



## ***Light Technology for a Lighter You!***

You are on a remarkable journey. Can you see the lighthouse shining that is offering you hope for a healthier you? You will enjoy watching the “new you” emerge from this voyage as you keep your eye on the prize. However, as all journeys require preparation and endurance, this one will as well. You will see amazing results very quickly. But if you want this to not just become a distant memory of a great ocean cruise, you will need to be committed to an overall health plan. Your goal is to keep the lighter side of you.

Here are some beginning guidelines:

### **Things that make this therapy work better:**

- 1) If you can abstain from Alcohol during the entire time you are being treated with this light therapy, it will be the most effective.
- 2) If you own any compression garments (spanx, etc.) it further helps drain the liquified fat during your time on the vibration trainer. We will have some various neoprene compression items for sale for anyone who may want them.
- 3) ***IT IS CRUCIAL*** that a person is on a lymphatic cleanse while doing this therapy. If you do not have any SP CLEANSE at home, you will need to purchase that at the office (\$24/bottle) and use it throughout this time.

SP Cleanse combines 20 unique whole food and botanical ingredients designed to support the body's normal toxin-removal processes.

- Supports healthy kidney, liver, and gallbladder function
- Encourages healthy digestive function
- Supports the body's natural toxin-elimination function
- Promotes healthy elimination

- 4) You cannot eat 1-2 hours before OR after your session. This will allow your body to only focus on the fat loss and not digesting things too.

During and after your treatments, you will want to eat more whole foods that will nourish your body and help it function more effectively.

You are not competing with others – only with yourself to successfully accomplish a goal that has been set before you – by you!

Whether your goal is to look better or feel better, your obedience to the protocol will determine the results. Remember it begins with the first phase of the trip and that’s what these guidelines provide for you.

***The Positive side is a Prize, not Punishment!***

If you look at these Guidelines as punishment, it will be hard to achieve your goal. If you look toward the prize of a healthier, happier, lighter you, the changes you will make in your lifestyle and eating habits will be easier. They also will more likely become part of your daily routine to maintain this goal you will achieve.

Be willing to educate yourself about new foods, recipes, spices, cooking techniques, and a plan that will help balance your body chemistry and aid your body in returning to a normal, healthy function. Remember it takes work to achieve your goal and win the prize.

In thinking positively, you will need to look at these Guidelines as what I can eat, not what I can't eat.

***Preparation is vital.***

With the help of your practitioner, you need to determine that you are ready physically for these changes in your diet and lifestyle.

Secondly, you need to prepare yourself mentally with an eagerness to learn, a willingness to make changes, and a determination to prevent failure.

Perhaps you will also need to adjust your schedule to guarantee success. Do you need to cut-off screen time earlier in the evening so that your body is relaxed and ready to sleep? Do you need to set the alarm a little earlier to include some mild exercise in an inactive lifestyle? Do you need to adjust your schedule to go shopping to find providers of the healthiest food that you can purchase in your area? Do you need to spend time shopping online for more organic products? Do you need to purchase a good set of knives and a cutting board in order to prepare your healthy meals? Do you need to set aside part of your day off to prepare your meals for the upcoming week? Do you need to subscribe online for automatic delivery of healthy, organic, grass-fed, or grain-free products? (Amazon, Thrive Market, Butcher Box)

This step will be a bigger one for some, than others. Perhaps you have previously been on several “health kicks” and have already obtained a working knowledge of things that should never be put in your mouth. Maybe the terms HFCS, MSG, trans fats, TBHQ, BHT, BHA, phosphoric acid, and propylene glycol already conjure up an image of a “skull and crossbones” in your mind. If you are new to this line of thinking, learn to read ingredient labels and know what is good for you and what isn't.

In this first phase, you will mostly be eating what is called “Real Food.” Those are foods that are found on the outside aisles of the grocery store. Things that are perishable. Things that are grown. Things that are alive and will nourish your body, provide vitamins and minerals, restore enzymes, and enable your body to heal. Typically these are not found in a box or package.

When you are acquiring these items, buy the best that you can afford to buy. The Environmental Working Group ([www.ewg.org](http://www.ewg.org)) has many helpful hints to help you learn how to choose the safest options. You may want to request their Guide to pesticides in produce and find out the “Dirty Dozen” and the “Clean Fifteen.” ([www.ewg.org/foodnews/#.Wnn-rXxG3IU](http://www.ewg.org/foodnews/#.Wnn-rXxG3IU)). How you clean the produce is

also important. You may want to make your own fruit and veggie wash to clear away as much pesticide residue as possible. (A 5% solution of white vinegar or a 10% solution of salt water is the most effective.) Even organics will contain some residue. Remember though that there is a consensus in the scientific community that the health benefits from consuming fruits and vegetables outweigh any potential risks you might get from exposure to pesticides. Do remain educated in this area however! Also learn to look for foods that are not genetically modified. Because of public outcry, more companies are responding and choosing to certify their foods are not genetically modified by posting “no GMO” labels on their products. It also helps to find local farmers that you can trust with their safe growing practices.

A shopping list will be included at the end of these guidelines to help you know the acceptable foods in this first phase. However, many times when you look at a list of vegetables that you haven’t been used to eating, it might be like reading a foreign language. Don’t be afraid to adapt to new tastes.

