

soza

weightloss

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Recipes

Red Cabbage Slaw



Ingredients:

"This red cabbage slaw is deceptively simple but packs a real flavor punch. A couple of things to note. Slicing the cabbage thinly makes a better slaw. It is full of vitamin K and anthocyanins that help with mental function and concentration. These nutrients also prevent nerve damage, improving your defense against Alzheimer's disease, and dementia. Red cabbage has the highest amount of these power nutrients."

1/2 a head of red cabbage
1/4 cup apple cider vinegar
3 tablespoons of Braggs Liquid Aminos
3 tablespoons lemon juice
1/4 teaspoon onion powder
1/4 teaspoon garlic powder
1 clove finely minced garlic
1 tablespoon finely minced onion
Cayenne pepper to taste
Stevia to taste
Salt and Black pepper to taste



Directions:

Combine spices with liquid ingredients. Coat cabbage thoroughly with dressing with marinate for 1 to 2 hours or overnight to blend flavors.



Shrimp Cocktail



"Shrimp is loaded with protein, vitamin D, vitamin B3, and zinc, shrimp are an excellent, carbohydrate-free food for anyone determined to shed off pounds. The zinc shrimp boast plays an important role in the production of new cells (including hair cells and skin cells). The iodine in shrimp is good for the proper functioning of the thyroid gland which controls the basal metabolic rate, or the rate at which the body consumes energy at rest."

Ingredients:

100 grams raw shrimp
(10-12 medium shrimp steamed)
Cocktail Sauce:
3 ounces tomato paste
2 tablespoons lemon juice
1 tablespoon apple cider vinegar
1 teaspoon hot sauce
1/8 teaspoon of horseradish or to taste
Dash of mustard powder
Stevia to taste
Salt and pepper to taste
Water as needed for desired consistency



Directions:

Mix tomato paste, vinegar, horseradish, lemon juice and spices together and allow spices to marinate and dipping sauce to chill. Add additional water as needed to create desired consistency. Steam the shrimp until pink and well cooked. Chill shrimp for 30 minutes in the refrigerator and serve with cocktail dipping sauce.



Tomato Basil Soup



"Tomatoes contain all four major carotenoids: alpha- and beta-carotene, lutein, and lycopene. These carotenoids may have individual benefits, but also have synergy as a group. In particular, tomatoes contain awesome amounts of lycopene, thought to have the highest antioxidant activity of all the carotenoids. Tomatoes are rich in potassium, a important mineral. A cup of tomato juice contains 534 milligrams of potassium."

Ingredients:

2 cups chicken or vegetable broth
2 cups fresh tomatoes
3 ounces of tomatoes paste
4-6 leaves of fresh basil rolled and sliced
1-2 garlic cloves crushed and minced
2 tablespoons chopped onion
1 teaspoon garlic powder
1/4 teaspoon dried oregano
Pinch of marjoram
Salt and black pepper to taste



Directions:

Preheat oven to 400 degrees F. Spread the tomatoes on a baking sheet and drizzle with 2 tablespoons of olive oil. Season with salt and pepper and roast for about 45 minutes. Combine tomatoes and all ingredients then use an immersion blender to puree the soup in the stockpot, or transfer soup to a food processor or blender to blend. The soup should be smooth, with a few tomato chunks. Season with salt and pepper, to taste, and serve warm.



Protein Style Burger



"A burger without a bun can often seem depressing. It can seem like you're missing out, going without. But most things are not how they seem. Bread is high in carbs and can spike your blood sugar. Elevated blood sugars can also cause glycation at the cellular level when the blood sugars react with proteins in the body. This is one of the components of ageing. There is NO nutrient in bread that you can't get from other foods in even greater amounts."

