

The

RON ROSEDALE, M.D.,
and Carol Colman

Rosedale

DIET

Turn Off Your
HUNGER
SWITCH!

- Live Longer
- Lose Weight Fast
- And Keep It Off



THE
POWERFUL
PROGRAM BASED
ON THE NEW
SCIENCE OF
LEPTIN

the
Roseedale
■ ■ ■ diet

RON ROSEDALE, M.D.,
and CAROL COLMAN

An e-book excerpt from



To my parents, my sisters, and my son
for their love and support

RON ROSEDALE

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part ▪ one

Everything You
Need to Know About
the Rosedale Diet

Get Slim, Live Longer, Be Healthier

Want a slim, sculpted body and a longer life? There's a tried and true way to achieve both. Eating less . . . a lot less. Decades ago, researchers discovered that if you put laboratory animals on a very low calorie diet—about one-third fewer calories than normal—they can live up to *two times longer* than well-fed animals. Not surprisingly, food-restricted animals retain their sleek, youthful figures. What is truly amazing, however, is that their bodies not only appear younger, but by every objective laboratory measure, *they are younger*. Levels of key hormones that normally fluctuate with age, and other important markers of aging remain remarkably stable. Nor do food-restricted animals suffer as often from the chronic diseases associated with “normal” aging, such as diabetes, heart disease, and cancer.

Slim for life. Healthy for life. A *longer* life in a “younger” body. Despite these wonderful results, no one is seriously suggesting that humans should follow such a punishing diet. Who wants to starve? Who willingly can?

The fact is, you don't have to starve to be in great shape or to enjoy the prospect of a longer, disease-free life. Thanks to the Rosedale Diet, you can have all the benefits of a strict, low

calorie diet—a great body, great health, and the promise of longevity—without ever having to feel a hunger pang.

The even better news is that you can lose weight and get healthy while still eating delicious meals and snacks such as chicken tortillas, wraps, guacamole, nuts (even so-called fattening nuts like macadamia nuts), lobster salad, raspberry cheesecake, and eggs Benedict. No starving. No hunger. The best part of all is that you will be back in control of your hunger, your weight, and your life.

My program has worked for thousands of my patients, and it can work for you. By following the Rosedale Diet, my patients have not only successfully lost weight, but have rejuvenated their bodies and reclaimed their health. The once obese are now trim and fit, in an amazingly short period of time. Remarkably, the same biomarkers of longevity seen in calorie-restricted animals are seen in my patients. In fact, by every objective laboratory measure, my patients have “de-aged” their bodies:

- High blood sugar levels, a hallmark of aging, fall to normal, healthy levels.
- Body temperature stays lower in my patients, a sign that their bodies are running more efficiently.
- Key hormones are restored to more youthful levels.
- High blood lipid levels (triglycerides) plummet to a healthy range.

The so-called diseases of aging, such as type 2 diabetes, a veritable epidemic among people over forty, and heart disease, the number one killer of both men and women, are vastly improved. In fact, after following my program for a few weeks, my patients are able to throw out most of their prescription medicines.

My patients not only look great, but they tell me that they feel great too, and have a huge amount of energy. The best news is, unlike calorie-restricted animals who are kept in cages and starved to enjoy these benefits, my patients feel full and satisfied. It’s too early to say whether my patients will live longer—we need to wait another thirty or forty years for that data—but all indications are that they will. I can say with certainty

that the *quality* of their lives is significantly better. (My patients can speak for themselves, and they do. They tell their own stories in their own words, throughout this book.)

Within this book, you will find the tools that you need to take back control of your weight, and ultimately, your life. You will be empowered with the latest scientific information on how to lose weight safely, quickly, and permanently. Once you start the Rosedale Diet, you, too, can experience the same spectacular success in terms of both weight loss and better health enjoyed by my patients.

■ GETTING TO THE HEART OF OBESITY

The Rosedale Diet works because it corrects the underlying metabolic aberration at the root cause of both obesity and premature aging: hormonal dysfunction. Hormones are chemical messengers that direct all body activities, including how much you eat, and ultimately, whether you are fat or fit. Your hormones can work for you or against you. The wrong diet creates hormonal imbalances that trigger hunger and food cravings, the main problems that prevent people from losing weight and keeping it off. The right diet—the Rosedale Diet—almost magically controls hunger and eliminates food cravings. That is why it works so well.

Hunger is a powerful force. As I tell my patients, following a diet while trying to fight hunger is like trying to hold on to the edge of a cliff and hoping that gravity will go away. Eventually, you're going to let go. If you're hungry, eventually you're going to eat and chances are, you'll overeat to make up for lost time.

How does my diet curb hunger? The Rosedale Diet is specially designed to control the key hormone that regulates both appetite and weight loss. That hormone is *leptin*. Leptin is produced by your fat cells. It tells your brain when to eat, how much to eat and most important, when to *stop* eating. Leptin is also critical for many of the body's most important functions, including the regulation of blood circulation, the prevention of blood clots, making new bone, regulation of body temperature, and reproduction. In fact, if a woman produces too little

leptin, she will stop menstruating, and therefore will be unable to conceive. Very recently, leptin amazed the scientific community when it was found to be able to rewire critical and central portions of the brain to better do its bidding. The more scientists research leptin, the more they learn about how vital it is to life.

As hormones go, leptin is the new kid on the block. In fact, it's so new, most of your doctors may not have heard of it, or are unsure what it does. Yet, I consider leptin to be so important for the health and well-being of my patients that I always measure their leptin levels, and if I have any say in the matter, doing so will become standard medical practice within a few years. Measuring leptin is easy—it's a simple blood test—but it tells me volumes about my patients' potential for gaining weight and the ease with which they will be able to shed excess pounds. Blood leptin levels indicate how well leptin is functioning in your body. High fasting levels of leptin (from blood taken after waking and before eating breakfast) mean that leptin is not functioning well, and therefore, unless leptin is brought down to a healthy level, losing weight and keeping it off will be an insurmountable challenge. Low fasting leptin levels mean that leptin is able to do its job and that your body won't sabotage your weight-loss efforts by making you constantly hungry.

More important, leptin levels are a bellwether as to how well a person is aging. If their leptin levels are high, it bodes ominously for their health, and that bodes poorly for longevity. In fact, remember those calorie-deprived laboratory animals that were much healthier and lived well beyond their normal life span that I described earlier? They had very low leptin levels compared to their well-fed peers. Fortunately, it is easy to lower your leptin levels without starvation by following the Rosedale Diet, as I'll describe later.

■ LEPTIN HELPS YOU LOSE FAT

When patients come to me saying that they would like to lose weight, what they are really saying is that they want to lose fat. No one wants to lose muscle or bone! The goal of dieting is to burn off excess fat so that

it doesn't end up on your abdomen, thighs, rear end, or in your arteries where it can cause a heart attack. Leptin not only controls hunger, but it is the hormone that tells the body whether it should burn away excess fat. *This is one of the most critical messages that your body must hear to maintain normal weight and optimal health.*

When leptin levels can be properly “heard,” it alerts your brain and other body tissues that you have eaten enough and stored away enough fat, and it's now time to burn off some excess fat. This feedback system is designed to prevent you from getting fat. In order for leptin to be heard clearly, however, leptin levels must remain stable and low. When leptin levels spike too high, too often, your cells stop listening to leptin. In medical terms, they become “resistant” to leptin's message. When your brain and other body tissues don't properly “hear” leptin's message, your brain continues to believe that you must hoard away even more fat for a rainy day. It tells you, “Be hungry, eat, and store more fat.” Before too long, you will be fat.

If you want to lose weight, and keep it off, you must first maintain lower leptin levels so that your brain and body tissues can relearn how to listen to leptin. I often refer to my diet as a *leptin sensitizing* diet as opposed to a weight-loss diet. The fact is, you can't do one successfully without the other. When leptin sensitivity is restored, you will stop storing excess fat and instead, start burning it off. Best of all, your hunger will be controlled, you will not have food cravings, and you will have a trim, well-toned, and healthy body.

■ THE OPTIMAL DIET

Unlike stereotypical “dieters,” my patients don't “yo-yo” up and down the scale, nor do they flit from my diet to the next fad diet. Most have stayed with me for years, and the reason they stay is that my diet works. The Rosedale Diet is dramatically different from standard weight loss diets, which I believe is the key to its success.

The average American has such poor eating habits that making any change is likely going to be an improvement, but that's not saying much.

Follow any of the popular weight-loss diets, and you'll probably lose some weight, but you won't be restoring leptin sensitivity as effectively, so you'll still be battling hunger. Moreover, simply losing weight does not necessarily mean that you are losing weight in a *healthy* way, or that you'll be able to keep it off. Eating for optimal health as well as to lose weight is a greater challenge, and doing it for the long-term is a greater challenge yet. Yet that is exactly what the Rosedale Diet does.

Virtually all of the popular diets today are basically variations on the same two themes: (1) the high carbohydrate–low fat diet (heavy in grains, starches, salads, and fruit) or (2) the high protein–low carbohydrate diet (heavy in meat, fish, poultry, dairy, and eggs). Neither type is as effective as mine, and no popular diet other than the Rosedale Diet has been shown to control leptin.

As its name implies, the high carbohydrate–low fat diet severely restricts fat intake. You can't eat much protein because it is often high in fat, and you are forced to eat mostly starches (like pasta), grains, and salads. As I will explain later, many carbohydrates—even the ones you think are healthy—can cause those spikes in leptin that will make you leptin-resistant.

The all-the-protein-you-can-eat-diet fixates on eating protein and ignores fat. Your plate is piled high with meat of any kind, and as much as you like, but you are severely restricted in your carbohydrate intake. The dirty secret of high protein diets is that if you eat more protein than your body requires, the excess can turn toxic and can threaten your health. There is even growing evidence that a high protein diet significantly increases your risk of heart disease, another fact you won't hear from proponents of these diets.

In contrast to the standard other weight-loss diets, *the Rosedale Diet focuses on fat—burning fat and eating fat*. In fact, it allows you to eat up to *half* or more of your daily calories in the form of fat, as long as it's the right kind of fat. Since fat is what gives food much of its flavor and texture, eating a high fat diet is hardly a hardship. You also eat protein on my diet, but in the right amount, because excessive protein consumption can be dangerous. You can also eat a fair amount of carbohydrate, but only the healthy ones that won't cause the precipitous spikes in leptin that are so damaging to health.

■ FAT CAN BE GOOD

It may seem counterintuitive—even reckless—to recommend that overweight people eat more fat. Haven't we been told that fat is what makes you fat, and that fat is what causes heart disease? Actually, this is only half true. Eating fat does not necessarily make you fat and unhealthy . . . not being able to burn fat does. Furthermore, not all fat is the same. Fat can be your best friend or your worst enemy. Some fat is bad, notably excess amounts of most *saturated fat*, found in most meat and in full fat dairy products and omega-6 fats found in many kinds of vegetable oils. So, too, are trans fats found in fried and many processed foods. These “killer” fats can increase the risk of heart disease, diabetes, and a myriad of other health problems. That's one of the reasons why I don't like high protein and other low carb diets which do not distinguish between killer fats and good fats.

Trying to cut *all* fat out of our diets, we have eliminated the good fats: monounsaturated fats and omega-3 fatty acids. These fats are found in foods that are often restricted in other diets, but not on mine. On the Rosedale Diet, you can eat nuts such as almonds, walnuts, cashews and nut butters, avocados (yes, on my diet you can eat guacamole), fatty fish, non grain-fed beef, omega-3 enriched eggs, and high quality vegetable oils. Our bodies thrive on good fat. Our metabolism needs good fat to burn bad fat. Our cells need good fat to work properly. Our brains need good fat to think. Most important, good fat lowers leptin levels, improving the quality of leptin signaling so that our cells hear leptin better, thereby controlling hunger. *Remember, eating fat doesn't make you fat—the inability to burn fat is what makes you fat.* Good fat turns you into a wonderful fat burner. It is truly a miracle food.

■ HOW I LEARNED ABOUT THE LEPTIN LINK

As founder of the North Carolina Center for Metabolic Medicine, cofounder of the Colorado Center for Metabolic Medicine, and founder of Rosedale Metabolic Medicine in Denver, Colorado, I have

GOOD-BYE FOOD CRAVINGS . . . HELLO TASTE BUDS

When your cells can't "hear" leptin's messages, you will not only be hungry all the time, but you will crave *sweets*. Why? Leptin resistance desensitizes your taste buds to sugar. That means, the more sugary foods you eat, the less likely you are to discern a sweet taste, so you will need more and more high-sugar snacks to feel satisfied. Whereas once almonds, blueberries or cinnamon tea would taste sweet enough to be treats, you now require multiple sugar hits—cookies, cake, candy bars, soft drinks, or a pint of ice cream—before you feel you've had enough. Once leptin sensitivity is restored and your taste buds shift into high gear, you will get much more pleasure from eating. You will rediscover the natural sweetness in food and will actually find that the supersweet snacks you once craved now taste sickeningly sweet.

treated patients from all over the world, many of whom are casualties of other diets. I attracted a great deal of attention in the medical community nine years ago when I was one of the first doctors to lecture about the importance of insulin resistance and by showing that I was able to cure, yes, *cure*, many cases of diabetes through diet alone.

As many of you know, there are two types of diabetes: type 1 and type 2. Type 1 diabetes (also called juvenile diabetes) is a result of too little insulin, the hormone that is produced in response to rising blood sugar levels. Without enough insulin, blood sugar levels can climb dangerously high, leading to organ damage and death. Type 2 diabetes (also called adult-onset diabetes) is an entirely different story. Type 2 diabetes is characterized by a condition called insulin resistance, which occurs when the cells of the body are constantly exposed to high levels of insulin. When you become insulin resistant, your body is making enough insulin, but your cells do not utilize it effectively. (The same thing occurs with leptin, causing leptin resistance.)

I lecture frequently to medical groups, and I am passionate about

teaching other physicians that food is indeed the most powerful medicine. I believe that physicians should strive to get patients on a good diet and off drugs, whenever possible. It has become fashionable these days to quote Hippocrates, who said, “Let food be your medicine and medicine be your food.” In my case, that philosophy is the cornerstone of my medical practice.

I am also a well-known specialist in the field of aging, and lecture on that topic as well. It is not unrelated to diabetes. In fact, my interest in diabetes was sparked by the observation that diabetics suffered from the so-called diseases of aging, such as arthritis, heart disease, cataracts, and even dementia at a much earlier age than normal. They even *look* older at an early age. From that realization, it dawned on me that the metabolic disorder of diabetes is a disease of rapid aging, and what we consider to be the “normal” diseases of aging are in reality due to an underlying disease of metabolic dysfunction.

I have come to believe that leptin resistance is at least related to, if not at the foundation of the majority of disorders related to aging, including heart disease, diabetes, obesity, osteoporosis, arthritis, and even aging itself. I know that many of you are probably thinking, how could one hormone—let alone a hormone that most of you have probably never even heard of before—be so important to health and longevity? In the chapters to come, I’ll answer this question and you will see the critical role that leptin plays in your body.

Modern medicine has focused on merely treating symptoms, such as high cholesterol or elevated blood sugar, and not the true disease that underlies those symptoms, for that is far easier . . . and therefore more lucrative. My experience has taught me that treating symptoms simply masks problems, and will almost always make them worse, not better. If you lower leptin to healthy levels, you will go a long way toward preventing and treating a main root of what we call the diseases of aging and, in fact, aging itself. I believe that the diseases of aging are not inevitable, and that they are aggravated, if not caused, by the typically poor American diet.

■ DE-AGE YOUR BODY WITH THE ROSEDALE DIET

When I say that I believe in the power of food, I mean it. I have found that the Rosedale Diet is much more effective medicine than any combination of drugs and surgery could ever be. I don't write prescriptions for so-called longevity drugs like growth hormone or other "magic" anti-aging medicines. I don't prescribe drugs for weight loss, and am very against the use of any so-called thermogenic agents like ephedra (ma huang), which has been banned by the FDA, and caffeine to lose weight. They are not safe or particularly effective and, moreover, they actually can accelerate the aging process. I believe that proper diet is the primary way to achieve permanent weight loss, optimal health, and a longer life.

I also recommend nutritional supplements, but there is no supplement that can undo the damage of a poor diet. You need to eat well to make the supplements work well.

I am a metabolic specialist who has devoted my career to treating diseases such as obesity, heart disease, and diabetes. My interest in metabolism began when I was a medical student at Northwestern University, and I had the privilege of working with Dr. Jeremiah Stamler, one of the first to study the correlation between elevated cholesterol and heart disease. Until then, the medical establishment had all but ignored the role of diet in disease. It was already thought that a high fat diet could increase cholesterol levels in the body, and after his research, everyone jumped on the "no fat—no cholesterol" bandwagon. We were told that the ideal diet was low in fat and cholesterol, and high in carbohydrates, especially for diabetics, who were at greater risk of heart disease. We didn't know about leptin yet, nor did we understand the role of insulin in metabolic disease, nor did we differentiate between good fats and bad fats. I saw diabetic patients on this so-called ideal diet get worse, not better. Worst of all, they were always hungry and couldn't stay on that diet. I asked myself why the standard diet wasn't working. If fat was the culprit, why were diabetic patients on the low fat diet getting worse and developing high triglycerides and other lipid abnormalities? Why did most of them require more, not less medicine on this diet? Why were they so unhappy and so hungry?

One day it dawned on me that the high carbohydrate–low fat diet that was being prescribed to diabetic patients was precisely the wrong therapeutic approach. The reason why now seems obvious, but a decade ago, it was revolutionary bordering on heretical. Carbohydrate in any form other than fiber is eventually metabolized by the body into sugar. In fact, it starts turning into sugar as soon as it hits the saliva in your mouth. It doesn't matter if it's a piece of fruit, a brownie, or a bowl of whole grain cereal, it still turns to sugar, and feeding sugar to a diabetic to lower blood sugar is nonsensical. (There are some carbs that are better for you than others, but nevertheless, any carb that is not fiber eventually ends up as sugar.)

■ EXCESS PROTEIN IS JUST AS BAD

If high carbohydrate wasn't the right approach, that left two other major food categories on which to base a diet: protein and fat. It may surprise you to learn that the protein that the body doesn't quickly use to repair or make new cells is largely broken down into simple sugars, which increases blood sugar and promotes insulin resistance. Furthermore, protein itself triggers insulin production, which can worsen insulin resistance. (That is why diabetics should never go on a very high protein diet.)

