



## SHAPE PHASE I

### Recipe Suggestions

#### ~ SALADS ~

##### ***Cucumber Salad***

- 1 large cucumber
- 4 Tbsp. apple cider vinegar
- 1. Tsp. garlic powder
- Dash of pepper
- 1 Tsp. of onion salt
- 1 Tbsp. of dried parsley
- 1 Packet of Stevia

Combine vinegar, spices, and Stevia. Toss with cucumbers and marinate for 1 hour in refrigerator.

*Servings: 1 vegetable*

##### ***Cucumber Apple Salad\****

- 1/2 chopped apple
- 1 sliced cucumber
- 2 T. apple cider vinegar
- 1 T. water
- Garlic salt, Pepper
- Stevia (optional)

Chop apple and thinly slice cucumber. Combine vinegar and water. Season with garlic salt, pepper and Stevia (optional) to taste.

*Servings: 1 vegetable & ½ Fruit\**

***\*PLEASE NOTE:*** This recipe uses ½ of an apple (as fruit snack) so you will have to eat only ½ of an apple as one of the other fruit snacks that day. If you have questions – ask the nurse!

***If you have questions, please call the nurse! (805) 379-0254***



## ~ SALAD DRESSINGS ~

### **Sweet N Sour Vinaigrette Salad Dressing**

- 1-3 Tbs of raw apple cider vinegar
  - Salt and Pepper
  - Mix ingredients then drizzle over salad, spinach, vegetables, or stir fry.
- 1/2 packet Stevia

### **Spicy Mustard Dressing – (Delicious!)**

- bottle of organic apple cider vinegar
  - . bottle of amino liquids
  - Shake well and keep refrigerated.
- 2 tsp of wasabi powder
  - 2 tsp of dry mustard powder

### **Basic Dressing (can use as marinade too for meat and vegetables and for all salads)**

- 2/3 cup unfiltered apple cider vinegar
- 1/3 cup of lemon juice
- 1 Tbsp. of water
- Add to taste: salt & pepper, dried shallots, garlic powder, onion salt, chives, dried cilantro, parsley, basil
- Stevia (plain or Valencia orange) start with 1 dropper full and add to taste.

## ~ VEGETABLES ~

### **Grilled Onions**

- 1 whole sweet onion
- Sea salt
- Slice sweet onion and place on preheated George Foreman grill.
- Sprinkle with sea salt.
- Grill 4-5 min. until tender and juicy. (Grill with your meat to flavor both the meat & the onion.)

*Serving: 1 Vegetable*

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### **Lemon Zest Asparagus**

- 1/3 lb. asparagus
- 1 T. fresh lemon juice
- Sea salt
- Ground pepper

- Rinse asparagus and break off any tough, white bottoms.
- Cut into 1-2 inch sections, slicing the asparagus at a slight diagonal.
- Fill med sized pan half way with water and bring to a boil.
- Add the asparagus and reduce heat slightly to a simmer. Parboil the asparagus for exactly 2 min.
- Drain hot water.
- While asparagus is still hot, toss them in bowl with lemon juice. Salt and pepper to taste.
- Serve warm or room temp.

*Servings: 1 vegetable*

### **Baked Visalia Onion**

- 1 Visalia Onion (med. sized)
- Sea Salt
- Pepper
- Remove the outer layers and roots from onion. Wrap in foil.
- Bake in Preheated oven at 350 degrees for at least one hour.
- Remove from foil and season with salt and pepper to taste.

*Servings: 1 vegetable*

### **Roasted Asparagus**

- 100 grams of asparagus
- 1-2 cloves of minced garlic
- 1 tsp of parsley
- 1 tsp of oregano
- salt & pepper to taste
- Preheat oven to 400.
- Trim asparagus and lay on non-stick aluminum foil. Add seasonings.
- Wrap all end of foil making a sealed pocket. Roast for 15-20 minutes.

*Servings: 1 Vegetable*

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### **Sauteed Baby Spinach**

- 3.5 oz. of baby spinach
  - 1 clove of minced garlic
  - 4 Tbsp. of chicken bouillon base
  
  - Sauté garlic in 1 Tbsp. of chicken base or water.
  - Add remaining base and spinach and toss till it starts to get soft. Remove before it turns to mush.
- Serving: 1 vegetable*

## ~ SOUPS ~

### **Tangy Tomato Soup**

- 1 Cup of Chicken bouillon Base
  - 1 Large tomato
  - 1 Clove minced garlic
  - 1 tsp onion salt
  
  - 1 packet of stevia
  - 1 tsp of basil
  - salt and pepper to taste
- Sautee garlic in 1 Tbsp of 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.

*Serving: 1 Vegetable*

### **French Onion Soup**

- Sauté 1 onion thinly sliced with 3 garlic cloves minced for 10 minutes
  - Stir in powder stevia (1 tsp)
  - Cook 10 minutes
  - Add 2 cups of beef broth and bring to a boil.
  - Reduce heat to simmer, cover and cook 20 minutes. - Add salt & pepper to taste.
- Serving: 1 Vegetable*

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~ ENTREES ~

**Meat or Fish Kabobs**

-100 grams of meat of choice

-1/4 cup of dressing

-1 sweet onion

-1 tsp Seasoning

- Cut meat into cubes.
- Cut onion into small wedges.
- Combine seasoning and dressing and marinate with meat and onions for 4 hours.
- Place on metal skewers and grill on medium heat.

