

## ASAP Maintenance Recipes

The no starch/no sugar phase of Dr Simeon's Protocol, following using ASAP drops for 23 or 40 days.

### Strawberry Protein Smoothie

1 scoop Jay Robb Vanilla Protein powder  
3-4 frozen or fresh strawberries  
1 tbsp of natural peanut butter, optional

### Chocolate Peanut Banana Smoothie

½ -1 tsp. cocoa powder (or Jay Robb chocolate protein powder)  
1 tbsp. natural peanut butter  
½ banana, fresh or frozen  
1 scoop Jay Robb vanilla protein powder  
½ cup almond milk  
3 cubes ice

### Cherry Vanilla Smoothie

1 scoop Jay Robb Vanilla protein powder  
¼ cup cherries, frozen  
½ cup almond milk  
3 cubes ice

## Coconut Berry Smoothie

1 cup unsweetened coconut milk, (canned, fresh, or boxed)  
1 scoop Jay Robb vanilla protein powder  
½ cup Greek yogurt (no sugar added)  
½ cup frozen berry mix  
¼ unsweetened coconut flakes  
1 packet Stevia  
dash cinnamon  
3 ice cubes

Blend.

## Chocolate Almond Butter Shake

8 ounces almond milk, milk or water  
1 tbsp. cocoa powder, to taste  
1 teaspoon almond butter  
1 scoop Jay Robb Vanilla protein powder  
2-3 cubes of ice

## Creamy Orange Shake

1 scoop orange, vanilla or flavorless Jay Robb protein powder  
5 drops vanilla stevia  
5 drops orange stevia  
Blend with 2-3 cubes ice

## Cocoa Crack

(Similar to thin slivers of candy bar)

3T melted coconut oil

3T cocoa

1 ½ tbsp xylitol or stevia drops, to taste.

Chopped pecans, optional

Mix together and spread on wax paper. Freeze 3 minutes. Store in freezer.

## Cocoa Crack Mousse

2 parts whipping cream

1 part cocoa

2 packs Truvia

Chopped pecans, walnuts, cashews or pistachios, optional

Use a hand or electric beater and whip the mixture until it's fluffy and just a little bit thicker than whipped cream.

## Nutty Pie Crust

Pecans or almonds, chopped

Butter, to taste

Sweetener, to taste

Combine and press into a pie tin. Bake at 350 for about 15 min. Add strawberries and NSA (no sugar added) whipped cream, or the Cocoa Crack Mousse, above.

## Chocolate Peanut Butter Banana Dessert/Snack

Peel a banana.

Spread it on one side, or all over, with NSA (No Sugar Added) Peanut Butter.

Top with pieces of Cocoa Crack with chopped Pecans.

Top with Cocoa Mousse. (Real Whipped Cream, stevia or fav. sugar sub., and cocoa powder, to taste.)

## Strawberry Cream Pops

1 cup strawberries, sliced

4 ounces cream cheese, softened

1/4 cup unsweetened vanilla almond milk

8 packets of Truvia (or more to taste)\*

\*Could also use 4 TBS Erythritol and 2 tsp stevia instead.

In a bowl, mix cream cheese, almond milk and sweetener until smooth. Slowly stir in slices of strawberries. Pour mixture into Popsicle molds. Place in freezer for at least 2 hours and serve.

Serves 4

Per Serving: 125 calories, 4.8 carbs, 1.1g fiber, trace protein

## Cheesecake with Macadamia Crust and Berries

### **Ingredients:**

3/4 cup of macadamia nuts, walnuts, or pecans, crushed  
3 (8oz) packages of full fat cream cheese, softened to room temperature  
3 whole eggs  
17 packets of stevia  
1 Tbsp of vanilla extract  
1 tsp of almond extract

For the topping:

3 half pints of raspberries  
1 half pint of blackberries  
1 packet of stevia

### **Directions:**

Preheat oven to 350 degrees.

Crush nuts, but do not over-mash them. Use a food processor on gentle pulses, or a knife.

Spread the crushed nuts in the bottom of a 10-inch spring form pan. No oiling is needed.

In a mixer add the cream cheese and the eggs. Blend until good and mixed. Add the stevia and the two extracts. Whip this on med- high until the whole mixture is very smooth. Pour it over the nuts. Spread the batter gently so it extends to the edges.

Bake at 350 degrees for 35 to 45 minutes, until the edges are golden brown. The cheesecake may still have a bit of a jiggle to it. Turn off the oven. Leave the door open and let the cheesecake cool for 15 to 20 minutes before removing it.

Any cracks will be covered with berries. Cool in the oven, or at room temperature on the counter before refrigerating until ready to serve.

About 30 minutes before serving, let it sit on the counter. Run a knife around the edge of the cheesecake and unmold and place on a large platter or cake stand. Place berries in a large bowl and sprinkle with Stevia; stir gently to macerate berries, until shiny. Let the berries sit at room temperature while the cheesecake is being brought to room temperature. Top with berries, piled higher in the center.