Having ruled out carbohydrates and protein, I decided to try putting my diabetic patients on a high fat diet, but only using healthy fats, such as those you'll eat on the Rosedale Diet. When I switched my patients to this new diet, I saw vast improvements in nearly every case. In addition to losing a lot of unwanted weight, patients were able to reduce or eliminate their medication. And they never complained that they were hungry. I was so impressed with these results that I recommended the diet for my nondiabetic patients who were trying to lose weight, many of whom were insulin resistant. The weight literally melted off them, and most were able to keep it off. Years later, after the discovery of leptin, I found out why my diet worked so well. It lowered leptin levels quickly and effectively. I also discovered why the other diets had failed. They didn't lower leptin levels nearly as well or as effec-

tively; in fact, they often raised leptin levels! (Shockingly, most diabetics are still being treated with the high carbohydrate–low fat diet.) I offer the only alternative that works, and works fabulously well and works the best: the Rosedale Diet.

■ “LISTENING” TO LEPTIN

When leptin was first discovered in 1995, it was dubbed the “holy grail of weight loss,” and there were high hopes among the scientific community that the cure for obesity had finally been found. Initially, scientists believed that if you gave overweight people supplementary leptin, it would stimulate fat burning. But when they measured leptin levels in overweight people, they were in for a big surprise. Most overweight people—and nearly all obese people—are not leptin deficient; in fact, they produce *too much leptin*. As a result, they become leptin resistant, much the same the way people with type 2 diabetes are insulin resistant.

When a person becomes leptin resistant, it takes more and more leptin to tell the brain that it’s satisfied and that you don’t need more food. Therefore, it takes more and more food to feel satisfied. The brain, not hearing leptin, frantically signals for more and more fat to be stored. Since leptin is made by fat cells, you have to make more and more fat to produce enough leptin to finally get its message across to the brain to stop being hungry and stop storing fat. This creates a vicious cycle: you eat more because your brain doesn’t know how to tell you to stop, and the only way you can stop is by producing more fat to make more leptin, which means that you keep getting fatter, and more insulin and leptin resistant, which just makes you want to keep eating more.

Certain foods feed into this vicious cycle by triggering a huge surge in leptin production. Carbohydrates—including breads, grains, cereals, pastas, and starchy vegetables—are the worst offenders. When you eat these foods, your leptin levels soar. These foods can create even more mischief because they are broken down into simple sugars that can be

rapidly burned by the body. If sugar is available, and your body is given a choice between burning fat and burning sugar, it burns mostly sugar. So all that fat you have socked away stays exactly where it is. Here's the kicker. What happens to extra sugar that isn't burned? It gets made into saturated fat, which is resistant to burning. What happens to all that stored extra fat? It produces even more leptin in response to sugar, which worsens leptin resistance.

Are high protein diets any better? Protein is used to repair and rejuvenate the body, but the body can only use a limited amount of protein at a time. What isn't used is largely converted into glucose (a form of sugar), and burned. What isn't burned is made into fat—saturated fat. To compound the problem, most of the protein we eat today, particularly beef and chicken, are grain-fed to fatten them up, not just grass-fed as they were in the old days. Grain feeding produces animals much higher in saturated fat than normal. I often refer to the fat in grain-fed animals as “second generation starch,” because the starchy carbohydrates that the animals eat will ultimately be stored as fat in us. Thus, the longtime nutritional advice of the medical profession to eat a high carbohydrate, low saturated fat diet is an oxymoron!

The First Step—Lower Leptin

From my experience with thousands of patients I have learned that once you *lower* leptin levels and regain leptin sensitivity, leptin can then begin to do its vital job of turning off the hunger switch and turning on the fat-burning switch. Any weight-loss diet that does not lower leptin quickly is putting the cart before the horse and will ultimately fail.

On the Rosedale Diet, fasting leptin levels are greatly reduced long before you see any appreciable weight loss. People are allowed to eat whenever they are hungry, and as frequently as they would like. If they're eating fewer calories, it is only because they are not hungry due to improved leptin sensitivity. That is why people are able to follow my diet so successfully.

Good Fat Lowers Leptin

It is a well-known fact that 90 percent of all dieters quickly regain the weight they lost after dieting. I'm not surprised and I can't say that I blame them. The fact is, if you don't solve the leptin problem, you won't solve the hunger problem, and if you don't turn off the hunger switch, almost anyone will eventually give in and eat. There is only one diet that lowers leptin quickly and effectively—a diet that contains adequate amounts of GOOD FAT and is low in starch and sugar—the Rosedale Diet.

So, what is good fat?

- Good fat does not stimulate a surge in leptin production—rather it suppresses it.
- Good fat is not burned as sugar like carbohydrates and protein—it is burned as fat.
- Good fat stimulates the body to burn more fat.

What happens when we don't eat enough good fat? Paradoxically, we become fat because we can't burn off excess fat.

■ LIVE LONGER: BECOME A FAT BURNER

Every time you eat, you are feeding the trillions of cells throughout the body. Our cells need fuel to repair and regenerate themselves, and to do the body's work. Our cells can eat two kinds of food—sugar or fat. Unfortunately, as we get older, our bodies become accustomed to burning the one particular fuel used most often—sugar—and are less flexible about burning the other fuel—fat.

Most people are good sugar burners because they've had a lot of experience doing so, due to our typically high sugar and starch diet. Even when you are not eating, your body's cells are still burning fuel to do their work. When you are a sugar burner, your body continues to burn sugar as its primary fuel and to sock away fat. I call this phenomenon

“metabolic momentum.” The body continues to burn the fuel it is accustomed to burning. Being essentially a 24/7 sugar burner can be very damaging. Your body can’t store very much sugar. To continue to feed its sugar habit when you don’t eat, your body will break down the protein in its lean tissues—including muscle and bone—into sugar. Your body would prefer not to destroy itself in this way, so it will make you hungry and make you crave sugar. This makes you more and more leptin resistant. And instead of burning off excess fat, you make more of it, and you store more of it away. Over time you end up turning your muscle and bone into sugar and fat as you get fatter, weaker, more frail, and flabbier. And you will always be hungry.

If you eat sugar (or foods that turn into sugar) and fat together, the body will burn the sugar and store the fat. Sugar and fat is a common combination—think of buttered toast! Our cells are hardwired to burn sugar first: no one knows why this is so, but there are probably good reasons for this. Excess sugar poses a far greater threat to your body than excess fat (which isn’t good either, but is not quite as bad as sugar—diabetes can kill you faster!). When sugar combines with the proteins in your body (called glycation), it triggers chemical reactions that can be very damaging to healthy cells and can cause aging, disease, and death. Sugar burning also promotes the formation of potentially high amounts of toxic chemicals called free radicals, unstable oxygen molecules that can damage cells and ultimately lead to numerous diseases. My hunch is, the body probably burns off sugar first as a defense mechanism to protect you from the potentially lethal effects of sugar. Thus, if we bombard our bodies with sugar-producing foods, it becomes harder for our bodies to switch to fat-burning mode.

Being a chronic sugar burner can have serious health consequences, but the primary one is that it causes weight gain (because you rarely burn up your fat) which can cause serious health problems, including insulin resistance. Being a sugar burner will also age you faster, and can shorten your life, as I will explain in Chapter 4. By eating good fat, we can retrain our bodies to become fat burners. Being a fat burner has its advantages—once your cells begin to burn off fat for fuel, metabolic momentum takes over. Even when you don’t eat, your cells will continue to keep burning stored fat, making you feel

I am often asked to briefly summarize what it is that establishes health. I can do this in a single sentence. “Health and life span is determined by the proportion of fat versus sugar people burn throughout their lifetime” The more fat you burn as fuel, the healthier you will be. The more sugar you burn as fuel, the more disease-ridden you will be, and the shorter your life will likely be.

more satisfied and less hungry. Needless to say, when you’re not carrying around all that excess fat, you’ll be trimmer, more attractive, and healthier.

How Do You Become a Champion Fat Burner?

As the saying goes, practice makes perfect. The only way you get good at something is by doing it frequently. You can become a good tennis player by playing tennis and you become a good golfer by playing golf. You become a good fat burner by burning fat. To do so you must limit your sugar and foods that turn into sugar (including starch and excess protein), especially for the first few weeks when your metabolism is learning to switch from burning sugar to burning fat. You need to break the negative “metabolic momentum” that is locking you into toxic fat storage—sugar burning mode, and locking you out of fat burning.

■ KNOW YOUR LEPTIN LEVELS

Although I recommend that everyone have their leptin levels checked as part of their routine annual physical, you can still benefit from the Rosedale Diet if you don’t. Whether or not you know your precise leptin levels, as you slim down, you will be “losing leptin” along with excess fat.

What is a healthy leptin level? When you have leptin levels

checked, your doctor sends a sample of your blood (after an overnight fast) to a laboratory for analysis where you will be given a numerical rating. Many, but not all laboratories do leptin analysis. In Chapter 10, “The Leptin Test and Other Medical Tests That Can Save Your Life,” I provide a list of laboratories that check leptin, and will explain what the test results mean.

Most obese people have very elevated leptin levels. Within two to three weeks on the Rosedale Diet, nearly everyone will experience a dramatic decline in leptin levels. I often retest my patients at this point to see how they are doing. At the same time, you will find that you do not get hungry as often as you used to, that you no longer experience the food cravings that you used to, and that you will have little difficulty following the diet. Younger people have quicker results than older people, who often have more damage to undo. In some cases, leptin levels do not fall as quickly as they should. To me it’s a sign that those people need to be extra careful about sticking to the diet, and that they may need additional support, including extra nutritional supplements.

■ LIVE LONGER, LIVE STRONGER

There’s yet another advantage the Rosedale Diet has over other diets. Unlike other diets, where you lose muscle along with fat, on my diet, *you lose only fat and excess fluid*, so you don’t look thin and flabby; you look as good as you feel. There is a good scientific reason why this happens. Once leptin sensitivity is restored, your cells also become sensitized to other hormones such as insulin and IGF-1, which are instrumental in muscle development. If your hormonal signaling is out of whack, you can diet forever and exercise until you drop, but you will still not be able to burn off fat and get lean. Once your cells begin “hearing” the correct hormonal signals, they do their jobs better and faster. Countless patients have told me that once they’ve started following the Rosedale Diet they’re working out less, but making more progress.

I recommend that you do some exercise on my program, but you only need to do a small amount—about fifteen minutes of mild exercise

daily. To me, exercise is the “gravy” of the Rosedale Diet. A little exercise goes a long way as long as you’re following the good plan.

■ HOW THE DIET WORKS

The Rosedale Diet is divided into two levels. Everyone follows Level 1 for the first three weeks of the program. I view the first twenty-one days as a training period in which you teach your metabolism to burn fat instead of sugar. During this time, you will eat foods that are high in good fat, and virtually no starchy or sugary carbohydrates. You will, however, be allowed to load up on all the high-fiber vegetables you want. It’s a very healthy and satisfying way to eat. Some of you should continue to follow Level 1 forever, particularly those of you with metabolic disorders such as diabetes or coronary artery disease, or those of you who want to stave off the aging process for as long as possible. Most people find it much easier than they originally thought it would be after having been on it, and after having changed their metabolic chemistry. It is the ideal way to eat. If, however, you do not have a health problem, you can move on to Level 2, which does contain somewhat more starch and sugar, although only the healthiest kind with the highest fiber content. (No candy bars, please!)

■ FOOD FOR LIFE

I’m often asked, “Once I lose all the weight I want, do I need to stay on the diet?” I consider the Rosedale Diet the optimal diet for life and I urge patients to stay on it forever. If you keep your leptin levels down, you will not experience the constant hunger or food cravings that helped make you overweight and sick in the first place, and that makes diets difficult or impossible to maintain! After you achieve your desired weight (once you become a good fat burner), some of you may be able to eat more starchy carbohydrates than I recommend (in the more liberal Level 2 plan) and not have any problems. You can indulge in an extra serving of bread a day or an occasional plate of pasta, and still keep

the weight off, if you stick to the program for most other meals. Once you become a good fat burner, you can also eat a little more saturated fat. The kind of fat you eat becomes less important because you are able to burn it off more easily.

Many people, however, cannot deviate from the program. Once they fall off the diet, they become leptin resistant once again and begin to experience food cravings and rapid weight gain. They quickly lose their ability to be fat burners and begin hoarding fat. If you have a history of food cravings and overeating, it is imperative that you simply stay on the diet. If you go off the diet and begin to experience weight gain, go right back on it.

Once you've slimmed down and regained your leptin sensitivity, if you do indulge in an occasional high-starch, high-carbohydrate meal, you can burn it off by doing exercise after eating. Fifteen minutes of vigorous exercise can burn up the sugar. Once you are no longer leptin resistant, your body's hormonal signaling will be able to bounce back to normal more quickly. If, however, you go back to your old eating habits, you will quickly become leptin resistant, and this quick exercise fix won't work.

■ HOW TO USE THIS BOOK

The Rosedale Diet is divided into three parts:

Part I, "Everything You Need to Know About the Rosedale Diet," contains all the information you need to understand the solid science behind the Rosedale Diet, and why leptin is key to your health.

Part II, "Making the Rosedale Diet Work for You," is divided into seven sections: "Why Good Fat Does a Body Good," "The Rosedale Diet Guide to Healthy Eating," "Getting Started: Weeks One to Three," "A Guide to the Rosedale Diet Supplement Program," "Rosedale Diet Exercise Strategies," "The Leptin Test and Other Medical Tests That Can Save Your Life," and "Getting Healthy with the Rosedale Diet," which provides information on the treatment of leptin-related disorders, including diabetes, heart disease, osteoporosis and arthritis.

"Rosedale Resources" provides original recipes and other vital information that will help incorporate the Rosedale Diet into your life.

■ COMMONLY ASKED QUESTIONS ABOUT THE ROSEDALE DIET

I think that I'm a nervous eater. I eat even when I'm not hungry. How can your program help me?

The Rosedale Diet is perfect for people who categorize themselves as “nervous eaters.” As I explain in Chapters 3 and 4, elevated levels of leptin actually stimulate the production of stress hormones, which can make you very jittery. Lowering leptin levels and restoring leptin sensitivity will have a calming effect on your body and your mind. Second, your feelings of nervousness may actually be symptoms of food “withdrawal” due to malfunctioning hunger signals to your brain. When leptin sensitivity is restored and your brain can “listen” to leptin, you will know when you are truly hungry, and you will not experience “false hunger” or feel compelled to eat when you don’t need to.

I heard that high protein diets are dangerous because they cause ketosis. Does a high fat diet cause similar problems?

First of all, let me correct a popular misconception about high protein diets and ketones. Ketones are a by-product of fat burning, and they are a good, efficient fuel. Under normal circumstances, your cells should be able to burn ketones and keep them at a low level. It is healthy for cells to burn ketones, especially your brain cells. In fact, the so-called ketogenic diet is now the treatment of choice for epilepsy where drug therapy has failed.

Ketosis is often confused with ketoacidosis, which occurs in severe uncontrolled diabetes when virtually no insulin is produced and ketones are allowed to build up to extraordinarily high levels, which can be dangerous. This is not to say that I think a high protein diet is good; it’s bad for other reasons. Protein is acidic and is broken down into two potentially toxic waste products: urea and ammonia. You don’t want to overload your body with these nasty by-products of protein metabolism.

Furthermore, the more protein you eat, the more proficient you become at making glucose from the protein in your diet, and from the protein in your muscle and bone. As I tell my diabetic patients, this is something that you don't want to be good at! Remember, you need to eat enough protein to replace and repair body parts, but not so much that you must burn off the excess as sugar, thus disrupting your metabolism. On the other hand, a high fat diet is best as long as you eat primarily good fats, and don't eat sugar-forming foods with it.

Does daily calorie intake matter?

I don't ask people to count calories because I believe that counting calories as a diet tool doesn't work. For years, people have been told that cutting back on calories is the way to lose weight and keep it off. The result of this poor advice is yo-yo dieting and the obesity epidemic we have today. Calories do matter, but you cannot diet for very long by using willpower and simply relying on your ability to eat less food despite hunger. Hunger is an extremely powerful, ancient urge and it's unrealistic to expect people to walk around hungry when they don't have to. You can only reduce calories long-term by not *wanting* to eat. That means not being hungry. Most people actually do eat fewer calories on the Rosedale Diet than they did, but not because I force them to. They eat less because they are satiated more easily, and do not desire more food.

You want people to eat more good fat. How do I know how much fat I'm eating every day? Should I count fat grams?

The Rosedale Diet will correct the hormonal signals that tell you how much to eat and how to access fat that you have been storing in your belly's cupboard for years so that your cells can eat fat without your having to. Remember, it is your cells that eat, and I want them to be burning fat almost all of the time. Some diets require that you count the number of fat grams that you consume each day. I think it's a waste

of your time. The Rosedale Diet sample menus will give you a good idea of how to incorporate foods containing the right amount of good fat into your daily diet. If you follow the program, you will get the right amount of the right kind of fat. Is there a chance that some of you will gorge on fat? I don't think so. When your cells become leptin sensitive once again, you are much less likely to overeat, and much more likely to eat normal portion sizes.

I don't like fish. Can I still follow your program?

Absolutely! You are required to eat a certain amount of protein every day, and preferably protein that contains good fat, but it doesn't have to come from fish. If you review the food lists on pages 103–117, you will see that there is a wide variety of foods from which you can plan your meals. I also recommend that everyone take a fish oil supplement daily (I know what you're thinking: Yuck! In fact, the fish oil supplement that I recommend actually tastes fine, and is acceptable even to most fish haters. See page 149.)

I'm not overweight; can I still benefit from your program?

The Rosedale Diet is a diet designed to achieve optimal mental and physical health, and to extend both your life span and your health span. Your ability to burn fat is key to determining how healthy you are and how long you will live. Many of my patients do not need to lose weight, but are interested in living as long a life as possible, and as healthy a life as possible. I believe that the Rosedale Diet will help them achieve both those goals.

Are you leptin resistant? Take the quiz in Chapter 2 to see whether you have any of the warning signs or symptoms of leptin resistance, and how they can undermine your weight loss efforts and your health.

Are You Leptin Resistant? Take This Quiz

How do you know if you are leptin resistant? You can know for sure by having your leptin levels checked by your doctor (see Chapter 10). There are also some telltale signs of leptin resistance, which I describe below. Please take the following test to see if you have any warning signs of leptin resistance, and why those signs are significant.

1. *When you go on a weight loss diet, do you have trouble losing fat, that is, do you lose pounds but still remain flabby?*

Yes _____ No _____

What This Symptom Means. If you are leptin resistant, it is a sign that you are eating a diet that promotes the production and storage of fat, and the burning of sugar as your body's primary fuel. Ideally, you want to retool your body's metabolic machinery so that you burn fat as your primary fuel. You're not going to become a fat burner simply by cutting back on calories, following a high carbohydrate–low fat diet, or going on a high protein diet. The only way to retool your metabolic ma-

chinery is to eat a diet that is rich in good fat, contains the right amount of protein, and is very low in starchy and sugary carbohydrates. What happens if you go on a weight loss diet, but are still burning sugar as your primary fuel? Ultimately, you will lose muscle. Why? In the absence of sugar from your food, your body will burn protein from your lean mass for fuel, and you will lose muscle. At the end of all your dieting, you will still be flabby, and you will still be burning sugar and hoarding fat. Remember, it isn't weight you want to lose—it's *fat*—and the only way you can lose fat is by becoming a fat burner.

