



DUDE DROPS RECIPES



EXAMPLE: 600-1000 CALORIE DAY

Example of approximately 600 calorie day (for approximately 1000 calories, consume double the protein and veggies). For maximum Weight Loss, we suggest starting with approximately 600 calories as follows:

- Protein: 3.5 oz (start with 3.5 oz. and you can increase to maximum 7 oz. if you are feeling hungry. Increase by increments of 0.5 oz. each meal if needed. Wait a few days and see how you feel before increasing again).
- Fruit: 1 serving
- Vegetables: 3.5 oz, but increase as needed until you hit 300 calories (including your protein and fruit) for both lunch and dinner meals to total 600 calories minimum each day.

Note: In order to keep your metabolism going: eat, drink or snack every 2 hours (most will be water while on phase 2).

DAILY ROUTINE

7:00 AM

Start your day by using the bathroom. Do not eat or drink anything.

Weigh yourself without clothing or wearing similar clothes for the rest of the program. Record your weight, and take daily body measurements.

Complete your morning routine.

7:30 AM

Take Fat Burn Drops. Place 10 drops under your tongue and hold for 30+ seconds before swallowing. Remember: Don't eat or drink anything for 20 minutes before or after taking the Drops.

Note: if you are taking B12 and Adrenal Drops those can be taken immediately after each other. Just NOT together. Hold for 30+ seconds for each.

Exercise if desired...15 - 30 minutes of light to moderate aerobic exercise is ideal.

8:00 AM

By now, a minimum of 20 minutes should have passed since taking the Fat Burn Drops, so you are free to drink non-caloric beverages for breakfast. We find starting with ½ a lemon in 8-16 oz. water (room temp or hot) works best to activate your metabolism, detox your body and a plethora of other healthy benefits.

10:00 AM**OPTIONAL: only if you feel hungry**

Eat either 1 fruit serving, 1 piece of melba toast (2 melba rounds) or grissini breadstick as a snack (optional). Continue to drink plenty of fluids as the morning progresses.

11:30 AM

Take your 2nd dose of Fat Burn Drops under the tongue. Hold for 30+ seconds before swallowing.

12:00 PM LUNCH

Lunch consists of 1 protein serving (3.5 - 7 oz.), and 1 vegetable serving (3.5 - 7 oz.). Take a multivitamin and mineral supplement with your meal if desired. Remember to avoid having fruit with this meal, unless you did not have fruit as a snack. Continue drinking fluids throughout the day. **300 - 500 calories total.**

2:00 PM

Eat 1 piece of melba toast (2 melba rounds) or grissini breadstick as a snack if you choose not to eat it with dinner (optional).

4:00 PM

Eat 1 fruit serving, so long as you allow at least 6 hours between fruit servings, and if you choose not to eat your fruit with dinner.

5:30 PM

Take your 3rd dose of Fat Burn Drops

6:00 PM

Your dinner consists of 1 protein serving (3.5 - 7 oz.) and 1 vegetable serving (3.5 - 7 oz.). Choose a different protein and vegetable than lunch. Remember to avoid having fruit with this meal, unless you didn't eat it as a snack earlier. **300 - 500 calories total.**

Try not to consume anything after 7:00 P.M.

Continue to drink fluids throughout the evening. Try to go to bed early enough to get at least 7-8 hours of sleep.



PHASE 2: FAT BURN RECIPES





BEEF ENTREES

- Balsamic Mustard Crusted Steak
- Pepper-Crusted Steak
- Marinated London Broil Steak & Salsa
- Spicy Taco Salad
- Chili
- Fajitas/Carne Asada
- Ground Beef Tacos
- Roasted Beef & Apple
- Kabo Kabobs
- Beef Stew
- Mongolian Beef with Cabbage

CHICKEN ENTREES



- Balsamic Chicken Wraps
- Bunless Chicken Burger
- Curry Chicken and Spinach
- Oven Chicken Salad
- Crunchy Sweet Apple
- Chicken Salad
- Chicken Asparagus Bake
- Sweet Lemon Chicken
- Chicken Tacos
- Mexican Style Chicken
- Tomato Basil Chicken Chicken Curry
- Ginger Chicken
- Chicken Pesto
- Buffalo Chicken Barbecue Chicken



FISH ENTREES

- Chilean Sea Bass
- Ginger Steamed Red Snapper
- Lemon Lime Tilapia
- Lemon Zest Crab Cakes
- Crab Cakes
- Rosemary Fish and Lemon Garlic
- Chard Spicy Cajun Scallops
- Orange Roughy with Tomatoes and Onion
- Citrus Fish
- Baked White Fish with Asparagus
- Baked Stuffed Lobster Mahi Mahi with Oranges
- Creole Shrimp
- Italian Shrimp with Tomatoes

SALADS & SOUPS



- Beet Greens or Asparagus
- Citrus Shrimp and Greens
- Spicy Crab Shack Salad
- Apple Chicken Salad
- Asparagus Salad
- Spicy Thai Cucumber Salad
- Chinese Chicken Salad
- Orange Cabbage Salad with Chicken Cucumber
- Orange Salad
- Cucumber and Strawberry Salad
- French Onion Soup
- Tomato Basil Soup
- Asparagus Soup
- Chicken Soup
- Thai Beef Soup
- Celery Soup
- Vegetable Beef Soup
- Chicken Broth
- Vegetable Broth



DRESSINGS & SAUCES

- Balsamic Vinaigrette
- Citrus Dressing
- Dill Dressing
- Vinaigrette Dressing
- Fresh Ketchup
- Fresh Mustard
- Strawberry Vinaigrette
- Orange Tarragon Marinade
- Citrus Ginger Dressing/Marinade
- Hot Cajun Dressing/Dipping
- Sauce Salsa
- Tomato Basil Vinaigrette
- Barbecue Sauce

DESSERTS



- Strawberry Sorbet
- Candied Apples
- Strawberry Shortcake
- Chips and Salsa
- Strawberry-Orange Smoothie
- Orange Frozen Smoothie
- Soda
- Lemonade
- Hot Chocolate
- Frozen Strawberry Lemonade
- Frozen Cappuccino
- Lemon Drop Slushy
- Jamaican Grapefruit
- Strawberry Flower
- Apple Cobbler
- Apples with Strawberry Sauce

BEEF ENTREES

BALSAMIC MUSTARD-CRUSTED STEAK

INGREDIENTS

3.5 - 7 oz. filet or London broil
1 tsp. mustard powder
2 tsp. balsamic vinegar
1/4 tsp. salt substitute
1/2 tsp. ground black pepper
2 garlic cloves, minced

INSTRUCTIONS

Mix all the seasonings in a mixing bowl. Line a broiler pan with foil and place steak on top. Coat evenly with mustard mixture and let stand for 10 minutes. Broil steak to desired doneness. Recommended time is 3 to 4 minutes per side for medium-rare. Let stand 5 minutes before slicing and serving. Makes 1 serving (1 protein).

MARINATED LONDON BROIL STEAK & SALSA

INGREDIENTS

3.5 - 7 oz. London broil
1/3 cup balsamic vinegar
2 TBSP. dried oregano
3 TBSP. garlic powder
1/4 tsp. salt substitute
1/4 tsp. black pepper
2 cups tomatoes, diced

INSTRUCTIONS

Marinate London broil with all seasonings for 1 hour. Season diced tomatoes and place 1/2 of the mixture in the middle of the plate. Broil or grill steak to desired doneness. Place on top of salsa, and add the remaining salsa on top. Makes 1 serving (1 protein, 1 vegetable).

SPICY TACO SALAD

INGREDIENTS

3.5 - 7 oz. London broil or filet steak
2 cups romaine lettuce
1/4 tsp. garlic salt
1/4 tsp. chili seasoning

INSTRUCTIONS

Prepare the beef on the grill. Crumble beef and mix in garlic, salt substitute, and chili seasoning. Top lettuce with ground beef mixture. Serve with vinaigrette dressing (page 85) on the side. Makes 1 serving (1 protein, 1 vegetable).