## Peanut Butter Cookies

1 cup of organic Peanut Butter  
1 cup of granulated Erythritol-type sugar substitute  
1 egg

Bake in 350 degree oven for 8-10 min.

## Hazelnut Shortcake

Preheat the oven to 325. Lightly grease a pie plate or line a cookie sheet with parchment paper.

In a food processor, whip together:

3/4 c. butter at room temp  
1/3 c. honey  
1/2 tsp. liquid stevia

Add in:

3 cups hazelnut (or almond) flour  
1 cup arrowroot flour  
2 tsp. vanilla  
1/2 tsp. almond extract  
1 tsp. cinnamon  
1/2 tsp. sea salt  
1/2 tsp. baking soda

Dough may seem moist. If so, add more arrowroot powder. Roll out the biscuits and cut them into circles, or use cookie cutters. Chill briefly, prior to using cutters, to make dough more workable. Otherwise, pour it into pie plate and smooth to even so it can be served in wedges. Recipe also works well as a fruit cobbler topping.

Bake for about 45 minutes or until browned on top.

The best Almond Flour is available at [Honeyville](http://Honeyville.com) 1-888 810-3212.

Note: Do not buy at a local health food store-the readily-available brand does NOT work well.

## Cinnamon Almonds

3 1/4 cups whole almonds  
3 tablespoons cinnamon  
one egg white  
1/8th tsp salt  
1 cup sugar substitute (I used a combination of xylitol and stevia)  
2 tsp vanilla

Beat egg white until frothy. Add vanilla and salt. Place almonds in a large bowl and add the egg mixture. Make sure all almonds are coated. (I used my clean hands!).  
Place sugar sub and cinnamon in a bowl and combine. Pour over almonds. Blend well  
Place in a large, greased pan or foil-lined pan (you still have to grease the foil). I used butter to grease the pan, but you can use oil if you like. Or, try using parchment paper. You won't have to oil it. Or use a silicone mat.  
Spread into a single layer  
Bake at 300 F for 25 minutes. Stir after 10 minutes.  
Cool. Store in an airtight container

## Beef Marinara Over Spaghetti Squash

1-1/2 Tbs. unsalted butter, melted  
6 medium cloves garlic  
Kosher salt and freshly ground black pepper  
1 small (2-1/2-lb.) spaghetti squash, halved lengthwise and seeded  
1 Tbs. extra-virgin olive oil  
1 lb. lean ground beef  
1 small yellow onion, finely chopped  
One 15-oz. can crushed tomatoes  
1/4 cup coarsely chopped fresh basil  
1/4 cup freshly grated parmesan cheese, shredded

Arrange the spaghetti squash in a single layer in the bottom of a large, wide pot. (Don't worry if the squash halves don't lie completely flat in the pot.) Add 1/2 inch of water, cover the pot, and bring to a boil. Reduce to a simmer and cook until the squash is tender enough to shred when raked with a fork but still somewhat crisp, 15 to 20 minutes. Transfer the squash to a

plate and set aside until cool enough to handle.

While the squash cooks, heat the oil in a 12-inch skillet over medium-high heat. Add the beef, the remaining chopped garlic, onion, 1/2 tsp. salt, and 1/4 tsp. pepper; cook, stirring to break up the meat, until just cooked through, 5 to 6 minutes. Drain and discard the fat if necessary. Add the tomatoes, basil, and 1/4 cup water; stir well and bring to a boil. Reduce the heat to medium low and simmer for 10 minutes. Season to taste with salt and pepper.

With a fork, rake the squash flesh into strands, transfer to plates, and season to taste with salt. Ladle the beef sauce over the squash and garnish with the cheese.

## "Hummus"

150 grams cauliflower - riced (I used raw)(about 1/3 head)

90 - 100 grams tahini

3 - 4 T lemon juice

3 cloves garlic

1/2 tsp salt (or to taste)

1 tsp cumin

1/8 tsp cayenne (again more or less to taste)

You can add olive oil if you like about 2 T and would be more traditional, I'm not a huge fan so I didn't.

Blend in a blender, sprinkle with paprika and voila, humus.

## Juliette's Asian Broccoli Noodles

2 tbsp Sesame oil  
Chicken breast  
½ head broccoli, sliced into spears  
½ bunch green onions  
1 pkg. Miracle Noodles ([www.miraclenoodles.com](http://www.miraclenoodles.com))

### Sauce:

1-2 Tbsp peanut butter  
1 tsp. Thai Kitchen Red Curry Paste  
Ground ginger  
Onion powder  
Garlic powder  
¼ c. water  
1 tsp. sweetener

Sauté chicken breast in sesame oil and set aside.