2. *Do you have trouble keeping weight off after dieting?*

Yes _____ No _____

What This Symptom Means. Most people can take weight off fairly quickly, but keeping it off is the real challenge. If you simply take off weight, but do not restore leptin sensitivity, you will have an extremely difficult time maintaining your weight loss. If your cells can't "hear" leptin's cues, you will feel hungry even when your body doesn't need food, and your body will think it should be storing fat when in fact it should be burning fat. You may even get fatter while trying to eat less because your body will try even harder to hold on to fat as you cut back on food.

3. *Are you constantly hungry?*

Yes _____ No _____

What This Symptom Means. Is your stomach always growling for food? Constant hunger is one of the *early* signs of leptin resistance. If you find that you are suddenly getting hungry at odd times during the day (or night) and are eating more, your leptin signaling is off. When things are going right, leptin lets your brain know that your cells have enough fuel to do their work, and blocks the urge to eat.

4. *Do you crave sweets?*

Yes _____ No _____

What This Symptom Means. As noted in Chapter 1, leptin resistance actually desensitizes your taste buds to sugar, so you need to eat more and more sweets to feel satisfied. Ironically, as you eat more and more sweets, you actually enjoy them less. Yet you find them impossible to resist. This leads to destructive binge eating and unwanted weight gain.

5. *Do you wake up hungry at night?*

Yes _____ No _____

What This Symptom Means. Nights are for sleeping, not for eating. Sleep is a time when your body is supposed to take a break from the stress of digestion so it can wind down and concentrate on (1) maintenance and repair of your cells to keep you in peak condition and, in the process (2) burn up fat stores as fuel to do this repair work. If you're hungry at night, it is usually because you have run out of sugar to burn and your body has "forgotten" how to burn fat. The fact is, you should be able to get adequate nourishment during the day and burn fat stores at night so that you don't feel hungry at night. If your leptin signaling is off, however, you will feel hungry when you shouldn't, even when you should be sleeping.

6. *Do you have a "spare tire" or an apple shape?*

Yes _____ No _____

What This Symptom Means. When you are leptin resistant your body not only makes too much fat, it loses the knowledge of where to put all that

fat. Fat can be stored in two major depots; under your skin (known as subcutaneous fat) or around your internal organs (known as visceral fat or midline obesity). Leptin resistance causes fat to accumulate around your “middle,” which leads to an apple-shaped body. Midline obesity is associated with a much higher risk of multiple diseases, including heart disease and diabetes.

7. *Are you losing muscle mass despite the fact that you are exercising?*

Yes _____ No _____

What This Symptom Means. If you are leptin resistant, you can work out until you are blue in the face, but your body will still be programmed to chew up muscle and store fat. You will not be getting anywhere close to the full benefit of your workout. When it comes to maintaining lean body mass, eating the right diet is even more critical than working out. If you are a sugar burner/fat storer, your body will continue to burn lean mass as sugar even when you are not eating and you will be working harder and harder to keep whatever muscle you have. When your cells regain their hormonal sensitivity, it will take a lot less exercise to maintain your muscle.

8. *Do you feel stressed out?*

Yes _____ No _____

What This Symptom Means. Leptin resistance stimulates the production of stress hormones, which keep your body revved up and you feeling anxious and stressed-out. Many people respond to stress by overeating, reaching for so-called comfort foods—sugary and starchy carbohydrates. This will only aggravate leptin resistance, and make you more stressed-out and fatter (and stressed-out about being fat).

9. *Have you been diagnosed with high triglyceride levels?*

Yes _____ No _____

What This Symptom Means. Triglycerides are a fancy medical name for fat. Your blood level of triglycerides is a measure of the amount of fat floating around your bloodstream. If your triglycerides are high, you are either making too much fat or burning too little. Elevated triglycerides are associated with an increased risk of heart attack and stroke. (I recommend that everyone have their triglycerides checked at their annual physical examination. See page 177.) Elevated triglycerides are very common among overweight and obese people, and are typically a direct result of eating a high carbohydrate–low fat diet. If you are leptin resistant, you are making and storing excess fat and not burning it, and therefore are vulnerable to having elevated triglycerides.

10. *Do you have high blood pressure?*

Yes _____ No _____

What This Symptom Means. Leptin resistance can cause hormonal changes that trigger the production of stress hormones, which can raise blood pressure. It also causes excess fluid to accumulate, contributing to high blood pressure. High blood pressure is very common among people with midline “abdominal” obesity, insulin resistance, high triglycerides, and who are overweight.

11. *Have you been diagnosed with osteoporosis?*

Yes _____ No _____

What This Symptom Means. I bet you’re surprised to see this question here, but leptin resistance puts you at great risk of osteoporosis, the po-

tentially debilitating disease characterized by the thinning of bone. It's important to remember that your cells are eating even when you are not. Your body continues to burn fuel to do the work of maintaining life long after you have stopped eating, even when you are sleeping. If your body is used to burning sugar, it will continue to burn sugar. Your body can't store too much sugar away at one time—instead, it converts extra sugar and stores it as fat. So what's a body to do when it prefers to eat sugar, but it has already burned up what you ate at your last meal? It will look for sugar from other sources, and the protein in muscle and bone is the ultimate source. Moreover, high levels of leptin actually inhibit the ability of special cells called osteoblasts to make new bone. If you want to prevent osteoporosis, the first and most important step is to restore leptin sensitivity so that you can stop burning sugar and breaking down your lean mass and start making new bone. (Please see page 192 for more information on osteoporosis.)

If you answered “yes” to any of these questions, you are likely to be suffering the symptoms of leptin resistance, and the devastating effects of being a sugar burner as opposed to being a fat burner. If you are leptin resistant, your metabolism is malfunctioning and your health will be seriously compromised. In Chapter 3, *The Vicious Cycle*, I explain why leptin resistance is so dangerous, and why it is so important not to ignore these telltale symptoms.

■ IN HER OWN WORDS ■

J. H., AGE 47

“When I was heavy, the first thing that I would do when I walked into a room was look around and see if I was the largest person there. That’s not a healthy way to think!”

When I first starting seeing Ron, I weighed 173 pounds and I’m only 5’2”! I now weigh 122 pounds, and it has dramatically changed my outlook on life. I went to see Ron for two reasons. First, I was unhappy about my weight and how I looked, but I was also worried about my health. My dad had developed type 2 diabetes and I could see the terrible effect diabetes was having on his life, and I did not want to follow in his footsteps. I knew that if I kept gaining weight, I would probably become diabetic myself.

Over the years, I had been on many diets, primarily low fat, high carb diets, and while I would lose weight initially, I would put the weight right back on when I started eating normally again. These diets were very hard to stay on, and I would go on and off them. I actually bought a book about the Atkins diet, but the first two weeks on the diet (the induction period) looked so awful, I couldn’t bring myself to do it. Once I started on Ron’s program, it was pretty easy to follow. It’s really a mindset. You have to decide that you are going to change the way you eat. The most remarkable thing is that I don’t feel hungry all the time anymore, and when I do feel hungry, I eat. I grab a handful of nuts, I’m fine.

What’s been the biggest change in my life since losing all that weight? My self-esteem has vastly improved. When I was heavy, the first thing that I would do when I walked into a room was look around and see if I was the largest person there. That’s not a healthy way to think! I used to hate to go shopping. I had clothes in my closet from size 18 to size 8; I’m now a size 6. I feel really good about myself now.

The Vicious Cycle: From Fat to Fatter

Are you putting on unwanted pounds with each passing year, and finding it harder and harder to take them off? Are you starting to dread your annual physical because your doctor is admonishing you to, “Get rid of that spare tire,” “Lose some weight!” or “Watch your blood pressure!” Have you been diagnosed with heart disease, insulin resistance, or type 2 diabetes, or are you worried about a loved one who has?

If you’re like most Americans, you’re going to answer yes to at least one of these questions. The sad truth is, more than half of us are overweight, and a significant number of us are sick because of it. Here are the dismal statistics.

- The rate of obesity rose by 30 percent in the past ten years. One-third of all Americans are *obese*, meaning that they are so fat that their health is at serious risk.
- The incidence of type 2 diabetes (a disease that goes hand in hand with obesity) has tripled in the past 30 years, and is still heading upward. If present trends continue, that number will soar to 40 million by 2050.

- According to the Centers for Disease Control in Atlanta, 1 out of 3 children born in 2000 is destined to become diabetic unless there is a change in diet and lifestyle. That means that by mid twenty-first century, *one-third* of the adult population will be diabetic.
- Diabetes increases the risk of heart disease, kidney failure, cancer and dementia, which means that children born today will be at greater risk of these diseases as well.
- Obesity and overweight drain the U.S. health care system of more than \$90 billion a year. Within a few decades, we could be spending double or even triple the amount on these diseases.

Most experts blame Americans for their own predicament, contending that we're getting sick and fat because we're eating too much and exercising too little. They offer overly simplistic solutions such as "just eat a little less" as the panacea to cure these vast health problems. As someone who understands the root cause of obesity, I can tell you that this is meaningless advice to give people who are leptin resistant, and that's the overwhelming majority of overweight and obese people. The primary message getting through to them is the one from their brain screaming, "Be hungry, eat, make more fat!" when that's the last thing they need to do. Unless you turn off this destructive message, you cannot treat obesity.

As a physician who has treated obesity and diabetes for decades with great success, I can tell you that the "just eat a little less" approach has done more harm than good. It is a classic example of how medicine fixates on the symptom but ignores the root cause. Certainly overeating combined with a sedentary lifestyle are contributing factors to obesity—but *why* is this happening in the first place? Why are people so out of control when it comes to their eating habits? Why do so many people suddenly have "supersized" appetites? What's happened in the past few decades that has rapidly accelerated the obesity epidemic?

Americans did not get into this mess because they lacked willpower, were natural gluttons, or were lazy. Moreover, solutions

based on the “just eat a little less each day” further lock people into the vicious cycle that will ultimately leave them even fatter and sicker.

■ THE DESPERATE STRUGGLE

Americans may be getting fatter, but it’s not for their lack of trying to slim down. Many of my patients have desperately tried to lose weight on their own, bouncing from one weight loss diet to the next. Many have joined gyms and have tried to become more physically active, but they have not been able to make a dent in either their obesity or their diabetes. In fact, most have gone from bad to worse following the standard “eat less and exercise more” advice. ***It is almost impossible to eat less when there is a little devil on your shoulders born from leptin resistance that is constantly whispering to you, “eat more, get fatter.”***

Numerous studies have documented that weight loss diets almost always fail, and that it is a rare person who is able to diet and keep the weight off. More often than not, within a year, dieters wind up even heavier than they were before they began the weight loss program. In fact, if you look at the fine print on television commercials or advertisements for diets in which successful dieters are trotted out to talk about the newest weight loss craze, you will always see a disclaimer noting that these good results are “atypical.”

I can tell you with confidence that my good results are typical. My patients typically lose weight, keep it off, and regain their health. Why do my patients fare so well despite the abysmal odds against them? My approach to treating obesity is completely different from the standard approach. I don’t consider obesity to be a disease; for that matter, I don’t think of diabetes or heart disease as diseases. These conditions are symptoms of a greater underlying problem—the inability of the body to use energy correctly to maintain health and life. Instead of burning off extra fat, as our bodies were meant to do, the body hoards it. Going on a standard low calorie diet will just aggravate it. If we don’t treat the underlying cause of this metabolic glitch, we will never truly cure obesity or diabetes—or any of the symptoms that we call disease,

such as heart disease or osteoporosis—that feed on this vicious cycle. The underlying cause of the so-called diseases of aging is always a derangement in the cellular signals, the instructions that tell your body how to turn energy into life.

■ IT BEGINS IN THE WOMB

When does the vicious cycle begin? It may shock you to learn that it may begin as early as in the womb, before you are even born. If an expectant mother eats the wrong diet—that is, one deficient in good fat and loaded with high sugar carbohydrates—she could be passing on metabolic problems to her children, making them more vulnerable to becoming diabetic. The sad truth is that she is probably eating the diet recommended to her by her doctor! Animal studies have shown that insulin resistance, a precursor of type 2 diabetes, can be passed from an expectant mother to her child, and even worse, can alter the insulin sensitivity of the baby's eggs, thus possibly affecting the developing baby, and could affect that baby's children as well.

If you are insulin resistant, you are almost always leptin resistant, and if you are leptin resistant, you are a sugar burner, not a fat burner. If you are not burning fat, you are storing fat and getting fat. Is there any wonder why so many children today are overweight and obese? As of yet, there have not been any studies showing whether or not leptin resistance can be passed on this way, but there are clues that this is also true.

Whether or not you may be born with a tendency to develop leptin and insulin resistance, your diet is the primary force that will determine your destiny. If you eat the right food, your tendencies will stay suppressed. If you eat the wrong food, you will grow into an overweight, sick child or adult. Sadly, most kids are fed a diet almost opposite to what I recommend. From an early age, kids are put on a high carbohydrate diet, heavy in cereal, pasta, crackers, potatoes and fruit desserts. This sugar-loaded feast is then washed down with gallons of fruit juice. The diet I just described is not what is considered “junk food”; in fact, most parents and medical professions would consider it to be a wholesome diet. Why?

Because it doesn't contain a lot of fat! Many of you were probably raised on this type of diet yourself, and eat a similar diet today.

The "fat phobia" has created a mind-set in the medical community that borders on insanity. For example, I recently saw a box of chocolate-flavored breakfast cereal proudly displaying a stamp of approval from the American Heart Association. I was stunned. How could the American Heart Association approve of a breakfast cereal containing a whopping 26 grams of carbohydrate and 14 grams of added sugar! The cereal in question met their guidelines for being low in saturated fat. What the unsuspecting consumer doesn't know is that excess sugar is simply stored as saturated fat in the body, and if you regularly ate this cereal, I guarantee you would become leptin resistant and would eventually get fat.

What's wrong with the standard, high carbohydrate–low fat diet? As we explained in Chapters 1 and 2, your body runs best when it can burn fat. When you bombard your body with sugar via a high carbohydrate diet, it will almost exclusively burn sugar and store fat. You will become a proficient sugar burner and a poor fat burner. The end result is obesity and disease. *Remember, eating fat is not what makes you fat, it's the inability to burn fat that makes you fat.*

■ FROM BAD TO WORSE

In Chapter 1, I described how all carbohydrate (except for fiber) is broken down into sugar in the body. Starchy, sugary carbohydrates produce a rapid spike in leptin levels, the hormone produced by your fat cells. As you may remember, leptin should tell the brain that you have enough fat stored in your body, that you should stop making more fat, and that it's okay to start burning some off. It also lets your brain know when you have had enough food, and blocks the urge to eat.

Constant spikes in leptin levels throughout the day can cause a breakdown in communication between leptin and your cells. It's like having someone constantly yelling in your ear—eventually, you're going to protect yourself by getting earplugs to reduce the noise or you'll go deaf. Similarly, if your cells are constantly exposed to frequent spikes in

leptin, they will stop listening. Over time, cells become desensitized to leptin, or leptin resistant. In order to get their message heard by the brain, fat cells have to produce more and more leptin so that they can “yell” louder and louder. This requires more and more fat to be made and stored. Because your brain has become “hard of hearing” to leptin there are no brakes on your appetite; you get hungrier and hungrier, eat more and more, get fatter and fatter, produce more and more leptin. . . . You get the idea. You get stuck in a most vicious of cycles. To further compound the problem, when your body is being told to make more and more fat, you won’t burn it off, and you’ll be forced to burn sugar. This triggers carbohydrate cravings to supply all that sugar, leading to more and more carbohydrate consumption, leptin spikes, and leptin resistance. Finally, as I mentioned earlier, studies show that excess leptin can interfere with the ability of your taste buds to taste sweets, so in order to experience a sweet flavor, you may have to eat more and more sugar, continuing your body’s sugar burning pattern. You are burning sugar, storing fat, and getting fat. Even Superman would have trouble resisting the hormonal urges forcing you to eat and eat and eat.

■ A MODERN EPIDEMIC

Leptin resistance is a relatively new phenomenon, aggravated by very recent changes in the modern diet. We have followed the medical profession’s advice to eat less fat and to eat more carbohydrate. The food industry reaps the greatest profits from starchy carbohydrates (pasta, bread, cereals), which require far less money to preserve than foods high in fat, such as meat and fish, which require refrigeration during transport and in grocery stores.

The problem is, the human body was never meant to use sugar as its primary fuel: Sugar is the body’s turbo charger fuel, the fuel you are supposed to use mostly when you need a sudden burst of energy. You’ve undoubtedly heard of the “fight-or-flight” response, which is sometimes called the stress response. The fight-or-flight response is our body’s pre-historic method of dealing with stress. It is the mechanism that enabled our ancestors to escape from a saber-toothed tiger, kill a woolly mam-

moth or today allows a grandmother, in the throes of a terrible accident, to lift a car off her grandchild. Without it, we would not be here today. The stress response is regulated by the sympathetic nervous system and it kicks in automatically without your even thinking about it.

When you are exposed to a stressful situation, the adrenal glands, located on top of the kidneys, begin to pump out stress hormones to help our bodies cope with immediate danger, and prepare for extreme exertion. Our blood pressure rises, our hearts beat faster, our blood is made to clot more easily in the event we are injured, and the flow of blood is routed from the digestive system to the muscles where it is needed to fuel our escape or help us hunt. As all of this is happening, stress hormones called epinephrine (adrenaline) and corticosteroids send blood sugar levels soaring to provide turbo charging fuel that can be burned anaerobically, that is, without oxygen. This is fortunate since under stress and heavy exertion we may not be able to breathe fast enough to supply sufficient oxygen to burn fat. You burn sugar very quickly as you run for your life to get away from a chasing tiger. When the immediate danger and stress are over, your cells should revert back to fat burning, and your body should get back to normal.

What happens when your body continually uses sugar as its primary fuel? The resulting leptin resistance will lock you in sugar burning mode, simulating the “stressed out,” fight-or-flight mode. Even though you may not know it, your diet becomes one of the biggest “stressors” in your life, constantly triggering your sympathetic nervous system, whether or not there is an actual danger or stress. You are constantly in the “fight-or-flight,” turbo-charged mode and will undergo more and more wear and tear. You will, as would your car engine if continually revved, quickly wear out, age, become diseased, and die.

