiratory illness, common cold, and the flu
- Folate and Vitamin C help prevent periodontal disease and birth defects.
- Carrots are libido liberating, supplying an estrogen like compound which stimulates sexual appetite.
- Calcium pectate fiber in carrots fights elevated blood fats.
Dietary Restrictions

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Suggestions for substitutions:

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<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Snack</th>
<th>Dinner</th>
<th>Snack</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>2 Soft Boiled Eggs, Bacon, Sliced Tomatoes, Avocado</td>
<td>1 cup Pineapple</td>
<td>Cabbage and Beef, Baby Carrots, Broccoli, Cauliflower</td>
<td>10-12 Grapes</td>
</tr>
<tr>
<td>Tuesday</td>
<td>2 Soft Boiled Eggs, Bacon, Sliced Tomatoes, Avocado</td>
<td>1 plum</td>
<td>Cabbage and Beef, Baby Carrots, Broccoli, Cauliflower</td>
<td>10-12 Grapes</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Buckwheat Scrambled Eggs w/ mushrooms, onions, &amp; salsa</td>
<td>1 Banana</td>
<td>Cabbage and Beef, Baby Carrots, Broccoli, Cauliflower</td>
<td>1 orange</td>
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<tr>
<td>Thursday</td>
<td>Buckwheat Scrambled Eggs w/ mushrooms, onions, &amp; salsa</td>
<td>2 Celery Stalks</td>
<td>Grilled Pork Chops, Purple Cabbage, Carrots, Celery</td>
<td>1 Apple</td>
</tr>
<tr>
<td>Friday</td>
<td>Scrambled Eggs w/ mushrooms, onions, &amp; salsa</td>
<td>1 peach</td>
<td>Grilled Pork Chops, Purple Cabbage, Carrots, Celery</td>
<td>1 Apple</td>
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<tr>
<td>Saturday</td>
<td>Buckwheat Scrambled Eggs w/ mushrooms, onions, &amp; salsa</td>
<td>5-6 Strawberries</td>
<td>Bacon Wrapped Scallops, Asparagus, Spinach</td>
<td>10-12 Grapes</td>
</tr>
<tr>
<td>Sunday</td>
<td>Buckwheat Scrambled Eggs w/ mushrooms, onions, &amp; salsa</td>
<td>2 Celery Stalks</td>
<td>Frittata - sun dried tomatoes, artichoke hearts, mushrooms, onions</td>
<td>1Apple</td>
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</tbody>
</table>

Snacks: 1 cup Pineapple, 1 plum, 1 banana, 2 celery stalks, 1 tbsp peanut butter, 1 peach, 5-6 strawberries, 2 celery stalks, 1 peach, 1 grapefruit, 10-12 grapes, 1 banana, 1 cup fruit salad, 1 grapefruit, 1 tbsp cashew butter, 1 cup fruit salad, 1 tsp cashew butter, 1 banana.
Grocery List – Month 2 - Week 1

Meat
Scallops
Salmon Fillet
Ground Beef
Chicken Breast
Pork Chops
Deli Meat
Bacon

Vegetables
Baby Carrots
Grape Tomatoes
Large Tomatoes
Broccoli
Cauliflower
Green Cabbage
Purple Cabbage
Asparagus
Spinach
Bell Peppers
Celery
Sweet Potatoes (yams)
Mushrooms
Garlic
Brussel Sprouts
Baby Red Beets
Sun dried tomatoes
Artichoke hearts, canned
Onions
Avocado
Green Beans
Squash
Zucchini
Parsley

Fruit
Pineapple
Grapes
Lemons
Plums
Peaches
Blueberries
Raspberries
Strawberries

Misc.
Butter
Eggs
Red Wine Vinegar
Cashew Butter
Cream of Buckwheat
Grade B Maple Syrup (optional)
Rotel Tomatoes
Salsa
Cayenne Pepper
Skewers (wood)
Muir Glen Tomato Sauce

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Recipes – Month 2 - Week 1

**Oatmeal**
When preparing oatmeal the best type of oatmeal is John McCann’s Steel Cut Irish Oatmeal. You can buy this at a natural grocer. Prepare as directed on the container. It is very easy to get creative with oatmeal. You can add butter, fruit, wildflower honey, or nuts. Just remember the rules: No Sugar or Dairy!!!

**Soft Boiled Eggs**
Place eggs in a pan of water.
Allow water to come to a boil.
Boil eggs for 5 minutes.
Remove from water and peel.

**Hot Lemon Water**
Squeeze a small-medium sized lemon into 8-10 ounces of hot water. This gives you lots of vitamin C, which helps strengthen your immune system.

**Cabbage and Beef**
16 ounces (1 pound) of ground beef
1 large head of green cabbage, shredded
1 can of Rotel Tomatoes
1 large yellow onion, chopped
Salt and Pepper
Cayenne Pepper (optional)

- Brown ground beef and onion in a skillet.
- Place shredded cabbage, tomatoes, onion, and ground beef in a large pot and cook over medium heat for approximately 30 minutes.
- Add salt, pepper, and cayenne pepper for desired taste.

Makes 4 Servings

**Bacon Wrapped Scallops**
4 large scallops, washed and trimmed
4 pieces of bacon
1 skewer

Wrap bacon around scallop and hold in place by the skewer
Continue with all scallops
Align the bacon along the skewer
Place in a skillet, with the bacon side down, over medium heat with lemon, butter, and minced garlic.
Cook each bacon side for approximately 10 minutes
Cook each scallop side for approximately 3-5 minutes, or until opaque
Makes 1-2 servings
Fruit Salad
This is very easy. Select 3 or 4 of your favorite fresh fruits. Cut into bite size pieces and squeeze ½ of a fresh lemon to prevent browning and it’s ready to eat. Here are a few combinations I like to use:

<table>
<thead>
<tr>
<th>Pineapple</th>
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<tr>
<td>Bananas</td>
<td>Oranges</td>
<td>Mango</td>
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<tr>
<td>Grapes</td>
<td>Grapes</td>
<td>Kiwi</td>
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<tr>
<td>Oranges or tangerines</td>
<td>Bananas</td>
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Purple Cabbage
1 med. purple cabbage, shredded
4-5 strips of bacon
¼-1/2 cup of red wine vinegar
Salt and pepper to taste

Cook bacon strips, save the drippings and set bacon aside
Stir red wine vinegar into bacon drippings
Add shredded cabbage to dripping mixture and cook covered over med-low heat for about 20 minutes
Place cabbage in serving dish and crumble the bacon on top

Sweet Potato Chips
2 long, skinny jewel yams
½ stick of butter

- Pre-heat oven to 400 degrees
- Peel yams and slice into 1/8 of and inch rounds
- Spread evenly onto a baking sheet
- Cut butter into 4 equal pieces and place on top of yams
- Stir every 10 minutes for 30-45 minutes (depending on desired crisp)

Makes 4 servings

Baby Red Beets
Peel beets
Steam for about 30 minutes

Vegetable Frittata
8 Eggs
¼ cup sun dried tomatoes
¼ cup artichoke heats, quartered
¼ cup mushrooms, sliced
¼ cup onions, diced

Preheat oven to 400 degrees
Beat eggs in a medium bowl until foamy and set aside.
Sauté mushrooms, onions, and sun dried tomatoes.
Add artichoke hearts and eggs and cook for 8 minutes.
Transfer egg mixture to the oven for 10-15 minutes until set.
**Yummy Meatloaf**
(Fat Flush Plan by Louise Gittleman)

- 16 ounces of ground beef
- 1 c spinach, chopped
- 1 c onion, diced
- 4 garlic cloves, minced
- ½ teaspoon cayenne pepper (optional)
- 4 tsp fresh parsley, chopped
- 4 tbsp no-salt-added Muir Glen Tomato Sauce

- Preheat oven to 400 degrees
- Place the meat, spinach, onion, garlic, cayenne, and parsley in the bowl of a food processor and blend.
- Press into a loaf pan (or square glass pan) and glaze the top with the tomato sauce
- Bake for approximately 45 minutes.

