

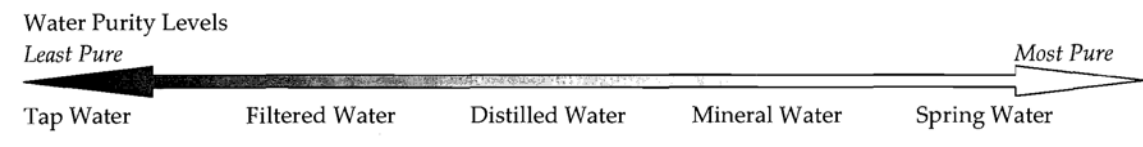
FAQ Page

I am a little confused, any suggestions?

- For optimal results, drink at least 64 oz. of water daily... you can increase, but do not vary by more than 8 oz. per day.
- You may use balsamic vinegar and olive oil as your salad dressing.
- You may use about a tsp. of butter (not margarine) for taste.
- You may only lightly season your foods.
- Please choose romaine lettuce or spinach for your salads. Iceberg lettuce has little to almost no nutritional value.
- Don't forget to double your vegetables compared to your fruit!!!
- Remember, if you have the urge to snack, you may have up to five shakes a day.
- We also have whole health food bars available.
- In place of water or along with, you may use almond milk or 100% juices (not from concentrate) in your shakes.

What about Water?

Note that there is a difference between tap water, distilled water, filtered water, mineral water, and spring water. Begin reading the labels on water: you will be surprised at what companies will do to sneak extra ingredients into water.



Ideally, drink Spring Water at all times. It is the most natural water that is readily available. Occasionally while dining out spring water may not be an option. In that case either bring your own, or make the best decision from the choices available.

Finding- Food: Groceries

Ideally, you will use all fresh organic fruits and vegetables on the program to avoid ingesting cleaning chemicals, pesticides, and fungicides that are present with most conventional produce. If you do not have access to a wide variety of organic foods, use www.foodnews.org to make informed decisions on produce. One should consume all fresh foods on this program, although I do allow the consumption of some frozen fruits (berries, mango) with the shake only.

Whole Foods and **Wild Oats** are good resources for organic foods. **Trader Joes** and some progressive produce markets will have some organic selections also. Avoid shopping at the large chain grocers like Jewel and Dominick's. You will quickly become disappointed in their limited produce departments.

Finding Food: Eating Out

Many restaurants will be happy to specially prepare food after you explain that you are on a special diet (remember to tip accordingly). Some strategies:

Modify an existing Menu Item. For example, one of my favorite restaurants serves *Broiled maple nut salmon with, pecans, Chevre cheese, balsamic over greens*. When I order, I request that they prepare the salmon without sauce or spices, and I request that the salad have no nuts, cheese or dressing.

Make your own Creation. Look over the menu carefully: look for *any* menu item that has something you can eat. For example: if you see *Cheese Tortellini with Fresh Spinach Leaves* in one part of the menu and *Grilled Salmon and Garlic Mashed Potatoes* on another part of the menu, ask to have a bowl of spinach served with four ounces of grilled salmon (with no spices) served with it.

Other Ideas: Although not organic, if you are desperate, you can get by with these selections:

- **Panera Bread:** Order the *Classic Cafe Salad* without dressing, and request 3.5 ounces of their organic grilled chicken on top. Ask for the apple as your side dish and drink spring water.
- **Sushi Restaurant:** Order sashimi (high quality sushi fish with no rice) and ask about any fresh vegetables they have. Soy Sauce and Wasabi are *NOT* permitted.

How much weight can I expect to lose on the Detoxification Program?

SP Shake and other supplements in the detoxification program are not formulated for weight loss. However, fluid retention or bloating is a symptom of toxicity. As people begin to detoxify, they will lose retained fluids, which may result in the loss of 4 to 10 pounds. Further weight loss can be accomplished through reduced caloric intake accompanied by cardiovascular exercise.

What happens if my symptoms worsen during the Detoxification Program?

If your symptoms get worse, it's due to the healing crisis. Remember to drink 3-5 pints of water, not to overexert physically, and to allow yourself to be "sluggish" while your body is detoxifying. After you detoxify, you will regain your vitality. Cut the program in half if persistent nausea ensues (very rare).

I see some items in the recipes that are not allowed in the Detox Program?

Individual recipes have been tailored to fit the detox paradigm, however, according to your individual health care professional, some things such as salt, pepper, excess oil, soy sauce, and legumes may not be allowed. You may cut out various aspects and add in various vegetables in order to customize the detox to fit your goals and ambitions. Every effort was made to allow choice in meals; therefore, the hope is that you continue to eat in this fashion beyond this initial 21 days.

Toxicity and Caffeine Withdrawal:

- Use organic, caffeinated coffee/tea for the first week. Cut caffeine consumption in half for week two, and then completely eliminate caffeine for week three.
- Do not smoke during (or after) the detoxification.
- Headaches have been known to appear during the first three days.
- Cold and flu symptoms may appear, if so then cut the program in half until they are resolved.
- Do not start cleanse during cold or flu.

For Those Who Don't Want To Lose Weight or Who Exercise Excessively, Add:

- Increased servings of organic protein (e.g. chicken, beef, seafood, eggs, or tofu) seasoned only with fresh, organic herbs (e.g. cilantro, dill, basil, garlic or oregano.)
- 1-2 1 cup servings of organic brown or wild rice, again, seasoned only with fresh, organic herbs.

For Those Who Want To Lose Additional Weight:

- Continue shakes for breakfast, lunch and snacks after the initial detoxification program.
- Cut rice, soy sauce, and pepper from recipes.
- Exercise daily for at least 30 minutes.

What do I do after the detox?

- Continue shakes for breakfast, eat the Mediterranean diet, and make wise choices.

Mixed Greens, Cherry Tomato & Pine Nut Salad

The arugula (rocket) imparts a delicate peppery taste to this simple and healthy salad.