Ingredients:

100 grams 93% fat free ground beef
1 large tomato
Onion salt
Ground pepper
Dill seed
Fresh cilantro



Directions:

Prepare ground beef patty on George Foreman grill. Cut horizontally so have 2 thin patties. Sandwich each patty between 2 slices of tomato. Sprinkle with onion salt, ground pepper and a tiny bit of dill seed. Serve with sliced tomatoes for the rest of your vegetable serving. Optional, wrap with iceberg lettuce. Grill or roast cherry tomatoes on top if you like and eat with fork and a knife.



Chicken & Baby Bok Choy Salad



Ingredients:

"One cup of shredded bok choy delivers at least 3 percent of the recommended daily intake of magnesium and phosphorus, 7 percent of calcium and 26 percent of vitamin K. Calcium and phosphorus combine to form hydroxyapatite, which is the primary mineral in bones and teeth. The calcium and magnesium also play a role in maintaining a healthy heart. Calcium stimulates heart muscles to contract, while magnesium encourages them to relax."

For the salad:

2 cups grilled chicken, chopped
6 baby bok choy, grilled & chopped
1/2 cup raw jicama, chopped
2 green onions, chopped
1/4 cup cilantro, chopped

For the dressing:

1 Tbl fresh ginger, chopped
2 Tbl coconut cream
1/2 tsp sriracha hot sauce
2 Tbl Braggs Amino
1 Tbl sesame oil
2 Tbl fresh lime juice
1 tsp stevia powder



Directions:

Combine all of the salad ingredients until well mixed. Add all of the ingredients for the dressing into a blender or food processor, and blend until mostly smooth – there may be some small chunks of ginger left, that's ok. Pour the dressing over the salad and toss lightly until coated.



Grapefruit & Chia Seed Salad



Ingredients:

"Learn to eat a rainbow of fruits and vegetables to receive a rainbow of health benefits! We eat foods primarily based on their taste, their cost, and how convenient they are. Starches, fats, and sweets are the least expensive foods in the diet, so it's easy to see why we lean toward these 'brown/beige' foods. But there are significant health costs to a diet that is so high in refined carbohydrates and devoid of the vitamins, minerals, fiber, and phytochemicals that are so abundant in plant foods."

Dark and bright mixed green salad
Chia seeds
Blood grapefruit
Avocado



Directions:

Combine Salad ingredients (be creative!) and use light salad dressing of your choice.



Curly Frisée & Egg



"Frisée is a good source of minerals like manganese, copper, iron, and potassium. Manganese is used as a co-factor for the antioxidant enzyme, superoxide dismutase.

Potassium is an important intracellular electrolyte helps counter the hypertension effects of sodium. Frisée is enriched with good amount Vitamin A and β -carotene. Consumption of natural vegetables/greens rich in vitamin A helps to protect from lung and oral cavity cancers."