Makes 4 servings

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**Green Beans with Mushrooms**
Green beans
Bacon
Mushrooms
- Wash and cut ends off of green beans
- Cut bacon in to small pieces and cook in a skillet
- Add green beans and cook until tender about 15-20 minutes
- Add mushrooms and cook until tender

All vegetables can be prepared by sautéing in butter or olive oil or steamed. If you don’t know how to cook a particular vegetable that is on the menu call or email me for specifics. Remember to keep all of your recipes from the weeks before. Enjoy!!
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<th>Monday</th>
<th>Tuesday</th>
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<tr>
<td><strong>Breakfast</strong></td>
<td>2 eggs with salsa Sausage Avocado</td>
<td>Scrambled Eggs Mushrooms, Spinach, &amp; Onions Sausage</td>
<td>Buckwheat</td>
<td>2 eggs Steak Avocado Sliced Tomatoes</td>
<td>2 soft boiled eggs 2 slices of bacon Tomatoes Bell Peppers</td>
<td>Buckwheat</td>
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<tr>
<td><strong>Snack</strong></td>
<td>5-6 Strawberries</td>
<td>Nectarine</td>
<td>1 cup fresh pineapple</td>
<td>2 Stalks of celery 1 Tbsp Almond Butter</td>
<td>1 Banana</td>
<td>1 cup pineapple</td>
<td>10-12 Grapes</td>
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<td><strong>Snack</strong></td>
<td>1 Banana</td>
<td>Tangerine</td>
<td>1 Apple</td>
<td>1 Plum</td>
<td>1 Nectarine</td>
<td>1 Apple</td>
<td>5-6 Strawberries</td>
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<tr>
<td><strong>Dinner</strong></td>
<td>Chicken Breast w/ Sun dried tomatoes &amp; Artichoke pesto Broccoli Swiss Chard</td>
<td>Halibut Fillet Spinach w/ salsa Rapini</td>
<td>Steak Sweet Potato Chips Green Beans w/ bacon &amp; mushrooms</td>
<td>Limey Chicken Breast Golden Beets Kale</td>
<td>Pork Roast Mushrooms &amp; onions Okra Sliced Tomatoes</td>
<td>Tarragon Turkey Burgers Sliced Tomatoes Avocados Bell Peppers</td>
<td>Salmon Cakes Gingered Asparagus Carrots</td>
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<td>Hot Lemon Water</td>
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<td>Hot Lemon Water</td>
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</tbody>
</table>
Grocery List – Month 2 - Week 2

**Meat**
- Sausage
- Bacon
- Chicken Breasts
- Halibut Fillet (or any fillet of your choice)
- Steak
- Deli Meat
- Pork Roast
- Ground Turkey
- Salmon fillet

**Vegetables**
- Avocado
- Artichoke hearts (canned)
- Sun dried tomatoes
- Broccoli
- Swiss Chard
- Mushrooms
- Spinach
- Yellow Onions
- Red Onion
- Scallions
- Rapini
- Grape Tomatoes
- Sugar snap peas
- Carrots
- Golden Baby Beets
- Kale
- Okra (may be in the frozen section)
- Bell Peppers
- Large Tomatoes
- Asparagus
- Cauliflower
- Green onions
- Parsley
- Jewel yams
- Zucchini
- Garlic
- Fresh Ginger
- Celery

**Fruit**
- Strawberries
- Bananas

**Misc.**
- Nectarines
- Tangerines
- Fresh pineapple
- Apples
- Plums
- Grapes
- Lemons
- Limes

**Spices**
- Cream of Buckwheat
- Grade B Maple Syrup
- Eggs
- Salsa
- Pecans
- Butter
- Celtic Sea Salt
- Almond Butter
- Olive Oil
- Organic Apple Cider Vinegar
- Chicken and Beef Broth
- Dijon Mustard
- Basil
- Dried ginger
- Onion powder
- Tarragon leaves (dried or fresh)
- Ground Black Pepper
- Fresh dill
Recipes – Month 2 - Week 2

**Chicken Breasts W/ Sun dried Tomato and Artichoke Pesto**

4 Chicken Breasts  
10 Sun dried Tomatoes, finely chopped  
1 can of Artichoke hearts, washed and finely chopped  
½ Cup of pecans, finely chopped  
2 Tbsp Olive Oil  
1 Tbsp Apple Cider Vinegar  
1 Tsp dried Basil

Mix sun dried tomatoes, artichoke hearts, pecans, olive oil, apple cider vinegar, and dried basil. Marinate chicken breasts in pesto for 1-2 hours. Place in crock-pot on low heat for 3 and ½ hours. Makes 4 Servings

**Limey Chicken Breast**  
Taken from the Fat Flush Cookbook by Ann Louise Gittleman

Juice of 2 limes  
1 Garlic clove  
½ tsp dried ginger  
4 Chicken Breasts  
Lemon slices for garnish

Preheat oven to 350 degrees. In a small bowl, combine lime juice, garlic, ginger, and coriander. Rub mixture onto chicken. Place chicken in nonstick casserole dish or baking pan and cover. Bake about 45 minutes or until tender. Serve hot, garnished with lemon slices.  
Makes 4 servings

**Pork Roast**

2 lb Pork Roast  
1 cup Beef Broth  
2 Tsp dried Basil  
8 Garlic cloves, peeled

Rub roast with basil and stuff with garlic cloves. Place in crock-pot for 4 hours on low heat.  
Makes 8 servings

**Okra**

You may have to buy this in the frozen section of the grocery store, unless you can find it fresh. If you buy it fresh, cut the ends off and discard. Cut the rest of the okra into ½ inch pieces and cook covered with butter for about 15 minutes or until soft.
Kari’s Marvelously Mashed Cauliflower
Taken from the Fat Flush Cookbook by Ann Louise Gittleman

1 Medium head of cauliflower, cut into florets
1 cup of purified water
2 Garlic cloves, minced
1 tsp fresh chives
½ tsp Onion powder
½ tsp fresh parsley, chopped
1 Tbsp Chicken or beef broth

In a medium pot, place cauliflower with water and bring to a quick boil. Lower heat to simmer and cover. Cook for an additional 12 minutes, or until soft. Drain, transfer cauliflower to a bowl and mash. Blend in garlic, chives, onion powder, parsley, and broth with the mashed cauliflower. Serve hot.
Makes 4 servings

TARRAGON TURKEY BURGER
1 lb free range ground turkey breast
1/2 c. coarsely shredded zucchini (or celery)
1/4 c. chopped red onion
1 Tbsp fresh or dried tarragon leaves
2 tsp Dijon mustard
1/2 tsp sea salt
3 grinds of fresh black pepper
3 large eggs

1. Preheat broiler. In mixing bowl, combine ground turkey with zucchini, red onion, tarragon, mustard, Spike, pepper, and eggs. Mix thoroughly.
2. Shape into patties. Place on broiler pan. Broil 5 minutes onto a side until browned. Served immediately.
Serves 4: Preparation time = 5 min.

