

Recipes for the Development Diets

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Introduction

This cookbook was designed for those following the development diets. However, the recipes are healthy and nutritious for everyone. We encourage including a vegetable medley with each meal. The recipes provide basic meal suggestions and additional vegetables can always be added.

GENERAL DIETARY PRINCIPLES

VEGETABLES

Preferred vegetables:

- *Carrots (standard orange carrots only)
 - *Rutabaga
 - *Daikon or white radish
 - *Brussels sprouts
 - *Baby broccoli (also called broccollette or broccolini)
 - *Cabbage (red and savoy)
 - *Cauliflower (white, orange or purple)
 - *Green beans
 - *Onions: (red, white, yellow, sweet, green or scallions, leeks, shallots, white pearl, red pearl, gold pearl, white boiler, and cipolline).
 - ***Other.** *Small amount* of golden beets, celery, garlic and ginger, chives, wild garlic (*allium canadense*), and horseradish root.
- For **chives**, have about a two-inch piece per meal. For **horseradish root**, have a dime-sized thin sliver per meal. For **celery**, have about half an inch of a stalk daily. For **golden beets**, have a thin slice twice a week – about the size of a quarter coin. For **garlic**, have 2 little cloves per week or have an inch of **wild garlic**, but not both at the same meal. For **ginger**, have 2-3 small, thin slices per week.

Occasional vegetables (These are not needed at all, have them only if you need more variety):

*Roots: parsnips, turnips, black radish, red beets, celery root, sweet potatoes, and yams.

*Winter squashes: spaghetti, acorn, butternut, pumpkin

*Cruciferous vegetables: green cabbage or broccoli.

*Other: corn on the cob, okra, bok choy, Chinese cabbage, Swiss chard, spinach, mustard greens. Corn on the cob is a nice treat if it is fresh.

Frozen and canned vegetables. Canned vegetables are often better than frozen ones, but not as good as fresh ones. However, they are much better than not eating any vegetables at all.

Frozen vegetables do not work well for development. Eat them not at all or only occasionally if you cannot get fresh ones.

Forbidden vegetables:

Yucca, taro root, breadfruit, burdock root, cassava, anise, fennel, radicchio, rapini, kohlrabi, asparagus, artichoke, and parsley root zucchini and other summer squashes, nightshades (peppers, tomatoes, potatoes, eggplant). These vegetables are all either too yin or a little toxic.

PROTEIN

Protein foods that are absolutely required for rapid development are: (*see cooking instructions in cooking tips section on how to prepare*):

***Dark Meat Chicken (thighs or legs).** Eat three or four 4-5 ounce portions weekly. Natural or free-range chicken is generally best. Foster Farms in the USA is a good brand.

***Lamb.** Lamb loin chops are best, but any cut of lamb will do. All lamb is pasture-raised and okay. Eat two 4-5 ounce portions per week.

***Heirloom, grass-fed or organic beef.** Eat two 4-5 ounce portions of grass-fed or organic beef every week. An heirloom variety would be best if you can find it, such as criollo beef. Regular factory farm beef is less nutritious and an irritating food. Avoid it or eat it only occasionally.

***Eggs.** Eggs in moderation are helpful for development. Cage-free, free-range or organic eggs are best. Store eggs in the refrigerator.

Adult women may eat up to 6 eggs per week. Adult men may eat up to 8 eggs per week.

Never eat hard-boiled eggs or eggs that are hard such as in quiche, cake, pastries or other dishes. These are very difficult to digest.

***Roasted almond butter.** Eat two tablespoons daily. Please do not skip

this. Organically grown is better, but not required.

***Roasted sesame tahini** (sometimes called sesame butter). Eat 1 tablespoon of roasted sesame tahini daily or two tablespoons of hummus daily (which contains sesame tahini). Only have sesame butter or hummus made with white sesame seeds.

The following protein foods are not required, but are excellent protein foods.

***Sardines**. These are an excellent food for development. Ideally, eat 3 or 4 standard sized cans of sardines per week.

***Wild game**. Caribou, elk, and deer are good. Cook them rare. Avoid eating duck, goose, bison or buffalo. These are a little toxic.

***Plain (meaning unflavored) goat yogurt**. Eat 8 ounces per week.

All other dairy products such as cows milk yogurt and kefir, cheese and milk do not

OCCASIONAL PROTEIN FOODS

These are optional foods and should be eaten *at most* only once or twice weekly. They include goat meat, dark meat turkey, dried beans except for lentils, and dairy products except for 8 ounces per week of plain goat yogurt.

AVOID

Organ meats. These are too high in toxic meals.

Pig products (such as pork, ham, bacon and lard). These often contain parasite eggs, even if well-cooked.

Processed meats, such as salami and bologne. These contain chemical additives.

Meat broths such as chicken broth. These contain toxins and are not nutritious.

Lentils. At this time, lentils are not working well and we suggest avoiding them.

Protein powders, protein food bars and protein drinks. These are cooling foods and usually very bad food combinations. Avoid all of them. They are not required or helpful for development.

Portion size. A serving of protein food for adults is 4-5 ounces or about 100-150 grams of protein food (not grams of protein) per serving.

Salt. When you eat protein foods, sprinkle a little sea salt on them. It helps with digestion.

GRAIN

Preferred grain foods:

The best grain for development is **blue corn**. If you do not tolerate corn well, try eating blue corn chips 1) in small quantity and 2) **alone** – without mixing them with any other food. Blue corn chips can be crushed and added on top of cooked vegetables or eaten with any meal. 10-12 chips per meal is recommended.

Occasional grain foods:

- *Oats
- *Quinoa
- *Yellow corn as cornmeal or polenta
- *Amaranth
- *Millet
- *Barley
- *Rye

Forbidden grain foods:

Wheat, spelt, buckwheat, rice. Raw grain products such as granola, muesli and trail mix. Rice cakes. Avoid all raw grains.

FATS AND OILS

Preferred fats and oils:

- *Fatty meats, eggs, roasted almond butter, roasted tahini or hummus, sardines and a little full-fat dairy products.
- *Butter
- *Cream
- *Olive oil (do not cook olive oil)

Slow oxidizers should not add any fats or oils to their diet.

Fast oxidizers can use some olive oil or other grain or seed oils and need to add 2 tablespoons of extra fat or oil to each meal.

Occasional fats and oils:

- *Palm oil
- *Avocado.
- *Refined vegetable oils: corn, sunflower, safflower, peanut, sesame, hazelnut, grapeseed, canola and others.
- *Fresh hempseed and flaxseed oils

Forbidden fats and oils:

Hydrogenated oils, margarine, shortening, most peanut butter, lard.
Coconut products.

BEVERAGES

- *Quality spring water
- *If tap water is safe in your area, carbon-only or sand-filtered tap water
- *Beef bone broth
- *Carrot juice (up to 10-12 ounces for adults)
- *1-2 ounces of fresh wheat grass juice, but only twice per week
- *Tea and coffee: One cup of regular coffee and one cup of herbal tea daily is okay, but not required. Good teas are chamomile, hibiscus or lemon grass.

TOPPINGS

These are not needed. However, there is a toppings section at the end of this book that lists a number of different options to top your vegetables with, if desired. These are especially useful for children to encourage them to eat more vegetables. In general, cream, almond butter, tahini are wonderful to add to cooked vegetables (cream in particular for fast oxidizers and children). Blue corn chips can be crushed and added on top of any meal.

COOKING TIPS

* *Vegetables must be cooked until they are soft, not crunchy or al dente.* Otherwise, the body cannot absorb enough minerals from them.
Eat almost exclusively the preferred vegetables. There are about 28 of them. If you cannot obtain all the preferred vegetables, just do your best and eat lots of the ones you can get.
Eat a medley or mixture of 10 or more of the preferred vegetables with each meal.

***Acceptable methods of cooking** are pressure-cooking, steaming, and crock pots. Less desirable methods of cooking are stir-frying or sautéing, frying,

broiling, roasting, grilling, baking, and roasting. These cooking methods produce AGES, which are toxic chemicals that build up in the body. Roasting, broiling, barbequing, stir-frying and sautéing are okay once in a while, but that is all!

Do not cook often with oil, as this tends to produce toxic chemicals. Do not bake vegetables in olive oil. This generates toxic chemicals that are very hard on the liver. Avoid microwave ovens.

***Pressure-cooking** is the best way to cook vegetables. It is the most yang, very fast (2-3 minutes), best-tasting, and clean up is easy. Other acceptable methods are steaming, pan steaming, and crock pots (also called slow cookers).

***Do not pressure cook vegetables for more than 2-3 minutes, ever.** This just overcooks them and destroys the chemicals in the food that development requires. If the vegetables do not pressure cook in 2-3 minutes, they need to be sliced thinner. Vegetables that need to be sliced thinly are rutabaga, cauliflower stems, celery and golden beets.

***How to pressure cook:** Rinse off vegetables. Then cut them either into:

- Bite-sized chunks (onions, carrots, broccolini, cauliflower flowers, cabbage, Brussels sprouts, leeks and shallots)
- Thin slices (daikon, rutabaga, cauliflower stems, celery, golden beets, and ginger)

They can then cook together and will be ready in 3 minutes or a little less. With a pressure cooker, vegetables should retain their color, but be soft. If they turn grayish and look raggedy, they are overcooked.

Pressure cooking grains and thick pieces of meat usually take longer.

Some foods are too delicate to be pressure-cooked, including ground beef, thin slices of chicken, and fish.

***Purees.** Some find that pureeing vegetables after cooking them makes them easier to eat so you will eat more of them.

After your vegetables are cooked, pour off the water you cooked them in so you can drink it. Then use an electric hand blender to puree the vegetables. It looks like a stick with a cord at one end and a blade at the other end.

Do not use a regular blender because they require adding water. This is not good because the water dilutes the stomach acid. The hand blender does not require adding water to the vegetables.

After pureeing, add a little sea salt and perhaps other seasoning, if you wish.

***Chicken.** Chicken thighs or legs are the best part of the chicken. Chicken breast is the least desirable.

Cook chicken by cutting it into thin strips and throwing them into boiling water just long enough for the pink color to change to white throughout the strips. This takes about 30 seconds or a little less. Then use a slotted spoon to remove them from the boiling water.

***Lamb.** Lamb loin chops are best, but any cut of lamb will do. All lamb is pasture-raised and okay. Eat two 4-5 ounce portions per week.

Cooking lamb. Cook a standard lamb loin chop in a pressure cooker for about one minute and 10-30 seconds. Do not drink the water in which you cook chicken, lamb or beef. It contains toxins. For the same reason, we do not recommend eating meat broths of any kind.

