# Miracle NOODLE®

# COOKBOOK & DIET PLAN

By Jonathan Carp, MD

OVER 25 USES & RECIPES FOR
THE MIRACLE NOODLE

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# Contents

# The Miracle of Miracle Noodles!

You could say that I am a noodle savant. Like Dustin Hoffman in Rain Man was with numbers I am with noodles. I am also a health nut. In my search for the perfect pasta, I had known about shirataki noodles but what I didn't know was how miraculous it was! Since learning about its nutritional value and its documented health benefits, you could say I have become a Shirataki evangelist! We won't stop until Shirataki is an essential part of all low-carbohydrate diets!

Do you love Pasta? Join me as The Miracle Noodle Revolution starts.

It starts right here with you. By spreading the word that a guilt free noodle has been re-discovered I can invigorate proper dieting with a food that fills you up, makes you feel good about what you are eating, and can be part of a healthy low-carbohydrate, high fiber diet.

Miracle Noodles are an easy way to adjust your lifestyle fast. Miracle Noodles can be incorporated into any diet easily and unlike pasta they do not take away any of the taste of the foods they are there to compliment. So why is the Miracle Noodle so different to others? This is easy the Miracle Noodle ingredients are as follows:

• Water
• Konjac Flour (soluble fiber)
• Calcium additive

# The Miracle of Miracle Noodles!

That's it! The nutritional breakdown looks even better:

• Calories – 0
• Fat – 0
• Protein – 0
• Carbohydrates - < 1 gram only fiber
• Sugar – 0

Miracle Noodles are made up of mainly soluble fiber. Soluble fiber is an important component to any healthy balanced diet. Fiber is not a nutrient, has no calories and has no vitamins in it. There are two main types of fiber one is insoluble fiber and the other is soluble fiber. The body cannot break down or absorb insoluble fiber but does help with digestion. Soluble fiber however is very different. As soluble fiber goes through the digestion tract it does break down and forms a gel. The gel traps some substances and removes them from the body helping to lower cholesterol. Soluble fiber also slows down digestion which is why it sustains hunger for longer. By slowing down digestion it lowers the high peaks of glucose going into our blood stream. (This normally happens after a meal.) So we use less of the body's insulin.

This is why soluble fiber is so important to any healthy balanced diet.

So go on read more about the benefits of the Miracle Noodles and how regardless of diet you can incorporate it and feel healthier and better for it.

# The Four Pillars of Health

You'll hear me refer to them repeatedly in this book, but what exactly are the four pillars of health? These are really the foundation of what you need to know to gain control of your health. The fact is life – and health – is all about balance.

What do pillars do? That's right: they hold things up. If one pillar isn't even with the others, that is going to provide a rocky foundation for whatever is built on that uneven structure. Instead, all four pillars must be properly aligned – i.e. balanced – for proper health to truly shine.

## The four pillars of health include:

**1** **Nutrition:** Nutrition obviously refers to the foods we eat, but just as importantly the foods we don't eat. Learning to substitute healthy foods for non-healthy options – I call these non-foods – is going to make nutrition one very important pillar of our health indeed.

**2** **Environment:** Our environment – the external world that surrounds us – actually has a lot to do with our physical health. This could include such factors as environmental toxins, stressors in the environment, fluctuations in temperature, all these things can affect your metabolic rate and even how you digest food.

# The Four Pillars of Health

**3** **Mental State:** The third pillar of health is what's known as your mental state and, in particular, the levels of stress you experience on a typical day. Quite frankly, stress can affect the other three pillars in negative ways. It's also about looking at how we often respond to non-emergency situation like it is an emergency.

**4** **Activity Level:** Your activity level can mean everything from sleep to exercise to walking – or not walking – to work and back to sexual activity, basically anything that's affecting the posture and overall movement of your body. All of these aspects of activity, or inactivity, have a profound impact on your health.

The important thing to remember about these pillars is that, to keep them in balance, you can't focus too much on one or you'll end up excluding the others. For instance, if you exercise too much and ignore your nutrition, your four pillars will soon grow out of balance. Likewise, if you eat well but don't necessarily move often enough, your four pillars will be equally out of whack.

**Keep these four pillars in mind as you work through the rest of this diet plan and included recipes.**

# The Miracle Noodle Diet Plan

Now that you have a better grasp of the 4 Pillars of Health – which I consider to be the foundation for all health and wellness plans – I'd like to get more specific about how Miracle Noodles can help you achieve your weight loss goals.

The Miracle Noodle diet plan is simple to follow and requires very little disruption to your daily routine. What's great about this plan is that the Miracle Noodles (or rice) gives you that extra "crutch" to really make it feel like you're not dieting at all. You will still be able to have that great pasta, rice and carb taste and feel, without the added calories, guilt or unhealthy ingredients of traditionally prepared, wheat- and gluten-based carbohydrates.

What is truly "miraculous" about these noodles is that you can enjoy them guilt free, and still lose weight while enjoying noodles, pasta and rice (Miracle Rice), all those things that we like to eat and make us feel so satisfied and full, even while on a "diet". So, let's dig deeper and see what is so unique about my Miracle Noodle diet plan:

### Switching Out to Stay Full

The plan starts with swapping out the carbohydrate in one or two meals per day with Miracle Noodles (or rice). The reason this works so well is because – if you do it twice a day – you're basically removing 300 to 600 calories from your diet in one fell swoop. Imagine that; just wiping those calories away each day. Day after day, all while being able to enjoy the look, smell, taste and "feel" of carbohydrates. And the best part is, while you're doing that, you're not feeling hungry. Quite the opposite, in fact; you're feeling quite full. When people feel full, they eat less and particularly when they cut out 300- to 600-calories per day, they tend to lose weight.

# The Miracle Noodle Diet Plan

### Raw Foods for Power and Nutrition

To mix things up and add variety, healthy foods and fullness to your Miracle Noodle Diet Plan, you should add one carrot or cucumber per day, as well as one apple. Not only do these all-natural foods provide a little bit of healthy veggies to your diet, in addition to fulfilling "bulk," but it gets you starting to eat raw foods, raw vegetables and raw fruits, if you haven't been used to eating them before. Another way to add fullness and bulk to your diet is to increase your consumption of beans and greens. Beans and greens are foods that you can eat almost without restrictions.

### Look Out for "Hidden" Carbs

While switching out one carb per meal with Miracle Noodles and adding more natural, raw foods, beans and greens to your diets, it's important to remember what "hidden carbs" are. Sure, we know wheat pasta, bread, rice and other "white, not right" foods are, but think about some other hidden carbs you might be overlooking, such as:

- Desserts like cake, cookies, muffins, etc.
- Wine
- Fruit
- Etc.

> **You should add one carrot or cucumber per day, as well as an apple.**

So be on the lookout for these "hidden" carbs and try to avoid them when you're trying to lose weight. The great thing about Miracle Noodles is that they satisfy your need for the comfort, taste and filling nature of carbohydrates, without wreaking havoc on your weight loss plan the way "real" carbs do.

# The Miracle Noodle Diet Plan

> ❝ *Miracle Noodle literally saved my life! I had been a yo-yo dieter for many years but had little success at maintaining any significant weight loss. After years of struggling and trying so many different diets, I had all but given up on ever being able to get healthy and lose my excess body fat. No matter what I tried, I just couldn't stave off the constant hunger and cravings.* ❞
>
> **- Mark Shelton, Waco, TX**

## Forget Anything Fried

Another component of the Miracle Noodle Diet Plan is to completely avoid fried foods, including French fries, fried meats and cheeses and fried snacks like chips. Don't just cut down on these unhealthy foods, cut them out of your diet completely.

Along those same lines, you want to limit yourself to no more than three tablespoons of oil per day, preferably just olive oil. You could have a little coconut oil, if you'd like as well. The reason I try to specify which oil you should use, albeit sparingly, is because a lot of oils out there today are heavily processed and refined. As I mentioned earlier in this book, sunflower oils, safflower oil and all of these other vegetable oils that are kind of new to human consumption and often rancid before you even get them. Even a lot of the store bought olive oils are actually rancid, so it's important to be careful about how much you consume, and which type.

Generally speaking, though, consume no more than three tablespoons per day of oil. That's not just while on this diet, but a good preventative measure for a balanced,

healthy life as well. No bottled dressings, either as they include a lot of ingredients that interfere with healthy eating. Try flavored vinegars with olive oil and it can be just as delicious.

### Ban Flour and Sugar

Another aspect of the Miracle Noodle Diet Plan is to cut out white flour and sugar from your diet. I know that sounds radical but you will get amazing results if you do that. Remember, "white ain't right!" Begin reading labels on your food and start to eliminate those that contain white flour and sugar, one by one. Try alternative breads like Ezekiel Breads or dark Rye flour breads like traditional pumpernickel if you start missing bread.

### The One Pound a Day Rule

No, this rule doesn't mean that you should lose one pound of weight per day. Instead, I suggest that you eat one pound of green veggies per day. When I mention this to my patients, a lot of them say, "One pound, oh my gosh. I could never eat that much!" It sounds like a lot, I agree, but it's actually not that difficult. What I'm talking about is not much more than a relatively big salad.

