

What to Do *After* HCG Weight Loss

HCG Diet Phase 3
Instructions and Recipes for Success

Eve Clark

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Introduction

The purpose of this book is to provide basic information for what you must do to maintain the target weight that you reached during the HCG diet protocol. Specifically, this period begins on the first day after your final 500-Calorie food day at the end of your 3-day HCG washout.

This means that you have just completed a 30-day or a 43-day HCG diet protocol, during the final 3 days of which you stopped taking the hormone (i.e., the “3-day HCG washout”). This washout is crucial for letting the hormone disappear from your body while you are still eating the same 500-Calorie diet as you did while taking HCG.

What is Phase 3?

The 21 days immediately after your 3-day HCG washout period are commonly referred to as Phase 3, or as the maintenance phase. These terms are modern additions to the program and are a bit misleading. Yes, you must adhere to certain dietary strategies during these 21 days. And, yes, the goal is to maintain the final weight (‘maintenance’) that you reached at the end of the protocol. For the purpose of this book, ‘Phase 3’ will do.

A better way to look at the 21-day post HCG period, however, is that it is a time for your metabolism to reset how your body handles dietary fats and carbohydrates. During this period your metabolism is extremely sensitive to the combination of the two.

Carbohydrates are very dangerous during Phase 3 because they will very quickly turn back into the unwanted abnormal fat that you just removed during the HCG protocol. Carbohydrates are especially dangerous in combination with dietary fats.

The Only Two Rules for Phase 3

These two rules ensure that you will keep your target weight locked in and that you will reset your metabolism to prevent ever regaining abnormal fat.

1) Eating

Eat anything you please except sugar and starch.

Keep in mind that you just finished a diet protocol that trained your body to respond to a hormone signal by metabolizing abnormal fat. This is the unique revolutionary principle that drives the HCG diet. Furthermore, as you know, net loss of abnormal fat happens only in conjunction with a specific very low calorie diet (VLCD) that is especially low in calories from fats and carbohydrates.

Once the HCG has disappeared from your system, you will cease to metabolize abnormal fat. You can therefore eat to capacity every day. This means eating the number of Calories that you need for your basal metabolic rate. These Calories, however, must come primarily from protein and fat.

Carbohydrates during Phase 3 are best derived from whole foods, i.e., unprocessed fruits and vegetables. The best ones are low carb or low sugar and high fiber. This excludes grains regardless of whether they are 'whole' according to a food label. And you should keep mostly away from high-sugar fruits such as grapes and bananas.

Regarding processed foods, if you have to read the label of a food that you are considering for your Phase 3 diet, then it is most likely too processed. Whole foods (apples, eggs, asparagus, mushrooms, etc.) do not normally have food labels.

2) Keeping track

Weigh yourself at the beginning of every day.

Always keep a portable bathroom scale at hand, even when you are traveling. You must, without fail, weigh yourself every morning, right after you get out of bed and use the bathroom. This is a seemingly simple rule. It is, however, crucial for keeping your weight within a narrow window. This window is plus or minus two pounds of your weight at the end of the HCG protocol.

In Case of Weight Gain

As long as your weight stays within this weight limit, any fluctuation can be ignored. If your weight exceeds the two-pound limit, even by a few ounces, you must skip breakfast and lunch and drink plenty of fluids on that very same day. Delaying this strategy will just make matters worse and cause wild fluctuations in your weight, eventually causing permanent weight gain.

In the evening you must eat a dinner consisting of a huge steak and either an apple or a raw tomato. That's it. If you are a vegetarian, you may substitute a high protein/fat food such as eggs instead of the steak. Vegans may have some difficulty because of the challenge of finding similar foods that are completely plant-based and still without carbohydrate.

This strategy brings about an immediate drop in weight by the following morning.

It is of utmost importance that this strategy is not postponed to the following day or later. Otherwise you may require several days of strict dieting to get back to where you started at the beginning of Phase 3.

By the way, you may already be aware of the inaccuracy of daytime weighing. This is especially true if you have been obese for any length of

time prior to doing the HCG protocol. Your weight during the day, or at night, does not reliably reflect your basal weight.

Losing More Weight During Phase 3

Note that it is equally undesirable to lose more than two pounds, too. Such a loss, according to Dr. Simeons, is always achieved at the expense of normal fat, which you want to keep. Any normal fat that you lose is going to be regained as soon as you eat. Your body needs this fat. However, regaining normal fat is the foundation of the yo-yo effect. When you drop too much, you will most likely gain too much right back. Stay in the acceptable weight window.

The Trouble With Overdoing It

Too much of a good thing is not necessarily a good thing. You can, indeed, eat fairly normally without regaining weight during Phase 3. However, if you disregard the advice that you can eat anything you want except sugar and starch and continue on a calorie-restriction diet, your weight may actually go up.

Skipping a meager lunch and having only a salad for dinner, or some other kind of deprivation diet, often adds a pound overnight. This weight gain is accompanied by swelling in the ankles, which is the telltale sign of fluid retention.

You might also typically feel weak and hungry. It just does not seem fair! This is what Dr. Simeons referred to as 'over-enthusiasm'.

The point is to eat normally, without sugar and starch. You *need* calories from the right sources.

Avoiding Protein Deficiency

During the HCG protocol, the minimal amount of dietary protein is supplemented with protein that is converted from metabolizing abnormal fat. This keeps you just above the level of protein deficiency.

However, once the treatment is over, the conversion of sufficient fat to protein stops. In Phase 3, therefore, it is easy to develop protein deficiency if you do not take in enough protein in your diet. You can tell if this is, indeed, happening when you develop that unwanted ankle-swelling again because you are retaining fluids. This is a condition called 'hunger-edema' and it is VERY common when you consume an unbalanced diet. Unbalanced means consuming sugar and carbohydrate during Phase 3. You can even retain fluid at any time after Phase 3 when you consume too much of these foods.

The treatment for this condition is kind of like a crash Atkins diet for a day. Typically this means to eat two eggs for breakfast and a huge steak for lunch and dinner, accompanied by a large helping of cheese. Very often you will see two pounds vanish overnight. Your ankles will also return to normal. The main side effect is that you may have to visit the toilet one or more times during the night because of the need to eliminate excess water.

What if this does not work? In this case, you can adopt the Atkins 'induction phase', which can go for up to two weeks on a maximum of 20 grams of carbohydrate per day. This phase of the Atkins diet leads mostly to water loss, which is exactly what you must do to get back to your target weight. Once you get there, resume your Phase 3 diet as before. And, as before, be sure to keep from going below your target weight by more than two pounds.

Note that any period of ultra-low carb dieting means ultra-low fiber, too. This is one of the main complaints of the induction phase of the Atkins diet. If this is an issue for you, the simple remedy is to use psyllium powder as a

soluble fiber supplement. Psyllium powder is the active component of Metamucil. Unfortunately, Metamucil contains certain unnecessary and unwanted ingredients, such as food dye and sugar or aspartame (i.e., the 'sugar-free' version). Avoid these ingredients like the plague. Instead, use any product that contains only unflavored and unsweetened psyllium powder, which you can find at any nutrition store.

Relapses

Relapses occur mostly due to negligence of the two basic rules that are stated above. Daily weighing is often ignored even though it is a critical indicator of where you stand. The fit of your clothing is not a good indicator, since you may stay the same size, at least for a short time, in the face of weight gain. This is because newly acquired fat is distributed evenly and does not immediately show up as an expanded waistline. You may even gain as much as 10 pounds without noticing a change in appearance or in how your clothes fit.

Special Cases for Women

Pregnancy or menopause may cancel out your progress from a previous HCG treatment. Relapse rates are higher after pregnancy or during the 12-month cessation of monthly periods that lead to the official definition of menopause. If you are undergoing treatment with replacement hormones of any kind, then you are more likely to experience difficulty in keeping your target weight.

Achieving hormone (estrogen) balance can be a daunting task, especially in light of the vast amount of misinformation that mainstream medicine has perpetrated on women. If you want to dig into this topic to get a better idea of what this means and what you can do about it, you may want to request Dr. Dennis Clark's special report on hormone balance at my [Natural Cures](#)

[News Blog](#) (no charge for it). You will also get a report on his perspective on supplements in general, which is invaluable for making the right decisions for better health for you and your family.

One final comment from Dr. Simeons' book is that, in his experience, he noticed a higher than average relapse rate among teenage girls who suffer from attacks of compulsive eating. This seems especially frightening in the 21st century, with the advent of seemingly greater social pressure to be 'thin' and its consequent eating disorders. And the deteriorating quality of the modern American diet just makes this situation much worse than Dr. Simeons encountered in the 1950s.

What About After Phase 3?

Of course, long-term weight management is the goal. This may mean adjusting your diet, exercise, supplements, and other components of fitness to optimize how your body metabolizes fat as it changes over time. Although this may not seem easy, it does not have to be hard, either.

The main difficulty is sorting through the mountain of information that is offered to the public on how to stay slim, which is often confusing and contradictory. Much of it is even overhyped for marketing purposes. The best resource that you can start with is Dr. Dennis Clark's [Body Fat Loss Blog](#), which offers his views based real scientific research. You can even get a copy of his book, *Body Fat Loss Manual*, there at no charge. His book offers great easy-to-follow pointers on what you can do to stay fit and trim for the rest of your life.

Phase 3 Recipes

There is no reason for you to feel deprived of delicious foods during Phase 3 as long as you follow the two rules about eating and keeping track of your weight daily. The eating part is, in fact, super simple when you see the kinds of meals that you can have based on the recipes here.