(2 Serves)

Ingredients

1 1/2 cups roughly torn romaine (Cos) lettuce
1 1/2 cups arugula (rocket)
10 cherry tomatoes - halved
2 tablespoons pine nuts - toasted if desired
1 1/2 tablespoons lemon juice
1 1/2 tablespoons extra virgin olive oil
1/2 clove garlic - minced (crushed)
a pinch each of salt and freshly ground black pepper

Mix the lemon juice, olive oil, garlic, salt and pepper together in a small bowl. Combine the romaine lettuce, arugula and cherry tomato halves with the dressing in a salad bowl and sprinkle the pine nuts over the top.

Asparagi con uova - Asparagus omelet

Ingredients for 4 persons

6 eggs
1 bunch asparagus
olive oil
1 clove garlic, finely chopped
salt
pepper

Preparation

Cut the tender part of the asparagus into small pieces. Put them in a frying pan and let them par boil in a small amount of water for a few minutes. As soon as the water is consumed add the olive oil and brown them.

Prepare the six eggs in a bowl with a pinch of salt and a pinch of black pepper; beat them and add the finely chopped clove of garlic; beat them some more and pour everything into the frying pan with the asparagus. Fry until the bottom is golden brown and then turn it upside down. When both sides are golden brown turn off the heat and serve.

Beet (with greens) Side Dish

Description

Wonderfully delicious and simple side dish or vegetable soup (depending on amount of liquid you wish to use).

Ingredients

- 1 - bunch of beets with greens
- 2 - Tbsp of olive oil
- 1 - cup organic vegetable broth

Directions

Wash beets and greens thoroughly. Trim top and bottom of beet (peel if desired), slice thin or julienne. Rinse greens thoroughly then chop in thirds or smaller if desired. In a heated stock pot add a bit of olive oil. Toss in beets, stir to mix with oil. When beets simmer add greens and broth. Cover, stirring occasionally until beets are tender and taste slightly sweet. Serve hot.

Caribbean Lime Cilantro Slaw

1/3 Cup Organic Mayonnaise

2 Tab. Lime Juice, freshly squeezed

2 Tab. Sugar

1/2 Tsp. Dry Mustard

1/2 Tsp. Kosher Salt

Freshly ground pepper to taste

6 Cups Green cabbage, shredded or 16 oz. package of Slaw Mix or 16 oz. package of Broccoli Slaw Mix

1/4 Cup Fresh Cilantro, chopped

Stir together the first five ingredients until well blended. Combine cabbage, cilantro, and mayonnaise mixture.

Refrigerate slaw at least one hour to develop the flavors.

Gaddina Catanisi - Catania-Style Chicken

1 chicken, 3-1/2 to 4 pounds
Salt
fresh rosemary
marjoram (or oregano)
garlic, chopped
1 nutmeg, to grate
extra virgin olive oil
scallions, use only the white ends, chopped
1 cup kale
1 cup of orange juice, unsweetened
4 Tbs white wine
Pepper

Cut chicken into eight parts. Sprinkle each part with salt, fresh rosemary, marjoram, chopped garlic to taste, and a good three scrapes of nutmeg. Choose a baking dish that will accommodate the chicken in one layer and can be used on top of the stove as well as in the oven. Place a small amount of extra virgin olive oil in the pan, turn heat to high, and brown the chicken.

When the chicken is well browned on all sides, add the chopped scallions, the cup of orange juice, pepper and 4 tablespoons of white wine. Transfer to a preheated oven at 375 degrees. Bake for 1-1/4 hours. Baste the chicken with the pan juices from time to time. When cooked, serve it in the baking dish in which it was baked and add the finely cut kale and allow it to steep in the juices.

Chicken Stir-Fry with Broccoli, Brussels Sprouts, onion, cabbage and Mushrooms

Stir-frying is a great way to get a low-fat, tasty dinner on the table in a flash. Worldwide, it's one of the most popular forms of cooking. We hope you enjoy this delicious Chicken Stir-Fry recipe.

Serves: 4

Ingredients

1 teaspoon chopped garlic
1 tablespoon peanut oil
1 tablespoon chopped ginger
2 large skinless, boneless chicken breasts, sliced thinly (about 4 - 5 ounces each)
1 cup broccoli florets cut into small pieces
1 cup Brussels Sprouts cut in half
½ cup of red cabbage cut finely
1/4 cup sliced water chestnuts
1 cup thinly sliced mushrooms
freshly ground black pepper
1 cup Brussels sprouts

Instructions

1. Heat a skillet or wok large enough to accommodate all the ingredients over medium-high heat.
2. Add the garlic, peanut oil and ginger, and stir quickly for 30 seconds.
3. Raise the heat to high. Add the chicken and stir-fry for 2-3 minutes. Then add the Brussels Sprouts, red cabbage, broccoli, then add the water chestnuts, then add the mushrooms, stirring quickly after each addition.
4. Season with pepper.
5. Cook until the vegetables are tender, about 2 more minutes.

Chicken with almonds - Galletto con le Mandorle

1 chicken, cut into 8 pieces (3 to 3 1/2 pounds)
3 Tbs olive oil
1 Tb tomato paste
4 Tbs white or red wine vinegar
1 t salt
1/2 t pepper
3/4 cup blanched almonds, crushed
1/4 cup blanched whole almonds, toasted

1. Brown the chicken in 2 tablespoons of the olive oil over low heat. This will take about 15 minutes. Drain the chicken and set aside.

2. Pour the remaining olive oil into the pan with the tomato paste dissolved in 1 cup warm water. When the sauce begins to boil, add the vinegar, salt, pepper, and crushed almonds. When the sauce returns to a boil, add the chicken pieces, lower the heat, and cook, uncovered, for 45 to 50 minutes, adding a little water if the sauce starts to get too thick. Turn the pieces of chicken over at least once.

3. Arrange the chicken on a platter covered with some sauce. Sprinkle the toasted almonds on top. Serve warm in winter and at room temperature in summer.