You don't even have to have lettuce! Instead you can add what I've already included as part of the Miracle Noodle Diet Plan – one carrot, cucumber and apple per day – and combine that with some lettuce (optional), tomatoes, some beans like garbanzo or kidney beans and a little bit of olive oil. That's a great, simple, effective and particularly tasty way to meet my "One Pound a Day Rule".

# The Miracle Noodle Diet Plan

**Don't Scrimp on the Fat**

A little fat goes a long way, but "no" fat isn't necessarily what we're after, either. In fact, you always want a little bit of fat because your body needs some to be properly balanced. For instance, the nutrients in vegetables are actually "fat soluble," which means that you need a little bit of fat on the vegetables in order to absorb all the nutrients. So when you see people making smoothies with all these fruits and vegetables and there is actually no fat in there, they're really doing themselves a disservice because you need a little bit of fat. In this case, for smoothies, you can add a little flax seed or little hemp seed. All you need is a little bit of fat but if you are still hungry, add a whole food source of fat like nuts or avocados!

They did an amazing study where they actually tested different oils on salad and they found that, comparatively speaking, they found that the olive oil allowed you to absorb more nutrients than any of the other oils. (But, again, no more than three tablespoons because it has a lot of calories and you body doesn't "feel" them so you get the calories without the fiber and fullness that say an avocado would provide.)

**An Ounce Per Day**

I also recommend eating one ounce of raw nuts per day as nuts – particularly unprocessed, raw nuts – increase your insulin sensitivity. In other words, it actually helps your body to process sugars a little bit better. I also recommend eating one ounce of raw nuts per day.

# The Miracle Noodle Diet Plan

A lot of people struggle to lose those last ten pounds, but can't. Even though nuts are generally calorie dense, by adding just an ounce of raw nuts, you can often kick in a certain fat burning mechanism into affect to help shed unwanted pounds.

**I also recommend eating one ounce of raw nuts per day**

# The Six Questions You Need to Ask Yourself on Any Weight Loss Plan

Now I want to delve into what I call The Six Questions You Need to Ask Yourself on Any Weight Loss Plan. I use these half-dozen questions with my patients because it's almost like a diagnostic tool to see how free they are to make decisions regarding their health. They're often surprised – and pleasantly so, as I hope you will be – by how much control they have over their own weight loss, and life in general.

These questions were inspired by a wonderful book called Grow Rich With Peace of Mind by Napoleon Hill (Plume, 2007). The original questions in the book were actually related to gaining peace of mind in business and in life, but I've adapted them to be more specific to weight loss and general health:

**1** **When I find a way to express myself differently than others and know it is socially unacceptable, do I continue to express myself even though others may think it's strange?**

Now, I know that, that sounds like a kind of unusual question, particularly when it comes to losing weight! Why would I ask a patient of mine a question such as this? It's actually a really important question to ask because it allows me to determine what the circumstances are in the person's house, family, culture that may interfere with them making the changes that are required to achieve better health and weight loss.

I'm sure all of you have been in a cultural situation, whether it was a holiday party or a religious event or whatever the case may be, where you knew a certain dish was "bad" for you, but you ate it anyway because of the cultural environment. You didn't want to upset or offend anyone, so you harmed yourself.

# The Six Questions You Need to Ask Yourself on Any Weight Loss Plan

The first step here is to understand that knowledge is power. Just recognizing why you did something can be a powerful tool in never doing it again. For whatever reason, you gain a little bit more strength from that knowledge.

Sometimes we have to be ourselves, even if it may offend someone. You have to ask yourself if you are strong enough, if you have built up the strength, to be able to make those health decisions, even though others may find it strange or even criticize you.

A lot of people resent the fact that you are making changes for your health because they haven't been strong enough to make those changes for themselves. They may even push you off of the plan to lose weight because they haven't been able to do it for themselves. We need to be aware of these things and gain the strength we need to be strong to make these changes in our own lives, regardless of what others may think.

> *Miracle Noodles have made a major change in my health and life. I still have plans to lose at least another 15 pounds but even after that I plan on using Miracle Noodles for the rest of my life to maintain the status of health and quality of life I have achieved.*
>
> **- Jay Henderson, Boise, ID**

**2** **Have I freed myself – or am I working to free myself – from any cultural or a family custom that affects my health negatively?**

# The Six Questions You Need to Ask Yourself on Any Weight Loss Plan

This is a very similar question, and an important one, because we're often put in situations where we are almost "forced" to eat a certain way because of tradition, cultural influences or family feelings. Grandma made the cake, so... you have to have a piece! But we always have a Christmas pudding... it's a tradition. We must be willing to break free of these conventions and take back our own health, one "no" at a time!

**3** **Am I willing to question the ways in which other people do things and never make an absolute guide out of 'that is the way it is done'?**

This is a really important question to consider in terms of your health because most of the diets out there will tell you, "This is what you have to do or it won't work. There is only one way, our way, and all the others are wrong..." My hope for you is that, after reading this book, you will be able to see the difference between that kind of approach where someone is telling you "this is what you have to do" versus my approach which is opening yourself up, awakening yourself to realizing what it is that's holding you back. If you take a look at kind of the top ten bestselling diet books at any one moment, it's pretty much authors telling you that "This is what you have to do. This is the way it's done."

Well, there are many grains of sand in the seashore and, likewise, there are a ton of way of making healthy changes in your diet and lifestyle. In other words, you don't have

# The Six Questions You Need to
# Ask Yourself on Any Weight Loss Plan

to do it any one way – only the way, or ways, that works for you. Even my own Miracle Noodle Diet Plan isn't the only way to lose weight, gain balance and discover a healthier lifestyle. It's just a suggestion based on proven practices with hundreds of patients and thousands of satisfied customers.

My plan is for you to understand all those things that go into nutrition, environment, exercise, movement and mental state so that you can come up with your own plan that makes sense based on how your four personal health pillars are balanced. Unlike a lot of physicians and authors I am willing to question the ways in which other people do things and never make an absolute guide out of this – and only "this" – being the way it is done. There is no perfect diet, and anyone who tells you that there is a perfect diet, is misleading you and probably trying to make money from you.

**4** **Do I realize that this path is only sustainable when I'm working for weight loss to give me better health and energy to live life fuller?**

I came across this particular weight loss plan because I was treating patients with chronic inflammatory diseases and, as a side effect of healing, they lost weight. They came to me for healing and balance first and, once they achieved that, weight loss was a natural byproduct – not the other way around.

# The Six Questions You Need to Ask Yourself on Any Weight Loss Plan

Health must come first; and always. I quickly realized when people came to me asking for weight loss advice, we had to both work to achieve sustainable effects. What I mean by that is if the reason you want to lose weight is just so you look better, it's not going to be that sustainable. A bikini diet for the summer, a New Year's Resolution to drop those last twenty pounds, if they're simply for cosmetic purposes, rather than health purposes, the sustainability factor goes way down.

I've seen it happen over and over again. The reason this is important to talk about is because the fact is that you are on a path, where everyday you're increasing your health, you need to look at it on a day to day basis.

If you see yourself on a path that lasts longer than swim season or the first few weeks of January, you're much more likely to stay on that path rather than veer off and go back to old habits once you've reached your short-term goal.

If wake up every day you and you look at every decision you need to make as something that is bringing you more life, it will help you make better decisions. **So ask yourself:**

• Is this decision bringing me more health?

• Is it bringing me more energy or is it going the other way?

• Is it making me feel weak?

• Is it restricting my ability to appreciate my life?

• To have the energy to play with my kids?

• To affect how fast I'm aging?

We're all presented with these types of decisions on a daily basis. When we focus on them every day and we start learning about how to make those decisions, then health and well-being come as a side effect. We're going for a sustainable weight loss and that is only done when you are looking to gain better health and live life to the fullest.

**5** **When I find a way to express myself differently than others and know it is socially unacceptable, do I continue to express myself even though others may think it's strange?**

If my patients aren't getting enough rest, and are consciously – or subconsciously – making decisions that deprive them of rest, it really shows up in terms of how they prioritize their health choices. We've all been there: we're tired, we're busy, we're on the go, so we just "grab" whatever to eat, skip our spin class, don't take that walk after work, etc. If we are well rested, we make better decisions and aren't so rash in our food and activity level choices.

# The Six Questions You Need to Ask Yourself on Any Weight Loss Plan

It even affects how charitable and kind we are. A study was done of divinity students who were told that they needed to deliver something. One group was told they were already late and another was told that they had time. On the way the experimenters placed an actor who was in need of help. I think you know where this is going. The divinity students who were told they were late – didn't stop nearly as much as those who had the time. Let's face it, how we interact with the world and the compassion we show is affected by how well we plan our days and whether we are rested. We don't do our health, our families any good when we are not rested.

So this question tells us how free we are to make these decisions and if you set your life up in such a way that you don't get your needed rest, all the other plans and decisions that you're involved with when it comes to your health are really not going to come to fruition.

**6**    **When circumstances require me to use my time and I did not plan, do I know my mind enough to use it beneficially?**

My weight loss plan is called the Weight Loss Awakening, and is primarily educational. As a result, people need to spend time learning certain ideas. I found that the best way to fit education into your regular schedule is to pack it in when, either you're stuck in

traffic or while you're waiting in line. If you're stuck in traffic, you could be listening to an audio book. When you're waiting in line, you could carry a book around with you.