We will start with some suggestions for breakfast, lunch, dinner, snacks, and drinks. When preparing these meals, be adventuresome and learn to experiment with fresh herbs and seasonings you haven’t used before. You will be developing a new level of taste and enjoyment for a newly-discerning palate!

## **BREAKFAST SUGGESTIONS:**

There are different thoughts on “jump-starting” your day with breakfast, but you know your body and you are making a commitment to a different diet plan for this first phase. Balancing your day with regular meals seems to be the best way to getting the nutrition, stamina, and strength that you will need throughout the day.

Plan ahead and take time to start your day with a filling meal. You may want to cut down on the decision-making process and determine you will have a certain item on certain days. (i.e. Smoothie Saturday)

Smoothies are a great “quick” breakfast. You can learn the various combinations of fruits and vegetables that you prefer. Additional fruit will be added in the next phase of your marathon. For the first phase, you should limit fruit to those with a lower glycemic index such as apples, oranges, strawberries, kiwi, blackberries, blueberries, boysenberries. Nutrition can be added through a variety of green smoothies using leafy green vegetables such as kale or spinach added to some of the berries. There are low carb protein powders, including collagen and bone broth that can be added to a smoothie.

### ❖ Favorite Fruit Smoothie

- 1 cup Strawberries, blackberries, blueberries, **or** boysenberries (fresh or frozen)
- 1 cup Coconut milk
- Ice

Mix together in bullet, blender, or high-powered mixer of your choice.

❖ Henry's Favorite Smoothie

- 1 cup fresh spinach
- ½ cup strawberries
- ½ green apple
- Water and ice

Blend together until smooth. Enjoy!

❖ Stomach Cleanser Smoothie

- 3 cups water
- Juice of one lemon
- 1 inch fresh ginger root (or 1 tsp ground)
- 4 inch cucumber
- ¼ cup fresh mint

Begin blend with 1 cup water, add remainder water with ice. Use high-powered blender. May adjust amounts according to taste.

Eggs can be enjoyed up to 3 times a week. Preferably, you should consume organic and free range if possible. Of course, there are the usual recipes for scrambled, fried, poached, and boiled eggs. Create your own egg soufflé or omelet using a variety of acceptable meats, vegetables, and seasonings.

Here are some new recipes you can enjoy:

❖ Mini- Frittatas

Frittatas can have a lot of variety to them and they are not just for breakfast! Depending on your taste, you can give them a Greek, Italian, vegetarian, or hearty flair by adding different combinations of ingredients. This recipe is also a great make-ahead preparation that can be stored in refrigerator or frozen for later.

1. Preheat oven to 325
2. In large skillet over medium heat, add 1 Tbsp olive oil and ½ cup chopped onion. Sauté 3-4 minutes.
3. Add 2-3 pre-cooked sausages (this would be from the approved shopping list!) or 1 cup cooked ground turkey sausage.
4. Add selected ingredients to the mix. (Greek: 1 cup spinach broken in small pieces, ¼ cup nutritional yeast, 1 Tbsp fresh dill; or Hearty: red bell pepper, cherry tomatoes, cooked chicken or salmon; or Italian: fresh basil, zucchini, red bell pepper; or Vegetarian: cooked asparagus, broccoli, red bell pepper, fresh chives, fresh parsley. Salt and pepper to taste. Cook for about 3 minutes. Remove from heat.
5. In separate bowl, whisk 8 eggs with ¼ cup coconut milk.
6. Grease inside of eight 4 oz. canning jars, or ramekins with olive oil. (Can use olive oil, avocado oil or coconut oil spray)

7. Place empty jars (or ramekins) in a 9 x 12 pan that has been filled with ½ inch of water. This cooks egg mixture in a water bath.
8. Spoon skillet mixture into empty jars, then pour in whisked egg mixture, filling jars about 2/3 full.
9. Bake 20-23 minutes or until egg is cooked through.
10. When cooled, cover with lids and store in refrigerator, or freeze.

❖ Pizza Frittata (from <http://againstallgrain.com>)

- 1 Tbsp butter or ghee
- ½ cup sliced cremini or button mushrooms
- 1 cup baby spinach
- 8 eggs
- 3 Tbsp coconut milk
- 1 tsp nutritional yeast
- ½ tsp dried oregano
- ¼ tsp sea salt
- 1 tomato, thinly sliced
- 2 ounces turkey pepperoni (Applegate Farms, or similar – organic, nitrate free)

**Instructions**

1. Preheat oven to 400 degrees F.
2. Melt the butter in an oven proof 10-inch skillet over medium-high heat. Sauté the mushrooms and spinach for 5 minutes.
3. Whisk together the eggs, milk, nutritional yeast, oregano, and sea salt then pour the mixture into the skillet. Remove from the heat and place the tomatoes and pepperoni over top.
4. Transfer the skillet to the oven and bake for 10 minutes, or until the eggs are cooked through.

