

Ketogenic Diet

Made Easy With Other Top Diets



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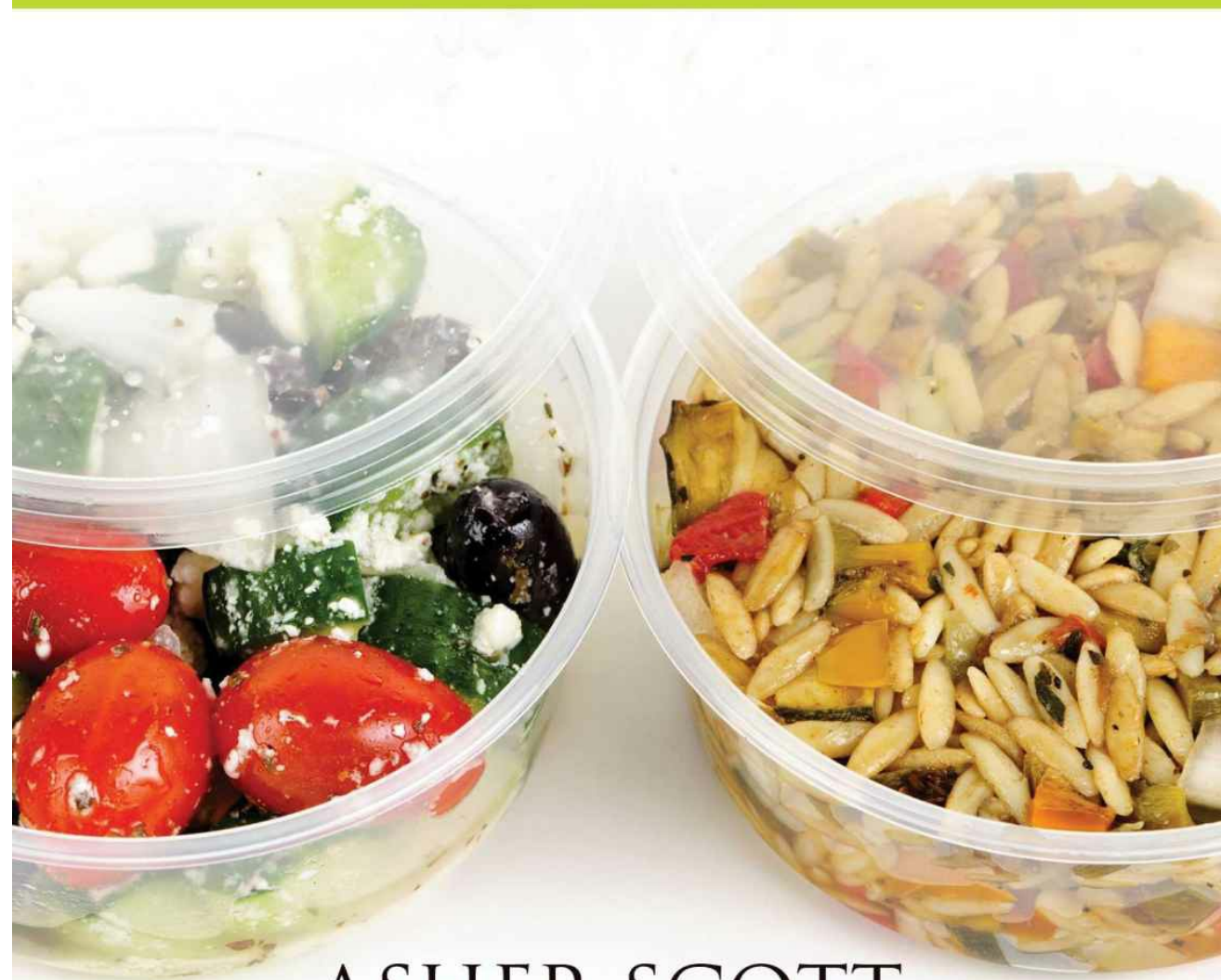
Easy To Follow Protein Diets

Protein Diets & Diet Plans

By: Louise. A. Costas

50 QUICK AND EASY FREEZER RECIPES

HOW TO PREPARE HEALTHY WEEKLY
RECIPES FOR THE FAMILY



ASHER SCOTT

Chapter 1- The Protein Diet Explained

Over the years, many doctors and dieticians have noticed that when a person eats more protein and fewer carbohydrates, they have the ability to lose weight faster. In fact, it has been noted by famous organizations, like the Mayo Clinic, that when a diet rich in protein and low in carbohydrates is observed, it can help to erase signs of heart disease and can allow the pounds to simply melt away. So what is the protein diet and is it really worth the strict regimen it requires? Many say that it is the answer to obesity and for people to learn to re-train their eating habits. Some who have used this diet plan have been able to cancel surgeries, like the gastric bypass.



Is High Protein The Diet For Today?

The protein diet works by allowing a person to eat foods they love and that are very filling. Meats like chicken, turkey, fish, and even pork are incorporated into the diet because they are high in protein. There have been several variations of the original diet that have indication or attack periods and restricted carbohydrate intake, but this is not your everyday low carbohydrate plan. The difference in this type of diet is that the person doesn't count carbohydrates, but rather grams of protein.

Also, most low carbohydrate plans do not enforce the counting of calories. In this plan, a person must not only calculate calories but grams of protein. Each food that a person eats has protein content and this must be strictly monitored. Extreme levels of protein with not enough calories can be dangerous and can even cause death. That is why this diet plan requires not only protein in appropriate levels, but also a certain amount of calories. Each person's requirements are different and it is based on the weight loss needs.

What about Fruits and Vegetables?

Sure there are some elements of the carbohydrate diet in this plan too. For example, even the simplest piece of fruit, like an orange, is loaded with carbohydrates and carbohydrates are bad. This diet plan teaches a person to eat the foods that have fewer carbohydrates and are more filling to allow them to not experience any hunger and to allow the body the fuel it needs. For instance, when dealing with fruits like strawberries, honeydew, watermelon and raspberries, they all have a much lower carbohydrate content than that of a banana or apple. The reason being is the water content within the piece of fruit. If fruit has more water, it will have fewer carbohydrates.

Vegetables have little to no carbohydrate content. The only vegetables that are usually avoided on this diet are potatoes, sweet potatoes, corn and carrots. All other vegetables are usually allowed in whatever portions a person desires. By filling up on vegetables that provide good fuel for the body, the body won't crave as much sugars. Potatoes are especially high in starch, which ultimately turns to sugar. The main principal behind this diet is to avoid carbohydrates and eat more protein. However, the protein must be high in fiber and grams of protein and low in fat and calories. Some vegetables, like spinach, give the body more vitamins and minerals than other plants. The diet is rich in protein and plant based foods.

Why Protein?

Protein is not just meat; actually it is just a fraction of what a person can eat. It is acceptable to eat eggs, beans, nuts, legumes, and of course meat. While it is acceptable to eat pork, cuts of meat that tend to be full of fat should be avoided. The goal is to have more than 200 g of protein per day. On the traditional low carbohydrate diet, a person doesn't count the protein grams or the fat content.

The fat content doesn't matter on low carbohydrate plan, but on the high protein diet, the meats should be lean cuts with less fat. This plan restricts fat intake and some calories to have a perfect balanced plan. So how much protein is in average foods? Take for instance a can of tuna, it has about 100 g of protein, but just protein alone is not enough fuel for the body, there are other caloric needs. Tuna has little calories, so included with this tuna much be other selections that are within the plan for an even balance.

Who Uses This Diet Plan?

The high protein diet plan is recommended for those who need to lose large amounts of weight and bodybuilders. Because of its quick results, it allows people who are suffering with obesity to quickly get their situation under control. The increase in protein and the decrease in sugars cause the body to detox rather quickly. As the body detoxifies all the sugar, it will allow it to quickly burn stored up levels of fuel. Those who start on this plan and do the induction or attack phase, can lose as much as 6-10 pounds in the first week. This helps to jump start the metabolism and to get the weight loss on track.

The weight is known to come off rather quickly. However, it must be said that as soon as breads and other carbohydrate foods are incorporated back in, if it is not done in the correct portions, the weight can pile back on. By taking away the fuel from the body, or carbohydrates, it causes the body to go into what is known as starvation mode. During this mode, the body will begin to burn the fat it has stored for fuel. The results are nothing short of amazing. People who are on this plan are averaging 1-2 lbs. of weight loss per week.

Is This Diet For Everyone?

Hollywood is always looking for new diets and trends and ways to lose weight quickly. While the low carbohydrate plan has helped many, saying that a person can never have bread or fruit again is kind of unrealistic. Sure at some point a person is going to want a banana or an orange. The goal with this plan is to up the protein and reduce carbohydrates, fat and see dramatic results.

Chapter 2- Types of Protein Diets

Many people turn to protein diets in order to achieve weight loss. That's because some weight loss experts suggest that high-protein diets, along with regular exercise, can reduce blood fats. Protein diets also help maintain lean body tissue while using fat as a fuel source.

Protein is essential for the body to be able to function properly. This essential nutrient promotes growth, energy, strength, weight loss, and many more health benefits. Common sources of protein include beef, poultry, beans, eggs, soy, cheese, milk, and more. Many people enjoy protein in the form of shakes or bars. Inadequate protein intake can cause various conditions such as hypotension and anemia. Without protein, muscle mass may decrease, and this can cause weakness. The high-protein, low-carbohydrate diets have been very popular for many years. Protein diets offer many weight loss options. The following are different types of protein diets.

Atkins Diet

The Atkins Diet is a diet plan invented by Dr. Robert Atkins. This diet includes all types of protein and fat, including poultry, fish, meat, eggs, cheese, oil, and butter and restricts carbohydrates like pasta, bread, fruit, alcohol, milk and starchy vegetables like corn, peas and potatoes. The Atkins diet promises that you will lose weight and will not be hungry with this low-carbohydrate diet. This diet also promises that you will achieve better memory function and heart health, as well as other health benefits.

The Atkins diet stresses that people who are overweight consume too many carbohydrates. The body burns both carbohydrates and fat for energy, but carbohydrates are used before fat. By drastically reducing carbohydrates and consuming more protein and fat, the body naturally loses weight by burning fat more efficiently. The Atkins diet claims that most people use this diet plan for weight maintenance, optimal health, and disease prevention.

Zone Diet

Dr. Barry Sears created the Zone Diet. Dieters are allowed to eat many foods on the Zone Diet, but they need to meet the proportions of the diet. To achieve weight loss, the Zone Diet encourages regular meals that have low-calories. The Zone diet includes canola, olive, avocados, and macadamia nuts. The Zone Diet does limit pasta, bread and certain fruits. These carbohydrates are restricted because they tend to release glucose quickly. Overall, the Zone Diet has higher protein and fat content than traditional diets.

South Beach Diet

Dr. Arthur Agatston created the South Beach Diet. This diet was based on a system known as the glycemic index. This diet system ranks foods according to how quick their sugars can enter the blood. It is believed that the South Beach Diet is healthier than many other protein diets because it allows consumption of whole grains, legumes and beans, low-fat dairy products, vegetables and healthy fats from nuts and fish and fats like olive oil. The South Beach Diet restricts healthy foods like carrots and fruits because of their high glycemic index rating.

The South Beach Diet has several stages. The first two weeks, the induction phase, is meant to help dieters quit craving carbohydrates. And it's why carbohydrates are minimized throughout the diet. The South Beach theory stresses that highly processed carbohydrate foods are digested too quickly. As a result, insulin levels spike. Insulin is a hormone produced in the body to process sugars. Once carbohydrates are used up, high insulin level makes the person to crave more food. When this happens, the person tends to eat

more carbohydrates. The South Beach Diet aims to help the dieter break this cycle and want to eat less portions but better foods.

Protein Power Diet

The Protein Power Diet was created by Drs. Michael and Mary Eades. The Protein Power Diet encourages all types of meat, poultry, fish, eggs, butter, non starchy vegetables, oil, cheese and salad dressing. This diet also allows moderate consumption of alcohol. Foods that are not allowed on this diet include grains, starchy vegetables, fruits, and milk.

The Protein Power regimen, like the other low-carbohydrate diets, is based on the theory that controlling insulin level, helps regulate cholesterol, blood pressure, fat storage, and triglycerides. Carbohydrates cause the production of insulin in the body and that high levels of insulin impede the breakdown of fatty deposits. In contrast, low carbohydrate intake causes low levels of insulin levels. Therefore, one loses weight. If you do this long enough, the fat begins to melt away.

Stillman Diet

Irwin Maxwell Stillman created the Stillman Diet. It is a form of high-protein and low-carb diet that was created many decades ago. The Stillman Diet differs from low-carb diets such as the Atkins Diet in that it also limits fat intake. This diet contains very high amounts of protein. It is the highest protein diet, and it encourages lean proteins like skinless poultry, lean meat, eggs, fish, seafood and low-fat cheese while limiting oil, fat and carbohydrates like vegetables, bread, fruits, pasta, and dairy products.

Sugar Busters Diet

This diet allows low-glycemic foods, all proteins and fats and moderate alcohol consumption. The Sugar Busters Diet restricts white rice, potatoes and bread, carrots, beets, corn and refined, white flour products. The basic plan is to eat stone-ground whole grains, high-fiber vegetables, lean and trimmed meats, fruits, and fish. If you want to drink alcohol, you should choose red wine. Grill, bake or broil meat, and cook with oils that are low in saturated fats and high in mono- and polyunsaturated fats. You should consume three meals a day of moderate portions. This diet allows snacks such as nuts and fruit, although fruit should be consumed by itself.

Considerations

High-protein, low-carbohydrate diet plans are popular ways to achieve weight loss. But high-protein diets may not be suitable for everyone. You should consult your healthcare provider before starting a high-protein diet. Experts advise that the best way to lose weight is through moderate calorie consumption and increased physical activity. If you want to lose weight and get in great shape, you need to learn more about various nutrition and fitness programs. Determine what works for you, and stick with the plan.

Chapter 3- What is the Dukan Diet?

The Dukan Diet (also known as the French Protein Diet) is a weight-loss method that encourages and proposes natural weight loss. It was developed by French nutritionist Dr. Pierre Dukan more than a decade ago and the target market was obese people. There is a healthy eating plan incorporated into the Dukan Diet. This healthy eating plan consists of 72 foods from animals and 28 from plants. This diet plan contains four separate phases: The Attack Phase, The Cruise Phase, The Consolidation Phase, and the Stabilization Phase.

The secret behind the diet is that it allows the dieter to eat as many “good foods” as preferred. The difference between the Dukan Diet and other diets is the fact that there isn’t any calorie counting or limiting foods to certain times of the day or to so many times a day. As long as people consume foods on the list, they are allowed to consume as much as they want. Protein is essentially the main component for this particular diet. The Dukan Diet is quite similar to the Atkins diet because both have a strong focus on protein. A main difference however, is that the Atkins diet allows the participant to consume fat.

The attack phase is phase one and it allows rapid weight loss with 72 different high-protein and low-fat foods. During this phase, one can’t eat any other foods. The drinks allowed during this phase are limited to water, coffee and tea. Drinks can’t have any calories or fat; the foods eaten during this phase range from low-fat beef to zero-fat cottage cheese. Oat bran is also a food that one is allowed to consume during this particular phase. Some dieters implement an exercise plan such as a 20-minute walk every day. The five day protein kick has proved to provide immediate weight-loss. People who have participated in the attack phase have claimed to drop 7-10 pounds in five days. The attack phase is brief and complete with instant results and gratification.

The second phase is the cruise phase and it switches between having days with only protein consumption and days with protein and vegetables consumption. Oat bran can also be added in, similar to phase 1. Dieters can up their walk to 30-minutes in this phase. The dieter has the choice of how to alternate the strict protein days with the protein and vegetable days. For example, he/she could eat 5 days of protein and vegetables, then 4 days of only protein. The vegetables that one can consume during the cruise phase are rather limited. Some vegetables contain a good amount of carbohydrates, therefore, they are prohibited. Most green vegetables are allowed such as asparagus, celery and green beans. A dieter can be in this phase for a prolonged period of time, even months, depending on the amount of weight one wants/needs to lose.

The third phase of the Dukan Diet is the consolidation phase and it lasts 10 days per kilogram lost. One cannot enter this phase until the target weight is reached. It prepares the dieter to go back to a balanced diet while staying at the new weight. There is a little freedom, however, it is monitored and there is a strong emphasis on maintaining the target weight. All of the weight lost is still very vulnerable and if not careful, it is quite easy to pack the pounds or stones back on. During this phase there are two festive meals (or

celebration meals) included to promote a gradual return to food that is desired. Fruit, cheese and bread can now be consumed in moderation.