I found that always having something on hand to read, or listen to or learn from that is related to nutrition and well-being is going to really speed things up in a dramatic way for you. When people get involved and they're reading books and they're discussing it with me, there is one, there is interaction; they start talking about it and learning things and almost become "addicted" to knowledge. Every piece of knowledge, it seems, helps them learn more about how to live a healthier, balanced, happier, even longer life. Weight loss is a natural byproduct of that.

**I will caution you with one thing:** if you're looking for books on how to lose weight, don't look for "diet" books. If you go to Amazon, don't look under the "diet" category, look under the "nutrition" category. Just for fun, I recently looked at the diet section and I would consider 7 of those 10 books to actually be "harmful" books because they do just what we discuss not doing, which is to deprive you of the ability to learn what you need to learn to gain health and lose weight.

When I looked at the "nutrition" category, on the other hand, they weren't all perfect but at least they all had something that I thought was valuable inside. Three of the books were not so great but at least they weren't harmful.

# Vegetarian Dishes

Pasta Pie

Stuffed Green Peppers

Tofu Noodles with Cashews

Vegetable Pasta Soup

Macaroni Salad

Mango Chili Noodles

Noodles with Broad Beans, Artichokes & Spinach

Sesame Noodles

Noodles with Ricotta & Sun-Dried Tomatoes

# Pasta Pie

## VEGETARIAN DISHES

*1 bag of Miracle Noodles*

*2 eggs*

*1 cup tomato sauce*

*1 onion*

*2 green peppers*

*4 tomatoes*

*1/3 cup (3 ounces) mozzarella cheese*

*1 cube Dorot Crushed Garlic*

*Pinch of oregano*

*Pinch of salt*

1. Preheat the oven to 425 degrees Fahrenheit.
2. Drain and rinse the Miracle Noodles and place them in a baking dish.
3. Cut the onion, green peppers and tomatoes into fine slices.
4. Place all the vegetables, eggs and 3/4 cup of tomato sauce into the baking dish and mix well with the noodles.
5. Add the garlic, oregano and salt and mix once more.
6. Place in the oven to cook for 25 minutes.
7. Remove from the oven and pour on the remaining tomato sauce and sprinkle the mozzarella cheese on top.
8. Place back in the oven for 10 minutes.
9. Ready to serve.

**Serves 4**

# Pasta Pie

## NUTRITIONAL VALUES

| FOOD | FAT (GRAMS) | CALORIES (KCAL) | CARBOHYDRATES (GRAMS) | PROTEIN (GRAMS) |
|---|---|---|---|---|
| MIRACLE NOODLES | 0 | 0 | 0 | 0 |
| EGGS | 10 | 150 | 2 | 12 |
| TOMATO SAUCE | 0 | 75 | 18 | 3 |
| ONION | 0 | 60 | 13 | 2 |
| GREEN PEPPER | 0 | 30 | 6 | 0 |
| TOMATO | 0 | 100 | 20 | 4 |
| MOZZARELLA CHEESE | 17.5 | 280 | 3.5 | 28 |
| GARLIC | 0 | 10 | 2 | 0 |
| | | | | |
| TOTAL PER MEAL | 27.5 | 678 | 64.5 | 49 |
| TOTAL PER SERVING | 6.9 | 169.5 | 16.1 | 12.25 |

## Approved

**ATKINS DIET | SOUTH BEACH DIET**

# Stuffed Green Peppers

## VEGETARIAN DISHES

1 tablespoon olive oil

4 medium green peppers

2 bags of Miracle Rice

2 onions

4 tomatoes

1 cube Dorot Crushed Garlic

1/2 cup feta cheese

1/2 cup parmesan cheese

1/2 cup mozzarella cheese

2 tablespoons of oregano

Salt and pepper to taste

**Serves 4**

1. Preheat oven to 350 degrees Fahrenheit.
2. Drain and rinse the Miracle Rice.
3. Chop the onions into fine slices.
4. Cut the tomatoes into eighths.
5. Heat the olive oil in a pan and add the Miracle Rice, onions, tomatoes, garlic, oregano, salt and pepper and stir well.
6. Simmer on a low heat for about 20 minutes.
7. Take the pan off the heat and leave to cool for 15 minutes.
8. While the mixture is cooling, grate the parmesan and mozzarella cheeses.
9. Crumble the feta cheese.
10. Cut the peppers in half, deseed and discard the tops.
11. Add feta and parmesan cheeses to the mixture and toss lightly.
12. Spoon the mixture into each pepper half and place peppers onto a baking tray.
13. Cook for 30 minutes in the oven.
14. Remove them from the oven and sprinkle mozzarella cheese onto each one.
15. Place in the oven for 10 more minutes.
16. Ready to serve.

# Stuffed Green Peppers

## NUTRITIONAL VALUES

| FOOD | FAT (GRAMS) | CALORIES (KCAL) | CARBOHYDRATES (GRAMS) | PROTEIN (GRAMS) |
|---|---|---|---|---|
| OLIVE OIL | 14 | 125 | 0 | 0 |
| GREEN PEPPER | 0 | 60 | 12 | 0 |
| MIRACLE RICE | 0 | 0 | 0 | 0 |
| ONION | 0 | 120 | 26 | 2 |
| TOMATO | 0 | 30 | 6 | 0 |
| GARLIC | 0 | 10 | 2 | 0 |
| FETA CHEESE | 18 | 225 | 3 | 12 |
| PARMESAN CHEESE | 20 | 400 | 5 | 40 |
| MOZZARELLA CHEESE | 20 | 400 | 5 | 40 |
| OREGANO | 0 | 10 | 2 | 0 |
| | | | | |
| TOTAL PER MEAL | 72 | 1380 | 61 | 92 |
| TOTAL PER SERVING | 18 | 345 | 15.25 | 23 |

## Approved

**ATKINS DIET | SOUTH BEACH DIET**

# Tofu Noodles with Cashews

## VEGETARIAN DISHES

10 ounces tofu (fresh or packed)

1 can of garden peas

3 ounces fresh mushrooms

1 large red pepper

7 ounces fresh white cabbage

1 bunch of spring onions

3 tablespoons olive oil

2 bags of Miracle Noodles

1/3 cup (3 ounces) roasted
Cashew nuts

Salt to taste

**FOR THE MARINADE**

2 cubes Dorot Crushed Garlic

2 cubes Dorot Crushed Ginger

1 tablespoons of soy sauce

2 tablespoons of dry sherry

1/2 teaspoon black pepper

**Serves 4**

1. Make the marinade by placing the garlic, ginger, soy sauce, dry sherry and black pepper into a deep bowl and mix thoroughly.
2. Drain the tofu and cut into pieces about 1/2 inch cubes.
3. Place the tofu into the marinade, mix well and leave to soak.
4. Wash the vegetables thoroughly.
5. Finely slice the mushrooms, red pepper, white cabbage and spring onions.
6. Preheat the olive oil in a wok and then add the mushrooms, peppers, white cabbage, spring onions and peas. Stir fry on high for about 2 minutes.
7. Then add the tofu and marinade and cook on high for about 3 minutes.
8. Reduce heat to low and add Miracle Noodles. Cook for 10 minutes.
9. Add cashew nuts and salt to taste just before serving.

# Tofu Noodles with Cashews

## NUTRITIONAL VALUES

| FOOD | FAT (GRAMS) | CALORIES (KCAL) | CARBOHYDRATES (GRAMS) | PROTEIN (GRAMS) |
|------|------|------|------|------|
| TOFU | 20 | 425 | 15 | 45 |
| GARDEN PEAS | 1 | 225 | 40 | 15 |
| MUSHROOMS | 1 | 40 | 8 | 3 |
| RED PEPPER | 0 | 15 | 3 | 0 |
| WHITE CABBAGE | 0 | 30 | 7 | 1 |
| SPRING ONIONS | 0 | 10 | 2 | 1 |
| OLIVE OIL | 42 | 375 | 0 | 0 |
| MIRACLE NOODLES | 0 | 0 | 0 | 0 |
| ROASTED CASHEW NUTS | 39 | 495 | 27 | 12 |
| GARLIC | 0 | 20 | 4 | 0 |
| GINGER | 0 | 4 | 0.8 | 0 |
| SOY SAUCE | 0 | 8 | 1.2 | 1 |
| DRY SHERRY | 0 | 17 | 0 | 0 |
| | | | | |
| TOTAL FOR MEAL | 103 | 1664 | 108 | 78 |
| TOTAL PER SERVING | 25.75 | 416 | 27 | 19.5 |

## Approved

**ATKINS DIET | SOUTH BEACH DIET**

# Vegetable Pasta Soup

*2 tablespoons water*

*1/3 cup reduced sodium*

*vegetable broth*

*2 cans of mixed vegetables*

*(without potatoes)*

*1 can of petite diced*

*tomatoes (not drained)*

*1 tablespoon tomato paste*

*2 bags of Miracle Noodles*

*1 tablespoon olive oil*

*Pinch of garlic powder*

*Pinch of Italian seasoning*

*Pinch of salt and pepper*

*Pinch of parsley*

**Serves 4**

1. Place all the ingredients into a crock pot and stir well.
2. Leave to cook on a low heat for 2 1/2 hours until all the ingredients are soft and tender.
3. Ready to serve.

