

**RELEASE & SUSTAIN PHASE  
ACCEPTED RECIPES**

# APEX31

*Living*

**Your guide to nutritious and delicious eating.**

Amounts of protein and fruit per meal are based on your Ri number in the Release Phase and Si number in the Sustain Phase - refer to this calculation in your back office.

# Table of Contents



1.....	Cover
2.....	Table of Contents
4.....	Fresh Salad and Desserts
6.....	Soups and Salads
8.....	Vegetable Plates and Bowls
10.....	Beef Dishes
14.....	Chicken and Turkey
21.....	Seafood
28.....	Sauces, Seasonings and Dressings

## About the APEX31 Program & Living Powerfully Recipe Book.

### How and why does the APEX31 Program works so well to release fat and correct other ailments?

It simply boils down to chemistry. We are eliminating foods that create an inflammatory response and introducing foods that are nutrient dense. When you combine this with proper hydration and support from our Micro-Nutrient formula, you are burning the fat candle from both ends.

Proven strategies are then combined into a systemic plan which gives the gut time to heal. This is done by limiting the number of events and stimulants that create insulin and cortisol responses throughout the day. This results in major processes that takes place in your body. There is a decompression of the nervous system which addresses the root causes of inflammation, thus allowing the body to eliminate it.

It should be noted at this point that traditional theories of exercising recommends working out with a body that is already systemically inflamed. This is not recommended at APEX31 because we know that this only further inflames the problem.

The concept of multiple smaller meals throughout the day is also not a good idea. It is literally the real definition of starving the body. Eating small meals multiple times per day tricks your body into using only the food as fuel and energy. This is not ideal if the goal is weight loss and size loss. Ideally you want the body to consume fat stores as fuel and energy as often as possible. By this notion, nutrifying the body fully in a condensed feeding window allows the body to completely use up all the fuel in the food, and then dip into existing fat stores for the remaining fuel needed. This then allows the switch to be flipped, and over time your body adapts

to this process and thus sustained weight loss is achieved. This is the opposite of starvation! When the blood has had the required time to digest and carry nutrients from the intestines to the rest of the body's cells, it then will have ample time during the fasted state to repair damaged cells and tissues.

It is a magical process driven by chemistry over calories, quality over quantity, and decompression verses stress.

Think about this for a moment...headaches are not caused by a deficiency of the drug taken to "treat" it such as analgesics (acetaminophen or Ibuprofen etc.), ulcers are not caused by a cimetidine deficiency (a stomach acid reducer used to treat and prevent stomach ulcers), cancer is not caused by a chemotherapy deficiency that is used to treat it and so on, and so forth.

Attempting to actually cure a degenerative disease with prescription drugs is a fool's game. Bodily deterioration is not caused by the lack of any drug. Not saying drugs are not important if a dis-ease of the body has reached a chronic stage, however we must understand that all that drugs do is suppress, mask or alter the symptoms of the problem, leaving the root causes of the dis-ease untreated. A better strategy, and one APEX31 lives by would be to take care of our temple today and everyday so we do all we can to avoid dis-ease of the body and avoid the use of toxic drugs.

Drugs work by **INTERFERING** with metabolic pathways.

Nutrients work by **SUPPORTING** metabolic pathways, we call it nutritional therapy.

Faulty nutrition on the other hand, **DOES** cause degenerative disease. If the body does not get the raw materials it needs to be healthy, it deteriorates.

The recipes in this book restores the body supply of vital substances that enables it to restore its functioning.

We at APEX31 are all about flavour and enjoying the journey. You can utilize these recipes while on the APEX31 Program. These recipes are all comprised of acceptable proteins, vegetables and fruit. **The amounts allowed for you is based on your Ri number for the Release Phase and Si number for the Sustain Phase – calculated in your back office.** We encourage you to tip the scales to good health and it all starts with nutritious, delicious foods.

**Bon Appetit!**



# Fresh Salads

*and Desserts*

## Lavendishly Blueberry Freeze

1 cup cold water

Blueberries

8 ice cubes

1 pinch dried lavender

Combine ingredients and blend

## Apple Balsamic Salad

1 head green leaf lettuce, roughly chopped

¼ cup finely chopped onion

Apple, peeled and chopped into small cubes

½ cup chopped parsley

2 tbsp. balsamic vinegar

2 tsp. himalayan salt

Combine vinegar and himalayan salt in a small bowl and set aside. Add remaining ingredients in a large bowl. Add sauce to salad and toss. Let sit for 5 minutes to marinate.

## Island Grapefruit

Grapefruit

cinnamon to taste

Cut grapefruit in half. Place on an oven safe dish and bake for 2 minutes at 350°. Cut around center core, rind.

## Romaine Berry Fresh Salad

½ head romaine lettuce

small bunch watercress stems removed  
(optional)

Strawberries, hulled and sliced

4 thinly sliced rings of red onion, separated

## Fruit Salad Dressing

1 tbsp. vinegar

(sherry, strawberry or raspberry is best)

1 tbsp. lemon juice

½ tsp. himalayan salt

pinch of freshly ground black pepper

Mix romaine, watercress (if used), strawberries and onion in salad bowl. Mix dressing ingredients in a small jar with tightly fitting lid. Shake well. Pour over greens and serve.

## Crazy Strawberries

Strawberries

1 tbsp. cinnamon

Slice strawberries and place on a plate. Sprinkle cinnamon over the strawberries.

## Baked Apple Treat

Apple

1 tbsp. cinnamon

1 tbsp. water

Cut apple core almost through and mix cinnamon with 1 tbsp. water. Place apple on a sheet of foil and mold foil around the apple. Pour your mixture in the apple core and tighten foil securely around apple. Bake 350° for 45 minutes. Serve in a shallow dish and sprinkle cinnamon over the apple.

## Baked Apple Mash

Apple, peeled

½ tsp. ground cinnamon

Bake an apple and peel off skin and mash. Add cinnamon and serve.

## Cucumber Apple Salad

Chopped apple

1 sliced cucumber

2 tbsp. apple cider vinegar

1 tbsp. water

garlic

himalayan salt and pepper

Chop apple and thinly slice cucumber. Combine vinegar and water. Season with garlic, himalayan salt and pepper.

## Berry Berry Smoothie

Partially frozen strawberries

or 1 medium orange

Blend until smooth.

## Apple Cobbler Delight

Apple, sliced

1 tsp. cinnamon

Toss the above ingredients and arrange in oven safe dish. Bake for 25-30 minutes at 325°.

## Strawberry Sorbet

Strawberries

juice of 1 lemon

Freeze fresh strawberries about 1 hour. Blend fresh frozen strawberries, lemon juice in blender until very well blended. Add water to thin desired consistency. Serve immediately or place in freezer to allow it to firm up even further.

## Spring Salad

½ head lettuce, torn into bite-sized pieces

Unpeeled tart apple, cored and sliced into wedges

½ small red onion, sliced into rings

In large salad bowl, toss lettuce, apple slices and onions.