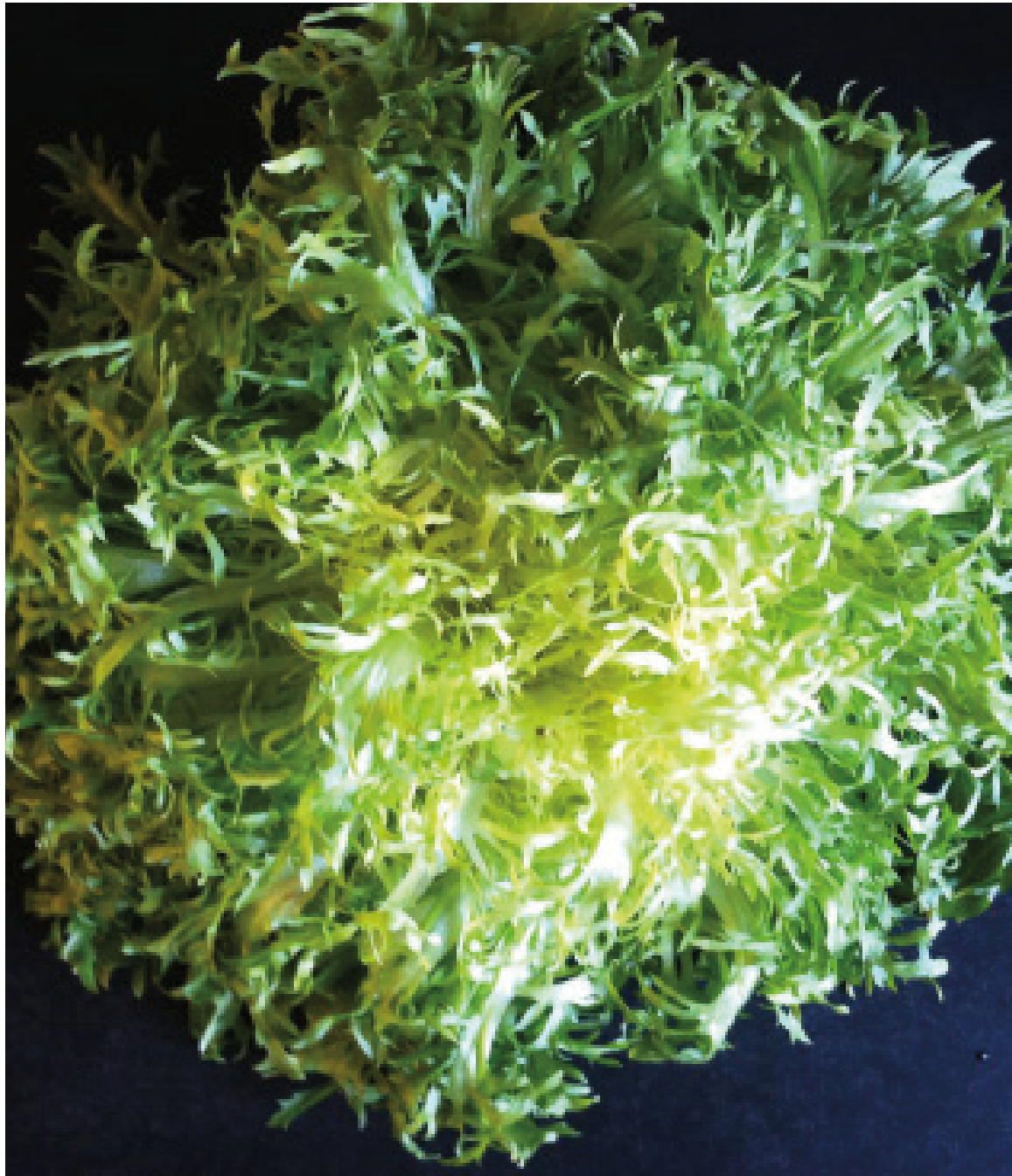
Ingredients:

1 head of frisée (curly endive)
2 Eggs
1 Radish
1 Tbs. of sherry vinegar
Seasalt and pepper to taste
1 Tsp. garlic
A pinch of pepper
3 grape tomatos
Red pepper flakes



Directions:

Wash the frisée remove wilted leaves before using; cut out the core; remove the leaves by hand and tear or break them up. Prepare eggs according to WLC diet plan (no yolk). Slice radish thinly. Toss remaining ingredients together and serve.



Sweet Japanese Cucumber Salad



"Cucumbers are very low in calories, yet they make a filling snack (one cup of sliced cucumber contains just 16 calories).⁸ The soluble fiber in cucumbers dissolves into a gel-like texture in your gut, helping to slow down your digestion. Silica, the wonder mineral in cucumber makes your hair and nails stronger and shinier. Eat cucumber, and your body gets relief from heartburn.

Refined sugar is incredibly harmful. But stevia is 100% natural alternative with quite a few health benefits. Studies have shown using stevia can lower sugar levels and help fight diabetes "

Ingredients:

- 1 Cucumber sliced/diced
- 2 tablespoons apple cider
- 1 tablespoon fresh lemon juice
- 1 tablespoon Bragg's amino acids
- 1 teaspoon finely minced onion
- Cayenne pepper to taste
- Stevia to taste



Directions:

Combine Salad ingredients (be creative!) and use light salad dressing of your choice.