❖ Green Eggs ([www.elanaspantry.com](http://www.elanaspantry.com) )

Serves:2

Ingredients

- 4 large eggs
- 4 leaves large kale, do not remove stems
- pinch celtic sea salt
- oil of your choice for frying pan

Instructions

1. Place eggs, kale, and salt in vitamix or other blender
2. Blend on high until smooth
3. Heat oil in 8 inch frying pan over medium heat
4. Pour egg mixture in pan
  1. Cook eggs to your preferred doneness
  2. Serve

❖ Turkey Breakfast Sausage Patties (By Marla Swoffer – [www.food.com](http://www.food.com))

1 lb ground turkey  
1 tsp salt  
2 tsp sage  
1 tsp fennel seed  
1 tsp thyme  
1 tsp black pepper  
½ tsp white pepper  
½ tsp cayenne (more or less)  
¼ tsp garlic powder  
1/8 tsp ground cloves  
1/8 tsp nutmeg  
1/8 tsp allspice

Combine all ingredients (adjust peppers according to taste) and blend well. Refrigerating overnight allows meat to absorb the flavor of the spices but is not necessary. Form into patties and cook as needed. Can also crumble and use in egg mixtures.

Bone broth is a very popular item these days as it adds a great deal of nutrition to your diet. You can make your own or purchase it at the store. Again, organic is the best option. There are powdered options that can make a quick, hot drink for breakfast. If you use plain bouillon cubes, make sure that it does not contain MSG or any of its derivatives.

(<https://lifepa.com/sneaky-names-for-msg-check-your-labels>) Ancient Nutrition brand makes a bone broth protein powder that can be added to hot water, along with some salt for a comforting, nutritious drink.

Additional breakfast options will be added in the next phase of the program. Don't be afraid to eat a healthy salad or non-traditional breakfast in the mornings. Break out of your mold and try something new!

## **LUNCH SUGGESTIONS**

A lot of your lunches should consist of vegetables. Combining flavors through raw foods has been proven to be of benefit to your body. Rev. George Malkmus ([www.myhdiet.com](http://www.myhdiet.com)) has maintained for 25 years that “fueling our bodies with the plant-based diet derived from Genesis 1:29 could promote the self-healing mechanisms that God gifted us with.” Learn to enjoy the crunch of raw vegetables instead of chips!

Some vegetables may be new to you. Shop for your healthiest options. Prep them as soon as you get home with them so they will be readily available when you are ready to eat. Here's a website that will help you do your best in preparing vegetables so they will keep the longest.

(<https://www.mealplanmagic.com/blog/the-complete-guide-to-storing-prepped-veggies>)

## Salads

Salads are always a quick and easy lunch. Cooked chicken, turkey, or fish can be added to the top for more protein value. There are various “salad keepers” on the market that come with small compartments and an ice pack to keep the vegetables fresh. You may want to invest in one if you don’t already own one.

Learn to use a variety of leafy greens in your salad. Packages of organic mixes are readily available at most grocery stores. Use as many chopped vegetables as you do lettuces in order to get the most nutrition from a salad. Try adding new vegetables that you haven’t eaten raw before to see how you like it (zucchini, asparagus, green beans)

A simple olive oil and vinegar dressing can be used for topping the salad. (Use a 3 to 1 ratio of oil to vinegar, add salt and pepper to taste.) Garlic salt is a great topping for salad too. Season with spices that you like and you may discover you don’t need a liquid dressing for your salad!

### ❖ Beet, Orange and Apple Salad (allrecipes.com)

- 1 ½ pounds beets
- 2 cups shredded beet greens
- 1 large orange
- 2 Granny Smith apples – peeled, cored and sliced
- 1 Tbsp olive oil
- 1 Tbsp raspberry vinegar
- Stevia to taste
- ¼ tsp salt
- 1 clove minced garlic

1. Wash and dry beet roots and greens. Shred greens to measure 2 cups and set aside.
2. Place beets in a sauce pan with enough water to cover. Bring to boil, cover, reduce heat and simmer for 20 minutes or until tender. Drain and allow to cool. Trim and peel off skins and cut into wedges.
3. Peel and section orange. In bowl, combine orange sections, beets and apples.
4. Whisk together olive oil, vinegar, stevia, salt and garlic. Pour over beet mixture and toss well.
5. Arrange ½ cup beet greens on salad plate. Top with beet mixture.

### ❖ Tomato Cucumber Salad (there are lots of recipes for these available)

Heat 2 Tbsp avocado oil in large skillet over medium heat. Add 1 clove minced garlic and sauté for 20-30 seconds, being careful not to burn. (Toss in bite-sized pieces of cooked chicken or small sections of a cold water fish if you want protein options to this salad.) Add 1 Tbsp butter, 1 diced bell pepper, 1 Tbsp fresh basil, thinly sliced, 1 Tbsp minced fresh oregano. Cook 1 minute. Remove from heat.

Toss 4 cups thinly sliced cucumber, 2 cups grape tomatoes cut in half, along with 2 Tbsp balsamic vinegar, 2 Tbsp avocado oil, 1 tsp ground pepper, salt to taste. Mix with cooked ingredients and toss together. Can add additional seasonings if desired.

❖ Apple Carrot Coleslaw

Mix together in a bowl:

- 2 cups napa cabbage
- 2 cups shredded daikon (white) radish
- 2 Granny Smith apples – peeled, cored and shredded
- 2 large carrots, shredded
- ¼ cup finely chopped cilantro

Mix together for a dressing and sprinkle over vegetables:

- 2 Tbs olive oil
- 3 tbs freshly squeezed orange juice
- 1 Tbsp lime juice
- Sea salt and pepper to taste.

