



RECIPES FOR PHASE 1 NUTRITION

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Spinach Egg-White Omelet

Ingredients

3-5 large egg whites (depending on requirements)
1 teaspoon water
dash of cayenne pepper
1/2 cup loosely, thinly sliced spinach
Light olive oil (light)



Directions

1. Whisk egg whites, water, cayenne pepper together in a medium bowl form.
2. Lightly coat an omelet pan or small skillet with olive oil and heat over medium heat 1 minute. Pour egg mixture into pan and cook until eggs begin to set on bottom.
3. Spread Spinach over half of omelet. Lift up omelet at edge nearest to handle and fold in half, finish cooking. Slide omelet onto plate and enjoy.

DELICIOUS TURKEY BURGERS

Ingredients

- 3 pounds ground turkey breast
- ¼ cup finely diced onion
- 2 egg whites, lightly beaten
- ¼ cup chopped fresh parsley
- 1 clove garlic, peeled and minced
- 1 teaspoon sea salt
- ¼ teaspoon ground black pepper



Directions

1. In a large bowl, mix ground turkey, onion, egg whites, parsley, garlic, salt and black pepper
2. Size the patties according to the number of grams of protein allowed per meal
3. Cook the patties in a skillet over medium heat or grill until fully cooked.
4. This should yield about 12 patties and are great to freeze and eat later. The same recipe can be made into meatballs.

GRILLED CHICKEN

Here's a tip: before grilling Chicken, pound the boneless skinless chicken breasts to an even thickness so they'll cook at the same rate.



Ingredients

- 4 skinless, boneless chicken breast halves
- 1 teaspoon dried oregano
- ½ teaspoon cumin or turmeric
- ¼ teaspoon black pepper
- ½ teaspoon sea salt
- 1 teaspoon olive oil
- 1 clove of garlic, finely chopped

Directions

1. In a small bowl, mix oregano, cumin/turmeric, black pepper, sea salt, olive oil, and garlic
2. Rub the mixture on the boneless, skinless chicken breasts
3. Grill until fully cooked. These can also be cooked on a skillet.
4. NOTE: I like to cook a couple extra breasts which I then cut into slices and refrigerate to use on top of salad greens. The breasts can also be frozen after seasoned for a later use.

CHICKEN Stir Fry



Ingredients

- 2 tablespoons Mrs. Dash® Original Blend
- 2 boneless, skinless chicken breasts, cut into 1/4 inch wide pieces
- 2 garlic cloves, slivered
- 2 teaspoons ginger, grated
- 3 scallions, cut in 1-inch lengths, white and green parts or add onions to mix
- 8 ounces stir-fry vegetable mix, thawed (green, red, yellow peppers, celery)

Directions

1. Heat an 8 inch saute pan or wok over medium heat.
2. Toss with garlic, ginger, Mrs. Dash® Original Blend, and scallions. Stir fry one minute. Add the Stir-fry vegetables and continue to stir fry 2 minutes. Remove to a bowl.
3. Stir fry chicken strips until cooked through. Add partially cooked vegetable mix and finish cooking all together.

Bison patty Steaks

I get my Bison from Publix. You will find it in the green wise meat section. It's not always there so you'll have to always be on the look out.



Ingredients

1 pack of Bison
Dash of cayenne pepper
Dash of garlic

Directions

1. One pack should be about 3-4 servings depending on the company
2. Grill steaks, uncovered, over medium-hot heat for 8-10 minutes or until the meat reaches desired doneness
3. Bison should be a little pink in the middle

SHIRMP CEVICHE

Serves 4 to 6, portions are according to allotted protein amount per meal

Ingredients

- 1 pound medium-small shrimp, peeled and deveined
- 2 Tbsp coarse sea salt
- 3/4 cup lime juice (juice from 4-6 limes)
- 3/4 cup lemon juice (juice from 2-3 lemons)
- 1 cup finely chopped red onion
- 1 serrano chile, ribs and seeds removed, minced (optional)
- 1 cup chopped cilantro
- 1 cucumber, peeled diced into 1/2-inch pieces