Each day, the dieter is allowed one fruit but they should be watery fruits (i.e. apples and cantaloupe). Two slice of whole-grain bread can be eaten each day as well. During this phase, the dieter is only allowed one single serving of carbohydrates each week and one festive meal each week. This phase is a crucial time between extreme weight-loss and maintaining the weight-loss. Weight-loss is not to be expected during this phase, it is strictly reintroducing a balanced diet to the participant.

The fourth phase is the last phase and it is the stabilization phase. This phase is the most important because a majority of dieters put lost weight back on after dieting. The dieter should use the phase 3 diet as a platform for choosing foods. To ensure keeping the weight off, one should follow the rule of having a day of strictly protein consumption each week. Some say that it is during this phase that the dieter can return to eating any type of food.

However, this is the number one mistake made by those who complete a diet. If the dieter goes back to old eating habits, the weight will likely creep up and pile on with time. It is during this phase that the dieter should proceed with caution and still watch what is consumed. As mentioned, the previous three phases should be used and considered when making food choices. It is beneficial and advantageous for the dieter to continue exercising as well.

The chosen foods for this diet are called, "The Dukan Diet 100 Eat As Much As You Want Foods." This list of foods includes meat, poultry, fish, seafood, eggs, dairy products, vegetables and vegetable proteins. The Dukan Diet is gaining popularity and has even been translated into ten different languages. It is currently sold in more than twenty countries. It has reportedly helped 5 million people in France achieve their desired weight-loss goals.

It is both a natural and permanent weight-loss method. There is a very strong focus and emphasis on proteins, while carbohydrates and fats are extremely limited. It is necessary for people to maintain a healthy, balanced diet and lifestyle. This diet has proved to be very effective with participants. It should be noted that before beginning any diet and fitness regime, one should consult a doctor to ensure that it is safe to do so.

Chapter 4- Dukan Attack- Phase One Explained

The Dukan diet is a four step program that helps you eat right and lose unwanted weight. The program was originally created By French Physician Pierre Dukan for obese individuals to help them rapidly lose weight. The diet gained attention in France where over five million people lost weight. Now the Dukan has arrived in the United States, with the support of big celebrities who vouch for how they also lost a great deal of weight on this diet. It is a high protein, low calorie diet that will have you dropping at least a pound a day.



There have been thousands of claims that most have lost as much as 10 lbs. during the duration of the attack phase. The first step to the new you is the Dukan attack, it's the first phase of the process. This is not to be confused with the whole course of the diet. The attack phase is the first step, followed by the Cruise Phase, Consolidation Phase and the last and final stage which is called the Stabilization stage. While each stage differs, I will focus solely on the attack phase which is the most important stage of the diet.

During this phase you can choose from 72 different types of foods to eat. All of these foods are high in protein, low in fat, calories, and carbohydrates. The good thing about this list is that it consists of mostly meats and seafood, so if you are a fan of either of this group of food you will love this diet. You can eat as much as you want as long as you stick to this group of foods. However, there is one key to this phase that you must remember. You are allowed to eat 1 1/2 teaspoon of oat wheat bran a day. This oat bran helps you feel full as you go through this attack phase of the diet. Some examples of the types of foods you can eat are: lean beef, veal, rabbit, fish, seafood, eggs, and low fat dairy products. You are allowed to eat them in any combination you choose, but only from this group.

Spices and herbs are allowed to season your food. You can also add things such as lemon, zest and garlic to your meats and fish. Whatever tickles your taste buds and keeps you on the steady road to success. It is also recommended that the meats and fish eaten are roasted or grilled to prevent the foods from fattening up. You could continue this part of the attack phase from 5 to 10 days; it solely

depends on how much weight you want to lose.

There are also many recipes out there that could help you mix up the combinations of foods so that you won't get bored just eating the same thing all of the time. And if you should have a severe sugar craving, things such as fat free yogurt or even sugarless jello would definitely help ease the craving. After a while you will get so use to eating those types of things you will find yourself thinking cinnamon roll what? Healthy eating stops becoming a priority once you realize how amazing it is for your body.

Now when it comes to consuming drinks it is a bit different from your assorted options from the food section. While you may have plenty of options to pick from when it comes to food, you do not have many items to pick from when it comes to your beverages. Everyone knows the healthiest thing to drink is water and that is the main item you have as an option. You are required to consume 1.5 quarts of water a day. You may add coffee or tea as well but that is counted as part of the amount of water you are supposed to consume. Including a mixture of coffee or tea helps those who are not as use to drinking as much water, have something else to pick from. This is very important because water is an important nutrient to your body and not only helps keep you hydrated but it helps speed up your metabolism and helps you digest the food better. Also one has to remember that you are not allowed to put sugar in your coffee or tea. So if you are one of those individuals who have to have their coffee or tea sweetened, then it is best to just stick to water.

There are little to no side effects from this diet. You could experience constipation, and or bath breath. However, these things can be prevented by chewing some sugar free gum or eating the 1 1/2 teaspoon of oat wheat bran which contains fiber.

As for exercise, there is no requirement to exercise during this diet. However, since you are consuming high protein, low fat, and low calorie foods, exercise could help increase your weight loss during the attack phase and increase muscle, a small twenty minute walk has never hurt anyone.

Some may wonder how healthy this diet is for you. Well when you look at the foods that you do consume, they are low in fat, high in protein and low in calories. You are cutting out all of the things that are bad for you and taking in the things that are good for you. As you continue through the phases you will eventually add things in such as fruits and vegetables. This phase to help you cut out all of the unhealthy eating habits and start eating what is better for you while helping you lose a lot of weight during the process.

It is very important that you stick to the regimen that is laid out perfectly for you to follow. One mistake could lead you to start over completely. Even the creator himself stated that it is like sticking a needle into a balloon, once you have disrupted the diet, you jump off track. The key to losing the weight that desire is to stay on track.

Chapter 5- Dukan Diet Cruise-Phase Two Explained

The Dukan Diet is one of the most popular diet plans currently out there, as well as one of the most successful. There is a major obesity problem going on in the United States, Europe, and across the rest of the world. Losing weight usually involves some type of diet, and many have turned to the Dukan Diet to try to help them get to their target weight. The Dukan Diet is broken up into four phases, the Attack, Cruise Consolidation, and Stabilization.

As soon as you have started the diet, and fully understand the power that it has, you are going to quickly progress beyond the Attack Phase, and move to the Cruise Phase, which we will be explaining to help you get set up. This phase of the diet is a blast to say the least, offering you a great deal of flexibility and variety in what you eat. The struggle of the Attack Phase is behind you, you are down several pounds, and are ready to go after your target weight. This is attainable, as the Dukan Diet is easily one of the most flexible diet options out there for those who want to shed the extra pounds.

The Cruise Phase kicks off after you have successfully dropped a considerable amount of weight in the Attack Phase. During the Attack Phase, you made some major changes to your diet, removing all sorts of foods you were used to eating, and replacing them with pure protein foods. This resulted in you losing weight rapidly, but at a pace that is simply not able to be maintained. The Cruise Phase is all about regulating your body to begin to lose weight at a more gradual pace, one that can continue for a long period of time.



The whole idea of the Cruise Phase in the Dukan Diet is regulation. You are going to now train your body to eat and function in a healthier way, with a diet that can be easily sustained. The one big change to the Cruise phase from the Attack Phase is that you are going to bring back vegetables into your diet.

Your diet under the Cruise Phase should consist of days where you alternate eating pure protein foods, and protein foods with vegetables. An example of a pure protein day could include turkey burgers, fat free yogurt, fish, and eggs. Vice versa, a day where you mix protein with vegetables could incorporate celery sticks with some form of low fat dip as a snack, instead of the yogurt on the pure protein day. The only vegetable off limits during this phase is potatoes, due to the high number of carbohydrates.

The main point of this alternation is to allow your body to get plenty of protein, and enough vegetables so that you can maintain a regulated, gradual weight loss. The expectation is that you will lose around two pounds per week under this plan. If you have a cheat day or an off day, it is not the end of the world, but you want to be sure that your weight is always going in the positive direction.

So what about exercise during the Cruise Phase? Exercise gets ramped up a little during this phase of the Dukan Diet. The expectation during this phase is that you will exercise for at least a 30-minute walk, each day. This is an increase over the Attack Phase, which is more about getting your metabolism going at a faster rate. This added exercise is not only going to help you burn calories, especially the carbohydrates that come from the vegetables, but also build muscle. Muscle burns fat, so the increase in exercise will help build the lean muscle needed to get rid of those pesky pounds.

So how long do you continue on with the Cruise Phase of the Dukan Diet? There really is no set time limit on this phase of the diet. Unlike the Attack Phase, you definitely are going to be continuing on this diet for more than a 7-day period. The Cruise Phase of the diet is intended to last until you reach your target weight, plain and simple. So if your target weight is 160-pounds, and you weigh in at 180-pounds currently, you are expected to continue the diet until you hit that target weight. This could mean that the Cruise Phase continues on for a month, or several months, if necessary. Again, we all are realistic in knowing that you are not going to have a perfect diet, every day. If you strive for your target weight though, you will get there.

The Cruise Phase of the Dukan Diet is arguably the most enjoyable phase out of the whole plan. It is during this phase, that you can really experiment with the power protein foods, as well as protein and vegetable combinations. For the first few weeks, try out different meal plans and alternating days for protein, and protein with veggies. You are going to want to try some of the highly touted Dukan Diet meals out there, including chili chicken, turkey chili, Spanish seafood, just to name a few. If you run into a week where you gain a pound or two, do not panic. Just re-assess what you ate for the week, and gauge whether it was a lack of exercise, too many carbohydrates, etc. You can adjust, and move forward, aiming to hit that target weight.

Losing weight does not have to be an intense struggle. Feeding your body with power protein foods, and vegetables, will help you get to that target weight you have been dreaming of. The Cruise Phase can be the longest phase of the entire Dukan Diet, and is going to require you to really pay attention to what you are putting in your body. Once you regulate your diet though, and train yourself to eat in new, healthier ways, your body is going to thank you. The thanks will come in you hitting your target weight, and get you set up to progress to phase three of the diet, the Consolidation Phase.

Chapter 6- Dukan Diet Consolidation- Phase Three Explained

Dieting is an exceptionally disciplined act but once you have lost the weight; it can be difficult to keep it off. Dukan Diet Consolidation- Phase Three Explained is a controlled way to reintroduce your body to food. Many people find after a diet they over eat or forget about their diet all together. Dukan Diet Consolidation- Phase Three Explained aids the dieter into a gradual process of eating.



Eliminating binge eating, this diet gradually settles your body into a natural way of eating food, avoiding crazy weight return. Treating food as a manageable item is critical. Thousands of people diet and eat their way right back into the problem, never able to keep the weight off but the Dukan Diet is changing the odds and dieters are winning the weight loss fight.

Some foods are a no, no on this diet. Your body is slender and your weight is moving in the direction you want. Eating out with friends is difficult but the diet has a special way you eat. You know the things to avoid, lamb, duck, lentils and dairy products. Basically, avoid the fat stuff. These are foods many people normally stay clear of, so this makes your food adjustment stage easier. The consolidation stage slowly brings your body out of hibernation mode. You have avoided fatty unhealthy food and now your body gets to go back into the eating world with healthier skills and smarter food choices.

Some users have tried dozens of ways to lose weight and now have finally found this great method of losing weight and controlling the urge to eat. Between the exercising, water drinking and calories counting a Dukan Diet participant can only look great. Others cannot help but give compliments and wonder how you became so disciplined with your eating habits.

It is recommended users stay in the consolidation stage for a possible period of 50 days depending upon the amount of weight loss. When you are on a diet or getting off one it is hard not to overdo the food. Eating too quickly is not good for the digestion. Gradual is good and in a controlled way. During the Consolidation or Phase 3 Stage, it is fine to introduce a few carbohydrates into your eating habits. During this stage take time to look in the mirror and admire the progress, your body has made. Notice the healthy way you feel. Exercise is not a part of the plan but once you realize you can fit into outfits you once could not. Sticking to this gradual introduction into food will be much easier.

This sector requires eating protein and a bit of fruit, however, cherries and bananas are forbidden. Eating a couple of slices of whole meal bread is placed on the list and a serving of cheese. If you are fond of cheese, this can act as a kind of special treat. In the first part of this dieting adventure, you get to eat a little starch food, one serving to be exact but in the second lap, you get to add a second helping of starchy food. Remember this is a gradual introduction into eating regular food.

The diet offers pastas, delicious potatoes and lentils. These things were earlier strictly off the list of foods a dieter could eat. Now, in this transition period they are back, but in moderation. This diet does not stop you from using seasoning to give your food a special flavor. Herbs are especially fun to use when cooking, considering they have the ability to make water taste great. In this phase lentils are allowed; add extra flavoring and the dish becomes very tasty.

Delicious foods are slowly coming back as the process moves on. Lamb is welcome but fatty eating is never a part of the eating process. Your eating habits have been reformed and now you have the controlled eating behavior of the Dukan Diet Consolidation-Phase Three Explained. In the beginning half of the Consolidation period, treat yourself to a special meal. This makes any challenge bearable. Eat a meal you enjoy as a reward for meeting a goal. In the next phase, give yourself another reward dinner but keep your self-control. Do not lose the control the diet has taught you. It is good to let go of the habits that are bad for the body.

During this transition period, eat protein one whole day. Take in a little oat bran a day. Measure out two teaspoons. Needless to say, drink lots of water. This is an important part of the Consolidation process. Add a bit of walking to your regimen that will really add to the toning of the body. Any weight loss you have accomplished will need the toning. During this phase, you are going to test your grip on your eating habits. Exercise is good for the body and it will get you out and about. Walking is very good for any anxiety you may feel about eating. Food is a huge part of the day for some people and if it has ruled your day in the past, this phase of the diet will give you control.

Gaining control over any habit is an accomplishment. Holidays, Weddings, and family dinners are filled with food and it can be very difficult to turn down food. However, with the Dukan Diet Consolidation Phase 3 and the rest of the diet, you learn to manage your food intake. This is important. Think of your food as a budget. It almost works the same way. Eat out of control and your body is bankrupt.

Many have found the Dukan Diet Consolidation- Phase Three Explained to be a great help in losing weight and keeping it off. Learning to eat healthy takes practice and this diet guides you through each phase. The Consolidation Phase does not starve you so there is no reason to become so hungry you cannot manage. It lets you taste foods you might want to taste but does not give you enough to ruin your progress.

Chapter 7- Dukan Diet Stabilization- Phase Four Explained

The Dukan Diet is notable for having four phases. The fourth phase is known as the stabilization phase. This is the part of the high protein, low fat, diet which requires the dieter to finalize their weight loss and take control of their future. The key is to adhere to the requirements exactly. The fourth phase is the last step on the road to lifelong change.

What is the Purpose of Phase Four?

The fourth phase of the Dukan diet is designed to maintain permanent changes in your eating habits by both lessening restrictions and increasing personal responsibility. These changes are meant to promote healthy eating habits that are simple and easy to follow. The most important thing to remember is that this phase of the diet is that it is the stabilization phase. The hard work has been completed and now the results generated during the prior phases will need to be maintained. It should be noted that you may return to eating in a more normal manner now that they have reached this point. However, you will still need to eat foods that are highly nutritious.

This phase differs from phase three in one important manner. While both phases are stabilization and maintenance oriented, the fourth phase is less restrictive.



What Are The Benefits of Phase Four in the Dukan Diet?

The Dukan Diet is designed around the concept of high protein but low fat consumption in your daily eating habits. This dietary concept will allow for increased lean muscle mass while decreasing caloric and bad cholesterol intake. The end result is a leaner and more dynamic body. Phase four provides the final step in the process. The main benefits of this phase are the sense of accomplishment and the lowered restrictions. The hard work has been completed. It is now time to take life by the horns and choose to live healthy. This is accomplished by way of careful dietary measures and daily exercise.

What is the Phase Four Diet Portion?

The stabilization of weight loss in the fourth phase of the Dukan Diet requires very specific dietary actions. These actions are quite simple to utilize, however. You may eat what you wish to eat for the most part. There are a few important guidelines to adhere to during meals. Most of these guidelines will be similar to what is seen in the previous phase. No matter what you choose to eat, protein must be the main component. Choose to eat nuts, beans, seeds, and lean meats. Vegetables are perfectly acceptable. Fruit needs to be limit to a singular serving, while bread should be whole-grain and only two slices served per day.

