

SEAFOOD RECIPES

Curried Shrimp with Tomatoes

100 grams shrimp

½ cup vegetable broth or water

2 tomatoes chopped

1 tablespoon minced onion

1 clove garlic crushed and minced

1/8 teaspoon curry or to taste

1/8 teaspoon onion powder

1/8 teaspoon garlic powder

Pinch of allspice

Stevia to taste

Sauté the shrimp with the onion and garlic for about 3 minutes or until cooked. Add vegetable broth, curry and stevia. Add garlic and onion powder to thicken the mixture. Cook for 5-10 minutes on medium heat. Add water or reduce liquid until desired consistency is reached.

Makes 1 serving (1 protein, 1 vegetable)

Shrimp Etouffee

100 grams shrimp

½ cup vegetable broth or water

Celery

1 clove garlic crushed and minced

1 tablespoon chopped red onion

1 tablespoon chopped green onion

Pinch of thyme

Pinch of cayenne pepper to taste

Salt and pepper to taste

Add spices and vegetables to broth and simmer for about 15 minutes until celery is softened. Add the shrimp to the mixture and cook an additional 10-20 minutes. Serve hot.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Start sauce with browned butter. Add a splash of dry sherry to the sauce and whisk in additional cold chunks of butter to create a richer more flavorful sauce.

Tilapia with Herbs

100 grams of Tilapia fish

2 tablespoons lemon juice

1 clove garlic crushed and minced

1 tablespoon chopped onion

Pinch of dill

Fresh parsley

Salt and black pepper to taste

Sauté fish in lemon juice with a little water then add onion, garlic and fresh herbs. Garnish with chopped parsley. Or bake in baking dish with a little water at 350 for 20 minutes until fish is tender and delicious. Variations: oregano, thyme, or tarragon.

Makes 1 serving (1 protein)

Baked Curried Fish

Your choice of white fish

2 tablespoons lemon juice

1 serving Melba toast crumbs

1 tablespoon finely chopped onion

1 clove garlic crushed and minced

1/8 teaspoon onion powder

1/8 teaspoon garlic powder

1/8 teaspoon curry powder

Salt and pepper to taste

Fresh parsley

Combine dry spices and Melba toast crumbs. Dip fish into Melba and spice mixture to coat thoroughly. Broil fish until fish is cooked and herbed crumb mixture is slightly brown. Garnish with lemon slices and fresh parsley.

Makes 1 serving (1 protein, 1 Melba toast)

Poached Halibut

100 grams per serving halibut

½ cup vegetable broth or water

1 tablespoon lemon juice

1 tablespoon chopped onion

1 clove garlic crushed and minced

½ teaspoon fresh ginger

Pinch of grated orange zest

Salt and pepper to taste

Stevia to taste

Heat up the vegetable broth in small frying pan. Add lemon juice, onion, garlic, and spices. Poach halibut filet for 5-10 minutes until fish is tender and cooked thoroughly. May also be wrapped in foil and placed on the barbeque. Serve topped with remaining juices as a sauce.

Makes one serving (1 protein)

Creole Shrimp

100 grams shrimp

½ cup vegetable broth or water

1 clove garlic crushed and minced

1 tablespoon minced onion

¼ teaspoon horseradish

1/8 teaspoon garlic powder
1/8 teaspoon onion powder
1-2 teaspoons hot sauce
2 tablespoons lemon juice
Pinch of thyme
1 bay leaf
Dash of sassafras powder or root beer flavored stevia
Dash of liquid smoke flavoring (optional)
Cayenne pepper to taste
Salt and black pepper to taste

Mix liquid ingredients, onion, garlic, and spices. Simmer over low heat for 10 minutes in a small frying pan. Add shrimp and cook thoroughly for an additional 5 minutes. Add salt and pepper to taste. Deglaze the pan periodically with additional water or broth. Serve hot or cold over a salad or with fresh asparagus.

Makes 1 serving (1 protein)

Shrimp Scampi

100 grams shrimp
¼ cup vegetable broth or water
3 tablespoons lemon juice
4 cloves garlic crushed and minced
Dash of garlic powder
Dash of onion powder
Dash of chili or cayenne pepper powder to taste
Salt and pepper to taste

Add garlic to liquid ingredients. Add shrimp and additional spices. Cook for 5-7 minutes until shrimp are pink and liquid is reduced. Serve hot or cold with a salad or on a bed of spinach.

