

SALADS

Cucumber Salad

1 cucumber sliced/ diced

2 tablespoons apple cider vinegar

1 tablespoon fresh lemon juice

1 tablespoon Bragg's amino acids

1 teaspoon finely minced onion

Cayenne pepper to taste

Stevia to taste

Mix ingredients together, marinate for 15 minutes or more and serve chilled.

Makes one serving (1 vegetable)

Cold Chicken Curry Salad

100 grams diced chicken

1 apple diced

Celery diced (optional)

¼ cup water

2 tablespoons lemon juice

1 tablespoon finely minced onion

1 clove of garlic crushed and minced

¼ teaspoon curry powder or to taste

Dash of garlic powder

Dash of onion powder

Dash of cayenne pepper

Dash of cinnamon

Dash of turmeric

Stevia to taste

In small saucepan lightly sauté chicken in lemon juice until lightly brown, add ¼ cup water and spices. Stir well and simmer over low heat until liquid reduces to form a sauce and chicken is cooked well. Add water as needed to create the consistency you want. Chill then serve.

Makes 1 serving (1 protein, 1 vegetable, 1 fruit)

Lobster Salad

100 grams lobster tail diced

Celery, sliced steamed fennel bulb, or tomatoes (optional)

1 tablespoon lemon juice

1 teaspoon apple cider vinegar

Pinch of chopped green onion

Pinch of tarragon

Salt and black pepper to taste

Stevia to taste

Mix lobster, liquid ingredients and spices together and serve over a salad,

arugala greens, or with another vegetable.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Stir in 1-2 tablespoons mayonnaise or sour cream.

You can also add any kind of fresh fruit like grapes, diced apple, or top with stevia caramelized pear slices. Add a small amount of chopped walnuts, almonds, or pine nuts for added crunch.

Spicy Crab Salad

100 grams crab

Celery diced (optional)

1 tablespoon lemon juice

2 teaspoons apple cider vinegar

1 tablespoon Bragg's liquid aminos

1 tablespoon finely minced red onion

Dash of garlic powder

Dash of onion powder

Cayenne pepper to taste

Salt and black pepper to taste

You may substitute 1 teaspoon of Old Bay seasoning for the powdered ingredients.

Steam the crab and chop into medium chunks. Toss with onions, spices, and liquid ingredients. Marinate for 15 minutes or more and serve over mixed green salad or add diced celery.

Makes one serving (1 protein, 1 vegetable)

Shrimp Cocktail

100 grams raw shrimp (approximately 10-12 medium shrimp steamed)

Cocktail sauce

3 ounces tomato paste

2 tablespoons lemon juice

1 tablespoon apple cider vinegar

1 teaspoon hot sauce

1/8 teaspoon of horseradish or to taste

Dash of mustard powder

Stevia to taste

Salt and pepper to taste

Water as needed for desired consistency

Mix tomato paste, vinegar, horseradish, lemon juice and spices together and allow spices to marinate and dipping sauce to chill. Add additional water as needed to create desired consistency. Steam the shrimp until pink and well cooked. Chill shrimp for 30 minutes in the refrigerator and serve with cocktail dipping sauce.

Makes 1 serving (1 protein, 1 vegetable)

Chilled Garlic Refrigerator Pickles

One medium cucumber sliced into rounds

4 cloves of garlic in thin slices

¼- ½ cup apple cider vinegar

3 tablespoons lemon juice

Salt

Mix liquid ingredients together. Salt cucumber slices well. Pack cucumber slices tightly into a small glass canning jar layering garlic slices in between layers. Pour apple cider vinegar and lemon juice into container until liquid covers the slices. Refrigerate overnight. Pickles can be refrigerated for up to 4 days. Or marinate cucumber slices in salt, vinegar and garlic then use a pickle press or weighted plate to press out excess liquid.