Once per week you may choose to eat a single meal with extra carbohydrates. Pasta, for instance, can be eaten once per week. The fun part for many people comes in the form of one to two meals each week. These special meals can be anything that you wish to

eat. However, it is important that this sort of meal only be eaten on those occasions. If that meal happens to coincide with the normal restrictions in all ways then it doesn't count. If something outside the allowed food sources is consumed then it will count as that special meal. There is one completely restrictive rule, however. One day each week must include meals that consist totally of protein. There can be no other food type consumed that day.

Exercise Requirements for the Dukan Diet Phase Four

There are many types of exercise that may be utilized during the Dukan Diet. It is vital to the success of this diet. Exercise must be undertaken each day and to the extent that it can properly aid you in developing a heightened sense of self-motivation. The primary motivating factors behind this decision is the belief that burning calories actually helps you to lose weight.

At minimum you will be required to take a brisk daily walk. In the beginning this walking period will be for 20 minutes. As the phases of the diet progress that period of time will increase to 30 minutes. The purposeful act of exercising will cause the weight to drop more quickly. In phase four, daily exercises will help to keep that weight off. Dieting combined with exercise is considered to be the most valuable tool for weight loss. In many instances this is the only set of tools needed.

Please note that the period of walking prescribed is only the minimum exercise required. Increased exercise, such as resistance training and weight lifting, will provide much greater benefits than simply walking can provide. While walking is one of the best all-around exercises in existence there are other targeted training types that can accelerate the weight loss and increase in muscular definition.

Final Considerations

Before you begin this diet please consult a doctor. This diet will restrict many food groups that you may be used to eating. In the beginning this can lead to nutritional deficiencies as you adapt to the change in eating habits and find alternatives to your original food sources.

Even after reaching phase for a diet that is low in fat and carbohydrates may lead to general fatigue. Further issues to consider are the possibilities of constipation, mood swings, and odd sensations in the body. Most of these issues will be worked out after a period of adjustment.

Eating protein in large amounts on a continual daily basis can lead to the increased occurrence of headaches and the possibility of bad breath. If you have a medical condition you will need to discuss it with your doctor prior to starting this diet. If you have kidney disease, for instance, you should avoid this diet.

One of the more attractive aspects of this diet for some people is the fact that it allows the dieter to consume artificial sweeteners and diet soda. It should be noted that these items provide no essential nutrition and may be potentially harmful to your health.

Chapter 8- 8 Dukan Diet Recipes



Lemon Roast Chicken with Tandoori Spice

Preparation time: 15 minutes

Baking time: 1 ½ to 2 hours, depending on the weight of the bird

Ingredients: (Serves 2)

1 whole chicken

7 teaspoons of sugar free tandoori spice

1 sliced lemon

Directions:

Pre-heat the oven to 350 degrees.

Place the chicken in a large roasting pan and loosen the skin from the breast to form an opening for the lemon slices. Fill the opening with 3 teaspoons of tandoori spice and 4 slices of lemon.

Turn the chicken and continue this process to create two pouches over the legs. Fill each opening with a lemon slice and 2 teaspoons of tandoori spice.

Place the roasting pan on the middle oven rack and bake for 1 ½ to 2 hours, or until the chicken reaches an internal temperature of 165 degrees. Another way to ensure that the chicken is fully cooked is to cut into the largest part of the bird with a knife until clear liquid drains.

Remove the skin and serve hot.

All Spice Salmon

Preparation: 5 minutes

Baking time: about 20 minutes, based on size of fillet

Ingredients: (Serves 2)

2 large fillets of salmon

Black peppercorns, ground

1 teaspoon of all spice

Directions:

Pre-heat the oven to 350 degrees and use parchment paper to line baking tray. Score the salmon skin with cuts (diagonal) to allow the flavors to infuse the meat.

Position fillets of salmon on the tray with the skin side up. Rub all spice and pepper into the cuts.

Place fish on the middle oven rack and bake for around 20 minutes, until the fillets reach an internal temperature of 135 degrees and allow the skin to crisp.

Spicy Indian Omelet

Ingredients: (Serves 1)

2 eggs

1 Tablespoon olive oil

½ 1 green chili, seeds removed and diced

½ red onion, finely sliced

1 spring onion, minced

1 tablespoon of fresh coriander, diced

A dash of garam masala

A dash of turmeric

Salt and pepper

Directions:

In a medium bowl, gently blend eggs and combine all ingredients. In an 8 inch nonstick pan, add olive oil and heat to medium.

Slowly pour eggs into the pan and let cook until the bottom starts to set. Lift omelet allowing excess liquid to drain under. Flip and cook a few more minutes before folding.

Green Beans with Egg and Tuna

Preparation: 5 minutes

Cooking time: 10 to 20 minutes

Ingredients: (serves 2)

5 ounces fresh green beans

2 eggs

2 cans of tuna

1 garlic clove, minced

Salt

Directions:

Steam green beans and garlic for approximately 10 minutes (or to desired texture). Boil eggs.

Peel and chop eggs. Add tuna and eggs to green beans and season with salt to taste.

Dukan Oat Bran Galette

Preparation: 5 minutes

Cooking time: 5 minutes

Ingredients: (Serves 1)

1 ½ to 2 tablespoons of oat bran
1 egg white
1 tablespoon quark
1 tablespoon fromage frais

Directions:

Mix the fromage frais, oat bran and, quark together until mixture is smooth.

Vigorously beat the egg whites, and blend thoroughly into the mixture. Add olive oil to a non-stick pan over medium heat. Slowly pour in mixture. Cook for 2-3 minutes per side.

Pesto Chicken Rolls

Ingredients: (serves 1)

1 cup chicken breast, chunked
2 oat bran crepes
Chopped basil
2 teaspoons of olive oil
1 garlic clove, chopped
Sun dried tomatoes, chopped

Directions:

For pesto: Mix the basil, garlic and oil.

Grill chicken pieces.

Brush the crepes with pesto and layer chicken and tomatoes, roll and insert toothpick.

Smoked Mackerel Salad

Preparation: 10 minutes

Cooking time: 6-8 minutes

Ingredients: (Serves 1)

1 mackerel fillet (smoked)
1 ounce broccoli florets
2 halved cherry tomatoes
1 cup of spinach leaves (baby)
¼ cup of alfalfa sprouts
½ of a sliced red pepper
¼ teaspoon mustard
1 teaspoon vegetable oil
¼ teaspoon vinegar (white wine)

Directions:

Follow instructions and heat the mackerel.

Steam the broccoli before refreshing under running water (cold) and then drain.

Toss the spinach leaves, broccoli, sprouts, pepper and tomatoes.

Chop up the mackerel put it in the salad. Whisk together the oil. White wine vinegar and mustard and drizzle over the salad.

Turkey Butternut and Curry

Preparation: 15 minutes

Cook time: 25 minutes

Ingredients: (Serves 4-6)

1 small onion, peeled and chopped
1 garlic clove, chopped
1 tablespoon of peeled chopped ginger root
1 teaspoon of korma spice or curry
½ cup of coriander leaves
1 red onion, peeled and chopped
½ pound of turkey breasts, cut into strips
1 ½ pounds of butternut, chopped into small pieces
1 cup baby spinach leaves
1 teaspoon corn flour
1 teaspoon soy sauce
2 tablespoon sweetener
2 tablespoon of low fat yogurt

Directions:

In a blender, add the ginger, garlic, onion, korma spice (or curry) and coriander leaves and blend until the mixture becomes creamy.

In a large pan, heat the turkey strips with red onion for 2-3 minutes.

Add the curry paste and the butternut along with 1 $\frac{3}{4}$ cups of water. Bring to a boil. Reduce heat and simmer for 15 minutes, or until the butternut is tender.

Stir in the spinach. Mix together the corn flour, soy sauce, sweetener and $\frac{1}{2}$ cup of water. Add to the curry paste and stir until it thickens. Stir in the yogurt and serve.

About The Author

Louise. A. Costas has always enjoyed healthy eating. When it comes to diets, it is very important to her to know exactly what the diet claims to do and its possible side effects, if any at all. She knows that popular diets come and go; and can be quite faddish. But her concern when looking into various diets is to find out if it's something that will be easy enough to follow or if she will have to go out of her way too much in order to pursue it.

If it's the latter, she usually doesn't bother starting on it because the more adjustments needing to be made, the easier it is to stop following the diet and start making excuses. This is mainly why she looks for diets that are easy to follow so that she can stick to it and finally reap the results. If you share her sentiment, then you will love this book.

Ketogenic Diet

No Sugar No Starch Diet To Turn Your Fat Into
Energy In 7 Days

By: Samantha Michaels

KETOGENIC DIET

NO SUGAR NO STARCH DIET TO TURN
YOUR FAT INTO ENERGY IN 7 DAYS

BONUS:

50 EASY RECIPES
TO JUMP START
YOUR FAT & LOW
CARB WEIGHT LOSS
TODAY

SAMANTHA MICHAELS

Chapter 1 What is Ketogenic Diet?

Diet of adequate protein intake, high in fat and low carbohydrate consumption is a ketogenic diet. It has been primarily formulated as a special diet aimed at controlling epilepsy symptoms in children. Daily meals under this diet provide proteins in amounts just enough to allow growth and repair. The calories are calculated and provided in sufficient amounts that supports the maintenance of the proper weight require for the child's weight and height.

History

The ketogenic diet was first introduced in 1924 at the Mayo clinic. Dr. Russel Wilder found that by putting epileptic patients on a fast, the symptoms became less frequent. The classic diet incorporates a fat to combination of protein and carbohydrates ratio of 4:1. A; high-carbohydrate food sources are eliminated from the diet. These high carbohydrate foods are starchy vegetables, fruits, grains, pasta and sugar.

The popularity of this diet as a means of controlling epilepsy decreased in succeeding decades with the advent of anticonvulsant drugs. Most patients and health care givers found it easier to administer pills than to adhere to the strict ketogenic diet. However, there are still a few who offered and used the diet as a treatment option, like at the Johns Hopkins Medical and a few other medical centers.

In the mid-1990s, there was a resurfacing in the interest on the ketogenic diet as a management option for epilepsy. Film producer Jim Abrahams had a 2-year old son who suffered from a seizure disorder. The child underwent treatment, which included the ketogenic diet. The seizures were successfully controlled after adhering to this diet. Because of the success, the family founded The Charlie Foundation. It helped fund research on ketogenic diet. A made-for-television movie in 1997, First Do No Harm, helped make the public more aware of this diet as a form of treatment. Since then, there was a renewed scientific interest on how to improve the diet and its possible other uses.

What are the concepts of a ketogenic diet?

- Carbohydrate intake in a day is limited to 20 to 50 grams per day.
- Protein intake is moderate. It depends on the gender, height and activities.
- Calories are balanced based on fat consumption.
- Calorie breakdown typically follows the following:
 - o 70-75% of daily calories from fat
 - o 20-25% from protein sources
 - o 5-10% from carbohydrates in food
- The ratio of food is aimed at inducing and maintaining a ketosis state.

Why more fat and moderate proteins in ketogenic diet?

- Fats do not affect the insulin and blood sugar levels.
- Proteins can affect insulin and blood sugar if consumed in large quantities. Hence, ketogenic diet advises moderate consumption.
 - About 56% of excess protein eaten is converted to sugar. This will overthrow the ketosis state of fat burning because the body will react to the glucose released from protein breakdown.
- Lean protein and inadequate fats in the diet can cause rabbit starvation.

- o Rabbit starvation refers to the condition wherein there are not enough fats. This is especially seen in a diet that is mainly consisting of lean proteins. Diarrhea is the main symptom that can become serious and may lead to death. In the first 3 days to one week of pure lean protein diet, diarrhea occurs. If adequate fats are not yet include in succeeding days, diarrhea worsens and can lead to dehydration and death.

A high fat diet can be healthier. It depends on the type and source of fats. Clean saturated fats in the diet in addition to keeping the carbohydrate consumption low improve the body's fat profile. This diet raises the HDL (good cholesterol) levels and lowers the triglyceride levels. This type of fat profile is linked to increased protection against heart attacks and other cardiovascular problems.

How does the diet work?

Ketogenic diet forces the body to enter a ketosis stage. The body has the tendency to use carbohydrates first as a source of energy. This is because carbohydrates are the easiest to digest and absorb. When the body runs out of carbohydrates, it shifts to using fats and proteins. In essence, the body uses energy in a sort of hierarchal way. First, the body uses carbohydrate while it is available. The body moves on to fats as a next alternative source. Protein conversion into energy is the last stage, which usually occurs in extreme deprivation of carbohydrates and fat stores are already used up. Protein digestion leads to muscle wasting, as the body digests the proteins in the muscles.

The body normally enters a ketosis phase. This happens during the fasting state. An example of which is during sleep. The body tends to burn fats for energy as the body repairs and grows during sleep.

In a regular average meal, carbohydrates make up most of the calories. The body is inclined to use up the carbohydrates as energy and store the other nutrients (i.e., fats and proteins). In ketogenic diet, most of the calories are from the fats rather than carbohydrates. The carbohydrate in a ketogenic diet is low, which is immediately used up. There is a seeming "shortage" of energy because of the low carbohydrate consumption. The body, then, turns to the stored fats. It shifts from a carbohydrate-consumer to a fat-burner. The fats in the recently consumed meal is not used immediately, rather, it is stored for the next round of ketosis. As the body becomes used to fat-burning as a source of energy, fats in the recently meal is immediately used up, leaving a few for storage. Hence, the ketogenic diet has to have high fat consumption in order to supply the immediate energy need and still have some for storage. Stored fat is very important in order to prevent the body from digesting the protein stores in the muscles during fasting periods. These periods are actually normal in a day's cycle. In between meals and during sleep are considered fasting states. The body still needs a constant supply of energy during these times. If there is no stored fat, proteins in the muscles are next in line as energy sources. In order to prevent this, diet should be high in fat.

The main thing about the ketogenic diet is to mimic a starvation mode. It restricts calories and severely cuts back on carbohydrates, depriving the body of immediate and easily converted carbohydrates. This forces the body to turn to fat-burning mode. It also stimulates the release of catecholamines (hormones that mobilizes the fat), cortisol (hormone that breaks down or metabolizes) and growth hormones. This triad of hormones causes the ketosis state or fat burning mode.

Chapter 2 Ketosis and Ketones

Ketogenic diet is specially designed to induce ketosis in the body. When glucose in the body drops to very low levels, the body switches to fat as a source of energy. The body burns the stored fats and converts it into energy. The fat metabolism produces molecules called ketones. These are compounds composed of 2 groups of atoms linked together by a carbonyl functional group. They can be used by the cells as a source of energy. The brain, in particular, can use ketones for about 70 to 75% of its energy requirements.

What Causes Ketosis?

The body enters a ketotic state when there is not enough amount of glucose in the cells. There are not enough carbohydrates to supply the glucose needs of the body. Ketosis is induced in the following conditions:

- Starvation

Starvation and fasting states result in inadequate or no intake of food that the body can digest and convert into glucose. The body normally enters starvation mode during sleep, skipping meals or when fasting. The lack of food intake results in a drop in blood glucose levels. Glycogen (stored glucose) stores are mobilized. They are converted into glucose for the body to use as energy. To augment the glycogen conversion, the body starts to burn the stored fats. Ketogenesis occurs in response to the ketotic state (lack of available glucose). This is the process that metabolizes fats to produce an alternative energy form—ketones.

- Insulin problems
- Low carbohydrate intake

Effects of ketosis in the body

Ketosis causes the release of ketones in the body. These molecules can cause a few symptoms, which can be either negative or positive.

Negative Effects

Most of the negative effects experienced gradually wear off as the body adjusts to the ketones as sources of energy. Most people are able to adjust by the end of the first week after starting on a ketogenic diet. Others may take up to 2 weeks. It may take up to 12 weeks for the body to adapt 100% to fat burning.

The desired effects usually take longer to be achieved. Subtle effects are seen between 6 and 8 weeks.

- Weakness
- Light-headedness
- Fatigue
- Headaches
- Mild irritability
- High cholesterol (if too much unhealthy fats)
- Vomiting
- Ketoacidosis

This effect can only occur when the body's control mechanism fails. Lack of insulin allows the ketone levels to increase in levels

that can already be toxic to the body. This condition is called ketoacidosis. However, ketosis induced by diet is not enough to cause this condition.