CHILI

INGREDIENTS

3.5 - 7 oz. lean ground beef
1 TBSP. onion, minced
2 garlic cloves, crushed or minced
1 cup tomatoes, chopped
1/2 cup water
Pinch of garlic powder
Pinch of onion powder
1/4 tsp. chili powder
Pinch of oregano
Cayenne pepper to taste
Salt substitute and pepper to taste
Green onions, chopped, to garnish

INSTRUCTIONS

Brown ground beef in a small frying pan, add onions and garlic. Stir in tomatoes and water. Add remaining ingredients and simmer slowly until liquid is reduced. The longer it cooks, the more flavor it will have. Add a little water as needed to prevent burning. Serve with chopped green onion or tomatoes. Makes 1 serving (1 protein, 1 vegetable).

FAJITAS/CARNE ASADA

INGREDIENTS

3.5 - 7 oz. beef or chicken, cut into strips
3 TBSP. lemon juice
2 TBSP. orange juice (optional)
Pinch of oregano
Pinch of chili powder
Pinch of cayenne pepper
1 garlic clove, chopped
Onion, sliced
Tomatoes
Lettuce leaves

INSTRUCTIONS

Marinate meat in lemon juice, orange juice, oregano, chili powder, and cayenne pepper. Barbecue or cook meat 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 (only use the Dude Drops salsa recipe, see page 88). Makes 1 serving (1 protein, 1 vegetable).

GROUND BEEF TACOS

INGREDIENTS

3.5 - 7 oz. lean ground beef
Lettuce leaves
1 TBSP. onion, finely minced
1 garlic clove, crushed or minced
Dash of garlic powder
Dash of onion powder
Pinch of dried oregano
Fresh cilantro, chopped, to taste
Cayenne pepper to taste
Salt substitute and pepper to taste

INSTRUCTIONS

Brown ground beef, then add onion, remaining ingredients, and a little water. Simmer gently for 5–10 minutes. Add salt substitute to taste. Serve taco-style in butter lettuce or romaine leaf mock tortillas, or with a side of tomatoes or salsa (only using the Dude salsa recipe, see page 88). Makes 1 serving (1 protein, 1 vegetable).

ROASTED BEEF & APPLE KABOBS

INGREDIENTS

3.5 - 7 oz. lean beef or chicken
1/2 cup beef, chicken, or vegetable broth
3 TBSP. Bragg's Organic Apple Cider Vinegar
1 TBSP. Bragg's Liquid Aminos
Stevia to taste
1 apple, cut into large chunks
1/4 onion, in petals

INSTRUCTIONS

marinate beef or chicken in broth, vinegar, Bragg's Liquid Aminos, and stevia. Layer apple, onion petals, and beef or protein chunks on wooden or metal skewers. If using wooden skewers, soak them in water for about 5 minutes so they don't burn. Barbecue directly on grill, or place on aluminum foil sheet and cook until meat is done. Baste frequently with remaining marinade. Heat the remaining marinade in a small saucepan and use as a dipping sauce. Makes 1 serving (1 protein, 1 fruit).

BEEF STEW

INGREDIENTS

3.5 - 7 oz. lean steak (round, London broil, or any other lean steak), finely cubed or whole
 1 TBSP. onion, chopped
 1 garlic clove, crushed or minced
 1 cup beef broth or water
 Celery, chopped
 Pinch of onion powder
 Pinch of garlic powder
 Pinch of oregano
 Cayenne pepper to taste
 Salt substitute and pepper to taste

INSTRUCTIONS

In a saucepan, lightly brown cubed beef, onion, and garlic. Add remaining ingredients. Bring to a boil. Reduce heat and simmer for approximately 30 minutes–1 hour, or until the beef is tender. Add water as needed to create a stew-like consistency. Garnish with parsley. Serve hot and enjoy. Makes 1 serving (1 protein, 1 vegetable).

WITH CABBAGE

INGREDIENTS

3.5 - 7 oz. beef, sliced
 2 garlic cloves, crushed or minced
 1 TBSP. green onions, chopped
 1/4 tsp. chili powder, or to taste
 Salt substitute and pepper to taste
 Stevia to taste
 1/2 cup beef broth or water
 1 TBSP. Bragg's Organic Apple Cider Vinegar
 3 TBSP. orange juice (optional)
 2 TBSP. lemon juice
 2 TBSP. Bragg's Liquid Aminos
 Cabbage, cut into fine strips

INSTRUCTIONS

Combine the first 10 ingredients. Heat the mixture in a frying pan or wok for 3–5 minutes to combine flavors. Stir-fry the beef and cabbage until the beef is cooked thoroughly. Add additional water if necessary to keep the dish from burning. Add additional orange slices for sweetness, if desired. Makes 1 serving (1 protein, 1 vegetable).



CHICKEN ENTREES

BALSAMIC CHICKEN WRAPS

INGREDIENTS

3.5 - 7 oz. chicken breast
 2 medium green cabbage leaves
 2 medium napa cabbage leaves
 1 garlic clove
 3 TBSP. balsamic vinegar
 1/4 tsp. onion powder
 1/4 TBSP. salt substitute
 1/4 TBSP. pepper
 1 TBSP. ginger, finely grated

INSTRUCTIONS

Mix together finely-grated ginger, garlic, onion powder, balsamic vinegar, salt substitute, pepper, and chicken pieces. Cook until

BUNLESS CHICKEN BURGER

INGREDIENTS

3.5 - 7 oz. ground chicken breast
 1/4 tsp. pepper
 1/4 tsp. onion salt
 1/4 tsp. onion powder
 1 tsp. garlic powder
 1/4 tsp. dry mustard
 2 TBSP. balsamic vinegar
 2 cups spinach

INSTRUCTIONS

Mix all ingredients into the ground chicken breast, and mold into a small patty. Grill or broil, then serve with spinach and balsamic vinaigrette (page 84). Makes 1 serving (1 protein, 1 vegetable).

CURRY CHICKEN & SPINACH

INGREDIENTS

3.5 - 7 oz. chicken breast
2 cups spinach
2 tsp. onion powder
1 garlic clove, minced
1/2 cup chicken broth
1/4 tsp. salt substitute
1/4 tsp. pepper
1 lime
1 TBSP. curry powder

INSTRUCTIONS

Mix chicken, all seasonings, and 1/2 the lime. In a pan, cook chicken through. Toss spinach in for 1 minute, and serve in a bowl. Squeeze the remaining 1/2 lime overtop. Makes 1 serving (1 protein, 1 vegetable).

OVEN CHICKEN SALAD

INGREDIENTS

3.5 - 7 oz. chicken breast
1/2 tsp. cayenne pepper (optional)
1/4 tsp. onion powder
1/4 tsp. salt substitute
1/4 tsp. pepper
1/4 tsp. garlic powder
1/2 tsp. poultry seasoning
2 cups spinach or lettuce
Vinaigrette dressing (recipe on page 85)
1/4 cup Bragg's Organic Apple Cider Vinegar
1/2 cup water
1 tsp. celery salt
1 tsp. onion salt
1 tsp. pepper
1 pkg. stevia (or liquid stevia to taste)

INSTRUCTIONS

Mix all seasonings together, and roll chicken in mixture so it's smothered. Place on a foil sheet and wrap up nice and tight. Put on a cooking sheet and bake at 375° for 20–30 minutes. Cut up into small pieces and put on a bed of spinach or lettuce, and drizzle with vinaigrette dressing. Makes 1 serving (1 protein, 1 vegetable).

CRUNCHY SWEET APPLE CHICKEN SALAD

INGREDIENTS

3.5 - 7 oz. chicken, cooked and diced
 1 apple, diced
 3 stalks celery, diced
 3 TBSP. lemon juice
 1/8 tsp. cinnamon
 Dash of nutmeg
 Dash of cardamom
 Dash of salt substitute
 Stevia to taste
 1 lemon wedge

INSTRUCTIONS

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).

