

## **FOOD TIPS FOR PHASE 2**

- Remember to vary your protein and vegetables from meal to meal. This will not only help with your weight loss, but will also fight off food boredom.
- To cook meats such as chicken and sirloin you may use a grill (George Forman's are always handy) or fry it in a pan. Contrary to popular belief, you do not need butter, oil, or cooking spray in the pan to cook meat. All you have to do is turn the heat on high under your pan and allow it to get nice and HOT. You will then put your meat in the pan and sear it on each side for a few minutes. You can then reduce the heat to medium and allow it to cook through a bit more. Searing the meat locks in the juices and flavor. You will be amazed at how much better it tastes without oils!
- When returning from the grocery store, weigh out each portion of meat and wrap separately before freezing. This makes it simple and easy to pull out exactly what you need for the next day's lunch and dinner.

## CHICKEN

### Asian Chicken Lettuce Wraps

4 oz. of chicken breast cut into ½ inch cubes

Phase 2 Teriyaki Sauce (see recipe in SAUCES AND DRESSINGS SECTION)

Iceburg Lettuce

Prepare teriyaki sauce in a large bowl. Marinate chicken for at least 15 minutes. Pour chicken and sauce into HOT frying pan, wok, or skillet. Let simmer until chicken is fully cooked. Drain chicken. Place a few pieces of chicken inside each lettuce leaf (use lettuce as you would a tortilla).

### Lemon Garlic Chicken

4 oz. of chicken breast cut into bite sized pieces

Lemon

Garlic Powder

Salt and Pepper

Juice one half of a lemon into a bowl. Add garlic powder, salt, and pepper to taste and stir. Put chicken into the mixture and allow to marinate. Pour chicken and lemon mixture into a HOT frying pan and allow to simmer until chicken is fully cooked.

### Chicken Soup

4 oz. of chicken breast cut into bite sized pieces

1 stalk of chopped celery

¼ of an onion

2/3 of a cup of organic fat free chicken stock

Bells seasoning

garlic powder

celery salt

salt and pepper

Fry chicken, add onion and celery and allow to cook until onions are softened. Add chicken stock and spices and allow to cook for 10 minutes.

### Mexican Chicken

4 oz. of chicken breast

Phase 2 Salsa (see SAUCES AND DRESSINGS SECTION)

Place chicken breast in an oven safe pan and pour salsa over it. Bake at 375 for about ½ hour. OR fry chicken breast in frying pan and then add salsa. Cook until salsa gets thick.

PHASE 3 VARIATION: Add cheese on top.

Grilled Lemon Rosemary Chicken

1 LB of chicken  
 ½ teaspoon crushed rosemary  
 ¼ cup of lemon juice  
 ¼ of a packet of Stevia  
 Garlic salt

Mix all of the ingredients and marinate for at least 1 hour. Place on hot grill (the George Forman grill works great for this). **SERVES 4**

Asian Chicken and Cabbage

4 oz. of chicken breast  
 1 cup of thinly sliced cabbage  
 ½ cup of thinly sliced onion  
 Braggs Amino Acids  
 Garlic powder

Fry chicken breast in frying pan until cooked through. Remove from pan and set aside. Fry onions and cabbage without stirring until seared or slightly browned on one side. Mix and add a tablespoon full of water. When the water has evaporated, remove from heat and add one squirt of Braggs Amino Acids and cooked chicken breast.

PHASE 3 VARIATION: Add sesame seeds and sesame oil.

Chicken Parmesan

4 oz. of chicken breast  
 Phase 2 Tomato Sauce (SEE SAUCES AND DRESSINGS SECTION)

Place chicken in a oven safe dish. Pour tomato sauce over it and bake at 375 for about ½ hour.

PHASE 3 VARIATION: Melt some cheese over the top.

Chicken and Gravy

1 LB of thinly sliced chicken breast  
 ½ onion  
 1/8 teaspoon of Bell's Seasoning  
 3 shakes of paprika  
 3-4 shakes of garlic salt  
 ¼ cup of organic non-fat chicken stock  
 ¼ of a scoop of Colonix powder

Rinse chicken and sprinkle all of the spices on it, mix to coat. Cook the chicken and onions over high heat on both sides until almost cooked through. Use a little of the chicken stock to keep it from sticking. Add remaining chicken stock and boil until reduced. Remove from heat and sprinkle Colonix powder into the sauce and whisk until fully mixed. Return to heat and stir until the gravy is the desired consistency. **SERVES 4**

## VENISON

### Venison Steak

4 oz. venison steak  
Garlic powder  
Salt and pepper

Simply sprinkle with spices and sear well. This is a tasty alternative to beef. Can also use moose steaks.

