

VEGGIE BROTH (All Phases)

In a large pot toss in the following Skins & all:

3 Large Onions (Yellow Red & White) Cut in quarters

2 Heads of Garlic Cut in half Vertically with Skins

8-10 Rib Stalks of Celery Cut in 3rds

1/2 Head Cabbage each (Red & White) quartered

3-4 Bay Leaves

10-Pepper Corns assorted colors

Optional: 4 Med Tomatoes cut in 1/2

Phase 3 you can add all kinds of Veggies.

Instructions: Fill pot to top with water. Bring to a boil for 5 mins.

Lower heat to a simmer. Reduce to 1/2 its liquid. Let it "MAKE FRIENDS"

When Cool Strain of liquid and discard all Veggies.

I like to freeze this in Ice cube trays, hen pop them out into zippies.

It makes it EZ to use in Protocol, or you can put in 1 to 2 cup re-useable containers and freeze.

Note: Use this as a base for cooking any protein or make soup.

CHIX BROTH (All Phases)

In a large pot toss in the following Skins & all:

1 Whole Chicken Skin and all

3 Large Onions (Yellow Red & White) Cut in quarters

2 Heads of Garlic Cut in half Vertically with Skins

8-10 Rib Stalks of Celery Cut in 3rds

1/2 Head each Red & white Cabbage quartered

3-4 Bay Leaves

10-Pepper Corns assorted colors

Optional: 4 Med Tomatoes cut in 1/2

Phase 3 you can add all kinds of Veggies.

Instructions: Fill pot to top with water. Bring to a boil for 5 mins.

Lower heat to a simmer. Reduce to 1/2 its liquid.

I Like to do this step 2 times just to let it all "MAKE BETTER FRIENDS"

When Cool Strain of liquid and discard all Veggies & Chic. Discard

Let it cool, then put it in the fridge to SET a few hrs.

When the Fat hardens take a spoon and scrape it off the top. Discard it.

I like to freeze this in Ice cube trays. Then pop them out into zippies.

This makes it EZ to use in Protocol, or you can freeze it in 1 to 2 cup re-useable containers.

Note: Use this as a base for cooking any protein or make soup.

Make sure to wear gloves do not touch the Fat it will count as a Caloric intake!!!

TIA RITA'S LUSCIOUS CREAM SAUCE (All Phases)

All Kudos go to Rita... THIS IS SPECTACULAR!!!

We make this in a big batch. Because it makes me Happy!

2 Cups-Fat Free or Low Fat Cottage Cheese

"Just Like Sugar" or Stevia to Taste

1 tsp Vanilla extract

Variation: I like to add 1 TBS Unsweetened Cocoa Powder

Instructions: You'll need a Vegga Rita Vita Mix (Ha! Ha!)

Whip this in the food processor or blender till smooth and creamy

This of course taste Great on top of Whipped Frozen Strawberries

Treat yourself and serve it in a giant martini glass. Enjoy!

Note: (For Phase 2) Use Only 1 Tbs with 3.5 oz or 100 Grams of Fruit

This can count as your Fruit & Protein

Roxanne's Recipes June 2011.pdf (free download)

BRUSSELS SPROUTS (Phase 3 & 4)

Ok People for those of us who have NEVER likes Brussels Sprouts

wake up and smell the corn! It's like eating pop corn

Rinse and cut off ends then cut in quarters.

Toss with Lemon Olive Oil (See Recipe)

Sprinkle with Kosher Salt. Bake at 375° for 45 mins.

LEMON OLIVE OIL (Phase 3 & 4)

A Must Have in my kitchen. I have to hold myself back from drinking this straight!!!

I make this in **BIG** batches because I use it on everything.

3 Liters Olive Oil (Phase 3 & 4)

10-12 Large Lemons Peeled

Directions: Wash & dry all lemons. Peel w/carrot peeler and place peels in a Large glass jar

big enough to hold the allotted Olive Oil. Pour in Oil and cover. Set it in a cool

out of the way place so it can "Make Friends" for 6-7 days. Strain Olive Oil back

into original container. Save lemon peels in air tight jar. Keep in refrigerator.

