



**BEYOND** diet

**60 DAYS OF ENHANCED  
FAT-BURNING  
MEAL PLANS**



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# Introduction

## The Beyond Diet Enhanced 60 Days of Meal Plans

As you have already read and can see, The Beyond Diet is a delicious and healthy way to eat to reach your weight loss and health goals.

By this point you should have read all of Part 1 in The Beyond Diet Manual and have read the introduction in The Beyond Diet Done For You Meal Plans. If you have not reviewed those meal plans yet, it is extremely important that you go and read that now.

The introduction to The Done For You Meal Plans will teach you exactly how to use the meal plans you will see below. Please go back and read through those instructions now.

If you have also completed Part 2, great! That will be extremely helpful.

Here are some tips when using the meal plans below:

- Remember that every person who follows Beyond Diet is different and individual. The meal plans below are suggested meals and varieties but are not set in stone by any means. If the meal lists a particular food that you know your body does not respond well to, eliminate that food and replace it with an equivalent food from its appropriate chart. For example, if you do not like beef or do not respond well to it, replace that protein with a different protein from your chart that you know works better for you. If you see a vegetable that you do not enjoy, replace it with a different vegetable that works better for you.
- You will notice that on some days the same meal is listed for lunch and dinner and the same snack is shown twice. Setting up your meals this way makes food preparation super easy and allows for cooking only 1 time. If you are the kind of person who likes to eat different foods for lunch and dinner, you can, of course, swap out any meal from one day and replace it with a meal from a different day.
- Portion sizes are not listed because every person's portions will be different. Again, please be sure to read the introduction of the Done For You Meal Plans for accurate instructions on how to make these meal plans specific for you.
- I have listed honey to be used as a sweetener. Honey must always be raw and is optional. You can also use stevia and/or xylitol as your sweetener of choice.
- You will find all of the corresponding recipes suggest after all the meal plans. As with every recipe given in The Beyond Diet Program, all DSP rules apply for each suggestion (please also refer to the Introduction in The Beyond Diet Recipe Guide for more information).

Enjoy!

# Protein Type Meal Plans



# Day 1

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Lamb sausage				
Peppers, onions and spinach				
Coconut oil				
<b>Totals</b>				
<b>Snack</b>				
Blueberries				
Coconut Butter				
<b>Totals</b>				
<b>Lunch</b>				
Beef burger				
Onions sauteed in coconut oil				
Sliced tomatoes				
Baked fingerling potatoes				
Butter				
<b>Totals</b>				
<b>Snack</b>				
Blueberries				
Coconut Butter				
<b>Totals</b>				
<b>Dinner</b>				
Garlic and onion burger*				
Spinach salad				
Peppers, tomatoes and onions				
Apple cider vinegar and olive oil				
<b>Totals</b>				
<b>Totals</b>				

## Day 2

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Turkey sausage				
Spinach and avocado omelet				
Coconut oil				
<b>Totals</b>				
<b>Snack</b>				
Apple				
Walnut butter				
<b>Totals</b>				
<b>Lunch</b>				
Parmesan Chicken*				
Steamed Cauliflower				
Quinoa				
Butter				
<b>Totals</b>				
<b>Snack</b>				
Apple				
Walnut butter				
<b>Totals</b>				
<b>Dinner</b>				
Parmesan Chicken*				
Arugula salad				
Cauliflower, Avocado and Carrots				
Apple Cider Vinegar and Olive Oil				
Quinoa				
Butter				
<b>Totals</b>				
<b>Totals</b>				

## Day 3

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<i>Breakfast</i>				
Pork sausage				
Spinach, peppers, tomatoes				
Coconut oil				
Raspberries				
Totals				
<i>Snack</i>				
Raspberries				
Walnuts				
Totals				
<i>Lunch</i>				
Pork Chops with Black Cherry Sauce*				
Steamed broccoli and carrots				
Butter				
Totals				
<i>Snack</i>				
Raspberries				
Walnuts				
Totals				
<i>Dinner</i>				
Pork Chops with Black Cherry Sauce*				
Carrots and peas				
Butter				
Romaine salad				
Broccoli, peppers and tomatoes				
Apple cider vinegar and olive oil				
Totals				
Totals				

## Day 4

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<i>Breakfast</i>				
Goat cheese omelet				
Spinach and red onions				
Coconut oil				
SWG bread				
Totals				
<i>Snack</i>				
Pear				
Almonds				
Totals				
<i>Lunch</i>				
Almond Crusted Salmon*				
Roasted potatoes				
Steamed green beans				
Butter				
Totals				
<i>Snack</i>				
Pear				
Almonds				
Totals				
<i>Dinner</i>				
Almond Crusted Salmon*				
Steamed green beans				
Butter				
Mixed green salad				
Apple cider vinegar and olive oil				
Totals				
Totals				

## Day 5

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Beef bacon				
Scrambled eggs with spinach				
Steamed carrots				
Butter				
Totals				
<b>Snack</b>				
Hardboiled egg(s)				
Cherries				
Totals				
<b>Lunch</b>				
Venison Chops				
Brown and wild rice				
Mixed green salad with celery and carrots				
Apple cider vinegar and olive oil				
Totals				
<b>Snack</b>				
Hardboiled egg(s)				
Cherries				
Totals				
<b>Dinner</b>				
Venison Chops				
Brown and wild rice				
Mixed green salad with celery and carrots				
Apple cider vinegar and olive oil				
Totals				
Totals				

## Day 6

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Chicken sausage				
Sweet Potato Hash*				
<b>Totals</b>				
<b>Snack</b>				
Celery sticks				
Peanut butter				
<b>Totals</b>				
<b>Lunch</b>				
Dark meat turkey burger with bacon strips				
Grilled Asparagus				
Butter				
Mashed sweet potato				
<b>Totals</b>				
<b>Snack</b>				
Celery sticks				
Peanut butter				
<b>Totals</b>				
<b>Dinner</b>				
Chicken soup w/ carrots, celery and onions				
Brown rice				
			15	
<b>Totals</b>				
<b>Totals</b>				

## Day 7

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Bacon				
Lettuce and Tomato				
SWG bread				
<b>Totals</b>				
<b>Snack</b>				
Banana				
Coconut butter				
Almonds				
<b>Totals</b>				
<b>Lunch</b>				
Frontier Buffalo Burger with Green Tomato				
Salsa*				
Romaine salad				
Celery, peppers, onions and olives				
Apple cider vinegar and olive oil				
<b>Totals</b>				
<b>Snack</b>				
Almonds				
Coconut butter				
<b>Totals</b>				
<b>Dinner</b>				
Frontier Buffalo Burger with Green Tomato				
Salsa*				
Romaine salad				
Celery, peppers, onions and olives				
Apple cider vinegar and olive oil				
<b>Totals</b>				
<b>Totals</b>				

## Day 8

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<i>Breakfast</i>				
Full fat yogurt				
Strawberries				
Walnuts				
Ground Flax Seeds				
Totals				
<i>Snack</i>				
Peach				
Pecans				
Totals				
<i>Lunch</i>				
Fresh Tuna Salad*				
Lemon Juice and Olive Oil				
Brown rice crackers				
Totals				
<i>Snack</i>				
Peach				
Pecans				
Totals				
<i>Dinner</i>				
Seared Ahi Tuna Steak*				
Stir fry broccoli, bok choy, zucchini, onion, kale				
Brown rice				
Totals				
Totals				

## Day 9

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Steak and eggs				
Mesclun salad				
Apple cider vinegar and olive oil				
Potatoes fried in butter				
Totals				
<b>Snack</b>				
Plum				
Almonds				
Totals				
<b>Lunch</b>				
Chef's salad				
Mixed greens, green onions, celery				
Cherry tomatoes				
Ham, turkey, raw Swiss cheese, bacon				
Hardboiled eggs				
Apple cider vinegar and olive oil				
Totals				
<b>Snack</b>				
Plum				
Almonds				
Totals				
<b>Dinner</b>				
Steak				
Granberry Wild Rice & Buckwheat Salad*				
Mixed green salad				
Apple cider vinegar and olive oil				
Totals				
Totals				

## Day 10

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Leftover Cranberry Wild Rice & Buckwheat Salad*				
Poached eggs				
Spinach sauteed in coconut oil with garlic				
Totals				
<b>Snack</b>				
Pumpkin seeds				
Green apple				
Totals				
<b>Lunch</b>				
Dark meat chicken kabobs				
Mushrooms, onions, peppers				
No Mayonnaise Potato Salad*				
Totals				
<b>Snack</b>				
Pumpkin seeds				
Green apple				
Totals				
<b>Dinner</b>				
Dark meat chicken kabobs				
Mushrooms, onions, peppers				
Spinach sauteed in coconut oil with garlic				
No Mayonnaise Potato Salad*				
Totals				
Totals				

# Day 11

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Smoked salmon				
SWG English Muffin				
Romaine lettuce				
Totals				
<b>Snack</b>				
Macadamia nuts				
Strawberries				
Totals				
<b>Lunch</b>				
Sardines in olive oil				
Mixed greens, celery, olives, tomatoes				
Fresh lemon juice and olive oil				
Brown rice crackers				
Totals				
<b>Snack</b>				
Macadamia nuts				
Strawberries				
Totals				
<b>Dinner</b>				
Baked trout				
Steamed brussels sprouts				
Romaine salad				
Celery, cucumbers and tomatoes				
Apple cider vinegar and olive oil				
Totals				
Totals				

## Day 12

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<i>Breakfast</i>				
Bacon, liver and onions				
SWG bread				
Totals				
<i>Snack</i>				
Peach				
Cashews				
Totals				
<i>Lunch</i>				
Zippy Pork Chops <sup>2</sup>				
Herbed Cauliflower and Green Bean Salad <sup>2</sup>				
Baby Spinach Salad				
Totals				
<i>Snack</i>				
Peach				
Cashews				
Totals				
<i>Dinner</i>				
Zippy Pork Chops <sup>2</sup>				
Herbed Cauliflower and Green Bean Salad <sup>2</sup>				
Baby Spinach Salad				
Totals				
Totals				

## Day 13

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Shake with raw eggs, raw cream,				
coconut butter, ground flax seeds,				
blueberries and honey				
Totals				
<b>Snack</b>				
Asparagus with Cheese*				
Totals				
<b>Lunch</b>				
Lamb burger				
Steamed asparagus				
Butter				
Corn on the cob				
Totals				
<b>Snack</b>				
Asparagus with Cheese*				
Totals				
<b>Dinner</b>				
Moroccan Lamb Stew*				
Brown and wild rice				
Totals				
Totals				

## Day 14

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<i>Breakfast</i>				
Potato-Bacon Hash				
Scrambled eggs				
Steamed broccoli				
Butter				
Totals				
<i>Snack</i>				
Pear				
Hardboiled egg				
Totals				
<i>Lunch</i>				
Rosemary Chicken with Sausage and Potatoes*				
Arugula salad with celery and beets				
Apple cider vinegar and olive oil				
Totals				
<i>Snack</i>				
Pear				
Hardboiled egg				
Totals				
<i>Dinner</i>				
Rosemary Chicken with Sausage and Potatoes*				
Arugula salad with celery and beets				
Apple cider vinegar and olive oil				
Totals				
Totals				

## Day 15

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Chicken sausage				
Asparagus, peppers and onions				
Plum				
Totals				
<b>Snack</b>				
Asparagus with pistachio nuts*				
Totals				
<b>Lunch</b>				
Roasted Mackerel and Avocado Salad*				
Corn on the cob				
Butter				
Totals				
<b>Snack</b>				
Asparagus with pistachio nuts*				
Totals				
<b>Dinner</b>				
Roasted Mackerel and Avocado Salad*				
Steamed asparagus				
Butter				
Totals				
Totals				

