



Nourishing Ways Center

Your Ultimate Path To Wellness

810-588-2324 Brighton, Michigan

SHAPE ReClaimed Recipes

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GENERAL TIPS

- Grill chicken breasts $\frac{3}{4}$ done. Refrigerate and reheat.
- Grill or fry burgers $\frac{3}{4}$ done. Refrigerate and reheat.
- Bake a turkey breast. We enjoy lettuce turkey wraps with horseradish mustard.
- Grill a nice tenderloin. Sliced very thin, we also eat in lettuce wraps with horseradish. I also enjoy tenderloin on a romaine/spring leaf salad. Add a few thinly sliced leeks and maybe a few sliced strawberries. Dress with a couple tablespoons of balsamic vinegar.

MISCELLANEOUS

Broiled Grapefruit

- 1 grapefruit
- Cinnamon
- Stevia (optional)

Cut grapefruit in half. Score each segment and around the perimeter of the grapefruit. Sprinkle generously with cinnamon. Drop broiler rack to middle of oven. Broil grapefruit until it puffs up out of grapefruit skin. Allow to cool just a bit. Sprinkle Stevia if necessary but try it without first. The sweetness of the grapefruit is released during heating. It smells wonderful when it is cooking and tastes even better.

Lemon Drop

- 1 2 t. squeezed lemon juice
- 1 2 c. water
- 1 2 c. ice
- 5 drops of lemon stevia



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Mock Shake 'n Bake Coating

- 1/2 c minced dehydrated onions
- 1/4 t coriander
- 1/4 t thyme
- 1/4 t red pepper flakes
- 1/8 t oregano
- 1/8 t paprika
- 1/8 t black pepper
- 1/8 t salt

Place all ingredients in food processor or coffee grinder. Grind to a powder. Store in air-tight container. Dampen meat, then coat. This is great on chicken, fish, shrimp, even steaks.

Onion Soup Mix

- 1/2 c dehydrated minced onion
- 1 T onion powder
- 1/2 t celery seed

Combine all ingredients. Store in air-tight container.



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Veggie Omelet

- 2 whole eggs
- Diced veggies of choice (onions, broccoli, asparagus, spinach, etc.) Pick one, or you can add onion, tomatoes together
- Salt and pepper

Precook veggies of choice.

Coat skillet with non-stick spray.

Whip eggs, add salt and pepper then pour into skillet.

Cook egg until firm on one side and flip.

Sprinkle veggies on one side of egg and fold the other side of the egg over veggies.

Top with a couple tablespoons of fresh herbs or salsa.

Yogurt – Berry Breakfast

- 1 cup Greek yogurt
- Berry of choice
- Stevia (optional)

Mix berries into yogurt and enjoy.



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SALADS

Blackened Chicken Salad

- 115g chicken tenders
- 1 t paprika
- 1/2 t onion powder
- 1/2 t garlic powder
- 1/4 t oregano
- 1/4 t thyme
- 1/4 t white pepper
- 1/4 t black pepper
- 1/4 t ground red pepper
- spinach or salad greens (as allowed)

Combine all spices and rub on chicken. Grill until no longer pink. Serve over spinach or salad greens.

Spice and Nice Crab Salad

- 115 grams crab
- Celery diced (optional)
- 1 tablespoon lemon juice
- 2 teaspoons apple cider vinegar
- 1 tablespoon Bragg's liquid aminos
- 1 tablespoon finely minced red
- Dash of garlic powder
- Dash of onion powder
- Cayenne pepper to taste
- Salt and black pepper (just a dash)

Steam the crab and chop into medium chunks. Toss with onions, spices, and liquid ingredients. Marinate for 15 minutes or more and serve over mixed green salad or add diced celery.

One serving (1 protein, 1 vegetable)

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Sweet Asian Cucumber Salad

- 2 cucumber sliced/diced
- 2 tablespoons apple cider vinegar
- 1 tablespoon fresh lemon juice
- 1 tablespoon Bragg's amino acids
- 1 teaspoon finely minced onion
- Cayenne pepper to taste
- Stevia to taste

Mix ingredients together, marinate for 15 minutes or more and serve chilled.

One serving (1 vegetable)

Yakima Apple/Coleslaw

- ½ head cabbage
- 1 apple (small) diced (optional)
- 2 tablespoons lemon juice
- 1 tablespoon apple cider vinegar
- ¼ teaspoon garlic powder
- Dash of mustard powder
- Dash of cinnamon (optional)
- Salt and pepper (just a dash)
- Stevia

Slice cabbage in very thin strips. Toss with lemon juice and spices. Allow to marinate for 30 minutes or overnight. Add apples and a 1/8 teaspoon of cinnamon to make an apple slaw.