Makes 1 serving (1 protein)

Sweet Ginger Shrimp

100 grams shrimp
¼ cup vegetable broth or water
2 tablespoons lemon juice
2 tablespoons orange juice (optional)
2 tablespoons Bragg's liquid aminos
¼ teaspoon fresh or powdered ginger
Pinch of chili powder
Dash of garlic powder
Dash of onion powder
Stevia to taste

Salt and black pepper to taste

Mix dry spices with vegetable broth and liquid ingredients. Sauté with

shrimp in small saucepan stirring continuously until cooked. Add water to deglaze the pan periodically until desired consistency is reached.

Makes 1 serving (1 protein)

Jambalaya

100 grams shrimp (chicken, beef, or chicken sausage can be used)

Tomatoes or celery chopped

1 cup vegetable broth or water

1 tablespoon lemon juice

1 tablespoon chopped onion

1 clove garlic crushed and minced

Dash of Worcestershire sauce

Dash of hot sauce

Dash of liquid smoke (optional)

Pinch of cayenne to taste

1/8 teaspoon garlic powder

1/8 teaspoon onion powder

Pinch of thyme

Salt and pepper

Water as needed

Lightly sauté shrimp or chicken with celery or tomatoes, garlic and onion in lemon juice until cooked or lightly browned. Deglaze the pan with broth and add seasonings. Simmer on low for approximately 20-30 minutes until liquid is slightly reduced adding additional broth or water to achieve desired consistency.

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

Phase 3 modifications: Add chopped red and green bell pepper and additional seafood, chicken, sausage, etc.

Black Pepper Sautéed Shrimp

100 grams shrimp

1 serving Melba toast crumbs (optional)

2 tablespoons lemon juice

1 tablespoon caper juice

Salt and fresh ground black pepper to taste

Mix Melba toast crumbs with salt and generous amount of black pepper.

Coat shrimp with Melba toast pepper mixture and fry on high heat in a skillet in a little lemon juice until cooked well. Serve hot and garnish with lemon and additional freshly ground black pepper.

Makes 1 serving (1 protein, 1 Melba toast)

Ginger Shrimp Wraps

100 grams shrimp

1 or more cabbage or lettuce leaves

1 cup vegetable broth or water

2 teaspoons apple cider vinegar
1 tablespoon Bragg's liquid aminos
1 clove garlic crushed and minced
Pinch of fresh ginger
1 tablespoon finely minced green onion
1 serving spicy orange sauce (optional, for dipping page 56)
Salt and pepper to taste

Lightly steam cabbage leaves and then set aside. Cook shrimp with spices and mince together with onion. Wrap up shrimp mixture in cabbage or lettuce leaves and enjoy with dipping sauce. Another alternative is to place multiple rolls in small baking dish. Cover with vegetable broth and bake for 25 minutes at 350 degrees. Variations: Dip wraps in Sweet wasabi dipping sauce (page 54) or top with additional Bragg's.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Add a drizzle of sesame, peanut or hot chili oil to the shrimp mixture for added flavor.

Crab Cakes

100 grams snow or king crab meat
1 serving Melba toast crumbs
1 tablespoon lemon juice
1 teaspoon apple cider vinegar
1/8 teaspoon onion powder
1/8 teaspoon garlic powder
1 tablespoon finely minced onion
1 clove crushed and minced garlic
Cayenne to taste
Salt and black pepper to taste

In a small bowl combine ingredients and form into cakes. Press crab cakes into muffin tins and bake at 350 degrees for about 10-20 minutes until slightly brown on top. The crab mixture can also be sautéed until warm or chilled and served over a green salad with lemon garnish and topped with Melba toast crumbs.

Makes 1 serving (1 protein, 1 Melba toast)

Phase 3 modifications: Add a little egg to the crab mixture and fry with a little butter or oil. Serve with Cajun spiced cream sauce or mayonnaise.

Cajun Baked Fish

100 grams your choice of white fish
1 serving Melba toast crumbs
1/8 teaspoon onion powder
1/8 teaspoon garlic powder
Pinch of cayenne pepper to taste

Pinch of thyme

Salt and black pepper to taste

Combine spices and Melba toast powder. Dip fish in lemon juice and coat with spice mixture. Bake in 350 degree oven for 20 minutes or broil until lightly brown. Garnish with parsley.