## Day 16

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<i>Breakfast</i>				
Zucchini Frittata*				
Totals				
<i>Snack</i>				
Apple				
Macadamia nuts				
Totals				
<i>Lunch</i>				
Dark meat turkey burger				
Spinach salad with zucchini, carrots, cucumbers and sunflower seeds				
Apple cider vinegar and olive oil				
Totals				
<i>Snack</i>				
Apple				
Macadamia nuts				
Totals				
<i>Dinner</i>				
Seared scallops				
Baked sweet potato				
Butter				
Spinach sauteed in coconut oil with garlic				
Totals				
Totals				

## Day 17

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
<b>Sweet Corn and Beef Frittata*</b>				
<b>Totals</b>				
<b>Snack</b>				
<b>Pear</b>				
<b>Pecan butter</b>				
<b>Totals</b>				
<b>Lunch</b>				
<b>Uruguayan Beef Stew*</b>				
<b>Brown rice</b>				
<b>Totals</b>				
<b>Snack</b>				
<b>Pear</b>				
<b>Pecan butter</b>				
<b>Totals</b>				
<b>Dinner</b>				
<b>Uruguayan Beef Stew*</b>				
<b>Brown rice</b>				
<b>Totals</b>				
<b>Totals</b>				

## Day 18

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Scrambled Eggs with Chicken Livers*				
Spinach sauteed in coconut oil with garlic				
Totals				
<b>Snack</b>				
Bananas and walnuts				
Totals				
<b>Lunch</b>				
Scrambled Eggs with Chicken Livers*				
Mixed green salad w/ broccoli and chick peas				
Apple Cider Vinegar and Olive Oil				
Totals				
<b>Snack</b>				
Bananas and walnuts				
Totals				
<b>Dinner</b>				
Cajun-seasoned chicken legs				
Collard Greens with Tomatoes*				
Baked sweet potato				
Butter				
Totals				
Totals				

## Day 19

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Ham and Cheese Frittata*				
Mesclun salad				
Apple Cider Vinegar and Olive Oil				
Totals				
<b>Snack</b>				
Mixed berries (blueberries, strawberries and raspberries)				
Mixed nuts (Brazil nuts, macadamia nuts, pecans, walnuts, pumpkin seeds)				
Totals				
<b>Lunch</b>				
Shrimp salad*				
Romaine salad				
Apple cider vinegar and olive oil				
Roasted Potatoes				
Totals				
<b>Snack</b>				
Mixed berries				
Mixed nuts				
Totals				
<b>Dinner</b>				
Shrimp salad*				
Romaine salad				
Apple Cider Vinegar and Olive Oil				
Roasted Potatoes				
Totals				
Totals				

## Day 20

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Omelet with bacon, tomatoes, avocado				
Totals				
<b>Snack</b>				
Celery and carrots				
Walnut butter				
Totals				
<b>Lunch</b>				
Lamb chops				
Moroccan Cauliflower*				
Quinoa				
Butter				
Totals				
<b>Snack</b>				
Celery and carrots				
Walnut butter				
Totals				
<b>Dinner</b>				
Lamb chops				
Moroccan Cauliflower*				
Quinoa				
Butter				
Totals				
Totals				

# Carb Type Meal Plans



# Day 1

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Cottage Cheese				
Strawberries				
Ground Flax Seeds				
<b>Totals</b>				
<b>Snack</b>				
Grapes				
Almonds				
<b>Totals</b>				
<b>Lunch</b>				
Lemon Leek Roasted Cornish Hen*				
Beet and Beet Green Salad*				
<b>Totals</b>				
<b>Snack</b>				
Grapes				
Almonds				
<b>Totals</b>				
<b>Dinner</b>				
Lemon Leek Roasted Cornish Hen*				
Beet and Beet Green Salad*				
<b>Totals</b>				
<b>Totals</b>				

## Day 2

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Egg omelet cooked in coconut oil				
Broccoli, peppers and tomatoes				
<b>Totals</b>				
<b>Snack</b>				
Watermelon				
Pistachios				
<b>Totals</b>				
<b>Lunch</b>				
Pan Seared Red Snapper*				
Brown rice				
Summer squash				
<b>Totals</b>				
<b>Snack</b>				
Watermelon				
Pistachios				
<b>Totals</b>				
<b>Dinner</b>				
Pan Seared Red Snapper*				
Brown rice				
Summer squash				
<b>Totals</b>				
<b>Totals</b>				

## Day 3

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Millet grain				
Apricots, honey, pine nuts, sliced almonds				
Applesauce				
Totals				
<b>Snack</b>				
Applesauce				
Almonds				
Totals				
<b>Lunch</b>				
Chicken Breast with Spinach, Pears and Blue Cheese*				
Spinach salad with cabbage, radishes, Zucchini and cucumbers				
Apple cider vinegar and olive oil				
Totals				
<b>Snack</b>				
Applesauce				
Almonds				
Totals				
<b>Dinner</b>				
Chicken Breast with Spinach, Pears and Blue Cheese*				
Spinach salad with cabbage, radishes, Zucchini and cucumbers				
Apple cider vinegar and olive oil				
Totals				
Totals				

## Day 4

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Steamed kale				
Polenta				
Light meat chicken sausage				
Totals				
<b>Snack</b>				
Pineapple				
Collage Cheese				
Totals				
<b>Lunch</b>				
Vegetarian Open Faced Sandwich*				
Totals				
<b>Snack</b>				
Pineapple				
Collage Cheese				
Totals				
<b>Dinner</b>				
Chicken sausage				
Sauteed tomatoes, peppers, eggplant and kale				
Coconut oil				
Basmati rice				
Totals				
Totals				

## Day 5

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<i>Breakfast</i>				
Full fat yogurt				
Peach				
Walnuts				
Ground flax seeds				
Totals				
<i>Snack</i>				
Kani				
Hardboiled egg				
Totals				
<i>Lunch</i>				
Herb Marinated Ostrich*				
Green Bean Parsnip Soup*				
Radicchio and watercress salad				
Apple cider vinegar and olive oil				
Totals				
<i>Snack</i>				
Kani				
Cashews				
Totals				
<i>Dinner</i>				
Herb Marinated Ostrich*				
Green Bean Parsnip Soup*				
Radicchio and watercress salad				
Apple cider vinegar and olive oil				
Totals				
Totals				

## Day 6

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Egg omelet cooked in coconut oil				
Tomatoes, onions, spinach and avocado				
<b>Totals</b>				
<b>Snack</b>				
Cantaloupe				
Sunflower seeds				
<b>Totals</b>				
<b>Lunch</b>				
Broiled Garlic Turbot				
Quinoa				
Steamed Brussels Sprouts				
<b>Totals</b>				
<b>Snack</b>				
Cantaloupe				
Sunflower seeds				
<b>Totals</b>				
<b>Dinner</b>				
Broiled Garlic Turbot				
Quinoa				
Steamed Brussels Sprouts				
<b>Totals</b>				
<b>Totals</b>				

## Day 7

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Buckwheat cereal				
Raw whole milk				
Blueberries				
Ground flax seeds and/or almonds				
Totals				
<b>Snack</b>				
Tomatoes				
Mozzarella cheese				
Basil				
Olive oil				
Totals				
<b>Lunch</b>				
Chef's salad: turkey breast, mozzarella cheese				
Hardboiled eggs, ham				
Romaine lettuce, celery, cherry tomatoes				
Apple cider vinegar and olive oil				
Brown rice crackers				
Totals				
<b>Snack</b>				
Tomatoes				
Mozzarella cheese				
Basil				
Olive oil				
Totals				
<b>Dinner</b>				
Turkey breast				
Mashed potatoes				
Carrots, corn and peas				
Totals				
Totals				

## Day 8

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<i>Breakfast</i>				
Hot rice cereal with apples				
Sunflower seeds				
Scrambled eggs in butter				
Totals				
<i>Snack</i>				
Honeydew melon				
Almond butter				
Totals				
<i>Lunch</i>				
Lemon Garlic Gof				
Grilled Mediterranean Vegetable Salad				
Wild rice				
Totals				
<i>Snack</i>				
Honeydew melon				
Almond butter				
Totals				
<i>Dinner</i>				
Lemon Garlic Gof				
Grilled Mediterranean Vegetable Salad				
Wild rice				
Totals				
Totals				

## Day 9

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Sautéed spinach and feta cheese				
Coconut oil				
Watermelon				
Totals				
<b>Snack</b>				
Sliced cucumbers and peppers				
Gashew butter				
Totals				
<b>Lunch</b>				
Flounder with Lemon-Pepper Vegetables <sup>2</sup>				
Buckwheat				
Totals				
<b>Snack</b>				
Sliced cucumbers and peppers				
Gashew butter				
Totals				
<b>Dinner</b>				
Flounder with Lemon-Pepper Vegetables <sup>2</sup>				
Buckwheat				
Totals				
Totals				

## Day 10

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Slow-cooked oats				
Pecans				
Coconut butter				
Raisins				
Totals				
<b>Snack</b>				
Papaya				
Pecans				
Totals				
<b>Lunch</b>				
Grilled Grouper*				
Arugula and Orange Salad*				
Figs				
Totals				
<b>Snack</b>				
Papaya				
Pecans				
Totals				
<b>Dinner</b>				
Grilled Grouper*				
Arugula and Orange Salad*				
Figs				
Totals				
Totals				

## Day 11

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<i>Breakfast</i>				
Pork sausage				
Sautéed tomatoes, peppers and onions				
Coconut oil				
Grapefruit				
Totals				
<i>Snack</i>				
Orange				
Walnuts				
Totals				
<i>Lunch</i>				
Middle Eastern Lentils and Rice*				
Full-fat Yogurt				
Arugula salad with cucumbers and tomatoes				
Apple cider vinegar and olive oil				
Totals				
<i>Snack</i>				
Orange				
Walnuts				
Totals				
<i>Dinner</i>				
Middle Eastern Lentils and Rice*				
Chicken breast				
Arugula salad with cucumbers and tomatoes				
Apple cider vinegar and olive oil				
Totals				
Totals				

## Day 12

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<i>Breakfast</i>				
Chicken sausage				
Sweet Potato Hash*				
Tangerine				
Totals				
<i>Snack</i>				
Mango				
Almonds				
Totals				
<i>Lunch</i>				
Halibut Gourmet Style*				
Steamed beets				
Butter				
Romaine salad with bean sprouts and carrots				
Lemon juice and olive oil				
Totals				
<i>Snack</i>				
Mango				
Almonds				
Totals				
<i>Dinner</i>				
Halibut Gourmet Style*				
Steamed beets				
Butter				
Romaine salad with bean sprouts and carrots				
Lemon juice and olive oil				
Totals				
Totals				

# Day 13

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Shake: raw leaf				
Blackberries, Strawberries, Blueberries				
Raw Honey				
Almonds and sunflower seeds				
Totals				
<b>Snack</b>				
Turkey breast slices				
Romaine lettuce				
Blueberries				
Totals				
<b>Lunch</b>				
Gajun Maple Mahi-Mahi				
Brown rice				
Steamed asparagus				
Totals				
<b>Snack</b>				
Turkey breast slices				
Romaine lettuce				
Strawberries				
Totals				
<b>Dinner</b>				
Gajun Maple Mahi-Mahi				
Brown rice				
Steamed asparagus				
Totals				
Totals				

