

SC2L Elimination Recipes



An Elimination Diet is a short-term diet that helps identify foods your body can't tolerate well and removes them from your diet.



Women's Midlife Specialist 
Dr. Karen Leggett

DR KAREN LEGGETT



RECIPES

Basic Broiled Salmon (3)
Berry and Citrus Salad (5)
Grilled Chicken Thighs (or Breasts) with Pineapple-Mint Salsa (6)
How to Cook Salmon in the Slow Cooker (8)
Hybrid Hungry-man Burgers (11)
Lip Smacking Simple Salad (13)
Salmon Cobb Salad (14)
Pan Seared Salmon (15)
Kale, Pear and Walnut Salad (17)
Salmon & Asparagus with Lemon-Garlic Butter Sauce (19)
Broiled Tilapia with Yogurt and Herbs (22)
Roasted Halibut with Herb Salad (24)
Curry Poached COD with Snap Peas (26)
Maple-Glazed Salmon (29)
Grilled Shrimp Ceasar Salad (30)
Sweet & Spicy Scallops (32)
Slow Cooker Lemon-Garlic Chicken Breast (33)
Lemon Turmeric Chicken Sweet Salad (36)
Mango Chia Seed Parfait (37)

ADDITIONAL INFORMATION ...

Vanilla (41)
Milk and Alternatives (41)
Mango Madness (42)
Sweetners (43)



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DR KAREN LEGGETT



Basic Broiled Salmon

Serves 4

Ingredients:

- 4 salmon fillets
- 2 TBS olive oil (1/2 Tbl per salmon fillet)
- Sea salt
- Coarse black pepper
- 1–2 lemons, sliced

Instructions:

- Turn the broiler on high.
- Lightly grease a pan, tray or use unbleached parchment paper.
- Pat dry salmon fillets with a paper towel



Basic Broiled Salmon

- Rub ½ Tablespoon of olive oil lightly and evenly over each salmon fillet and then sprinkle the sea salt and black pepper.
- Place in oven on the top rack (for crispness) for 10 - 12 minutes for every inch of thickness of the fillets. Divide the total expected broiling time for each side. Meaning if you have a 1-inch fillet, you will broil a total of 10 - 12 minutes – 5 - 6 minutes on each side.
- Squeeze a splash of lemon on top of the salmon and serve with veggies, sweet potato!
- If you want to really be fancy, take your salmon out of the oven about 1 minute before the time is up, squeeze the lemon on the fillets and then place fresh lemon slices on top of the salmon and place back in the oven for an additional minute to crisp up the lemon slices.
- Feel free to top with capers, and other fresh herbs like parsley or fresh thyme.



Berry and Citrus Salad

By Dr. Karen Leggett

Prep Time: 5 minutes

Serves: 2



Salad ingredients:

4 cups of organic greens or baby spinach

1 grapefruit (or other citrus fruit like oranges or tangerines) peeled and sliced into bitesize pieces

½ cup of blackberries or blueberries

½ cup of raspberries

½ apple (skin on)

¼ cup feta cheese crumbles (not during elimination phase of GI cleanse)

2 tablespoons of walnuts

Salad dressing: (double the dressing recipe if you like more dressing on your salad)

2 tablespoons of olive oil

1 tsp lemon juice

1 tsp grapefruit juice or orange juice

Pinch of salt and pepper

Directions:

1. Place greens in 2 bowls or plates.
2. Add the rest of the ingredients to the salad greens.
3. Mix all of the salad dressing ingredients and pour over the salad. Toss and serve!



Grilled Chicken Thighs (or Breasts) with Pineapple-Mint Salsa

Original Author: Mickey Trescott
“Doctored up”: by Dr. Karen Leggett

Serves: 6 servings

INGREDIENTS

For the chicken:

- ½ tsp sea salt
- ½ tsp ginger powder (equal to 1 Tablespoon minced or 2 Tablespoons of freshly grated)
- ½ tsp garlic powder (equal to 1 large clove fresh or 1 ½ teaspoons of minced garlic)
- 3 lbs bone-in, skin-on chicken thighs OR 3 lbs chicken breast with or without skin (depending on your need for fat that day)

NOTE: Mentally assess your day's fat intake. If you are low in fat that day, choose chicken breast or thighs with skin in place. Make sure your chicken with skin on it is free range organic as the skin harbors toxins more than the meat



For the salsa:

Grilled Chicken Thighs (or Breasts) with Pineapple-Mint Salsa

- ½ large pineapple, cut into ½-inch chunks, or 1 large can (12-15 ounces) of pineapple chunks
- 6 medium to large radishes cut into ½ inch chunks
- 1 medium cucumber, cut into ½-inch chunks
- 2 avocados, cut into ½-inch chunks
- 6 green onions, root and top ends removed and sliced to make little onion circles
- 1 oz fresh mint leaves, finely chopped – This is by taste and if you don't know the how many ounces of fresh mint leaves you have, use 6 Tablespoons of mint leaves, finely chopped and sprinkle about 1 Tablespoon per chicken breast or thigh
- 1 clove garlic, minced (this is for the “average” garlic eater – If you love garlic like me, I use 3 cloves (or ½ clove per chicken breast and chop it into chunks instead of using minced)
- ½ tsp sea salt
- ½ tsp ginger powder (equal to 1 Tablespoon minced or 2 Tablespoons of freshly grated)
- ½ lemon, juiced

INSTRUCTIONS

1. Combine the salt and spices for the chicken in a small bowl and set aside.
2. Dry your chicken with paper towels.
3. Poke holes in your chicken with a fork.
4. Spread the salt and spice mixture over the dried chicken and use the back of a fork to spread and rub the spices into the chicken well and place in refrigerator for 30 minutes or more.
5. Pre-heat your grill (I use a George Foreman grill or open fire when camping).
6. Place the chicken skin-side down on grill and cook 5-7 minutes, until skin starts to get crispy. Flip and cook another 5-7 minutes, or until a thermometer reads 165 degrees F.
7. While the chicken is cooking, combine the salsa ingredients and stir gently to combine.
8. Serve each piece of chicken with salsa on top.



How To Cook Salmon in the Slow Cooker

SERVES 3 to 6



How To Cook Salmon in the Slow Cooker

SERVES 3 to 6

INGREDIENTS

- 1 to 2 pounds
- skin-on salmon fillets
- Salt
- Fresh ground black pepper
- Spices (optional)
- Sliced lemon (optional)
- Sliced aromatic vegetables, like fennel, onions, or celery (optional)
- 1 to 1 1/2 cups
- liquid, such as water, broth, wine, beer, cider, or a mix

EQUIPMENT

6-quart or larger slow cooker (see Recipe Note for smaller slow cookers)
Parchment paper or aluminum foil

INSTRUCTIONS

Cut the salmon into pieces. I usually cut the salmon into large pieces roughly the same size of my slow cooker, placing the smaller piece on top of the larger one. You can also cut them into smaller, individual-serving fillets.

