



Dr. Cohen's 1st Personal Diet Cookbook



DR. COHEN'S 1ST PERSONAL DIET COOKBOOK

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Preface

We are proud to present you with Dr. Cohen's unique Cookbook, which was designed to cater for the individual eating plan by using your individual allocated quantities for each of these recipes.

We hope you will enjoy these recipes the way we enjoyed them. This diet is not only a weight loss program but also a great lesson to understand how to prepare the foods that are good for your body.

Completing this diet successfully will not only get you the body you wanted but also a new perspective about food.

Enjoy,

The 1st Personal Diet Team



Tip:

In order to save time, you may prepare your meals for the whole week in advance, but please remember that every gram counts, so we ask that you please weigh and cook your meals separately..

Egg a la Carte

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Tip:

All egg recipes can be made with 2 egg-whites instead of 1 whole egg.



Poached Eggs

Ingredients:

- 1 Egg (allowance)
- 1 Teaspoon of vinegar
- Boiled tomato (maximum of ½ tomato)
- Cracker (allowance)

Directions:

1. In frying pan, boil sufficient water to cover the egg.
2. Remove the frying pan from heat, and add the vinegar to the water.
3. Break the egg into the water and cover with lid.
4. Allow to stand for 4 minutes (for a soft poached egg) or longer to taste.
5. Serve immediately with pre-boiled tomato allowance and cracker allowance.



Scrambled Eggs

Ingredients:

- 1 Egg (allowance)
- Salt & pepper to taste
- Boiled tomato (maximum of ½ tomato)
- Crackers (allowance)

Directions:

1. Heat a non-stick frying pan, spray lightly with cooking spray.
2. Beat egg with salt and pepper and pour into frying pan.
3. Stir egg until cooked.
4. Serve immediately with pre-boiled tomatoes and crackers.



Omelet

Ingredients:

- 1 Egg (allowance)
- Salt & pepper to taste
- Vegetables (allowance)

Directions:

1. Heat a non-stick frying pan, spray lightly with cooking spray.
2. Add ½ eggshell of water to egg and beat with salt and pepper until mixture is stiff.
3. Pour egg mixture into the frying pan and fry until edge of egg mixture will pull away from frying pan.
4. Remove omelet from heat.
5. Pour the vegetables onto the omelet and fold omelet.
6. Place omelet under hot grill until the it puffs up.
7. Serve immediately.



Spinach Frittata

Ingredients:

- Fresh chopped spinach (most of vegetable allowance)
- Mushroom (small part of vegetable allowance)
- Onion (maximum of 2 tablespoons / day)
- 1 Egg (allowance)
- 1 Cracker (crushed) (allowance)
- Salt, pepper & herbs (Mixed herbs can include hidden carbs/preservatives- please check the ingredients)

Directions:

1. Chop spinach, microwave for 1 minute, squeeze out excess liquid.
2. Place both spinach and the remaining liquid in a bowl with egg, crushed cracker, chopped mushroom and onion.
3. Season with salt and pepper and/or dried herbs (optional)
4. Mix well.
5. Place in a hot frying pan with a bit of curry powder.
6. Cook until browned and flip to cook the other side.
7. Serve hot or cold.

Sandwich Bag Omelet

Ingredients:

- 1 Egg (allowance)
- Tomato (maximum of ½ tomato)
- Onion (maximum of 2 tablespoons / day)
- Zucchini (allowance)
- Green pepper (allowance)
- Mushroom (allowance)
- Herbs
- Spices (Mixed spices can include hidden carbs/preservatives - please check the ingredients)

Directions:

1. Boil water in a pot. (Pot must be larger than a Ziploc sandwich bag)
2. Put the egg into a small Ziploc sandwich bag.
3. Add vegetables that you like from your vegetable allowance to the bag.
4. Add any dried herbs and spices that you would like.
5. Seal bag, getting any air out.
6. Lightly shake bag to mix all of the ingredients together
7. Squeeze out any remaining air, reseal, and place in pot of bubbling water.
8. Leave bag in the bubbling water for 13 minutes.
9. After 13 minutes you have a light and fluffy omelet.

Eggs on "Toast"

Ingredients:

- 1 Egg (allowance)
- Tomato (maximum of ½ tomato)
- Onion (maximum of 2 tablespoons / day)
- Mushrooms (allowance)
- Rice cake / cracker (allowance) (rice cake = a cracker made from puffed rice, water and a bit of salt)
- Herbs and seasoning to taste (mixed spices can include hidden carbs/preservatives - please check the ingredients)

Directions:

1. Fry or poach egg.
2. Chop vegetables and place onto the rice cake/cracker.
3. Broil until tender.
4. Sprinkle with herbs and seasoning.
5. Serve egg on top of rice cake/cracker.

Crack 'n' Egg Pie

Ingredients:

- Mushroom (allowance)
- Zucchini (allowance)
- Squash (allowance)
- Onion (maximum of 2 tablespoons / day)
- 1 Egg (allowance)
- Cooking spray
- Herbs and seasoning to taste (Mixed herbs/seasoning can include hidden carbs/preservatives - please check the ingredients)

Directions:

1. Chop vegetables into cubes and season to taste.
2. Microwave until tender but not soggy.
3. Spray small ovenproof dish or muffin pan with cooking spray.
4. Add cooked vegetables to pan.
5. Take an egg and crack it over the vegetables (the yolk usually sits on the top and the white runs through the vegetables binding them together).
6. Place in moderate oven (180°C / 350°F) for about 20 minutes or until cooked.
7. Leave to cool.

Tips:

You could also make this dish in a microwave oven.

Curried Egg (cold)

Ingredients:

- 1 Fresh hardboiled egg (allowance)
- 1 Teaspoon of light mayonnaise
- ¼ Teaspoon of curry powder (Mixed curry can include hidden carbs/preservatives/cayenne/red pepper - please check the ingredients)
- 2 Crackers (allowance)

Directions:

1. Mash hardboiled egg in a bowl.
2. Add curry powder and light mayonnaise.
3. Using a fork, mix together.
4. Spread on crackers.
5. Serve with your own salad made from vegetable allowance.

Chinese Omelet

Ingredients:

- 1 Egg (allowance)
- Cabbage (allowance)
- Onion (maximum of 2 tablespoons / day)
- 1 Slice of tomato

Directions:

1. Heat frying pan and spray lightly with cooking spray.
2. Finely shred cabbage and a small amount of onion.
3. Roughly chop slice of tomato.
4. Whisk egg and ½ an egg shell of water together.
5. Place vegetables in the heated pan and lightly stir fry.
6. When cabbage begins to wilt, pour egg over the top and move the pan around to thinly spread out the egg.
7. May need to turn or finish under the broil to cook all of the egg (depends how thick it is and how big your pan is).
8. Season with a little freshly ground pepper and serve with crackers.

Stuffed Mushrooms

Ingredients:

- Large Portabella mushrooms (allowance)
- 2 Teaspoons of crushed garlic
- Oregano
- Egg (allowance)
- Crackers (allowance)

Directions:

1. Place mushroom in a broiling or ovenproof pan.
2. Remove stems from the mushrooms, chop and mix with the garlic.
3. Fill the mushroom with the garlic mixture.
4. Break the egg over the filled mushroom.
5. Sprinkle oregano herbs over the mushroom and put under a broil until egg is stabilized.
6. Serve immediately.



Zucchini Hash Browns

Ingredients:

- Zucchini (allowance)
- Onion (maximum of 2 tablespoons / day)
- 1 Egg (allowance)
- 1¼ Crackers (2½ Saltine crackers)(allowance)
- Salt, pepper & herbs to taste (Mixed herbs can include hidden carbs/preservatives - please check the ingredients)

Directions:

1. Grate zucchini and thinly slice onion.
2. Beat egg and add to vegetable mixture.
3. Crush crackers and add to mixture with herbs.
4. Pour into heated pan, sprayed with cooking spray, in small sections and cook both sides.

Mini Frittatas

Ingredients:

- Tomato (maximum of ½ tomato)
- Asparagus (allowance)
- Green pepper (allowance)
- Mushroom (allowance)
- 1 Egg (allowance)

Directions:

1. Lightly spray a non-stick frying pan and fry vegetables gently until warmed through and tender.
2. Beat the egg in a bowl.
3. Place 2 egg rings in the frying pan and lightly spray with cooking spray to prevent sticking.
4. Divide the vegetables between the rings.
5. Pour the egg over the top and allow to brown, then flip over to cook the other side.
6. Remove egg rings and serve (add salt and pepper to taste).

Bruschetta

Ingredients:

- Tomato (maximum of ½ tomato)
- Green pepper (allowance)
- Onion (maximum of 2 tablespoons / day)
- Fresh / dried basil, ground pepper
- 1 Egg (allowance)
- 2 Crackers (allowance)

Directions:

1. Heat a pan lightly sprayed with cooking spray.
2. Fry an egg over easy.
3. Fry tomato, green pepper, onion and basil.
4. Once cooked, season and place on two crackers.

Mini Quiche

Ingredients:

- Mushroom (allowance)
- Green pepper (allowance)
- Green onion (maximum of 2 tablespoons / day)
- Tomato (maximum of ½ tomato)
- Asparagus (allowance)
- 1 Egg (allowance)
- 1 Teaspoon of water
- 2 Saltines finely crushed (allowance)
- Salt & pepper
- Seasonings to taste (mixed spices can include hidden carbs/preservatives - please check the ingredients)

Directions:

1. Mix vegetables, cracker crumbs, and seasonings.
2. Add egg and whisk together.
3. Pour into mini muffin tin, fill each about half full.
4. Bake at 190°C / 375°F until firm.

Tips:

Makes about 12 pieces, tastes good hot or cold.

Faux "Toke Salad"

Ingredients:

- Frozen spinach - thawed, excess water drained (allowance)
- 1 Egg (allowance)
- Salt & pepper

Directions:

1. Spray a non-stick pan with olive oil spray or regular cooking spray.
2. Place thawed spinach in the pan and warm slightly.
3. Beat the egg and pour into the pan.
4. Add salt and pepper to taste.
5. Cook until the egg is well done.

Tips:

Weigh your frozen vegetables after defrosting and draining off the excess water!

Vegetable Omelet

Ingredients:

- 1 Egg (allowance)
- Mushrooms (allowance)
- Onion (maximum of 2 tablespoons / day)
- Green pepper (allowance)
- Salt and pepper to taste
- Crackers (allowance)

Directions:

1. Stir fry the vegetables until cooked.
2. Heat a non-stick pan, sprayed with cooking spray.
3. Add ½ egg shell of water to egg and beat egg with salt and pepper till mixed.
4. Pour egg mixture into frying pan, cover and simmer till cooked.
5. Top with vegetable mix and fold over.
6. Sprinkle with herbs.



Curried Egg (hot)

Ingredients:

- 1 Egg (allowance)
- 1 Cracker (allowance)
- Tomato (maximum of ½ tomato)
- Onion (maximum of 2 tablespoons / day)
- Green peppers (allowance)
- Mushroom (as per allowance)
- Balsamic vinegar
- Sweetener
- Curry powder (Mixed curry can include hidden carbs/preservatives/cayenne/red pepper - please check the ingredients)
- Salt

Directions:

1. Spray a small microwaveable dish with cooking spray.
2. Chop vegetables of your choice.
3. Add chopped vegetables, herbs, and spices together and microwave high for 1-2 minutes.
4. Add a bit of water to make the vegetables into a paste – make a small hollow for the egg.
5. Add egg, replace lid and microwave high until egg is done to taste.
6. Serve on/with crackers.

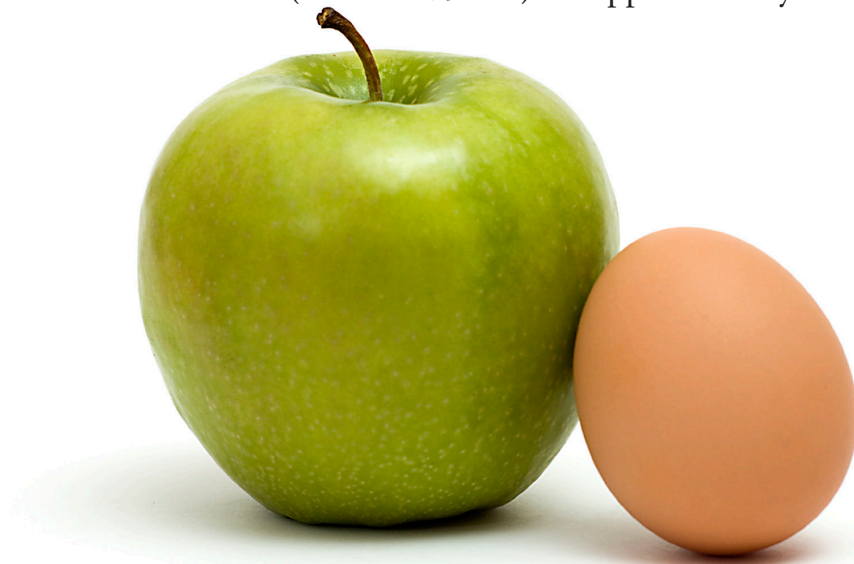
Muffins

Ingredients:

- 1 Apple (allowance)
- Grated zucchini (allowance)
- 1 Egg (allowance)
- 1 Crushed cracker (allowance)
- Diet Sprite / Sprite Zero

Directions:

1. Stew apple in a small can of Diet Sprite / Sprite Zero.
2. Add zucchini to the Diet Sprite / Sprite Zero.
3. Beat 1 egg.
4. Add the apple, Diet Sprite / Sprite Zero, zucchini, and crushed cracker to the egg.
5. Mix together and then place even amounts into muffin tins.
6. Cook in moderate oven (180 °C / 350 °F) for approximately 20 minutes.



Tips:

*Remember you have used 1 fruit from your allowance with this recipe!
You can prepare a few days' portions, one after another, to bake simultaneously.*

Cheese

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Fast Pizza

Ingredients:

- Cracker (allowance)
- Tomato (maximum of ½ tomato)
- Mushrooms (allowance)
- Green pepper (allowance)
- Asparagus (allowance) (optional)
- Mozzarella cheese (allowance)
- Salt & black pepper to taste
- Italian herbs (Mixed herbs can include hidden carbs/preservatives - please check the ingredients)

Directions:

1. Place crackers on a plate
2. Slice about half a tomato thinly on top to cover most of the crackers.
3. Sprinkle with a bit of salt and black pepper.
4. Slice the mushrooms on top, followed by the green pepper.
5. Add some asparagus if you like.
6. Place thinly sliced mozzarella cheese on top and sprinkle with 'Italian Herbs'.
7. Microwave high for 1 minute and 10 seconds and enjoy immediately.

Tips:

Remember you may never have more than 2 x 5.85 g crackers in one meal!

Feta Sauce with Vegetables

Ingredients:

- Feta cheese (allowance - once a week)
- 4 Teaspoons of water
- 1 or 2 Cracker portions (allowance)
- Favorite vegetables (allowance)

Directions:

1. Crumble feta cheese into a small microwaveable dish and add water.
2. Microwave on high for 1 minute.
3. Mash until smooth. Add more water if mixture is too thick.
4. Crumble cracker(s) into sauce, mix and heat again. Crackers thicken the sauce.

Tips:

Serve over cooked vegetables or cold over salad vegetables.

Quiche Florentine

Ingredients:

Quiche - use approximately $\frac{1}{3}$ of vegetable allowance:

- Ricotta cheese (allowance)
- Spinach (from allowance)
- Garlic
- Salt & pepper
- Herbs (Mixed herbs can include hidden carbs/preservatives - please check the ingredients)

Salad - use approximately $\frac{2}{3}$ of vegetable allowance:

- Lettuce (allowance)
- Tomato (maximum of $\frac{1}{2}$ tomato)
- Cucumber (from allowance)
- Balsamic vinegar

Directions:

1. Combine ricotta, finely chopped spinach, garlic and seasonings.
2. Lightly spray muffin tin with olive oil cooking spray.
3. Add mixture to muffin tin and bake in moderate oven for 12 - 15 minutes until starting to brown.
4. Serve with salad drizzled with balsamic vinegar.



Hot Veggie and Cream Cheese Dip

Ingredients:

- Green pepper (allowance)
- Onion (maximum of 2 tablespoons / day)
- Tomato (maximum of ½ tomato)
- Zucchini or spaghetti squash (allowance)
- Other favorite vegetables to taste (allowance) may also/alternatively be used
- Spinach (allowance)
- Fat-free cream cheese (allowance)

Directions:

1. Chop vegetables to desired size
2. Sauté vegetables using spray oil or a little water (excluding the spinach).
3. Add fat-free cream cheese and slowly stir till melted.
4. Remove from heat and stir in thinly sliced spinach leaves.