## Cucumber Dill Salad

Cucumber

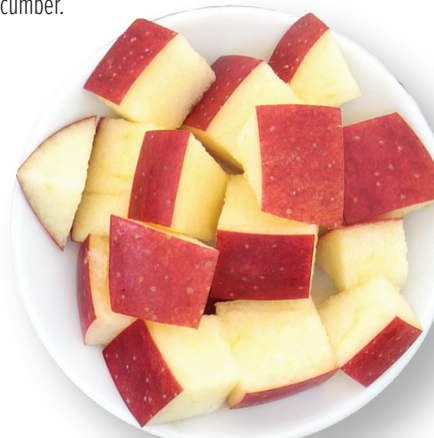
1 tbsp. vinegar

1 tsp. dill

black pepper

himalayan salt

Slice and quarter cucumber. Place vinegar, dill, himalayan salt and black pepper in a small bowl. Stir in cucumber.





# Soups and Salads

## Chicken Soup for the Soul

- Pieces of chicken
- 9 cups of water
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. celery powder
- 1 tsp. poultry seasoning
- 1 tsp. pepper
- 1 tbsp. himalayan salt

Combine ingredients in soup pot and cook until chicken is done, about 35 minutes. Take chicken out and save for recipes. Freeze some in ice cube trays for sautéing vegetables

## Unlimited French Onion Soup

- 1 Vidalia onion
- 1 cup beef broth
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. pepper

Slice onion with an apple slicer to make wedges and to open the onion. Season the onion and place it on top of a foil sheet. Add 1/4 cup beef broth, and wrap it up tightly. Place in a baking dish and bake at 350 ° for 1 hour. Make sure the onion is not too soft; should be a little firm. Serve in a bowl with beef broth.

## Unlimited Tangy Tomato Soup

- 1 cup chicken bouillon base
- 1 large tomato
- 1 clove minced garlic
- 1/2 tsp. onion powder
- 1/2 tsp. basil

### himalayan salt and pepper to taste

Saute garlic in 1 tbsp. bouillon base and set aside. Puree tomatoes in blender and then cook over medium heat to a boil. Turn heat to low. Add remaining bouillon and spices. Cover and simmer for 10 minutes.

## Chicken Vegetable Glory

- 6 cups chicken broth base
- Chicken, cooked/chopped
- 2 stalks of chopped celery  
(see chicken soup for the soul)
- 1 whole sweet onion chopped
- 2 handfuls chopped cabbage
- 1 medium-sized chopped tomato (optional)

Combine and bring to a boil. Turn heat to low and simmer for 30 minutes or until vegetables are tender, adding cabbage for the last 10 minutes.

## Unlimited Spring Onion Soup

- 10 green onions
- 2 cups vegetable broth
- 1 tsp. parsley
- ½ tsp. paprika
- ½ tsp. himalayan salt
- ½ tsp. dill
- ½ tsp. thyme

### pinch of red pepper flakes and celery seed

Briefly steam the green onions until tender in a saucepan over medium heat. Chop steamed green onions. In a saucepan, saute the green onions in a small amount of vegetable broth for two minutes. Add parsley, paprika, himalayan salt, dill, thyme, celery seed and cayenne. Saute 1 to 2 minutes more. Add remaining vegetable broth, reduce heat, cover and simmer 20 to 30 minutes.

## Unlimited Blissful Salad

- 2 tbsp. unflavored gelatin
- ½ cup cold water
- 2 cups boiling water
- ¼ cup cider vinegar
- ¼ cup lemon juice
- ¼ cup unsalted tomato juice

- 1 cup cabbage, shredded
- 1 cup celery, diced
- 3 tbsp. pimento, chopped
- 3 tbsp. green pepper, chopped

Dissolve unflavored gelatin in cold water. Add boiling water, vinegar, lemon juice, tomato juice. Cool until mixture begins to thicken. Fold in chopped vegetables. Pour into 1/2 cup molds and chill until ready to serve.

## Unlimited Mixed Up & Tossed Salad

- 1 large head lettuce
- 1 green pepper
- 1 red onion
- 1 bundle celery
- 4 oz. radishes
- 1 medium cucumber

Chop lettuce and other vegetables. Mix in salad bowl. Chill and serve with Balsamic Vinaigrette Dressing (see recipe).

## Unlimited Toss-up Garden Salad

- ¼ head crisp iceberg lettuce or Boston lettuce
- 6 spinach leaves, used for color contrast
- 3 thin, shredded slices radicchio
- 2 slices celery, cut cross-wise
- ¼ green pepper, sliced thinly
- 1 small tomato sliced into thin wedges
- 1 green onion, sliced (use both bulb and stem)
- pinch of dill weed, chopped

Place ingredients in salad bowl in order listed until just before serving. Toss.

## Unlimited Baby Spinach Salad

- 4 oz. baby spinach greens
- ¾ tbsp. balsamic vinegar
- ½ tbsp. regular yellow mustard
- ½ tsp. orange zest
- ½ tbsp. orange juice (from squeezed orange)
- ½ tsp. freshly grated ginger
- himalayan salt and pepper to taste
- pinch of red pepper flakes

Whisk ingredients together and toss with baby spinach or mixed baby greens.

# Vegetable

## *Plates and Bowls*



### **Unlimited Cold Asparagus Goodness**

Fresh asparagus

1 tbsp. apple cider vinegar

¼ tsp. celery seeds

¼ tsp. dry mustard

himalayan salt and pepper to taste

3 green onions, cut into ½ inch pieces

Combine first 5 ingredients in a small bowl; set aside. Trim asparagus, and remove tough ends of stalks. Cut stalks into 1/4 -inch slices. Cut remaining tips; place in a large salad bowl. Add remaining ingredients. Pour dressing over top; toss gently to coat. Cover and chill 1 hour before serving.

### **Unlimited Radish Surprise**

Radishes, sliced

lemon juice

1 tbsp. dehydrated minced onion

1 tbsp. parsley

himalayan salt and pepper to taste

In bowl, combine all ingredients and refrigerate 30 minutes to 1 hour before serving.

### **Unlimited Garlic Lemon Chard**

Roughly chopped Swiss chard

1 small garlic clove

2 tsp. water

lemon juice

himalayan salt

pepper

Put 1 tsp. water in non-stick pan and saute garlic until tender; set aside. Pour remaining water into pan and add chard. Cook over medium heat for about 5 minutes, tossing occasionally. Drain off excess juice and return to pan adding in sautéed garlic. Before serving, top with lemon juice, himalayan salt and pepper.

### **Unlimited Cucumber Simplicity**

Cucumber, thinly sliced

2 tbsp. finely chopped onion

2 tbsp. chopped parsley

1 tbsp. white vinegar

1 tsp. himalayan salt

Combine ingredients and chill for 30 minutes.







### **Unlimited Ginger Lemon Asparagus**

Asparagus

¼ cup of water

¼ tsp. fresh minced ginger root

1 clove minced garlic

lemon zest

black pepper

Preheat pan over medium heat. Snap off woody ends of asparagus spears and discard. Cut spears into 2 or 3 pieces. Add garlic and ginger to the pan and saute for 2 to 3 minutes. Add asparagus and water. Bring to a boil for 5 minutes. Remove asparagus and top with lemon zest and pepper.

### **Unlimited Divine Steamed Cabbage**

½ small head cabbage

juice of half lemon

½ tsp. spicy mustard

himalayan salt and pepper to taste

Place cabbage in steamer. Cover and steam 5 to 10 minutes, until slightly tender. In a small bowl combine spicy mustard and lemon juice. Place cabbage in a bowl. Add lemon/mustard mix and toss. Himalayan salt and pepper to taste.