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SALAD DRESSINGS & MARINADES

California Sweet Orange Dressing/Marinade

- Juice of 3 orange juice segments
- 2 tablespoons lemon juice
- 1 teaspoon apple cider vinegar (optional)
- ¼ teaspoon ginger powder
- Pinch of turmeric
- Pinch of orange zest
- Stevia to taste

Dissolve spices and stevia in juice mixture. Heat the dressing slightly in a Sauce pan then chill until ready to use. You may double the recipe for a marinade. Serve with remaining orange slices.

One to Two servings (1 fruit)

‘Crank it up’ Sweet / Spicy Mustard Dressing

- 2 tablespoons homemade mustard recipe (See recipe)
- 2 tablespoons apple cider vinegar
- 2 tablespoons lemon juice
- 1 tablespoon Bragg’s liquid aminos
- Pinch of turmeric
- 1 clove garlic finely minced
- 1 tablespoon minced onion
- Stevia to taste
- Water to desired consistency

Dissolve spices in liquid ingredients. Mix thoroughly and heat slightly in a saucepan. Add a little water or extra vinegar to create desired consistency.

One to two servings



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Crunchy Sweet Apple Chicken Salad

- 115 grams chicken cooked and diced
- 1 apple diced (122 g)
- 4 stalks celery diced
- 3 tablespoons lemon juice
- 1/8 teaspoon cinnamon
- Dash of nutmeg
- Dash of cardamom
- Dash of salt
- Stevia to taste

Mix ingredients together, sprinkle with stevia and cinnamon. Chill for 20 minutes. Serve with a wedge of lemon and enjoy.

Makes 1 serving (1 protein, 1 vegetable, 1 fruit)

Homemade Lemon Pepper Marinade

- 4 tablespoons lemon juice
- 3 tablespoons low sodium chicken or vegetable broth
- Salt and black pepper (just a dash)
- Stevia to taste

Mix ingredients together. Marinate protein for 20 or more minutes.

One to two servings



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Italian Stallion Vinaigrette

- ½ cup low sodium chicken or vegetable broth
- 2 tablespoon apple cider vinegar
- 2 tablespoons lemon juice
- 1 teaspoon organic Italian herb spice blend
- 2 tablespoons finely minced onion
- ½ teaspoon garlic powder
- ½ teaspoon onion powder

Combine ingredients in small saucepan. Simmer on low heat for 5 minutes to combine flavors. Remove from heat, chill, and serve as a dressing or use as a marinade.

One to two servings

Ketchup de Naturale

- 2 ounces of low sodium tomato paste
- 3 tablespoons apple cider vinegar
- 1 tablespoon lemon juice
- ¼ teaspoon celery salt
- ½ teaspoon paprika
- ¼ teaspoon mustard powder
- Pinch of nutmeg and clove
- Pinch of black pepper
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder
- Stevia to taste

Dissolve spices in vinegar and lemon juice. Add tomato paste and mix thoroughly. Can dilute with water if desired. Add additional lemon juice, vinegar or a little water until desired consistency is reached.

Two serving (1 vegetable)



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Strawberry Vinaigrette

- Strawberries
- 1 T. apple cider vinegar
- 1 T. lemon juice
- Dash of salt
- Dash of cayenne (optional)
- Fresh ground black pepper to taste
- Stevia to taste

Combine all ingredients in food processor. Puree until smooth.

Makes 1 serving (1 fruit)

Summer Tomato Basil Vinaigrette

- 2 tablespoons tomato paste
- 3 tablespoons apple cider vinegar
- 2 tablespoons lemon juice
- ¼ cup water, low sodium chicken or vegetable broth
- 1 tablespoon minced onion
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 teaspoon dried basil or fresh rolled and sliced basil leaves to taste
- 1/8 teaspoon oregano
- Cayenne pepper to taste

Combine ingredients in a small saucepan and heat slightly to a boil. Adjust liquid to desired consistency by adding a little more water or broth. Remove from heat and chill. Enjoy over salad with fresh ground black pepper.

Makes 2-3 servings (1 vegetable)



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Tarragon Vinegar Infusion Conclusion

- ¼ cup apple cider or red wine vinegar
- Fresh tarragon

Combine vinegar with fresh tarragon in a lidded jar. Crush or roll the tarragon slightly to release the flavor. Allow flavors to infuse into the vinegar overnight or up to a week. Use as a marinade for fish or as the base for a dressing. Add salt and pepper (just a dash)

Makes multiple servings

Texas Horseradish Marinade/Dipping Sauce

- ¼ cup very low sodium beef broth
- 1 teaspoon of horseradish or to taste
- ½ teaspoon garlic powder
- ¼ teaspoon paprika

Whisk the ingredients together and heat the sauce in a small saucepan. Pour into dipping bowl or use as a sauce or marinade and enjoy with beef dishes. Add Cayenne pepper to crank it up a notch

Makes 1-2 servings



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Traditional French Dressing Naturale

- ¼ cup low sodium beef broth
- 2 tablespoons apple cider vinegar
- 2 tablespoons lemon juice
- 1 clove garlic crushed and minced
- ¼ teaspoon horseradish or to taste
- ½ teaspoon paprika
- 1/8 teaspoon mustard powder
- Cayenne pepper to taste
- Stevia to taste

Dissolve spices in broth, vinegar and lemon juice. Mix well and heat slightly in small saucepan. Chill and serve over mixed greens or vegetables.