## Day 14

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<i>Breakfast</i>				
Ham and Cheese Frittata*				
Grapes				
Totals				
<i>Snack</i>				
Grapes				
Macadamia nuts				
Totals				
<i>Lunch</i>				
Baked Cornish Hen*				
Granberry Wild Rice and Buckwheat Salad*				
Mixed green salad				
Apple cider vinegar and olive oil				
Totals				
<i>Snack</i>				
Grapes				
Macadamia nuts				
Totals				
<i>Dinner</i>				
Baked Cornish Hen*				
Granberry Wild Rice and Buckwheat Salad*				
Mixed green salad				
Apple cider vinegar and olive oil				
Totals				
Totals				

## Day 15

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<i>Breakfast</i>				
Zucchini Frittata*				
Steamed carrots				
Totals				
<i>Snack</i>				
Blackberries				
Coconut butter				
Totals				
<i>Lunch</i>				
Tuna Salad*				
Romaine salad with celery, onions and tomatoes				
Apple Cider Vinegar and olive oil				
SWG bread				
Totals				
<i>Snack</i>				
Blackberries				
Coconut butter				
Totals				
<i>Dinner</i>				
Whitefish with Cilantro Pesto*				
Brown rice pasta				
Steamed broccoli				
Totals				
Totals				

## Day 16

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Potato Hash*				
Eggs scrambled in butter				
Totals				
<b>Snack</b>				
Trail mix: almonds, cashews, sunflower seeds				
Pistachios and raisins				
Totals				
<b>Lunch</b>				
White meat chicken soup				
Carrots, celery, onions				
Brown rice crackers				
Totals				
<b>Snack</b>				
Trail mix: almonds, cashews, sunflower seeds				
Pistachios and raisins				
Totals				
<b>Dinner</b>				
White meat chicken soup				
Carrots, celery, onions				
Brown rice crackers				
Totals				
Totals				

## Day 17

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<i>Breakfast</i>				
Hot rice cereal				
Raw milk				
Honey				
Goji berries				
Sunflower seeds				
Totals				
<i>Snack</i>				
Pomegranate				
Hardboiled egg				
Totals				
<i>Lunch</i>				
Roasted Rockfish*				
Basmati Rice				
Steamed bok choy				
Totals				
<i>Snack</i>				
Pomegranate				
Hardboiled egg				
Totals				
<i>Dinner</i>				
Roasted Rockfish*				
Basmati Rice				
Steamed bok choy				
Totals				
Totals				

## Day 18

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Grilled muenster cheese				
SWG bread				
Romaine lettuce				
Tomatoes				
Alfalfa sprouts				
Totals				
<b>Snack</b>				
Mixed vegetable juice: Spinach, kale, collard greens, beets, carrots, celery				
Totals				
<b>Lunch</b>				
Orange Roughy in Scallion and Ginger Sauce*				
Brown rice				
Steamed green beans				
Totals				
<b>Snack</b>				
Corn chips				
Guacamole				
Totals				
<b>Dinner</b>				
Orange Roughy in Scallion and Ginger Sauce*				
Brown rice				
Steamed green beans				
Totals				
Totals				

## Day 19

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Turkey sausage				
Steamed kale				
Plum				
<b>Totals</b>				
<b>Snack</b>				
Asparagus with Pistachio Nuts <sup>2</sup>				
<b>Totals</b>				
<b>Lunch</b>				
Chicken Stew <sup>1</sup>				
Quinoa				
<b>Totals</b>				
<b>Snack</b>				
Asparagus with Pistachio Nuts <sup>2</sup>				
<b>Totals</b>				
<b>Dinner</b>				
Chicken Stew <sup>1</sup>				
Quinoa				
<b>Totals</b>				
<b>Totals</b>				

## Day 20

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Goat cheese omelet				
Broccoli, onions, tomatoes				
Coconut oil				
Totals				
<b>Snack</b>				
Dates				
Almonds				
Totals				
<b>Lunch</b>				
Grilled Sea Bass*				
Endive and Watercress Salad				
Lemon juice and olive oil				
Baked potato				
Totals				
<b>Snack</b>				
Dates				
Almonds				
Totals				
<b>Dinner</b>				
Grilled Sea Bass*				
Endive and Watercress Salad				
Lemon juice and olive oil				
Baked potato				
Totals				
Totals				

# Mixed Type Meal Plans



# Day 1

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Lamb sausage				
Peppers, onions and spinach				
Coconut oil				
Totals				
<b>Snack</b>				
Blueberries				
Coconut Butter				
Totals				
<b>Lunch</b>				
Lemon Leek Roasted Cornish Hen*				
Beet and Beet Green Salad*				
Totals				
<b>Snack</b>				
Blueberries				
Coconut Butter				
Totals				
<b>Dinner</b>				
Lemon Leek Roasted Cornish Hen*				
Beet and Beet Green Salad*				
Totals				
Totals				

## Day 2

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<i>Breakfast</i>				
Cottage Cheese				
Strawberries				
Ground Flax Seeds				
Totals				
<i>Snack</i>				
Grapes				
Almonds				
Totals				
<i>Lunch</i>				
Beef burger				
Onions sauteed in coconut oil				
Sliced tomatoes				
Baked fingerling potatoes				
Butter				
Totals				
<i>Snack</i>				
Grapes				
Almonds				
Totals				
<i>Dinner</i>				
Garlic and onion burger*				
Spinach salad				
Peppers, tomatoes and onions				
Apple cider vinegar and olive oil				
Totals				
Totals				

## Day 3

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<i>Breakfast</i>				
Turkey sausage				
Spinach and avocado omelet				
Coconut oil				
Totals				
<i>Snack</i>				
Apple				
Walnut butter				
Totals				
<i>Lunch</i>				
Pan Seared Red Snapper*				
Brown rice				
Summer squash				
Totals				
<i>Snack</i>				
Apple				
Walnut butter				
Totals				
<i>Dinner</i>				
Parmesan Chicken*				
Arugula salad				
Cauliflower, Avocado and Carrots				
Apple Cider Vinegar and Olive Oil				
Totals				
Totals				

## Day 4

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Egg omelet cooked in coconut oil				
Broccoli, peppers and tomatoes				
Totals				
<b>Snack</b>				
Watermelon				
Pistachios				
Totals				
<b>Lunch</b>				
Pork Chops with Black Cherry Sauce*				
Steamed broccoli and carrots				
Butter				
Totals				
<b>Snack</b>				
Watermelon				
Pistachios				
Totals				
<b>Dinner</b>				
Chicken Breast with Spinach, Pears and Blue Cheese*				
Spinach salad with cabbage, radishes, zucchini and cucumbers				
Apple cider vinegar and olive oil				
Totals				
Totals				

## Day 5

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<i>Breakfast</i>				
Pork sausage				
Spinach, peppers, tomatoes				
Coconut oil				
Raspberries				
Totals				
<i>Snack</i>				
Raspberries				
Walnuts				
Totals				
<i>Lunch</i>				
Herb Marinated Ostrich*				
Green Bean Parsnip Soup*				
Radicchio and watercress salad				
Apple cider vinegar and olive oil				
Totals				
<i>Snack</i>				
Raspberries				
Walnuts				
Totals				
<i>Dinner</i>				
Almond Crusted Salmon*				
Steamed green beans				
Butter				
Mixed green salad				
Totals				
Totals				

## Day 6

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Millet grain				
Apricots, honey, pine nuts, sliced almonds				
Scrambled eggs				
<b>Totals</b>				
<b>Snack</b>				
Applesauce				
Almonds				
<b>Totals</b>				
<b>Lunch</b>				
Venison Chops				
Brown and wild rice				
Mixed green salad with celery and carrots				
Apple cider vinegar and olive oil				
<b>Totals</b>				
<b>Snack</b>				
Applesauce				
Almonds				
<b>Totals</b>				
<b>Dinner</b>				
Broiled Garlic Turbot				
Brown and wild rice				
Steamed Brussels Sprouts				
<b>Totals</b>				
<b>Totals</b>				

## Day 7

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<i>Breakfast</i>				
Goat cheese omelet				
Spinach and red onions				
Coconut oil				
SWG bread				
Totals				
<i>Snack</i>				
Tomatoes				
Mozzarella cheese				
Basil				
Olive oil				
Totals				
<i>Lunch</i>				
Chef's salad: turkey breast, mozzarella cheese				
Hardboiled eggs, ham				
Romaine lettuce, celery, cherry tomatoes				
Apple cider vinegar and olive oil				
Brown rice crackers				
Totals				
<i>Snack</i>				
Tomatoes				
Mozzarella cheese				
Basil				
Olive oil				
Totals				
<i>Dinner</i>				
Dark meat turkey burger with bacon strips				
Grilled Asparagus				
Butter				
Mashed sweet potato				
Totals				
Totals				

## Day 8

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Steamed kale				
Polenta				
Chicken sausage				
Totals				
<b>Snack</b>				
Cantaloupe				
Brazil nuts				
Totals				
<b>Lunch</b>				
Frontier Buffalo Burger with Green Tomato				
Salsa*				
Romaine salad				
Celery, peppers, onions and olives				
Apple cider vinegar and olive oil				
Totals				
<b>Snack</b>				
Cantaloupe				
Brazil nuts				
Totals				
<b>Dinner</b>				
Lemon Garlic Gof*				
Grilled Mediterranean Vegetable Salad*				
Wild rice				
Totals				
Totals				

## Day 9

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Sweet Potato Hash*				
Bacon Strips				
Totals				
<b>Snack</b>				
Peach				
Pecans				
Totals				
<b>Lunch</b>				
Flounder with Lemon-Pepper Vegetables*				
Buckwheat				
Totals				
<b>Snack</b>				
Peach				
Pecans				
Totals				
<b>Dinner</b>				
Seared Ahi Tuna Steak*				
Stir fry broccoli, bok choy, zucchini, onion, kale				
Brown rice				
Totals				
Totals				

## Day 10

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<i>Breakfast</i>				
Buckwheat cereal				
Raw whole milk				
Blueberries				
Ground flax seeds and/or walnuts				
Totals				
<i>Snack</i>				
Celery sticks				
Peanut butter				
Totals				
<i>Lunch</i>				
Fresh Tuna Salad <sup>2</sup>				
Lemon Juice and Olive Oil				
Brown rice crackers				
Totals				
<i>Snack</i>				
Celery sticks				
Peanut butter				
Totals				
<i>Dinner</i>				
Grilled Grouper <sup>2</sup>				
Arugula and Orange Salad <sup>2</sup>				
Totals				
Totals				

## Day 11

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Beef bacon				
Scrambled eggs with spinach				
Steamed carrots				
Butter				
Totals				
<b>Snack</b>				
Tangerine				
Walnuts				
Totals				
<b>Lunch</b>				
Middle Eastern Lentils and Rice*				
Chicken breast				
Arugula salad with cucumbers and tomatoes				
Apple cider vinegar and olive oil				
Totals				
<b>Snack</b>				
Tangerine				
Walnuts				
Totals				
<b>Dinner</b>				
Steak				
Granberry Wild Rice & Buckwheat Salad*				
Mixed green salad				
Apple cider vinegar and olive oil				
Totals				
Totals				

## Day 12

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<i>Breakfast</i>				
Hot rice cereal with honey and apples				
Sunflower seeds				
Scrambled eggs in butter				
Totals				
<i>Snack</i>				
Hardboiled egg				
Cherries				
Totals				
<i>Lunch</i>				
Dark meat chicken kabobs				
Mushrooms, onions, peppers				
No Mayo/raisin Potato Salad*				
Totals				
<i>Snack</i>				
Hardboiled egg				
Cherries				
Totals				
<i>Dinner</i>				
Halibut Gourmet Style*				
Steamed beets				
Butter				
Romaine salad with bean sprouts and carrots				
Lemon juice and olive oil				
Totals				
Totals				