# Vegetable Pasta Soup

## NUTRITIONAL VALUES

| FOOD | FAT (GRAMS) | CALORIES (KCAL) | CARBOHYDRATES (GRAMS) | PROTEIN (GRAMS) |
|---|---|---|---|---|
| VEGETABLE BROTH | 0 | 15 | 3 | 0 |
| MIXED VEGETABLES | 0 | 150 | 30 | 8 |
| PETITE DICED TOMATOES | 1 | 50 | 10 | 2 |
| TOMATO PASTE | 0 | 14 | 3 | 0.6 |
| MIRACLE NOODLES | 0 | 0 | 0 | 0 |
| OLIVE OIL | 14 | 125 | 0 | 0 |
| | | | | |
| TOTAL PER MEAL | 15 | 354 | 46 | 10.6 |
| TOTAL PER SERVING | 3.75 | 88.5 | 11.5 | 2.65 |

## Approved

**ATKINS DIET | SOUTH BEACH DIET**

# Macaroni Salad

## VEGETARIAN DISHES

*1 bag of Miracle Noodles*

*1/2 cup mayonnaise*

*2 tablespoons white vinegar*

*4 1/2 tablespoons white sugar*

*1 1/3 tablespoons yellow mustard*

*1 teaspoon salt*

*1/8 teaspoon black pepper*

*1 onion*

*1 stalk of celery*

*1 green bell pepper*

**Serves 4**

1. Prepare Miracle Noodles as per packet instructions.
2. In a large mixing bowl mix the mayonnaise, vinegar, white sugar, yellow mustard, salt and pepper.
3. Chop the onion, celery and green bell pepper up finely.
4. Add the onion, celery and green bell pepper to the mixture and stir thoroughly.
5. Add the Miracles Noodles and stir thoroughly again.
6. Refrigerate for at least 4 hours but preferably overnight.
7. Ready to serve.

# Macaroni Salad

## NUTRITIONAL VALUES

| FOOD | FAT (GRAMS) | CALORIES (KCAL) | CARBOHYDRATES (GRAMS) | PROTEIN (GRAMS) |
|---|---|---|---|---|
| MIRACLE NOODLES | 0 | 0 | 0 | 0 |
| MAYONNAISE | 22.8 | 266 | 15.2 | 0 |
| WHITE VINEGAR | 16 | 140 | 0 | 0 |
| WHITE SUGAR | 0 | 180 | 48 | 0 |
| YELLOW MUSTARD | 0 | 5 | 0 | 0 |
| ONION | 0 | 60 | 13 | 2 |
| CELERY | 0 | 5 | 1 | 0 |
| GREEN BELL PEPPER | 0 | 15 | 3 | 0 |
| | | | | |
| TOTAL PER MEAL | 38.8 | 671 | 80.2 | 2 |
| TOTAL PER SERVING | 9.7 | 167.75 | 20.05 | 0.5 |

## Approved

**ATKINS DIET | SOUTH BEACH DIET**

# Mango Chili Noodles

## VEGETARIAN DISHES

*1 mango*

*2 tomatoes*

*2 tablespoons olive oil*

*3 cubes Dorot Crushed Garlic*

*3 cubes Dorot Chopped Chili*

*1 lime*

*1 bag of Miracle Noodles*

*2 red peppers*

*1 green pepper*

*2 onions*

*1 can of sweet corn*

**Serves 4**

1. Peel and cut the mango into small pieces.
2. Slice the tomatoes into quarters.
3. Place the mango, tomatoes, garlic, chili and olive oil into a blender.
4. Squeeze the juice of one lime into the blender. Then blend the mixture for 3 minutes until smooth.
5. Slice and deseed the peppers.
6. Chop the onion into fine slices.
7. Drain the can of sweet corn.
8. Place the peppers, onions and sweet corn into a frying pan and dry fry for 2 minutes.
9. Then add the sauce made in the blender and cook on a low heat for 3 minutes.
10. Drain and rinse the Miracle Noodles.
11. Add the Miracle Noodles to the pan and stir thoroughly.
12. Cook on low heat for another 4 minutes.
13. Ready to serve.

# Mango Chili Noodles

## NUTRITIONAL VALUES

| FOOD | FAT (GRAMS) | CALORIES (KCAL) | CARBOHYDRATES (GRAMS) | PROTEIN (GRAMS) |
|---|---|---|---|---|
| MANGO | 1 | 135 | 35 | 1 |
| TOMATO | 0 | 50 | 10 | 2 |
| OLIVE OIL | 28 | 250 | 0 | 0 |
| GARLIC | 0 | 20 | 4 | 0 |
| CHILI | 0 | 10 | 1 | 0 |
| LIME | 0 | 65 | 22 | 1 |
| MIRACLE NOODLES | 0 | 30 | 6 | 0 |
| RED PEPPER | 0 | 15 | 3 | 0 |
| GREEN PEPPER | 0 | 120 | 26 | 2 |
| ONION | 0 | 120 | 26 | 2 |
| SWEET CORN | 1 | 185 | 46 | 4 |
| | | | | |
| TOTAL PER MEAL | 30 | 1000 | 179 | 12 |
| TOTAL PER SERVING | 7.5 | 250 | 44.75 | 3 |

## Approved

**ATKINS DIET | SOUTH BEACH DIET**

# Noodles with Broad Beans, Artichokes & Spinach

## VEGETARIAN DISHES

*2 tablespoons olive oil*

*1 medium onion*

*1 cube Dorot Crushed Garlic*

*1 red pepper*

*Salt and black pepper*

*14 ounces of canned chopped tomatoes*

*Pinch of oregano*

*8 ounces frozen broad beans, thawed*

*12 ounces young spinach*

*11 ounces canned artichoke hearts*

*2 bags of Miracle Noodles*

**Serves 4**

1. Heat the oil in a pan on medium-high heat.
2. Peel and slice the onion.
3. Place the onion and garlic into the pan with the heated oil and cook for about 5 minutes or until soft.
4. Rinse and deseed the pepper and slice thinly. Add the pepper to the pan and heat for about 3 minutes.
5. Drain the Miracle Noodles and add to the mixture. Heat for about 2 minutes.
6. Add the tomatoes, oregano, salt and black pepper and mix thoroughly.
7. Bring to a boil and simmer for 10 minutes.
8. Add the broad beans to the mixture. Bring it to a boil again and simmer for 3 minutes.
9. Drain and stalk the young spinach. Add to the mixture and simmer for 3 additional minutes.
10. Drain and quarter the artichokes. Add to the sauce and simmer for 2 additional minutes.
11. Ready to serve.

# Noodles with Broad Beans, Artichokes & Spinach

## NUTRITIONAL VALUES

| FOOD | FAT (GRAMS) | CALORIES (KCAL) | CARBOHYDRATES (GRAMS) | PROTEIN (GRAMS) |
|------|-------------|-----------------|-----------------------|-----------------|
| OLIVE OIL | 28 | 250 | 0 | 0 |
| ONION | 0 | 60 | 13 | 2 |
| GARLIC | 0 | 10 | 2 | 0 |
| RED PEPPER | 0 | 15 | 3 | 0 |
| CHOPPED TOMATOES | 1 | 50 | 10 | 2 |
| BROAD BEANS | 0 | 25 | 5 | 3 |
| SPINACH | 0 | 40 | 7 | 5 |
| ARTICHOKE HEARTS | 0 | 55 | 12 | 3 |
| MIRACLE NOODLES | 0 | 0 | 0 | 0 |
| | | | | |
| TOTAL PER MEAL | 29 | 505 | 52 | 15 |
| TOTAL PER SERVING | 7.25 | 126.25 | 13 | 3.75 |

## Approved

**ATKINS DIET | SOUTH BEACH DIET**

# Sesame Noodles

## VEGETARIAN DISHES

*3 tablespoons peanut oil*

*1 cube Dorot Crushed Garlic*

*4 tablespoons sesame seed paste*

*3 cubes Dorot Chopped Chili*

*6 tablespoons soy sauce*

*1 tablespoon sugar*

*1 bag of Miracle Noodles*

*1 tablespoon sesame oil*

**Serves 4**

1. In a large bowl thoroughly mix together the peanut oil, garlic, sesame seed paste, chili, soy sauce and sugar.
2. Rinse the Miracle Noodles in cold water and combine with sesame oil to prevent them sticking together.
3. Add the Miracle Noodles to sauce and mix well.
4. Ready to serve.