The vicious cycle born from leptin resistance can have a catastrophic effect on every organ system in the body, seriously compromising health. Fat begins to accumulate in places where this should not happen, such as around the waist or midline. This common condition, known as midline adiposity or commonly as “the apple shape,” is a major cause of insulin resistance. The fat that you can see on your body is only the tip of the iceberg. The fat that you don’t see can be even more dangerous. Fat deposits accumulate around and within internal organs

WHY YOU WANT TO BE A FAT BURNER, NOT A SUGAR BURNER

Some of you may be thinking, I may eat a lot of starchy carbohydrates, but at the same meal, I am also eating protein and fat. Why am I just burning sugar and storing fat? It's a good question, and it gets to the heart of the vicious cycle.

Let's assume that you are following the current dietary recommendations that tell you to eat more than half of your daily calories in the form of carbohydrate. You fill your plate with a cup or so of pasta (carbs), topped with meatballs (primarily protein and fat), and some tomato sauce and cheese (more protein and fat). From the moment the pasta enters your mouth, it begins to be broken down into simple sugar. Your body can only store a small amount of sugar at a time in the form of glycogen, which is stored in muscle and liver. What happens to the rest? What's not stored as glycogen is burned off as quickly as possible, forcing you to burn sugar, but your cells can only burn so much off at a time. What happens to the rest of the sugar that isn't being stored or burned? It is converted into saturated fat, and we know where that goes (in all the places that you don't want it: your hips, thighs, abdomen, and dangling from your upper arms).

Your cells are busily burning off sugar for fuel, but what about the protein and fat in your meal? Some of the protein is taken up by your cells for repair and maintenance, but your cells can only utilize a small amount of protein at a time. Excess protein is turned into sugar and stored as saturated fat. (That's *more* fat in your tummy, hips, abdomen, upper arms, etc.) Your cells don't need to burn it for fuel—they're still burning off all the sugar from your plateful of pasta.

That leaves just the fat (from the meat and the cheese). Remember, your cells are hardwired to burn sugar first, so if your cells are burning off lots of sugar, the fat in your meal is going to be stored away as. . . MORE FAT.

Furthermore, your cells get accustomed to burning a particular fuel. When you are younger, your metabolism is more flexible, and you can switch fuels more easily. As you get older, if your cells are used to burning sugar, they will continue to burn sugar, not fat, when they need fuel. You will need to burn almost every gram of sugar that you've eaten before you can burn off significant amounts of fat.

such as the liver, which cause the liver to become even more insulin resistant. This triggers the liver to produce even more glucose, raising blood sugar, and causing a further rise in insulin and leptin, and further insulin resistance and leptin resistance. Some of that extra fat also accumulates inside the arteries, which increases your risk of heart attack. It is the start of yet another vicious cycle culminating in diabetes, obesity, heart disease, and early death.

Being a constant sugar burner is not a good thing. Even when you're asleep, your body will continue to burn sugar. Once your cells deplete the sugar stored in your liver, they will break down protein from your muscle and even bone to burn as sugar. As long as there is sugar to be had, and your hormones are telling you not to burn fat, your cells won't dig into your fat stores no matter how many pounds of excess fat you have waiting to be burned. As long as you continue to eat a high carbohydrate, high sugar, or excess protein diet, your body will continue burning sugar and storing fat. You will require your sugar fix, and you will remain leptin resistant and stay hungry as a result of your brain's inability to "hear" leptin.

In order to break this vicious cycle, you need to retrain the brain to instruct the cells to burn fat as the body's primary fuel. That is what the Rosedale Diet is all about. It teaches your cells to burn off excess fat from your tummy, your thighs, your rear end, and from other places where you don't want it, such as your arteries. As a bonus, you won't get hungry because your cells are being well fed and properly nourished. You will feel better, you will look better, and you will be healthier.

■ IN HIS OWN WORDS ■

J. P., AGE 65

“I’m a younger man now than I was ten years ago.”

I was sick, overweight, and depressed, and had been for years. I was aging rapidly. I would say to myself, “This week I feel much older than I felt last week.” I felt as if I was dying, and I had only just turned sixty! I was a top executive for a huge multinational and I was under a great deal of stress. I felt that I had to retire. I was a nervous eater, and just kept eating and eating. I had gained a ton of weight in a relatively short time. I was eating all the wrong food. I’d eat a bagel for breakfast, I’d snack on crackers and peanut butter all day, and I’d always order dessert when I went out to eat. I wasn’t paying attention to what I was eating. I had high blood pressure. I was taking antidepressants and was suffering terribly from allergies, so I took allergy medicine every day.

Within the first month of starting on Ron’s diet, I lost ten pounds and was off my antidepressants. I didn’t need these drugs anymore; I felt great. Within a year, I lost fifty pounds and my blood pressure is now normal. My insulin level dropped from 69 to 10, which is great. My energy level is off the charts. I no longer need my allergy medication—I had been taking it for forty-five years. I mean, that’s phenomenal. I’ve never been hungry on this diet. I’ve always had lots to eat and it’s easy to follow. Ron talks a lot about de-aging your body. All I can tell you is that this strategy seems to be working for me—I’m a younger man now than I was ten years ago.

Afterword

Now that you have been following the Rosedale Diet, based on the experiences of my patients, I can make the following assumptions. First, you are losing excess weight, quickly and safely. Second, you are no longer walking around hungry. You feel satisfied. And third, you feel happier and more energized than you have in years. You are undoubtedly thrilled that you are losing fat, and it's great to see your waistline begin to shrink and your body become more defined, but you are noticing other good things too. Many of you are mentally sharper, sleeping better, and in general, feeling better.

Everybody—myself included—wants to look in the mirror and feel good about what they see. But as I tell my patients, it's what you *don't* see that is even more important. You don't see your cells becoming sensitive to leptin's messages, your glucose levels falling, your insulin levels normalizing, or the excess fat deposits disappearing from your arteries. Yet all these positive things are happening. In other words, you are regaining your health and vitality, and that is what the Rosedale Diet is all about.

I encourage you to stay on the Rosedale Diet even after you have achieved your weight loss goals. The truth is, I never

designed the diet with weight loss in mind. I consider my diet to be the optimal diet that can help you achieve an enhanced and longer life. A wonderful side benefit is that you will be living that life in a well-toned, trim body. The Rosedale Diet is for those who want the best and who want to be the best.

I understand that nobody is perfect, and that there will be times when you may fall off the diet, sometimes for weeks at a time. If this happens, I don't want you to think that all is lost. You can always come back to the Rosedale Diet and pick up where you left off. Your body is not static: It is always changing, for better or for worse. With the right tools (that is, the right diet) you can trigger those wonderful repair mechanisms that will keep your body lean, strong, and disease free. My motto is: It's never too late to improve your health. Of course, the longer you are on the diet, the better your results, but there are benefits to be gained at any point in life.

I learn as much from my patients as they learn from me. I would love to hear about your experiences on the Rosedale Diet and how you're doing. Please write me at

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For updates on the Rosedale Diet and information on pending research studies, visit my Web site at www.RosedaleMetabolics.com.

Rosedale Resources

Total

... How Much Protein Should You Eat Every Day?

On page 207, I list general guidelines on how to estimate how much protein you should eat daily. However, the best method to determine your daily protein requirement and to follow your progress in losing that extra unwanted fat (and, I hope, your increased development of muscle and bone) is to purchase a home body fat analyzer. They are available at many department stores and have become quite accurate and much more affordable in recent years. Simply follow the directions to determine your percentage of fat composition and pounds of fat. There should also be directions to determine your lean mass. If not, it is quite easy. Subtract your fat weight in pounds from your total weight to obtain a close approximation of your lean body mass in pounds. Then, to obtain your daily protein requirement in grams, simply divide your lean body mass in half. Add approximately 10 grams of protein to your total if you are a heavy exerciser. (Remember to spread out your protein intake throughout the day for most efficient utilization.) I have used a professional body fat analyzer made by the Tanita corporation in my office for many years and have been very pleased with its performance. They also produce a home version that is quite affordable, and many of my patients who

own one have been happy with it. To obtain more information on their products, you can call them at 800-9-TANITA. Other body fat analyzers are also available in stores and may be quite acceptable.

For those of you who do not wish to purchase a body fat analyzer, the following formulas work quite well to determine protein needs. However, please be aware that for those of you who have put on a significant amount of weight in your hips (a pear shape), and for those women who are not overweight and have very narrow hips, the results may not be as accurate.

... For Women Only:

PROTEIN REQUIREMENT WORKSHEET

STEP 1:

Weigh yourself and write down the results.

I weigh _____ lbs.

STEP 2:

Measure your waist size and write down the results.

My waist size is _____ inches.

STEP 3:

Measure your hip size (from the widest point) and write down the results.

My hip size is _____ inches.

STEP 4:

Subtract 6 inches from hips; this equals your *adjusted hip* measurement.

My adjusted hip measurement is _____ inches.

STEP 5:

If your waist is equal to or smaller than your adjusted hip measurement:

To get your daily protein intake in grams simply divide your weight in half.

Weight _____ divided by 2 = _____ daily protein grams

If your waist is larger than your adjusted hip measurement, go to Step 6.

STEP 6:

Subtract your adjusted hips from your waist.

Waist _____ minus adjusted hips _____ = Amount waist is larger than adjusted hips _____

STEP 7:

Multiply the amount your waist is larger than your hips (Answer from question 6) by 7.

_____ \times 7 = _____

STEP 8:

Subtract answer from Step 7 from your weight.

Weight _____ minus answer from Step 7 = _____

STEP 9 (YOU'RE ALMOST DONE . . . PROMISE!)

To get your daily total protein intake in grams:

Divide answer from Step 8 by two. _____

Then:

Subtract 5 from that total. (-5) _____

Your Total Daily Protein Intake in Grams _____

If you are diabetic, subtract 5 grams of protein from your final total.

If you are a heavy exerciser, add 10 grams protein to your final total.

... For Men Only:

PROTEIN REQUIREMENT WORKSHEET

STEP 1:

Weigh yourself and write down the results.

I weight _____ lbs.

STEP 2:

Measure your waist size and write down the results.

My waist size is _____ inches.

STEP 3:

Measure your hip size (from the widest point) and write down the results.

My hip size is _____ inches.

STEP 4:

If your waist is equal to or smaller than your hips:

To get your daily protein intake in grams simply divide your weight in half.

Weight _____ divided by 2 = _____ daily protein grams

If your waist is larger than your hips, go to Step 5.

STEP 5:

Subtract your hips from your waist.

Waist _____ minus hip measurement _____ = Amount waist is larger than hips _____

STEP 6:

Multiply the amount your waist is larger than your hips (answer from question 5) by 7.

_____ \times 7 = _____

STEP 7:

Subtract answer from Step 6 from your weight.

Weight _____ minus answer from Step 7 = _____

STEP 8: (YOU'RE ALMOST DONE . . . PROMISE!)

To get your daily total protein intake in grams:

Divide answer from Step 8 in half. _____

Your Total Daily Protein Intake in Grams _____

If you are diabetic, subtract 5 grams of protein from total.

If you are a heavy exerciser add 10 grams protein to total.

... Rosedale Diet Recipes

The Rosedale Diet recipes were designed with the help of a friend and colleague, Jena Latham, an herbalist, organic gardener, and private chef who lives in Maui, Hawaii. Her recipes are truly inspired.

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■ ■ ■ EGGS “BENEFIT”

This is a healthy, low-carb alternative to an old favorite. Rosemary is a potent antioxidant known to promote circulation to the brain and enhance memory.

SERVES 2

SAUCE

3 tablespoons low-fat cream cheese

½ teaspoon chopped fresh rosemary

1 tablespoon fresh lemon juice

1 teaspoon flax oil

1 teaspoon avocado oil

Salt to taste

Pinch of cayenne

2 eggs

1 ripe avocado

“Manna from Heaven” bread (see Note and Product Information, page 291), toasted

1. Mix the sauce ingredients in a small bowl with a fork.
2. In a deep skillet, add 2 inches of water, bring to a boil, then turn down to simmer.
3. Crack each egg one at a time into a shallow cup, then gingerly slip each egg into the water, getting very close to the surface. Simmer the eggs for 5 minutes, then remove them with a slotted spoon and drain off excess water.
4. Toast the bread.
5. Slice the avocado in half first, then remove the pit by gently squeezing the avocado.
6. Slice the avocado while in its skin. Remove the avocado meat with your thumbs and place on the toasted bread.
7. Top the bread and avocado with poached eggs and top with sauce.

NOTE: “Manna from Heaven” bread made by the Julianne Bakery is the preferred bread to be used on this diet.

■ ■ ■ CHICKEN SALAD

This luscious salad is loaded with good fat—walnuts, avocado, and olives. Add crispy romaine lettuce and you’ve got a great-textured, mouthwatering salad.

SERVES 2

DIJON VINAIGRETTE

- ½ cup extra virgin olive oil
- 3 tablespoons red wine vinegar
- ¼ teaspoon Dijon mustard
- 1 garlic clove
- Salt to taste
- Stevia powder (or Splenda) to taste

- 1 boneless, skinless chicken breast
- 1 small head romaine lettuce, washed and dried
- ¼ cup chopped walnuts
- 6 Kalamata olives, halved and pitted
- 1 ripe avocado, sliced (see page 215)

1. Mix the vinaigrette in a blender.
2. Bring 2 inches of water to a boil in a deep skillet, reduce to simmer, and add the chicken breasts.
3. Simmer for 10 to 15 minutes. Check to see whether the chicken is completely cooked by cutting into the middle of the breast. The meat should be white, not pink, and juices should run clear, not red.
4. In a salad bowl, combine the lettuce, walnuts, olives, and avocado slices.
5. Add half of the dressing to the salad, toss well, and divide between two plates.
6. Slice the chicken diagonally and arrange on top of each salad.
7. Drizzle more dressing on top of the chicken and serve.

■ ■ ■ DILLED SALMON AND FRESH ASPARAGUS

Salmon is a terrific source of beneficial omega-3 fatty acids. The distinct flavor of salmon is well complemented by fresh dill and tart lemon juice. Make an extra portion to be used for Salmon Salad (page 218) tomorrow.

SERVES 2

MARINADE

- ¾ cup extra virgin olive oil
- ⅓ cup fresh chopped dill
- ¼ cup fresh lemon juice
- Pinch of cayenne
- ¼ teaspoon salt
- Pinch of black pepper

- 2 6-ounce salmon fillets (one is for lunch tomorrow)
- ¾ pound asparagus (¼ pound is for lunch tomorrow)
- 1 tablespoon avocado oil

1. Preheat the oven to 400°F.
2. Mix the marinade ingredients in a blender.
3. Place the salmon fillets, skin side up, in a glass baking dish, cover with the marinade, and refrigerate for at least 1 hour.
4. Bake for 5 minutes, turn the fillets over, and bake for 5 more minutes, skin side down. Test for doneness by seeing that the fish flakes easily and is opaque throughout. Save 2 to 3 tablespoons of the cooked sauce to add to tomorrow's salad dressing.
5. Fill a deep skillet with 1½ inches of water, bring to a boil, and drop the asparagus in. Simmer for 5 minutes, drain, drizzle avocado oil on top. Add salt and pepper to taste.

■ ■ ■ NUTOLA

This is a healthy version of granola, which is normally laden with carbs and bad fat. Warm spiced nuts, plump sweet blueberries, and cream are a delectable combination and make a fabulous breakfast or snack.

SERVES 2

- ½ cup sliced almonds
- ½ cup hazelnuts, skinless
- ½ cup cashews
- ½ cup chopped macadamia nuts
- ½ teaspoon cardamom
- 1 teaspoon cinnamon
- Pinch of powdered ginger
- 1 tablespoon ghee (clarified butter), melted

- 1 cup blueberries
- ½ cup cream

1. Preheat the oven to 400°F.
2. Mix the nuts, spices, and ghee in a medium bowl.
3. Spread the nut mixture on baking sheets and roast for 10 to 15 minutes.
4. Serve warm in bowls, topped with ¼ cup blueberries per person and a touch of cream.

■ ■ ■ SALMON SALAD

Always cook extra salmon so that you can enjoy healthy salads like this one.

SERVES 2

BALSAMIC VINAIGRETTE

- ½ cup extra virgin olive oil
- 2 tablespoons balsamic vinegar
- 2 to 3 tablespoons salmon sauce (from Dilled Salmon and Asparagus, page 217)
- 1 tablespoon fresh lemon juice
- 1 tablespoon chopped fresh dill

- 4 cups baby romaine salad greens, washed and dried
- 6 ounces leftover salmon, broken into bite-sized pieces
- 2 tablespoons chopped fresh dill
- ½ red bell pepper, chopped
- Leftover asparagus, cut into 1-inch pieces

1. Mix the vinaigrette in a blender.
2. Mix the lettuce, salmon, dill, bell pepper, and asparagus in a salad bowl.
3. Pour the dressing on the salad, toss, and serve.

■ ■ ■ BAKED HALIBUT WITH GREEN BEANS

This tart and creamy sauce is the perfect complement to the mild flavor of halibut.

SERVES 2

SAUCE

- 2 to 3 tablespoons capers
- ½ cup extra virgin olive oil
- ¼ cup fresh lemon juice
- 3 tablespoons chopped fresh basil
- 2 tablespoons chopped fresh parsley
- 1 tablespoon homemade mayonnaise (see recipe on page 284)

- 2 3-ounce halibut fillets
- ½ pound green beans, ends snipped
- 1 garlic clove, chopped
- 2 tablespoons chopped fresh Italian parsley
- 1 tablespoon fresh lemon juice
- 1 tablespoon avocado oil
- 3 tablespoons slivered almonds

1. Mix the sauce in a blender.
2. Preheat the oven to 400°F.
3. Place the halibut in a glass baking dish, pour the sauce over the fish, cover with aluminum foil, and bake for 10 minutes, or until the fish is opaque throughout.
4. Fill a large saucepan one-half full with water, and bring to a boil. Turn down to simmer, add the green beans, and cook for 5 minutes.
5. Drain the beans and toss with the garlic, parsley, lemon juice, avocado oil, and slivered almonds.

■ ■ ■ HARD-BOILED EGGS AND SWISS CHARD

Here's a simple, healthy, and tasty breakfast. Swiss chard is chock-full of healthy antioxidants.

SERVES 2

FLAX DRESSING

- 3 tablespoons flax oil
- ½ cup chopped fresh basil
- 2 tablespoons sesame seeds
- 1 tablespoon flax seeds
- 1 teaspoon tamari
- Pinch of cinnamon

- 2 eggs
- 1 bunch Swiss chard, washed and chopped

1. Mix the flax dressing in a blender.
2. Place the eggs in a small saucepan, cover with cold water, and bring to a boil. Turn down to simmer for 5 minutes.
3. Fill a large saucepan one-third full with water and bring to a boil. Add the chard and turn down to simmer for 5 minutes. Cool the eggs in cold water, peel, and slice in ¼-inch rounds.
4. Drain the chard and split between two plates.
5. Arrange the sliced eggs on top of the chard, and drizzle with dressing.