## Day 13

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<i>Breakfast</i>				
Smoked salmon				
Romaine lettuce				
SWG English Muffin				
Totals				
<i>Snack</i>				
Turkey breast slices				
Romaine lettuce				
Strawberries				
Totals				
<i>Lunch</i>				
Gajun Maple Mahi-Mahi*				
Brown rice				
Steamed asparagus				
Totals				
<i>Snack</i>				
Turkey breast slices				
Romaine lettuce				
Strawberries				
Totals				
<i>Dinner</i>				
Baked trout				
Steamed brussels sprouts				
Romaine salad				
Celery, cucumbers and tomatoes				
Apple cider vinegar and olive oil				
Totals				
Totals				

## Day 14

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<i>Breakfast</i>				
Slow-cooked oats				
Pecans				
Honey				
Coconut butter				
Raisins				
Totals				
<i>Snack</i>				
Honeydew melon				
Macadamia nuts				
Totals				
<i>Lunch</i>				
Zippy Pork Chops <sup>2</sup>				
Herbed Cauliflower and Green Bean Salad <sup>2</sup>				
Baby Spinach Salad				
Raisins				
Totals				
<i>Snack</i>				
Honeydew melon				
Macadamia nuts				
Totals				
<i>Dinner</i>				
Whitefish with Cilantro Pesto <sup>2</sup>				
Brown rice pasta				
Steamed broccoli				
Totals				
Totals				

## Day 15

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<i>Breakfast</i>				
Potato-Bacon Hash				
Scrambled eggs				
Steamed broccoli				
Butter				
Totals				
<i>Snack</i>				
Asparagus with Cheese*				
Totals				
<i>Lunch</i>				
Baked Cornish Hen*				
Quinoa				
Butter				
Mixed green salad				
Apple cider vinegar and olive oil				
Totals				
<i>Snack</i>				
Asparagus with Cheese*				
Totals				
<i>Dinner</i>				
Moroccan Lamb Stew*				
Brown and wild rice				
Totals				
Totals				

## Day 16

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Sautéed spinach and feta cheese				
Coconut oil				
Watermelon				
<b>Totals</b>				
<b>Snack</b>				
Plum				
Pumpkin seeds				
<b>Totals</b>				
<b>Lunch</b>				
Rosemary Chicken with Sausage and Potatoes*				
Arugula salad with celery and beets				
Apple cider vinegar and olive oil				
<b>Totals</b>				
<b>Snack</b>				
Plum				
Pumpkin seeds				
<b>Totals</b>				
<b>Dinner</b>				
Roasted Rockfish*				
Basmati Rice				
Steamed bok choy				
<b>Totals</b>				
<b>Totals</b>				

## Day 17

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
<b>Sweet Corn and Beef Frittata*</b>				
<b>Totals</b>				
<b>Snack</b>				
<b>Blackberries</b>				
<b>Coconut Butter</b>				
<b>Totals</b>				
<b>Lunch</b>				
<b>Orange Roughy in Scallion and Ginger Sauce*</b>				
<b>Brown rice</b>				
<b>Steamed green beans</b>				
<b>Totals</b>				
<b>Snack</b>				
<b>Blackberries</b>				
<b>Coconut butter</b>				
<b>Totals</b>				
<b>Dinner</b>				
<b>Roasted Mackerel and Avocado Salad*</b>				
<b>Corn on the cob</b>				
<b>Butter</b>				
<b>Steamed asparagus</b>				
<b>Totals</b>				
<b>Totals</b>				

## Day 18

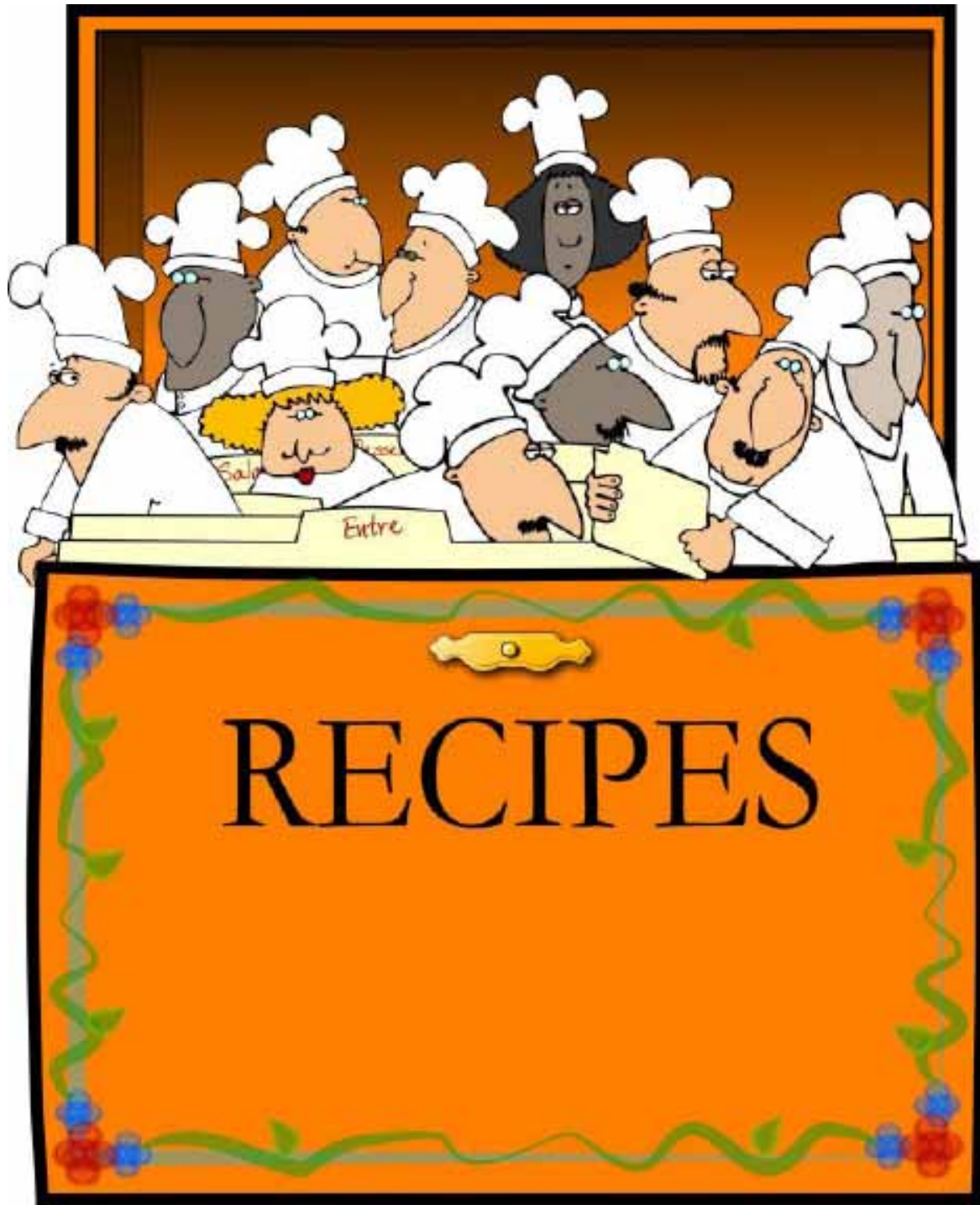
<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<i>Breakfast</i>				
Zucchini Frittata*				
Steamed carrots				
Totals				
<i>Snack</i>				
Apple				
Pistachios				
Totals				
<i>Lunch</i>				
Uruguayan Beef Stew*				
Brown rice				
Totals				
<i>Snack</i>				
Mixed vegetable juice: carrots, beets, celery spinach, parsley, kale				
Totals				
<i>Dinner</i>				
Uruguayan Beef Stew*				
Brown rice				
Totals				
Totals				

## Day 19

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Ham and Cheese Frittata*				
Mesclun salad				
Apple Cider Vinegar and Olive Oil				
Totals				
<b>Snack</b>				
Mixed berries (blueberries, strawberries and raspberries)				
Mixed nuts (Brazil nuts, macadamia nuts, pecans, walnuts, pumpkin seeds)				
Totals				
<b>Lunch</b>				
Chicken Stew*				
Quinoa				
Totals				
<b>Snack</b>				
Mixed berries (blueberries, strawberries and raspberries)				
Mixed nuts (Brazil nuts, macadamia nuts, pecans, walnuts, pumpkin seeds)				
Totals				
<b>Dinner</b>				
Chicken Stew*				
Quinoa				
Totals				
Totals				

## Day 20

<i>Food</i>	<i>Protein</i>	<i>Carbs</i>	<i>Fat</i>	<i>Notes</i>
<b>Breakfast</b>				
Grilled muenster cheese				
SWG bread				
Romaine lettuce				
Tomatoes				
Alfalfa sprouts				
<b>Totals</b>				
<b>Snack</b>				
Pomegranate				
Hardboiled egg				
<b>Totals</b>				
<b>Lunch</b>				
Lamb chops				
Moroccan Cauliflower*				
Quinoa				
Butter				
<b>Totals</b>				
<b>Snack</b>				
Pomegranate				
Hardboiled egg				
<b>Totals</b>				
<b>Dinner</b>				
Grilled Sea Bass*				
Endive and Watercress Salad				
Lemon juice and olive oil				
Baked potato				
<b>Totals</b>				
<b>Totals</b>				



# *Almond Crusted Salmon*

## *Directions*

Heat butter and 1/2 tablespoon of the oil together in a large skillet over low heat.

Add Vidalia onions, basil, salt and pepper and cook, stirring occasionally, until golden brown and slightly caramelized, 30 to 45 minutes.

Stir in lime juice and keep warm.

Meanwhile, preheat oven to 375°F (190 degrees C).

Grease the bottom of a baking dish with remaining 1 teaspoon oil; set aside.

Put almond meal on a large plate; set aside.

Season salmon with salt and pepper.

Spread 1 teaspoon of the honey mustard over the top of each salmon fillet then gently roll each in the almond meal, pressing to make sure it sticks.

Arrange salmon in prepared baking dish in a single layer and bake until salmon is done to your liking, 15 to 25 minutes.

Transfer salmon to plates, top with caramelized onions, garnish with green onions and serve.

## *Ingredients*

*1/2 tablespoon butter*

*1/2 tablespoon plus 1 teaspoon extra virgin olive oil, divided*

*1 Vidalia onion, thinly sliced*

*1/2 cup basil leaves*

*Sea salt and pepper to taste*

*1/2 to 1 teaspoon lime juice*

*1/2 cup almond meal*

*4 teaspoons honey mustard*

*or sweet prepared mustard*

*4 (4- to 6-ounce) salmon*

*fillets, skin removed*

*1/4 cup thinly sliced green onions*

# *Arugula and Orange Salad*

## *Ingredients*

*2 cups arugula, cleaned*

*2 cups baby spinach, cleaned*

*1/2 red onion, sliced thinly*

*1 orange, supremed*

*2 tablespoons Dijon mustard*

*1/4 cup orange juice*

*1 tablespoon white wine vinegar*

*1/2 cup extra-virgin olive oil*

*Sea salt and freshly ground black pepper*

## *Additional Instructions*

In a large salad bowl, combine the arugula, spinach, red onion, and orange segments.

In a small bowl, whisk together the mustard, orange juice, and vinegar.