Cold Asparagus Salad



Ingredients:

"Asparagus is just packed with health benefits: it is a particularly rich source of glutathione, a detoxifying compound that helps break down carcinogens and other harmful compounds like free radicals. It contains high levels of the amino acid asparagine, which serves as a natural diuretic, and increased urination not only releases fluid but helps rid the body of excess salts. This is especially beneficial for people who suffer from edema (an accumulation of fluids in the body's tissues) and those who have high blood pressure or other heart-related diseases."

Asparagus spears
3 tablespoons lemon juice
Fresh chopped mint leaves or parsley
2 tablespoons caper juice
1 tablespoon finely minced red onion
Salt and pepper to taste



Directions:

Lightly steam the asparagus until tender. Marinate in juices and spice for at least 30 minutes and enjoy.



Steamed Crab Legs



Ingredients:

"Most of the fat in a king crab leg is heart-healthy unsaturated fat (.2 gram of monounsaturated fat and .7g of polyunsaturated fat). King crab is rich in a class of essential polyunsaturated fatty acids known for their health benefits and found in all seafood: omega-3 fatty acids. One serving provides 614mg of omega-3 fatty acids, making it an excellent food source for this nutrient. King crab legs are an excellent food source of magnesium, phosphorus, selenium, zinc and copper."

100 grams crab
(about 7 oz. of crab legs including the shell)
Salt (optional)
Lemon (optional)



Directions:

The best way to thaw frozen crab legs is by placing them in the refrigerator overnight. If you do not have enough time to thaw the crab legs in the refrigerator, you can thaw them by rinsing them under cold, running water. Bring 4 cups of water to a boil in a large stockpot. Insert a steamer basket inside the pot, making sure that the bottom of the basket does not come into direct contact with the water. Arrange the crab legs and claws in a single layer and cover the stockpot. Steam until just heated through. (4-6 minutes).



Fish in a Bag



"Baking fish in a parchment-paper pouch traps steam inside, producing moist, flaky fish—a quick, delicious choice for weeknight dinners. "Parchment packets allow the fish and vegetables to cook in their own juices and thus maintain the flavor of each ingredient. "

Ingredients:

4 sheets or parchment paper
2 100 gram pieces of allowable fish (ex: cod)
4 c. fresh spinach, wash and dried
Snap Snow Peas (optional)
4 T. vinaigrette, lemon or citrus dressing
*See Seasonings
All-purpose seasoning
*See Seasonings



Directions:

Place spinach in the center of each of 2 of the parchment paper pieces, top each with 1 T. dressing. Place one piece of fish on top of the spinach mixture. Sprinkle with seasoning and top with 1 T. dressing. Place one sheet of the parchment on top of each piece of the fish. Crimp the two sheets of the paper until the bottom and the top are sealed. Place the bags of fish onto a cookie sheet. Cook in a preheated 400 degree oven for 17 minutes. Place the bag onto a plate and slice the parchment open at the table to enjoy.



Apple Day - Hitting a Plateau



Ingredients:

Apple

"When you hit a plateau, you are going to do what we call an "apple day" an apple day is as simple as it sounds.

Even though most people lose an average of .5 to 1.2 pounds per day on the WLC diet, that is an average and not what occurs every day. Even if you are strictly following the WLC protocol here will be days that you do not lose and even gain slightly. This is normal and to be expected. Continue the apple day until you break the plateau in many cases this takes 3 to 4 days."



Directions:

An apple for breakfast, snack 1 an apple, lunch an apple, snack 2 an apple, then for dinner 4 oz of any protien and then 1 cup of vegetables.



Garlic Roasted Brussels Sprouts



"Brussels sprouts may have unique health benefits in the area of DNA protection. A recent study has shown improved stability of DNA inside of our white blood cells after daily consumption of Brussels sprouts in the amount of 1.25 cups. Interestingly, it's the ability of certain compounds in Brussels sprouts to block the activity of sulphotransferase enzymes that researchers believe to be responsible for these DNA-protective benefits."