Tips:

You may add a little curry to spice things up a bit.

Spinach and Cheese Rolls

Ingredients:

- Spinach (allowance)
- Mozzarella (or ricotta) (allowance)
- Salt & pepper
- Herbs to taste (Mixed herbs can include hidden carbs/preservatives - please check the ingredients)
- Toothpicks

Directions:

1. Cut cheese into long strips.
2. Wash spinach leaves well and microwave them flat until soft.
Do not chop the spinach!
3. When cold, sprinkle with salt, pepper and herbs.
4. Roll strips of cheese in the spinach leaves.
5. Secure with toothpicks.

Tips:

Your perfect meal at cocktail parties!

Cheesy Vegetable Bake

Ingredients:

- Tomato (maximum of ½ tomato)
- Onion (maximum of 2 tablespoons / day)
- Cauliflower (allowance)
- Asparagus (allowance)
- Spinach (allowance)
- Cheese (allowance)
- Seasoning and dash of curry powder (Mixed seasoning/curry can include hidden carbs/preservatives/cayenne/red pepper - please check the ingredients)

Directions:

1. Cook vegetables until desired softness.
2. In a pan lightly fry the tomato and onion.
3. Combine all the vegetables on a plate and top with cheese.
4. Place under a grill until the cheese melts.

Tips:

*Always add a dash of curry powder to melted cheese dishes,
it adds color, flavor and a little zing!*

Cauliflower Cheese with a Surprise

Ingredients:

- Cauliflower (allowance)
- Mozzarella cheese (allowance)
- 1 Granny Smith apple (large green type) (diced small)
- Seasoning to taste
- Dried herbs (Mixed seasoning can include hidden carbs/preservatives - please check the ingredients)
- 2 Saltine crackers (allowance)

Directions:

1. Steam your allowance of cauliflower with a granny smith apple diced small.
2. Add small amount of dried herbs of your choice.
3. Place in a small casserole dish.
4. Cover cauliflower and apple with 2 crushed crackers and cheese.
5. Place uncovered in microwave until cheese melts.

Cappuccino Cheesecake

Ingredients:

- 2 Crackers (allowance)
- Ricotta cheese (allowance)
- Sweetener
- Diet Sprite / Sprite Zero
- Coffee

Directions:

1. Crush crackers and add a little sweetener and Diet Sprite / Sprite Zero to moisten.
2. Place in a muffin tin and press into base of 2 muffin forms.
3. Chill for an hour.
4. Blend ricotta, sweetener and coffee.
5. Spoon into cracker base and place into a hot oven (200°C / 400°F) for 10 minutes.

Fast and Easy Italian Pizza

Ingredients:

- Crackers (allowance)
- Tomato (maximum of ½ tomato)
- Mushrooms (allowance)
- Green pepper (allowance)
- Asparagus (allowance) (optional)
- Mozzarella cheese (allowance)
- Salt & black pepper
- Italian herbs (Mixed herbs can include hidden carbs/preservatives - please check the ingredients)

Directions:

1. Place crackers on a plate.
2. Slice about half a tomato thinly on top to cover most of the crackers.
3. Sprinkle with a bit of salt and black pepper.
4. Slice the mushrooms on top, followed by the green pepper.
5. Add some asparagus if you like.
6. Place thinly sliced or grated mozzarella cheese on top and sprinkle with Italian herbs.
7. Microwave on high for 1 minute and 10 seconds and enjoy immediately.



Better than Pizza

Ingredients:

- Onion (maximum of 2 tablespoons / day)
- Tomato (maximum of ½ tomato)
- Mushroom (allowance)
- Green peppers (allowance)
- Zucchini (allowance)
- Garlic
- Salt & pepper
- Oregano & other herbs to taste
- Mozzarella cheese (allowance)
- Crackers (allowance)

Directions:

1. Chop up onions, tomato, mushrooms, green peppers and zucchini.
2. Sauté in pan with salt, garlic, pepper, oregano (other herbs if you like)
3. Add mozzarella cheese to the pan.
4. Let it melt with vegetables.
5. Place on cracker.

Spinach and Ricotta Crisps

Ingredients:

- Crackers (allowance)
- Onion (maximum of 2 tablespoons / day)
- Spinach (allowance)
- Ricotta (or mozzarella) (allowance)
- Ground cumin seeds
- Basil
- Oregano
- Salt & pepper

Directions:

1. Finely chop the spinach and onion.
2. Mix with the ricotta then season to taste.
3. Microwave on high for 2 minutes or until vegetables are cooked and the cheese has melted.
4. Spread over crackers and enjoy!



Feta and Zucchini Bake

Ingredients:

- Feta cheese (allowance - once a week)
- Grated zucchini (allowance)
- Chopped tomato (maximum of ½ tomato) (optional for on top)
- Black pepper
- 2 Crackers
- Cooking spray

Directions:

1. Gently sauté in a pan the feta, zucchini and black pepper until cheese has just melted.
2. Place in between your two crackers then bake in oven for approx. 5 minutes (until crackers are warm)
3. You can then top with a little diced tomato (don't exceed allowance) or just have as is.

Asparagus and Feta

Ingredients:

- Feta cheese (from allowance, remember no more than once per week)
- Asparagus (allowance)
- 2 Crackers (allowance)

Directions:

1. Steam asparagus from allowance.
2. Heat small pan and add feta allowance, then stir until almost melted.
3. Add asparagus and stir through until feta has melted.
4. Serve with 2 crackers.



Grilled Cheese and Tomato

Ingredients:

- 2 Crackers (allowance)
- Tomato (maximum of ½ tomato)
- Cheese (allowance)

Directions:

1. Slice tomato thinly and place on crackers.
2. Add pepper and salt if desired then cover with sliced cheese.
3. Place under grill or microwave until cheese is melted.

Gourmet Mushroom and Cheese

Ingredients:

- Mushrooms (allowance)
- Spring onion (maximum of 2 tablespoons / day)
- Celery (allowance)
- Mozzarella cheese (allowance)

Directions:

1. Put 3 or 4 mushrooms in a shallow bowl.
2. Chop celery and spring onion finely and sprinkle on top of mushrooms.
3. Smother with mozzarella cheese.
4. Grill in oven or microwave until mushrooms are soft and cheese is golden or melted.

Spicy Cheesy Bits

Ingredients:

- Zucchini or yellow squash (allowance)
- Salt & freshly ground black pepper
- Chopped garlic
- Shredded mozzarella cheese

Directions:

1. Spray a little olive oil cooking spray in your skillet and lightly sauté zucchini or yellow squash “coins” in the pan.
2. Season with salt & freshly ground black pepper.
3. When they are almost done, add some chopped garlic.
4. Arrange the coins on 4 saltine crackers laid out to form a square on lightly sprayed foil.
5. Top the whole thing with shredded mozzarella and put it under the broiler for a minute or so, until the cheese has melted and is browning.
6. Serve immediately!

Tips:

It's easier to handle if you put the foil on a cookie sheet.

Portabella Mushroom Dish

Ingredients:

- 1 Portabella mushroom (allowance)
- Onion (maximum of 2 tablespoons/day)
- Celery and other vegetables (to make up remainder of your allowance)
- Feta cheese (allowance - once a week)
- Oregano

Directions:

1. Cut out the stem of the mushroom, then chop it and cut the cap in half.
2. Chop the rest of the vegetables
3. Water-sauté the vegetables.
4. Season vegetables to taste.
5. Place on allowed portion of mushrooms and bake a few minutes with the feta on top.

Zucchini Lasagna

Ingredients:

- Zucchini (allowance sliced thin coins)
- Salt & pepper
- Garlic
- Ricotta cheese (allowance)
- Tomato (maximum of ½ tomato)
- Parsley

Directions:

1. Sauté the zucchini coins in spray olive oil with garlic and salt and pepper.
2. Mix ricotta cheese (1/2 cheese allowance) with garlic, salt and pepper, oregano, and parsley.
3. Put cooked coins in a single layer in a small baking dish.
4. Top with ricotta mixture and another layer of zucchini.
5. Top with sliced tomato and mozzarella (1/2 cheese allowance) and bake.
6. When cheese melts broil to brown.

Cauliflower Cheese

Ingredients:

- Cauliflower (allowance)
- Ricotta cheese ($\frac{2}{3}$ allowance)
- Mozzarella cheese ($\frac{1}{3}$ allowance)
- Curry powder (curry can include hidden carbs - please check the ingredients)
- Salt & pepper

Directions:

1. Cut cauliflower florets into small pieces and microwave high for about 2 minutes or until soft.
2. Stir through ricotta cheese, season with salt and pepper.
3. Place mixture into a small bowl.
4. Top with mozzarella cheese and sprinkle with curry powder.
5. Broil until bubbling and golden brown.

Cottage cheese and Veggies

Ingredients:

- Cottage cheese (allowance)
- Cucumber (allowance)
- Tomato (maximum of ½ tomato)
- Salt & black pepper

Directions:

1. Simply chop and mix all of the ingredients.
2. Serve with crackers or on its own.



Tips:

You may substitute with your favorite vegetables.

Salads

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Tasty Tips for Salads

Include a small portion of fruit (from allowance) with your salad. This adds color, texture and taste.



Use a large variety of vegetables for a basic salad.



A little shredded red cabbage adds taste and color.



Make a delicious sweet & sour salad dressing:

Mix 1 teaspoon of light mayonnaise, 2 teaspoons white vinegar and 1 sweetener.



Use rocket/arugula in a salad. Rocket/arugula is a type of lettuce but has a strong peppery taste. It adds zing to any salad.



Use Herbs - these add flavor to all meals and can be used fresh or dried.



Add pieces of your crackers (allowance) and sprinkle over the top of salad. This adds crunch, texture and taste.



Serve your protein (chicken, meat, fish, egg) hot with a cold salad. Combining food at different temperatures highlights the flavors.



Adding a few lemon drops (from allowance) to your salad will add taste to the salad.

Greek Salad

Ingredients:

- Lettuce (allowance)
- Tomato (maximum of ½ tomato)
- Onion (maximum of 2 tablespoons / day)
- Cucumber (allowance)
- Celery (allowance)
- Feta cheese (allowance - once a week)
- 50ml Vinegar
- 50ml Water
- Mixed herbs to taste (for salads) (Mixed herbs can include hidden carbs/preservatives - please check the ingredients)
- Sweetener
- Salt & pepper to taste

Directions:

1. Dice vegetables to taste in bite-sizes.
2. Spread lettuce on dining plate and decorate onion, tomato, cucumber, and celery on top of lettuce.
3. Dice feta cheese in small squares and decorate salad.
4. Mix the vinegar, water, sweetener and mixed herbs for salad dressing.
5. Store salad and salad dressing in refrigerator until served.
6. Before serving salad, mix dressing well and pour on salad.

Tips:

Feta cheese can be replaced with any other prescribed cheeses.

Chicken Salad

Ingredients:

- Grilled chicken breast (allowance)
- Lettuce (allowance)
- Tomato (maximum of ½ tomato)
- Cucumber (allowance)
- Green pepper (allowance)
- Celery (allowance)
- Mushrooms (allowance)
- Cauliflower (allowance)
- Zucchini (allowance)
- 60ml Vinegar
- 60ml Water
- Mixed herbs (mixed spices can include hidden carbs/preservatives - please check the ingredients)
- Sweetener
- Salt & pepper

Directions:

1. Cut chicken in bite-sizes.
2. Select vegetables from above list to make up your allowance.
3. Dice the vegetables to your liking and mix with chicken.
4. Prepare salad dressing by mixing vinegar, water, mixed herbs and sweetener.
5. Pour over salad to taste.
6. Season with salt and pepper.



Tuna Salad

Ingredients:

- Tuna (allowance)
- Lettuce (allowance)
- Tomato (maximum of ½ tomato)
- Cucumber (allowance)
- Green pepper (allowance)
- Celery (allowance)
- Mushrooms (allowance)
- Cauliflower (allowance)
- Zucchini (allowance)
- 60ml Vinegar
- 60ml Water
- Mixed herbs seasoning (Mixed herbs/seasoning can include hidden carbs/preservatives - please check the ingredients)
- Sweetener

Directions:

1. Choose from the above list of vegetables to make up your allowance.
2. Dice vegetables and mix with tuna.
3. Prepare the salad dressing by mixing the vinegar, water, mixed herbs and sweetener.
4. Store tuna salad dressing in refrigerator until served.
5. Before serving salad, mix dressing well and pour on salad.

Egg Salad

Ingredients:

- 1 Egg (allowance)
- 1 Teaspoon of light mayonnaise
- Salt & pepper
- A few drops of vinegar
- Fresh parsley or chives
- Mustard powder
- 1 Cracker (allowance)

Directions:

1. Boil egg and then cut into squares.
2. Mix egg with light mayonnaise, salt, pepper, and a few drops of vinegar.
3. Adding fresh parsley or chives is optional.
4. Add mustard to the mixture and spread over cracker.

Mozzarella Salad

Ingredients:

- Mozzarella (allowance)
- Tomato (maximum of ½ tomato)
- Italian herbs or mixed dried salad-herbs or fresh herbs (Mixed herbs can include hidden carbs/preservatives - please check the ingredients)
- Vinegar
- Salt & pepper
- Lettuce (allowance)

Directions:

1. Cut mozzarella and tomato into little squares.
2. Mix and season with either Italian herbs, mixed dried salad-herbs, or fresh herbs.
3. Spray with olive oil cooking spray, vinegar, salt, and pepper.
4. Add the lettuce to reach your vegetable allowance.



A Delicious Salad Dressing

Ingredients:

- 200ml Plain white vinegar
- 500ml Water
- 10 Sweetener pills
- ½ Teaspoon salt
- Fennel
- Basil
- Thyme
- Rosemary

Directions:

1. Mix water and vinegar.
2. Add salt and sweetener.
3. Stir until salt and sweetener dissolve.
4. Add fresh chopped herbs such as: sweet basil, parsley, thyme, mixed herbs, a bit of mint.
5. This makes a big bottle that you can keep handy in your fridge to pour onto salads and stir-fries...

Tips:

Remember that you can use 20ml of the above dressing mixed with your 5ml of your light mayonnaise to make a creamy salad dressing, which is very nice with Tuna Salad.

Alternatively you may mix the above with extra balsamic vinegar and a bit of sweetener to make a delicious sauce for sweet and sour foods such as chicken or prawns.

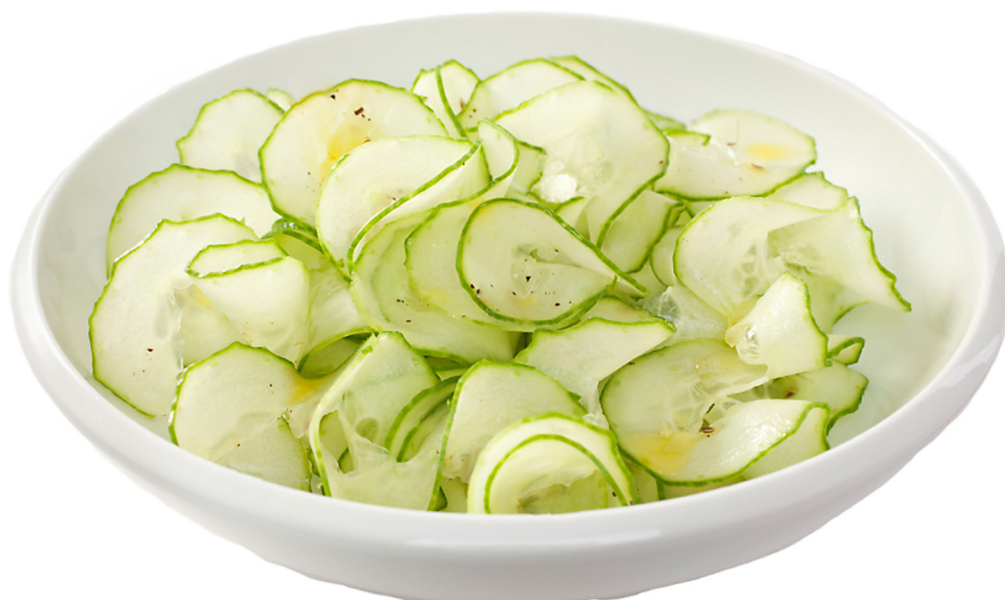
Cucumber Salad

Ingredients:

- Cucumber (allowance)
- Onion (maximum of 2 tablespoons / day)
- 3 Tablespoons of cider vinegar
- 3 Tablespoons water
- ¼ Teaspoon black pepper
- ¼ Teaspoon celery seed
- ⅛ Teaspoon dill weed (or ½ teaspoon of fresh chopped dill)
- 1 Sweetener

Directions:

1. Slice cucumbers and onion into bowl while weighing.
2. Mix the remaining ingredients in a small bowl and pour over the cucumbers.
3. Cover and refrigerate for at least 3 hours, stirring occasionally.
4. Drain and serve.