While whisking, slowly drizzle in the oil.

Whisk until emulsified and season with salt and pepper.

*Source: "New New Orleans Cooking", by Emeril Lagasse and Jessie*

*Tirsch. Published by William and Morrow, 1993*

# *Asparagus with Cheese*

## *Directions*

Wash asparagus and snap off the tough ends.

Dry stalks thoroughly on paper towels and cut diagonally into 1-inch pieces.

Warm oil in large skillet over medium heat and add the asparagus to sauté for about a minute.

Add water, turn heat to high and cook uncovered for 4 minutes or until the asparagus is just tender and the water has evaporated.

Shake skillet occasionally to prevent sticking.

## *Ingredients*

*24 medium stalks asparagus*

*3 tablespoons coconut oil*

*1/3 cup water*

*1/2 to 3/4 cup freshly grated raw*

*Parmesan cheese*

*Freshly ground black pepper*

# *Asparagus with Pistachio Nuts*

## *Ingredients*

*3 lbs. asparagus*

*1/4 cup butter*

*2 tablespoons fresh lemon juice*

*3/4 teaspoon marjoram*

*3/4 cup chopped pistachio nuts*

## *Additional Instructions*

Cook asparagus, uncovered, in boiling water until just barely tender when pierced, 5-8 minutes.

Drain and put on serving platter.

Meanwhile melt butter with lemon juice, marjoram and nuts until sizzling; pour over asparagus.

Serves 8

*Source: [www.thatsmyhome.com](http://www.thatsmyhome.com)*

# *Baked Cornish Hen*

## *Directions*

Stir 1/2 cup melted butter with onion, celery, green pepper, mushrooms, garlic, and herbs.

Season hens inside and out with salt and pepper.

Stuff bird with equal amounts of the vegetable mix.

Place birds in baking dish, breast side up.

Drizzle with remaining 1/4 cup butter.

Cover and bake 1 1/2 hours at 325 degrees (160 degrees C).

Brown at 500 degrees (260 degrees C).

## *Ingredients*

*6 whole Cornish game hens*

*1 medium onion; chopped*

*1 celery stalks; chopped*

*1/2 cup green peppers; chopped*

*8 ounces mushrooms; chopped*

*1 whole garlic clove; minced*

*2 tablespoons fresh basil; minced*

*1 teaspoon oregano*

*2 tablespoons fresh parsley*

*3/4 cup butter; melted*

# *Beet and Beet Green Salad*

## *Ingredients*

*Salad: 4 or so beets (maybe more if you have small garden beets)*

*The greens from those beets (or 1 bunch beet greens)*

*2 scallions*

*Optional:*

*Some sort of crunchy nuts or seeds (sunflower, slivered almonds, roast pumpkin seeds)*

*Feta cheese*

*I also grated a carrot on top of the salad.*

*Dressing:*

*3 tablespoons extra-virgin olive oil*

*2 tablespoons balsamic vinegar*

*3/4 teaspoon Dijon mustard*

*1/4 teaspoon freshly ground pepper*

*1 tablespoon finely chopped*

*fresh basil*

*1 tablespoon of the beet*

*juice for a bit of sweetness*

## *Additional Instructions*

Cook beets until you can poke a fork in them easily.

Skin using your fingers once they've cooled.

Slice into rounds.

Blanch greens for 20-30 seconds in boiling water.

I recommend undercooking them a little so they stay a bit-greener.

Once you remove them from the water, rinse them in cold water to stop cooking.

Squeeze out the excess water.

Mix everything together, dress either at the table or per plate.

*Source: [www.extraschmaltz.blogspot.com](http://www.extraschmaltz.blogspot.com)*

# *Broiled Garlic Turbot*

## *Directions*

1. Lay the turbot fillets side-by-side into a lightly oiled broil and serve platter.
2. Mix together olive oil, lemon juice, garlic and, if desired, oregano. Brush the turbot fillets with mixture.
3. If desired, sprinkle the turbot fillets all over with paprika.
4. Broil the turbot fillets in oven or barbecue, approximately 4 inches (10 cm) from heat, for 6 to 8 minutes, brushing fish with cooking juices every 2 minutes.

## *Ingredients*

- 2 turbot fillets (about 6 ounces each), fresh or thawed*
- 2 teaspoons olive oil*
- 2 tablespoons lemon juice*
- 2 small garlic cloves, minced*
- Pinch of oregano (optional)*
- Paprika (optional)*

# *Cajun Maple Mahi-Mahi*

## *Ingredients*

*1/8 cup maple syrup*

*3/4 tablespoon cajun seasoning  
(can use more or less depending on  
whether or not you want a sweeter or  
spicier piece of meat)*

*1/2 teaspoon garlic powder*

*2 mahi-mahi fillets*

## *Additional Instructions*

Mix all ingredients together except for fish.

Spoon mixture over fish.

Place fish into shallow pan (sprayed heavily with cooking spray) and sautee with onions if desired for about 3-5 minutes on the first side and 2-3 minutes on the second side.

Add more of the syrup mixture if you want.

Best served with rice.

\*\*\*Can also marinate fish for a few hours for maximum flavor.

# *Chicken Breast with Spinach, Pears and Blue Cheese*

## *Directions*

1. Season each chicken breast with salt and pepper.

In a large, oven-proof skillet, heat 1 T olive oil and sear the chicken 2 to 3 minutes on each side until lightly golden.

Place in pan and bake 15 minutes at 375 degrees (190 degrees C).

2. While chicken is cooking, heat 1 T olive oil in a large pan over medium heat and saute red onion until softened; 2-3 minutes.

Add spinach and toss until wilted.

Season with salt and pepper and transfer to a large platter or divide evenly between 4 plates.

3. Wipe out pan and heat remaining 1 T olive oil with vinegar.

Add pears and gently heat to warm.

Stir in parsley.

4. Place cooked chicken breasts on spinach.

Top with pear slices and about 2 T blue cheese per breast.

## *Ingredients*

*4 boneless, skinless chicken breasts*

*Sea salt and pepper*

*3 T olive oil*

*1/2 cup diced red onion*

*4 - 6 cups loosely packed spinach, stems removed*

*2 T apple cider vinegar*

*2 ripe Anjou pears, peeled, cored, cut into 1/2 " thick slices*

*2 T chopped fresh parsley*

*3/4 cup blue cheese crumbles*

# *Chicken Stew*

## *Ingredients*

*2 pounds boneless, skinless chicken breasts, cut in 1-inch cubes*

*2 large onions, quartered and cut into 1/2-inch slices*

*1 cup baby carrots, or 2 large carrots cut into 1-inch slices*

*3 medium potatoes, cut into 1-inch cubes*

*3 1/2 cups chicken broth*

*1 teaspoon celery seed*

*1 teaspoon dried thyme*

*1/2 teaspoon black pepper*

*Sea salt to taste*

*8 ounces sliced mushrooms*

*1 cup corn*

*1 cup peas*

## *Additional Instructions*

Combine all ingredients, except peas, in the slow cooker/Crock Pot; stir well.

Cover and cook on low 6 to 8 hours, until chicken is done and vegetables are tender; stir in peas the last 30 minutes.

Serves 6 to 8.

*Source: [www.southernfood.about.com](http://www.southernfood.about.com)*

# *Collard Greens with Tomatoes*

## *Directions*

Rinse torn leaves well; do not dry.

Put wet leaves in a large pan and let wilt over medium-low heat, stirring constantly.

Add Italian herb seasoning and chopped tomatoes; continue to heat for about 5 minutes longer.

Heat for about 4 to 5 minutes longer, or until hot.

Serves 4.

## *Ingredients*

*2 pounds collard greens, washed thoroughly, tough stems cut out of leaves, cut or torn in bite-size pieces*

*2 tablespoons Italian seasoning, or combination of basil, oregano, and rosemary*

*1 pound chopped tomatoes*

# *Cranberry Wild Rice & Buckwheat Salad*

## *Ingredients*

*1 cup wild rice*

*1/2 cup raw buckwheat groats*

*3 cups filtered water*

*1/4 cup dried cranberries*

*1/4 cup raw pecans*

*1 small bunch fresh parsley, chopped*

*2 T olive oil*

*1 T fresh squeezed lemon juice*

*1 tsp orange peel (zest)*

*1 tsp honey*

*1 tsp sea salt*

*Fresh cracked pepper*

## *Additional Instructions*

Bring the water and wild rice to a boil on the stove top.

Add 1 tsp sea salt and cook for 30 minutes.

Then add the raw buckwheat groats and cook for another 15 minutes.

If there is still water in the pot, remove the lid for the last few minutes so it cooks away.

Fluff with a fork and allow to cool.

In a small bowl, combine the olive oil, juice of fresh-squeezed lemon, orange peel (take a cheese grater and grate the outside of an orange), and honey.

Toss with the chilled buckwheat/wild rice mixture, cranberries, pecan pieces, and fresh chopped parsley;

Serve cold.

*Source: [www.gluten-dairy-sugarfree.com](http://www.gluten-dairy-sugarfree.com)*

# *Flounder with Lemon-Pepper Vegetables*

## *Directions*

In a bowl whisk together the wine, the lemon juice, the parsley, the oil, the pepper, and salt to taste and add the onion.

In another bowl toss together the carrots, the squash, and the zucchini, add about 1/4 cup of the liquid from the onion mixture, and toss the mixture well.

Spread the onion mixture in the bottom of a greased glass baking dish, 15 by 10 by 2 inches.

On a work surface arrange the flounder fillet halves, skinned sides up, beginning with the narrow end roll up each fillet half jelly-roll fashion, and secure each roll with a wooden pick.

Arrange the fish rolls, seam sides down and not touching each other, on the onion mixture, put an oiled sheet of parchment or wax paper directly on them, and bake the mixture in the middle of a preheated 400°F (205 degrees C) oven for 8 minutes.

Spread the vegetable mixture around the rolls and bake the mixture, the fish covered directly with the parchment, for 7 to 12 minutes more, or until the fish just flakes.

Transfer the vegetables to a heated platter, arrange the fish rolls on top of them, and spoon the juices over the top.

## *Ingredients*

*1/4 cup dry white wine*

*3 tablespoons fresh lemon juice*

*2 tablespoons finely chopped*

*fresh parsley leaves*

*1/4 cup olive oil*

*1/2 teaspoon coarsely ground*

*black pepper*

*1 onion, sliced thin*

*3 carrots, cut into 2-inch*

*julienne strips*

*1 yellow squash, cut into 2-inch*

*julienne strips*

*1 zucchini, cut into 2-inch*

*julienne strips*

*six 6- to 8-ounce flounder fillets, halved lengthwise and seasoned with sea salt and pepper*

# *Fresh Tuna Salad*

## *Ingredients*

*6 portions fresh tuna steak,*

*about 4 ounces each*

*2 tablespoons extra virgin olive oil*

*Sea salt and pepper*

*6 cups baby salad greens*

*6 small ripe tomatoes, cut into wedges*

*6 small red potatoes, boiled*

*1 pound cooked French beans*

*2 dozen small black olives*

## *Additional Instructions*

Brush tuna steaks with olive oil and season with sea salt and pepper.

Using a heavy skillet, sauté rapidly, two at a time, for about 4 minutes per side. Set aside.

Divide salad greens between 6 large plates.

Garnish with tomatoes, potatoes, beans and olives.

Place tuna steaks on top of greens.

*Submitted By: Jeanne Molnar -Kennedy Saskatchewan Canada*

# *Frontier Buffalo Burger with Green Tomato Salsa*

## *Directions*

Preheat grill.