# Sesame Noodles

## NUTRITIONAL VALUES

| FOOD | FAT (GRAMS) | CALORIES (KCAL) | CARBOHYDRATES (GRAMS) | PROTEIN (GRAMS) |
|---|---|---|---|---|
| PEANUT OIL | 42 | 375 | 0 | 0 |
| GARLIC | 0 | 10 | 2 | 0 |
| SESAME SEED PASTE | 12 | 180 | 4 | 8 |
| CHILI | 0 | 10 | 1 | 0 |
| SOY SAUCE | 0 | 30 | 6 | 6 |
| SUGAR | 0 | 45 | 12 | 0 |
| MIRACLE NOODLES | 0 | 0 | 0 | 0 |
| SESAME OIL | 4 | 45 | 1 | 2 |
| | | | | |
| TOTAL PER MEAL | 58 | 695 | 26 | 16 |
| TOTAL PER SERVING | 14.5 | 173.75 | 6.5 | 4 |

## Approved

**ATKINS DIET | SOUTH BEACH DIET**

# Noodles with Ricotta & Sun-Dried Tomatoes

## VEGETARIAN DISHES

*4 ounces of sun-dried tomatoes in oil drained*

*14 ounces of low-fat ricotta cheese*

*Salt and pepper*

*1 cube Dorot Crushed Garlic 1 bag of Miracle Noodles*

1. Using scissors, cut the sun-dried tomatoes into small pieces directly into a saucepan.
2. Add the ricotta, salt, pepper and garlic into the pan.
3. Heat very gently on low heat, making sure not to boil for about 5 minutes.
4. Drain the Miracle Noodles and add to the pan.
5. Stir thoroughly for 3 minutes.
6. Ready to serve.

**Serves 4**

# Noodles with Ricotta & Sun-Dried Tomatoes

## NUTRITIONAL VALUES

| FOOD | FAT (GRAMS) | CALORIES (KCAL) | CARBOHYDRATES (GRAMS) | PROTEIN (GRAMS) |
|---|---|---|---|---|
| SUN DRIED TOMATOES | 1 | 50 | 10 | 1 |
| LOW-FAT RICOTTA CHEESE | 19 | 340 | 13 | 28 |
| GARLIC | 0 | 10 | 2 | 0 |
| MIRACLE NOODLES | 0 | 0 | 0 | 0 |
| | | | | |
| TOTAL PER MEAL | 20 | 400 | 25 | 29 |
| TOTAL PER SERVING | 5 | 100 | 6.25 | 7.25 |

## Approved

**ATKINS DIET | SOUTH BEACH DIET**

# Fish & Seafood Dishes

Noodles & Clams

Shrimp & Leek Risotto

Noodles with Anchovy Sauce

Shrimp & Noodles

Smoked Salmon & Noodles

Thai Noodle Salad

Tuna Noodle Salad

# Noodles & Clams

## FISH & SEAFOOD DISHES

*12 clams*

*1 bag of Miracle Noodles*

*2 tablespoons butter*

**Serves 4**

1. Place the clams and butter in a bowl and place in a steamer.
2. Steam the clams until the shells open and until the butter melts (approximately 20 minutes).
3. Drain and wash the Miracle Noodles thoroughly.
4. Add the noodles to the steamer, letting them sit on top of the clams. Steam for about 3 minutes.
5. Ready to serve.

# Noodles & Clams

## NUTRITIONAL VALUES

| FOOD | FAT (GRAMS) | CALORIES (KCAL) | CARBOHYDRATES (GRAMS) | PROTEIN (GRAMS) |
|---|---|---|---|---|
| CLAMS | 4 | 260 | 8 | 44 |
| BUTTER | 14.6 | 133.3 | 0 | 0 |
| MIRACLE NOODLES | 0 | 0 | 0 | 0 |
| | | | | |
| TOTAL PER MEAL | 18.6 | 393.3 | 8 | 44 |
| TOTAL PER SERVING | 4.65 | 98.33 | 2 | 11 |

## Approved

**ATKINS DIET | SOUTH BEACH DIET**

# Shrimp & Leek Risotto

## FISH & SEAFOOD DISHES

*2 bags of Miracle Rice*

*2 tablespoons olive oil*

*1 cup reduced sodium vegetable broth*

*4 leeks*

*10 spinach leaves*

*1 red bell pepper*

*16 ounces of uncooked shrimp*

*1 cube Dorot Crushed Garlic*

*1 cube Dorot Chopped Chili*

*Pepper to taste*

**Serves 4**

1. Place 1 tablespoon of oil in a pan and heat on medium heat.
2. Add the vegetable broth to the pan and stir.
3. Drain and wash the Miracle Rice and add to the vegetable broth. Continue to cook until liquid is reduced to half.
4. Finely chop the leeks, spinach and red bell pepper.
5. Prepare the shrimp.
6. Add remaining tablespoon of olive oil to a pan and heat on medium heat.
7. Add the garlic, chili, leeks and shrimp to the pan and cook until the shrimp starts to color.
8. Once the shrimp has started to color, add the spinach and red bell pepper.
9. Cook until the shrimp is opaque. Then combine with the rice mixture and add pepper to taste.
10. Ready to serve.

# Shrimp & Leek Risotto

## NUTRITIONAL VALUES

| FOOD | FAT (GRAMS) | CALORIES (KCAL) | CARBOHYDRATES (GRAMS) | PROTEIN (GRAMS) |
|---|---|---|---|---|
| MIRACLE RICE | 0 | 0 | 0 | 0 |
| OLIVE OIL | 28 | 250 | 0 | 0 |
| VEGETABLE BROTH | 0 | 15 | 3 | 0 |
| LEEKS | 0 | 5 | 1 | 0 |
| SPINACH | 0 | 4 | 7 | 5 |
| RED BELL PEPPER | 0 | 15 | 3 | 0 |
| SHRIMP | 0 | 20 | 4 | 1 |
| GARLIC | 0 | 10 | 2 | 0 |
| CHILI | 0 | 20 | 4 | 1 |
| | | | | |
| TOTAL PER MEAL | 28 | 339 | 24 | 7 |
| TOTAL PER SERVING | 7 | 84.75 | 6 | 1.75 |

## Approved

**ATKINS DIET | SOUTH BEACH DIET**

# Noodles with Anchovy Sauce

## FISH & SEAFOOD DISHES

*1 tablespoon boiling water*

*2 tablespoons dried currants*

*3 tablespoons olive oil*

*1 cube Dorot Crushed Garlic*

*1 sprig of rosemary*

*1 lemon*

*3 1/2 ounces of canned anchovies*

*2 tablespoons of pine nuts*

*1 bag of Miracle Noodles*

*Black pepper*

*Fresh mint*

**Serves 4**

1. Soak the currants in 1 tablespoon of boiling water.
2. Heat the oil, garlic and rosemary in a frying pan until mixture starts to change color, then discard the rosemary.
3. Grate the lemon rind.
4. Place the frying pan on low heat.
5. Stir in the canned anchovies including the oil, the pine nuts, drained currants and lemon rind.
6. Cook until the anchovies form a sauce.
7. If it seems dry, add 1 or 2 tablespoons of hot water.
8. Season with black pepper and mint.
9. Wash and drain the bag of Miracle Noodles and add to the pan.
10. Stir for 2 minutes.
11. Ready to serve.

# Noodles with Anchovy Sauce

## NUTRITIONAL VALUES

| FOOD | FAT (GRAMS) | CALORIES (KCAL) | CARBOHYDRATES (GRAMS) | PROTEIN (GRAMS) |
|---|---|---|---|---|
| CURRANTS | 0 | 40 | 11 | 0 |
| OLIVE OIL | 42 | 375 | 0 | 0 |
| GARLIC | 0 | 10 | 2 | 0 |
| LEMON | 0 | 15 | 5 | 1 |
| CANNED ANCHOVIES | 7 | 62 | 0.3 | 10.7 |
| PINE NUTS | 0 | 0 | 0 | 0 |
| MIRACLE NOODLES | 0 | 0 | 0 | 0 |
| | | | | |
| TOTAL PER MEAL | 49 | 502 | 18.3 | 11.7 |
| TOTAL PER SERVING | 12.25 | 125.5 | 4.58 | 2.93 |

## Approved

**ATKINS DIET | SOUTH BEACH DIET**

# Shrimp & Noodles

## FISH & SEAFOOD DISHES

*1 tablespoon white wine vinegar*

*1 tablespoon lemon juice*

*2 tablespoons tomato puree*

*6 tablespoons water*

*Salt and pepper*

*1 cube Dorot Crushed Garlic 4 cubes Dorot Crushed Ginger*

*8 ounces shelled cooked shrimp*

*4 spring onions*

*1 bag of Miracle Noodles*

**Serves 4**

1. Place the vinegar, lemon juice, tomato puree, water, salt and pepper into a bowl and mix thoroughly. Set sauce aside.
2. Place the garlic, ginger, shrimp and spring onions into a hot wok and stir continuously for 1-2 minutes until hot.
3. Drain the bag of Miracle Noodles and add to the wok. Stir for 1 minute.
4. Add the sauce mix into the wok and stir for 2 minutes.
5. Ready to serve.