Mixed Vegetable and Chicken Salad

Ingredients:

- Baby spinach (from allowance)
- Tomato (maximum of ½ tomato)
- Fresh mushrooms (from allowance)
- ½ Teaspoon of onion
- 3 Tablespoons of apple cider vinegar
- 3 Tablespoons of sweetener
- Fresh basil
- Grilled chicken strips (allowance)

Directions:

1. Put onion into a blender.
2. Add the apple cider vinegar.
3. Add sweetener.
4. Add basil.
5. Blend the above together.
6. Pour dressing over salad prepared from the spinach, tomato, mushrooms and grilled chicken strips.

"French Vinaigrette" *Salad Dressing*

Ingredients:

- 1 Teaspoon of light mayonnaise
- 3-4 Teaspoons of white wine vinegar
- ½ Teaspoon of mustard powder
- Salt & pepper

Directions:

Shake all ingredients in a jar and pour over your favorite salad.

Tips:

*This dressing is particularly nice on tuna or chicken salad.
Adding a little fresh cilantro to salads also adds a great taste*

Soups

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Chicken Soup

Ingredients:

- 300ml Water
- Chicken (allowance)
- Cauliflower (allowance)
- Tomato (maximum of ½ tomato)
- Onion (maximum of 2 tablespoons / day)
- Parsley
- Celery (allowance)
- Mushrooms (allowance)
- Salt & pepper to taste
- 2 Crackers (allowance)

Directions:

1. Chop chicken into fine pieces.
2. In a lidded saucer, cook the chicken in water over low heat for 20 minutes.
3. Grate the cauliflower with a coarse grater. Dice the onion, tomatoes, celery, parsley (fine) and mushrooms.
4. Combine the vegetables and add to the cooked chicken.
5. Stir properly and cook for a further 20 minutes over low heat. Make sure to stir regularly.
6. Season with salt and pepper.
7. Optional: Serve with crackers.

Tips:

You can separately cook more than one portion at a time and freeze it per portion for later.

Asparagus and Chicken Soup

Ingredients:

- 250ml Water (cold) or water from a can of asparagus
- Asparagus (fresh and pre-cooked or canned) (allowance)
- Onion (use ½ teaspoon of your maximum of 2 tablespoons/day allowance)
- Chicken (allowance)
- Parsley
- 2 Crackers (allowance)
- Salt & pepper to taste

Directions:

1. Chop the chicken into fine pieces.
2. In a lidded saucer, cook the chicken in water over low heat for 20 minutes.
3. Dice the onion and parsley (fine) to taste.
4. Combine all vegetables, including the asparagus (cut into bite-size) and add to cooked chicken.
5. Stir properly and cook for another 20 minutes on low heat. Make sure to stir regularly.
6. Liquidize the soup and season with salt and pepper to taste.
7. Serve with crackers.



Tips:

You can separately cook more than one portion at a time and freeze it per portion for later.

Cream of Chicken Soup

Ingredients:

- Chicken (allowance)
- Onion (use ½ teaspoon of your maximum of 2 tablespoons / day allowance)
- Cauliflower (from allowance)
- Celery (from allowance)
- Zucchini (from allowance)
- Spinach (from allowance)
- Salt
- Herbs (Mixed spices can include hidden carbs/preservatives - please check the ingredients)
- 1 Cup of water

Directions:

1. Place the cut chicken into a cup of boiling water.
2. Add onion, celery, cauliflower, zucchini, spinach, some salt, and some herbs to the chicken.
3. Microwave it all for about 6 minutes or until the chicken is cooked.
4. Remove the mix from the microwave and insert into the blender until it is liquidized.

Tips:

You may add a cracker or two from your allowance to thicken while blending.

Curry Chicken Chow Mein Soup

Ingredients:

- Chicken (allowance) - cubed
- ½ Tomato (allowance)
- Mushrooms (allowance)
- Onion (maximum of 2 tablespoons / day)
- Shredded cabbage (allowance)
- Cilantro (dried or fresh)
- 125ml Diet Sprite / Sprite Zero
- 250ml Water
- Garlic to taste
- 1-2 Teaspoons of curry powder- to taste (Mixed curry can include hidden carbs/preservatives/cayenne/red pepper - please check the ingredients)

Directions:

1. Place chicken, garlic & onion in a frying pan and cook until lightly brown.
2. Place chopped tomato, mushroom and shredded cabbage into the pan with the chicken.
3. Sprinkle with chopped cilantro leaves to taste.
4. Mix Curry Powder with 125ml Diet Sprite /Sprite Zero and 250ml water and pour over chicken and vegetables in pan.
5. Cook until cabbage, tomato and mushrooms are soft and the water has a soupy consistency.

Curried Chicken and Cauliflower Soup

Ingredients:

- Chicken (allowance) – chopped into cubes
- Cauliflower allowance- 30g – break into florets
- Onion 20g (maximum of 2 tablespoons/day)
- Curry powder (approx. 1 teaspoon) or to taste (Mixed curry can include hidden carbs/preservatives/cayenne/red pepper - please check the ingredients)
- Salt and pepper to taste
- Approx. 250-300ml water

Directions:

1. In a saucepan, combine the chicken and vegetables with the water.
2. Bring the water to a boil and then simmer until the chicken is cooked and the vegetables are tender.
3. Leaving out a few chunks of vegetables and chicken, blend the mixture until liquidized.
4. Pour mixture over the vegetables and chicken you set aside.

Tips:

Serve with your cracker allowance..

Fish Soup

Ingredients:

- Fish (allowance) – cut into small pieces
- Onion (use ½ teaspoon of your maximum of 2 tablespoons / day allowance) - cut into small pieces
- Celery (allowance) - cut into small pieces
- Zucchini (allowance) - cut into small pieces
- Cauliflower (allowance) - cut into small pieces
- Spinach (allowance) - cut into small pieces
- Parsley

Directions:

1. Bring water to a boil.
2. Add fish and vegetables to the water and cook while simmering.
3. Cook until vegetables are soft.

Tips:

Serve with crackers (from your allowance).

Cream of Spinach Soup

Ingredients:

- 1 Egg (allowance)
- Onion (use ½ teaspoon of your maximum of 2 tablespoons / day allowance)
- Spinach (allowance)
- Garlic
- Salt & pepper

Directions:

1. Hard boil egg.
2. Sauté onion.
3. Add water, fresh garlic, salt, pepper, and spinach (you may also add 2 crackers - from your allowance).
4. Let the mixture simmer for about ½ hour with lid.
5. Blend soup.
6. Cut up hardboiled egg and place on top.



Minestrone

Ingredients:

- Celery (allowance) – small slices
- Cauliflower (allowance) – small slices
- Onion (use ½ teaspoon of your maximum of 2 tablespoons / day allowance) – small slices
- Tomato (maximum of ½ tomato) - blended while raw
- Salt & pepper
- Italian herbs (Mixed herbs can include hidden carbs/preservatives - please check the ingredients)

Directions:

1. Spray pan, add onion, cut vegetables and tomato into small cubes.
2. Cook until vegetables are soft.
3. Season with Italian herbs, add salt and pepper.

Tips:

You may also use mushrooms, zucchini, asparagus, green pepper, water and 2 x crackers from your allowance for a thicker soup.

Shrimp Soup

Ingredients:

- Shrimp (allowance)
- Your choice of vegetables (allowance)
- Curry (optional) (Mixed curry can include hidden carbs/preservatives/cayenne/red pepper - please check the ingredients)

Directions:

1. Chop or slice vegetables and cook in saucepan or microwave with water and seasoning until tender.
2. Add shrimp and cook for 1 minute.
3. Blend all together in blender or take shrimps out prior to blending veggies and serve with whole shrimps.

Tips:

If you add curry, you only need a dash.

Red Meat Dishes

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Beef Barbecue

Ingredients:

- Steak meat (allowance)
- Onion (use ½ a teaspoon of your maximum of 2 tablespoons / day allowance)
- Mushrooms (allowance)
- 10ml Lemon juice (use ¼ fruit from your fruit allowance for the day)
- ½ Teaspoon curry powder (Mixed curry can include hidden carbs/preservatives - please check the ingredients)
- Salt & pepper to taste
- Mixed herbs to taste (Mixed herbs can include hidden carbs/preservatives - please check the ingredients)
- Tin foil

Directions:

1. Dice mushrooms to taste.
2. Cut foil large enough to cover steak easily.
3. Place steak on foil and rub mustard powder and mixed herbs on steak.
4. Cover steak with mushrooms and sprinkle lemon juice on steak.
5. Season steak with salt and pepper to taste.
6. Carefully fold tin foil around steak without disturbing the contents.
7. Barbecue steak on an outside barbecue or in an oven at 180°C / 350°F for 20 minutes.
8. Serve in opened foil with a crisp salad.

Tips:

This is an easy and delicious meal to take with when attending a barbecue.

Curry Beef Kebabs

Ingredients:

- Steak or beef stew meat (allowance)
- 1 Teaspoon of curry powder (Mixed curry can include hidden carbs/preservatives/cayenne/red pepper - please check the ingredients)
- 200ml Vinegar
- Sweetener
- Herbs to taste (Mixed herbs can include hidden carbs/preservatives - please check the ingredients)
- Cauliflower (allowance)
- Zucchini cubes (allowance)
- Mushrooms (allowance)
- Onion (maximum of 2 tablespoons/day)
- Tomato (maximum of ½ tomato)
- Apple (allowance)
- Peaches (allowance)
- Mango (allowance)

Directions:

1. Cut meat into bite sizes.
2. Mix curry powder with vinegar, sweetener and herbs.
3. Add vegetables and/or fruit to taste.
4. Cover meat with mixture and store for 48 hours in refrigerator.
5. Thread the meat and vegetables and/or fruit alternatively on to skewers.
6. Grill kebabs or barbecue for 6 to 8 minutes, turning skewers once, or until the meat is cooked.

Tips:

You may prepare enough beef and vegetables for 2 to 3 meals taking care to keep each portion separate.

Beef Schnitzel (Country Fried Steak)

Ingredients:

- Steak (allowance)
- 2 Crackers (allowance)
- Salt & pepper to taste
- Vegetables (allowance)
- Salad (allowance)

Directions:

1. Crush crackers and pat onto steak.
2. Cover and refrigerate for 20 minutes.
3. Sprinkle steak with salt & pepper to taste.
4. Spray frying pan with cooking spray.
5. Sauté steak in pan, 2 minutes on each side.
6. Pat remainder of crushed cracker onto steak.
7. Bake steak in preheated oven at 180°C / 350°F for 10 minutes.
8. Serve with vegetables or salad.

Steak Stir Fry

Ingredients:

- Steak or beef stew meat (allowance)
- Onion (maximum of 2 tablespoons / day)
- Tomato (maximum of ½ tomato)
- Zucchini (allowance)
- Mushrooms (allowance)
- Cauliflower (allowance)
- Cabbage (allowance)
- Salt & pepper
- Herbs (Mixed herbs can include hidden carbs/preservatives - please check the ingredients.)

Directions:

1. Prepare the vegetables and mix in combined portions as per your allowance.
2. Cut steak into bite sizes.
3. Heat a non-stick frying pan, spray with cooking spray.
4. Stir-fry the vegetables for a few minutes.
5. Add steak and stir fry till done.
6. Add salt & pepper & herbs to taste.

Tips:

You may prepare and store excess portions in freezer for later use.

Meatloaf

Ingredients:

- Steak (allowance)
- Onion (maximum of 2 tablespoons / day)
- Tomato (maximum of ½ tomato)
- Basil
- Salt & pepper

Directions:

1. Grind steak or use extra lean ground beef.
2. Chop onion and tomato finely and mix well into the ground meat.
3. Add some basil or other herbs and salt and pepper to taste.
4. Shape into a small oval shape and place in oven proof dish using foil to keep it in shape if needed and cook in 180 °C / 350 °F until cooked.
5. Serve with remaining vegetable allowance.



Beef Stroganoff

Ingredients:

- Beef stew meat (allowance)
- Mushroom (allowance)
- Onion (maximum of 2 tablespoons / day).
- Spices & herbs to taste (Mixed spices & herbs can include hidden carbs/preservatives - please check the ingredients)
- Balsamic vinegar
- 5ml Light mayonnaise
- 25g Mixed lettuce (allowance)

Directions:

1. Spray pan and cook onion.
2. Add meat and mushrooms together and cook until beef is brown.
3. Add spices and balsamic vinegar and simmer for a few minutes until balsamic reduces.
4. Just before serving, add light mayonnaise (to give it a sort of creamy texture).
5. Serve with some lettuce.

Beef Rissoles with Tomato Salsa

Ingredients:

- Steak (allowance)
- 1 Cracker
- Salt & pepper
- Small amount of mustard powder
- ¼ Tomato (allowance)
- Onion (maximum of 2 tablespoons / day)
- Shake of crushed garlic, if desired

Directions:

1. Flatten steak with a meat mallet.
2. Mix crushed cracker, salt, pepper, garlic, onion & tomato together and add enough water to keep it all together.
3. Spread over steak and roll up into a roast.
4. Secure with a tooth pick or skewer.
5. Bake in foil approx. 45 - 60 minutes in a 150°C / 300°F oven.
6. Serve with balance of vegetables from allowance.

Diet Hamburgers

Ingredients:

- Steak (allowance)
- Onion (maximum of 2 tablespoons / day)
- Salt & pepper
- Balsamic vinegar
- Lettuce (allowance)
- Tomato (maximum of ½ tomato)
- Cracker (allowance)

Directions:

1. Grind the steak or use extra lean ground beef that you have asked your butcher to grind for you.
2. Add finely chopped onion.
3. Add salt and pepper and roll into balls - either small balls or larger little flat patties.
4. Spray with balsamic vinegar and sauté in a sprayed pan. Cook until nice and brown.
5. Place your lettuce and tomato onto your cracker bread and put burger patty/patties on top to make a diet hamburger.
6. Spray with balsamic vinegar.

Tips:

Alternatively, serve the salad on the side and the burger patty on the cracker bread.

Spray with balsamic vinegar to give a nice taste.

Beef Goulash

Ingredients:

- Beef stew meat (allowance)
- Diced onion (maximum of 2 tablespoons / day)
- Garlic granules
- Sliced mushroom and tomato (maximum of ½ tomato)
- Salt & pepper
- Bay leaf
- ½ Cup of water
- 2 Crackers (allowance)

Directions:

1. Brown beef in pan, then remove from pan.
2. Brown onion and garlic, then add mushroom, tomato, salt and pepper, and bay leaf.
3. Add water and return beef to pan.
4. Simmer until liquid reduces (by about half).
5. Remove bay leaf and serve with crackers.

Beef Curry

Ingredients:

- Beef stew meat (allowance)
- Mushrooms (allowance)
- Tomato (maximum of ½ tomato)
- Cauliflower (allowance)
- Onion (maximum of 2 tablespoons / day)
- Curry powder (Mixed curry can include hidden carbs/preservatives/cayenne/red pepper - please check the ingredients)
- Salt & pepper
- Basil
- 2 Crackers (allowance)
- ½ Cup of water

Directions:

1. Slice vegetables into small slices.
2. Place the crackers, curry powder, salt, pepper, basil, and water in a bowl and allow to soak.
3. Spray the saucepan with a small amount of cooking spray, then add the cubed beef and cook until brown.
4. Add the vegetables and continue cooking.
5. Break up the now soggy crackers with a fork and mix with the herbs and water.
6. Once vegetables are cooked, add the cracker mix, and simmer while it thickens to a curry sauce.

Stuffed Tomato

Ingredients:

- ½ Tomato (maximum)
- Extra lean ground beef (allowance)
- Salt & pepper to taste
- Herbs to taste (Mixed herbs can include hidden carbs/preservatives - please check the ingredients)
- 1 Cracker (allowance)

Directions:

1. Season meat to taste.
2. Remove the inside of the tomato to half and weigh the shell as part of your vegetable allowance.
3. Place the tomato shell in an oven dish and stuff with meat.
4. Crumb the cracker on top of stuffed tomato.
5. Pre-heat an oven to 180°C / 350°F and bake tomato for 30 minutes.
6. If microwave oven is used, cook the tomato on high for 8 minutes.
7. Serve immediately with remainder of your vegetable allowance.