***Cooking ground beef**

Heirloom, grass-fed or organic beef. Meat is actually a delicate food, and certain zinc compounds are destroyed if the food is overcooked. It is working very well. Eat two 4-5 ounce portions of grass-fed or organic beef every week. An heirloom variety would be best if you can find it, such as criollo beef. Regular factory farm beef is less nutritious and an irritating food. Avoid it or eat it only occasionally.

Cooking grass-fed or organic ground beef. (We suggest avoiding regular beef, which is an irritating food for many people). Meat is actually a delicate food, and certain zinc compounds are destroyed if it is overcooked. We suggest cooking meat by *braising*:

1. Put about half an inch of water in the bottom of a pot or frying pan and bring to a boil.
2. When the water is boiling, add the ground beef in the form of a patty that is no more than $\frac{3}{4}$ inch thick.
3. Cook on one side for about 15-20 seconds. Then turn it over and cook it on the other side for about 15-20 seconds. Then remove from the water, add a little sea salt, and eat. The meat will be rare or raw in middle and that is okay. It should not be cold in the middle. Always take one or more GB-3 tablets when eating meat.

***Eggs:** Men may have only up to 8 eggs per week. Women may have only up to 6 eggs per week. Children may have fewer eggs, depending upon their size. Do not overeat on eggs, as many people do.

Eggs in moderation are helpful for development. Cage-free, free-range or organic eggs are best. Store eggs in the refrigerator.

Adult women may eat up to 6 eggs per week. Adult men may eat up to 8 eggs per week.

Cooking eggs. Eggs must be cooked so that the yolk is runny. Possible methods are:

1. Soft boiled for only 3 minutes.
2. Poached.
3. Scrambled, but only if they are eaten when mushy, not hard.

*Use Bamboo Jade sea salt, HAIN sea salt is also good.

*Better herbs are tarragon (especially for those in the four lows pattern), garlic, ginger, mustard, dill turmeric, dried cilantro, curry powder, cumin, burdock, horse radish, oregano, basil, rosemary, thyme, marjoram, and parsley.

However, they are not needed and if you use them, use sparingly.

***For those in slow oxidation**, the plan is fairly low-fat and it is not recommended to add extra fats and oils to foods but rather to get fats from the foods that are included on the program such as

- almond butter
- Sesame tahini
- Oil found in blue corn chips
- Sardines
- Meats (mainly lamb, dark meat chicken, and organic ground beef. Wild game and turkey have a little fat, but not much)
- Eggs (specifically runny egg yolk)
- Goat yogurt
- Possibly a small amount of butter or vegetable oil used in cooking.

***For those in fast oxidation**, fast oxidizers *require one to two tablespoons of additional fat or oil with each meal.* They also require less starch in the diet.

Excellent extra fats are runny egg yolk, cream, butter, animal fats, and a little vegetable oil such as olive, sunflower, safflower or other vegetable oils.

Vary the type of extra fat or oil you eat. For example, do not just have olive oil or butter three times a day. This will unbalance the body and will slow development.

Chicken skin is not that good as an extra source of fat. Do not eat it at all if the

chicken is roasted because it is then toxic.

You may notice that the fast oxidizer and slow oxidizer meals are similar in that they both contain a lot of the same foods. This is because they are similar, with the exception that fast oxidizers require more fat while slow oxidizers need less fat. Therefore, you can easily convert a slow oxidizer recipe to a fast oxidizer recipe or vice versa using the following changes:

***If you are in slow oxidation,** you can use the recipes in the fast oxidation section by taking out any added fats.

***If you are in fast oxidation,** you can use the recipes in the slow oxidation section by adding 1-2 Tbsp. of fat to the recipe and perhaps removing/decreasing grains in the recipe.

***Order of eating foods.**

1. Drink water before the meal. Then wait 10 minutes or longer before eating.
2. **Protein.** Begin most meals with some protein. It is the most difficult type of food to digest. The stomach needs more time to work with it.
3. **Cooked vegetables.** Wait about five minutes after eating protein. Then eat cooked vegetables.
4. **Blue corn chips or other starch.** Wait about 5 minutes after eating cooked vegetables and finish the meal with about 5 medium-sized blue corn chips. If you cannot get blue corn tortilla chips, you may have yellow corn chips or a small portion of another grain or starch.

For full development diet recommendations and to check for updates/changes, please visit the following pages:

Foods for daily use:

<https://www.drlwilson.com/articles/FOOD.DAILY.htm>

Foods for occasional use:

<https://www.drlwilson.com/articles/FOOD.OCCASIONAL.htm>

Forbidden Foods:

<https://www.drlwilson.com/articles/FOOD.FORBID.htm>

We hope that you enjoy the recipes and thank you for your support in

purchasing this book.

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No illness which can be treated by diet should be treated by any other means.
Moses Malmonides (1135 – 1204)

Disclaimer

All the information in this book is for educational purposes only. It is not for the diagnosis, treatment, prescription or cure of any disease or health condition.

Slow
Oxidizer
Meals

Preferred Slow Oxidizer Meals

Pressure Cooker Veggies Over Sardines



Ingredients (makes 2 small servings or 1 large serving)

- 1-2 cans of sardines (use 1 can if making one serving and use two cans if making 2 servings)
- 1 small rutabaga, thinly sliced
- 2-3 brussels sprouts, quartered

- 1 celery stalk, thinly sliced
- 1/2 small daikon radish, thinly sliced
- A few cauliflower florets
- 1 bunch of broccolini, cut into small pieces
- 1 leek, chopped into small pieces
- 1/4 red onion, chopped
- 1/4 yellow onion, chopped
- 1 medium carrot, cut into bite-size pieces
- 1 shallot, chopped
- A small bit of cauliflower stems, thinly sliced
- 1/4 cup spring water
- Sea salt for seasoning

Directions

1. Place all of the ingredients, except for the sardines and sea salt, into a pressure cooker.
2. Pressure cook for 3-4 minutes.
3. While the veggies are cooking place the sardines on a plate.
4. When the veggies are done cooking, use a slotted spoon to transfer the veggies to the plate over top of the sardines. Set the remaining liquid aside to drink at a later time away from your meal.
5. Season with sea salt, and enjoy!

Blue Corn Taco Salad



Ingredients (makes 1 large serving or 2 small servings)

- 1 small rutabaga, thinly sliced
- 1/2 cup shredded red cabbage
- 3-4 florets of orange cauliflower
- 1/2 small daikon radish, thinly sliced
- 1 medium carrot, shredded
- 1/4 white onion, chopped
- 1/4 red onion, chopped

- 1 white pearl onion, chopped
- 3 green onion, chopped
- 1 bunch of broccolini, cut into small pieces
- 5-6 brussels sprouts, sliced into small pieces
- 1 grape tomato
- 1/4 cup spring water
- Small sprinkle of cumin*
- Sea salt, for seasoning
- 1-2 large handfuls of blue corn chips

Directions

1. Place all of the ingredients, except the sea salt, cumin, and blue corn chips in a pressure cooker.
2. Pressure cook for 3-4 minutes.
3. Use a slotted spoon to transfer the vegetables to a plate. Set the remaining liquid aside to drink at a later time away from your meal.
4. Season the vegetables with sea salt, and a small sprinkle of cumin.
Crumble blue corn chips over the top of the vegetables. Enjoy!

*It is best not to use herbs in your meals. The cumin gives this dish a nice taco flavor, but it is not necessary, so only use it sparingly and occasionally.

Pressure Cooker Root Vegetable Medley



Ingredients (makes 1 large serving or 2 small servings)

- 1 small rutabaga or 1/4 - 1/2 of a large one, thinly sliced
- 1 daikon radish, thinly sliced
- 1 large carrot, cut into bite size chunks
- 1/4 red onion, chopped into large chunks
- 1/4 yellow onion, chopped into large chunks
- 1/4 sweet onion, chopped into large chunks
- 1/8 white onion, chopped into large chunks
- 1 small leek, chopped

- 2-3 brussels sprouts, quartered
- 1 thin slice of golden beet
- 2 green onions, chopped
- 1/4 cup spring water
- 1-2 Tbsp. Heavy cream or almond butter for topping (optional)
- Sea salt for seasoning

Directions

1. Add all of the prepared vegetables to the bed of a pressure cooker.
2. Add 1/4 cup of spring water to the vegetables.
3. Cook in the pressure cooker for 3-4 minutes at full pressure.
4. Use a slotted spoon to transfer the vegetables to a plate. Save the leftover liquid in the pressure cooker to drink at a later time, away from the meal.
5. Season with sea salt, and enjoy alone, or pair with some cooked chicken, sardines, lamb, turkey, a poached egg, or a few blue corn chips.

Pressure Cooker Mixed Vegetables and Chicken



Ingredients (makes 1 large or 2 small servings)

- 4-10 ounces chicken thigh (use 4-5 ounces if making 1 serving, and use 8-10 ounces if making 2 servings)
- 1/4 head cauliflower, stems and leaves included, sliced into very thin slices
- 1 large carrot, chopped into bite-size chunks
- 1 large bunch of broccolini, cut into bite-size pieces (flowers and leaves are the best part)

- 1 small rutabaga, sliced into very thin slices
- 1/4 large red onion, chopped
- 1/4 large white onion, chopped
- 1/4 large yellow onion, chopped
- 1 shallot, chopped
- 1 leek, chopped
- 1/2 cup green beans
- 1/4 stalk celery, thinly sliced
- 1/4 cup spring water
- Sea salt

Directions

1. Place all of the prepared vegetables, chicken, and the spring water in the pressure cooker.
2. Cook in the pressure cooker for 3-4 minutes at full pressure.
3. Use a slotted spoon to transfer the vegetables to plates. Save the liquid to drink at a later time away from your meal. Season with sea salt, and stir to combine. Enjoy!

Four Lows Fantastic Pressure Cooker Feast



Ingredients (makes 1 large serving or 2 small servings)

- 1/8 - 1/4 tsp. Dried tarragon*
- 1 cup green beans
- 1 medium carrot, chopped
- 1/4 red onion, chopped
- 1/4 yellow onion chopped
- 1 small leek, chopped
- 1 shallot, chopped
- 1 small daikon, thinly sliced

- 1/8 head of red cabbage, chopped
- 1/3 small head of cauliflower (orange, white, or purple), leaves and stems included, cut into small florets, and the stems very thinly sliced
- 1 small bunch of broccolini, cut into small pieces
- 4-10 ounces of chicken thigh or leg, cut into bite size pieces (use 4-5 ounces if making 1 serving, and use 8-10 ounces if making 2 servings)
- 1/4 cup spring water
- Sea salt, for seasoning

Directions

1. Place everything, except the sea salt, in the pressure cooker.
2. Cook in the pressure cooker for 3-4 minutes at full pressure.
3. Use a slotted spoon to remove the chicken and veggies from the pressure cooker and place on a plate. Set aside the leftover liquid in the cooker to drink at a later time, away from your meal.
4. Season with sea salt, and enjoy!

