

STEP 2:

FAT BURNING RECIPES



STEP 2: FAT BURNING RECIPES INDEX

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EVERYONE'S FAVORITE HERBAL FRUIT TEA RECIPE



This recipe is a staple on this program. Most people drink it every day for breakfast in different varieties.

One Full Box Celestial Seasonings Fruit Tea Sampler OR 16-20 tea bags of assorted fruit flavors.

Directions:

Bring 2 Cups water to a boil in a sauce pan. Remove from heat and add ALL tea bags: Let the tea bags steep (rest in the hot water) for about 5 minutes. Remove and pour this amazing concentrate into a jar that can easily be stored in the fridge. It will last several days refrigerated. This way you do not have to make tea every day.

To Drink:

I dilute about $\frac{1}{4}$ to $\frac{1}{2}$ cup tea concentrate to 2 quarts of water.

I always add a half a lemon squeezed into 2 quarts of tea. Then sweeten to taste with the Stevia.

Some of our favorite Stevia sweeteners are:
Sweet Leaf® Stevia Drops, Valencia Orange
Stevita® Stevia Powder in Lime or Orange

The plain powdered Stevia's tend to be bitter and leave an aftertaste. That is why we choose the flavored drops or Stevita® flavored powders. All of the flavors are amazing.

SALADS



BASIC CHICKEN SALAD

- 100 grams of Fantastic Baked Chicken* (page 50), chopped
- 1 TBSP Plain Greek Yogurt
- 1 TBSP lemon juice
- ¼ tsp. organic poultry seasoning (Such as Simply Organics)
- 1 TBSP onion, minced
- Salt and pepper to taste

Directions:

Finely chop chicken, place in a bowl and add the plain greek yogurt and add seasonings. Stir till blended. Enjoy with your choice of vegetable. Very delicious with cucumbers, celery or tomato. This can be enjoyed in so many varieties.

Makes 1 Serving (1 protein, 1 vegetable)

CHICKEN SALAD WITH APPLES

- 100 grams Fantastic Baked Chicken* (page 50) diced
- 1 apple, diced
- 1 TBSP lemon juice
- 1/8 tsp. cinnamon
- Dash of salt
- Plain Stevia sweetened to taste; start with 1-2 drops
- Wedge of lemon



Directions:

Mix ingredients together, sprinkle with stevia and cinnamon. Chill for 20 minutes. Serve with a wedge of lemon and enjoy. Add a vegetable for a complete meal.

Variations: Celery, cucumbers or place on bed of lettuce.

Makes 1 Serving (1 protein, 1 fruit)

CHINESE CHICKEN SALAD

100 grams Fantastic Baked Chicken* (page 50)
2 cups of shredded cabbage
1 TBSP Bragg's Apple Cider Vinegar
1 TBSP chicken broth (organic or homemade)
1 TBSP green onion, minced
1 clove of garlic, pressed
Fresh grated ginger or a dash of powdered ginger
Dash of ground "Fiery Chili Fusion"
Stevia to taste
salt and pepper to taste

Directions:

Reheat the chicken in a saucepan with lemon juice, 1 TBSP chicken broth, garlic and onion. Steam cabbage lightly until tender. Drain off excess liquid. Add chicken, ginger, salt and pepper and chill. Sprinkle with additional Bragg's if desired.

Makes 1 Serving (1 protein, 1 vegetable)

SPINACH SALAD WITH CHICKEN AND STRAWBERRIES

3 cups of baby spinach leaves
100 grams Fantastic Baked Chicken* (page 50)
diced or sliced — warm is delicious!
5-6 sliced strawberries
Dressing of choice listed in this book!

Makes 1 Serving (1 protein, 1 vegetable, 1 fruit)



MEXICAN SALAD

1 large handful chopped romaine lettuce
100 grams chicken or beef
Chopped cilantro to taste
Salt and pepper to taste
Salsa* (page 44)

Makes 1 Serving (1 protein, 1 vegetable, 1 fruit)

DRESSINGS, SAUCES AND MARINADES



STRAWBERRY VINAIGRETTE

- 2-3 strawberries
- 1 tsp. Bragg's Apple Cider Vinegar
- 1 TBSP lemon juice
- Valencia Orange Stevia to taste
- Dash of salt

Directions:

Combine all ingredients in food processor. Puree until smooth. Slice remaining strawberries and enjoy with meal.