## SIRLOIN

### Chili

1 LB ground sirloin  
1 tablespoon of chili powder  
1/8 teaspoon of paprika  
1/8 teaspoon of garlic powder  
1 teaspoon cumin  
1 teaspoon of Stevia or Xylitol  
2 large chopped tomatoes  
1/2 cup of water  
1/2 can of tomato paste  
1/2 chopped onion

Fry onions without stirring until slightly browned. Add hamburger and allow to brown while stirring occasionally. Drain hamburger on paper towel to remove excess fat. Pour hamburger back into pan and add the rest of the ingredients. Bring to boil. SERVES 4  
Left overs are great on a salad for lunch!

### Steak au Poivre

4 oz. of sirloin  
Coarsely ground pepper corns  
Salt  
Colonix Fiber (optional)

Coat sirloin with coarsely ground pepper corns and sprinkle with salt. Place in frying pan on high. Sear well on each side. Add 2 tablespoons of water and allow to thicken with juices from steak and pepper corns. You can add a little more water and sprinkle in a little bit of the Colonix fiber if you would like a thicker sauce.

## SEAFOOD

### Fish Stew

1 LB of white fish  
Bay leaf  
1 onion chopped  
2 large tomatoes diced  
Garlic salt to taste  
Cayenne pepper

Fry onions until tender. Add all other ingredients plus  $\frac{3}{4}$  cup of water. Cook over low heat for  $\frac{1}{2}$  hour. SERVES 4

### Mexican Fish

4 oz. of white fish  
Phase 2 Salsa (see SAUCES AND DRESSINGS SECTION)

Place fish in an oven safe pan and pour salsa over it. Bake at 400 until the fish flakes easily (about 20 minutes).

### Dill and Lemon Fish

4 oz. of white fish  
Dill  
Lemon  
Salt and pepper

Place fish in oven safe pan and juice a half of a lemon over the top. Sprinkle with dill, salt, and pepper to taste. Bake in the oven at 375 until fish flakes easily.

### Lemon Fish with Parsley

4 oz. of white fish  
Lemon  
1 table spoon of fresh parsley  
1/8 teaspoon of paprika  
Salt and pepper

Place fish in an oven safe pan. Juice  $\frac{1}{2}$  of a lemon over the fish. Sprinkle with a finely chopped parsley, paprika, salt, and pepper. Bake at 400 until fish flakes apart easily.

### Fish Packets

4 oz. of white fish  
Spinach  
Lemon  
Salt and pepper

Place moistened uncooked spinach on a piece of aluminum foil and put the fish directly on top of it. Squeeze a half of a lemon over the top. Salt and pepper to taste. Fold the aluminum foil into a pouch (this will hold in the juices and steam the fish and spinach). You can cook this either on a grill or in your oven. Fish is done when it flakes apart easily.

### Spicy Shrimp Soup

4 oz. of small uncooked shrimp  
Bok choy cut into bite sized pieces  
1 tablespoon of chopped onion  
1 tablespoon of Braggs Amino Acids  
Ginger powder  
Red pepper flakes

Fry onion and bok choy in pot until slightly tender. Add 10-12 oz. of purified water. Add shrimp to the water and cook until they are pink and no longer translucent. While the shrimp are cooking, add the Braggs Amino Acids as well as ginger powder and red pepper flakes to taste.

### Ceviche

4 oz. of tilapia cut into ½ inch pieces  
2 tablespoons of finely chopped onion  
1 tomato cut into small pieces  
¼ of a cup of fresh squeezed lime juice  
Small dash of ground oregano  
Chopped up fresh cilantro  
¼ teaspoon of salt

In a non-reactive casserole dish (Pyrex or ceramic is best), place fish, onion, tomato, salt, and oregano. Cover with the lime juice. Let sit in the refrigerator for an hour, then stir, making sure more of the fish gets exposed to the acidic lime juice. Let sit for several hours giving the flavors time to blend. Mix in cilantro. This is a tasty Mexican treat. NOTE: The fish should look translucent and flake apart easily without heating. This is a cold dish. The fish is cooked by the acidity in the lime juice. Must sit in lime juice for a few hours for the process to take place. Can also be done with cut up uncooked shrimp.

### Pan Seared Scallops

4 oz. jumbo scallops  
Garlic powder

Sprinkle scallops with garlic powder. Place in HOT pan and sear the outside. Once they are seared, reduce to medium heat and cook until they are translucent and cooked through.

