

Breakfast Ideas

The following meals are approved for both the Basic Nutrition Plan and the Healing Diet.

Mint Choco-nut Dream

breakfast smoothie

1-2 scoops Chocolate Vega
¼ - ½ can coconut milk (full fat)
1 Tbsp PaleoGreens (mint flavour)
1 Tbsp organic chocolate (cacao camino)
½ - 1 tsp stevia
1 Tbsp hemp seed oil (optional)
250-500 mL water

Raspberry Explosion

breakfast smoothie

1-2 scoops Berry-flavoured Vega
3 Tbsp organic yogurt (3.8% full fat,
Organic Meadows brand)
1 Tbsp PaleoFiber
¼ to ½ cup Frozen or fresh berries
½ - 1 tsp stevia
1 Tbsp PaleoGreens (optional)
1 Tbsp hemp seed oil (optional)
250-500 mL water

Yogurt and Berries

Healing-Diet-approved breakfast

400 mL organic yogurt (3.8% full fat, Organic Meadows brand)
½ cup fresh blueberries or raspberries
½ tsp stevia
1 Tsp hemp seed oil (optional)

Stir all ingredients and serve when you would otherwise have cereal! You will be amazed how full and how satisfied you will be for hours! For added protein, add 1-2 Tbsp of PaleoMeal.

Power Yogurt!

Healing-Diet-approved breakfast

400 mL organic yogurt (3.8% full fat, Organic Meadows brand)
1 scoop Vanilla PaleoMeal
½ cup fresh blueberries or raspberries
½ tsp stevia
1 tsp organic cinnamon
1 tsp organic chocolate (cacao camino)
½ - 1 Tbsp PaleoReds
1 Tsp hemp seed oil

This is Dr. B.J.'s all-time favourite alternative to cereal! Amazing chocolate-cinnamon flavour, loaded with healthy protein, greens, good fats, and phytonutrients.

Other Breakfast Options

- Other smoothies – use PaleoMeal (Maximized Living), Vega or Smoothie Infusion (Sequel Naturals), or Hemp Seed Protein (Mum's Original Hemp Pro) ... whichever you prefer.
- Eggs, Omelets, Soups, Salads, "Leftovers"
- On the basic nutrition plan, consider oatmeal, steel cut oats or brown creamy rice cereal (Bob's Red Mill), or grain cereals that are 100% whole, sprouted, or stone-ground.

Fun Desserts

The following desserts are approved for both the Basic Nutrition Plan and the Healing Diet.

Maximized Living Frozen Yogurt

Lunch-time desert

Organic yogurt (3.8% full fat, Organic Meadows brand)
Stevia to taste

Mix the ingredients in an ice-cream maker until the desired consistency is reached. *Note:* You can add frozen or fresh berries, and/or coconut milk, unsweetened cocoa, etc.

Chocolate Coconut Pudding

1 can Gold Label Rooster Coconut Milk
Stevia to taste
Unsweetened cocoa to taste

Combine all ingredients and chill in fridge. *Note:* For best results, combine using a *blender*.

Latte Spice Pudding

1 can Gold Label Rooster Coconut Milk
Stevia to taste
Pumpkin Pie Spice to taste *OR* cinnamon, nutmeg and allspice to taste

Combine all ingredients and chill in fridge. *Note:* For best results, combine using a *blender*.

Chocolate Covered Strawberries

Hardick family note: We don't make it through any special event without this treat!

Proportions for 1 *large* serving:

2 oz of unsweetened chocolate (Bakers Chocolate is easy to find)
1 Tablespoon Organic Butter
Stevia to taste
Cinnamon to taste
10 *chilled* strawberries

Melt the chocolate and butter together. Once it is melted, add the Stevia and cinnamon.
Let this mixture cool slightly while you hull the chilled strawberries.

Dip the strawberries into the chocolate mixture and eat them immediately *fondue style*, OR
Dip the strawberries into the chocolate mixture and chill them in the fridge for a fancy dessert.

Note: *Unsweetened* melted chocolate can be used in this fashion in a number of ways. For instance, you can make your own *chocolate covered almonds* by stirring them into the mixture, chilling them on parchment paper, and storing them in a plastic bag in the fridge.

Family Favourites – Lunch and Dinner Entrées

The following meals are approved for both the Basic Nutrition Plan and the Healing Diet.

Tex-Mex Turkey Salad

1-2 cups	romaine lettuce and/or spinach
½ cup	alfalfa sprouts
1-2 Tbsp	ground flax seeds
½	avocado
3 large	artichoke hearts
2 Tbsp	organic salsa
2 Tbsp	Lisa's olive oil salad dressing
1	organic turkey burger
3 Tbsp	toasted coconut flakes (optional, great as "croutons")

Prepare turkey burger and serve over the combination of cold salad ingredients. Delicious salad for breakfast, lunch, or dinner!

Tuna Ragu

1 can	white albacore tuna
1	avocado
250-500 mL	organic salsa (Neal Brothers medium)

Drain and flake tuna and mix with salsa. Gently add diced avocado to leave bite-sized pieces intact .

Serves 2 as a side salad.

May be served as a dip for celery sticks or chopped red peppers.

Note: You can substitute left-over chicken, salmon, or mahi-mahi for the tuna if you prefer.

Hummus

1 Can Chick Peas
2 Cloves garlic
3 Tablespoons Extra Virgin Olive Oil
Lemon Juice (adjust amount to desired consistency or taste)
Fresh Parsley (optional)
Almond Meal (optional)

Chick peas, garlic, and olive oil into food processor. All other ingredients are added to suit taste and consistency.

Garlic-roasted Cauliflower

1 head cauliflower, separated and roasted in florets
1 or 2 cloves minced garlic, *extremely* lightly sautéed in Olive oil
1 jar capers

While cauliflower is roasting, *lightly* sauté the minced garlic in the olive oil. (You don't want the olive oil to become too hot – just let the flavour of the olive oil infuse the oil)
Add capers, juice and all, to the oil and *lightly* heat through. Pour this sauce over the cauliflower once it is roasted and serve immediately.

Roasted shallot salad dressing

The family-favourite salad dressing!

1 Small Bag Shallots
Coconut Oil
Balsamic Vinegar
Extra Virgin Olive Oil

Peel and slice the Shallots; then sauté them in a tiny bit of Coconut Oil until they begin to caramelize. Deglaze the pan with some balsamic vinegar, and remove from heat. Pour the shallots and vinegar into a blender, and add more balsamic vinegar – approximately one cup. Turn the blender on, at first to a low setting, and then increasing the speed as the shallots are incorporated. Once the high setting has been established, stream in approximately two cups of extra virgin olive oil, very slowly so that the dressing will emulsify. (Amounts listed can be varied to your liking.)

For more great recipes, check out

The Ultimate Recipe and Reference Guides:

- Extreme Makeover Reference Guide – by Dr. Dan Pompa – *available in our office!*
- Recipes by God – by Dr. Ben Lerner – *available in our office!*
- Dr. Mercola's Total Health Cookbook & Program – by Dr. Joseph Mercola – *available online!*