# Shrimp & Noodles

## NUTRITIONAL VALUES

| FOOD | FAT (GRAMS) | CALORIES (KCAL) | CARBOHYDRATES (GRAMS) | PROTEIN (GRAMS) |
|---|---|---|---|---|
| WHITE WINE VINEGAR | 0 | 40 | 1.5 | 0 |
| LEMON JUICE | 0 | 5 | 1 | 0 |
| TOMATO PUREE | 0 | 52 | 12 | 2 |
| GARLIC | 0 | 10 | 2 | 0 |
| GINGER | 0 | 8 | 1.6 | 0 |
| SHELLED COOKED SHRIMP | 1 | 38 | 0 | 14 |
| ONIONS | 0 | 60 | 15 | 2 |
| MIRACLE NOODLES | 0 | 0 | 0 | 0 |
| | | | | |
| TOTAL PER MEAL | 1 | 213 | 33.1 | 18 |
| TOTAL PER SERVING | 0.25 | 53.25 | 8.28 | 4.5 |

## Approved

**ATKINS DIET | SOUTH BEACH DIET**

# Smoked Salmon & Noodles

## FISH & SEAFOOD DISHES

*1 small onion*

*6 tablespoons white wine*

*12 1/2 ounces of smoked salmon, diced*

*4 large sprigs of fresh dill*

*2 tablespoons capers, drained*

*1 bag of Miracle Noodles*

*Salt and pepper*

**Serves 4**

1. Peel and finely chop the onion.
2. Place the wine in a frying pan and bring to a boil for 1-2 minutes or until the liquid is reduced to half.
3. Stir in the chopped onion and cook until softened. Once sofened reduce to low heat.
4. Add the smoked salmon to the pan and heat gently.
5. Rinse, dry and thoroughly chop the dill. Add the dill and capers to the pan and gently heat for 2 minutes.
6. Rinse and drain the Miracle Noodles. Add noodles to the pan and heat gently, stirring occasionally for 5 minutes. Add salt and pepper to taste.
7. Ready to serve.

# Smoked Salmon & Noodles

## NUTRITIONAL VALUES

| FOOD | FAT (GRAMS) | CALORIES (KCAL) | CARBOHYDRATES (GRAMS) | PROTEIN (GRAMS) |
|------|------|------|------|------|
| ONION | 0 | 30 | 7.5 | 1 |
| WHITE WINE | 0 | 40 | 1.5 | 0 |
| SMOKED SALMON | 32 | 600 | 0 | 64 |
| FRESH DILL | 0 | 0 | 0 | 0 |
| CAPERS | 0.2 | 4 | 0.8 | 0.4 |
| MIRACLE NOODLES | 0 | 0 | 0 | 0 |
| | | | | |
| TOTAL PER MEAL | 32 | 670 | 9 | 65 |
| TOTAL PER SERVING | 8 | 165 | 2.25 | 16.25 |

## Approved

**ATKINS DIET | SOUTH BEACH DIET**

# Thai Noodle Salad

## FISH & SEAFOOD DISHES

7 ounces of snow peas or sugarsnap peas

1 yellow pepper, diced

1 bag of Miracle Noodles

6 spring onions, finely sliced

9 ounces of peeled cooked shrimp

### DRESSING

2 stems of lemon grass

3 cubes Dorot Chopped Chili

3 cubes Dorot Crushed Ginger

Large handful of coriander leaves

2 limes

4 tablespoons olive oil

3 tablespoons soy sauce

**Serves 4**

1. 1. Trim tops and bottoms and rinse the snow peas. Blanch snow peas by placing them in a pot with boiling water for 30 seconds. Immediately drain and chill in an ice water bath. Drain and set aside.
2. To make dressing: peel outer layers of lemon grass and slice stems into chunks. Add the chilli, ginger and coriander and place into a food processor. Process until smooth and place in a bowl.
3. Squeeze the juice of two limes into the bowl. Add the olive oil and soy sauce and stir to make a chunky dressing.
4. Heat the wok and add the snow peas, spring onions, pepper, and shrimp to the wok.
5. Drain the bag of Miracle Noodles and add to the wok, cooking for 2 minutes.
6. Add the dressing and toss thoroughly.
7. Ready to serve.

# Thai Noodle Salad

## NUTRITIONAL VALUES

| FOOD | FAT (GRAMS) | CALORIES (KCAL) | CARBOHYDRATES (GRAMS) | PROTEIN (GRAMS) |
|---|---|---|---|---|
| SNOW PEAS | 0 | 0 | 0 | 0 |
| YELLOW PEPPER | 0 | 20 | 4 | 1 |
| MIRACLE NOODLES | 0 | 0 | 0 | 0 |
| SPRING ONIONS | 0 | 10 | 2 | 1 |
| PEELED COOKED PRAWNS | 1 | 38 | 0 | 14 |
| | | | | |
| TOTAL PER MEAL | 1 | 68 | 6 | 16 |
| TOTAL PER SERVING | 0.25 | 17 | 1.5 | 4 |

## Approved

**ATKINS DIET | SOUTH BEACH DIET**

# Tuna Noodle Salad

## FISH & SEAFOOD DISHES

*1 can of tuna chunks (preferably in salt water)*

*1 can of sweet corn*

*2 tablespoons low fat mayonnaise*

*1 bag of Miracle Noodles*

**Serves 4**

1. Dry fry the sweet corn and tuna in a frying pan for 1 minute.
2. Rinse and drain the Miracle Noodles and add to the frying pan.
3. Stir continuously for 1 minute.
4. Place in a bowl and add 2 tablespoons mayonnaise and stir thoroughly.
5. Ready to serve.

# Tuna Noodle Salad

## NUTRITIONAL VALUES

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| FOOD | FAT (GRAMS) | CALORIES (KCAL) | CARBOHYDRATES (GRAMS) | PROTEIN (GRAMS) |
|---|---|---|---|---|
| TUNA CHUNKS | 1 | 135 | 0 | 30 |
| SWEET CORN | 1 | 185 | 46 | 4 |
| MAYONNAISE | 6 | 70 | 4 | 0 |
| MIRACLE NOODLES | 0 | 0 | 0 | 0 |
| | | | | |
| TOTAL PER MEAL | 8 | 390 | 48 | 34 |
| TOTAL PER SERVING | 2 | 99.2 | 12 | 8.5 |

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## Approved

**ATKINS DIET | SOUTH BEACH DIET**

# Poultry Dishes

Chicken Chow Mein
Thai Chicken & Noodles
Pad Thai
Low Calorie Fettucine Chicken Alfredo

# Chicken Chow Mein

## POULTRY DISHES

*1 cup chicken stock*

*1 bag of Miracle Noodles*

*14 ounces of chicken breast*

*3 tablespoons soy sauce*

*1 cube Dorot Crushed Garlic*

*3 large spring onions*

*2 carrots*

*1 small broccoli*

*1 red pepper*

*2 leeks*

*2 tablespoons olive oil*

*1 can of sweet corn, drained*

*2 tablespoons hoi sin sauce*

*2 ounces bean sprouts*

**Serves 4**

1. Put the stock in a pan and heat on low.
2. Remove the skin and fat from the chicken breast and cut into fine strips.
3. Place the strips of chicken into a bowl and mix with one tablespoon of soy sauce. Set aside.
4. Wash, peel, and thinly slice the carrots, spring o ions, broccoli, pepper and leeks.
5. Heat half the oil in a wok and add the chicken. Cook for 4-5 minutes.
6. Add the rest of the oil and all the vegetables, sweet corn and garlic to the wok. Stir fry for about 30 seconds.
7. Add the hoi sin sauce, bean sprouts and stock. Stir well; bring to a boil and simmering for 5 minutes.
8. Rinse and drain the bag of Miracle Noodles and add to the pan.
9. Toss the noodles well and cook for 4 minutes.
10. Ready to serve.

# Chicken Chow Mein

## NUTRITIONAL VALUES

| FOOD | FAT (GRAMS) | CALORIES (KCAL) | CARBOHYDRATES (GRAMS) | PROTEIN (GRAMS) |
|---|---|---|---|---|
| MIRACLE NOODLES | 0 | 0 | 0 | 0 |
| CHICKEN BREAST | 12 | 540 | 0 | 108 |
| SOY SAUCE | 0 | 10 | 2 | 2 |
| GARLIC | 0 | 10 | 2 | 0 |
| SPRING ONIONS | 0 | 10 | 2 | 1 |
| CARROTS | 0 | 17.5 | 4 | 0.5 |
| BROCCOLI | 0 | 49 | 9 | 5 |
| RED PEPPER | 0 | 15 | 3 | 0 |
| LEEKS | 0 | 0 | 0 | 0 |
| OLIVE OIL | 28 | 250 | 0 | 0 |
| SWEET CORN | 1 | 185 | 46 | 4 |
| BEAN SPROUTS | 0 | 12.5 | 25 | 1.5 |
| HOI SIN SAUCE | 0 | 10 | 2 | 2 |
| | | | | |
| TOTAL PER MEAL | 41 | 1109 | 95 | 124 |
| TOTAL PER SERVING | 10.25 | 277.25 | 23.75 | 31 |

## Approved

### ATKINS DIET | SOUTH BEACH DIET

# Thai Chicken & Noodles

## POULTRY DISHES

*14 ounces chicken breast*

*6 mushrooms*

*2 bags of Miracle Noodles*

*1 cup light coconut milk*

*2 tablespoons soy sauce*

*3 cubes Dorot Crushed Garlic*

*3 cubes Dorot Chopped Chili*

*3 cubes Dorot Crushed Ginger*

*1 tablespoon lemon grass*

*1 tablespoon lime juice*

**Serves 4**

1. Slice the mushrooms and chicken breast into thin slices.
2. Stir fry the mushrooms and chicken until the chicken is cooked then leave on a low heat.
3. In a mixing bowl place the coconut milk, soy sauce, garlic, chilli, ginger, lemon grass and lime juice and mix thoroughly.
4. Pour the mixture on the chicken and mushrooms and mix well.
5. Rinse and drain the Miracle Noodles.
6. Add the Miracle Noodles to the pan and mix well. Cook for about 4 minutes.
7. Ready to serve.