Note that the only sweetener that is not harmful to your diet and to your health is stevia. This herbal product comes in two forms, liquid or powder, both of which are acceptable during Phase 3.

Whatever you do, avoid all other sweeteners. This means anything that contains aspartame (Nutrasweet), sucralose (Splenda), sorbitol or other sugar alcohols, and any kind of sugar (sucrose, glucose, dextrose, invertose, fructose, high fructose corn syrup or any other syrup [e.g., rice, agave]). You must read and understand the ingredients of all processed foods before you consume them, since the American food industry offers lots of tricks for getting unwanted sweeteners into your foods. Either natural corn syrup (high glucose) or chemically altered corn syrup (high fructose) is in almost everything, including beverages of all kinds. Fruit juices are too sweet regardless of whether they are whole concentrates or are adulterated with apple or grape juice.

The words 'sugar free' do not mean 'harmless'. In fact, aspartame is one of the worst toxins ever foisted upon the unwitting public.

Also be very careful to check the carbohydrate and sugar content of dairy products. Milk sugar (lactose) is a natural product in milk, cheeses, yogurt, and other dairy products. Hard cheeses have the least amount of lactose because they are extensively cultured. 'Low-fat' and 'fat-free' always means 'more sugar and carbs'. Read the labels of dairy-based foods and beverages and specifically look for the amount of sugar and the amount of carbohydrate that they contain. You might be surprised at what you find.

Understanding the carbohydrate content of any food can be a little confusing, because ‘carbohydrates’ also include fiber. Fiber content is not relevant to Phase 3, however, because fiber is indigestible and therefore non-caloric.

Be careful about which fruits you eat and how much fruit you eat. The most recommended fruits during Phase 3 are the same as during the HCG protocol: apples, strawberries, oranges, grapefruit. The least recommended fruits are grapes and bananas, so it is best to avoid them.

If you are not sure about the carbohydrate content of certain whole foods, you can check them in the carbohydrate content table that is provided after recipes. Note that some foods also offer a good amount of fiber (e.g., corn, beans, peas), so just follow rule 2 about keeping track of your weight to see how much of these seemingly high-carb foods you can consume without gaining weight.

Note About Stevia

Recipes in this book that call for stevia crystals refer to a brand called SweetLeaf Stevia. It is widely available. You may, of course, choose other brands of powdered stevia or even liquid stevia. Just be sure that you know how sweet any particular product might be. For example, SweetLeaf Stevia come in 1-gram packets that each contain 35 milligrams of stevia powder (All Natural Stevia Plus), mixed with inulin. Each packet has the equivalent sweetness of about 2 grams of table sugar (sucrose). Use these numbers if you need to calculate the quantity of stevia crystals that you should use when cooking with another brand of stevia.

SweetLeaf Stevia also comes in liquid form in several different flavors. The chocolate brownie recipe is an example of a dessert that calls specifically for one of these, the chocolate-flavored one.

APPETIZERS

BREADED ZUCCHINI

Egg (raw)	1 medium
Pork rinds (crushed)	1 cup
Garlic powder	½ teaspoon
Onion powder	½ teaspoon
Sea salt	¼ teaspoon
Ground pepper	¼ teaspoon
Coconut oil	½ cup
Zucchini	1 small (cut into 1/8 slices)

Whip or mix the egg and water in a small bowl.

Combine and mix the pork rinds, salt, pepper, garlic powder, onion powder in another small bowl.

In a large skillet pour enough oil to cover the bottom of the pan, and heat the pan using medium heat. Dip the zucchini in the egg mixture, then in the pork mixture. Roll the zucchini over in both mixtures to make sure it is covered on both sides. Put the pieces in the cooking oil for around 3 minutes (or until medium brown on both sides.) Repeat this processes until the pan is full or you have used the entire zucchini.

Note: you can substitute for a vegetable yellow summer squash, Okra, mushrooms, broccoli flowers, cauliflower tops. Instead of coconut oil, use extra virgin olive oil, (just don't overheat this oil.)

CRAB CAKES

Chopped crab meat	1½ cups
Butter or Coconut oil	6 tablespoons
Onion (chopped)	1 cup
Pork rinds (crushed)	1½ cups
Eggs (raw)	3 medium
Parsley flakes	¼ cup
Water	¼ cup
Paprika	1 teaspoon
Sea salt	½ teaspoon
Ground pepper	¼ teaspoon
Stevia crystals	1 teaspoon
Garlic powder	½ teaspoon
Cocktail sauce	1 cup (see sauces)

Whip or mix the eggs a small bowl.

On medium heat melt butter or oil in large sauce pan. Sauté the onion in the pan until soft. Add crab meat to the onion, and cook for 5 minutes.

In a large bowl, combine the cooked crab meat with eggs, parsley, paprika, salt, pepper, garlic, and mix well. Add the pork rinds, combine thoroughly.

In a small bowl mix the water and stevia, then add it to the crab mixture, and mix again. Shape into small cakes and place in oil. Fry each cake until golden brown.

Serve with cocktail sauce.

Makes 4 servings.

SHRIMP AND CRAB SPREAD

Cooked shrimp (diced)	4 ounces
Cooked crab meat (diced)	4 ounces
Cream cheese (softened)	4 ounces
Cucumber (finely chopped)	2/3 cup
Celery sticks (cut)	3-4 sticks, 3" long
Garlic powder	½ teaspoon
Ketchup	1 tablespoon
Onion (minced)	1 tablespoon
Mayonnaise	2 tablespoons
Stevia crystals	1 teaspoon
Dijon mustard	1 teaspoon

Mix all ingredients in a bowl, and fill celery sticks.

Serve cold.

CUCUMBER SPREAD

Cream cheese	4 ounces
Cucumber (diced)	2/3 cup
Mayonnaise	2 tablespoons
Stevia crystals	½ teaspoon
Dijon mustard	1 teaspoon
Garlic powder	½ teaspoon
Onion powder	1 tablespoon
Ketchup	1 tablespoon

Combine and mix in bowl until everything is blended well.

Serve over Melba toast or celery sticks.

CHICKEN SPREAD

Chicken breast only (diced)	2/3 cup
Cream cheese	4 ounces
Mayonnaise	2 tablespoons
Onion powder	1 tablespoon
Ketchup	1 tablespoon
Stevia crystals	½ teaspoon
Dijon mustard	1 teaspoon
Garlic powder	½ teaspoon

Combine and mix in bowl until everything is blended well.

Serve over Melba toast or celery sticks.

DEVILED EGGS

Eggs (hard boiled)	12 medium
Mayonnaise	½ cup (see sauces)
Mustard	½ teaspoon
Sea salt	¼ teaspoon
Ground pepper	¼ teaspoon
Dried parsley	1 tablespoon (for garnish)
Dried powder paprika	sprinkle (for garnish)

Using a 2 quart sauce pan, add all the eggs. Add enough tap water to cover all the eggs. Bring the water to a boil, and immediately reduce to medium heat. Cook eggs for 15 minutes. Remove eggs, put into bowl, cool with cold water.

Remove shells from the eggs, and cut eggs length-wise in halves. Put the eggs on a platter.

Take the yolks out of the egg (without tearing the egg whites) and put into a small bowl.

Completely smash the yolks with the back of a fork. Add the mayonnaise, mustard, salt, and pepper to the yolks, and mix thoroughly. Using a teaspoon, fill the hole in the egg white with mixture overflowing the hole.

Garnish with parsley, and paprika if desired.

Serve cold.

ITALIAN STUFFED MUSHROOMS

Medium mushrooms	1 pound
Green onions (diced)	¼ cup
Red bell pepper (diced)	¼ cup
Pork rinds (crushed)	1½ cups
Dried oregano leaves (crushed)	1 teaspoon
Sea salt	¼ teaspoon
Ground pepper	¼ teaspoon
Butter	3 tablespoons
Parmesan cheese (grated)	top garnish

Heat oven to 350 degrees.

Remove mushroom stems and wash mushrooms.

Melt 2 tablespoons of butter in medium size skillet over medium heat. Add onions and bell peppers. Stir constantly about 3 minutes. Stir in pork rinds, oregano, salt, pepper, and cook until the rinds are soft.

In the heated oven, using a 13x9 cookie sheet, melt 1 tablespoon butter.

Remove cookie sheet from oven. Fill mushroom tops with mixture, and put onto cookie sheet with the crown side down and the mixture side up.

Sprinkle with parmesan cheese. Bake 15 minutes.

Reset oven to broil. Broil mushrooms until light brown, about 2 minutes.

Serve hot.

HOT AND SPICY NUTS

Coconut oil	2 teaspoons
Ground cayenne pepper	1¼ teaspoons
Dry-roasted peanuts	2 cups

Heat oil in medium size skillet over medium temperature. Stir in cayenne pepper, peanuts, and cook about 2 minutes, constantly stirring mixture.

Cool on cookie sheet.

Serve either warm or cold.

SWEET AND SOUR ALMONDS (SUBSTITUTE PECAN HALVES)

Coconut Oil	2 tablespoon
Ground cinnamon	1 teaspoon
Stevia crystals	1 teaspoon
Raw almonds	1¼ cups
Grated orange rinds	1 teaspoon
Almond extract	1 teaspoon

In a medium skillet, add oil, cinnamon, and stevia. Turn burner on medium heat and cook mixture for 1 minute. Stirring frequently, add almonds and sauté about 3 minutes until almonds are golden brown.