Sauté broccoli in 1 Tbsp. sesame oil and some water

Prepare noodles according to pkg. directions. Add sauce; toss with noodles and top with chicken and serve immediately.

## Jalapeño Poppers

3 jalapenos  
3 slices of NSA (No sugar added) bacon or turkey bacon  
2oz cream cheese  
2oz of pepper jack cheese

Remove the stem and seeds from jalapenos, or leave a few for a more spicy result. Slice in half lengthwise. Mix cream cheese and pepper jack cheese. Fill jalapenos, wrap half a slice of NSA bacon or turkey bacon around filled peppers and bake at 450 for 5-15 min until bacon is done.

Alternately, you may fill pepper with cream cheese, wrap chicken breast strip around pepper, wrap bacon slice around it and secure with skewer or toothpick. Cook on grill until done, turning as needed.

## Berry Syrup

- 1 cup berries, any type
- 1/8 cup water
- 1 Tbsp. Zsweet or other granulated erythritol-type sugar substitute

In a microwave-safe bowl, combine all ingredients and toss. Microwave 3 minutes until berries begin dissolving. Serve over banana pancakes or NSA yogurt or ice cream.

## Banana Pancakes

- ½ banana, fresh or frozen
- 1 egg
- ¼ tsp. vanilla or vanilla-crème Stevia drops
- 1/8 tsp. cinnamon

Preheat non-stick pan or a griddle on medium-low heat. Combine all ingredients in a blender, and pour 2-4 pancakes. Flip as needed. Recipe may be doubled; freeze and microwave for a future snack.

## Taco Shells

Shredded cheese

Place cheese in a thin layer on a piece of parchment paper. Microwave 1 min. at a time, until cheese is bubbly and begins to brown slightly. While the cheese is still pliable, use the parchment paper to bend it into a taco shape and let cool, with a small HCG- sized bottle wrapped in plastic tucked inside. When cool, peel and discard parchment paper.

## BLT Salad

### Salad Greens

4 slices cooked NSA bacon, diced

1 tomato, diced

1 onion, chopped

½ cucumber, peeled and diced

1 cup bean sprouts

½ cup mozzarella cheese, shredded

Combine all ingredients in a large bowl.

### **Dressing:**

1/3 cup NSA mayo (Duke's or favorite)

¼ cup milk

1 Tbsp spicy mustard

½ tsp garlic powder

Black pepper

Combine all ingredients and whisk together.

## Pumpkin Pie

1 can pumpkin (100% pumpkin, not pie mix)

2 eggs

1 can evaporated milk

1 cup Zsweet (or other erythritol-type sugar substitute)

1 tsp. cinnamon

½ tsp salt

½ tsp nutmeg

¼ tsp cloves

Nutty pie crust, below

## Nutty Pie Crust

6 oz. pecan pieces  
2 oz walnut pieces  
2-4 Tblsp. Butter  
2 Tblsp. Zsweet (or other erythritol-type sugar substitute)

Preheat oven to 425 degrees. In a food processor or blender, combine all ingredients and pulse until desired consistency is reached. Press into a 9" pie dish. Bake 15 min. Reduce heat to 350 and bake 45 minutes. Cool completely before serving. This crust works for all sorts of pies, cheesecakes, or the crisp topping in fruit crisps. To bake separately for pudding pie, simply bake at 350 for 10 min. until lightly browned. Cool completely before filling.

TIP: Make it completely crustless by pouring into a pie dish sprayed with cooking spray, and follow the same baking instructions.

## Oven Roasted Vegetables

Asparagus, fresh, snapped into 2" pieces  
Red, yellow, and orange and or green bell peppers, roughly chopped  
Red onion, roughly chopped  
Zucchini, roughly chopped  
2-3 cloves garlic, minced  
Olive oil  
Salt and pepper, to taste

Preheat oven to 450.  
Place all veggies on a baking sheet or roasting pan.  
Toss with garlic, olive oil and salt/pepper. Coat thoroughly.  
Arrange veggies in a single layer.  
Roast 20-40 min until tender, tossing every 10 min.

## Feta & Olive Stuffed Mushrooms

8oz baby bella or white mushrooms, stemmed  
4 oz feta cheese  
4 oz chopped black olives  
1/4 c finely chopped onion  
1 t Greek seasoning  
olive oil

Preheat oven to 450 F. Clean mushrooms and remove stems (chop & save for stuffing). In bowl, toss mushrooms caps with about 1 T olive oil & place cavity-side down on non-stick baking sheet. Roast 5-10 minutes. In food processor, combine mushroom stems, onion, olives, feta cheese, and Greek seasoning. Pulse to break up the feta cheese and consolidate the ingredients. Drizzle with 1-2 T olive oil & pulse to make it slightly 'doughy'. Press stuffing into each mushroom. Bake 10-15 mins, until heated through.