In children, ketogenic diets can be used as part of epilepsy management. The following are some of the reported side effects of this diet:

- Constipation
- Dehydration
- Kidney or gall stones
- Slowed or poor growth
- Drowsiness
- Exacerbation of gastro-oesophageal reflux
- Increased bruising
- Increased risk of fractures
- Excess ketosis and acidosis
- Psychosocial food refusal

Women with epilepsy using the ketogenic diet can experience:

- Menstrual irregularities
- Eye problems
- Decreased bone density
- Pancreatitis

Micronutrient deficiencies may result from the restrictions. Most carbohydrate-rich foods are also rich in vitamins and minerals. The severe restrictions on carbohydrate intake may cause deficiencies of these essential nutrients. It is very important to also consider the micronutrient (vitamins and minerals) intake along with the macronutrient (fats, proteins and carbohydrates) counting and proportioning in meals. Supplementation may also be necessary to avoid deficiency states.

Chapter 3 Ketogenic Diet Uses

The body becomes more of a fat-burner than a carbohydrate-dependent machine. Research shows that a diet high in carbohydrates is linked to the development of several disorders such as insulin resistance and diabetes.

Carbohydrate are easily absorbed and stored. Digestion starts in the mouth. As soon as the food is chewed, amylase (enzymes that digest carbohydrates) in the saliva are already acting on the carbohydrates. In the stomach, carbohydrates are further broken down and are immediately absorbed once it enters the small intestines. In the blood, carbohydrates immediately increase the blood sugar levels. This stimulates the immediate release of insulin. High blood sugar levels triggers release of high levels of insulin. This hormone causes the sugars to be stored immediately in the body tissues to lower the blood levels. The tissues can develop resistance to insulin when it is constantly exposed to it in high levels. Obesity occurs, as the body tends to rapidly store the carbohydrates. Diabetes and cardiovascular disease can result from this cycle.

A ketogenic diet high in fat and low in carbohydrates has been found to play a role in reducing and improving certain medical conditions. It is indicated as part of the treatment plan.

Epilepsy

For some reason, epileptic seizures are reduced when in a ketogenic diet. This is actually the main reason why the ketogenic diet has been formulated. Pediatric epileptic cases are the most responsive to this type of diet. Some children even have seizure elimination after a few years of adhering to the ketogenic diet. Adult epilepsy has limited response.

Children may be required to fast for a few days before the initiation of the ketogenic diet plan as treatment for epilepsy.

Cancer

Ongoing research shows promise that a ketogenic diet drives the cancer into remission. It literally “starves cancer” to reduce the symptoms.

Alzheimer’s disease

Research shows that memory function improves when a patient with Alzheimer’s disease follows a ketogenic diet. They regain a few of their thought and memory functions.

Neurological disorders

Parkinson’s disease and ALS (amyotrophic lateral sclerosis) are some of the neurological disorders that benefits from ketogenic diet. The diet provides mitochondrial support in affected nerves. As such, the symptoms improve.

Diabetes

Carbohydrates are the main culprit in diabetes. By cutting back on the consumption in ketogenic diet, there is better blood sugar control. Other diabetes treatment plans work better in conjunction with this diet.

Gluten allergy

A lot of people are undiagnosed with gluten allergy. Following a ketogenic diet showed improvement in related symptoms like bloating and digestive discomforts. Gluten is high in most carbohydrate-rich foods. By eliminating a large variety of carbohydrates foods in the diet, gluten intake is also kept at a very minimum. Hence, gluten symptoms are also eliminated.

Weight loss

Ketogenic diet has found a niche in mainstream dieting trend. It is now part of many dieting regimen, due to its observed side effect of promoting weight loss. At first, the idea of losing weight with a high fat diet raised many eyebrows. Over time and as more favorable results emerged, ketogenic diet is now slowly being embraced as part of weight loss programs.

Carbohydrates leads to weight gain more than fats do. Remember that the hormone insulin promotes storage of carbohydrates, hence, weight gain. Eliminating or keeping the carbohydrate intake to minimum can result in substantial weight loss over time.

Chapter 4 What are the Restricted Foods

Carbohydrates are mainly restricted to induce ketosis. However, the body can adapt to the dietary change. Hence, proteins and fats need to be regulated as well.

Fats

Fats are generally encouraged in a ketogenic diet. It is the main energy source during ketosis. About 60 to 80% of the daily calorie needs should come from fats. The value depends on the goal of the ketogenic diet. Some may even use fats as 90% of the total daily calorie count in epilepsy.

However, there are a few guidelines to follow when choosing the type of fats to include.

- No polyunsaturated omega-6 fats. Omega-6 fats tend to be inflammatory in large amounts.
 - Corn oil
 - Soy
 - Cottonseed
- Avoid seed or nut-based oils because they are high in omega-6 that can have inflammatory effect in the body
 - Almond oil
 - Flaxseed oil
 - Sesame seed oil
- Avoid mayonnaise and commercial salad dressings. Check the carbohydrate contents if unavoidable.
- Avoid hydrogenated fats and trans fats. These have been found linked to increased risk for the development of coronary heart disease and other cardiovascular problems.

Proteins

Choosing proteins is very important as it can affect the diet over time. Animals treated with steroids and antibiotics can cause health problems. Choose grass-fed, organic and free-range. Avoid those that were hormone-fed, especially with rBST.

However, when choosing processed meat products, check the carbohydrate content, which can come from the extenders or fillers used. Avoid any meats cured using honey or sugar.

Carbohydrates

Ketogenic diet mainly puts severe restriction on carbohydrate intake. The restriction is based on the individual's activity level and metabolic rate. Generally, ketogenic diet requires a net daily carbohydrate intake of less than 50 or 60 grams. People with healthy metabolism and those with higher metabolic rates (such as athletes) can consume carbohydrates as much 100 or more grams per day. Sedentary people with Type 2 diabetes mellitus may need to reduce carbohydrates to less than 30 grams per day. It depends on the tolerance and the health condition. It also depends on the purpose of the ketogenic diet.

Vegetables:

While vegetables are the main carbohydrate sources in a ketogenic diet, some need to be avoided. Some vegetables have high sugar contents like peppers, tomatoes and onions. Most vegetables that grow underground are starchy, containing lots of carbohydrates.

Sweets

Absolutely avoid the regular sweet foods because they are very high in sugars and carbohydrates. These are:

- Cakes
- Sweet breads
- Bread and buns
- Glace fruit
- Chocolates: these include diet chocolate and other chocolate variants including lollies
- Biscuits : plain, with cream filling, iced or chocolate coated
- Pies
- Pastries
- Puddings
- Sweetened syrups and toppings
- Condensed milk
- Ice creams
- Jam: all types, including diabetic jam
- Milk flavorings
- Chocolate mix drinks like Ovaltine, Milo and Quik
- Sauces
- Pickles and chutneys
- Flavored yoghurt- the artificial flavoring may contain sugar as maltodextrin or in some other form
- Cordials and soft drinks that contain sugar
- Fruit juice
- Chewing gum, even the sugarless ones
- Sweetened cough syrups and medications

Sugars

Sugar is a rich source of glucose and must be avoided. Usually, sugar is known in forms like brown sugar, white, castor and icing sugar. It can also be an ingredient in processed foods and medications

Chapter 5 What are the Allowed Foods

Meals in a ketogenic diet consist mainly of 3 basic food types. There is a fruit or vegetable, a protein-rich food, and fat source.



Fats

Ketogenic diet calls for more fats in the diet. They can be used as part of the cooking process like frying or pan grilling. Fats can also be in the form of sauces and dressings. Simply topping a slice of steak with butter is also a way of incorporating fats into the diet.

The best type of fats is those that are ketogenic. The MCTs or medium-chain triglycerides are the best, which include MCT oil and coconut oil. These fats are easily metabolized to produce ketones.

Other good fats for ketosis are:

- Omega-3 and Omega-6 fatty acids
 - Trout
 - Salmon
 - Tuna
 - Shellfish
- Monounsaturated and Saturated fats
 - Olive oil
 - Red palm oil
 - Butter
 - Cheese
 - Avocado
 - Egg yolks
- Nonhydrogenated oils (when cooking)
 - Beef tallow
 - Non-hydrogenated lards

- Coconut oil
- High oleic
 - Safflower oils
 - Sunflower oils
- Other fat sources:
 - Peanut butter
 - Chicken skin
 - Fat on meats
 - Coconut butter

Proteins

Any type of meats is basically allowed in ketogenic diet. It does not discriminate the type of cut or preparation.



- Pork
- Beef
- Veal
- Venison
- Lamb

Poultry is also of any kind. Leaving the skin on is preferable, as it increases the fat content of the meal. Preparation should not include the use of breading and batter because they have high carbohydrate contents. Acceptable preparations depend on individual preferences.

- Chicken
- Quail
- Turkey
- Duck

Seafood is also a great protein source. Some have high omega-3 fatty acids, vitamins and minerals that can help in keeping the

healthy well nourished.

- Fish

Fish are rich in healthy omega-3 fatty acids. Choose fish that are caught in the wild and in mercury-free areas.

- Tuna
- Catfish
- Halibut
- Flounder
- Cod
- Mahi-mahi
- Snapper
- Trout
- Salmon
- Mackerel

- Shellfish

- Clams
- Squid
- Oysters
- Crab
- Lobster
- Mussel
- Scallops

Carbohydrates



- Vegetables

Vegetables are the main sources of carbohydrates in the ketogenic diet. Organically grown vegetables are great choices. In terms of nutritional value, there is not much difference between organic and organic. The difference lies in the risk of eating vegetables treated with Dark leafy vegetables have the least carbohydrate contents with good nutritional value.

- Spinach
 - Watercress
 - Cabbage, all types
 - Lettuce, all kinds
 - Kale
 - Brussels sprouts
 - Broccoli
 - Celery
 - Cucumber
 - Cauliflower
 - Bean sprouts
 - Radishes
 - Asparagus
- Milk and Dairy Products

Milk and dairy products are essential in a ketogenic diet. Raw and organic sources are preferred. The full fat variety is also better chosen over the fat-free or low fat ones.

- Eggs are staples in the ketogenic diet. It is a great source of proteins and fats.
- Cheese, either hard or soft varieties. It contains carbohydrates. Include the cheeses in the daily carbohydrate count. Some of this includes:
 - o Mascarpone
 - o Cheddar
 - o Mozzarella
 - o Cream cheese
 - o Cottage cheese
- Sour cream is also recommended to include in the diet. It provides more interesting flavors.

- Nuts

Moderate consumption of nuts is allowed in ketogenic diet. They are rich in proteins, fats and carbohydrates. The nut variety should be assessed for the total carbohydrate, fat and protein content and included in the daily keto calculation. Roasted nuts and

seeds are the best because it removes anything that may cause harm or interfere with ketosis in the body.

- Nuts are mostly advocated as a snack.
 - Best nuts to include are almonds, macadamias and walnuts.
 - Some nuts are rich in omega-6 fatty acids that may cause inflammation in the body.
 - Pistachio and cashew contain higher amounts of carbohydrates. best to rack these carefully.
- Spices



During the first few weeks of following a ketogenic diet, adjustment to less carbohydrate intake can be difficult. People who have sweet tooth may find their cravings too much to bear. People who are used to eating high carbohydrate meals like pasta and processed foods may complain of boring and less tasty meals. Ketogenic foods can become boring after some time. Spices can spice things up. Fresh and dry spices can be added to the meals and even beverages to make meals a bit more enticing and exciting to the palate.

Spices contain carbohydrates. Even just a few added to the food should be included in the daily carbohydrate and ketogenic count. Pre-made spice mixes usually contain added sugars. Read the labels in order to include an accurate account of the total carbohydrate count.

Salt can enhance the flavors. Choose sea salt over table salt, because table salt contains powdered dextrose. This is the type of sugar that should be avoided in a ketogenic diet.

Spices can be added not just for the flavors, but also for the various health benefits that they offer. Some of these beneficial spices include:

- Basil
- Black pepper
- Cayenne pepper
- Cilantro
- Cinnamon
- Chili powder
- Cumin
- Parsley

- Oregano
- Sage
- Rosemary
- Turmeric
- Thyme

Sweeteners

Artificial sweeteners are helpful in curbing cravings for carbohydrates and sweets. They help in achieving success in adhering to the ketogenic diet. It is best to use artificial sweeteners such as Stevia and E-Z Sweets. They do not affect the carbohydrate count.

When choosing sweeteners, the liquid form is preferred because no binders like dextrose and maltodextrin were added. The following are some of the recommended sweeteners:

- Sucralose (liquid form is recommended)
- Xylitol
- Erythritol
- Monk fruit

Beverages

The low carbohydrate intake has a diuretic effect in the body. Carbohydrates draw water to them, resulting in water retention. By reducing the carbohydrates in the diet, less water is retained and more is excreted. This can predispose a person to dehydration. Drinking adequate amounts of fluids each day is a must. The risk for urinary tract infections and bladder pain also increases as the body loses more water.

Drink more than the recommended average daily intake of 8 glasses of water. Add other types of beverages in order to increase the body's hydration status. Coffee and teas can also be added to the daily fluid intake. Coffee and tea alone do not significantly affect the ketosis state, but the added substances may. Choose artificial sweeteners. Or, drink coffee or tea with full cream and omit the sugar all together.

Power smoothies or protein shakes are best to take rather than fruit smoothies. The fruits contain sugars that can disrupt ketosis. Vegetable juice, using the approved vegetable types are also great beverage ideas while on ketogenic diet.

Chapter 6 Diet Guidelines

To start, learn exactly how much of each macronutrient (fats, carbohydrates and proteins) should be taken in a day.

Body Fat

Body fat can be estimated through the following:

For men:

Body Fat Percentage (%)	Characteristic
5-9	<ul style="list-style-type: none">• Usually not sustainable• Every muscle defined• Shows vascularity in all muscles• Very low body fat
10-14	<ul style="list-style-type: none">• Beach body look• Vascularity limited on the arms and legs• Visible separation of some of the muscles
15-19	<ul style="list-style-type: none">• Lean look• Less visible muscle separation• Less vascularity• Vascularity confined to the arms
20-24	<ul style="list-style-type: none">• Common range among men• Separation between muscles are not evident• Almost no striations or vascularity• Little fat on the abdomen but does not appear rounded
25-29	<ul style="list-style-type: none">• Borderline obese• Increased waist size• Rounding of the abdomen• Little neck fat• No separation between muscles• No visible vascularity
30-34	<ul style="list-style-type: none">• Abdomen more rounded in appearance• Body and waist look larger than the hips• Chin fat starts to be form
35-39	<ul style="list-style-type: none">• Waist size more than 40 inches• Stomach more round and starts to hang
Above 40	<ul style="list-style-type: none">• Morbidly obese• Stomach and chest progressively enlarges as more fat is deposited• Activities more difficult to perform

For females:

Females tend to have more fat in the waist, breast and thigh areas. In women, the essential body fat is 8%, compared to men with only 2%.

Body Fat Percentage (%)	Characteristic
10-14	<ul style="list-style-type: none">• Usually in bodybuilders• Muscles separated and clearly defined• Vascularity visible all over the body
15-19	<ul style="list-style-type: none">• Lack of body fat• Less shape of the hips, butt and thighs• Clear definition in the muscles• Vascularity on the arms and legs• Separation between the muscles
20-24	<ul style="list-style-type: none">• Most female athletes• Less visible separation between the muscles• Highly fit physique• Some definition in the abdomen• Arms and legs with less definition
25-29	<ul style="list-style-type: none">• Most women in this category• Not too slim or overweight• Curvy hips• More body fat in the butt and thigh area
30-34	<ul style="list-style-type: none">• Start of weight gain• Fat goes around the hips, butt and thighs• Butt and thighs more rounded and noticeable
35-39	<ul style="list-style-type: none">• Face and neck gain some fat• Stomach starts to protrude a little as it starts to gain fat• Waistline over 32 inches
40-44	<ul style="list-style-type: none">• Thighs and hips accumulates more fat and grows larger• Waistline is typically 35 inches
Over 45	<ul style="list-style-type: none">• Hips visibly wider than the shoulders• Waistline over 35 inches• Dimpling of the skin

Lean Mass Weight

Obtain the lean mass weight. This is not the weight reflected on the scale. Lean mass weight is calculated by multiplying the weight by the body fat percentage then subtracting the product to the weight. Example: a person weighing 120 pounds with 25% body fat has a lean mass weight of 225 pounds. Multiply the 120 pounds of weight by 0.25 (from 25% body fat). The product is 30. Subtract 30 from the weight of 120 pounds. The result (90 pounds) is the lean body mass.