One to two servings



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SOUPS

Country Homemade Vegetable Beef Soup

- 115 grams lean beef cubed
- Celery, cabbage, or tomato diced
- 2 cups low sodium beef or vegetable broth
- (or substitute 1 cup water for 1 cup of broth)
- 1 tablespoon onion chopped
- 1 clove garlic crushed and minced
- 1 bay leaf
- 1/8 teaspoon dried basil
- 1/8 teaspoon fresh or dried oregano
- Pinch of thyme
- Pinch of paprika
- Pinch of chili powder
- Salt and pepper (just a dash)

Combine onion, garlic and spices with beef broth. Add celery and diced beef. Simmer for 20-30 minutes. Add tomatoes and simmer for an additional 5 minutes.

One serving (1 protein, 1 vegetable)



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Creole Jumbo Gumbo

- 115 grams shrimp
- 2 cups low sodium vegetable broth (or substitute 1 cup water for 1 cup broth)
- Tomatoes chopped
- 3 tablespoons tomato paste
- 2 tablespoons green or white onion
- 2 cloves of garlic crushed and minced
- 3 tablespoons apple cider vinegar
- Dash of Worcestershire sauce
- Cayenne pepper to taste
- Salt and pepper just a dash
- Liquid smoke hickory smoke flavoring to taste

Fry up shrimp or chicken sausage in a saucepan with onions. Add tomato paste, tomatoes, and broth. Mix well. Add the spices and vinegar. Simmer for 20-30 minutes. Serve hot and garnish with fresh parsley.

One to Two servings (1 protein, 1 vegetable)

Crock Pot Steak Soup

- 2 pounds of Lean steak of choice (I like tenderloin)
- Entire bull celery bunch- diced
- 3 large onions – sliced
- 2 cups water
- 1 bottle Kitchen Bouquet
- 1 large bunch kale
- Salt, pepper, Mrs. Dash of choice

Cut steak into cubes and brown in skillet. Add water in bottom of crock pot. Layer in browned steak, full stalk of diced celery, 3 large sliced onions. Pour bottle of kitchen bouquet over layers.

Cook on high 6 hours. Pull kale off thick stem and add to steak soup at the very end. Allow to steam and cook down.

Makes 8 servings

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Fisherman's Crab Bisque

- 115 grams crab meat
- 1 cup tomatoes chopped
- 2 cups low sodium vegetable broth
- (or substitute 1 cup water for 1 cup broth)
- 1 tablespoon onion minced
- 1 clove garlic crushed and minced
- 1 teaspoon Old Bay seasoning
- 1 bay leaf
- 1 tablespoon low fat half and half milk
- Cayenne pepper to taste
- Salt and black (just a dash)

Puree tomatoes and broth in a food processor or blender. Heat up mixture in a small saucepan. Add the crab and spices and simmer for 20-30 minutes stirring frequently.

One serving (1 protein, 1 vegetable)

Spanish Tomato Basil Soup

- 2 cups low sodium chicken or vegetable broth (or substitute 1 cup water for
- 1 cup low sodium broth)
- 2 cups chopped fresh tomatoes
- 3 ounces of tomato paste
- 4-6 leaves of fresh basil rolled and sliced
- 1-2 cloves garlic crushed and minced
- 2 tablespoons chopped onion
- 1 teaspoon garlic powder
- ¼ teaspoon dried oregano
- Pinch of marjoram
- Salt and black pepper (just a dash)

Puree all ingredients in a food processor or blender. Pour into a saucepan and heat to a boil. Reduce heat and simmer for 20 to 30 minutes. Serve hot, garnish with fresh basil leaves or parsley. One to Two servings (1 vegetable)



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VEGETABLES

Western Caramelized Onion Garnish (Family Style)

- ½ large onion cut into fine rings
- 4 tablespoons lemon juice
- Vanilla stevia to taste
- Small amount of water as needed
- Pinch of salt
- Vegetable broth

Preheat skillet. Add small amount of water/broth to bottom of pan and add lemon juice and stevia. Add onion rings and stevia and cook quickly periodically deglazing the pan with a little more water to create a sweet caramel sauce.

Serve immediately over steak or chicken. Spoon any remaining sauce created by deglazing over the top. Can be served chilled and added as a topping to salads.