Mix tomatoes, onions, peppers, coriander, jalapeno and 1/4 teaspoon salt in a bowl.

Allow to sit for 1/2 hour.

Pour off juice and add honey and vinegar.

Refrigerate 1/2 hour.

Rub mushrooms with oil and season with salt and pepper.

Grill on both sides until done.

Season burgers and grill on both sides until medium rare.

Layer with portabello on the bottom, salsa, then meat and topped with additional salsa.

Add coriander to garnish.

Serves 6.

## *Ingredients*

*4 large green tomatoes, seeded, cored and diced*

*1 yellow pepper, seeded and diced*

*1 tablespoon chopped*

*coriander*

*1 jalapeno pepper, seeded and diced*

*Sea salt and pepper*

*1 teaspoon honey*

*2 teaspoons rice wine vinegar*

*1 onion*

*6 large portabello*

*mushrooms, stems removed*

*1/2 teaspoon coconut oil*

*6 buffalo (8-ounce) burgers*

# *Garlic and Onion Burger*

## *Ingredients*

*1 1/2 lb ground beef*

*2 tsp Worcestershire sauce*

*2-3 garlic cloves, minced*

*3 tbs minced onion*

*salt to salt*

*pinch ground black pepper*

## *Additional Instructions*

In a large bowl, mix together the beef, Worcestershire sauce, garlic, onion, salt, and black pepper.

Combine the mixture well then refrigerate for 2 to 4 hours to allow the garlic flavor to infuse the meat.

Form burgers into 4 1/2 inch thick patties.

Grill or shallow fry for 6 minutes on each side.

Makes 4 small Garlic and Onion Burgers.

*From: [www.cheese-burger.net](http://www.cheese-burger.net)*

# Grilled Grouper

## Directions

Preheat the grill to medium-high.

In a small bowl combine the butter, garlic, Parmesan, Essence, and olive oil and whisk to combine.

Lay the fillets on the grill, scale side down, and brush generously with the melted butter mixture.

Close the grill cover and cook for 3 minutes.

Open and brush again with the melted butter mixture.

Repeat this process until the flesh is firm and opaque, for a total cooking time of about 12 to 15 minutes for this size fish.

The last minute of cooking time, sprinkle with the fresh herbs.

## Ingredients

*4 tablespoons melted butter*

*3 cloves minced garlic*

*1 tablespoon finely grated Parmesan*

*1 tablespoon Essence (recipe follows)*

*4 tablespoons olive oil*

*1 (3 1/2 to 4 pound) grouper,*

*fillets removed with scales intact*

*1/4 cup finely chopped fresh*

*herbs, such as tarragon, thyme, basil or chives*

*Essence (Emeril's Creole Seasoning):*

*2 1/2 tablespoons paprika*

*2 tablespoons sea salt*

*2 tablespoons garlic powder*

*1 tablespoon black pepper*

*1 tablespoon onion powder*

*1 tablespoon cayenne pepper*

*1 tablespoon dried leaf oregano*

*1 tablespoon dried thyme*

*Source: "New New Orleans Cooking", by Emeril Lagasse and Jessie*

*Tirsch. Published by William and Morrow, 1993.*

# *Grilled Mediterranean Vegetable Salad*

## *Ingredients*

### *Dressing:*

*2 plum tomatoes, cored, seeded and coarsely chopped*

*3 tablespoons lemon juice*

*3 tablespoons chicken broth*

*1 1/2 tablespoons extra-virgin olive oil*

*1 tablespoon chopped fresh oregano, or 1 teaspoon dried*

*Sea salt & freshly ground pepper to taste*

### *Salad:*

*1 small eggplant, cut into 1/4-inch-thick rounds*

*2 small zucchini, trimmed and cut into 1/4-inch-thick ovals*

*4 plum tomatoes, cored and cut in half lengthwise*

*1 fennel bulb, trimmed and cut into 8 wedges*

*1 red onion, peeled and sliced into 1/4-inch-thick slices (rings kept intact)*

*1 lemon*

*Sliced 3/4 cup crumbled feta cheese, preferably imported*

*8 imported black olives, preferably Kalamata, pitted and cut in half,*

*Freshly ground pepper to taste*

## *Additional Instructions*

To make salad dressing:

Combine 2 tomatoes, lemon juice, broth, oil and oregano in a blender or food processor; blend or process until smooth.

Season to taste with salt and pepper.

To make salad:

Prepare a grill. Lightly oil grill rack.

Cook eggplant, zucchini, 4 tomatoes, fennel, onion and lemon slices, in batches if necessary, until browned and tender.

(Fennel will take 4 to 5 minutes per side; eggplant, zucchini and onion 2 to 3 minutes per side; and tomatoes and lemon 1 to 2 minutes per side.)

As the vegetables are done, transfer them to a large shallow serving dish.

Toss gently with the dressing.

Garnish the salad with feta, black olives and a grinding of black pepper.

*Source: [www.eatingwell.com](http://www.eatingwell.com)*

# *Grilled Sea Bass*

## *Directions*

Preheat grill for high heat.

In a small bowl, stir together the garlic powder, onion powder, paprika, lemon pepper, and sea salt.

Sprinkle seasonings onto the fish.

In a small saucepan over medium heat, melt the butter with the garlic and parsley.

Remove from heat when the butter has melted, and set aside.

Lightly oil grill grate.

Grill fish for 7 minutes, then turn and drizzle with butter.

Continue cooking for 7 minutes, or until easily flaked with a fork.

Drizzle with olive oil before serving.

## *Ingredients*

*1/4 teaspoon garlic powder*

*1/4 teaspoon onion powder*

*1/4 teaspoon paprika*

*lemon pepper to taste*

*sea salt to taste*

*2 pounds sea bass*

*3 tablespoons butter*

*2 large cloves garlic, chopped*

*1 tablespoon chopped Italian flat leaf parsley*

*1 1/2 tablespoons extra virgin olive oil*

# *Halibut Gourmet Style*

## *Ingredients*

*2 lbs. frozen halibut steaks, thawed*

*1 tsp. sea salt*

*2 tbsp. butter*

*4 oz. mushrooms, drained*

*1 cup dairy sour cream*

*1/4 cup sherry wine*

*Paprika to taste*

## *Additional Instructions*

Place halibut steaks in buttered shallow baking dish.

Sprinkle with salt.

Bake at 425 degrees (220 degrees C) for 10 minutes.

Meanwhile, melt butter in saucepan and saute mushrooms until golden brown.

Remove from heat and add sour cream and wine.

Pour sauce over halibut and sprinkle with paprika.

Return to oven and bake at 375 degrees (190 degrees C) for 10 minutes.

Makes 4 to 6 servings.

# *Ham and Cheese Frittata*

## *Directions*

In a large ovenproof skillet coated with nonstick cooking spray, saute the ham, red pepper and onion until ham is lightly browned and vegetables are tender.

In a bowl, combine the eggs, cottage cheese and pepper; pour over ham mixture.

As eggs set, lift edges, letting uncooked portion flow underneath.

When the eggs are almost set, broil 4-6 in. from the heat for 1 minute or until top is set.

Top with tomatoes and cheddar cheese.

Broil 1 minute longer or until cheese is melted.

## *Ingredients*

*1 cup diced fully cooked ham*

*1/2 cup diced sweet red pepper or green pepper*

*1/2 cup chopped onion*

*6 eggs, lightly beaten*

*3/4 cup cottage cheese*

*1/4 teaspoon pepper*

*2 plum tomatoes, sliced*

*1/4 cup shredded Cheddar cheese*

# *Herbed Cauliflower and Green Bean Salad*

## *Ingredients*

*2 large heads of cauliflower*

*2 1/2 cups green beans, cut in thirds*

*2 Tbsp sea salt*

*1/4 cup minced fresh chives*

*3 Tbsp minced fresh dill*

*3 Tbsp dijon mustard*

*3 Tbsp apple cider vinegar*

*1/2 cup extra-virgin olive oil*

*1 large shallot, minced*

*1 tsp honey*

*1 tsp freshly ground black pepper*

*Optional: Minced fresh flatleaf*

*parsley to taste*

## *Additional Instructions*

Combine all ingredients except cauliflower and beans in a large bowl.

Wash cauliflower well and cut into 1/2 inch pieces.

Cover with water by several inches in a large pot, and add 2 Tbsp salt.

Bring to a boil, then reduce heat to medium-low and simmer until the cauliflower are tender without being mushy.

Do not turn heat off, but transfer cauliflower into a colander immediately, and rinse with cold water several times. Allow to cool just until they are warm but can be comfortably handled.

Turn the heat up under the pot of water and add green beans. Cook uncovered for just a few minutes, until green beans are tender but still crisp and bright.

Remove from water and drain. If you want to retain the brightness of their color, submerge them immediately in ice-water until cooled.

Add beans and cauliflower to the large bowl that contains dressing.

Toss very gently to combine, stirring from the bottom to coat cauliflower and beans with the dressing.

Allow to sit for 20 minutes before serving.

Garnish with additional chopped herbs if desired.

Serve while still warm, or at room temperature.

*Source: [www.glutenfreebay.blogspot.com](http://www.glutenfreebay.blogspot.com)*

# *Lemon Garlic Cod*

## *Directions*

Preheat oven to 400 degrees (205 degrees C).

Place fish in a baking dish large enough to hold the fish in one layer.

Season fish with a little sea salt and freshly ground black pepper

Place butter and olive oil in a small skillet.

Heat on medium low.

Add garlic and sauté for 1 minute.

Add lemon and parsley, then remove from heat.

Drizzle garlic mixture over top of fish.

Bake for 12-14 minutes until fish flakes easily with a fork.

Serves 4.

## *Ingredients*

*4 6-ounce pieces cod*

*2 cloves garlic, crushed*

*1/2 tbsp butter*

*1 tbsp olive oil*

*Juice of 1 lemon*

*2 tbsp chopped flat leaf parsley*

# *Lemon Leek Roasted Cornish Hen*

## *Ingredients*

*4 Rock Cornish hens*

*2 lemons, halved*

*2 sliced leeks, white part only*

*2 tablespoons poultry seasoning*

## *Additional Instructions*

Preheat oven to 350 degrees F (175 degrees C).

Place hens in a lightly greased 9x13 inch baking dish.

Stuff each hen with 1 lemon half and 1/4 of the sliced leeks, then sprinkle with seasoning.

Bake at 350 degrees F (175 degrees C) for 1 hour, or until hens are cooked through and juices run clear.

Let stand 10 minutes, then remove lemon and leeks.

*Source: [www.allrecipes.com](http://www.allrecipes.com)*

# *Middle Eastern Lentils and Rice*

## *Directions*

Partially cook the lentils in a saucepan of salted boiling water for 15 minutes.

Drain and set aside.

Heat 1 tablespoon of the olive oil in a skillet over medium heat.

Add the shallots and cook, stirring frequently, until lightly browned, about 10 minutes.

Remove half of the shallots from the skillet and set aside.

Add the lentils to the skillet and stir in the cumin, coriander, paprika and salt and pepper to taste.

Add the rice and water, bring to a boil and cook, uncovered, until the lentils are tender and the rice is cooked, about 30 minutes.

Remove from the heat, cover and set aside for 10 to 15 minutes while you finish cooking the reserved shallots.

Heat the remaining 1 tablespoon of oil in a skillet over medium heat.

Add the reserved shallots and cook until browned and caramelized, about 5 minutes.

Place the rice and lentil mixture in a large serving bowl and top with the crisp shallots.

Serve hot.

