

WEEK 2

Day 8

Mid-morning snack

Dr. Steph's Famous Guacamole

2 avocados

2 cloves of fresh garlic

Juice of 1 lime, freshly squeezed

1 Tbs. fresh basil

Salt and pepper to taste

Mix all ingredients into a food processor and blend until smooth.

5 minutes preparation time. Makes 3 servings.

Lunch

Fennel Leek Soup

1 fresh fennel bulb, trimmed

10 cups water

2 leeks, sliced down the center and well rinsed

1½ cups carrots, peeled and coarsely chopped

4 cups sweet potatoes, coarsely chopped

½ tsp. dried thyme

½ tsp. fennel seeds

1½ tsp. salt (or to taste)

2 Tbs. olive oil

2 cups spinach, rinsed and stemmed

2 Tbs. fresh dill, chopped

1 Tbs. fresh lemon juice

Freshly ground black pepper, to taste

Thinly sliced radishes, for garnish

Remove any tough outer layers from the fennel bulb, setting the tender inner bulb aside. Rinse the outer layers well and place in a large pot with the water. Cut off the dark green tops of the leeks and rinse well to remove any hidden sand. Add to the pot, along with the carrots, about

½ of the potatoes, the thyme, the fennel seeds, and salt. Bring to a boil and then lower the heat. Simmer, covered, for about 45 minutes. Meanwhile, cut the fennel bulb in half and slice thinly. Remove the root ends from the leeks and peel off the outermost layer. Chop the white and most tender green parts. In a large soup pot, sauté the fennel and leeks in the olive oil until tender, about 10 to 15 minutes. Strain the prepared stock and add to the fennel and leeks. Add the rest of the potatoes and simmer until soft, about 15 minutes. Stir in the spinach, dill, lemon juice and salt to taste. Puree in batches in blender until smooth and silky. Add salt and pepper to taste and finish with a few floating radish slices. 1½ hours preparation time. Makes 8 servings.

Mid- afternoon snack

Kale Chips

Ingredients

1 bunch kale
1 tablespoon olive oil
1 teaspoon seasoned salt

Directions

Preheat an oven to 350 degrees F (175 degrees C). Line a non insulated cookie sheet with parchment paper.

With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.

Bake until the edges brown but are not burnt, 10 to 15 minutes.

Dinner

Vegetable Angel Hair "Pasta"

3 zucchini
16 oz. cherry tomatoes
½ small white onion

A few fresh basil leaves
2 cloves garlic
1 red, orange, or yellow bell pepper
2 tsp. dried Italian spices
Salt and pepper to taste
A little olive oil

Use a spiral slicer to cut zucchini into angel hair like strands. Place all items in a good processor or blender, and chop to a “chunky” consistency. Don’t puree the mixture. Pour sauce into a bowl and allow to set for 30 minutes to allow sauce to thicken. Pour over pasta. 45 minutes preparation time. Makes 4 servings.

Raspberry Salad

4 Tbs. Extra virgin olive oil
2 Tbs. raspberry puree, use frozen with no sugar
2 Tbs. raspberry vinegar
½ tsp. salt
¼ tsp. pepper
1 12 ounce package gourmet salad greens
1½ cups fresh raspberries

To make the dressing, in a small bowl, whisk the olive oil, raspberry puree, raspberry vinegar, salt, and pepper together. In a serving bowl, toss the salad greens, and raspberries together. Pour the dressing over the salad, toss to coat. 20 minutes preparation time. Makes 4 servings.

Day 9

Mid Morning Snack

Small Apple

Lunch

Spinach Salad

1 10 ounce bags fresh baby spinach leaves, washed and stemmed
8 ounce button mushrooms, sliced

½ medium cucumber, sliced
4 eggs, hardboiled and halved
3 Tbs. walnuts, chopped (leave out)
3 Tbs. vinaigrette salad dressing

Spin spinach once washed. Place in salad bowl. Add remaining ingredients and toss with dressing. 15 minutes preparation time. Makes 8 servings.

Mid Afternoon Snack

Sweet potato fries

Ingredients

4 sweet potatoes, cut into large French fries
1 tablespoon water
2 teaspoons Italian seasonings
1/2 teaspoon lemon pepper
1 pinch salt and pepper to taste
2 tablespoons olive oil

Directions

Preheat the oven to 400 degrees F (200 degrees C).

Place the cut sweet potatoes into a microwave-safe dish with the water. Cook on in the microwave for 5 minutes on full power.