Hummy Spinach Rissoles

Ingredients:

- Extra lean ground beef (allowance)
- 1 Garlic clove crushed
- Onion (maximum of 2 tablespoons / day)
- Spinach – finely chopped (allowance)
- Curry powder (Mixed curry can include hidden carbs/preservatives/ cayenne/red pepper - please check the ingredients.)
- Salt & pepper
- Dried mixed herbs (optional) (Mixed herbs can include hidden carbs/ preservatives - please check the ingredients.)
- ½ Teaspoon of light mayonnaise (allowance)

Directions:

1. Mix all ingredients in a bowl, and make up around 8 small rissoles (they cook faster and stay together).
2. When cooked, serve with crackers from your allowance.
3. For a special something, dip into ½ teaspoon of light mayonnaise from your daily allowance.

Tips:

This recipe works well with ground chicken or turkey.

Grilled Beef

Ingredients:

- Lean beef steak (allowance)
- Asparagus (allowance)
- Mushrooms (allowance)

Directions:

1. Heat up the grill or a grill pan.
2. Spray lightly with olive oil spray.
3. Place all vegetables and steak in (at once), leave for 3 minutes.

Tips:

This makes a medium-rare 'grilled beef'. For a more cooked 'grilled beef', leave on grill for a few more minutes.

Peppered Steak

Ingredients:

- Steak (allowance)
- Garlic granules
- Freshly ground peppercorns (not red pepper)
- Salt

Directions:

1. Slightly tenderize steak with a meat mallet.
2. Sprinkle with garlic granules and freshly ground peppercorns.
3. Spray and cook to your liking.
4. Serve with some sautéed mushrooms and a little onion (maximum of 2 tablespoons / day) and with salad or vegetables.

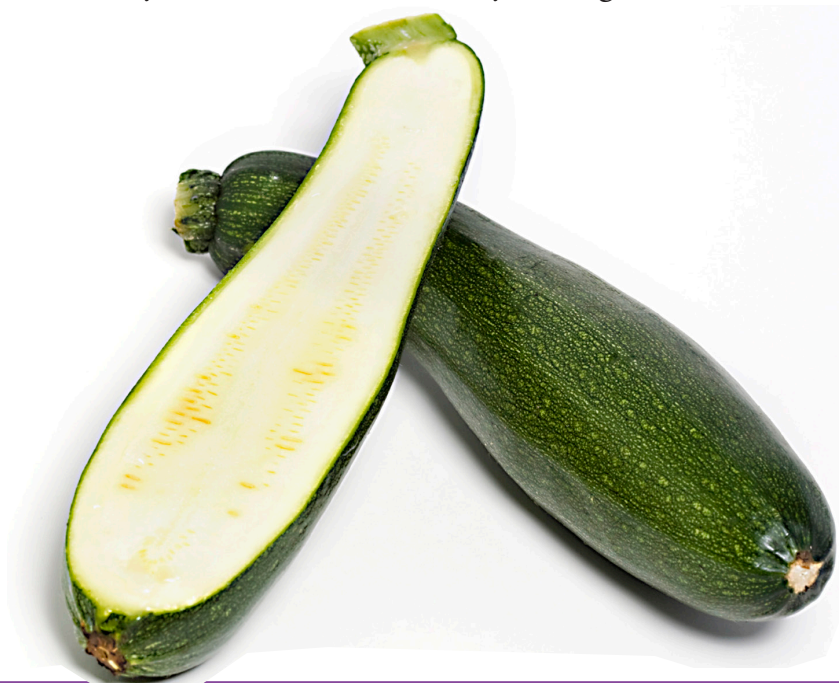
Stuffed Zucchini

Ingredients:

- Zucchini (allowance)
- Extra lean ground beef (allowance)
- Salt & pepper
- Herbs to taste (Mixed herbs can include hidden carbs/preservatives - please check the ingredients)
- 1 Cracker (allowance)

Directions:

1. Season meat to taste.
2. Remove the inside of the zucchini and weigh the zucchini shell as part of your vegetable allowance.
3. Place the zucchini shell on an oven dish and stuff it with steak.
4. Crumble the cracker on top of stuffed zucchini.
5. Pre-heat an oven to 180°C / 350°F and bake zucchini for 30 minutes.
6. If a microwave oven is used, cook the zucchini on high for 8 minutes.
7. Serve immediately with the remainder of your vegetable allowance.



Beef with "Nutty" Vegetables

Ingredients:

- Steak (allowance)
- Onion (maximum of 2 tablespoons / day)
- Asparagus - sliced thin on the diagonal (allowance)
- Cabbage - shredded (allowance)
- Zucchini - sliced in thin strips or grated (allowance)
- Oil spray
- Spices to taste (mixed spices can include hidden carbs/preservatives - please check the ingredients)

Directions:

1. Pre cut all your vegetables.
2. Wait until pan heats and spray with cooking spray, then begin cooking your steak with a bit of pepper.
3. Add the onions, asparagus and spices and keep stirring until well cooked, almost charring.
4. Add the cabbage and zucchini and keep stirring until just cooked.
5. (Your steak should be ready around the same time).
6. Slice your steak into thin strips and serve fanned out over the "nutty" vegetables.

Chinese Beef

Ingredients:

- Steak meat (allowance)
- Diet Sprite / Sprite Zero
- Garlic
- Crushed peppercorn (not red)
- Finely chopped green onion (maximum of 2 tablespoons / day)
- Zucchini (allowance)

Directions:

1. Marinate lean steak meat in Diet Sprite/Sprite Zero, garlic, crushed peppercorn and chopped green onion (from your allowance) overnight.
2. Slice steak up and cook it up in a frying pan. When done, put it aside.
3. Dice up zucchini, green onion, green pepper and stir fry in olive oil spray.
4. Season vegetables with salt & pepper and cook for a few minutes.
5. Add chopped up cabbage and about 3 splashes of balsamic vinegar.
6. Layer lettuce, stir fried vegetables, then meat.

Ginger Steak Stir Fry

Ingredients:

- Lean steak (allowance)
- Cabbage (allowance)
- Green pepper (allowance)
- Fresh ginger about 1" square, grated or thinly sliced/diced
- Garlic powder
- White wine vinegar

Directions:

1. Cut beef into bite sized cubes.
2. Cut cabbage into shreds.
3. Cut green pepper into bite sized pieces about 1 inch squares.
4. Stir fry the vegetables and ginger in non-stick pan over medium heat for about 2-3 minutes until the cabbage starts to wilt.
5. Add the beef and sprinkle garlic powder to taste.
6. Continue to stir fry until beef is cooked as desired.
7. Add a splash of white wine vinegar and cook to allow this to evaporate - (about 10 seconds).

Stuffed Green Pepper

Ingredients:

- Green pepper (allowance)
- Extra lean ground beef (allowance)
- Salt & pepper to taste
- Herbs to taste (Mixed herbs can include hidden carbs/preservatives - please check the ingredients)
- 1 Cracker (allowance)

Directions:

1. Season the meat to taste.
2. Remove the inside of the green pepper and weigh the shell as part of your vegetable allowance.
3. Place the green pepper shell in oven dish and stuff it with meat.
4. Crumble the cracker on top of stuffed green pepper.
5. Pre-heat an oven to 180°C / 350°F and bake green pepper for 30 minutes.
6. Serve immediately with the remainder of your vegetable allowance.

Beef with Portabella Mushrooms

Ingredients:

- Beef cutlet (beef allowance - tenderized)
- Cracker (allowance)
- Salt & pepper
- Garlic powder
- Oregano
- Whole portabella mushroom, stemmed and de-gilled (allowance)
- Tomato slice (allowance)
- Onion, diced (maximum of 2 tablespoons / day)

Directions:

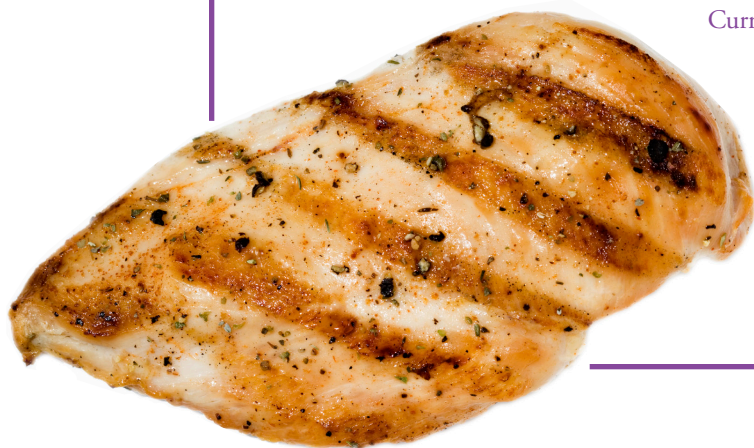
1. Pre-heat oven to 180°C / 350°F°.
2. Grind crackers with salt, pepper, and garlic powder in food processor.
3. Coat beef cutlet with cracker mixture and place in hot skillet which has been sprayed with cooking spray.
4. Sear beef on both sides until slightly brown.
5. Place whole mushroom on foil lined baking sheet that has been sprayed with cooking spray.
6. Season with salt, pepper & garlic powder.
7. Place tomato slice on top and season with oregano.
8. Sprinkle with onion allowance.
9. Top with beef cutlet.
10. Place in heated oven 20-30 minutes until cutlet is finished cooking and serve immediately.



Chicken Dishes

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Chicken Schnitzel *(Chicken Fried Steak)*

Ingredients:

- Chicken (allowance)
- 2 Crackers (allowance)
- Seasoning to taste (Mixed spices can include hidden carbs/preservatives - please check ingredients.)
- Vegetables (allowance)
- Salad (allowance)

Directions:

1. Crush cracker and pat onto chicken.
2. Cover and place chicken in fridge for 20 minutes.
3. Sprinkle seasoning over chicken.
4. Spray frying pan with cooking spray.
5. Fry chicken in pan, 2 minutes on each side.
6. Pat remainder of crushed cracker onto chicken.
7. Bake chicken in pre-heated oven at 180°C / 350°F for 10 minutes.
8. Serve with vegetables or salad.

Chicken Lickin' Cooking

Ingredients:

- 1 Cooking bag
- Chicken (allowance)
- 1 Teaspoon of curry powder (Mixed curry can include hidden carbs/preservatives/cayenne/red pepper - please check the ingredients)
- 1 Tablespoon of vinegar
- Sweetener
- Salt & pepper
- Pinch of thyme

Directions:

1. Mix curry powder, vinegar, sweetener, salt & pepper and thyme.
2. Place chicken in cooking bag pour seasoning mixture over chicken.
3. Bake chicken in oven, microwave oven or boiling water until done.

Tips:

The uncooked chicken with mixture can be weighed and prepared well in advance and stored in a freezer till cooking is required.

Chicken Stir Fry

Ingredients:

- Chicken (allowance)
- Onion (maximum of 2 tablespoons / day)
- Tomato (maximum of ½ tomato)
- Zucchini (allowance)
- Mushrooms (allowance)
- Cauliflower (allowance)
- Cabbage (allowance)
- Seasoning (Mixed seasoning can include hidden carbs/preservatives - please check the ingredients.)

Directions:

1. Prepare the vegetables and mix in combined portions as allowed.
2. Store excess portions in freezer for later use.
3. Cut chicken into bite sizes and season to taste.
4. Heat a non-stick frying pan, spray with cooking spray.
5. Stir-fry the vegetables for a few minutes.
6. Add chicken and stir fry till done.

Curry Chicken Kebabs

Ingredients:

- Chicken (allowance)
- 1 Teaspoon of curry (Mixed curry can include hidden carbs/preservatives/cayenne/red pepper - please check the ingredients)
- 200ml Vinegar
- Sweetener
- Herbs to taste (Mixed herbs can include hidden carbs/preservatives - please check the ingredients)
- Cauliflower (allowance)
- Zucchini cubes (allowance)
- Mushrooms (allowance)
- Onion rings (maximum of 2 tablespoons / day)
- Tomato (maximum of ½ tomato)
- Apple (allowance)
- Peaches (allowance)
- Mango (allowance)

Directions:

1. Cut chicken and vegetables into bite sizes.
2. Mix curry powder with vinegar, sweetener and herbs.
3. Add vegetables and/or fruit to taste.
4. Cover chicken with mixture and store for 48 hours in refrigerator.
5. Thread the chicken and vegetables and/or fruit alternatively onto skewers.
6. Grill kebabs or barbecue for 6 to 8 minutes, turning the skewers until the chicken is cooked.



Tips:

You may prepare enough chicken and vegetables for 2-3 meals, taking care to keep each portion separate.

Curry Chicken Stew

Ingredients:

- Chicken (allowance)
- Tomato (maximum of ½ tomato)
- Onion (maximum of 2 tablespoons / day)
- Zucchini (allowance)
- 1 Teaspoon of curry powder to taste (Mixed curry can include hidden carbs/preservatives/cayenne/red pepper - please check the ingredients)
- Sweetener
- 1 Bay leaf
- Cloves
- Crackers (allowance)

Directions:

1. Slice vegetables to taste.
2. Heat a non-stick frying pan, spray with cooking spray.
3. Brown chicken in frying pan.
4. Add vegetables to chicken.
5. Add curry powder, a bit of water (if necessary) sweetener, bay leaf, cloves and seasoning and stir.
6. Cook at low temperature for 30 minutes or until chicken is cooked.
7. Serve immediately with crackers from allowance.

Chicken with Vegetables in the Oven

Ingredients:

- Skinless and boneless thin chicken tenderloins or chicken breast cut into strips (allowance)
- Your favorite vegetables chopped (tomato, onion, etc)
- Olive oil cooking spray
- Fresh garlic to taste

Directions:

1. Preheat oven to 200°C / 400°F.
2. Spray a little olive oil cooking spray on a baking sheet.
3. Place the chicken fillet on the baking sheet and arrange the vegetables around it.
4. Sprinkle the garlic on the chicken fillet and salt on the vegetables.
5. Spray just a little olive oil cooking spray onto the chicken and vegetables.
6. Bake the chicken until done for about 15 minutes.

Warm Chicken Salad with Zip

Ingredients:

- Chicken breast (allowance)
- Mixed lettuce (allowance)
- Celery (allowance)
- Orange peeled & segmented (allowance)
- Salt & freshly ground black pepper
- Vinegar
- Garlic
- Italian herbs (Mixed herbs can include hidden carbs/preservatives - please check the ingredients.)
- Mustard powder - for a little Zip

Directions:

Dressing:

1. Take squeezed orange juice and add 1 teaspoon of grated rind (from same orange).
2. Combine the orange juice and rind with balsamic vinegar, garlic, salt, 1 teaspoon of mustard powder (for a little ZIP), and Italian herbs.
3. Place dressing ingredients into screw top jar & shake until well combined.

Salad:

1. Tear lettuce leaves and toss in salad bowl.
2. Add orange segments & celery to the lettuce.
3. Slice chicken thinly.
4. Stir fry chicken in a wok with a little vinegar for 3 – 4 minutes until golden.
5. Sprinkle chicken with black pepper and add place cooked chicken on top of the salad.
6. Pour dressing over salad and enjoy immediately.

Note:

You are not allowed to have any bought orange juice on the program. You may make your own. This means that you can take your 1 orange from your allowance and squeeze this to obtain the juice. Alternatively you may peel your orange and blend this with some water to make juice.

Curry Mango Chicken

Ingredients:

- Chicken (allowance)
- Cauliflower (allowance)
- Garlic (allowance)
- ½ Mushroom (from your total vegetable allowance)
- ¼ Tomato (allowance)
- Olive oil spray
- Salt & pepper
- 1 Teaspoon of curry powder (Mixed curry can include hidden carbs/ preservatives/cayenne/ red pepper - please check the ingredients)
- 1¼ Crackers (or 2½ Saltines) (allowance)
- 100g Diced mango
- 1 Teaspoon of light mayonnaise

Directions:

1. Spray pan with olive oil.
2. Add crushed garlic and diced chicken.
3. Stir fry until chicken becomes slightly golden.
4. Add in cut up vegetables & stir fry.
5. Add in 1 teaspoon curry powder, salt & pepper and continue to stir fry.
6. After 1 minute add in 1 glass of water and simmer.
7. After 10 minutes, add in crushed crackers and 1 teaspoon of light mayonnaise & 100g of diced mango.
8. Stir occasionally till all of the water is evaporated & serve.