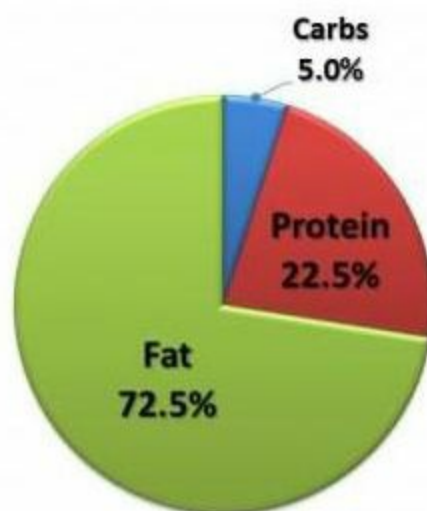
Daily Calories

To get the daily calorie intake, multiply the full body weight (the one seen on the weighing scale) by 15. Taking the above example, the weight is 120 pounds. Multiply by 15 (120 x 15). The product is the total daily calorie intake: 1800 calories each day.

To start fat burning, deduct 500 calories from the daily calorie count. Here, 1300 calories each day starts fat burning.

Weight loss

To lose 1 pound of fat in a week, reduce the weekly calorie intake by 500 calories. To burn 2 pounds, take 1000 calories off the weekly calorie intake.



To find out just how much of each macronutrients to eat, the classic ketogenic diet follows this diagram. Carbohydrates are limited to 5%. Moderate protein intake is at 22.5% of the total daily calorie intake and fats make up a huge chunk of the calorie intake- 72.5%. In some individuals, like in epilepsy, fats can be as much as 90% of the calorie intake.

Protein

Moderate protein consumption is required in a ketogenic diet. Eating large amounts of proteins can interfere with keeping the ketosis state. Excess proteins in the diet can be converted by the body into glucose and the same cycle of carbohydrate metabolism happens.

Too little intake of proteins can lead to muscle loss. Proteins are needed for growth and repair of the body tissues. Inadequate dietary intake increases the risk for malnutrition and muscle wasting, which can become severe. The damages may even be irreversible.

To compute, multiply the daily calorie intake by the ketogenic allotment of proteins. Multiply the calculated daily calorie intake with 0.20 and 0.25, which corresponds to the 20-25% protein percentage of a ketogenic diet. The result: for a 1800-calorie a day intake, the protein component consists of 360 to 450 calories. Each gram of protein is equivalent to 4 calories. So, total protein intake should be between 90 to 112.5 grams.

Carbohydrates

Carbohydrate intake is recommended as 10 to 12 grams per kg of lean body mass. In the same example above, the weight is pounds. Convert it to kilograms by dividing the lean mass weight by 2.2 (90 / 2.2). The weight in kilograms is 40.9 or about 41 kg. Multiply this by 10 (multiply the lean mass again by 12), to get the carbohydrate intake range per day.

Another way is to multiply the daily calorie intake by 5-10%- the ketogenic recommendation. In the same example, the total daily calorie intake is 1800. To get the carbohydrate range in a day:

$$1800 \times 0.05 = 90$$

$$1800 \times 0.10 = 180$$

Therefore, for a 1800 - calorie/day of a person weighing 120 pounds on ketogenic diet, the carbohydrate intake is limited to 90 to 180 calories. The least amount is usually the one followed to induce ketosis. Each gram of carbohydrates contains 4 calories.

Following this calculation, in a day, 22.5 to 45 grams is obtained from carbohydrates. This is in terms of the net carbs, not the total carbohydrates in the meals.

Counting the carbohydrates focuses on the net carbs. This refers to the total dietary carbohydrates with the total fiber content subtracted. An example is broccoli. A cup has 6 grams of carbohydrates. Fiber in a cup is 2 grams. To get the net carb of 1 cup of broccoli, subtract the fiber content from the total carb content (6g-2g). The result is a net carb of 4g.

An average of 20-30g net carbs is recommended when under the ketogenic diet for weight loss - the lower the net carbs the better the results. However, this may too severe. Caution should be followed when choosing this drastic cut back.

Fats

Fats are easily computed after the protein and carbohydrates are determined. Essentially, calories from fat are determined by subtracting the calories from carbohydrates and the calories from proteins. For each gram of fat, it contains 9 calories.

For 1800 calories per day:

90-180 calories from carbohydrates

360-450 calories from proteins

Calories from fats= total daily calorie requirement - calories from carbohydrates - calories from proteins

$1800 - 90 - 360 = 1350$

$1800 - 180 - 450 = 1170$

Therefore, the total calories from fat in a 1800-calorie daily intake is between 1170-1350 calories. For each gram of fat, it contains 9 calories. So,

$1170 \text{ calories} / 9 \text{ calories} = 130 \text{ grams}$

$1350 \text{ calories} / 9 \text{ calories} = 150 \text{ grams}$

For a ketogenic diet in a 1800-calorie requirement, the breakdown of macronutrient intake is:

Macronutrient	Percentage %	Calories	Grams
Carbohydrates	5-10	90-180	22.5-45
Proteins	20-25	360-450	90-112.5
Fats	70-75	1170-1350	130-150

Chapter 7 50 Easy Recipes

Here are easy ketogenic recipes to get the ketosis started.

Breakfast

- Power Eggs

Eggs, large, 3

Salt and pepper

Butter, unsalted, 1 Tablespoon

Whisk the eggs in a bowl. Add coarse (or sea) salt and pepper, according to taste.

Heat a pan and melt the butter.

Add the eggs and cook until firm.

Nutritional Value:

Calories: 318

Fat: 26.3 g

Carbs: 1.8 g

Protein: 17.4 g

- Fruity Power Pancakes

Protein powder, 1 scoop

Egg whites, ¼ cup

Almond milk, 2 tablespoons

Greek yogurt, 2 tablespoons

Banana, ½ of a medium-sized fruit, mashed

Frozen raspberries, ¾ cup

Cinnamon, 1 tablespoon

Chia seeds, 1 tablespoon, ground

Mix all the ingredients, except the raspberries in a bowl. Stir well.

Add the raspberries. Give the mixture a little stir.

Heat a pan over medium heat and spray with a little olive oil.

Pour the mixture in the pan. Flip it over when the edges turn brown.

Continue cooking until well done.

Serve with Greek yogurt.

Nutritional Value:

Calories: 275

Fat: 1g

Proteins: 36g

Carbs: 29g

Fibers: 9g

Net carbs: 20g

- Chia Pudding

Chia Seeds, 3 tablespoons

Unsweetened skim milk, 1 cup

Cocoa powder, 1 tablespoon

Raspberries, fresh or frozen, ¼ cup

Honey, 1 teaspoon

Mix the skim milk and the cocoa powder well with a fork.
Add the chia seeds and mix well.
Rest the mixture for 5 minutes. Stir well and rest again for 5 minutes.
Stir again and then let it rest for 30 minutes in the refrigerator.
Add the raspberries on top and serve.
Makes 2 servings.

Nutritional Value (per serving):

Calories: 235
Carbs: 19g
Fiber: 8g
Net carbs: 11g
Fat: 12g
Protein: 30g

- Power Omelet

Spinach, shredded, 1 handful
Plum tomato, 1
Purple onion, 1 Tablespoon
Garlic
Basil leaves, fresh, 1 bunch
Egg whites, from 4-5 eggs
Egg yolk, 1
Soy milk, 2 Tablespoon
Salt and pepper to taste
Olive oil

Beat the egg yolk, the egg whites and the soy milk. Add salt and pepper.
Dice the tomato.
Chop the onions, garlic and basil leaves.
Drizzle olive oil in a small frying pan. Over medium heat, sauté the vegetables just until soft. Remove the vegetables from the pan.
Add a little olive oil to the same pan and pour the eggs.
Cook until the eggs are firm.
Spread the cooked vegetables over a half-side of the eggs.
Fold the other half over the top.
Serve.

Nutritional value

Calories : 203
Fat : 5g
Protein : 20g
Carbs : 18g
Fibers : 2g
Net carbs: 16g

- Cheese Muffins

Almond flour, 2 cups
Salt, ¼ teaspoon
Baking soda, ½ teaspoon
Sour cream, 1 cup
2 eggs
Melted butter, 1/8 cup

Dried thyme, ½ teaspoon
Shredded muenster, ½ cup
Shredded cheddar or Colby jack, 1 cup

Preheat the oven to 400 degrees.
Place cupcake papers in a muffin pan.
Add all the dry ingredients together.
In a separate bowl, beat the eggs lightly.
Mix in the butter and sour cream.
Add the liquid mixture to the dry ingredients. If the batter is too thick, add 1 tablespoon of heavy cream or water.
Add the cheese and stir it is evenly distributed.
Spoon mixture into the muffin cups, ¾ full.
Bake for 5 minutes at 400 degrees.
Turn oven temperature down to 350degrees. Bake for another 20 minutes or until the tops turn golden.
Cool and serve with butter on top.

Nutritional Value (per muffin):

Calories: 166
Fat: 15 g
Protein: 6 g
Carbs: 5 g
Fiber: 3 g
Net carbs: 2 grams per muffin

- Hard-boiled Eggs with Butter

Eggs, whole, 2, hard boiled
Mascarpone, 1 tablespoon
Butter, 30g
Salt and pepper to taste
Peel and chop the hard-boiled eggs into a bowl.
Add the mascarpone cheese and the butter while the eggs are still hot.
Mix well. Add salt and pepper to taste

Nutritional Value:

Fat: 41g
Protein: 14g
Carbs: 1g
Fiber: -
Net carbs: 1g
Kcal: 430

Lunch/Dinner

- Stir Fry

Coconut Oil, 1tablespoon
Ground beef, 300g
Brown Mushrooms, 5 medium-sized
Spanish onion, ½ of a medium-sized
Kale, 2 leaves
Broccoli, ½ cup
Red pepper, ½ of a medium size
Cayenne pepper, 1 tablespoon
Chinese Five Spices, 1 tablespoon

Chop the broccoli, red peppers, onion and kale.
Slice the mushrooms.
Place the coconut in a large skillet, place over medium-high heat.
Add the onions and cook for about 1 minute.
Add the rest of the vegetables. Cook for 2 more minutes. Stir frequently.
Add the ground beef and the spices. Cook for 2 minutes more.
Reduce the heat to medium.
Cover the skillet and let it cook until the beef turns brown. This usually takes about 5-10 minutes.
Serve. Makes 3 servings.

Nutritional Value (per serving):

Calories: 307

Fat: 18 g

Carbs: 7 g

Protein: 29 g

- Buttery Deviled Eggs

12 large eggs, hard-boiled and peeled

White onion, finely minced, ¼ cup

Black pepper, 1 teaspoon

Salt, 1 teaspoon

Butter, melted, 2 tablespoons

Mayonnaise, ½ cup

Yellow mustard, ½ teaspoon

Cut the eggs in half, lengthwise.

Arrange the white shells on a separate plate.

Remove the yolks and put them in a separate bowl.

Finely crumble the yolks with a fork.

Add the rest of the ingredients and mix well. Season according to preferred taste.

Fill the egg white shells with the yolk mixture.

Cover. Refrigerate the eggs until ready to eat.

Makes 24 deviled eggs.

Nutritional Value (for 1 deviled egg):

Calories: 81

Fat: 7 g

Protein: 3 g

Carbs: 0.5 g

- Ginger Beef

2 4oz-sirloin steaks, cut in strips

Olive oil, 1 tablespoon

1 small onion, diced

1 clove garlic, crushed

2 tomatoes, diced

1 teaspoon ground ginger

4 tablespoons apple cider vinegar

Salt and pepper to taste

Put oil in a large skillet over medium-high heat. Place and brown the steaks.

Add the garlic, onion and tomatoes.

In a separate bowl, mix the salt, ginger and pepper with the vinegar. Add this mixture to the skillet. Stir to mix thoroughly.

Cover the skillet. Reduce the heat to low.
Simmer until the liquids evaporates completely.
Serve.

Nutritional Value:

Calories: 208
Proteins: 31g
Fat: 8g
Carbohydrates: 3g

- Meatloaf

1 pound Italian sausage
2 pounds 85% ground beef
½ cup dry grated Parmesan cheese
½ cup almond flour
2 Tablespoons butter
5 garlic cloves, minced
8 ounces chopped white onion (measure by weight)
1 cup chopped green pepper
1 tablespoon thyme leaves
1 tablespoon fresh basil leaves, chopped fine
¼ cup minced fresh parsley leaves
½ teaspoon ground black pepper
1 teaspoon salt
2 large eggs
2 teaspoons Dijon mustard
2 T low carb barbecue sauce
¼ cup heavy cream
½ teaspoon unflavored gelatin

Preheat the oven to 350 degrees.

Grease a 10 x 15 baking dish with spraying butter.

Whisk almond flour and Parmesan cheese together in a bowl. Set aside.

Heat a medium-sized skillet over medium heat. Add butter, garlic, onion and pepper. Sauté about 8 minutes or until softened. Set aside to cool. Place in a food processor and mince the vegetables to fine consistency.

Whisk eggs with spices, pepper, salt, BBQ sauce, mustard and cream in a separate small bowl. Sprinkle the gelatin over this mixture. Let this mixture stand for 5 minutes. Add the minced onion mixture. Mix well and set aside.

Mix the sausage and beef together thoroughly. Do not mix for more than 5 minutes. This will make the meat tougher.

Add the egg mixture. Mix well.

Add the almond flour mixture.

Mix until all ingredients are evenly distributed and the mixture is no longer sticky. Add more shredded Parmesan if the mixture is still sticky.

Place in the baking dish and form it into a loaf. Leave an inch of room on all sides.

Bake loaf until browned and the internal temperature of the meatloaf reaches 160 degrees. This may take about 1 hour. Cool before slicing the meat loaf and serve.

Makes 12 servings.

Nutritional Value (for each 5-ounce serving):

Calories: 409
Fat: 33 g
Protein: 23 g
Carb: 5 g
Fiber: 1 g
Net carbs: 4g

Variations:

- o Place 8 slices of cooked bacon in food processor and mince. Mix with the onion mixture, then to the egg mixture. Bake.

Nutritional Value:

Calories: 485, Fat: 36g, Protein: 24g, Carb: 5g, Fiber: 1g, Net carb: 4g

- o Add 2 cups of shredded cheddar cheese to the meat mixture. Bake.

Nutritional Value:

Calories: 485, Fat: 39g, Protein: 28g, Carb: 6g, Fiber: 1g, Net carb: 5g

• Baked Herb Salmon

2 pounds salmon fillets, cut in ½-pound pieces

1/2 cup tamari soy sauce

4 ounces sesame oil

1/2 teaspoon ground ginger

1 teaspoon minced garlic

1/2 teaspoon basil

1 teaspoon oregano leaves

1/2 teaspoon rosemary

1/4 teaspoon tarragon

1/4 teaspoon thyme

4 ounces butter

1/2 cup chopped green onions

1/2 cup chopped fresh mushrooms

Mix together the spices, tamari sauce and sesame oil.

Place the salmon into the ziploc bag. Pour in the sauce mixture.

Marinate for 1-4 hours in the fridge with the skin side up.

Preheat oven to 350°F.

Line a baking pan with foil.

Place the fillets in a single layer in the pan. Pour the marinade over.

Bake the fillets, about 10-15 minutes.

Melt the butter in a skillet over medium heat.

Add the vegetables and toss to coat vegetables.

Remove the salmon from the oven. Pour the butter mixture over the salmon fillets. Cover each fillet with the mixture.

Bake at 350°F for 10 minutes more. Serve immediately.

Nutritional Value (for 8 ounce serving):

Calories: 353

Fat: 23g

Protein: 32g

Carb: 2g

Fiber: 1g

Net carb: 1g

• Pan-grilled chicken rosemary

6 ounces of chicken, with skin on

1 tablespoon butter

1 tablespoon rosemary

Salt, to taste

Mix crushed rosemary and salt. Rub it over the chicken. Heat a pan grill over medium heat and add butter. Cook the chicken, skin side first.

Nutritional Value:

Calories: 480

Carbohydrates: 0g

Proteins: 35g

Fats: 43g

- Baked Salmon

2 (6 ounce) salmon fillets

6 tablespoons light olive oil

2 cloves garlic, minced

1 teaspoon dried basil

1 teaspoon ground black pepper

1 teaspoon salt

1 tablespoon lemon juice

1 tablespoon fresh parsley, chopped

Prepare the marinade: Mix the light olive oil, parsley, basil, garlic, lemon juice, salt, and pepper.

Place the salmon fillets in a baking dish. Cover with the marinade.

Marinate about 1 hour in the refrigerator. Occasionally turn the fillets over.

Preheat oven to 375°F.

Cover the fillets in aluminum foil with the marinade and seal. Place sealed salmon in the baking dish.

Bake for 35 to 45 minutes.