Remove pan from the stove, and add orange rinds and almond extract. Stir combining all the ingredients.

Pour mixture into serving dish.

Serve warm.

MAIN DISHES

SAGE-PESTO CHICKEN WITH YAMS

Chicken (about 5 pounds)	1 chicken boneless cut-up medium size pieces
Pecans (crushed or diced)	2 tablespoons
Parsley (dried flakes)	3 tablespoons
Sage (dried flakes)	2 tablespoons
Parmesan cheese (grated)	3 tablespoons
Coconut oil	½ cup
Yams (1 large peeled)	cut into 2 inch pieces
Onion (whole)	1 medium cut into wedge pieces
Sea salt	1 teaspoon
Ground pepper	½ teaspoon
Garlic (diced)	3 cloves

Heat oven to 350 degrees.

Wash chicken and put in roasting pan.

In a small mixing bowl, add pecans, coconut oil, salt, pepper, and garlic. Mix well and pour over chicken. Place pieces of onions and yams around the chicken pieces. Sprinkle the parsley, sage, and parmesan cheese over the tops of the pieces of chicken. Cover with a lid or aluminum foil and cook for one hour.

Serve hot.

Makes 6-8 servings.

JENNIE'S ASPARAGUS LETTUCE WRAP

93 % fat-free ground beef	1 pound
Asparagus (fresh)	1 pound
Taco seasoning (optional)	1 package
Picante sauce (optional)	½ cup
Garlic (minced)	1 teaspoon (3 cloves)
Onion (diced)	½ cup
Sea salt	¼ teaspoon
Ground pepper	½ teaspoon
Large romaine lettuce leafs	4 pieces
Cheddar cheese (shredded)	1 cup

In a skillet add ground beef, onion, garlic, salt, pepper, taco seasoning if desired. Sauté the ground beef until cooked. (If using picante sauce, add just before the beef is completely done.)

Using a pot for steaming vegetables, steam the asparagus until it is soft or limp.

Take one lettuce leaf and fill it with a few pieces of asparagus, 3 to 4 tablespoons of beef, top it with the sprinkles of cheese, and roll it up like a wrap.

Make the other wraps and enjoy your meal.

Makes 4 servings.

VERY TASTY MEATLOAF

93 % fat-free ground beef	1 pound
Onion (diced)	1 medium
Garlic (diced-up clove or minced)	3 cloves or 2 teaspoons
Bell pepper (diced or chopped)	¼ cup
Egg (raw)	1 medium
Melba toast (crushed)	8 round or 6 flat pieces
Tomato sauce (organic)	1 6-ounce can
Sea salt	½ teaspoon
Ground pepper	½ teaspoon
Onion powder	1 teaspoon
Celery seed powder	1 teaspoon
Parsley flakes (dried)	garnish

Heat the oven to 350 degrees.

In a medium mixing bowl add onion, garlic, bell peppers, egg, Melba toast, salt, pepper, onion powder, and celery powder. Mix together until all ingredients are blended well. Add ¼ can of tomato sauce to mixture. Add all the ground beef, and blend together.

Put the beef mixture in a loaf pan. Spread remaining tomato sauce on top of the loaf, lightly covering it. Garnish with parsley flakes. Cover loaf pan with aluminum foil. Place pan in the oven and cook for 50 minutes. Remove the aluminum foil and bake 15 minutes.

Serve hot or cold on salads.

EGGPLANT LASAGNA

Eggplant	1 large
Mozzarella cheese (grated)	2 cups
Parmesan cheese (grated)	¼ cup
Pasta sauce (see sauces)	2 cups

Heat oven to 350 degrees.

Peel eggplant and slice into thin pieces. Cut pieces into 2" strips. Cover the bottom of a medium cooking dish (8x13x2) with eggplant strips. Cover strips with sauce, and ½ cup of mozzarella cheese. Repeat the layers with the eggplant, sauce and cheese for 3-4 layers. Flake the parmesan cheese all over the top of the last layer. Cover with aluminum foil. Place in the oven for 1 hour.

Serve hot.

Makes 4-6 servings.

VEGETABLE BEEF STEW

Beef stew meat (cut-up 1" pieces)	1 pound
Frozen veggies (organic) carrots, corn, peas	½ pound each
Celery (cut into ½ long pieces)	½ cup
Zucchini (peeled and sliced ¼")	1 small
Cabbage	6 2" wedges
Onion (diced)	1 medium
Garlic (minced or chopped clove)	1 teaspoon
Beef stock (organic)	1 16-ounce can
Tomato sauce (organic)	1 6-ounce can
Arrowroot powder	1 teaspoon
Sea Salt	1 teaspoon
Ground pepper	½ teaspoon
Coconut oil	1 tablespoon

If you wish to use a slow cooker, add all ingredients, and cook on high for 6-8 hours.

If made on a stove top, add all ingredients in a 4-quart cooking pot. Bring the mixture to a boil. As soon as the mixture boils, turn the heat down to medium low. Put a lid on the pot, and stir occasionally. Cook 4 hours.

Serve hot.

Makes 4 servings.

CHICKEN ITALIAN STYLE

Chicken (whole cut-up)	1 chicken
Stewed tomatoes (diced) organic	115-ounce can drained
Tomato sauce (no sugar) organic	1 8-ounce can
Garlic cloves (chopped)	3 cloves
Italian seasoning (dried flakes)	2 tablespoons
Coconut oil	2 tablespoons
Sea salt	½ teaspoon
Ground pepper	½ teaspoon
Parsley flakes (garnish)	3 tablespoons

Heat the oven to 350 degrees.

In a medium glass cooking pan, add coconut oil and spread all over the bottom of the pan. Lay the chicken on top of the oil, not overlapping the pieces.

In a small mixing bowl add all the other ingredients, except the parsley flakes. Mix to blend the ingredients. Pour the mixture evenly over the chicken. Garnish with the parsley flakes evenly over the top of the chicken mixture. Cover with aluminum foil and cook for 1 hour.

Serve hot.

Makes 4-6 servings.

NUTTY SALMON

Salmon fillet (wild-caught Alaskan)	1 pound
Eggs (raw)	2 large
Macadamia nuts (ground)	1 cup (substitute cashews)
Garlic powder	½ teaspoon
Sea salt	¼ teaspoon
Ground pepper	¼ teaspoon
Coconut oil	3 tablespoons
Lemon (cut into wedges)	1 small (substitute lemon juice)

Heat the oven to 350 degrees.

In small mixing bowl add eggs and water. Beat until blended. In another small mixing bowl mix together the nuts, salt, pepper, and garlic.

In a medium roasting pan add the oil, and spread it all over the bottom of the pan. Dip the fish in the egg mixture, then roll the fish in the nut mixture. Place the fish on the oiled pan. Place this pan in the oven, and cook for 10 minutes. Turn fish over and cook another 10-15 minutes, or until flaky.

Serve hot.

Place the lemons in a small dish and serve with the cooked fish. Squeeze lemon juice over the fish to your liking.

Makes 4 servings

Substitute cod or other whitefish is desired.

SOLE ALMONDINE

Orange roughy (or other lean fish fillets)	1½ pounds
Almonds (sliced)	½ cup
Butter (softened)	¼ cup
Butter (softened)	3 tablespoons
Lemon peel (grated)	2 tablespoons
Sea salt	½ teaspoon
Garlic powder	¼ teaspoon
Paprika	½ teaspoon
Lemon juice	2 tablespoons

Heat oven to 375 degrees.

Grease the bottom of a 10x8x1-1/2 baking pan with the 3 tablespoons of butter. Cut the fish into 6 pieces and lay them down in the pan, not overlapping. In a small mixing bowl add the rest of the butter, lemon peel, salt, almonds, and paprika. Mix until blended. Spoon this mixture over the top of the fish pieces. Sprinkle with lemon juice. Bake uncovered for 15 to 20 minutes or until fish flakes easily with a fork.

Serve hot.

Makes 6 servings.

SHRIMP SCAMPI

Shrimp (de-veined, shelled)	2 pounds x-large
Butter	2 tablespoons
Green onion (diced)	2 tablespoons
Basil leaf flakes	1 teaspoon
Lemon juice	2 tablespoons
Sea salt	¼ teaspoon
Ground pepper	½ teaspoon
Garlic cloves (diced)	2 cloves
Parmesan cheese (grated)	½ cup

Melt the butter in medium size skillet on medium temperature. Add all the rest of the ingredients, except for the cheese and shrimp. Blend these ingredients, and lay the shrimp flat on top of this mixture. Cook the shrimp on medium heat turning occasionally until all the shrimp are pink-orange, (about 10 to 15 minutes).

Cover with cheese and serve hot.

Makes 4-6 servings.

SCALLOPS IN CURRY SAUCE

Sea scallops	1 pound
Butter	4 tablespoons
Green onions (diced)	¼ cup
Arrowroot powder	3 tablespoons
Curry powder	1 tablespoon
Sea salt	½ teaspoon
Chicken broth (organic)	½ cup
Almond milk	½ cup
Stewed tomatoes (diced)	1 6-ounce can

Melt 2 tablespoons of butter in medium size skillet on medium temperature. Cook the scallops, turning occasionally, for 8-10 minutes (until white.) Remove and put on a dish. Drain the skillet.

Using the same skillet, melt the remaining butter. Add curry, arrowroot powder, onions, salt, and pepper. Turn heat to medium high to boil this mixture. Stir constantly until boiling, and then remove from heat. Add the broth and almond milk to this skillet mixture, and return to burner to boil the mixture. Boil for about a minute, mixing constantly. Turn the burner back down to medium heat, and add the tomatoes and scallops. Cook for 3 to 4 minutes, stirring occasionally.