### Shrimp on the “Barbie”

4 oz. of jumbo uncooked shrimp  
Lemon  
Garlic powder

Mix the juice of ½ a lemon and garlic powder. Allow shrimp to marinate in the mixture for about a ½ hour. Skewer the shrimp and grill on barbeque until cooked through (they usually don't take more than 3 minutes or so on each side).

## Eggs

### Spinach OR Broccoli Quiche

3 large eggs (use the whites of 2 eggs and 1 whole egg)  
Spinach OR Broccoli florets

Place spinach or broccoli florets in a non-stick frying pan. Pour scrambled eggs over the spinach. Cover the pan and cook on low heat until eggs are firm.

### Mexican Eggs

3 large eggs (use the whites of 2 eggs and 1 whole egg)  
Phase 2 Salsa (see SAUCES AND DRESSINGS SECTION)

Scramble the eggs and pour into a hot non-stick frying pan. Stir eggs constantly while they cook. Add salsa and heat until warm.

PHASE 3 VARIATION: Add some cheese to this or a little dab of sour cream.

## Cottage Cheese

### Mexican Cottage Cheese

½ of a cup of 2% organic cottage cheese

1 tomato cut into small pieces

Jalapeño pepper chopped into small piece (usually about 1 TBS depending on taste)

Salt and pepper

Mix together cottage cheese, tomato, and jalapeño pepper then salt and pepper to taste.

### Lasagna

½ cup of 2% organic cottage cheese

Phase 2 Tomato Sauce (see SAUCES AND DRESSINGS SECTION)

In an oven safe dish, put cottage cheese on bottom of pan and then pour tomato sauce over it.

Cover and bake in the oven at 300 until warm. This is also delicious with a little bit of spinach added as well.

## Dessert

NOTE: Dessert counts as one of your two allowed snacks for the day.

### Apple a la mode

1 apple cubed

Cinnamon

1 tablespoon of Xylitol or ½ packet of Stevia

1 tablespoon of milk

Layer apple, cinnamon, and sugar substitute in a small baking dish. Bake for 10 minutes at 375.

Add milk.

NOTE: This may be used on an Apple Day!

### Apples with Strawberry Sauce

½ apple cubed

3-4 mashed strawberries

Vanilla flavoring

1 tablespoon of milk (keep in mind you are allowed only 1 TBS of milk daily)

Bake apple for 10 minutes at 375. Mix strawberries, vanilla flavoring, and milk together. Pour mixture over apple.

### Strawberry Smoothie

Strawberries  
1 tablespoon of milk  
2 ice cubes

Put ingredients in blender and blend until smooth.

## **SAUCES AND DRESSINGS**

### Cider Vinegar Dressing

2 tablespoons of apple cider vinegar  
¼ packet of stevia  
Garlic salt  
Salt and pepper to taste

### Vinaigrette Dressing

½ tablespoon of apple cider vinegar  
½ cup of water  
2 shakes of celery salt  
2 shakes of onion salt  
3 packets of Stevia  
Pepper to taste

Combine in jar and refrigerate.

### Creamy Dressing

1 tablespoon of 2% organic cottage cheese  
1 tablespoon of water  
1 teaspoon of lemon juice  
Onion powder  
Garlic powder

Blend in blender until smooth.

### French Dressing

1 tablespoon of 2% organic cottage cheese  
1 tablespoon of sugar free catsup  
¼ tablespoon lemon juice  
Garlic powder to taste

Blend in blender until smooth.

### Phase 2 Teriyaki Sauce

1/8 Braggs Amino Acids  
1/2 cup water  
Ginger powder to taste  
Garlic powder to taste  
Red pepper flakes can be added for an extra kick!

### Phase 2 Salsa

1 large tomato chopped  
1/2 tablespoon of finely chopped onion  
1 teaspoon of finely chopped jalapeños (optional)  
Garlic powder to taste  
Fresh cilantro finely chopped

Mix all ingredients together. Best if it sits for a few hours for all of the flavors to come out.

### Phase 2 Tomato Sauce

1 large tomato chopped  
1/4 cup water  
1 teaspoon of chopped onion  
Fresh basil finely chopped  
Garlic powder  
1/4 packet of Stevia

Fry onion until tender. Add tomato and water and cook on medium-high heat. Bring to slight boil and reduce heat to low. Simmer while adding basil, garlic, and Stevia. Remove from heat when you have reached your desired consistency.

### Phase 2 Barbeque Sauce

2 tablespoons of sugar-free organic catsup  
1/8 teaspoon of smoked paprika  
Hot sauce (read the label to be sure there are no sugars!)  
Garlic powder  
1/8 teaspoon of vinegar  
1/2 packet of stevia