■ ■ ■ TUNA SALAD

Here's living proof that good fat can taste great!

SERVES 2

1 can chunk white tuna packed in water, drained

¼ cup chopped cashews

2 tablespoons chopped celery

2 tablespoons homemade mayonnaise

1 tablespoon chopped scallions

Pinch of cayenne

Salt to taste

"Manna from Heaven" Bread (see "Product Information," page 291), thinly sliced and toasted

1. Mix the tuna, cashews, celery, mayonnaise, scallions, cayenne, and salt well with a fork.
2. Serve over toasted Manna bread.

■ ■ ■ LOBSTER TAILS AND SEAWEED SALAD

Are you really on a diet? It's hard to tell when you are enjoying such delicious seafood! The seaweed tastes especially good if you soak it overnight. You can find sea palm at many health food stores and Asian markets.

SERVES 2

3 lobster tails (you can use the extra one for Lobster Salad, page 223, tomorrow)

LOBSTER SAUCE

2 tablespoons fresh lemon juice
 1 tablespoon chopped fresh parsley
 3 tablespoons ghee (clarified butter), melted
 1 tablespoon avocado oil
 Pinch of cayenne
 Salt to taste

SEAWEED SALAD

1 cup sea palm, well rinsed and soaked overnight
 ½ red bell pepper, chopped
 1 avocado, cut into pieces
 ¼ cup sesame seeds
 2 tablespoons avocado oil
 1 tablespoon fresh lemon juice
 Dash of tamari
 Pinch of cayenne

1. Fill a large saucepan 2 inches high with water and bring to a boil.
2. Mix the lobster sauce in a small saucepan.
3. Rinse the presoaked sea palm well, drain, and place in a bowl with the bell pepper, avocado, sesame seeds, avocado oil, lemon juice, tamari, and cayenne. Mix well.
4. Place the lobster tails in boiling water and simmer for 5 to 7 minutes, or until they turn red.

5. Heat the lobster sauce, pour in small bowls, and serve with the lobster tails and seaweed salad.

■ ■ ■ SMOOTHIE WITH ALMONDS

Blueberries are packed with potent antioxidants, and have been shown to improve learning and memory in laboratory animals. Perhaps the best reason of all to eat them is that they're delicious, especially when combined with almonds.

SERVES 2

- 2 scoops whey protein powder
- 1 teaspoon flax oil
- ¼ cup raw almonds
- ½ cup frozen blueberries
- 16 ounces pure water
- ¼ teaspoon cinnamon

Mix all the ingredients in a blender and serve.

■ ■ ■ LOBSTER SALAD

Don't wait for special occasions to eat lobster. It's light, delicious, and very satisfying.

SERVES 2

- Leftover lobster, cut into bite-sized pieces (see Lobster Tails with Seaweed Salad, page 222)
- 1 tablespoon fresh lemon juice
- ½ cup chopped fresh Italian parsley
- ¼ cup chopped celery

- 2 tablespoons homemade mayonnaise
- 1 shake of Old Bay Seasoning
- 1 head Bibb lettuce, washed and dried

1. Combine the lobster, lemon juice, parsley, celery, mayonnaise, and Old Bay Seasoning in a bowl.
2. Gently mix and serve over a bed of lettuce.

■ ■ ■ GRILLED TUNA

This sweet and tangy marinade imparts a lovely flavor to fresh tuna. Grilling the fish adds even more depth.

SERVES 2

MARINADE

- 1 cup orange juice
- 1 teaspoon orange zest
- 2 tablespoons tamari
- 3 tablespoons fresh lime juice

- 2 6-ounce tuna steaks (one is for Maui Salad, page 226, tomorrow)
- ½ cucumber
- ¼ cup chopped walnuts
- 1 head Bibb lettuce
- 1 endive, cut into thin rounds
- 3 tablespoons dulse seaweed (available at health food stores)

TART VINAIGRETTE

- ½ cup extra virgin olive oil
- 2 tablespoons fresh lemon juice
- 2 tablespoons umeboshi plum vinegar
- 1 tablespoon chopped fresh rosemary
- Dash of tamari
- Stevia powder to taste

1. Mix the marinade ingredients.
2. Rinse the tuna steaks, pat dry with paper towels, and place in a glass baking dish, skin side up.
3. Pour the marinade over the tuna and refrigerate for 1 hour.
4. Preheat the grill.
5. Roast the walnuts in a cast-iron skillet until they sizzle, and let cool on a large plate.
6. Cut the cucumber in half lengthwise and chop into thin half-moons.
7. Place the lettuce in a salad bowl with the cucumber, walnuts, endive, and dulse.
8. Mix the vinaigrette and toss with the salad just before serving.
9. Grill the tuna for 5 minutes on each side or until done, save one piece for lunch tomorrow, and divide the other into two portions for tonight.

■ ■ ■ AVOCADO AND SMOKED SALMON TOASTS

Serve this for an elegant brunch or afternoon tea! The delicate flavor of avocado paired with savory smoked salmon is quite delicious.

SERVES 2

- 1 ripe avocado
- 1 garlic clove, chopped
- 1 tablespoon fresh lemon juice
- 1 teaspoon flax oil
- ¼ cup chopped fresh cilantro
- 6 ounces smoked salmon
- 2 pieces “Manna from Heaven” bread

1. Cut the avocado in half, remove the pit and, using your thumbs, remove the avocado from its skin and place in a food processor.
2. Add the garlic to the processor with the lemon juice, flax oil, and cilantro, and blend.

3. Toast the Manna bread, top with the avocado spread first, and then layer the smoked salmon on top.

■ ■ ■ MAUI SALAD

The flavors in this salad will take you away to an exotic paradise.

SERVES 2

LIME VINAIGRETTE

- ½ cup extra virgin olive oil
- 3 tablespoons fresh lime juice
- 1 garlic clove
- Pinch of cayenne
- 2 tablespoons chopped fresh mint
- Salt to taste
- Stevia powder to taste

- 1 head romaine lettuce, washed and dried
- 1 cup arugula, washed and dried
- ¼ red bell pepper, chopped
- ¼ yellow bell pepper, chopped
- ¼ cup chopped macadamia nuts
- Leftover tuna, broken into bite-sized pieces (see Grilled Tuna, page 224)

1. Mix the vinaigrette in a blender.
2. Place the romaine, arugula, bell peppers, and macadamia nuts in a salad bowl.
3. Top the salad with the tuna, pour the dressing over, toss well, and serve.

■ ■ ■ GARLIC SHRIMP

Garlic lovers rejoice!

SERVES 2 WITH LEFTOVERS (SAVE SOME FOR SHRIMP WRAP, PAGE 228, TOMORROW)

MARINADE

- 1/3 cup fresh lime juice
- 1/2 cup extra virgin olive oil
- 10 to 20 garlic cloves
- 1/2 cup chopped fresh cilantro
- 1/4 teaspoon red pepper flakes
- Salt to taste

- 1 pound raw shrimp, peeled and deveined
- 3 tablespoons extra virgin olive oil
- 4 cups julienned zucchini (use a mandolin if you have one)

1. Mix the marinade in a blender.
2. Place the shrimp in a bowl with the marinade and refrigerate for 1 hour.
3. Sauté the zucchini in olive oil in a heavy skillet.
4. Place the zucchini in a baking dish, cover with aluminum foil, and keep warm in the oven.
5. Add the shrimp and marinade to the skillet and sauté for about 5 minutes, or just until the shrimp begins to turn pink.
6. Pile the zucchini on each plate and spoon the garlic shrimp on top.

■ ■ ■ SOFT-BOILED EGGS SERVED OVER “MANNA FROM HEAVEN” BREAD

Simple yet satisfying

SERVES 2

- 2 eggs
- 2 pieces “Manna from Heaven” bread, toasted
- Salt to taste
- Pinch of cayenne

1. Place the eggs in a saucepan, cover with cold water, bring to a boil, and turn down to simmer for 3 minutes.
2. Cool the eggs in cold water, and remove the shells.
3. Top each piece of Manna bread with an egg. Cut the eggs on top of the toast, so that the yolks seep into the bread.
4. Sprinkle with salt and cayenne.

■ ■ ■ SHRIMP WRAP

This is a quick, yummy lunch—last night’s dinner reincarnated.

SERVES 2

- Leftover shrimp cut into ½-inch pieces (see Garlic Shrimp, page 227)
- ½ cup julienned zucchini, left over from last night’s dinner
- 2 tablespoons fresh lemon juice
- 3 tablespoons avocado oil
- ¼ cup chopped fresh cilantro
- 1 tablespoon chopped fresh Italian parsley
- Salt to taste
- Pinch of cayenne
- 2 La Tortilla Factory tortillas
- 1 cup shredded romaine lettuce

1. Mix the shrimp, zucchini, lemon juice, avocado oil, cilantro, parsley, salt, and cayenne.
2. Place the tortillas on a cutting board and divide the shrimp mixture between the two.
3. Form the shrimp mixture into a log shape two-thirds toward the bottom of each tortilla.
4. Add the shredded lettuce just above the shrimp.
5. Fold the tortilla from the bottom around the shrimp and continue to roll the tortilla.
6. Slice the shrimp wrap into rounds and serve.

■ ■ ■ MUNG DAL SOUP AND MESCLUN SALAD

The combination of warming spices and filling beans make this a hearty soup for a chilly day. Mung beans are the beans used for bean sprouts, and they are sold at health stores and many supermarkets. Ghee, or clarified butter, is also sold at health food stores. Garam masala is an Indian spice that is available at Asian markets, many gourmet shops, and health food stores.

SERVES 2 WITH LEFTOVERS

MUNG DAL SOUP

- 1 cup mung beans
- 3 tablespoons ghee (clarified butter)
- 2 garlic cloves, chopped
- 1 teaspoon minced fresh ginger
- 2½ cups water
- Pinch of turmeric
- ¼ teaspoon garam masala
- ½ cup chopped fresh parsley
- ¼ teaspoon salt
- Pinch of cayenne

1. Wash the beans well in a colander.
2. Melt the ghee in a large saucepan, add the garlic and ginger, and sauté for 2 minutes.
3. Add the water, beans, turmeric, and garam masala, and simmer for 1 hour.
4. Add the parsley, salt, and cayenne, puree half of the soup, return to the pot, and serve with salad.

MESCLUN SALAD

- 2 cups mesclun greens
- 1 ripe avocado, peeled and cut in chunks
- ½ green apple, thinly sliced
- ¼ cup chopped almonds
- 2 teaspoons grated Parmesan

BASIL VINAIGRETTE

- ½ cup extra virgin olive oil
- 2 tablespoons balsamic vinegar
- ½ cup chopped fresh basil
- Stevia powder to taste
- Salt to taste

1. Mix the vinaigrette in a blender.
2. Add mesclun greens, avocado, apple, almonds, and Parmesan to a salad bowl.
3. Pour the dressing over the salad. Toss well and serve.

■ ■ ■ SMOOTHIE WITH CASHEWS

An easy and great-tasting breakfast or snack

SERVES 2

- 2 scoops whey protein powder
- ¼ cup raw cashews

½ cup blueberries
 16 ounces water
 Pinch of cinnamon

Mix all the ingredients in a blender and serve.

■ ■ ■ GINGERY CHICKEN SOUP

Before refrigeration, spices such as ginger were once used to preserve food. They are rich in antioxidants, which help retard the damaging effects of oxidation. Ginger takes this old-fashioned chicken soup up a notch while helping to keep you healthy.

SERVES 2 WITH LEFTOVERS (SAVE 2 CUPS CHOPPED CHICKEN FOR SPICY CHICKEN SALAD, PAGE 234)

1 medium chicken cut into pieces
 3-inch piece of ginger, peeled and chopped
 5 garlic cloves, smashed and peeled
 4 celery stalks
 1 bunch chopped Italian parsley
 1 red onion
 9 whole cloves
 1 bunch chard, washed

1. Wash the chicken and pat dry with paper towels.
2. Place in a large soup pot and cover with 2 quarts water.
3. Bring to a boil and reduce to simmer.
4. Add the ginger, garlic, celery, and parsley.
5. Cut the ends off the onion, cut in half, and stick cloves in each half.
6. Simmer for 2 to 3 hours.
7. Set up a large colander on top of another large pot.
8. Strain the soup and set aside the chicken for tomorrow's lunch.

9. Return the broth to the heat and bring to a boil.
10. Add the chard and reduce to simmer.
11. Simmer for 10 minutes and serve.

■ ■ ■ ROMAINE SALAD

Light and delicious!

SERVES 2

CITRUS VINAIGRETTE

- ½ cup extra virgin olive oil
- 2 tablespoons fresh lemon juice
- 1 tablespoon fresh lime juice
- ¼ cup fresh chopped mint
- Stevia powder (or other sugar substitute) to taste

- 3 cups baby romaine lettuce, washed and dried
- 1 celery stalk, chopped
- ½ yellow bell pepper, cut in strips
- 1 small head radicchio, washed and sliced
- ½ cup pecans

1. Mix the vinaigrette in a blender.
2. Put the rest of the ingredients in a salad bowl, add the dressing, toss, and serve.

■ ■ ■ TOFU AND VEGGIES IN LEMON TAHINI SAUCE

This is my favorite quick, easy, and very healthy dish. The best part is that it tastes so delicious!

SERVES 2

½ block firm, organic tofu
2 tablespoons extra virgin olive oil
1 tablespoon tamari
3 chopped scallions
1 cup thinly sliced red cabbage
2 cups broccoli florets
1 cup snow peas

LEMON TAHINI SAUCE

2 to 3 tablespoons avocado oil
1 to 2 tablespoons tahini
3 tablespoons lemon juice
1 tablespoon tamari
Pinch of cayenne
¼ cup fresh chopped basil
Stevia powder to taste

1. Preheat the oven to 400°F.
2. Rinse the tofu and cut into bite-sized pieces. Place in a glass baking dish and toss with olive oil, tamari, and scallions.
3. Put a large pot half-filled with water on to boil.
4. Bake the tofu for approximately 45 minutes.
5. Put the cabbage in the boiling water, turn down to simmer for 5 minutes, add the broccoli, simmer for 3 more minutes, and add the snow peas for 2 more minutes.
6. Mix the lemon tahini sauce in a blender.
7. Strain the veggies and arrange on plates.
8. Top with the tofu and lavish with lemon tahini sauce.

■ ■ ■ SPICY CHICKEN SALAD

Add a little spice to your chicken salad!

SERVES 2

- 2 cups chicken from Gingery Chicken Soup (page 231), cut into bite sized pieces
- 1 celery stalk, chopped
- 3 tablespoons chopped almonds
- ½ green apple, chopped
- 1 scallion, chopped
- 2 tablespoons homemade mayonnaise
- Pinch of cayenne
- Salt to taste
- 1 small head green leaf lettuce, washed and dried

1. Mix all the ingredients (except for the lettuce).
2. Serve over a bed of greens.

■ ■ ■ SALMON CAKES WITH ASPARAGUS

These salmon cakes are a fabulous way to get your omega-3 fatty acids and still eat like a gourmet. They certainly are delicious.

SERVES 2

SALMON CAKES

- 6 ounces raw salmon, cut into small cubes
- 1 egg
- ⅓ cup ground walnuts (blended in a food processor)
- ½ cup chopped fresh Italian parsley
- ¼ teaspoon salt
- Pinch of cayenne

CAPER SAUCE

3 tablespoons homemade mayonnaise

1 teaspoon capers

1 tablespoon lemon juice

Salt to taste

2 tablespoons chopped fresh parsley

2 tablespoons chopped fresh dill

½ pound asparagus

1 tablespoon lemon juice

1 teaspoon olive oil

Salt to taste

1. Mix the salmon cake ingredients and refrigerate for 1 hour.
2. Mix the caper sauce in a small bowl.
3. Chop the woody ends off the asparagus, and bring 2 inches of water to boil in a deep skillet.
4. Add the asparagus, turn down to simmer for 5 minutes.
5. Form 2 cakes with the salmon mixture.
6. Broil the cakes in a greased baking dish for 5 to 7 minutes on each side.
7. Drain the asparagus, drizzle with lemon juice and olive oil, and add a pinch of salt.
8. Serve the cakes with the caper sauce.

■ ■ ■ SCRAMBLED TOFU

Tofu for breakfast? I bet you'll like this even better than scrambled eggs!

SERVES 2

2 tablespoons ghee (clarified butter)

½ onion, chopped

1 bunch chard, washed and chopped

½ red bell pepper, chopped

2 garlic cloves, minced
½ cake tofu, crumbled
2 tablespoons tamari
1 teaspoon paprika
¼ cup chopped macadamia nuts
2 tablespoons chopped basil

1. In a medium skillet add the ghee and heat until nice and hot.
2. Add the onion, stir, add 2 tablespoons water, cover, turn down to medium heat, and sauté for 5 minutes.
3. Fill a large saucepan one-quarter full with water, bring to a boil, add the chard, and simmer for 5 minutes.
4. To the skillet add the bell pepper and garlic, and sauté 5 more minutes.
5. Add the tofu, tamari, paprika, and basil, and cook uncovered, for 5 to 10 minutes.
6. Drain the chard and add to the skillet.
7. Sauté for 2 more minutes, then serve garnished with macadamia nuts.

■ ■ ■ ASPARAGUS SOUP AND DEVILED EGGS

Deviled eggs add a zing to creamy and delectable asparagus soup.

SERVES 2

SOUP

3 cups chicken broth
1 bunch asparagus, chopped
¼ teaspoon paprika
Pinch of cinnamon
Salt and pepper to taste

DEVILED EGGS

- 2 eggs
- 1 teaspoon homemade mayonnaise (see recipe on page 284)
- ¼ teaspoon mustard
- ¼ teaspoon salt
- Pinch of paprika
- Salt and pepper to taste

1. Bring the chicken broth to a boil and add the asparagus; turn down to simmer.
2. Add the paprika and cinnamon and simmer for 15 minutes, purée in food processor, and add salt and pepper.
3. Place the eggs in a saucepan, cover with cold water, bring to a boil, turn down to simmer, and simmer for 15 minutes.
4. Drain, cool the eggs in cold water, and remove the shells.
5. Slice the eggs in half lengthwise, gently remove the yolks, and place in a small bowl with the mayonnaise, mustard, and salt. Blend with a fork. Using a small spoon, fill the egg whites with the yolk mixture.

■ ■ ■ CHICKEN TARRAGON

Cooking the chicken and herbs for a long time imparts a rich flavor.

