



WEEK TWO

Breakfast Recipes



SERVINGS: 1

PREPPING TIME: 5 MIN

ALMOND BUTTER BANANA CAKE

INGREDIENTS

- 1 Rice cake
- 1 Tbs Almond butter
- 1 Banana, sliced
- 1 Handful of sliced almonds

DIRECTIONS

4. Spread almond butter over the rice cake. Place slices of banana over nut butter, and sprinkle sliced almonds over the entire rice cake.



WEEK TWO

Main Course Recipes



SERVINGS: 3-4

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

BLACK BEAN BURGERS

INGREDIENTS

4 cups cooked black beans, well drained
1 red onion, finely chopped
1 red bell pepper, seeded and finely chopped
1 poblano peppers, roasted and chopped (optional)
1 tablespoon ground cumin
1 tablespoon chili powder
2 tablespoons chopped fresh cilantro
1/4 teaspoon cayenne pepper
salt and pepper
tablespoon olive oil

DIRECTIONS

1. In a large bowl, mash the beans with a potato masher.
2. Mix in the red onion, red bell pepper, poblano or other roasted pepper, cumin, chili powder, cilantro, cayenne and salt and pepper.
3. Heat the oil in a heavy skillet over med-high heat. Form the mixture into patties and fry, about 2 minutes per side.



WEEK TWO

Main Course Recipes



SERVINGS: 6

PREPPING TIME: 20 MIN COOKING TIME: 6 1/2 HRS

CROCK POT LAYERED DINNER

INGREDIENTS

- 4 Sweet potatoes, sliced
- 1 large onion, sliced
- 2 carrots, sliced
- 1 green pepper, sliced
- 1 zucchini, sliced
- 1 cup frozen/fresh broccoli crowns
- 1 cup frozen/fresh cauliflower crowns

SAUCE

- 2 1/2 cups tomato sauce
- 1/4 cup Bragg's amino acid or soy sauce
- 1 teaspoon ground thyme
- 1 teaspoon dry mustard
- 1 teaspoon dried basil
- 2 teaspoons chili powder
- .12 teaspoon ground cinnamon
- .18 teaspoon sage
- 2 tablespoons parsley flakes

DIRECTIONS

1. Layer vegetables in crock pot in order given. Mix together ingredients for sauce and pour over vegetables.
2. Cook 12 hours on low or 6 hours on high.



WEEK TWO

Main Course Recipes



SERVINGS: 6-8

PREPPING TIME: 15 MIN COOKING TIME: 1 1/4 HRS

VEGETARIAN MOUSSAKA

INGREDIENTS

- 1 large eggplant
- 1/2 teaspoon salt
- 3 tablespoons butter
- 1 onion, chopped
- 3 cloves garlic, chopped
- 1/2 red pepper, chopped
- 1/2 yellow pepper, chopped
- 1/2 green pepper, chopped
- 1 teaspoon paprika
- 1/4 teaspoon hot paprika (or squirt of something spicy)
- 1 ~,beaten
- 1/4 cup tomato paste

DIRECTIONS

1. Peel and cube eggplant. Rinse well and place in pot of water with 1/4 tsp salt. Simmer until tender, - 15 minutes.
2. While the eggplant is cooking, saute the onion, garlic and peppers in 1 Tbs butter till just starting to brown.
3. Drain the eggplant in a strainer and mash it with a potato masher to make a mush and drain excess water.
4. Place eggplant in pan with peppers. Add 1 Tbs butter, tomato paste, and seasoning (paprika and spicy). Add salt to taste. Remove from heat and let cool slightly. Add egg.
5. Oil a pyrex round or square dish with remaining 1 Tbs of butter. Place eggplant mixture in it.
6. Bake for 45 minutes at 350 or microwave on high for about 12 minutes.



WEEK TWO

Main Course Recipes



SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 55 MIN

INGREDIENTS

- 1 1/2 cups quinoa (available at health food stores)
- 1 teaspoon butter
- 1 large onion, chopped
- 1 cup vegetable broth
- 3/4 cup almond or rice milk
- 1 1/2 teaspoons sage, chopped
- 8 ounces asparagus

DIRECTIONS

1. Place quinoa in strainer and rinse thoroughly, drain.
2. Place quinoa in fry pan and cook over med heat, stir often, until darker in color (8 minutes) Remove from pan and set aside. Increase heat to med-high. Melt butter and add onion and 2 Tbs water. Cook, stir often, until onion is soft.
3. (Add water 1 Tbs at a time if seems dry) To pan add broth, rice milk, quinoa.
4. Bring to boil, stir often. Reduce heat and simmer, uncovered, stir occasionally until quinoa is almost tender to bite (10 minutes) Meanwhile, snap off and discard tough ends of asparagus, then cut stalks diagonally into 1-inch pieces.
5. Add asparagus to quinoa mixture and cook, stir often, until asparagus is tender when pierced and almost all liquid is absorbed. (5 minutes) Reduce heat and stir often until mixture thickens. Remove pan from heat and gently stir and chopped fresh sage.