Makes 1 serving (1 protein, 1 Melba toast)

Phase 3 modifications: Dip fish in egg and brush with olive oil. Serve with a Cajun cream sauce.

Lemon Dill Fish

100 grams any kind of white fish

4 tablespoons lemon juice

¼ cup vegetable broth or water

1 teaspoon apple cider vinegar

1 teaspoon fresh dill

1 clove garlic crushed and minced

1 tablespoon minced onion

Salt and black pepper to taste

Sauté fish with lemon juice, vegetable broth, and vinegar. Add garlic, onion, and fresh dill. Cook for an additional 5-10 minutes or until fish is completely cooked. Garnish with lemon wedges.

Makes 1 serving (1 protein)

Italian Shrimp with Tomatoes

100 grams shrimp

2 large tomatoes chopped

¼ cup vegetable broth or water

2 tablespoons lemon juice

¼ teaspoon dried or fresh basil

2 cloves of garlic crushed and minced

Pinch of dried or fresh oregano

Pinch of red pepper flakes

Salt and black pepper to taste

Sauté onion, garlic and spices in broth and lemon juice. Add spices and cook for 5 minutes. Add the shrimp and tomatoes and cook until shrimp is pink and well cooked

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Sauté with a little olive oil. Add chopped zucchini or other vegetables. Top with fresh grated parmesan cheese.

Sweet Wasabi Sautéed Shrimp

100 grams shrimp

1 recipe sweet wasabi marinade

1 tablespoon minced onion

Pinch of dried or fresh ginger

Stevia to taste

Sauté shrimp with onion in wasabi marinade. Serve hot or enjoy chilled over mixed green salad.

Makes 1 serving (1 protein)

Spicy Mustard Shrimp with Chard

100 grams shrimp

Chard chopped

½ cup vegetable broth or water

3 tablespoons homemade mustard

2 tablespoons Bragg's liquid aminos

1 tablespoon apple cider vinegar

2 tablespoons lemon juice

Pinch of red pepper flakes

2 tablespoons chopped onion

2 cloves garlic sliced

Salt and pepper to taste

Sauté the shrimp with onion, garlic, Bragg's, vinegar, lemon juice and mustard until cooked. Remove the shrimp and deglaze the pan with the vegetable broth. Add chard to the broth and cook stirring occasionally until chard is tender. Add a little water if needed. Top with mustard shrimp and enjoy.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Cook with a little olive oil, sesame oil or walnut oil.

Top with 2 tablespoons chopped roasted almonds.

Baked White Fish with Asparagus

100 grams white fish (make multiple servings for best results)

Asparagus

1 serving Melba toast crumbs per serving

½ cup vegetable broth or water

2 tablespoons caper juice

4 tablespoons lemon juice

1 clove garlic crushed and minced

1 tablespoon onion minced

¼ teaspoon dried or fresh dill

Pinch of tarragon

Parsley

Salt and pepper to taste

In a small baking dish, layer the fish and asparagus. Mix vegetable broth with spices and pour over fish and asparagus. Top with herbed Melba toast crumbs and bake at 350 for about 20 minutes or until fish and asparagus is cooked thoroughly and crumbs are slightly brown. Top with remaining

sauce, fresh parsley, and serve with lemon wedges. Dish can also be cooked on the barbeque. Just wrap up fish and asparagus in foil, toss with spices and baste with vegetable broth.

Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)

Orange or Lemon Glazed Orange Roughy BBQ Wrap

100 grams orange roughy fish

3 orange slices

3 tablespoons orange juice (optional)

1 tablespoon lemon juice

1 tablespoon chopped green onion

Dash of garlic powder

Dash of onion powder

Salt and pepper to taste

Stevia to taste

Place fish on aluminum foil. Baste with juice and spices. Top with orange or lemon slices. Wrap up and place on barbeque or in the stove at 350 degrees for 10-15 minutes until well cooked and fork tender. Serve with juices and orange slices. Sprinkle with parsley.

Makes 1 serving (1 protein, 1 fruit)

Poached Fish with Thyme

Any white fish

½ cup vegetable broth or water

2 tablespoons caper juice

2 tablespoons lemon juice

1 teaspoon apple cider vinegar

1 clove garlic crushed and minced

1 tablespoon minced red onion

Pinch of thyme

Salt and pepper to taste

Add garlic, onion and spices to liquid ingredients. Add fish and poach for 5 minutes or until fish is cooked thoroughly. Garnish with parsley and lemon.