Makes 1-2 servings (1 vegetable)

Orange Cabbage Salad with Chicken

100 grams of chicken

½ head of any kind of cabbage

One orange (3 tablespoons of juice and remaining orange sliced or in segments)

1 tablespoon apple cider vinegar

2 tablespoons lemon juice

1 tablespoon Bragg's liquid aminos

Pinch of fresh or powdered ginger

Dash of cayenne (optional)

Stevia to taste (optional)

Salt and fresh black pepper to taste

Marinate strips or chunks of chicken in apple cider vinegar, lemon juice and spices. Cook thoroughly browning slightly. Prepare dressing with 3 tablespoons of orange juice, Bragg's, stevia, black pepper, salt and cayenne. You may add extra apple cider vinegar if desired. Shred cabbage into coleslaw consistency and toss lightly with dressing. Allow to marinate for at least 20 minutes or overnight. Top with chicken and orange slices.

Makes one serving (1 vegetable, 1 protein, 1 fruit)

Phase 3 modifications: Add a drizzle of olive or sesame oil, top with sliced almonds or sesame seeds.

Cold Asparagus Salad

Asparagus spears

3 tablespoons lemon juice

Fresh chopped mint leaves or parsley

2 tablespoons caper juice

1 tablespoon finely minced red onion

Salt and pepper to taste

Lightly steam the asparagus until tender. Marinate in juices and spices for at least 30 minutes and enjoy.

Makes one serving (1 vegetable)

Phase 3 modifications: Add olive oil or drizzle with melted butter.

Red Cabbage Salad

3 tablespoons Bragg's liquid aminos

3 tablespoons lemon juice

¼ teaspoon onion powder

¼ teaspoon garlic powder

1 clove finely minced garlic

1 tablespoon finely minced onion

Cayenne pepper to taste

Stevia to taste

Salt and black pepper to taste

Combine spices with liquid ingredients. Coat cabbage thoroughly with dressing and marinate for 1-2 hours or over night to blend flavors.

Makes 1-2 servings (1 vegetable)

Phase 3 modifications: Add olive oil or flax seed oil. Toss with crumbled bacon or gorgonzola cheese.

Cucumber Orange Salad

1 cucumber sliced

Orange slices (1 orange)

Orange juice from 3 segments

1 tablespoon lemon juice

1 teaspoon apple cider vinegar (try tarragon garlic infusion page 58)

1 teaspoon fresh tarragon minced

1 tablespoon red onion minced

Salt and pepper to taste

Stevia to taste

Chopped fresh mint leaves (optional)

Combine apple cider vinegar, stevia, onion, and spices and mix well. Add cucumber and orange slices, tarragon, salt, and pepper to taste. Marinate for 30 minutes. Garnish with fresh mint leaves.

Makes one serving (1 vegetable, 1 fruit)

Phase 3 modifications: Drizzle with hazelnut oil, top with toasted pine nuts.

Coleslaw/Apple slaw

½ head cabbage

1 apple diced (optional)

2 tablespoons lemon juice

1 tablespoon apple cider vinegar

¼ teaspoon garlic powder

Dash of mustard powder

Dash of cinnamon (optional)

Salt and pepper to taste

Stevia to taste

Slice cabbage in very thin strips. Toss with lemon juice and spices. Allow to marinate for 30 minutes or overnight. Add apples and a 1/8 teaspoon of cinnamon to make an apple slaw.

Makes 1-2 servings (1 vegetable coleslaw) (1 vegetable, 1 fruit apple slaw)

Phase 3 modifications: Add mayonnaise or Greek yogurt for a creamier texture.

Citrus and Fennel Salad

½ grapefruit cut into medium chunks or 1 orange in segments

Fennel bulb steamed

2 tablespoons lemon juice

Chopped mint or cilantro

Stevia to taste

Slice fennel bulb and cut citrus into chunks. Combine ingredients in a bowl.

Mix well and chill.