# Thai Chicken & Noodles

## NUTRITIONAL VALUES

| FOOD | FAT (GRAMS) | CALORIES (KCAL) | CARBOHYDRATES (GRAMS) | PROTEIN (GRAMS) |
|------|-------------|-----------------|------------------------|-----------------|
| CHICKEN BREAST | 12 | 540 | 0 | 108 |
| MUSHROOMS | 0 | 20 | 3 | 1 |
| MIRACLE NOODLES | 0 | 0 | 0 | 0 |
| COCONUT MILK | 1 | 100 | 22 | 3 |
| SOY SAUCE | 0 | 10 | 2 | 2 |
| GARLIC | 0 | 20 | 4 | 0 |
| CHILI | 0 | 10 | 1 | 0 |
| GINGER | 0 | 10 | 2 | 0 |
| LEMON GRASS | 0 | 5 | 1 | 0 |
| LIME JUICE | 0 | 65 | 22 | 1 |
| | | | | |
| TOTAL PER MEAL | 13 | 780 | 57 | 115 |
| TOTAL PER SERVING | 3.25 | 195 | 14.25 | 28.75 |

## Approved

**ATKINS DIET | SOUTH BEACH DIET**

# Pad Thai

## POULTRY DISHES

*2 bags of Miracle Noodles*

*2 tablespoons butter*

*16 ounces chicken breast*

*1/4 cup vegetable oil*

*4 eggs*

*1 tablespoon white wine vinegar*

*2 tablespoons of seafood dressing*

*3 tablespoons white sugar*

*4 3/4 ounces bean sprouts*

*3 onions, thinly sliced*

**Serves 4**

1. Rinse and drain Miracle Noodles and set aside.
2. Slice the chicken breast into small pieces and fry in a pan until fully cooked.
3. Melt the butter in a wok.
4. Add the oil to the wok and heat on a medium.
5. Crack the eggs into the hot oil and cook until it has made a firm mixture.
6. Once firm add the chicken, onions, white wine vinegar, seafood dressing and sugar.
7. Stir thoroughly and add the Miracle Noodles.
8. While cooking, stir continuously until well mixed.
9. Add the bean sprouts to the mixture and stir continuously for another 3 minutes.
10. Ready to serve.

# Pad Thai

## NUTRITIONAL VALUES

| FOOD | FAT (GRAMS) | CALORIES (KCAL) | CARBOHYDRATES (GRAMS) | PROTEIN (GRAMS) |
|---|---|---|---|---|
| MIRACLE NOODLES | 0 | 0 | 0 | 0 |
| BUTTER | 21.9 | 200 | 0 | 0 |
| CHICKEN BREAST | 12 | 540 | 0 | 108 |
| VEGETABLE OIL | 32 | 280 | 52 | 38 |
| EGGS | 20 | 300 | 4 | 24 |
| WHITE WINE VINEGAR | 8 | 70 | 0 | 0 |
| SEAFOOD DRESSING | 16 | 140 | 0 | 0 |
| WHITE SUGAR | 0 | 110 | 29 | 0 |
| BEAN SPROUTS | 0 | 12.5 | 2.5 | 1.5 |
| ONIONS | 0 | 120 | 39 | 6 |
| | | | | |
| TOTAL PER MEAL | 109.9 | 1772.5 | 126.5 | 177.5 |
| TOTAL PER SERVING | 27.5 | 443.13 | 31.63 | 44.4 |

## Approved

**ATKINS DIET | SOUTH BEACH DIET**

# Low Calorie Fettucine Chicken Alfredo

## POULTRY DISHES

1 bag of Miracle Noodles

2 wedges Laughing Cow light creamy swiss cheese

1 tablespoon fat-free sour cream

2 ounces cooked diced chicken breast

1/4 cup spinach

1 tablespoon diced green onions

4 teaspoons reduced fat parmesan style grated topping

**Serves 1**

1. Prepare Miracle Noodles as directed. Rinse and boil for 1 minute, dry and place in a warm (not hot) pan.
2. Add to the noodles two wedges of Laughing Cow light creamy swiss cheese and stir to melt.
3. Add sour cream, diced chicken, spinach and green onions. Warm through to wilt spinach.
4. Top with reduced fat parmesan style grated topping.
5. Ready to serve.

**NOTES:**
*For creamier sauce take out one one the wedges of Laughing Cow and exchange the calories for a spalsh of whole milk.*

# Low Calorie Fettucine Chicken Alfredo

## NUTRITIONAL VALUES

| FOOD | FAT (GRAMS) | CALORIES (KCAL) | CARBOHYDRATES (GRAMS) | PROTEIN (GRAMS) |
|---|---|---|---|---|
| MIRACLE NOODLES | 0 | 0 | 0 | 0 |
| SWISS CHEESE | 26 | 75 | 2 | 4 |
| SOUR CREAM | 0 | 20 | 3 | 1 |
| CHICKEN | 1 | 100 | 0 | 11 |
| SPINACH | 0 | 10 | 2 | 1 |
| GREEN ONION | 0 | 15 | 3 | 0 |
| PARMESAN TOPPING | 4 | 40 | 4 | 2 |
| | | | | |
| TOTAL PER MEAL | 31 | 260 | 14 | 19 |
| TOTAL PER SERVING | 31 | 260 | 14 | 19 |

## Approved

**ATKINS DIET | SOUTH BEACH DIET**

# Meat Dishes

- Beef & Snow Pea Noodles
- Lasagna
- Noodles with Rustic Sauce
- Tomato & Bacon Noodles
- Italian Pasta Bake
- Spaghetti Bolognaise

# Beef & Snow Pea Noodles

## MEAT DISHES

*16 ounces sirloin steak*

*2 tablespoons soy sauce*

*5 tablespoons hoi sin sauce*

*2 tablespoons of sherry*

*1 onion*

*1 carrot*

*16 ounces snow peas or sugarsnap peas*

*1 cube Dorot Crushed Garlic*

*3 cubes Dorot Crushed Ginger*

*1 bag of Miracle Noodles*

**Serves 4**

1. Cut the sirloin steak into fine strips then place in a bowl and add the soy sauce, hoi sin sauce and sherry then mix thoroughly.
2. Wash peel and thinly slice the onion, carrot and snow peas.
3. Place all the cut vegetables, garlic and ginger in a wok and stir fry for 5 minutes or until soft.
4. Add the sirloin steak to the wok and stir fry; stirring continuously for 2-3 minutes until tender.
5. Leave on low heat for 5 minutes.
6. Rinse and drain the bag of Miracle Noodles and add to the wok; stirring continuously for 4 minutes.
7. Ready to serve.

# Beef & Snow Pea Noodles

## NUTRITIONAL VALUES

| FOOD | FAT (GRAMS) | CALORIES (KCAL) | CARBOHYDRATES (GRAMS) | PROTEIN (GRAMS) |
|------|------|------|------|------|
| SIRLOIN STEAK | 36 | 900 | 0 | 114 |
| SOY SAUCE | 0 | 10 | 2 | 2 |
| HOI SIN SAUCE | 0 | 0 | 0 | 0 |
| SHERRY | 0 | 0 | 0 | 0 |
| ONION | 0 | 60 | 13 | 2 |
| GARLIC | 0 | 10 | 2 | 0 |
| CARROT | 0 | 35 | 8 | 1 |
| SNOW PEAS | 0 | 0 | 0 | 0 |
| MIRACLE NOODLES | 0 | 0 | 0 | 0 |
| | | | | |
| TOTAL PER MEAL | 36 | 1015 | 25 | 119 |
| TOTAL PER SERVING | 9 | 253.75 | 6.25 | 29.75 |

## Approved

**ATKINS DIET | SOUTH BEACH DIET**

# Lasagna

## MEAT DISHES

*16 ounces ground beef*

*16 ounces Italian sausage*

*1 1/2 cups warm water*

*10 black olives*

*1 onion*

*2 cans of chopped tomatoes*

*2 bags of Miracle Noodles*

*7 ounces ricotta cheese*

*7 ounces mozzarella cheese, shreaded*

*1 cube Dorot Crushed Garlic*

*1 cube Dorot Chopped Basil*

*Pinch of oregano*

*Pinch of sage*

*Pinch of black pepper*

**Serves 4**

1. Preheat the oven to 350 degrees Fahrenheit.
2. Brown the ground beef and sausage in frying pan. Once browned, drain off excess grease.
3. Finely chop the onion and olives.
4. Place the ground beef and sausage back in the pan and add onion, olives, garlic and water and stir thoroughly.
5. Then add the basil, oregano, sage and black pepper and mix well.
6. Once mixed, add the chopped tomatoes and stir for 3 minutes. Simmer for another 10 minutes.
7. Place a layer of the meat mixture on the bottom of a baking dish.
8. Then add a layer of Miracle Noodles.
9. Sprinkle a thin layer of ricotta and mozzarella cheese on top.
10. Then repeat with the meat mixture, Miracle Noodles and cheese but set aside about half of the cheese to be used later.
11. Cover the top of the baking dish and bake for 30 minutes.
12. After 30 minutes, uncover the baking dish and add the remaining cheese on top. Return the uncovered baking dish to the oven and bake for another 15 minutes.
13. Ready to serve.