CHICKEN ASPARAGUS BAKE

INGREDIENTS

3.5 - 7 oz. chicken breast, cubed or whole
 3.5 oz. asparagus, chopped or whole spears
 1/2 cup chicken broth or water
 1 garlic clove, crushed or minced
 2 TBSP. onion, chopped
 Salt substitute and pepper to taste
 Dash of paprika
 1 piece melba toast, crushed (optional)

INSTRUCTIONS

Place chicken and asparagus in a small baking dish. Mix chicken broth, garlic, onion, salt substitute, and pepper, then pour over chicken. Sprinkle with crushed melba toast crumbs and paprika. Bake at 375° for 30 minutes or until bubbly and hot. Makes 1 serving (1 protein, 1 vegetable, 1 melba toast).

SWEET LEMON CHICKEN

INGREDIENTS

3.5 - 7 oz. chicken breast, thinly sliced
 1/2 lemon with rind, sliced
 1 cup water
 1/4 cup chicken broth or water
 1 TBSP. Bragg's Liquid Aminos
 Dash of cayenne pepper
 Salt substitute to taste
 Mint leaves (optional)
 Stevia to taste (optional)

INSTRUCTIONS

In a small saucepan boil, lemon in water until pulp comes out of the rind. Remove lemon rind from the water, scrape out remaining pulp, and juice with a spoon. Add broth, chicken, Bragg's Liquid Aminos, cayenne, salt substitute, and stevia, if desired. 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. Makes 1 serving (1 protein).*

CHICKEN TACOS

INGREDIENTS

3.5 - 7 oz. chicken breast, finely chopped or ground
 1/4 cup chicken broth or water
 1 TBSP. onion, chopped
 1 garlic clove, crushed or minced
 Pinch of oregano
 Pinch of cumin
 Cayenne pepper to taste
 Fresh cilantro, chopped
 2-4 large lettuce leaves

INSTRUCTIONS

In a small frying pan, cook chicken in broth. Add onion, garlic, and remaining ingredients except lettuce. Deglaze pan with lemon juice or a little water. Serve the chicken taco-style in butter lettuce or romaine leaves, or top with salsa. Makes 1 serving (1 protein, 1 vegetable).

MEXICAN STYLE CHICKEN

INGREDIENTS

3.5 - 7 oz. chicken breast, cubed or sliced
 2 TBSP. lemon juice (divided)
 1 TBSP. onion, chopped
 1/4 tsp. dried oregano
 1/4 fresh garlic clove, minced
 1/4 tsp. chili powder
 Cayenne to taste
 Pinch of cumin
 1/2 cup chicken broth or water
 1 tomato, chopped
 Fresh cilantro, chopped
 Salt substitute and pepper to taste

INSTRUCTIONS

In a frying pan, lightly brown the chicken with a little lemon juice. Add onion, oregano, garlic, chili powder, cayenne, cumin, salt substitute, pepper, chicken broth, and remaining lemon juice to the frying pan. When the chicken is cooked thoroughly, add fresh tomatoes and cilantro and cook for about 5 more minutes. Makes 1 serving (1 protein, 1 vegetable).

TOMATO BASIL CHICKEN

INGREDIENTS

3.5 - 7 oz. chicken breast, cubed
 2 TBSP. lemon juice
 1/4 cup chicken broth or water
 1–2 garlic cloves, sliced
 Dash of garlic powder
 2 TBSP. onion, chopped
 Dash of onion powder
 Pinch of oregano, fresh or dried
 Cayenne to taste
 1 cup tomato, chopped
 3 leaves basil, rolled and sliced
 Salt substitute and pepper to taste

INSTRUCTIONS

Lightly brown the chicken in a small saucepan with lemon juice. Add chicken broth, garlic cloves, garlic powder, chopped onion, onion powder, oregano, and cayenne. After chicken is cooked, add fresh tomatoes and basil. Continue cooking for 5–10 minutes. Salt substitute and pepper to taste, garnish with fresh basil. Makes 1 serving (1 protein, 1 vegetable).

CHICKEN CURRY

INGREDIENTS

3.5 - 7 oz. chicken breast, cubed
 1/4 tsp. curry powder, or to taste
 Pinch of turmeric
 Dash of garlic powder
 Dash of onion powder
 1/4 cup chicken broth or water
 1 TBSP. onion, minced
 Salt substitute and pepper to taste
 Stevia to taste (optional)
 Cayenne to taste

INSTRUCTIONS

liquid until fully cooked and liquid is reduced by half. Add water or more chicken broth to create additional sauce. Serve hot or cold. Makes 1 serving (1 protein).

GINGER CHICKEN

INGREDIENTS

3.5 - 7 oz. chicken breast, cubed
 1/4 cup chicken broth or water
 4 TBSP. lemon juice
 1/4 tsp. lemon or orange zest
 Cayenne pepper to taste
 1/2 tsp. fresh ginger
 4 TBSP. Bragg's Liquid Aminos
 1 TBSP. onion, chopped
 Salt substitute and pepper to taste
 Stevia to taste

INSTRUCTIONS

In a small saucepan, sauté chicken in broth until no longer pink. Add remaining ingredients. Cook thoroughly. Deglaze pan periodically by adding a little water, if necessary. Serve hot and garnish with lemon or orange slices. Makes 1 serving (1 protein).

CHICKEN PESTO

INGREDIENTS

3.5 - 7 oz. chicken breast, thinly sliced or whole
 3 TBSP. lemon juice
 Salt substitute and pepper to taste
 Pesto (see instructions in recipe below)
 3 raw garlic cloves
 1/4 cup fresh basil leaves
 2 TBSP. Bragg's Organic Apple Cider Vinegar
 1/4 cup chicken broth or water
 2 TBSP. lemon juice
 1/4 tsp. dried oregano
 Salt substitute and pepper to taste

INSTRUCTIONS

Marinate chicken in lemon juice, salt substitute, and pepper. Fry in a pan until lightly browned and cooked thoroughly. To make the pesto sauce: Puree fresh basil, garlic, chicken broth, and lemon juice in a food processor. Add about 1/2 of the pesto mixture to chicken, add a little water, and cook on medium heat, coating chicken with pesto mixture. Add salt substitute and pepper to taste, and serve hot. Makes 1 serving (1 protein).

BUFFALO CHICKEN

INGREDIENTS

3.5 - 7 oz. chicken breast, cut into long thin strips
 4 TBSP. lemon juice
 1 serving melba toast crumbs
 2 TBSP. hot sauce
 Salt substitute and pepper to taste

INSTRUCTIONS

Marinate chicken strips in lemon juice and salt substitute. Coat chicken strips with melba crumbs. Fry in a pan until lightly browned and cooked thoroughly. Sprinkle with hot sauce and black pepper to taste. Serve as finger food or as an entrée. Serve with raw celery sticks and garnish with parsley, if desired. Makes 1 serving (1 protein, 1 melba toast).

BARBECUE CHICKEN

INGREDIENTS

3.5 - 7 oz. chicken breast
 3 oz. tomato paste
 1/4 cup Bragg's Organic Apple Cider Vinegar
 3 TBSP. lemon juice
 1 TBSP. hot sauce
 1 TBSP. onion, minced
 3 garlic cloves, crushed or minced
 1/4 tsp. chili powder
 Liquid smoke hickory flavoring to taste
 1/2 tsp. Worcestershire sauce
 1/2 tsp. garlic powder
 1/2 tsp. onion powder
 1 tsp. parsley, chopped
 Stevia to taste
 Cayenne pepper to taste
 Salt substitute and pepper to taste

INSTRUCTIONS

Water as needed to achieve desired consistency
 In a small saucepan, combine all ingredients. Mix well and bring to a boil. Reduce heat and simmer for at least 5 minutes, adding a little water to achieve desired consistency and to make sure it doesn't burn. For 1 serving, coat 3.5 - 7 oz. of chicken breast with barbecue sauce (page 88). Oven bake at 350° for 20–30 minutes, or until done.
 You can also pan fry on low heat with a little water until cooked thoroughly. Turn chicken over often, and add water if necessary. Finally, you can grill the chicken on the barbecue. Makes 1 serving (1 protein).