Salmon Cakes
Taken from the Fat Flush Cookbook by Ann Louise Gittleman

8 oz cooked salmon fillet
½ cup scallions, finely chopped
2 tsp fresh dill
2 garlic cloves, minced
Splash of fresh lemon juice
1 egg, beaten

Preheat oven to 350 degrees. Place salmon in a large bowl and separate with a fork. Mix in scallions, dill, garlic, lemon juice, and egg. Shape mixture into two patties, about ¾ inch thick. Place patties in nonstick baking dish or nonstick baking sheet in oven. Bake in oven for about 15 minutes or until golden brown and cooked through.
Makes 2 servings
**Gingered Asparagus**  
Taken from the Fat Flush Cookbook by Ann Louise Gittleman

1 lb asparagus spears, wash and dried  
2 teaspoons of fresh ginger, grated  
2 garlic cloves, minced  
2 tsp fresh parsley, chopped  
¼ cup chicken broth  
2 tsp fresh lemon juice

In a medium size bowl, toss the asparagus with ginger, garlic, and parsley and let stand for 20 minutes or longer. Bring broth to a quick boil in a nonstick skillet. Add asparagus and herbs to the broth, lower heat, and sauté for 12 minutes, turning the asparagus occasionally until the spears are just tender. Remove onto a serving dish and drizzle with lemon juice.  
Makes 4 servings
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<tr>
<th>Days</th>
<th>Monday</th>
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<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>2 eggs w/ salsa Sausage Spinach Sliced Tomatoes</td>
<td>Scrambled Eggs w/ mushrooms, onion, &amp; salsa Asparagus Bacon</td>
<td>Buckwheat</td>
<td>2 Eggs Sausage Sliced Tomatoes Avocados</td>
<td>Buckwheat</td>
<td>Scrambled Eggs w/ salsa Spinach Bacon</td>
<td>Buckwheat</td>
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<tr>
<td><strong>Snack</strong></td>
<td>5-6 Strawberries</td>
<td>10-12 Grapes</td>
<td>1 cup Fresh Pineapple</td>
<td>1 Plum</td>
<td>1 c Fruit Salad</td>
<td>1 Tangerine</td>
<td>1 Plum</td>
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<tr>
<td><strong>Snack</strong></td>
<td>1 Peach</td>
<td>1 Banana 1 Tbsp Cashew Butter</td>
<td>8-10 Cherries</td>
<td>1 Peach</td>
<td>10-12 Grapes</td>
<td>1 Banana 1 tbsp Cashew Butter</td>
<td>8-10 Cherries</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>Chicken Breasts Roasted Broccoli Rainbow Swiss Chard Squash</td>
<td>Black Bean Soup</td>
<td>Mama's Old Fashion Meat Loaf Sauteed Carrots Green Beans</td>
<td>Pepper &amp; pecan encrusted tuna Mango Salsa Asparagus Red Baby Beets</td>
<td>Southwestern Flank Steak Grilled Veggies Green Salad</td>
<td>Grilled Pork Chops with Salsa Spinach Sweet Potatoe Chips</td>
<td>Mushroom, onion, artichoke scramble Sausage Sliced Tomatoes Avocados</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>1 cup Fruit Salad Hot Lemon Water</td>
<td>1 Apple Hot Lemon Water</td>
<td>Fruity Fruit Sorbet Hot Lemon Water</td>
<td>1 Grapefruit Hot Lemon Water</td>
<td>1 Apple Hot Lemon Water</td>
<td>1 Peach Hot Lemon Water</td>
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</tr>
</tbody>
</table>
Grocery List - Month 2 - Week 3

Meat
Sausage
Bacon
Chicken Breasts
Ground Beef
Tuna steaks
Flank Steak
Pork Chops

Vegetables
Spinach
Tomatoes
Broccoli
Rainbow Swiss chard
Yellow Squash
Carrots
Rainbow Swiss chard
Yellow Squash
Carrots

Mixed Greens
Jewel Yams
Mushrooms

Onions (purple and yellow)
Artichoke hearts (canned)
Chunky Rotel tomatoes (canned)
Cilantro
Garlic

Fruit
Strawberries
Peaches
Fresh Pineapple
Grapes
Bananas
Apples
Cherries
Plums
Grapefruit
Tangerines
Blueberries
Raspberries
Lemons

Limes
Misc.
Salsa (2 large jars)
3 cans black beans
Pecans
Cashew Butter
Buckwheat
Grade B Maple Syrup
Eggs
Chicken Broth
Pico de Gallo

Spices
Celtic Sea Salt
Peppercorns
Cayenne Pepper
Red Pepper Flakes
Cumin
Stevia Plus (optional)

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Recipes - Month 2 – Week 3

**Garlic Roasted Broccoli with Balsamic vinegar**

1 large bunch of broccoli, cut into florets with 2-3 inches of stem
4 tbsp Olive oil
3 Garlic cloves, minced
¼ tsp Salt
¼ tsp Fresh ground pepper
4 tbsp Balsamic Vinegar

Preheat oven to 475 degrees. In a small bowl combine olive oil and garlic. Place broccoli on rimmed baking sheet. Pour garlic and olive oil over the broccoli and toss to coat. Season with salt and pepper. Roast broccoli for 7-9 minutes, turning once, until broccoli is tender and charred at edges. Transfer to serving dish and sprinkle with balsamic vinegar.

**Swiss Chard**

Separate the stalks from the leaves
Cut the stalk into thick slices
Sauté in butter, covered, over low heat for 15 minutes or until tender
Add strips of chard leaves. Cook over medium heat until wilted.
Sprinkle with lemon juice

**Black Bean Soup**

**Mama’s Old Fashion Meat Loaf**

2 lbs ground beef
1 can Rotel chunky tomatoes
1 medium yellow onion, diced
1 large green bell pepper, diced
4 eggs
1/8 tsp cayenne pepper (optional)
½ tsp salt
½ tsp pepper
1 can Muir Glen Tomato Sauce

Preheat oven to 375 degrees. Mix ground beef, Rotel tomatoes, onion, bell pepper, eggs, cayenne pepper, salt, and pepper together. Place into a baking dish and top with tomato sauce. Bake for 45-60 minutes or until onions are tender.

**Fruity Fruit Sorbet**

½ cup Strawberries, halved
½ cup Raspberries
1 tsp fresh lemon juice
¼-1/2 tsp Stevia Plus (optional)

Place all ingredients into a food processor or blender until pureed. Freeze for 3-4 hours only.
Pepper and Pecan Encrusted Tuna with Fresh Mango Salsa

Tuna
½ cup pecan chips
4 tuna steaks (6-8 ounces each)
1 ½ tsp coarse-grained salt
2 tbsp freshly cracked pepper
Cilantro for garnish

Mango Salsa:
2 ripe mangos, peeled and cut into ½ inch slices
2 tbsp red onion, finely chopped
2 tbsp fresh lime juice
¼ sup loosely packed chopped fresh cilantro
1/8 tsp salt
1/8 tsp Stevia Plus (optional)

To make salsa: In a medium bow, combine the mangoes, lime juice, onion, cilantro, salt, and Stevia. Toss gently. Cover and refrigerate up to one hour to blend the flavors.

To prepare the fish: Preheat oven to 350 degrees. Spread the pecans on a baking sheet or in a shallow pan. Bake, stirring once or twice, until lightly browned and fragrant, 5-10 minutes. Let cool.

Season the steaks lightly with ½ tsp of salt. In a small bowl, combine the pecans and pepper. Divide the mixture evenly among the tuna steaks, pressing gently into both sides. Let stand 30 minutes at room temperature.

Sprinkle a 10-12 inch frying pan with the remaining 1 tsp of salt and place over medium-high heat. When the pan is hot, add the fish without crowding. Pressing the fish against the pan with a spatula, cook two minutes to sear. Turn the fish over and cook until seared on the outside but still pink in the center, about two minutes longer. Transfer the fish to a clean work surface. Let sit one minute, then slice each steak at an angle into ½ inch slices. Spoon the salsa off center of each of four dinner plates. Arrange the tuna slices on the plates, overlapping them slightly.

Southwestern Flank Steak
From the Fat Flush Plan by Ann Louise Gittleman
This steak tastes very good cooked on the grill

2 Tbsp of fresh lime juice
1 Tbsp of beef broth
2 garlic cloves, crushed
¼ tsp of cayenne pepper (to taste)
2 tsp of cumin
1 lb of Flank Steak
2 tbsp of butter
1 red pepper, thinly sliced
1 onion, thinly sliced

- Combine the lime juice, beef broth, garlic, cayenne, and cumin in a small bowl
- Rub mixture over steak, and then transfer the steak to a baking dish and refrigerate for about 2 hours
- Heat broiler (or outdoor grill), and cook steak to desired doneness (5 minutes on each side for medium).
Meanwhile, heat butter in a nonstick skillet, and toss in red pepper, and onion, cooking over medium heat. 