Nutritional Value (for 6 ounce serving):

Calories: 436

Fat: 30g

Protein: 37g

Carb: 2g

Fiber: 1g

Net carbs: 1g

Soups

- Zucchini Soup

Zucchini, 2 medium chopped in small cubes

Onion, 1 medium

Chicken stock, 1 liter

Olive oil, 2 tbsp

Fresh dill, 1/2 cup finely chopped

Chili pepper, 1 small

Salt and pepper to taste

Heat the olive oil. Saute onion and pepper.

Add the chicken stock. Add the salt and pepper to taste. Simmer for 10 minutes.

Add the zucchini. Continue simmering until the zucchini is tender.

Remove from heat. Add the dill.

Nutritional Value: < 10g net carbs

- Green Leafy Soup

Mix of orache, lovage, parsley and sorrel leaves, 200g

Beef stock, 1 liter

Egg yolk,

1 Crème fraîche, 100ml
Wash the leaves. Chop them in long strings until they look like large noodles.
Boil the beef stock. Add the leaves. Simmer for a minute or two.
Cool the broth for about 5 minutes.
Get about 2-3 ladles of the hot broth. Let it cool for another minute.

Mix the yolk and the crème fraîche in a cup.
Slowly add the yolk and crème fraîche mixture into the separated broth, whisk carefully and continuously to avoid coagulating the yolk.
Pour this mixture into the main pot of broth and the leaves. Mix well and serve immediately.

Nutritional Value:

Fat: 16.5g
Protein: 7.75g
Carbs: 7g
Fiber: 1.75g
Net Carbs: 5.25g
Kcal: 20

Salads

- Mixed salad

Mix 3 cups of loosely heaped salad greens. Drizzle with 2 tablespoon of salad dressing.

Carbohydrate: 5g

- Steamed broccoli and cauliflower salad

Mix together ½ cup each of the florets of broccoli and cauliflower. Steam until the color brightens. Remove and immediately immerse in ice cold water to stop the cooking process. Sprinkle with salt and pepper to taste or top with a tablespoon of butter.

Net carbohydrates: 4g

- Creamy green salad

Mix different types of lettuce. Add 4 cherry tomatoes. Add 3oz of grated or cubed cheese of choice. Add 2 tablespoon of dressing and 1 tablespoon of cream. Toss together.

Net carbohydrates: 8.5g

- Keto Cobb Salad

Ham, 100 grams, cubed
Turkey bacon 2 slices
Hard-boiled eggs, 2 pieces
Cherry tomatoes, 4 pieces
Romaine lettuce, coarsely chopped, 2 cups
½ avocado, diced
Blue cheese, 30 grams
Extra virgin olive oil, for cooking

Heat the ham in a skillet over medium heat for 3-4 minutes.
Slice the hard-boiled eggs.
Arrange the vegetables in layers in a bowl.
Evenly spread dressing.

Nutritional Value:

Calories : 370

Fat: 27g

Carbohydrates: 7g

Proteins: 46g

- Egg salad

12 large eggs, hard-boiled and peeled

White onion, finely minced, 1/3 cup

Salt, 1teaspoon

Black pepper, 1teaspoon

Mayonnaise, ½ cup

Butter, melted, 2 tablespoons

Ground mustard, ½ teaspoon

Slice the eggs uniformly into ¼ inch pieces.

Add all the other ingredients into the egg and mix well.

Refrigerate until ready to serve.

Makes about 3 cups

Nutritional Value (for 2 ounce serving):

Calories: 163

Fat: 14 g

Protein: 6 g

Carbs: 2 g

Fiber: 1 g

Net carb: 1g

Snacks

- Gorgonzola Eggs

Eggs, 6 pieces, hard boiled and peeled

Gorgonzola cheese, 50g

Crème fraîche, 100ml

Mustard, hot, 1 tbsp

Cilantro leaves, fresh

Cayenne pepper

Cut the eggs lengthwise and remove the yolk.

Mix the yolk with the rest of the ingredients in a small bowl.

Spoon this yolk mixture back to the egg white halves. Chill for at least 2 hours before serving.

Nutritional Value:

Fat: 27

Protein: 15g

Carbs: 2g

Fiber: 0.25g

Net Carbs: 1.75g

Kcal: 313

- Vanilla Ricotta Cheese

Ricotta cheese (2% fat), 200g

Crème fraîche, 1 tablespoon
Vanilla flavoring, 1 sachet
Mix everything.

Nutritional Value:

Fat: 18g
Protein: 8g
Carbs: 3g
Fiber: -
Net Carbs: 3g
Kcal: 290

Desserts

- Crusty fried cheddar snack

Cheddar, 2 slices, 50 grams each
Almond flour, 1 teaspoon
Egg, whole, 1
Flaxseed, ground, 1 teaspoon
Hemp nuts, 1 teaspoon
Olive oil, 1 tablespoon
Salt and pepper to taste

Heat a frying pan over medium heat. Add a tablespoon of olive oil.
Whisk the egg and add the salt and pepper.
Mix the ground flaxseed, hemp nuts and almond flour.
Coat the cheddar slices. Start with the egg mix, then with the dry.
Fry for 3 minutes on each side. Serve hot.

Nutritional Value:

Fat: 48g
Protein: 35g
Carbs: 5g
Fiber: 2g
Net carbs: 3g
Kcal: 588

- Creamy Chocolate

Protein powder, 25g (1 scoop)
Dark cocoa powder, unsweetened, 1 tsp (5g)
Cream 35% fat, 100ml
Sesame oil, 1 tablespoon
Liquid sweetener, 5 drops
Psyllium husk, 1 teaspoon
Mix the protein powder, the psyllium husk and the cocoa to 300ml water. Shake very well.
Add the sweetener and the sesame oil. Shake well.
Add the cream and mix but not shake to avoid foaming.
Drink within 30 minutes.

Nutritional Value:

Fat: 52g
Protein: 23g

Carbs: 11g
Fiber: 5g
Net carbs: 6g
Kcal: 591

Drinks

- Herbal teas

Steep a tablespoon of dried tea leaves or the leaves of any preferred herbs in a cup of boiling water. Strain and drink.

- Raspberry Protein Smoothie

Raspberries, fresh, 77g
Almond milk (1 cup)
Natural peanut butter (24g)
Cinnamon (1/4teaspoon)
Ginger (1/4teaspoon)

Mix all together in a blender. Serve.

Nutritional Value:

77 g frozen raspberries 49 kcal 0 fat 11 g carbs 1 g protein
True almond milk 1 cup: 29 kcal 2g fat 1g carb 1g protein
Peanut butter: 24g 150 kcal 12g fat 5g carbs 6g protein

- Espresso Smoothie

1 shot espresso
1 scoop vanilla protein powder
5 ice cubes
1/4 cup Greek yogurt

Pinch cinnamon
Pinch Stevia
Mix everything in a blender.

Nutritional Value:

Calories: 169
Protein: 35g
Carbohydrates: 3g
Fat: 1g

- Coconut Coffee Mix

Black coffee, unsweetened, 1/2 cup
Coconut flakes, unsweetened, 2 heaped tablespoons
Coconut oil, 1 tablespoon
Flaxseed, ground, 2 heaped tablespoons
Liquid sweetener to taste

Mix the flaxseed and the coconut flakes well.
Add the coconut oil. Pour the hot coffee over the mix and stir.
Add the liquid sweetener about 3-4 drops to reduce the bitterness of the coffee.

Nutritional Value:

Fat: 27g
Protein: 4g
Carbs: 7g
Fiber: 5g
Net carbs: 2g
kcal: 277

- Mixed Drinks

- Margarita

1.5 ounces of tequila
1/4 teaspoon of orange extract
2 ounces lime juice
1/4 cup prepared lemon lime Crystal Light
Crushed ice
Put all ingredients in a blender. Mix until slushy. Serve with lime wedges.
Carb: 2g

- Apple Martini

Apple slice
2 ounces plain vodka
2 ounces of apple flavored vodka
1 teaspoon of low carb sugar syrup
Take the apple slice and finely dice. Place it in a cocktail shaker.
Add the sugar syrup. Add both types of vodka and ice.
Shake well. Strain into a martini glass.
Carbs: 2g

- Blueberry Martini

2 ounces plain vodka
2 ounces of blueberry flavored vodka
6-7 good sized fresh blueberries
1 teaspoon of low carb sugar syrup
Place the blueberries and sugar syrup in a cocktail shaker. Mash them together. Pour both types of vodka and add ice into the mix. Shake well. Strain into a martini glass.
Carbs: 2g

- Mojito

2.5 ounces light rum
7-8 Mint leaves
1 tablespoon of low carb sugar syrup
1 lime
Take the mint leaves and finely chop. Mix with low carb sugar syrup.
Cut the lime in half, remove the seeds and squeeze the juice into a glass.
Add the rum, ice and club soda to taste. Stir.
Carbs: 4g

- Pina Colada

3 ounces of rum
2 cups crushed ice

2/3 cup sugar-free coconut milk or cream

1/2 cup sugar-free pineapple syrup

Add ingredients to blender and mix until slushy.

Makes two drinks.

Carbs (per serving): 5g

Chapter 8 7-Day Low Carb Menu

The 7-day low carb menu is synonymous to the initiation phase of the ketogenic diet. This is the time when the most drastic carbohydrate restriction occurs.

To get the ketosis state started, here is a sample 7-day menu guide to a low-carb ketogenic diet.

Day 1:

Breakfast: 2 eggs, scrambled

Lunch: 1 cup of green salad (mixed leafy greens like lettuce, spinach and kale) with ham and grated cheese

Dinner: Pork chops and stir fried vegetables

Day 2:

Breakfast: Scrambled eggs

Lunch: 2 pieces sausages and mixed greens salads

Dinner: Sirloin steak and steamed kale

Day 3:

Breakfast: Ham and vegetable omelet with cheese

Lunch: 2 pieces hamburger patties with cobb salad

Dinner: Roast pork and baked broccoli with cheese

Day 4:

Breakfast: cream cheese roll ups

Lunch: baked salmon with green salad

Dinner: pan-grilled steak and steamed cauliflower

Day 5:

Breakfast: raspberry pancakes

Lunch: meatloaf and stir fried mixed greens

Dinner: spare ribs with chili pepper sauce and green salad

Day 6:

Breakfast: 2 pieces deviled eggs and 2 sausages

Lunch: beef stir fry served on a bed of lettuce

Dinner: roasted chicken with the skin on and buttered vegetables

Day 7:

Breakfast: eggs Florentine

Lunch: Chili wings and cole slaw

Dinner: grilled salmon belly with steamed mixed vegetables.

Snacks

Snacking is encouraged in a ketogenic diet. However, most of the accustomed snacks contain carbohydrates-high levels, even. Most are sugary and starchy. It is also easy to lose count of the carbohydrate contents of regular snack. Plus, snacking may become a way of addressing the sense of deprivation that the ketogenic diet may cause. Overeating is a possibility. To avoid this, prepare the snacks ahead. Place them in small plastic containers and place labels. Write down how much carbohydrates they contain and the calories. Include these in the daily total calorie and carbohydrate count.

The following are snacking guides in order to snack the right way.

- Nuts are great for snacks. Remember that they still contain carbohydrates so prepare small portions.
- Pork rinds are also great snacks. They contain fats and can produce satiety.
- Cheese cubes: munch on different types of cheeses in small cubes.
- Celery sticks (vegetables with least carbohydrates) dipped in peanut butter or cream cheese
- Beef jerky: protein snacks are great because of no carbohydrate content. However, processed proteins like beef jerky may contain hidden carbohydrates in the form of additives and fillers or the curing agent like sugar and honey. Read the labels carefully.
- Cold cuts
- Pepperoni slices
- Chicken wings
- Hard boiled eggs
- Cocktail sausages
- Roll ups. Fillings should be more of meats and creams

Chapter 9 How to Read Food Labels

It is easy to inadvertently consume more than the carbohydrate limit in a day when including commercial or processed food in the meals. Prepared sauces and dressings, as well as pre-mixed spices can contain fillers that are carbohydrate-based. Batters and breadings include carbohydrates in the production. Sausages and other processed meats may have carbohydrate fillers. Pre-packaged meats usually have a dusting of gluten, which is carbohydrate.

These are the names that may be encountered in food labels that mean they are forms of sugar, which should be avoided:

- Glucose
- Sorbitol
- Sweetaddin
- Glucodin
- Sucrose
- Lactose
- Fructose
- Dextrose
- Maltose
- Maltodextrins
- Honey
- Treacle
- Molasses
- Syrup: maple, corn, golden syrup

Avoid these hidden sugar contents.

Chapter 10 Important Ketogenic Diet Reminders

- The first week is the adjustment week. Expect discomforts and side effects to be worse during this time. Beyond the adjustment period, the negative effects should gradually ease.
- Meal preparations may be difficult at first. Create a routine to simplify and speed things up.
- Hunger pains increase the discomfort during the first few weeks of a ketogenic diet. Drinking water with saccharine can help fight hunger pains. Eating more frequent but smaller meals throughout the day can also help.
- Use smaller plates. This makes the food portions more than they actually are. it also helps to lessen feelings of deprivation due to the strict food restrictions.
- Vegetables are best steamed to preserve the nutritional value.
- Meal choices heavily restrict carbohydrates but there are still a wide variety of food items to choose from. Be creative.

Diets That Work

Discover the Diet Plan that Fits You

By: Maria Calderon



DIETS THAT WORK

Discover
The Diet
Plan That
Fits You

MARIA CALDERON

Diets That Work

For those who have struggled with weight issues or health issues knows the perils of trying to find a decent diet that works. Some diets will work well for some, while they may not for others. Two such diets that work well for most are the Mediterranean Diet and the Hypothyroid diet. The Mediterranean Diet is a lifestyle that many around Europe live, proving that they are healthier and live longer as a result. The Hypothyroid Diet is one that includes a list of foods that are good to help treat low thyroid hormone as well as foods to avoid.

Discovering a diet that works well with you means you should stick with it. Dieting is not something you do for a while, to lose weight or treat a health condition, then stop the diet once the goals are reached. Healthy lifestyle changes include diet changes. Look at the new diet as an introduction to a new habit of eating, one you should continue once you have lost the weight or once your thyroid is under control. Both of these diets are easy to follow from home. Both use foods that should already be available and can be made into tasty recipes.

The Mediterranean Diet is one of the oldest diets on earth, proving to be a diet that has worked for thousands of years in helping people to maintain a healthy weight and in keeping them healthy overall especially their heart. The Mediterranean Diet makes use of the vegetation and animals that naturally grow around the Mediterranean Sea. This includes all sorts of vegetables and fruits as well as most meats and a strong amount of seafood. The Mediterranean Diet is a way of life for the people living in the region. When taking on this diet it should be with the thought in mind that it is a permanent lifestyle change for the better.

When we face health issues that cause discomfort, ailments and other detrimental health conditions we watch as our quality of living drops. When we can pinpoint the health issues, we can then work to treat them to make our lives better. Normally, we can treat health issues with diet, by eating the right foods we help to correct the imbalances that occur within our bodies. This book details recipes that help to bring health to the thyroid and is specifically for people suffering from a condition called hypothyroidism. By eating foods that helps the body we are able to treat and overcome health issues with our diets or to certainly help us to feel better.

Hypothyroidism is described as a condition when the thyroid gland is not able to produce enough thyroid hormone. When this occurs, it affects the metabolism and the results are sluggishness. It affects all the systems in the body and snowballs if not treated. Medications do help to alleviate the problem, but that is only part of the solution. Because we are what we eat, we need to look to our diets as well in treating any health condition including hypothyroidism. This is what this book is about, dieting with hypothyroidism.

The recipes contained within this book are geared with one thing in mind, to help treat a body suffering from low thyroid hormone or hypothyroidism. Each recipe uses ingredients found to be helpful in improving the health and immune system. There are enough recipes you can plan for several weeks worth of meals easily. Of course, always make sure to check with your physician before attempting any new diet. Make sure the foods you eat are okay with the medications you take. As with

any recipe, you can adjust these to suit your tastes and needs.

The entrees section of the book has 25 delicious recipes and includes every protein and flavor you may love. For meat lovers try the grilled pork or lamb Puerto Rican style tenderloin. There are also turkey burgers, chicken and a delicious mushroom sauce, chicken puttanesca, and even a brandied beef tenderloin. These meat recipes are sure to be a hit with the family as well and each entree recipe will offer the person who suffers with hypothyroidism a tasty way to eat to their health. There are Italian, Mexican and Caribbean flavors within these filling main dish recipes.