Google “mason jar salads” and see how to prepare these in advance, keep them in the refrigerator and have them ready to take with you. Make sure the ingredients are acceptable for this first phase of your journey.

## Soups

A small kitchen appliance you may want to invest in is a vegetable spiralizer. They are available in hand-held or table top versions.

❖ Simple Chicken Zoodle Soup

Bring 1-4 cups organic chicken broth to a boil (amount determined by number of servings desired)

Add ½-2 cups cooked chicken, shredded or cut in bite-size pieces.

Add 1-2 cups spiralized zucchini (Noodle shaped called Zoodles)

Cook to desired tenderness.

Salt and pepper to taste.

Other add-ins can include dried onion or onion powder if desired. If you want a heartier soup, you can add carrots, celery, onion to the above recipe.

❖ Turkey noodle soup

1 Tbsp oil

1 diced onion

3 stalks diced celery

2 thinly sliced carrots

Sea salt and pepper to taste

6 cups turkey or chicken broth (homemade is really the tastiest!)  
¼ cup chopped parsley  
3 cups shredded, cooked turkey or chicken  
3 cups cooked spaghetti squash

In a soup pot, sauté vegetables in oil for about 5 minutes. Add salt and pepper. When vegetables are soft, add parsley, broth, and meat. Simmer about 20 minutes. Add spaghetti squash and cook for 10 more minutes. Adjust seasonings as desired.

❖ Immune-Boosting Roasted Pepper Soup ([www.mercola.com](http://www.mercola.com))

3-5 organic red bell peppers  
1 organic red onion  
1 ½ lbs. ripe organic tomatoes or 3 lbs. organic cherry tomatoes  
8 organic garlic cloves  
1-2 Tbsp balsamic vinegar  
3-4 Tbsp coconut oil or avocado oil  
6-10 fresh organic basil leaves  
Fresh ground black pepper, to taste

1. Preheat oven to 350.
2. Quarter peppers and remove seeds.
3. Halve the tomatoes unless using cherry tomatoes
4. Roughly chop onion
5. Put all vegetables, garlic and basil in a baking dish
6. Mix balsamic and oil and pour over vegetables, coating well
7. Roast the vegetables in preheated oven for about 45 minutes turning occasionally
8. When vegetables have softened, put in blend. Blend until liquefied
9. Place in pot and reheat on stovetop
10. Add black pepper to taste.

If too thick, can thin down with chicken or vegetable broth, or filtered water.

❖ Simply Tomato Soup

3 lbs. cherry tomatoes  
½ cup olive oil  
4 garlic cloves, chopped  
2 rosemary sprigs  
2 sage sprigs  
2 tsp salt, to taste  
1 tsp ground black pepper.

Combine all ingredient in a large pot over medium-high heat. When tomatoes begin to break down and the liquid is bubbling, reduce heat to a simmer. Cook uncovered until tomatoes release all of their juices, stirring occasionally, breaking up any whole tomatoes with a wooden spoon until mixture is thick yet soupy. Salt to taste.

❖ Egg Drop Soup ([www.thegardengrazer.com](http://www.thegardengrazer.com))

1-2 eggs, depending on desired thickness  
2 cups organic low-sodium vegetable broth  
2 green onions  
1 Tbsp coconut aminos  
Garlic salt/pepper/or Greek seasoning

Slice green onions.

Heat vegetable broth, coconut aminos, seasonings in a saucepan and bring to simmer.\*

Beat eggs in a separate bowl.

SLOWLY pour eggs into simmering broth while stirring clockwise to create egg ribbons. Let heat for a minute. Add additional seasonings as needed.

\*If desired, you can add thinly sliced mushrooms, chopped spinach or kale at this time.

❖ Italian Wedding Soup ([www.lexiscleankitchen.com](http://www.lexiscleankitchen.com))

Make Meatballs first by combining these ingredients:

1 lb organic ground chicken or turkey  
1 egg  
1 tsp garlic powder  
½ tsp basil  
½ tsp parsley  
1 clove crushed garlic  
1 tbsp almond meal  
½ tsp Himalayan sea salt  
Freshly ground pepper

Roll in small balls and bake at 350 F. for 15 minutes (until done) on greased baking sheet.

Soup stock

2 cloves crushed garlic  
1 Tbsp extra-virgin olive oil  
2 large handfuls kale or spinach, chopped  
3 carrots, chopped  
1 yellow onion, chopped  
2 celery stalks, chopped  
1 small bunch fresh basil, chopped  
1 small bunch fresh parsley, chopped  
6 cups organic chicken stock (homemade or store-bought)  
Himalayan sea salt, to taste  
Freshly ground pepper, to taste.

Heat oil in skillet and sauté garlic, onion, celery, and carrots about 5 minutes or until translucent.

Add kale or spinach and cook until wilted.

Put cooked vegetables into a stock pot. Add broth and spices. Bring to a boil, then reduce and let simmer. Adjust spices as needed. Serve in bowls with meatballs on top.