- Stir constantly until onion is golden brown 
- Top steak with onion mixture and serve 

Makes 4 servings 

**Grilled Veggies**
Red Bell Pepper, cut in half with seeds removed 
Yellow Bell Pepper, cut in half with seeds removed 
Purple Onion, thinly sliced 
Portobello mushroom, whole 
Eggplant, cut into strips 
Yellow Squash, cut into strips 

Brush vegetables with olive oil and place on the grill over low heat until tender. 
You can also place vegetables in a baking dish drizzled with olive oil and broil for about 10 minutes. 
Once the veggies are grilled cut into strips and add some roasted garlic for extra taste!
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<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Snack</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Eggs, Bacon, Bell Peppers, Tomatoes</td>
<td>1 Apple</td>
<td>Deli Meat, Carrots, Tomatoes, Salad</td>
<td>Scallop Stir Fry, Broccoli, Carrots</td>
<td>1 cup Fruit Salad</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Eggs, Bacon, Avocado, Tomatoes</td>
<td>1 cup Cantaloupe</td>
<td>Deli Meat, Carrots, Squash &amp; Zucchini</td>
<td>Salmon Fillet, Asparagus, Swiss Chard</td>
<td>1 peach</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Buckwheat, Mushroom, onion, spinach, egg scramble</td>
<td>1 cup Fruit Salad</td>
<td>Pork Roast, Baked Sweet Potatoes, Green Beans, Green Salad</td>
<td>Grilled Chicken Breast, Grated Zucchini &amp; red onion, Kale</td>
<td>5-6 Strawberries</td>
</tr>
<tr>
<td>Thursday</td>
<td>Eggs, Sausage, Bell Peppers, Bacon</td>
<td>10-12 Grapes</td>
<td>Pork Roast, Baked Sweet Potatoes, Green Beans, Green Salad</td>
<td>Hot Lemon Water, 1 cup pineapple</td>
<td>1 Peach</td>
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<tr>
<td>Friday</td>
<td>Eggs, Sausage, Bell Peppers, Bacon</td>
<td>1 Banana, 1 Tbsp Nut Butter</td>
<td>Deli Meat, Carrots, Tomatoes, Salad</td>
<td>Hot Lemon Water, 1 cup pineapple</td>
<td>1 Peach</td>
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<tr>
<td>Saturday</td>
<td>Buckwheat</td>
<td>1 cup pineapple</td>
<td>Steak, Baby Red Beets, Spinach</td>
<td>Hot Lemon Water, 5-6 Strawberries</td>
<td>1 Peach</td>
</tr>
<tr>
<td>Sunday</td>
<td>Buckwheat</td>
<td>1 cup Fruit Salad</td>
<td>Deli Meat, Carrots, Tomatoes, Salad</td>
<td>Grilled Chicken Breast, Grated Zucchini &amp; red onion, Kale</td>
<td>1 Peach</td>
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</tbody>
</table>
Grocery List Month 2 - Week 4

**Meats**

- Deli Meat
- Skinless Chicken Breasts
- Salmon Fillets
- Pork Roast
- Scallops
- Steak
- Bacon
- Sausage

**Vegetables**

- Bell Peppers (Yellow, Red, Orange)
- Tomatoes
- Carrots
- Green Salad
- Rapini
- Yellow Squash
- Zucchini
- Avocado
- Asparagus
- Swiss Chard
- Sweet Potatoes (yams)
- Green Beans
- Mushrooms (small Portobello)
- Broccoli
- Spinach
- Onion (Purple and yellow)
- Baby Red Beets
- Kale
- Cascadian Farms Stir Fry Vegetables, frozen
- Garlic

**Fruit**

- Apples
- Peaches/Nectarines
- Lemons
- Strawberries
- Pineapple
- Blueberries
- Mangos
- Grapes
- Cantaloupe
- Bananas
- Oranges

**Misc.**

- Eggs
- Butter
- Nut Butter (Cashew, Almond, or Peanut)
- Olive Oil
- Skewers
- Parchment Paper

**Spices**

- Ground Coriander
- Red pepper flakes
- Celtic Sea Salt
- Cayenne Pepper

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Chicken Kabobs
This recipe was taken from the Fat Flush Plan by Ann Louise Gittleman
1 lb of skinless, boneless chicken breast cut into 1-inch cubes
2 cups of zucchini, cubed
2 cups yellow squash, cubed
2 cups of red pepper, cubed
½ lb of small Portobello mushrooms
2 cups of purple onions, cubed
Lemon wedges, for garnish
  • Preheat grill or broiler
  • Alternate chicken and vegetable cubes on skewers
  • Grill for about 15-20 minutes, turning at least once, until chicken is cooked through
  • Remove from the grill onto a serving platter.
  • Garnish with lemon wedges
Makes 4 Servings

Rapini
Wash the Rapini and shake off the water. Cut off the heavier stem bottoms. Blanch in boiling salt water for one minute. Drain and dry, then sauté in butter over medium heat. Add minced garlic for extra flavor.

Salmon Fillet
Ask for skinless salmon if you are going to cook in a skillet. This is great over medium heat in butter, fresh lemon juice, and minced garlic.

Swiss Chard
Cut the stalks away from the leaf. Cut stalks into 1-inch pieces, sauté in butter or olive oil over low heat for 15 minutes or until tender. Add strips of chard leaves. Cook over medium heat until wilted.

Pork Roast
This is great cooked in a crock-pot. Add ½ - 1 cup of beef broth and about 3 Tbsp of olive oil or butter to keep moist. Cook on low heat for about 4 hours for 2-3 lbs. You can also add cayenne pepper, basil, or stuff with garlic cloves and rosemary.

Green Beans with Mushrooms
Green beans
Bacon
Mushrooms
  • Wash and cut ends off of green beans
  • Cut bacon in to small pieces and cook in a skillet
  • Add green beans and cook until tender about 15-20 minutes
  • Add mushrooms and cook until tender
**Baked Sweet Potato**
Preheat oven to 400 degrees. Pierce Sweet Potato with a fork. Rub outside with generous amounts of butter. Wrap in parchment paper and bake until tender (about 1 ½ hours for a medium potatoe).

**Scallop Stir Fry**
1 lb Scallops, wash and trimmed
2 bags of Cascadian Farms stir fry vegetables, frozen
¼ cup butter or olive oil
¼ tsp red pepper flakes
½ tsp Celtic sea salt
Juice from ½ of a large lemon

Melt butter or olive oil in a wok or large skillet. When vegetable have thawed and are beginning to soften, add scallops, red pepper flakes, and Celtic sea salt. Cook until scallops are opaque and add lemon juice. Serve immediately!

**Baby Red Beets**
Wash beets and cut away greens. Remove skins. Steam for about 30 minutes or until soft. Add butter before serving for a little extra flavor.