Makes 2 servings

French Garlic Spinach

- 2- 3 cups Spinach
- ½ cup low sodium chicken broth or water
- 2 tablespoons lemon juice
- 2 tablespoons minced onion
- 2 cloves garlic crushed and minced
- ¼ teaspoon onion powder
- Pinch red pepper flakes
- Vegetable broth for sauté

Sauté the onion and garlic lightly in frying pan with a little water and lemon juice until soft. Add fresh garlic and spices. Stir in fresh spinach leaves and cook lightly. Serve with your favorite chicken or fish dish.

Makes 1 serving (1 vegetable)

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Grilled Asparagus with Rosemary Lemon Sauce

- Asparagus
- Juice of ½ lemon with rind
- 1 tablespoon Bragg's liquid aminos
- 1 clove garlic crushed and minced
- ¼ teaspoon rosemary
- Dash of garlic powder
- Dash of onion powder
- Salt and pepper (just a dash)
- Cayenne pepper to taste

Marinate asparagus in lemon, garlic, salt, cayenne pepper and Braggs.

Steam or grill asparagus spears to desired level of doneness. In a small saucepan place remaining lemon marinade along with lemon rind, ½ cup water, spices and cook until pulp starts to come out. You may add a little stevia if you wish for added sweetness. Reduce liquid by half. Remove lemon rind and pour over grilled asparagus. Garnish with lemon wedges and salt and pepper to taste.

Makes 1 serving (1 vegetable)



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Grill or Roasted Fruit and Vegetable Kabobs

- 1 apple cut into large chunks
- ¼ onion cut into 1 inch petals
- 1 tomato cut into chunks
- 1 tablespoon apple cider or red wine vinegar
- 1 tablespoon lemon juice
- ½ teaspoon crushed mint leaves
- ½ teaspoon crushed cilantro leaves
- Pinch of allspice
- Stevia taste

Marinate fruit and vegetables in lemon juice and vinegar with stevia and spices in the refrigerator for 20 minutes or more. Soak wooden skewers in water for five minutes. Layer chopped apple, onion petals, and tomato alternately on to skewers.

Place on grill for 5-8 minutes or until desired level of doneness. Top with herbs and serve with lemon wedges.

One serving (1 fruit, 1 vegetable)

Asian Hot Pickled Red Cabbage

- 2 cups Red cabbage
- 1 apple diced
- ½ cup apple cider or red wine vinegar
- ¼ cup water
- 2 tablespoons Bragg's liquid aminos
- 2 tablespoons chopped red onion
- 1 clove garlic crushed and minced
- A pinch of red pepper flakes
- Salt and pepper to taste (just a dash)

Slow cook cabbage and apples in water, apple cider vinegar. Add spices and chopped onion, and garlic, and stevia. Add salt and pepper to taste. Serve hot or cold.

Makes 1 serving (1 vegetable, 1 fruit)

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CHICKEN ENTREES

Asian Sweet/ Sour Chicken

- 115 grams chicken breast
- ½ orange, ½ lemon with rind
- 1 cup water
- 1 tablespoon Bragg's liquid aminos
- 2 tablespoons apple cider or red wine vinegar
- 1 tablespoon minced onion
- 1 tablespoon lemon and/or orange zest
- Dash of garlic powder
- Dash of onion powder
- 1 tablespoon hot sauce
- Cayenne pepper to taste
- Salt and pepper (just a dash)
- Stevia to taste

In a frying pan or small saucepan place ½ orange and ½ lemons with the rind in water and boil until pulp comes out of the rind. Remove rinds from the water and scrap out remaining pulp and juice with a spoon. Add spices, onion, and stevia to taste. Add chicken and cook until liquid is reduced by approximately half and desired consistency is achieved. Add onion and garlic powders which act as slight thickening agent. Serve hot and garnish with lemon.

One serving (1 protein, 1 fruit)



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Chinese Chicken Eggrolls

- Shredded cooked and seasoned chicken breast
- Diced onions
- Shredded cabbage – cooked till tender in skillet
- Chinese 4 spice
- Garlic powder
- Pepper
- Blanched cabbage leaves

Mix together shredded chicken, diced onions, shredded cabbage and spices.

Wrap ¼ cup of chicken mix in the center of each cabbage leaf and roll.

Crock Pot Spicy Chicken Chili

- 8 chicken breasts
- 4 cups chicken broth
- 2 cup diced onions
- 2 cup diced celery
- Fresh chopped cilantro
- Minced garlic to taste
- Cumin to taste and a couple tablespoons of chili powder
- Dash hot pepper sauce

In a large skillet, sear chicken breasts on both sides to brown.

Cut chicken into cubes.

Add chicken and remaining ingredients.

Cook on high 4 hours.