Sprinkle salmon with salt and pepper. Season the flesh side of the salmon with salt and pepper. Be generous! Sprinkle on any other spices you're using and rub them in with your fingers.

Line the slow cooker. Cut a large square of parchment or aluminum foil and press it into the slow cooker. This makes it easier to lift the delicate salmon out of the slow cooker later.



How To Cook Salmon in the Slow Cooker

Place one layer of salmon in the slow cooker. Place the larger piece of salmon skin-side down in the slow cooker. Top with more slices of lemon and aromatics, if using.

Add another layer, if needed. If you're cooking more salmon than fits in a single layer, you can add a second layer. Place a piece of parchment or foil over the first layer, lay the rest of the salmon over skin-side down, and top with aromatics. (I don't recommend adding a third layer.)

Choose your cooking liquid. The liquid helps to poach the salmon gently. It can be as simple as plain water, or as complex as a cup of amber beer with soy sauce and fish sauce mixed in. My standby is half water and half white wine. You'll need between 1 and 1 1/2 cups of liquid.

Pour the liquid over the salmon. If cooking one layer, add enough liquid to just barely cover. If cooking two layers, add enough liquid to come partway up the side of the top fillet.

Cook on LOW for 1 to 2 hours. Cover and cook on the LOW setting. The exact cooking time will vary based on your particular slow cooker, the number and thickness of your fillets, and how "done" you like your salmon. Check the salmon after 1 hour and continue checking every 20 minutes until it's done. If you prefer fully cooked salmon, check it with a thermometer in the thickest part — the fish is done when it reaches 145°F.

Remove from the slow cooker. Lift the salmon from the slow cooker by grasping the parchment or aluminum foil. Tilt the paper slightly as you lift to drain off the liquid. Serve immediately, or cool and refrigerate.

RECIPE NOTES

Smaller slow cookers: The process for cooking the salmon is the same, you're just limited in how much you can cook. Smaller slow cookers are ideal for a few individual fillets. You can also cook two layers stacked on top of each other.

Storage: Store leftover salmon in an airtight container in the refrigerator for up to 3 days.

dairy-free
low-carb
peanut-free
shellfish-free
pork-free
pescatarian
no-oil-added
egg-free
soy-free
tree-nut-free
red-meat-free

Per serving, based on 6 servings. (% daily value)

Calories 261
Fat 15.3 g (23.5%)
Saturated 3.5 g (17.4%)
Carbs 6.2 g (2.1%)
Fiber 0.2 g (0.9%)
Sugars 5.0 g
Protein 23.3 g (46.5%)
Sodium 385.0 mg (16.0%)



Hybrid Hungry-man Burgers

Makes: 4 “Hungry-man” sized burgers or 6 “Lady-like” burgers

Inspired by Original Recipe by Allyson Willis

“Doctored Up” and Renamed by Dr. Karen Leggett

Ingredients

- 1.5 pounds grass fed ground beef, or Organic ground Turkey meat. If you want to have little to low fat, go for ground Turkey Breast meat
- 2 medium carrots, peeled
- 2 medium zucchinis
- 3-4 cloves garlic – or about 2 teaspoons of minced garlic
- ¼ cup chopped fresh parsley
- ¼ teaspoon salt
- 1/8 teaspoon black pepper
- 2 tablespoons coconut oil

Note: When you are in the Challenge Phase, you can add cheese to this recipe. I like to add about 4 Tablespoons of grated cheese to the entire recipe and have used grated parmesan, sharp cheddar, Manchego (my favorite) and others. Be brave! Or you can melt a slice on top if you like or mix shredded cheese right into the veggie-meat mix before grilling!

Instructions and Extra Secrets to the Best Burger!

- Grate carrots and zucchini into a mixing bowl.
- Mince garlic cloves (or use already minced garlic)
- Finely chop parsley
- Shred cheese (if using)
- Melt 1 Tablespoon of coconut oil into a hot pan and add garlic, carrots, zucchini, salt, and pepper. Sauté for about 2 minutes, add parsley, and continue to cook for several more minutes until vegetables have softened.



- Combine cooked vegetables with ground beef and add grated cheese (if using). Mix to combine well but don't overmix. Keep meat mixture as "light" as possible. Too much mixing makes the patties too dense.
- Divide into 4 "man-size" patties or 6 "lady-size" patties.

The best way to make equal and even patties is to divide your meat mixture in half and then half again. This will give you 4 "Hungry-man" sized burgers. Also press the center of the patty down slightly with a fork before cooking to prevent the middle from "puffing up".

- Grill on an outside grill, George Forman Grill, or even cook under the broiler. You can also fry these on the stove top with 1 tablespoon of butter or 1 tablespoon of coconut oil. This usually takes about 5-7 minutes on each side depending on the thickness of your patties. Remember that there are different amounts of fat in grass-fed beef just like there is in ground beef (such as Ground Sirloin vs Ground Beef). The less fat in the meat, the less time it takes to cook. This is also the case with ground turkey breast. I still recommend well done ground beef and turkey at all times.
- Serve on grilled sweet potato rounds* or hamburger buns and top with lettuce, tomato, avocado, sprouts, etc.
- Serve with a big slice of tomato, onion and fresh lettuce. Add other condiments of your choice such as relish or pickles... OR just place on top of a lettuce, tomato and onion salad and enjoy!
- Goes well with "Easy Microwave Sweet Potato Rounds by Peggy" or any other side veggie!

Notes

*To make grilled sweet potato rounds, peel and microwave a large sweet potato for 2 minutes, and then slice it into ¼ inch thick rounds. Brush with oil and grill over medium high heat for 5-6 minutes per side.





Lip Smacking Simple Salad

By Dr. Karen



Servings: 1 BIG delicious salad OR can be 2 salads to go with an additional protein serving

Ingredients

2 cups organic mixed baby greens
1/2 chopped cucumber
6 organic cherry tomatoes (sliced in half)
1/3 cup canned white beans, rinsed and drained
1/2 - 1 avocado, chunks

Dressing:

1 Tbl red-wine vinegar or your favorite balsamic vinegar
2 teaspoons extra-virgin olive oil (or macadamia nut, almond, or avocado oil)
1/4 teaspoon sea salt
Pinch of pepper

Directions

- Combine greens, veggies, beans and avocado in a medium bowl.
- Mix vinegar and oil, salt and pepper.
- Toss and chow!