**Grated Zucchini & Purple Onion**
2 large Zucchini, grated
½ Purple Onion, grated
½ tsp coriander
2 cloves of garlic, minced
¼ cup butter

Melt butter in a skillet. Add zucchini, red onion, coriander, and garlic. Cook over medium – high heat; sauté the zucchini mixture until it browns.
Dietary Restrictions

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Suggestions for substitutions:

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<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Snack</th>
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<tbody>
<tr>
<td>Monday</td>
<td>2 Eggs</td>
<td>Tuna Fish Salad (lettuce, carrots, bell pepper)</td>
<td>4-5 Strawberries 1 Apple</td>
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<tr>
<td></td>
<td>Sliced Tomatoes</td>
<td>Grilled Pork Chops Golden Beets Broccoli</td>
<td>Fruit Salad</td>
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<td>1 Orange</td>
<td>12 Grapes</td>
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<td>Tuesday</td>
<td>Scrambled Eggs</td>
<td>Tuna Fish Salad (lettuce, carrots, bell pepper)</td>
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<td>with Mushrooms and Onions</td>
<td>Grilled Pork Chops Golden Beets Broccoli</td>
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<td>1 Banana</td>
<td>1 Orange</td>
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<td>Wednesday</td>
<td>Cream of Buckwheat</td>
<td>Grilled Pork Chops Golden Beets Broccoli</td>
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<td></td>
<td>2 Celery Stalks</td>
<td>1 cup of pineapple chunks Hot Lemon Water</td>
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<td>Cashew Butter</td>
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<td>1 Orange</td>
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<td>Thursday</td>
<td>Scrambled Eggs</td>
<td>Rosemary &amp; Garlic Roast Asparagus Carrots</td>
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<td>with Mushrooms and Onions</td>
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<tr>
<td>Friday</td>
<td>2 Eggs</td>
<td>Salads (lettuce, carrots, bell peppers, tomatoes, walnuts)</td>
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<td>Bacon</td>
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<td>Asparagus</td>
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<td>Turkey</td>
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<td>Sliced Tomatoes</td>
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<td>Avocado</td>
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<td>Cream of Buckwheat</td>
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<td>2 Eggs</td>
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<td>Sauted Spinach and Tomatoes</td>
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<td>Scrambled Eggs</td>
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<td>with Mushrooms and Onions</td>
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<tr>
<td></td>
<td>Bacon</td>
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<td></td>
<td>1 Orange</td>
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</table>

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Grocery List – Month 3 - Week 1

Meats
Sliced Turkey
Pork Chops
Ground Beef
Chicken Breasts
Bacon
Tuna Fish
Beef Roast

Vegetables
Onions
Bell Peppers (Green, Yellow, Red, and Orange)
Spinach
Tomatoes – Large
Tomatoes – Grape
Mushrooms
Asparagus
Golden Baby Beets
Red Baby Beets
Baby Carrots (peeled, cut)
Baby Carrots (unpeeled and uncut)
Broccoli
Cabbage
Cauliflower
Lettuce
Sweet Potatoes (Jewel or Garnet Yams)
Squash
Zucchini
Artichoke Hearts - Canned
Rotel Tomatoes
Green Beans
Celery
Parsley
Garlic
Avocados

Miscellaneous
Butter – Unsalted Sweet Cream
Eggs
Cashew Butter
Olive Oil
Beef Broth
Cream of Buckwheat
Grade B Maple Syrup
Walnuts or Almonds
Dill Relish
Mayonnaise
No-Salt-Added Glen Muir Tomato Sauce

Spices
Celtic Sea Salt
Cayenne Pepper
Rosemary – fresh

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**Traditional Tuna Fish Salad**

2 6-oz cans of Tuna Fish (packed in spring water)
2 Tbsp of dill relish
1 Tbsp of Mayonnaise
4 Soft Boiled Eggs, chopped
Salt and Pepper to desired taste
¼ Medium yellow onion, chopped (optional)

Mix all ingredients in a large bowl.
Makes 4 servings

**Cabbage and Beef**

16 ounces (1 pound) of ground beef
1 large head of green cabbage, shredded
1 can of Rotel Tomatoes
1 large yellow onion, chopped
Salt and Pepper
Cayenne Pepper (optional)

- Brown ground beef and onion in a skillet.
- Place shredded cabbage, tomatoes, onion, and ground beef in a large pot and cook over medium heat for approximately 30 minutes.
- Add salt, pepper, and cayenne pepper for desired taste.
Makes 4 Servings

**Garlic and Rosemary Beef Roast**

2 ½ pound beef roast
8-10 cloves of garlic, peeled
Fresh Rosemary
1 cup of beef broth

- Make small slits in the beef roast and stuff with garlic cloves and fresh rosemary on both sides
- Place roast in crock pot and pour beef broth over roast
- Set the crock pot on low heat for 6 hours
Makes 8-9 servings

**Cream of Buckwheat**

You can buy this at Whole Foods or Wild Oats. Prepare as directed on the container. It is very easy to get creative with oatmeal. You can add butter, fruit, Grade B Maple Syrup, or nuts. Just remember the rules: No Sugar or Dairy!!!
Yummy Meatloaf
(Fat Flush Plan by Louise Gittleman)

16 ounces of ground beef
1 c spinach, chopped
1 c onion, diced
4 garlic cloves, minced
½ teaspoon cayenne pepper (optional)
4 tsp fresh parsley, chopped
4 tbsp no-salt-added Muir Glen Tomato Sauce

- Preheat oven to 400 degrees
- Place the meat, spinach, onion, garlic, cayenne, and parsley in the bowl of a food processor and blend.
- Press into a loaf pan (or square glass pan) and glaze the top with the tomato sauce
- Bake for approximately 45 minutes.
Makes 4 servings

Sweet Potato Chips

2 long, skinny jewel yams
½ stick of butter

- Pre-heat oven to 400 degrees
- Peel yams and slice into 1/8 of and inch rounds
- Spread evenly onto a rimmed baking sheet
- Cut butter into 4 equal pieces and place on top of yams
- Stir every 10 minutes for 30-45 minutes (depending on desired crisp)
Makes 4 servings

Fruit Salad
This is very easy. Select 3 or 4 of your favorite fresh fruits. Cut into bite size pieces and squeeze ½ of a fresh lemon to prevent browning and it’s ready to eat. Here are a few combinations I like to use:

Pineapple  Apples  Pineapple
Bananas  Oranges  Mango
Grapes  Grapes  Kiwi
Oranges or tangerines  Bananas  Bananas

1 cup = 1 serving
Warning: measure out a serving before eating, it’s easy to over eat!!!!!

- All of the vegetables on the meal plan for this week taste wonderful when sautéed in butter with minced garlic. These include: asparagus, carrots, and broccoli. I usually steam the squash, zucchini, and cauliflower then add melted butter and garlic before serving.
<table>
<thead>
<tr>
<th></th>
<th>Breakfast</th>
<th>Snack</th>
<th>Lunch</th>
<th>Snack</th>
<th>Dinner</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>2 Eggs, Bacon, Bell Pepper</td>
<td>10-12 Grapes</td>
<td>Blackened Salmon, Napa Cabbage, Mashed Navy Beans with garlic</td>
<td>1 Apple</td>
<td>Green Beans with stewed tomatoes</td>
<td>1 Apple</td>
</tr>
<tr>
<td>Tuesday</td>
<td>2 Eggs, Salsa, Bacon, Spinach</td>
<td>1 Apple</td>
<td>Taco Salad, Guacamole</td>
<td>1 Orange</td>
<td>Blackened Salmon, Napa Cabbage, Mashed Navy Beans with garlic</td>
<td>1 Orange</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Oatmeal, Tomatoes, Avocado</td>
<td>5 Strawberries</td>
<td>Blackened Salmon, Napa Cabbage, Mashed Navy Beans with garlic</td>
<td>1 Apple</td>
<td>Blackened Salmon, Napa Cabbage, Mashed Navy Beans with garlic</td>
<td>1 Orange</td>
</tr>
<tr>
<td>Thursday</td>
<td>Oatmeal</td>
<td>Fruit Salad</td>
<td>Steak, Blackened Salmon, Napa Cabbage, Mashed Navy Beans with garlic</td>
<td>1-2 Tbsp Nut Butter</td>
<td>Blackened Salmon, Napa Cabbage, Mashed Navy Beans with garlic</td>
<td>Fruit Salad</td>
</tr>
<tr>
<td>Friday</td>
<td>Scrambled eggs with mushrooms, onions, garlic, and spinach</td>
<td>1 cup Pineapple</td>
<td>Chicken Breast, Roasted Broccoli, Carrots</td>
<td>5 Strawberries</td>
<td>Artichoke, Sun-dried tomatoes, asparagus, egg scramble</td>
<td>1 Banana</td>
</tr>
<tr>
<td>Saturday</td>
<td>Oatmeal</td>
<td>1 Banana</td>
<td>Artichoke, Sun-dried tomatoes, asparagus, egg scramble</td>
<td>1 Apple</td>
<td>Stuffed Onion Casserole</td>
<td>1 Orange</td>
</tr>
<tr>
<td>Sunday</td>
<td>2 Eggs, Bacon, Bell Pepper</td>
<td>1 Orange</td>
<td>Artichoke, Sun-dried tomatoes, asparagus, egg scramble</td>
<td>10-12 Grapes</td>
<td>Sheepder’s Pie, Green Beans with stewed tomatoes</td>
<td>1-2 tbsp nut butter</td>
</tr>
</tbody>
</table>