Serves 4

Chinese Chicken Salad

Chinese Chicken Salad (serves 4 -6)

1 Broiler-Fryer (about 3 lbs...Free-Range if possible)
or 4 large breast halves
4 Cups Organic Chicken Broth (water will work too)
Handful of Celery Tops
3 Peppercorns
1 teaspoon Sea Salt
1 Bunch of fresh Broccoli (organic if possible) about 4
cups of florets
6 Cups Baby Organic Greens (Baby Spinach used in photo
above)
1 Cup chopped Celery
5 large Radishes (finely sliced, and some for garnish)
4 Green Onions (sliced on a slant)
1/2 Red Bell Pepper (sliced into thin strips) -
optional...I just like the color
1/2 Cup toasted (unsalted) Macadamia Nuts

Simmer chicken with broth or water, celery tops, salt
and peppercorns in a large pot for approximately one
hour...or until juices run clear when meat is pierced.
Drain and cool chicken enough to handle. Remove skin
and pull meat from bones. Cut into bite size pieces and
put into shallow pan. Cover and chill for at least one
hour. (24 hours is best.)

Trim broccoli into neat flowerets and steam until just
tender but still very bright green. (You could even do
these raw.) Let water vapor come off the broccoli and
then put the flowerets into a shallow pan.

When ready to serve, pile salad greens, celery, green
onions, radishes (save a few radish slices for garnish)
and sliced red pepper into large shallow salad bowl.
Toss lightly to mix. On individual chilled salad
plates, divide greens equally. Arrange broccoli with
stems toward center in a ring on top. Fill the ring
with the marinated chicken. Top chicken with toasted
macadamia nuts.

Tamari/Macadamia Dressing (for after the detox)

1/2 Cup Tamari Sauce

1/2 Cup unrefined premium Australian Macadamia Nut Oil
[or World Blend]

1/3 Cup Vinegar (I prefer rice wine vinegar for this
dish)

1 teaspoon Ground Ginger

1/2 teaspoon Garlic Powder.

Combine all ingredients in a jar with a tight fitting
cover. Shake to mix well. Makes about 1 1/2 cups. (As
you make this dressing, you can vary the amount of oil,
vinegar and tamari to taste.)

Dr. Horton's Mango Salsa

By Popular Demand, Dr. Janet Horton of Des Plaines, IL has recorded her Mango Salsa recipe. Enjoy!

Ingredients

1 fresh chopped mango
½ cup chopped red onion
½ chopped red pepper
1/8 cup chopped cilantro
1 medium tomato -chopped
Fresh squeezed juice from ½ lime
1-2 teaspoon flax seed oil

Mix together well. Salsa is best after it has refrigerated for 30 minutes. Try this salsa on grilled chicken, turkey or fish, over salad or as a condiment for fresh vegetables.

Jerusalem Artichoke Soup

Can be used by

A,O

Description

Something super to do with those beneficial Jerusalem Artichokes

Category

Entree

Ingredients

1 pound of Jerusalem artichokes

juice from 1/2 lemon

4 tablespoons butter (or oil)

2 leeks, the white part, sliced

2 carrots sliced

3 cups of organic chicken stock

salt

1 lb. soft tofu (the silken Type Blends best)

Directions

Scrub Jerusalem artichokes really well. (You don't need to peel them if they are really scrubbed). slice and toss with lemon juice. Melt butter in pan. Add leeks, carrots, and Jerusalem artichokes. Cover and cook over low heat 20-25 minutes. Add 2 1/2 cups stock and pinch of salt, cover and cook 30 minutes longer. Puree with rest of stock and tofu. (This can be put through a sieve if you don't want the bits but I like the texture). Return to pan and heat. Enjoy! Makes 4 servings

Lettuce Wraps

nutrient-rich mushrooms, walnuts and red peppers make this a satisfying salad.

Serves: 4 person(s)

Preparation Time: 20 mins

Ingredients:

2 cups finely cut button mushrooms
1 cup finely cut broccoli
½ cup finely cut kale
¾ cup water
1 onion, chopped
1 red pepper, seeded and chopped
¼ cup chopped California walnuts
¼ cup sherry vinegar or wine vinegar
¼ cup chopped parsley
1 pinch salt
1 pinch black pepper, or to taste
16 leaves iceberg or butter lettuce

Directions:

Coat a large nonstick skillet with 1 tbs of butter and place over medium-high heat. Add the kale, onion, pepper, broccoli and mushrooms and cook, stirring occasionally, for 5 minutes. Turn the heat to low, cover the pan and continue cooking until the red pepper is just tender, 5 to 7 minutes more. Stir in the walnuts.

Add the walnut mixture to the vinegar and parsley. Stir and toss to combine, then season with salt and pepper. Let cool slightly.

Spoon about ¼ cup of the vegetable and walnut mixture into each lettuce leaf. Fold the leaves in half and eat them "taco-style."

Marinated Roast Asparagus and Green Beans with Garlic and Onions

Add this simple-to-make low-fat, low-cal vegetable dish to your menu.

Olive Oil in spray container
1/2 pound fresh green beans, cleaned, trimmed, and patted dry
1 pound fresh asparagus, likewise
1 medium red onion, cut into rings
8 to 10 cloves of garlic, peeled and cut in half
1/2 teaspoon salt
2 to 3 tablespoons balsamic vinegar
freshly ground black pepper

Preheat the oven to 400 degrees. Spray a cookie sheet or shallow baking tray with olive oil in spray bottle. Spread asparagus and beans on the tray, and cover with onion rings and garlic. Salt lightly, and spray with olive oil. Bake the vegetables about 20 minutes, interrupting several times to shake the tray. Test at about 15 minutes. When veggies are tender, remove from the oven and transfer to a bowl or small casserole. Drizzle immediately with vinegar. Apply freshly ground black pepper to taste. Serve hot, room temperature, or cold.

Marinated tofu & vegetable stir-fry

A healthy and tasty stir-fry with marinated tofu, carrots, mushrooms, asparagus and sesame seeds.

3 tablespoons oyster sauce
3 tablespoons soy sauce
1 tablespoon water
7 oz (200g) firm tofu—cut into cubes
4 dried shitake mushrooms
1 cup long-grain wild rice
2 teaspoons sesame oil
2 tablespoons olive oil
1 cup spinach
½ cup red onion
1 cup asparagus
2 cloves garlic—minced (crushed)
2 teaspoons finely grated ginger
2 tablespoons sesame seeds
1 1/2 vegetable stock
1 tablespoon finely chopped fresh cilantro/coriander
(plus a couple of sprigs to garnish)

MIX together 1 tablespoon each of the oyster and soy sauces with the tablespoon of water. MARINATE the tofu in the mixture, covered, for at least 20 minutes while you prepare the mushrooms. SOAK the dried mushrooms in boiling water while you cook the rice. DRAIN the mushrooms and squeeze to remove excess liquid, remove stems, and slice the caps into quarters. MIX together the remaining oyster and soy sauces, sesame oil in a bowl. DRAIN the excess marinade from the tofu. HEAT a wok or large frying pan over a high heat, add the oil and stir-fry the tofu and vegetables for 3 minutes. ADD the mushrooms, garlic, ginger and sesame seeds and stir-fry for a minute. ADD the sauce mixture and stock, then cook, stirring continuously, until thickened. STIR in the cilantro then serve on a bed of wild rice garnished with sprigs of cilantro on top.

