

Fat Burn Recipes

**CR500 Works
Weight Loss**





PHASE 2: FAT BURN RECIPES

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**CR500
WORKS
TIP**

Remember to weigh your portion sizes to ensure you stick with reduced calories and allowed portions. Refrigerate any leftovers to eat another time.



BEEF ENTREES

BALSAMIC MUSTARD-CRUSTED STEAK

- 3.5 - 7 oz. filet or London broil
- 1 tsp. mustard powder
- 2 tsp. balsamic vinegar
- 1/4 tsp. salt substitute
- 1/2 tsp. ground black pepper
- 2 garlic cloves, minced

Mix all the seasonings in a mixing bowl. Line a broiler pan with foil and place steak on top. Coat evenly with mustard mixture and let stand for 10 minutes. Broil steak to desired doneness.

Recommended time is 3 to 4 minutes per side for medium-rare. Let stand for 5 minutes before slicing and serving. Makes 1 serving (1 protein).

PEPPER-CRUSTED STEAK

3.5 - 7 oz. lean steak
Ground black pepper
Dash of Worcestershire sauce
Caramelized onions
Salt substitute to taste

Manually tenderize the meat until flat. Rub meat with salt substitute and coat liberally with black pepper. Cook on high heat for about 3–5 minutes or grill on barbecue until desired doneness. Top with Worcestershire sauce and caramelized onion garnish if desired. Makes 1 serving (1 protein). You can also cut the steak into strips and serve over a mixed green or arugula salad to add 1 serving of vegetables.

MARINATED LONDON BROIL STEAK AND SALSA

3.5 - 7 oz. London broil
1/3 cup balsamic vinegar
2 TBSP. dried oregano
3 TBSP. garlic powder
1/4 tsp. salt substitute
1/4 tsp. black pepper
2 cups tomatoes, diced

Marinate London broil with all seasonings for 1 hour. Season diced tomatoes and place 1/2 of the mixture in the middle of the plate. Broil or grill steak to desired doneness. Place on top of salsa, and add the remaining salsa on top. Makes 1 serving (1 protein, 1 vegetable).

SPICY TACO SALAD

3.5 - 7 oz. London broil or filet steak
2 cups romaine lettuce
1/4 tsp. garlic salt
1/4 tsp. chili seasoning

Prepare the beef on the grill. Crumble beef and mix in garlic, salt substitute, and chili seasoning. Top lettuce with ground beef mixture. Serve with vinaigrette dressing (page 39) on the side. Makes 1 serving (1 protein, 1 vegetable).

CHILI

3.5 - 7 oz. lean ground beef
1 TBSP. onion, minced
2 garlic cloves, crushed or minced
1 cup tomatoes, chopped
1/2 cup water
Pinch of garlic powder
Pinch of onion powder
1/4 tsp. chili powder
Pinch of oregano
Cayenne pepper to taste
Salt substitute and pepper to taste
Green onions, chopped, to garnish

Brown ground beef in a small frying pan, add onions and garlic. Stir in tomatoes and water. Add remaining ingredients and simmer slowly until liquid is reduced. The longer it cooks, the more flavor it will have. Add a little water as needed to prevent burning. Serve with chopped green onion or tomatoes. Makes 1 serving (1 protein, 1 vegetable).

FAJITAS/CARNE ASADA

3.5 - 7 oz. beef or chicken, cut into strips
3 TBSP. lemon juice
2 TBSP. orange juice (optional)
Pinch of oregano
Pinch of chili powder

Pinch of cayenne pepper
1 garlic clove, chopped

Marinate meat in lemon juice, orange juice, oregano, chili powder, and cayenne pepper. Barbecue or cook meat in a frying pan with garlic and onion. Add chopped tomatoes during the last 5 minutes of cooking, and enjoy with lettuce leaf mock tortillas and salsa (only use the CR500 Works salsa recipe, see page 88). Makes 1 serving (1 protein, 1 vegetable).

GROUND BEEF TACOS

3.5 - 7 oz. lean ground beef
Lettuce leaves
1 TBSP. onion, finely minced
1 garlic clove, crushed or minced
Dash of garlic powder
Dash of onion powder
Pinch of dried oregano
Fresh cilantro, chopped, to taste
Cayenne pepper to taste
Salt substitute and pepper to taste

Brown ground beef, then add onion, remaining ingredients, and a little water. Simmer gently for 5–10 minutes. Add salt substitute to taste. Serve taco-style in butter lettuce or romaine leaf mock-tortillas, or with a side of tomatoes or salsa (only using the CR500 Works salsa recipe, see page 42). Makes 1 serving (1 protein, 1 vegetable).

ROASTED BEEF AND APPLE KABOBS

3.5 - 7 oz. lean beef or chicken
1/2 cup beef, chicken, or vegetable broth
3 TBSP. Bragg's Organic Apple Cider Vinegar
1 TBSP. Bragg's Liquid Aminos

Stevia to taste

1 apple, cut into large chunks

1/4 onion, in petals

Marinate beef or chicken in broth, vinegar, Bragg's Liquid Aminos, and stevia. Layer apple, onion petals, and beef or protein chunks on wooden or metal skewers. If using wooden skewers, soak them in water for about 5 minutes so they don't burn. Barbecue directly on grill, or place on an aluminum foil sheet and cook until meat is done. Baste frequently with remaining marinade. Heat the remaining marinade in a small saucepan and use as a dipping sauce. Makes 1 serving (1 protein, 1 fruit).

BEEF STEW

3.5 - 7 oz. lean steak (round, London broil, or any other lean steak), finely cubed or whole

1 TBSP. onion, chopped

1 garlic clove, crushed or minced

1 cup beef broth or water

Celery, chopped

Pinch of onion powder

Pinch of garlic powder

Pinch of oregano Cayenne pepper to taste

Salt substitute and pepper to taste

In a saucepan, lightly brown cubed beef, onion, and garlic. Add remaining ingredients. Bring to a boil. Reduce heat and simmer for approximately 30 minutes–1 hour, or until the beef is tender. Add water as needed to create a stew-like consistency. Garnish with parsley. Serve hot and enjoy. Makes 1 serving (1 protein, 1 vegetable).

MONGOLIAN BEEF WITH CABBAGE

3.5 - 7 oz. beef, sliced

2 garlic cloves, crushed or minced

1 TBSP. green onions, chopped

1/4 tsp. chili powder, or to taste

Salt substitute and pepper to taste

Stevia to taste

1/2 cup beef broth or water

1 TBSP. Bragg's Organic Apple Cider Vinegar

3 TBSP. orange juice (optional)

2 TBSP. lemon juice

2 TBSP. Bragg's Liquid Aminos Cabbage, cut into fine strips

Combine the first 10 ingredients. Heat the mixture in a frying pan or wok for 3–5 minutes to combine flavors. Stir-fry the beef and cabbage until the beef is cooked thoroughly. Add additional water if necessary to keep the dish from burning. Add additional orange slices for sweetness, if desired. Makes 1 serving (1 protein, 1 vegetable).