# Lasagna

## NUTRITIONAL VALUES

| FOOD | FAT (GRAMS) | CALORIES (KCAL) | CARBOHYDRATES (GRAMS) | PROTEIN (GRAMS) |
|---|---|---|---|---|
| GROUND BEEF | 30 | 750 | 0 | 110 |
| ITALIAN SAUSAGE | 32 | 400 | 0 | 12 |
| BLACK OLIVES | 5 | 37.5 | 0 | 0 |
| GARLIC | 0 | 10 | 2 | 0 |
| ONION | 0 | 60 | 13 | 2 |
| CHOPPED TOMATOES | 2 | 100 | 20 | 4 |
| MIRACLE NOODLES | 0 | 0 | 0 | 0 |
| RICOTTA CHEESE | 19 | 340 | 13 | 28 |
| MOZZARELLA CHEESE | 32.5 | 520 | 6.5 | 52 |
| | | | | |
| TOTAL PER MEAL | 120.5 | 2117.5 | 54.5 | 208 |
| TOTAL PER SERVING | 30.13 | 529.38 | 13.3 | 52 |

## Approved

**ATKINS DIET | SOUTH BEACH DIET**

# Noodles with Rustic Sauce

## MEAT DISHES

*1 medium onion*

*1 cube Dorot Crushed Garlic*

*1 tablespoon of olive oil*

*18 ounces of lean pork sausages*

*3 tablespoons chicken stock*

*14 ounce can of chopped tomatoes*

*Salt and black pepper*

*1 bag of Miracle Noodles*

*1 can of peas, drained*

**Serves 4**

1. Peel and coarsely chop the onion.
2. Place the oil, onion and garlic into a frying pan cook on medium heat; stirring occasionally for 4 minutes or until the onion has softened.
3. Coarsely chop the sausage and remove the skin. Then break them up with a fork.
4. Add sausage to the pan and cook for 7 minutes or until brown.
5. Add chicken stock, tomatoes, salt and pepper to the pan.
6. Bring to a boil and simmer for 10 minutes.
7. Rinse and drain the bag of Miracle Noodles. Add the noodles along with peas to the pan and simmer for 5 minutes; stirring occasionally.
8. Ready to serve

# Noodles with Rustic Sauce

| FOOD | FAT (GRAMS) | CALORIES (KCAL) | CARBOHYDRATES (GRAMS) | PROTEIN (GRAMS) |
|------|------|------|------|------|
| ONION | 0 | 60 | 13 | 2 |
| GARLIC | 0 | 10 | 2 | 0 |
| OLIVE OIL | 14 | 125 | 0 | 0 |
| PORK SAUSAGES | 32 | 400 | 0 | 12 |
| CHOPPED TOMATOES | 1 | 50 | 10 | 2 |
| MIRACLE NOODLES | 0 | 0 | 0 | 0 |
| GARDEN PEAS | 1 | 225 | 40 | 15 |
| | | | | |
| TOTAL PER MEAL | 48 | 880 | 65 | 31 |
| TOTAL PER SERVING | 12 | 220 | 16.25 | 73 |

## Approved

**ATKINS DIET | SOUTH BEACH DIET**

# Tomato & Bacon Noodles

## MEAT DISHES

*2 cans of chopped tomatoes*

*6 slices of lean bacon*

*1 bag of Miracle Noodles*

*1 cube Dorot Chopped Basil*

**Serves 4**

1. Slice the bacon into very thin strips.
2. Place in a pan and fry for 2 minutes.
3. Add the chopped tomatoes.
4. Rinse and drain the bag of Miracle Noodles. Add noodles to the pan and stir continuously for 3 minutes.
5. Add basil and stir on low heat for 1 minute.
6. Ready to serve.

# Tomato & Bacon Noodles

## NUTRITIONAL VALUES

| FOOD | FAT (GRAMS) | CALORIES (KCAL) | CARBOHYDRATES (GRAMS) | PROTEIN (GRAMS) |
|---|---|---|---|---|
| CHOPPED TOMATOES | 1 | 50 | 10 | 2 |
| LEAN BACON | 4 | 105 | 0 | 17 |
| MIRACLE NOODLES | 0 | 0 | 0 | 0 |
| | | | | |
| TOTAL PER MEAL | 5 | 155 | 10 | 19 |
| TOTAL PER SERVING | 1.25 | 38.75 | 2.5 | 4.75 |

## Approved

**ATKINS DIET | SOUTH BEACH DIET**

# Italian Pasta Bake

## MEAT DISHES

*1 bag of Miracle Noodles*

*1 pork Italian sausage*

*1 onion*

*1 stalk of celery*

*1 small zucchini*

*1 can of tomato sauce*

*4 tomatoes*

*4 large mushrooms*

*1 cube Dorot Chopped Basil*

*1 cube Dorot Crushed Garlic*

*Pinch of oregano*

*3 1/2 ounces of mozzarella cheese, shreaded*

**Serves 4**

1. Preheat the oven to 350 degrees Fahrenheit.
2. Rinse and drain the bag of Miracle Noodles.
3. Chop the onion, celery, zucchini, tomatoes and mushrooms into fine slices.
4. Slice the sausage and cook in a pan with the chopped onion for 5-7 minutes until the sausage is no longer pink.
5. Stir in the celery, zucchini, tomato sauce, mushrooms, tomatoes, basil, garlic, and oregano into the sausage and onion mixture.
6. Bring to a boil and then let it simmer for 5-10 minutes.
7. Remove the pan from the heat and add the Miracle Noodles; stirring thoroughly.
8. Pour the mixture into a baking dish and seal the top tightly with foil.
9. Bake for 20 minutes.
10. Remove the dish from the oven, uncover and sprinkle the mozzarella cheese on top.
11. Return the baking dishto the oven and bake uncovered for 5-10 minutes or until cheese has melted.
12. 12. Ready to serve.

# Italian Pasta Bake

## NUTRITIONAL VALUES

| FOOD | FAT (GRAMS) | CALORIES (KCAL) | CARBOHYDRATES (GRAMS) | PROTEIN (GRAMS) |
|---|---|---|---|---|
| MIRACLE NOODLES | 0 | 0 | 0 | 0 |
| PORK ITALIAN SAUSAGE | 4 | 50 | 0 | 3 |
| ONION | 0 | 60 | 13 | 2 |
| CELERY | 0 | 5 | 1 | 0 |
| ZUCCHINI | 0 | 5 | 1 | 0 |
| TOMATO SAUCE | 0 | 75 | 18 | 3 |
| TOMATOES | 0 | 100 | 20 | 3 |
| MUSHROOMS | 0 | 20 | 3 | 1 |
| MOZZARELLA CHEESE | 16 | 320 | 4 | 32 |
| | | | | |
| TOTAL PER MEAL | 20 | 635 | 60 | 44 |
| TOTAL PER SERVING | 5 | 158.75 | 15 | 11 |

## Approved

**ATKINS DIET | SOUTH BEACH DIET**

# Spaghetti Bolognaise

## MEAT DISHES

● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●

*16 ounces lean ground beef*

*2 cans of chopped tomatoes*

*1 onion*

*1 cube Dorot Crushed Garlic*

*1 cube Dorot Chopped Basil*

*Pinch of oregano*

*1 bag of Miracle Noodles*

**Serves 4**

1. Finely chop the onion and garlic.
2. Preheat a frying pan and add the lean ground beef.
3. Once the beef is browned, drain off any excess fat.
4. Add the beef, onion and garlic to the frying pan and cook until soft.
5. Add the chopped tomatoes, basil and oregano.
6. Simmer for 6 minutes; stirring occasionally.
7. Rinse and drain the bag of Miracle Noodles.
8. Add the Miracle Noodles to the frying pan.
9. Stir thoroughly for 2 minutes.
10. Ready to serve.

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# Spaghetti Bolognaise

## NUTRITIONAL VALUES

| FOOD | FAT (GRAMS) | CALORIES (KCAL) | CARBOHYDRATES (GRAMS) | PROTEIN (GRAMS) |
|------|------|------|------|------|
| LEAN GROUND BEEF | 30 | 750 | 0 | 110 |
| CHOPPED TOMATOES | 2 | 100 | 20 | 4 |
| ONION | 0 | 60 | 13 | 2 |
| GARLIC | 0 | 10 | 2 | 0 |
| MIRACLE NOODLES | 0 | 0 | 0 | 0 |
| | | | | |
| TOTAL PER MEAL | 32 | 920 | 25 | 116 |
| TOTAL PER SERVING | 8 | 230 | 6.25 | 29 |

## Approved

**ATKINS DIET | SOUTH BEACH DIET**

# Conclusion

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The Miracle Noodle Diet Plan is an effective, simple way to shed unwanted pounds – and keep them off. It can be a challenge, particularly at first. Cutting out fried foods, sugar and flour can be hard for any of us, but the Miracle Noodles (and rice) can help you feel full, satisfied and content in your cravings. Also, raw foods and nuts help provide bulk and satiety to the program as well.

Wishing you the best of health,

Jonathan Carp, MD

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