*Serving: 1 protein & 1 vegetable*

**Orange Ginger Fish or Chicken**

- 100g chicken – cut into chunks

- 1/2 t basil

- black pepper

- 1 T fresh ginger root (about 1/2"-1" long piece, peeled & minced)

- orange – cut in 1/4s

- 2-3 cloves minced garlic

- juice of half lemon

1. Preheat pan over MED heat.
2. Sprinkle chicken with pepper.
3. Add chicken to pan and stir fry until brown on all sides, about 5-10 mins.
4. Add garlic and cook for 1 min.
5. Squeeze juice of orange quarters over chicken.
6. Peel & separate orange into sections.
7. Add orange sections, ginger, lemon juice, and basil. Stir well.
7. Cover and simmer for about 20-30 mins.

*Servings: 1 Protein & 1 Fruit*



### **Chinese Chicken (or other meat)**

- cubed meat 3.5 oz. (chicken, shrimp, or steak)
- 5 Tbsp of chicken Broth
- Cabbage (3.5 oz.)
- Dash of onion salt, Chinese 5 spice
- salt & pepper
- 1 minced clove of garlic
- 1 packet of stevia

- Shred cabbage.
- Sauté minced garlic in 1 Tbsp of bouillon base.
- Add 2 Tbsp of base and cabbage over medium heat.
- Remove while still crunchy.
- Combine 2 Tbsp of bouillon base, onion salt, Chinese 5 spice and stevia.
- Pour into pan with cubed meat.
- Stir fry this mixture.
- Throw cabbage back in for 1-2 minutes until heated.

*Servings: 1 Protein & 1 Vegetable*

### **Garlic Chicken**

- 100g (3.5 oz) chicken to 100g
- 1 diced onion
- 3-5 cloves garlic – unpeeled & left whole
- juice of half lemon
- black pepper to taste

1. Preheat oven to 350.
2. Heat non-stick saucepan over MED.
3. Add the onion. Stir constantly until tender. 5-10 mins.
4. Transfer onions to glass baking dish.
5. Place chicken atop onions.
6. Squeeze on lemon juice & sprinkle with pepper.
7. Place garlic around and on the chicken.
8. Cover tightly either with lid or aluminum foil.
9. Cook for 30-45 mins or until chicken is no longer pink.

*Servings: 1 Protein & Vegetable*

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### **Seafood Gumbo**

- 3.5 oz or 100 grams of seafood (any allowable combination)
- 1 chopped garlic clove
- 2 large chopped Roma tomatoes
- 1 tsp. onion salt.
- 1 tsp. Creole seasoning
- dash of garlic powder, celery salt, cayenne pepper.
- 1-2 packets of stevia

Sauté seafood with chopped garlic or high heat until browned.

Add remaining ingredients and simmer on low for 15 minutes.

*Servings: 1 Protein & 1 Vegetable*

### **Tomato Basil Chicken**

- 1 chicken breast (3.5 oz.) cubed
- 1 cup chopped tomatoes
- 1 cup of water
- 2 Tbsp. of lemon juice
- 2 Tbsp. of chopped onion
- 2 garlic clove minced
- 3 fresh basil leaves sliced
- 1 tsp. oregano, garlic powder, onion powder salt, pepper, and cayenne to taste.

Lightly brown chicken in saucepan with lemon juice.

Add garlic, onion, spices and water.

After chicken is cooked add fresh tomatoes and basil.

Cook for additional 10 minutes. Add salt & pepper. \*

*Servings: 1 Protein & 1 Vegetable*



## ~DESSERTS ~

### **Strawberry Sorbet**

- 6-8 strawberries
- Juice of 1 lemon
- sugar substitute (as needed)
- water (if needed)

1. Freeze fresh strawberries about 1 hour.
2. Blend fresh frozen strawberries, lemon juice & sugar substitute in blender until very well blended.
3. You can serve immediately or place in freezer to allow it to firm up even further.

*Serving: 1 Fruit*

### **Candied Apples**

- 1 apples
- 1 packets of Truvia or stevia
- 1 tsp. of cinnamon
- 1/2 cup of water
- 1 tsp of vanilla

Place 4 apples in a baking dish. Pour the water over top. Sprinkle sweetener and cinnamon over apples. Bake at 350 degrees for an hour.

Take out of oven and add vanilla to the liquid and stir.

Take apples out and pour sweetened water mixture over apple and enjoy!

*Serving: 1 Fruit*

### **Orange Julius**

- 1 orange – Crushed Ice
- - 5-10 drops vanilla creme liquid stevia (to taste) - water (as needed)

1. Peel orange and place orange sections in blender.
2. Add about a handful of ice, blend
4. Add vanilla creme stevia.
- 5 . Blend to desired consistency. Add water as needed.

*Serving: 1 Fruit*

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