Makes 1 serving (1 protein)

Phase 3 modifications: Brush fish with melted butter or olive oil. Top with a tablespoon of capers.

Sweet Orange Pepper Shrimp

100 grams shrimp

1 tablespoon minced onion

1 serving of sweet orange marinade (page 54)

Stevia to taste

Marinate shrimp for 30 minutes in marinade. In small frying pan add shrimp and rest of marinade along with a few chopped slices of orange. Add black pepper to taste. Deglaze the pan periodically with water, Sauté until shrimp are cooked and tender and the sauce is the right consistency.

Makes 1 serving (1 protein, 1 fruit)

Lobster Medallions in Tomato Sauce

100 grams raw lobster tail

2 tomatoes chopped

8 ounces tomato sauce

2 tablespoons lemon juice

1 clove of garlic crushed and minced

1 tablespoon minced onion

1 bay leaf

1/8 teaspoon thyme

1/8 teaspoon fresh chopped tarragon

Cayenne pepper to taste

Salt and pepper to taste

Chopped parsley

Salt and fresh ground black pepper to taste

Slice medallions of lobster tail. Weigh out 100 grams raw. Sauté lobster in lemon juice and a little water then add garlic, onion, tomatoes, tomato sauce, and spices. Simmer for 10-15 minutes and serve.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Add a drizzle of olive oil or add small cubes of cold unsalted butter and stir in quickly for a richer sauce. Add a splash of white wine or dry sherry and a tablespoon of heavy cream.

Baked Stuffed Lobster

100 grams raw lobster tail

1 serving Melba toast crumbs

½ cup vegetable broth or water

1 tablespoon minced onion

1 clove garlic crushed and minced

1/8 teaspoon garlic powder

1/8 teaspoon onion powder

Paprika to taste

Salt and pepper to taste

Mix Melba toast crumbs with spices, garlic and onion. Stuff lobster tail with Melba mixture and place into baking dish stuffing side up. Pour vegetable broth over the lobster, dust the lobster with more paprika and bake at 350 degrees for approximately 20 minutes. Broil for additional 1-2 minutes to brown. Add salt and pepper to taste and serve with lemon wedges.

Makes 1 serving (1 protein, 1 Melba toast)

Phase 3 modifications: Add parmesan cheese to the stuffing and serve with melted butter.

Savory Onion Caramelized Shrimp

100 grams shrimp

Sliced onion cut into rings

¼ cup water

3 tablespoons lemon juice

1 tablespoons Bragg's liquid aminos

Vanilla flavored liquid stevia to taste

Salt and pepper to taste

Heat up the liquid ingredients on high heat in small frying pan. Add stevia, salt, pepper, onion, and shrimp. Deglaze with a little water several times to create a caramelized sauce.

Makes 1 serving (1 protein, 1 vegetable)

Sweet and Sour Shrimp

100 grams shrimp

1 cup water

½ lemon with rind

½ orange with rind

3 tablespoons Bragg's liquid aminos

1 tablespoon minced onion

1 clove garlic crushed and minced

Cayenne to taste

Salt and pepper to taste

Stevia to taste

Boil 1 cup of water with ½ lemon and ½ orange with rind until pulp comes out of the center. Scrape out remaining pulp and discard the rind. Add onion, garlic, Bragg's, and spices and reduce liquid by half. Add the shrimp to the sauce and sauté for 5-7 minutes until shrimp is cooked.

Makes 1 serving (1 protein, 1 fruit)

Phase 3 modifications: Add red and green bell peppers to the mix. Add sesame or chili oil to the recipe and a small amount of fresh pineapple. (Pineapple should be used sparingly due to the high sugar content)

Shrimp with Mint and Cilantro

100 grams shrimp

2 tablespoons fresh cilantro finely minced

1 tablespoon fresh mint finely minced

1 teaspoon fresh Italian parsley

1 clove garlic crushed and minced

2 tablespoons lemon juice

Salt and pepper to taste

Stevia (optional)

In a small frying pan, fry up the garlic in the lemon juice. Add shrimp, cilantro, mint and parsley. Stir fry together until shrimp is cooked and coated with herb mixture. Add a little extra water or lemon juice if necessary. Garnish lemon wedges.

