

21-Day Purification & Weight Loss Program

Patient Guide

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“Disease is an expression of detoxification.” – Hippocrates, father of medicine

Let's consider some of the obstructions and imbalances involved in toxicity.

Understanding Detoxification

I eat healthy, exercise and drink plenty of water so is it really necessary for me?

Living in a chemically oriented society has made toxicity a much greater concern for the 20th century. The Environmental Protection Agency reports that the average American consumes four pounds of pesticides each year and has residues from over 400 toxic substances in their body. More than 3,000 chemical additives are found in the foods we eat. The incidence of many toxic diseases has increased as well, with cancer and cardiovascular disease at the top of the list. Arthritis, allergies, obesity, and many skin problems are other troubles that occur as a result of toxicity. In addition, a wide range of symptoms, such as headaches, fatigue, pains, coughs, gastrointestinal problems, and problems from immune weakness can all be related to toxicity. Toxicity can occur on an internal and an external level. We are exposed to toxins daily and can acquire them from our environment by breathing, ingesting, or coming into physical contact with them. Also, most drugs, food additives, and allergens can create toxic elements in the body.

On the internal level, our body produces toxins through its normal, everyday functions. Biochemical, cellular, and bodily activities generate free radicals. When these are not eliminated, they can cause irritation or inflammation of the cells and tissues, blocking normal functions. Internally, fats (especially oxidized fats and cholesterol), free radicals, and other irritating molecules act as toxins. Functionally, poor digestion, colon sluggishness and dysfunction, reduced liver function, and poor elimination through the kidneys, respiratory tract, and skin all add to increased toxicity. Microbes, including intestinal bacteria, foreign bacteria, yeasts, and parasites, produce metabolic waste products that we must handle. Our emotions and stress generate increased biochemical toxicity. A normal functioning body was created to handle certain levels of toxins; the concern is with excess intake, production of toxins, or a reduction in the processes of elimination. Toxicity occurs in our body when we take in more than we can utilize and eliminate. A toxin may produce an immediate or rapid onset of symptoms or cause long-term, negative effects. If our body is working well, with good immune and eliminative functions, we can handle our basic everyday exposure to toxins. Through detoxification, we clear and filter toxins and waste and allow our body to work on enhancing its basic functions.

Detoxification Organs

Respiratory – lungs, bronchial tubes, throat, sinuses, and nose
 Gastrointestinal – liver, gallbladder, colon, and whole GI tract
 Urinary – kidneys, bladder, and urethra
 Skin and derma – sweat and sebaceous glands and tears

Our body handles toxins by neutralizing, transforming, or eliminating them. The liver helps transform many toxic substances into harmless agents, while the blood carries waste to the kidneys. The liver

dumps waste through the bile into the intestines, where much of it is eliminated. We also clear toxins when our bodies sweat. Our sinuses and skin are accessory elimination organs, whereby excess mucus or toxins can be released. Detoxification is the process of clearing toxins from the body by neutralizing or transforming them and clearing excess mucus and congestion. Detoxification also involves dietary and lifestyle changes that reduce intake of toxins and improve elimination. Avoidance of chemicals from food and other sources (refined foods, sugar, caffeine, alcohol, tobacco, and many drugs), helps minimize the toxin load. Drinking extra water and increasing fiber by including more fruits and vegetables in the diet are steps in the process. Almost everyone needs to detoxify. We detoxify to clear symptoms, treat disease, and prevent further problems. We also detoxify to rest our overloaded organs of digestion.

With a regular balanced diet, devoid of excesses, a less intense detoxification will be indicated. However, when we eat a congesting diet higher in fats, meats, dairy products, refined foods, and chemicals, detoxification becomes more necessary. Who needs to detoxify is based on individual lifestyle and symptoms of toxicity. Common toxicity symptoms include: headache, fatigue, mucus problems, aches and pains, digestive problems, "allergy" symptoms, and sensitivity to environmental agents such as chemicals, perfumes, and synthetics.