Variations: use as a marinade, sauce for chicken or salad dressing!

CITRUS VINAIGRETTE

- 2 TBSP Bragg's Apple Cider Vinegar
- 1 TBSP lemon juice
- 1 TBSP orange juice
- Orange Liquid Stevia to taste (5-10 drops)
- ¼ tsp. minced onion
- 1 clove pressed garlic (optional)
- Dash of salt

Directions:

Stir well and enjoy as a salad dressing or marinade. Can double recipe and store. Best fresh.

CITRUS GINGER DRESSING/MARINADE



- 1 TBSP lemon juice
- 1 TBSP orange juice
- 2 tsp. Bragg's Apple Cider Vinegar
- Ginger fresh or ground to taste
- Salt and fresh black pepper to taste
- Orange Liquid Stevia to taste (5-10 drops)

Directions:

Stir well and enjoy as a salad dressing or marinade.

SALSA

1 cup fresh tomato, chopped
1 TBSP lemon juice
1 tsp. Bragg's Apple Cider Vinegar (optional)
2 cloves garlic, crushed and minced
2 TBSP onion, finely chopped
¼ tsp. chili powder
¼ tsp. fresh or dried oregano
Cayenne pepper to taste
Fresh chopped cilantro
Salt and pepper to taste



Directions:

Puree ingredients in food processor for smooth salsa or chop ingredients by hand for chunkier salsa. Add spices and chill in the refrigerator for 10 minutes or more to allow flavors to blend.

Makes 1 Serving (1 vegetable)

BARBECUE SAUCE

3 ounces tomato paste
2 TBSP Bragg's Apple Cider Vinegar
3 TBSP lemon juice
1 TBSP hot sauce
1 TBSP onion, minced
3 cloves garlic, crushed and minced
¼ tsp. chili powder
½ tsp. Worcestershire sauce
½ tsp. garlic powder
½ tsp. onion powder
Plain Liquid Stevia sweetened to taste
Salt and pepper to taste

Chicken broth (page 47) as needed to achieve desired consistency

Directions:

In a small saucepan, combine all ingredients. Mix well and bring to a boil. Reduce heat and simmer for at least 5 minutes adding a little broth to achieve desired consistency and to make sure it doesn't burn. Use as a barbecue sauce for chicken or beef.

Makes 1 Serving (1 vegetable)

SWEET ORANGE DRESSING/MARINADE



Juice of 3 orange segments
2 TBSP lemon juice
1 tsp. Bragg's Apple Cider Vinegar (optional)
¼ tsp. ginger powder
Pinch of turmeric
Pinch of orange zest
Stevia to taste

Directions:

Mix the spices and Stevia in juice mixture. Heat the dressing slightly in a saucepan then chill until ready to use. You may double the recipe for a marinade. Serve with remaining orange slices.
Salt and pepper to taste.

Chicken broth, recipe on page 47, as needed to achieve desired consistency.

Option: For a spicy marinade add Fiery Chili Fusion or Cayenne pepper to taste

Makes 1 Serving (1 vegetable or fruit)

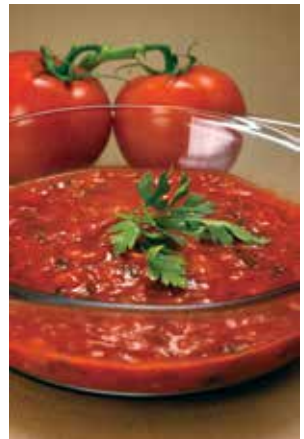
ITALIAN TOMATO SAUCE

1 cup fresh tomato, diced
1 TBSP organic tomato paste
½ tsp. oregano
½ tsp. basil
½ clove fresh garlic
Salt and pepper to taste
½ cup homemade broth* (pages 47-48)

Directions:

In a sauce pan, simmer all ingredients until bubbly. You can use chunky or blend the ingredients before cooking for a smoother sauce.