Serving suggestions: Use oil to dress your salads, Ron uses it to marinade his chix.

The sky's the limit. Slice lemon peels and toss in salads or use in Lemon Dip.

They are also great with veggies.

SIMPLE OLIVE OIL DIP (Phase 3 & 4)

Pour Lemon Olive oil in a saucer. Sprinkle in kosher salt &

squeeze the juice of 1/2 a lemon. It's refreshing.

Options: Toss in a few chopped fresh or dried spices.

GRILLED ROMAINE HEARTS (All Phases)

This is a Great Summer Salad!

1-2 Heads of Romaine

1 tsp Raw Mojo (See Recipe)

1 TBS Mustard Dressing (See Recipe)

Lemon Juice to taste

Kosher Salt & Fresh Ground Pepper to taste

Directions: Preheat grill to med-high heat.

Cut Romaine Heads in half length wise leaving the ends intact so they hold together.

With hearts facing down, grill until grill marks form & lettuce slightly wilts just about 6 mins.

Serve drizzled with Mustard Dressing and or Mojo, & Lemon juice.

Options: Phase 3 & 4- Brush with Lemon Olive Oil (See Recipe) then grill. It's Oh so good!

SALSA (All Phases)

1 large Tomato Diced

Cilantro

Cumin

Onion Powder

Garlic Powder

Squeeze of Lemon Juice

Sea salt & Pepper

Directions: Dice the tomato and mix all the ingredients OR cut tomato into large pieces and place it, with all the ingredients, into a mixer. Good on Proteins & salads.

LEMON YOGURT & MINT DIP (Phase 3 & 4)

1-2 TBS Freshly Squeezed Lemon Juice

1/3 Cup Loosely packed Mint Leaves Minced

8 oz. Yogurt (Fage)

Salt & Peeper to taste

Directions: Gently fold altogether and chill.

Serve with sliced apples, pears, veggies...

Your choices are endless.

These 3 recipes below are a little time consuming But once you have jars full you'll thank me!!!

Oh and it's Not MOE-JOE... It's MOE-HO!!!

MOJO (Raw) (All Phases)

This is a staple in my Kitchen. I use this as a base for flavoring many foods.

1-2 Heads Garlic peeled

1-2 Lemons (Juice)

1-2 tsp Kosher Salt

Directions: Mash Garlic cloves in a mortar & pestle add salt making a thick paste.

Transfer to a tightly sealed glass jar. Add lemon enough juice to cover. Keep Refrigerated.

*Note: it sometimes turns green. No worries it's still good!

MOJO (Baked) (All Phases)

This is a staple in my Kitchen. Use this as a base for flavoring many foods.

1-2 Heads Garlic peeled

1-2 tsp Kosher Salt

Extra Virgin Olive Oil*

Directions: Place the flat of a large knife over each clove and Smash, just enough to break it.

(This releases some oils)

Place garlic cloves in an oven proof pan or dish. Sprinkle with Kosher salt cover with olive oil.

Cover with tin foil and Bake at 350° for 1hr. Let cool slightly.

Transfer to a tightly sealed glass jar. Add more olive oil to fill. Keep Refrigerated

Note: This is great for seasoning Proteins!

*Option: (Phase-2/500 Calorie) Do Same as above Except leave out the olive oil.

MOJO (JALAPEÑO & GARLIC) (All Phases)

1-2 Heads Garlic peeled & chopped

10-15 Jalapeños chopped whole (with seeds) we like it HOT!!!

1 tsp Kosher Salt

Directions: In a bowl, combine Garlic Cloves & Peppers. Add Kosher Salt.

Transfer to a tightly sealed glass jar. Fill with "EITHER" Olive oil or Lemon Juice.

Keep Refrigerated

*Note: You can use the Mojo with Jalapeños and lemon Juice (sparingly as a condiment)

Phase-II/500 Calorie or the Mojo with Jalapeños and olive Oil in Phase-III/Maintenance

Options: Lemon Juice or Olive Oil not both (Phase-2) Lemon Juice (Phase 3 & 4) Olive Oil

FRESH LEMON DRESSING (Phase-2/500 Calorie)

I use this for almost all my veggies...I like them raw. It's fresh & crisp.