Chicken Coleslaw

Ingredients:

- Skinless chicken breast sliced into strips (allowance)
- Cabbage & celery finely shredded (allowance)
- 1 Teaspoon of low fat mayonnaise
- Mixed dried herbs (Mixed herbs can include hidden carbs/preservatives - please check the ingredients)
- Salt & pepper

Directions:

1. Sprinkle the mixed herbs in a frying pan that has been lightly sprayed with oil.
2. Add the chicken strips one by one so they cook nice & flat.
3. Sprinkle more herbs on the top and flip them over. The chicken will cook very quickly.
4. Store the strips in the fridge to cool.
5. Take the cabbage and celery and add the mayonnaise to these.
6. Mix well.
7. Serve the coleslaw in a bowl with the chicken strips on top.

Tips:

The cold chicken is great in any salad so you can cook up a second allowance (separately) and have it ready for another meal the next day.

Baked Mango Chicken

Ingredients:

- Chicken (allowance)
- 100g Mango (fruit allowance)
- Steamed vegetables of your choice (allowance)
- Garlic powder
- Curry powder (Mixed curry can include hidden carbs/preservatives/cayenne/red pepper - please check the ingredients)
- Salt and pepper
- Tin foil

Directions:

1. Slice the chicken breast horizontally.
2. Cut mango into slices.
3. Slide 1 or 2 slices of the mango onto one side of the chicken and cover mango with the other ½ of chicken.
4. Lightly sprinkle the chicken with garlic powder or curry powder.
5. Put the chicken onto foil and place remaining mango onto chicken.
6. Cover with foil.
7. Bake for 15 minutes, open foil and brown for 5-10 min, then serve with steamed vegetables from allowance.

Chicken Risotto

Ingredients:

- Ground chicken breast (allowance)
- Zucchini (allowance)
- Squash (allowance)
- Onion (maximum of 2 tablespoons / day)
- Herbs and seasoning to taste (Mixed herbs can include hidden carbs/ preservatives- please check the ingredients)

Directions:

1. Grate zucchini & squash and thinly slice onion.
2. Brown ground chicken in a wok.
3. Add vegetables and herbs into the wok and toss until cooked.

Tips:
Tastes great hot or cold.

Spicy Chicken Patties

Ingredients:

- Ground chicken breast (allowance)
- Spring onion (maximum of 2 tablespoons / day)
- Lemon (from fruit allowance) or vinegar

Directions:

1. Combine all the ingredients together and mix well.
2. Shape into patties.
3. Heat a non-stick fry pan over a medium heat, spray lightly with cooking spray.
4. Add patties and cook for about 5 minutes on each side, or until cooked through.
5. Squeeze the lemon or vinegar onto cooked patties, and serve with a salad or vegetables from your allowance.

"Creamy" Mustard Chicken

Ingredients:

- Chicken-cubed (allowance)
- Mushrooms- sliced (allowance)
- Onion (maximum of 2 tablespoons / day)
- 2 Tablespoons of grated zucchini
- Garlic powder & mustard powder (3 teaspoons)
- Vinegar and water (1 tablespoon each)
- Sweetener
- Salt and pepper

Directions:

1. Spray non-stick pan with oil and stir-fry chicken for 2 minutes.
2. Add mushrooms and continue stir-frying until mushrooms are done.
3. Remove both from pan.
4. In same pan, sauté onion with grated Zucchini and garlic powder for 2 minutes stirring constantly.
5. Prepare a paste from mustard powder, vinegar and water and add to the above.
6. Return chicken / mushroom mixture to pan, stir through.
7. Season with salt and pepper and cook covered until chicken is done (add a bit more water if needed).
8. Serve with the remaining vegetable allowance- maybe on a bed of lettuce leaves or salad combination of your choice.

Barbie's Chicken a l'Orange

Ingredients:

- Chicken (allowance)
- 1 Garlic clove (sliced into thin pieces or minced)
- Salt & pepper to taste
- Orange (allowance)
- Vinegar
- 1 Cup of Diet Sprite/Sprite Zero
- Sweetener (if needed)

Directions:

1. In a non-stick skillet, add Diet Sprite/Sprite Zero, garlic, and chicken and cook on medium high heat for 5 minutes.
2. Reduce heat and cook 5-7 minutes, or until chicken is cooked.
3. Add salt and pepper to taste. Transfer chicken to plate and keep warm.
4. While chicken is cooking, grate approx. ¼ of orange peel. Half your orange and squeeze the juice into a small container. Cut off any white pith and peel from remaining half, and cut into small sections. Add fruit sections to juice.
5. Add vinegar and sweetener (to taste).
6. Add entire juice/fruit/vinegar mixture to skillet after removing chicken.
7. Boil for two minutes. If it boils off too much, you can add more Diet Sprite/Sprite Zero or water.
8. Return chicken to skillet, turning to coat with sauce.
9. Serve immediately with vegetable allowance, using remaining “sauce” in pan over your chicken and/or vegetables.

Tips:

*Option 2: Cool the chicken and serve over spinach salad.
In this case, save your half orange and slice (uncooked) into the salad.
Your “sauce” becomes a nice salad dressing.*

Thai Chicken Burgers

Ingredients:

- Ground chicken breast (allowance)
- Onion (maximum of 2 tablespoons / day)
- Dried garlic
- Curry powder (Mixed curry can include hidden carbs/preservatives/ cayenne/red pepper - please check the ingredients)
- Salt & pepper to taste
- ½ Teaspoon of dry cumin
- Fresh cilantro (allowance)
- Salad (allowance) or alternatively asparagus & zucchini (allowance)

Directions:

1. Combine all ingredients.
2. Shape into burgers (makes approximately 3 small patties).
3. Fry in non stick pan with a little spray oil.
4. Serve with salad from allowance. Alternatively serve the patties with cooked asparagus and zucchini on a bed of lettuce (from your allowance).

Chicken Breast Stuffed with Spinach and Tomato

Ingredients:

- Chicken breast (allowance)
- Spinach (a few leaves) (allowance)
- Tomato (maximum of ½ tomato)
- Dried garlic
- Salt & pepper to taste
- Steamed vegetables (remaining allowance)

Directions:

1. Slice the chicken breast horizontally.
2. Flatten the chicken breast and place a layer of spinach leaves, sliced tomato, and sprinkle with dried garlic and salt and pepper.
3. Fold over the chicken to cover the vegetables and secure with toothpicks.
4. Heat a non stick pan over a medium heat, spray with a little oil and cook the chicken for 4-5 minutes on each side, or until cooked through and golden brown.
5. Cut into thick slices and serve over remainder of steamed vegetables from your allowance.

Baked Chicken Nuggets

Ingredients:

- Cubed chicken breast (allowance)
- 1 Cracker (allowance)
- Garlic powder
- Salt & pepper
- Vegetables / salad (allowance)

Directions:

1. Take the cracker / saltine, garlic powder, salt, and pepper and put in food processor.
2. Mix until “crumby”.
3. Place the crumbs in a Ziploc bag, add chicken cubes and shake to coat.
4. Spray baking sheet with cooking spray and spread the nuggets onto this.
(Make sure to crumble leftover crumbs over the pieces).
5. Spray the chicken with the cooking spray.
6. Bake at 190°C / 375°F for 20-30 minutes (depending on size of nuggets).
7. Serve with vegetables / salad from your allowance.

Chicken Schnitzel (fried Chicken) with Gravy

Ingredients:

- Thinly sliced chicken breast (allowance)
- 1 Cracker (allowance)
- Lettuce leaves (allowance)
- ½ Tomato (skin removed), finely chopped (allowance)
- Salt & pepper
- Dried rosemary
- Dried thyme
- Half small clove of garlic
- 1 Teaspoon of onion, finely chopped (part of maximum of 2 tablespoons/day allowance)
- 2 Teaspoons of balsamic vinegar
- 1 Teaspoon of light mayonnaise
- ½ Cup of water

Directions:

1. Crush cracker into tiny crumbs using mortar and pestle.
2. Add small amount of salt and pepper to crushed cracker and mix in.
3. Coat chicken breast with crumbs. Reserve any leftover crumbs.
4. In a small saucepan, slowly heat onion, garlic, rosemary, tiny amount of salt, pepper, thyme and tomato until onion goes glassy.
5. Add vinegar and stir in.
6. Add water and remaining cracker crumbs (good for thickening the gravy)
7. Place chicken breast in non-stick grill or fry pan.
8. Cook slowly until crumbs are brown.
9. Simmer gravy until it thickens and reduces.
10. Add light mayonnaise and stir quickly into gravy.
11. Simmer until the mixture has the consistency of gravy. Remove from heat.
12. Place chicken on lettuce and pour gravy over the chicken.

Mango (or Apricot or Peach) Chicken

Ingredients:

- Chicken breast sliced (allowance)
- Onion (maximum of 2 tablespoons / day)
- 100g Mango (or 1 apricot or 1 peach)
- Splash of balsamic vinegar
- Splash of Diet Sprite/Sprite Zero
- Salt & pepper (to taste)
- Sprinkle of dried cilantro or parsley
- Vegetables for salad (remainder of allowance)

Directions:

1. Stir fry onion and chicken until chicken is almost cooked. (You may need to add a little water.)
2. Add splash of vinegar, Diet Sprite / Sprite Zero, salt and pepper, herbs and mango slices.
3. Stir fry until mango softens and chicken is cooked.
4. Serve with crisp garden salad from the balance of your vegetable allowance.

Tips:

Substitute the mango for peach or apricot if you like.

Stir-fry Lemon Chicken

Ingredients:

- Cubed chicken breast (allowance)
- Sweetener
- Lemon (allowance)
- Cabbage (allowance)
- Zucchini (allowance)
- Green bell pepper (allowance)

Directions:

1. Sprinkle sweetener onto chicken, squeeze on lemon juice, leave to marinade while you slice up your vegetables.
2. Fry chicken in pan. (The chicken will burn easily with the lemon so do not use high heat, so that only the chicken will turn a nice golden color).
3. Spray the vegetables very lightly with oil, then add them to the chicken.
4. Drizzle with some extra lemon juice, stir fry until wilted/heated through.

Curry and Ginger Mock Xiri Soup

Ingredients:

- Chicken breast (allowance)
- Onion (maximum of 2 tablespoons / day)
- Curry powder (Mixed curry can include hidden carbs/preservatives/ cayenne/ red pepper - please check the ingredients.)
- Vegetables of your choice (allowance)
- Grated ginger
- ½ Red apple

Directions:

1. Cook onion with curry to taste, until the onion has turned glassy.
2. Add sliced chicken and fry until golden.
3. Add water and chopped up vegetables from the rest of your allowance.
4. Add freshly grated ginger to taste.
5. Add ½ chopped apple.
6. Simmer adding more water or reducing fluid to taste.

Tips:

The sweeter the apple, the sweeter the complement to the curry.

Garlic Lemon Chicken

Ingredients:

- Chicken breast (allowance)
- 2 Cloves of garlic, finely chopped
- Onion (maximum of 2 tablespoons / day), finely chopped
- Curry powder (Mixed curry can include hidden carbs/preservatives/ cayenne/rd pepper - please check the ingredients)
- Salt & pepper to taste
- Juice of 1 lemon (allowance)
- 1 Tablespoon fresh parsley (you can use dried)
- Olive oil spray
- Salad (allowance)

Directions:

1. Flatten the chicken with a meat mallet. Goal: ¼” thick.
2. Cut into ½” slices.
3. Spray bottom of wok (or pan) with olive oil spray.
4. Combine chicken, onion and garlic and stir fry until lightly browned or fully cooked.
5. Remove from heat.
6. Add in fresh parsley and lemon juice.
7. Season with salt & pepper to taste.
8. Mix and serve with salad from allowance.



Tips:

You can use shallot instead of onion after Re-feeding.

Cajun Style Chicken Strips

Ingredients:

- Chicken (allowance)
- Vegetable or salad (allowance)
- Curry powder (Mixed curry can include hidden carbs/preservatives/ cayenne/red pepper- please check the ingredients)
- Salt

Directions:

1. Cut chicken into strips.
2. Sprinkle a little salt and a liberal quantity of curry powder on either side of the chicken.
3. Spray pan with olive oil.
4. Fry the strips on both sides until cooked for approximately 10 minutes (depending on thickness).
5. Serve with an assortment of steamed vegetables or salad from your allowance.



Shredded Chicken with Mushrooms

Ingredients:

- Chicken breast (allowance)
- Onion (maximum of 2 tablespoons / day)
- Mushrooms (allowance)
- Lettuce (allowance)
- Garlic
- Ginger
- Herbs (Mixed herbs can include hidden carbs/preservatives - please check the ingredients)
- 5ml Light mayonnaise (allowance)

Directions:

1. Boil chicken with garlic and ginger and other herbs.
2. Once cooked and cooled, shred the chicken.
3. Slice mushrooms and onions and finely chop garlic.
4. In a pan, spray a little oil and fry onion and garlic until onions are soft.
5. Spray a little oil on the mushrooms and add that to pan.
6. Fry until mushrooms brown slightly.
7. Add the shredded chicken into the pan, stir and then add light mayonnaise.
8. Shred the lettuce, serve the chicken and mushroom and garnish with the lettuce.

Tips:

Alternatively, you can make a wrap with the lettuce.

Skillet Chicken with Veggies

Ingredients:

- Chicken breast (allowance)
- ½ Mushroom from remaining allowance
- ½ Zucchini from remaining allowance
- ⅓ Cup of water
- Garlic (allowance)
- Onion (maximum of 2 tablespoons / day)
- Thyme
- Salt & pepper

Directions:

1. Spray skillet lightly with cooking spray.
2. Sauté mushrooms with garlic and onion until soft.
3. Add water, zucchini, chicken and herbs to taste.
4. Boil until chicken is fully cooked and zucchini is tender.



Turkey/Chicken and Stuffing

Ingredients:

- Green pepper (diced) (allowance)
- Onion (diced) (maximum of 2 tablespoons / day)
- Cabbage (sliced)
- Garlic clove (crushed)
- 20g Tomato (diced) (allowance)
- 11g Crackers (crushed)
- Sage
- Thyme
- Salt & pepper

Directions:

1. Measure out vegetables from allowance.
2. Sauté green pepper in medium skillet.
3. Add in cabbage and onion and sauté.
4. Add in garlic and tomato and stir together - while crushing tomato.
5. Add sage and other spices to taste. Stir it together.
6. Add water to cover vegetables at least $\frac{3}{4}$ of the way, then reduce to $\frac{1}{4}$.
7. Stir in crackers and let it cook until the water is absorbed. (Add water if too dry. You don't want to start with too much water).

Tips:

Optional: You may add chicken (allowance) by first cooking the chicken, removing it to cook the vegetables, then combining the two once everything is cooked.

Fish Dishes

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Calamari

Ingredients:

- Calamari rings (allowance)
- Oregano
- Basil
- Garlic
- Tomato (maximum of ½ tomato)
- Celery (allowance)
- Green pepper (allowance)
- Curry (optional) (Mixed curry can include hidden carbs/preservatives/cayenne/red pepper - please check the ingredients)
- Vinegar (optional)
- Sweetener (optional)
- Parsley

Directions:

1. Prepare vegetables over low heat to retain water.
2. When cooked, add calamari rings and simmer 5-8 minutes.
3. Season with oregano, basil, garlic, curry, vinegar, and sweetener (all optional)
4. Serve immediately.

Tips:

Can be made using calamari steak, cut into cubes.

Fish Barbecue

Ingredients:

- Fish (allowance)
- Onion (maximum of 2 tablespoons / day)
- Mushrooms (allowance)
- 1 Tablespoon vinegar
- ½ Teaspoon mustard powder
- Salt & pepper to taste
- Mixed herbs to taste (Mixed spices can include hidden carbs/ preservatives - please check the ingredients)
- Tin foil
- Salad (allowance)

Directions:

1. Dice mushrooms to taste.
2. Cut sufficient foil to cover fish easily.
3. Place fish on foil and rub mustard powder and mixed herbs onto fish.
4. Cover fish with mushrooms and sprinkle vinegar on fish.
5. Season fish with salt and pepper to taste.
6. Carefully fold tin foil around fish without disturbing the contents.
7. Barbecue fish on outside barbecue or in an oven at 180°C / 350°F for 20 minutes or in a microwave oven on high for approximately 8 minutes.
8. Serve in opened foil with a crisp salad made from the remainder of your vegetable allowance.

Tips:

The sweeter the apple, the sweeter the complement to the curry.