Serve hot.

Makes 2-3 servings.

Substitute shrimp (de-veined and peeled.) Cook shrimp 10-15 minutes, until pink-orange.

FAJITAS

Lean boneless top sirloin	1½ pounds
Onion (sliced ¼" wide)	1 large
Bell pepper (sliced ¼" wide)	1 large (green, red, or yellow)
Coconut oil	2 tablespoons
Small tortillas (low-carb)	1 package
Cheddar cheese (grated)	1 cup
Guacamole (see sauce section)	1½ cup
Sour cream	¾ cup
Picante sauce (low sugar)	1 jar (any size)
Beef and fajita marinade (see sauce section)	2 cups

Trim excess fat from the beef and cut into ¼" strips. In a large mixing bowl add the beef and fajita marinade (see sauce section) and mix, covering all the meat. Cover bowl and put into the refrigerator for 1-2 hours. In a large frying skillet add oil and all the beef. Turn heat to medium temperature, flipping beef occasionally. Cook meat 8 minutes. Add the onions and bell peppers to the beef and stir the ingredients. Turn temperature to low and put a lid over the skillet. Stir the mixture occasionally until the onions and bell peppers soften.

Heat the oven to 350 degrees.

Wrap the tortillas in aluminum foil and put in oven for 10 minutes. Or, heat unwrapped tortillas in the microwave for one minute on high and then wrap the tortillas in aluminum foil.

Using one tortilla, add a 4-5 slices of beef, onions, and bell peppers. Cover the top with 1 tablespoon of picante sauce, cheese, guacamole and sour cream.

Serve folded.

Makes 6 servings.

Substitute chicken breasts or pork.

CABBAGE ROLLS

Cabbage leaves	12 leaves
Quinoa grain (cooked)	1 cup
93% fat-free ground beef	1 pound
Melba toast (crushed)	6 pieces
tomato sauce (organic)	1 15-ounce can
Onion (dice)	1 medium
Ground pepper	½ teaspoon
Sea salt	½ teaspoon
Stevia crystals	½ teaspoon
garlic clove (diced)	2 cloves

Heat oven to 350 degrees.

Boil 4 cups of water in a medium boiling pot. Put cabbage leaves in a medium sized mixing bowl. Cover cabbage leaves with boiled water. Put a cover over the bowl, and let sit for 10 minutes, then drain water. In another mixing bowl add ½ cup of tomato sauce, and all the other ingredients. Mix to blend well. Take about 1/3 cup of beef mixture and lay it on the stem end of an open faced cabbage leaf. Roll leaf around the mixture, tucking in the sides. Repeat this process until the beef mixture is all used up.

Place the rolls in an 11x8x2 baking pan. Cover the rolls with the remaining tomato sauce and cover with foil. Place in oven for 45 minutes.

Serve hot.

Makes 4 servings.

BEEF STROGANOFF

Boneless top sirloin (½" raw steak)	1½ pounds
Butter	2 tablespoons
Quinoa grain (cooked)	3 cups
Beef broth (organic)	1½ cups
Ketchup	2 tablespoons
Sea salt	1 teaspoon
Ground pepper	½ teaspoon
Garlic (minced, dried or fresh clove)	½ teaspoon or one clove
Mushrooms (sliced)	1 8-ounce can or 1 cup fresh
Arrowroot powder	3 tablespoons
Onion (diced)	1 medium
Sour cream or yogurt	1 cup

Cut up beef into ½ x 1½" strips. Melt butter in a large skillet over medium-high heat. Cook beef in same skillet, stirring occasionally until brown. Add all but 1/3 cup of beef broth, salt, pepper, ketchup, and garlic into skillet. Heat mixture to boil, then immediately reduce heat to low. Cover and simmer about 10 minutes, until beef is tender. Stir in mushrooms and onion, re-cover skillet, and simmer another 7 minutes. In a small mixing bowl, add remaining beef broth and arrowroot powder. Blend these ingredients together. Slowly add this broth mixture to the beef mixture. Turn the burner to medium high, stirring constantly, and boil for one minute. Reduce heat back to low. Stir in sour cream or yogurt and cook until this mixture is hot.

Serve over quinoa.

Makes 6 servings.

BEST BABY BACK RIBS

Baby back ribs	1 slab
Barbeque sauce	1 cup (see sauces)

Cut ribs into 4-5" sections. Using a 4-quart boiling pot, add the pieces of ribs. Add water to the pot, covering the ribs at least 2" over the top with the water. Turn heat to medium high until the water boils. Turn the heat down to medium low and simmer for 20 minutes.

Heat oven to 350 degrees

Put the barbeque sauce in a medium mixing bowl. Taking one piece of rib at a time, brush the sauce on both sides. Place pieces on a medium size cookie sheet. Place the sheet in the oven and cook for 45 minutes.

Serve hot.

Makes 4 servings.

Note: for easy clean-up, cover cookie sheet with foil.

PECAN PORK CHOPS

Pork chops ($\frac{3}{4}$ " thick)	6 chops
Dijon mustard	4 tablespoons
Mayonnaise	4 tablespoons
Coconut oil	2 tablespoons
Pecans (raw, chopped or diced)	1 cup
Sea salt	$\frac{1}{2}$ teaspoon
Ground pepper	$\frac{1}{2}$ teaspoon
Pork rinds (crushed)	1 cup
Parsley flakes	1 tablespoon

Heat oven to broil.

Diagonally cut a few cuts per chop (1" long cuts) on outer part of the chop to keep the chop from curling. Put the chops on a broiler pan. In a blender add mustard, mayonnaise, and oil. Mix until blended. Add the remainder of the ingredients to the blender, and mix on high until mixture is smooth. Spread $\frac{1}{2}$ of the mixture evenly over the chops. Place the broiler pan in the oven (about 6" from burner on a rack.) Cook on broil for 10 minutes. Remove the pan and turn the chops over. Spread the remaining mixture over the top of the chops and put back into oven for another 10 minutes.

Serve hot.

Makes 6 servings.

Note: line broiler pan with aluminum foil for easier clean-up.

SWISS STEAK

Round steak (½" thick)	1½ pounds
Stewed diced tomatoes (organic)	116-ounce can (drained)
Tomato sauce (organic)	1 6-ounce can
Mustard	1 tablespoon
Garlic (minced clove powder)	1 teaspoon
Bell pepper (¼" slices)	1 large
Ground pepper	½ teaspoon
Sea salt	½ teaspoon
Water	½ cup
Coconut oil	2 tablespoons
Onion (diced)	1 medium

Put the steak on a large cutting board. Cut into 6 equally sized pieces. Mix salt, garlic, pepper, and mustard in small mixing bowl. Spread ½ of mixture over the top of the steak. Using a fork, poke lots of whole in the steak to tenderize it (about 1/8" apart). Turn the steak over and spread the remaining mixture, poke holes in steak. Cut steak into 6 pieces. Turn burner to medium heat. Using a large skillet, add oil, water, and steak pieces in the skillet. Cook the steak for 15 minutes, turning once to brown both sides. Over the top of the steak, add tomato sauce, stewed tomatoes, onions, and bell peppers. Heat to boiling, then reduce heat to medium-low and simmer. Cover and cook for 1½ hours, occasionally spooning sauce over meat.

Serve hot.

Makes 6 servings.

MARINATED FLANK STEAK

Flank or ½" thick round steak	1½ to 2 pounds steak
Lemon juice	2 tablespoons
Oregano flakes	½ teaspoon
Celery flakes	½ teaspoon
Ground pepper	½ teaspoon
Garlic powder	½ teaspoon
Worcestershire sauce	1 tablespoon
Sea salt	½ teaspoon
Ground pepper	½ teaspoon

Make slices in the beef ½" apart and about ¼" deep. Make the cuts in a diamond pattern. Turn meat over and slice the same way. In a mixing bowl add all the ingredients together and blend. Rub this mixture over the top of the steak. Place the steak in a bowl, cover the bowl and refrigerate for 6-8 hours.

Heat oven to broil.

Place beef on broiler pan. Place broiler rack about 5" from the heat. Broil beef for 5 minutes, turn and broil other side for 5 minutes. Remove from oven and slice meat into ¼" pieces.

Serve hot.

Makes 4-6 servings.

Note: line broiler pan with foil for easy cleanup.

STIR FRIED BEEF OR CHICKEN

Boneless sirloin steak	($\frac{3}{4}$ "thick) or
Boneless skinless chicken breast	1 pound
Broth (chicken or beef) organic	$\frac{1}{2}$ cup
Bell pepper (sliced $\frac{1}{4}$ "x 2" long)	1 large
Water chestnuts (drained)	1-8oz. can
Garlic powder	1 tablespoon
Broccoli spear	1 cup
Cauliflower	1 cup
Arrowroot powder	1 tablespoon
Ground ginger	$\frac{1}{2}$ teaspoon
Soy sauce	$\frac{1}{4}$ cup
Onion (diced)	1 medium
Coconut oil	2 tablespoons

Cut beef or boneless chicken $\frac{1}{8}$ "x 2" strips. Cut broccoli and cauliflower stems two inches from the flower. Separate from clusters. In a wok or large skillet mix $\frac{1}{4}$ cup of broth, oil, ginger, ground pepper, garlic, soy sauce, and arrowroot powder. Heat to high, stirring constantly for 3 minutes. Reduce heat to medium high, and add beef or chicken. Cook for 5 minutes until all pieces are completely browned on both sides. Add the onions, bell peppers, water chestnuts, broccoli, cauliflower to mixture, and lower burner to medium. Stir occasionally for 10-15 minutes. Add remaining broth and cook for 1 minute.

