

# Phase 3 Recipes

## BREAKFAST IDEAS:

- 2 Whole Eggs served any style. Try mixing in sugar-free salsa and cheese, or spinach, or onions and peppers, or broccoli and cheese.
- 3-4 ounces of smoked salmon with cream cheese
- Chicken sausages (they come in many different flavors)
- Pork sausages
- Fruit smoothie made with ½ cup of cottage cheese, 4-5 strawberries, and milk in a blender.
- 1 egg and 1 sausage or a 4-5 strips of bacon (or turkey bacon)
- Ham and cheese roll ups (for people on the go!)

## FRITTATA

Spinach, tomatoes, onion, peppers, and asparagus  
Ham, bacon, or sausage  
12 Eggs  
Non-Stick oven proof skillet  
Broiler  
Heat resistant spatula

Adjust top oven rack - with a skillet (ovenproof!) on it, you want the top of the skillet to be 4-6 inches from the broiler. Turn on broiler.

Put skillet (preferably 12" nonstick) on stove and add about a tablespoon of olive oil. Add any raw vegetables or meat you want in your frittata and sauté them until done, adding any herbs, spices, and salt you desire. Add any cooked ingredients and heat them through.

Whisk eggs (12 eggs for a thick frittata in a 12" skillet, fewer eggs for a thinner frittata or in a smaller skillet) with salt, pepper, and 3 Tablespoons of water, milk, half and half, or cream. (Half and half is said to produce the best results.) If using cheese, add about half to the eggs (or you can save all of it for the top). Add egg mixture to skillet.

On medium heat, cook eggs for about 2 minutes, scraping the sides and bottom with heat-resistant spatula. When eggs are mostly cooked but still very wet, stop stirring. You want to see cooked egg scattered throughout, but loose egg in between. Continue cooking on stove for another minute so underside sets.

Sprinkle the rest of the cheese on top. Put skillet under broiler. Watch carefully while top browns. This will take 2-4 minutes. Remove skillet from oven and let sit for about 5 minutes to finish cooking in center. Cut in wedges and serve.

Frittata wedges freeze well. Cool completely before wrapping and freezing.

### MINI QUICHE CUP

3 Large eggs  
1 package of frozen chopped spinach  
¾ cup of shredded cheese  
¼ cup of green or red bell peppers (or combination of both)  
¼ cup of chopped onion

Makes 12 mini-quiches

Need: Foil baking cups, muffin tin, cooking spray, oven

Heat oven to 350F. Line 12 cup muffin pan with foil baking cups, spray the cups with the cooking spray. Be sure not to omit this step, or the quiches will stick badly to the baking cups. Thaw and drain spinach. Mix the spinach, eggs, cheese, peppers, onions, and salt in a bowl. Fill the foil cups with the mixture. Bake at 350F or 20 minutes. You will know they are done when a knife inserted in the middle comes out clean. Remove from cups to serve.

### LUNCH AND DINNER IDEAS:

- o Ham and cheese or turkey and cheese “sandwich”. Use lettuce as a wrap with mayo or mustard.
- o Salad greens and assorted vegetables with sunflower seeds, parmesan or feta cheese, sliced strawberries or apples, and 4 ounces of grilled fish, chicken, or beef. Top with oil and vinegar.

### SAUSAGE AND PEPPERS

4 or 5 Sweet Italian Sausages (check ingredients that there are no carbohydrate fillers or sugar)  
1 red pepper  
1 green pepper  
½ onion  
8 mushrooms

Fry sausages on all sides until browned. Remove from pan and slice at a diagonal. Drain pan and add sausages. Heat for one minute. Add onions, heat one more minute, add green peppers heat without stirring for one minute add red pepper and mushrooms and heat for one more minute.

### CRAB OR SALMON SALAD

4 oz crabmeat or cooked salmon  
1 tablespoon mayonnaise (with no sugar)  
1 or 2 stalks of celery dices  
1 slice onion diced  
Dill to taste  
Lemon juice to taste

Mix and serve on a salad or hollow out a tomato and broil for 1 minute with cheese on top.

### MEXICAN SALAD

Leftover phase 2 chili  
¼ cup shredded cheese  
1 spoonful sour cream  
1 or 2 tbsp sugar free salsa

Shredded lettuce

Place lettuce in a bowl and top with remaining ingredients. You really will not need a dressing.