Baked fish

Ingredients:

- 1 Cooking bag
- Fish (allowance)
- 1 Teaspoon mustard powder
- 1 Tablespoon vinegar
- 1 Sweetener
- Salt & pepper to taste
- 1 Pinch of thyme

Directions:

1. Place portion of fish in cooking bag.
2. Mix the mustard powder, sweetener, thyme, vinegar and salt and pepper and pour over fish in cooking bag.
3. Bake fish in oven, microwave oven, or boiling water.

Tips:

The uncooked fish with mixture can be prepared well in advance and stored in a freezer till cooking is required.

Fish in Spinach

Ingredients:

- Fish (allowance)
- 1 Teaspoon mustard powder
- Salt & pepper to taste
- Pinch of thyme
- Garlic seasoning to taste
- Spinach (allowance)
- Tomato (maximum of ½ tomato)
- Onion (maximum of 2 tablespoons / day)

Directions:

1. Bring whole spinach leaves to a boil in water.
2. Mix salt and pepper, garlic seasoning, mustard powder and thyme.
3. Season fish portion with mixture.
4. Cut tomato and onion.
5. Lay spinach leafs on wooden board and place seasoned fish on top.
6. Fold spinach over fish and roll into parcels.
7. Place rolled parcels in baking pan and cover with tomato and onion mixture.
8. Cover with a lid and let simmer on stove for 20 minutes.
9. Serve immediately.

Country Fried Fish

Ingredients:

- Fish (allowance)
- 2 Crackers (allowance)
- Seasoning to taste (Mixed spices can include hidden carbs/preservatives - please check the ingredients)
- Vegetables or salad (allowance)

Directions:

1. Crush crackers and pat on fish.
2. Cover and place fish in fridge for 20 minutes.
3. Sprinkle seasoning over fish.
4. Spray frying pan with cooking spray.
5. Fry fish in pan, 2 minutes on each side.
6. Pat remainder of crushed cracker onto fish.
7. Bake fish in pre-heated oven at 180°C / 350°F for 10 minutes.
8. Serve with vegetables or salad.

Fish Stir Fry

Ingredients:

- Fish (allowance)
- Onion (maximum of 2 tablespoons / day)
- Tomato (maximum of ½ tomato)
- Zucchini (allowance)
- Mushrooms (allowance)
- Cauliflower (allowance)
- Cabbage (allowance)

Directions:

1. Prepare the vegetables for your stir fry.
2. Cut fish into bite sizes. Heat a non-stick frying pan, spray with cooking spray.
3. Stir-fry the vegetables for a few minutes.
4. Add fish and stir fry till done.
5. Season to taste.

Tips:

You can prepare and store additional portions in the freezer to stir fry later.

Tilapia with Herbs and Vegetables in the Oven

Ingredients:

- 1 Skinless fish fillet (allowance)
- Your favorite vegetables chopped (tomato, onion, etc)
- Olive oil cooking spray
- Your favorite herbs to taste

Directions:

1. Preheat oven to 400°F.
2. Spray a little olive oil cooking spray on a baking sheet.
3. Place the fish fillet on the baking sheet and arrange the vegetables around it.
4. Sprinkle the herbs on the fish fillet and the vegetables.
5. Spray just a little olive oil cooking spray on the fish, vegetables and herbs.
6. Bake the fish until done for about 10 minutes.

Zippy Seafood Delight

Ingredients:

- ½ Fish portion + ½ shrimp portion to make up your fish allowance
- Cucumber (allowance)
- Green pepper (allowance)
- Tomato (maximum of ½ tomato)
- Lettuce (allowance)
- 1 Teaspoon light mayonnaise
- 2 Teaspoons white vinegar
- ½ Teaspoon mustard powder
- Sweetener
- Fresh or dried herbs (Mixed herbs can include hidden carbs/preservatives - please check the ingredients)

Directions:

1. Grill fish and shrimps.
2. Arrange fish on top of shredded and chopped salad greens.
3. Mix light mayonnaise, white vinegar, mustard powder (for a little ZIP), sweetener & fresh or dried herbs.
4. Pour dressing over salad.

Spicy Grilled Shrimp

Ingredients:

- Shelled shrimp (allowance)
- 2 Saltine crackers (allowance)
- 2 Tablespoons of vinegar
- Sweetener
- Sage
- Curry powder (Mixed curry can include hidden carbs/preservatives/ cayenne/red pepper - please check the ingredients)
- Salt & pepper
- Cooking spray
- Salad or vegetables (allowance)

Directions:

1. Dissolve sweetener tablet in vinegar (microwave on high for 10 seconds) and add spices.
2. Place shrimps in vinegar mixture, and turn.
3. Place Saltines in small plastic packet and crush with rolling pin or glass.
4. Place shrimps on board and spray with cooking spray.
5. Roll in cracker crumbs. Place on greased oven pan and grill for 2 minutes then turn and grill again.
6. Serve with crispy green salad or hot vegetables from your allowance.



Tips:

If you prefer, you can use prawns instead of shrimp.

Crumbed Tilapia and Veggie Chips

Ingredients:

- Fresh tilapia fillets (or any fish you prefer from your allowance)
- 2 Saltine crackers (allowance)
- Dried dill
- Cooking spray
- Fresh asparagus (allowance)
- Zucchini
- 1 Teaspoon of light mayonnaise
- Juice of ½ lemon (allowance)
- Salt & pepper

Directions:

1. Process crackers until they are fine crumbs & place in bowl.
2. Sprinkle dried dill over crumbs and mix through.
3. Fill another bowl with water.
4. Dip fish fillets into water and then roll them in the crumbs (the water helps the crumbs to adhere to the fish).
5. Holding the ends of each asparagus spear, bend until it snaps. Discard the ends and reserve the tips (the ends tend to become stringy when cooked). Chop the tips into 'chip' sized pieces.
6. Slice the zucchini into 'chips' by cutting lengthways.
7. Cook fish and vegetable chips in a frying pan sprayed with a little oil over medium heat. When almost done (this does not take long), sprinkle lemon juice over fish and vegetables.
8. Serve with light mayonnaise and extra lemon juice if desired.
9. Season with salt & pepper and enjoy!

Tips:

Don't forget to count lemon juice as part of fruit allowance!

Shrimp and Apple Salad

Ingredients:

- 1 Apple (either chopped into slices, grated or diced) (allowance)
- Cooked peeled shrimps de-veined (allowance)
- Cucumber (allowance)
- Mushroom (allowance)
- Celery (allowance)
- Tomato (maximum of ½ tomato)
- Lettuce (allowance)

Directions:

1. Simply chop vegetables and apple and mix all ingredients together.
2. Add your favorite dressing (from allowance).

Tips:

This makes for a nice crunchy lunch.

Fish Pizza

Ingredients:

- Tuna (allowance)
- Crackers (allowance)
- Tomato (maximum ½ tomato)
- Green pepper (allowance)
- Onion (maximum of 2 tablespoons / day)
- Mushroom (allowance)

Directions:

1. Crush crackers.
2. Drain tuna and puree with crackers.
3. Form this into a pizza base on a non-stick baking tray.
4. Top with vegetables and herbs to taste.
5. Bake or grill until vegetables are tender.

Fish Fingers with Sweet and Sour Sauce

Ingredients:

- Fish (allowance)
- 2 Cracker portions (allowance)
- Water
- 125ml balsamic vinegar
- Sweetener
- Salad or vegetables (allowance)

Directions:

1. Place your fish allowance and 2 crackers with seasoning into food processor and blend.
2. Makes 3 fish fingers and gently fry in pan with spray and cook.
3. Combine water, 125ml vinegar and sweetener and allow to simmer until thick on a low heat.
4. Serve with fresh garden salad or vegetables from your allowance.

Salt and Pepper Calamari

Ingredients:

- Calamari steak (allowance)
- Vegetables for stir fry (allowance)
- Salt & pepper
- ½ Cup vinegar
- Lemon juice (¼ fruit allowance)
- Sweetener

Directions:

1. Cut calamari steaks into strips.
2. Combine vinegar, sweetener, lemon juice, salt and pepper.
3. Place calamari into mixture, coat and refrigerate for 20 minutes.
4. Stir fry calamari, add extra salt and pepper if you like.
5. Add vegetables – making sure calamari has curled then you know it is cooked.

Tips:

You do not need to allocate a whole fruit from your allowance if you only squeeze a bit of lemon juice. You may allocate a ½ or ¼ fruit from your allowance for this

Baked fish and Mango

Ingredients:

- Fish (allowance)
- Mango (allowance)
- Tomato (maximum of ½ tomato)
- 3 Lemon slices (allowance)
- Garlic
- Dried parsley
- Curry powder (Mixed curry can include hidden carbs/preservatives/ cayenne/red pepper - please check the ingredients)
- Salt & pepper
- Tin foil

Directions:

1. Place fish in foil that is cut large enough to cover, sprinkle with herbs, lay lemon slices on top or under fish.
2. Slice mango into strips and place over fish.
3. Close the parcel with foil and bake until cooked.

Tasty Tilapia

Ingredients:

- Tilapia (allowance)
- 2 Cloves crushed garlic
- Asparagus (allowance)
- Lemon (allowance)
- Salt
- Olive oil spray

Directions:

1. Heat pan and spray with olive oil.
2. Add the 2 cloves of crushed garlic, then add tilapia fillet.
3. Let it sear and once cooked, turn over.
4. Add asparagus, and stir fry these.
5. Once the fish is cooked, add a squeeze of lemon (deduct from fruit allowance) and a dash of salt.

Tips:

Another option for this recipe is to crush 2 saltines into crumbs and lay the raw fillet in the crumbs until it is fully covered. Then, just follow the recipe above and you will have breaded tilapia.

Tilapia in Foil

Ingredients:

- Tilapia (allowance)
- Olive oil spray
- White vinegar
- Black pepper (optional)
- Garlic (optional)

Directions:

1. Preheat oven to 180°C / 350°F.
2. Lightly spray a sheet of aluminum foil with olive oil spray.
3. Lay the fish (individual serving) on the center of the foil and sprinkle liberally with white vinegar.
4. Season as you prefer.
5. Bring the two sides of the foil together and fold together so you roll it down to the top of the fish. Crimp the two ends by rolling the foil up and lightly crushing it.
6. Put foil packet(s) on baking sheet and bake for 20 minutes.

Shrimp Scampi

Ingredients:

- Olive oil cooking spray
- Shrimp (allowance)
- Garlic to taste
- Onion (maximum of 2 tablespoons / day)
- Chopped fresh basil leaves or use dried basil
- Chopped fresh parsley or parsley flakes
- Lemon juice (allowance, optional)
- Salt to taste

Directions:

1. Spray non-stick skillet with cooking spray and place over medium heat.
2. Add the shrimp and the remaining ingredients.
3. Cook 2-3 minutes, stirring frequently, until shrimps are pink.

Tuna Melt

Ingredients:

- Canned tuna (in water only - drained) – (allowance)
- 1 Teaspoon light mayonnaise
- Onion (maximum of 2 tablespoons / day)
- Tomato (maximum of ½ tomato)
- 2 Crackers (allowance)
- Dill (optional)

Directions:

1. Mix together the tuna, light mayonnaise, onions, dill and any other spices that you would like to use.
2. Place cracker allowance on pan, place tomatoes on top of crackers then top with tuna mixture.
3. Place in broiler until it bubbles and starts to turn a golden brown.

Fun with Tilapia

Ingredients:

- 1 Portion tilapia
- ¼ Mango (allowance)
- Fresh cilantro (chopped)
- Cooking spray
- Some garlic powder
- Salad or vegetables (allowance)

Directions:

1. Cut mango into square chunks and mix with cilantro.
2. Spray pan with oil and sprinkle powdered garlic over it.
3. Take ½ of your mango & cilantro mixture and place in pan to cook.
4. Place the fish over the mango/cilantro mixture.
5. Sprinkle the top of the fish with garlic powder and then add the rest of the mango & cilantro mixture to it.
6. Cook the fish for 4 minutes on each side and serve with salad or vegetables from your allowance.

Hot and Spicy Seafood

Ingredients:

- Calamari and shrimp (allowance)
- Zucchini (allowance)
- Green pepper (allowance)
- Onion (maximum of 2 tablespoons / day)
- Mushroom (allowance)
- Bit of cracked black pepper
- Balsamic vinegar
- Salt

Directions:

1. Lightly spray pan.
2. Add shrimp and calamari (allowance).
3. Toss for 1 minute.
4. Add vegetable allowance, spices, balsamic vinegar and a small amount of water.
5. Simmer for two minutes.

Grilled Halibut with Mango Salsa and Grilled Asparagus

Ingredients:

- Halibut (allowance)
- Salt & pepper to taste
- Cedar plank for grilling
- Mango salsa (optional: recipe found under “Fruit”)
- Grilled asparagus (optional: recipe found under “Vegetables”)

Directions:

1. Soak cedar planks for 20 minutes prior to grilling.
2. Place halibut on the soaked planks.
3. Place the planks on the grill over medium heat.
4. Cook for 6-14 minutes or until tender.

Tips:

*Optional: Serve with 1 serving of Mango Salsa on top
and grilled asparagus as a side dish.*

You may prepare a few portions and keep refrigerated.

Spicy fish fry

Ingredients:

- Fish (allowance)
- Green pepper (cut up in small pieces) (allowance)
- 2 Garlic cloves chopped up
- Cracker allowance
- Curry powder (Mixed curry can include hidden carbs/preservatives/ cayenne/red pepper - please check the ingredients)
- Salt & pepper
- Vegetables of salad (from allowance)

Directions:

1. Spray pan with cooking oil.
2. Crush crackers and insert them into the pan along with garlic, and fish.
3. Sprinkle curry powder, salt, and pepper on top.
4. Fry fish in pan, 2 minutes on each side.
5. Pat remainder of crushed cracker onto fish.
6. Bake fish in pre-heated oven at 180°C / 350°F for 10 minutes.
7. Serve with vegetables or salad.

Breaded Roughy

Ingredients:

- Whole wheat crackers (allowance)
- Orange roughy fillet (allowance)
- Crushed onion (maximum of 2 tablespoons / day)
- Garlic powder
- Mustard powder
- Vegetables or salad (allowance)

Directions:

1. Mix together the crushed whole wheat crackers, garlic powder, onions, and mustard powder.
2. Wet the fish with a bit of water and press on the breading mixture.
3. Spray pan with cooking spray and place over high heat.
4. Cook fish for 4 minutes on each side and serve with your choice of vegetables or salad from your allowance.

Shrimp Sauté

Ingredients:

- Shrimp (allowance)
- Tomato (maximum of ½ tomato)
- Mushrooms (allowance)
- Onion (maximum of 2 tablespoons / day)
- 3 Tablespoons of white vinegar
- Balsamic vinegar (just a splash)
- Pinch of mustard powder
- Salt & pepper (to taste)

Directions:

1. If shrimp is bought raw, boil first before frying in the skillet
2. Chop tomato, mushrooms and onion. (Use mostly mushrooms since they're lighter and you get more vegetables that way).
3. In a separate bowl, mix white vinegar, balsamic vinegar, salt, pepper, mustard powder.
4. Spray skillet with cooking spray and sauté the vegetables over medium heat until the onions are clear.
5. Once the onions are clear, throw in the shrimp.
6. Once everything is cooked, add the sauce and mix all together for about 30 seconds.

Fish and Shrimp Stew

Ingredients:

- Tomato (maximum of ½ tomato)
- Onion (maximum of 2 tablespoons / day)
- Garlic
- Mahi Mahi (½ allowance)
- Shrimp (½ allowance)
- Sweetener
- Touch of balsamic vinegar
- Salt & pepper to taste
- Salad or vegetables (allowance)

Directions:

1. Chop onion into large pieces and sweat them in a pan sprayed with oil.
2. Once the onions start to glaze, add the garlic and the tomato.
3. Add a little salt to draw the moisture out of the tomatoes and continue cooking.
4. When the tomatoes have wilted, add a little water and black pepper.
5. Continue to stew the vegetables and add sweetener and the balsamic vinegar.
6. Add a little more water to form the consistency of stew.
7. Add the mahi mahi (in chunks) and cover with lid.
8. Let it all simmer for 5 minutes.
9. Finally, add the shrimp and stew together. Serve with either salad or vegetables to make up the remainder of your allowance.

Tips:

You can use crackers (allowance) to thicken your stew!