## *Ingredients*

*1 cup dried brown lentils, picked over and rinsed*

*2 tablespoons olive oil*

*4 shallots, chopped (large)*

*1 teaspoon cumin*

*1 teaspoon ground coriander*

*1/2 teaspoon sweet paprika*

*Sea salt and pepper (to taste)*

*1 cup basmati rice (uncooked)*

*3 cups water*

# *Moroccan Lamb Stew*

## *Ingredients*

*2 tablespoons coconut oil*

*28 oz / 800 g lean lamb, diced*

*17 fl oz / 500 ml beef or chicken stock*

*1 medium onion, chopped*

*4 oz / 100 g pitted prunes*

*4 oz / 100 g dried apricots*

*2 tablespoons tomato paste*

*1 teaspoon ground ginger*

*1 teaspoon ground cinnamon*

*Freshly ground pepper*

*2 tablespoons sliced almonds to decorate*

## *Additional Instructions*

Heat the oil on a medium heat in a large, heavy-bottomed saucepan.

Add half the meat and cook until brown.

Remove from the pan and place on kitchen towel (lamb can be quite fatty), and cook the rest of the meat.

Put all the meat in the pan, add all the other ingredients and season with pepper to taste.

Bring gently to the boil, lower the heat and simmer with the lid on for about 1 hour or until the meat is tender.

Stir 2-3 times during this time to avoid sticking.

Toast the almonds in a dry frying pan until light brown.

Divide the stew between the plates and garnish with the almonds.

*Source: [www.moroccan-food.suite101.com](http://www.moroccan-food.suite101.com)*

# *No Mayonnaise Potato Salad*

## *Directions*

Place potatoes and eggs in warm water with 2 tablespoons salt.

Bring to a boil and simmer eggs 8 minutes and continue cooking potatoes until tender.

When potatoes are done, submerge in cold water to stop cooking.

Place wine, mustard, dill, vinegar, salt and pepper and thyme in a bowl and mix with whisk and slowly add oil while whisking.

Cut potatoes in 3/8 inch slices and mix with dressing.

Add eggs, olives and onions.

## *Ingredients*

*2 lb. red or new potatoes*

*2 tbsp. chopped dill*

*4 oz. white wine*

*1 tbsp. wine vinegar*

*8 tbsp. olive oil*

*1 tbsp. Dijon mustard*

*1 tsp. sea salt*

*1/2 tsp. pepper*

*1 sm. red onion (cut in rings)*

*3 hard boiled eggs, sliced*

*6 Spanish green olives, sliced*

*1 tsp. thyme*

# *Orange Roughy in Scallion and Ginger Sauce*

## *Ingredients*

*2/3 cup dry sherry or vermouth or rice wine*

*1/2 cup soy sauce*

*1/8 cup sesame oil*

*1/2 cup green onion, finely chopped*

*2 teaspoons ginger, freshly grated*

*2 teaspoons garlic, finely chopped*

*4 orange roughy fillets*

## *Additional Instructions*

Preheat the oven to 400°F (205 degrees C).

Mix the sherry or vermouth, soy sauce, sesame oil, onion, ginger, and garlic in a small bowl.

Place the fish fillets in an ovenproof casserole dish.

Drizzle the marinade over the fish and bake for 12 minutes or until the fish flakes easily.

*Source: [www.recipezaar.com](http://www.recipezaar.com)*

# *Pan Seared Red Snapper*

## *Directions*

Rinse snapper under cold water, and pat dry.

In a shallow bowl, mix together olive oil, lemon juice, rice vinegar, mustard, honey, green onions, and ginger.

Heat a skillet over medium heat.

Dip snapper fillets in marinade to coat both sides, and place in skillet.

Cook for 2 to 3 minutes on each side.

Pour remaining marinade into skillet.

Reduce heat, and simmer for 2 to 3 minutes, or until fish flakes easily with a fork.

## *Ingredients*

*2 (4 ounce) fillets red snapper*

*1 tablespoon olive oil*

*1 lemon, juiced*

*2 tablespoons rice wine vinegar*

*1 teaspoon Dijon mustard*

*1 tablespoon honey*

*1/4 cup chopped green onions*

*1 teaspoon ground ginger*

# *Parmesan Chicken II*

## *Ingredients*

*12 chicken drumsticks*

*2 cups grated Parmesan cheese*

*1 egg*

*1 teaspoon ground black pepper*

*1 teaspoon salt*

## *Additional Instructions*

In a shallow bowl, mix together salt, pepper, and cheese.

In a separate bowl, beat egg until lemon colored.

Dip chicken in egg, coating well.

Roll in cheese.

Bake at 400 degrees F (205 degrees C) for 45 minutes, or until brown.

Yields 6 servings

*Source: [www.allrecipes.com](http://www.allrecipes.com)*

# *Pork Chops with Black Cherry Sauce*

## *Directions*

Preheat oven to 350 degrees F (175 degrees C).

Line a baking sheet with aluminum foil.

Heat the vegetable oil in a large skillet over medium-high heat.

Season the pork chops with salt and pepper, then brown in the hot oil until golden brown on both sides, about 2 minutes per side.

Remove the pork chops to the lined baking sheet.

Bake in the preheated oven until the pork chops are no longer pink in the center, and register 160 degrees F (71 degrees C) on a kitchen thermometer, about 20 minutes.

While the pork chops are baking, melt the butter in the same skillet over medium heat, and stir in the shallot and cherries.

Cook until the shallot has begun to soften, about 2 minutes.

Stir in the red wine and beef broth, and bring to a simmer.

Season with rosemary, and simmer until the sauce has reduced and thickened.

Season to taste with salt and pepper before pouring over the pork chops to serve.

## *Ingredients*

*2 tablespoons olive oil*

*4 bone-in pork chops*

*Sea salt and pepper to taste*

*1/4 cup butter*

*3/4 cup sliced shallots*

*1 1/2 cups fresh black*

*cherries, pitted and halved*

*2 tablespoons red wine*

*1/4 cup beef broth*

*1/4 teaspoon dried rosemary leaves,  
crumbled*

# *Potato-Bacon Hash*

## *Ingredients*

*6 slices bacon*

*1 1/2 pounds red bliss or*

*Yukon gold potatoes, washed and cut  
into small chunks*

*1 bunch scallions, white and green  
parts (optional)*

*2 garlic cloves, minced*

*Sea salt and freshly ground black  
pepper to taste*

## *Additional Instructions*

In a heavy skillet, cook the bacon until crisp.

Transfer it to a paper towel-lined plate.

Remove all but 1 tablespoon of the fat and return the pan to high heat.

Add the potatoes, white scallions (if using), garlic, salt, pepper, and 1/4 cup water.

Bring to a boil.

Cover, reduce heat to medium-low, and simmer until the potatoes are just tender, 8 to 10 minutes.

Add the bacon, broken into pieces. Cook, stirring occasionally, for about 10 minutes more.

Remove from heat, garnish with the green scallions (if using), and serve.

*Source: [www.epicurious.com](http://www.epicurious.com)*

# *Roasted Mackerel and Avocado Salad*

## *Directions*

Preheat broiler.

Make several diagonal slashes (1/8 inch deep) in mackerel skin about 1 inch apart.

Coat both sides of mackerel with 2 tablespoons oil, then season with 3/4 teaspoon salt (total).

Broil mackerel, skin side up, in a 4-sided sheet pan about 4 inches from heat until just cooked through and skin is crisp in spots, about 7 minutes.

Meanwhile, whisk together remaining 1/3 cup oil, lemon juice, mustard, 1/4 teaspoon salt, and 1/8 teaspoon pepper in a large bowl.

Reserve 2 tablespoons vinaigrette, then toss radicchio and parsley with remaining vinaigrette.

Serve salad topped with avocado and mackerel and drizzled with reserved vinaigrette.

## *Ingredients*

*6 (4-to 5-ounces) mackerel fillets with skin, halved*

*1/3 cup plus 2 tablespoons extra-virgin olive oil, divided*

*2 tablespoons fresh lemon juice*

*1 tablespoon Dijon mustard*

*1 medium head radicchio*

*(about 10 ounces), leaves torn*

*2 tablespoons chopped flatleaf parsley*

*1 medium avocado, thinly sliced*

# *Roasted Rockfish*

## *Ingredients*

*1 tablespoon olive oil*

*1 onion, chopped*

*2 cloves garlic, minced*

*12 ounces artichoke hearts, drained  
and quartered*

*4 rockfish fillets, about 4 ounces each*

*1 teaspoon chopped, fresh rosemary*

*Sea salt to taste*

*freshly ground black pepper*

*1 cup diced tomatoes*

*1/4 cup fresh lemon juice*

## *Additional Instructions*

Preheat the oven to 350 degrees F (175 degrees C).

Heat the olive oil in a large skillet over medium heat.

Add the onion and cook, stirring occasionally, until it is soft and translucent, about 5 minutes.

Add the garlic and artichokes, season with salt and pepper, cook for 2 more minutes and transfer to a baking dish.

Season the rockfish fillets with rosemary, salt and pepper and place them in the baking dish.

Pour the tomatoes over the fillets and sprinkle with lemon juice, salt and pepper.

Bake until the fish is just cooked through, about 10 to 12 minutes, depending on the thickness of the fish.

# *Rosemary Chicken with Sausage and Potatoes*

## *Directions*

Preheat oven to 450 degrees F (230 degrees C).

Prepare a large baking dish with cooking spray.

Pour half of the olive oil into a large skillet over medium heat.

Cook the bratwurst in the hot oil until browned on both sides, about 5 minutes; set aside.

Add the remaining olive oil to the skillet and return to heat; brown the chicken pieces in the hot oil 7 to 10 minutes; season with salt while cooking; set aside and return the skillet to heat.

Heat the potatoes in the skillet until lightly browned.

Arrange potatoes, chicken, and bratwurst in the prepared baking dish; season with salt and drizzle with 2 tablespoons olive oil; sprinkle with about half of the chopped rosemary.

Roast in the preheated oven 15 minutes.

Turn each piece of chicken over and stir the potatoes and sausage.

Sprinkle the remaining rosemary and the red wine vinegar over the dish; cook another 15 minutes.

## *Ingredients*

*1/4 cup olive oil*

*1 pound bratwurst links, cut into 1/2 inch slices*

*2 1/2 pounds chicken pieces*

*1 pinch sea salt to taste*

*2 pounds potatoes, cut into 1-inch chunks*

*2 tablespoons extra-virgin olive oil*

*2 1/2 tablespoons fresh rosemary leaves, chopped*

*1 teaspoon red wine vinegar*

# *Scrambled Eggs with Chicken Livers*

## *Ingredients*

*3 tablespoons unsalted butter*

*6 ounces (3/4 cup) chicken livers, trimmed of sinew and fat (if frozen, defrost completely)*

*Sea salt*

*Freshly ground black pepper*

*1 tablespoon tomato paste*

*8 to 10 extra-large eggs, preferably at room temperature*

*3 to 4 stems chives, for garnish (optional)*

## *Additional Instructions*

Melt 2 tablespoons of the butter in a medium skillet over medium heat. Add the chicken livers and cook, stirring often, for 4 to 5 minutes, just until they are almost cooked through but still tender.

Season with salt and pepper to taste. Add the tomato paste and mix to coat the livers; use a fork to slightly smash them (you will see a little pink inside; that's okay). Remove from the heat.

Meanwhile, fill a medium saucepan with a few inches of water and place over medium heat, regulating the heat so that the water is barely bubbling at the edges. Place the remaining 1 tablespoon of butter in a large stainless-steel bowl; set the bowl over the saucepan.