Drain off liquid, and toss with Italian seasoning, lemon pepper, salt, pepper, and olive oil. Arrange fries on a baking sheet in a single layer.

Bake for 30 minutes, turning once, or until fries are crispy on the outside.

Dinner

Lentil Stuffed Peppers

1 cup Lentils
4 bell peppers
1 Tbs. butter
1 cup chopped onions

1 Tbs. chili powder
1 tsp. ground cumin
1 tsp. dried basil
½ tsp. dried oregano
1 Tbs. wine vinegar
2 ½ cups cooked organic brown rice
1 pinch sea salt
1 medium ripe tomato, chopped

Prepare the beans as directed. Cut peppers in half lengthwise and remove seeds, then steam cut side down over ½ inch boiling water until nearly tender, about 9 minutes. Rinse with cold water, then drain and set aside. Preheat oven to 350 degrees. Heat butter in a skillet over medium heat, sauté the onion until translucent and soft, then add the chili, cumin, basil, oregano, beans and vinegar, mixing well. Stir in the rice, salt, and tomato, and remove from heat. Fill peppers with bean mixture and place on a shallow baking dish. Bake covered for 15 minutes or until tender. Serve immediately. Red Lentil salad is a recommended accompaniment as well as a fresh salsa and a mixed greens salad. 35 minutes preparation time.

Day 10

Mid morning snack

Raw asparagus tips with hummus

Lunch

Chicken Soup

2 chicken breasts, halved, on the bone, skinned
2 quarts organic chicken broth
1 small onion, chopped
2 celery stalks, chopped
2 carrots, chopped and diced
1-2 tsp. dried dill weed
Fresh parsley, chopped, to taste
Salt and pepper to taste
Kale, spinach, or Swiss chard, torn into pieces

Combine first seven ingredients and simmer for 1½ to 2 hours. Remove bones from chicken and discard. Season to taste. Add your choice of greens 5 to 10 minutes before serving. 2¼ hours preparation time. Makes 6 servings.

Zucchini Salad

3 zucchini, thinly sliced
2 red apples, cut in small pieces
1 avocado, cut in small slices
Cumin, to taste
Balsamic vinegar to taste.

Mix all ingredients together and serve. 15 minutes preparation time. Makes 2 servings.

Mid Afternoon Snack

Roasted Brussel Sprouts

Ingredients

1 1/2 pounds Brussels sprouts
3 tablespoons good olive oil
3/4 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper

Directions

Preheat oven to 400 degrees F.

Cut off the brown ends of the Brussels sprouts and pull off any yellow outer leaves. Mix them in a bowl with the olive oil, salt and pepper. Pour them on a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly. Sprinkle with more kosher salt, and serve immediately.

Dinner

Spinach Stir Fry

2 cups chopped fresh spinach
1½ cups chopped Portobello mushrooms
¼ cup chopped fresh basil
½ chopped onions
2 garlic cloves, crushed
2 balsamic vinegar
2 Tbs. butter
Salt and pepper to taste

In a large frying pan, place the butter and the onions, cook on medium heat until translucent. Add garlic, basil, salt and pepper. Cook 2 minutes and add remaining ingredients. Cook 5-10 minutes more. Serve with rice. 30 minutes preparation time. Makes 4 servings.

Day 11

Mid Morning Snack

Sliced Cucumbers and Grape Tomatoes

Lunch

Cauliflower Soup

2 Tbs. olive oil
2 garlic cloves, peeled and crushed
2 onions, peeled and chopped
3 leeks, washed, trimmed, and sliced
½ head of celery
1 cauliflower, trimmed and cut into small florets
4 cups water
1 cup brown rice, cooked
1 tsp. cumin
3 Tbs. parsley

Heat oil in a large saucepan with 1 Tbs. water over low heat. Add garlic, onions, leeks and celery. Cook over low heat for 20 minutes, stirring occasionally. Bring to boil and reduce heat and simmer for 10 minutes, or until cauliflower is tender. Add cooked rice. Leave to cool for 5 minutes then blend in a food processor or blender until smooth. Add more water if necessary. 40 minutes preparation time. Makes 4 servings.

Small Salad of Choice

Mid Afternoon Snack

Asparagus fries

Ingredients

2 bunches of asparagus olive oil salt and pepper

Cooking Instructions

Preheat the oven to 400 degrees.

Trim the tough bottom sections off of the asparagus. Rinse in water, drain, and pat dry with paper towels. Place the asparagus on a heavy, rimmed baking sheet and drizzle liberally with olive oil (a few tablespoons should be enough). Toss lightly to coat with the oil and then spread the asparagus evenly out on the sheet. Sprinkle lightly with salt and pepper.