❖ Low- Carb Hungarian Goulash ([www.holisticallyengineered.com](http://www.holisticallyengineered.com))

3 Tbsp olive oil  
¼ cup green onions  
2 tsp salt  
3 Tbsp Hungarian paprika (sweet)  
½ tsp black pepper  
2 ½ quarts water  
3 lbs. organic, grass-fed beef chopped into bite-sized pieces  
1 clove garlic, minced  
5 medium carrots, sliced into bite-sized rounds  
½ large celery root sliced into bite-sized rounds  
2 diced tomatoes

1. Heat oil in large Dutch oven or soup pot.
2. Add green onions and cook 2-3 minutes or until softened.
3. Add paprika, salt, black pepper. Stir to combine, adding 2 Tbsp water.
4. Add the beef and garlic and cook over high heat, turning to make sure the meat is slightly browned on all sides.
5. Turn the heat down to low, add the 2 ½ quarts water and cook for 1 ½ hours or until beef is tender.
6. Add 1 ½ hours, add tomatoes, carrots, and celery root and cook another 30 minutes or until the vegetables are tender.
7. Add salt and pepper to taste.

## DINNERS

Sides:

Cauliflower has become the new “rice” and there are a variety of recipes readily available utilizing cauliflower. In this first phase, you will not be eating cheese, so check the recipe first.

Here are some options to use for easy stir fry, Spanish rice, and wild rice

❖ Cauliflower Spanish “rice” ([www.forkandbeans.com](http://www.forkandbeans.com))

½ head cauliflower, pulsed in a food processor until rice-like (can also buy this pre-pulsed!)  
1 large tomato, diced  
½ diced onion  
½ jalapeno, deseeded and minced (this is optional, depending on your taste)  
½ tsp chili powder  
½ tsp smoked paprika  
½ tsp salt  
Dash of cayenne if you like it hot  
¼ c. cilantro, chopped

In a skillet over medium heat, sauté onions, garlic, and jalapeno with 1-2 tsp olive oil for 2 minutes or until fragrant.

Add cauliflower until slightly browned. Add tomatoes and spices. Cook for 5-7 minutes. Fold in cilantro. Season with sea salt according to preference if needed.

❖ Fried “Rice”

1. Chop one medium head cauliflower and pulse in blender or food processor until it resembles rice.
2. In large skillet over medium heat, add 2 Tbsp coconut oil and cauliflower. Add ½ tsp garlic powder, ½ tsp salt and ½ tsp pepper. Cook for 5 minutes.
3. Add 1 large shredded carrot, 1 medium diced onion and cook until softened.
4. Add in 2 additional Tbsp coconut oil in center, having pushed cauliflower to edges forming a well in middle. Stir in 4 beaten eggs in well and cook till done.
5. Season with ¼ cup coconut aminos (can be purchased through Amazon or at The Amish Store on Gretna Road)
6. Can add chopped cooked chicken to complete the dish. Other vegetables can be added along with carrot and onion as well (zucchini, yellow squash, asparagus, bean sprouts, bamboo shoots, bok choy greens, broccoli, celery)

❖ Marinara sauce over spaghetti squash or zucchini noodles ([www.paleonewbie.com](http://www.paleonewbie.com))

28 oz can peeled tomatoes (organic, Muir Glen or Cento San Marzano)

15 oz tomato sauce

1 lb Italian sausage (check grocery list for approved sausages)

½ large yellow onion, diced

2 cloves garlic, minced or pressed

1 tsp oregano

1 tsp basil

2 tbsp fresh parsley

¼ tsp red pepper flakes (optional)

Salt and pepper to taste

1. In saucepan over medium heat, sauté onion in about 2 tbsp olive oil for 5-7 minutes.
2. Add garlic, stir one minute.
3. Add sausage, brown until cooked through.
4. Drain fat.
5. Add peeled tomatoes and tomato sauce, followed by herbs and pepper flakes
6. Add salt and pepper to taste
7. Simmer over low heat, uncovered for about 30 minutes, stirring occasionally.
8. Serve immediately or store in freezer.

❖ Instant Kale Pesto ([www.paleoglutenfree.com](http://www.paleoglutenfree.com))

¾ cup packed parsley leaves

1 ¼ cup packed baby kale

¼-½ cup lemon juice  
¾ cup-1 cup olive oil  
2 tsp garlic cloves  
½ tsp sea salt.  
¾ cup pine nuts

Pulse ingredients together in a food processor until smooth except for pine nuts. Add them and pulse to desired consistency. Store in fridge to top off favorite meals.

## ❖ Pizza

When you have some time to commit to this process, you may want to try making a cauliflower pizza crust. There are several recipes that are dairy free and grain free on the internet. Here is one you can try

### The BEST Dairy Free Cauliflower Pizza Crust

Makes approx. 1 - 10 inch pizza crust

1 medium sized head of cauliflower - should yield close to 3 cups once processed  
¼ teaspoon kosher salt  
½ teaspoon dried basil (crush it even more between your fingers)  
½ teaspoon dried oregano (crust it even more between you fingers)  
½ teaspoon garlic powder  
optional a few shakes of crushed red pepper  
2 tablespoons almond meal  
1 tablespoon (or more if desired) nutritional yeast (you could also omit this entirely if you like)  
1 tablespoon olive oil  
1 egg

nonstick cooking oil

Place a pizza stone in the oven, or baking sheet if you don't have a pizza stone. Preheat oven to 450 degrees. On a cutting board, place a large piece of parchment paper and spray it with nonstick cooking oil or brush the parchment with olive oil.