BUFFALO CHICKEN

INGREDIENTS

3.5 - 7 oz. chicken breast, cut into long thin strips
 4 TBSP. lemon juice
 1 serving melba toast crumbs
 2 TBSP. hot sauce
 Salt substitute and pepper to taste

INSTRUCTIONS

Marinate chicken strips in lemon juice and salt substitute. Coat chicken strips with melba crumbs. Fry in a pan until lightly browned and cooked thoroughly. Sprinkle with hot sauce and black pepper to taste. Serve as finger food or as an entrée. Serve with raw celery sticks and garnish with parsley, if desired. Makes 1 serving (1 protein, 1 melba toast).



FISH ENTREES

CHILEAN SEA BASS

INGREDIENTS

3.5 - 7 oz. sea bass fillets
 2 garlic cloves, minced
 1/2 a lemon
 1/2 tsp. salt substitute
 1/2 tsp. lemon-pepper
 2 TBSP. cilantro, finely chopped
 1/2 tsp. paprika

INSTRUCTIONS

Arrange sea bass fillets in a single layer on a foil-lined broiler pan. Spread garlic and cilantro on and around fish. Squeeze lemon juice on fillets, sprinkle salt substitute and lemon-pepper to taste, and add paprika for color. Cover with foil and crimp edges to form a seal. Bake at 450° for 20 minutes. Makes 1 serving (1 protein).

GINGER STEAMED RED SNAPPER

INGREDIENTS

3.5 - 7 oz. red snapper
 2 TBSP. fresh ginger
 1/4 cup balsamic vinegar
 2 drops liquid stevia
 1/4 tsp. salt substitute
 1/4 tsp. pepper
 1 lemon wedge

INSTRUCTIONS

Finely grate 1 TBSP. of fresh ginger in a small skillet. Add the balsamic vinegar and cover with water to reach 2 inches, then bring to a simmer. Season red snapper with grated ginger, lemon, salt substitute, and pepper. Place in a steamer and cook for about 10 minutes. Makes 1 serving (1 protein).

LEMON LIME TILAPIA

INGREDIENTS

3.5 - 7 oz. tilapia or any white fish
 1/2 lemon slice
 1/2 lime slice
 1 garlic clove, minced
 1/4 TBSP. salt substitute
 1/4 TBSP. black pepper
 1/2 tsp. dry dill
 1/2 cup water

INSTRUCTIONS

Mix together lemon juice, lime juice, garlic, salt substitute, pepper, and dill. Marinate fish in seasonings for 10 minutes and place in a non-stick pan with water. Cover and steam for 10 minutes. Makes 1 serving (1 protein).

LEMON ZEST CRAB CAKES

INGREDIENTS

3.5 - 7 oz. crab meat
 1 garlic clove, minced
 1 TBSP. onion powder
 1/2 tsp. lemon zest
 1/4 tsp. salt substitute 1/4 tsp. pepper
 1 tsp. dry mustard
 2 lemon wedges
 1 TBSP. parsley
 1 tsp. Lemon zest

INSTRUCTIONS

Mix everything together and put into 2 small patties. Place in a baking dish, and bake at 350° for about 10-15 minutes, and place on a serving dish. Makes 1 serving (1 protein).

CRAB CAKES

INGREDIENTS

3.5 - 7 oz. snow or king crab meat
 1 serving melba toast crumbs
 1 TBSP. lemon juice
 1 tsp. Bragg's Organic Apple Cider Vinegar
 Pinch of onion powder
 Pinch of garlic powder
 1 TBSP. onion, finely minced
 1 garlic clove, crushed or minced
 Cayenne to taste
 Salt substitute and pepper to taste

INSTRUCTIONS

In a small bowl, combine all ingredients. Press crab mixture into muffin tin and bake at 350° for about 10-20 minutes, until slightly brown on top. The crab mixture can also be formed into patties and sautéed until cooked through. As an option, after the crab cakes are cooked, serve them chilled over a green salad with lemon garnish and topped with melba toast crumbs. Makes 1 serving (1 protein, 1 melba toast).

ROSEMARY FISH & LEMON GARLIC CHARD

INGREDIENTS

3.5 - 7 oz. halibut or tilapia
 Italian herb seasoning
 1 tsp. rosemary, ground
 1 tsp. black pepper, ground
 1 tsp. salt substitute
 2 slices of fresh lemon juice
 2 cup broccoli
 1 tsp. garlic salt

INSTRUCTIONS

Sprinkle both sides of fish with spices. Place fish on a nonstick frying pan with 1/3 cup of water and lemon juice. Place a lid on the pan to keep the steam within the pan. Cook for 3 to 4 minutes. Fish is done when it flakes easily when poked with a fork. Makes 1 serving (1 protein).

SPICY CAJUN SCALLOPS

INGREDIENTS

3.5 - 7 oz. scallops or shrimp
 1 lemon
 1/2 dry mustard
 1 tsp. pepper flakes
 2 garlic clove, minced
 1/4 tsp. salt substitute
 1/4 tsp. black pepper
 1/2 cup water

INSTRUCTIONS

Mix together lemon juice, dry mustard, cayenne, garlic, salt substitute, pepper, and scallops. Fill a non-stick frying pan with water. Place scallops, cover with lid, and cook for 10 minutes. Makes 1 serving (1 protein).

ORANGE ROUGHY WITH TOMATOES & ONION

INGREDIENTS

3.5 - 7 oz. orange roughy fish
 2 TBSP. onion, chopped
 1 garlic clove, crushed or minced
 1/2 cup vegetable broth or water
 1 tomato, chopped
 Salt substitute and pepper to taste
 Parsley to garnish

INSTRUCTIONS

Sauté onions and garlic in vegetable broth, add orange roughy. Cook for about 5 minutes. Add freshly chopped tomatoes and cook for an additional 5 minutes. Serve hot, add salt substitute and pepper to taste. Garnish with parsley. Makes 1 serving (1 protein, 1 vegetable).

CITRUS FISH

INGREDIENTS

3.5 - 7 oz. white fish
 2 TBSP. lemon juice
 Lemon and orange zest to taste
 Stevia to taste
 Salt substitute and pepper to taste
 Lemon and orange slices
 Parsley, chopped
 1 TBSP. onion, minced

INSTRUCTIONS

Mix lemon juice with zest and a little stevia. Baste fish with mixture and top with salt substitute, pepper, minced onion, and lemon and orange slices. Wrap in aluminum foil, and place on the barbecue or in the oven at 350°. Cook fish for 5–10 minutes, or until thoroughly cooked. Serve with lemon and top with parsley. Makes 1 serving (1 protein, 1 fruit).

BAKED WHITE FISH WITH ASPARAGUS

INGREDIENTS

3.5 - 7 oz. white fish
 1 serving asparagus
 1/2 cup vegetable broth or water
 2 TBSP. caper juice
 4 TBSP. lemon juice
 1 garlic clove, crushed or minced
 1 TBSP. onion, minced
 1/4 tsp. dried or fresh dill
 Pinch of tarragon
 Parsley
 Salt substitute and pepper to taste
 1 serving herbed melba toast crumbs

INSTRUCTIONS

In a small baking dish, layer the fish and asparagus. Mix remaining ingredients except vegetable broth and melba toast crumbs. Pour mixture over fish, top with herbed melba toast crumbs, and bake at 350° for about 20 minutes, or until fish and asparagus are cooked thoroughly and crumbs are slightly brown. Top with remaining sauce and fresh parsley, and serve with lemon wedges. The fish can also be grilled on the barbecue: Place fish and asparagus on aluminum foil, sprinkle crumb mixture over fish and asparagus. While cooking, baste with vegetable broth. Makes 1 serving (1 protein, 1 vegetable, 1 melba toast).