Makes 1 Serving (1 vegetable or fruit)



SOUPS

CABBAGE SOUP (ADD A PROTEIN!)

2 cups of cabbage
2 cups water or broth (pages 47-48)
2 TBSP Bragg's Aminos Seasoning
2 cloves garlic, crushed and minced
1 TBSP onion, chopped 1/4 tsp.
1/4 tsp. thyme (rub between fingers when adding)
1/4 tsp. rosemary
(rub between fingers when adding)
Fiery Chili Fusion Grinder (optional)
Salt and pepper to taste



Directions:

In a sauce pan, heat broth and seasonings with cabbage. Reduce heat and simmer for a minimum of 10-30 minutes depending on how tender you like your cabbage. Add additional water to broth as needed. Variations: Add your protein! Add some lemon to give it a little sour kick! One of my favorites is to cook Tilapia fish in with the cabbage also adding the lemon!

Makes 1 Serving (1 vegetable) (1 protein, if added)

VEGETABLE BEEF SOUP

100 grams extra lean ground beef (93% lean)
Celery, cabbage, or tomato diced, based on serving size on page 14
2 cups water or vegetable broth (page 42)
1 TBSP onion chopped
1 clove garlic pressed
1 bay leaf
1/8 tsp. dried basil
1/8 tsp. fresh/dried oregano (rub between fingers as adding)
Pinch of thyme (rub between fingers when adding)
Salt and pepper to taste.

Directions:

Combine onion, garlic and spices with beef broth. Add celery and ground beef. Simmer for 20-30 minutes. Add tomatoes and simmer for an additional 5 minutes.

Makes 1 Serving (1 protein, 1 vegetable)

SAVORY CHICKEN SOUP

100 grams chicken breast, cubed
1 serving size celery or tomatoes, chopped
2 cups water or homemade broth* (pages 47-48)
1 TBSP green onion, sliced
2 cloves garlic, pressed
1 bay leaf
½ tsp. organic poultry spice blend (rub between fingers when adding)
Cayenne pepper to taste
Salt and black pepper to taste



Directions:

Bring chicken stock to a boil. Add onion, garlic and spices. Add chicken and vegetables and simmer on low heat for 20 minutes or more until chicken and cabbage is tender and fully cooked. Serve hot.

Makes 1 Serving (1 protein, 1 vegetable)



HOMEMADE CHICKEN BROTH

3 large boneless skinless chicken breasts
10 or more cups of water
½ large onion, chopped
4 celery stalks, chopped
5 cloves garlic, sliced
1 bay leaf
2 tsp. salt and pepper to taste

Directions:

In a large soup pot or crockpot combine chicken and 10 or more cups of water. Water should slightly cover the chicken. Add celery and spices. Heat to a boil then reduce heat to simmer. Allow to slow cook for 2 hours.

Remove vegetables and chicken from broth. Refrigerate stock and then when solid skim off the chicken fat. Put through a fine strainer for a clear broth. Save the chicken and make chicken salad or add to soups.

Makes Multiple Servings

HOMEMADE VEGETABLE BROTH

- 10 or more cups of water
- ½ large onion, chopped
- 6-10 celery stalks
- 10 cloves garlic, chopped
- 2 bay leaves
- 1 tsp. paprika
- 1 tsp. garlic powder
- 1 tsp. basil
- 1 tsp. thyme
- Salt and pepper to taste



Directions:

Bring water to a boil in a large soup pot or crockpot. Add vegetables and spices. Slow cook for 2-4 hours. Strain out vegetables and cool. Use as a base for soups.

Makes Multiple Servings

CHILI

- 100 grams extra lean ground beef (93% lean)
- 1 cup tomatoes, chopped
- 1 TBSP tomato paste
- ¼ cup water or broth
- 1 TBSP onion, minced
- 2 cloves garlic, crushed and minced
- Pinch of garlic powder
- Pinch of onion powder
- Pinch of cumin
- ¼ tsp. chili powder
- Pinch of oregano (rub between fingers when adding)
- Cayenne pepper to taste (optional)
- Salt and pepper to taste



Directions:

Brown ground beef in small frying pan, add onions and garlic. Mix together tomato paste, water or broth. Add to Beef and stir in tomatoes. Add spices and simmer slowly until liquid is slightly thickened. The longer it cooks the more tender and flavorful. Add a little broth as needed to prevent burning. Serve with chopped green onion or tomato as a garnish and salt and pepper to taste.