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Grocery List – Month 3 - Week 2

Meat
Ground Beef
Chicken Breasts
Salmon
Steak
Deli Meat
Bacon

Vegetables
Cauliflower
Garlic
Green onions (chives)
Cilantro
Black olives, canned, pitted
Carrots
Mushrooms
Bell Peppers (Green, yellow, & red)
Onions
Jalapenos
Parsley
Sweet Potatoes
Napa Cabbage
Avocados
Green Leaf Lettuce
Large tomato
Grape Tomatoes
Snow Peas
Spinach
Green Beans
Asparagus
Artichoke Hearts, canned
Sun-dried Tomatoes
Navy Beans, canned

Fruit
Apples
Bananas
Strawberries
Pineapples
Peaches
Oranges
Blueberries
Grapes
Lemons
Limes

Misc.
Nut butter (Cashew or Almond)
Olive Oil
Apple cider Vinegar
Malt Vinegar
Butter
Eggs
Refried Beans
Salsa
Pico de Gallo
Dry white wine (optional) ex. Sauvignon Blanc, Chenin Blanc, or Chablis
Sesame Seeds
Chicken Broth
Beef Broth
Stevia Plus
Muir Glen Tomato Puree
Muir Glen Tomato Sauce
Muir Glen Diced Tomatoes

Spices
Onion Powder
Garlic Powder
Cayenne Pepper
Celtic Sea Salt
Freshly ground pepper
Chili Powder
Recipes – Month 3 - Week 2

Taco Salad (without the taco!!!)
2 lbs of ground beef,
2 tsp chili powder
2 head of green leaf lettuce, cut into small pieces
2 large tomato, diced
2 can of refried beans (optional)
Salsa or Pico de Gallo
Guacamole
• Brown ground beef and add chili powder
• Layer refried beans and beef onto a plate
• Then add lettuce, tomatoes, salsa or Pico de Gallo, and guacamole.
(Refried beans are not optimal for weight loss. The carbohydrate to protein ratio is really high. If you are trying to lose weight eliminate the refried beans.)
Makes 8 servings

Guacamole
4-5 Soft Avocados, peeled and seeded
3 cloves of garlic, minced
3 tbsp of cilantro, chopped
The juice from one small lime
¼ cup of Salsa or Pico de Gallo
1 tsp of Celtic sea salt
2-3 tbsp jalapenos, chopped (optional)
• Mash avocados
• Add garlic, cilantro, lime juice, salsa or Pico de Gallo, and sea salt
• Mix together
• If you like guacamole more spicy add jalapenos

Blackened Salmon on Zesty Cabbage
From Simply Shrimp, Salmon, and Steaks by Leslie Pendleton
1 Onion, sliced thin
¼ cup butter
1 tsp grated lemon zest
3 tbsp fresh lemon juice
1 cup dry white wine (optional) ex. sauvignon blanc, chenin blanc, or Chablis
1 small head Napa cabbage, sliced thin crosswise
4 tsp chili powder
4 tsp sesame seeds
2 tsp salt
1 tsp black pepper
1 tbsp butter
1 ½ lbs center-cut salmon fillet, skinned and cut crosswise into 4 portions

In a large skillet, cook the onion in the ¼ cup of butter over moderate heat, stirring occasionally, until pale golden. Add the lemon zest, juice, wine, and cook over moderately high heat until liquid is reduced by half, about 15 minutes. Add the cabbage and cook, stirring until it is wilted and just tender. Add salt and pepper to taste and keep warm while the salmon is cooking.

In a small bowl, combine chili powder, sesame seeds, salt, and pepper. Coat the salmon with the mixture. Heat 1 tbsp of butter in a large nonstick skillet over moderately high heat and add the
If the salmon is browning too quickly, reduce the heat to moderate. Cook for four to five minutes on each side or until brown and crisp and just cooked through.

Divide the cabbage among four plates and top with the salmon.

**Mashed White Beans and Garlic**
From Simply Shrimp, Salmon, and Steaks by Leslie Pendleton
1 19-ounce can white navy beans
2 large cloves of garlic, minced
2 tbsp olive oil
1-2 cup chicken broth
Freshly ground black pepper
Salt

Drain the beans in a colander and rinse well.

In a saucepan, cook the garlic in oil over moderately low heat until softened, about 5 minutes. Add the broth and beans and simmer for 5 minutes. Mash the mixture with a potato masher or transfer to a food processor or blender and puree until just smooth. Season with pepper and salt

**Blasted Sweet Potatoes**
From Simply Shrimp, Salmon, and Steaks by Leslie Pendleton
2 ½ lbs sweet potatoes, peeled
3 tbsp olive oil
4 tbsp malt vinegar
1 tsp Celtic sea salt
3 tbsp minced fresh parsley
Freshly ground black pepper

Preheat oven to 475 degrees.

Cut the sweet potatoes into ½ inch dice. In a large rimmed baking sheet toss the potato cube with the oil until they are well coated.

Roast the potatoes in the oven, turning them occasionally, for 20-30 minutes. The potatoes will be tender long before they are crisp, so cook until they are deep golden but do not let them burn.

Transfer the potatoes to a bowl and toss with the vinegar. Add salt, parsley, and pepper and toss. Serve immediately

Serves 4-6

**Stuffed Onion Casserole**
From The Fat Flush Cookbook by Ann Louise Gittleman
4 extra large onions, peeled, cut in half crosswise, with centers removed and three layers of onion still intact
1 green pepper, chopped
1 lb ground beef
1 egg beaten
1 tsp garlic powder
Handful of fresh cilantro, chopped
1 cup Hearty Barbeque Sauce

Preheat oven to degrees. Blanch onion halves in hot water and set aside. Chop the onion centers to make ¼ cup. Combine chopped onion, green pepper, ground beef, egg, garlic powder, cilantro, and ½ cup Hearty Barbeque Sauce. Mix well and make 4 large meatballs. Stuff meatballs into the four onion halves and place the top half of the onion over the meatball making sure there is a gap between

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the top and bottom of the onion. Place stuffed onions into a shallow baking dish and bake for 50-60 minutes. Baste with the remaining barbecue sauce the last 15 minutes of baking. Makes 4 servings.

**Hearty Barbecue Sauce:**
From The Fat Flush Cookbook by Ann Louise Gittleman

½ cup of onion, finely chopped  
2 garlic cloves, minced  
2 tablespoons plus 1/4 cup beef broth  
¼ cup apple cider vinegar  
1 teaspoon onion powder  
½ teaspoon Stevia Plus  
1 8-ounce can no-salt added Muir Glen Tomato Puree’  
1 teaspoon cayenne, or to taste  
½ jalapeno, seeded and minced

Sauté onion and garlic in 2 tablespoons broth until tender. Add remaining broth, vinegar, onion powder, Stevia Plus, tomato puree’, cayenne, and jalapeno. Bring to a boil, reduce heat, and simmer for about 30 minutes. Cool and store in the fridge.