SERVES 2

- 1 onion, chopped
- 2 tablespoons ghee (clarified butter)
- 3 shiitake mushrooms, stems removed, sliced
- 3 boneless, skinless chicken breasts (one is for Mesclun and Chicken Salad tomorrow, page 239)
- 5 cups chicken broth
- ¼ cup chopped fresh tarragon
- 1 tablespoon chopped fresh thyme
- 2 bunches spinach, well washed
- ¼ cup chopped cashews

1. Sauté the onion in ghee in a large skillet on medium heat for 5 minutes.
2. Add the shiitakes and sauté for 3 minutes more.
3. Add the chicken breasts and brown each side.
4. Add the broth and herbs, cover, and simmer for about 2 hours, making sure that the chicken is covered with liquid, adding broth as necessary.
5. Steam the spinach in a veggie steamer, and divide between two plates.
6. Top with the chicken breasts, plenty of broth, and cashews.

■ ■ ■ ROASTED PEPPER TOASTS

This is a Sunday brunch treat for bread lovers.

SERVES 2

- 1 red bell pepper
- ¼ cup pine nuts
- 1 garlic clove
- 2 tablespoons extra virgin olive oil
- 1 teaspoon chopped fresh rosemary
- 2 tablespoons cream cheese
- 2 slices “Manna from Heaven” bread

1. Roast the bell pepper on an open flame on the stovetop or broil in the oven, then place in a brown paper bag.
2. When cool, peel the skin off the pepper, cut in half, remove the seeds and stem, and place it in a food processor with the pine nuts, garlic, olive oil, and rosemary.
3. Toast the Manna bread, spread on the cream cheese, and top with pepper spread.

■ ■ ■ MESCLUN AND CHICKEN SALAD

Adding the essence from last night's Chicken Tarragon (page 237) gives this salad its punch.

SERVES 2

- 3 handfuls mesclun salad mix
- ½ cup snow peas
- ¼ cup chopped walnuts
- Leftover Chicken Tarragon, cut into bite-sized pieces
- 2 tablespoons grated Parmesan

TARRAGON DRESSING

- 3 tablespoons tarragon essence (broth from Chicken Tarragon)
- 2 tablespoons extra virgin olive oil
- 1 tablespoon fresh lemon juice
- 1 tablespoon chopped fresh tarragon
- Salt to taste

1. To a large salad bowl add the lettuce, snow peas, walnuts, chicken, and Parmesan.
2. Add the dressing, toss, and serve.

■ ■ ■ ROASTED CORNISH GAME HENS

Cornish game hens are quite delectable, but if you can't find them, you can substitute a roasting chicken.

SERVES 2

- 2 Cornish game hens
- 2 lemon wedges
- 2 sprigs fresh rosemary

2 sprigs fresh thyme
12 sprigs Italian parsley
2 sprigs fresh sage
3 medium leeks, chopped
4 garlic cloves, peeled
3 stalks celery, cut into 2-inch chunks
2 turnips, quartered
2 tablespoons butter
¼ teaspoon salt
Pinch of black pepper

1. Preheat the oven to 425°F.
2. Stuff each hen with 1 lemon wedge and a small bundle of rosemary, thyme, parsley, and sage.
3. Place the hens in a roasting pan and arrange the leeks, garlic, celery, and turnips around them.
4. Put several dots of butter on top of each hen, sprinkle with salt and pepper, and place in the oven.
5. Turn the oven down to 350°F and bake for 1 hour, or until juices run clear.

■ ■ ■ ARUGULA SALAD

Arugula is also known as rocket. This spicy salad is sure to send your taste buds into orbit.

SERVES 2

DRESSING

½ cup extra virgin olive oil
2 tablespoons balsamic vinegar
½ teaspoon Dijon mustard
Salt to taste
Stevia powder (or other sugar substitute) to taste

- 1 bunch arugula, washed and dried
- ¼ cup slivered almonds
- ¼ cup Parmesan (shaved with a carrot peeler)

1. Mix the dressing in a small bowl with a fork.
2. Combine the arugula, almonds, and Parmesan in a salad bowl, toss with dressing, and enjoy.

■ ■ ■ SMOOTHIE WITH HAZELNUTS

A great variation on a familiar theme

SERVES 2

- 2 scoops whey protein powder
- 1 teaspoon flax oil
- ¼ cup hazelnuts, skinless
- ½ cup strawberries, washed, with tops removed
- 16 ounces pure water
- Pinch of cinnamon

Mix all the ingredients in a blender.

■ ■ ■ ROMAINE SALAD À LA RON

This is a really great main course salad. The combination of macadamia nuts, avocado, and Jarlsberg cheese (my favorite) makes this salad something really special.

SERVES 2

- 1 head romaine lettuce, washed and dried
- 1 hard-boiled egg, chopped

- 1 ripe avocado, peeled, pitted, and chopped
- ¼ cup chopped macadamia nuts
- 2 tablespoons grated Jarlsberg

DRESSING

- ⅔ cup walnut oil
- 2 tablespoons fresh lemon juice
- 1 garlic clove
- ¼ cup chopped fresh basil
- Salt and pepper to taste

1. Mix the dressing ingredients in a blender.
2. Add all the other ingredients to a salad bowl, add the dressing, toss, and serve.

■ ■ ■ BROILED SCALLOPS

Decadent yet healthy, this is one to serve at your next dinner party.

SERVES 2

- 1 pound scallops
- 6 thinly sliced baby bok choy
- ¼ cup chopped fresh Italian parsley
- 3 tablespoons ghee (clarified butter), melted
- 2 tablespoons chopped hazelnuts
- 2 lime wedges
- ¼ teaspoon salt

1. Rinse the scallops and pat dry.
2. Steam the bok choy for 7 minutes.
3. Preheat the oven to broil.
4. Toss the scallops with the parsley and ghee in a small glass baking dish.
5. Broil for 5 to 10 minutes, depending on the size of the scallops.

6. Arrange the bok choy on plates, spoon the scallop mixture over, top with hazelnuts, and serve with lime wedges.
7. Salt to taste.

■ ■ ■ POACHED EGGS OVER GREENS WITH ROASTED RED PEPPER SAUCE

No, not green eggs and ham, but eggs and greens smothered in an irresistible sauce.

SERVES 2

SAUCE

- 1 red bell pepper
- 1 garlic clove
- ¼ cup extra virgin olive oil
- ¼ cup macadamia nuts
- ¼ cup chopped fresh basil
- Salt to taste

- 2 eggs
- 2 bunches green chard, washed and chopped

1. Roast the bell pepper (see page 238).
2. Let cool in a paper bag, remove the skin, cut in half, and remove the seeds and stem.
3. Combine the bell pepper, garlic, olive oil, macadamia nuts, basil, and salt in a food processor.
4. Fill a large saucepan one-third full of water and bring to a boil, add the chard to the saucepan, reduce the heat, and simmer for 5 minutes.
5. Poach the eggs (see page 215).
6. Drain the chard and arrange on plates, top with the eggs.
7. Drench with sauce and serve.

■ ■ ■ POACHED SALMON SALAD

Salmon and dill go so well together. They are especially nice in this fresh salad, with naturally sweet and crunchy pecans and creamy chèvre.

SERVES 2

- 2 3-ounce salmon fillets
- 4 cups baby romaine lettuce, washed and dried
- 1 endive, thinly sliced
- 2 tablespoons chèvre
- ¼ cup pecans

DILL DRESSING

- ½ cup avocado oil
- ¼ cup yogurt
- 3 tablespoons fresh lemon juice
- ¼ cup chopped fresh dill
- Salt to taste

1. Rinse the fillets and pat dry.
2. Place the fish in a large skillet, add enough boiling water, to cover the fish, and simmer for 10 minutes.
3. Divide the salad greens and endive between two plates and dot each with chèvre.
4. Roast the pecans in a cast-iron skillet until they start to make a sizzling sound, then cool on a plate.
5. Mix the dressing in a blender.
6. Top each salad with a salmon fillet and pecans, pour the dressing over, and serve.

■ ■ ■ BAKED HALIBUT IN PESTO SAUCE

Pesto adds flavor and texture to mild, meaty halibut.

SERVES 2

PESTO

2 cups fresh basil leaves
 ½ cup extra virgin olive oil
 ¼ cup walnuts
 2 tablespoons grated Parmesan
 3 garlic cloves

2 3-ounce halibut fillets

½ pound Brussels sprouts
 3 tablespoons fresh lemon juice
 1 teaspoon lemon zest
 2 tablespoons chopped fresh parsley
 Salt and black pepper

1. Preheat the oven to 400°F.
2. Mix the pesto in a blender. (Save 2 tablespoons for tomorrow's breakfast, page 246.)
3. Rinse the fish and pat dry.
4. Place a large piece of aluminum foil in the bottom of a glass baking dish.
5. Spoon a layer of pesto on the foil, place the fillets on the foil, and spoon more pesto on top.
6. Fold the foil around the fish to make a little package.
7. Bake for 20 minutes, or until the fish is opaque throughout.
8. Fill a large saucepan half full with water, bring to a boil, add the Brussels sprouts, and reduce to a simmer for 7 to 10 minutes.
9. Drain the Brussels sprouts; add lemon juice, lemon zest, parsley, and salt and pepper.

■ ■ ■ “MANNA FROM HEAVEN” BREAD WITH PESTO AND TURKEY SAUSAGE

This is a hearty and easy-to-prepare breakfast.

SERVES 2

- Pesto, left over from last night's Baked Halibut (page 245)
- 2 turkey sausage patties
- 2 pieces “Manna from Heaven” bread, toasted

1. Preheat the oven to broil.
2. Broil the sausage patties for 5 minutes on each side, or until done.
3. Spread the toast with pesto.
4. Top with sausage and serve.

■ ■ ■ COTTAGE CHEESE AND SAUTÉED KALE

Spicy cayenne and kale dress up simple cottage cheese.

SERVES 2

- 1 bunch kale, washed and chopped
- 1 garlic clove, minced
- Extra virgin olive oil
- Salt to taste
- Pinch or two of cayenne
- 1 cup low-fat cottage cheese

1. Sauté the kale and garlic in the olive oil in a heavy skillet.
2. Split between two plates; add salt and cayenne.
3. Top with half a cup of cottage cheese per plate, and serve.

■ ■ ■ CURRIED CHICKEN

Need a little comfort food? This warming dish is just the thing!

SERVES 2

- 1 onion, chopped
- 3 tablespoons ghee (clarified butter)
- 2 boneless, skinless chicken breasts
- 2 tablespoons curry powder
- 3 garlic cloves, minced
- 1 can low-fat coconut milk
- 2 bunches spinach, well washed
- Stevia powder to taste

1. Sauté the onion in the ghee in a large skillet for 5 minutes.
2. Rinse the chicken breasts and slice diagonally into strips.
3. Add the curry powder, garlic, and 3 tablespoons water to the skillet, and simmer for 3 more minutes.
4. Add the chicken breasts, stir, cover, and simmer for 5 minutes, then add the coconut milk and simmer for 20 to 30 more minutes, making sure that the chicken is covered with liquid.
5. Steam the spinach.
6. Sweeten the curry with Stevia (or Spenda) to taste.
7. Serve the curry over a bed of spinach.

■ ■ ■ TOFU AND BROCCOLI WITH LEMONY ALMOND SAUCE

Here's another tasty tofu dish that's simple to make.

SERVES 2

- ½ cake tofu
- 1 tablespoon olive oil

- 1 tablespoon tamari
- 2 tablespoons chopped almonds

SAUCE

- 3 tablespoons chopped almonds
- 1 tablespoon tamari
- 1 garlic clove, minced
- 2 to 3 tablespoons fresh lemon juice
- 2 tablespoons extra virgin olive oil
- 2 cups broccoli florets

1. Preheat the oven to 400°F.
2. Cut the tofu into small cubes.
3. Toss the tofu with the olive oil and tamari, place in a glass baking dish, and bake for about 30 minutes.
4. Mix the sauce in a blender.
5. Steam the broccoli.
6. Toss the tofu and broccoli with sauce, split between two plates, top with chopped almonds, and serve.

■ ■ ■ GRILLED MAHIMAHU

Mahimahi always tastes delicious to me, but with this sauce it is absolutely mouthwatering!

SERVES 2

- 2 4-ounce mahimahi fillets
- 2 tablespoons extra virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon pepper

SAUCE

- ¼ cup ghee (clarified butter), melted
- 3 tablespoons fresh lemon juice
- 2 garlic cloves
- 2 scallions, chopped
- Pinch of cayenne

1. Preheat grill to medium heat.
2. Rub the mahimahi fillets with extra virgin oil. Sprinkle with salt and pepper.
3. Mix the sauce ingredients in a small bowl.
4. Grill mahimahi fillets for 5 minutes on each side, or until opaque throughout.
5. Remove from heat. Place each fillet on a serving plate. Pour sauce over fillets and serve with Grilled Veggies (see below).

■ ■ ■ GRILLED VEGGIES

Great with Grilled Mahimahi (see above).

SERVES 2

- 2 eggplant, sliced into rounds
- 1 onion, cut in quarters
- 2 zucchini, sliced in rounds
- 2 red bell peppers, cut in quarters

BASIL VINAIGRETTE

- 1 cup olive oil
- ½ cup chopped fresh basil
- 3 tablespoons balsamic vinegar
- Pinch of cayenne
- Salt to taste
- Stevia powder or (Splenda) to taste

1. Marinate the veggies in the basil vinaigrette for 1 hour.
2. Preheat oven to 400°F.
3. Place the veggies in a glass baking dish, cover with aluminum foil, and bake until tender, approximately 20 minutes.
4. Transfer the veggies to a grill and grill for 5 to 10 minutes on each side, and save some for tomorrow's lunch (Roasted Veggie Wrap, below).

■ ■ ■ ROASTED VEGGIE WRAP

Encore!

SERVES 2

- 2 tortillas (use only low-carb La Tortilla Factory tortillas)
- 2 tablespoons low fat cream cheese
- Veggies left over from last night's Grilled Veggies (page 249)
- ¼ cup chopped fresh basil

1. Lay the tortillas on a large cutting board.
2. Spread each with a thin layer of cream cheese.
3. Arrange the veggies in a thick strip two-thirds toward the bottom of each tortilla.
4. Place the basil leaves in a row above the veggies.
5. Roll the tortillas, slice into rounds, and serve.

■ ■ ■ TRISH'S TUNA

This mouthwatering, easy-to-prepare recipe was created by Jena's mother. For the best results, marinate the tuna overnight.

SERVES 2

2 4-ounce tuna steaks

TUNA MARINADE

½ cup chopped fresh rosemary

12 garlic cloves, chopped

1½ cups extra virgin olive oil

Pinch of salt

Dash of black pepper

2 cups cauliflower florets

2 tablespoons fresh lemon juice

1 tablespoon capers

2 tablespoons extra virgin olive oil

3 tablespoons chopped macadamia nuts

Salt and pepper to taste

1. Marinate the tuna overnight in a glass baking dish or Ziploc bag.
2. Preheat the grill.
3. Steam the cauliflower.
4. Grill the tuna for 5 minutes each side.
5. Toss the cauliflower with lemon juice, capers, olive oil, macadamia nuts, and salt and pepper, and serve.

■ ■ ■ TOASTED “MANNA FROM HEAVEN” BREAD WITH AVOCADO, SMOKED SALMON, DILL, AND POACHED EGGS

Another version of eggs and toast with delicious complements.

SERVES 2

2 eggs

2 pieces smoked salmon

2 slices “Manna from Heaven” bread, toasted

1 ripe avocado, sliced
2 tablespoons chopped fresh dill
Salt and pepper

1. Poach the eggs (see Eggs “Benefit,” page 215).
2. Place a piece of salmon on top of each slice of toasted Manna bread.
3. Place sliced avocado on top of the salmon, top the avocado with the eggs, and sprinkle with dill, salt, and pepper.

■ ■ ■ FISH CHOWDER

Leeks are the secret ingredient in this flavorful soup.

SERVES 2

3 leeks, chopped
2 tablespoons extra virgin olive oil
3 cups chicken broth
4 celery stalks, chopped
2 cups cauliflower florets
2 garlic cloves, chopped
1 tablespoon chopped fresh thyme
2 tablespoons chopped fresh basil
1 6-ounce cod fillet, cut into small pieces
Salt to taste
Pinch of cayenne
Chopped fresh parsley

1. Sauté the leeks in the olive oil for 5 minutes.
2. Add $\frac{1}{4}$ cup of the chicken broth, celery, cauliflower, garlic, and herbs; cover and cook for 10 minutes.
3. Add the cod and the rest of the chicken broth, and simmer for 30 minutes.
4. Add salt and cayenne, and serve garnished with parsley.

■ ■ ■ TOFU PORTOBELLO CASSEROLE

The meaty texture of the portobellos, the sweetness of the tomatoes, and the delicate flavor and aroma of fresh basil blend very nicely.

SERVES 2

- 1 cake tofu
- 5 portobellos mushrooms, 3 thinly sliced and 2 kept whole for tomorrow's lunch
(Mesclun Mix Salad, page 254)
- 1 cup cherry tomatoes
- 1 cup chopped fresh basil
- 3 tablespoons tamari (soy sauce sold in health food stores.)
- Extra virgin olive oil
- Stevia powder to taste
- 1 bunch chard, washed, stems removed, and chopped

1. Preheat the oven to 400°F.
2. Cut the tofu into large triangles.
3. In an oiled glass baking dish, mix the sliced portobellos and the rest of the ingredients well.
4. Cover the dish with aluminum foil and bake for 30 minutes, remove foil and bake for 10 more minutes.
5. Steam the chard for 5 minutes.
6. Serve the tofu casserole over a bed of chard.

■ ■ ■ MESCLUN MIX SALAD

Here's another tasty salad with great textures.

SERVES 2

BASIL VINAIGRETTE (SEE RECIPE ON PAGE 230)

- 4 cups mesclun salad mix
- 2 whole portobello mushroom caps, sliced, from last night's Tofu Portobello Casserole (page 253)
- 4 tablespoons chèvre
- 1 small endive, sliced
- ¼ cup chopped fresh basil
- ¼ cup walnuts, roughly chopped

1. Blend the salad dressing.
2. Mix all the ingredients in a salad bowl, pour the dressing over, toss, and serve.

■ ■ ■ GRILLED BEEF FILLETS WITH BELL PEPPERS AND MASHED RUTABAGAS

This dinner is simple to prepare, full of flavor, and very satisfying.