Salmon Cobb Salad

Prep Time: 15 minutes

Cook Time: 15 minutes

Total Time: 30 minutes

Salmon Cobb Salad is a modern spin on the classic American Cobb salad. It is definitely a feel-good, protein packed salad loaded with crisp lettuce, sweet corn, avocados, ripe cherry tomatoes and hard-boiled eggs.

Author: Natasha of NatashasKitchen.com

Skill Level: Easy

Cost to Make: \$18-\$24

Calories: 432 kcal

Servings: 4 people as a side salad



Pan Seared Salmon





Pan Seared Salmon

Ingredients for Pan Seared Salmon:

- 1 lb salmon boneless, skinless (preferably wild-caught)
- 1 tsp **sea salt**
- 1/4 tsp **black pepper**

Ingredients for Cobb Salad:

- 1 large head of romaine lettuce chopped, rinsed and spun dry
- 2 ears of corn cooked, shucked and cut off the cob
- 1/2 medium red onion thinly sliced
- 2 **large hard-boiled eggs** peeled and quartered
- 1 large avocado peeled, pitted and sliced
- 1 1/2 cups cherry tomatoes halved

Ingredients for Cilantro Lime Dressing:

- 3 Tbsp fresh lime juice from 1 to 2 limes
- 3 Tbsp **extra virgin olive oil**
- 2 Tbsp cilantro chopped
- 2 Tbsp dill chopped
- 1 large garlic clove pressed or finely minced
- 1 tsp **sea salt**
- 1/8 tsp **black pepper**

Instructions:

1. Season salmon generously with salt and pepper. Heat 1 Tbsp oil in a large non-stick skillet over medium-high heat. Once oil is hot add salmon, top-side down and cook until golden and crisp on the first side (4 minutes) then flip salmon and continue cooking another 4 minutes or until cooked through, depending on thickness of salmon. Transfer to a plate and cool to room temperature then flake salmon with forks into bite-sized pieces.
2. Arrange romaine lettuce on a large platter or large shallow bowl.
3. Arrange remaining salad ingredients in rows over the romaine lettuce; cooked corn kernels, sliced onion, quartered eggs, sliced avocado, and halved cherry tomatoes.
4. Combine dressing ingredients in a measuring cup and stir to combine. Drizzle evenly over the salad just before serving.



Great Outdoors **Inspired**



Kale Nut and Berry Salad



Kale, Pear and Walnut Salad

Ingredients

- ½ cup walnut seeds
- ½ cup cranberries
- 1 ½ teaspoons extra-virgin olive oil
- ½ teaspoon kosher salt, divided
- ¼ cup whole-milk plain Greek yogurt
- 2 tablespoons tahini
- 1 tablespoon water
- 1 ½ teaspoons cider vinegar
- 1 teaspoon lemon juice
- 10 cups torn stemmed kale leaves (from 2 bunches) – or you can use Organic Fresh Mixed Greens
- 1 ripe pear, thinly sliced (substitute apple if pears are not in season or easily found)
- ¼ medium red onion, thinly sliced
- ½ cup crumbled feta cheese (goat cheese also works well)



Directions

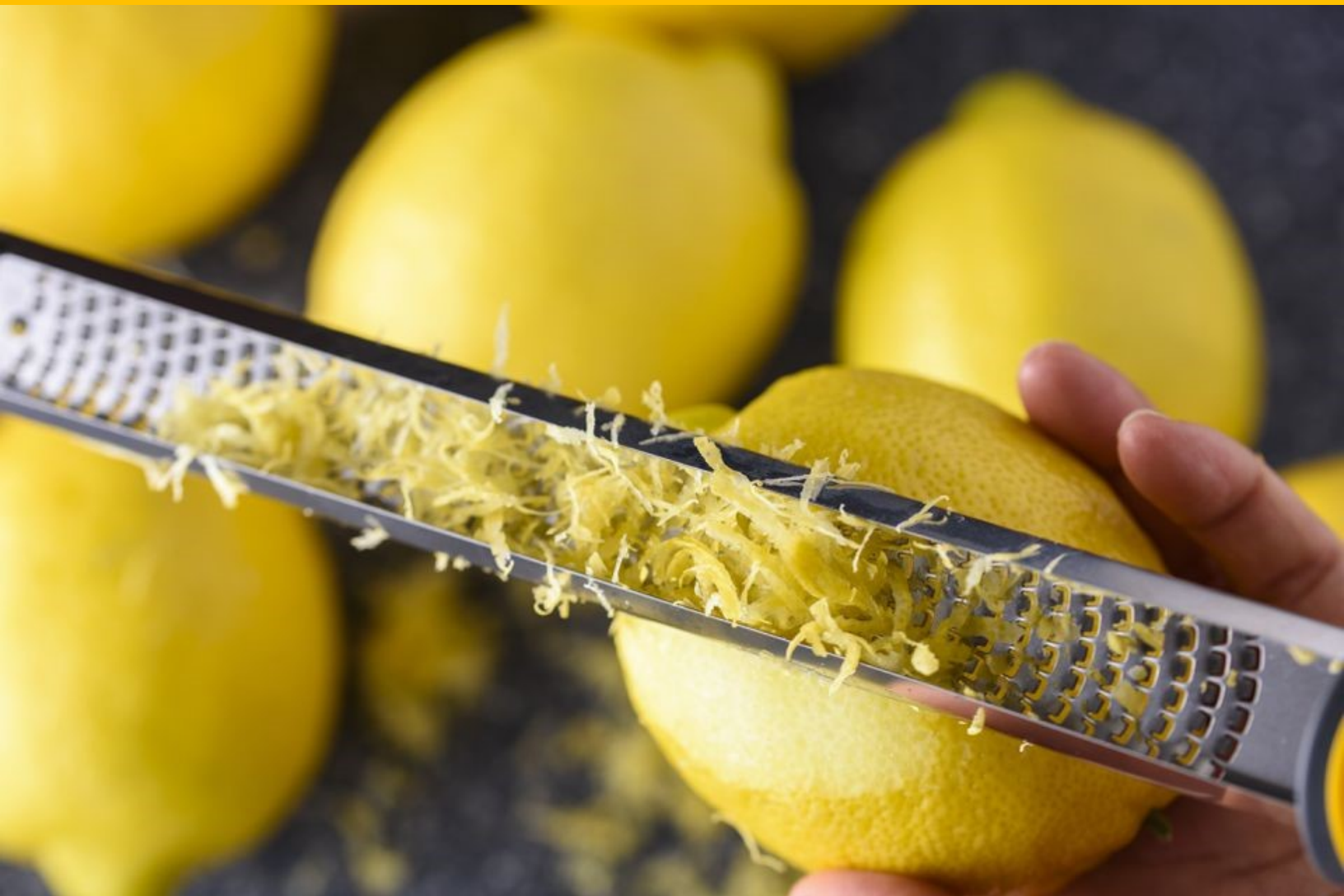
Whisk yogurt, tahini, water, vinegar, lemon juice and 1/8 teaspoon salt in a large bowl. Add kale and massage with the dressing to soften the leaves. Add pear, onion and sprinkle with walnuts and cranberries.