*Though using herbs and spices on meals is not recommended, except occasionally, in a nutritional balancing diet, tarragon is an excellent herb that aids in getting someone out of four lows. If you are not in four lows, only use the tarragon occasionally, or just omit completely.

Pressure Cooker Lamb Burger



Ingredients (makes 4 lamb burgers)

- 4-5 ounces of ground lamb
- 1/4 spring water
- Sea salt, for seasoning
- 12 - 18 cooked preferred veggies of your choice

Directions

1. Use your hands to form a patty with the ground lamb. Place the patty in the bed of a pressure cooker. Add the preferred veggies of your choice and the spring water.
2. Pressure cook for 3-4 minutes.
3. Use a slotted spoon to transfer the lamb burgers to a plate, then transfer your vegetables to another plate.
4. Season your vegetables with sea salt, and serve with one lamb burger.
Enjoy!

Cabbage, Chicken, and Carrot Pressure Cooker Delight



Ingredients (makes 1 serving)

- 1/4 red onion, chopped
- 1/4 yellow onion, chopped
- 1/2 leek, chopped

- 1 white pearl onion, chopped
- 1 medium carrot, chopped
- 1/4 small head of red cabbage
- 1 small chunk of ginger, thinly sliced
- 4-5 ounces chicken thigh, cut into bite size pieces
- 1/4 cup of spring water
- Sea salt for seasoning

Directions

1. Place all of the ingredients, except the sea salt, into the bed of a pressure cooker.
2. Pressure cook for 3-4 minutes.
3. Use a slotted spoon to transfer the veggies and chicken onto a plate or into a bowl. Set aside the remaining liquid to drink at a later time, away from your meal.
4. Season with sea salt and enjoy!

Poached Eggs with a Whole Bunch of Veggies



Ingredients (makes 1 large serving or 2 small servings)

- 1 small rutabaga, thinly sliced
- 1 medium carrot, chopped
- 1 shallot, chopped
- 1/4 yellow onion, chopped
- 1/4 white onion, chopped

- 4-5 brussels sprouts, quartered
- 1/2 small daikon radish, thinly sliced
- 1/2 a bunch of broccolini
- 1/4 leek chopped
- 1 inch slice of a head of red cabbage, chopped
- 1 small garlic clove, quartered
- 1/4 cup spring water
- 1-2 poached eggs (1 egg per serving)
- Sea salt, for seasoning

Directions

1. Place all of the vegetables in a pressure cooker.
2. Pressure cook for 3-4 minutes.
3. Use a slotted spoon to transfer the vegetables to a plate. Set aside the remaining liquid to drink at a later time, away from your meal.
4. Top with the poached egg, and season with sea salt.

Eat the Rainbow Pressure Cooker Veggie Dish



Ingredients (makes 1 large serving or 2 small servings)

- 1/8 head of red cabbage, sliced
- 1/4 red onion, chopped
- 1/4 white onion, chopped
- 1/4 yellow onion, chopped
- 1 leek chopped
- 1 green onion, chopped

- 1 small rutabaga, thinly sliced
- 1 medium carrot, chopped into bite-size pieces
- 1 cup green beans
- 1/2 small daikon radish, thinly sliced
- 1 grape tomato
- 1/4 cup spring water
- 1-2 Tbsp. Heavy cream for topping (optional)
- Sea salt for seasoning

Directions

1. Place all of the veggies in a pressure cooker, and pour the spring water over the veggies.
2. Cook in the pressure cooker for 3-4 minutes at full pressure.
3. Use a slotted spoon to transfer the veggies from the pressure cooker to a plate. Save the leftover water for later to drink away from your meal.
4. Season with sea salt, and top with cream if using. Enjoy alone, or side it with some chicken thigh, lamb, turkey, poached eggs, sardines, or a few blue corn chips.

Slow Cooker Lamb Stew



Ingredients (Makes 3-5 servings)

- 1.5 lbs of lamb shoulder, lamb chops, or leg of lamb
- 1 lb. carrots, chopped into large bite size pieces
- 1 leek, chopped
- 1 large red onion, chopped
- 2 rutabaga, thinly sliced
- 2 cups green beans
- 1 daikon radish, thinly sliced
- 2 Tbsp. arrowroot powder
- 1/2 cup spring water, divided
- Sea Salt for seasoning

Directions

1. Prepare your veggies and place them in the slow cooker.
2. Add 1/4 cup water. Stir to mix. Cook on high for 3-4 hours.
3. When there is 1 hour left of cooking time, add the lamb, and cook the remaining hour.
4. When there is about 15 minutes left of cooking time. Remove any meat left on the bones and discard the bones. Mix 1/4 cup spring water with the 2 Tbsp. arrowroot powder, and add to the slow cooker. Stir to coat. Let cook for another 15 minutes.
5. Once done, ladle into bowls. Season with sea salt, if desired, and serve.

Sardines and Steamed Veggies Mash Up



Ingredients (makes 1 large serving or 2 small servings)

- 1-2 cans of sardines (use 1 can if making 1 serving, and use 2 cans if making 2 servings)

- 3 red pearl onions
- 2 scallions, chopped
- 1/4 red onion, chopped
- 1/4 white onion, chopped
- 1/4 sweet onion, chopped
- 1/4 small head of cauliflower, leaves and stems included, cut into bite-size pieces, and stems sliced very thinly
- 1 large bunch of broccolini, chopped into bite-size pieces
- 1 medium carrot, chopped into bite-size pieces
- 1/8 head of red cabbage, thinly sliced
- 3-4 brussels sprouts, quartered
- Spring water for steaming
- Sea salt for seasoning

Directions

1. Place all of the vegetables in a medium sized pot, and pour in 1 cup of spring water.
2. Place the pot over medium high heat until the water begins to boil.
3. Cover the pot with a lid. If there is a steamer hole on the lid, cover completely. If not, crack the lid ever so slightly on the pot.
4. Steam for 20 - 25 minutes until the vegetables are fork tender.
5. Use a slotted spoon to transfer to a plate, add in the sardines, and stir to combine.
6. Season with sea salt, and enjoy!

Pressure Cooker Veggie Breakfast Power Bowl



Ingredients (makes 1 large serving or 2 small servings)

- 1/4 cup of spring water
- 1/4 red onion, chopped
- 1/4 sweet onion, chopped

- 2-3 green onions, chopped
- 1 white pearl onion, chopped
- 1 leek, chopped
- 1 medium carrot, chopped
- 1/8 head of red cabbage, cut into slices
- 1 small rutabaga, thinly sliced
- 1 small daikon radish, thinly sliced
- Cauliflower leaves and stems, sliced very thinly
- 1 poached egg per serving
- Sea salt for seasoning

Directions

1. Place all of the vegetables in a pressure cooker, and pour in the spring water.
2. Cook in the pressure cooker for 3-4 minutes at full pressure.
3. Use a slotted spoon to transfer the veggies to a bowl, and save the remaining liquid to drink at a later time away from your meal.
4. Top with 1-2 poached eggs, season with sea salt, and enjoy.

Pressure Cooker Chicken and Pearly Veggies



Ingredients (makes 1 large serving or 2 small servings)

- 2-3 white pearl onions, chopped
- 2-3 gold pearl onions, chopped
- 2-3 red pearl onions, chopped

- 1 leek, chopped
- 1/2 lb. brussels sprouts, halved
- 1/3 head of cauliflower, stems and leaves included, chopped, and stems very thinly sliced
- 1 large carrot, sliced into small sticks
- 1/2 small daikon radish, thinly sliced
- 1/4 stalk of celery, thinly sliced
- 1 clove of garlic
- 4-5 ounces of chicken thigh, cut into bite size pieces
- 1/4 cup spring water
- sea salt, for seasoning

Directions

1. Place all of the ingredients, except the sea salt, into a pressure cooker.
2. Cook in the pressure cooker for 3-4 minutes at full pressure.
3. Use a slotted spoon to transfer everything to a bowl or plate. Save the remaining liquid to drink at a later time away from your meal.
4. Season with sea salt, and serve.

Pressure Cooker Lamb Chops and Veggies



Ingredients (makes 1 large serving or 2 small servings)

- 1-2 lamb chops
- 1 small rutabaga, thinly sliced
- 1/4 yellow onion, chopped
- 1/4 red onion, chopped
- 1/4 small daikon radish, thinly sliced
- 1 cup green beans
- 1/2 cup chopped red cabbage
- 2-3 stalks of broccolini, chopped
- 1/4 cup spring water
- 1-2 of pats of butter (optional if in slow oxidation, and recommended if in

fast oxidation)

- Sea salt, for seasoning

Directions:

1. Add the lamb chops and veggies to a pressure cooker, and pour the spring water over top.
2. Pressure cook for 3-4 minutes at full pressure.
3. Use a slotted spoon to transfer the veggies to a plate, and save the remaining liquid to drink at a later time away from your meal.
4. Top with butter if having, season with sea salt, and enjoy!

Tasty Pressure Cooker Cruciferous Veggie Delight Topped with Almond Butter



Ingredients (makes 1 large serving or 2 small servings)

- 1/4 lb Brussels Sprouts, halved
- 1/8 head of red cabbage, cut into thick slices
- 1/4 small cauliflower head, leaves and stems included, cut into bite-size pieces, and stems very thinly sliced
- 1 small bunch of broccolini, chopped
- 1 small rutabaga, thinly sliced

- 1/4 red onion, chopped
- 1/4 yellow onion, chopped
- 1 gold pearl onion, chopped
- 1 red pearl onion, chopped
- 1 shallot, chopped
- 1-2 cipolline onions, chopped
- 1 medium carrot, chopped
- 1 clove garlic, halved
- 1/4 cup spring water
- 1-2 Tbsp. Almond butter
- Sea salt for seasoning

Directions

1. Place all of the veggies in a pressure cooker.
2. Cook in the pressure cooker for 3-4 minutes at full pressure.
3. Use a slotted spoon to transfer the veggies to a plate, and save the remaining liquid to drink at a later time away from your meal.
4. Top with almond butter, and stir to coat the veggies. Season with sea salt. Enjoy alone, or pair with some sardines, chicken, turkey, lamb, goat, or a few blue corn chips.

Occasional Slow Oxidizer Meals

Mixed Veggies and Quinoa



Ingredients (makes 1 serving)

- 1/2 cup peas
- 2-3 brussels sprouts, grated
- 2 cups green beans
- 1 medium carrot, chopped
- 1/4 red onion, chopped

- 1/4 yellow onion, chopped
- 1 shallot, chopped
- 1/2 leek, chopped
- 1 cipolline onion, chopped
- 1 very small clove of garlic, minced
- 1/2 cup cooked quinoa
- 1/4 cup spring water
- Sea salt, for seasoning

Directions

1. Put all of the veggies and the water into the pressure cooker.
2. Cook in the pressure cooker for 3-4 minutes at full pressure.
3. Use a slotted spoon to transfer the veggies to a plate or bowl. Set the remaining liquid aside to enjoy at a later time away from your meal.
4. Mix the cooked vegetables with the quinoa, and sprinkle with some sea salt.