¼ to ½ Juice of Lemon

½ tsp Kosher Salt or more to taste

1-2 tsp Oregano dried or fresh

1-2 tsp Basil dry or fresh

Dash of wine vinegar

Directions: Combine all ingredients toss with any salad or fresh veggies.

*Note: Kosher salt seems to extract more liquid and it is not that salty.

Option: For (Phase 3-4) add Olive Oil

***For All recipes below that require the use a sweeteners I highly recommend:

“JUST LIKE SUGAR” made from chicory root organic orange & organic orange peel & calcium citrate.

It has the texture and consistency sugar with no after taste. www.JustikesugarInc.com

ITALIAN DRESSING (All Phases)

I make a triple batch Because Ron loves it!

2 cups Broth

2 TBS of Each: or Equal parts

Lemon Juice

Red Wine Vinegar

White Wine Vinegar

Rice Wine Vinegar

White Balsamic

1 tsp Raw Mojo (See Recipe)

2 TBS Basil

2 Tbs Oregano

2 Tsp Mustard Powder

1 tsp Onion Powdered

Dash of Hot sauce

Directions: Place all the above in an air tight container

Shake, Shake, & shack. Keep refrigerated.

Note:(Phase 3 & 4) Add Aged Balsamic, Soyu & a dash of Horseradish!

STRAWBERRY VINAIGRETTE (All Phases) (Good with Spinach Salad or on Ice cream)

150 grams Strawberries

1 TBS Lemon Juice

1 TBS Apple Cider Vinegar

Salt/Pepper to taste

“Just Like Sugar” or Stevia to taste

Pinch of Cayenne to kick it up!

Directions: Puree all ingredients till smooth. Toss and serve on fresh salad

*Note: This equals to 1-Fruit serving in (Phase-2/500 Calorie)

Option: Try this with blueberries

MUSTARD DRESSING (All Phases) (Try doubling this & keep in a jar)

1-2 tsp Dry Mustard or any mustard (with/out sugar)

1-2 TBS Lemon Juice

“Just Like Sugar” or Stevia to taste

1 tsp Raw Mojo (see recipe)

1 TBS Rice Wine Vinegar (with/out sugar)

Pinch of Cayenne to kick it up!

Directions: Combine all ingredients toss in with your choice of salad. Keep Refrigerated.

Good with Spinach

LEMON YOGURT & MINT DIP (Phase 3 & 4)

1-2 TBS Freshly Squeezed Lemon Juice

1/3 Cup Loosely packed Mint Leaves Minced

8 oz. Yogurt (Fage)

Salt & Peeper to taste

Directions: Gently fold altogether and chill.

Serve with sliced apples, pears, veggies...

Your choices are endless

GRILLED ASPARAGUS (All Phases)

I Peel the ends like a carrot, it makes them tender.

Hey we pay good \$\$\$ for this, I Say we should be able to eat it all!

1 Bunch Asparagus

Directions: Toss with Lemon Dressing or Mustard Dressing grill for 8 mins. Yummy!

*Note: (Phases-3-4) Add Olive Oil

**All of these salads have a fresh, clean, crisp snap to them.

If you let them sit for a few minutes to let the flavors intensify, they make friends. Enjoy!

SHREDDED CABBAGE SALAD (All Phases)

¼ Red Cabbage Shredded

¼ White Cabbage Shredded

Directions: Toss with Lemon Dressing or Mustard dressing

*Note: (Phases-3-4) Add Olive Oil

THINLY SLICED CELERY SALAD (All Phases)

6-8 Celery Stalks sliced very thin

Directions: Toss with Lemon Dressing or Mustard dressing

*Note: (Phases-3-4) Add Olive Oil

RADISH SALAD (All Phases)

1 Bunch Radish thinly sliced

Toss with Lemon Dressing or Mustard dressing

Directions: Toss with Lemon Dressing or Mustard dressing

*Note: (Phases-3-4) Add Olive Oil

TOMATO & FRESH BASIL SALAD (All Phases)

3-4 Tomatoes Sliced or quartered

6-8 Fresh Basil Leaves thinly slices

Directions: Toss all together with Kosher Salt to taste

YOGURT CREAM CHEZ (Phase-2/500 Calorie) or (Phase-3/Maintenance)

This can be used in countless ways ... it's rich and creamy.