Food, Nutrition, and Hydration

There are many levels to detoxification. The first is to eat a non-toxic diet composed of raw foods. A raw-foods diet contains lots of sprouted greens from seeds and grains, such as wheat, buckwheat, sunflower, alfalfa, clover, sprouted beans, soaked or sprouted raw nuts, and fresh fruits and vegetables. Raw foods maintain the highest concentration of vitamins, minerals and important enzymes. Water should always be used during any type of detox program to help dilute and eliminate toxin accumulations. Supplementation is important to encourage healthy kidney and lymphatic system function, maintain healthy liver detoxification function, and promote efficient gastrointestinal elimination and blood purity. Supplementing with Juniper berry, red clover flower, collinsonia root, psyllium husk, burdock root, barley grass, Spanish black radish root, fenugreek seed, fringe tree root, fennel seed, and milk thistle addresses the functioning of each detoxification system and supports the body's physiological functioning.

Proper Function of Eliminary Organs

Colon cleansing is one of the most important parts of detoxification. Much toxicity comes out of the large intestine, and sluggish functioning of this organ can rapidly produce general toxicity. To improve elimination through the skin, regular exercise is important to stimulate sweating, which aids in detoxification. Dry brushing the skin before bathing is suggested to cleanse the skin of old cells. Massage therapy, especially lymphatic and even deeper massage, is very useful in supporting a detox program; it stimulates elimination and body functions, and also promotes relaxation.

The Truth about Fats

Fats are so misunderstood and mass marketing has made the water even muddier. Plain and Simple...you cannot be healthy without good fats in your diet! The brain is about 60% fat to start with, and you might correctly draw the conclusion that it needs fat in order to function properly. Fats do not make you fat; eating too little fat can make you fat. But here is the truth and beauty about fats. Fats that keep you healthy and the brain well functioning are from the earth and minimally processed, if at all. A list of good oils that you and your child should be consuming daily is listed in the Approved Foods For Days 1-10 on page 4. Even the good oil, saturated fat, has been made a villain. Saturated fat is critical to every cell of your body. Nature has provided a number of foods with saturated fats like Coconut Oil and even your body makes saturated fats. If, however, you eat manmade saturated/hydrogenated fats and man altered trans-fats you are in trouble! So please, begin your journey into a new world of understanding about healthy foods and learn to distinguish between truth and myth. For more information on this topic, you can go to www.westonaprice.org. In addition, there is a great book, *Fats That Heal, Fats That Kill* by Udo Erasmus, Ph.D. www.udoerasmus.com.

An important part of this program is to change the oil/fats in the diet, oils that are hydrogenated, man-altered, and chemical made lead to decreased cell membrane transport, (nutrition has to get into cells), and inflammation. It can take months to get the congesting bad fats out of your cells; the bad news is - the half-life of trans fats is 51 days. In other words, after 51 days of eating no trans fats, you still need another 51 days to complete the clearing – and even then, a 25% residual remains. That "bad oil" in that bag of fries lasts 102 days! Improper nerve function, increased inflammation, and poor cell communication come from eating these "bad / rancid oils."

There is good news however, the half life of the beneficial omega 3 fatty Acids found in Cod Liver Oil, Tuna Oil and Salmon Oil is 18 days. This means you can see noticeable changes within this time. Remember however, to continue the elimination of bad oil for life to keep healthy balance.

Pre-Detox

If you drink caffeinated beverages, eat foods with high sugar content, or drink sodas (including diet), then you will need to reduce your consumption to zero prior to starting the program. During the 21-day purification period, you cannot have cokes, coffee, candy, chocolate, etc. so begin limiting yourself of these at least 7 days prior to starting the program. This will help alleviate caffeine and sugar withdrawal symptoms and/or headaches while on the purification program. You can use Green Teas and/or mineral water with unsweetened juice to make the transition easier. If you need to sweeten the tea, use Stevia or Xylitol (both found in most health food stores).

Prepare your household by not having food you should avoid on hand. Begin throwing away all hydrogenated or partially hydrogenated oils and margarine, white sugar, artificial sweeteners, and refined white breads and pastas. Stock your kitchen with the acceptable foods in the following charts so you will not be tempted to eat foods from the avoid list.