Makes 1 Serving (1 protein, 1 vegetable)

FRENCH ONION SOUP

2 cups broth, page 47-48

1 TBSP Bragg's liquid Aminos (optional)

1 tsp. lemon juice

¼ to ½ of an onion in thin strips

1 clove garlic, crushed and minced

Salt and black pepper to taste

Plain Liquid Stevia sweetened to taste (a few drops)

Directions:

Brown the onions in a little water and lemon juice. Add broth and spices and simmer for 20-30 minutes. Top with Melba toast croutons.

Is delicious with Beef!

Makes 1 Serving

(1 vegetable) (1 protein, if added)



CHICKEN ENTREES

FANTASTIC BAKED CHICKEN

This can be Baked or Grilled for a variety!

1 package fresh boneless skinless chicken tenders

Lemon juice

Salt and pepper to taste



Directions:

Weigh out each of the Chicken Tenders to 100 grams.

BAKED: Place in baking dish so that you can distinguish each 100 gram unit. Pour about ½ cup lemon juice over chicken in a 9x13" pan. Sprinkle with salt and pepper to taste.

Bake at 325 for 20-25 minutes covered in foil. Bake just until it's not pink in center, checking after 20 min. This is the MOST tender, moist chicken ever. Freeze some, but also keep some fresh in the fridge.

GRILLED: Place in George Foreman Grill, squeeze with lemon, sprinkle spices and cook until juice runs clear and chicken is still tender! About 2-3 minutes.

Cool slightly and wrap in foil and store in freezer in a Freezer Bag.

TO THAW AND REHEAT: Place chicken still in foil in a small saucepan with just enough water to cover the bottom of pan. Cover with lid. Cook on high until water begins to bubble and then turn burner off. Let sit for about 10 minutes! Use this time to prepare your veggies and fruit!

Makes Multiple Servings

MEXICAN STYLE CHICKEN

100 grams Fantastic Baked Chicken* (shown above)

1 TBSP Salsa (page 44)

Sprinkle with cumin to taste

Sprinkle with chili powder

1 tsp. cilantro leaves, chopped

Directions:

Remove the chicken from foil and reheat with above ingredients. Then slice or shred chicken as desired.

Makes 1 Serving (1 protein)



ITALIAN CHICKEN AND CABBAGE

Favorite style of basic chicken 100 grams
2 cups finely shredded cabbage
2 TBSP Italian tomato sauce* (page 45)

Directions:

While chicken is reheating, steam or par-boil cabbage just until limp. Warm the Italian tomato sauce. Put it all together like spaghetti and Bon Appetit!

Makes 1 Serving (1 protein, 1 vegetable)

CHICKEN ASPARAGUS BAKE

100 grams boneless skinless chicken breast, pounded thin
2 cups asparagus washed and sliced to four inch lengths
½ cup water or homemade broth* (pages 47-48)
1 TBSP lemon juice
1 Melba toast, crushed (optional)
1 clove garlic, crushed and minced
2 TBSP onion, chopped
Dash of paprika
Salt and pepper to taste



Directions:

Pound the chicken breast out on the counter between 2 sheets of plastic wrap. Sprinkle with salt and pepper. Place asparagus, onion and garlic onto flattened chicken and roll up. Place rolled chicken into a small baking dish. Mix broth and lemon juice; pour over chicken. Sprinkle with crushed melba toast and paprika. Bake at 375 degrees for 30 minutes or until chicken juices is clear when pierced.