Pan Seared Yellow Fin Tuna

Ingredients:

- Yellow fin tuna (allowance)
- 2 Saltines (or 1 cracker from allowance)
- Salt (just a dash)
- Pepper
- Sweetener
- Lemon (allowance)
- Garlic (just a dash)
- Olive oil spray
- Salad or vegetables (allowance)

Directions:

1. Heat pan and add olive oil spray.
2. Put crackers in large Ziploc bag and grind into fine powder.
3. Mix in salt, pepper, sweetener, and garlic (use as much pepper, if not more, than sweetener in bag of crackers).
4. Cut tuna into chunks.
5. Squeeze lemon over chunks, put chunks in bag and make sure they are covered with mixture.
6. Put into pan and sear until cooked to your satisfaction.
7. Serve with salad or vegetables from your allowance.

Tuna Melt Dr. Cohen Style

Ingredients:

- 1 Large portabella mushroom (allowance)
- Chopped zucchini (allowance)
- Finely chopped small piece of green pepper (allowance)
- Finely chopped fresh cilantro (allowance)
- 1 Teaspoon of light mayonnaise
- Tuna fish (allowance)
- Salt & pepper

Directions:

1. Mix finely chopped vegetables with tuna and light mayonnaise.
Tip: you can add a little water to help it all stick together.
2. Place the mixture over portabella mushroom.
3. Microwave on high for 4-5 minutes.

Tofu Dishes

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Tips:

Tofu dishes are allowed only if you have a tofu option on your diet.



Vegetarian Dish with Tofu

Ingredients:

- Tofu (allowance)
- Mushrooms (allowance)
- Onion (maximum of 2 tablespoons / day)
- Zucchini (allowance)
- Green peppers (allowance)

MARINADE

- Vinegar
- Water
- Spices / herbs (Mixed herbs can include hidden carbs/ preservatives - please check the ingredients)
- Salt & pepper

Directions:

1. Prepare the marinade with vinegar, water, spices / herbs, and salt & pepper.
2. Cut tofu into little pieces.
3. Soak the tofu in the marinade for 8 hours.
4. Insert tofu and marinade into pot and cook together with vegetables.

Tips:

Serve with crackers from your allowance.

Warm Tofu Salad

Ingredients:

- Tofu (allowance)
- Iceberg lettuce (approx 60% of allowance)
- Green pepper (approx 40% of allowance)
- Balsamic vinegar
- ¼ Cup of water

Directions:

1. Cut tofu up into 1" squares and put in non stick pan.
2. Coat generously in balsamic vinegar and cover all sides of the tofu.
3. Add water and place pan on a high heat.
4. Stir to avoid any sticking.
5. Cook until all liquid has been absorbed.
6. Chop lettuce and green pepper and place on a dinner plate.
7. Arrange the cooked tofu on top.

Tips:

The vinegar gives the tofu a nice flavor that compliments the crispness of the vegetables!

Tofu Sweet Treat

Ingredients:

- Tofu (allowance)
- Cinnamon
- Sweetener
- Crackers

Directions:

1. Mash tofu finely.
2. Add cinnamon and sweetener.
3. Mix together and spread on top of crackers.

Tips:

*Don't forget to eat your vegetables!
Maybe have a salad and follow this with your Tofu Sweet Treat.*

Scrambled Tofu

Ingredients:

- Tofu (allowance)
- Salt
- Black pepper
- Curry (Mixed curry can include hidden carbs/preservatives - please check the ingredients)
- Vegetables of your choice (allowance)

Directions:

1. Mash your tofu allowance.
2. Place tofu into sprayed pan.
3. Season tofu with salt, pepper, and curry and heat.
4. Stir fry vegetables of your choice and add to tofu mix.



Hummy Spinach Tofu Rissoles

Ingredients:

- Tofu (allowance) - minced
- 1 Clove of garlic (crushed)
- Onion (maximum of 2 tablespoons / day)
- Spinach (chopped) (allowance)
- Curry powder (Mixed curry can include hidden carbs/preservatives - please check the ingredients)
- Salt & pepper
- Dried mixed herbs (optional) (Mixed herbs can include hidden carbs/preservatives - please check the ingredients)
- Crackers (allowance)

Directions:

1. Mix all ingredients in a bowl, and make up around 8 small rissoles (when smaller, they cook faster and stay together better).
2. Once cooked, serve with crackers.



Tips:

Dip in 5ml of light mayonnaise (allowance).

Cabbage Roll with Tofu

Ingredients:

- Cabbage-leaves (allowance)
- Tofu (allowance)
- Onion (maximum of 2 tablespoons / day)
- Garlic
- Salt & pepper
- Herbs (mixed spices can include hidden carbs/preservatives - please check the ingredients)

Directions:

1. Bring pot of salted water to a boil, blanch cabbage-leaves till soft.
2. Put some onion from allowance in non stick-pan, sprayed with oil. Add crumbed tofu, season with garlic, salt, pepper, herbs to taste.
3. Add crumbed crackers (from allowance) to get more “body”.
4. Place the tofu mix on your cabbage-leaves and then roll them up.
5. Put in casserole or oven-dish and bake.

Vegetable Dishes

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Stuffed Mushrooms with Cheese

Ingredients:

- Large portabella mushrooms (allowance)
- 2 Tablespoons crushed garlic
- Ricotta (or mozzarella) cheese (allowance)
- Oregano (allowance)
- Crackers (allowance)

Directions:

1. Place mushrooms in cooking bowl.
2. Remove stems from mushrooms, cut and mix with garlic.
3. Fill mushrooms with garlic mixture, grate cheese over mushrooms and sprinkle with oregano.
4. Bake mushrooms in pre-heated oven for 15 minutes until cheese is melted.
5. Serve immediately.

Tips:

You can mix both ricotta and mozzarella cheeses together if you like.

Stuffed Mushrooms with Eggs

Ingredients:

- Large portabella mushrooms (allowance)
- 2 Tablespoons of crushed garlic
- Eggs (allowance)
- Sweet basil
- Crackers (allowance)

Directions:

1. Place mushrooms in cooking bowl.
2. Remove stems from mushrooms, cut and mix with garlic.
3. Fill mushrooms with garlic mixture,
4. Break egg on top of filled mushrooms and sprinkle with some sweet basil.
5. Place under grill until egg has stabilized.
6. Serve immediately.

Spinach Feta Treat

Ingredients:

- Spinach (allowance)
- Onion (maximum of 2 tablespoons / day)
- Salt & pepper to taste
- Feta cheese (allowance - once a week)
- 2 Crackers (allowance)

Directions:

1. Cook spinach and onion in a bit of water until cooked.
2. Flavor with salt and black pepper.
3. Stir feta cheese into spinach and onion until fully melted.
4. Stack spinach / feta mixture onto cracker and serve immediately.

Dutch Red Cabbage

Ingredients:

- 1 Apple (allowance)
- Red cabbage (allowance)
- Onion (maximum of 2 tablespoons / day)
- Tomato (maximum of ½ tomato)
- Cloves
- Cinnamon
- Salt
- Vinegar

Directions:

1. Roughly chop cabbage and slice apple, tomato and onion into a sauce pan.
2. Add spices and cook slowly.
3. Once cooked, add a small amount of vinegar and sweetener if desired.



Zucchini Hash Browns

Ingredients:

- Zucchini (allowance)
- Onion (maximum of 2 tablespoons / day)
- 1 Egg
- 2 Crackers / 4 Saltines (allowance)
- Salt & pepper
- Herbs to taste (Mixed herbs can contain hidden carbs/preservatives - please check ingredients.)

Directions:

1. Grate zucchini and thinly chopped onion.
2. Beat egg and add to vegetable mix.
3. Process crackers to form crumbs and add to mixture with herbs.
4. Pour into fry pan in small sections and cook both sides.

Tips:

This is one of our favorite recipes and we trust you will enjoy it too!

Sweet and Sour Vegetables

Ingredients:

- Cabbage (allowance)
- Onion (maximum of 2 tablespoons / day)
- Zucchini (allowance)
- Mushrooms (allowance)
- Green peppers (allowance)

Directions:

1. Slice your vegetables as per allowance and stir fry with cooking spray until just done.
2. Add balsamic vinegar and sweetener plus herbs to taste.
3. Serve hot with grilled fish, steak or chicken.

Curry Spinach Bake

Ingredients:

- Frozen chopped spinach (allowance)
- Fat-free cream cheese (allowance)
- 1 Teaspoon curry powder (Mixed curry can include hidden carbs/preservatives/cayenne/red pepper - please check the ingredients)
- Salt & pepper
- Garlic powder to taste
- 1 Cracker (allowance)

Directions:

1. After quick-thawing the spinach in warm water, squeeze the majority of the water out and weigh out your allowance.
2. Mix the curry powder, cream cheese, and seasoning in a bowl.
3. Spoon into oven-safe dish and top with crushed cracker.
4. Bake for 25 minutes in an oven at 180°C / 350°F.

Portabella Pizza

Ingredients:

- Portabella mushroom cap (allowance)
- Cheese (allowance)
- Tomato (maximum of ½ tomato)
- Salt & pepper to taste
- Herbs of your choice (Mixed herbs can include hidden carbs/preservatives - please check the ingredients)

Directions:

1. Scoop out gills of mushroom and wash mushroom thoroughly.
2. Place on plate and season to taste with salt, pepper, herbs of choice.
3. Cover with cheese and top with tomato.
4. Add more seasoning to taste.
5. Microwave on high for approx 1½ minutes (depends on microwave).



Grilled Asparagus

Ingredients:

- Asparagus (from vegetable allowance)
- Balsamic vinegar
- Salt & pepper to taste

Directions:

1. Place asparagus allowance on aluminum foil.
2. Spray with cooking spray and sprinkle with salt and pepper.
3. Fold foil into foil packet surrounding the asparagus.
4. Broil or place on grill over medium heat for 2-4 minutes or until just tender.
5. Sprinkle with a dash of balsamic vinegar.

Tips:

You can top the asparagus with cheese from your allowance, if you like.

Veggie Salsa

Ingredients:

- 10g Chopped onion (maximum of 2 tablespoons / day)
- ½ Tomato diced (from vegetable allowance)
- Diced zucchini (from vegetable allowance)
- Diced cucumber (from vegetable allowance)
- Salt & pepper
- Garlic powder
- Balsamic vinegar

Directions:

1. Mix all the vegetables together.
2. Add garlic powder, salt, and pepper.
3. Add a few drops of balsamic vinegar and mix everything together.
4. Allow to marinade for about 6 minutes.



Spaghetti Squash and Shrimp

Ingredients:

- Shrimp (allowance)
- Spaghetti squash (allowance)
- Diced garlic
- Salt & pepper

Directions:

1. Spray a hot wok with cooking spray and add the shrimp.
2. Add just a little diced garlic.
3. Season with salt and fresh ground pepper.
4. Toss a couple times and then drop in your allotted amount of spaghetti squash.
5. Toss a couple of times again.

Tips:

Remember that you weigh your squash allowance AFTER cooking.

Grilled Veggies and Cheese

Ingredients:

- Zucchini (allowance)
- Crook necked squash (allowance)
- Sliced onion (maximum of 2 tablespoons / day)
- Salt & pepper
- Ricotta cheese (allowance)
- Crackers (allowance)
- Basil

Directions:

1. Slice lengthwise zucchini, squash, and onions.
2. Mix with salt, pepper, and ricotta cheese.
3. Grill the vegetables.
4. Lay out crackers and top with warmed ricotta cheese.
5. Top with vegetables and basil.

Pico de Gallo – Chunky Fresh Salsa

Ingredients:

- Tomato (maximum of ½ tomato)
- Onion (maximum of 2 tablespoons / day)
- Green pepper (allowance)
- Cabbage (allowance)
- Fresh lime (allowance)
- Salt & pepper

Directions:

1. Dice the tomato, onion, and green pepper.
2. Add shredded cabbage.
3. Squeeze fresh lime and mix everything together.

Tips:

Great on chicken, steak, hamburger or shrimp.

Veggie-Cheese Bake

Ingredients:

- ½ Allowance of ricotta
- ½ Allowance of mozzarella
- ⅔ Allowance of cauliflower
- ⅓ Allowance of spinach
- Salt & pepper
- Basil
- Oregano
- 2 Crackers (allowance)
- 5ml Light mayonnaise (allowance)

Directions:

1. Steam or cook the cauliflower to al dente.
2. Mix the cheeses, adding spices to taste.
3. Spray a light coating of cooking spray in an oven safe dish.
4. Put ⅓ of the cheese/herb mixture on the bottom of the dish.
5. Layer the spinach on top of the mixture.
6. Add the cauliflower to mixture.
7. Cover with remaining cheese.
8. Bake at 180°C / 350°F for 15 minutes. Serve with crackers.

Tips:

*Optional: crush crackers and mix with light mayonnaise.
Crumble on top of cheese.*

Roasted Garlic

Ingredients:

- Garlic (allowance)

Directions:

1. Spray down a baking sheet with cooking spray.
2. Cut off the tops of the heads of garlic so you can see the individual cloves.
3. Set on sheet spray the heads with cooking spray and roast.



Tips:

Garlic may be used in moderation to flavor your food.

Meals out of Fruit

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Fruit 'Pie'

Ingredients:

- 1 Peach (or 1 apple) (allowance)
- Cinnamon
- Sweetener
- 1 Cracker (allowance)

Directions:

1. Spray cooking dish with cooking spray.
2. Slice peach or apple into bite sized pieces.
3. Sprinkle with cinnamon and Sweetener.
4. Add ⅛ cup of water.
5. Bake at 230°C / 450°F for 15 minutes (keeping an eye on it and stirring a time or two).
6. Crumble cracker on top.

Pummy Baked Orange Dessert

Ingredients:

- 1 Orange
- Sweetener
- Whole cloves
- Cinnamon stick

Directions:

1. Cut orange segments into little squares.
2. Add sweetener, 1 or 2 whole cloves and a stick of cinnamon.
3. Cook in microwave until soft and or grill in oven until soft and brown.

Tips:

*You may use a grapefruit instead of the orange if you prefer.
Serve hot or cold.*

Dried Apples

Ingredients:

- 1 Apple (allowance)
- Dash of cinnamon

Directions:

1. Turn the oven on as low as it will go.
2. Peel and core the apple and slice the apple into thin slices or rounds.
3. Place on wire rack in oven.
4. Prop oven door open a bit and heat the apple pieces in the oven for 2-3 hours (or until they are dried).
5. Remove from oven and cool.
6. Once cooled, sprinkle with a dash of cinnamon.

Tips:

Makes for a great treat to take with to the movies!

Apple "Jam"

Ingredients:

- Apple (allowance)
- Splenda
- Cinnamon

Directions:

1. Boil a bit of water in a pot.
2. Slice the apple thinly and add to the pot of boiling water.
3. Add sweetener and cinnamon.
4. Stir until heated and thick.

Tips:

Optional: mix it in with your yogurt or spread it on your crackers.

Stewed Tangy Apples

Ingredients:

- 1 Apple (allowance)
- ½ Cup of Schweppes Lemon Lite Diet Soda
- Dash of cinnamon

Directions:

1. Remove the core and the skin, and then slice the apple into pieces.
2. Place in microwave proof dish and sprinkle with cinnamon.
3. Pour on the Schweppes Lemon Lite Diet Soda.
4. Microwave for 7-8 minutes or until apple is nice and tender.
5. Let stand for 5 minutes. (Can be served hot or cold).

Tips:

When mashed, it can make a nice topping/sauce for meat dishes.

Mango Frappe

Ingredients:

- Mango (allowance)
- Ice cubes (as many as you prefer)
- One glass chilled water
- Sweetener to taste (if desired)

Directions:

1. Blend above ingredients until smooth.
2. Pour into glass and drink.

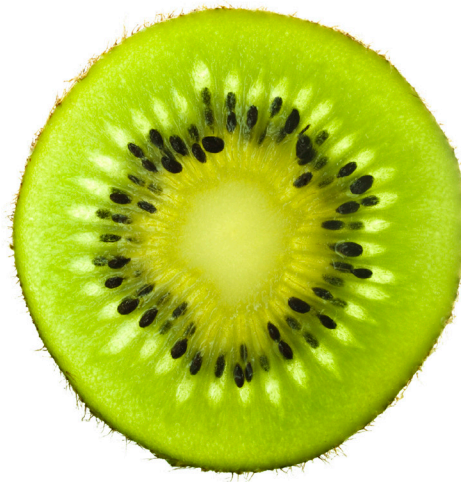
Diet Cheese Cake

Ingredients:

- 2 x Cracker portions (allowance)
- Cottage cheese OR fat-free cream cheese (allowance)
- Sweetener
- Kiwi or other fruit (allowance)

Directions:

1. Mix cottage cheese OR fat free cream cheese with sweetener.
2. Take 2 x cracker portions and place cheese mixture on top.
3. Thinly slice 1 kiwi fruit or any other fruit which you prefer from your allowance and place on top.