### CHICKEN FAJITAS

1 Sliced onion  
1 Sliced red bell pepper  
1 Sliced yellow pepper  
1 lb. Chicken breast cut into strips  
Cayenne Pepper  
Chili Pepper  
Cumin

Sauté onions and peppers in olive oil until soft. Add in chicken breast, sauté until cooked through. Add cayenne pepper, chili pepper, and cumin to taste. Stir in 1/3 cup of water and cook on high while stirring until water has evaporated.

Spoon the fajita topping onto a large lettuce leaf. Add toppings such as shredded cheese, sugar-free salsa, and sour cream. Roll up lettuce leaf and enjoy!

### LASAGNA

2 medium zucchini or summer squash (enough for 2 layers in an 11x14 pan cut lengthwise)  
3-4 cups Tomato Sauce (no sugar added)  
1.5 lb Hot or Sweet Italian Sausage, ground beef, ground turkey, or combo  
1 onion

Cheese mixture:

2 cups whole milk ricotta  
1 cup whole milk cottage cheese  
1 cup shredded mozzarella  
2 eggs  
1/2 cup fresh chopped basil  
2 tsp dried oregano  
1 tsp granulated garlic  
salt and pepper to taste

Extra Mozzarella and Parmesan for topping

Preparation:

Saute one chopped onion and meat until cooked through, drain excess fat. Pour enough sauce over to cover, keeping as thick as possible (not too soupy or saucy). Combine cheese mixture. Slice zucchini lengthwise and arrange one layer on bottom of 11x14 pan. Spread about half of meat sauce over top. Spread cheese mixture evenly over top sauce. Layer remaining zucchini on top of sauce, top with remaining meat sauce. Sprinkle liberally with shredded mozzarella and/or parmesan.

Bake in 350 degree oven, covered with foil, for about 1 hour. Remove foil. Bake another 15-30 minutes, until very bubbly and cheese is melted and beginning to brown.

Let stand 15 minutes, serve.

May seem watery, from zucchini cooking down. Serve with slotted spatula, and drain off excess water. Cheese, meat and zucchini will remain firm. Top with fresh parmesan.

SIDE DISHES (must be eaten as a snack or with 4 ounces of protein):

AVOCADO CITRUS SALAD

1 avocado diced  
1 slice onion diced  
1 tomato diced  
Lime juice to taste  
1 orange diced  
Sprinkle of ginger (optional)  
Sliced almonds

Mix and serve as a side dish or on a salad.

BROCCOLI AND CHEESE

1 cup broccoli  
1 teaspoon olive oil, coconut oil, or butter  
1 slice diced onions  
Parmesan cheese

Place olive oil in pan and heat place broccoli in pan heat without stirring. Press on it with spatula. Stir and add onions. Press and sear-add one spoonful of water allow to steam quickly remove from heat and add fresh parmesan cheese.

MASHED CAULIFLOWER

1 Head of cauliflower  
Shredded parmesan cheese  
Shredded cheddar cheese  
Butter  
Salt and pepper

Cut cauliflower into small pieces and put in saucepan with water. Boil cauliflower until mushy. Drain off water. Mash cauliflower and add cheeses, butter, salt and pepper to taste. This is a great alternative to mashed potatoes.

SNACK IDEAS:

- Almond butter on an apple
- ¼ cup of almonds or walnuts (may be eaten with a piece of fruit)
- ½ cup cottage cheese with fruit cut up in it
- Ricotta cheese with Xylitol and organic cocoa powder (great dessert!). You could also try ricotta with almonds and strawberries or peaches.
- An ounce of cheese (may be eaten with a piece of fruit)
- Sandwich meat and cheese roll ups
- Hard boiled egg
- Cut up vegetables with dip made from cream cheese and your favorite spices
- Hot chocolate made with organic UNSWEETENED cocoa powder, milk, and Xylitol (this is not a snack in itself, just a special treat!)

## CHEESECAKE

2 cups of finely ground raw almonds

½ tsp of salt

½ cup organic butter

4 TBS of water

Stir all ingredients together until combined. Chill in refrigerator for 30 minutes before pressing into the bottom of a 10" cake pan.

2 well beaten organic eggs

¾ pound softened organic cream cheese

½ cup of Xylitol (Stevia is also acceptable, but you will have to find a Sugar to Stevia conversion chart online)

1 tsp of lemon juice

½ tsp of vanilla extract

½ tsp of salt

Preheat oven to 375 degrees. Pour into ungreased pan and bake for approx. 20 minutes or a knife that is stuck in the middle comes out clean.