

Important Supplements:

- Vitamin D 2,000 units per day (important for prevention of autoimmune disorders, bone health and cancers)
- Magnesium 500 mg, each once or twice daily (important for blood pressure, heart issues and bone health)
- Chromium supplement 500mcg per day (important for blood sugar control and mood)
- Opti-MSM 3000mg per day (try it to see if it helps joint pains, allergies and energy level)

Breakfasts:

- 2 eggs over-easy cooked in 1Tbs. oil or butter, then add 2 Tbs. salsa in the pan and heat
- 2 eggs any style with sautéed green pepper and onion (but no toast or home fries)
- Peanut butter (2 Tbs.) on celery (or spoon) **[Unless allergic!]**
- Leftovers-Chunks of beef from Stew (4 pieces-2 oz)
- Italian Sausage (2 sausages) heated in a pan with a little water and olive oil
- 1/3 cup rolled oats, 1/3-cup oat bran cooked with ¾ cup water for 5 minutes.
- 1 cup Cottage Cheese with frozen blueberries (if no asthma or allergies)

Lunches:

- Chicken Salad (½ to 1 cup), 1 oz peanuts
- Tuna salad (½ to 1 cup), 1 oz peanuts
- Leftover chicken, beef or pork with vegetables

Snacks:

- Several handfuls of peanuts or mixed nuts
 - Beef or Turkey Jerky (1-2 oz)
 - 1-2 ounces of cheese (if no asthma or allergies)
- (But **NO** sodas, candy, bagels, donuts, cookies, cakes, popcorn, pretzels, bread, ice cream, water ice)

Suppers:

- Pot Roast with vegetables
- Chicken Stew with onion and celery
- Deep Tuna Pie with French fried onion rings
- Beef and Navy Bean Stew
- Tuna Salad or Chicken Salad
- Chicken with mustard greens
- Hamburgers (no bun) with a vegetable

Desserts:

- Frozen Strawberry Smoothie
- Peanuts, mixed nuts or peanut butter
- Frozen berries (with a little heavy cream- makes blueberry ice cream)

You have noticed I have eliminated the following foods:

- Pasta, bread, potatoes and rice
- Milk, yogurt, ice cream
- Pizza
- Spaghetti and lasagna
- Philly Cheese Steak Sandwiches (you can eat the inside but not the roll, thank you very much)

Why? Because these foods tend to make you feel tired. Then you don't exercise. Then your waist size goes up. Then your risk of diabetes, heart disease, cancer and depression go up. Do not worry about your weight. But do worry about your waist and keep it as small as possible.

Recipes

Tuna salad Serves 4

2 cans tuna	1 medium Granny Smith apple, peeled and chopped
1 medium onion, grated	½ cup (grapeseed oil) mayonnaise and olive oil
4 eggs, hard boiled and chopped	Salt and pepper to taste
½ cup celery, chopped	

Combine all ingredients, mix well and chill. Be sure to make enough to take for lunch the next day.

Chicken salad Serves 4

1 lb. cooked chicken without bones (boiled or canned)	1 Tsp. curry powder
½ cup celery, chopped	1 Tsp. soy sauce
1 medium green apple, peeled and chopped	(1 Tsp. lemon juice)
20 red or white grapes	Salt and pepper to taste
½ cup (grapeseed oil) mayonnaise and olive oil	

Cut up chicken into small cubes. Combine mayonnaise (or olive oil) with curry powder, soy sauce, lemon juice, salt and pepper and stir well. Put all ingredients into a large serving bowl and mix well. Serve chilled.

Deep tuna pie Serves 4

2 large cans of tuna	2 Tbs. olive oil
1 pound green beans, fresh or frozen	1 can French fried onion rings
1 can cream of mushroom soup	

Mix tuna and green beans in a casserole dish. Pour the mushroom soup over the tuna and beans. Sprinkle top with onion rings and bake at 450 degrees until top is brown (5-10 minutes). Save some for lunch the next day. Reheat on stove or in microwave.

Pot roast Serves 4

2 pounds of inexpensive beef, cut into large cubes	1 can tomatoes
4 stalks of celery, cut into 1-inch lengths	¼ cup light olive oil
2 carrots cut into 1-inch lengths	1/8 Tsp. dried basil
1 medium onion, sliced	Salt and pepper to taste
1 small can mushrooms	

Heat olive oil in a large pot. Add the beef and onion and sauté until brown. Add remaining ingredients, bring to boil, then reduce heat to low and simmer for 45-60 minutes or until beef is tender. Serve in bowls.

Save some for lunch the next day. Reheat on stove or in microwave.