Yields about 1 cup

**Sheppard’s Pie**
From The Fat Flush Cookbook by Ann Louise Gittleman

1 pound lean ground beef  
1 medium onion, chopped  
4 garlic cloves, minced  
1 green pepper, chopped  
8 ounces mushrooms, slice  
1 teaspoon cayenne  
½ teaspoon onion powder  
½ teaspoon garlic powder  
2 small carrots, grated  
12 black olives, pitted and chopped  
Handful of fresh cilantro, chopped  
1 8-ounce can no salt added tomato sauce  
1 14 1/2 ounce can no salt added diced tomato  
2 cups mashed cauliflower, see recipe

Preheat oven to 350 degrees F. In a large, nonstick skillet, brown ground beef, onion, and garlic. When beef is nearly done, add green pepper, mushrooms, cayenne, onion powder, and garlic powder. When beef is no longer pink, transfer to a large casserole dish. Add carrots, olives, cilantro, tomato sauce, and diced tomatoes to casserole dish and mix well. Spread mashed cauliflower over the top. Bake in oven for 30 minutes. Place under broiler for 3 minutes or until browned on top.
Marvelously Mashed Cauliflower
From The Fat Flush Cookbook by Ann Louise Gittleman

1 medium head cauliflower, cut into florets
1 cup purified water
2 garlic cloves, minced
1 teaspoon fresh chives, chopped
½ teaspoon onion powder
½ teaspoon fresh parsley, chopped
1 tablespoon Chicken or Beef broth

In a medium pot, place cauliflower with water and bring to a quick boil. Lower heat to simmer and cover. Cook for an additional 12 minutes or until soft. Drain, transfer cauliflower to a bowl, and mash. Blend in garlic, chives, onion powder, parsley, and broth with the mashed cauliflower. Serve Hot. Please note you may want to use a food processor to mash the cauliflower or a potato masher will work just fine.
<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Snack</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Scrambled eggs w/ spinach &amp; Salsa Sausage</td>
<td>Tuna Fish Salad</td>
<td>10-12 Grapes</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Tuna Fish Salad</td>
<td>Tarragon Turkey</td>
<td>1 Orange</td>
</tr>
<tr>
<td>Wednesday</td>
<td>2 Soft boiled eggs</td>
<td>Tarragon Turkey</td>
<td>2 Tbsp Nut Butter</td>
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<tr>
<td>Thursday</td>
<td>Cream of Buckwheat</td>
<td>Tarragon Turkey</td>
<td>Fruit Salad</td>
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<tr>
<td>Friday</td>
<td>Cream of Buckwheat</td>
<td>Tarragon Turkey</td>
<td>1 Grapefruit</td>
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<tr>
<td>Saturday</td>
<td>2 Eggs Sausage</td>
<td>Tarragon Turkey</td>
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</tr>
<tr>
<td>Sunday</td>
<td>Cream of Buckwheat</td>
<td>Tarragon Turkey</td>
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Grocery List – Month 3 - Week 3

Meat
Tuna Fish
Ground Turkey
Stew Meat
Ground Beef
Salmon Fillet
Chicken breast
Bacon &/or Sausage

Vegetables
Spinach
Mixed Salad Greens
Zucchini
Red/Purple onion
Yellow Onions
Bell Pepper (green, yellow, red)
Roma Tomatoes
Large Tomatoes
Scallions
Cauliflower
Broccoli
Carrots
Cabbage
Leeks
Ginger
Garlic
Parsley
Brussel Sprouts
Dill, Fresh
Asparagus
Eggplant
Mushrooms
Sweet Potatoes
Avocados

Fruit
Mangos
Strawberries
Lemons
Grapes
Apples
Plums
Bananas
Oranges

Pineapple
Kiwi
Grapefruit

Misc.
Eggs
Butter
Salsa
Cream of Buckwheat
Nut Butter
Mayonnaise
Dijon Mustard
Flaxseed Oil
Apple Cider Vinegar
Beef Broth

Spices
Salt
Pepper
Tarragon, fresh or dried
Coriander
Dill, dried
Cayenne Pepper
Cumin
Fennel, dried
Cinnamon, ground
Turmeric, ground
Whole cloves
**Healthy Tuna Salad**
2 12-ounce cans Tuna Fish, drained  
1 cup Red Grapes, washed and halved  
1 cup baby spinach leaves, washed and chopped  
¼ cup purple onion, finely chopped  
2 Tbsp mayonnaise  
Salt and pepper to taste

Mix all ingredients together. Serve over a bed of mixed salad greens.

**TARRAGON TURKEY BURGER**
1 lb free range ground turkey breast  
1/2 c. coarsely shredded zucchini (or celery)  
1/4 c. chopped red onion  
1 Tbsp fresh or dried tarragon leaves  
2 tsp Dijon mustard  
1/2 tsp sea salt  
3 grinds of fresh black pepper  
3 large eggs

1. Preheat broiler. In mixing bowl, combine ground turkey with zucchini, red onion, tarragon, mustard, Spike, pepper, and eggs. Mix thoroughly.  
2. Shape into patties. Place on broiler pan. Broil 5 minutes onto a side until browned. Served immediately.  
Serves 4: Preparation time = 5 min.

**Grated Zucchini & Purple Onion**
2 large Zucchini, grated  
½ Purple Onion, grated  
½ tsp coriander  
2 cloves of garlic, minced  
¼ cup butter

Melt butter in a skillet. Add zucchini, red onion, coriander, and garlic. Cook over medium – high heat; sauté the zucchini mixture until it browns.

**Emerald Greens Dressing**
From The Fat Flush Plan By Ann Louise Gittleman  
You need enough dressing for two dinners and two lunches. This recipe only makes about ¾ cup so you will probably need to double or triple the recipe.

4 Tbsp Flaxseed Oil  
1 Tbsp Apple Cider Vinegar  
4 Tbsp Green Pepper, chopped  
½ tsp dried dill
1 Tbsp fresh parsley, chopped
1 Tbsp onion, chopped

Place all ingredients into a small jar and shake vigorously. Serve immediately or store in the refrigerator for up to 4 days.
Makes ¾ cup

**Slow Cooker Beef Stew**
*From The Fat Flush Plan By Ann Louise Gittleman*

1 ½ pounds stew meat, lean, and trimmed of all visible fat, cut into chunks
4 Roma tomatoes, cut into chunks
2 scallions, thinly sliced
1 teaspoon Fat Flush Curry Seasoning
1 teaspoon cayenne
1 small head cauliflower, cut into florets
1 small head broccoli, cut into florets
1 carrot, grated
1 cup purified water

Mix all ingredients in a 3 ½ quart or larger slow cooker. Cover and cook on low for 6 to 8 hours until beef is cooked through and vegetables are tender.

**Fat Flush Curry Seasoning**

4 tablespoons ground coriander
1 tablespoon ground cumin
1 tablespoon dried fennel
1 tablespoon cayenne
1 tablespoon ground cinnamon
1 ½ teaspoons ground turmeric
5 whole cloves

Crush all the ingredients together using a mortar and pestle or grind together in a food processor until fine. Store in an airtight container in the refrigerator or in a cool, dry place away from heat and moisture.

**Stuffed Cabbage**
*From The Fat Flush Plan By Ann Louise Gittleman*

8 Large Cabbage leaves, washed
¼ cup leeks, finely chopped
1 tsp fresh ginger, grated or a pinch of dried ginger
½ lb ground beef
2 Garlic cloves, minced  
1 egg lightly beaten  
2 cups beef broth  
8 toothpicks  
2 tbsp fresh parsley  

In a large pot, cook cabbage in boiling water until soft enough to be used as wrapping. Gently remove cabbage from the hot water with a slotted spoon, refresh in cold water, and dry. In a medium skillet, sauté liik, ginger, beef, and garlic until the beef is cooked through. Add the egg to the meat and mix thoroughly for filling. Divide the filling into 8 portions, placing each portion in the middle of the cabbage leaf. Fold the two opposite sides of the leaf over the filling and roll up tightly, securing the toothpicks. Arrange the cabbage rolls in the skillet, add broth, and simmer for 20 minutes. Sprinkle with parsley.  
Makes 2 servings.

