



Lunch and Dinner Recipes

Grilled Salmon Steaks with Dill Butter Sauce on a Bed of Fresh Arugula

Serves 2

Ingredients:

- 2 palm-size portions of salmon fillets
- 1 Tbsp coconut oil
- 3 C arugula leaves
- 1 C red peppers, thinly sliced
- 1 C broccoli
- 1 C green beans

Dill butter sauce

- ½ stick unsalted butter
- Juice from ½ freshly squeezed lemon
- 2 Tbsp dried or chopped fresh dill

Instructions:

1. Lightly steam green beans, broccoli, and peppers; set aside.
2. Brush both sides of the salmon with coconut oil and grill under high heat for 3-4 minutes per side. Salmon is cooked when the meat is just starting to fall apart.
3. To make sauce: Melt the butter in a small saucepan, stir in the lemon juice and add dill. Spread arugula on a dinner plate, place salmon on top and cover with warm sauce.
4. Serve with steamed vegetables.

Calories per serving: 410

Protein: 28g

Carbohydrates: 12g

Total Fat: 29g

Savory Chicken Drumsticks

Serves 2

Ingredients:

- 6 chicken drumsticks
- 3 Tbsp of soy sauce
- 1 Tbsp crushed garlic
- Olive oil for cooking

Instructions:

1. Cook drumsticks with garlic and soy sauce in a covered pan on low heat until cooked through. Turn regularly. Can be served cold.
2. Serve 3 drumsticks with 3 handfuls of allowed vegetables or salad per serving. (Drumsticks can be served alone as a snack as well)

Calories per serving: 268

Protein: 42g

Carbohydrates: 4g

Total Fat: 9g

Miso Glazed Salmon

Serves 4

Ingredients:

- 4 palm-size portions salmon filets
*Cut in half
- 2 Tbsp miso paste
- 2 Tbsp Tamari (wheat free soy sauce)
- 2 Tbsp apple cider vinegar
- 2 Tbsp grated ginger
- ½ tsp ground allspice or nutmeg
- Olive oil for greasing pan
- 1 Tbsp chopped fresh chives
- 1 Tbsp water

Instructions:

1. Preheat oven to 350°F
2. In small bowl, whisk miso paste with tamari, apple cider vinegar, ginger, allspice, and 1 Tbsp water.
3. Place salmon fillets in a shallow baking pan rubbed lightly with oil.
4. Spoon miso mixture evenly over salmon.
5. Broil or grill 8-10 minutes, basting two or more times with marinade, until fish flakes with a fork. Do not overcook.
6. Remove to serving platter. Sprinkle with chopped chives.
7. Serve with 2-3 cups per serving of steamed greens (green beans, broccoli, bok choy etc.) drizzled with sesame oil and tamari.

Calories per serving: 228

Protein: 26g

Carbohydrates: 3g

Total Fat: 12g

Lemon Chicken Bites

Serves 1

Ingredients:

- 1 palm-size portion chicken breast, diced
- ½ C lemon juice
- 1 Tbsp soy sauce
- 1 Tbsp mustard
- 1 tsp coconut oil
- A pinch of cayenne pepper

Instructions:

1. Combine lemon juice, soy sauce, mustard and cayenne pepper. Add the diced chicken and toss around in a bowl to coat well. Leave to marinate for an hour or so, if you wish.
2. Heat pan with coconut oil and fry chicken. Halfway through frying, turn the chicken over and marinate with more sauce. Cook this side for a further 10 minutes or until cooked.
3. Serve with 3 handfuls of allowed vegetables or salad.

Calories per serving: 214

Protein: 29g

Carbohydrates: 12g

Total Fat: 7g

Dr. Gartner's Chicken Soup

Serves 2

Ingredients:

- 2 palm-size portions of chicken breast, cubed
- 3 C chicken stock
- 2 C celery stalks, sliced
- 1 C onion, chopped
- 1 C mushrooms, chopped
- 1 C green beans, chopped
- 1 clove garlic
- 1 chili (optional)
- Chopped parsley to garnish
- 1 Tbsp coconut oil

Instructions:

1. Lightly fry onion in coconut oil.
2. Add chicken, green beans, mushroom, celery, garlic and chili sautéing for another minute.
3. Add stock and simmer for 15 minutes.
4. Serve with steamed vegetables.