TIPS: To make mushrooms slightly more cheesy, when finished baking, top each mushroom with a bit more feta cheese and place under the broiler for 1-3 min. until slightly browned. Depending on the size of your mushrooms, you may have some stuffing left over. If so, store in air-tight container in the refrigerator for later use.

## Slowcooker Turkey Breast

Turkey breast, bone-in, (2 split breasts)  
1 large onion, roughly chopped  
2-3 celery stalks, chopped  
2 cup broth, any kind  
½ cup white wine, optional  
4-5 cloves minced garlic  
1 tsp rosemary leaves  
½ tsp poultry seasoning  
Salt/pepper, to taste

Put the onions, celery and garlic on the bottom of the slowcooker; add the turkey. Cover with broth. In a small bowl or measuring cup, combine wine, rosemary, poultry seasoning, salt/pepper, and pour over the turkey breast. Cook on low 6-8 hours.

## Bonnie's Eggplant Pizza

1 Eggplant  
Olive oil  
Pizza sauce  
Pepperoni, olives, onions, and other pizza toppings  
Shredded Cheese

Smear olive oil a flat cookie sheet.

Cut eggplant in slices about 3/8" thick and place on cookie sheet. (I sometimes will quarter a slice to fill in the gaps on the cookie sheet). Cover with your favorite tomato pizza sauce. Pile on the pepperoni, olives, onions or whatever you like. Pile on the cheese. Bake at 400' for 20-25 min.

## Mashed Cauliflower

raw organic cauliflower about a medium or large head  
1/4 cup of organic coconut oil  
salt and pepper to taste  
and about a clove or two of organic fresh garlic, pressed

Steam the cauliflower until its tender but not mushy. Once it is tender, take it out and put it in a food processor with the oil and garlic and salt/pepper and mix up, and serve.

## Cauliflower Faux Mashed Potatoes

1 head raw or 1 bag frozen cauliflower  
1/4 cup cream cheese  
1/4 cup ricotta cheese  
1/4 cup parmesan cheese  
1/2 stick butter  
heavy cream to moisten (same volume as used for mashed potatoes)  
garlic salt (optional)  
salt, pepper, to taste

Cook the frozen cauliflower according to instructions, or if using fresh cauliflower, break up and steam until soft. Drain. Put cauliflower and all ingredients except spices into blender or food processor and blend until smooth. Spice to taste during blending.

## Cauliflower Crust Pizza

You Won't Believe it's Cauliflower Pizza Crust

1 cup cooked, riced (see below) cauliflower, fresh or frozen

1 egg

1 cup mozzarella cheese

½ tsp fennel

1 tsp oregano

2 tsp parsley

pizza or alfredo sauce (read label and look for no added sugar)

toppings

mozzarella cheese

Preheat oven to 450 degrees. Spray a cookie sheet with non-stick spray. In a medium bowl, combine cauliflower, egg and mozzarella. Press evenly on the pan. Sprinkle evenly with fennel, oregano and parsley. Bake at 450 degrees for 12-15 minutes (15-20 minutes if you double the recipe). Remove the pan from the oven. To the crust, add sauce, then toppings and cheese. Place under a broiler at high heat just until cheese is melted. Steam cauliflower, or cook frozen cauliflower according to package directions. To rice cauliflower, after cooked and slightly cooled, shred cauliflower with a cheese grater, and then measure for the recipe. (Don't pack down the cup with cauliflower. Just fill it with a spoon or the cup itself.) Place under a broiler at high heat just until cheese is melted.

Pizza can be re-baked pizza at 450 once toppings are added, if desired, but the crust is not quite as crusty. There is a minimal difference.

## Thin Crust Pizza

2 eggs  
1 cup mozzarella cheese  
Butter  
Favorite pizza toppings

Pre-heat oven to 350. In a bowl beat 2 eggs. Add in 1 cup mozzarella cheese. Mix together until cheese is completely coated. Spray or butter a pie pan. Add mixture to the pan. Bake for 25 minutes. Flip it over to bake for another 25 minutes. Spread 1 tablespoon Extra Virgin Olive Oil on the crust before adding toppings. Add pizza sauce, mozzarella cheese, pepperoni or favorite toppings.

## Mug Cake Recipe #1

2 Tlbs. Almond flour  
1 1/2 T xylitol  
1 Tlbs. cocoa powder, heaping  
1 egg  
1 1/2 Tlbs. half and half or cream  
1 Tlbs. Butter or coconut oil  
Splash of Vanilla extract  
1 large coffee mug

Mix all dry ingredients in mug, add egg and blend thoroughly. Add milk, oil and vanilla and mix. Place in 1000 watt microwave for 90 sec. Do not cover mug. Cake will rise. Let cool and place on plate. Add a little whipped cream to top.