Directions

1. (If the shrimp is uncooked) In a large pot, bring to a boil 4 quarts of water, salted with 2 Tbsp salt. Add the shrimp and cook for 1 minute to 2 minutes max, depending on size of shrimp. (Over-cooking the shrimp will turn it rubbery.) Remove shrimp and place into a bowl of ice water to stop the cooking.
2. (If the shrimp is already pre-cooked) Fill a large pot with warm water, salted with 2 Tbsp salt. Add frozen shrimp and allow defrosting for 10 minutes.
3. Drain the shrimp. Place shrimp in a glass or ceramic bowl. Mix in the lime and lemon juice.
4. Mix in the chopped red onion and serrano chile. Refrigerate for at least one hour.
5. Add the cilantro and cucumber and refrigerate for half an hour.
6. NOTE: Ceviche is best eaten cold. If you find the ceviche a little too acidic, drain out some of the juices after the marinating, add some olive oil and/or a little more salt.

EGG WHITE LUMP CRAB OMELET

Ingredients

- 3 egg whites
- ¼ cup blanched asparagus
- ¼ cup lump crabmeat
- 1 garlic clove, minced
- ¼ cup finely chopped white onion
- ¼ cup red bell pepper

- 1 tsp sea salt
- 2 or 3 basil leaves, minced (optional)
- 1 tsp olive oil (or cover the skillet with olive oil spray)

Directions

1. Pre-heat the skillet at medium temperature
2. In a small bowl, beat egg whites and add salt
3. Cover bottom of skillet with olive oil or olive oil spray
4. Once the skillet is warm, toss the onion and garlic and cook until fragrant, about 1 minute
5. Add the bell pepper, crabmeat and asparagus, cook for another minute or two, until the peppers and asparagus are cooked but crisp.
6. Add the egg whites, reduce heat to low and cover.
7. When the bottom half of the omelet is cooked, add the chopped basil.
8. Turn the omelet upside down and cook the second half, also over low temperature, covered.
9. Serve on a plate.
10. Note: You can increase the number of eggs if you prefer a higher ratio of egg to vegetables. I like to cook it whole, but the eggs can also be scrambled with all the ingredients.

SHRIMP KABOBS

Ingredients

2 pounds of jumbo shrimp, peeled and deveined (uncooked shrimp works best, since there's less risk of overcooking it on the grill)

Kabob skewers

Shrimp Rub:

1 ½ teaspoon dried oregano

1 teaspoon cumin or turmeric

½ teaspoon black pepper

1 teaspoon sea salt

2 teaspoons olive oil

1 large white onion, cut into wedges

1 large green bell pepper, cut into wedges



Directions

1. Preheat the grill
2. Defrost the shrimp in warm water.
3. In a small bowl, mix all the ingredients of the shrimp rub (you can use any mix of spices you like, and/or alter the amounts to taste)
4. Toss the shrimp together with the rub, until all the shrimp are well coated.
5. Insert the shrimp into the skewers, alternating with a wedge of onion and a wedge of red bell pepper. I like to do it as follows:
 - a. One shrimp
 - b. One wedge of onion
 - c. One wedge of bell pepper
 - d. Repeat. You should be able to fit about 5 shrimp per skewer.
6. Grill kabobs, covered, over medium heat for 3 minutes on each side or until shrimp turn pink.

GRILLED GARLIC ARTICHOKES

Ingredients

- 2 large artichokes
- 1 lemon, quartered
- 1/4 cup olive oil
- 4 cloves garlic, chopped
- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper



Fill a large bowl with cold water. Squeeze the juice from one lemon wedge into the water. Trim the tops from the artichokes, then cut in half lengthwise, and place halves into the bowl of lemon water to prevent them from turning brown.

Bring a large pot of water to a boil. Meanwhile, preheat an outdoor grill for medium-high heat.

Add artichokes to boiling water, and cook for about 15 minutes. Drain. Squeeze the remaining lemon wedges into a medium bowl. Stir in the olive oil and garlic, and season with salt and pepper.

Brush the artichokes with a coating of the garlic dip, and place them on the preheated grill. Grill the artichokes for 5 to 10 minutes, basting with dip and turning frequently, until the tips are a little charred. Serve immediately with the remaining dip.