Makes 1 Serving (1 protein, 1 vegetable)

LEMON HERBED CHICKEN

100 grams thick sliced or whole chicken breast
1 serving Melba toast crumbs
¼ cup water or homemade broth* (pages 47-48)
3 TBSP lemon juice
½ tsp. Braggs Organic Sprinkle
¼ tsp. onion powder
¼ tsp. garlic powder
Salt and pepper to taste

Makes 1 Serving (1 protein)

LEMON HERBED CHICKEN (CONTINUED)

Directions:

Marinate chicken in lemon juice and salt. Mix spices and Melba toast crumbs together in shallow bowl or plate. Coat the chicken pieces with spice mixture and place in baking dish. Add broth and top chicken with additional spice mixture.

Bake chicken at 350 for approximately 20 minutes or until cooked. Sprinkle chicken with lemon juice, salt, and pepper to taste. Garnish with fresh chopped parsley and lemon slices.

Makes 1 Serving (1 protein, 1 vegetable)

CHICKEN TACOS

100 grams Fantastic Baked Chicken* (page 50) or extra lean ground chicken breast, finely chopped

¼ cup water or homemade broth* (pages 47-48)

1 TBSP onion, chopped

1 clove garlic, crushed and minced

⅛ tsp. oregano

Cayenne pepper to taste

Pinch of cumin

Fresh cilantro chopped

2-4 large lettuce leaves



Directions:

In a small frying pan cook chicken in broth. Add onion, garlic, and spices. Rub pan with lemon juice or a little water. Serve chicken taco style in butter lettuce or romaine leaves or top with Salsa (page 44).

Makes 1 Serving (1 protein, 1 vegetable)

BARBECUE CHICKEN

100 grams chicken

One serving barbecue sauce (page 44)

Directions:

Prepare BBQ sauce. Cook the chicken with the sauce in small saucepan with the juices or bake in oven at 375 degrees for approximately 20-30 minutes or until cooked thoroughly.

Makes 1 Serving (1 protein)

BUFFALO STYLE CHICKEN FINGERS

100 grams of chicken, cut into long thin strips
Melba toast crushed (optional)
2 TBSP hot sauce (Franks red hot sauce works the best for this recipe)
4 TBSP lemon juice
Salt and black pepper to taste



Directions:

Marinate chicken strips in lemon juice and salt. Coat chicken strips with Melba crumbs. Fry in frying pan until lightly browned and cooked thoroughly. Toss with hot sauce and black pepper to taste. Serve as finger food or as an entrée. Serve with raw celery sticks or desired vegetable.

Makes 1 Serving (1 protein)

BAKED APPLE CHICKEN

100 grams chicken, cubed
½ apple, finely chopped
2 TBSP lemon juice
1 TBSP Bragg's Apple Cider Vinegar
1/8 tsp. cinnamon
Salt and pepper to taste
Plain Liquid Stevia sweetened to taste
Dash of cayenne

Directions

Lightly brown the chicken in lemon juice. Add chopped apple and evenly coat with a mixture of Bragg's Apple Cider Vinegar, lemon juice, Stevia, cinnamon, cayenne and pinch of salt. Put in small baking dish and add additional vinegar and lemon juice. Bake at 325 degrees for 10 minutes or until juice from chicken runs clear when pierced. Serve with the rest of the apple in thin slices on the side.

Makes 1 Serving (1 protein, 1 fruit)

ORANGE GLAZED CHICKEN BREAST

100 grams chicken

One serving Sweet Orange Marinade (page 45)

Directions:

Prepare orange sauce. Cook the chicken with the sauce in small saucepan with the juices or bake in oven at 375 degrees for approximately 20-30 minutes or until cooked thoroughly. In a small saucepan reduce liquid until desired consistency. Deglaze the pan periodically by adding water and pour remaining mixture over chicken breast.

Option: Spice it up by choosing the spicy option on the marinade recipe.

Makes 1 Serving (1 protein)



BEEF ENTREES

FAJITAS/CARNE ASADA

100 grams beef or chicken, sliced
2 TBSP chopped tomatoes
1 cup onion, sliced into thin strips
1 clove garlic, chopped
3 TBSP lemon juice
2 TBSP orange juice (optional)
1/8 tsp. oregano
1/8 tsp. cumin
1/8 tsp. chili powder or to taste
Pinch of cayenne pepper



Directions:

Marinate meat in lemon juice and spices. In a frying pan, add the sliced marinated meat with the onion. Add the garlic and saute until meat is done. Add the chopped tomatoes, stir until warm. Enjoy with lettuce leaves. Can use fresh salsa in place of a fruit. See salsa recipe on page 38.