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Daddy's Sweet Lemon Chicken

- 115 grams thinly sliced chicken
- ½ lemon with rind
- 1 tablespoon Bragg's liquid aminos
- ¼ cup low sodium chicken broth or water
- 1 cup water
- Dash of cayenne pepper
- Salt (just a dash)
- Stevia to taste (optional)

Slice up ½ lemons into quarters and add to water. In a small saucepan boil lemon quarters until pulp comes out of the rind. Add broth, chicken, Bragg's and spices and simmer on low heat until chicken is cooked and sauce is reduced by half. Deglaze periodically with water if necessary. Garnish with fresh lemon slices, lemon zest or mint.

One serving (1 protein)



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Delightful Chicken Cacciatore

- 115 grams diced chicken breast
- 1-2 cups chopped tomatoes
- ¼ cup low sodium chicken broth
- 2 tablespoons tomato paste
- 1 tablespoon apple cider vinegar
- 2 tablespoons lemon juice
- 1 tablespoon Bragg's liquid aminos
- 2 tablespoons chopped onion
- 2 cloves crushed and minced garlic
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder
- 1 bay leaf
- Stevia to taste

Brown the chicken with garlic, onion, and lemon juice in a small saucepan.

Deglaze the pan with the chicken broth. Add tomatoes, tomato paste, vinegar and spices. Simmer on low heat for 20 minutes stirring occasionally. Remove the bay leaf and serve hot.

One to Two servings (1 protein, 1 vegetable)



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Downtown Chicken Tarragon

- 115 grams chicken breast
- ¼ cup tarragon and garlic infusion (see recipe)
- ¼ cup chicken broth or water
- 2 tablespoons lemon juice
- ½ teaspoon fresh chopped tarragon
- 1 tablespoon chopped onion
- 1 clove garlic minced
- Dash of mustard powder

Heat the chicken broth, vinegar, garlic, and onion in a small saucepan or frying pan. Add chicken and sauté for about 10 minutes or until chicken is completely cooked and liquid is reduced. Deglaze the pan periodically with a little water to create a sauce. Serve hot.

One serving (1 protein)

Mazatlan Chicken Tacos

- 115 grams finely chopped or ground chicken breast
- ¼ cup low sodium chicken broth or water
- 1 tablespoon chopped onion
- 1 clove garlic crushed and minced
- 1/8 teaspoon oregano
- Cayenne pepper just a dash
- Pinch of cumin
- Fresh cilantro chopped
- 4-6 large lettuce leaves

In a small frying pan cook chicken in broth.

Add onion, garlic and spices.

Deglaze pan with lemon juice or a little water. Serve chicken taco style in butter lettuce or romaine leaves or top with salsa (See recipe)

One serving (1 protein, 1 vegetable)



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Oriental Ginger Chicken

- 115 grams chicken
- ¼ cup chicken low sodium broth or water
- 4 tablespoons lemon juice
- ¼ teaspoon lemon or orange zest
- ½ teaspoon fresh ginger
- 4 tablespoons Bragg's liquid aminos
- 1 tablespoon chopped onion
- Stevia to taste
- Salt and pepper to taste
- Cayenne pepper (just a dash)

In a small sauce pan, sauté chicken in a little lemon juice and water until slightly browned. Add spices, ginger, salt, lemon and stevia. Add Bragg's liquid aminos.

One serving (1 protein)

Washington Baked Apple Chicken

- 115 grams cubed chicken
- ½ finely chopped apple
- 2 tablespoons lemon juice
- 1 tablespoon apple cider vinegar
- 1/8 teaspoon cinnamon
- Salt and pepper to taste
- Dash of cayenne

Lightly brown the chicken in lemon juice. Add chopped apple and evenly coat with a mixture of apple cider vinegar, lemon juice, stevia, cinnamon, cayenne and pinch of salt. Put in small baking dish and add additional vinegar and lemon juice. Serve with the rest of the apple in thin slices on the side.

One serving (1 protein, 1 fruit)



BEEF ENTREES

Cabbage Rolls

- 115g Lean ground beef, chicken or turkey
- Diced onions
- Diced celery
- Cabbage
- Favorite Mrs. Dash seasoning
- Tomato Sauce

Mix together raw ground beef, chicken or turkey. Add in diced onions and celery. Add in seasonings of choice. An Italian seasoning is tasty in this recipe. Set aside.

For ease of wrapping cabbage rolls, blanch big cabbage leaves to soften first. Put one cup filler in cabbage leaf and roll up. Place in baking dish, seam side down. Pour tomato sauce over rolls and bake approximately 30 minutes at 350 degrees.