Salmon & Asparagus with Lemon-Garlic Butter Sauce

By CAROLYN CASNER





Salmon & Asparagus with Lemon-Garlic Butter Sauce

By CAROLYN CASNER

Active: 10 mins Total: 25 mins Servings: 4

Nutrition Profile:

- Egg Free
- Soy-Free
- Gluten-Free
- Healthy Immunity
- Low Carbohydrate
- Omega-3
- Nut-Free
- Bone Health
- Healthy Aging
- Low-Calorie
- Low Sodium

Ingredients

1 pound center-cut salmon fillet,
preferably wild, cut into 4 portions
1 pound fresh asparagus, trimmed
½ teaspoon salt
½ teaspoon ground pepper
3 tablespoons butter
1 tablespoon extra-virgin olive oil
½ tablespoon grated garlic
1 teaspoon grated lemon zest
1 tablespoon lemon juice



Salmon & Asparagus with Lemon-Garlic Butter Sauce

Directions

Step 1

Preheat oven to 375 degrees F. Coat a large rimmed baking sheet with cooking spray.

Step 2

Place salmon on one side of the prepared baking sheet and asparagus on the other. Sprinkle the salmon and asparagus with salt and pepper.

Step 3

Heat butter, oil, garlic, lemon zest and lemon juice in a small skillet over medium heat until the butter is melted. Drizzle the butter mixture over the salmon and asparagus. Bake until the salmon is cooked through and the asparagus is just tender, 12 to 15 minutes.

Nutrition Facts

Serving Size: 1 Piece Salmon & About 5 Spears Asparagus

Per Serving:

269 calories; 16.5 g total fat; 6.9 g saturated fat; 76 mg cholesterol; 351 mg sodium. 667 mg potassium; 5.6 g carbohydrates; 2.5 g fiber; 2 g sugar; 25.4 g protein; 1289 IU vitamin a iu; 10 mg vitamin c; 73 mcg folate; 79 mg calcium; 3 mg iron; 49 mg magnesium;

Exchanges:

3 1/2 Lean Protein, 2 1/2 Fat, 1 Vegetable



Broiled Tilapia With Yogurt and Herbs

Active Time: 5 Mins

Total Time: 30 Mins

Yield: Serves 4 (serving size: 1 fillet)

Parcook the tilapia before slathering on the sauce to brown it slightly. Look for fillets with even thickness, but if you can't find them, fold the thin end of the fillet under itself to encourage even cooking. Serve this with a New Zealand Sauvignon Blanc or American Pinot Gris--both pick up on the floral and herbal notes and accentuate the topping's acidity.

Ingredients:

4 skinless tilapia, flounder, or catfish fillets (about 1 1/4 lb. total)

1/8 teaspoon kosher salt

Olive oil or canola cooking spray

2 1/2 tablespoons plain 0% fat-free Greek yogurt

1 1/2 tablespoons mayonnaise

1 tablespoon cooking sherry or Madeira, preferably amontillado sherry or rainwater Madeira

1 tablespoon chopped fresh herbs, such as tarragon or dill (about 2 sprigs)

Nutritional Information:

Calories 182

Fat 6

Satfat 1g

Unsatfat 5g

Protein 29g

Carbohydrate 0g

Fiber 0g

Sugars 0g

Added sugars 0g

Sodium 170mg

Calcium 3% DV

Potassium 13% DV



How to Make It

Step 1

Season fish with salt and let stand 20 minutes. Pat dry with a paper towel.

Step 2

Grease a baking sheet, or line it with aluminum foil and spray with cooking spray. Place fish on sheet, folding the last 1 inch to 2 inches of the fillet under itself to make the fillet an even thickness.

Step 3

Preheat broiler to high. Combine yogurt, mayonnaise, sherry, and herbs, and stir until fully incorporated.

Step 4

Place fish under the broiler on the highest rack as close to the heat source as possible, ensuring fillets are spread evenly under the heating unit. Broil, rotating if necessary to brown evenly, until browned, 4 to 5 minutes. Remove from oven; spoon sauce over fillets, and spread as thick as possible. Return fish to oven for about 2 minutes. Fish is fully cooked when it flakes easily.





Roasted Halibut With Herb Salad

Victor Protasio

Active Time: 5 Mins

Total Time: 40 Mins

Yield: Serves 4 (serving size: about 5 oz. fish and 1/2 cup salad)

Slow-roasting at a low temperature is a nearly fool-proof way to cook fish without overcooking it. The rich, buttery flavor and firm, flaky texture of halibut shine in this recipe. Chervil is a delicious herb that would be lovely in the salad, but if it's not readily available, parsley is a fine substitute.

Take this recipe to the next level by putting fresh herbs and lemon slices under the fillets while you cook them in the oven to perfume the fish.



Roasted Halibut With Herb Salad

Ingredients

- 1 1/4 pounds skinless halibut fillets
- 3/4 teaspoon kosher salt
- Ground black pepper (optional)
- 2 tablespoons olive oil
- 1 large shallot, very thinly sliced
- 1 1/2 cups fresh mixed soft herb leaves (such as flat-leaf parsley, chervil, and a small amount of more powerfully flavored tarragon)
- 1 1/2 tablespoons fresh lemon juice

GET INGREDIENTS

Powered by Chicory

Nutritional Information

- Calories 205
- Fat 9g
- Satisfat 1g
- Unsatisfat 7g
- Protein 27g
- Carbohydrate 4g
- Fiber 1g
- Sugars 1g
- Added sugars 0g
- Sodium 471mg
- Calcium 5% DV
- Potassium 22% DV

How to Make It

Step 1

Preheat oven to 300°F. Season fish with salt and, if desired, pepper, and let stand 20 minutes. Toss fish with oil in a bowl to evenly coat, and place in a baking dish. Drizzle remaining oil from bowl over fish. Bake at 300°F; check doneness after 15 minutes by pressing flesh gently with your thumb. If the fish flakes apart, it is ready. If not, cook an additional 3 to 5 minutes and check again.

Step 2

Rinse shallot under cold running water; pat dry. Once the fish is cooked, mix the warm oil from the baking dish with the shallot, herbs, and juice. Serve with fish.