You should also have at least one bowel movement a day, if not more, before starting the purification program. Drink more water and consult with your practitioner about the use of Zypan if you have a history of constipation. Having **daily** bowel movements is extremely important to the success of the purification program.

Water is another important component of the purification program. It is recommended that you consume at least half your body weight in ounces of water per day. Take your body weight in pounds and divide by two. That number is the minimum number of ounces of water you should drink per day. Example: Body weight - 120 lbs., $120/2 = 60$, so drink at least 60 oz of water per day.

Talk to your practitioner about organic foods versus non-organic foods. Your practitioner should also have reviewed your diet, digestion, support system, grocery shopping and state of mind with you before beginning the purification program. Finally, a good positive outlook is imperative. Think of it as a gift to yourself. You will feel better in the end!

Support System

The 21-Day Purification Program can put a stress on family and friends who expect you to cook and eat with them. Let them know right up front that you expect their help and cooperation during the program. Remember, it is just 21 Days!

It is important to discuss these changes with the following “circle of influence”:

- Family members
- Co-workers
- Friends
- Groups/Committees you are associated with

Purification Diet Program

Approved Foods for Days 1-10

- Vegetables and Fruits only!!!
 - Twice as many vegetables as fruit. Very important!
 - 50% or more should be raw
 - If not raw, it should be lightly steamed or stir-fry over low heat.
 - Organic produce is recommended because of its HIGHER NUTRIENT CONTENT and fewer chemicals.
 - Butter is fine to use – choose organic, unsalted. Avoid margarine (hydrogenated oils)
 - Fats are important and a healthy part of this program. **Fish oils, Butter, Olive oil, Coconut oil, and Almond oil are fine. Also OK, are Macadamia Nut and Grape Seed oils.** NO VEGETABLE OILS (Corn, Canola, Soy), HYDROGENATED OILS (like Crisco), OR PEANUT OIL!
 - Sweet potatoes are beneficial and recommended.
 - Avoid high glycemic foods (fast rise in blood sugar)
 - Such as corn, bananas and white potatoes
 - People who have arthritis should avoid
 - Nightshades: Tomatoes, Potatoes, All Peppers, Eggplant etc...
 - Citrus Fruits
 - People who have Chronic Fatigue Syndrome and/or Fibromyalgia should avoid
 - Citrus Fruits
 - Drink lots of water – very important!!!
 - Drink at least half your body weight in ounces
 - Spring or mineral water is best
 - Drink most between meals
 - You can add fresh squeezed lime or lemon
 - Eat a variety of foods; choose a rainbow of colors
 - Salad dressing is permissible, BUT MAKE SURE YOU
 - Avoid ones with corn syrup, dairy products or processed sugar
 - Good choice: Extra Virgin Olive Oil, Balsamic Vinegar, minced fresh Garlic, Lemon Juice, Sea Salt and Black Pepper. “Annie’s Natural’s” Brand Salad Dressings have some that are ok as long as there is NO Fructose, Soy, Dairy, or Corn. “Raspberry Vinaigrette” is excellent!
 - Eat frequently through out the day. DO NOT skip meals. Eat all you want! (of approved foods)
 - NO alcohol, caffeine, tobacco and other stimulants
 - If high caffeine user – taper off (to avoid headaches)
 - Green Tea is excellent! Feel free to drink all you want!

Approved Foods for Days 11-21

- Continue the diet as stated above
- You may now add 1-2 eggs per day; organic, free range (simply prepared-scrambled, boiled, poached)
- You may now add in Fish once to twice per day.
 - Choose ocean fish like Salmon, Cod, etc.
 - Avoid local lake fish
 - Do not fry
 - Amount should be the size of your palm and thickness of your palm.
- *Occasionally* you may have organic turkey, chicken.
 - ONLY free range, antibiotic-free, hormone-free
 - Baking or roasting preferred to grilling or frying

Exercise

Exercise is vital to health and if enjoyed by the family can lead to feelings of well being and security. Why not turn the TV off in the evening and go for a walk. This can improve sleep and nervous system function, as well as “feel good” hormones. Just be sure to get in some exercise!