Cabo Baja Fajitas/ Carne Asada

- 115 grams sliced beef or chicken cut into strips or flank steak asada
- Tomatoes
- Sliced onion cut into thin strips
- 1 clove garlic chopped
- 3 tablespoons lemon juice
- 2 tablespoons orange juice (optional)
- 1/8 teaspoon oregano
- 1/8 teaspoon chili powder (just a dash)
- Pinch of cayenne pepper

Marinate meat in lemon juice and spices. Barbeque for carne asada or cook strips in a frying pan with garlic and onion. Add chopped tomatoes during the last 5 minutes of cooking and enjoy with lettuce leaf mock tortillas and salsa.

One serving (1 protein, vegetable)



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Famous Sloppy Joes/Barbequed Beef

- 115 grams ground beef
- 1 recipe barbeque sauce (see recipe)
- Butter lettuce or any large variety lettuce leaves

Brown ground beef in small frying pan. Add barbeque sauce and a little water to achieve desired consistency. Cook for about 5 minutes. Serve sloppy Joe style on lettuce leaves.

One serving (1 protein, 1 vegetable)

Linda's SHAPE Chili

I make a full stock pot when I make chili. Sometimes I freeze ½ and thaw it a couple weeks later. This is a thick and meaty chili.

- 4 pounds ground beef, chicken, turkey
- 2 cups diced onions
- 2 cups diced celery
- Diced peppers (optional)
- 2 cans tomato Sauce
- 1 can tomato paste
- 2 cans Muir Glen Fire Roasted Tomatoes
- 2 cans Muir Glen Adobo Seasoned Tomatoes
- 2 cans Muir Glen Chipotle Pepper Tomatoes (has a little sugar in ingredients list so you may want to eliminate it when you are in Phase I)
- Salt, pepper, chili powder, cumin

Fry ground meat. In separate skillet, fry onions and celery until caramelized. Mix together and add all tomato products. Season to taste. Simmer to blend all flavors together approximately three hours on low temp. Enjoy.



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'On the Grill' Beef Apple Kabobs

- 115 grams of lean good quality beef or chunked chicken
- 1 apple cut into large chunks
- ¼ onion petals
- ½ cup low sodium beef, chicken, or vegetable broth
- 3 tablespoons apple cider vinegar
- 1 tablespoon Bragg's liquid aminos
- Stevia to taste

Marinate beef or chicken in broth, vinegar, and spices. Layer apple, onion petals, and beef or protein chunks on wooden or metal skewers (If using wooden skewers soak them for a few minutes so they don't burn). Barbeque directly or place on aluminum foil sheet and cook until desired level of doneness. Baste frequently with remaining marinade. Heat the remaining marinade in a small sauce pan and use as a dipping sauce.

One serving (1 protein, 1 fruit)

Southern Corned Beef w/ Cabbage

- Beef brisket 115 gram
- Cabbage
- ½ cup apple cider or red wine vinegar
- ½ onion chopped
- 1 teaspoon powdered mustard
- ¼ teaspoon fresh thyme
- 1 bay leaf
- Pinch of allspice
- 1 teaspoon whole black peppercorns
- Salt and pepper (just a dash)

Salt and pepper the beef and lightly dust with mustard. Put meat, onion and spices into a crock-pot or large pot and cover with water. Add vinegar. Bring to a boil and then reduce heat and simmer for 1 hour. Skim the fat from the water as it rises. Add the cabbage to the pot and cook for an additional 1-2 hours until the meat and cabbage are tender. Slice thinly across the grain and serve with horseradish sauce. One serving (1 protein, 1 vegetable)



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Southern Pepper Crusted Steak

- 115 grams lean steak
- Fresh ground black pepper
- Dash of Worcestershire sauce
- Salt (just a dash)

Manually tenderize the meat until flat. Rub meat with salt and coat liberally with black pepper. Cook on high heat for about 3-5 minutes or throw on the barbeque. Top with Worcestershire sauce if desired and caramelized onion garnish. You can also cut the steak into strips and serve over a mixed green.

One serving (1 protein)

Stuffed Peppers

- Peppers (green, red, yellow, orange)
- Ground beef, chicken, turkey
- Diced onions
- Diced celery
- Italian seasoning
- Tomato Sauce or Petite Diced Tomatoes in Tomato Sauce

Mix together raw ground beef, chicken, turkey, diced onions, diced celery and seasoning. Stuff raw mix into peppers. Set in baking dish. Pour tomato sauce or diced tomatoes in sauce over stuffed peppers and bake until pepper is tender and meat mix is cooked. You may want to undercook just a bit if you plan to reheat in microwave later in the week. It will cook thru then and not be overcooked had you cooked it through initially. Bake at 350 degrees approximately 30 minutes.



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Taco Salad

- Ground beef, chicken, turkey
- Onions
- Taco Seasoning (no sugar added)
- Romaine lettuce
- Salsa

Fry ground beef, chicken or turkey in skillet. Pour off all grease, leaving just a smidge in the bottom of the pan. Add onions and cook until caramelized. Add ground meat back to cooked onions. Add seasoning and a bit of water. Cook until seasoning has infiltrated the meat mix. Refrigerate. When it comes time to eat, reheat the taco mix and sprinkle on the top of your romaine lettuce. Add salsa and enjoy.