BAKED STUFFED LOBSTER

INGREDIENTS

3.5 - 7 oz. raw lobster tail
 1 serving melba toast crumbs
 1 TBSP. onion, minced
 1 garlic clove, crushed or minced
 Pinch of garlic powder
 Pinch of onion powder
 Paprika to taste
 Salt substitute and pepper to taste
 1/2 cup vegetable broth or water

INSTRUCTIONS

Mix melba toast crumbs with all ingredients except lobster and broth. Stuffed lobster tail with crumb mixture and place into baking dish, stuffing side up. Pour vegetable broth over the lobster, dust the lobster with more paprika, and bake at 350° for approximately 20 minutes. Broil for an additional 1–2 minutes to brown. Add salt substitute and pepper to taste and serve with lemon wedges. Makes 1 serving (1 protein, 1 melba toast).

MAHI MAHI WITH ORANGES

INGREDIENTS

3.5 - 7 oz. Mahi Mahi fish
 1 tsp. Bragg's Organic Apple Cider Vinegar
 2 TBSP. Bragg's Liquid Aminos
 1 garlic clove, crushed or minced
 Pinch of ginger, fresh or dried
 Pinch of red pepper flakes
 Cayenne to taste
 Stevia to taste
 1/2 orange, in segments or chunks
 1 TBSP. green onion, chopped

INSTRUCTIONS

Sauté fish with vinegar, Bragg's Liquid Aminos, a little water. Add garlic, ginger, red pepper flakes, cayenne, stevia, and 1/2 orange in chunks or segments. Cook for 5–10 minutes. Top with green onion and serve on a bed of steamed spinach or greens. Makes 1 serving (1 protein, 1 fruit).

CREOLE SHRIMP

INGREDIENTS

3.5 - 7 oz. shrimp
 1/2 cup vegetable broth or water
 1–2 tsp. hot sauce
 2 TBSP. lemon juice
 1/4 tsp. horseradish
 Dash of liquid smoke flavoring (optional)
 1 garlic clove, crushed or minced
 1 TBSP. onion, minced
 Pinch of garlic powder
 Pinch of onion powder
 Pinch of thyme
 1 bay leaf
 Dash of sassafras powder, or root beer flavored stevia
 Cayenne pepper to taste
 Salt substitute and pepper to taste

INSTRUCTIONS

Mix all ingredients except shrimp in a saucepan or frying pan. Simmer over low heat for 10 minutes. Add shrimp and cook thoroughly for an additional 5 minutes. Add salt substitute and pepper to taste. Deglaze the pan periodically with additional water or broth. Serve hot or cold over a salad or with fresh asparagus. Makes 1 serving (1 protein).

ITALIAN SHRIMP WITH TOMATOES

INGREDIENTS

3.5 - 7 oz. shrimp
 2 garlic cloves, crushed or minced
 1/4 tsp. dried or fresh basil
 Pinch of dried or fresh oregano
 Pinch of red pepper flakes
 Salt substitute and pepper to taste
 1/4 cup vegetable broth or water
 2 TBSP. lemon juice
 2 large tomatoes chopped

INSTRUCTIONS

Sauté garlic, basil, oregano, red pepper flakes, salt substitute, and pepper in broth and lemon juice for about 5 minutes. Add the shrimp and tomatoes, then cook until the shrimp are pink and well cooked. Makes 1 serving (1 protein, 1 vegetable).



SALADS & SOUPS

BEEF GREENS OR ASPARAGUS

INGREDIENTS

2 TBSP. chicken bouillon base
2 cups chopped beet greens or asparagus
Dash of onion salt

INSTRUCTIONS

Heat bouillon base on medium heat to just before boiling. Reduce heat, add greens, and sauté for a few minutes until tender. Sprinkle with onion salt. Makes 1 serving (1 vegetable).

CITRUS SHRIMP & GREENS

INGREDIENTS

3.5 - 7 oz. shrimp
2 TBSP. lemon juice
1 TBSP. lime juice
3 TBSP. Bragg's Organic Apple Cider Vinegar
1 tsp. garlic powder
1 tsp. pepper
1/2 tsp. onion salt

INSTRUCTIONS

Place shrimp in a bowl and mix together all ingredients. Let it stand and marinate for 1/2 an hour. You can either grill the shrimp on a grill or in a non-stick frying pan. Serve over your favorite serving of greens. Makes 1 serving (1 protein, 1 vegetable).

DUDE DROPS: TIP

You can typically substitute any meat or vegetable in or out to make the recipe fit your liking.

SPICY CRAB SHACK SALAD

INGREDIENTS

3.5 - 7 oz. crab
 1 TBSP. lemon juice
 2 tsp. Bragg's Organic Apple Cider Vinegar
 1 TBSP. Bragg's Liquid Aminos
 1 TBSP. red onion, minced
 Dash of onion powder
 Dash of garlic powder
 Cayenne pepper to taste
 Salt substitute and black pepper to taste
 Celery, diced

INSTRUCTIONS

Steam the crab and chop into chunks. Toss with remaining ingredients. Marinate for 15 minutes or more and serve over mixed green salad. Makes 1 serving (1 protein, 1 vegetable).

APPLE CHICKEN SALAD

INGREDIENTS

3.5 - 7 oz. cooked chicken breast,
 cubed 1 apple, diced
 3 celery stalks, diced
 3 TBSP. lemon juice
 Dash of nutmeg
 Dash of cardamom
 Dash of salt substitute
 Dash of cinnamon
 Stevia to taste
 Lemon wedge

INSTRUCTIONS

Mix ingredients together, then sprinkle with stevia and cinnamon. Chill for 20 minutes. Serve with a wedge of lemon. Makes 1 serving (1 protein, 1 vegetable, 1 fruit).

ASPARAGUS SALAD

INGREDIENTS

3.5 oz. asparagus spears
3 TBSP. fresh lemon juice fresh
Fresh mint or parsley, chopped
2 TBSP. caper juice
1 TBSP. red onion, minced
Salt substitute and pepper to taste

INSTRUCTIONS

Flash steam the asparagus until hot but still crisp. Mix together the juices and spices, marinate the asparagus for at least 30 minutes, then serve. Makes 1 serving (1 vegetable).

SPICY THAI CUCUMBER SALAD

INGREDIENTS

1 whole cucumber, cut julienne style
2 TBSP. Bragg's Liquid Aminos
2 TBSP. lemon juice
2 TBSP. vegetable broth (optional)
1 garlic clove, crushed or minced
1 basil leaf, rolled and sliced
1 tsp. cilantro leaves, chopped
Pinch of red chili flakes
Salt substitute and pepper to taste
Stevia to taste
1 TBSP. green onion, chopped

INSTRUCTIONS

Mix Bragg's Liquid Aminos, lemon juice, vegetable broth (if desired), garlic, onion, basil leaf, cilantro, chili flakes, salt substitute, pepper, and stevia. Add cucumber strips and green onion, and coat them thoroughly with the mixture. Marinate for 10 minutes or overnight. Makes 1 serving (1 vegetable).