Makes 1 serving (1 vegetable, 1 fruit)

Phase 3 modifications: Drizzle with olive oil and top with pine nuts

Spicy Thai Cucumber Salad

1 whole cucumber cut julienne style

2 tablespoons Bragg's liquid aminos

2 tablespoons lemon juice

2 tablespoons vegetable broth (optional)

1 tablespoon chopped green onion

1 clove of garlic crushed and minced

1 basil leaf rolled and sliced

1 teaspoon cilantro leaves chopped

1/8 teaspoon red chili flakes

Salt and pepper to taste

Stevia to taste

Chop up cucumber in julienne strips. Mix liquid ingredients with the garlic, onion, fresh herbs and chili flakes. Mix in cucumbers and coat thoroughly with spice mixture. Allow to marinate for 10 minutes or overnight.

Makes 1-2 servings (1 vegetable)

Phase 3 modifications: Add a little sesame oil or chili oil. Add chopped bell pepper or other vegetables. Top with a tablespoon of crushed peanuts.

Crunchy Sweet Apple Chicken Salad

1 apple diced

3 stalks celery diced

3 tablespoons lemon juice

1/8 teaspoon cinnamon

Dash of nutmeg

Dash of cardamom

Dash of salt

Stevia to taste

Wedge of lemon

Mix ingredients together, sprinkle with stevia and cinnamon. Chill for 20 minutes. Serve with a wedge of lemon.

Makes 1 serving (1 protein, 1 vegetable, 1 fruit)

Phase 3 modifications: Add chopped walnuts or raw almonds. Mix in low sugar Greek yogurt or 1 tablespoon of mayonnaise for a creamier texture.

Curried Celery Salad

Celery stalks diced

2 tablespoons Bragg's liquid aminos

3 tablespoons lemon juice

1 tablespoon apple cider vinegar

1 tablespoon chopped green onions

Curry to taste

Stevia to taste

Add spices to liquid ingredients and mix thoroughly. Coat celery thoroughly and allow flavors to marinate for 20-30 minutes and serve.

Makes 1 serving (1 vegetable)

Ceviche

100 grams chilled cooked white fish or shrimp

3 tablespoons lemon or lime juice

Diced tomatoes

1 tablespoon chopped onion

1 clove garlic crushed and minced

Fresh chopped cilantro

Dash hot sauce

Salt and pepper to taste

Steam the shrimp or fish. Add lemon, onion, garlic and chopped cilantro.

Stir in diced tomatoes and hot sauce. Chill and marinate the ingredients in the refrigerator. Traditionally ceviche is not cooked. The citric acids "cook" the fish. This is an alternative to cooking the shrimp or fish.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Add diced jalapeno, add additional types of seafood. Serve over cream cheese for a vegetable dip.

Cold Fennel Salad

Fennel bulb steamed and diced

2 tablespoons lemon juice

1 teaspoon apple cider vinegar (optional)

1 teaspoon minced red onion

Dash of turmeric

Salt and pepper to taste

Stevia to taste

Chopped fresh mint leaves (optional)

Steam fennel until bulb is tender, Marinate Fennel in vinegar and spices or any marinade and chill until ready to serve. Serve with appropriate fruit or lemon juice. Add salt and pepper to taste. Works well with chopped apple or slices of orange. (Only use the orange if you marinated with orange juice, remember not to mix fruits)

Makes 1 serving (1 serving vegetable)

Cucumber and Strawberry Salad

1 whole cucumber

Sliced strawberries

1 serving strawberry vinaigrette (page 45)

Fresh ground white pepper

Stevia to taste

Directions

Slice strawberries and cucumber. Toss with strawberries, dressing, stevia and pepper to taste. Allow to marinate for at least 10 minutes.

Makes 1-2 servings (1 vegetable, 1 fruit)

Chinese Chicken Salad

100 grams chicken breast

Cabbage

3 tablespoons Bragg's liquid aminos

1 tablespoon apple cider vinegar

1 tablespoon minced green onion

1 clove of garlic crushed and minced

Fresh grated ginger or a dash of powdered

Pinch of red pepper flakes

Stevia to taste

Salt and pepper to taste

Brown the chicken with lemon juice, 1 tablespoon Bragg's, garlic, and onion. Slice cabbage into fine strips. Steam lightly until cooked. Drain off excess liquid. Add chicken, ginger, salt and pepper and chill. Sprinkle with additional Bragg's.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Drizzle with sesame oil. Add additional vegetables such as bell pepper and mushrooms. Sprinkle with toasted almonds or sesame seeds.