Beef and black bean stew Serves 4

2 pounds of inexpensive beef, cut into large cubes	1 medium onion, sliced
10 oz can of black beans, rinsed	1/3 cup light olive oil
1 cup water	¼ Tsp. basil
4 stalks of celery, cut into 1-inch lengths	¼ Tsp. curry powder
10 oz package of frozen greens (spinach, collard, turnip, kale, etc.)	¼ Tsp. oregano

Heat olive oil in a large pot. Sauté beef. Add remaining ingredients and bring to boil. Reduce heat and simmer on low for 45-60 minutes or until beef is tender. Save some for lunch the next day. Reheat on stove or in microwave.

Pan-fried chicken w/ vegetables Serves 4

2-3 Lb. Broiler-fryer chicken cut up	1 Tsp. paprika
3 Tbs. oil (olive or canola)	1 onion sliced
1/3-cup almonds ground finely into powder	1 egg

Grind almonds in blender until powdery. Place in a bowl. Beat the egg well in a second bowl. Heat the oil on high in a large heavy skillet. Dip the chicken pieces in the egg, coat with almond flour and place in skillet. Turn frequently to prevent burning for the first 2-3 minutes. Reduce heat to low, cover and let cook for an additional 5 minutes. Turn off heat and let coast for another 10 ten minutes so the chicken will be cooked through but still moist. Serve with steamed broccoli, spinach or other green vegetable to your liking.

Chicken stew Serves 4

2 Lb. Chicken cut up	1 Tsp. dried whole thyme
2 Tbs. oil (olive or canola preferred)	½ Tsp. fennel seeds, crushed
½ cup sliced onion	¼ Tsp. salt
2-14.5 oz cans diced tomatoes with Italian herbs	Freshly ground pepper (optional)
½ Lb. frozen zucchini	

Heat oil in a pot over medium-high heat until hot. Add onions and sauté until onion is tender. Add chicken, diced tomatoes with Italian herbs, wine, and zucchini to onion mixture, stirring well to combine. Add thyme, fennel seeds, salt and bring to boil stirring well.

Reduce heat, cover, and simmer 20-25 minutes or until done. Ladle stew into individual bowls, and garnish with freshly ground pepper, if desired.

Tacos and salad Serves 4

1 Lb. ground beef	6 taco shells
2 tomatoes sliced into wedges	1 onion chopped (optional)
1-16 oz jar of salsa-mild, medium or hot	Makings of a green salad
Lettuce leaves washed and shredded	

Cook the ground beef and onions in a skillet until brown. Drain the excess juice and then add ½ cup of salsa to the hamburger mixture and stir. Fill the taco shells with the lettuce, hamburger mix, tomato and additional salsa to taste. Enjoy 1-2 tacos as needed. Serve with a tossed green salad.

Sautéed Mixed Vegetables Serves 4

½ bag of frozen broccoli (12 or 16 oz)	1 tsp each: ground turmeric and ground ginger (or 1-2
½ bag of frozen cauliflower	tsp of curry powder to taste)
½ bag of frozen mixed greens (kale, collards, etc)	½ tsp ground black pepper
½ bag Brussel sprouts (optional, but I love them)	1 tbsp. of coconut oil or olive oil for sautéing
½ cup (grapeseed oil) mayonnaise and olive oil	

Heat the oil in a large frying pan and then add the frozen vegetables. Heat on high for 3-5 minutes, stirring occasionally, until the vegetables are warm/hot (but do not overcook). Meanwhile, add the spices to the mayonnaise/olive oil mixture and stir well. Use this as a dip/sauce for the vegetables.

Nightshade vegetables can be associated with arthritis in some people:

The nightshades (tomatoes, eggplant, peppers and potatoes) contain proteins call lectins. These lectins can turn on the immune system to attack the lectin-like proteins in our joints. If you have arthritis or joint pains, try not eating the night shades to see if your joint pain improves. **So try off these foods** for 4-6 weeks if you have arthritis so if it makes a difference, and then have tomatoes and eggplant to see if your knees flare up again.

Milk Makes More Mucus (so does wine, wine vinegar, balsamic vinegar, orange juice, and chocolate)

Milk sensitivity and asthma/ear infections is a well-known association in children. Similarly, adults can develop allergic rhinitis, asthma, chronic fatigue and chronic low-grade depression. It is the protein in milk (casein), so butter, heavy cream and sour cream are ok to eat. Goat and sheep cheese are fine. But avoid cow's milk and cow's cheese.

Break a sweat: Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found physical activity reduces risk of cognitive decline as well as reduced diabetes and depression.

Fuel up right: Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.

Catch some ZZZs: Not getting enough sleep may result in problems with memory and thinking as well as diabetes.