Mediterranean Tuna Salad

Do you want your tuna to pop with flavor? Mix up some balsamic vinegar, oregano, and black pepper to make this salad a showstopper.

START TO FINISH: 25 minutes

MAKES: 4 servings

Ingredients

2 roma tomatoes, chopped
2 tablespoons capers, drained
2 tablespoons extra-virgin olive oil
2 tablespoons balsamic vinegar
1/8 teaspoon dried oregano, crushed, or 1/2 teaspoon chopped fresh oregano
1/8 teaspoon sea salt
Dash freshly ground black pepper
6 cups packaged European-style torn mixed salad greens
2 6-ounce cans chunk white tuna (packed in water), drained and broken into chunks
1 cup fresh swiss chard, blanched*
1/4 cup pitted kalamata olives, quartered
2 teaspoons extra-virgin olive oil
2 teaspoons balsamic vinegar

Directions

1. In a small bowl combine tomatoes, capers, 1 tablespoons oil, 1 tablespoons balsamic vinegar, oregano, sea salt, and pepper; set aside.
2. On 4 serving plates, arrange torn salad greens, tuna chunks, swiss chard, olives, and tomato mixture. Drizzle the 1 teaspoons oil and the 1 teaspoons balsamic vinegar evenly over salads.

*Note: To blanch the swiss chard, wash them and remove ends and strings. Leave leaves whole or rip in half. In a covered medium saucepan, cook swiss chard in a small amount of boiling, lightly salted water for 10 to 15 minutes or until crisp-tender. Drain; place in ice water until chilled. Drain well.

Miso Dressing
Can be used by
All types

Description
salad or veggie dressing

Category
Other

Ingredients
1/2 cup light miso
1/3 cup olive oil
1/2 cup water
1/4 cup lemon juice (vinegar if allowed)
2 teaspoons dry mustard
1 or 2 tablespoons crushed garlic or onion

Directions
Put all Ingredients in a blender and process until smooth. (If you don't have a blender, bring the water to a near boil and mix it with the miso (boiling the miso will kill it rendering it useless). When that mixture is smooth add and whisk the other ingredients.) Pour the dressing in a container and refrigerate it. Bring it to room temp before serving if it gets too thick in the refrigerator.

Provençal fish with vegetables

Provence is a region in southern France bordering the Mediterranean Sea. This delicate fish dish, flavored with herbs, chopped black olives, extra virgin olive oil and white wine encapsulates the flavors of the region.

Ingredients

3 tablespoons extra virgin olive oil
2 tablespoons white wine
1 clove garlic—finely chopped
6 pitted black olives—finely chopped
1 tablespoon finely chopped fresh flat-leaf parsley
1/2 teaspoon Dijon mustard
1/2 teaspoon sea salt
2 x 4 oz (180g) uncooked white fish fillets (such as cod or snapper)
2 large square pieces of aluminum foil
1 cup Brussels sprouts halved
1 red pepper quartered seeded
1 1/2 cup kale
10 cherry tomatoes—halved
10 thinly sliced red onion rings

PREHEAT the oven to 225°C /440°F. MIX together the olive oil, white wine, garlic, olives, parsley, mustard, salt and pepper until well combined. PLACE half the green beans and cherry tomatoes in the center of each piece of foil. PLACE a fish fillet on top of each bed of vegetables. SPOON half the oil mixture over each fillet and arrange the red onion rings on top. FOLD the foil over the fish and vegetables and seal the foil parcels tightly. PLACE the parcels on a baking tray and cook in a preheated oven for 16 minutes. REMOVE parcels from the oven and open (be careful, the steam is very hot). TRANSFER the fish and vegetables from the foil packets to serving plates and drizzle with the cooking juices. SERVE with steamed or boiled potatoes sprinkled with freshly cracked pepper and sea salt and drizzled with a little extra virgin olive oil.

Ratatouille

A hearty mixture of tomatoes, onions, zucchini, eggplant, red and green peppers is cooked with olive oil, thyme and garlic to create a sweet and chunky Provençal vegetable stew.

Ingredients

4 tablespoons extra virgin olive oil
3 tomatoes—roughly chopped
2 red onions—halved, thinly sliced and separated into rings
2 zucchini (courgette)—sliced into 1/2-inch rounds
1 eggplant (aubergine)—roughly chopped
1 red pepper (capsicum)—roughly chopped
1 green pepper (capsicum)—roughly chopped
1 1/2 teaspoons salt
3/4 teaspoon freshly ground black pepper
3 cloves garlic—finely chopped
3/4 teaspoon dried thyme

HEAT the oil in a large saucepan over a medium heat. ADD all ingredients, except the garlic and thyme, and cook, uncovered, for 25 minutes, stirring every 5 minutes. ADD the garlic and thyme and cook, uncovered, for a further 20 minutes, stirring every 5 minutes, until the vegetables are very soft.

Serving suggestions: Ratatouille is delicious served hot or cold as a side dish with grilled fish or chicken, or used as a filling for a Provençal-style omelet. It can also be served as a meal on its own with some wild rice.

Seared Citrus Wild Salmon

On the subject of fish, here's a delicious new salmon recipe. The recipe makes 4 4oz servings. Enjoy!