Substitute it for sour cream, as a thickener the possibilities are endless.

It's one of my favorites!!!

Remember in Phase-2 (only 3.5 oz/100grams)

2-16 oz containers of Yogurt

Directions: Pour in yogurt strainer or in cheese cloth lined strainer, cover place in refrigerator for at least 2-3 days.

Check it several times so as to drain of excess whey.

Then store it in an air tight container, make sure to Keep it well chilled.

*Note: I like to use Fat Free Fage (Fa-Yeh) there's less whey!

STRAWBERRIES & CHOCOLATE (Phase-2/500 Calorie)

I keep a container of fresh cut strawberries in our fridge at all times, this way you can make this in minutes!

150 Grams Strawberries cut in Pieces

1 tsp Pure Cocoa Powder

“Just Like Sugar” or Stevia to taste (a few drops of liquid sweeteners work well here)

Directions: In a bowl lightly whisk Cocoa Powder and sweetener, add a little water to cream it. Or you can also use your allotted 1-TBS of Milk for the day.

Pour over the berries Enjoy!

MIXED BERRIES & CHOCOLATE (Phase-3-4)

Equal parts: Mixed Berries (seasonal) Strawberries, Blueberries, Raspberries, Boysenberries

1 TBS Almonds Slivered*

5-6 Walnuts Chopped*

1 TBS Yogurt Fat Free or Yogurt Cream Chez

1-2 tsp Pure Cocoa Powder

“Just Like Sugar” or Stevia to taste (liquid sweeteners work well here)

Directions: In a bowl lightly whisk Yogurt or Yogurt Cream Chez, Cocoa Powder and sweetener till it looks like cream.

Pour over Fruit mix.

Options: You can add some orange or tangerine wedges too!

*Note: (use w/caution)

ORANGE TOOTSIE POP (Phase-2/500 Calorie)

1 Orange or Tangerine divide in segments and cut in pieces

1 tsp Pure Cocoa Powder

“Just Like Sugar” or Stevia to taste (liquid sweeteners work well here)

Directions: In a bowl mix and toss altogether. Bon Appetite!

Option: (Phase-3/Maintenance) (Phase-4/Real Life) In a bowl lightly whisk Yogurt or Yogurt Cream Chez, Cocoa Powder and “Just Like Sugar” sweetener till it looks like cream.

APPLE COBBLER (All Phases)

This one's been around for while I just added the Cocoa.

What can I say I crave Chocolate!

1 Apple Sliced

1 Melba Toast Crumbled
1 Packet Just Like Sugar
Cinnamon or Nutmeg to taste
Dash of Dark Unsweetened Cocoa
Directions: Arrange apple slices on a heat proof plate.
Top with sweetener & crumbled toast & spices
Heat in Microwave for 2 mins on high or in oven for 10-15 mins.

CRAB SALAD (Phase-2/500 Calorie)

3.5 oz/100 grams Crab
1-Head Romaine Chopped
Fresh Cracked pepper to taste
Directions: Combine all together and toss with Fresh Lemon Dressing (see recipe)

CRAB CAKES (Phase-2/500 Calorie) or (Phase-3/Maintenance)

Here you have to figure out your portions!!! So I prepare these ahead of time
(Phase-2/500 Calorie)

8.oz tin of Lump Crab drained and picked to remove shells divided into 3.5oz/100 gram (2 plus servings)
2 Melba Rounds Mashed into bread crumbs (1 Melba Round for each 3.5oz/100 gram serving of Crab)
¼ tsp Onion Powder

1 tsp Mojo Raw or Mojo Jalapeño & Garlic
¼ tsp Old Bay seasoning
Fresh Flat Leaf Parsley & Cilantro minced (Helps bind it together & adds flavor)

Directions: In a large bowl, break the lump crab meat into small pieces and toss with the melba crumbs and seasonings.

Cover and chill in the refrigerator for 30 minutes.