Asparagus and Apple Salad

6-8 stalks of asparagus chopped

1 apple diced

4 tablespoons lemon juice and water as needed

¼ teaspoon cinnamon

1 tablespoon finely minced onion

Salt and pepper to taste

Stevia to taste

Marinate asparagus in vinaigrette for 10 minutes or so. Lightly sauté asparagus in lemon juice until just lightly cooked. Toss with finely chopped onion, apple, and spices. Add salt, pepper, and stevia to taste. Chill in refrigerator for 10 minutes and serve as a salad or hot as a side dish.

Makes 1 serving (vegetable, 1 fruit)

Arugula Salad with Chicken and Fruit

100 grams of chicken

2 or more cups of arugula greens

Your choice of apple, orange, strawberry or grapefruit slices

Dressing made from your choice of compatible fruit

1 tablespoon chopped red onion

Salt and pepper to taste

Cook chicken with a little lemon juice and water until slightly browned.

Prepare and wash arugula. Lay chicken slices on top of arugula salad and top with fruit and a dressing made from your fruit of choice.

Makes 1 serving (1 protein, 1 vegetable, 1 fruit)

Horseradish Slaw

Finely chopped cabbage

¼ cup apple cider vinegar

3 tablespoons broth (beef, vegetable, or chicken)

1-2 tablespoon Bragg's liquid aminos

1 tablespoon lemon juice

1 tablespoon minced red onion

¼ teaspoon horseradish or to taste

Pinch of celery seeds

Salt and black pepper to taste

Chop up cabbage finely. Discard any tough parts of the cabbage. In a small bowl combine the liquid ingredients, horseradish and spices. Toss dressing mixture with cabbage. Allow to marinate for at least an hour or over night.

Makes 1-2 servings (1 vegetable)

Phase 3 modifications: Add ¼ cup mayonnaise. Omit the lemon juice and vinegar.

Melba Toast with Strawberry Jam

1 Melba toast

Strawberries

Stevia to taste

Puree fresh strawberries with stevia and serve on top of allowed Melba toast or sprinkle crushed Melba toast over strawberry puree for a wonderful

crunchy texture. Add a little vanilla powder or cinnamon to the Melba toast for additional flavor.

Makes 1 serving (1 Melba toast, 1 fruit)

Melba Toast Croutons

Cinnamon

1 serving Melba toast

Lemon juice

Pinch of cinnamon

Nutmeg

Powdered stevia

Garlic

Ingredients

1 serving Melba toast

Lemon juice

Pinch of garlic powder

Pinch of onion powder

Paprika

Salt and pepper to taste

Sprinkle the Melba toast with lemon juice and spices and bake for 5 minutes

in a 350 degree oven or dust dry with your choice of spices.

Makes 1 serving (1 Melba toast)

Melba Toast with Spicy Cucumber

1 Melba toast

2-3 slices of cucumber

1 tablespoon apple cider vinegar

Pinch of minced red onion

Pinch of onion and garlic powder to taste

Dash of cayenne

Salt and pepper to taste

Combine spices with apple cider vinegar. Marinate cucumber slices in spice mixture. Top Melba toast with cucumber and sprinkle with onion. Save additional cucumber for an additional snack. Variations: sprinkle the

crumbs on top of a cucumber salad.

Makes 1 serving (1 Melba toast, 1 vegetable)

Chicken Salad

100 grams of chicken

Celery

2 tablespoons Bragg's liquid aminos

1 tablespoon lemon juice

1 teaspoon apple cider vinegar

¼ teaspoon organic poultry seasoning

1 tablespoon minced onion

Salt and pepper to taste

Cook chicken in a little water or chicken broth. Finely chop all ingredients.

Mix with spices and additional liquid ingredients.

Makes 1 serving (1 protein, 1 vegetable)