Exercise During the Purification and Weight Management Program

- Exercise daily throughout the program
- Now that you are feeling a new sense of energy, try to exercise until you sweat!
- Unless you are older and/or have not been exercising, take a 20 to 30 minute walk daily.
- Walk every day up to 6 days per week.

Would a Headache or Constipation Make You Stop The Purification Program?

- Those who have never done a cleanse or drink lots of coffee may be tempted to stop the cleanse at the onset of a headache or constipation. Here are natural remedies that will keep you going on your path to wellness. Don't give up! Call your practitioner if anything comes up that concerns you.
- Headaches or a rash – these can be avoided with extra water intake and **ANTRONEX** – 2/ HOUR.
- Constipation – If you tend to get constipated, always take two **ZYPAN** with your supplements.

Optimal Purification Enhancements

- Massages – flushes lymphatic system, Colonics, Coffee Enemas
- Dry Skin Brushing
- Meditation, prayer and other relaxing activities to tune in your body, mind and soul

Food Guide

Completely Avoid	Acceptable Alternatives
<p>Common Table Salt</p> <p>Condiments with sugar, colorings, corn syrup, additives, Splenda, Equal, Sweet-n-Low</p> <p>No Soft Drinks, including Diet Sodas or Candy</p> <p>Non-organic lean meats</p> <p>Tap Water</p> <p>Coffee</p> <p>MSG</p> <p>Nuts, beans, wheat, dairy, soy can be healthy, but please DO NOT consume during the 21-Day Purification Program. They may be allowed after the 21 Days with the direction of your health care provider.</p> <p>Margarine</p> <p>High Glycemic foods: No Bananas, Potatoes, or Avocados</p>	<p><u>SEA SALT</u>: “Celtic Sea Salt” or “Real Salt”</p> <p>Stevia, Xylitol, Raw Honey, Agave Nectar (use each sparingly)</p> <p>Sparkling Mineral Water with Unsweetened Juice (½ and ½ of each). Gerolsteiner, Apollonaris with unsweetened organic juice, Organic Apple Cider Vinegar, Green Tea, Herbal Teas</p> <p>Pure Spring Water</p> <p>Green Tea, Herbal Teas</p> <p>Spices: Cinnamon, Cayenne, Basil Oregano, Parsley, Thyme, Cayenne, etc...</p> <p>Butter, especially Organic unsalted</p> <p>Low Glycemic foods: Berries, sweet potatoes</p>

Supplement Schedule

21-Day Program	Formula	Days 1-7	Days 8-21
SHAKES SP Complete Supplement Recipes	SP Complete 2-rounded scoops per shake <u>2-5/day allowed</u>	2-5 shakes per day	2-5 shakes per day
SUPPLEMENTS All are to be taken with a shake or water either 1 hr. before meals or 2 hrs. after meals or directly before bed.	SP Cleanse	7 capsules 3x/day (bottle will be finished in 7 days)	None
	Gastro Fiber May need to take Zypan also	3 capsules 3x/day	3 capsules 3x/day
	SP Green Food	Note: Start on day 8	3 capsules 3x/day
ADDITIONAL	Tuna Omega 3 Oil	2 capsules 2x/day	2 capsules 2x/day
ADDITIONAL	Whey Protein- No flavorings	1 scoop in each shake	1 scoop in each shake
Alternative to SP Complete	Rice Protein and Greens		
Sugar Cravings	“Gymnema” Tablets	1-3x/day	1-3x/day

What to Expect After the First 21 Days of Faithful Compliance

- **Increased Vitality**
- **Feeling More Calm**
- **Bloodwork Scores Improvement**
- **Less Argumentative**
- **More Regular Bowel Movements**
- **Diminished Sugar Cravings**
- **Attention Improvement**
- **Less Irritability**
- **Completion of Tasks**
- **Fewer Stomachaches**
- **Fewer Headaches**
- **Bones Hurt Less**
- **Less Cramping**
- **More Calm Energy**
- **Better Concentration**
- **Faster Reading w/Retention**
- **Fat Loss**
- **Improved Memory**
- **Better Mental Focus**
- **Skin Improvement**

Concluding Comments

We are seeing more and more dys-function in health today compared with even 50 years ago. The typical medical approach is to find the “magic bullet” drug or vitamin that will cure or control the dys-function. These rarely make our life better and more often than not just prolong the problem and never address the root cause. Returning to the Traditional Diets of our Ancestors and eating foods that are unprocessed will help to resolve the imbalance of toxicity/deficiency. If you are amazed at seeing the good results of this program, please consider making an appointment for the whole family and see how your life can change for the better!