CHICKEN ENTREES

BALSAMIC CHICKEN WRAPS

- 3.5 - 7 oz. chicken breast
- 2 medium green cabbage leaves
- 2 medium napa cabbage leaves
- 1 garlic clove
- 3 TBSP. balsamic vinegar
- 1/4 tsp. onion powder
- 1/4 TBSP. salt substitute
- 1/4 TBSP. pepper
- 1 TBSP. ginger, finely grated

Mix together finely-grated ginger, garlic, onion powder, balsamic vinegar, salt substitute, pepper, and chicken pieces. Cook until chicken is cooked thoroughly, and then add the napa cabbage and cook until cabbage is slightly cooked. Take the 2 green cabbage leaves. Split the chicken mixture, place into cabbage leaves, and roll into wraps. Makes 1 serving (1 protein, 1 vegetable).

BUNLESS CHICKEN BURGER

3.5 - 7 oz. ground chicken breast
1/4 tsp. pepper
1/4 tsp. onion salt
1/4 tsp. onion powder
1 tsp. garlic powder
1/4 tsp. dry mustard
2 TBSP. balsamic vinegar
2 cups spinach

Mix all ingredients into the ground chicken breast, and mold into a small patty. Grill or broil, then serve with spinach and balsamic vinaigrette (page 38). Makes 1 serving (1 protein, 1 vegetable).

CURRY CHICKEN AND SPINACH

3.5 - 7 oz. chicken breast
2 cups spinach
2 tsp. onion powder
1 garlic clove, minced
1/2 cup chicken broth
1/4 tsp. salt substitute
1/4 tsp. pepper
1 lime
1 TBSP. curry powder

Mix chicken, all seasonings, and 1/2 the lime. In a pan, cook chicken through. Toss spinach in for 1 minute, and serve in a bowl. Squeeze the remaining 1/2 lime overtop. Makes 1 serving (1 protein, 1 vegetable).

OVEN CHICKEN SALAD

3.5 - 7 oz. chicken breast
1/2 tsp. cayenne pepper (optional)
1/4 tsp. onion powder
1/4 tsp. salt substitute
1/4 tsp. pepper
1/4 tsp. garlic powder
1/2 tsp. poultry seasoning
2 cups spinach or lettuce
Vinaigrette dressing (recipe on page 39)
1/4 cup Bragg's Organic Apple Cider Vinegar
1/2 cup water
1 tsp. celery salt
1 tsp. onion salt
1 tsp. pepper
1 pkg. stevia (or liquid stevia to taste)

Mix all seasonings together, and roll chicken in mixture so it's smothered. Place on a foil sheet and wrap up nice and tight. Put on a cooking sheet and bake at 375° for 20–30 minutes. Cut up into small pieces and put on a bed of spinach or lettuce, and drizzle with vinaigrette dressing. Makes 1 serving (1 protein, 1 vegetable).

CRUNCHY SWEET APPLE CHICKEN SALAD (1 SERVING)

3.5 - 7 oz. chicken, cooked and diced
1 apple, diced
3 stalks celery, diced
3 TBSP. lemon juice
1/8 tsp. cinnamon
Dash of nutmeg

Dash of cardamom
Dash of salt substitute
Stevia to taste
1 lemon wedge

Mix ingredients together, sprinkle with stevia and cinnamon. Chill for 20 minutes.

Serve with a wedge of lemon and enjoy. Makes 1 serving (1 protein, 1 vegetable, 1 fruit).

CHICKEN ASPARAGUS BAKE

3.5 - 7 oz. chicken breast, cubed or whole
3.5 oz. asparagus, chopped or whole spears
1/2 cup chicken broth or water
1 garlic clove, crushed or minced
2 TBSP. onion, chopped
Salt substitute and pepper to taste
Dash of paprika
1 piece Melba toast, crushed (optional)

Place chicken and asparagus in a small baking dish. Mix chicken broth, garlic, onion, salt substitute, and pepper, then pour over chicken. Sprinkle with crushed Melba toast crumbs and paprika. Bake at 375° for 30 minutes or until bubbly and hot. Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast).

SWEET LEMON CHICKEN

3.5 - 7 oz. chicken breast, thinly sliced
1/2 lemon with rind, sliced
1 cup water
1/4 cup chicken broth or water
1 TBSP. Bragg's Liquid Aminos
Dash of cayenne pepper
Salt substitute to taste
Mint leaves (optional)
Stevia to taste (optional)

In a small saucepan boil, lemon in water until pulp comes out of the rind. Remove lemon rind from the water, scrape out remaining pulp, and juice with a spoon. Add broth, chicken, Bragg's Liquid Aminos, cayenne, salt substitute, and stevia, if desired. Simmer on low heat until chicken is cooked and sauce is reduced by half. Deglaze periodically with water if necessary. Garnish with fresh lemon slices, lemon zest, or mint. Makes 1 serving (1 protein).

CHICKEN TACOS

3.5 - 7 oz. chicken breast, finely chopped or ground
1/4 cup chicken broth or water
1 TBSP. onion, chopped
1 garlic clove, crushed or minced
Pinch of oregano
Pinch of cumin
Cayenne pepper to taste
Fresh cilantro, chopped
2-4 large lettuce leaves

In a small frying pan, cook chicken in broth. Add onion, garlic, and remaining ingredients except lettuce. Deglaze pan with lemon juice or a little water. Serve the chicken taco-style in butter lettuce or romaine leaves, or top with salsa. Makes 1 serving (1 protein, 1 vegetable).

MEXICAN STYLE CHICKEN

3.5 - 7 oz. chicken breast, cubed or sliced
2 TBSP. lemon juice (divided)
1 TBSP. onion, chopped
1/4 tsp. dried oregano
1/4 fresh garlic clove, minced
1/4 tsp. chili powder
Cayenne to taste
Pinch of cumin
1/2 cup chicken broth or water

1 tomato, chopped
Fresh cilantro, chopped
Salt substitute and pepper to taste

In a frying pan, lightly brown the chicken with a little lemon juice. Add onion, oregano, garlic, chili powder, cayenne, cumin, salt substitute, pepper, chicken broth, and remaining lemon juice to the frying pan. When the chicken is cooked thoroughly, add fresh tomatoes and cilantro and cook for about 5 more minutes. Makes 1 serving (1 protein, 1 vegetable).