Weigh and Shape into bite-sized crab cakes. Bake at 350° for 20 mins. Until browned.

*Note: These cakes do not hold together to well BUT once cooked, and served on top of a salad they do add a little crunch

CRAB CAKES (Phase-3/Maintenance)

Same as above with the added Exceptions the Crab portion is increased (4-6oz. Servings)

16 oz. lump crabmeat, drained and picked to remove shells
2 Melba Rounds Mashed into bread crumbs
2 tsp Mojo Raw or Mojo Jalapeño & Garlic
1-2 egg lightly beaten
½ Red Onion diced
½ Each Green, Red & Yellow Bell Pepper diced (Optional)
2 to 3 Celery Stalks diced
2 tsp Dijon Mustard
1 ½ tsp Old Bay seasoning

Directions: Place the 2 tablespoons butter, 2 tablespoons oil in a large sauté pan or Spray w/cooking spray (Pam).

Place Mojo, onion, celery, red and yellow bell peppers, parsley seasoning, in over medium-low heat and cook until the vegetables are soft, approximately 15 to 20 minutes.

Cool to room temperature. In a large bowl, break the lump crabmeat into small pieces and toss with the Melba crumbs, mustard, and eggs.

Add cooked mixture and mix well Cover and chill in the refrigerator for 30 minutes (let it *MAKE FRIENDS*).

Shape into bite-sized crab cakes.
Bake at 350° for 20 mins. Until browned.
Options: See Stuffed Tomato

BEEF OR CHICKEN MEAT BALLS (Phase-2/500 Calorie)

Weight & proper portions are important here

3.5 oz/100 grams of Lean Beef or Chicken Ground (Pulse in processor or Magic Bullet)

1 Melba Round per serving

¼ tsp Onion powder

1 tsp Raw Mojo or Jalapeño Mojo

Directions: Mix all ingredients together well. Cover and chill in the refrigerator for 30 minutes (to let it make friends).

Shape into bite-sized balls. Place in broth with celery slices.

These add a little crunch! Bring to a slow rolling boil, then simmer for 15 mins.

Or Bake at 350° for 15 mins. Until browned. Serve with Salad.

TABOULE (Phase-4/Real Life)

2 Cups Prepared Bulgar

1 Bunch Parsley

1 Bunch Scallions

1 Bunch Red Radish

6 Stalks Celery

2 Cucumbers

4 Tomato (Optional)

¼ Cup Olive Oil

1-2 Lemons (Juice)

Mint (Handful Fresh or Dried)

Salt & Pepper to taste

1 Head Romaine or Butter Leaf Lettuce

Directions: Finely Chop all the Veggies and toss together in a bowl.

Pour in Olive oil, toss lightly until it glistens. Be gentle, Careful do not bruise.

Add Quinoa, Lemon juice & Salt & Pepper. Serve in Chilled Lettuce Leaves.

QUINOA (KEEN-WA) (Phase-4/Real Life)

Its high in fiber, good source of iron, and has 8 essential amino acids, also Quick and EZ to prepare!

I make it plain because then you can season it savory or sweet.

Directions: Bring 2 cups water to a boil. Add 1 cup Quinoa, bring back to a boil, cover, cook over medium heat for 12 minutes or until Quinoa has absorbed all the water.

Remove from heat, fluff, cover and let stand for 15 minutes. Yields about 4 cups.

QUINOA PANCAKES NOT!!! (Phase-3/Maintenance 2nd & 3rd Week) or (Phase-4/Real Life)

½ cup Quinoa Cooked

1 TBS Slivered Almonds

1 TBS Pure Maple Syrup

1-2 Fried Eggs

Directions: Combine and heat 1st 3 ingredients. Top with eggs. Yummy... taste like pancakes & eggs.

Option: Sometimes I slice dried apricots or dates.

QUINOA & FRIED EGGS (Phase-4/Real Life)

½ cup Quinoa Cooked

1 Egg plus 2 Whites

Directions: Heat Quinoa in microwave for 90 seconds. Meanwhile fry egg with cooking spray.

Serve on top of Quinoa garnish with

Jalapeño & Garlic Mojo (see recipe) as my Mama would say, Caliente E Olé!!!