Makes 1 Serving (1 protein, 1 vegetable)



CABBAGE ROLLS

100 grams lean ground beef or shredded chicken for each serving
1 cup broth
1 TBSP onion, chopped
1 clove garlic, crushed and minced
Dash of garlic powder
Dash of onion powder

Directions:

Preheat oven to 375. Lightly blanch large cabbage leaves in boiling water and set aside. In a small frying pan combine meat, onion, garlic and spices and cook until brown. Spoon meat mixture into cabbage leaves, tuck in ends and roll up (burrito style). Put cabbage rolls in a baking dish and add broth to the bottom of the pan. Brush lightly with broth and bake in oven for 20-30 minutes. Spoon sauce over cabbage rolls periodically to keep moist.

Make multiple servings at one time for best results.

It is also great to freeze rolls in foil packets for future use. No need to thaw prior to reheating.

Makes 1 Serving (1 protein, 1 vegetable)

BEEF CABBAGE STIR-FRY

2 cups cabbage, shredded
2 TBSP Bragg's Aminos Seasoning
2 cloves garlic, crushed and minced
1 TBSP onion, chopped
Salt and pepper to taste



Directions:

In a frying pan add all ingredients and stir around over medium heat. Reduce heat and simmer for about 6 minutes depending on how tender you like your cabbage.

Variations: Add Stevia to add sweetness like a teriyaki. This can be done with any protein and vegetable of choice.

Makes 1 Serving (1 protein 1 vegetable)

BEEF WITH ITALIAN SAUCE OVER CABBAGE



100 grams lean ground beef
1 cup fresh diced tomatoes
(TOMATO COUNTS AS A FRUIT
WHEN USED WITH CABBAGE!)

- 1 TBSP organic tomato paste
- ½ tsp. oregano
- ½ tsp. basil
- ½ clove fresh garlic
- Salt and pepper to taste

Directions:

In a sauce pan, brown ground beef; then add all ingredients and simmer for about 10 minutes or until your desired consistency.

You can use chunky or blend the ingredients before cooking for a smoother sauce.

Serve over steamed cabbage.

Makes 1 Serving (1 protein, 1 vegetable, 1 fruit)

SEAFOOD

TILAPIA WITH HERBS

100 grams of Tilapia fish
2 TBSP lemon juice
1 clove garlic, crushed and minced
1 TBSP chopped onion



Directions:

Sauté fish in lemon juice with a little water then add onion, garlic. Or bake in baking dish with a little water at 350 for 20 minutes until fish is tender and delicious.

Variations: Use oregano, thyme, or tarragon.

Also great to assemble and freeze in foil packets. No need to thaw prior to cooking.

Makes 1 Serving (1 protein)



ZESTY LIME TILAPIA

100 grams of Tilapia fish
2 packets True Lime® (crystallized lime)
Sprinkle with a red pepper seasoning
Sprinkle with garlic powder
1 TBSP onion, chopped
Salt and black pepper to taste

Directions:

Wrap fish in aluminum; foil sprinkle on 2 packets True Lime®, onion, garlic powder and red pepper seasoning. Salt and black pepper as desired. Wrap securely and place on grill or bake in baking dish with a little water at 350 for 20 minutes until fish is tender and delicious!

Also great to assemble and freeze the foil packets. No need to thaw prior to cooking.

Makes 1 Serving (1 protein)

POACHED HALIBUT

100 grams Halibut
½ cup vegetable broth or water
1 TBSP lemon juice
1 TBSP onion, chopped
1 clove garlic, crushed and minced
½ tsp. fresh ginger
Pinch of grated orange zest
Salt and pepper to taste
Stevia to taste



Directions:

Heat up the vegetable broth in small frying pan. Add lemon juice, onion, garlic and spices. Poach Halibut fillet for 5-10 minutes until fish is tender and cooked thoroughly. May also be wrapped in foil and placed on the barbecue. Serve topped with remaining juices as a sauce.