Tips:

Remember to have your salad / vegetables followed directly by your Diet Cheese Cake.

Moroccan Oranges

Ingredients:

- Orange (allowance)
- Cinnamon

Directions:

1. Peel the orange and with a sharp knife cut into rounds.
2. Sprinkle cinnamon (very lightly) over slices.



Grated Apple with Spice

Ingredients:

- Apple (allowance)
- Pumpkin pie spice or cinnamon

Directions:

1. Grate an apple (unpeeled if organic).
2. Mix in some pumpkin pie spice or cinnamon.

Tips:

To make pumpkin pie spice, mix together:

*½ ground cinnamon, ¼ teaspoons ground ginger, ⅛ teaspoon of ground nutmeg,
⅛ teaspoon of ground allspice.*

Mango Salsa

Ingredients:

- 100g Diced mango (allowance)
- Diced onion (maximum of 2 tablespoons / day)
- Chopped cilantro
- Freshly grated ginger
- Dash of white vinegar
- Dash of lemon juice (together the lemon juice and mango make up one fruit allowance)

Directions:

Simply mix all of the above ingredients into a bowl.

Mango Smoothie

Ingredients:

- 6 oz (175 ml) Plain low fat or fat-free yogurt (allowance)
- Mango (allowance)
- Sweetener
- Ice cubes
- A hint of cinnamon

Directions:

Blend all of the above until smooth and enjoy.

Peach Cobbler

Ingredients:

- Peach (allowance)
- Diet Sprite / Sprite Zero
- Sweetener
- Cinnamon
- Nutmeg or cloves (or both)
- 1-2 Crackers (allowance)

Directions:

1. Cut up the peach.
2. Put in a bit of Diet Sprite / Sprite Zero or water and sweetener, cinnamon, and nutmeg or cloves.
3. Crumble 1 or 2 crackers on the top.
4. Microwave on high for a minute or so.



Fummy Apple Sauce

Ingredients:

- 3 Apples peeled and cored
- Sweetener
- ½ Teaspoon of cinnamon
- ½ Teaspoon of nutmeg (optional)
- ¼ Cup of water

Directions:

1. Cut and place apples and spices in a pot.
2. Add enough water to cover apples (approximately ¼ cup).
3. Boil apples until they are soft.
4. When soft smash with a mash potato masher.
5. Bring back to a boil and let cook for 15 min on low.

Tips:

Split into 3 equal servings and each serving = one fruit!

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Flavored Yogurt

Ingredients:

- 6 oz (175ml) Plain low fat or fat-free yogurt (allowance)
- Sweetener
- ½ Teaspoon coffee or cinnamon
- 1 Teaspoon boiling water

Directions:

1. Dissolve sweetener and cinnamon (or sweetener and coffee) in boiling water.
2. Mix water with yogurt.
3. Make mixture as sweet and tasty as you prefer.

Tips:

For a crunchy treat, crumble in a cracker or two from your allowance!

Yogurt Rice Pudding

Ingredients:

- 6 oz (175ml) Plain low fat or fat-free yogurt (allowance)
- ½ Teaspoon cinnamon
- Sweetener
- 1 Rice cake (rice cake = a cracker made from puffed rice, water and a bit of salt)

Directions:

1. Dissolve sweetener and cinnamon in boiling water. Mix water with yogurt.
2. Pour half of mixture into sealable plastic bowl.
3. Place rice cake in the middle and pour remainder of yogurt mixture on the top. Rice cake must be completely covered.
4. Seal with lid and refrigerate overnight.

Tips:

Alternative: Use coffee OR any of the fruit as per your allowance to flavor the yoghurt. You can swap your meals around and as such, this meal can also be enjoyed for lunch or supper.

Baked Apple

Ingredients:

- 1 Apple
- 1 Cup of diet soda
- 1 Pinch cinnamon

Directions:

1. Remove core of apple.
2. Put apple in cooking bowl.
3. Pour diet soda on apple and cover.
4. Bake apple in pre-heated oven of 180°C / 350°F for 10 minutes or in microwave oven on high for 8 minutes.
5. Sprinkle apple with cinnamon and serve immediately.

Tips:

You can keep the apple whole or slice into little cubes - these can be spooned over your crackers for a delicious treat!

Honeydew Melon Sorbet

Ingredients:

- 180g Peeled honeydew melon (allowance)
- 250ml Diet Sprite / Sprite Zero
- 1 Mint leaf

Directions:

1. Liquidize green melon and mix with Diet Sprite. / Sprite Zero.
2. Pour mixture into bowl and place in freezer.
3. As soon as ice crystals are formed, mix with electric mixer till mixture is frothy.
4. Seal and place in freezer.
5. (Repeat process if feather-light sorbet is required. Double the volume for later use).
6. Serve as ice cream portion as soon as final solidification has taken place.
Serve in wineglass with fresh mint leaf.

Tips:

The same recipe can be used to make sorbet from other fruits in your allowance.

Apple and Law-Law Fruit Salad

Ingredients:

- 1 Apple
- 180g Peeled pawpaw / papaya (allowance)
- 340ml Diet Orange Fanta Zero

Directions:

1. Peel apple and grate with coarse grater.
2. Peel pawpaw / papaya and pulp it.
3. Mix the grated apple and pawpaw / papaya.
4. Add to taste diet orange-flavored soda (just enough to moisten it).
5. Refrigerate for short period and serve in champagne glass.

Tips:

*180g of pawpaw / papaya as it is also known = 1 fruit in your allowance.
Pawpaw / papaya must be orange in color and not pink. Papino is not allowed.*

Kiwi Bowl

Ingredients:

- 1 Orange
- 160g Peeled kiwi fruit (allowance)
- Sweetener

Directions:

1. Peel orange and separate the quarters of the orange carefully.
2. Peel the kiwi fruit and dice into round slices.
3. Mix with orange quarters and decorate in champagne glass.
4. Sprinkle sweetener on mixture if necessary and refrigerate.
5. Serve as hors d'oeuvres or desert.

Lemon and Mango Sorbet

Ingredients:

- 100g Mango
- 250ml of Schweppes Lemon Lite

Directions:

1. Put mango and Schweppes into a food processor and liquidize.
2. Place in container and freeze (you may want to put it in two containers if you have a small processor).
3. Once nearly frozen put back into food processor and blitz it until smooth.
4. Serve and enjoy!



Kiwi and Green Tea Sorbet

Ingredients:

- Green tea
- Kiwi fruit (allowance)
- Sweetener
- Sprig of mint

Directions:

1. Brew 2 cups of green tea and allow to cool.
2. Peel, then mash your allowance of kiwi fruit with a fork making sure it is not too fine.
3. Sweeten green tea to taste with sweetener.
4. Add mashed kiwi fruit.
5. Pour into a shallow dish and allow to freeze, mixing occasionally to allow ice to set evenly.
6. When frozen, scoop out sorbet and serve in a tall glass with a sprig of mint.

Melon Poles

Ingredients:

- Popsicle moulds or cups & pop sticks
- Melon (allowance)
- 1 Cup Diet Sprite / Sprite Zero

Directions:

1. Blend melon and Diet Sprite / Sprite Zero together and pour into moulds.
2. Freeze & ENJOY!

Slushy Coffee "Ice Cream"

Ingredients:

- 2 Teaspoons of coffee powder (stronger if you like)
- Sweetener
- Cold water
- Crushed ice

Directions:

Blend all the above together to make a nice slushy iced coffee smoothie...

Tips:

Depending on how much of ice and water you add you can make different consistencies of drinkable ice-cream!

Fruit Popsicles

Ingredients:

- Any fruit (allowance)
- Water
- Sweetener

Directions:

1. Blend fruit until smooth.
2. Add water and sweetener.
3. Freeze and serve.



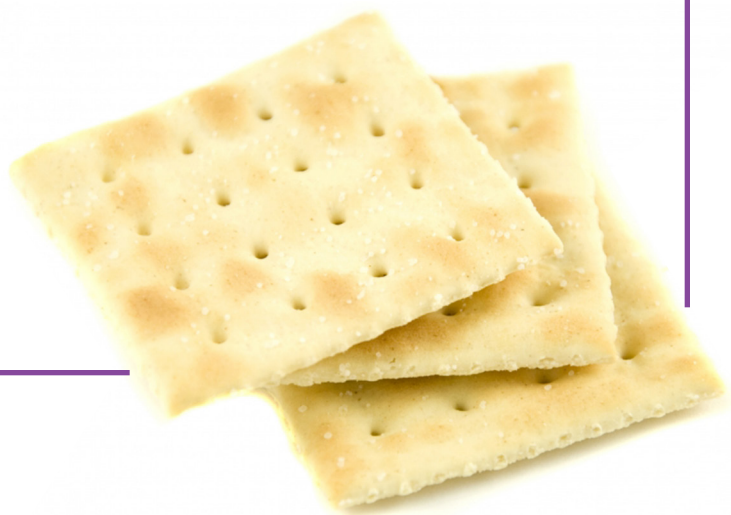
Tips:

*Mangos and peaches are recommended for this recipe.
1 fruit makes about 4 big popsicles!*

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Veggie Delight Pizza

Ingredients:

- 2 Crackers (allowance)
- Tomato (maximum of ½ tomato)
- Onion (maximum of 2 tablespoons / day)
- Green pepper (allowance)
- Zucchini (allowance)
- Mushrooms (allowance)
- Cabbage (allowance)
- Cheese (allowance)

Directions:

1. Heat a non-stick frying pan, sprayed with cooking spray.
2. Stir-fry the vegetables for a few minutes.
3. Spread vegetables on the crackers and cover with cheese.
4. Microwave cracker on high for 30 seconds or until the cheese is melted.
(Alternatively: grill Cracker in oven till cheese is melted).
5. Serve immediately.

Italian Vegetable Pizza

Ingredients:

- 3 Slices of tomato (maximum of ½ tomato)
- Green bell pepper (allowance)
- Onion (maximum of 2 tablespoons / day)
- Mushroom (allowance)
- Italian herbs / seasoning (Mixed herbs / seasoning can include hidden carbs/preservatives - please check the ingredients.)
- Cheese (allowance)
- Crackers (allowance)

Directions:

1. Sprinkle Italian seasoning over tomato, green bell pepper, onion, and mushroom.
2. Pile the vegetables onto the tomato until it makes up your allowance.
3. Add cheese over the vegetables.
4. Set in oven until the cheese melts and the tomato gets soft.
5. Serve on crackers.

Garlic Crackers

Ingredients:

- Cheese (allowance)
- Garlic to taste
- Dried parsley (a pinch or two)
- 1 Teaspoon of light mayonnaise
- 2 Crackers (allowance)
- Vegetables or salad (allowance)

Directions:

1. Combine cheese, garlic, parsley and light mayonnaise in a microwave proof bowl and microwave until all the cheese is melted.
2. Mix with a spoon and pour over two cracker portions.
3. Wait until cheese has set a little before separating.
4. Serve with hot vegetables or salad as per your allowance.

Cracker "Popcorn" and "Kettle Corn"

Ingredients:

- Rice cake cracker (allowance) (rice cake = a cracker made from puffed rice, water and a bit of salt)
- Butter flavored cooking spray
- Salt
- Sweetener (optional)
- Cinnamon (optional)

Directions:

1. Crumble rice cake into little pieces.
2. Spray the cooking spray over the crumbs.
3. Add salt to taste.
4. Warm in microwave for a few seconds.

Old Fashioned Cucumber Sandwiches

Ingredients:

- Cottage cheese (allowance)
- 2 Crackers (allowance)
- Salt & pepper
- Cucumber (allowance)

Directions:

1. Dice cucumber to taste.
2. Pile cottage cheese neatly onto crackers.
3. Season with salt and pepper to taste.
4. Decorate cracker sandwiches with diced cucumber and serve.

Beverages

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Colorful Nectarine Punch

Ingredients:

- 250ml Herbal tea
- 340ml Diet Sprite / Sprite Zero
- 1 Nectarine (allowance)
- 1 Green apple (allowance)

Directions:

1. Prepare strong herbal tea and refrigerate.
2. Dice nectarine with peel in neat small squares.
3. Dice apple with peel in neat small squares.
4. Add nectarine and apple squares to herbal tea.
5. Store punch mixture in freezer.
6. Add Diet Sprite / Sprite Zero directly before serving the punch.
7. Decorate drink with crushed ice in a tall glass.

Fruit Punch

Ingredients:

- 1 Apple
- Pawpaw / papaya (allowance)
- 340ml Diet Sprite / Sprite Zero
- Soda water (small can)

Directions:

1. Liquidize apple and paw-paw in a blender.
2. Mix with Diet Sprite / Sprite Zero and soda water.
3. Serve with crushed ice.

Tips:

*180g of pawpaw / papaya as it is also known = 1 fruit in your allowance.
Pawpaw / papaya must be orange in color and not pink. Papino is not allowed.*

Peach Shake

Ingredients:

- 6 oz (175ml) Plain low fat yogurt or fat-free yogurt (allowance)
- 1 Soft peach or other fruit (allowance)
- Sweetener
- 1/3 cup Diet Sprite / Sprite Zero
- Handful of ice-cubes

Directions:

Simply blend the above in a blender until smooth & enjoy!



Tips:

This recipe works with other fruits as well.

Honeydew Fruit Punch

Ingredients:

- 60g Honeydew melon (1/3 allowance)
- 30g Mango (1/3 allowance)
- 50g Kiwi (1/3 allowance)
- 1 Apple (allowance)
- 250ml Diet Sprite / Sprite Zero
- 1 Can of Schweppes Lemon Lite

Directions:

1. Mix Diet Sprite / Sprite Zero and Schweppes Lemon Lite into a jug.
2. Chop the fruit into small pieces and add to soft drinks.

Tips:

The above recipe uses 2 x fruit portions.

About Herbs and Spices

BASIL: Aids digestion, calms the stomach, relieves gas and can soothe a stomach upset.

CINNAMON: Helps regulate the menstrual cycle and checks flooding during menopause. It has a tranquilizing effect that helps reduce anxiety and stress. Early research suggests that cinnamon may help improve both glucose and cholesterol levels in the blood, a finding that may prove especially important for diabetics. In a study, type 2 diabetics who consumed as little as a gram of cinnamon per day experienced an improvement in their blood glucose levels after 40 days.

CLOVES: Contain a potent pain-deadening antimicrobial. It is an effective stopgap measure for tooth pain. It has also been found to speed up the recovery of cold sores.

DILL: Soothes the digestive tract, treats heat burn, colic and gas. Also good for treating bad breath.

FENNEL: Eases bloating, gas pains and digestive spasms in the small and large intestines. Also good for treating bad breath.

GARLIC: Helps lower cholesterol and blood pressure and prevents blood clots. It kills many organisms including bacteria and viruses that can cause earaches, influenza and colds.

MINT: This is a premier stomach tonic, it counteracts nausea and vomiting, promotes digestion, calms stomach muscle spasms, relieves flatulence and eases hiccups.

OREGANO: Contains at least 4 compounds that soothe cough and 19 chemicals with antibacterial action that may help reduce body odor. It also contains compound that can lower blood pressure.

PARSLEY: This diuretic herb helps prevent problems such as kidney stones and bladder infections. Relieves bloating during menstruation. Also good for treating bad breath—eat sprig of it after eating garlic.



ROSEMARY: Rich source of antioxidants and it has 19 chemicals with antibacterial action that help fight infection. Traditionally used to ease asthma - it reduces the airway constriction induced by histamine.

SAGE: Oils in sage are antiseptic and antibiotic so they help to fight infections. Effective for symptoms of menopause - hot flushes and night sweats. Laboratory studies indicate that sage may boost insulin's action.

THYME: Increases blood flow to the skin and can speed up healing. It is an antispasmodic and relaxes respiratory muscles affected by bronchitis. It's scent is a mood lifter.

Zing for the Tongue

There are lots of ways to add zip to your food!

BLACK PEPPER: There are many varieties, some with more zing than others, but fresh-ground is always best.

MUSTARD: You are allowed dry mustard powder on 1st Personal Diet®, and it is really useful. It's a great fish/chicken rub and satisfies the need for a little heat.

GINGER: Ginger & garlic together add the heat and flavor to many dishes.

CURRY POWDER: It is a versatile seasoning and the turmeric is also very good for you. Mixed curry can include hidden carbs/preservatives/cayenne/red pepper - please check the ingredients.



Notes

Notes

Notes

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