Ingredients:

1 pound Brussels Sprouts
1 to 2 teaspoons extra virgin olive oil
3 cloves garlic thinly sliced
dash paprika
sea salt
freshly ground black pepper
red pepper flakes (optional)



Directions:

Wash, trim Brussels sprouts. Cut them in half. Toss with garlic, olive oil, paprika, salt, pepper. Roast in shallow baking pan at 400 degrees. Roast 15 to 20 minutes.



Grapefruit Breakfast Salad



Ingredients:

"Want to reduce your risk of calcium oxalate kidney stones? Drink grapefruit juice. A study published in the British Journal of Nutrition found that when women drank 1/2 to 1 liter of grapefruit, apple or orange juice daily, their urinary pH value and citric acid excretion increased, significantly dropping their risk of forming calcium oxalate stones.

Researchers also confirmed that grapefruit may help prevent weight gain by lowering insulin levels."

1 can fat free coconut milk
1 grapefruit, supremed,
and juice from the membrane reserved
Juice and zest of 1/2 a Meyer lemon
1/2 teaspoon hemp seeds
2-3 leaves fresh mint, cut chiffonade
2 teaspoons fresh ginger juice
Pinch or two of sea salt
Drizzle of raw honey



Directions:

Place the can of coconut milk in the refrigerator and let chill. Toss the grapefruit segments with the meyer lemon juice and zest. Sprinkle with hemp seeds and mint. Remove coconut milk from the refrigerator. Scoop out the solid cream that has risen to the top, reserving the liquid at the bottom for another use. In a bowl, whisk together the coconut cream, the ginger juice, a pinch of sea salt, and a tiny drizzle of honey. Plop a dollop of the ginger creme on top of the grapefruit and reserve remaining cream for another use.



Enight Calorie Lemon Slushy



"Move aside ice cream! All you do is blender it up all together- the stevia in it is what will create the great thick, frothy texture. If you don't use stevia the texture would not be nearly as pleasant."

Ingredients:

1 Oz. Lemon juice
(usually 1/2 lemon-1 lemon's worth)
1/3 Cup water
7-9 Ice cubes
Stevia to taste
(organic stevia is best most natural taste)



Directions:

Put all ingredients in the blender and blend until it comes out the consistency of a slush.



Chilean Sea Bass



"Chilean sea bass is very lean, plus it has a nice texture and a great taste. When raw, a single filet will provide about 125 calories. Most of these calories come from protein, about 80 percent in fact. The main benefit may be that it is a rich source of protein yet it is at the same time a low-calorie addition to the diet. . A serving will provide some vitamin A, plus several of the complex B vitamins. As far as minerals are concerned, it is a rich source of phosphorous, and a good source of magnesium and potassium as well."

Ingredients:

4 100 gram Chilean Sea Bass fillets
(or other firm whitefish)
2 cloves garlic, minced
1/2 lemon
2 T. finely chopped cilantro
salt
pepper
paprika



Directions:

Arrange Sea Bass fillets in a single layer on foil-lined broiler pan. Spread garlic and cilantro on and around fish. Squeeze lemon juice on fillets, sprinkle salt and pepper to taste, and add paprika for color. Cover with foil and crimp the edges to form a seal. Bake at 450 degrees for 20 minutes



Apple Crumble



Ingredients:

1 sliced apple
1/8 t. cinnamon
1 packet stevia
2 tbsp milk
1 tbsp crushed almonds

"Fun Facts About Apples:

The first apple trees were planted by Pilgrims in Massachusetts Bay Colony.

Apples are not self pollinating. They need bees to pollinate the flowers to form the fruit. Americans eat an average of 50.4 pounds of apples and apple products each year. 2500 varieties of apples are grown in the United States.

Apples are a great source of pectin, a soluble fiber. One apple has 5 grams of fiber. But wait, don't peel your apple! Two-thirds of the fiber and many of the antioxidants are found in the peel."