### **Unlimited Citrus Tomato Salsa Boom**

1 large chopped tomato

1 tbsp. fresh lemon juice

pinch of celery powder

pinch of chili powder

1 tsp. fresh cilantro

¼ cup dressing (see recipe)

Combine and refrigerate.



# Beef

## Dishes

### Filet Mignon & Braised Cabbage

Filet mignon  
1 cup cabbage shredded  
cider vinegar  
lemon pepper  
rosemary leaves

Cook filet mignon in a stove-top grill pan. Drizzle a little vinegar and lemon pepper on top and sprinkle a few rosemary leaves before grilling. Make sure to not overcook. Slice thinly. Put cabbage in small saucepan with enough water to allow to braise, adding vinegar, lemon pepper. Turn the cabbage often to cook evenly.

### Balsamic Mustard-Crusted Steak

Filet or London broil  
1 tsp. mustard powder  
2 tsp. balsamic vinegar  
¼ tsp. himalayan salt  
½ tsp. freshly ground black pepper  
2 garlic cloves, minced

Mix all seasonings in a mixing bowl. Line a broiler pan with foil and place steak on top. Coat evenly with mustard mixture and let stand 10 minutes. Broil steak to desired temperature. Let stand 5 minutes before slicing and serving.

### Spinach & Flank Steak Reels

Flank steak  
baby spinach  
1 clove garlic  
1 tbsp. flat leaf parsley  
chicken broth (low or no sodium added)  
nutmeg grated  
himalayan salt  
ground black pepper

Preheat oven to 350°C. Pound flank steak until ¼-½" thick. Himalayan salt and pepper both sides. In a food processor, puree spinach, garlic, and parsley with just enough chicken broth to create a paste. Spread paste on one side of the flank steak. Sprinkle nutmeg sparingly. Roll up flank steak and use toothpicks to secure. Make sure to roll it so the fibers are lengthwise so that when you cut into it, it will be against the grain. Insert meat thermometer. Place face down in pan and bake until meat thermometer reaches 160° (for medium doneness).

## **BBQ Beef Popper**

**Ground beef**

**4 oz. diced bell peppers**

**1 tbsp. BBQ sauce**

**(no sugar added i.e. Simple Girl BBQ sauce)**

**½ tsp. yellow mustard**

Preheat oven to 400°. Line baking sheet with parchment paper. Combine all ingredients together in small bowl with hands. Scoop mixture out by the spoonful into 6 mounds onto lined pan, flatten slightly if desired. Bake 20-25 minutes, or until cooked through. If desired, place under the broiler for an additional 2-3 minutes or until browned.

## **London Broil**

**London broil (steak wrapped sausage)**

**2 ½ tbsp. balsamic vinegar**

**2 ½ tbsp. distilled white vinegar**

**2 tbsp. dried oregano**

**3 tbsp. garlic powder**

**¼ tsp. himalayan salt**

**¼ tsp. pepper**

**2 cups of diced tomatoes**

Marinate London broil with all seasonings for 1 hour. Season diced tomatoes and place in the middle of the plate. Broil or grill steak to your temperature. Place on top of salsa.

## **Beef n' Bok Choy Stir Fry**

**Lean ground beef**

**1 tsp. himalayan salt**

**¾ tsp. ginger**

**1 tsp. of water**

**3 tbsp. red onion (diced)**

**1 head bok choy (chopped)**

Whisk together himalayan salt and ginger and set aside. In a large saute pan, heat water.

Add onion, carrots and bok choy, cook until the onions are translucent and the bok choy is wilted. Transfer to a plate and set aside. In the same skillet cook the ground beef until browned. Add the vegetables back into the pan. Pour the stir fry sauce over top, toss and enjoy.

## **Balsamic Steak Rolls**

**Thin sliced sirloin or flank steak**

**Himalayan salt and freshly ground black pepper**

**1 fresh rosemary, chopped**

**1 red bell pepper, sliced into thin strips**

**1 green bell pepper, sliced into thin strips**

**4 oz. zucchini, sliced into thin strips**

**1 medium yellow or red onion, thinly sliced  
white button or cremini mushrooms, cut into thin strips**

Sprinkle with himalayan salt, freshly ground black pepper and chopped fresh rosemary. Heat skillet over medium-high heat and cook the vegetables until crisp-tender, seasoning with himalayan salt and pepper. Place vegetable strips vertically on one end of each steak cutlet so that once rolled up, the end of the vegetables stick out of each end of the steak roll. Roll and secure with a toothpick. Repeat for each steak roll. Grill about 2 minutes on each side or according to desired doneness or cook them in a skillet, frying over medium-high heat until done. Drizzle with rosemary balsamic sauce.

## Chili

Lean ground beef

1 cup of chopped tomatoes

½ cup of water

2 tbsp. minced onion

2 cloves garlic, crushed and minced

pinch of garlic powder

pinch of onion powder

¼ tsp. chili powder

pinch of oregano

cayenne pepper, to taste (optional)

himalayan salt and pepper to taste

Brown ground beef in small frying pan; add onions and garlic. Stir in tomatoes and water. Add spices and simmer slowly until liquid is reduced. The longer it cooks the more tender and flavorful it becomes. Add water as needed. Himalayan salt and pepper to taste.

## Beef Sausage

Ground beef

1 tsp. paprika

½ tsp. minced garlic

¼ tsp. ground fennel

½ tsp. pepper

½ tsp. himalayan salt

pinch of red pepper flakes

pinch of cayenne pepper

Mix spices together in a large bowl. Add meat and mix thoroughly. Form into patty. Brown meat on stove-top until cooked through.

## Mini Meatloaf & Cucumber Dill Salad

Lean ground beef (or buffalo)

¼ tbsp. onion powder

1 clove garlic, minced

¼ tsp. sage

¼ tsp. oregano

¼ tsp. basil

¼ tsp. marjoram

¼ tsp. himalayan salt

pepper

Preheat oven to 350°. Cover baking sheet with foil. Combine all ingredients in bowl, mixing gently. Divide into 4 servings and shape into mini loaves. Bake in preheated oven for 20 minutes or until done.



## Mongolian Beef

**Beef sirloin tips thin sliced against the grain**

**2 tsp. himalayan salt**

**½ tsp. fish sauce (i.e. Red Boat)**

**1 large clove garlic minced**

**2-inch long ginger, thinly sliced**

**1 red chili pepper, remove seeds and slice into thin strips**

**1 scallion bulb cut into 3-inch length.**

Thinly slice beef against the grain. Add himalayan salt and fish sauce. Marinate the beef for 20 minutes. Heat a non-stick pan. When hot, lower the heat to medium. Stir-fry the beef with the marinade until no longer pink. Set aside. Add low sodium broth and sauté the ginger, garlic, red chili peppers, and scallions under medium to

medium-high heat until fragrant. Season with a small pinch of himalayan salt. Add beef and green portion of scallions back to the sauté pan. Toss to combine.