Curry Poached COD with Snap Peas





Curry Poached COD with Snap Peas

Active Time: 30 Mins

Total Time: 30 Mins

Yield: Serves 4

By ADAM HICKMAN

While a lot of curry paste makes a fantastic marinade, just a little can make a light, fragrant poaching liquid for delicate cod fillets. A crunchy, colorful slaw makes this a refreshing summer main. If you can't find bamboo shoots, simply omit them or sub thinly sliced summer squash. Serve the fish in shallow bowls with a bit of the poaching liquid and the bright slaw on top for a beautiful presentation.

Ingredients

- 1 cup unsalted chicken stock (such as Swanson)
- 1/2 cup dry white wine
- 3 tablespoons [SUB_RECIPE_LINK {fresh curry paste (from Curried Grilled Chicken Thighs
- 4 garlic cloves, crushed
- 1 bay leaf
- 4 (6-oz.) skinless cod fillets
- 2/3 cup sugar snap peas, thinly diagonally sliced
- 1/2 cup thinly sliced yellow bell pepper
- 1/4 cup thinly sliced shallot
- 1 1/2 ounces canned bamboo shoots, drained and thinly sliced
- 1 small red Fresno chile, seeded and thinly sliced
- 2 tablespoons fresh lime juice
- 2 tablespoons extra-virgin olive oil, divided
- 1/2 teaspoon kosher salt, divided



Curry Poached COD with Snap Peas

Nutritional Information

- Calories 277
- Fat 10.1g
- Saturated Fat 1.3g
- Monounsaturated Fat 7g
- Polyunsaturated Fat 1.6g
- Protein 29g
- Carbohydrate 11g
- Fiber 2g
- Cholesterol 80mg
- Iron 2mg
- Sodium 401mg
- Calcium 51mg
- Sugars 4g
- Estimated added sugars 0g

How to Make It

Step 1

Bring first 5 ingredients to a boil in a large skillet. Reduce heat; add fish, cover, and simmer 8 to 10 minutes or until fish flakes easily when tested with a fork. Remove pan from heat.

Step 2

Combine snap peas and next 5 ingredients (through juice) in a bowl; toss. Stir in 1 tablespoon oil and 1/4 teaspoon salt. Place 1 fillet in each of 4 shallow bowls; sprinkle evenly with remaining 1/4 teaspoon salt. Add about 3 tablespoons poaching liquid to each bowl. Top each serving with about 1/3 cup snap pea mixture. Drizzle evenly with remaining 1 tablespoon oil.





Maple-Glazed Salmon

Photo: Jennifer Causey

Yield

Serves 4 (serving size: 1 fillet)

By ANN TAYLOR PITTMAN

March 2017

This healthy glazed salmon recipe is made perfectly tender by using the broiler to cook the fish in minutes. Maple-glazed salmon tastes fancy, but comes together in no time at all, making this a perfect dinner for busy weeknights.

Ingredients

3/4 teaspoon garlic powder
1/2 teaspoon kosher salt
1/2 teaspoon smoked paprika
1/8 teaspoon ground red pepper
4 (6-oz.) skinless salmon fillets
Cooking spray
2 tablespoons maple syrup
Lemon wedges

Nutritional Information

Calories 268
Fat 9.5g
Satfat 2.3g
Monofat 3.4g
Polyfat 2.8g
Protein 36g
Carbohydrate 7g
Fiber 0.0g
Cholesterol 89mg
Iron 1mg
Sodium 335mg
Calcium 28mg
Sugars 6g
Est. added sugars 6g



How to Make It

Preheat broiler to high. Combine garlic powder, salt, paprika, and ground red pepper; sprinkle evenly over salmon fillets. Arrange fillets on a foil-lined baking sheet coated with cooking spray. Broil 5 minutes. Remove from oven. Brush fillets with maple syrup; broil 1 minute or until desired degree of doneness. Serve with lemon wedges.



Grilled Shrimp Caesar Salad

Hands-on Time: 23 Mins

Total Time: 23 Mins

Yield: Serves 4 (serving size: about 5 shrimp, 2 1/2 cups salad, and 2 bread slices)

By DAVID BONOM

May 2015

RECIPE BY [COOKING LIGHT](#)

The single anchovy fillet lends umami depth to the dressing without giving it any sort of strong fishy flavor.

Ingredients

- 1/4 cup canola mayonnaise (such as Hellmann's)
- 1/2 teaspoon grated lemon rind
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon freshly ground black pepper
- 3/4 teaspoon Dijon mustard
- 1/4 teaspoon Worcestershire sauce
- 1/4 teaspoon Tabasco sauce
- 1 oil-packed anchovy fillet, drained and mashed to a paste
- 1 ounce Parmesan cheese, grated (about 1/4 cup)
- 1/2 small garlic clove, minced
- 7 teaspoons extra-virgin olive oil, divided
- Cooking spray
- 1 pound peeled and deveined extra-large shrimp
- 2 ounces whole-wheat French baguette, cut into 8 slices
- 10 cup baby romaine lettuce





Grilled Shrimp Ceasar Salad

Nutritional Information

Calories 283

Fat 15.7g

Satfat 2.5g

Monofat 8.8g

Polyfat 2.6g

Protein 22g

Carbohydrate 12g

Fiber 3g

Cholesterol 158mg

Iron 2mg

Sodium 532mg

Calcium 180mg

How to Make It

Step 1

Combine the first 10 ingredients in a large bowl. Gradually add 1 tablespoon oil, stirring constantly with a whisk.

Step 2

Heat a grill pan over medium-high heat. Coat pan with cooking spray. Combine shrimp and 2 teaspoons oil in a large bowl; toss to coat. Add shrimp to pan; cook 2 1/2 minutes on each side or until well marked and done. Remove shrimp from pan. Brush each side of bread slices with remaining 2 teaspoons oil. Add bread to pan; cook 1 minute on each side or until well marked.

Step 3

Add lettuce to mayonnaise mixture; toss well. Divide lettuce mixture evenly among 4 bowls. Divide shrimp and bread evenly among servings.



Sweet and Spicy Scallops

Ingredients

1 (14 ounce) package frozen green beans, wax beans & carrots blend
2 tablespoons extra virgin olive oil, divided
1 tablespoon lime juice
½ teaspoon kosher salt, divided
½ teaspoon freshly ground pepper, divided
2 tablespoons chopped fresh cilantro
12 fresh sea scallops, patted dry (1 1/2 pounds)
6 tablespoons jarred peach salsa
Local Offers

Directions

Step 1

Prepare vegetables according to package directions. Drain and place in a medium bowl. Add 1 tablespoon of the olive oil, the lime juice, 1/4 teaspoon of the salt, and 1/4 teaspoon of the pepper to the bowl. Add cilantro, toss to combine. Keep warm.