Calories per serving: 391

Protein: 39g

Carbohydrates: 30g

Total Fat: 13g

Chili Chicken

Serves 2

Ingredients:

- 2 palm-size portions of chicken breast
 - *Chopped into large pieces
- ½ onion, chopped
- 2 small red chilies, deseeded and chopped
- 4 garlic cloves, chopped
- 2 bay leaves, ground
- ¼ tsp paprika
- Pinch salt
- 2 tsp olive oil (for marinade)
- Juice of ½ lemon
- 2 tsp coconut oil (for frying)

Instructions:

1. Blend or crush all ingredients excluding chicken in a mortar and pestle or food processor.
2. Marinate chicken in this mixture for at least 30 minutes, or overnight if desired.
3. Fry chicken in coconut oil until browned and cooked through.
4. Serve with 3 handfuls of allowed vegetables or salad per serving.

Calories per serving: 286

Protein: 36g

Carbohydrates: 10g

Total Fat: 11g

Quick Tasty Chicken

Serves 3

Ingredients:

- 3 palm-size portions of chicken breast
- 1¼ tsp sea salt
- Ground black pepper
- ¼ C lemon juice
- 3 tsp coconut oil
- 4 tsp fresh rosemary, chopped (or 2 tsp dried rosemary)
- 2 Tbsp green olives, sliced in half

Instructions:

1. Place chicken between pieces of waxed paper or plastic wrap and pound with large flat knife or meat mallet evenly to 2 cm thick. Sprinkle with salt and pepper.
2. Heat large frying pan over medium high heat until hot.
3. Melt butter and sear chicken quickly, until browned.
4. Sprinkle with rosemary and add lemon juice and olives. Cook for 2 to 3 minutes more, or until chicken is well cooked.
5. Serve with 3 handfuls of allowed vegetables or salad per serve.

Calories per serving: 183

Protein: 26g

Carbohydrates: 2g

Total Fat: 7g

Pork Tuscany Treat

Serves 2

Ingredients:

- 2 palm-size portions of lean pork
 - *Pounded thin and cut into medallions
- 1 C zucchini slices
- 1 C broccoli florets
- 1 C green beans
- ½ C thinly sliced mushrooms
- 1 clove garlic, crushed
- 2 Tbsp water
- Coconut oil
- Mixed herbs

Instructions:

1. Sprinkle mixed herbs over pork medallions.
2. Coat a non-stick frying pan with coconut oil. Over high heat stir-fry garlic, mushrooms and pork medallions until golden brown.
3. Add water, toss in the vegetables and continue tossing until pork is cooked and vegetables are tender.

Calories per serving: 148

Protein: 13g

Carbohydrates: 34g

Total Fat: 15g

Southern Chicken Salsa

Serves 2

Ingredients:

- 2 palm-size portions of chicken breast
*Cut into thin bite size pieces
- 2 C mixed broccoli florets, finely sliced
- 2 C green peppers finely sliced
- 1 C mushrooms, finely sliced
- 1 clove garlic
- 2 tsp tomato paste (no added sugar)
- ½ C water
- 1 tsp dried onion flakes
- Tabasco sauce to taste
- Sea salt and cracked pepper to taste
- Olive oil for cooking
- Sprinkling of Italian seasoning
- Garnishing of fresh chopped parsley

Instructions:

1. To make salsa mix together, water, tomato paste, tabasco sauce, sea salt, pepper and onion flakes and let stand.
2. Coat frying pan with olive oil. Over moderate heat, add crushed garlic, chicken, mushrooms, broccoli and green peppers. Keep mixing and tossing until chicken is browned then add tomato salsa mixture, stirring well until evenly mixed through.
3. When ready to serve, sprinkle over with parsley.

Calories per serving: 174

Protein: 17g

Carbohydrates: 35g

Total Fat: 14g

Ginger Chicken

Serves 2

Ingredients:

- 2 palm-size portions of chicken breast
*Cut into small cubes
- ½ C onion, cut lengthwise
- 2 C red peppers, cut into strips
- 2 C celery stalks, cut diagonally
- 2 tsp grated ginger
- 1 C bamboo shoots
- 1 C green beans
- Coconut oil for cooking

Instructions:

1. Add coconut oil to a wok and cook almonds until golden. Remove and drain on absorbent paper.
2. Add 1 tsp ginger, sauté for 1 minute then add all vegetables. Cook for 1 to 2 minutes and place to side.
3. Place chicken and remaining ginger in pan, with a little more oil and cook until almost done.
4. Return vegetables and almonds to the pan and warm through.