TOMATO BASIL CHICKEN

3.5 - 7 oz. chicken breast, cubed
2 TBSP. lemon juice
1/4 cup chicken broth or water
1–2 garlic cloves, sliced
Dash of garlic powder
2 TBSP. onion, chopped
Dash of onion powder
Pinch of oregano, fresh or dried
Cayenne to taste
1 cup tomato, chopped
3 leaves basil, rolled and sliced
Salt substitute and pepper to taste

Lightly brown the chicken in a small saucepan with lemon juice. Add chicken broth, garlic cloves, garlic powder, chopped onion, onion powder, oregano, and cayenne. After chicken is cooked, add fresh tomatoes and basil. Continue cooking for 5–10 minutes. Salt substitute and pepper to taste, garnish with fresh basil. Makes 1 serving (1 protein, 1 vegetable).

CHICKEN CURRY

3.5 - 7 oz. chicken breast, cubed
1/4 tsp. curry powder, or to taste
Pinch of turmeric
Dash of garlic powder

Dash of onion powder
1/4 cup chicken broth or water
1 TBSP. onion, minced
Salt substitute and pepper to taste
Stevia to taste (optional)
Cayenne to taste

In a small saucepan, stir and heat curry powder, turmeric, garlic powder, onion powder, and chicken broth. Add minced onion and chicken. If desired, add stevia for a sweet curry. Sauté chicken in liquid until fully cooked and liquid is reduced by half. Add water or more chicken broth to create additional sauce. Serve hot or cold. Makes 1 serving (1 protein).

GINGER CHICKEN

3.5 - 7 oz. chicken breast, cubed
1/4 cup chicken broth or water
4 TBSP. lemon juice
1/4 tsp. lemon or orange zest
Cayenne pepper to taste
1/2 tsp. fresh ginger
4 TBSP. Bragg's Liquid Aminos
1 TBSP. onion, chopped
Salt substitute and pepper to taste
Stevia to taste

In a small saucepan, sauté chicken in broth until no longer pink. Add remaining ingredients. Cook thoroughly. Deglaze pan periodically by adding a little water, if necessary. Serve hot and garnish with lemon or orange slices. Makes 1 serving (1 protein).

CHICKEN PESTO

3.5 - 7 oz. chicken breast, thinly sliced or whole
3 TBSP. lemon juice
Salt substitute and pepper to taste
Pesto (see instructions in recipe below)
3 raw garlic cloves

1/4 cup fresh basil leaves
2 TBSP. Bragg's Organic Apple Cider Vinegar
1/4 cup chicken broth or water
2 TBSP. lemon juice
1/4 tsp. dried oregano
Salt substitute and pepper to taste

Marinate chicken in lemon juice, salt substitute, and pepper. Fry in a pan until lightly browned and cooked thoroughly. To make the pesto sauce: Puree fresh basil, garlic, chicken broth, and lemon juice in a food processor. Add about 1/2 of the pesto mixture to chicken, add a little water, and cook on medium heat, coating chicken with pesto mixture. Add salt substitute and pepper to taste, and serve hot. Makes 1 serving (1 protein).

BUFFALO CHICKEN

3.5 - 7 oz. chicken breast, cut into long thin strips
4 TBSP. lemon juice
1 serving Melba toast crumbs
2 TBSP. hot sauce
Salt substitute and pepper to taste

Marinate chicken strips in lemon juice and salt substitute. Coat chicken strips with Melba crumbs. Fry in a pan until lightly browned and cooked thoroughly. Sprinkle with hot sauce and black pepper to taste. Serve as finger food or as an entrée. Serve with raw celery sticks and garnish with parsley, if desired. Makes 1 serving (1 protein, 1 Melba toast).

BARBECUE CHICKEN

3.5 - 7 oz. chicken breast
3 oz. tomato paste
1/4 cup Bragg's Organic Apple Cider Vinegar
3 TBSP. lemon juice
1 TBSP. hot sauce
1 TBSP. onion, minced
3 garlic cloves, crushed or minced
1/4 tsp. chili powder
Liquid smoke hickory flavoring to taste
1/2 tsp. Worcestershire sauce
1/2 tsp. garlic powder
1/2 tsp. onion powder
1 tsp. parsley, chopped
Stevia to taste
Cayenne pepper to taste
Salt substitute and pepper to taste
Water as needed to achieve desired consistency

In a small saucepan, combine all ingredients. Mix well and bring to a boil. Reduce heat and simmer for at least 5 minutes, adding a little water to achieve desired consistency and to make sure it doesn't burn. For 1 serving, coat 7 oz. of chicken breast with barbecue sauce (page 42). Oven bake at 350° for 20–30 minutes, or until done.

You can also pan fry on low heat with a little water until cooked thoroughly. Turn chicken over often, and add water if necessary. Finally, you can grill the chicken on the barbecue. Makes 1 serving (1 protein).



FISH ENTREES

CHILEAN SEA BASS

- 3.5 - 7 oz. sea bass fillets
- 2 garlic cloves, minced
- 1/2 a lemon
- 1/2 tsp. salt substitute
- 1/2 tsp. lemon-pepper
- 2 TBSP. cilantro, finely chopped
- 1/2 tsp. paprika

Arrange sea bass fillets in a single layer on a foil-lined broiler pan. Spread garlic and cilantro on and around fish. Squeeze lemon juice on fillets, sprinkle salt substitute and lemon-pepper to taste, and add paprika for color. Cover with foil and crimp edges to form a seal. Bake at 450° for 20 minutes. Makes 1 serving (1 protein).

GINGER STEAMED RED SNAPPER

3.5 - 7 oz. red snapper
2 TBSP. fresh ginger
1/4 cup balsamic vinegar
2 drops liquid stevia
1/4 tsp. salt substitute
1/4 tsp. pepper
1 lemon wedge

Finely grate 1 TBSP. of fresh ginger in a small skillet. Add the balsamic vinegar and cover with water to reach 2 inches, then bring to a simmer. Season red snapper with grated ginger, lemon, salt substitute, and pepper. Place in a steamer and cook for about 10 minutes. Makes 1 serving (1 protein).

LEMON-LIME TILAPIA

3.5 - 7 oz. tilapia or any white fish
1/2 lemon slice
1/2 lime slice
1 garlic clove, minced
1/4 TBSP. salt substitute
1/4 TBSP. black pepper
1/2 tsp. dry dill
1/2 cup water

Mix together lemon juice, lime juice, garlic, salt substitute, pepper, and dill. Marinate fish in seasonings for 10 minutes and place in a non-stick pan with water. Cover and steam for 10 minutes. Makes 1 serving (1 protein).