Step 2

Meanwhile, heat the remaining 1 tablespoon oil in a large skillet over medium-high heat. Season the scallops on both sides with the remaining 1/4 teaspoon salt and 1/4 teaspoon pepper. Add scallops to skillet. Cook for 2 to 3 minutes or until the scallops are nearly opaque, turning once. Remove scallops from skillet; keep warm.

Step 3

Reduce heat to low. Add salsa to the same skillet. Cook for 1 to 2 minutes or just until heated through. Spoon the warm salsa over the scallops and serve with the green bean mixture.

Nutrition Facts

Serving Size: 3 Scallops And 2/3 Cup Vegetable Mixture

Per Serving:

264 calories; 8.1 g total fat; 1.1 g saturated fat; 56 mg cholesterol; 558 mg sodium. 558 mg potassium; 14.6 g carbohydrates; 3.2 g fiber; 6 g sugar; 29.8 g protein; 1603 IU vitamin a iu; 11 mg vitamin c; 19 mcg folate; 90 mg calcium; 1 mg iron; 96 mg magnesium;

Exchanges:

4 Protein, 1 ½ Vegetable, ½ Other Carbohydrate, ½ Fat





Slow Cooker Lemon-Garlic Chicken Breast

This is my favorite kind of dinner.

It is one that you will smell far before you have the chance to taste it. The bright scent of citrus and the rich, pungent aroma of garlic swirl through the kitchen to create eager anticipation that builds by the minute. The result is juicy pieces of chicken gilded with a velvety sauce bursting with lemon and infused with a rich, roasted garlic flavor.





Start with a Deep Sear for More Flavor

Pull out a skillet and I promise that the five minutes of upfront prep and the extra dirty pan will be totally worth your effort. Instead of a simple dump-and-go slow cooker recipe, this one starts by searing one side of the chicken breasts in a hot pan. Leave the meat undisturbed to pick up a really good sear, and use those few minutes to measure out the broth and lemon juice and prep the garlic cloves. When you return to the skillet, each piece of chicken will have picked up a lovely browned crust that not only looks impressive, but also gives the meat a deeper, richer flavor.



Slow Cooker Lemon-Garlic Chicken Breast

SERVES 4

INGREDIENTS

- 1 tablespoon Olive oil
- Boneless, skinless chicken breasts (about 2 pounds total)
- 1/2 teaspoon Kosher salt, plus more for the chicken
- 1/4 teaspoon Freshly ground black pepper, plus more for the chicken
- 1 cup Low-sodium chicken broth
- 1/2 cup Freshly squeezed lemon juice
- 8 cloves garlic, smashed
- 2 tablespoons unsalted butter, at room temperature
- 2 tablespoons All-purpose flour
- Chopped fresh parsley leaves (optional)



Slow Cooker Lemon-Garlic Chicken Breast

INSTRUCTIONS

Heat the oil in a large skillet over medium heat until shimmering. Liberally season the chicken breasts on both sides with salt and pepper. Place the chicken in the pan and sear until browned on the bottom, about 5 minutes.

Transfer the chicken seared-side up to a 6-quart or larger slow cooker in a single layer. Add the broth, lemon juice, and garlic. Cover and cook on the LOW setting until the chicken is cooked through, tender, and registers 165°F on an instant-read thermometer, 3 to 4 hours. Meanwhile, place the butter and flour in a small bowl and use your fingers to rub the flour into the butter; set aside.

Transfer the chicken to plates or a serving platter. Pour the liquid and garlic from the slow cooker into a small saucepan and bring to a boil over medium-high heat. Add the butter mixture and whisk constantly until completely incorporated into the sauce. Cook, stirring frequently, until the sauce is thickened, 3 to 4 minutes. Pour over the chicken, sprinkle with parsley if desired, and serve.

RECIPE NOTES

Storage: Leftovers can be stored in an airtight container in the refrigerator for up to 4 days.

HIDE NUTRITION

- shellfish-free
- low-carb
- fish-free
- alcohol-free
- high-protein
- peanut-free
- pork-free
- sugar-conscious
- tree-nut-free
- soy-free
- egg-free
- red-meat-free

Per serving, based on 4 servings.

(% daily value)

- Calories 447
- Fat 16.8 g (25.8%)
- Saturated 5.8 g (28.9%)
- Carbs 7.9 g (2.6%)
- Fiber 0.4 g (1.4%)
- Sugars 0.9 g
- Protein 63.4 g (126.7%)
- Sodium 377.9 mg (15.7%)





Lemon Turmeric Chicken Sweet Salad

Serves: 2

Inspired Recipe by *Alexa Federico*

"Doctored up" by Dr. Karen Leggett

Ingredients

For the salad:

- 1 medium sweet potato
- 1 lb. chicken breast
- 1 tsp. sea salt
- 1 tsp. turmeric
- zest of 1 lemon, plus a drizzle of lemon juice
- 1 tbsp. olive oil
- 1 cup strawberries
- 4 cups fresh spinach or organic young greens

For the dressing:

- 1/4 cup olive oil
- juice of 1 lemon
- 1/4 tsp. sea salt
- 1/8 tsp. coarse / cracked black pepper



Directions:

- Wash sweet potato and bake at 350°F for one hour. Once cooked, remove skin and allow to cool as a whole potato.
- While the sweet potato is baking, mix sea salt, turmeric, lemon zest and lemon juice in a zip lock baggie.
- Pierce the chicken with a fork and place in the baggy with seasoned lemon juice. Allow to marinate for about 20 minutes.
- While chicken is marinating, wash and slice the strawberries.
- Heat up a skillet and then add 1 tbsp. olive oil. Then add the chicken to the pan. Discard the left-over lemon juice mixture.
- Cook chicken over medium heat for 10 minutes and then flip the chicken and cook for another 10 minutes. (You may have to decrease heat depending on pan and your stove but you should not have to increase heat.)
- When finished cooking, allow the chicken to cool for about 10 minutes and then slice into strips.
- Now cut the cooled sweet potato into rounds about 1/4 inch thick.
- Place the washed spinach or greens into salad bowls. Then add the sweet potato, chicken, and strawberries on top.
- Now mix the dressing. In a small bowl, add 1/4 cup olive oil, lemon juice, 1/4 tsp. sea salt, and black pepper. Mix well and drizzle over the salad before serving.



Mango Chia Seed Parfait

I'm about to expose a secret to you that most big food companies don't want you to know—you can eat super healthy meals without sacrificing flavor. In fact, you can even make healthy desserts that are low-cal, low on the glycemic index, and full of nutrients. How? With a little research, time, and patience, you can find helpful recipes like this chia seed parfait to add to your healthy diet plan.



This one comes with the seal of approval of both dietitians and healthcare practitioners as a safe and super delicious dessert that may even **fight inflammation**.