All the Veggies Breakfast Medley



Ingredients (makes 1 large serving or 2 small servings)

- Finely chopped 1/4 red onion, 1/4 yellow onion, and 1/4 white onion
- 1/2 Finely chopped leek
- One thin slice of ginger
- 3 large florets of cauliflower, stems and leaves included, finely chopped, and the stems and leaves very thinly sliced
- 5-7 brussels sprouts, finely chopped
- 1/2 cup red cabbage, thinly sliced and chopped

- 1 small rutabaga, shredded
- 1 small piece of golden beet, shredded
- 1 medium carrot, shredded
- 1/2 cup daikon radish, shredded
- 2 eggs, whites and yolks separated
- Spring water for cooking

Directions

1. Heat 1/4 cup of spring water over medium heat in a large frying pan until it starts to lightly simmer.
2. Add the onions and leeks, and cook for about 3 minutes until they begin to sweat.
3. Add the cauliflower, brussels sprouts, and red cabbage, and cook for about 5 minutes, until they start to soften. Add spring water as needed to keep the veggies from sticking to the pan
4. Add the rutabaga, carrot, golden beet, and daikon, and cook until all the vegetables are completely soft, adding spring water as necessary. Cover and cook for about 10-15 minutes.
5. While the vegetables are steaming, whisk your egg whites. When the vegetables are done, remove the cover, and add the egg whites to the mixture. Cook for 1 minute while stirring continuously to coat the veggies and for the whites to lightly cook.
6. Remove from heat, and add the yolks. Stir the yolks in, then immediately transfer to a plate. This will keep the fats in the yolks from oxidizing, and you will still have a “scrambled egg” effect, but the yolks will be runny.
7. Season with a bit of sea salt, and enjoy!

Ground Turkey and Green Bean Veggie Skillet



Ingredients (makes 2 servings)

- 1/2 lb. Ground Turkey
- 1 cup chopped red onion
- 1 small white pearl onion
- 1 small red pearl onion
- 1 small cipolline onion
- 1 leek chopped
- 1 cup peas
- 3 cups fresh green beans
- 2 medium carrots, finely chopped
- 2 Tbsp. Beef bone broth

- Sea salt for seasoning

Directions

1. Prepare your peas and green beans by steaming them or cooking them in a pressure cooker. Set aside.
2. Heat the ground turkey in a large skillet until cooked through. Transfer the ground turkey to a plate, and keep the fat/juices from the turkey in the pan.
3. In the same pan, add the red onion, white pearl onion, red pearl onions, cipolline onion, leeks, and carrots and cook for 3-4 minutes. Add the bone broth. Add the turkey back to the skillet and cook everything for about 5 minutes.
4. Add the peas and green beans to the skillet. Cook for about 5 minutes.
5. Transfer to plates, season with sea salt, and serve.

Chicken Broccolini Stir Fry



Ingredients (makes 2-3 servings)

- 2 medium chicken thighs cut into bite size pieces
- sea salt to season the chicken
- 1/2 red onion, cut into slices
- 1 thin slice of ginger
- 1 thin slice of golden beet
- 1 lb. brussels sprouts, chopped or quartered

- 1 bunch of broccolini (about 10 stems), chopped
- 1 large carrot, cut into small slices
- 1 Tbsp. water from a sardine can
- Spring water for cooking

Directions

1. Season the chicken with sea salt. Heat 1/4 cup spring water in a large frying pan over medium heat. Add the chicken and cook for about 10 minutes (or until cooked through), flipping halfway through to brown evenly on all sides. Transfer to a plate.
2. Place the same pan back over medium-high heat. Add the onion, and cook for about 3-4 minutes until it starts to become tender. Add the ginger, brussels, golden beet, broccolini, and carrot. Stir fry for about 10-15 minutes stirring frequently. Add spring water as needed so that the vegetables don't stick to the pan.
3. Add the sardine sauce, and add the chicken back to the pan. Cook for about 2 more minutes, stirring frequently. Then transfer to plates, season with sea salt, and serve.

Brussels and Veggies Breakfast Hash



Ingredients (makes 2 servings)

- 1/2 red onion, chopped
- 1/2 leek, chopped
- 1 shallot, chopped
- 1 garlic clove, minced
- 1 daikon radish, shredded
- 1 pound brussels sprouts, shredded
- 2 medium carrots, shredded
- 1 small rutabaga, shredded
- 3-4 Tbsp. beef bone broth
- Sea salt to taste

- Dollop of plain yogurt, poached eggs, chopped cooked chicken, cooked lamb, or a handful of blue corn chips

Directions

1. In a large skillet, heat the 1-2 Tbsp. of bone broth over medium heat. Add the onion, leeks, and shallot. Cook for 4-5 minutes.
2. Add the daikon radish, carrots, rutabaga, and the minced garlic. Cook for another 4-5 minutes.
3. Add the brussels sprouts and the rest of the bone broth. Allow to cook until the liquid cooks off, and the brussels are tender (about 10-15 minutes).
4. Transfer to a plate, season with sea salt. Enjoy alone, or top with a dollop of plain yogurt, poached eggs, chicken, or lamb, if desired.

Rutabaga Leek Hashbrowns



Ingredients (makes 3-4 hash browns)

- 2 small onions, diced
- 1/4 cup spring water
- 1 leek (white part only), chopped
- 1 rutabaga, shredded
- 1 carrot shredded

- 1 small garlic clove, minced
- 1/2 cup beef bone broth
- Sea salt, to taste

Directions

1. Begin by heating the spring water in a skillet over medium heat. Place the onion, leeks, carrot, and garlic in the water and cook for about ten minutes.
2. Next, drop the rutabaga into the skillet and cover the skillet. Cook for about ten minutes.
3. Afterwards, increase the heat to high. Add the bone broth and allow the ingredients to boil.
4. Reduce the heat to low and separate the mixture into hash brown size pieces. Allow the mixture to cook an additional five minutes prior to serving. Pair with some poached eggs for a great breakfast meal!

Pressure Cooker Veggies and Blue Corn Chips



Ingredients (makes 1 large serving or 2 small servings)

- 1/3 lb. Brussels sprouts, quartered
- 1 medium carrot, chopped
- 1 small rutabaga, thinly sliced
- 1/2 small daikon radish, thinly sliced
- 3-4 large florets of cauliflower, chopped into smaller florets

- 1/4 cup thinly sliced celery
- 1/4 cup chopped yellow onion
- 1/4 cup chopped white onion
- 1 shallot, chopped
- 1/4 cup spring water
- 1-2 Tbsp. Heavy cream or almond butter for topping (optional)
- Sea salt for seasoning
- A couple large handfuls of blue corn chips per serving

Directions

1. Place all of the veggies in a pressure cooker, and pour the spring water over the vegetables.
2. Pressure cook the vegetables for 3-4 minutes.
3. Use a slotted spoon to transfer the vegetables to a plate, and save the remaining liquid to drink at a different time away from your meal.
4. Season the vegetables with some sea salt, and top with heavy cream or almond butter if using. Stir to combine. Side with the blue corn chips.

Cauliflower Stuffing



Ingredients (makes 3-4 servings)

- 1/4 cup spring water
- 1 yellow onion finely chopped
- 2 large carrots, finely chopped
- 2 large leeks, finely chopped
- 1/2 lb brussels sprouts, finely chopped
- 1 garlic clove, minced
- 1/4 cup thinly sliced celery
- 1 small head of cauliflower, chopped into tiny pieces (stems and leaves

very thinly sliced)

- 1 Tbsp. Fresh chopped parsley*
- 1 tsp. fresh chopped rosemary*
- 1 tsp. fresh chopped sage*
- 1/2 cup beef bone broth or spring water
- sea salt, to taste

Directions

1. Prepare all of your vegetables by finely chopping everything...the smaller the better. Heat the spring water in a large frying pan over medium heat. Add the onion, celery, carrots, garlic, and leek. Cover and cook for 7-10 minutes until vegetables begin to sweat.
2. Add the cauliflower and brussels sprouts, and re-cover and cook for an additional 10 minutes.
3. Add the parsley, rosemary, sage, and broth (or water). Cover and cook for an additional 10-15 minutes until the broth is completely absorbed, and the vegetables are completely tender.
4. Transfer to a plate, and season with sea salt. Enjoy alone, or this pairs great with some cooked dark meat turkey or chicken thigh.

*Herbs used in meals are not desirable, so though these particular herbs give this dish a great “stuffing” flavor, they are optional and should only be used sparingly on special occasions.

Cooked Vegetable Chicken Salad



Ingredients (makes 1 serving)

- 1 cup broccolini, chopped
- 1 cup cauliflower, chopped into small florets
- 1/2 cup peas
- 1/2 cup fresh green beans
- 1 cup cauliflower leaves
- 1/2 onion, chopped
- 4-5 oz. chicken thigh, cooked and chopped
- sea salt

- Spring water or beef broth

Directions

1. Prepare all your vegetables. Cook the peas and green beans using a pressure cooker or by steaming. Set aside.
2. Heat 2-3 Tbsp. of spring water or broth in a large skillet or frying pan over medium heat. Add the onion, and cook until they begin to sweat (about 2-3 minutes). Add the broccolini, and cauliflower, and cook, stirring often, for 7 minutes. Add spring water or broth as needed.
3. After 7 minutes, add the peas and green beans, and cook for an additional 3 minutes, continuing to stir often.
4. Add the cauliflower leaves and cook till completely wilted (about 1 minute).
5. Transfer the veggies to a plate, and top the salad with the cooked chicken thigh. Sprinkle with sea salt. Serve warm.

Pan Italian Steamed Veggies and Chicken



Ingredients (makes 1 large serving or 2 small servings)

- 2-4 Tbsp. beef bone broth or spring water
- 1/8 red onion, chopped
- 1/8 yellow onion, chopped
- 1/8 white onion, chopped
- 1 cipolline onion, chopped
- 1 shallot, chopped
- 1/2 lb. Brussels sprouts, finely chopped

- 1 medium carrot, shredded
- 1 small daikon radish, shredded
- 1 small rutabaga, shredded
- Dried basil and oregano for seasoning (optional)*
- 4-10 oz. Chicken thigh, cooked in a pressure cooker (use 4-5 ounces if making 1 serving, and use 8-10 ounces if making 2 servings)

Directions

1. In a large frying pan, heat 2 Tbsp. of bone broth or spring water over medium heat. Add the red, yellow, and white onions, cipolline onion, and the shallot. Cook for about 3-4 minutes until the onions start to sweat.
2. Add the brussels sprouts, and cook for another 3 minutes, until the brussels begin to soften. Add a small bit of bone broth or spring water as needed throughout the cooking process.
3. Add the shredded carrot, daikon, and rutabaga. Cover and cook for 10-15 additional minutes until all of the vegetables are softened.
4. Transfer to a plate, top with the cooked chicken thigh, and season with sea salt and a small bit of dried basil and dried oregano.