Wash and thoroughly dry a small head of cauliflower. Cut off the florets, leaving little stem. Pulse in food processor for about 30 seconds, until you get powdery snow like cauliflower. Place in skillet and cook until most of the moisture is out of the cauliflower. (Great You-tube videos available on doing this!) Dump cooked cauliflower onto a clean tea towel and allow to cool for a bit before attempting the next step.

Once cauliflower is cool enough to handle, wrap it up in the dish towel and wring the water out of it. You want to squeeze out as much water as possible. This will ensure you get a chewy pizza like crust instead of a crumbly mess.

Dump cauliflower into a bowl. Now add all spices, almond meal, nutritional yeast (if using), and olive oil. Mix the mixture to incorporate all the ingredients. Add egg and mix again. Hands tend to work best.

Once mixed together, use your hands to form the dough into a crust on oiled parchment paper. Pat it down thoroughly, making sure it is tightly formed together. Don't make it too thick or thin either.

Using a cutting board slide the parchment paper onto your hot pizza stone or baking sheet in the oven. Bake for about 12 minutes, or until it starts to turn golden brown and the edges crisp up.

Remove from oven. (Ovens will vary the length of time to bake.)

Add toppings (Preferred: already cooked toppings, like shredded meat or sautéed veggies) and slide parchment with topped pizza back in the hot oven and cook for another 5 minutes until the toppings are warm. You can sprinkle with nutritional yeast to get a more “cheesy” flavor.

#### ❖ Tacos

Serve Mexican-seasoned chicken or ground beef on mini bell peppers, halved and seeded, romaine lettuce, or just on the plate with your favorite, approved toppings! Don't forget to check your teeth for the cilantro!

#### ❖ Skirt Steak Fajitas ([www.deliciousobsessions.com](http://www.deliciousobsessions.com))

Combine marinade ingredients in gallon-sized zip-top plastic bag:

6 cloves minced garlic

¼ cup olive oil

¼ cup coconut aminos

1 ½ tsp cumin

1 tsp organic chili powder (no MSG)

¼ cup chopped cilantro

Juice and zest of 2 limes

1. Place 1 ½ lb. grass-fed beef skirt steak in marinade, pressing out excess air in bag and seal. Lightly massage meat in the bag to cover it well with marinade. Place in fridge for one hour.
2. Heat cast-iron skillet over medium heat. Remove skirt steak from bag and set aside remaining liquid. Generously season both sides of steak with sea salt and black pepper. Place steak on pan and sear for 5 minutes. Flip to other side for another 5 minutes for medium-well. Remove from pan. Place on cutting board and cover with foil to rest.
3. While beef is resting, scrape off any excess burned brown bits that are stuck to bottom of skillet. Add sliced red, yellow and green bell peppers, one sliced yellow onion and one sliced jalapeno with stem and seeds removed. Add remaining marinade and sauté vegetables for 4-5 minutes. Turn off heat. Thinly slice the skirt steak across the grain and place it on a large serving plate. Top with cooked fajita vegetables, chopped tomato and cilantro.

## ❖ Chicken (or Beef) Kabobs

This is an easy dish to prepare and can be made with numerous choices of vegetables and meat. You can even add an piece of apple of a little sweetness. Kabob sticks are inexpensive and can be purchased at most grocery stores.

Place chunks of chicken, beef, or both alternately on sticks along with slices of onion, tomato, pepper, zucchini, apple, garlic, or other vegetables of your choice. Salt, pepper, paprika and other seasonings can be added. Broil or grill to desired doneness.

You can marinate the meat ahead of time for different themes such as with chipotle chilis and lime for a Mexican flare.

## ❖ Sweet and Sour Meatballs ([www.againstallgrain.com](http://www.againstallgrain.com))

AUTHOR: Danielle Walker - [AgainstAllGrain.com](http://AgainstAllGrain.com)

SERVES: 3 dozen

PREP TIME: 20 mins

COOK TIME: 45 mins TOTAL TIME: 65 mins

### **Ingredients:**

- 2 pounds ground beef, chicken, or pork
- 2 large eggs
- 2 small vidalia sweet onions, about 1 cup minced
- ¼ cup almond meal (with the skins) or 2 tablespoons [coconut flour](#)
- 1 tablespoon [sesame oil](#)
- 1.5 teaspoons ground ginger
- 2 teaspoon sea salt

### Sauce

- 3 cups [tomato puree](#)
- ¾ cup unsweetened pineapple juice
- ⅓ cup [honey](#)
- ⅓ cup [coconut aminos](#)
- ¼ cup [tomato paste](#)
- 2 tablespoons apple cider vinegar
- 2 tablespoons dijon mustard
- 1.5 teaspoons sea salt
- ½ teaspoon ground ginger
- ½ teaspoon onion powder

## Instructions:

1. Preheat oven to 350 degrees.
2. Make the sauce first by combining all of the ingredients in a wide pot. Bring to a low boil then reduce the heat to medium-low and let it simmer uncovered for 45 minutes, until thickened.
3. Meanwhile, make the meatballs.
4. Place the onion in a food processor and pulse until finely minced.
5. Add the egg, almond meal, beef, oil, ginger, and sea salt. Pulse until fully combined.
6. Roll the mixture into small bite-sized meatballs.
7. Space them evenly on two rimmed baking sheets and bake for 12 minutes, turning once.
8. Once the sauce has thickened, transfer it and the meatballs to a slow cooker set to low. Cover until ready to enjoy.