CHINESE CHICKEN SALAD

INGREDIENTS

3.5 - 7 oz. chicken breast, cubed
 Lemon juice
 3 TBSP. Bragg's Liquid Aminos (divided)
 1 TBSP. Bragg's Organic Apple Cider Vinegar
 1 garlic clove, crushed or minced
 1 TBSP. green onion, minced
 Cabbage, sliced into fine strips
 Fresh grated ginger or a dash of ginger powder
 Pinch of red pepper flakes
 Stevia to taste
 Salt substitute and pepper to taste

INSTRUCTIONS

Brown the chicken with lemon juice, 1 TBSP. of Bragg's Liquid Aminos, Bragg's Organic Apple Cider Vinegar, garlic, and onion. Add cabbage and steam lightly (for cold salad, skip steaming). Drain of excess liquid. Add ginger, red pepper flakes, stevia, salt substitute, and pepper. Chill. Sprinkle with additional Bragg's Liquid Aminos. Makes 1 serving (1 protein, 1 vegetable).

ORANGE CABBAGE SALAD WITH CHICKEN

INGREDIENTS

3.5 - 7 oz. chicken breast, cubed
 1 TBSP. Bragg's Organic Apple Cider Vinegar
 2 TBSP. lemon juice
 Pinch of fresh or powdered ginger
 1 orange (3 TBSP. juice, with the remaining orange sliced or in segments)
 1 TBSP. Bragg's Liquid Aminos
 1/2 head of cabbage
 Stevia to taste
 Dash of cayenne (optional)
 Stevia to taste

INSTRUCTIONS

Marinate chicken in Bragg's Organic Apple Cider Vinegar, lemon juice, and ginger. In a frying pan, cook chicken thoroughly. To prepare dressing, mix 3 TBSP. orange juice, Bragg's Liquid Aminos, stevia, salt substitute, pepper, and cayenne. Add extra Bragg's Organic Apple Cider Vinegar if desired. Shred cabbage into coleslaw consistency and toss lightly with dressing. Marinate for at least 20 minutes or overnight. Top with chicken and orange slices. Makes 1 serving (1 vegetable, 1 protein, 1 fruit).

CUCUMBER ORANGE SALAD

INGREDIENTS

1 tsp. Bragg's Organic Apple Cider Vinegar
1 TBSP. red onion, minced
Juice from 3 orange segments
1 TBSP. lemon juice
1 cucumber, sliced
Orange slices from 1 orange
1 tsp. fresh tarragon, minced
Fresh mint, chopped (optional)
Stevia to taste
Salt substitute and pepper to taste

INSTRUCTIONS

Combine Bragg's Organic Apple Cider Vinegar, stevia, onion, orange juice, and lemon juice. Mix well. Add cucumber, orange slices, tarragon, salt substitute, and pepper to taste. Marinate for 30 minutes. Garnish with fresh mint leaves. Makes 1 serving (1 vegetable, 1 fruit).

CUCUMBER STRAWBERRY SALAD

INGREDIENTS

1 whole cucumber
Strawberries, sliced
1 serving of strawberry vinaigrette (recipe on page 86)
Fresh mint, chopped (optional)
Fresh ground white pepper
Stevia to taste

INSTRUCTIONS

Combine Bragg's Organic Apple Cider Vinegar, stevia, onion, orange juice, and lemon juice. Mix well. Add cucumber, strawberry slices, tarragon, salt substitute, and pepper to taste. Marinate for 30 minutes. Garnish with fresh mint leaves. Makes 1 serving (1 vegetable, 1 fruit).

FRENCH ONION SOUP (1)

INGREDIENTS

3.5 - 7 oz. lean steak
1 Vidalia onion
2 cups beef broth
1 tsp. garlic powder
1 tsp. onion salt
1 tsp. black pepper
1 piece melba toast

INSTRUCTIONS

Slice onion with an apple slicer to make wedges and open up the onion. Season the onion and place it on top of a foil sheet. Add 1/4 cup of beef broth, wrap it up tightly, and place in a baking dish and bake at 350° for 1 hour. You want to make sure the onion does not become too soft. Serve in a bowl with 2 cups of beef broth and 1 piece of melba toast. Cook steak with your favorite spices and serve on the side, or add chopped steak to the soup. Makes 1 serving (1 protein, 1 melba toast).

FRENCH ONION SOUP (2)

INGREDIENTS

1/4 to 1/2 an onion, sliced into thin strips
 1 TBSP. lemon juice
 2 cups beef broth
 1 tsp. Worcestershire sauce
 1 TBSP. Bragg's Liquid Aminos
 1 garlic clove, crushed or minced
 1 piece melba toast, crumbled
 Stevia to taste
 Salt substitute and pepper to taste

INSTRUCTIONS

Brown the onions in a little water and lemon juice. Add beef broth and remaining ingredients except for melba toast crumbs. Simmer for 20–30 minutes. Top with melba toast crumbs. Makes 1–2 servings (1 vegetable, 1 melba toast).

TOMATO BASIL SOUP

INGREDIENTS

2 cups chicken or vegetable broth (or substitute 1 cup of water for 1 cup of broth)
 2 cups fresh tomatoes, chopped
 3 oz. of tomato paste
 4–6 fresh basil leaves, rolled and sliced
 1–2 garlic cloves, crushed or minced
 2 TBSP. onion, chopped
 1 tsp. garlic powder
 1/4 tsp. dried oregano
 Pinch of marjoram
 Salt substitute and black pepper

INSTRUCTIONS

Puree all ingredients in a food processor or blender. Pour into a saucepan and heat to a boil. Reduce heat and simmer for 20–30 minutes. Serve hot, garnish with fresh basil leaves or parsley. Makes 2 servings (1 vegetable).

ASPARAGUS SOUP

INGREDIENTS

4–5 asparagus stalks
 2 cups chicken or vegetable broth (or
 substitute 1 cup of water for 1 cup of
 broth)
 3 TBSP. Bragg's Liquid Aminos
 2 TBSP. onion, chopped
 1/4 tsp. thyme
 1/4 tsp. garlic powder
 1/4 tsp. onion powder
 1 bay leaf
 Salt substitute and pepper to taste
 Old Bay seasoning to taste

INSTRUCTIONS

Trim asparagus to remove the tough ends
 of the stalk and steam until soft. Puree
 asparagus with broth and remaining in-
 gredients in a blender or food processor.
 Pour into a saucepan and heat through. If
 desired, add 4 oz. of diced chicken to the
 soup and/or replace all the dried season-
 ings with 1–2 tsp. of Old Bay seasoning.
 Makes 1 serving (1 vegetable).

CHICKEN SOUP

INGREDIENTS

3.5 - 7 oz. chicken breast, cubed
 2 cups chicken broth (or substitute 1 cup
 of water for 1 cup of broth)
 1 TBSP. onion, minced
 2 garlic cloves, crushed and sliced
 1 bay leaf
 1/2 tsp. organic poultry spice blend
 Cayenne pepper to taste
 1–2 cups celery or tomatoes, chopped
 Salt substitute and pepper to taste

INSTRUCTIONS

Bring chicken broth to a boil. Add remaining
 ingredients. Simmer on low heat for 20 minutes
 or more until chicken and cabbage are tender
 and fully cooked. Serve hot. Makes 1 serving
 (1 protein, 1 vegetable).

THAI BEEF SOUP

INGREDIENTS

3.5 - 7 oz. lean beef, cubed
 2 cups beef or vegetable broth (or substitute 1 cup of water for 1 cup of broth)
 3 TBSP. Bragg's Liquid Aminos
 1 TBSP. green onion, chopped
 1 garlic clove, crushed or minced
 1 bay leaf
 1/2 tsp. ginger, fresh grated
 Pinch of chili powder or red pepper flakes
 Pinch of cinnamon
 Fresh cilantro, chopped
 3.5 oz. celery, or desired amount
 Stevia to taste
 Salt substitute and pepper to taste

INSTRUCTIONS

In a saucepan, heat broth. Add Bragg's Liquid Aminos, onion, garlic, bay leaf, ginger, chili powder, and cinnamon. Bring to a boil. Reduce heat and simmer for 5 minutes. Add beef and celery. Cook for 20-30 minutes until beef is fully cooked. Add salt substitute, pepper, and stevia. Garnish with fresh chopped cilantro. Makes 1 serving (1 protein, 1 vegetable).