## Taco Lettuce Wrap

**2 cops of chopped romaine lettuce**

**Lean ground beef**

**½ tsp. garlic salt**

**¼ tsp. chili seasoning**

**¼ cup fresh chopped tomato  
pickled jalapenos**

Sauté ground beef and spices. Sprinkle on top of lettuce and top with some toppings, chopped tomato, pickled jalapenos.



# Chicken

## and Turkey

### Roasted Chicken & Veggies

- Chicken breasts, chopped
- ½ cup of bell pepper, chopped
- ¼ onion, chopped
- ½ zucchini, chopped
- ½ cup of broccoli florets
- ¼ cup of tomatoes, chopped
- ½ tsp. himalayan salt
- ½ tsp. black pepper
- ½ tsp. Italian seasoning
- ¼ tsp. paprika (optional)

Preheat oven to 500°. Chop all the veggies into large pieces and the chicken into cubes. Place the chicken and vegetables in a medium roasting dish. Add the himalayan salt and pepper, Italian seasoning, and paprika. Toss to combine. Bake for 15 minutes or until the veggies are charred and chicken is cooked.

### Chicken and Vegetable Soup

- 6 cups of chicken broth
- Cooked chopped chicken
- 3 stalks chopped celery
- 1 whole sweet onion chopped
- 2 handfuls chopped cabbage
- 2 medium-sized chopped tomatoes (optional)

Combine and bring to a boil. Turn heat to low and simmer for 30 minutes or until vegetable are tender, adding cabbage for the last 10 minutes.

### Basil Tomato Chicken

- Boneless chicken breast, cooked and cubed
- ¼ cup of finely chopped onion
- 1 clove garlic, chopped
- 2 ½ cup of chopped tomatoes
- ¼ cup of chopped fresh basil
- ½ tsp. himalayan salt
- pinch of hot pepper flakes

Warm large skillet to medium-high heat. Sauté the onions and garlic. Stir in the tomatoes, chicken, basil, himalayan salt and hot pepper sauce. Reduce heat to medium, and cover skillet for about 5 minutes, stirring frequently, until mixture is hot, and tomatoes are soft.

## Baked Chicken Salad

Boneless skinless chicken breast

¼ tsp. cayenne pepper (optional)

¼ tsp. onion powder

himalayan salt

pepper

¼ tsp. garlic powder

¼ tsp. poultry season

1 cup spinach or lettuce

## For Vinaigrette Dressing

¼ cup apple cider vinegar

½ cup water

1 tsp. celery himalayan salt

1 tsp. onion himalayan salt

1 tsp. pepper

Mix all seasonings together and roll chicken in mixture until coated. Place on a foil sheet and wrap tightly. Put on a cookie sheet and bake at 375° and bake for 20 to 30 minutes. With a knife and fork as chicken is still hot to touch, slice chicken and put on bed of spinach or lettuce.

Drizzle the dressing over.

## Apple Chicken Salad

Chicken, cooked and diced

1 apple, diced

3 stalks celery, diced

3 tbsp. lemon juice

pinch of cinnamon

pinch of nutmeg

pinch of cardamom

pinch of himalayan salt

lemon wedge

Mix ingredients together; sprinkle with cinnamon. Chill for 20 minutes before serving.

## Turkey Spinach "Sausage"

Ground turkey

1 (10 oz.) box frozen chopped spinach  
or 4 oz. fresh ½ cup of water

¼ tsp. minced garlic

¼ tsp. minced onion

½ tsp. sage

¼ tsp. thyme

¼ tsp. fennel

pinch of cinnamon

pinch nutmeg and cayenne

himalayan salt and pepper, to taste

Cook turkey in skillet until beginning to brown then set aside. Add water to skillet and bring to a boil. Add spinach to skillet then cover, reduce heat, and simmer for 10 minutes or until water is almost gone. Stir in all spices and turkey and cook 5 more minutes.

## Cabbage Wraps

Chicken or turkey

2 medium green cabbage leaves

2 medium red (Napa) cabbage leaves

1 garlic clove minced

3 tbsp. apple cider

¼ tsp. onion powder

¼ tsp. himalayan salt

¼ tsp. pepper

1 tbsp. fresh ginger grated

Mix together finely grated ginger, garlic, onion powder, apple cider, himalayan salt, pepper and chicken pieces. Cook until chicken is cooked thoroughly. Now add the Napa cabbage on top and cook slightly. Take the 2 green cabbage leaves and split the chicken mixture and place in leaves and roll into a wrap.

## **Buffalo Chicken Bites**

**Boneless, skinless chicken breast,  
cut into bite size pieces**

**1½ cups of water, chicken broth,**

**or a combination of both**

**Pinch of cayenne pepper**

**Pinch of garlic powder**

**himalayan salt**

**chili powder**

In a bowl, combine water/chicken broth, cayenne pepper, garlic powder, and himalayan salt. Pour it into a large plastic bag along with chicken bites and refrigerate 1-2 hours. Preheat oven to 350°. Pour chili powder onto a plate and dip the chicken into the chili powder. Place on a rack on top of a casserole dish allowing chicken drippings to fall into the dish as it bakes to keep crisp. Bake 15-20 min., turning halfway through. Serve with celery sticks or atop a bed of chopped romaine lettuce.

## **Dairy Free Cream of Chicken Soup**

**Cooked chicken**

**celery**

**3 cloves garlic**

**1-2 cups of chicken broth**

**1 tbsp. dehydrated minced onion**

**½ tsp. parsley**

**½ tsp. basil**

**freshly ground white pepper to taste**

**himalayan salt (optional)**

Preheat saucepan over medium-high heat. In food processor, combine all ingredients and pulse until they reach desired consistency. Pour into saucepan and bring to boil. Reduce heat to simmer, cover and heat 20 minutes.

## **Curried Chicken and Spinach**

**Boneless skinless chicken breast**

**2 cup of spinach**

**2 tsp. onion powder**

**1 garlic clove (minced)**

**½ cup of chicken broth**

**¼ tsp. himalayan salt**

**¼ tsp. pepper**

**juice of 1 lime**

**½ tsp. curry powder**

Mix chicken, all seasonings, broth and ½ the lime juice and cook chicken through. Add spinach for 1 minute and serve in a bowl and squeeze the other ½ of the lime juice over mixture.

## **Tarragon Roasted Chicken**

**2 tbsp. cup finely chopped tarragon  
(leaves and stems)**

**1 garlic clove, minced**

**1 tsp. himalayan salt**

**½ tsp. ground black pepper**

**1 bone-in chicken breast**

**1 cup onions, peeled and sliced**

**1 thyme sprig**

**sherry vinegar, to taste**

In a large bowl, stir together tarragon, garlic, himalayan salt and pepper. Add chicken and toss to coat. Cover with plastic wrap and chill for at least 6 hours. Heat oven to 425°. Spread onions out on a rimmed baking sheet, sprinkle with himalayan salt and pepper and toss. Place chicken on baking sheet with onions surrounding. Strew thyme sprig and tarragon over onions and chicken. Roast until chicken is cooked through, tossing the onions after 15 minutes, 25 to 35 minutes. Place pan under the broiler for 1 to 2 minutes at the end of cooking. Drizzle onions with sherry vinegar and himalayan salt and pepper if needed.