Side dishes play a major role in a meal plan and often with many diets you are left guessing at this. No need with this book because there is a rich section of side dish recipes for the Hypothyroid Diet. There are delicious salads such as the zucchini and sardine salad, warm goat cheese salad, seaweed salad, and a very tasty arugula and grilled chicken salad. Also included are lima bean hummus, mashed sweet potatoes with chipotle, sesame cucumber noodles and a very delicious wild rice pilaf.

Breakfast is often a boring part of any diet, but with the hypothyroid diet, it need not be. Recipes for a different and delicious breakfast includes asparagus and sun-dried tomato frittata, ricotta soufflés with blackberries, pumpkin-coconut pancakes, eggs Benedict with salmon and artichokes, not your typical breakfast foods at all. You can also enjoy eggs Florentine wraps, mushroom and cheddar omelet, quinoa breakfast porridge and even a flourless chocolate cake. There are several other breakfast recipes, some of which can be used for dessert, like the chocolate cake and also the coconut cheesecake bars, coffee custard and the very tasty coconut rum ice cream.

This book offers a wide variety of meal plans and suggestions to help with the Mediterranean Diet and the hypothyroid diet. If you have never tried the diets and you have weight issues or thyroid troubles you should give them a try. If you just want to create a good healthy habit of eating right, make nutrition your top goal and follow the Mediterranean diet. You will find your weight will reach the ideal level faster, you will feel better and your immune system will build up to a strong healthy metabolism that will keep you feeling good.

Section 1: Mediterranean Diet

Every solid weight loss plan requires increased attention on the foods you eat. But the contents of your diet, however healthy, cannot provide wellness if one fails to remember to structure their lifestyle accordingly. If you want to lose weight, finding solid information is the key to this step. That information can help you achieve the best mindset to reach your goals.

If the extremes of modern day fringe diets impose too great a demand upon your palate, it may perhaps be beneficial to look backwards in time for more natural and traditional diet based health solutions.

Whether your objective is to lose weight or eliminate a chronic health condition, more and more people nowadays are turning to the Mediterranean diet as a means to improve their overall wellness. Providing a delectable variety of proteins, vegetables, and favorite recipes dating back thousands of years, a Mediterranean diet is one, which can enable you a healthier lifestyle while still providing delicious meals.

It doesn't just taste delicious; it's good for you too. The Mediterranean diet first came to the attention of the west in the mid 20th century when studies showed that people living in Southern Europe, where most recipes share much in common, not only had much longer life expectancy, but were comparatively free of chronic conditions such as heart attacks and hypertension compared to their northern neighbors.

It was perhaps a bit over-hyped a few decades ago when it was hailed, due to some misinterpreted facts in early studies, as a veritable fountain of longevity based on dietary factors alone. For example, at the time of the initial studies, the majority of Southern Europeans were still engaged in agricultural labor, and with private car ownership as well as public transport (in most areas) hard to come by, the people walked pretty much everywhere they went. Additionally, they didn't take notice of the more favorable work-life balance common in Mediterranean cultures, the early studies failed to report that an active lifestyle was part of the answer to why Southern Europeans lived longer, healthier lives. Despite this, it's a truism that no diet, however salubrious, is going to be of much benefit without an active lifestyle.

Before becoming the global sensation that it is today, the foodstuffs comprising the Mediterranean diet were based more on easy availability than on any profound ancient wisdom known by the region's early inhabitants, although human intervention played a significant role in which crops became dominant.

Unlike less favorable climates, with short growing seasons and a need for food that would last the long winters, both the choice and quantity of foodstuff in the Mediterranean was vastly greater than that found in less naturally blessed environments. Whereas the common people of the north subsisted mostly on bread, preserved meats, and a little cheese, inhabitants of the Mediterranean, with far more choices, naturally made a habit of eating a rich variety of foods.

As befits its namesake sea, the Mediterranean diet is very rich in seafood. The snaking coast lines and

many islands meant that nearly all Southern Europeans had access to fresh fish, clams, mussels and calamari on a regular basis while most northerners only experience with seafood came in the form of salted cod from the distant Atlantic that had been marinating over a mule's back for 6 weeks in the summertime on its way inland. So can it really be surprising that most Germans grew to prefer sausage?

Long growing seasons meant that there was always some freshly harvested produce in the local markets, so the inhabitants rarely had to resort to rat-infested stocks of grain like their climatologically challenged neighbors during sub-arctic winters.

History and trade had a hand in it too. Long before Roman times, the Mediterranean was a highway for the various peoples along its rim. Olives, Citrus fruits, grapes, as well as chickpeas and other legumes that comprise the heart of the Mediterranean diet were distributed via these early trade networks, and then mass-produced in industrial fashion on the vast Roman villas that dotted the body of water they, not unjustifiably, called *Mare Nostrum*, or "Our Sea".

Cash crops like Grapes, wool, and flaxseed were primarily exported, while cheap and easy to grow grains and vegetables were made available as the food supply of the armies of agricultural laborers and slaves upon whom the system rested. Obviously, it was in the Roman's interest for this vast labor force to be as well (yet cheaply) fed as possible. The 1000-year period of political and economic union forged by the Roman Empire did much to ensure that most ingredients composing the Mediterranean diet of today were eaten across the whole region thousands of years ago.

The typical Mediterranean diet is made up of over 30% fats. However, the saturated fat from red meat and heavy animal fats that lead to clogged arteries makes up only 8% of the total, due in large part to the relatively rare consumption of red meat and preference towards olive oil as a heating agent. Once again, geography plays a role. With most of the farmland along the Mediterranean crowded into fertile valley nestled between mountains or deserts, livestock was mostly used for dairy purposes. Indeed, before Southern European diets were influenced by modern habits, lamb was just about the only red meat consumed, and even then only sparingly, as wool was the main source of clothing.

This diet is not typical of all Mediterranean cuisine. In Northern Italy, for example, lard and butter are the usual heating agents for in cooking, and olive oil is used only for dressing salads and vegetables. In North Africa wine is religiously avoided by most of the locals.

Even though the diets of Southern European's themselves are steadily broadening, the health benefits of limiting your meal's ingredients to those traditionally found along the Med will provide long term benefits and provide a richness of flavor rarely found in the "fad" diets promoted by one weight loss guru or the next.

Key Ingredients and Recipes

As computer programmers like to say about code, “Garbage in, Garbage out”, the same goes for the ingredients we put into our meals. The first step in using the Mediterranean diet to increase your health is to first learn of what it’s composed of, and then using those ingredients in your daily meals.

1. Fruits and Vegetables

The Mediterranean region has volcanic soils and a 12-month growing season, so it is not surprising that the people of that area, on average, consume nine portions of fruits and vegetables every day. Mediterranean residents generally purchase their produce from farmers markets and produce stands. They also enjoy it when it’s most flavorful by consuming “in season” produce.

Vegetables provide the most antioxidants needed for health and longevity when they are heated and processed only minimally. Even more important, the variety of vegetables and fruits commonly consumed gives people who have trouble sticking to diets a higher chance of success due to the greater choices available.

In Addition to Mediterranean fruits and vegetables now consumed globally like oranges, grapes, and lemons, some of the key Mediterranean Fruits and Vegetables are:

Artichokes

Renowned for their flavor since ancient times, artichokes are in fact flower buds from a type of thistle plant. It is not advisable to eat artichokes raw, since only a small part of each bud is edible. In fact, prepping raw artichokes takes even an experienced chef a great deal of time. When cooked, however the tender bottoms on the inside of the bud's and the middle of the plant called the artichoke “heart” taste utterly divine. If you purchase raw artichokes (which are usually much cheaper due to the amount of effort it takes to prepare them for cooking), avoid those with leaves that point away from the middle of the plant center, because they will be mostly inedible fiber. If you wish to savor a traditional artichoke recipe, bake some with butter. Sprinkle some olive oil and vinegar over the finished artichokes and enjoy. Of course, if you want a quick snack, pre-cooked artichokes can be substituted. They are commonly available in cans or jars at most supermarkets.

Figs

A favorite across the entire Mediterranean region, the fig is a sweet fruit grown on the *Ficus carica* (fig tree). The Fig tree is a native to the Middle East but grows very well in the Mediterranean climate. Figs contain many antioxidants and are a good source of flavonoids and polyphenols. They are one of the highest plant sources of fiber and calcium, which promotes strong healthy bones.

Fresh figs do not have a very long shelf life. You will probably find dried figs or fig preserves more easily. If you are fortunate to find fresh figs try the ancient delicacy of dipping them in honey, or you might enjoy drizzling a little chocolate on them for a real burst of flavors.

Eggplants

Most Europeans know Eggplant as Aubergine. It is widely consumed cooked in savory dishes. Mistakenly it is referred to as a vegetable when in fact it is a fruit.

Eggplant is very popular in Mediterranean cuisine. The people of Lebanon and Israel grill the eggplant and then combine it with tahini, lemon juice, garlic and a bit of salt to make a dip called Baba Ganouj. It is served with warm pita. It is a key ingredient in Ratatouille, a vegetable relish with tomato, garlic, zucchini, onion and herbs from Southern France. And the delicious Greek Moussaka would just not be possible without eggplant.

Most Mediterranean eggplant has bitter juices that must be drained off before the eggplant is cooked. The best way to do this is simply sprinkle slices of eggplant with salt and let it sit for a while. The juices will be drawn off and the flesh will then be delicious.

2. Beans and Legumes

While many of the beans and legumes found in the Mediterranean diet were, like potatoes, brought from across the Atlantic during the 15th century, other has been a feature for thousands of Years. Black and red beans figure prominently in Spanish Cuisine. Fava Beans, Kidney beans, and lima beans as commonly featured in regional dishes as well. Chickpeas are featured prominently, being the basis of many stews in the Western Mediterranean, like Spanish garbanzo soup and in the east it is mixed with Tahini to produce delicious humus, a staple food, especially favored in the eastern Mediterranean and the North African coast.

A Typical Mediterranean inspired salad could be made with leafy greens. Include some tomatoes, peppers, carrots, onions, beets and radishes and drizzle a little vinegar and olive oil on top. Make roasted vegetables like peppers and eggplant a regular addition to your diet. Gain maximum health benefits by striking meat from the menu two days a week. Meat is not the only source for protein. You can get plenty of good protein from beans and lentils.

3. Fish and Seafood

American grocery stores usually have tiny fish counters and enormous meat counters. This is right in line with the typical American diet that includes copious amounts of red meat and little seafood.

Seafood and fish should be more prominent in your diet. They are low in calories and high in omega-3 fatty acids.

Southern European diets, going all the way back to Julius Caesar's time, are high in mussels and clams, octopus, squid and other seafood. Of course most people of Southern Europe live within 20 miles of the sea. So they have ample access to these iron rich foods. Northerners on the other hand are land-based and subsequently have diets of more red meats. Simple logistics made this a reality since seafood could not be shipped to far without spoiling.

When selecting the method your seafood is prepared choose sautéed, grilled, steamed and roasted to keep the health benefits. Deep-frying in fat is obviously less healthy.

One example of a healthy alternative to frying would be to mix calamari in with pasta or rice. You

could add saffron, mussels and some red peppers to the calamari and rice to make Spanish Paella.

4. Olive Oil

Saturated fats and hydrogenated oils should sound a loud “stay-clear” signal. A healthy Mediterranean Diet has no place for these two health thieves. The Mediterranean Diet gets some fat from fish and cheese but the majority is from olive oil. Olive Oil is very popular in the Mediterranean region. Grazing land is a premium and olive trees flourish. Each tree is capable of producing several gallons of oil per season. Olive oil is a wonderful dressing for salads, makes a good butter replacement on bread and offers many health benefits. It has been reported that olive oil can lower LDL (bad cholesterol) levels and is a good source of antioxidants. Both can reduce the risk of heart attack.

5. Garlic, Oregano, Basil, and Other Herbs

Many Mediterranean dishes include garlic, which is well known for its marvelous health benefits. Some benefits associated with garlic are:

High in antioxidant compounds which promotes a healthy heart and immune system.

Has germanium, which is an anti-cancer agent. Garlic has more germanium than any other herb.

Lowers blood pressure, serum triglycerides, and LDL – cholesterol and prevents arteriosclerosis reducing the risk of heart attack and stroke.

Improves joint health. Studies show garlic eaters were less likely to suffer osteoarthritis.

You can increase your consumption of garlic by infusing it into the oils you cook with or adding some to the water you boil your pasta in.

For additional flavor boosts use spices like basil and oregano. You will add flavor to your food without increasing sodium in your diet.

Acetate, Borneol, Bisabolene, Carvacrol, Caryophyllene, Cymene, Geranyl, Linalool, Linalyl Acetate, Pinene, Terpinene and Thymol are all in the oils and leaves of Oregano and Basil making both sources of internal and topical health benefits.

Basil is high in the essential mineral magnesium, which improves blood flow by relaxing blood vessels.

Many have found that eating basil regularly helps digestion. Studies have shown basil has strong antibacterial properties. These components battle parasites in the colon and intestines, as well as fight off some bacteria that are resistant to modern antibiotics.

Basil oil is a good remedy for stomach problems like indigestion, cramps and constipation. It is also effective at treating colds, flue and sinus infections. Studies show that it may help treat whooping cough, bronchitis and asthma.

With basil's many health benefits you would do well always have some on hand. There really is no reason you can't, as it is one of the easiest herbs to grow. All you need is a sunny spot in the kitchen and a pot large enough to grow healthy roots.

Adding basil to your diet is easy, it is the primary ingredient in pesto sauce. For A tasty pesto sauce

boil 2 parts spinach with 1 part basil add some ground pine nuts and olive oil and salt to taste.

Another way to add basil to your diet is to simply toss a few leaves into your favorite dish.

One more tip is to add basil oil to your salad dressing; the antibacterial components will fight bacteria on your vegetables and make them safer to eat.

Dry and fresh herbs add burst of flavor and amazing health benefits at the same time.

6. Whole Grains

When people think of the Mediterranean they think of bread, rice and pasta. Cheese and olive oil seasoned bread is a lunchtime staple. In Eastern Mediterranean regions flatbreads and pita are the standard. Wholegrain versions of these unleavened breads are heaped with nutritional value, all in a compact package.

If you are using the Mediterranean diet as for weight loss you should limit yourself to whole grain carbohydrates. You can add a bit of flavor with a little Baba Ghanouj, Hummus or simple Olive oil.

Pasta is by an large an Italian favorite, but it is very much acceptable in any Mediterranean diet as long as you are careful to avoid the savory northern Italian recipes which, with their heavy cream sauces, thick lathering of cheese, and use of fatty sausage or meatballs, are mainly designed to fortify a person against the bitterly cold winters in north Italy. Further south, pasta is typically served plain, with some seafood like mussels or clams, using garlic and olive oil or pesto sauce as extra flavor.

Just as importantly, bare in kind that much of Southern Europeans' health advantages stem from a relatively more relaxed and social-minded culture. In the United States, for example, people tend to eat rushed lunches, with a mere 30 minutes to move, eat, and hurry back. Often alone. Anyone seen partaking of an alcoholic drink in broad daylight may be frowned upon, even sneered at publicly, doing so in front of work colleges may even result in a long-winded speech from the boss. Southern Europeans will typically enjoy long lunch breaks, typically about 2 hours (In Spain, its followed by the *siesta*, during which the entire country essentially closes for business) with workmates, family or friends with a full bottle or two of drink lubricating the conversation. In short, they eat to ENJOY life rather than merely SUSTAIN it, and work is the MEANS of living rather than the REASON for it!

7. Cheese and Yogurt

As mentioned earlier, cows were too expensive to raise to be eaten frequently, so what cows there were traditionally employed producing dairy products. Yogurt was the most common, traditionally being easy to make, and lasting unrefrigerated much longer than fresh milk, a valuable feature during the hot summers. It was a common breakfast dish for the Romans, who commonly ate the plain variety with fresh fruits or honey as a flavoring.

Many Mediterranean cheeses such as feta and Brie are softer and less aged than northern counterparts. This is because, without a long, snowy winter, Southern Europeans had less need of food sources that would stay fresh for 4 months. Cheese and yogurt makes a very important nutritional contribution, which will become clear in the next section.

8. Protein Sources

As part of a well-balanced diet it is important to ingest sufficient levels of healthy protein. Cheeses that are eaten regularly in the Mediterranean diet including feta, mozzarella and goat cheese are all similar in that they contain a lot of protein in each portion. It is important to remember that protein is a crucial part of the growth process for muscle tissue. Since muscle requires much more energy than other cell types, developing more muscle will aid in speeding up your metabolism, intensifying your rate of weight loss. The seafood, beans and legumes described in a previous chapter are another excellent source of low-fat protein. Remember that meats like poultry, chicken, and Lamb are consumed, but in small portions only about 3 times a week. For example, chicken is traditionally included in rich dishes.