Serve hot over cooked quinoa.

Makes 4 servings.

STUFFED BELL PEPPERS

Bell peppers (any color)	6 large
93% fat-free ground beef	1 pound
Onion (diced or mined)	½ cup
Quinoa	1 cup cooked
Sea salt	½ teaspoon
Ground pepper	½ teaspoon
Garlic powder	½ teaspoon
Tomato sauce (organic)	116-ounce can
Mozzarella cheese (shredded)	1 cup
Egg (raw)	1 medium

Heat oven to 350 degrees.

Cut stems and remove seed from the inside of the bell peppers. Rinse peppers thoroughly. In a medium mixing bowl add all other ingredients with ½ cup of tomato sauce, and mix completely to blend. Stuff peppers with beef mixture. Stand peppers upright in a large baking pan and pour remaining tomato sauce over top of peppers. Cover and bake 45 minutes. Remove cover and bake 10 more minutes. Sprinkle cheese over top of peppers, and cook another 5 minutes.

Serve hot.

Makes 6 servings.

MEXICAN BEEF KABOBS

Boneless sirloin steak ($\frac{3}{4}$ " thick)	12-14 ounce steak
Fajita marinade (see sauces)	$\frac{1}{2}$ cup
Coconut oil	2 tablespoons
Cherry tomatoes (cut in quarters)	8 medium tomatoes
Onion ($\frac{1}{2}$ "x 2" thick slices)	1 medium
Bell pepper ($\frac{1}{2}$ "x 2" thick slices)	1 medium (any color)
Mushrooms sliced, $\frac{1}{2}$ " pieces (raw)	$\frac{1}{2}$ - $\frac{3}{4}$ cup
Metal kabob skewer 10" long	4 skewers

Cut steak into $\frac{3}{4}$ x 2" pieces. In a flat mixing bowl add the fajita marinade mix. Add the steak to this mixture, stirring mixture to cover both sides. Refrigerate to marinate for 12 hours.

Set oven to broil.

Remove beef from marinade sauce, saving the marinade for later. Using the skewer stick, add beef, tomato, onion, bell pepper, and mushroom one piece of each item at a time. Repeat until 2" at each end of skewer remain empty. Brush marinade sauce over the entire kabobs. Place kabobs on broiling pan, and place in oven 3" from the burner. Broil 6-8 minutes for medium rare. Turn kabobs every 3 minutes and brush with marinade.

Serve hot.

Makes 4 servings.

SIDE DISHES, SOUPS, AND SALADS

BUTTERNUT SQUASH

Squash	1 (medium size)
Butter	¼ cup (softened)
Ground pepper	¼ teaspoon
Garlic powder	¼- ½ teaspoon (as desired)
Sea salt	¼ teaspoon
Cinnamon	¼ teaspoon (if desired)
Stevia crystals	¼ teaspoon (if desired)

Heat oven to 350 degree.

Cut squash in half, and remove seeds. Place both halves on cookie sheet. Poke holes (about eight times) in the squash using a fork. In a small bowl, mix butter, pepper, garlic, salt and cinnamon. Pour mixture equally into both halves of the squash. Cover with foil, and cook for one hour.

Serve hot.

Makes about 4 servings.

Note: different garnishes can be added.

Different squash can be used.

Cinnamon tends to sweeten the squash taste.

If a sweeter taste is desired, add the stevia crystals.

STEAMED VEGGIES

You can use green beans, broccoli, asparagus, Brussels sprouts, okra, cauliflower, zucchini, or yellow squash.

Vegetable	1½ cups
Garlic (diced)	2 cloves
Butter	2 tablespoons
Sea salt	1 dash for seasoning

Clean veggies and cut off ends. In a medium boiling pot, steam veggies until soft, usually about 10 minutes. In a small saucepan add butter, garlic and salt. Heat mixture on a medium temperature, melting the butter, stirring occasionally. Put steamed veggies into a serving bowl, and pour the butter mixture over the veggies.

Serve warm.

Makes 1-2 servings.

ZUCCHINI PANCAKES

Zucchini (grated)	2 cups
Onion (powder or diced fresh)	¼ cup
Garlic (powder or diced fresh)	½ tablespoon
Egg (raw)	1 medium
Quinoa or Soy flour	8 tablespoons
Parsley flakes	½ tablespoon
Coconut Oil	¼ cup
Sea salt	½ teaspoon
Ground pepper	¼ teaspoon

Beat egg in medium mixing bowl. Add remaining ingredients except the oil. Mix the ingredients until well blended. Make 8 patties using this mixture, and set aside. In a large frying pan, add ¼ cup coconut oil and heat over medium heat until hot. Place patties in pan and cook until golden brown. Turn patties over and cook until golden brown. Let these patties cool down.

Serve with unsweetened applesauce, sour cream, or plain.

Makes 2 servings.

CREAMED SPINACH

Fresh spinach	1 pound
Onion (diced)	¼ cup
Garlic powder	1 teaspoon
Pork rinds (crushed)	¼ cup
Butter	2 tablespoons
Almond milk (see beverages)	½ cup
Ground pepper	¼ teaspoon
Sea salt	¼ teaspoon
Arrowroot starch/flour	½ teaspoon
Water	½ cup

Steam spinach in medium sized pot until done, usually 5 minutes. In a small saucepan add butter and onions, garlic powder, pepper, and salt. Heat pan at medium heat, stirring occasionally, until the onions are soft. Using a small saucepan add water and arrowroot starch. Bring to boil stirring constantly until mixture thickens. Reduce heat to medium and add almond milk. Stir mixture until hot. Put spinach in serving bowl and pour sauce over spinach. Garnish with crushed pork rinds.

Serve warm.

Makes 4 servings.

LENTILS

Lentils	1 pound
Onion (diced)	1 medium
Garlic (diced)	2 cloves (or 1 teaspoon power)
Sea salt	1 teaspoon
Ground pepper	1½ teaspoon
Pork rinds (crushed)	½ cup

Rinse lentils in colander, and put them into large cooking pot. Add the remaining ingredients. Put enough water over the beans to cover them at least 2 inches. Place the pot on the stove over medium temperature, stirring occasionally, usually 2 to 3 hours. Cook until the beans are very soft. Using a large slotted serving spoon, remove the beans.

Serve warm.

Makes 4-6 servings.

Note: Substitute black eyed peas, or mung beans (cook 6-8 hours or until soft)

CROCKPOT GREAT NORTHERN BEANS

Great northern beans	1 pound
Onion (diced)	1 medium
Garlic (diced)	4 cloves
Ground pepper	½ teaspoon
Sea salt	1 teaspoon
Pork rinds (crushed)	1 cup
Bay leaf (crushed)	½ cup
Celery stock (diced)	½ cup

The night before, in a large mixing bowl, wash the beans, then cover in water, and soak all night. In the morning, rinse beans, and put into a crockpot. Add all other ingredients to crockpot. Cover mixture with an inch of water. Turn crockpot on high and cook all day, until beans are soft. Before serving, remove excess water. To thicken this mixture, take a cup of beans out and mash or blend in a blender, and stir back into the crockpot. This process will help thicken the beans.

Make 6 servings.

Note: substitute red kidney beans or any white bean you like.

Note: While the beans are cooking you might find that you need to add a little more water. If you are unable to check on the beans, you might want to add a little extra water in the beginning.

CAULIFLOWER (SUBSTITUTE FOR MASHED POTATOES OR RICE)

Cauliflower	1 small head
Butter	3 tablespoons
Sea salt	¼ teaspoon
Ground pepper	¼ teaspoon

Cut stems off cauliflower, and wash flowers. Put cauliflower flowers into medium steam pot with ½ cup water. Steam 8-10 minutes until tender. Drain cauliflower in colander. Place in a small bowl with butter, salt and pepper. Mash like potatoes until smooth.

Serve under cooked beans or peas.

Makes 2-4 servings.

CREAM OF BROCCOLI SOUP

Broccoli (diced ½ inch pieces)	2 cups
Onion (diced)	½ cup
Butter	1 tablespoon
Garlic powder	¼ teaspoon
Onion powder	¼ teaspoon
Sea salt	¼ teaspoon
Ground pepper	¼ teaspoon
Chicken stock (organic)	2 cups
Almond milk	½ cup
Arrowroot flour/starch	1 teaspoon

In a medium saucepan add butter and onions. Cook over medium heat until the onions are softened. Reduce heat to low. Add broccoli, garlic powder, onion powder, salt, pepper, almond milk, and 1½ cups of chicken stock. Cover mixture and let simmer for 10 minutes, stirring occasionally.

While the soup simmers, in a small sauce pan add remaining chicken stock and arrowroot flour. Turn another burner heat to high and boil, stirring constantly. Remove pan, still stirring, and add to broccoli mixture. Stir mixture until blended.

Serve hot.

Makes 2 servings.

TOMATO SOUP

Stewed tomatoes (organic)	1 15 oz. can
Tomato sauce (organic)	1 8 oz. can
Vegetable broth (organic)	2 cups
Garlic powder	¼ teaspoon
Onion powder	½ teaspoon
Almond milk	¼ cup
Melba toast (crushed)	3 pieces (if desired)

Add all ingredients in a small saucepan. Turn burner on low and simmer for about 30 minutes. Garnish on top of the soup with Melba toast.