Ingredients

4-4oz salmon fillets
1/8 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
2 teaspoons grated lemon rind
2 teaspoons grated orange rind
4 fresh chives
2 thyme sprigs
2 oregano sprigs
2 tarragon sprigs
1/4 cup dry white wine
4 (1/8-inch-thick) slices fresh lemon

Directions

Preheat oven to 450°. Line a shallow roasting pan with foil; coat foil with butter. Sprinkle salmon with salt and pepper. Place fish on prepared pan. Combine rinds; spread over fish. Arrange chives, thyme, oregano, and tarragon horizontally across fish. Arrange lemon slices on top of herbs and pour white wine over fillets. Cover with foil; seal. Bake at 450° for 8-10 minutes or until fish flakes easily.

Makes 4 4oz servings.

Shrimp & crab stir-fry

Stir-fried shrimp, crab, bamboo shoots and vegetables combined with a traditional Chinese oyster sauce.

1 cup long-grain wild rice
2 tablespoons oyster sauce
1 tablespoons soy sauce
1 teaspoon sesame oil
3 tablespoons flax oil
10 uncooked shrimp—peeled (end of tails left intact)
3 cups shredded cabbage (regular or Chinese)
2 scallions (spring onions)—sliced on the diagonal
1/4 cup canned sliced bamboo shoots—rinsed and drained
5oz (150g) crab—flaked into bite-size pieces
2 cloves garlic—minced (crushed)
2 teaspoons finely grated ginger
1 1/2 cups vegetable stock
1 cup artichokes
1 cup red onion
1 cup mushrooms

COOK the rice. MIX together the oyster and soy sauces and sesame oil in a bowl. HEAT a wok or large frying pan over a high heat, add 1 tablespoon of the oil and stir-fry the shrimp for 2 minutes. REMOVE the shrimp from the wok and set aside on a plate. HEAT the remaining oil in the wok over a high heat and stir-fry the cabbage, artichokes, red onion and mushrooms for 2 minutes. ADD the scallions, bamboo shoots, crab, garlic and ginger and stir-fry for a further minute. ADD the sauce mixture, stock and shrimp, stirring continuously, until thickened. SERVE on a bed of wild rice.

Spanish tuna & vegetable stew

Spanish cuisine makes the most of foods from the land and the sea, and this traditional recipe combines the best of both.

Ingredients

1 tablespoon extra virgin olive oil
1 red onion--finely chopped
1/2 red pepper--julienned
1/2 green pepper--julienned
3 cloves garlic--finely chopped
1 cup mushrooms halved
14 oz (420g) canned tomatoes--chopped
1 1/2 cups fish, vegetable or chicken stock
1/2 cup white wine
1 tablespoon tomato paste
2 teaspoons paprika
1 teaspoon sea salt
6 oz (180g) canned light meat tuna--drained and broken into small chunks
1 tablespoon finely chopped fresh flat-leaf parsley
1 cup wild rice

HEAT 2 tablespoons of the oil in a large saucepan over a medium heat and cook the onion and peppers for 6 minutes, stirring occasionally. ADD the garlic, mushrooms and tomatoes and cook for 2 minutes. ADD the stock, wine, tomato paste, paprika, salt and bring to the boil. REDUCE the heat to medium-high and simmer uncovered for 25 minutes, stirring occasionally. WHILE the stew simmers, cook the rice. STIR through the tuna, parsley and remaining olive oil and serve over rice.

Spicy Cod

Flaky cod simmered in a spicy sauce with dandelion greens.

Ingredients:

1 lb cod fillets, skinned
1 Tbsp lime juice
2 tsp olive oil
1 medium onion, finely diced
1 green pepper, seeded and sliced
1/2 tsp cayenne
1 clove garlic, crushed
14 oz can diced tomatoes
1 pinch of salt
1 cup dandelion greens

Directions:

Cut the cod into one inch chunks. Sprinkle with lime juice. Set aside.

Heat oil in large non-stick skillet; fry the onion, garlic and green pepper until softened. Add the seasonings.

Add the cod and tomatoes to pan. Bring to the boil, then cover and simmer with dandelion greens until the fish flakes easily (about 5 minutes).

Spinach and Lentil Salad

Toasted walnuts give this spinach salad some extra crunch! Top this dish with a homemade red wine vinaigrette for a tasty, tangy kick.

START TO FINISH: 30 minutes MAKES: 4 servings

Ingredients

1 cup water
1/4 cup brown or French lentils, rinsed and drained
1/2 cup chopped red bell pepper
1/3 cup chopped green onions
1/4 cup chopped flat-leaf parsley
1/4 cup chopped walnuts, toasted
6 cups torn spinach or mixed salad greens
12 ounces cooked chicken breast, sliced
1/4 cup red wine vinaigrette

Directions

1. In a small saucepan combine the water and lentils. Bring to a boil; reduce heat. Cover and simmer for 20 to 25 minutes or until lentils are tender and most of the liquid is absorbed. Drain lentils and place in a medium bowl. Stir in bell pepper, green onions, parsley, and walnuts.

2. Divide spinach among 4 serving plates. Top with lentil mixture and chicken. Drizzle with red wine vinaigrette.

Nutrition Facts per serving: 341 cal., 14 g total fat (2 g sat. fat), 72 mg chol., 166 mg sodium, 19 g carbo., 10 g fiber, 36 g pro.

Steak and Blue Cheese Wrap

This 10-minute wrap is as effortless as it is delicious, thanks to succulent steak and tangy blue cheese.

START TO FINISH: 10 minutes MAKES: 1 serving

Ingredients

3 ounces leftover grilled flank steak, thinly sliced
1 cup shredded romaine or whole fresh baby spinach leaves
1/4 cup bottled roasted red bell peppers, drained and cut into thin strips
1 tablespoon crumbled blue cheese
1 8-inch whole wheat flour tortilla

Directions

1. Arrange sliced beef, romaine, roasted bell pepper strips, and blue cheese on top of the tortilla. Roll up (tortilla will be very full).

Nutrition Facts per serving: 390 cal., 19 g total fat (6 g sat. fat), 46 mg chol., 775 mg sodium, 21 g carbo., 13 g fiber, 33 g pro.

Sun-Dried Tomato & Walnut Pesto

A deliciously different pesto made with walnuts and richly-flavored sun-dried tomatoes. You can use this pesto as a dip or spread, you can stir it into soups to add richness and flavor, and of course you can serve it with pasta.