## Spiced Chicken

Boneless chicken breast halves

¼ tsp. paprika

pinch of himalayan salt

¼ tsp. cayenne pepper

¼ tsp. ground cumin

¼ tsp. dried thyme

pinch of ground white pepper

pinch of onion powder

Preheat oven to 350°. Heat a skillet over high heat for 5 minutes until hot. Mix together paprika, himalayan salt, cayenne, cumin, thyme, white pepper and onion powder. Coat the chicken breasts evenly with the spice mixture. Place the chicken in the hot pan and cook for 1 minute. Turn, and cook 1 minute on other side. Place the breasts on the sheet. Bake in the preheated oven until no longer pink in the center and juices run clear, about 5 minutes.

## Balsamic Cider Chicken

Chicken breast

ground black pepper to taste

½ tsp. garlic salt

½ onion, thinly sliced

¼ cup of balsamic vinegar

¼ cup of apple cider vinegar

1 (16.5 oz.) can diced tomatoes

½ tsp. dried basil

½ tsp. dried oregano

½ tsp. dried rosemary

½ tsp. dried thyme

Season chicken breasts with ground black pepper and garlic salt. Use a tablespoon of broth in pan to brown onion and seasoned chicken breasts. Pour tomatoes and both vinegars over chicken, and season with basil, oregano, rosemary and thyme. Simmer until chicken is no longer pink, about 15 minutes.

## Chili Chicken

Chicken breast, pre-cooked

shredded cabbage

2 cup of chicken broth

1 tsp. cayenne pepper

1 tsp. black pepper

1 tbsp. chili powder

1 tsp. cumin

2 tsp. minced onions

In a medium saucepan, add chicken broth. Bring to boil. Add spices, cabbage and cooked chicken. Stir constantly. Let simmer for 10 minutes.

## Poultry Burger

Ground chicken or turkey

¼ tsp. pepper

¼ tsp. onion himalayan salt

¼ tsp. onion powder

1 tsp. garlic powder

¼ tsp. dry mustard

2 tsp. apple cider

2 cups of spinach

To the ground chicken breast, mix in the next 5 ingredients and mold into a small patty. Grill or broil and serve with spinach and apple cider.

## Lemon Chicken

Skinless, boneless chicken breast

¼ cup of lemon juice

¼ tsp. onion powder

pinch of ground cayenne pepper

ground black pepper to taste

2 tsp. dried parsley

Preheat grill to medium high heat. Dip chicken in lemon juice and sprinkle with the onion powder, ground black pepper, seasoning himalayan salt and parsley. Discard any remaining lemon juice. Cook on the grill 10-15 minutes per side, or until no longer pink.

## Chipotle Lime Chicken

Chicken breast

¼ cup of fresh lime juice

1 tsp. fresh lime zest

¼ cup of chicken broth (no sodium)

3 tbsp. fresh cilantro leaves (finely chopped)

½ jalapeno (finely chopped)

1 tsp. chipotle chili powder

2 garlic cloves (minced)

½ tsp. himalayan salt or to taste

Whisk all ingredients together and marinate chicken for at least 2 hours. When ready to cook, remove chicken from marinade and grill on the BBQ or bake in oven at 350°. Serve 4 oz. of chicken as lettuce wraps with additional cilantro and lime wedges or over riced cauliflower.

## Spicy Chicken Breasts

Skinless, boneless chicken breast

1 ½ tsp. paprika

1 tsp. garlic powder

½ tsp. himalayan salt

¼ tsp. onion powder

¼ tsp. dried thyme

¼ tsp. ground cayenne pepper

¼ tsp. ground black pepper

In a medium bowl, mix together the paprika, garlic powder, himalayan salt, onion powder, thyme, cayenne pepper and ground black pepper. Set aside about 3 tbsp. of this seasoning mixture for the chicken; store the remainder in an airtight container for later use (for seasoning fish, meats or vegetables). Preheat grill for medium-high heat. Rub some of the reserved 3 tbsp. seasoning onto both sides of the chicken breasts. Place chicken on the grill and cook for 6 to 8 minutes on each side, until juices run clear.

## Tomato Chicken

Chicken

1 cup of chopped tomato

¼ cup of water or chicken broth

2 tbsp. lemon juice

2 tbsp. chopped onion

1 to 2 cloves garlic, sliced

3 leaves basil, rolled and sliced

pinch of oregano, fresh or dried

¼ tsp. garlic powder

¼ tsp. onion powder

**Himalayan salt and pepper to taste**

Lightly brown the chicken in small saucepan with lemon juice. Add garlic, onion, spices and water. After chicken is cooked, add fresh tomatoes and basil. Continue cooking for 5 to 10 minutes. Add himalayan salt and pepper to taste; garnish with fresh basil.

## Strawberry Chicken Salad

2 cups of lettuce

Chicken

Strawberries, sliced

**Vinaigrette Dressing or Salad Spritzer**

Cook chicken however you desire. Slice into bite-sized pieces. Put lettuce in bowl with sliced strawberries, put chicken in and toss. Drizzle with Vinaigrette, himalayan salt, pepper and herbs as desired. Toss till lettuce is coated.

## Midwest Chicken

Boneless, skinless chicken breast

½ tsp. ground ginger

1 tsp. crushed garlic

½ tsp. ground turmeric

Combine ginger, garlic, turmeric, himalayan salt. Marinate the chicken pieces in the mixture for 3 hours. Preheat an outdoor grill for medium-high heat and lightly oil grate. Grill chicken until juices run clear.

## Chicken Cabbage Rolls

Chopped chicken or shrimp (pre-cooked)

2 to 3 big cabbage leaves

shredded cabbage

pinch of onion powder

pinch of garlic powder

pinch of Asian spices

Steam big cabbage leaves for 5 minutes. Move leaves over to side of steamer to make room for shredded cabbage. Steam both for 5 additional minutes. Remove shredded cabbage to a mixing bowl. Add chopped chicken or shrimp and spices. Mix and then wrap in a big cabbage leaf.

## Chicken Taco Wrap

2 cup chopped romaine lettuce

Ground chicken or turkey

½ tsp. garlic salt

¼ tsp. of chili seasoning crumbled

Sauté ground beef and spices. Sprinkle on top of lettuce and top with fresh chopped tomato and some pickled jalapenos.

## Cornish Hens

Cornish game hen

bay leaf

1 cup of diced celery

1 cup of diced onions

½ tsp. parsley flakes

¼ tsp. thyme leaves

Season birds with himalayan salt and pepper and put 1 bay leaf in each cavity. Truss for roasting. Arrange vegetables in roasting pan. Place bird, breast side up, on vegetables. Combine herbs and brush over birds. Roast in 375° oven 55 to 65 minutes or until tender, basting with juices.

## Smoked Chicken

Whole Chicken cooked, but only consume based on your Ri number

Wood chips, soaked 1 hour

1 (3 lb.) broiler-fryers

3 bunches various fresh herbs, untrimmed  
freshly ground pepper

Prepare charcoal fire in smoker. Scatter wood chips over coals. Place water pan in smoker, and fill with water. Stuff each fryer with 1 bunch of herbs, including stems and leaves. Rub pepper liberally on surface of chickens and place them on grill rack. Insert meat thermometer, making sure it does not touch bone. Cover with smoker lid; cook 3 ½ to 4 ½ hours or until thermometer reaches 185°. Refill the water pan and add charcoal as needed.