URL to article: <https://againstallgrain.com/2014/01/23/game-day-sweet-sour-meatballs/>

Stir-fry meals are typically with Asian seasonings and usually fit the requirements of this first-phase of your eating plan. Experiment with different cuts of beef, adding a mixture of vegetables for a quick-fix meal. They are great for left-overs too. “Riced” cauliflower can serve as the base.

## One sheet pan meals

### ❖ Roasted Vegetables

Preheat oven to 450. Place chopped vegetables (your choice-carrots, onions, zucchini, peppers, celery) in a sheet pan, covered lightly with olive oil and topped with “go-to seasoning” or rosemary/garlic. Roast 30-40 minutes, stirring occasionally. Serve alone or as a side.

### ❖ Chicken fajitas

1. Preheat oven to 400.
2. Grease large rimmed baking sheet
3. Slice 1 ½ lbs. boneless, skinless chicken breasts into ½ inch strips.
4. Season chicken with taco seasoning.
5. Lightly drizzle seasoning chicken with olive oil
6. Slice and seed 3 bell peppers. Drizzle peppers and one sliced onion with olive oil and season with taco seasoning.
7. Place chicken and veggies on sheet pan and bake 20-25 minutes, until chicken is done and vegetables are tender.  
(For less mess, drizzle and season vegetables and meat while it is on baking sheet.)

If you have left-over fajita mixture, chop into small pieces, and chicken or beef broth for a tasty fajita soup.

## SEASONINGS:

### ❖ Five minute mayo ([www.paleoscaleo.com](http://www.paleoscaleo.com))

Important: all ingredients must be at room temperature for this to be successful. You can use a blender, food processor, or immersion blender. If you have an immersion blender you can make this in a wide-mouth mason jar.

Combine 1 egg, ½ tsp salt, ½ tsp mustard powder, 2 Tbsp lemon juice, 1 tsp apple cider vinegar. If you are concerned about raw eggs, you can “cook” with 1 tbsp boiling water in this mix. You will be adding up to 1 ¼ cup oil. (Olive or avocado) The oil MUST be added very slowly either a few drops at a time or a slow, steady stream. As it is processing, it will turn into a delicious, thick mayo. Can be stored in refrigerator up to two weeks. Avocado oil seems to go rancid quickly.

## Blends

Seasonings can make or break your vegetable dishes. Experiment with different blends. If you take time to mix up your favorites ahead of time, you will be pleased with your culinary results!

### Greek

(to be used as an alternative to blends with MSG)

2 tsp salt	1 tsp dried rosemary, minced
2 tsp garlic powder	1 tsp dried dill weed
2 tsp dried basil	1 tsp dried marjoram
2 tsp dried Greek oregano	1 tsp arrowroot powder
1 tsp ground cinnamon	½ tsp ground thyme
1 tsp ground black pepper	½ tsp ground nutmeg
1 tsp dried parsley	

Combine ingredients. Store in airtight container.  
Great on chicken zoodle soup!

### Taco seasoning

Triple this recipe (or more) to have it on hand for future use.

1 Tbsp organic chili powder  
1 tsp salt  
1 tsp ground black pepper  
1 tsp oregano  
1 tsp thyme  
1 ½ tsp cumin  
½ tsp paprika  
¼ tsp garlic powder  
¼ tsp onion powder  
¼ tsp red pepper flakes

### Ranch Dressing

- 1 tbsp dried parsley
- 1 tsp dried dill
- 1 tsp onion powder
- 1 tsp dried onion flakes
- 1 tsp sea salt
- $\frac{3}{4}$  tsp garlic powder
- $\frac{1}{4}$  tsp ground black pepper
- 1 tsp dried chives.

Blend ingredients. Store in airtight container. When ready to make dressing, combine 1 Tbsp season mix with  $\frac{1}{3}$  cup homemade mayo and  $\frac{1}{3}$  cup water or coconut milk. Whisk to combine.

### Go-To Seasoning Mix

This is a great one to keep on hand to add to a variety of dishes. Or come up with your own variation.

- 1 Tbsp salt
- 2 Tbsp garlic powder
- 2 Tbsp onion powder
- 2 Tbsp paprika
- 1 Tbsp chili powder
- 1 Tbsp parsley
- 1 Tbsp pepper
- 1 tsp red pepper flakes (optional)

### Garlic Vinaigrette

- 1 Tbsp avocado or olive oil
- 2 Tbsp white wine vinegar
- 2 Tbsp homemade mayo
- 1 garlic clove, pressed
- Salt and pepper to taste

### Horseradish dressing

- $\frac{1}{4}$  cup olive oil
- 4 tsp lemon juice
- $\frac{1}{3}$  tsp Dijon mustard
- 1 clove garlic, crushed
- 1 tsp fresh horseradish
- $\frac{1}{8}$  tsp ground papaya seed pepper (or black pepper)
- $\frac{1}{4}$  tsp seasoning salt

Mix ingredient together. Serve over tomatoes and cucumbers

## Green Onion and Cilantro Dressing

¼ cup white wine vinegar

¼ cup fresh lime juice

1 cup extra virgin olive oil

½ tsp mustard

1 cup diced green onion

½ cup cilantro

Salt and pepper to taste

Combine all ingredients and stir until well combined.