Serve hot.

Makes 1-2 servings.

TASTY BEEF SOUP

Beef stew meat (cut in 1" squares)	1½ pounds
Onion (diced)	1 medium
Cabbage (cut into 2" pieces)	1½ cups
Mixed frozen veggies	2 cups
Coconut oil	1 tablespoon
Garlic (diced)	1 clove
Parsley (dried flakes)	2 tablespoons
Celery (dried flakes)	2 tablespoons
Sea salt	½ teaspoon
Ground pepper	½ teaspoon
Beef bouillon (organic)	½ teaspoon pieces or one cube
Water	2 cups
Tomato sauce (organic)	1 6 oz. can

If using slow cooker, add all ingredients and cook on high for 6-8 hours.
If using the stove, add all ingredients in a large boiler pot. Turn burner to medium low and cover. Cook 3-4 hours, stirring occasionally.

Serve hot.

Makes 4 servings.

CLAM CHOWDER

Clams (diced or minced)	1 8-ounce can
Butter	3 tablespoons
Garlic powder	1 teaspoon
Onion (chopped)	½ cup
Clam or chicken broth (organic)	1½ cup
Celery (dried flakes)	1 teaspoon
Sea salt	½ teaspoon
Ground pepper	½ teaspoon
Arrowroot flour	2 teaspoons
Bacon bits (optional)	1 tablespoon
Almond milk	1 cup

In a small saucepan, add 1 cup of broth and the arrowroot flour. Over medium-high heat boil mixture, stirring constantly. Turn heat down to medium and stir until the mixture thickens (about 1 minute.)

Over medium heat in a medium saucepan heat the butter and onions. Cook onions until they are soft. Add the small sauce pan mixture to this sauce pan. Add remainder of items, cover and cook at medium heat for 10 to 15 minutes.

Serve hot.

Makes 4 servings.

DESSERTS

CREAM CHEESE ICING

Cream cheese (softened)	2-8 ounce cream cheese packs
Stevia crystals	1-½ teaspoons
Vanilla extract	2 teaspoons
Egg (raw)	1 medium

Beat all ingredients with a fork or electric beater (low speed) until smooth.
Spread on cooled low-carb brownies or other low-carb desserts.

Keep refrigerated for up to two weeks.

SUPER SCRUMPTIOUS CHEESECAKE

A. CHEESECAKE CRUST

Ground Almonds or pecans	1-½ cup
Soy flour	½ cup
Stevia crystals	3 teaspoons
Butter (softened)	1/3 cup
Nutmeg	1 teaspoon

Combine all ingredients (except 3 tablespoons of ground nuts) in a small mixing bowl. Pour mixture in 9" pie pan. Press the mixture against pan sides and bottom. Refrigerate while making the filling.

Pre-heat oven to 350 degrees.

B. CHEESECAKE FILLING

Cream cheese, softened or whipped	12 ounces
Lemon juice	1 tablespoon
Stevia crystals	3 teaspoons
Almond or Hemp Milk	¼ cup
Sea salt	½ teaspoon
Vanilla extract	½ teaspoon
2 eggs (raw)	large

In a medium size mixing bowl beat the eggs with an electric mixer for two minutes. Mix in cream cheese and lemon juice and beat with mixer on medium speed one more minute. Combine the rest of the ingredients and blend well. Pour the filling in the pie crust and cook for 25 minutes. Being very careful, remove the pie pan without shaking the pan, and place it on a rack to cool.

Let the plate cool for at least one hour.

C. CHEESECAKE TOPPING

Sour cream	1 cup
Vanilla extract	½ teaspoon
Cream cheese (softened)	8 ounces
Stevia crystals	1 teaspoon

In a small mixing bowl, combine all the ingredients, and blend well. Put mixture in the refrigerator while the filling is cooking.

Heat the oven to 350 degrees.

Pour the topping over the filling and bake for 8 minutes.
Remove and cool again.

Chill in the refrigerator at least 5 hours.

Makes 8 servings.

PUMPKIN PUDDING PIE

Pumpkin pie filling (plain)	1 30 oz. can
Eggs (raw)	3 medium
Pumpkin spice	½ teaspoon
Cinnamon	1 teaspoon
Sea salt	½ teaspoon
Ginger	½ teaspoon
Nutmeg	½ teaspoon
Almond milk	1 cup
Stevia crystals	3 teaspoons
Cooking spray	

Heat oven to 350 degrees.

In a medium mixing bowl, using an electric mixer, beat the eggs for two minutes on medium speed. Add cinnamon, ginger, nutmeg, and pumpkin spice. Blend well at medium speed for 1 minute. Add milk and blend. Add pumpkin, and blend again. Spray side and bottom of a 9" pie pan with cooking spray. Pour mixture into the pan. Put the pan into the oven and bake for 50 minutes. Insert a toothpick in the center of the pie, if it comes out clean, remove the pie. If it still has filler on the toothpick, cook 5 more minutes and do another toothpick test.

Let the pie cool, and refrigerate for at least 4 hours before serving.

Makes 8 servings .

Variations of toppings: applesauce, or cream cheese topping (see above)

UNCOOKED APPLESAUCE

Gala apples	3 medium
Lemon juice	4 drops
Ground nutmeg	¼ teaspoon
Ground cinnamon	½ teaspoon
Water	¼ cup

Peel the apples, and cut up into ½” pieces. Throw away the core and stem. Using a blender, add the water, lemon juice, nutmeg, cinnamon, and ½ of the cut up apples. Blend until the sauce is smooth. Add the remaining apples and blend again until the sauce is smooth.

Serve after blended or refrigerate.

Good for up to 4 days.

Makes 4 servings.

COOKED APPLESAUCE

Apples (Gala, Fuji, Delicious)	4 medium
Water	½ cup
Ground cinnamon	½ teaspoon
Ground nutmeg	¼ teaspoon
Stevia (crystals)	1 teaspoon

Peel the apples, and cut up into ½” pieces. Throw away the core and stem. Heat apples and water in a medium size sauce pan to boil, stirring occasionally. Reduce heat to low, and simmer covered for 15 minutes, stirring occasionally. Add remaining ingredients, and turn heat back to boil. Stirring constantly, boil for one minute. You can mash the apples with a potato masher, or blend until smooth in an electric blender.

Serve hot or cold.

Good for up to 4 days.

Makes 6 servings.

CHOCOLATE PIE

A. PIE CRUST

Ground almonds	1 cup
Ground cinnamon	½ teaspoon
Soy or Quinoa flour	½ cup
Butter (softened)	6 tablespoons
Stevia crystals	1 teaspoon

Turn oven to 425 degrees.

Combine all ingredients in small mixing bowl. Press mixture to side and bottom of a 9" pie pan. Bake crust for 10 minutes. Remove and cool.

B. PIE FILLING

Unsweetened baking chocolate	4 ounces
Butter (softened)	¾ cup
Stevia crystals	3 teaspoons
Pure vanilla extract	1½ teaspoons
Eggs (raw)	3 medium

Turn oven to 350 degrees.

Melt chocolate in small saucepan. Remove and cool. Add remainder of ingredients in small mixing bowl. Blend mixture and stir for 2 minutes or until very smooth. Add chocolate, and mix for one minute until blended. Pour mixture into cooled pie crust. Place pie in oven on a rack 6" from the top, and cook for 10 minutes.

Cool completely and refrigerate for 4 hours.

C. PIE TOPPING

Whipping cream (no sugar added)	1 cup
Stevia crystals	2 teaspoons

Whip cream in a small mixing bowl with an electric beater on medium for 2 minutes, then high until cream is thick enough to form small peaks. Add stevia, and mix on high until well blended. Spread topping over chilled pie.

Makes 8 servings.

CHOCOLATE BROWNIES

Soy flour	1 cup
Sea Salt	¼ teaspoon
Chocolate stevia liquid (SweetLeaf)	12 drops
Cream of tarter	½ teaspoon
Hemp or almond milk	1/3 cup
Walnuts (diced)	½ cup
Baking soda	½ teaspoon
Applesauce (see above for recipe)	½ cup
Butter (melted)	¼ cup
Egg (raw)	3 medium
Vanilla extract	2 teaspoon
Cooking spray	

Heat oven to 350 degrees.

Combine melted butter and chocolate stevia, milk, eggs, vanilla, cream of tarter, and applesauce in medium mixing bowl and blend thoroughly with a large spoon. Blend this mixture with electric mixer on medium for 2 minutes. Turn the mixer to high for 2 more minutes. Beat in soy flour slowly on low until blended. Hand stir the walnuts in this mixture with a spoon. Grease the sides and bottom of a 8x8x2 pan with cooking spray or butter, not shortening. Spread mixture evenly in the pan. Bake 40 minutes. Using a clean toothpick inserted it in the mixture. If it comes out clean it is done. If some mixture still sticks to the toothpick, cook additional 5 minutes. Cool on wire rack and cut into 2" squares.

Ice with cream cheese icing (see above).

Make about 16 brownies.

Substitute: Stevia crystals (6 tablespoons) and unsweetened chocolate (4 ounces) in place of chocolate flavored liquid stevia.

APPLE BARS

Apples (peeled & chopped)	2 small
Egg (raw)	1 medium
Hemp or almond milk	¼ cup
Butter (softened)	2 tablespoons
Soy flour	2 cups
Baking soda	1 teaspoon
Ground cinnamon	1 teaspoon
Ground nutmeg	½ teaspoon
Ground clove flakes	¼ teaspoon
Stevia crystals	1 tablespoon
Walnuts (diced) (optional)	1 cup
Applesauce (see above)	½ cup
Cooking spray	

Heat oven to 350 degrees.