## Mug Cake Recipe #2

1 T almond flour  
1 T flax meal  
2 T peanut or almond butter  
1 egg  
1 T powdered milk or whey powder  
1/2 tsp vanilla  
2 tsp Cinnamon (love cinnamon)  
1 T collagen (all protein)  
1/8 - 1/4 tsp baking soda (I've been using 1/4 but wondering if I can go down to 1/8) stevia  
2 T water

May substitute almond flour for coconut flour, and the calories are even less, but still over 400. Try it for breakfast with fruit and yogurt.

## Mug Cake Recipe #3

1/4 cup flax meal  
1 egg  
enough butter to make it very moist  
1 tsp cinnamon  
1 tsp baking soda  
sweetener to taste

Add any other ingredients desired to make it either savory or sweet. Try pumpkin spice in it, or even substitute the butter with pumpkin or cream cheese. Mix them all together in a mug and microwave 1 to 1 1/2 minutes. (Taste is similar to a bran muffin.)

## Homemade Chai Masala Tea

Makes 1 lb tea mix

3-4 cups of your choice of tea, loose

3-5 sticks cinnamon, ground into smallish pieces Handful of whole cardamom pods

8-10 cloves, crushed

Handful of whole cardamom pods (green)

An allspice (they look like teeny walnuts), grated

¼ tsp Whole black pepper - crushed or ground coarsely in a pepper grinder

2-3 tsp ground ginger (don't use fresh, it has too much moisture)

Optional: 2-3 chopped vanilla beans

### Methods/steps

Mix all these items in a big mixing bowl, and store in a gallon baggie or other airtight container. To make your tea (P2 safe): For a pot, or to make in a stovetop pan if you don't have a teapot, fill a large mesh tea ball with your tea mixture, pour boiling water over to fill your pan or teapot, cover (this is important), and let steep for 15-20 minutes. Fill your mug, add your choice of stevia (such as English Toffe, vanilla, chocolate, mint, cinnamon or caramel), and enjoy. To make just a cup, fill your small tea ball, put in your mug, pour in boiling water, steep, sweeten and enjoy. To make chai for P3, follow the instructions above and add a dollop of heavy cream before sweetening.

Of course, proper chai is made by boiling water and milk together with the tea loose in the pan. However, this is the easy, quick way and this version gives a very good chai that closely resembles authentic chai from India.

## Chai Tea - Quick version

### Description

Chai, pronounced with a long "i" as in the word tie, is the actual word for tea in many countries. It is also called masala chai (Masala meaning "spiced"). It is a centuries-old beverage from India which is basically black tea brewed with selected spices and milk. The spices vary from recipe to recipe, but it's traditionally consumed hot and sweet. Play with the flavors and make this tea your own! This is a great alternative to coffee.

### **Ingredients**

Makes 3 cups

2 cups water

3 black tea bags or 1 tablespoon loose organic black tea (I use black tea or oolong)

1 cinnamon stick

6 whole green cardamom pods, crushed or about 1/4 teaspoon seeds

4 whole cloves

Dash nutmeg

1 (1-inch) piece fresh ginger root, peeled and sliced

1 (6-inch) piece vanilla bean (cut up into 1-inch pieces) or 1 teaspoon pure vanilla extract

4 black peppercorns

Stevia, to taste

### Methods/steps

Decaffeinated tea leaves can also be used, but increase the amount of tea by either 1 teaspoon loose tea or 1 tea bag to make up for the loss in flavor.

In a large saucepan, add the water, tea bags, cinnamon stick, cardamom pods, cloves, nutmeg, ginger, vanilla bean, peppercorns and brown sugar. Bring just to a boil; then cover and reduce the heat to low. Let simmer for approximately 5 minutes depending on how strong a spice flavor you want. Strain mixture through strainer or coffee filters; press on the spices and tea with a spoon to extract all the fragrant liquids. The tea base may be made ahead of time. Serve hot or in a tall glass filled with ice. Store unused portion in the refrigerator. Makes 3 cups.

## Choco-Coconut Candy ("Mock Mounds")

1/2 cup virgin coconut oil, melted  
1-1.5 cups unsweetened coconut shreds (enough to pull together and absorb coconut oil)  
1/3 cup heavy cream  
1/3 cup canned coconut milk  
1/4 cup whey protein powder (mine is unsweetened)  
1 Tbsp raw, unsweetened cocoa (use more, if you prefer a dark chocolate taste)  
Stevia to taste (don't use if your whey protein powder is sweetened)  
1/2 tsp coconut flavoring  
1/2 tsp vanilla  
Shake of salt

### Methods/steps

1) Melt the VCO and stir in coconut shreds until they absorb the oil and soften. Let it cool slightly. Meanwhile, whip rest of ingredients until smooth, then add VCO-shreds and stir until well-mixed; it should be relatively stiff and hold together well. Put in ice cube tray, about 1 Tbsp per cube, and chill until hard. Since these aren't cooked, store these in the freezer, ready for an occasional chocolate fix. Recipe makes 14 cubes.