## Grind to a salt

This can be purchased in a grinder, made by Simply Organic. Contains sea salt, mustard, celery seed, garlic, onion, chili peppers and black pepper. Make up your own blend and put in a grinder.

## **SNACKS**

### Kale Chips

1 bunch kale, large stems removed and leaves roughly chopped

1 Tbsp fresh lemon juice

2 tsp coconut oil, melted or olive oil

¼ tsp sea salt

Preheat oven to 350. Line baking sheet with parchment paper. (Important for crispy chips) In a large bowl, combine all ingredients. Massage (with hands) the oil and seasonings into the kale. This makes it tastier! Spread the kale leaves on the prepared pan and bake until crisp, about 7-12 minutes. You must watch these closely as they can burn easily.

Baked apples

Smoothies

Celery

Apples

Cucumber slices

## **DRINKS**

Water, water, water.

It should be purified, not bottled. Drinking out of glass is preferred. (Check into the glass straws you can get from Amazon.com!)

If you do not have a water filtration system in your home, do some research on different water filter pitchers, making sure you change the filters often. <http://topwaterfiltersystems.org/turapur-pitcher/>

❖ Switchel Recipe (not for the faint of heart!)

1 cup chopped ginger  
½ cup apple cider vinegar  
2/3 cup lemon juice  
5 ½-6 cups water  
Stevia to taste

Fill saucepan 2/3 full with water. Add chopped ginger and allow to boil about 2 minutes.

Remove from heat and let ginger steep for 20 minutes.

In a 2 quart pitcher, add apple cider vinegar and lemon juice

Strain ginger from boiled water as you pour into pitcher.

Stir and mix all ingredients well, adding stevia to taste. Can dilute with more water

Green or herbal tea (can be sweetened with Stevia) Teas should be decaf

Kombucha (homemade or purchased from store)

Bone Broth

Bai Drinks (sweetened with Stevia and Erthritol)

## **SHOPPING LIST**

Aldis, Sams, Walmart, Price Chopper, Country Mart all carry either organic produce, “healthier” brands, grass-fed, range free, never-any antibiotics, non GMO, etc. Learn to shop in the “clean” aisles and recognize brands.

### **Vegetables (preferably organic)**

Acorn squash  
Asparagus  
Bamboo shoots  
Bean sprouts  
Beet greens  
Bell peppers  
Bok choy greens  
Broccoli  
Brussel sprouts  
Cabbages  
Cauliflower  
Celery  
Chards

Chicory  
Collard greens  
Crookneck squash  
Cucumber  
Endive escarole  
Garlic  
Green beans  
Green onions  
Kale  
Kohlrabi  
Lettuces  
Mushrooms  
Mustard greens  
onion  
Pattypan squash

Parsley  
Radishes  
Salad greens  
Sauerkraut  
Spinach  
String beans  
Tomatoes  
turnips  
Zucchini  
Yellow Squash  
Turnip greens  
Watercress

### **Fruit (preferably organic)**

Apples  
Oranges  
Strawberries  
Kiwi  
Blackberries  
Blueberries  
Boysenberries

### **Meat and Protein (preferably organic, free range, grass-fed.)**

Learn to read labels even on meats. Make sure there are no added fillers, MSG, antibiotics, GMO, etc. If you have a sensitivity to grains, you may need to eat grass-fed exclusively.

Chicken, turkey

Italian sausage (available in chicken links, Never Any or Applegate Farms brand) Can also make your own with ground turkey and home-made seasoning mix.

Red meat (beef, bison)

Cold water fish

“The healthiest cold water fish are those high in omega-3 fats and low in mercury -- a major aquatic contaminant. Topping the list is Atlantic mackerel, cod, haddock, herring, mahi mahi, salmon, anchovies, pollock, trout, whitefish, canned light tuna and sardines. These cold water varieties are rich in omega-3s and lowest in mercury. Wild salmon, for example, contains 3.2 grams of omega-3 fats on average, according to the University of Michigan Integrative Medicine.

Habitat plays a central role in the health of fish and exposure to toxic substances. You'll find wild, wild-caught and farm-raised cold water varieties at your local fishery, and it's crucial to choose healthy options. Farm-raised fish may contain higher levels of contaminants than wild, or wild-caught fish, according to the University of Michigan. Some fish farms take extra precautions to limit contaminant exposure, but it may be best to choose wild or wild-caught fish when possible. Wild-caught fish are born in a hatchery, then released into the wild and caught once they reach adulthood.” [www.livestrong.com](http://www.livestrong.com)

Eggs (organic, free range)

Oils are allowed on a limited basis. Use only olive oil, coconut oil, grape seed or avocado oil.

The only grains allowed are quinoa, sprouted grains, or wild rice. Again, these should be limited and only used if you are not reactive to grains.

Hopefully, these suggestions and recipes will give you enough to get started and not feel that you are in the dark. (This is Lighthouse Wellness after all!) Feel free to experiment, explore, and get excited about this new venture. Many of the websites listed have an unending supply of recipe suggestions for you. You can sign up to receive recipes in your inbox everyday through some of these websites.

Enjoy your journey and keep your eye on the prize!