Don't believe me? Let's closely examine the list of ingredients so you can see just how serious we are. Adding anti-inflammatory foods to your diet is a great way of keeping your body and your **NeuroEndoMetabolic (NEM) stress response system** healthy and working at an optimal level.



Why Do We Love this Chia Seed Parfait Recipe?

Chia seed parfait is nutrient-dense, and most importantly, offers your body numerous benefits by fighting inflammation—the leading cause of many chronic illnesses including Adrenal Fatigue Syndrome (AFS). Your diet is one of the key tools you can use to heal your body from Adrenal Fatigue. Recipes like this chia seed parfait can make the road to recovery more fun and enjoyable.

Inflammation is at the core of most chronic illnesses and increases your risk of developing a variety of diseases. Moreover, inflammation is responsible for many forms of mental instability. There is a direct correlation between Adrenal Fatigue and inflammation, as inflammation plays a major role in all the symptoms of AFS including brain fog, anxiety, depression, bloating, low blood sugar levels, and aches and pains.

Many inflammatory diseases are gastrointestinal in nature—start in the gut. Your intestines are permeable and allow substances to pass into your bloodstream, however, sometimes unwanted substances can pass through your gut and trigger an immune response, leading to inflammation, allergies, and disease. Toxins may even make their way to your brain causing neurological disorders such as depression.

Your body's NEM stress response system contains several circuits that are inter-connected, therefore digestive issues can affect your entire body making it difficult for your body to source the nutrients it requires to stay healthy and operate efficiently.

Adding anti-inflammatory foods into your diet including this chia seed parfait can help your body heal from Adrenal Fatigue and other chronic illnesses.





Mango Chia Seed Parfait Recipe

So now let's combine all that goodness into a single parfait—simple ingredients for a super treat!

Ingredients A

- 1 tsp pure vanilla extract
- 1 tsp sweetener (of your choice)
- A pinch of salt
- ½ cup chia seeds
- 2 ½ cups milk or alternative of your choice

Ingredients B

- 1 tsp sweetener (of your choice)
- ½ cup milk or alternative of your choice or water
- 2 cups frozen mango chunks

Ingredients C

- Fresh berries
- Sprig of fresh mint



Method

- In a medium bowl, mix Ingredients A and let them sit for approximately 10 minutes, then mix again.
- Cover the mixture and place it in the refrigerator for at least 4 hours.
- Puree ingredients B until you get a smooth consistency.
- Scoop the chilled chia seed pudding into dessert glasses and top with the delicious and nutritious mango puree.
- Garnish with berries and a sprig of mint.
- The chia seed parfait will last up to 4 days in the refrigerator.



Chia Seed Parfait

This recipe contains four superfoods filled with a variety of nutrients. To make the healthiest version of this chia seed parfait recipe, you'll want to ensure all the ingredients come from an organic source. Why choose organic products? You'll eliminate all the pesticides, herbicides, antibiotics, preservatives, and other toxins your body doesn't need and can't process. Organic foods may cost a few cents more, but your body will thank you—they are well worth it.



Chia Seeds are the New Anti-Inflammatory Superfood

They may be small in size, but chia seeds pack a big punch, especially if you're constantly fighting inflammation. Chia seeds have been recognized as one of the most nutrient-dense foods on the planet—even our ancestors knew it! As part of the human diet, chia seeds date back to the ancient Mayan and Aztec civilizations.

Chia seeds are considered the number one plant-based source of omega-3 fatty acid and contain a multitude of other nutrients. They can also act as a prebiotic when properly prepared—great for healing your gut and promoting a **healthy gut microbiome**. The key to activating chia seeds into a powerful prebiotic is to simply soak them in water for a few hours!

On top of being an excellent prebiotic, chia seeds are also packed with plenty of nutrients.

One ounce of chia seeds contains:

- 131 calories
- 8.4 grams of fat
- 13.07 grams of carbohydrate
- 11.2 grams of fiber
- 5.6 grams of protein
- 18% of your daily recommended calcium intake
- 27% of your recommended phosphorus intake
- 30% of your recommended manganese intake
- Traces of potassium and copper
- Iron
- A great source of antioxidants





Vanilla



Not only does vanilla taste great, it has antioxidant and anti-inflammatory properties and is a mental health booster. It's low in calories, and has a huge number of health benefits:

- Anti-inflammatory properties
- Reduces fever
- Stabilizes cholesterol levels
- May reduce anxiety and depression

Vanilla has a large concentration of manganese, an important mineral that combats inflammation at its core.

Milk and its Alternatives

The recipe calls for “milk,” but there are currently many non-dairy options that fall under this category. If you're choosing to avoid dairy, just go with an alternative milk source. Or if you have an intolerance or allergy to dairy milk, there is an array of healthy and safe alternatives to choose from.

Milk is rich in calcium, protein, potassium, phosphorus, vitamin D, vitamin B12, vitamin A, riboflavin (B2), and niacin.

Almond milk is the most popular plant-based milk drink in the US. It is low-calorie and rich in several vitamins and minerals however, it doesn't have nutrients like vitamin D, protein, and calcium.

Other non-dairy milk products that are an excellent substitute to use in this chia seed parfait recipe are hemp milk, coconut milk, soy milk, oat milk, and rice milk. Each have their own unique taste and blend of nutrients





Mango Madness

The benefits of mangos—labeled as a “super” fruit—are quite impressive! Some of the top health benefits include reducing cancer and heart disease, enhancing vision, improving skin, bone, and brain health, anti-aging, aiding in alkalizing your body, helping you maintain a good heart, and supporting your digestive system.



One cup of mango includes:

- 100% of your recommended daily vitamin C
- Vitamin A
- Calcium
- Manganese
- Magnesium
- Iron
- Thiamin
- Vitamin B6
- Folate
- Vitamin K
- Vitamin E
- Traces of zinc and sodium





Your Sweetener Doesn't Have to Poison You

- **Honey.** So nutritious, it's actually considered medicinal. Honey may be low in nutrient content, but it's high in bioactive plant compounds and antioxidants. It can even lower blood pressure and cholesterol levels.
- **Stevia.** This zero-calorie sweetener is 200 to 300 times sweeter than white sugar. It's great for diabetics, weight control and with its high antioxidant content, it has even been linked to fighting certain forms of cancer. The latest research studies have suggested replacing antibiotics with stevia for treating Lyme disease. Research is still ongoing, but this is definitely one sweetener you'll want to consider adding to your chia seed parfait.