## Coconut Bark

3 tablespoons coconut oil  
Sugar free cocoa  
English toffee or vanilla stevia to taste  
(if you're not sensitive to nuts, add some almond butter or peanut butter)

Microwave for 30 sec, mix, and cool in the refrigerator.

## Coconut Flour Chocolate Chip Cookie

½ cup coconut oil, melted (can use 1 stick butter)  
1 cup xylitol (or other sweetener)  
6 eggs room temperature  
½ t vanilla  
1/8 t salt  
1 ½ cup flaked coconut, non-sweetened  
¾ cup sugar-free chocolate chips  
¾ cup nuts  
1 cup sifted coconut flour

Mix together butter, sugar, eggs, vanilla, and salt. Stir in coconut, chocolate chips and flour. Drop (remember to shape instead if you want nice-looking cookies) Drop batter in spoon size mounds 1 inch apart on greased cookie sheet. Bake at 375 degrees for 14-15 minutes. Cool slightly, and remove from cookie sheet. Makes about 2 dozen.

## Cream Cheese 'Muffins'

Makes 12

2 8oz. pks. Philadelphia cream cheese, room temp  
1/2 cup sweetener (Truvia)  
2 eggs  
1/2 tsp. vanilla or almond extract  
cinnamon, pumpkin pie spice, what you like in spices  
blueberries (optional)

Soften cream cheese about 40 seconds in microwave. Add other ingredients (you can also mix in cinnamon in the batter if you like). Beat with mixer on low till smooth. Mix in blueberries at this point if you want them. Pour into 12 greased muffin pans lined with the papers. Bake at 350 for 18 min, then turn off the oven and open the door, and let sit for 1 hour. Sprinkle with cinnamon and let cool.

## Four-Cheese Roasted Eggplant Casserole

Makes 6 servings

1 eggplant  
1/4 cup olive oil  
salt, to taste  
pepper, to taste  
1/3 cup ricotta cheese  
1/3 cup cottage cheese  
1/3 cup shredded Parmesan Cheese  
1 Tbsp dried chives  
1 cup tomato sauce  
1 cup mozzarella cheese

Preheat oven to 425 F. Place a rack in a pan or on a cookie sheet. Cut the ends from an eggplant and remove the skin. Slice lengthwise into 1/4" thick pieces. With a basting brush, coat both sides of each piece with olive oil. Sprinkle with salt and pepper. Place on rack in the oven and roast for 8-10 minutes or until done. Cover with foil. In a bowl, combine ricotta, cottage cheese and Parmesan Cheese with chives. Stir well. Prepare an 8 X 8 casserole dish with non-stick spray. Spread 1/2 cup sauce in casserole\*.

Take each slice of eggplant and spread with roughly 2-3 Tbsp cheese mixture. Roll eggplant and place seam-side down in casserole dish. Repeat with the rest of the eggplant. If there is excess cheese, distribute between both rows of eggplant rolls. Top with the rest of the sauce\* and mozzarella cheese. Bake for 15 minutes at 450 F, or until cheese is melted and slightly golden.

## Homemade Beef Broth

Broth is great for cooking, sautéing, and as a base for soups and stews. Drink a cup to help stave off hunger.

12-15 oz roast or other good beef  
10 cups water  
½ large onion chopped  
4 stalks celery  
5 cloves garlic chopped  
1 bay leaf  
salt and pepper to taste

Bring to boil then let simmer 2-4 hours. Let cool. Strain out beef and spices. Freeze in ice cube trays. Use as needed. About 4 cubes make ½ cup broth.

## Zucchini Pasta with Marinara Sauce

2 cups fresh tomato  
2 cups red bell pepper  
2 or 3 garlic cloves  
3 tablespoons fresh basil  
Himalayan crystal salt (optional)  
Zucchini (use a spirooli vegetable slicer to cut the zucchini into spiral-shaped pasta)

### **Optional Ingredients:**

A handful of fresh or dried herbs, such as chives, thyme, parsley, sage, rosemary, or dried Italian Seasoning.

Dash of cayenne pepper powder to add a little heat

Blend the tomatoes and red bell peppers with the garlic until it reaches the consistency of tomato sauce. I blend it about one minute and leave it slightly chunky. You could add a pinch of salt if you wish. The fresh tomatoes sometimes have enough juice for the recipe. If they are dry you may pour in a little water until it reaches the correct consistency. Add in the basil at the end and briefly blend. If you blend the herbs too much they may become bitter. Pour sauce over vegetable noodles and serve.

## Homemade Chicken Broth

Use broth to sauté in, cook with, as a base for soups and stews, and to stave off hunger, a cup at a time.

3 large chicken breast  
10 cups water  
½ large onion chopped  
4 stalks celery  
5 cloves garlic chopped  
1 bay leaf  
salt and pepper, to taste

Bring to boil then let simmer 2-4 hours. Let cool. Strain out chicken and spices. Freeze in ice cube trays. Use as needed. About 4 cubes make ½ cup broth.