(1 cup)

1 large clove garlic - roughly chopped
1 cup fresh basil leaves
1/3 cup grated Parmesan cheese
1/3 cup walnuts
2 tablespoons water
6 sun-dried tomatoes - roughly chopped
1/2 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
1/3 cup extra virgin olive oil

PLACE all the ingredients, except the olive oil, in a food processor. WHILE you process, slowly pour the olive oil into the mix until all the ingredients turn into a smooth paste (you may have to scrape the sides occasionally).

Variations: Pine nuts, pistachio nuts, macadamias, almonds or cashews can be substituted for the walnuts.

The Mixed Greens Salad

This is your main-stay through the detoxification process. Feel free to substitute any dark green vegetable.

Ingredients

1 cup organic mixed green salad mix

Or

A mix of: Collard greens, dandelion greens, mustard greens, spinach, kale, cabbage or broccoli

5-10 slices of cucumber

½ cup yellow, red or green pepper

5 cherry tomatoes - halved

1 1/2 tablespoons lemon juice

1 1/2 tablespoons flax seed oil

1/3 cup celery

¼ cup radishes

Mix the lemon juice, flax oil, garlic, together in a small bowl. Combine the mix greens, celery, radishes and cherry tomato halves with the dressing in a salad bowl and sprinkle the pine nuts over the top. Any combination can be steamed for 2-3 minutes

Vegetable Soup

Serves 8

2 medium onions, cut into eighths and separated
1 carrot, peeled and coarsely chopped
1 celery stalk, coarsely chopped
1 bay leaf
1 bunch of radishes
1 bulb fennel, coarsely chopped
1 bunch dill chopped (about 2 pounds)
3 cabbage leaves
1 bunch beet or Swiss chard leaves or 1 pound spinach leaves
3 Belgian endive leaves
Pepper
Extra-virgin olive oil for drizzling
8 cups of water

1. Add the bulb fennel and dill, radishes, cabbage, beet leaves, and endive leaves. Taste for salt and pepper. Simmer for 25 minutes, uncovered.

2. Cover and cook for 15 minutes. Serve with a small amount of extra-virgin olive oil drizzled on each serving.

Win-Win Veggie Slaw Salad

Description

Shredded veggies w/ pineapple and nuts

Category

Salad

Ingredients

Any of the below veggies, raw and shredded:

broccoli stalk

sweet potato

kohlrabi

radicchio

carrot

zucchini

pumpkin

or any raw veggie you like

add crushed pineapple in pineapple juice (add juice as well)

compliant organic mayonnaise (to desired consistency)

chopped walnuts

sea salt (to taste)

flame raisins (if desired)

You could add some ground flax seed for nutrition and/or a little olive oil. I would keep it light on these two things if you use them.

Directions

Shred, mix and eat. This will be even better the next day. Enjoy!!

Spezzatinu di Viteddu - Veal Stew with Onions

Ingredients

1/4 cup Olive Oil
3 1/2 pounds lean stewing veal, cut into 1-inch pieces
with gristle and excess fat removed
1 large onion, chopped
Salt and freshly ground pepper
1/2 cup tomato paste
2 vegetable bouillon cubes
2-1/2 tablespoons flour

Serves 4

Put the olive oil, veal, and onion into a large, heavy-bottomed saucepan. Sprinkle with salt and pepper, mix together, and turn the heat to high. Cook for 5 minutes, stirring often.

Add the tomato paste, vegetable bouillon cubes, and mix very well. Pour enough cool water into the pan to almost cover the top of the veal. Bring the stew to a boil. Sprinkle the flour over the top of the veal. Immediately reduce the heat to a low simmer and cook, partially covered, for about 30 minutes without stirring. Then remove the cover, stir, and simmer uncovered for 1 hour, stirring occasionally.

Transfer the spezzatinu to a warmed serving dish and serve with vegetable medley.

Salmon, Cucumber Chili Salad

This is a refreshing salmon salad. The combination of flavors gives you a delicious way of enjoying the healthy benefits of salmon and cucumbers. Using our stovetop cooking method for the salmon with no oils makes this especially healthy and light.

Prep and Cook Time: 20 minutes

Serves 4

Ingredients:

3 cups thinly sliced washed cucumber, do not peel
2 tsp minced jalapeno pepper, seeds and stem removed (or to taste)
1/2 cup chopped scallion
3 TBS chopped fresh cilantro
1 1/2 TBS chopped fresh mint
1 1/2 lb salmon fillet, deboned and skin removed cut into 4 pieces
2 & 1 TBS fresh lemon juice
1 TBS soy sauce
1 TBS extra virgin olive oil
salt and cracked black pepper to taste

Directions:

Start chopping the first 5 ingredients.

While chopping ingredients, preheat a stainless steel 10-12 inch skillet on medium high heat for 2 minutes. Rub salmon with 1 TBS lemon juice and season with a little salt and pepper.

Place salmon in hot pan and cook for 2-3 minutes. Turn and cook another 2-3 minutes, depending on thickness of salmon. This is our (Stove top Searing) cooking method.

While salmon is cooking, finish chopping ingredients and whisk together lemon juice, soy sauce, olive oil, salt and pepper. When ready to serve toss with cucumber mixture. Do not toss ahead, as it will dilute the flavor.

Place cucumber salad on a platter and place salmon on top. Garnish with a sprig of cilantro and serve.

Healthy Cooking Tips: Choose salmon filets that are cut from the head of the fish. It will be thicker, and moister after cooking. Because stoves vary, it is best to check the salmon for doneness after about 1 minute after you have turned it. Salmon is best-cooked medium. Insert the tip of a knife into the thickest part of the filet. It should flake, yet still be pink in the center. Also, make sure you don't toss the cucumber mix with the dressing until you are ready to serve. The salt in the dressing will draw out the water in the cucumbers and dilute the flavor of your salad. You may want to add a little minced chili pepper at a time and taste it, so it will match your personal preference in heat and spiciness.

Moroccan Stews and Tagine

Moroccan stews are called tagines because they're traditionally made in a glazed earthenware pot with a cone-shaped lid called a tagine. However, a large saucepan works just as well. This tasty chicken and olive tagine is served over a bed of almond-studded wild rice.

