

ASAP “Healthy Weight Loss Menu” Recipes

Basic Salad Dressing

apple cider vinegar, to taste
1/1/2 packs stevia powder
1/4 tsp. white pepper
1/4 tsp cayenne pepper

Veggie Marinade

Dill weed
apple cider vinegar
stevia, to taste

Onion Salad Dressing

1T chopped onion
1/2 lemon, juiced
1/4 tsp basil
1/4 tsp oregano
1/4 tsp cumin
sea salt
black pepper

Simeons Tea

1 c brewed tea of choice
1 to 2 c ice
2 packs stevia
1-1/2 c mineral water

Citrus Soda

juice of 1 lemon
1 or 2 c ice
2 packs stevia
1-1/2 c mineral water

Strawberry Frappe

5-6 strawberries
4 oz cold water
1 C ice
1 C mineral water
Blend all in blender

Sparkling Lemonade

1/2 lemon, squeezed
stevia drops, to taste
8 oz. mineral water
Mix together and chill

Root Beer

1 C sparkling water plus 8 drops liquid stevia, root beer

Frappachino

1 cup crushed ice
15 drops vanilla stevia
1 cup coffee
cinnamon

Place all ingredients into a blender, blend until smooth and most ice chunks are gone, pour into cup and sprinkle cinnamon on top. Enjoy!

Spinach "Chips"

Here is a really good recipe to turn your spinach into "chips", they almost taste like fries and potato chips mixed.

Ingredients:

Spinach
Salt
Pam

Directions:

1. Preheat oven at 350 degrees
2. Spray a cookie sheet with Pam
3. Place spinach on cookie sheets, the bigger the leaves the better, and sprinkle salt
4. Bake for about 5-10 mins. I would check half way through as 10 was to long. You want them to look "crispy".