Makes 1 Serving (1 protein)

CITRUS GLAZED ORANGE ROUGHY BBQ WRAP



100 grams Orange Roughy Fillet
1 large Orange
3 TBSP orange juice squeezed
from fresh orange
1 TBSP lemon juice
1 TBSP green onion, chopped
Dash of garlic powder
Dash of onion powder
Salt and pepper to taste
Stevia to taste

Directions:

Place fish on aluminum foil. Baste with juice and spices. Thinly slice orange yielding 3 slices. Top with orange or lemon slices. Wrap up and place on barbecue grill or in the oven at 350 degrees for 10-15 minutes until well cooked and fork tender. Serve with juices and remaining whole orange sections. Sprinkle with parsley.

Makes 1 Serving (1 protein, 1 fruit)

VEGETABLES

CHOPPED CABBAGE

½ - 1 head of cabbage, finely chopped into rice sized pieces.

VARIETIES:

Mexican Rice Style

1 cup chicken or vegetable broth (page 47-48)

2 TBSP onion, minced

1 clove garlic, crushed and minced

¼ tsp. Mexican oregano

¼ tsp. cayenne pepper or to taste

Dash of cumin to taste

Fresh chopped cilantro

Salt and pepper to taste

Italian Style

1 cup chicken or vegetable broth (page 47-48)

¼ tsp. fresh or dried oregano

¼ tsp. dried basil or 5 leaves fresh basil rolled and sliced

2 TBSP onion, minced

1 clove garlic, crushed and minced

Salt and pepper to taste

Directions:

Combine all ingredients into a pan and heat on Medium heat until the cabbage is to your preferred texture.

3-6 minutes approximately.

Makes Multiple Servings



ASPARAGUS WITH HERB AND LEMON SAUCE

2 cups of asparagus
Juice of ½ lemon with rind
1 tsp. Bragg's Liquid Aminos
1 clove garlic, crushed and minced
Dash of garlic powder
Dash of onion powder
Salt and pepper to taste
Cayenne pepper to taste

Directions:

Marinate asparagus in lemon, garlic, salt, cayenne pepper and Bragg's Liquid Aminos for 20 minutes in fridge for added zest or cook immediately.

Place asparagus in skillet and gently toss pan while the asparagus spears are cooked to desired level.

In a small saucepan place remaining lemon marinade along with lemon rind, ½ cup water, spices and cook until pulp starts to come out. You may add a little Stevia if you wish for added sweetness. Cook until liquid is reduced by half. Remove the lemon rind and pour over grilled asparagus. Garnish with lemon wedges, salt and pepper to taste.

Makes 1 Serving (1 vegetable)



DESSERTS

SORBET AND FRUIT SMOOTHIES

Using the many flavor varieties of Stevia, you can make some delicious treats using a few simple ingredients! Sonic Drive-In crushed ice is perfect for this. Most Sonic stores sell their ice by the bag. Freezing fresh Strawberries in portion sized storage bags makes this quick and easy.

GENERAL ITEMS YOU WILL NEED:

Ice

Cold Water

Blender

Frozen Strawberries

Fresh Fruit

Flavored Stevia

Directions:

Blend together and enjoy. It is like an ice cream! Add more liquid and it's a smoothie. Be creative! For a fun twist, place sorbet into orange rind bowls.

Strawberry

6 ounces frozen fresh strawberries

3 ounces of Herbal Fruit Tea or water

Orange or Strawberry Liquid Stevia to taste



Orange

½ fresh orange

10 drops Orange Liquid Stevia

1 TBSP skim milk

1 cup ice and water



Chocolate

1 tsp. Stevia Delight (Stevia cocoa powder)

10 drops Vanilla Liquid Stevia

1 TBSP skim milk

1 cup ice and water

Chocolate Mocha

1 tsp. Stevia Delight

1 tsp. Pero® Instant Natural Beverage

10 drops Vanilla Liquid Stevia

1 TBSP skim milk

1 cup ice and water