Ingredients

- 1 tablespoons extra virgin olive oil
- 1 red onion—finely chopped
- 1 green pepper (capsicum)—deseeded and finely chopped
- 2 cloves garlic—finely chopped
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1/4 teaspoon ground ginger
- 1/4 teaspoon cinnamon
- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 1/2 cup organic chicken stock
- 14 oz (420g) canned tomatoes—chopped
- 12 oz (360g) skinless chicken breast—cut into bite-sized pieces
- 8 pitted black olives—halved
- 1 tablespoon lemon juice
- 2 tablespoons finely chopped fresh flat-leaf parsley
- 1 cup couscous
- 1 cup boiling water
- 3 tablespoons flaked almonds
- 1 cup spinach
- 1 cup swiss chard

HEAT 1 tablespoon of the oil in a large saucepan over a medium heat and cook the onion and green pepper for 6 minutes, stirring occasionally. ADD the garlic and spices and cook, stirring constantly, for another minute. ADD the stock, tomatoes, salt and pepper and bring to the boil. COVER the pot, reduce the heat to medium, and simmer for 10 minutes. ADD the chicken, olives, spinach and swiss chard to the tagine and simmer, covered, for another 8 minutes. WHILE the tagine simmers, cook the couscous. ADD the lemon juice and parsley to the tagine. FLUFF up the cooked couscous with a fork and gently stir in the flaked almonds to combine. SERVE the tagine over a bed of the almond couscous.

Rice with Seafood - Riso alla Marinara

Pinch of saffron
20 mussels, scrubbed and debearded
20 littleneck clams, scrubbed
1 small (1 lb) live lobster
or 1/4 lb lobster meat
4 Tb finely chopped parsley
4 garlic cloves, peeled and finely chopped
1/2 cup olive oil
1/4 lb squid, cleaned and cut into small pieces or rings
2 cups Arborio rice, washed
Salt
Pepper

1. Put the saffron in a small cup with 3 tablespoons of tepid water to steep. Steam the mussels and clams until they open. Discard any mussels or clams that do not open. Remove the clams and mussels from their shells. Reserve 3/4 cup of the clam and mussel juice for this recipe and save the rest for another use. Set aside. Steam the live lobster for 12 to 15 minutes. Drain. When it is cool, remove the meat, chop, and set aside.

2. In a large pan, sauté the parsley and garlic in 1/3 cup olive oil for 2 minutes over medium heat. Add the squid and reduce the heat to low. Continue cooking, uncovered, for 12 minutes.

3. In a heavy pot with a tight fitting lid, sauté the washed rice in the remaining olive oil for 1 minute. Add the reserved clam and mussel juice and 1 1/3 cups of water. Check the clam and mussel juice to see how salty it is, then add salt to taste. Stir and bring to a boil. Reduce to a low simmer and cook until al dente, about 12 minutes, but check before that time. Add a few tablespoons of boiling water if the rice is too hard.

4. Add the lobster meat, clams, and mussels to the pan with the squid. Stir and add pepper to taste. Pour the saffron water over the seafood. Stir again and cook over low heat for 10 minutes.

5. Pour the rice into a mixing bowl and mix with half the seafood. Spread the mixture on a serving platter and cover with the remaining seafood. Serve hot or at room temperature.

Mediterranean Grilled Vegetable Soup

When it comes to vegetarian soup, the simpler the soup better. This Italian soup, a hearty grilled vegetable recipe, will satisfy the boldest of appetites with its robust combination of peppers, zucchini, onion, garlic, fresh tomatoes and other grilled vegetables. This grilled vegetable soup recipe is super-simple to follow and can be prepared in under 30 minutes. Try making this delicious vegetarian soup recipe for your family and friends. It will surely become one of your favorite Italian soup recipes!

Makes about 5 cups, serves 6

Ingredients

2 red bell peppers, cored, seeded and quartered lengthwise
1 yellow bell pepper, cored, seeded and quartered lengthwise
1 cup of steamed carrots
1 cup of steamed collard greens
2 small zucchini (1/2 lb. total), trimmed and quartered lengthwise
1 red onion, peeled and cut into 1/2-inch-thick slices
1 tsp. olive oil
3 large vine-ripened tomatoes (1 1/4 lbs.), cored and chopped
1 clove garlic, peeled
1/2 tsp. dried oregano
1/4 cup shredded basil leaves
1 Tbsp. red-wine vinegar
salt & freshly ground black pepper to taste.

Instructions

Prepare a grill or preheat the broiler. Grill or broil bell peppers, skin-side toward the flame, until the skin is blackened, 5 to 10 minutes. Place in a paper bag and set aside for 15 minutes.

Meanwhile, brush zucchini and onion slices with oil and grill or broil until well browned and tender, about 5 minutes. Chop coarsely and set aside.

Peel the peppers. Coarsely chop the yellow pepper and set aside with the reserved zucchini and onions. Place the red peppers in a food processor or blender, along with tomatoes, garlic and oregano; puree until smooth. Transfer to a bowl and stir in 1 cup water, basil, vinegar and the reserved chopped vegetables. Season with salt and pepper. Cover and refrigerate until cool, about 30 minutes. (The soup can be stored, covered, in the refrigerator for up to 2 days.)

Menestra de verduras Serves 6

Menestra is one of the irreplaceable dishes of Navarra cuisine. Menestra can be served as a side dish to fish or meat, or as a main course in its own. In this recipe, use only the stems of the Swiss chard. Cut away the greens and save them for making a **Sautéed Swiss Chard with Raisins and pine nuts**. You will be using three pots simultaneously because the vegetables must be cooked separately, but the result more than justifies a crowded stove top.

Ingredients

6 preserved or fresh white asparagus spears
3 quarts water
Salt
6 Swiss chard stems
1/2 pound cabbage
6 small artichokes
1 lemon, halved
1 tablespoon plus 1 teaspoon whole grain flour
2 cups diced carrots
1/4 cup olive oil
4 thin slices spanish ham, minced

Preparation

If using preserved asparagus, drain them and reserve 1 cup of the brine; set the asparagus and brine aside separately. If using fresh asparagus, cut off about 1 inch from the base of each spear and then peel the spears with a vegetable peeler.