## Homemade Whipped Cream

Make this decadent treat to have for dipping strawberries, small bits of dark chocolate (try Chocoperfection at <http://www.chocoperfection.com>), and other low carb fruits.

1 cup heavy whipping cream  
Stevia or preferred sugar-free sweetener  
Capella flavor drops, such as Vanilla Almond, optional  
Pour the whipping cream into a deep and narrow bowl. Sweeten to taste with sweetener and add Capella flavor drops to taste if desired. Whip with mixer on high speed using whisk attachment until fluffy and forms stiff peaks. Nutrition: Calories: 414 Fat: 44g Sodium: 46g Carbs: 3gr Protein: 2g

## Michele's Creamy Tomato Bisque

Try with Parmesan chips for a decadent meal.

2 cans organic tomatoes (regular size)  
1 tsp (or more) basil  
salt and pepper to taste  
hot pepper flakes  
a squirt of stevia  
1 block (8 oz) of cream cheese  
1/2 cup heavy cream

Cook tomatoes and spices for a few minutes. Add cream cheese and use boat motor (emulsion blender) to blend. Add cream.

## Parmesan Chips

From <http://cleochatra.blogspot.com/>

1 cup grated hard cheese (such as Parmesan or Asiago) - NOT the dried powdery stuff

Preheat oven to 350 F. Note on type of cheese: You can use any kind, really, but the results will be different. Hard cheeses, such as Parmesan, Romano, Asagio, etc, will make a crisp "shell," whereas cheddar will be more chewy and "lacey" (the fat separates out), though still firm. Softer cheeses such as mozzarella will not work well.

Toss cheese with any seasonings you'd like -- garlic powder (about half a teaspoon for a cup of cheese), hot pepper powder, even cinnamon. Or leave plain.

Pile 1 to 4 Tablespoons of cheese (depending on the size you want) on a baking sheet covered with a silicone mat or parchment paper oiled on both sides. Flatten the tops so they are in more or less an even pile. There should be at least two inches between smaller mounds, 4 inches between larger ones.

Bake 5 to 6 minutes until they are a light golden brown (they will be a little darker at the edges). It happens fast, so watch carefully.

If you want to mold them into a shape, you want to "drape" them while still warm. You can

make cups over an upturned glass, or "taco shell" shapes by draping over any cylindrical object that is at hand (rolling pin, side of glass)

Serving Suggestions: Fill with fruit, dip, salad. Spread flat ones with sugar-free jam, or any spread you want, or eat plain.

## Pecan Crackers

This recipe is from the Expert Foods website at <http://www.expertfoods.com/Recipes/crackers-from-nuts.php>

"If you want high-fiber crackers, or crackers with few bioavailable carbs, you are safest making them yourself. These are great with cheese, or as an accompaniment to soup."

½ cup ground pecans  
¼ cup ThickenThin not/Starch thickener  
pinch salt  
½ cup water

Makes 8 servings.

Preheat oven to 400°F. Cover baking pan with parchment paper or foil.

Combine dry ingredients. Stir in as much water as you need to make a thick batter. Using a wet spoon, spread batter evenly over the baking pan. Make sure the edges are at least as thick as the center. It can be helpful to sprinkle additional water over the top to help spread the sticky batter. Bake at 400°F for 20 minutes. Reduce heat to 325°F for another 20 minutes.

NOTES: The quantity of batter fills a 12 x 8-inch lasagna-type pan thick enough to make a reasonably-strong cracker. You can also use a cookie sheet for large free-form creations or individual crackers, and vary the amount of batter.

### Nutrition

Nutrition per serving (calculated by Mastercook): 60 calories; 5g fat; 5gcarb (of which 4g is fiber); 0.7g protein.

## Rhubarb Fool

Found on Fabulous Foods

3 cups rhubarb  
1 cup water  
1 cup Vanilla sugarfree syrup  
2 tablespoons unflavored gelatin  
1/4 teaspoon stevia  
2 teaspoons ginger - fresh grated is best  
8 ounces cream cheese  
1 cup heavy cream

Mix the water and syrup in a medium saucepan and add the unflavored gelatin. Allow to soften for five minutes. Turn on the burner and add the cut rhubarb, stevia, and ginger and bring to boil. Reduce heat and cover, simmer gently for 10 minutes or until rhubarb is soft. The rhubarb will add it's own juices to the mixture as well. Turn off burner. When the rhubarb is softened, add the cream cheese which has been cut into small blocks. Allow the cream cheese to melt and blend into the hot mixture.

Remove and set aside to cool. This can be hastened by setting the pan in a large unbreakable bowl of ice. Whip the cream and fold into the rhubarb. Spoon into serving dishes. Chill for several hours. Garnish with a dollop of whipped cream.