*It is best not to use herbs in your meals. The basil and oregano give this dish a nice Italian flavor, but they are not necessary, so only use them sparingly and occasionally.

Wild Rice and Pressure Cooker Veggies



Ingredients (makes 1 large serving or 2 small servings)

- 1 inch thick slice of a small head of red cabbage, chopped
- 1/2 small bunch of broccolini
- 1/4 red onion, chopped
- 1/4 yellow onion, chopped
- 1/4 leek, chopped
- 1 small rutabaga, thinly sliced
- 1 medium carrot, chopped
- 1/2 cup green beans

- 5-6 large brussels sprouts
- 1/8 small head of cauliflower, stems and leaves included (stems and leaves very thinly sliced)
- 1/4 cup spring water
- 1/2 cup cooked wild rice per serving
- Sea salt for seasoning

Directions

1. Place all of the veggies and the spring water in a pressure cooker.
2. Pressure cook for 3-4 minutes.
3. Use a slotted spoon to transfer the veggies to a plate. Save the remaining liquid to drink at a later time away from your meal.
4. Side with 1/2 cup of cooked wild rice and season with sea salt. You can also side this with blue corn chips or top with a spoonful of almond butter in lieu of the wild rice.

Ground Lamb or Beef Stew



Ingredients (makes 3-4 servings)

- 1 lb. ground lamb or ground beef - if using beef, prepare separately as instructed in the introduction
- 1/2 red onion, chopped
- 1/2 yellow onion
- 1/4 white onion
- 1 cup cauliflower leaves and stems, thinly sliced

- 3 medium carrots, chopped into bite size pieces
- 2 rutabagas, thinly sliced
- 1 cup green beans
- 1 3/4 cups spring water, divided
- 2 Tbsp. Arrowroot powder
- 1 teaspoon sea salt

Directions

1. In a large soup pot (or dutch oven), cook the lamb, then drain and place back in the pot.
2. Add the onions and cauliflower leaves and stems, and cook until soft.
3. Add the carrots, rutabaga, green beans, and 1 1/2 cups of spring water to the pot. Bring to a boil, reduce heat and simmer and cook until the vegetables are soft and a lot of the liquid has cooked off (10-15 minutes).
4. In a small bowl, mix together the arrowroot powder and 1/4 cup of water. Stir until the powder is completely dissolved in the water. Slowly pour into the pot and stir while the stew thickens. This will take around 5 minutes.
5. Transfer to bowls to serve.

Slow Cooker Sweet and Savory Garlic Chicken and Veggies



Ingredients (makes 3-4 servings)

- 1 lb. boneless chicken thigh
- 1 very large rutabaga or 2-3 small, cut into chunks
- 1 lb. baby carrots
- 1 lb. green beans
- 1/2 red onion, sliced
- 1/2 yellow onion, sliced
- 1 shallot sliced

- 1/3 cup beef bone broth
- 1/2 cup spring water
- 3 garlic cloves, minced
- Sea Salt for seasoning

Directions

1. Place the rutabaga, carrots, red onion, yellow onion, and shallot in a slow cooker.
2. In a small bowl, combine the bone broth, water, and minced garlic
3. Pour the contents of the bowl over the contents of the slow cooker. Close the slow cooker and cook on high for 3-4 hours or on low for 6-8 hours.
4. When there is 1 hour left of cooking time, add the chicken and green beans to the slow cooker, and cook the remaining hour.
5. Transfer the veggies and chicken to plates to serve. Season with sea salt.

Fast
Oxidizer
Meals

Preferred
Fast Oxidizer
Meals

Pressure Cooker Cauliflower, Chicken, and Rutabaga Medley



Ingredients (makes 1 large serving or 2 small servings)

- 4-10 ounces of boneless and skinless chicken thigh (use 4-5 ounces if making 1 serving, and use 8-10 ounces if making 2 servings)

- 1 small rutabaga, thinly sliced
- 1/4 large head of cauliflower (white, purple, or orange), stems and leaves included, chopped into bite-size pieces (stems and leaves very thinly sliced)
- 1 small daikon radish, thinly sliced
- 1/4 red onion, chopped
- 1/4 yellow onion, chopped
- 1/4 white onion, chopped
- 1 cipolline onion chopped
- 1 white pearl onion, chopped
- 1 red pearl onion, chopped
- 1 shallot, chopped
- 1 medium carrot, chopped
- 1 grape tomato
- 1/4 cups of spring water
- 2 Tablespoons of butter
- Sea salt for seasoning

Directions

1. Place all of your prepared veggies, chicken, and spring water in the bed of a pressure cooker.
2. Pressure cook for 3-4 minutes.
3. Use a slotted spoon to transfer to a plate. Set the remaining liquid aside to enjoy at a later time away from your meal.
4. Top with the butter, and season with sea salt.

Tahini Delight Pressure Cooker Veggies



Ingredients (makes 1 serving)

- 1/8-1/4 head of red cabbage, chopped into thick slices
- 2-3 brussels sprouts, quartered
- 1 medium carrot, chopped into bite size pieces
- 1/4 red onion, cut into bite-size pieces
- 1/4 yellow onion, cut into bite-size pieces
- 1 shallot, cut into bite-size pieces
- 1 red pearl onion, chopped
- 1 white pearl onion, chopped
- 1 gold pearl onion, chopped

- 1 small garlic clove, quartered
- 1 thin slice of ginger
- 1/4 cup spring water
- Sea salt
- 2 Tbsp. Tahini (You can also use almond butter in lieu of tahini if desired)

Directions

1. Place all of the prepared veggies into the bed of a pressure cooker.
2. Add the spring water to the pressure cooker.
3. Cook in the pressure cooker for 3-4 minutes at full pressure.
4. Use a slotted spoon to transfer the vegetables to a plate. Save the remaining liquid to drink later away from your meal.
5. Season the vegetables with sea salt, and then drizzle the tahini over top of the vegetables. Enjoy!

Simple Fast Oxidizers Feast



Ingredients (makes 1 serving)

- 4-5 ounces chicken thigh
- 1 small bunch of broccolini, chopped
- 1 small rutabaga, thinly sliced
- 2-3 florets of cauliflower, chopped
- 1/4 small daikon radish, thinly sliced
- 1/4 stalk of celery, thinly sliced
- 1 medium carrot, chopped
- 1/4 red onion, chopped

- 1/4 yellow onion, chopped
- 1 shallot, chopped
- 1 cipolline onion, chopped
- 1 green onion chopped
- 1/4 cups of spring water
- Sea salt for seasoning
- 1-2 Tbsp. Heavy cream for topping

Directions

1. Place everything, except the sea salt and heavy cream, in the bed of a pressure cooker.
2. Pressure cook for 3-4 minutes.
3. Use a slotted spoon to transfer the chicken and vegetables to a plate. Set the remaining liquid aside to enjoy at a later time away from your meal.
4. Season with sea salt, and pour the heavy cream over top of the vegetables. Stir to combine, and enjoy!

Buttery Pressure Cooker Vegetable Medley



Ingredients

- 1 small rutabaga, thinly sliced
- 2-3 florets of orange cauliflower, chopped
- 1/4 red onion, chopped
- 1/4 sweet onion, chopped
- 1/4 yellow onion, chopped
- 1 red pearl onion, chopped
- 1/4 leek, chopped

- 1 cipolline onion, chopped
- 1 medium carrot, chopped
- 1 inch slice of a head of red cabbage, chopped
- 4-5 brussels sprouts, quartered
- 1/2 small daikon radish, thinly sliced
- 1-2 Tbsp. Butter
- 1/4 cup spring water
- Sea salt for seasoning

Directions

1. Place all of your vegetables in a pressure cooker.
2. Pressure cook for 3-4 minutes.
3. Use a slotted spoon to transfer the vegetables to a plate. Set the remaining liquid aside to enjoy at a later time away from your meal.
4. Top with the butter, and season with sea salt. Enjoy alone, or pair with some chicken, sardines, turkey, or lamb.

Slow Cooker Chicken and Root Vegetable Stew



Ingredients (makes 4-5 servings)

- 1.5 lbs. chicken thighs
- 1 small red onion, chopped
- 1 small yellow onion, chopped
- 1 red pearl onion, chopped
- 1 white pearl onion, chopped
- 1 gold pearl onion, chopped
- 1 leek, chopped
- 3-4 small rutabagas, thinly sliced
- 3 large daikon radishes, thinly sliced

- 5 carrots, chopped into 1/2 inch chunks
- 1 small garlic clove, minced
- 3 cups beef bone broth
- 1 1/2 Tbsp. arrowroot powder
- 1-2 Tbsp. of heavy cream per serving for topping
- Sea salt for seasoning

Directions

1. In the bed of a slow cooker, place the chicken, onions, leek, rutabagas, daikon, carrots, garlic, ginger, and broth. Stir to combine.
2. Cook on high for 45 minutes. Remove the chicken and set aside.
3. Continue to cook the remaining ingredients on low for another 5 hours.
4. After 5 hours, when the vegetables are tender shred the chicken you set aside, and add it back to the slow cooker. Take 1/4 cup of broth from the slow cooker and mix it with the arrow root powder in a separate bowl until the arrow root powder is mixed in completely with no lumps. Pour back into the slow cooker and stir to disperse throughout. Close the slow cooker and cook on low for another 15-30 minutes.
5. Use a ladle to transfer to bowls, taking care not to include too much liquid with each serving, as too much liquid with meals can upset digestion. Top with the heavy cream. Season with sea salt, and enjoy!

Pressure Cooker Preferred Veggies Colcannon



Ingredients (makes 2-4 servings)

- 1/2 head small cauliflower, chopped into florets, stems and leaves included
- 1/2 pound brussels sprouts, quartered
- 1/4 daikon radish, thinly sliced
- 2 green onions, chopped
- 1 rutabaga, thinly sliced

- 1/4 small yellow onion
- 1/4 small red onion
- 1/4 small white onion
- 2-3 white pearl onions
- 2 Tbsp. Butter
- 3 Tbsp. Full fat yogurt
- 1/4 cup spring water
- Sea salt for seasoning

Directions

1. Place all of the ingredients in a pressure cooker, except the butter, yogurt, and sea salt.
2. Cook in the pressure cooker for 3-4 minutes at full pressure.
3. Use a slotted spoon to transfer the veggies to a large bowl, and set aside the remaining liquid to drink at a different time away from your meal. Add the butter and yogurt, and use a potato masher to mash up all the veggies. You can also use a food processor for this, but if you do only process in spurts, as you don't want it to be too mushy.
4. Transfer to a bowl or plate, and season with sea salt. Enjoy alone, or pair with chicken thigh, sardines, lamb chop, or some dark meat turkey.