CELERY SOUP

INGREDIENTS

3.5 oz. celery, chopped
 2 cups chicken broth (or substitute 1 cup of water for 1 cup of broth)
 1/4 tsp. thyme
 1 bay leaf
 1/4 tsp. dried basil
 Salt substitute and pepper to taste

INSTRUCTIONS

Cook celery until very soft. Puree in a food processor with remaining ingredients. Simmer in a saucepan for 20-30 minutes. Makes 1 serving (1 vegetable).

VEGETABLE BEEF SOUP

INGREDIENTS

7 oz. lean beef, cubed
 1 TBSP. onion, chopped
 1 garlic clove, crushed or minced
 1 bay leaf
 Pinch of dried basil
 Pinch of fresh or dried oregano
 Pinch of thyme
 Pinch of paprika
 Pinch of chili powder
 Salt substitute and pepper to taste
 2 cups of beef or vegetable broth (or substitute 1 cup of water for 1 cup of broth)
 Celery, cabbage, tomato, or zucchini, diced (choose 1, and only enough for 1 serving)

INSTRUCTIONS

Combine onion, garlic, bay leaf, basil, oregano, thyme, paprika, chili powder, salt substitute, and pepper with beef broth. If using celery or cabbage, add it in with the beef. Simmer for 20-30 minutes. If using tomatoes or zucchini, add them and simmer for an additional 5 minutes. Makes 1 serving (1 protein, 1 vegetable).

CHICKEN BROTH

INGREDIENTS

3 large chicken breasts
 10 or more cups of water
 1/2 large onion, chopped
 4 stalks of celery, chopped
 5 garlic cloves, sliced
 1 bay leaf
 Salt substitute and pepper to taste

INSTRUCTIONS

In a large soup pot or crock pot, combine chicken and 10 or more cups of water. Water should slightly cover the chicken. Add remaining ingredients. Heat to a boil. Reduce heat and simmer for 4 hours. Remove vegetables and chicken from broth. Refrigerate stock and skim off the chicken fat. Put through a strainer for a clear broth. Use for chicken broth in recipes. Makes multiple servings.

VEGETABLE BROTH

INGREDIENTS

1/2 large onion, chopped
 6-10 stalks of celery
 10 garlic cloves, chopped
 10 or more cups of water
 2 bay leaves
 1 tsp. paprika
 1 tsp. garlic powder
 1 tsp. basil
 1 tsp. thyme
 Salt substitute and pepper to taste

INSTRUCTIONS

Bring water to a boil in a large soup pot or crock pot. Add remaining ingredients. Slow cook for 2-4 hours. Strain out vegetables and cool. Use as a base for recipes that call for vegetable broth. Makes multiple servings.



DRESSINGS & SAUCES

BALSAMIC VINAIGRETTE

INGREDIENTS

1/3 cup balsamic vinegar
 2 TBSP. water
 2 TBSP. dried thyme
 1/4 tsp. salt substitute
 1/4 tsp. pepper
 1 TBSP. dried basil
 1/4 tsp. garlic powder

INSTRUCTIONS

Combine all ingredients in a blender and mix well. Makes 1 -2 servings.

CITRUS DRESSING

INGREDIENTS

1/4 cup Bragg's Organic Apple Cider Vinegar
1 cup water
1 TBSP. lemon
1 pkg. stevia (or liquid stevia to taste)
1/4 tsp. garlic powder

INSTRUCTIONS

Combine all ingredients in a blender and mix well. Makes 1-2 servings.

DILL DRESSING

INGREDIENTS

1/3 cup Bragg's Organic Apple Cider Vinegar
2 TBSP. water
2 TBSP. dried basil
2 TBSP. dried dill
1 tsp. garlic powder
1 tsp. dry mustard
1 tsp. onion powder

INSTRUCTIONS

Combine all ingredients in a blender and mix well. Makes 1-2 servings.

VINAIGRETTE DRESSING

INGREDIENTS

1/4 cup Bragg's Organic Apple Cider Vinegar
1/2 cup water
2 shakes of celery salt
2 shakes of onion salt
Ground pepper to taste
3 pkg. stevia (or liquid stevia to taste)

INSTRUCTIONS

Combine all ingredients in a blender and mix well. Makes 1-2 servings.

ITALIAN VINAIGRETTE DRESSING

INGREDIENTS

1/2 cup chicken or vegetable broth
2 TBSP. Bragg's Organic Apple Cider Vinegar
2 TBSP. lemon juice
1 tsp. organic Italian herb spice blend
2 TBSP. onion, finely minced
1/2 tsp. garlic powder
1/2 tsp. onion powder

INSTRUCTIONS

Combine ingredients in a 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. Makes 2 or more servings.

STRAWBERRY VINAIGRETTE

INGREDIENTS

1 TBSP. Bragg's Organic Apple Cider Vinegar
1 TBSP. lemon juice
Dash of salt substitute
Dash of cayenne (optional)
Liquid clear stevia to taste
Ground black pepper to taste

INSTRUCTIONS

Combine all ingredients in a food processor. Puree until smooth. Pour over fresh arugula or green salad. Garnish with sliced strawberries and ground black pepper. Makes 1 serving (1 fruit).

ORANGE TARRAGON MARINADE

INGREDIENTS

1/4 cup chicken or vegetable broth
2 TBSP. Bragg's Organic Apple Cider Vinegar
1/2 orange, juiced
1 garlic clove, crushed or minced
1 tsp. fresh tarragon, chopped
1/4 tsp. onion powder
Salt substitute and pepper to taste

INSTRUCTIONS

Combine all ingredients and cook on low heat for 3 minutes. Remove from heat and cool. Can be used as a marinade for fish or chicken: Marinate chicken or fish for 20 minutes or more. Cook chicken or fish in remaining marinade. Deglaze the pan periodically with a little water. Save the sauce and add Bragg's Organic Apple Cider Vinegar to make additional dressing for a salad. Serve over a mixed green salad or with other vegetables. Makes 1-2 servings.

CITRUS GINGER DRESSING/MARINADE

INGREDIENTS

1 TBSP. lemon juice
 2 TBSP. orange juice
 1 tsp. Bragg's Organic Apple Cider Vinegar
 1 TBSP. Bragg's Liquid Aminos
 Ginger, fresh or ground to taste
 Salt substitute and black pepper to taste
 Liquid clear stevia to taste

INSTRUCTIONS

Combine all ingredients. Use as a dressing over a salad or double the recipe to use as a marinade. Warm slightly to enhance the flavors. Makes 1-2 servings.

HOT CAJUN DRESSING/DIP SAUCE

INGREDIENTS

3 TBSP. Bragg's Organic Apple Cider Vinegar
 1 TBSP. lemon juice
 Dash of garlic powder
 Dash of onion powder
 Cayenne pepper to taste
 Salt substitute and black pepper to taste
 1/4 tsp. Old Bay seasoning mix (optional)
 Stevia to taste (optional)

INSTRUCTIONS

Combine ingredients in a small bowl and pour over a salad. Can be used as a dipping sauce, or as marinade for vegetables or fish. Makes 1-2 servings.

SALSA

INGREDIENTS

1 cup fresh tomato, chopped
 3 TBSP. lemon juice
 1 TBSP. Bragg's Organic Apple Cider Vinegar (optional)
 2 garlic cloves, crushed or minced
 2 TBSP. onion, finely chopped
 1/4 tsp. chili powder
 1/4 tsp. fresh or dried oregano
 Cayenne pepper to taste
 Fresh cilantro, chopped, to taste
 Salt substitute and pepper to taste

INSTRUCTIONS

Combine ingredients in a bowl, mix well.
 Store chilled. Makes 1 serving (1 vegetable).