Grease bottom and sides of a 13x9x2" rectangular pan with cooking spray or butter. Mix stevia, applesauce, milk and egg in large mixing bowl, and blend well. Stir in flour, soda, cinnamon, nutmeg, and cloves. Stir in apples, and spread in greased pan. Bake 20 minutes or until toothpick inserted in center comes out clean.

Cool 30 minutes on wire rack.

Cut into 2" bars.

Makes about 28 bars.

DATE NUT BARS

Dates (pitted and chopped)	1 pound
Soy flour	1 ³ / ₄ cups
Stevia crystals	1 ³ / ₄ teaspoons
Water	1 ¹ / ₂ cups
Butter (softened)	1/2 cup
Sea salt	1/2 teaspoon
Baking soda	1/2 teaspoon
Oats (quick-cooking)	1 ¹ / ₂ cups
Cooking spray	

Using a medium saucepan, add dates, 3/4 teaspoon of stevia, and water. Heat on low for 10 minutes, stirring constantly, until it thickens, and set aside.

Heat oven to 400 degrees.

Grease bottom and sides of 13x9x2 pan with butter or cooking spray. Using a large mixing bowl, stir in remainder of the ingredients, and blend well (mixture will be crumbly.) Press half this mixture lightly and evenly on the bottom of the pan. Add the cooked date mixture and spread evenly in the pan. Top with the remaining crumbly ingredients evenly, and press lightly. Bake 25 to 30 minutes or until light brown.

Cool on wire rack.

Cut into 2¹/₂ inch bars.

Makes about 3 dozen bars.

SHORTBREAD COOKIES

Soy flour	2 cups
Stevia crystals	2½ teaspoons
Butter (softened)	¾ cup

Heat oven to 350 degrees.

In a large mixing bowl, mix butter and stevia. Stir in flour ½ cup at a time.
Note: if dough is crumbly, mix in 1 to 2 tablespoons more of softened butter.
Roll dough 1 inch thick on lightly floured (soy flour) surface. Cut into small 1½ inches pieces. Roll each piece into a ball, then press lightly to make the cookies ½ inch thick. Place ½ inch apart on an ungreased cookie sheet.
Bake about 8-10 minutes or until golden brown.

Let cookies cool, and place them on a platter.

Makes about 2 dozen cookies.

CHOCOLATE CHIP COOKIES

Ground pecans	1½ cups
Soy flour	2/3 cups
Egg (raw)	2 medium
Chocolate chips (unsweetened)	1 cup
Baking soda	½ teaspoon
Baking powder	½ teaspoon
Stevia crystals	2½ teaspoons
Butter (softened)	2/3 cup
Vanilla extract	2 teaspoons

Heat oven to 350 degrees.

Using a small mixing bowl, add soy flour, pecans, baking soda, baking powder, and stevia, blend well. In another medium mixing bowl add butter, eggs, and vanilla and blend well using an electric beater, then beat for 2 minutes. Slowly add the dry ingredients to the butter blend and mix on low heat until blended. Add the chocolate chips, and stir with mixing spoon to blend. Take a tablespoon size mixture and roll it into a ball. Place the ball on an ungreased cookie sheet. Press the ball flat to ½” thick. Repeat this process, putting the cookies about 2” apart. Place cookies in oven and cook 8-10 minutes or until golden brown.

Remove and cool on wire rack.

Makes about 24 cookies.

SAUCES, GRAVIES, AND SALAD DRESSINGS

TARTER SAUCE

Mayonnaise (see below)	1 cup
Onion (minced or diced)	2 tablespoons
Lemon juice	3 teaspoons
Dill weed (dried)	½ teaspoon
Ground pepper	½ teaspoon

In a small mixing bowl blend all the ingredients together.

Store in refrigerator for up to two weeks in an air-tight container.

MAYONNAISE

Eggs (raw)	2 medium
Dry mustard	2 teaspoons
Stevia	¼ teaspoon
Coconut or olive oil	2 cups
Lemon juice	6 tablespoons
Cayenne pepper	1 pinch

Boil water in a small mixing pot. Add raw eggs to water and boil for 15 seconds. Immediately pour off the water and add cold water to the eggs so they won't continue to cook. Crack eggs, scoop them out of shells, and mix with mustard, stevia, lemon juice, ½ cup of oil, and pepper in blender on low speed for ½ minute to blend. Add oil ¼ cup at a time to blend. Mixture will begin to thicken. Remove when mixture is thick on a spoon.

Store in refrigerator for up to two weeks in an air-tight container.

BARBEQUE SAUCE

Apple cider vinegar	1/3 cup
Onion (diced)	1 medium
Worcestershire sauce	1½ tablespoon
Paprika	1 tablespoon
Tomato sauce	1½ cup
Lemon Juice	2 tablespoons
Maple extract	½ teaspoon
Coconut oil	¼ cup
Water	1/3 cup
Ground pepper	½ teaspoon
Salt	½ teaspoon
Stevia crystals	4 teaspoons

Add all ingredients together, except Worcestershire sauce and lemon juice, in a small sauce pan. Heat to boil. Reduce heat to medium, and stir in Worcestershire sauce and lemon juice.

Store in refrigerator in an air-tight container for up to two weeks.

YUMMY PASTA SAUCE

Tomato paste (organic)	1- 6oz. can
Tomato sauce (organic)	1-15oz. can
Diced stewed tomatoes (organic)	1-15oz. can
Oregano (dried leaves)	1 tablespoon
Onion (diced)	1 medium
Bell Pepper (diced)	1 medium
Garlic clove	4 diced
Sea Salt	½ teaspoon
Ground pepper	½ teaspoon
Stevia crystals	¼ teaspoon

Add all ingredients in medium sauce pan. Place on stove at medium low heat, and simmer for 1 hour, stirring occasionally. Reduce heat if mixture starts to boil.

Serve hot.

Makes 4 servings.

Variations: You can add ground or whole pieces of pork, chicken breasts, extra-lean ground beef, chicken or pork sausage.

CREAMY BEEF OR CHICKEN GRAVY

Organic beef or chicken bouillon	1 cube (crushed)
Almond milk (see beverages)	1½ cups
Garlic powder	½ teaspoon
Onion powder	½ teaspoon

Mix ingredients together in small saucepan. Heat mixture on medium high temperature, and bring to boil, constantly stirring the mixture. Immediately reduce temperature to low and stir until the mixture is smooth and well blended.

Serve hot.

CREAMY RANCH DRESSING

Egg (raw)	1 large
Lemon juice	2 teaspoons
Onions (minced)	1 tablespoon
Onion powder	1 teaspoon
Parsley flakes (dried)	½ tablespoon
Water	3 tablespoons
Celery seed (dried)	¼ teaspoon
Mustard powder	¼ teaspoons
Sea salt	1 teaspoon
Ground pepper	¼ teaspoon
Extra virgin olive oil	¾ cup
Thyme flakes (dried)	¼ teaspoon

Boil water in a small mixing pot. Add raw eggs to water and boil for 15 seconds. Immediately pour off the water and add cold water to the eggs so they won't continue to cook. Crack eggs, scoop them out of shells, and mix with all ingredients, except the oil, in a blender. Blend on mix or blend speed until blended smoothly. Add the oil, slowly stirring with a spoon to combine mixture. Blend on mix or blend speed one more minute.

Store in refrigerator in an air-tight container for up to two weeks.

CREAMY GARLIC DRESSING

Creamy ranch dressing recipe	(see dressing above)
Garlic clove (diced)	1 clove
Garlic powder	½ teaspoon

In a small mixing bowl blend all the ingredients together.
Store in refrigerator in an air-tight container for up to two weeks.

NO VINEGAR GARLIC SALAD DRESSING

Garlic (fresh mined)	1 tablespoon
Mustard powder	1/8 teaspoon
Sea salt	1 teaspoon
Ground pepper	1/8 teaspoon
Olive oil	3/4 cup
Water	2 tablespoons

Put all ingredients except the oil in a blender. Blend on mix or blend speed until blended smoothly. Add the oil, slowly stirring with a spoon to combine mixture. Blend on mix or blend speed one more minute.

Store in refrigerator in an air-tight container for up to two weeks.

FRENCH SALAD DRESSING

Tomato sauce (no salt)	½ cup
Apple cider vinegar	½ cup
Lemon juice	¼ cup
Onion (diced)	¼ cup
Extra virgin olive oil	1 cup
Sea salt	1 teaspoon
Paprika	2 teaspoon
Ground pepper	½ teaspoon
Stevia crystals	4 teaspoons

Put all ingredients except the oil in a blender. Blend on mix or blend speed until blended smoothly. Add the oi, slowly stirring with a spoon to combine mixture. Blend on mix or blend speed one more minute.

Store in refrigerator in an air-tight container for up to two weeks.

IMITATION HONEY MUSTARD SAUCE

Mayonnaise (see previous page)	½ cup
Mustard powder	2 tablespoons
Stevia	1 teaspoon
Garlic powder	¼ teaspoon
Sea salt	¼ teaspoon
Lemon juice	3 teaspoons

In a small mixing bowl blend all the ingredients together.

Store in refrigerator in an air-tight container for up to two weeks.