There are a number of salsas on the market that are sugar free. These can be used over top burgers, fish, salads, etc.

Traditional Meatloaf

- 115 grams Ground beef (lean) for each serving
- 1 serving cracker crumbs
- 1 ketchup recipe (see recipe)
- 1 tablespoon chopped onion
- 1 clove minced garlic
- Cayenne to taste
- ¼ teaspoon paprika
- Pulp of apple after juicing

Crush crackers into fine powder. Mix with the ground beef, chopped onion and spices. Place in a baking dish, loaf pan or muffin tin for single servings. Baste with ketchup recipe mixture and bake at 350 for 15-20 minutes. Cook longer for multiple servings using a loaf pan.

Variations: Use apple pulp after juicing to make meatloaf sweet and moist.

Enjoy the juice of the apple as an apple virgin martini or sparkling soda.

One serving or more servings (1 protein, 1 vegetable, 1 fruit, 1 starch)



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Wintertime Pot Roast

- Shoulder roast 115 gram
- Tomatoes
- 5 cloves chopped garlic
- ½ chopped onion
- 1 tablespoon paprika
- Cayenne to taste
- Salt and black pepper (just a dash)

Rub spices into meat on all sides. Place in crock pot and fill halfway. Add celery to liquid. Heat on high for 30 minutes then reduce heat to low and cook for 6-8 hours until fork tender. Save the juice to make sauces and dressings. Save the celery to make soup. Always refrigerate and skim off any excess fat.

One serving (1 protein, 1 vegetable)

Wintery Savory Beef Stew

- 115 grams lean steak (round, London broil, or any other lean steak) finely cubed or whole. This is a slow cooked dish so, for multiple servings, weigh out in hundred gram increments and then divide into equal servings at the end of the cooking process.
- Chopped celery
- 1 cup low sodium beef broth or water
- 1 tablespoon chopped onion
- 1 clove garlic crushed and minced
- 1/8 teaspoon onion powder
- 1/8 teaspoon garlic powder
- Pinch of oregano
- Cayenne pepper to taste

In saucepan, lightly brown cubed beef, onion and garlic. Add water, vegetables, and spices and bring to a boil. Reduce heat and simmer for approximately 30 minutes to an hour or until the beef is tender. Add water as needed to create a stew like consistency. Serve hot and enjoy. Garnish with parsley. This also works as a crock pot recipe. Just add additional water and slow cook whole 100 gram servings instead of cubed. One serving (1 protein, 1 vegetable)



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SEAFOOD ENTREES

Alaskan Poached Halibut (or any White Fish)

- 115 grams per serving halibut
- ½ cup low sodium vegetable broth or water
- 1 tablespoon lemon juice
- 1 tablespoon chopped onion
- 1 clove garlic crushed and minced
- ½ teaspoon fresh ginger
- Pinch of grated orange zest
- Salt and pepper (just a dash)
- Stevia to taste

Heat up the vegetable broth in small frying pan. Add lemon juice, onion, garlic, and spices. Poach halibut filet for 5-10 minutes until fish is tender and cooked thoroughly. May also be wrapped in foil and placed on the barbeque. Serve topped with remaining juices as a sauce. One serving (1 protein)



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Chinese Sweet and Sour Shrimp

- 115 grams shrimp
- 1 cup water
- ½ lemon with rind
- ½ orange with rind
- 3 tablespoons Bragg's liquid aminos
- 1 tablespoon minced onion
- 1 clove garlic crushed and minced
- Cayenne to taste
- Salt and pepper just a dash
- Stevia to taste

Boil 1 cup of water with ½ lemon and ½ orange with rind until pulp comes out of the center. Scrape out remaining pulp and discard the rind. Add onion, garlic, Bragg's, and spices and reduce liquid by half. Add the shrimp to the sauce and sauté for 5-7 minutes until shrimp is cooked.

One serving (1 protein, 1 fruit)



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Deep South Jambalaya

- 115 grams shrimp (chicken, beef, or chicken sausage can be used)
- Tomatoes or celery chopped
- 1 cup low sodium vegetable broth or water
- 1 tablespoon lemon juice
- 1 tablespoon chopped onion
- 1 clove garlic crushed and minced
- Dash of Worcestershire sauce
- Dash of hot sauce
- Dash of liquid smoke (optional)
- Pinch of cayenne to taste
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- Pinch of thyme
- Salt and pepper (just a dash)

Lightly sauté shrimp or chicken with celery or tomatoes, garlic and onion in lemon juice until cooked or lightly browned. Deglaze the pan with broth and add seasonings. Simmer on low for approximately 20-30 minutes until liquid is slightly reduced adding additional broth or water to achieve desired consistency. One serving (1 protein, 1 vegetable, 1 fruit)

Delicious Sweet Orange Pepper Shrimp

- 115 grams shrimp
- 1 tablespoon minced onion
- 1 serving of sweet orange marinade (see recipe)
- Stevia to taste

Marinate shrimp for 30 minutes in marinade. In small frying pan add shrimp and rest of marinade along with a few chopped slices of orange. Add black pepper to taste. Deglaze the pan periodically with water. Sauté until shrimp are cooked and tender and the sauce is the right consistency.