SERVES 2

- 3 4-ounce tenderloin fillets (save one for Steak and Soft-Boiled Eggs tomorrow, page 255)
- 1 green bell pepper, cut in quarters
- 1 red bell pepper, cut in quarters
- 3 medium rutabagas, peeled and cut into chunks
- 1 fennel root, cut in half
- 1 tablespoon butter

1 tablespoon of cream

Salt to taste

Pinch of cayenne

1. Rub the fillets with olive oil and sprinkle with salt and pepper.
2. Fill a large sauce pan one-half full with water, bring to a boil, and add rutabagas and fennel. Turn down to simmer for 15 to 20 minutes or until you can easily slide a fork into them.
3. Preheat the grill.
4. Fill a medium sauce pan one-half full with water. Bring to a boil. Add peppers and simmer for 5 minutes. Remove peppers.
5. Drain rutabagas and fennel, add to the food processor, and blend with butter, salt, cayenne, and cream.
6. Grill green peppers for 5 minutes on each side. Set aside on platter.
7. Grill two fillets for 8 to 10 minutes on each side, and one for 5 minutes on each side. (This one is for tomorrow's breakfast, Steak and Soft-Boiled Eggs, below.) Serve with vegetables.

■ ■ ■ STEAK AND SOFT-BOILED EGGS

What's for breakfast? That's right, here's the beef!

SERVES 2

Leftover fillet from Grilled Beef Fillets with Bell Peppers and Mashed Rutabagas

(see above)

2 eggs

Salt and pepper to taste

1. Cut the extra steak into strips and heat in a skillet on both sides.
2. Soft-boil the eggs, and serve.

■ ■ ■ BERRY GOOD SALAD

The hint of sweetness that blueberries add to this salad is refreshing.

SERVES 2

DIJON VINAIGRETTE (SEE RECIPE ON PAGE 216)

- 1 head romaine lettuce, washed and dried
- ¼ cup grated Jarlsberg
- ¼ cup sprouts
- 1 ripe avocado, sliced
- ¼ cup blueberries
- ¼ cup cashews

Toss all the salad ingredients together, pour the vinaigrette over, and serve.

■ ■ ■ TURKEY BURGER, MUSTARD GREENS, FETA, AND BLACK PEPPER

A hearty, healthy version of the all-American burger.

SERVES 2

- ½ pound ground turkey
- 1 egg white
- 3 tablespoons ground almonds (blended in a food processor)
- Salt and pepper
- Pinch of cayenne
- 1 bunch mustard greens, washed and chopped
- 2 tablespoons crumbled sheep's feta
- Black pepper to taste

1. Preheat the grill.
2. Mix the turkey, egg white, almonds, salt, pepper, and cayenne.
3. Make into patties.
4. Fill a large saucepan one-third full of water and bring to a boil.
5. Add the mustard greens to the pan, reduce to simmer, and simmer for 10 minutes.
6. Grill the burgers for 10 to 15 minutes on each side, or until done.
7. Top each patty with feta for the last few minutes of grilling.
8. Drain the mustard greens, divide between two plates, top with the burgers and black pepper, and serve.

■ ■ ■ POACHED EGG ON “MANNA FROM HEAVEN” BREAD WITH PESTO

Pesto adds a little spice to poached eggs.

SERVES 2

2 poached eggs (see Eggs “Benefit,” page 215)

2 slices “Manna from Heaven” bread, toasted

PESTO (SEE BAKED HALIBUT IN PESTO SAUCE, PAGE 245)

Spoon the pesto sauce over the poached eggs on toast.

■ ■ ■ TOFU WRAP

Wrap it up and take it to lunch!

SERVES 2

½ cake tofu

2 tablespoons extra virgin olive oil

1 tablespoon tamari

AVOCADO SPREAD

- 1 ripe avocado
- 1 garlic clove
- 1 teaspoon fresh lemon juice
- ¼ cup chopped fresh cilantro
- Dash of cayenne

- 1 cup grated carrots
- 1 cup sunflower sprouts
- 2 low-carb La Tortilla Factory tortillas

1. Preheat the oven to 400°F.
2. Cut the tofu into cubes, toss with olive oil and tamari, and bake for 20 minutes.
3. Blend the avocado spread in a food processor.
4. Spread each tortilla with a layer of avocado spread.
5. Place the tofu in a line horizontally about two-thirds toward the bottom of each tortilla.
6. Place a line of carrots and sprouts above the tofu.
7. Roll the tortillas and serve.

■ ■ ■ DIJON SALMON SERVED WITH STEAMED GREEN BEANS

King or Coho salmon taste the best. Keep it wild, not farm raised!

SERVES 2 WITH LEFTOVERS (SAVE TO USE IN BABY ROMAINE SALAD, PAGE 260, TOMORROW).

- 1 10-ounce salmon fillet

SAUCE

- 2 tablespoons Dijon mustard
- 1 tablespoon tamari
- 1 cup raspberries

2 tablespoons water
 2 handfuls green beans, ends snipped
 1 tablespoon avocado oil
 1 tablespoon fresh lemon juice
 2 tablespoons chopped fresh parsley
 Salt to taste

1. Rinse the fish, pat dry, and place in a glass baking dish, skin side up.
2. Pour the sauce over the salmon, and marinate in the refrigerator for 1 hour.
3. Preheat the oven to 400°F.
4. Bake the salmon, covered with aluminum foil, for 10 minutes, then turn skin side down and bake for approximately 10 more minutes depending on the thickness of the fish.
5. Fill a large saucepan one-half full with water and bring to a boil, add the green beans, reduce to a simmer for 7 minutes.
6. Drain the beans and toss with avocado oil, lemon juice, parsley, and salt.

■ ■ ■ TURKEY SAUSAGE WITH POACHED EGGS

Get up and go!

SERVES 2

2 turkey sausages
 2 poached eggs (see Eggs “Benefit,” page 215)
 Salt to taste
 Pinch of cayenne

1. Broil the sausages for 5 minutes on each side, blot excess oil with paper towels, and place on plates.
2. Top with poached eggs, sprinkle with salt and cayenne, and serve.

■ ■ ■ BABY ROMAINE SALAD

Leftover salmon from Dijon Salmon with Steamed Green Beans is the secret touch in this delectable salad.

SERVES 2

DRESSING

- ¼ cup leftover salmon sauce
- 2 tablespoons extra virgin olive oil
- 1 tablespoon fresh lemon juice
- Dash of cider vinegar
- Salt to taste
- Pinch of cayenne

- 3 cups baby romaine lettuce, washed and dried
- 4 ounces leftover salmon broken into bite-sized pieces (see Dijon Salmon Served with Steamed Green Beans, page 258)
- ¼ cup chopped walnuts
- ½ cup chopped fresh basil
- 1 small head radicchio

1. Mix the dressing in a small bowl with a fork.
2. Add all the other ingredients to a salad bowl, add the dressing, toss, and serve.

■ ■ ■ GRILLED CHICKEN WITH CILANTRO PESTO AND STEAMED KALE

The cilantro and lime juice in this dish give it a bit of Southwest flavor.

SERVES 2

CILANTRO PESTO

- 1 bunch cilantro, washed and chopped (save a few sprigs for garnish)
- 2 to 3 garlic cloves
- ¼ cup extra virgin olive oil
- 1 tablespoon chèvre
- 1 to 2 teaspoons lime juice
- 2 boneless, skinless chicken breasts
- Extra virgin olive oil
- Salt and pepper
- 1 bunch kale, washed and chopped

1. Mix the pesto in a food processor.
2. Preheat the grill.
3. Wash the chicken breasts, pat dry, rub with olive oil, and sprinkle with salt and pepper.
4. Grill the chicken on medium heat for about 10 minutes each side. Cut into the middle of breasts to test for doneness. The color should be white and juices should run clear.
5. Steam the kale.
6. Slice the chicken on the diagonal and spoon a generous amount of pesto on top.
7. Garnish with chopped cilantro.

■ ■ ■ BROCCOLI SOUP

This is a great way to get kids to eat broccoli and enjoy it yourself.

SERVES 2

- 3 tablespoons ghee (clarified butter)
- 1 red onion, chopped
- 2 garlic cloves
- 4 cup chicken broth
- 4 cups chopped broccoli, flowers and tender stems

- 1 cake silken tofu, cut into chunks
- ½ cup chopped almonds
- 1 teaspoon salt
- ½ teaspoon paprika
- Pinch of cayenne

1. In a large soup pot, melt ghee, add the onions, and sauté for 5 minutes.
2. Add the garlic and chicken broth and bring to a boil.
3. Add broccoli and reduce to simmer for 10 minutes, then remove from heat.
4. Blend the soup in batches in a food processor, adding the tofu, almonds, salt, paprika, and cayenne to taste. Serve warm.

■ ■ ■ HALIBUT WITH LIME AND CILANTRO SERVED WITH ASPARAGUS

This sauce adds a piquant flavor to halibut.

SERVES 2

- 2 4-ounce halibut fillets

SAUCE

- ¼ cup fresh lime juice
- ½ cup chopped fresh cilantro
- 3 tablespoons extra virgin olive oil
- Pinch of cayenne

1. Preheat the oven to 400°F.
2. Rinse the fish and pat dry with a paper towel.
3. Place the fish skin side up, in a glass baking dish, pour the sauce over, and bake covered for 5 minutes, then turn the fish over and bake for another 5 to 10 minutes, or until opaque throughout.

■ ■ ■ GRILLED SALMON AND STEAMED CHARD

Simple but very satisfying.

SERVES 2

- 2 3-ounce salmon fillets
- 2 tablespoons extra virgin olive oil
- 2 garlic cloves, chopped
- ¼ cup fresh lemon juice
- 1 bunch chard, washed, chopped, and steamed
- 2 tablespoons chopped fresh parsley

1. Preheat the grill.
2. Rinse the fillets, pat dry, and rub with olive oil and garlic.
3. Grill the salmon for 5 minutes each side.
4. Make a bed of chard on each plate, top with the salmon, pour lemon juice over, and sprinkle with parsley.

■ ■ ■ PIZZA WITH PESTO SAUCE

Pizza without the guilt!

SERVES 2

CRUST

- 1 cup finely chopped walnuts (in a food processor)
- ½ cup coarsely chopped walnuts
- 2 cups grated zucchini
- ¼ cup extra virgin olive oil
- ¼ teaspoon salt

Pesto (see Baked Halibut in Pesto Sauce, on page 245)

TOPPING

- ½ cup canned-in-water artichoke hearts, chopped
- 2 garlic cloves, chopped
- ½ cup crumbled sheep's feta
- ½ cup chopped fresh basil leaves

1. Preheat the oven to 375°F.
2. Mix the crust ingredients and press onto an oiled baking sheet.
3. Bake the crust for 15 to 20 minutes, or until it begins to brown.
4. Remove from the oven and spread a thick layer of pesto sauce on the crust.
5. Top with the artichoke hearts, garlic, feta, and basil.
6. Place in the oven for several more minutes, remove, slice, and serve.

■ ■ ■ COUNTRY FRENCH SOUP

This is a low-carb version of everybody's favorite French soup.

SERVES 2 WITH LEFTOVERS

- 4 leeks well washed and chopped, greens and all
- 2 tablespoons olive oil
- 3 celery stalks, chopped
- 3 carrots, sliced into rounds
- 1½ cups fresh green beans, cut into thirds
- 1 cup canned navy beans, rinsed
- 4 cups canned or fresh chicken broth
- 1 teaspoon salt
- ¼ teaspoon pepper
- ⅓ cup fresh grated Parmesan

FRENCH PESTO, OR PISTOU

- 1 cup basil
- ¼ cup olive oil
- 2 cloves garlic

1. Mix the pesto ingredients in a food processor.
2. Sauté the leeks in the olive oil and 3 teaspoons broth; when soft, add the celery, carrots, and ½ cup chicken broth, and simmer for 5 minutes.
3. Add the remaining broth, return to a simmer, add the green beans, and simmer for 3 minutes.
4. Add the navy beans and simmer for 5 more minutes. Add salt and pepper.
5. Serve immediately, each bowl topped with 1 tablespoon pesto and 1 teaspoon Parmesan.

■ ■ ■ BLACK COD

The colors and flavors in this easy-to-prepare dish are vibrant.

SERVES 2

- 2 6-ounce black cod fillets (one is for tomorrow's Sea and Green Salad, page 266)
- 2 bunches spinach, well washed and blanched
- 1 cup cherry tomatoes
- ½ cup black olives, pitted and chopped
- 2 tablespoons chopped fresh parsley
- 1 garlic clove, chopped
- 3 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- ¼ cup chopped fresh basil

1. Rinse the cod fillets and pat dry.
2. Preheat the oven to 400°F.
3. Put the blanched spinach in a glass baking dish, top with the fish, and surround with the cherry tomatoes, olives, and garlic.
4. Pour the lemon juice and olive oil on the fish and veggies, and top with basil and parsley.
5. Bake for 5 minutes, covered with aluminum foil, remove the foil; and bake for 5 to 10 more minutes, or until opaque throughout.

6. Save one piece of fish for tomorrow's lunch (Sea and Green Salad, below).

■ ■ ■ SOFT-BOILED EGGS AND "MANNA FROM HEAVEN" BREAD WITH SAUSAGE SAUCE

Here's a new meaty sauce to try.

SERVES 2

SAUSAGE SAUCE

- 1 turkey sausage patty, broiled
 - 1 tablespoon melted ghee (clarified butter)
 - ¼ cup cream
 - Salt to taste
 - ¼ teaspoon paprika
-
- 2 pieces "Manna from Heaven" bread, toasted
 - 2 soft-boiled eggs (see Eggs "Benefit," page 215)

1. Mix the sausage sauce in a blender, adding a little water for a thinner sauce.
2. Place the eggs on top of the toast, cut just the eggs in half, cover with the sauce, and serve.

■ ■ ■ SEA AND GREEN SALAD

Pine nuts and sun-dried tomatoes add an Italian flavor to this quick lunch.

SERVES 2

BALSAMIC VINAIGRETTE (SEE RECIPE ON PAGE 219)

- 1 head romaine lettuce, washed and dried
- 3 tablespoons chèvre
- ¼ cup chopped sun-dried tomatoes, packed in olive oil
- Leftover black cod, broken into bite-sized pieces (see Black Cod, page 265)
- ½ cup pine nuts, toasted
- 2 tablespoons chopped fresh basil

1. Blend the vinaigrette.
2. Combine all the rest of the ingredients in a large salad bowl, pour the dressing over, toss well, and serve.

■ ■ ■ SHEPHERD'S PIE

You can substitute ground beef if you prefer; either way this is a very hearty, rich, savory meal.

SERVES 2 WITH LEFTOVERS

- 1 head cauliflower, cut into florets
- 1 tablespoon olive oil
- 1 bunch chard, washed and chopped
- 1 large chopped onion
- 3 chopped carrots
- 1 cup beef stock
- 3 to 4 garlic cloves, chopped
- 3 tablespoons chopped fresh rosemary
- ¼ cup chopped fresh Italian parsley
- 1 tablespoon chopped fresh thyme
- ¾ pound ground lamb
- 1 tablespoon xanthan gum
- 1 tablespoon butter
- Salt to taste
- Black pepper, coarsely ground to taste

1. Bring a medium saucepan one-half full with water to a boil, turn down to simmer, add the cauliflower, and simmer for 10 minutes.
2. To a large, deep skillet add the olive oil, heat, and add the onion.
3. Sauté the onion, adding 2 tablespoons of the beef broth, garlic, and herbs.
4. When the onion is translucent, add the carrots and chard, and simmer for 5 more minutes.
5. Add the lamb and sauté until browned.
6. Add the remaining beef broth, return to simmer, and stir in the xanthan gum to thicken.
7. Reduce the heat to low, cover, and simmer, for 5 minutes.
8. Preheat the oven to 425°F.
9. Blend the cauliflower in a food processor with butter, salt, and pepper.
10. Add the lamb mixture to a large glass pie plate and top with cauliflower.
11. Dot the cauliflower with butter and bake, uncovered, for about 7 minutes, or until it begins to brown a bit.

■ ■ ■ SMOKED SALMON WITH CREAM CHEESE ON “MANNA FROM HEAVEN” BREAD

You can make this breakfast in a flash.

SERVES 2

- 2 tablespoons low-fat cream cheese
- 2 slices “Manna bread from Heaven”; toasted
- 6 ounces smoked salmon

Spread the cream cheese on the toast, top with the salmon, and serve.

■ ■ ■ CHICKEN WRAP

Here's a yummy lunch wrap.

SERVES 2

- 1 boneless, skinless chicken breast
- 1 tablespoon extra virgin olive oil
- Salt and pepper
- 2 low-carb La Tortilla Factory tortillas
- Pesto (see Baked Halibut in Pesto Sauce, page 245)
- ¼ cup chopped sun-dried tomatoes
- 3 tablespoons chèvre

1. Preheat the grill.
2. Rub the chicken with olive oil, salt, and pepper.
3. Grill the breasts for 10 minutes each side, or until done.
4. Spread the tortillas with pesto.
5. Slice the chicken, arrange in a row two-thirds toward the bottom of each tortilla. Add the tomatoes above the chicken, crumble the chèvre on top, roll the tortillas, slice into rounds, and serve.

■ ■ ■ LASAGNA

Substitute heavy, starchy lasagna noodles with thinly sliced zucchini and summer squash.

SERVES 2

- 3 large zucchini
- 3 large summer squash
- 3 tablespoons extra virgin olive oil

FILLING

- ¼ cup grated Parmesan
- 2 cups low-fat ricotta
- 1 egg
- ½ cup chopped fresh Italian parsley
- 2 bunches spinach, well washed and steamed
- ½ cup chopped walnuts

Basil pesto (double the recipe from Baked Halibut in Pesto Sauce, page 245)

1. Preheat the oven to 400°F.
2. Slice the zucchini and squash lengthwise, toss in olive oil, and roast on greased baking sheets for about 15 minutes, remove the veggies, and reduce the heat to 350°F.
3. Mix the filling ingredients.
4. Place one layer of roasted vegetables in the bottom of a 9 × 12-inch glass baking dish.
5. Spread a thin layer of pesto on top of the vegetables, and a layer of filling on top of the pesto vegetables, about 1 inch thick.
6. Create another layer of vegetables and another layer of filling.
7. Top with a final layer of vegetables and a layer of pesto. Sprinkle with Parmesan, and bake, covered, for 40 minutes.

■ ■ ■ BERRIES AND YOGURT

Crunchy macadamia nuts and cinnamon add a new flair to a simple breakfast.

SERVES 2

- 2 cups yogurt
- ⅓ cup blueberries
- 1 teaspoon lemon juice
- ¼ teaspoon ground cinnamon
- ¼ cup chopped macadamia nuts

1. Mix the yogurt, blueberries, lemon juice, and cinnamon.
2. Sprinkle macadamia nuts on top, and serve.

■ ■ ■ LENTIL SOUP

This soup is very filling and easy to put together.