LEMON ZEST CRAB CAKES

3.5 - 7 oz. crab meat
1 garlic clove, minced
1 TBSP. onion powder
1/2 tsp. lemon zest

1/4 tsp. salt substitute
1/4 tsp. pepper
1 tsp. dry mustard
2 lemon wedges
1 TBSP. parsley
1 tsp. lemon zest

Mix everything together and put into 2 small patties. Place in a baking dish, and bake at 350° for about 10–15 minutes, and place on a serving dish. Makes 1 serving (1 protein).

CRAB CAKES

3.5 - 7 oz. snow or king crab meat
1 serving Melba toast crumbs
1 TBSP. lemon juice
1 tsp. Bragg's Organic Apple Cider Vinegar
Pinch of onion powder
Pinch of garlic powder
1 TBSP. onion, finely minced
1 garlic clove, crushed or minced
Cayenne to taste
Salt substitute and pepper to taste

In a small bowl, combine all ingredients. Press crab mixture into muffin tin and bake at 350° for about 10–20 minutes, until slightly brown on top. The crab mixture can also be formed into patties and sautéed until cooked through. As an option, after the crab cakes are cooked, serve them chilled over a green salad with lemon garnish and topped with Melba toast crumbs. Makes 1 serving (1 protein, 1 Melba toast).

ROSEMARY FISH AND LEMON GARLIC CHARD

3.5 - 7 oz. halibut or tilapia
Italian herb seasoning
1 tsp. rosemary, ground
1 tsp. black pepper, ground
1 tsp. salt substitute
2 slices of fresh lemon juice
2 cup broccoli
1 tsp. garlic salt

Sprinkle both sides of fish with spices. Place fish on a nonstick frying pan with 1/3 cup of water and lemon juice. Place a lid on the pan to keep the steam within the pan. Cook for 3 to 4 minutes. Fish is done when it flakes easily when poked with a fork. Makes 1 serving (1 protein).

SPICY CAJUN SCALLOPS

3.5 - 7 oz. scallops or shrimp
1 lemon
1/2 dry mustard
1 tsp. pepper flakes
2 garlic clove, minced
1/4 tsp. salt substitute
1/4 tsp. black pepper
1/2 cup water

Mix together lemon juice, dry mustard, cayenne, garlic, salt substitute, pepper, and scallops. Fill a non-stick frying pan with water. Place scallops, cover with lid, and cook for 10 minutes. Makes 1 serving (1 protein).

ORANGE ROUGHY WITH TOMATOES AND ONION

3.5 - 7 oz. orange roughy fish
2 TBSP. onion, chopped
1 garlic clove, crushed or minced
1/2 cup vegetable broth or water

1 tomato, chopped
Salt substitute and pepper to taste
Parsley to garnish

Sauté onions and garlic in vegetable broth, add orange roughly. Cook for about 5 minutes. Add freshly chopped tomatoes and cook for an additional 5 minutes. Serve hot, add salt substitute and pepper to taste. Garnish with parsley. Makes 1 serving (1 protein, 1 vegetable).

CITRUS FISH

3.5 - 7 oz. white fish
2 TBSP. lemon juice
Lemon and orange zest to taste
Stevia to taste
Salt substitute and pepper to taste
Lemon and orange slices
Parsley, chopped
1 TBSP. onion, minced

Mix lemon juice with zest and a little stevia. Baste fish with mixture and top with salt substitute, pepper, minced onion, and lemon and orange slices. Wrap in aluminum foil, and place on the barbecue or in the oven at 350°. Cook fish for 5–10 minutes, or until thoroughly cooked. Serve with lemon and top with parsley. Makes 1 serving (1 protein, 1 fruit).

BAKED WHITE FISH WITH ASPARAGUS

3.5 - 7 oz. white fish
1 serving asparagus
1/2 cup vegetable broth or water
2 TBSP. caper juice
4 TBSP. lemon juice
1 garlic clove, crushed or minced
1 TBSP. onion, minced
1/4 tsp. dried or fresh dill
Pinch of tarragon
Parsley

Salt substitute and pepper to taste
1 serving herbed Melba toast crumbs

In a small baking dish, layer the fish and asparagus. Mix remaining ingredients except vegetable broth and Melba toast crumbs. Pour mixture over fish, top with herbed Melba toast crumbs, and bake at 350° for about 20 minutes, or until fish and asparagus are cooked thoroughly and crumbs are slightly brown. Top with remaining sauce and fresh parsley, and serve with lemon wedges.

The fish can also be grilled on the barbecue: Place fish and asparagus on aluminum foil, sprinkle crumb mixture over fish and asparagus. While cooking, baste with vegetable broth. Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast).

BAKED STUFFED LOBSTER

3.5 - 7 oz. raw lobster tail
1 serving Melba toast crumbs
1 TBSP. onion, minced
1 garlic clove, crushed or minced
Pinch of garlic powder
Pinch of onion powder
Paprika to taste
Salt substitute and pepper to taste
1/2 cup vegetable broth or water

Mix Melba toast crumbs with all ingredients except lobster and broth. Stuff lobster tail with crumb mixture and place into baking dish, stuffing side up. Pour vegetable broth over the lobster, dust the lobster with more paprika, and bake at 350° for approximately 20 minutes. Broil for an additional 1–2 minutes to brown. Add salt substitute and pepper to taste and serve with lemon wedges. Makes 1 serving (1 protein, 1 Melba toast).

MAHI MAHI WITH ORANGES

3.5 - 7 oz. Mahi Mahi fish
1 tsp. Bragg's Organic Apple Cider Vinegar
2 TBSP. Bragg's Liquid Aminos
1 garlic clove, crushed or minced

Pinch of ginger, fresh or dried
Pinch of red pepper flakes
Cayenne to taste
Stevia to taste
1/2 orange, in segments or chunks
1 TBSP. green onion, chopped

Sauté fish with vinegar, Bragg's Liquid Aminos, a little water. Add garlic, ginger, red pepper flakes, cayenne, stevia, and 1/2 orange in chunks or segments. Cook for 5–10 minutes. Top with green onion and serve on a bed of steamed spinach or greens. Makes 1 serving (1 protein, 1 fruit).