WEEK TWO

Side Dish Recipes



SERVINGS: 3

PREPPING TIME: 5 MIN

DR. STEPH'S FAMOUS GUACAMOLE

INGREDIENTS

- 2 Avocados
- 2 Cloves of fresh garlic
- 1 Juice of one Lime - Freshly squeezed
- 1 Tbs Fresh basil
- Salt and pepper

DIRECTIONS

1. Mix all ingredients into a food processor and blend until smooth.



WEEK TWO

Side Dish Recipes



PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

SAUTEED SPINACH WITH GARLIC

INGREDIENTS

2 tablespoons olive oil
4 cloves garlic, sliced thinly lengthwise
2 lbs fresh spinach, washed and leaves damp
salt & freshly ground black pepper

DIRECTIONS

1. In a large saute pan, heat olive oil over medium heat. Add garlic, and cook until golden brown, 2 to 3 minutes.
2. Using a slotted spoon, transfer garlic to paper towels; reserve. Discard oil.
3. Place some olive oil in the pan, and heat over medium heat. Coarsely chop spinach and stalks.
4. Working in batches, add damp spinach to the pan. Cover, and cook until spinach just begins to wilt, 4 to 5 minutes.
5. Transfer the cooked spinach to a metal bowl, and cook remaining spinach. Season with salt and pepper.
6. Sprinkle reserved garlic over spinach, and serve warm.



WEEK TWO

Side Dish Recipes



PREPPING TIME: 15 MIN

COOKING TIME: 35 MIN

MASHED CAULIFLOWER

INGREDIENTS

1 head cauliflower
3 ounces rice or almond milk
1/4 teaspoon white pepper
1/2 teaspoon kosher salt
2 garlic cloves, minced
paprika

DIRECTIONS

1. Cut cauliflower into florets of even size. Drop into boiling salted water and cook for about 15 minutes
2. Put rice milk in the processor (or blender). Add cooked cauliflower and garlic and blend until creamy.
3. Add salt and pepper to taste. Pour into 1 quart greased casserole dish. Top with a light sprinkle of paprika and bake in 350 oven for about 20 minutes or until bubbly and hot.



WEEK TWO

Salad Recipes



SERVINGS: 4

PREPPING TIME: 20 MIN

COOKING TIME: 20 MIN

RASPBERRY & WALNUT SALAD

INGREDIENTS

- 4 tablespoons extra-virgin olive oil
- 2 tablespoons raspberry puree
- 2 tablespoons raspberry vinegar
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 1 (12 ounce) package gourmet salad greens
- 1 $\frac{1}{2}$ cups fresh raspberries
- $\frac{1}{3}$ cup chopped toasted walnuts

DIRECTIONS

1. To make the dressing: in a small bowl, whisk the olive oil, raspberry puree, raspberry vinegar, salt, and pepper together. In a serving bowl, toss the salad greens, raspberries, and walnuts together.
2. Pour the dressing over the salad; toss to coat. Season with salt and pepper to taste



WEEK TWO

Salad Recipes



PREPPING TIME: 5 MIN

COOKING TIME: 5 MIN

GARLIC & RED WINE VINEGAR SALAD DRESSING

INGREDIENTS

- 2/3 cup extra virgin olive oil
- 1/3 cup red wine vinegar
- 1 clove garlic (crushed)
- 1/2 teaspoon salt
- 1/4 teaspoon fresh ground pepper

DIRECTIONS

1. Place all ingredients in jar you can shake. Seal with lid . . .shake well. Pour over choice of greens.



WEEK TWO

Salad Recipes



SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 15 MIN

GREEK CRANBERRY SALAD

INGREDIENTS

5 ounces salad greens, Spring Mix is good
3/4 cup dried cranberries
1/4 cup thinly sliced red onions
1 cup coarsely chopped pecans
1/4 cup red wine vinegar
1/4 cup olive oil
1/2 cup loosely packed parsley, sprigs
2 dashes garlic powder
1 Packet Stevia (if desired for the dressing)
1/2 teaspoon dried oregano
1/2 teaspoon salt
1/8 teaspoon pepper

DIRECTIONS

1. Prepare the dressing. Pour the red wine vinegar, olive oil, parsley, garlic powder, oregano, salt and pepper into a blender. Blend well until the ingredients are combined and the parsley is well processed.
2. Toss the greens, nuts, cranberries, onions, with the dressing. Serve immediately



WEEK TWO

Salad Recipes



SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 22 MIN

STRAWBERRY SPINACH SALAD

INGREDIENTS

- 1/4 cup sliced almonds, toasted
- 1 1/2 cups strawberries, hulled and quartered
- 1/2 cup cucumbers, sliced and cut in half
- 11/4 cup red onions, Sliced into thin wedges
- 1 (6 ounce) package baby spinach

DIRECTIONS

1. Preheat oven to 350°F.
2. Salad: Spread almonds in single layer over bottom of small pan. Bake 10–12 minutes or until lightly toasted. Remove from oven; cool almonds in pan.
3. Meanwhile, hull strawberries; cut strawberries into quarters. Score cucumber lengthwise; remove seeds. Slice cucumber; cut slices in half. Slice onion into thin wedges. Place spinach in large serving bowl; add strawberries; cucumber and onion. Whisk dressing; pour over salad, gently tossing to coat. Sprinkle with almonds. Serve immediately.