“Two roads diverged in a wood, and I... I took the one less traveled by, and that has made all the difference.”

Robert Frost, *The Road Not Taken*

Recipes

Days 1 - 10

Vinaigrette Dressing

INGREDIENTS

- * 2/3 cup Olive Oil
- * 1 tablespoon Dijon mustard
- * 1/4 cup Balsamic Vinegar or Lemon juice
- * 1 clove Garlic, minced
- * 1/4 cup water
- * Herbs to taste

PREPARATION

Measure ingredients into a jar with a tight-fitting lid. Shake vigorously or use a whisk.

Chilled Cucumber-Red Onion Salad

INGREDIENTS

- * 1 large Cucumber, thinly sliced
- * 1/8 to 1/4 medium red Onion, thinly sliced
- * 1 tablespoon chopped fresh Dill or Mint
- * 1 plum Tomato, thinly sliced
or 3 to 4 halved Cherry Tomatoes
- * Vinaigrette Dressing

PREPARATION

Sprinkle dill or mint over cucumber, onion and tomato. Drizzle and toss with Vinaigrette dressing. Cover and chill for several hours. Serves two.

Vegetable Soup

Sauté minced garlic and a chopped onion in minimum oil. Add 2 stalks of chopped celery and a diced green pepper. Add some vegetable broth (can purchase at Whole Foods), add fresh herbs (cilantro, rosemary, etc.) and bring to a boil. Add vegetables of choice and simmer; watch vegetables so they are still crisp. Add delicate ones toward end (e.g., spinach, cabbage, etc.) and simmer for 1 minute or just turn off heat.

Salsa

INGREDIENTS

- * 2 large Tomatoes
- * 1 clove crushed Garlic
- * 2 chopped Scallions
- * 1 tablespoon Olive Oil
- * 2 tablespoons chopped Cilantro
- * 1 teaspoon fresh Lime juice

PREPARATION

Combine all ingredients in a bowl. Serve cold as dip or warm as a sauce.

Red Cabbage Salad

INGREDIENTS

- * 1 medium head Red Cabbage, coarsely chopped
- * 10 Radishes, sliced
- * 3 Granny Smith Apples
- * 2 green Onions, chopped
- * 1 stalk Celery
- * 1 or 2 tablespoons Lemon juice
- * Dash Garlic powder
- * 2 tablespoon Olive Oil
- * 1 tablespoon Balsamic Vinegar

PREPARATION

Mix everything in a bowl and let sit for an hour, stirring once or twice. Serves 4.

Baked Spaghetti Squash

Preheat oven to 375 degrees. With a long-tined fork, make deep pierces into the skin of the squash in several places and place in a baking dish. Bake for about 30 minutes, or until the skin is soft to the touch. Cool for 10 minutes, cut in half lengthwise, and use a spoon to remove the seeds and strings from the center of the squash. Then use two forks to fluff up the flesh of the squash until you have spaghetti-like strands. Transfer strands to serving plates and top with butter and herbs or salsa.

Ginger Lemonade

This is a perfect pick-me-up beverage when you feel hungry or tired.

INGREDIENTS

- * 2 inches fresh Gingerroot
- * 3 Lemons
- * Stevia to taste
- * 2 quarts of water

PREPARATION

Wash and peel and finely grate ginger root. Squeeze the ginger mash to extract the juice. Discard the dry mash. Bring water to a boil. Remove from heat, add ginger and juice of 3 lemons. Add Stevia. Drink hot or chill for iced ginger lemonade by adding ice cubes and a fresh slice of lemon.