**\*Note: Only consume 4 oz. of breast meat per meal.**

## Ginger Chicken

4 oz. chicken, cut into chunks

black pepper

1 orange, cut in 4 pieces

2-3 cloves garlic,  
minced ½tsp. basil

1 tbsp. fresh ginger root (peeled & minced)  
juice of half lemon

Preheat pan over medium heat. Sprinkle chicken with pepper. Add chicken to pan and stir fry until brown on all sides, about 5 to 10 minutes. Add garlic and cook for 1 minute. Squeeze juice of orange quarters over chicken. Peel and separate orange into sections. Add orange sections, ginger, lemon juice and basil. Stir well. Cover and simmer for about 20 to 30 minutes.

## Chicken Breast

Boneless skinless chicken breasts

½ tsp. himalayan salt

¼ tsp. black pepper

¼ cup of red wine vinegar

2 tbsp. capers, drained

¼ cup of fresh lemon juice

3 tbsp. chopped fresh parsley

4 thin slices lemon, for garnish

4 thin slices lime, for garnish

Bone and skin chicken breasts. Cut each into 2 pieces, cutting crosswise so that each piece is 2 to 3 inches square. Place between sheets of plastic wrap. With flat side of mallet, pound to about ¼ inch thickness and double the diameter. Use some low sodium broth or water. Add chicken. Sprinkle with himalayan salt and black pepper. Brown quickly on both sides, to cook meat through. Remove onto warm platter. Add red wine vinegar, capers and lemon juice to pan. Heat sauce to a boil, scraping bottom of pan. When about 4 tablespoons liquid remains, pour it over chicken on platter. Sprinkle with parsley. Garnish with lemon and lime slices. Serve immediately.

## Chicken Veggie Soup

6 cups of chicken broth base (see recipe)

Cooked chopped chicken

2 stalks of chopped celery

½ whole sweet onion chopped

2 handfuls chopped cabbage

2 medium-sized chopped tomatoes (optional)

Combine and bring to a boil. Turn heat to low and simmer for 30 minutes or until vegetables are tender, adding cabbage for the last 10 minutes.

## 4 Garlic Clove Chicken

Chicken

diced onion

4 garlic cloves, unpeeled & left whole

juice of half lemon

black pepper to taste

Preheat oven to 350°. Heat a non-stick saucepan. Add onions. Stir constantly for 5 to soften. Transfer onions to glass baking dish, and place chicken on onions. Squeeze lemon juice on chicken and onions and sprinkle with pepper. Place garlic around and on the chicken. Cover tightly with lid or aluminum foil. Cook for 30 to 45 minutes or until chicken is no longer pink.



# Seafood



## Steamed Fish

- Red snapper fillet
- ¼ tsp. himalayan salt
- ¼ tsp. ground black pepper
- ½ tbsp. grated fresh ginger
- 2 shiitake mushrooms, thinly sliced
- ½ tomato, quartered
- ¼ fresh red chili pepper, seeded and chopped
- 1 sprig cilantro, finely chopped

Bring about ½ inches of water to boil in a steamer fitted with a basket large enough for the snapper to lie flat. Season snapper with himalayan salt and pepper, and place in the steamer basket. Top fish with ginger. Place shiitake mushrooms, tomato, and red chili pepper in the steamer basket. Steam fish 15 minutes, or until easily flaked with a fork. Sprinkle with cilantro.

## Chilean Sea Bass

- Sea bass fillets
- 2 cloves garlic, minced
- ½ lemon
- ½ tsp. himalayan salt
- ½ tsp. lemon pepper
- 2 tbsp. finely chopped cilantro
- ½ tsp. paprika

Arrange sea bass fillets in a single layer on foil-lined broiler pan. Spread garlic and cilantro on and around fish. Squeeze lemon juice on fillets, sprinkle himalayan salt and lemon pepper to taste, and add paprika for color. Cover with foil and crimp edges to form a seal. Bake at 450° for 20 minutes.

## Spicy Cajun Style Whitefish

Any white fish

Cajun seasoning

¼ tsp. ground cayenne pepper

lemon, thin slices

himalayan salt and pepper to taste

Preheat oven to 350°. Line cookie sheet with foil.

Place fish filets on cookie sheet and season with himalayan salt, pepper, cayenne and Cajun seasoning. Top with two lemon slices. Bake in oven for 15 minutes or until fish is easily flaked with a fork.

## Easy Peasy Chowder

Frozen halibut or other white fish

Diced tomatoes

1 ½ stalks celery, chopped

½ teaspoon dried oregano

½ teaspoon dried basil

himalayan salt and pepper to taste

In a medium-sized stock pot, place undrained tomatoes, celery, oregano, basil, himalayan salt and pepper. Bring to a boil over medium heat. Place frozen fish filets in pot. Reduce heat and cook for 10 to 15 minutes. Cook until mixture is heated through and fish is opaque and flaky.

## Citrus Shrimp

Shrimp

2 tsp. lemon juice

1 tbsp. lime juice

3 tbsp. apple cider vinegar

1 tsp. garlic powder

1 tsp. pepper

½ tsp. onion powder

Place in a bowl, mix together all ingredients and let it stand and marinate for ½ hour. You can either grill the shrimp on a grill or in a non-stick frying pan. Serve over your favorite salad greens.

## Orange Fish

Any type of white fish

¼ orange, juiced

¼ lemon, juiced

¼ tsp. lemon pepper

pinch of cayenne pepper

Warm non-stick skillet medium-high heat.

Arrange fillets in the skillet and drizzle with orange juice and lemon juice. Sprinkle with lemon pepper. Cook for 5 minutes.

## Apple White Fish Salad

½ med. head lettuce, torn into bite-sized pieces

Diced apple, unpeeled

1 tsp. himalayan salt

4 oz. cooked white fish

½ tsp. lemon juice

¼ orange, juiced

In a large bowl, combine salad ingredients. Toss together. Combine himalayan salt, orange juice and lemon juice. Mix well. Toss with salad.

## Citrus Fish

White fish

1 tbsp. minced onion

2 tbsp. lemon juice

lemon and orange zest to taste

lemon and orange slices

chopped parsley

himalayan salt and pepper to taste

Mix lemon juice with zest. Baste fish with mixture and top with himalayan salt, pepper and lemon and orange slices. Wrap in aluminum foil and place on the BBQ or in oven at 350°. Cook fish for 5 to 10 minutes or until fish is thoroughly cooked. Serve with lemon and top with parsley.

## **Grilled Halibut with Garlic Cilantro Sauce**

Halibut filet or steak

4 garlic cloves, finely minced

1 cup chicken bone broth (no or low sodium)

2 tsp. lime zest (from 2 limes)

juice of 2 limes (2-3 tbsp. or more)

3 tbsp. finely chopped fresh cilantro

Sauté garlic for about two minutes in chicken bone broth. Add the remainder of broth and lime zest and let simmer about ten minutes, until broth is slightly reduced. Stir in lime juice and heat for 2-3 minutes. Stir in cilantro and cook 1 minute more. Brush fish on both sides with sauce and let marinate 15 minutes while you pre-heat grill to high heat. Grill fish until firm to the touch, about 5 minutes per side. To get nice grill marks, lay fish on a diagonal to grill slats, then rotate after about 3 minutes cooking time on the first side. Serve fish hot with additional sauce spooned over each piece of fish.