Salmon Cakes  
Taken from the Fat Flush Cookbook by Ann Louise Gittleman

8 oz cooked salmon fillet  
½ cup scallions, finely chopped  
2 tsp fresh dill  
2 garlic cloves, minced  
Splash of fresh lemon juice  
1 egg, beaten  

Preheat oven to 350 degrees. Place salmon in a large bowl and separate with a fork. Mix in scallions, dill, garlic, lemon juice, and egg. Shape mixture into two patties, about ¾ inch thick. Place patties in nonstick baking dish or nonstick baking sheet in oven. Bake in oven for about 15 minutes or until golden brown and cooked through.  
Makes 2 servings

Sautéed Eggplant

2 Medium Eggplants, peeled and diced  
½ cup butter  

Sauté in a large skillet for about 15-20 minutes or until tender.
<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>2 Eggs Spinach</td>
<td>2 Eggs Tomatoes Avocados</td>
<td>2 Eggs w/ Pico de Gallo &amp; spinach Bacon or Sausage</td>
<td>Cream of Buckwheat</td>
<td>Cream of Buckwheat</td>
<td>2 Eggs Bacon or Sausage Asparagus w/ Mushrooms</td>
<td>Cream of Buckwheat</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>5-6 Strawberries</td>
<td>Fruit Salad</td>
<td>1 cup Pineapple</td>
<td>1 Banana</td>
<td>1 cup Berries</td>
<td>Fruit Salad</td>
<td>1 Plum</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Grilled Chicken Sweet Potato Chips Spinach</td>
<td>Grilled Pork Chops Carrots Green Cabbage w/ Pico de Gallo</td>
<td>2 Soft Boiled Eggs Green Salad Tomatoes Carrots</td>
<td>Ground Beef w/ onions, mushrooms, &amp; cayenne pepper Green Beans Sweet Potato Chips</td>
<td>Chicken Kabobs Sauteed Eggplant Red Swiss Chard</td>
<td>Artichoke heart, sun dried tomato, &amp; onion egg scramble Bacon Avocado</td>
<td>Steak Asparagus Broccoli Cauliflower</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>1 Banana</td>
<td>1 Orange</td>
<td>10-12 Grapes</td>
<td>1 Pear</td>
<td>1 Orange</td>
<td>1 Plum</td>
<td>10-12 Grapes</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>Grilled Pork Chops Carrots Green Cabbage w/ Pico de Gallo</td>
<td>Salmon Filet Brussel Sprouts Red Baby Beets</td>
<td>Ground Beef w/ onions, mushrooms, &amp; cayenne pepper Green Beans Sweet Potato Chips</td>
<td>Chicken Kabobs Sauteed Eggplant Red Swiss Chard</td>
<td>Artichoke heart, sun dried tomato, &amp; onion egg scramble Bacon Avocado</td>
<td>Steak Asparagus Broccoli Cauliflower</td>
<td>Grilled Chicken Breasts over green salad w/ carrots, shredded beets, bell pepper, avocado, &amp; chopped almonds.</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>Fruit Salad</td>
<td>1 Pear</td>
<td>5-6 Strawberries</td>
<td>10-12 Grapes</td>
<td>Fruit Salad</td>
<td>1 Banana</td>
<td>Serve w/ lemon juice or olive oil and balsamic vinegar</td>
</tr>
</tbody>
</table>

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Grocery List – Month 3 - Week 4

Meat
Bacon or Sausage
Chicken Breasts
Steak
Ground Beef
Pork Chops

Vegetables
Spinach
Bell Peppers
Sweet Potatoes
Carrots
Green Cabbage
Tomatoes
Avocados
Brussel Sprouts
Red Baby Beets
Green Salad
Green Beans
Mushrooms
Onions, Purple and yellow
Eggplant
Red Swiss chard
Artichoke Hearts (canned)
Sun Dried Tomatoes (usu. located in the olive bar)
Asparagus
Broccoli
Cauliflower
Zucchini
Yellow Squash

Fruit
Bananas
Pineapples
Berries
Strawberries
Plums
Pears
Oranges
Grapes
Lemons

Spices
Cayenne Pepper
Salt
Pepper

Misc.
Olive Oil
Balsamic Vinegar
Almonds
Pico de Gallo
Eggs
Butter
Spaghetti sauce (Muir Glen)
Recipes – Month 3 - Week 4

This week there aren’t many recipes. Grill the meat on a grill or broil in the oven. Sauté the vegetables in butter, or steam them and then add melted butter and garlic.

**Green Cabbage**
1 Medium head of cabbage, shredded
1 – 1 ½ cups of Pico de Gallo
Add all ingredients and sauté over medium heat until cabbage begins to brown. Serve immediately. Serves 4

**Salmon Fillet**
1 lb Salmon Fillet, skinned
Sauté in a skillet with lemon juice and butter for about 7 minutes. Add minced Garlic and cook for and additional 3-5 minutes.
Serves 2

**Brussel Sprouts**
20-30 Brussel Sprouts, washed, cut into halves, and outer layer peeled
3 Tbsp butter
Sauté Brussel sprouts until soft and beginning to brown.
Serves 4

**Red Baby Beets**
8 Red Baby Beets, peeled
Steam for approximately 30 minutes or until tender
Serves 4

**Ground Beef**
2 lbs Ground Beef
1 Medium Onion, chopped
2 Cups sliced mushrooms
2 cups Spaghetti Sauce (Muir Glen)
½ tsp cayenne pepper
Brown ground beef, onions, and cayenne pepper. Drain grease. Add mushrooms and spaghetti sauce. Cook over medium - low heat for an additional 15-20 minutes.

**Green Beans**
4-6 Strips of bacon, cut into small pieces
2 lbs green beans, washed with ends removed
Salt, to taste
Cayenne pepper, to taste

Cook bacon over medium heat for approximately 5 minutes or until just brown. Add green beans and cook covered over medium heat for 15 minutes or until tender. Stir every couple of minutes to avoid bacon burning. Add salt and cayenne pepper to taste.
Serves 4
**Sweet Potato Chips**
2 Yams (longer yams are easier to cut), peeled and cut into 1/8 inch rounds
1/3 cup of butter
Preheat oven to 385 degrees. Place yams and butter on a rimmed cookie sheet and cook for 1 hour or until desired crispness. Turning yams every 5-7 minutes allows even cooking.
Serves 4

**Chicken Kabobs**
This recipe was taken from the Fat Flush Plan by Ann Louise Gittleman
1 lb of skinless, boneless chicken breast cut into 1-inch cubes
2 cups of zucchini, cubed
2 cups yellow squash, cubed
2 cups of red pepper, cubed
1/2 lb of small Portobello mushrooms
2 cups of purple onions, cubed
Lemon wedges, for garnish
- Preheat grill or broiler
- Alternate chicken and vegetable cubes on skewers
- Grill for about 15-20 minutes, turning at least once, until chicken is cooked through
- Remove from the grill onto a serving platter.
- Garnish with lemon wedges
Makes 4 Servings

**Eggplant**
2 Medium eggplants, diced
3-4 Tbsp butter
Sauté eggplant in butter for about 10 minutes or until browned..

**Red Swiss chard**
2 bunches of Swiss chard (red, green, or rainbow), washed
2 Tbsp butter
Remove center rib from leaf. Cut into 1-2 inch pieces. Cut leaves into bite size pieces. Sauté center rib in butter first until just tender. Add leaves and sauté until wilted.
Serves 4

**Fruit Salad**
This is very easy. Select 3 or 4 of your favorite fresh fruits. Cut into bite size pieces and squeeze ½ of a fresh lemon to prevent browning and it’s ready to eat. Here are a few combinations I like to use:

<table>
<thead>
<tr>
<th>Pineapple</th>
<th>Apples</th>
<th>Pineapple</th>
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</thead>
<tbody>
<tr>
<td>Bananas</td>
<td>Oranges</td>
<td>Mango</td>
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<tr>
<td>Grapes</td>
<td>Grapes</td>
<td>Kiwi</td>
</tr>
<tr>
<td>Oranges or tangerines</td>
<td>Bananas</td>
<td>Bananas</td>
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</tbody>
</table>

1 cup = 1 serving
Warning: measure out a serving before eating, it’s easy to over eat!!!!