CREOLE SHRIMP

3.5 - 7 oz. shrimp
1/2 cup vegetable broth or water
1–2 tsp. hot sauce
2 TBSP. lemon juice
1/4 tsp. horseradish
Dash of liquid smoke flavoring (optional)
1 garlic clove, crushed or minced
1 TBSP. onion, minced
Pinch of garlic powder
Pinch of onion powder
Pinch of thyme
1 bay leaf
Dash of sassafras powder, or root beer flavored stevia
Cayenne pepper to taste
Salt substitute and pepper to taste

Mix all ingredients except shrimp in a saucepan or frying pan. Simmer over low heat for 10 minutes. Add shrimp and cook thoroughly for an additional 5 minutes. Add salt substitute and pepper to taste. Deglaze the pan periodically with additional water or broth. Serve hot or cold over a salad or with fresh asparagus. Makes 1 serving (1 protein).

ITALIAN SHRIMP WITH TOMATOES

3.5 - 7 oz. shrimp
2 garlic cloves, crushed or minced
1/4 tsp. dried or fresh basil
Pinch of dried or fresh oregano
Pinch of red pepper flakes
Salt substitute and pepper to taste
1/4 cup vegetable broth or water
2 TBSP. lemon juice
2 large tomatoes chopped

Sauté garlic, basil, oregano, red pepper flakes, salt substitute, and pepper in broth and lemon juice for about 5 minutes. Add the shrimp and tomatoes, then cook until the shrimp are pink and well cooked. Makes 1 serving (1 protein, 1 vegetable).



SALADS & SOUPS

BEEF GREENS OR ASPARAGUS

2 TBSP. chicken bouillon base

2 cups chopped beet greens or asparagus

Dash of onion salt

Heat bouillon base on medium heat to just before boiling. Reduce heat, add greens, and sauté for a few minutes until tender.

Sprinkle with onion salt. Makes 1 serving (1 vegetable).

CITRUS SHRIMP AND GREENS

- 3.5 - 7 oz. shrimp
- 2 TBSP. lemon juice
- 1 TBSP. lime juice
- 3 TBSP. Bragg's Organic Apple Cider Vinegar
- 1 tsp. garlic powder
- 1 tsp. pepper
- 1/2 tsp. onion salt

Place shrimp in a bowl and mix together all ingredients. Let it stand and marinate for 1/2 an hour. You can either grill the shrimp on a grill or in a non-stick frying pan. Serve over your favorite serving of greens. Makes 1 serving (1 protein, 1 vegetable).

CR500 WORKS TIP

You can typically substitute any meat or vegetable in or out to make the recipe fit your liking.

SPICY CRAB SHACK SALAD

- 3.5 - 7 oz. crab
- 1 TBSP. lemon juice
- 2 tsp. Bragg's Organic Apple Cider Vinegar
- 1 TBSP. Bragg's Liquid Aminos
- 1 TBSP. red onion, minced
- Dash of onion powder
- Dash of garlic powder
- Cayenne pepper to taste
- Salt substitute and black pepper to taste
- Celery, diced

Steam the crab and chop into chunks. Toss with remaining ingredients. Marinate for 15 minutes or more and serve over mixed green salad. Makes 1 serving (1 protein, 1 vegetable).

APPLE CHICKEN SALAD

3.5 - 7 oz. cooked chicken breast, cubed
1 apple, diced
3 celery stalks, diced
3 TBSP. lemon juice
Dash of nutmeg
Dash of cardamom
Dash of salt substitute
Dash of cinnamon
Stevia to taste
Lemon wedge

Mix ingredients together, then sprinkle with stevia and cinnamon. Chill for 20 minutes. Serve with a wedge of lemon. Makes 1 serving (1 protein, 1 vegetable, 1 fruit).

ASPARAGUS SALAD

3.5 -7 oz. asparagus spears
3 TBSP. fresh lemon juice fresh
Fresh mint or parsley, chopped
2 TBSP. caper juice
1 TBSP. red onion, minced
Salt substitute and pepper to taste

Flash steam the asparagus until hot but still crisp. Mix together the juices and spices, marinate the asparagus for at least 30 minutes, then serve. Makes 1 serving (1 vegetable).

SPICY THAI CUCUMBER SALAD

1 whole cucumber, cut julienne style
2 TBSP. Bragg's Liquid Aminos
2 TBSP. lemon juice
2 TBSP. vegetable broth (optional)
1 garlic clove, crushed or minced
1 basil leaf, rolled and sliced

1 tsp. cilantro leaves, chopped
Pinch of red chili flakes
Salt substitute and pepper to taste
Stevia to taste
1 TBSP. green onion, chopped

Mix Bragg's Liquid Aminos, lemon juice, vegetable broth (if desired), garlic, onion, basil leaf, cilantro, chili flakes, salt substitute, pepper, and stevia. Add cucumber strips and green onion, and coat them thoroughly with the mixture. Marinate for 10 minutes or overnight. Makes 1 serving (1 vegetable).

CHINESE CHICKEN SALAD

3.5 - 7 oz. chicken breast, cubed
Lemon juice
3 TBSP. Bragg's Liquid Aminos (divided)
1 TBSP. Bragg's Organic Apple Cider Vinegar
1 garlic clove, crushed or minced
1 TBSP. green onion, minced
Cabbage, sliced into fine strips
Fresh grated ginger or a dash of ginger powder
Pinch of red pepper flakes
Stevia to taste
Salt substitute and pepper to taste

Brown the chicken with lemon juice, 1 TBSP. of Bragg's Liquid Aminos, Bragg's Organic Apple Cider Vinegar, garlic, and onion. Add cabbage and steam lightly (for cold salad, skip steaming). Drain off excess liquid. Add ginger, red pepper flakes, stevia, salt substitute, and pepper. Chill. Sprinkle with additional Bragg's Liquid Aminos. Makes 1 serving (1 protein, 1 vegetable).

ORANGE CABBAGE SALAD WITH CHICKEN

3.5 - 7 oz. chicken breast, cubed
1 TBSP. Bragg's Organic Apple Cider Vinegar
2 TBSP. lemon juice

Pinch of fresh or powdered ginger
1 orange (3 TBSP. juice, with the remaining orange sliced or in segments)
1 TBSP. Bragg's Liquid Aminos
1/2 head of cabbage
Stevia to taste
Dash of cayenne (optional)
Stevia to taste

Marinate chicken in Bragg's Organic Apple Cider Vinegar, lemon juice, and ginger. In a frying pan, cook chicken thoroughly. To prepare dressing, mix 3 TBSP. orange juice, Bragg's Liquid Aminos, stevia, salt substitute, pepper, and cayenne. Add extra Bragg's Organic Apple Cider Vinegar if desired.

Shred cabbage into coleslaw consistency and toss lightly with dressing. Marinate for at least 20 minutes or overnight. Top with chicken and orange slices. Makes 1 serving (1 vegetable, 1 protein, 1 fruit).