Bake in the oven for about 10 minutes. Remove from the oven, and turn the asparagus spears over with tongs to prevent them from sticking. Cook for another 5 minutes or so until the asparagus is crispy at the tips and slightly browned. Remove from the oven, season to taste with more salt and pepper if needed, and serve.

Makes 6 servings

Dinner

Mediterranean Salmon

2 tomatoes, seeded and coarsely chopped
3 Tbs. olive oil
1 Tbs. red wine vinegar
½ cup Nicoise olives, pitted and coarsely chopped
¼ cup red onions, chopped
2 Tbs. capers, drained
¾ tsp. salt, divided
4 (6 ounces) salmon filets
1/3 cup fresh basil, loosely packed and thinly sliced

Combine tomatoes, 2 Tbs. olive oil, red wine vinegar, olives, onion, capers, ½ tsp. salt, and ½ tsp. pepper. Set aside. Brush both sides of the salmon with the remaining olive oil. Sprinkle with remaining salt and pepper. Heat a large non-stick skillet over medium-high heat. Sauté salmon 3-4 minutes per side or until cooked through. Add basil to reserved tomato mixture. Serve with salmon. 16 minutes preparation time. Makes 4 servings.

Day 12

Mid morning snack

Salsa with sliced veggies

Lunch

Puttanes Salad

4 ripe tomatoes (or plum tomatoes), seeded and chopped
½ red onion, chopped
3 Tbs. capers
½ cup kalamata olives, pitted and coarsely chopped
6 anchovies, chopped (or 1 tsp. anchovy paste)
1 garlic clove, minced
1/3 cup Italian or flat leaf parsley, coarsely chopped
Extra virgin olive oil for drizzling

12 fresh basil leaves, pile and roll into log to shred or tear
Salt and black pepper to taste

Combine first 7 ingredients in a bowl. Drizzle just enough olive oil to lightly coat salad, approximately 1-2 Tbs. Sprinkle in basil, salt, and pepper, and toss again to mix thoroughly. Adjust seasoning to taste. 20 minutes preparation time. Makes 4 servings.

Mid Afternoon Snack

Endive with Hummus

Dinner

Crock Pot Layered Dinner

4 sweet potatoes, sliced
1 large onion, sliced
2 carrots, sliced
1 green pepper, sliced
1 zucchini, sliced
1 cup frozen/fresh broccoli crowns
1 cup frozen/fresh cauliflower crowns

Sauce:

2½ cups tomato sauce
1 tsp. ground thyme
1 tsp. dried mustard
1 tsp. dried basil
2 tsp. chili powder
½ tsp. ground cinnamon
1/8 tsp. ground sage
2 Tbs. parsley flakes

Layer vegetables in crock pot in order given. Mix together ingredients for sauce and pour over vegetables. Cook 6 hours on high. 6½ hours preparation time. Makes six servings.

Weekend Ideas

Sweet potato fries

Ingredients

4 sweet potatoes, cut into large French fries
1 tablespoon water
2 teaspoons Italian seasonings
1/2 teaspoon lemon pepper
1 pinch salt and pepper to taste
2 tablespoons olive oil

Directions

Preheat the oven to 400 degrees F (200 degrees C).

Place the cut sweet potatoes into a microwave-safe dish with the water. Cook on in the microwave for 5 minutes on full power.

Drain off liquid, and toss with Italian seasoning, lemon pepper, salt, pepper, and olive oil. Arrange fries on a baking sheet in a single layer.

Bake for 30 minutes, turning once, or until fries are crispy on the outside.

Kale Chips

Ingredients

1 bunch kale
1 tablespoon olive oil
1 teaspoon seasoned salt

Directions

Preheat an oven to 350 degrees F (175 degrees C). Line a non insulated cookie sheet with parchment paper.

With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.

Bake until the edges brown but are not burnt, 10 to 15 minutes.

Quick Homemade Beef Soup

Leftover pot roast (or any cut of precooked meat)

6 cups natural beef broth

½ Tb. extra virgin olive oil (or butter)

Celery, chopped to desired amount

¼ cup chopped onion

1 garlic clove, minced

Fresh or dried parsley, as desired

Salt and pepper to taste

Chopped kale, Swiss chard, or spinach

Sauté onion, garlic, and celery till tender in olive oil. Add beef, broth, and seasonings to pot. Slow cook for at least half an hour. Just before finished cooking, add kale, Swiss chard, or spinach. Best if prepared the night before. 45 minutes preparation time. Makes 4 servings.

