

## Recipes for Phase 2

### Chicken Taco Wraps

100 grams ground chicken breast

1/4 cup chicken broth

About 1/4 cup chopped onion

1-2 cloves garlic, crushed and minced

1/2 teaspoon oregano

1/8 to 1/4 teaspoon cumin

Handful of fresh cilantro, chopped

Cayenne pepper to taste

Salt and pepper

2-4 large lettuce leaves

In a small pan (no grease, just dry), brown the onions and garlic. It will brown the bottom of the pan a bit, just keep stirring. Then add chicken broth—this will deglaze your pan and add great flavor. Add the raw chicken and brown it also. Add spices. Use the lettuce leaves for wrap.

This counts as a Meat and 1/4 Veggie; add more side salad to complete your Veggie.

## Chili

100 grams lean veal, ground beef, buffalo or chicken (cook with 1-2 T malt vinegar for a good flavor)

1 tsp sugar-free tomato paste

Handful ripe tomatoes (2 large Roma tomatoes)

1 large onion, chopped

1 clove garlic, minced

1/8 tsp chili powder

Cayenne pepper to taste

1/8 tsp cumin

1/8 tsp thyme

1/8 tsp basil

1/2 tsp fat-free cocoa powder (optional)

Sea salt/black pepper to taste

Water or broth for desired consistency

Brown meat with onions and garlic. Drain fat from meat. Add tomatoes, tomato paste, and remaining seasonings. Simmer onions until desired tenderness. Top with one crushed grissini bread stick or melba toast.

## Chinese Chicken/Celery Stir-fry

100 grams chicken breast, finely chopped

4 large stalks celery, finely chopped

2 T onion, finely chopped

2 cloves crushed garlic

1/4 cup water or broth

1 T Bragg's Liquid Amino Flavoring

1/8 tsp coriander

1/8 tsp ground ginger

1/8 tsp ground cloves

Salt to taste

Stevia to taste (optional)

Place all but chicken in large skillet and cover to cook celery. When celery is partially cooked, add previously cooked chicken breast (add chicken in first step if raw). Cook long enough to allow chicken to soak up seasonings.

Serve hot or cold. (Experiment with finely chopped shrimp!)

## Curry Cabbage with Beef

100 grams of lean ground beef

1/4 to 1/3 head of cabbage (depending on size), shredded

1/16 tsp coriander

1/8 tsp curry

1/16 tsp ground ginger

Stevia and other seasonings to taste (like Bragg's Liquid Amino Flavoring)

Cook beef in a deep skillet with a small amount of malt vinegar (or water), garlic, salt, and pepper. When beef is browned, add cabbage and rest of seasonings.

Add 1/8 C water and cover skillet. Simmer until cabbage is cooked and flavors have melded.

## Spinach/Meat & Egg Scramble

50 grams of raw meat (beef, steak, chicken, shrimp)

Handful of fresh spinach (or 1/3 package of frozen spinach)

2 eggs

Cook meat in a skillet and season with preferred spices. Remove meat from pan and place spinach in same skillet to cook. Remove extra moisture from pan (paper towels pressed in pan can pick up extra liquid). Add meat back into skillet with spinach. Wisk 1 whole egg and 1 egg white in a bowl and add to skillet. Cook mixture.

Serve hot or cold! Hot sauce is great on this!

## Strawberry Omelet Crepe

4 eggs

Vanilla flavored Stevia

1 serving of strawberries (chop until fine, but not runny!)

Mix egg whites to stiff peak, add 1 yolk, and vanilla flavored Stevia; blend again to stiff peak. Smooth the whipped egg into a dry nonstick skillet; sprinkle strawberries evenly over the surface. Cover with a dome lid and cook on medium heat. Crepe will rise under the lid and then collapse after a few minutes. When the crepe has fallen, remove from heat, but leave covered to build up condensation—this will help release the omelet from the pan. Use a spatula to gently roll the crepe into a large burrito.

Serve hot or cold.

## BBQ Sauce

3 ounces tomato paste

1/4 C apple cider vinegar

3 T lemon juice

1 T hot sauce

1 T minced onion

3 cloves crushed garlic

1/4 tsp chili powder

1/2 tsp Worcestershire sauce

1/2 tsp garlic powder

1/2 tsp onion powder

1 tsp crushed parsley

Liquid smoke to taste (optional)

Cayenne, salt, and pepper to taste

Stevia, or chocolate Stevia, to taste

Water, for desired consistency

Bring to slow boil and then simmer for 5 minutes.

(This is good for grilling, baking -or- add 1 T to Citrus Dressing for a tomato dressing.)

## Citrus Dressing

1/4 C apple cider vinegar

1 C water

1 T lemon juice

15 drops of Stevia

10 drops of apricot nectar or valencia orange Stevia

1/4 tsp Chinese Five Spice, or Italian seasoning

1/4 tsp garlic salt

Add 2 tsp tomato paste for a tomato/citrus dressing.

## Ketchup (no sugar)

3 ounces tomato paste

3 T apple cider vinegar

1 T lemon juice

1/4 tsp celery salt

1/2 tsp paprika

1/4 tsp mustard powder

Pinch of nutmeg and clove

Pinch of black pepper

1/4 tsp onion powder

1/4 tsp garlic powder

Stevia, to taste

Dissolve spices in vinegar and lemon juice. Add tomato paste and mix thoroughly. Add additional lemon juice, vinegar, or a little water until desired consistency is reached.

## Old Bay Seasoning Mix

1 T bay leaves, ground

2 1/2 tsp celery salt

1 1/2 tsp dry mustard

1 tsp black pepper

1/2 tsp white pepper

1/2 tsp nutmeg

1/2 tsp cloves

1/2 tsp ginger

1/4 tsp allspice

1 tsp paprika

1/4 tsp red pepper flakes

1/4 tsp cardamom

This seasoning is great as a rub on meats or as a seasoning for soups or other dishes.

## Orange Ginger Dressing

1/2 -1 C white wine or champagne vinegar

2 T minced or grated ginger

1 T garlic

Juice of one orange

Put all into a mason jar; let sit for at least 8 hours before using so the flavors can meld. Optional: Slice off 2 thin slices of the orange, cut in half, and add to the jar; juice the rest.

## Strawberry White Balsamic Vinaigrette

Puree 2-3 large strawberries

1/2 C white balsamic vinegar (or any other white vinegar-like white wine or champagne)

1/2 T minced garlic

1 packet Stevia

Mix all ingredients together; shake vigorously.

(Delicious on anything, especially spinach and cucumbers.)