CUCUMBER ORANGE SALAD

1 tsp. Bragg's Organic Apple Cider Vinegar
1 TBSP. red onion, minced
Juice from 3 orange segments
1 TBSP. lemon juice
1 cucumber, sliced
Orange slices from 1 orange
1 tsp. fresh tarragon, minced
Fresh mint, chopped (optional)
Stevia to taste
Salt substitute and pepper to taste

Combine Bragg's Organic Apple Cider Vinegar, stevia, onion, orange juice, and lemon juice. Mix well. Add cucumber, orange slices, tarragon, salt substitute, and pepper to taste. Marinate for 30 minutes. Garnish with fresh mint leaves. Makes 1 serving (1 vegetable, 1 fruit).

CUCUMBER AND STRAWBERRY SALAD

1 whole cucumber
Strawberries, sliced

1 serving of strawberry vinaigrette (recipe on page 40)

Fresh mint, chopped (optional)

Fresh ground white pepper

Stevia to taste

Combine Bragg's Organic Apple Cider Vinegar, stevia, onion, orange juice, and lemon juice. Mix well. Add cucumber, orange slices, tarragon, salt substitute, and pepper to taste. Marinate for 30 minutes. Garnish with fresh mint leaves. Makes 1 serving (1 vegetable, 1 fruit).

FRENCH ONION SOUP (1)

3.5 - 7 oz. lean steak

1 Vidalia onion

2 cups beef broth

1 tsp. garlic powder

1 tsp. onion salt

1 tsp. black pepper

1 piece Melba toast

Slice onion with an apple slicer to make wedges and open up the onion. Season the onion and place it on top of a foil sheet. Add 1/4 cup of beef broth, wrap it up tightly, and place in a baking dish and bake at 350° for 1 hour. You want to make sure the onion does not become too soft. Serve in a bowl with 2 cups of beef broth and 1 piece of Melba toast. Cook steak with your favorite spices and serve on the side, or add chopped steak to the soup. Makes 1 serving (1 protein, 1 Melba toast).

FRENCH ONION SOUP (2)

1/4 to 1/2 an onion, sliced into thin strips

1 TBSP. lemon juice

2 cups beef broth

1 tsp. Worcestershire sauce

1 TBSP. Bragg's Liquid Aminos

1 garlic clove, crushed or minced

1 piece Melba toast, crumbled

Stevia to taste

Salt substitute and pepper to taste

Brown the onions in a little water and lemon juice. Add beef broth and remaining ingredients except for Melba toast crumbs.

Simmer for 20–30 minutes. Top with Melba toast crumbs. Makes 1–2 servings (1 vegetable, 1 Melba toast).

TOMATO BASIL SOUP

1 cup chicken or vegetable broth (or substitute 1 cup of water for 1 cup of broth)

2 cups fresh tomatoes, chopped

3 oz. of tomato paste

4–6 fresh basil leaves, rolled and sliced

1–2 garlic cloves, crushed or minced

2 TBSP. onion, chopped

1 tsp. garlic powder

1/4 tsp. dried oregano

Pinch of marjoram

Salt substitute and black pepper

Puree all ingredients in a food processor or blender. Pour into a saucepan and heat to a boil. Reduce heat and simmer for 20–30 minutes. Serve hot, garnish with fresh basil leaves or parsley. Makes 2 servings (1 vegetable).

ASPARAGUS SOUP

4–5 asparagus stalks

2 cups chicken or vegetable broth (or substitute 1 cup of water for 1 cup of broth)

1 TBSP. Bragg's Liquid Aminos

2 TBSP. onion, chopped

1/4 tsp. thyme

1/4 tsp. garlic powder

1/4 tsp. onion powder

1 bay leaf

Salt substitute and pepper to taste

Old Bay seasoning to taste

Trim asparagus to remove the tough ends of the stalk and steam until soft. Puree asparagus with broth and remaining ingredients in a blender or food processor. Pour into a saucepan and heat through. If desired, add 4 oz. of diced chicken to the soup and/or replace all the dried seasonings with 1–2 tsp. of Old Bay seasoning. Makes 1 serving (1 vegetable).

CHICKEN SOUP

3.5 - 7 oz. chicken breast, cubed
2 cups chicken broth (or substitute 1 cup of water for 1 cup of broth)
1 TBSP. onion, minced
2 garlic cloves, crushed and sliced
1 bay leaf
1/2 tsp. organic poultry spice blend
Cayenne pepper to taste
1–2 cups celery or tomatoes, chopped
Salt substitute and pepper to taste

Bring chicken broth to a boil. Add remaining ingredients. Simmer on low heat for 20 minutes or more until chicken and cabbage are tender and fully cooked. Serve hot. Makes 1 serving (1 protein, 1 vegetable).

THAI BEEF SOUP (SOURCE: GINGER THAI CAFE)

3.5 - 7 oz. lean beef, cubed
2 cups beef or vegetable broth (or substitute 1 cup of water for 1 cup of broth) 3
TBSP. Bragg's Liquid Aminos
1 TBSP. green onion, chopped
1 garlic clove, crushed or minced
1 bay leaf
1/2 tsp. ginger, fresh grated
Pinch of chili powder or red pepper flakes
Pinch of cinnamon
Fresh cilantro, chopped
3.5 oz. celery, or desired amount
Stevia to taste
Salt substitute and pepper to taste

In a saucepan, heat broth. Add Bragg's Liquid Aminos, onion, garlic, bay leaf, ginger, chili powder, and cinnamon. Bring to a boil. Reduce heat and simmer for 5 minutes. Add beef and celery. Cook for 20–30 minutes until beef is fully cooked. Add salt substitute, pepper, and stevia. Garnish with fresh chopped cilantro. Makes 1 serving (1 protein, 1 vegetable).

CELERY SOUP

3.5 oz. celery, chopped

2 cups chicken broth (or substitute 1 cup of water for 1 cup of broth)

1/4 tsp. thyme

1 bay leaf

1/4 tsp. dried basil

Salt substitute and pepper to taste

Cook celery until very soft. Puree in a food processor with remaining ingredients. Simmer in a saucepan for 20–30 minutes. Makes 1 serving (1 vegetable).