## **Lemon Oregano White Fish**

Any white fish

Asparagus

juice of one lemon

1 tsp. oregano

himalayan salt and pepper to taste

Preheat the oven to 400°. Snap off woody ends of asparagus and discard. Place asparagus spears on foil lined baking sheet and sprinkle with himalayan salt and pepper. Place whitefish on top of asparagus. In small bowl, combine lemon juice and oregano and pour over fish. Fold up edges and completely seal packet on all sides. Bake 10 to 20 minutes or until fish flakes.

## **Spicy Sauce with Shrimp and Scallops**

Small shrimp, peeled and de-veined

Bay scallops

2 garlic cloves, crushed

1 can whole peeled tomatoes with liquid, chopped

½ tsp. himalayan salt

¼ tsp. crushed red pepper flakes

½ tsp. chopped fresh parsley

Sauté garlic over medium heat in non-stick skillet. When the garlic starts to sizzle, pour in the tomatoes. Season with himalayan salt and red pepper. Bring to a boil. Lower the heat, and simmer for 30 minutes, stirring occasionally. In a large skillet, add shrimp, scallops and some low sodium broth or water. Cook for about 2 minutes, stirring frequently or until the shrimp turn pink. Add shrimp and scallops to the tomato mixture and stir in the parsley. Cook for 3 to 4 minutes or until the sauce just begins to bubble. Serve.

## **Cajun Scallops**

Scallops or shrimp

1 lemon

½ tsp. dry mustard

1 tsp. pepper flakes

2 garlic cloves, minced

¼ tsp. himalayan salt

¼ tsp. pepper

½ cup of water

Mix together lemon juice, dry mustard, cayenne, garlic, himalayan salt, pepper and scallops or shrimp. Fill a non-stick frying pan with water and place mixture plus scallops or shrimp in pan. Simmer by covering with lid for 10 minutes.

## Ceviche

Shrimp, fresh or frozen, raw or cooked  
peeled juice of 1 large lemon and 1 large lime  
1 tbsp. fresh garlic, minced  
1 mild pepper, ribs & seeds removed, finely chopped  
½ red onion, finely chopped  
2 tbsp. Tabasco or hot sauce  
2 large tomatoes  
1 cucumber, peeled, diced into 1/2-inch pieces  
¼ cup of fresh cilantro, chopped,  
¼ cup of fresh parsley, chopped  
himalayan salt and black pepper to taste

Thaw shrimp if frozen. If using raw shrimp, bring a pot of water to boil and cook the shrimp for 1-2 minutes until it turns opaque. (do not overcook shrimp as it will become rubbery). Rinse shrimp under cold water. Combine juice of lemons and limes in a large glass bowl or large Ziploc bag and add shrimp. Cover bowl or seal bag and refrigerate for 30 minutes to marinate. Large shrimp could be cut into smaller chunks to speed up marinating process. To shrimp, add Tabasco,

garlic, onion and pepper, and mix evenly. Refrigerate 30 additional minutes so the flavors infuse shrimp. Before serving, place shrimp mixture in a bowl and toss with cilantro, parsley, tomatoes and cucumbers. If needed, add sea himalayan salt and black pepper to taste.

## Garlic Lemon Shrimp and Scallops

Shrimp & scallops  
1 tsp. lemon juice  
1 clove garlic, minced  
lemon pepper to taste

Preheat oven to 350°. Pat scallops dry with paper towels and place in a quart casserole dish. Bake scallops in preheated oven for 5 minutes. In a small bowl, combine lemon juice and garlic. Remove scallops from oven. Spoon lemon/garlic mixture over scallops and sprinkle generously with lemon pepper. Return scallops to oven and bake until firm, about 10 minutes. Serve warm.





## Old Bay Prawns

- 1-quart water
- Tiger prawns with shell
- 3 oz. Old Bay Seasoning
- 1 lemon, juiced

In a large pot, bring water to a boil. Place shrimp in a steamer basket and place on top of the pot; cover. Do not submerge shrimp. Remove some water if necessary. Season the shrimp with Old Bay Seasoning. Steam shrimp until pink.

## Crab Cakes

- Crab
- 1 garlic clove, minced
- 1 tbsp. onion powder
- ½ tsp. lemon zest
- ¼ tsp. himalayan salt
- ¼ tsp. pepper
- 1 tsp. dry mustard
- 2 lemon wedges
- 1 tbsp. parsley
- 1 tsp. lemon zest

Mix ingredients together and make 2 small patties. Place in a baking dish and bake for 15 minutes and place on serving dish.

## Lemon Lime White fish

- Any white fish
- ¼ lemon sliced
- ¼ lime slice
- 1 garlic clove, minced
- ½ tsp. dry dill
- ¼ cup of water
- himalayan salt and black pepper to taste

Mix together lemon juice, lime juice, garlic, himalayan salt, pepper and dill. Marinate fish in seasonings for 10 minutes and place in non-stick pan with water, and cover and steam for 10 minutes.

## Lemon Pepper Fish

- Any white fish
- juice of half lemon
- 3 cloves minced garlic
- ½ tsp. black pepper
- ¼ tsp. himalayan salt
- ¼ tsp. cumin powder
- pinch of turmeric

Place fish in small bowl. Add garlic, black pepper, himalayan salt, cumin and turmeric. Coat both sides. Cover and marinate at least 1 hour in refrigerator. Preheat oven to 400°. Place fish in a non-stick baking dish and cover with the marinade. Bake 10 to 20 minutes depending on thickness, until fish easily flakes. Squeeze with lemon juice and serve.



## Seafood Gumbo

Seafood (any allowable combo)

1 garlic clove, chopped

2 large Roma tomatoes, chopped

¼ tsp. onion powder

¼ tsp. Creole seasoning

pinch of garlic powder

pinch of celery powder

pinch of cayenne pepper

Sauté seafood with chopped garlic on high heat until browned. Add remaining ingredients, and simmer on low for 15 minutes.

## **Rosemary Fish & Lemon Garlic Chard**

**Halibut or any other white fish**

**Asparagus**

**Italian Herb Seasoning**

**1 tsp. ground rosemary**

**1 tsp. ground pepper**

**1 tsp. sea himalayan salt**

**fresh lemon juice**

**1 tsp. garlic salt**

Sprinkle both sides of fish with spices. Place fish on a non-stick frying pan with  $\frac{1}{4}$  cup water and lemon juice. Add asparagus. Place a lid on the pan to keep the steam within the pan.

## **Lemon & Dill Swordfish**

**Swordfish steaks**

**2 tbsp. lemon juice**

**1 tbsp. lemon pepper**

**1 tbsp. dried dill**

Pre heat outdoor grill to high heat. Place swordfish steaks in a medium bowl, and brush with lemon juice. Coat each side with lemon pepper and dill. Place swordfish on the prepared grill and cook 6 minutes on each side or until fish is easily flaked with a fork.

## **Old Bay Prawns**

**1-quart water**

**Tiger prawns with shell**

**3 oz. Old Bay Seasoning**

**1 lemon, juiced**

In a large pot, bring water to a boil. Place shrimp in a steamer basket and place on top of the pot; cover. Do not submerge shrimp. Remove some water if necessary. Season the shrimp with Old Bay Seasoning. Steam shrimp until pink.