Calories per serving: 238

Protein: 15g

Carbohydrates: 56g

Total Fat: 14g

Hearty 360 Stew

Serves 2

Ingredients:

- 2 palm-size portions lamb or beef
*Diced or cubed
- 1 Tbsp olive oil
- Pinch salt
- 2 tsp parsley
- 2 tsp Worcestershire sauce
- ½ C onion, chopped
- 2 cloves garlic
- 1 C of broccoli, diced
- 2 C pumpkin or butternut squash, diced
- 1 C mushroom, diced
- 1 C cauliflower, diced
- 1 C beef or vegetable stock

Instructions:

1. Brown meat in oil.
2. Add seasonings and Worcestershire sauce.
3. Place all ingredients into casserole dish and cook in moderate oven until meat and vegetables are tender.

Calories per serving: 204 with lamb	195 with beef
Protein: 16g	16g
Carbohydrates: 44g	42g
Total Fat: 16g	17g

Grilled Pepper Steak with French Beans and Lemon Sauce

Serves 2

Ingredients:

- 2 palm-size portions of sirloin or filet steak
- 2 Tbsp coconut oil
- Freshly ground black pepper
- 6 handfuls french or green beans
- Lemon sauce
- 2 Tbsp grape seed oil or olive oil.
- Juice of ½ freshly squeezed lemon
- Freshly ground black pepper

Instructions:

1. Brush steaks with coconut oil on both sides and season liberally with black pepper. Place under a hot grill, at least 4 inches from heat, and grill to taste.
2. While steak is grilling, steam the beans until tender but still firm. Mix oil, lemon juice and freshly ground pepper.
3. Serve steaks with beans, pouring sauce over beans.

Calories per serving: 436
Protein: 24g
Carbohydrates: 78g
Total Fat: 59g

Garlic Zucchini with Seared Steak

Ingredients:

- 1 palm-size portion of steak
- 2 handfuls zucchini, sliced
- 4 Tbsp of water
- 1 small clove garlic, crushed
- Fresh chopped parsley
- Coconut oil cooking spray
- Sea salt
- Cracked pepper

Instructions:

1. Drizzle olive oil over steak. Sprinkle with sea salt and cracked pepper. Grill under preheated grill and cook as desired.
2. Spray coat small saucepan with coconut oil cooking spray. Sauté garlic and add water. Gently toss zucchini slices and cook until tender. Garnish with fresh parsley.
3. Serve with 1 additional handful of allowed vegetables or salad.

Pesto and Vegetables

Serves 1

Ingredients:

- 2 large flat field mushrooms
- 2 C of mixed eggplant, peppers and zucchini
- Sun dried tomato pesto
- 1 Tbsp fresh chives, chopped
- 1 tsp crushed garlic
- 1 tsp lemon rind, finely grated
- 1 palm-size portion of ricotta cheese (okay after week 8 of program)
- 1 Tbsp coconut oil

Instructions:

1. Cut eggplant, zucchini and capsicum into strips, leave mushrooms whole and grill or fry with coconut oil until tender.
2. Combine ricotta, chives, garlic and lemon rind in a bowl.
3. Place cooked mushrooms stem side up on a plate and layer with cheese mixture and slices of eggplant, capsicum, and zucchini.
4. Dress generously with pesto and sprinkle with pine nuts.

Zucchini Base

Serves 1

Ingredients:

- 3 handfuls of grated zucchini
- 2 eggs
- 1 Tbsp coconut oil, for cooking
- Cracked pepper and sea salt to taste

Instructions:

1. Combine all ingredients except coconut oil, in a medium bowl. Stir until well combined.
 2. Heat oil in a large pan over medium to high heat. Mold mixture into medium size balls and press flat into pan. When brown on one side, turn and cook the other side.
 3. Serve alone or with chicken sausage.
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Cauliflower Mash

Serves 2

Ingredients:

- 1 head cauliflower
- ½ C unsweetened coconut milk
- 1 tsp seasoning salt

Instructions:

1. Steam cauliflower on stove or in microwave until tender.
2. Combine cauliflower and cup coconut milk in blender. Blend until creamy and add seasoning salt to taste.
3. Serve with a protein and additional side of vegetables.

Calories per serving: 116.25

Protein: 8g

Carbohydrates: 23g

Total Fat: 2g