## Simple Omelet

Serves 1

1 egg and 3 egg whites  
1 tbsp milk (optional)  
1/2 TBSP dehydrated minced onion (9 calories) or onion powder  
shredded baby spinach leaves  
4 oz diced tomato (20 calories)  
Heavy sprinkling of Old Bay Seasoning

Cook either as an omelet or as scramble. If as an omelet, pour egg mixture into heated non-stick pan and cook until underside is firm. Sprinkle with onions, tomato and spinach leaves. If cooking as a scramble, pour in eggs, cook for a few seconds, then add other ingredients and finish scrambling.

## Spicy Garlic Mustard Vinaigrette

¼ cup water or broth  
2 TBS ACV  
2 TBS lemon juice  
¼ tsp garlic powder( or more)  
½ tsp paprika  
⅛ tsp mustard powder  
cayenne pepper (opt.)  
sweetener or stevia to taste.

Mix ingredients and use on your salad greens.

## Homemade Ice Cream

2qts half and half  
½ pint heavy cream  
1 ½ cups xylitol,  
4 teaspoons vanilla  
pinch of salt

Recipe makes enough for two batches in most ice cream makers.

## Sugar-free, Carb-free Chocolate Ice Cream

Start with a custard base:

2 egg yolks

3/4 C milk

1/4 C cocoa powder (unsweetened - check the side to make sure it doesn't have any added stuff)

pinch of salt

3/4 granulated erythritol-type sugar substitute

Heat milk, sugar-sub., cocoa powder, and pinch of salt over medium-low heat until it simmers. Don't let it boil. Meanwhile, whisk 2 egg yolks in a separate bowl. pour 1/3 of the chocolate/milk/sugar-sub. mixture into the egg bowl and whisk it together. Then dump the contents of the egg bowl back into the pan. Keep on LOW heat - do not let boil! Heat the custard mixture until it gets thick (kind of like runny pudding), STIRRING CONSTANTLY with a rubber spatula. Remove from heat. Place pan in an ice bath (bowl with ice water) to cool. Stir frequently. While custard cools, prepare the cream.

1 ½ cup cream

1 tsp vanilla extract

Mix cream and extract with an electric mixer until it is thick. Mix it a bit longer than for regular whipped cream. Stir in custard.

Place in ice cream maker , or place in a plastic bowl and put in the freezer. Every 45 minutes or so, pull it out, scrape the edges of the bowl to break up chunks, and mix with the electric mixer. Do this until the ice cream is very solid and difficult to mix. The more times you mix it, the creamier it will be.

\*The ice cream does have a minimal amount of sugar from the milk, and a minimal amount of carbs from the cocoa powder. For a 1/2 C serving, you'll be right under 1 gram of sugar and about 2-3 grams of carbs.

(Which is actually what most salad dressings give you in 2 Tbsp). You can nix the carbs by making a vanilla version, with a bit more vanilla extract and no cocoa powder.

## Xena's Thai Fish

Fish filet  
coconut oil  
diced onions  
lemongrass  
1 can organic full fat coconut milk  
red curry paste  
1 Tbsp. fish sauce  
fresh lime juice  
cilantro  
chopped almonds

Fry any kind of fish in coconut oil with diced onions and, if you can find it, fresh lemongrass (I only see this once in awhile and did not use it last night).

Heat up 1 can of organic full fat coconut milk in a sauce pan. Add red curry paste to taste and a splash of fish sauce. Once the fish is cooked, add the heated coconut milk mixture to the fish, then squeeze juice from a fresh lime over everything. Add some fresh cilantro and chopped almonds as garnishes and eat your fish soup.

My fish sauce has a tiny bit of cane sugar in it so this is more suitable obviously for P4. Delicious and warming and very filling because the coconut milk sauce is very rich.

## Zucchini Doritos-style Chips

Description  
Found on hcgdieters

1 large zucchini, shredded  
2 eggs  
2 cups cheese

Methods/steps

Preheat oven to 450 degrees F.  
Grease 2 cookie sheets.

Cut ends from zucchini. Shred. Mix with egg and cheese. Make 6-8" circles on greased cookie sheet(s). Bake at 450 degrees for 12 minutes. Loosen and flip the circles. Bake for another 5 minutes at 450 degrees. With a pizza cutter, cut rounds into triangles (about 6 per round). Let cool on a rack for 6-8 hours in a cool oven. To store, keep loosely in a bag or a plastic container in the refrigerator or on the counter. Best used within a week of preparation.

After chips have dried substantially, in a plastic container toss with popcorn seasoning for desired flavor. Makes 36 chips. Variation: Substitute cauliflower for the zucchini

Nutritional Information:(Per 12 chips, 1/3 of recipe): Calories: 151, Carbohydrates: 1g, Fiber: 0g,

Net Carbohydrates: 1 g, Protein: 10 g, Fat: 13 g