Directions

1. Fill a large bowl with cold water. Squeeze the juice from one lemon wedge into the water. Trim the tops from the artichokes, then cut in half lengthwise, and place halves into the bowl of lemon water to prevent them from turning brown.
2. Bring a large pot of water to a boil. Meanwhile, preheat an outdoor grill for medium-high heat.
3. Add artichokes to boiling water, and cook for about 15 minutes. Drain. Squeeze the remaining lemon wedges into a medium bowl. Stir in the olive oil and garlic, and season with salt and pepper.
4. Brush the artichokes with a coating of the garlic dip, and place them on the preheated grill. Grill the artichokes for 5 to 10 minutes, basting with dip and turning frequently, until the tips are a little charred. Serve immediately.
5. NOTE: These are delicious served with the shrimp kabobs!

TUNA AND ARTICHOKE HEARTS SALAD

Ingredients

½ cup canned artichoke hearts, about four pieces, drained and chopped
(make sure you select the ones marinated in water, not oil.)

¼ cup fresh curly leaf parsley, chopped

1 Tbsp fresh lemon juice

1 tsp olive oil (optional)

½ tsp Italian seasoning

1/8 tsp black pepper

1/8 tsp cayenne pepper

6 oz water-packed tuna fish, drained, albacore, and flaked

Directions

1. Combine all ingredients in a medium-sized bowl.
2. Eat alone or over leafy salad greens.



Gourmet Casein Protein Shakes

CHOCOLATE SUPREME COFFE SHAKE

Ingredients

1-2 scoops of Chocolate Supreme ON 100% Casein Protein Powder

4 to 6 oz of freshly brewed black coffee (or you can substitute with 1 tablespoonful of instant coffee)

1 to 2 Tbsp of Flaxseed (I prefer the pre-ground type)

4 to 6 oz of water, depending on desired thickness

12 iced cubes (the kind made by the ice-maker, less if they are bigger) (this can be adjusted for desired thickness)

1 dash of cinnamon (optional)

Directions (Blender)

1. Combine all the ingredients in a blender
2. Blend in crush mode until the ice crushed to desired consistency (about 3 minutes)
3. Pour in a large glass

Directions (Manual)

1. Combine Casein Protein Powder, coffee, water, flaxseed and cinnamon into a shake blender bottle or any other closed container.
2. Shake until all the ingredients are mixed
3. Add ice and enjoy



FLAVORED FISH OIL MADNESS

(Don't knock it until you try it)

Ingredients

1-2 scoops of Creamy Vanilla or Chocolate Supreme ON 100% Casein Protein Powder

1 to 2 Tbsp of Flaxseed (I prefer the pre-ground type)

8-12 ounces of water (depending on desired thickness)

6-12 ice cubes

2 tablespoons of Flavored fish oil from the refrigerated section at Joe's Healthy Habits (The orange cream is delicious with either chocolate or vanilla. Choose a flavor that compliments the flavor of the protein powder.)



Directions (Blender)

1. Combine all the ingredients in a blender
2. Blend in crush mode until the ice crushed to desired consistency (about 3 minutes)
3. Pour in a large glass

Directions (Manual)

1. Combine Casein Protein Powder, water, flaxseed and fish oil into a shake blender bottle or any other closed container.
2. Shake until all the ingredients are mixed
3. Add ice and enjoy

Green Smoothie Recipe

Detox Phase only



Tip: put in liquid first, then fruit and then the greens. The amount of water will depend on whether you like it thick or not.

1. 1 cup of water, 1 cup of strawberries, 1 banana, and 1-2 cups of spinach
2. 1 cup of water, 1 cup of mango, 1 frozen banana, and 1-2 cups of spinach
3. 1 cup of water, 1 cup of tropical fruit blend (freeze section) and 1-2 cups of spinach
4. 1 cup of water, $\frac{1}{2}$ cup of blueberries, $\frac{1}{2}$ banana, and 1-2 cups of kale
5. 1 cup water, 1 cup of green grapes, 1 orange, $\frac{1}{2}$ Bartlett pear, $\frac{1}{2}$ banana, and 1 cup of kale