VEGETABLE BEEF SOUP

3.5 - 7 oz. lean beef, cubed

1 TBSP. onion, chopped

1 garlic clove, crushed or minced

1 bay leaf

Pinch of dried basil

Pinch of fresh or dried oregano

Pinch of thyme

Pinch of paprika

Pinch of chili powder

Salt substitute and pepper to taste

2 cups of beef or vegetable broth (or substitute 1 cup of water for 1 cup of broth)

Celery, cabbage, tomato, or zucchini, diced (choose 1, and only enough for 1 serving)

Combine onion, garlic, bay leaf, basil, oregano, thyme, paprika, chili powder, salt substitute, and pepper with beef broth. If using celery or cabbage, add it in with the beef. Simmer for 20–30 minutes. If using

tomatoes or zucchini, add them and simmer for an additional 5 minutes. Makes 1 serving (1 protein, 1 vegetable).

CHICKEN BROTH

1 large chicken breast
10 or more cups of water
1/2 large onion, chopped
4 stalks of celery, chopped
5 garlic cloves, sliced
1 bay leaf
Salt substitute and pepper to taste

In a large soup pot or crockpot, combine chicken and 10 or more cups of water. Water should slightly cover the chicken. Add remaining ingredients. Heat to a boil. Reduce heat and simmer for 4 hours. Remove vegetables and chicken from broth. Refrigerate stock and skim off the chicken fat. Put through a strainer for a clear broth. Use for chicken broth in recipes. Makes multiple servings.

VEGETABLE BROTH

1/2 large onion, chopped
6–10 stalks of celery
10 garlic cloves, chopped
10 or more cups of water
2 bay leaves
1 tsp. paprika
1 tsp. garlic powder
1 tsp. basil
1 tsp. thyme
Salt substitute and pepper to taste

Bring water to a boil in a large soup pot or crockpot. Add remaining ingredients. Slow cook for 2–4 hours. Strain out vegetables and cool. Use as a base for recipes that call for vegetable broth. Makes multiple servings.



DRESSINGS & SAUCES

BALSAMIC VINAIGRETTE

- 1/3 cup balsamic vinegar
- 2 TBSP. water
- 2 TBSP. dried thyme
- 1/4 tsp. salt substitute
- 1/4 tsp. pepper
- 1 TBSP. dried basil
- 1/4 tsp. garlic powder

Combine all ingredients in a blender and mix well. Makes 1–2 servings.

CITRUS DRESSING

1/4 cup Bragg's Organic Apple Cider Vinegar
1 cup water
1 TBSP. lemon
1 pkg. stevia (or liquid stevia to taste)
1/4 tsp. garlic powder

Combine all ingredients in a blender and mix well. Makes 1–2 servings.

DILL DRESSING

1/3 cup Bragg's Organic Apple Cider Vinegar
2 TBSP. water
2 TBSP. dried basil
2 TBSP. dried dill
1 tsp. garlic powder
1 tsp. dry mustard
1 tsp. onion powder

Combine all ingredients in a blender and mix well. Makes 1–2 servings.

VINAIGRETTE DRESSING

1/4 cup Bragg's Organic Apple Cider Vinegar
1/2 cup water
2 shakes of celery salt
2 shakes of onion salt
Ground pepper to taste
3 pkg. stevia (or liquid stevia to taste)

Combine all ingredients in a blender and mix well. Makes 1–2 servings.

ITALIAN VINAIGRETTE DRESSING

1/2 cup chicken or vegetable broth
2 TBSP. Bragg's Organic Apple Cider Vinegar
2 TBSP. lemon juice
1 tsp. organic Italian herb spice blend
2 TBSP. onion, finely minced
1/2 tsp. garlic powder
1/2 tsp. onion powder

Combine ingredients in a small saucepan. Simmer on low heat for 5 minutes to combine flavors. Remove from heat, chill, and serve as a dressing or use as a marinade. Makes 2 or more servings.

STRAWBERRY VINAIGRETTE

2–3 strawberries
1 TBSP. Bragg's Organic Apple Cider Vinegar
1 TBSP. lemon juice
Dash of salt substitute
Dash of cayenne (optional)
Liquid clear stevia to taste
Ground black pepper to taste

Combine all ingredients in a food processor. Puree until smooth. Pour over fresh arugula or green salad. Garnish with sliced strawberries and ground black pepper. Makes 1 serving (1 fruit).

ORANGE TARRAGON MARINADE

1/4 cup chicken or vegetable broth
2 TBSP. Bragg's Organic Apple Cider Vinegar
1/2 orange, juiced
1 garlic clove, crushed or minced
1 tsp. fresh tarragon, chopped
1/4 tsp. onion powder
Salt substitute and pepper to taste

Combine all ingredients and cook on low heat for 3 minutes. Remove from heat and cool. Can be used as a marinade for fish or chicken: Marinate chicken or fish for 20 minutes or more. Cook chicken or fish in remaining marinade. Deglaze the pan periodically with a little water. Save the sauce and add Bragg's Organic Apple Cider Vinegar to make additional dressing for a salad. Serve over a mixed green salad or with other vegetables. Makes 1–2 servings.

CITRUS GINGER DRESSING/MARINADE

1 TBSP. lemon juice
2 TBSP. orange juice
1 tsp. Bragg's Organic Apple Cider Vinegar
1 TBSP. Bragg's Liquid Aminos
Ginger, fresh or ground to taste
Salt substitute and black pepper to taste
Liquid clear stevia to taste

Combine all ingredients. Use as a dressing over a salad or double the recipe to use as a marinade. Warm slightly to enhance the flavors. Makes 1–2 servings.

HOT CAJUN DRESSING/DIPPING SAUCE

3 TBSP. Bragg's Organic Apple Cider Vinegar
1 TBSP. lemon juice
Dash of garlic powder
Dash of onion powder
Cayenne pepper to taste
Salt substitute and black pepper to taste
1/4 tsp. Old Bay seasoning mix (optional)
Stevia to taste (optional)

Combine ingredients in a small bowl and pour over a salad. Can be used as a dipping sauce, or as marinade for vegetables or fish. Makes 1–2 servings.

SALSA

1 cup fresh tomato, chopped
3 TBSP. lemon juice
1 TBSP. Bragg's Organic Apple Cider Vinegar (optional)
2 garlic cloves, crushed or minced
2 TBSP. onion, finely chopped
1/4 tsp. chili powder
1/4 tsp. fresh or dried oregano
Cayenne pepper to taste
Fresh cilantro, chopped, to taste
Salt substitute and pepper to taste

Combine ingredients in a bowl, mix well. Store chilled. Makes 1 serving (1 vegetable).

BARBECUE SAUCE

3 oz. tomato paste
1/4 cup Bragg's Organic Apple Cider Vinegar
3 TBSP. lemon juice
1 TBSP. hot sauce
1 TBSP. onion, minced
3 garlic cloves, crushed or minced
1/4 tsp. chili powder
Liquid smoke hickory flavoring

Combine ingredients in a bowl and mix well. Makes 1–2 servings.