Directions:

Toss the above ingredients and arrange on a microwave safe plate.



Homemade Applesauce



Ingredients:

"A combo of sweet and tart apples gives the best balance of flavors. Red-skinned apples like McIntosh and Macoun offer a good basic, sweetness. Keep the red skins on; they're packed with fiber and will give the sauce a rich and rosy hue. Mix in tart varieties like Granny Smith to cut through some of the sweetness. No matter what variety you choose, you should be good on texture; all apples contain high amounts of pectin, a natural thickener that gives applesauce its velvety consistency."

5 apples
1 t. fresh lemon juice 1/2 c. water
1 packet stevia
1/2 cinnamon



Directions:

Peel, core and chop apples. Cook apples and water in a crock pot on low for 2 hours. When cooled, puree apples in blender while adding stevia and cinnamon. Divide into 5 equal portions.
(usually about 1/2 c. per serving).



Roasted Cauliflower



"You need some level of inflammation in your body to stay healthy. However, it's also possible, and increasingly common, for the inflammatory response to get out of hand. If your immune system mistakenly triggers an inflammatory response when no threat is present, it can lead to significant inflammation-related damage to the body, a condition linked to cancer and other diseases, depending on which organs the inflammation is impacting."

Ingredients:

8 C. Cauliflower florets
½ Med. Red onion, sliced
Olive oil spray
2 T. Mrs. Dash garlic & herb blend
(or seasoning of choice)
Salt and pepper to taste



Directions:

Preheat oven to 425 degrees. In a large bowl combine cauliflower, onion, and seasonings. Mist with 10 sprays of olive oil Spray; toss well. Transfer to a 9"x13" baking dish and mist with 10 more sprays of olive oil spray. Bake for 20-25 minutes, stirring once until lightly browned and crisp-tender.



Seasoning Mixes



Cajun Dry Rub Seasoning

8 T. paprika
6 T. ground black pepper
1 1/2 T. onion powder
2 T. ground cumin
4 T. dried thyme
3 T. cayenne
2 T. garlic powder 6 T. Sea salt
4 T. dried oregano

Classic Poultry Seasoning

1 T. onion powder
1 T. garlic powder
2 T. dried sage leaves, crumbled or whole
2 T. dried thyme leaves
2 T. dried parsley leaves

Southwest Seasoning

1 T. chili powder
1/2 t. paprika
1/4 t. garlic powder
1 1/2 t. ground cumin
1/4 t. onion powder
1 t. sea salt
1/4 t. dried oregano
1 t. black pepper

Cajun Poultry Seasoning

2 T. paprika
1 1/2 T. ground black pepper
1 1/2 T. onion powder
1/2 T. ground cumin
3 T. dried thyme leaves
2 T. dried parsley leaves
3/4 T. cayenne
3 T. garlic granules
1 1/2 T. sea salt
1 T. dried oregano
2 T. dried sage leaves, crumbled or whole

All Purpose Seasoning

1 T. Sea salt
1 T. garlic powder
1 T. onion powder
1/2 T. black pepper



Salad Dressings



Citrus Dressing

1/4 c. apple cider vinegar
1 c. water
1 T fresh lemon juice
15 drops clear stevia
10 drops apricot nectar

flavored stevia 1 packet of stevia
1/4 t. Chinese Style Five Spice (optional)
1/4 t. garlic salt (optional)

Savory Dill Dressing/Marinade

Fresh dill minced
2 tablespoons lemon juice
2 tablespoons apple cider vinegar
2 tablespoon chicken or vegetable broth
1/2 teaspoon Old Bay seasoning mix
Salt and pepper to taste

Vinaigrette Dressing

1/4 c. apple cider vinegar
1/2 c. water
2 shakes celery salt
2 shakes onion salt
Ground pepper to taste
20 drops clear stevia
3 packets stevia

Lemon Dressing

1/4 c. apple cider vinegar
1 c. water
1 T. fresh lemon juice
25 drops clear stevia
1 packet of stevia