Meanwhile, break the eggs into a large bowl and beat well with a wire whisk. Use scissors to snip the chives, if using; set aside.

Swirl the melted butter in the bowl to coat the sides, then pour the beaten eggs into the melted butter. Reduce the heat to medium-low and cook for 5 to 7 minutes, stirring constantly with a wooden spoon or flexible spatula, until the eggs are cooked through but have a creamy texture (reduce the heat as needed to keep the eggs from cooking too quickly. If using an egg substitute, let the eggs set for 1 to 2 minutes before stirring, and wait for 30 seconds or so between subsequent stirrings). When the eggs are creamy and almost set, add the chicken livers and the scrapings from their skillet, folding gently to combine. Taste and adjust seasoning as needed. Remove the bowl from the saucepan and divide the mixture among individual plates. Sprinkle with the chives, if using, and serve immediately.

*Source: [www.projects.washingtonpost.com](http://www.projects.washingtonpost.com)*

# *Seared Ahi Tuna Steak*

## *Directions*

Season the tuna steaks with salt and cayenne pepper.

Melt the butter with the olive oil in a skillet over mediumhigh heat.

Cook the peppercorns in the mixture until they soften and pop, about 5 minutes.

Gently place the seasoned tuna in the skillet and cook to desired doneness, 1 1/2 minutes per side for rare.

## *Ingredients*

*2 (5 ounce) ahi tuna steaks*

*1 teaspoon sea salt*

*1/4 teaspoon cayenne pepper*

*1/2 tablespoon butter*

*2 tablespoons olive oil*

*1 teaspoon whole peppercorns*

# *Shrimp salad*

## *Ingredients*

*1 1/2 lbs. shrimp, cooked and deveined*

*1/4 cup extra virgin olive oil*

*juice of 1 lemon*

*1 clove garlic, minced*

*1 tablespoon fresh parsley, chopped*

*sea salt and pepper, to taste*

## *Additional Instructions*

Cook, shell, and devein the shrimp.

Combine remaining ingredients (except parsley) for the dressing.

In a salad bowl, pour dressing over shrimp and mix until all are well coated.

Serve warm or cover and refrigerate for one hour.

Sprinkle with fresh parsley before serving.

# *Sweet Corn and Beef Frittata*

## *Directions*

Heat the butter in a med-sized frying pan.

When hot, add the potatoes and fry for 3 or 4 minutes, until golden and tender.

Add the onion and fry for a further 2 minutes.

Stir in the corned beef, sweet corn, herbs and cook for a further 2 minutes.

Sprinkle half the cheese into the pan and allow to melt slightly.

Beat the eggs, season and pour the egg mixture into the pan.

Keep pushing the mixture into the centre of the pan, allowing the raw egg to flow to the edges.

When almost set, sprinkle with the remaining cheese and place the pan under a hot grill for 2-3 minutes, until golden.

Remove from the pan and cut into wedges.

Serve immediately with spinach and butter.

## *Ingredients*

*2 tablespoon Butter*

*1 large Potato peeled, diced*

*1 medium Onion chopped*

*1 can Corned beef cubed*

*1/2 cup Corn*

*2 tablespoon Fresh herbs chopped*

*3 ounce Cheddar or mozzarella, grated*

*6 large Eggs*

# *Sweet Potato Hash*

## *Ingredients*

*1 pound sweet potatoes, peeled and diced*

*1/2 Spanish onion, sliced*

*1/2 red bell pepper, diced*

*1 (12-ounce) can blackeyed peas, drained and rinsed*

*1 small clove garlic, chopped*

*2 tablespoons diced jalapeno pepper*

*2 tablespoons chopped fresh cilantro leaves*

*1/4 teaspoon dried thyme*

*1/4 teaspoon kosher salt*

*1/4 teaspoon ground black pepper*

## *Additional Instructions*

In a large pot, place peeled and diced sweet potatoes and fill with enough cold water to cover.

Bring to a boil, reduce heat to a simmer, and cook the potatoes until soft, about 15 to 20 minutes.

Drain and cool potatoes.

In a large bowl, combine the cooled potatoes, onion, red pepper, peas, garlic, jalapeno, cilantro, and thyme.

Season with salt and pepper and serve cold.

*Source: [www.foodnetwork.com](http://www.foodnetwork.com)*

# *Tuna Salad*

## *Directions*

Drain the tuna and break it up into small sized chunks.  
Add all dry ingredients: salt, pepper, garlic and, parsley.  
Then add the celery, lemon juice and, onions.  
Fold in the olive oil until it is blended.

## *Ingredients*

*1 can tuna, drained (6 oz.)*  
*1/8 teaspoon sea salt (to taste)*  
*1/8 teaspoon black pepper (to taste)*  
*1/4 teaspoon garlic*  
*1 tablespoon parsley*  
*1/4 c chopped celery*  
*1/4 cup onion, finely diced*  
*1/2 teaspoon lemon juice*  
*1/4 cup olive oil*  
*paprika*

# Uruguayan Beef Stew

## Ingredients

*2 tablespoons coconut oil*  
*2 medium-size onions, chopped (about 2 cups)*  
*1 medium-size green bell pepper, seeded and chopped*  
*4 cloves garlic, minced*  
*2 pounds boneless beef sirloin cut from the leg, trimmed of fat and cut into 1-1/2-inch cubes*  
*1 bay leaf*  
*1 teaspoon dried oregano, crumbled*  
*1/2 teaspoon dried thyme*  
*1/2 teaspoon freshly ground black pepper*  
*1 teaspoon sea salt*  
*One 16-ounce can pearshaped tomatoes, with juices*  
*2 cups beef broth, or more if needed*  
*2 ears corn, cut into 1-inch thick rounds*  
*8 ounces winter squash, peeled, seeded, and cut into 1-inch cubes*  
*8 ounces boiling potatoes, peeled and cut into 1-inch cubes*  
*1 large sweet potato (about 8 ounces), peeled and cut into 1-inch cubes*  
*2 large ripe but firm Anjou or Bartlett pears, peeled, cored, and cut into 1-inch cubes*  
*2 large ripe but firm peaches, peeled, pitted, and cut into 1-inch cubes*  
*1/4 cup freshly grated raw*  
*Parmesan cheese*

## Additional Instructions

In a heavy 6-quart casserole or Dutch oven, heat the oil over medium heat.

Add the onions, green pepper, and garlic and cook, stirring a few times, until the onions are transparent, about 5 minutes.

Add the meat, bay leaf, oregano, thyme, black pepper, and salt and cook, stirring a few times, for about 5 minutes.

Put the tomatoes and their juices in a blender and process until coarsely chopped.

Add to the casserole along with the beef broth.

Bring to a boil, reduce the heat to low, cover, and simmer until the meat is tender, about 1 hour.

Remove the bay leaf.

Add the corn, squash, potatoes, and sweet potato and simmer until the potatoes are tender, about 20 minutes.

Add the pears and peaches.

If the juices in the pan have dried up, add more beef broth; there should be plenty of sauce to cover the meat and vegetables.

Heat the fruit through and taste for salt and black pepper.

Serve hot, sprinkled with the Parmesan.

*Source: [www.globalgourmet.com](http://www.globalgourmet.com)*

# *Vegetarian Open Faced Sandwich*

## *Directions*

Preheat the oven broiler.

Spread one side of each bread slice with equal amounts pesto sauce.

Arrange in a single layer on a baking sheet, pesto side up.

Layer each slice with eggplant, red bell pepper, red onion, tomatoes, mushrooms, and cheese.

Crush garlic on top of cheese, and season with oregano, basil, salt, and pepper.

Broil 5 minutes in the preheated oven, or until cheese is melted and lightly browned.

## *Ingredients*

*6 slices sourdough bread, toasted*

*3 tablespoons pesto sauce*

*1 small eggplant, sliced*

*1 small red bell pepper, sliced*

*1 medium red onion, sliced*

*2 tomatoes, sliced*

*1 cup sliced fresh mushrooms*

*6 slices mozzarella cheese*

*4 cloves garlic*

*dried oregano*

*dried basil*

*sea salt and pepper to taste*

# *Whitefish with Cilantro Pesto*

## *Ingredients*

*4 whitefish fillets*

*2 tablespoons lemon juice, fresh*

*2 cloves garlic, minced*

*2 cups cilantro*

*1 tablespoon olive oil*

*1/2 teaspoon sea salt*

*1/2 teaspoon crushed red pepper flakes*

## *Additional Instructions*

Preheat the oven to 400 degrees F (205 degrees C).

Prepare a shallow baking dish with butter.

Sprinkle the fish with lemon juice and place in the dish.

Mince the garlic in a food processor or blender.

Add the cilantro; process until minced.

Add the oil, salt, and pepper flakes; process until well mixed. (Alternatively, mince the garlic and cilantro by hand; stir in the oil, salt, and pepper until well blended.)

Spread the pesto evenly over the fish.

Bake 10 minutes, or until the fish is opaque and flakes easily with a fork.

Serve hot.

*Source: [www.cdktichen.com](http://www.cdktichen.com)*

# *Zippy Pork Chops*

## *Directions*

Combine the chili powder, oregano, garlic and cumin; gently rub over both sides of pork chops.

Cover and refrigerate for at least 2 hours.

Grill, covered, over medium-hot heat for 5-7 minutes on each side or until a meat thermometer reads 160°.

Yield: 6 servings.

## *Ingredients*

*4 teaspoons chili powder*

*1-1/2 teaspoons dried oregano*

*2 garlic cloves, minced*

*3/4 teaspoon ground cumin*

*6 boneless pork loin chops*

*(3/4 inch thick)*

## *So...just who is Isabel De Los Rios?*



Isabel De Los Rios is a certified nutritionist and exercise specialist who has already helped over 25,000 people all over the world lose incredible amounts of weight, regain their health and permanently change their lives. She is the author of *The Beyond Diet Program* and the Owner of *New Body – Center for Fitness and Nutrition* in New Jersey. She has become the #1 “go to girl” when it comes to Fat Burning Nutrition by several of the most popular fitness professionals around the globe. Isabel’s cutting edge and completely different approach to nutrition is what sets her apart from all the rest. This approach has created results for so many once frustrated dieters. Her strategies work, hands down, as long as her simple principles are followed.

Isabel is able to educate clients and readers all over the world through her books, hundreds of online articles, seminars, and the media which all focus on the essential principles of fat loss nutrition and achieving a healthy, toned and vibrant body.

Isabel graduated from Rutgers University with a degree in exercise physiology (a pre-med curriculum). She is a Certified Strength and Conditioning Specialist, the highest and most advanced certification given by the National Strength and Conditioning Association. She is also a Holistic Nutrition Lifestyle Coach, certified by the Corrective Holistic Exercise Kinesiology (C.H.E.K.) Institute in San Diego, California. She counsels many special populations, including diabetics, heart disease patients, cancer survivors, and overweight individuals, as well as healthy individuals who wish to maintain health and prevent disease.

Isabel De Los Rios found her passion for nutrition as a teenager. The overweight daughter and granddaughter of type 2 diabetics, Isabel was told that she was doomed to suffer from the same health problems as the generations who preceded her. Not willing to sit around waiting for this grim prediction to become a reality, she pored over every nutrition and diet book available in search of the answers to her family’s weight and health problems. This led her to personally seek out doctors and health professionals that were using nutrition to get great results (as far as health and weight loss) with their patients and clients.

She has since reached and maintained an ideal weight, is vibrantly healthy and shows no indication that conditions like diabetes will affect her as they have so many in her family. She truly enjoys a high level of wellbeing that not only surprises most people, but motivates them to achieve what Isabel has.