BARBECUE SAUCE

INGREDIENTS

3 oz. tomato paste
 1/4 cup Bragg's Organic Apple Cider Vinegar
 3 TBSP. lemon juice
 1 TBSP. hot sauce
 1 TBSP. onion, minced
 3 garlic cloves, crushed or minced
 1/4 tsp. chili powder
 Liquid smoke hickory flavoring

INSTRUCTIONS

Combine ingredients in a bowl and mix well. Makes 1-2 servings.

FRESH KETCHUP

INGREDIENTS

1/4 tsp. celery salt
 1/2 tsp. paprika
 1/4 tsp. mustard powder
 Pinch of nutmeg
 Pinch of clove
 Pinch of black pepper
 1/4 tsp. garlic powder
 1/4 tsp. onion powder
 3 TBSP. Bragg's Organic Apple Cider Vinegar
 3 oz. tomato paste
 Clear liquid stevia to taste

INSTRUCTIONS

Combine ingredients in a bowl and mix well. Makes 1-2 servings.

FRESH MUSTARD

INGREDIENTS

2 TBSP. ground mustard powder
 1 TBSP. garlic powder
 1 TBSP. onion powder
 1/2 tsp. ground ginger
 1/2 tsp. horseradish, grated (optional)
 1/2/ cup Bragg's Organic Apple Cider Vinegar
 1/2 cup water
 1 TBSP. lemon juice
 Stevia to taste

INSTRUCTIONS

Mix ingredients together thoroughly, heat in a saucepan for 2-3 minutes. Pack warm mustard into a jar and top with lemon juice. Mustard will last up to 2 weeks in the refrigerator. Add water as needed for consistency. Mix before using. Makes 1-2 servings.

TOMATO BASIL VINAIGRETTE

INGREDIENTS

3 TBSP. tomato paste
 3 TBSP. Bragg's Organic Apple Cider Vinegar
 2 TBSP. lemon juice
 1/4 cup water, chicken, or vegetable broth
 1 TBSP. onion, minced
 1/2 tsp. garlic powder
 1/2 tsp. onion powder
 1 tsp. dried basil or fresh basil leaves, rolled and sliced, or to taste
 Pinch of oregano
 Cayenne pepper to taste
 Clear liquid stevia to taste

INSTRUCTIONS

Combine all ingredients in a small saucepan and bring to a boil. Reduce heat and simmer for 20 minutes or until liquid is reduced. The longer you simmer, the richer the flavor. As the liquid reduces, deglaze the pan with a little water or broth to intensify the flavors. Enjoy as a glaze or sauce with chicken or beef. Makes 1-2 servings (1 fruit).



DESSERTS

STRAWBERRY SORBET

INGREDIENTS

6 strawberries
Juice of 1 lemon
Sugar substitute to taste
Water (if needed)

INSTRUCTIONS

Freeze fresh strawberries for about 1 hour. Blend fresh frozen strawberries, lemon juice, and sugar substitute until well blended. You can serve immediately or place in the freezer so it firms up further. Makes 1 serving (1 fruit).

CANDIED APPLES

INGREDIENTS

4 apples
4 pkg. stevia
1 tsp. cinnamon
2 cups water
1 tsp. vanilla

INSTRUCTIONS

Place 4 apples in a baking dish. Pour the water over top. Sprinkle sweetener and cinnamon over apples. Bake at 350 ° for an hour. Take the tray out of the oven, add vanilla to the liquid, and stir. Take apples out, pour the sweetened water mixture over the apples, and enjoy! Makes 4 servings (1 fruit).

STRAWBERRY SHORTCAKE

INGREDIENTS

1 piece plain melba toast
2 drops vanilla creme flavored stevia
Top with 6 strawberries, sliced

INSTRUCTIONS

Take a slice of plain melba toast, add 1 drop of stevia (vanilla creme flavor). Top with a sliced strawberry, then add another drop of vanilla creme stevia. Makes 1 serving (1 fruit).

CHIPS & SALSA

INGREDIENTS

1 tomato, diced
Onion, diced, to taste
Fresh cilantro, minced, to taste
1 piece melba toast, as a chip substitute

INSTRUCTIONS

Prepare a pico de gallo mixture by combining all ingredients into a bowl. Use melba toast as a chip. Makes 1 serving (1 vegetable, 1 melba toast).

STRAWBERRY-ORANGE SMOOTHIE

INGREDIENTS

1 cup strawberries (frozen or fresh)
1/2 orange or 1/3 cup of real orange juice (not from concentrate)
3/4 cup ice, crushed
5 drops clear stevia
5 drops valencia orange flavored stevia
1 handful frozen spinach leaves (optional-you won't even be able to taste these)

INSTRUCTIONS

Blend in a blender till smooth. Makes 1 serving (1 fruit)

ORANGE FROZEN SMOOTHIE

INGREDIENTS

1 whole orange
5 drops valencia orange flavored stevia
5 drops vanilla creme flavored stevia
Crushed ice to desired consistency

INSTRUCTIONS

Blend in a blender till smooth. Makes 1 serving (1 fruit)

SODA

INGREDIENTS

Sparkling water
10-15 drops of flavored stevia

INSTRUCTIONS

Blend ingredients together in a cup. Makes 1 serving.

LEMONADE

INGREDIENTS

1 cup water
2 TBSP. lemon juice
10 drops plain stevia
10 drops lemon flavored stevia

INSTRUCTIONS

Blend ingredients together in a cup. Makes 1 serving.

HOT CHOCOLATE

INGREDIENTS

8 oz. hot water
5 drops chocolate flavored stevia
3 drops vanilla creme flavored stevia

INSTRUCTIONS

Blend ingredients together. Makes 1 serving.

FROZEN STRAWBERRY LEMONADE

INGREDIENTS

1 cup frozen strawberries
1/4 cup lemon juice
1 cup ice
10 drops lemon flavored stevia
10 drops plain stevia

INSTRUCTIONS

Blend in a blender till smooth. Makes 1 serving (1 fruit).

FROZEN CAPPUCCINO

INGREDIENTS

1 cup crushed ice
5 drops peppermint flavored stevia
5 drops chocolate flavored stevia
5 drops valencia orange flavored stevia
1 cup iced coffee, decaf

INSTRUCTIONS

Mix in a blender until smooth. Pour into a glass and serve. Makes 1 serving.

LEMON DROP SLUSHY

INGREDIENTS

1/2 tsp. squeezed lemon juice
1/2 cup water
1/2 cup ice
5 drops lemon flavored stevia

INSTRUCTIONS

Mix in a blender until smooth. Makes 1 serving.

JAMAICAN GRAPEFRUIT

INGREDIENTS

1/2 grapefruit
Cinnamon to taste
1-2 pkg. stevia

INSTRUCTIONS

Using a serrated edge knife, cut the grapefruit in half as you normally would, and place on an oven-safe dish. Bake at 350° for 2 minutes. Cut around the center core, rind, and partitions. Sprinkle with cinnamon and stevia. Makes 1 serving (1 fruit).

STRAWBERRY FLOWER

INGREDIENTS

4 large strawberries, or 6 small strawberries
1 TBSP. cinnamon
1 pkg. stevia

INSTRUCTIONS

Slice strawberries and place them on a plate, arranged like a flower. Mix cinnamon and stevia, and sprinkle over the strawberries. Makes 1 serving (1 fruit).

APPLE COBBLER

INGREDIENTS

1 apple, sliced
1/8 tsp. cinnamon
1 pkg. stevia

INSTRUCTIONS

Toss the above ingredients and arrange on an oven-safe dish. Bake at 350° until cooked to desire liking. Makes 1 serving (1 fruit).

APPLES WITH STRAWBERRY SAUCE

INGREDIENTS

1/2 a Jonathan apple (or any type of apple you prefer)
3 strawberries
3 drops vanilla creme stevia

INSTRUCTIONS

Slice the apple and arrange the slices on a plate. Mash the strawberries with a fork, and add vanilla creme stevia to make a sauce. Pour over the apple slices. Makes 1 serving (1 fruit).