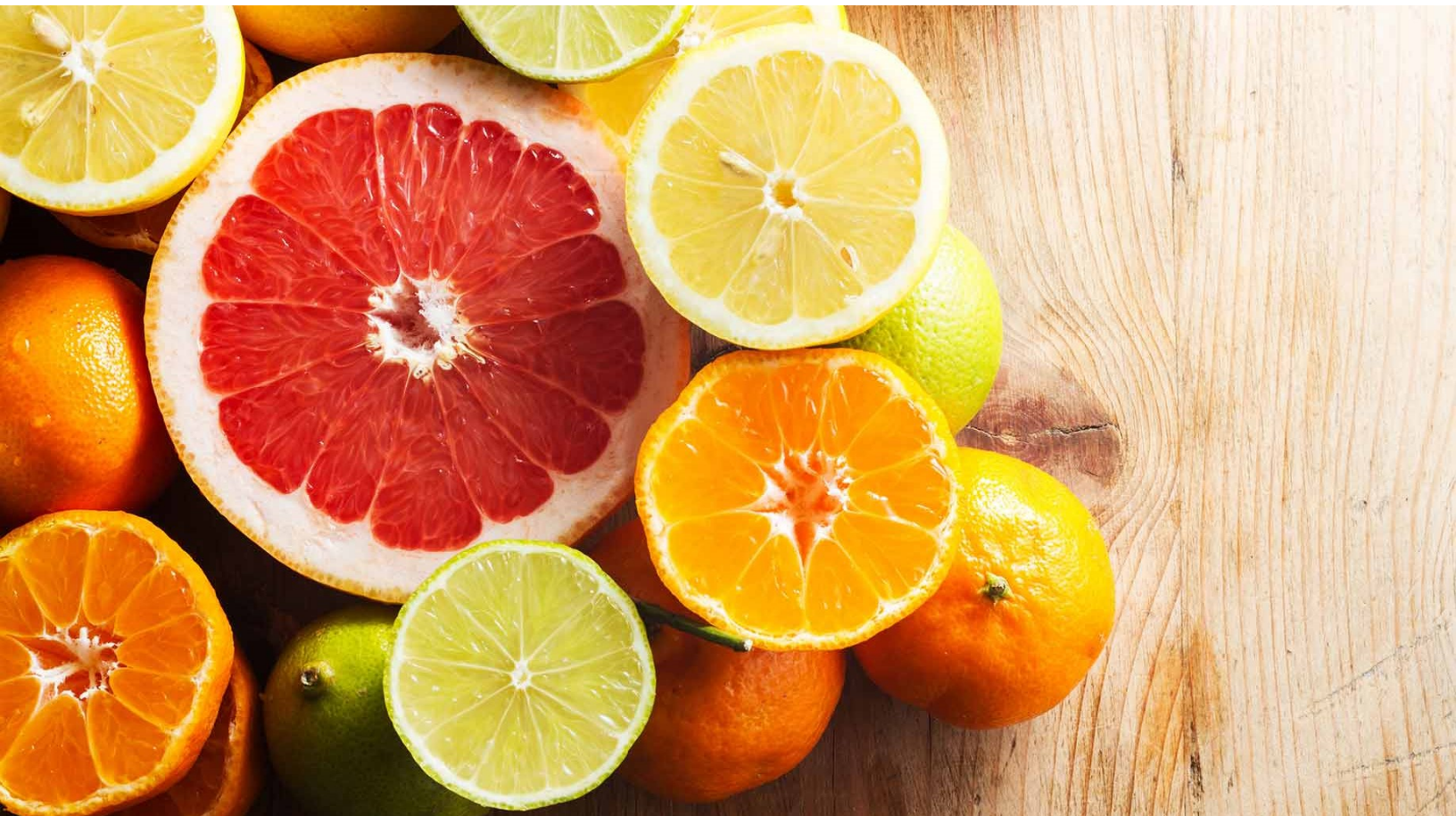
Attention

If you suffer from Adrenal Fatigue, always be cautious when introducing new foods or recipes into your diet.

Heightened sensitivities to foods and environmental pollutants is common with AFS and foods that once weren't bothersome, could potentially place severe stress on your body.

Although extremely rare, if you are sensitive to oregano, mustard, thyme, or sesame seeds, you may also react to chia seeds.

If you take blood thinners or heart medication, make sure to speak to your primary physician before eating chia seeds.

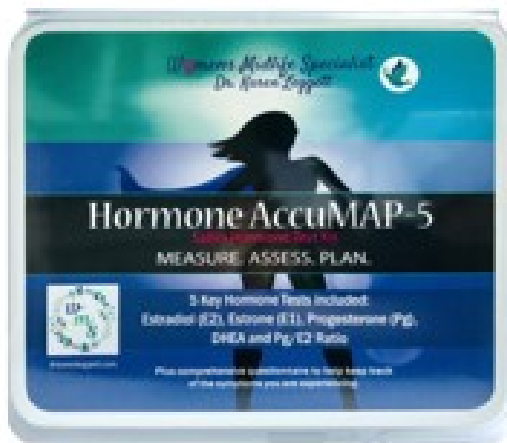




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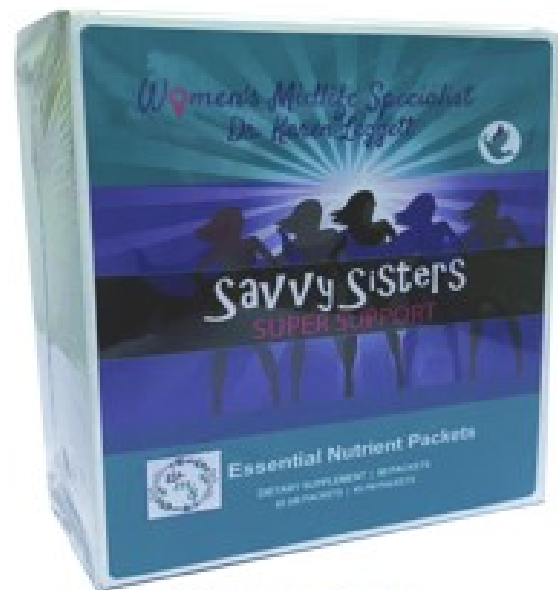


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Hormone changes occur in ALL of us as we age. That's pretty much a guarantee. All sorts of signs and symptoms of hormone decline become dog-gone obvious... with hot flashes, night sweats, bloating, weight gain, sleep problems, muscle loss, joint pain, stiffness, hair loss, wrinkles, sagging skin, irritability, mood changes, vaginal dryness... need I go on?

FORTUNATELY, we can curb a lot of these symptoms while also preserving bone, brain, breast and heart health SIMPLY by supplementing with Bioidentical Hormones.

But sometimes we STILL have symptoms that are quite frustrating that our hormones don't fully take care of. They help... but don't resolve ALL the symptoms. Like getting our weight back to where we REALLY want it. That seems to be the toughest area to deal with.

And what about all those associated GUT symptoms that seemed to creep up as we moved into our midlife years?!



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