QUINOA TABOULE (Phase-4/Real Life)

2 Cups Quinoa Cooked & Chilled

1 Bunch Parsley

1 Bunch Scallions

1 Bunch Red Radish

6 Stalks Celery

2 Cucumbers

4 Tomato (Optional)

¼ Cup Olive Oil

1-2 Lemons (Juice)

Mint (Handful Fresh or Dried)

Salt & Pepper to taste

1 Head Romaine or Butter Leaf Lettuce

Directions: Finely Chop all the Veggies and toss together in a bowl.

Pour in Olive oil, toss lightly until it glistens.

Be gentle, Careful do not bruise.

Add Quinoa, Lemon juice & Salt & Pepper. Serve in Chilled Lettuce Leaves.

TUNA & APPLE SALAD (All Phases)

I owe this one to Cheryl (Mon Cheri)

1 Can Tuna

1 Apple

1 Cucumber*

2 Celery Stalk*

Lemon Juice to taste

Salt and Lemon Pepper to taste

Directions: Mix all ingredients together in a bowl Serve in Lettuce cups

*Note: (Phase-II/500 Calorie) Substitute White Fish and choose only one Vegetable.

SMOTHERED TOMATOES Thank-U Kate! (Phase-2/500 Calorie)

4-6 Roma Tomatoes Chopped (Any tomato will do)

1 tsp of Raw Mojo

1 TBS each Dried Oregano & Basil (or Fresh)

½ tsp Kosher Salt

½ Lemon juice

Directions: Throw chopped tomatoes into hot frying pan. Add seasonings and lemon juice. Cook to let everything make friends for about 8 to 12 mins. Options: Add Olive Oil.

Serving Suggestions: Cook your protein in the tomatoes

STUFFED TOMATO (Phase 2/500 Calorie)

You can make this with any protein, Ground Beef, Crab, Lobster etc. Let your imagination go wild!

1 Melba Toast for each protein serving (make into bread crumbs)

1-4 Beef Steak Tomato cored and reserve

Directions: Once you've prepared the tomato stuff it with protein & Melba crumbs. Bake at 350°

Ground Beef: Brown and Season with 1 tsp Raw Mojo. Add the reserved part of tomato

Crab: See Crab Cake

*Option: Add onion (Phase-3/4)

CHILI (Phase-2/500 Calorie)

3.5 oz/100 grams Ground Beef (Angus 93 % Fat Free)

1-2 tsp Raw Mojo

1-2 Chopped Tomatoes

½ Cup Water

1 TBS Dried Onion Flakes

Jalapeño Garlic Mojo or Chili Powder to taste

1 TBS dried Oregano

Salt/Pepper to taste

Directions: In a frying pan brown Beef and Mojo add tomato, water, onion flakes and oregano. Simmer on low reducing liquid. Let them all make friends!

Garnish with chopped tomato and Jalapeño Garlic Mojo.

LETTUCE WRAP TACO MIX Grilled CHICKEN or FISH or BEEF (ALL Phases)

3.5 oz/100 grams Choice of Protein

1-2 tsp Raw Mojo

1 TBS dried Oregano

¼ Head Red & White Shredded Cabbage (I like it colorful)

1 TBS Dried Onion Flakes

Jalapeño Garlic Mojo or to taste

Salt/Pepper to taste

Directions: Place protein in a zip bag with Raw Mojo & oregano. Refrigerate for 20 min.

This gives it enough time to make friends!

Grill choice of Protein for proper amount of time.

Meanwhile prepare Cabbage Salad (see recipe) add onion flakes and oregano. Let them all make friends!

Chop or slice Protein serve in lettuce cups with Cabbage Salad.

Garnish with chopped tomato.

FISH WITH CITRUS LEMON ESSENCE (All Phases)

3.50 /100 grams (Phases-2)

¼-½ Juice of Lemon

Zest of ½ Lemon

1 tsp Raw Mojo (see recipe)

Salt & Lemon Pepper to taste

Directions: Season fish with all the above. Grill for 5-10 minutes or till cooked. Serve with choice of Veggie.