Cinnamon Baked Apples

2 cooking apples

2 Tbs. raisins

1 Tb. blue agave

¼ tsp. cinnamon, ground

1 tsp. butter

Pre-heat oven to 375 degrees. Core the apples and pare a one-inch strip of skin from around the middle of each to prevent splitting. Place the apples in two 10-ounce custard cups. Pack the raisins into the apples. Mix the blue agave and cinnamon, pour over the raisins and into the apples. Top with butter. Bake for 30 minutes. 40 minutes preparation time. Makes 2 servings.

Swiss Chard

1 bunch Swiss chard

½ cup water

2 cloves garlic

Juice and zest of one lemon

3 Tbs. butter

Wash leaves thoroughly. Cut width-wise into strips. Saute garlic in butter. Add lemon juice and zest. Add water, bring to a boil. Add swiss

chard and steam for 3 minutes. (This has a very mild zippy flavor, almost spinach-like, taste.) 6 minutes preparation time. Makes 4 servings.

Fruit Salad

2 fresh peaches, peeled and sliced (frozen if fresh is unavailable)
1 large apple, peeled and diced large
1 large pear, peeled and diced large
1 kiwi, peeled and sliced
¼ cantaloupe, cubed
2 cups watermelon, cubed
1 banana, sliced
¼ tsp. salt
¼ tsp. freshly ground pepper
½ tsp. ground cardamom
¼ tsp. ground ginger

Carefully combine all ingredients in a large bowl. Refrigerate for one hour. 1½ hours preparation time. Makes 6 servings.

Salmon with Mustard Dill Sauce

1½ lbs. salmon filet, cut into 4 pieces, with skin and bones removed
2 medium garlic cloves, pressed
1 Tbs. Dijon mustard
1 + 2 Tbs. fresh lemon juice
¼ cup chicken broth
1 tsp. honey
1 tsp. fresh dill, chopped
Salt and white pepper, to taste

Press garlic and let sit for 5 minutes. Prepare the rest of the ingredients for the sauce. Preheat broiler on high and place an all stainless steel skillet (be sure the handle is also stainless) under the heat for about 10 minutes to get it very hot. Rub the salmon with 1 Tbs. lemon juice, salt, and pepper. Using a hot pad, pull pan away from heat and place salmon on hot pan. Return to broiler. It will be done very quickly (about 7 minutes for each inch of thickness). Add garlic to a stainless steel skillet and stir for half a minute. Add mustard and whisk in 2 Tbs. lemon juice, broth, honey, salt, and pepper. Cook on high heat for a minute to reduce

slightly and add dill. Pour over salmon and serve. 15 minutes preparation time. Makes 4 servings.

Stir Fried Chicken

2 full boneless, skinless chicken breasts, sliced into strips

2 Tb. grated, fresh ginger

2 garlic cloves, minced

3 tsp. sesame oil to coat the pan

2 medium onion, sliced or diced

2-3 cups any combination of chopped vegetables (bok choy, celery, broccoli florets, Napa cabbage, etc.)

1 cup sliced shiitake mushrooms

1 red bell pepper, cut into strips

2 cups cooked short grain brown rice (optional)

Heat oil in wok or large skillet over high heat. Once heated, add garlic, ginger, and chicken, stir constantly until lightly browned or chicken cooked through. Add all vegetables and cook for 3-4 minutes—maintain crispness. Add tamari. Cook an additional minute. Serve with long grain brown rice. 45 minutes preparation time. Makes 4 servings.

Poached Pears with Blackberries

4 pears, peeled, but left whole

½ lemon, juice and zest of

8 ounces blackberries

1 1/3 cups water

1 ounce blue agave

Put the pears in a saucepan with the lemon zest and the lemon juice. Add in half the blackberries and the water. Heat until the mixture bubbles, then cover and cook gently for 20 minutes or until the pears are tender. Flip the pears over half way so they cook evenly on both sides. Lift the pears from the cooking liquid and cool for a few minutes. Slice each one in half and scoop out the cores with the tip of a teaspoon. Tip the cooking liquid into a sieve set over a bowl and rub it through leaving the seeds behind. Pour the fruity syrup back into the saucepan, add the rest of the blackberries and reheat gently for a minute to lightly cook them. Pour the blackberry sauce over the pears.

45 minutes preparation time. Makes 4 servings.