FAJITA MARINADE

Coconut oil or olive oil	¼ cup
Apple cider vinegar (or white)	¼ cup
Oregano flakes	½ teaspoon
Chili powder	1 teaspoon
Garlic powder	½ teaspoon
Sea salt	½ teaspoon
Ground pepper	½ teaspoon

Makes about ½ cup.

Store in refrigerator in an air-tight container for up to two weeks.

EASY GUACAMOLE

Avocados (mashed)	2 large ripe and soft
Sour cream	½ cup
Picante sauce (low sugar)	½ cup (mild or medium)
Garlic powder	½ teaspoon

In a small mixing bowl,blend all the ingredients together.

Makes 1-1/2 cups.

Store in refrigerator in an air-tight container for up to one week.

BEVERAGES

ALMOND MILK

Almonds (raw)	1 cup
Warm water	4 cups
Vanilla extract	1 teaspoon
Almond extract	½ teaspoon
Stevia crystals	½ teaspoon

Put almonds in medium size glass mixing bowl. Put enough water to cover ½” over almonds. Heat in microwave 2½ minutes. Another method is to put the almonds in a sauce pan, cover ½” and bring water to a boil. Turn heat to medium and let cook for 3 more minutes.

Remove from burner and let cool for a few minutes.

The almonds are blanched and ready to peel. Peel the almonds.

Put almonds into blender. Add, vanilla, almond extracts, stevia and half the water. Blend the mixture on medium or blend speed for 2 minutes. Add the remaining water, and blend 1 minute.

Pour into a pitcher over a strainer to remove excess pieces of almonds in the milk.

Chill in the refrigerator.

Store for up to two weeks.

DELICIOUS SMOOTHIE

Pineapple juice	2½ cups (unsweetened)
Strawberries (cut up)	1 cup
Blueberries	1 cup
Mango (sliced 2 inch squares)	1 medium
Papaya (slice 2 inch squares)	1 medium
Yogurt (plain low-fat)	1 cup
Stevia crystals	1 teaspoon

Combine all ingredients in the blender, adding the liquid first. Puree until very smooth.

Makes 4-8 oz. servings.

Note: You can substitute fruit with peaches, fresh pineapple, watermelon, or cantaloupes.

LEMONADE

Lemons	3-4 medium
Water	4 cups
Stevia crystals	2 teaspoons
Ice	8 cubes

Squeeze lemons into a container, removing all the seeds. Pour into 2-quart pitcher. Add water, stevia, and ice.

Keeps fresh, refrigerated for up to 4 days.

Makes 4-8 oz. serving

STRAWBERRY DELIGHT

Strawberries (cut-up)	$\frac{3}{4}$ cup
Yogurt (plain low-fat)	1 cup
Stevia crystals	2 teaspoons
Vanilla extract	$\frac{1}{4}$ teaspoon
Milk (non-fat)	$\frac{1}{2}$ cup
Water	$\frac{1}{2}$ cup

Combine all ingredients in the blender, adding the liquid first. Puree until smooth.

Makes 6-6oz. servings.

Note: You can substitute water for the milk, or use almond milk (see recipe).

APPLE CIDER

Apple juice (unsweetened)	2 jars or 32 oz.
Cinnamon	½ teaspoon
Allspice	½ teaspoon
Nutmeg	¼ teaspoon.
Ground clove	¼ teaspoon
Stevia crystals	2 teaspoons

Put all ingredients into a 2-quart pan and heat to dissolve.

Cool to desired temperature.

Makes 6 6-ounce glasses.

SPARKLING RASPBERRY TEA

Green or white tea	2 cups brewed, steeped for 2 minutes
Raspberry (unsweetened)	2 cups juice
Cold club soda	2 cups
Ice	4 cubes
Stevia crystals	2 teaspoons

Mix all ingredients.

Serve over ice. (Garnish with mint if desired.)

Note: You can substitute with unsweetened cranberry-raspberry, or strawberry juice.

FLAVORED TEAS

Lemon or orange	1 slice, squeezed
Stevia crystals	1 teaspoon or 2 drops per 8 oz. if liquid

You can spruce up drinks with different flavors to give you a refreshing change. Flavored stevias are also great for coffee!

There are many different flavors to make a delicious new taste to your beverage.

SPARKLING CITRUS PUNCH

Frozen orange juice (thawed)	1 6-oz. can unsweetened 100% juice concentrate
Frozen grapefruit juice (thawed)	1 6-oz. can unsweetened 100% juice concentrate
Stevia crystals	4 teaspoons
Chilled club soda	1 ½ quarts (48 oz.)

Mix ingredients together in a large pitcher.

Serve over ice.

HEALTHY CARBOHYDRATE FOOD LIST

BEANS & PEAS	AMOUNT	CARBS (grams)
Black beans	1/4 cup dry	23
Black beans	1/2 cup cooked	18
Garbanzo beans	1/4 cup dry	28
Garbanzo (Chickpeas)	1/2 cup cooked	18
Kidney beans	1/4 cup dry	29
Kidney beans	1/2 cup cooked	20
Lentils	1/4 cup dry	28
Lentils	1/2 cup cooked	20
Lima Beans	1/4 cup dry	22
Lima Beans	1/2 cup cooked	20
Navy Beans	1/4 cup dry	32
Navy Beans	1/2 cup cooked	29
Pinto Beans	1/4 cup dry	29
Pinto Beans	1/2 cup cooked	22
Soybeans	1/4 cup dry	13
Soybeans	1/2 cup cooked	9
Split Peas	1/4 cup dry	26
Split Peas	1/2 cup cooked	21

DAIRY	AMOUNT	CARBS (grams)
Blue cheese	1 oz	0.7
Cheddar cheese	1 oz	0.4
Cottage cheese, 2% fat	1/2 cup	4
Egg	1 extra large	1
Feta cheese	1 oz	1
Milk, 1% fat	1 cup	8
Milk, fat-free	1 cup	13
Mozzarella cheese	1 oz	0.8
Parmesan cheese	1 Tbsp.	0.2
Provolone cheese	1 oz	0.6
Ricotta cheese	1/2 cup	6
Swiss cheese	1 oz	1
Yogurt, low-fat	1 cup	17
Yogurt, fat-free	1 cup	18

FRUITS (raw)	AMOUNT	CARBS (grams)
Apple	5 oz	21
Apricot	3 (4 oz ea.)	12
Avocado	1/2 (3 oz)	7
Blackberries	1 cup	18
Blueberries	1 cup	21
Cantaloupe	1 cup	13
Cranberries	1/2 cup	6
Grapefruit	1/2 (4 oz)	10
Grapes	1 cup	16
Guava	1 (3 oz)	11
Kiwi	1 (2-1/2 oz)	11
Mango	1/2 (3-1/2 oz)	18
Nectarine	1 (5 oz)	16
Orange	1 (4-1/2 oz)	15
Papaya	1/2 (5-1/2 oz)	15
Peach	1 (3-1/2 oz)	10
Pear	1 (6 oz)	25
Pineapple	1 cup	19
Raspberries	1 cup	14
Strawberries	1 cup	11
Tangerine	1 (3 oz)	9
Watermelon	1 cup	12

NUTS & SEEDS	AMOUNT	CARBS (grams)
Almonds	1 oz	6
Brazil nuts	1 oz	4
Cashews	1 oz	9
Coconut, raw	1 oz	4
Macadamia nuts	1 oz	4
Peanuts	1 oz	6
Pecans	1 oz	5
Pistachios	1 oz	7
Pumpkin seeds	1 oz	5
Sesame seeds	1 Tbsp.	1
Sunflower	1 oz	5
Walnuts	1 oz	3

VEGETABLES	AMOUNT	CARBS (grams)
Alfalfa sprouts, raw	1/2 cup	1
Asparagus	1/2 cup cooked	4
Butterhead lettuce	1 cup raw	2
Broccoli	1/2 cup cooked	4
Brussels Sprouts	1/2 cup cooked	7
Cabbage	1/2 cup cooked	4
Carrot	1 (2-1/2 oz)	7
Cauliflower	3 florets	3
Celery	1/2 cup diced	2
Chinese Cabbage	1/2 cup cooked	2
Chili Peppers	1 Tbsp.	1
Corn (sweet)	1 ear	19
Cucumber	5 oz raw	4
Edamame, fresh soybeans	1/2 cup raw	14
Edamame	1/4 cup cooked	10
Eggplant	1/2 cup cooked	3
Garlic	1 clove	1
Ginger Root	1 Tbsp. raw	1
Green Bell Peppers	1/2 cup raw	3
Iceberg Lettuce	1-1/2 cups raw	3
Mushrooms	1/2 cup cooked	4
Okra	1/2 cup cooked	6
Onions	1/2 cup cooked	7
Radishes	1/2 cup raw	2
Red Bell Peppers	1/2 cup raw	3
Red Cabbage	1/2 cup cooked	4
Romaine lettuce	1-1/2 cups raw	2
Scallions	1/2 cup raw	4
Spinach	1/2 cup cooked	3
Swiss Chard	1/2 cup cooked	4
Zucchini	1/2 cup cooked	4

FLOURS	AMOUNT	CARBS (grams)
Pea Protein	2 scoops (1/3 cup)	4
Almond Meal	1 cup	24
Quinoa Flour	1 cup	72
Soy Flour	1 cup	32
MEALS		
Oatmeal, cooked	1 cup cooked	25
Popcorn, popped	3-1/2 cups	19
Rice, basmati brown	1/4 cup dry	31
Rice, brown	1/4 cup dry	33
Rice, brown	1/2 cup cooked	22
Rice, wild	1/2 cup cooked	18