FRESH KETCHUP

1/4 tsp. celery salt
1/2 tsp. paprika
1/4 tsp. mustard powder
Pinch of nutmeg
Pinch of clove
Pinch of black pepper
1/4 tsp. garlic powder

1/4 tsp. onion powder
3 TBSP. Bragg's Organic Apple Cider Vinegar
3 oz. tomato paste
Clear liquid stevia to taste

Combine ingredients in a bowl and mix well. Makes 1–2 servings.

FRESH MUSTARD

2 TBSP. ground mustard powder
1 TBSP. garlic powder
1 TBSP. onion powder
1/2 tsp. ground ginger
1/2 tsp. horseradish, grated (optional)
1/2 cup Bragg's Organic Apple Cider Vinegar
1/2 cup water
1 TBSP. lemon juice
Stevia to taste

Mix ingredients together thoroughly, heat in a saucepan for 2–3 minutes. Pack warm mustard into a jar and top with lemon juice. Mustard will last up to 2 weeks in the refrigerator. Add water as needed for consistency. Mix before using. Makes 1–2 servings.

TOMATO BASIL VINAIGRETTE

3 TBSP. tomato paste
3 TBSP. Bragg's Organic Apple Cider Vinegar
2 TBSP. lemon juice
1/4 cup water, chicken, or vegetable broth
1 TBSP. onion, minced
1/2 tsp. garlic powder
1/2 tsp. onion powder
1 tsp. dried basil or fresh basil leaves, rolled and sliced, or to taste
Pinch of oregano
Cayenne pepper to taste
Clear liquid stevia to taste

Combine all ingredients in a small saucepan and bring to a boil. Reduce heat and simmer for 20 minutes or until liquid is reduced. The longer you simmer, the richer the flavor. As the liquid reduces, deglaze the pan with a little water or broth to intensify the flavors. Enjoy as a glaze or sauce with chicken or beef. Makes 1–2 servings (1 fruit).



DESSERTS

ORANGE JULIUS SMOOTHIE

6 strawberries
Juice of 1 lemon
Sugar substitute to taste
Water (if needed)

Blend all ingredients together. Makes 1 serving (1 fruit).

STRAWBERRY SORBET

6 strawberries
Juice of 1 lemon
Sugar substitute to taste
Water (if needed)

Freeze fresh strawberries for about 1 hour. Blend fresh frozen strawberries, lemon juice, and sugar substitute until well blended. You can serve immediately or place in the freezer so it firms up further.

Makes 1 serving (1 fruit).

CANDIED APPLES

3 apples
4 pkg. stevia
1 tsp. cinnamon
2 cups water
1 tsp. vanilla

Place 4 apples in a baking dish. Pour the water over top. Sprinkle sweetener and cinnamon over apples. Bake at 350° for an hour. Take the tray out of the oven, add vanilla to the liquid, and stir. Take apples out, pour the sweetened water mixture over the apples, and enjoy! Makes 4 servings (1 fruit).

STRAWBERRY SHORTCAKE

1 piece plain Melba toast
2 drops vanilla crème flavored stevia
Top with 6 strawberries, sliced

Take a slice of plain Melba toast, add 1 drop of stevia (vanilla crème flavor). Top with a sliced strawberry, then add another drop of vanilla crème stevia. Makes 1 serving (1 fruit).

CHIPS AND SALSA

1 tomato, diced
Onion, diced, to taste
Fresh cilantro, minced, to taste
1 piece Melba toast, as a chip substitute

Prepare a pico de gallo mixture by combining all ingredients into a bowl. Use Melba toast as a chip. Makes 1 serving (1 vegetable, 1 Melba toast).

STRAWBERRY-ORANGE SMOOTHIE

1 cup strawberries (frozen or fresh)

1/2 orange or 1/3 cup of real orange juice (not from concentrate)

3/4 cup ice, crushed

5 drops clear stevia

5 drops valencia orange flavored stevia

1 handful frozen spinach leaves (optional—you won't even be able to taste these)

Blend in a blender till smooth. Makes 1 serving (1 fruit)

SODA

Sparkling water

10-15 drops of flavored stevia

Blend ingredients together in a cup. Makes 1 serving.

LEMONADE

1 cup water

2 TBSP. lemon juice

10 drops plain stevia

10 drops lemon flavored stevia

Blend ingredients together in a cup. Makes 1 serving.

HOT CHOCOLATE

8 oz. hot water

5 drops chocolate flavored stevia

3 drops vanilla crème flavored stevia

Blend ingredients together. Makes 1 serving.

FROZEN STRAWBERRY LEMONADE

1 cup frozen strawberries
1/4 cup lemon juice
1 cup ice
10 drops lemon flavored stevia
10 drops plain stevia

Blend in a blender till smooth. Makes 1 serving (1 fruit).

FROZEN CAPPUCINO

1 cup crushed ice
5 drops peppermint-flavored stevia
5 drops chocolate flavored stevia
5 drops valencia orange flavored stevia
1 cup iced coffee, decaf

Mix in a blender until smooth. Pour into a glass and serve. Makes 1 serving.

LEMON DROP SLUSHY

1/2 tsp. squeezed lemon juice
1/2 cup water
1/2 cup ice
5 drops lemon flavored stevia

Mix in a blender until smooth. Makes 1 serving.

JAMAICAN GRAPEFRUIT

1/2 grapefruit
Cinnamon to taste
1–2 pkg. stevia

Using a serrated edge knife, cut the grapefruit in half as you normally

would, and place on an oven-safe dish. Bake at 350° for 2 minutes. Cut around the center core, rind, and partitions. Sprinkle with cinnamon and stevia. Makes 1 serving (1 fruit).

STRAWBERRY FLOWER

4 large strawberries, or 6 small strawberries
1 TBSP. cinnamon
1 pkg. stevia

Slice strawberries and place them on a plate, arranged like a flower. Mix cinnamon and stevia, and sprinkle over the strawberries. Makes 1 serving (1 fruit).

APPLE COBBLER

1 apple, sliced
1/8 tsp. cinnamon
1 pkg. stevia

Toss the above ingredients and arrange on an oven-safe dish. Bake at 350° until cooked to desired liking. Makes 1 serving (1 fruit).

APPLES WITH STRAWBERRY SAUCE

1/2 a Jonathan apple (or any type of apple you prefer)
3 strawberries
3 drops vanilla crème stevia

Slice the apple and arrange the slices on a plate. Mash the strawberries with a fork, and add vanilla crème stevia to make a sauce. Pour over the apple slices. Makes 1 serving (1 fruit).