Recipes

Days 11 - 21

Broiled Salmon with Cucumbers

INGREDIENTS

- * 1 cup diced Onions
- * 1 teaspoon Wheat free Tamari sauce
- * 1/2 cup Cider Vinegar
- * 2 Cucumbers, thinly sliced
- * 4 cloves Garlic, minced
- * 1 1/2 lbs. Salmon fillets
- * 2 teaspoon peeled minced Gingerroot
- * 1 teaspoon Olive Oil

PREPARATION

In a large nonstick frying pan over medium-high heat, combine onions, vinegar, garlic, ginger and tamari sauce. Bring to a boil, stir and cook for 3 minutes. Remove from heat. Add cucumbers. Set aside. Rub salmon on both sides with oil. Broil about 6 inches from heat 4 to 5 minutes per side, or until cooked through. Pour sauce and cucumbers over fish.

Chicken With Garlic & Vegetables

INGREDIENTS

- * 2 teaspoon Olive Oil
- * 2 teaspoon unsalted organic Butter
- * 1 1/2 lbs. boneless skinless Chicken breast halves
- * 2 Carrots, peeled and cut into thin strips
- * 1 medium Leek, cut into thin strips
- * 1 red Bell Pepper, seeded and cut in thin strips
- * 2 cloves Garlic, minced
- * 2 Tomatoes, crushed

PREPARATION

Heat oil and butter in large skillet over medium high heat. Sauté chicken breasts 4-5 minutes per side, until chicken is opaque throughout. Transfer to a platter. Keep warm. Sauté carrots in the same skillet for 1 minute. Add leek, bell pepper, and garlic. Sauté another minute. Stir in tomatoes and any juices from platter. Simmer 2 minutes or until vegetables are tender. Season with salt and pepper to taste. Serve vegetables over chicken.

Grilled Eggplant Slices

These will melt in your mouth.

INGREDIENTS

- * 1 large Eggplant (about 1 1/4 pounds)
- * 2 cloves Garlic, minced
- * 3 tablespoons Extra Virgin Olive Oil
- * 1/4 teaspoon Sea Salt
- * 3 tablespoons Balsamic Vinegar
- * freshly grated Black Pepper

PREPARATION

Preheat gas grill to high. Slice eggplant 1/3 to 1/2 inch thick. Mix olive oil, balsamic vinegar, garlic, salt, and pepper. Brush both sides of eggplant with mixture. Place eggplant on grill. If you wish to have nice grill lines, turn only once on each side. Grill 10 to 14 minutes.

Calories: 87; Fat: 7g; Carbohydrate: 7g; Protein: 1g

Grilled Salmon Pepper Steaks

INGREDIENTS

- * 6 (6-ounce) Salmon steaks
- * 1/8 teaspoon Pepper
- * 1/4 teaspoon Sea Salt
- * 2/3 cup Rice Vinegar
- * 2 tablespoons fresh Lemon juice
- * 4 Garlic cloves, minced
- * 2 tablespoons Dijon mustard
- * Olive Oil
- * 1 tablespoon Dark Sesame Oil
- * 1/4 teaspoon Arrowroot

PREPARATION

Sprinkle pepper evenly over both sides of salmon and place in 13 x 9-inch baking dish. Combine salt, vinegar, lemon juice, garlic, mustard, olive oil and sesame oil in small bowl. Pour mixture over steaks; cover and marinate in refrigerator 1 hour, turning steaks occasionally.

Heat grill and coat rack with olive oil. Remove salmon from marinade. Grill steaks 5 minutes on each side, basting frequently with half of marinade. Combine remaining marinade and arrowroot in a small saucepan. Bring to a boil and cook 1-minute or until thickened, stirring constantly with a wire whisk. Drizzle about 1-tablespoon sauce over each steak.

Calories 280 (48% from fat); fat 14.9g; protein 30.6g; carb 3.8g

Blackened Ahi Tuna

Make sure to buy the freshest possible sashimi grade tuna, and serve it rare or medium rare for the best flavor. Sear fish in a cast-iron skillet, so that it is cooked on the outside, but still pink inside.