Pour 1 quart of the water into a saucepan and bring to a boil over high heat. Salt the water lightly and add the Swiss chard stems, cabbage, and, if you are using them, the fresh asparagus. Cook for 20 minutes, or until the asparagus are tender, then lift the asparagus out with a wire skimmer or tongs. Continue cooking the chard stems and beans for 10 minutes longer, or until very tender. Drain, reserving 1 cup of the cooking liquid, and set aside to cool. When cool enough to handle, cut the chard stems and the beans into thin strips.

Meanwhile, working with 1 artichoke at a time, peel off the tough outer leaves. Cut off the stem flush with the bottom, and cut off the top one-third of the leaves. Rub the trimmed artichoke with a lemon half. Repeat with the remaining artichokes, rubbing them each with the same lemon half. In a second saucepan, bring 1 quart of the water to a boil over medium-high heat. Add 1 tablespoon of the flour and the remaining lemon half and stir to mix. (The lemon prevents the artichokes from turning dark, and the flour counterbalances the acidity of the lemon and makes the artichokes more tender.) Add the artichokes, decrease the heat to medium, cover, and cook for 20 minutes, or until tender when pierced with the tip of a knife. Drain.

Preheat the oven to 350°F.

In a third saucepan, bring the remaining 1 quart water to a boil over medium-high heat. Salt the water lightly, add the carrots, decrease the heat to medium-low, and boil gently for about 5 minutes, or until tender. Drain.

Put the vegetables in separate piles on an oven proof platter and place in the oven. Meanwhile, in a small skillet, heat the olive oil over medium heat. Add the ham and sauté, stirring often, for 1 minute, or until the fat glistens. Using a slotted spoon, lift the ham from the pan with the oil to high heat and stir in the remaining teaspoon flour. Add the reserved 1 cup brine (or the cooking liquid if you used fresh asparagus), stirring to mix well, and bring to a boil. Cook, stirring often, for about 2 minutes, or until the liquid turns opaque. Pour the sauce over the vegetables, heat through in the oven for 2 minutes, and serve immediately.

KICK-ASS KALE

Description

The MOST scrumptious salad, appetizer, entree, side dish I've ever eaten.

PLUS, it's great for RAW FOODERS as none of it is cooked. HOWEVER, for those who LOVE cooked kale, the recipe can be lightly steamed at any time. Also, because of the lemon and onion, the recipe lasts in the fridge for 5-7 days, making it a nice addition for a carry-out "Tupperware"-type lunch or snack.

Category

Other

Ingredients

1 large bunch of curly kale (organic, of course)
3 small or 2 large lemons
1/3 cup raw, virgin, cold-pressed olive oil
1 tsp Celtic or Himalayan sea salt
4 small or 3 large cloves of garlic (peeled)
1/2 - 1 purple onion, sliced very fine

Directions

Wash and "spin" dry the curly kale.

Remove the stems. Stack the leaves on top of each other and slice them horizontally into fine strips - the strips WILL curl, of course. Place the strips into a glass or porcelain bowl.`

Juice the lemons to make about 3-4 oz of juice.

Add the 1/3 cup olive oil.

Peel and cut the garlic cloves into chunks.

Put the olive oil, lemon, garlic, and 1 TSP sea salt into the blender or Vita-Mix and combine on HIGH to make a frothy liquid.

Pour 1/2 the liquid over the top of the kale. Mix well with salad utensils. Pour the remaining liquid over the kale and keep turning and mixing with the salad utensils.

Let the mixture sit for at least 2 hours before you eat it as the lemon and olive oil will "cure" the kale so that it becomes much softer and more edible.

Garnish with as many of the onion slices as you like.

This is a GREAT RECIPE for O blood type as three of the main ingredients are BENEFICIAL for the O blood type.

Classic Crab Cakes with Roasted Red Pepper Remoulade

Crabcake: This recipe for a classic crab cake is one that highlights the crab, so it does not add a lot of fillers or strong tasting ingredients.

Crab Cakes with Roasted Red Pepper Remoulade Sauce

1 Egg, beaten (optional)
1/4 Cup Organic Mayonnaise*
1 Tsp. Dijon or Spicy Mustard
2 Tsp. Worcestershire Sauce
1 Tsp. Grated Lemon Rind
1/4 Cup Fresh Parsley, chopped
2 Tsps. Old Bay Seasoning
1/2 Cup cooked Sticky Wild Rice
1 lb. Fresh Lump Crabmeat, drained 3 tabs. Olive Oil
3 Tabs. Butter

Drain crabmeat and gently pick through crabmeat to remove any bits of shell. Rinse lightly with cold water. Set aside.

In a large mixing bowl, mix first 8 ingredients together.

The mixture will be thick. If it seems a little too dry, add a little more mayonnaise, but not more than a tablespoon or so.

Using your hands, fold the crabmeat into the mixture as gently as possible to combine, keeping as much lump crabmeat intact as possible. Do not squeeze the mixture together.

Let mixture stand 3 minutes. Gently shape the crab mixture together to form patties. This amount will make 8 large or 12-14 small patties. Place the crab cakes on a baking sheet or pan lined with wax paper. Chill in the refrigerator for 1 hour (a quick chill in the frig helps set the crab cake) up to 8 hours.

In a large skillet or on a griddle, heat half the oil and butter over medium to medium-high heat until hot. Add half of the crab cakes and sauté until golden brown, about 4-5 minutes per side.

Repeat with the remaining half of the oil and butter and crab cakes.

Drain on a rack over paper towels.

Serve with Roasted Red Pepper Remoulade, classic Remoulade sauce, tartar Sauce, or a wedge of lemon.

Roasted Red Pepper Remoulade

1 7 oz. Jar Roasted Red Bell Peppers, drained
1 Cup Mayonnaise
1/4 Cup Parsley
1/4 Cup Dill Pickle Relish
2 Tab. Green Onion, chopped
1 Tab. Grated Lemon Rind or Zest
2 Tab. Prepared Horseradish
1 Tab. Capers, drained
1/2 Tsp. Kosher Salt
1/4 Tsp. Freshly Ground Pepper
Process roasted red peppers and mayonnaise in a blender or food processor until smooth, scraping down sides when necessary.

Add parsley and remaining ingredients and process just until combined, but not smooth. Chill at least 30 minutes. Makes 2 cups