Pressure Cooker Veggies and Cream



Ingredients (makes 1 large serving or 2 small servings)

- 1 inch thick slice of a small head of red cabbage, chopped
- 1 small rutabaga, thinly sliced
- 1/2 daikon radish, thinly sliced
- 1/4 celery stalk, thinly sliced
- 5-6 large brussels sprouts, halved
- 1 medium carrot, chopped
- 1/2 cup green beans
- 1/2 small bunch of broccolini
- 1 red pearl onion, chopped

- 1 golden pearl onion, chopped
- 1 white pearl onion, chopped
- 1 shallot, chopped
- 1/4 cup spring water
- 2-3 Tbsp. Heavy cream per serving
- Sea salt for seasoning

Directions

1. Place all of the veggies and spring water in a pressure cooker.
2. Pressure cook for 3-4 minutes.
3. Use a slotted spoon to transfer the veggies to a plate. Set the remaining liquid aside to drink at a later time away from your meal.
4. Top with the heavy cream, and stir to combine.
5. Season with sea salt, and pair with a protein, such as chicken, sardines, lamb, or turkey.

Soupless Pressure Cooker Chicken Vegetable Soup



Ingredients (makes 1 serving)

- 4-5 ounces chicken thigh or leg, chopped into bite-size pieces
- 1 large carrot, chopped into bite-size pieces
- 1 large bunch of broccolini, chopped into bite-size pieces
- 1/4 celery stalk, thinly sliced
- 1/4 head of cauliflower, stems and leaves included, chopped into florets

and bite size pieces (stems and leaves very thinly sliced)

- 1/4 red onion, cut into bite-size chunks
- 1/4 yellow onion, cut into bite-size chunks
- 1 red pearl onion, chopped
- 1 shallot, chopped
- 1 gold pearl onion, chopped
- 1 white pearl onion, chopped
- 1 grape tomato
- 1 small rutabaga, thinly sliced
- 1/2 cup spring water
- 1-2 Tbsp. Olive oil (Olive oil should only be consumed sparingly (once per day maximum). Therefore, one can replace the olive oil in this recipe with another fat, such as butter, if desired.
- Sea salt

Directions

1. Add all of the prepared vegetables, the chicken, and the spring water to the bed of a pressure cooker.
2. Cook in the pressure cooker for 3-4 minutes at full pressure.
3. Use a slotted spoon to transfer the chicken and veggies to a bowl without the remaining liquid. Save the remaining liquid to drink later, if desired.
4. Drizzle with olive oil, and season the chicken and veggies with sea salt, and enjoy.

Simple Pressure Cooker Brussels, Rutabaga, and Daikon Dish



Ingredients (makes 1 large serving or 2 small servings)

- 1/2 pound brussels sprouts
- 1 daikon radish, thinly sliced
- 1 small rutabaga, thinly sliced
- 1 small golden beet, thinly sliced
- 1/4 yellow onion, chopped

- 1/4 red onion, chopped
- 1/4 white onion, chopped
- 1 shallot, chopped
- 1 green onion, chopped
- 1 medium carrot chopped
- 1 small clove of garlic, minced
- 1/4 cup spring water
- Sea salt, for seasoning
- 1-2 Tbsp. Butter
- 1-2 Tbsp. Heavy cream

Directions

1. Add all of the vegetables to a pressure cooker and pour in the bone broth or spring water.
2. Cook in the pressure cooker for 3-4 minutes at full pressure.
3. Use a slotted spoon to transfer the vegetables to a plate. Set the remaining liquid aside to enjoy later away from your meal.
4. Top with the butter and heavy cream, and stir to combine. Side with a protein such as chicken, dark turkey, sardines, or lamb.
5. Season with sea salt, and enjoy!

Dark Turkey and Veggies with a Pat or Two



Ingredients (makes 1 serving)

- 1/4 red onion, chopped
- 1/4 yellow onion, chopped
- 1/4 white onion, chopped
- 1 shallot, chopped
- 1 small bunch of broccolini
- 1 cup cauliflower stems, very thinly sliced
- 2-3 cauliflower florets, chopped
- 1/8 head of red cabbage, thinly sliced
- 1/4 stalk of celery, thinly sliced

- 1 medium carrot
- 1/4 leeks, chopped
- 1/2 - 1 small rutabaga, sliced
- 4-5 ounces of cooked dark turkey meat, shredded
- 1-2 Tbsp. pats of butter
- 1/4 cup spring water
- Sea salt for seasoning

Directions

1. Place all of the vegetables and the spring water in a pressure cooker.
2. Pressure cook for 3-4 minutes.
3. Use a slotted spoon to transfer the vegetables to a plate. Set the remaining liquid aside to enjoy at a later time, away from your meal.
4. Top with the cooked dark turkey meat and the pats of butter.
5. Season with sea salt, and serve.

Occasional Fast Oxidizer Meals

Slow Cooker Veggie Loaded Lamb Khorma



Ingredients (makes 4-5 servings)

- 1 lb. Ground lamb
- 2-3 large bunches of broccolini, chopped
- 1 head cauliflower, cut into florets, leaves and stems very thinly sliced
- 1 small rutabaga, thinly sliced
- 3 large carrots, chopped

- 1 cup peas
- 1 1/2 cups green beans
- 1/2 red onion, chopped
- 1/2 yellow onion, chopped
- 1/2 white onion, chopped
- 2 garlic cloves, minced
- 1 1/2 Tbsp. curry powder*
- 1 tsp. sea salt
- 2 Tbsp. Arrowroot powder
- 2 cups bone broth
- Raw milk or cream for topping

Directions

1. Place all the vegetables in the bowl of a slow cooker. Sprinkle with all the seasonings, then pour the broth over everything and stir to mix and coat the veggies.
2. Cook on low for 8 hours or on high for 5 hours. When there's about 1 hour left of cooking, add the ground lamb to the slow cooker. Mix the 2 Tbsp. Of arrowroot powder with a small bit of spring water till there are no clumps. Poor into the slow cooker, and stir to combine. Cook for the additional hour. Once done, stir to combine.
3. Ladle into bowls, top with a bit of raw milk or cream (1-2 Tbsp. per serving) , and serve.

*Only season with your food with herbs and spices occasionally.

Mean Green Veggies and Sardines



Ingredients (makes 1 serving)

- 2 cups green beans
- 1/2 cup peas
- 1 large carrot, chopped
- 2-3 brussels sprouts, chopped
- 1 shallot, chopped
- 1/4 yellow onion, chopped
- 1/4 red onion, chopped
- 1 small leek, chopped

- 1 can of sardines
- Spring water for cooking
- 1-2 Tbsp. of butter
- Sea salt for seasoning

Directions

1. Place all of the veggies in a medium-sized sauce pan, and add enough spring water, so that it comes at least halfway up the veggies.
 2. Place the sauce pan over medium high heat on the stove, and bring to a boil. Reduce the heat, and bring to a simmer. Cover, and cook for 7-10 minutes until the vegetables are nice and tender. Alternatively, you can prepare your veggies in a pressure cooker with 1/4 cup of spring water, in which case, pressure cook the veggies for 3-4 minutes.
 3. Use a slotted spoon to transfer the veggies from the sauce pan to a plate.
 4. Top with the butter, season with sea salt, and side with a can of sardines.
- Enjoy!

Slow Cooker Butter Chicken and Rutabaga Mix



Ingredients (makes 4-5 servings)

- 1.25 lbs. chicken thighs
- 3 medium sized rutabaga, sliced into 1 inch-pieces
- 2 large carrots, chopped
- 1 onion
- 1 small garlic clove, minced
- 1 leek, chopped
- 1/2 head of cauliflower, cut into florets
- 1/4 - 1/2 cup melted butter
- sea salt to taste

Directions

1. Place the prepared vegetables in a large mixing bowl. Drizzle with the melted butter. Stir and toss to coat completely. Transfer to the bed of a slow cooker.
2. Cook on low for 4-6 hours. When there is about 1 hour left, add the chicken, and cook for the remaining hour until the chicken is cooked through and the vegetables are fork tender. Transfer to plates and season with sea salt.

*Add as many of the preferred vegetables that you would like to this recipe.

Eggs in a Veggie Nest



Ingredients (makes 1 large serving or 2 small servings)

- 2 eggs
- 2 Tbsp butter
- Spring water, as needed
- 1/4 red onion, chopped
- 1/4 yellow onion
- 1 red pearl onion
- 1 gold pearl onion
- 1 white pearl onion
- 1 shallot, chopped
- 1 small clove of garlic, minced
- 1 thin slice of ginger

- 1 leek, chopped
- 1-2 cups of cauliflower leaves and stems, thinly sliced
- 1 medium rutabaga, shredded
- 1 daikon radish, shredded
- 1 small piece of golden beet, shredded
- 1 medium carrot, shredded
- sea salt for seasoning

Directions

1. Heat the butter over medium heat in a frying pan. Add all of the onions, shallot, cauliflower stems, leek, and garlic. Cook for about 3-4 minutes. Add the rutabaga, daikon, golden beet, and carrot and cook for an additional 5-8 minutes. Add the cauliflower leaves, and stir to combine, adding spring water as needed so the vegetables don't stick to the pan.
2. Form a nest with the contents of the pan. Fill the hole in the nest with the eggs, taking care not to break the yolks. Pour about 2 Tbsp. of spring water around the edges of the nest, cover the pan, and cook until the whites of the eggs are cooked, but the yolks are still runny. About 4-7 minutes.
3. When the eggs are cooked appropriately, slide the contents of the pan to a plate so as not to disturb the "nest". Season with sea salt, and serve.

Cauliflower Hash and Poached Eggs



Ingredients (makes 2-3 servings)

- 1/2 – 2/3 large head of cauliflower, cut into florets and thinly sliced.
- Stems and leaves of the cauliflower, very thinly sliced
- 3-4 Tbsp. Butter, divided
- 1/4 cup spring water
- 1/2 red onion, chopped
- 1/2 yellow onion, chopped
- 1 leek, chopped
- 1 scallion, chopped
- 1 medium carrot, shredded
- Poached eggs (use 1-2 egg per serving)

- Sea salt, for seasoning

Directions

1. Heat 2 tablespoons of butter in a large frying pan over medium heat.
2. Add the red onion, yellow onion, leek, scallion, and carrot. Cook for 3-4 minutes until the onions begin to sweat.
3. Add the cauliflower, garlic, ginger, and water. Cook for 10-15 minutes until the cauliflower is completely tender, and the liquid has cooked off.
4. Transfer to a plate, stir in another tablespoon of butter, top with the poached eggs, and season with sea salt.