One serving (1 protein, 1 fruit)



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French Shrimp Scampi

- 115 grams shrimp
- ¼ cup low sodium vegetable broth or water
- 3 tablespoons lemon juice
- 4 cloves garlic crushed and minced
- Dash of garlic powder Dash of onion powder
- Dash of chili or cayenne pepper powder to taste
- Salt and pepper (just a dash)

Add garlic to liquid ingredients. Add shrimp and additional spices. Cook for 5-7 minutes until shrimp are pink and liquid is reduced. Serve hot or cold with a salad or on a bed of spinach.

One serving (1 protein)

Hawaiian Mahi Mahi w/ Oranges

- 115 grams mahi mahi fish
- ½ orange in segments
- 2 tablespoons Bragg's amino acids
- 1 teaspoon apple cider vinegar
- 1/8 teaspoon fresh or dried ginger
- 1 tablespoon chopped green onion
- 1 clove garlic crushed and minced
- Pinch of red pepper flakes
- Stevia to taste
- Cayenne to taste

Sauté mahi mahi fish with a little water, vinegar and Bragg's then add garlic, spices, and stevia. Add ½ orange in chunks or segments. Cook for 5-10 minutes. Top with green onion and serve on a bed of steamed spinach or greens.

One serving (1 protein, 1 fruit)



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Traditional Crab Cakes

- 115 grams snow or king crab meat
- 1 tablespoon lemon juice
- 1 teaspoon apple cider vinegar
- 1/8 teaspoon onion powder
- 1/8 teaspoon garlic powder
- 1 tablespoon finely minced onion
- 1 clove crushed and minced garlic
- Cayenne to taste

In a small bowl combine ingredients and form into cakes. Press crab cakes into muffin tins and bake at 350 degrees for about 10-20 minutes until slightly brown on top. The crab mixture can also be sautéed until warm or chilled and served over a green salad with lemon garnish.

One serving (1 protein)



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DESSERTS

Applesauce

- 1 apple
- 3 T water
- cinnamon (optional)

Peel, core, and dice apple. Place diced apple in mini-crockpot and add water. Add cinnamon. Cook at least two hours. When finished, mash with spoon or fork, or place in blender to reach desired consistency.

Famous Yakima Apple Chips

- 1 apple
- Dash of cinnamon
- Stevia to taste

Slice apples thinly, coat with stevia and cinnamon. Place in a dehydrator or bake at 325 until chewy and a little crispy.

One serving (1 fruit)

Grandma's Apple Slices with Cinnamon Sauce

- 1 apple sliced
- 3 tablespoons lemon juice
- 1 teaspoon apple cider vinegar
- 1-2 teaspoons cinnamon
- Dash of nutmeg
- Powdered stevia to taste

In the microwave or small saucepan heat the liquid and spice ingredients together stirring constantly. Serve in a small dipping bowl and serve with chilled apple slices or other fruit.

One serving (1 fruit)



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Homemade Strawberry Compote (Warm)

- 1 serving fresh sliced strawberries
- 2 tablespoons lemon juice
- Dash of cinnamon
- Dash of nutmeg
- Dash of cayenne
- Dash of salt
- Vanilla or dark chocolate stevia to taste

In a small saucepan, combine ingredients and stir thoroughly. Sauté on medium heat until warm and bubbly and a sauce develops. Serve warm in a bowl. Garnish with mint. Top with cinnamon Melba croutons

One serving (1 fruit)

Sweet Caramel Apple Pie

- 1 apple
- 1 tablespoon lemon juice
- 1 tablespoon water
- 1 teaspoon apple cider vinegar
- 1 packet powdered stevia
- 1 teaspoon ground cinnamon
- Pinch of nutmeg
- 1 tablespoon water
- English toffee stevia to taste

Slice apple into very thin slices. Arrange in layers in a round 3 inch crème Brule dish. For each layer, sprinkle generously with cinnamon, nutmeg, and powdered and English toffee stevia. Continue layering with spices until dish is full. Sprinkle lemon juice, apple cider vinegar and water over the apple slices. Bake at 375 for approximately 20-25 minutes or until apples are cooked and top is slightly crispy. Drizzle with additional English toffee stevia if desired. Serve warm.

One serving (1 fruit)