SERVES 2 WITH LEFTOVERS

- 2 cups dried lentils
- 1 onion, chopped
- 1-inch piece of fresh ginger, peeled and chopped
- 4 garlic cloves, chopped
- 3 tablespoons extra virgin olive oil
- 1 quart chicken stock
- 1 quart water
- ½ cup chopped fresh parsley
- 1 large bunch chard, washed and chopped
- ¼ cup fresh lemon juice
- 1 teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon cinnamon

1. Rinse the lentils well in a large colander.
2. Sauté the onion, ginger, and garlic in olive oil.
3. Add the lentils, stock, and water, cover, bring to a boil, and reduce to simmer.
4. Simmer for 2 hours, add parsley and chard, and simmer for 20 to 30 more minutes.
5. Blend half of the soup in a food processor, return to the pot, add lemon juice, cinnamon, salt, and pepper, and serve.

■ ■ ■ TILAPIA IN ROASTED RED BELL PEPPER SAUCE WITH SNOW PEAS

This sauce adds nice color and spice to tilapia.

SERVES 2

- 1 8-ounce tilapia fillet
- 2 tablespoons walnut oil
- Salt and pepper
- Pinch of cayenne
- 2 handfuls snow peas
- 2 tablespoons chopped fresh mint
- 2 tablespoons grated Parmesan
- Extra virgin olive oil
- Roasted red pepper sauce (see recipe on page 243)

1. Preheat the oven to broil.
2. Rub the fish with the oil, sprinkle with salt and pepper, and broil for 5 minutes on each side.
3. Steam the snow peas for 5 minutes, then toss with the mint, Parmesan, salt, and olive oil.
4. Arrange the fillets on plates, lavish with red bell pepper sauce, and serve with the snow peas.

■ ■ ■ POACHED EGGS OVER TOMATO WITH PESTO

SERVES 2

- 2 eggs
- 1 tomato
- Pesto (see Baked Halibut in Pesto Sauce, page 245)

1. Poach the eggs (see Eggs “Benefit,” page 215).
2. Slice the tomato with a serrated knife, arrange on plates, spread with pesto, top with the eggs, sprinkle with salt and pepper, and serve.

■ ■ ■ “MANNA FROM HEAVEN” BREAD WITH SMOKED SALMON PATÉ AND GREEN SALAD

The rich taste of this paté is quite lovely served on toast, and is well complemented with the tart and sweet salad. You can buy dulse flakes (a type of seaweed) at many health food stores.

SERVES 2

- 1 head Bibb lettuce, washed and dried
- 1 kiwi, sliced into half rounds
- ½ cup whole, raw pecans
- 2 tablespoons dulse (seaweed) flakes

CITRUS VINAIGRETTE (SEE RECIPE ON PAGE 232)

- 2 pieces “Manna from Heaven” bread, toasted

SMOKED SALMON PATÉ

- 4 ounces smoked salmon
- 2 tablespoons cream cheese
- ¼ cup fresh chopped basil
- 1 tablespoons fresh chopped dill
- 1 clove garlic
- 1 tablespoon chopped walnuts

1. Place the lettuce, kiwi, pecans, and dulse in a salad bowl.
2. Mix the citrus dressing.
3. Blend the salmon paté in a food processor.

4. Spread the salmon paté on Manna toast.
5. Toss the dressing with the salad and serve.

■ ■ ■ COUNTRY BUFFALO STEW

Here's a leaner version of a traditional favorite. Buffalo meat has a light, delicate flavor and is much lower in saturated fat than beef. Buffalo meat is sold at butchers, many supermarkets, and health food stores.

SERVES 2

- 1 pound buffalo stew meat
- ¼ cup flour
- 3 tablespoons extra virgin olive oil
- 2 medium onions, chopped
- 3 tablespoons chopped fresh rosemary
- 2 tablespoons chopped fresh thyme
- 1 quart beef stock
- 1 quart water
- 2 turnips, cut into chunks
- 5 celery stalks, chopped
- 5 carrots, cut into rounds
- 5 garlic cloves, chopped
- ½ head green cabbage, thinly sliced
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 1 cup chopped fresh Italian parsley

1. Dredge the stew meat in flour, and discard the excess.
2. Heat the olive oil on medium heat in a large soup pot, add the buffalo meat and quickly brown.
3. Remove the pot from the heat, and place the meat in a separate bowl.
4. Add ¼ cup of the water to the pot, return to medium heat, add the onions, and cook until soft.

5. Add the herbs, the beef stock, the rest of the water, and the stew meat.
6. Bring to a boil and turn down to simmer, making sure that the meat is covered with liquid. Add a little water if necessary.
7. Simmer for 1½ hours, then add the vegetables, salt and black pepper, and simmer for another 20 to 30 minutes.
8. Serve garnished with parsley.

■ ■ ■ BLACK BEAN WRAP

With a spicy Mexican flair, this lunch will fill you up.

SERVES 2

BLACK BEAN SPREAD

- 2 cups canned black soybeans, rinsed
- 2 tablespoons tahini
- 2 tablespoons extra virgin olive oil
- 2 teaspoons ground cumin
- ¼ teaspoon ground coriander
- Pinch of cayenne
- Salt to taste
- 2 low-carb La Tortilla Factory tortillas

- 1 sliced avocado
- 1 cup shredded lettuce
- 1 carrot, grated
- ½ cup broccoli sprouts

1. Blend the ingredients for the black bean spread.
2. Spread the black bean spread on the tortillas ½ inch thick.
3. Lay the vegetables in a row on the tortillas, roll up, and serve.

■ ■ ■ MORE PIZZA

Try some different toppings on your pizza this time.

CRUST (SEE PIZZA WITH PESTO SAUCE, PAGE 263)

PESTO SAUCE

2 cups chopped fresh basil

½ cup olive oil

¼ cup walnuts

2 garlic cloves

⅓ cup grated Parmesan

1 boneless, skinless, chicken breast, sliced

TOPPING

2 tomatoes, thinly sliced

3 garlic cloves, chopped

1 tablespoon grated Parmesan

¼ cup chèvre

1. Preheat the grill.
2. Make the crust following the directions on page 263.
3. Blend the pesto.
4. Grill the chicken for 10 minutes on each side, and cut into thin slices.
5. Spread pesto on the baked crust, top with the tomatoes, garlic, Parmesan, chèvre, and chicken breasts.
6. Place back in the oven for 5 minutes.

■ ■ ■ STUFFED PEPPERS

This dish is delicious and filling, but not heavy.

SERVES 2

2 large red bell peppers
1 medium onion, chopped
2 tablespoons olive oil
4 garlic cloves, minced
8 ounces ground turkey
6 ounces crushed tomatoes
1 tablespoon dried thyme
¼ cup chopped fresh basil
½ cup quinoa
Pinch of cayenne
Salt and pepper to taste
½ cup grated Parmesan

1. Preheat the oven to 350°F.
2. Fill a large saucepan three-quarters full with water and bring to a boil.
3. Cut the tops off each pepper and remove the seeds. When the water boils, drop each pepper in and cook for 5 minutes. Cool in cold water and put aside for later stuffing. Chop the red tops of the peppers.
4. Chop the onion and sauté in olive oil in a large, deep skillet. When translucent, add the peppers and sauté for 5 minutes.
5. Add the turkey and stir frequently until all the meat is brown, about 5 minutes.
6. Add the tomatoes and herbs, and cook for 10 to 15 minutes.
7. Cook the quinoa according to the directions on the box.
8. Add the cayenne, salt and pepper, grated Parmesan, and cooked quinoa to the stuffing mixture.
9. Stuff each pepper; top with more grated Parmesan. Bake at 350°F for 15 minutes.

■ ■ ■ FAUX MASHED POTATOES FROM TANGERINE

If you live anywhere near Los Angeles, check out Tangerine, a fabulous West Hollywood restaurant that offers some Rosedale Diet–approved dishes on their menu. This is one of my favorite recipes designed by Tangerine chef Bianca Simonian. It’s great for people who crave mashed potatoes but don’t want to fill up on starchy carbs.

SERVES 4

- 1 head cauliflower, leaves and stems removed, cut into quarters
- 2 tablespoons crème fraîche
- ½ stick, or 4 tablespoons, sweet butter
- Salt and pepper to taste
- ½ cup almonds, finely ground in a blender
- ½ cup green onions, sliced thin

1. Preheat the oven to 400°F.
2. Boil water in a large sauce pan. Place the cauliflower in the boiling water and cook until soft.
3. Remove the cauliflower from the water, drain, and place in a bowl. Using a hand mixer, add crème fraîche, butter, salt, and pepper to the cauliflower. Whip until the cauliflower is smooth, or has the consistency of mashed potatoes.
4. Drain the cauliflower mixture in a finely meshed strainer to remove excess water. (If you don’t have a strainer that is fine enough, strain the cauliflower through a coffee filter.)
5. By hand, mix in the nuts and green onions.
6. Grease a ring mold with butter. Add the cauliflower mixture.
7. Bake for 6 to 10 minutes, until the cauliflower is golden brown on top.

■ SNACKS

Grab a handful of these between meals.

Roasted Nuts

1. Make in batches to last for the week.
2. Preheat the oven to 400°F.
3. Mix the nuts and spices.
4. Roast on a baking sheet in the oven for 10 to 20 minutes.
5. Cool and store in the fridge, to avoid rancid oils.

TAMARI ALMONDS

- 2 cups almonds
- 1 tablespoon tamari
- Pinch of cayenne

PUMPKIN PECANS

- 2 cups pecans
- 1 teaspoon melted ghee (clarified butter)
- 2 teaspoons pumpkin pie spice

SPICY CASHEWS

- 2 cups cashews
- ¼ teaspoon cayenne
- ½ teaspoon salt
- ¼ teaspoon cinnamon

Nutola

See recipe on page 218.

GINGER MACNUTS

- 2 cups macadamia nuts
- ¼ to ½ teaspoon powdered ginger
- ¼ teaspoon salt

CHAI NUTS

- 2 cups cashews
- ½ teaspoon cardamom
- Pinch of cinnamon
- Pinch of ginger
- 2 cups walnuts, dry-roasted in cast-iron pan

■ ■ ■ ALMONDS ALLA AUBERGINE

This recipe is from Spinelli's, a neighborhood grocer around the corner from my home. It is a great snack.

- 1 cup raw almonds
- 2 teaspoons olive oil
- 1½ teaspoon dried rosemary
- 1 teaspoon crushed chili pepper flakes
- ½ teaspoon semi-coarse sea salt

1. Preheat the oven to 200°F.
2. Spread the almonds onto a cookie sheet and roast for 45 minutes.
3. Remove the almonds from the oven and let them cool.
4. Place the almonds in a large bowl and add the olive oil, rosemary, pepper flakes, and salt. Mix well.
5. Store in an airtight container away from direct sunlight.

■ DIPS AND SPREADS

Make and keep in the fridge to snack on throughout the week.

■ ■ ■ STUFFED CELERY

3 celery stalks

STUFFING

¼ cup tahini

¼ cup almond butter

2 tablespoons flax oil

½ teaspoon cardamom

Pinch of cinnamon

Pinch of stevia powder

1 tablespoon chopped almonds

Chop the celery into thirds, fill with stuffing mixture, and sprinkle with almonds.

■ ■ ■ BASIL PESTO DIP

2 cups chopped fresh basil

½ cup extra virgin olive oil

¼ cup macadamia nuts

⅓ cup grated Parmesan

2 garlic cloves

Pinch of salt

Wasa crackers cut in thirds, sliced red bell peppers, carrot sticks, cucumber rounds, snap peas, broccoli florets, zucchini rounds

1. Mix the pesto in a food processor and place in a bowl.
2. Dip the cut vegetables, and munch.

■ ■ ■ CILANTRO PESTO DIP

2 cups chopped fresh cilantro
½ cup avocado oil
1 tablespoon lemon juice
¼ cup pine nuts
2 garlic cloves
Pinch of cayenne

1. Blend ingredients in a food processor and place in a bowl.
2. Serve with cut-up vegetables.

■ ■ ■ BLACK SOYBEAN DIP

2 cups black soybeans
2 tablespoons tahini (or feta)
2 tablespoons olive oil
2 teaspoons ground cumin
¼ teaspoon ground coriander
Salt to taste

1. Blend in a food processor.
2. Serve with crudité: peppers, carrots, cucumber, snap peas, broccoli, zucchini.

■ ■ ■ ROASTED RED BELL PEPPER DIP

- 1 red bell pepper
- ¼ cup pine nuts
- 1 garlic clove
- 2 tablespoons olive oil
- 1 teaspoon rosemary

1. Roast the pepper.
2. Blend all the ingredients in a food processor.

■ ■ ■ OLIVE TAPENADE

- 1 cup pitted Kalamata olives
- 2 tablespoons feta
- 2 tablespoons olive oil
- ½ cup fresh basil

1. Blend all the ingredients in a food processor.
2. Spread on “Manna from Heaven” bread; dip with cucumber rounds.

■ ■ ■ SALMON SPREAD

- 3 ounces smoked salmon
- 2 tablespoons low-fat cream cheese
- ¼ cup fresh basil
- 1 tablespoon fresh dill
- 1 garlic clove
- 1 tablespoon chopped walnuts

Blend all the ingredients in a food processor.

■ ■ ■ AVOCADO SPREAD

- 1 ripe avocado
- 1 garlic clove
- 1 teaspoon flax oil
- 1 tablespoon fresh lemon juice
- ¼ cup chopped fresh cilantro

Mix all the ingredients in a blender.

■ ■ ■ SUMMER HEALTH

Jena thanks Thea and Le Le for this recipe.

- 2 cups fresh parsley, stems and all
- ¼ cup olive oil
- 2 garlic cloves
- ⅓ cup grated Parmesan

Blend all the ingredients in a food processor.

■ ■ ■ HOMEMADE MAYONNAISE

SERVES 4

- Put good fat back into your mayonnaise!
- 1 egg yolk
- ¼ cup avocado oil
- 1 tablespoon lemon juice
- Pinch of cayenne

In a blender, mix the egg yolk and oil, then add the lemon juice and cayenne.

■ DESSERTS

■ ■ ■ RASPBERRY MOUSSE CAKE

Splenda is the only artificial sweetener that I allow on my diet, and only in very limited quantities. You can buy it at almost any supermarket.

SERVES 8

FILLING

- 2 small packages raspberries
- 1 package silken tofu
- 2 tablespoons fresh lemon juice
- 3 tablespoons Splenda

CRUST

- ½ cup cashews
- ½ cup almonds
- 4 tablespoons butter
- Pinch of nutmeg
- Pinch of cinnamon

1. Blend the filling in a food processor.
2. Blend the crust in the food processor, and press into a pie plate.
3. Pour the filling into the crust.
4. Chill for 3 hours. Serve.

■ ■ ■ BLUEBERRY CRUMBLE

This is a great dessert! You can use either Splenda, an artificial sweetener sold at supermarkets, or Stevia powder, a natural sweetener sold at health food stores.

SERVES 8

FILLING

- 2 packages frozen blueberries
- 1 tablespoon lemon juice
- 1 teaspoon Stevia powder or Splenda
- 1 teaspoon xanthan gum (found in health food stores)

TOPPING

- 1 cup walnuts
- 1 cup spelt flour
- ¼ teaspoon nutmeg
- Pinch of cinnamon
- 4 tablespoons butter

1. Grease a glass pie plate with butter.
2. Mix the blueberry filling ingredients and place them in the bottom of the pie plate.
3. Blend the topping in a food processor.
4. Sprinkle the topping over the blueberry filling.
5. Bake for 40 minutes at 350°F.

■ ■ ■ TOFU CHOCOLATE MOUSSE

Tofu is a food of many disguises. It goes from “omeletes” to stir-fry with vegetables to chocolaty desserts without missing a beat.

SERVES 4–6

1 cake silken tofu
 8 ounces Baker's chocolate, melted
 2 teaspoons Stevia powder
 1 tablespoon vanilla extract
 Pinch of nutmeg
 Pinch of cinnamon

1. Blend all the ingredients in a food processor.
2. Spoon into wineglasses.
3. Chill for 2 hours.
4. Serve topped with raspberries.

■ ■ ■ BERRIES AND CREAM

Good enough for an elegant dinner party

SERVES 2

⅓ cup strawberries
 ⅓ cup blueberries
 ⅓ cup blackberries
 ½ cup cream

Mix the berries in a bowl, top with cream, and serve.

■ ■ ■ RICOTTA CHEESECAKE

This recipe and the one that follows (French Silk Pie) are two very popular desserts served at Tangerine, a fabulous West Hollywood restaurant where some Rosedale Diet–approved menu items are available to the customers.

NUT CRUST

- 2 cups nuts (of your choice)
- 3 tablespoons butter, softened

1. Place the nuts in a food processor and blend them until they are powder-like.
2. Add the butter.
3. By hand, form a ¼"-thick nut crust inside a pan.

CAKE

- 1 container (15 ounces) ricotta cheese
- ⅓ cup Splenda
- ¼ cup half-and-half
- 2 tablespoons flour (you can use the nut powder)
- ½ tablespoon vanilla
- 2 eggs

1. Preheat the oven to 350°F.
2. Blend together the ricotta, Splenda, half-and-half, flour/nut powder, and vanilla.
3. Add the eggs and mix everything until blended.
4. Pour the mixture into the nut crust.
5. Bake at 350°F for 45–50 minutes.
6. Refrigerate for 3 hours or overnight.

TIP: You can top the cake with fresh fruits and berries.

■ ■ ■ FRENCH SILK PIE

NUT CRUST

See Ricotta Cheesecake, above.

PIE

4 cups (1 pound) butter, softened

1½ cups Splenda

8 ounces dark (unsweetened) chocolate, melted, then cooled to room temperature

4 teaspoons vanilla

2 cups egg product (e.g., Egg Beaters, egg whites)

1 cup whipping cream, whipped

1. Cream together butter and Splenda.
2. Mix the chocolate with vanilla.
3. Add the egg product and mix everything with a hand mixer until it is smooth and thick like a mousse.
4. Pour the mixture into the nut crust and refrigerate for 1–2 hours.
5. Top the pie with whipped cream.

... Product Information

To order “Manna from Heaven” bread, call the Julian Bakery, La Jolla, CA, at 800-98BREAD.

La Tortilla Factory low-carb tortillas are available at many health food stores and can be ordered from their Web site at www.LaTortillaFactory.com.

For more information on Dr. Rosedale’s supplement line, contact:
Rosedale Metabolics
P.O. Box 370508
Denver, CO 80237-0508
303-790-8766
Or visit his Web site at www.rosedalemetabolics.com.

To contact Jena Latham of Fresh Cuisine, call 808-281-6551.

The following laboratories can test leptin level and perform the medical tests mentioned in this book:

Esoterix Laboratory Services

800-444-9111

Or visit their Web site at www.esoterix.com

Quest Diagnostics

800-777-8448

Or visit their Web site at www.questdiagnostics.com

Labcorp

800-331-1843

Or visit their Web site at www.labcorp.com

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