## **Lemon Lime Mahi Mahi**

**Mahi**

**1 tbsp. fresh lemon juice**

**1 tbsp. fresh lime juice**

**1 garlic clove, minced**

**$\frac{1}{2}$  tsp. dried thyme**

**$\frac{1}{2}$  tsp. dried dill**

**$\frac{1}{4}$  tsp. pepper**

**$\frac{1}{4}$  tsp. himalayan salt**

Mix together lemon juice, lime juice, garlic, thyme and himalayan salt and pepper to taste. Place in a shallow dish, to coat and marinate at room temperature for 10 minutes. Heat grill pan or grill over medium heat. Cook for 3 to 4 minutes per side.

## **Ginger Snapper**

**Snapper**

**2 tbsp. fresh grated ginger**

**2 tbsp. balsamic vinegar**

**2 tbsp. distilled white vinegar**

**$\frac{1}{4}$  tsp. himalayan salt**

**$\frac{1}{4}$  tsp. pepper**

**1 lemon wedge**

Finely grate 1 tbsp. fresh ginger in small skillet. Add the snapper and cover with water to reach 2 inches and bring to a simmer. Season red snapper with grated ginger, lemon, himalayan salt and pepper. Place in steamer and cook for about 10 minutes.



# Sauces, Seasonings *and Dressings*

## Simple Salad Dressing

- ½ cup of unfiltered apple cider vinegar
- ¼ cup of lemon juice
- 1 tbsp. water

Add to taste: himalayan salt and pepper, dried shallots, garlic powder, onion himalayan salt, chives, dried cilantro, parsley, and basil.

## Smoky BBQ Sauce

- 2 tbsp. sugar-free tomato sauce
- ½ tsp. dehydrated minced onion
- ½ tsp. red wine vinegar or apple cider vinegar
- ¼ tsp. sugar-free liquid smoke
- ¼ tsp. paprika
- ¼ tsp. chili powder
- pinch of cinnamon
- pinch of cloves

In small non-stick saucepan, combine all ingredients and bring to boil. Reduce heat and simmer 20 minutes.

## Spicy Mustard Dressing

- ½ bottle of apple cider vinegar
- 2 tsp. wasabi powder
- 2 tsp. dry mustard powder

Combine and refrigerate.

## Taco Seasoning

- 1 tbsp. chili powder
- 2 tsp. onion powder
- 1 tsp. ground cumin
- 1 tsp. garlic powder
- 1 tsp. paprika
- 1 tsp. ground oregano

## Citrus Tomato Salsa

- 1 large chopped tomato
- 1 tbsp. fresh lemon juice
- pinch of celery himalayan salt
- pinch of chili powder
- 1 tsp. fresh cilantro

Combine and refrigerate.

## Vinaigrette Dressing

- ¼ cup of apple cider vinegar
- ½ cup of water
- ½ tsp. celery powder
- ½ tsp. onion powder
- ground pepper to taste
- garlic to taste
- oregano to taste

Combine and refrigerate.

## **Strawberry Vinaigrette**

**Strawberries**

**1 tbsp. apple cider vinegar**

**1 tbsp. lemon juice**

**pinch of himalayan salt**

**pinch of cayenne (optional)**

**fresh ground black pepper to taste**

Combine all ingredients in food processor. Puree until smooth. Pour over fresh arugula or green salad. Garnish with sliced strawberries and freshly ground black pepper. Variations: use as a marinade or sauce for chicken.

## **Cocktail Sauce**

**1 cup of sugar-free tomato sauce**

**½ tsp. celery powder**

**¼ tsp. paprika**

**1 tbsp. finely chopped sweet onion or shallot**

**2 tbsp. fresh chopped parsley**

**1 tbsp. fresh lemon juice**

**2 tbsp. drained, prepared horseradish**

**½ tsp. hot sauce**

**pinch of cumin**

**pinch of himalayan salt**

**pinch of freshly ground black pepper**

Combine and refrigerate.

## **Dill Dressing**

**5 tbsp. apple cider vinegar**

**2 tbsp. water**

**2 tbsp. dried basil**

**2 tbsp. dried dill**

**1 tsp. garlic powder**

**1 tsp. dry mustard**

**1 tsp. onion powder**

## **Balsamic Vinaigrette**

**¼ cup of balsamic vinegar**

**2 tbsp. water**

**2 tbsp. dried thyme**

**1 tbsp. dried basil**

**¼ tsp. garlic powder**

**himalayan salt and pepper to taste**

Add all ingredients in a blender and mix well.

## **Citrus Dressing**

**¼ cup of apple cider vinegar**

**1 cup of water**

**1 tbsp. lemon**

**¼ tsp. garlic powder**

Combine and refrigerate.

## **Fresh Salsa**

**4 - 5 tomatoes**

**4 tbsp. lemon juice**

**3-4 tbsp. garlic, minced**

**½ chopped onion**

**½ tsp. chili powder**

**½ tsp. Italian seasoning**

**cayenne pepper to taste**

**cilantro (fresh or dried) to taste**

**himalayan salt and pepper**

Put all the ingredients in the food processor.

Blend to desired consistency. Refrigerate to blend the flavors. The longer it sits the more flavor it will have.

## **Strawberry Syrup**

**Strawberries**

**2 tbsp. water**

In microwave-safe bowl, combine all ingredients and toss. Microwave for 2 to 3 minutes until berries soften.

## Strawberry Jam

Strawberries

1 cup of cold water

In a large saucepan, crush strawberries. Add water, mixing well. Over medium heat bring mixture to boiling, stirring constantly. Reduce heat to low and simmer for 2 minutes. Pour into jars, allow to cool and then cover.

## Rosemary Balsamic Sauce

1 large clove garlic, minced

¼ cup dark balsamic vinegar

2 tbsp red wine vinegar

2 sprigs fresh rosemary

¼ cup beef bone broth or mushroom broth.

Heat saucepan to med heat. Add garlic, a little water and cook for 1 minute. Add balsamic vinegar, red wine vinegar and rosemary sprigs and bring to a rapid boil. Reduce heat and simmer uncovered for 5 minutes. Add broth, return to a boil, reduce heat to low and simmer for another 15 minutes. Discard rosemary sprigs.

## Spicy BBQ Sauce & Marinade

24 oz. jar of chopped tomato, onion, parsley and cilantro (homemade salsa)

(less than 1-gram sugar per serving)

¾ cup of lemon juice

2 tsp. himalayan salt

4 tsp. chili powder

½ tsp. Tabasco sauce

garlic powder to taste

Combine and refrigerate. Makes 24 servings.

## Veggie Dressing

¼ cup of vinegar

¼ cup of sliced green onions

¼ cup of minced fresh parsley

1 tbsp. chopped green pepper

1 tsp. himalayan salt

1 tsp. dry mustard

pinch of red pepper

Shake all ingredients well in a tightly covered jar.

Keep covered in refrigerator. Makes 8 servings.



# APEX31

BY iHEALTHe WELLNESS

Amounts of protein and fruit per meal are based on your Ri number in the Release Phase and Si number in the Sustain Phase - refer to this calculation in your back office.