Pressure Cooker Savoy Cabbage Rolls



Ingredients

- 1 lb. ground beef
- 1 head savoy cabbage, or 1 head red cabbage
- 1/2 small red onion, chopped
- 1/2 small yellow onion, chopped

- 1 shallot, chopped
- 1/2 leek, chopped
- 1 red pearl onion, chopped
- 1 white pearl onion, chopped
- 1 gold pearl onion, chopped
- 2 green onions, chopped
- 1/4 head of cauliflower, finely chopped
- 1 medium carrot, finely chopped
- 1/4 cup spring water
- Sea salt for seasoning
- Optional goat cheese for topping

Directions

1. Remove the leaves of the cabbage one by one, keeping them intact. Bring a large pot of water to a boil, and blanch the cabbage leaves by dipping each of them in the boiling water for 1-2 seconds. Set aside.
2. In a large bowl, stir together the beef, red onion, yellow onion, shallot, leek, cauliflower, and carrot. Place a large spoonful of the mixture into each of the prepared cabbage leaves, and fold the cabbage leaf over it to create a cabbage roll.
3. Place the cabbage rolls in the bed of a pressure cooker, and pour the spring water over top of them.
4. Pressure cook for 3-4 minutes.
5. Use a slotted spoon to transfer the cabbage rolls to a plate. Set the remaining liquid aside to drink at a later time away from your meal.
6. Season the cabbage rolls with sea salt, and top with crumbled goat cheese, if desired.

Almond Cooked Red Cabbage and Veggie Salad



Ingredients (makes 1 large serving or 2 small servings)

- 2 Tbsp. butter
- 1/8 - 1/4 head of red cabbage, thinly sliced
- 1 medium carrot, chopped
- 1/2 cup of peas
- 1 cup of purple cauliflower, finely chopped
- 1 small gold pearl onion, chopped
- 1 small white pearl onion, chopped
- 1 red pearl onion, chopped

- 1 small shallot, chopped
- 1 thin slice of ginger
- 1/4 spring water or beef bone broth, as needed for cooking
- 2-4 Tbsp. Almond butter (Use 2 Tbsp. If making 1 serving, and use 4 Tbsp. If making 2 servings)
- Sea salt for seasoning

Directions

1. In a large frying pan, heat the butter over medium heat.
2. Add the onions, carrots, peas, and shallots, and cook for 3-4 minutes until they begin to soften.
3. Add the cabbage, cauliflower, and ginger, and bone broth or spring water as needed.
4. Cook for an additional 10-15 minutes until everything is nice and tender, and the liquid has completely cooked off.
5. Remove from heat, and add in the almond butter. Stir to coat everything.
6. Transfer to a plate. Season with sea salt, and side with some chicken, sardines, turkey, or lamb. Enjoy.

Cauliflower Fried Rice with Stir Fry Veggies



Ingredients (makes 2-3 servings)

- 1 head cauliflower, cut into florets
- 4 Tbsp butter
- 1 red onion, cut into thin strips
- 2 green onions, chopped
- 1 shallot, chopped

- 1/4 cup spring water
- 2 cups broccolini
- 1 large carrot, peeled and sliced into small sticks
- 1 grape tomato, chopped
- 1/4 rutabaga, thinly sliced
- 2 Tbsp. spring water
- 1-2 Tbsp. Heavy cream per serving for topping
- sea salt to taste

Directions

1. Place the cauliflower florets and rutabaga into a food processor. Pulse till the consistency resembles rice.
2. Heat 2 Tbsp. of the butter over medium heat in a large skillet. Add 1/2 of the onions and cook till tender (about 5 minutes). Add the cauliflower rice, and 1/4 cup water. Cook till water cooks down completely, and cauliflower rice is tender. Place cooked rice in a bowl. Cover, and set aside.
3. In the same skillet, heat the other 2 tablespoons of butter over medium high heat. Add the rest of the onions, the green onions, the grape tomatoes, and the shallot, and cook till tender, stirring constantly.
4. Add the broccolini and carrot. Stir constantly and cook till vegetables are crisp tender.
5. Serve veggies over the cauliflower rice, and side with some chicken, lamb, turkey, or sardines. Season with sea salt.

Slow Cooker Chicken and Veggie Casserole



Ingredients (makes 3-4 servings)

- 2 cups thinly sliced rutabaga
- 1 cup thinly sliced daikon
- 1/2 head cauliflower, leaves and stem included, thinly sliced
- 2 cups green beans
- 1 cup chopped carrots
- 1/2 cup chopped leeks
- 1/4 cup white onion, chopped
- 1/4 red onion, chopped
- 1/4 yellow onion chopped
- 1/4 sweet onion, chopped
- 1 lbs. chicken thigh

- 3-4 Tbsp. butter
- 1 small garlic clove, minced
- 1 cup bone broth
- 1 Tbsp. Arrowroot powder
- 2-3 Tbsp. Spring water
- sea salt to taste
- Blue corn tortilla chips for topping

Directions

1. Place your rutabaga, daikon, cauliflower, and green beans in a slow cooker pot.
2. In a frying pan, heat the butter over medium heat. Add the carrots, onions, leeks, and garlic. Cook for about 5 minutes, stirring frequently.
3. Mix together the arrowroot powder and water in a small bowl. When mixed completely, add the bone broth and the arrowroot/water mixture to the pan. Stir until it thickens.
4. Add the contents of the pan to the slow cooker.
5. Cook on low for 5 hours. When there is 1 hour left of cooking time, add the chicken to the slow cooker. Stir to combine, and cook the remaining 1 hour.
6. Ladle into bowls, season with sea salt, then crumble blue corn tortilla chips over the top. Serve.

Chicken Veggie Stir Fry



Ingredients (makes 2-3 servings)

- 2 bunches of broccolini, chopped
- 1/3 cups red onion, cut into small strips
- 1/3 cup sweet onion, cut into small strips
- 2 cups red cabbage, chopped
- 2 medium carrots, cut into slices
- 1/2 cup green beans
- 2-3 chicken thighs, cut into bite size pieces
- 1/4 cup beef bone broth
- Sea salt for seasoning

For the sauce

- 3 Tbsp. Tahini or almond butter
- 1 Tbsp. Heavy cream
- 1 thin slice of ginger
- 1 Tbsp. Beef bone broth or spring water

Directions

1. Prepare all the veggies and chicken (chopping and dicing). Set aside.
2. Prepare the sauce by mixing all the ingredients together and then whisking. Set aside.
3. In a frying pan, heat the 1/4 cup of broth over medium heat. Add the chicken to the pan. Cover and cook for 5 minutes. Remove cover and stir up the chicken. Re-cover and cook for another 5 minutes. Remove the chicken from the pan and set aside.
4. In the same frying pan, add the broccolini, carrots, onion, and water and cook, stirring continuously, for 5 minutes.
5. Add the red cabbage and green beans, and cook, stirring continuously, for 3-5 more minutes.
6. Add the cooked chicken back to the pan. Pour the sauce into the pan, and cook, stirring continuously, for 2 minutes.
7. Remove from heat, transfer to plates, season with sea salt, and serve.

Snacks and Sides

Ideally, do not snack, as it is hard on digestion. However, if it is necessary, the following are some nutritional balancing friendly options.

Roasted Almond Butter



As a snack, enjoy 1-2 Tbsp. of roasted almond butter.

Sardine Pate



Ingredients (makes about 1/2 to 1 cup of pate)

- 1 can of sardines
- 2-4 Tbsp. Heavy whipping cream
- 1/2 tsp. Dried dill, or 1-2 tsp. Fresh chopped dill
- Sea salt for seasoning (optional)

Directions

1. Use a hand mixer to beat the whipping cream until stiff peaks form.
2. Place the sardines, dill, and the whipped cream in the bed of a food

- processor or in a blender. Blend or process on high until thick pate forms.
3. Enjoy on top of some cooked veggies or as a dip for some blue corn chips.

Hummus



Ingredients

- 1/4 cup tahini
- 1/4 cup beef bone broth
- 2 Tbsp. Olive oil, plus some for serving
- 1 small garlic clove, minced
- 3/4 tsp. Sea salt (adjust to taste)
- 16 oz. Cooked chick peas (cook chick peas by placing them in a pot, and bringing to a boil for about 1 minute. Cover and remove from heat, and allow to soak for 1 hour. Drain the chickpeas, then place back in the pot, and cover with water. Bring to a boil again. Cover the pot, reduce the

heat, and allow to simmer for 1 hour or until the chickpeas are very tender. Drain and allow to cool for 15 minutes.)

- 1/2 tsp. Ground cumin (optional)*

Directions

1. Add the bone broth and the tahini to the bed of a food processor and process for about 1 minute.
2. Scrape the sides, and add the olive oil, garlic, sea salt, and cumin. Process for another minute.
3. Add half of the chick peas to the food processor and process for another minute.
4. Scrape down the sides, and add the other half of the chick peas and process until completely smooth. If needed, add a bit more broth to reach your desired consistency.
5. Transfer to a bowl, drizzle with olive oil, and sprinkle with a small bit of cumin to serve.
6. As a snack, one can enjoy up to 2 tablespoons of hummus. This hummus can also be used to top some cooked veggies or as a dip for blue corn chips.

*Adding herbs and spices to meals and snacks is not desirable, so only use the cumin sparingly, and better yet, leave it out.

Anti-inflammatory Cauliflower



Ingredients (makes 2-3 small servings)

- 1 Tbsp. butter
- 1 shallot, chopped
- 1/4-1/2 head of cauliflower, cut into bite size florets (any color, leaves and stems included)
- 1/4 small rutabaga, sliced
- 1 small carrot, thinly sliced or shredded
- 1 small garlic cloves, minced
- 1 thin slice of ginger
- 1/4 tsp. Turmeric*
- sea salt
- Spring water

Directions

1. In a frying pan, heat the butter over medium heat. Add the shallots and carrots and cook for about 2-3 minutes.
2. Add your cauliflower, rutabaga, garlic, ginger, turmeric, and sea salt. Stir to combine. Add a small amount of water, then cook until the cauliflower is tender (or to desired consistency), probably about 10 minutes.
3. Transfer to a plate and enjoy!

*Only have turmeric sparingly, as it is undesirable to use herbs and spices on food very often.