Makes 1 serving (1 protein)

Phase 3 modifications: Add a little olive oil, parmesan cheese and top with walnuts or pine nuts.

Orange Roughy with Tomatoes and Onion

100 grams orange roughy fish

2 tomatoes chopped

2 tablespoons onion chopped

1 clove garlic crushed and minced

½ cup vegetable broth or water

Salt and pepper to taste

Sauté onions and garlic in vegetable broth, add orange roughy and spices until almost cooked about 5 minutes. Add freshly chopped tomatoes and cook for an additional 5 minutes. Serve hot, add salt and pepper to taste. Garnish with parsley.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Sauté onions and garlic in butter. Add ¼ cup half and half.

Sautéed Snapper with Lemon Pepper Sauce

100 grams red snapper

¼ cup vegetable broth or water

2 tablespoons lemon juice

2 tablespoons caper juice

Dash of garlic powder

Dash of onion powder

Dash of cayenne (optional)

Salt and fresh ground pepper to taste

Add dry spices to broth and liquid ingredients. Sauté fish in sauce for 5-10 minutes until thoroughly cooked.

Makes 1 serving (1 protein)

Phase 3 modifications: Whisk in small cubes of unsalted butter to create a lemon butter sauce.

Blackened Red Snapper

100 grams red snapper fish

Blackening spice mix

2 teaspoons paprika

4 teaspoons thyme

2 teaspoons onion powder

2 teaspoons garlic powder

1 teaspoon cayenne pepper

2 teaspoons oregano

½ teaspoon cumin

½ teaspoon nutmeg powder

2 teaspoons salt
2 teaspoons black pepper
Stevia

Mix spices well in shaker jar. On a paper plate remove enough of the spice mixture to coat pieces of fish thoroughly. Preheat a skillet to high heat. Add fish dry and cook quickly until spices are blackened and fish is cooked completely. Serve hot. Garnish with lemon and fresh parsley. Save the rest of the blackened spice mixture to use later. Works well with chicken also.
Makes 1 serving (1 protein)

Baked Lobster with Spicy Lemon Sauce

100 grams sliced lobster tail
1 serving Melba toast crumbs
¼ cup water
4 tablespoons lemon juice
Pinch of red pepper flakes
¼ teaspoon garlic powder
Pinch of sweet paprika
Pinch of lemon zest
1 teaspoon fresh chopped parsley
Salt and pepper to taste

In a small saucepan combine water and lemon juice with spices and bring to a boil. Reduce liquid and deglaze occasionally. Lay out slices of lobster in small baking dish. Pour lemon sauce over lobster and sprinkle with Melba crumbs, paprika, salt and fresh ground pepper. Bake lobster slices at 350 degrees for approximately 15 minutes or until lobster is fully cooked. Add a little extra water if needed so lobster doesn't burn. Serve hot and topped with sauce. Garnish with lemon slices and sprinkle with lemon zest and parsley.

Makes 1 serving (1 protein, 1 Melba toast)

Citrus Fish

100 grams white fish
1 tablespoon minced onion
2 tablespoons lemon juice
Lemon and orange zest to taste
Lemon and orange slices
Chopped parsley
Salt and pepper to taste
Stevia to taste

Mix lemon juice with zest and a little stevia. Baste fish with mixture and top with salt, pepper, and lemon and orange slices. Wrap in aluminum foil and place on the barbeque or in oven at 350 degrees. Cook fish for 5-10 minutes or until fish is thoroughly cooked. Serve with lemon and top with parsley.

Makes one serving (1 protein, 1 fruit)

Mahi Mahi with Oranges

100 grams mahi mahi fish

½ orange in segments

2 tablespoons Bragg's amino acids

1 teaspoon apple cider vinegar

1/8 teaspoon fresh or dried ginger

1 tablespoon chopped green onion

1 clove garlic crushed and minced

Pinch of red pepper flakes

Stevia to taste

Cayenne to taste

A little water as needed

Sauté mahi mahi fish with a little water, vinegar and Bragg's then add garlic, spices, and stevia. Add ½ orange in chunks or segments. Cook for 5-10 minutes. Top with green onion and serve on a bed of steamed spinach or greens.

Makes 1 serving (1 protein, 1 fruit)