INGREDIENTS

- * 4 (7-ounce) center cut Ahi Tuna fillets
- * 1/2 teaspoon fresh Gingerroot
- * 1/2 oz each, Sea Salt & Garlic powder
- * 1/2 teaspoon each:
fresh Garlic, Paprika, Onion powder
- * 1/4 cup White Wine Vinegar
- * 1/4 oz each: Black Pepper, White Pepper
- * 1 dash fresh Lime Juice
- * 1/8 oz each: Cayenne Pepper, Thyme, Oregano
- * 3/4 cup Olive Oil
- * 3 tablespoon Wasabi
- * 3 fluid ounces water

PREPARATION

Preheat cast iron skillet. Rub fillets with Cajun Blackening Spice. Sear both sides (no butter or oil needed) until rare or medium/rare. Paint plate with Wasabi Vinaigrette. Cut fillets into 2 triangular pieces; overlap.

Cajun Blackening Spice: Combine salt, garlic powder, paprika, onion powder, black, white and cayenne peppers, thyme and oregano. Mix well.

Wasabi Vinaigrette: Combine wasabi with water in blender. Add grated ginger, garlic, white wine vinegar and lime juice blender and drizzle in oil on high speed. Add salt and pepper.

Calories: 507; Fat: 23g; % fat calories: 41%; Carbohydrate: 15g; Protein: 62g

Fantastic Halibut

Marinate fish at least two hours before you plan to serve it.

INGREDIENTS

- * 3 cloves Garlic, minced
- * 1 teaspoon Pepper
- * 1 tablespoon Olive Oil
- * 1/4 cup fresh Lime juice
- * 1 1/4 cups fresh Basil, chopped
- * 1 1/2 lbs Halibut fillets or steaks
- * 1 tablespoon Sea Salt

PREPARATION

Combine all ingredients except for fish in a shallow dish large enough to hold the halibut. Place fish in the dish and marinate for at least two hours, turning once or twice. Remove fish from marinade and broil or grill for about 5 minutes on each side (10 minutes total per inch of thickness). Transfer fish to a serving dish. Heat remaining marinade in saucepan until warm; then pour over fish. Serve while hot.

Calories: 227; Total Fat: 7g; Protein: 36g; Carbohydrate: 3g

Roasted Chicken with Herbs

Easy and fast. Serve with a vegetable or salad.

INGREDIENTS

- * 3 pounds Broiler Chicken, uncooked
- * 1 tablespoon fresh or dried Sage
- * 3 cloves Garlic, minced
- * 1/2 teaspoon Sea Salt
- * 1 tablespoon fresh or dried Thyme leaves
- * 1/2 teaspoon freshly ground Pepper
- * 1 tablespoon fresh or dried Rosemary leaves

PREPARATION

Preheat oven to 350°F (175°C). If using fresh herbs, remove leaves with stems and chop. Combine minced garlic, thyme, rosemary, sage, salt and pepper in a small bowl. Wash chicken under cold water, trim excess fat and pat dry with paper towels. Starting at the neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Rub herb mixture under loosened skin. Place chicken in a shallow roasting pan coated with olive oil. Bake for about one hour. Cover loosely with cloth and let stand for 5–10 minutes before carving. Discard skin, carve and serve.

Calories: 337; Total Fat: 23g; Protein: 29g; Carbohydrate: 1g

Simply Grilled Salmon Steaks

INGREDIENTS

- * Salmon steaks
- * 1 tablespoon Organic, unsalted melted Butter
- * 1 tablespoon Organic Maple syrup

PREPARATION

Prepare grill, medium high heat. Mesquite briquettes are nice for this recipe. Clean and dry salmon. Melt about a tablespoon of butter and add in an equal amount of maple syrup. Brush one side of salmon with this glaze and place on grill, glazed side down. Brush other side and flip once they are nicely charred. Cook until they flake easily with a fork but are still quite moist. A good accompaniment is sliced, glazed, grilled pineapple, cooked in the same way.