Mashed Rutabaga and Broccolini



Ingredients (makes 2-3 small servings)

- 1 rutabaga, sliced thin
- 1 large bunch of broccolini, finely chopped
- 1 clove garlic, minced
- 1 red pearl onion
- 1 medium carrot
- 2oz. cup raw goat cheese (optional)*
- sea salt, to taste

Directions

1. Cover the rutabaga, broccolini, and garlic with water in a saucepan. Place over high heat and cook until very tender, about 10-15 minutes.
2. Place the cooked rutabaga and broccolini into a food processor. Add raw goat cheese. Process on high until it reaches your desired consistency.
3. Transfer to a bowl, season with sea salt, and enjoy.

*Dairy is not necessary on the nutritional balancing diet, and should be limited to 4 ounces maximum per day.

Roasted Tahini



As a snack, enjoy up to 1 Tbsp. of roasted tahini

Delicious Brussels Sprouts



Ingredients (makes 2-3 small servings)

- 1-2 Tbsp. butter
- 1 lb. Brussels Sprouts
- 1 red pearl onion, chopped
- 1 white pearl onion
- 1 garlic clove, minced
- 1 small rutabaga, sliced
- 3/4 cup beef bone broth
- sea salt, to taste

Directions

1. Heat 1 Tbsp. of butter in a large frying pan over medium high heat. Add

Brussels sprouts and cook for about 3 minutes browning all over by stirring and shaking pan often.

2. Remove brussels sprouts from pan, and reduce the heat to low/medium. Using the same pan, add 1/2 Tbsp. butter. Add the onions, and cook for 1-2 minutes.
3. Add the brussels sprouts back to the pan. Add the garlic, sea salt, and bone broth. Cover with a lid and cook for 20-25 minutes until the brussels sprouts are tender.
4. Transfer to a plate to serve.

Blue Corn Chips



As a snack, enjoy a couple of handfuls of blue corn chips.

Dill Carrot Fries



Ingredients (makes 2-3 servings)

- 4-5 Carrots, cut into strips shaped like fries
- 1/4 red onion
- 1/4 yellow onion

- 1 shallot
- 1 small clove garlic
- 2 Tbsp. Butter
- 1/4 cup spring water, as needed
- 1-2 Tbsp. Fresh dill, chopped
- Sea salt for seasoning

Directions

1. Place the spring water, red onion, yellow onion, shallot, and garlic clove in a blender or food processor. Blend until it has a sauce like consistency.
1. Heat the butter in a large frying pan over medium heat.
2. Add the carrots, then pour the onion mixture/sauce over the carrots. Cook, stirring occasionally for 10 - 12 minutes, until the carrots are fork tender. Add a bit of spring water as needed to keep the carrots from sticking to the pan.
3. Add the dill, and stir to combine.
4. Transfer the dill carrot fries to a plate, and season with sea salt.

Carrot Juice



As a snack, enjoy up to 10-12 ounces of carrot juice per day, but no more than this, and do not have any other type of juice. Do not combine carrot juice with any solid food or other liquids. Either buy it ready made, or use a juicer, but don't use a blender.

Raw Cheese



As a snack, enjoy a small bit of raw cheese. Though dairy products are not required in nutritional balancing science, one can enjoy up to 4 oz. of dairy per day.

Perfectly Poached Eggs



Ingredients

- 1-2 eggs*
- Spring water
- Sea salt for seasoning (optional)

Directions**

1. Crack your eggs into a small bowl, taking care not to break the yolks. Set aside.
2. Bring a small pot of spring water to a boil.
3. Once the water is boiling, carefully slide the eggs from the bowl into the pot. Reduce the heat to a simmer, and cover.
4. Cook for 3 minutes, then immediately remove from heat, and use a slotted spoon to scoop the eggs out of the pot and transfer them to a plate.
5. Season with sea salt, if desired, and enjoy!

*Men can have up to 8 eggs per week, and women can have up to 6 eggs per week. Do not exceed this amount.

**You can also poach eggs using an egg poacher or ring if this is easier for you.

***Another option is to soft boil the eggs by placing them in boiling water for 3 minutes.

Corn on the Cob



As a snack, enjoy some fresh corn on the cob. Cook in a pressure cooker with 1/4 cup spring water for 6 minutes, or boil in some water for 20 minutes, until cooked through. Add sea salt and butter.

Sardines



As a snack, enjoy a can of sardines. One can eat 3-4 cans of sardines per week.

Mashed Rutabaga and Daikon



Ingredients (makes 3-4 small servings)

- 1 large rutabaga
- 1 large daikon radish
- 1 small slice of a head of savoy cabbage
- 1/4 small leek
- 1-2 Tbsp. Butter or 1/2 cup plain full fat yogurt*
- 1-2 green onions, chopped
- sea salt to taste

Directions

1. Clean and thinly slice the rutabaga. Chop the daikon, leeks, and savoy cabbage into small chunks. Place the prepared veggies and the green onions in a large sauce pan with 1/4 cup spring water. Bring to a boil, and let boil for 30-40 minutes until the rutabaga and daikon are tender.
2. When they are tender, use a masher to mash the vegetables together.
3. Once mashed to desired consistency, stir in the butter or yogurt, and sea salt (to taste). Mix well, then serve.

*Only use the butter or the yogurt, not both. Dairy products should be limited to 4 ounces per day, maximum.

Chopped Chicken (or lamb, goat, or turkey)



As a snack, enjoy some leftover cooked chicken, lamb, goat, or turkey, but keep in mind that one should only consume animal protein 2 times per day, and one should only consume red meat 2 times per week.

Blue Corn Chips and Almond Butter



As a snack enjoy a large handful or two of blue corn chips dipped in almond butter.

Chicken or Beef Jerky



As a snack, enjoy a piece of chicken or beef jerky, keeping in mind that animal protein should only be eaten 2 times per day, and that red meat should only be eaten 2 times per week.

Raw Organic Goat's Milk Yogurt



As a snack, enjoy a few spoonfuls of raw organic goat's milk yogurt.

Organic Whipping Cream



As a snack, enjoy a couple of spoonfuls of organic heavy whipping cream.

Treats

Carrot Juice Ice Pops



As a treat, enjoy carrot juice ice pops. These can be made by pouring carrot juice into a popsicle mold and freezing, or one can fill an ice tray with carrot juice, place a toothpick in each of the cubes and then freeze. Optionally, you can add some cream to the carrot juice before freezing. This is especially good for fast oxidizers and for children.

Meat Muffins with Sweet Potato Frosting



Ingredients (makes approximately 8 meat muffins)

Muffins

- 1 lb. ground lamb or beef
- 1 tsp. butter
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- Small slice of ginger, chopped

Frosting

- 2 medium sweet potatoes, chopped into cubes.
- 1 Tbsp. butter
- 1/4 tsp. sea salt

Directions

1. Preheat the oven to 350 degrees. Place the ground lamb or beef in a mixing bowl and set aside.
2. Heat the 1 tsp. butter in a small skillet over medium heat. Add the onions and cook until they begin to soften. Add the garlic and ginger and cook for 30-60 seconds more.
3. Remove from heat and add to the meat in the mixing bowl. Mix together with your hands until thoroughly combined. Fill 8 wells of a muffin pan with the mixture. Place in the oven and bake for 20-25 minutes until cooked through.
4. While the meat muffins are baking, steam the sweet potato until very tender (about 10-12 minutes). Drain and place in a food processor.
5. Add the butter and sea salt to the food processor and process on high until smooth. Transfer to a plastic bag, and squeeze toward one corner so you will be able to use it as a piping bag. Snip off the corner of the bag with a pair of clean scissors.
6. Once the muffins are done, take out of the oven, and transfer to a plate.
7. Use your plastic bag with the corner snipped off to pipe the sweet potato mixture on top of the muffins (or you can just spoon it on top of each muffin).
8. If desired, sprinkle with some fresh thyme and sea salt and serve.

Sweet Almond Butter Yogurt



Ingredients (makes 1 serving)

- 1/2 cup full fat plain yogurt
- 1-2 Tbsp. Almond butter
- 1/8 tsp. Cinnamon
- 1/8 tsp. Nutmeg

Directions

1. Place all of the ingredients in a small bowl.
2. Stir to combine.
3. Enjoy!

Sweet Potato Sliders



Ingredients (makes approximately 4 sliders)

- 1 very large sweet potato, washed and cut into eight 1/2-3/4 inch thick circles with skins on
- butter
- 1 lb. ground turkey, lamb, chicken, or beef
- Sea salt for seasoning
- Optional Fillings: a slice of cheese, steamed swiss chard or spinach, cooked onions and garlic, other cooked vegetables, plain yogurt

Directions

1. Preheat the oven to 400 degrees. Line a baking sheet with parchment paper. Very lightly brush each side of the sweet potato circles with a very

small bit of butter. Place them on the prepared baking sheet. Place in the oven and bake for 30-35 minutes at 400 degrees. When done, allow to cool until you can handle them comfortably.

2. Prepare your meat into cooked patties using the method of your choice (pressure cooker, skillet, etc.)
3. Once the sweet potato buns and burgers are done, place your burger and fillings on one of the sweet potato buns, and top with the other to create your slider.

Frozen Vanilla Cream



As a treat, enjoy some frozen vanilla cream. Mix together some cream and a bit of vanilla. Pour the mixture into a popsicle mold and freeze, or pour the mixture into an ice cube tray, place a toothpick in each cube, and freeze.

Rutabaga Fries



Ingredients (makes 1 large serving or 2 small servings)

- 1 large rutabaga, cut into thin strips, like french fries
- 2 Tbsp. Melted butter
- 1/4 tsp. Garlic powder (optional)
- 1/4 tsp. Dried rosemary (optional)
- Sea salt for seasoning

Directions

1. Preheat the oven to 380 degrees, and line a baking sheet with parchment paper.
2. In a large bowl, toss the rutabaga with the melted butter and herbs to coat.
3. Spread the rutabaga out on the prepared baking sheet.
4. Bake in the oven for 30 - 35 minutes until the rutabaga is cooked through and tender.
5. Transfer to a plate and season with sea salt.

Toppings

Topping Options

To help you eat your vegetables, and especially to help children to eat them, make it fun. Have a dozen or more toppings ready to put on your vegetables. The preferred toppings are almond butter, heavy cream, or tahini. Here is a list of suggestions for toppings:

- Fresh cream, whipped cream or butter
- Olive oil (up to once per day)
- Some plain yogurt
- Grated cheese, preferably raw, full-fat cheese
- Mustard sauce. Mustard is an excellent herb
- Other herbs of many kinds
- Almond butter mixed with a little spring water
- Thai – peanut butter sauce
- Chinese – real soy sauce
- A few chopped nuts or seeds
- Salad dressings you make yourself or you buy
- Sesame dressing
- Pesto sauce
- Relishes
- To thicken sauces, arrowroot powder is superb and very nutritious.