Key Nutritional Benefits of the Mediterranean Diet:

Calcium and Magnesium

Residents of the Mediterranean coast consume yogurt and cheese on a regular basis. Both these foodstuffs are sources of the minerals calcium and magnesium. Calcium and magnesium are valuable to maintain healthy bones and are used by your brain and nervous system to transmit instructions throughout the body. Eating a diet rich in protein and healthy fats like the omega-3 in fish and the unsaturated type found in olive oil additionally increases your body's ability to absorb these and other beneficial vitamins and minerals. Followers of The Mediterranean diet ought to maintain a balanced intake of protein and fat, which makes the minerals, found within the cheese more effective.

“Good” Cholesterol Foods and Low Amounts of Saturated Fats

Even though high levels of it are considered quite harmful, Cholesterol is an essential part of the human body. It controls the flow of water and many other essential chemical compounds to each corner of your body. Cholesterol is a primary ingredient that your body transforms into essential hormones like estrogen and testosterone. Having enough of it in your liver allows you to properly process high-fat foods and helps you process vitamins A, D, and E. Including some of the low-fat cheeses favored in the Mediterranean diet will maximize your levels of good cholesterol while keeping the “bad cholesterol levels” low and within tolerable bounds. Many inhabitants of the Mediterranean shore favor cheese made from goat and sheep's milk. Goat and sheep cheese host less saturated fats and feature the primarily monounsaturated fats which promote a healthy heart.

Rich in Essential B Vitamins

Everyone knows that vitamins are important, but those numbered in the B complex group are additionally so. The ingredients of the Mediterranean diet provide a constant stream of B vitamins including niacin, thiamine, B-6 and B-12. These vitamins are the agents that transform the various proteins, fats, and carbs that end up in your belly into useful fuel to be used for developing muscles and energy. Foods featured in the Mediterranean diet such as Chickpeas, lentils, whole grains, and fish are all rich sources of b vitamins.

Healthy Mediterranean Habits

While considered a traditional, economically backwards region for the past few hundred years by their industrialized, rapidly growing northern neighbors, modernity eventually did arrive in countries of the Mediterranean coastline. However, while urban inhabitants have picked up their share of modern habits like driving and vegetating in front of the TV for extended periods, in the countryside and smaller towns, the people continue to live in a way that, in addition to the healthy diet, naturally promotes long and healthy lives. This is contributed to by both economic and cultural factors.

Healthy Mediterranean Habits 1: Get Some Sun

A high proportion of Southern European's still work in agriculture. It is not unusual to come across farms or vineyards that have been run by the same family for a dozen generations or more. The Mediterranean climate, with its hot dry summers and mild, wet winters, means that most regions can grow different crops year-round, so they don't have a 5 month winter break spent hiding from the cold and binge drinking like their northern neighbors do. This abundance of outdoor activity means they are out in the sun a lot, which means their skin produces a very high amount of vitamin D. Interestingly, skin cancer rates are lower among southern Europeans than people living in other sunny locations with similar climates, such as New Zealand. Some studies attribute this to the higher level of pollution in the upper atmosphere that filters out some of the UV radiation, while others attribute it to the fact that the inhabitants of the Mediterranean rim have had thousands of years to grow a genetic tolerance for sunlight.

Whichever is the case, there is no argument that a lot of time spent outdoors which gives your body the chance to produce its own vitamin D has great health benefits.

Healthy Mediterranean Habits 2: Walk wherever you can

Since Southern European towns and villages date back to the middle ages and beyond, they are compact and very pedestrian friendly. While many European Mediterranean residents' own cars, they still walk much more than Americans. This isn't just because the towns are smaller, traditionally, the center of social life in Mediterranean towns and villages revolved around the town square, known in various times and places as the agora (Greek), the forum, (Roman), the Plaza (Spanish) and the Piazza (Italian), the town center is where the cafes, local church, government offices, and daily outdoor markets are usually hosted. Even today on any evening, these venerable places swarm with young couples, families, and retired folks enjoying life together.

Mediterranean Habits 3: Social People are Happy, Healthy People

Social links are very strong on Mediterranean culture, commonly valued as much more important than their economic situation. Indeed, unlike the Anglo-Saxon obsession with measuring personal success with wealth, prestige, or position, Southern Europeans commonly measure their level of fulfillment by the quality of their family and social lives.

This is not just true in the countryside, where in the rugged valleys; the entire population is literally related to everyone else. While it is considered normal in certain countries to come home and catch up on work, it is more common along the Mediterranean to leave work and family completely

separated (except, of course, in a family farm or business).

While family life is often the centerpiece of social life, people typically “get on” with each other more. In the cafes and squares that dot the region, newly met strangers commonly swap stories and share drinks over a game like dominoes in Spain or lawn bowling in Italy.

The extra quality time with loved ones and friends spent on social and cultural pursuits is revealed through many studies to be an extra contributor to the lower incidences of anxiety, stress, depression, heart disease and depression among southern Europeans.

Even if you don't work on a farm, or it's impossible to do anything in your town without driving, incorporating a “Mediterranean Mindset” is a valuable addition to taking advantages of its cuisine. The extra exercise with keep you fit, and an extra focus on family activities will add incalculable value to your sense of personal fulfillment.

Medical Benefits

The Mediterranean diet food pyramid has little in common with the Western pattern diet. To Summarize, the top of the pyramid is red meat, which is consumed in small amounts a few times a month. Eggs, poultry and fish get served a few times each week. Small portions of yogurt and cheese are consumed regularly. Olives and olive oil are a regular accompaniment to each meal. Just above the Mediterranean diet's base is fruits and vegetables, with nuts and beans included. Pasta, bread, and other grains compose the bottom of the food pyramid. The Mediterranean diet overall is linked to a lower risk of heart disease and high cholesterol. This is due to the amount of healthy fat consumed from olive oil and cheese, and a more fulfilling cultural mindset in which family and social pleasure outranks work in the hierarchy of needs.

While several diets have been noted, the diet offering the strongest evidence of beneficial health effects to include reduced mortality is the Mediterranean diet.

Primarily a plant based diet; the Mediterranean diet has received many accolades for its high intake of dietary fiber and replacing saturated fats with healthy monounsaturated fats.

For decades westerners have been loath to salt and are surprised with the high salt content in the Mediterranean diet. Olives, anchovies, sardines, capers, salted fish roe, salt-cured cheeses are all staples in the Mediterranean diet, as are olive oil based salad dressings. Consider for a moment that our bodies rely on salt and need quite a bit every day. Studies confirm that Southern Europeans are not plagued with the heart problems that other Westerners suffer with. One main reason is that Southern Europeans are not exposed to the levels of saturated fats as Westerners since they consume much less red meat.

If you do switch your diet from the traditional Westerner fare to the healthier Mediterranean diet you would be well advised to limit your salt intake until your body balances out.

Of course diet is only one part of the health benefits of the Mediterranean culture. Add a balanced lifestyle of physical activity and outdoor labor and you complete the picture.

Genetics is a very small influence to the longer life spans of the people of Southern Europe. Mediterranean residents who changed their dietary habits and lifestyle to mirror the less active and fat laden diet of Westerners were found to have significantly increased their incidence of heart disease.

There is considerable difference in incidence of heart disease in the region between people who stick to traditional foods and those who don't.

The comprehensive benefits of following the Mediterranean diet in relation to good heart health is essentially associative in nature; However they are illustrated in the difference in the geographic frequency of heart disease.

Medical Research

While it was known that inhabitants of the Mediterranean enjoyed longer and healthier lives, there was little effort to quantify this until the mid 20th century. One of the first efforts to do so showed that males living on the Island of Crete had a low probability of suffering heart attacks, despite the fact that they ate a substantial amount of fatty foods. In common with other traditional Mediterranean diets, typical meals eaten here include a great deal of olive oil, bread, fresh fruit and vegetables, fish and fresh dairy foods.

Assuming that these low rates were not due to genetics, The Lyon Diet Heart Study included among its goals the aim of showing that any person eating foods found in the Cretan diet could see similar health benefits. The dietary change also required participants to eat much more vitamin C-rich fruit as well as whole-grain breads with a sharp reduction in red meat. Over the multi-year course of this study, the participant's death rate from all causes was reduced by a significant 70%! These results were considered so extraordinary that the supervisory committee decided to stop the study prematurely so that the results of the study could be made available to the public immediately.

This study proved that there were other benefits besides heart health to be enjoyed as a result of including Mediterranean ingredients in a diet plan, inspiring other research teams to quantify other health benefits. A 2008 study of the traditional Mediterranean diet found that it offers a great deal of protection against the development of type 2 diabetes. The study included more than 13 000 college aged students, who did not currently suffer from diabetes, whose eating habits were studied for a 10-year period.

After the ten year study had ended, researchers continued to track some of the participants. It was additionally revealed that who had subsequently continued to include Mediterranean ingredients in their diet had an 80% lower risk of diabetes.

A more focused medical study revealed through a UK Medical institute in 2008 proved that persons whose diet is primarily composed of ingredients common in the Mediterranean diet lowered the odds of getting cancer and cardiovascular disease. The results reported a 9%, 9%, and 6% reduction in overall, cardiovascular, and cancer mortality respectively. Additionally a 13% decrease in the odds of developing Parkinson and Alzheimer's diseases was shown as well.

A study published in the same Journal in 2009 shows that some aspects of the Mediterranean diet, including enhanced levels of vegetables without eating a lot of meat is more directly responsible for the overall low risk of mortality than other ingredients, like cereals, dairy, and fish.

Moderate alcohol intake, eating a substantial amount of fruits and nuts, are also associated with lower risk of an early death. Yet another research project published in February 2010 found that eating a mix of Mediterranean ingredients can aid in keeping the brain healthy by reducing the amount of micro strokes that play a large part in the development of senility.

Therefore, in addition to tasting great, offering many delicious ingredients to choose from, and promoting wellness, there is an abundance of scientific evidence proving the efficacy of the

Mediterranean diet in reducing risk of a whole slew of chronic diseases. It should therefore be no surprise that the Mediterranean Diet is becoming a comprehensive popular and successful translational paradigm for the promotion of healthier lifestyles.

Extra Dieting and Wellness Tips

The family pet can be an ideal partner in any exercise routine you do alongside the Mediterranean diet. Pets provide unique weight loss motivation and help. You can walk, jog, or just play with your pet. Not only will you and your companion have fun, but also you will be helping yourself eliminate excess body fat from your body.

Instead of consuming sweet snacks every day, go with fruits. If you have been snacking on candy bars, chocolates and other unhealthy items, replacing them with fruits or healthy yet filling Mediterranean snacks like hummous and pita bread provides you with a healthier option with the benefits of the fruits' fiber, vitamins and minerals.

Fostering friendships with those who are fit and healthy can be beneficial to you. These people can serve as models for your desired weight goals. Also, you may be able to pick up extra tips and tricks on how to lose weight.

Make sure to maximize your water intake during the day. If you drink about a half-gallon of water daily for a week and decrease your food intake, you are going to lose water weight. Avoid these strategies, improve your overall diet and increase your activity level for healthy weight loss.

Scan the outer perimeter of the grocery store for healthy foods. Fruits, vegetables, dairy items and meats listed later on in this guide. A little known grocery store fact is those foods in the center aisles tend to be prepackaged, preservative, salt, and sugar-laden and frequently lacking the essential nutrients for a healthy diet. By refraining from walking down these aisles, you will reduce the chance to purchase them.

Track all of the foods you eat and there amounts, as well as your daily activity levels. Studies show that those who keep a journal of these things eventually recognize certain patterns in their habits and find it easier to lose weight. Some people lose a lot more weight just because they pay attention more closely.

A great way to avoid snacking outside of set meal times is to suck on some ice when you're feeling the urge to snack or eat junk food. Sucking on an ice cube can help satisfy a desire to eat.

In order to shed pounds, you must realize the importance of a proper diet. Go through your kitchen and get rid of all the foods that would interfere with your weight loss, and replace them with traditional Mediterranean ingredients. Eating these healthy foods is the first thing that you have to do in shedding those extra pounds.

Try to avoid wearing lots of loose clothing when losing weight. It is common for overweight people to conceal their weight by wearing loose clothes. You should wear whatever you are comfortable in and not worry about concealing your shape. You are more likely to be cognizant of your weight if you wear clothing that is more form fitting.

Go to bed at a reasonable hour each night. A full eight hours of sleep is the ideal recommendation for

adults. If you are thinking that staying up is helping you drop pounds, you are wrong. Getting enough sleep will keep your metabolism functioning properly.

Eating without focusing on portion sizes will lead to weight gain. If you aren't conscious of what you're eating at all times, you may end up consuming much more than you had intended to eat and that will harm your weight loss efforts. Be aware of how much you eat at every meal and you will likely eat less.

Consuming leftovers is a great way to maintain your weight loss regimen. Prepare enough extra portions at your healthy evening meal to take as your lunch the following day. You can make even more to get you through the whole week. This also helps you prepare a quick and simple meal without much fuss the following day.

Many times boredom and thirst can be misinterpreted as hunger pangs. Before you give in to a craving wait 15 minutes. During that 15 minutes drink some water and take a walk. If the hunger pangs persist then eat something.

Almost everyone enjoys the taste of French fries. They are the downfall of many a potential weight loser. Potatoes in general are not heavily featured in the Mediterranean diet, but when they are, they are more commonly heated via boiling or baking, rather than fried in artery-clogging grease. However, if you aren't quite able to quit French-fries altogether, take steps that help erase pounds instead of adding them, like baking them. Slice a small potato into fries, toss with a small amount of olive oil. Then season the slices with rosemary, salt and pepper and bake for thirty minutes in an oven set at 400 degrees. Loosen using a spatula and then bake for about 10 minutes longer. They are great with ketchup and have a much lower fat content, so you won't miss the deep-fried ones.

It is essential that you avoid food that triggers your appetite. This helps a lot if you are in control of your surroundings. You should avoid any contact with trigger foods in your home, your car or at work. If you are exposed to such items often, you may indulge even when not hungry.

Eat your largest meal of the day at lunchtime instead of at night. If you usually have a sandwich during lunch, try having it for dinner instead. You burn far more calories in the daytime and less in the evening, so it makes much more sense to consume more in the daytime and far less at night.

Keeping a healthy weight is the key to your future health. The way you live every day will decide if you can succeed in the long-term. Use what is available to you to make the changes in your life and to create a healthier body. Believe in yourself!

Section 2: Hypothyroidism Diet

What is Hypothyroidism?

Hypothyroidism is a condition which results when the thyroid gland is unable to produce enough thyroid hormone to properly regulate metabolism. Thyroid hormone is one of the most important hormones involved in the way that the human body uses energy from the food that we eat and as such, hypothyroidism has an effect on virtually every system and every organ in the body. An insufficient amount of thyroid hormone causes a slowdown in many bodily functions and it's a much more common condition than you might think – close to 5% of adolescents and adults in the United States suffer from this disorder.

There are many possible causes of the condition, including inflammation of the thyroid, genetic factors, damage to the thyroid gland from radiation treatment for cancer, Hashimoto's disease, a side effect of some prescription medications and too much or too little iodine in the diet. If you're afflicted with hypothyroidism yourself, you probably struggle with symptoms like weight gain, a lack of energy, dry skin, depression and sensitivity to cold.

However, there is hope for people who suffer from hypothyroidism. There are now several medications available which can be quite effective, although many people are becoming increasingly interested in doing what they can to manage the condition through diet and exercise.

There is still some debate about what foods people with underactive thyroid glands should or should not eat, although there is a general consensus that the best diet for people with hypothyroidism is a healthy, well balanced diet which provides the necessary vitamins, minerals and other nutrients.

The Recipes

Since many nutritionists think that certain foods, especially cruciferous vegetables like broccoli and cauliflower may exacerbate thyroid conditions, we've left this family of vegetables largely out of the recipes in this cookbook. If you can't live without them, you might want to consider adding them in small amounts; many people with hypothyroidism can tolerate these vegetables in moderation.

The emphasis in this cookbook is on healthy, nutritionally balanced recipes which provide your body with nutrients which support endocrine health, particularly the thyroid gland. Almost as important is the fact that the recipes you'll see here include a lot of culinary variety. While people with hypothyroidism may have some special dietary concerns, it doesn't mean that your options are limited – in fact, your options are only limited by your imagination and your skill in the kitchen. However, if you use the recipes in this cookbook as a starting off point, you'll soon find yourself becoming an excellent cook and you'll be creating your own new favorites sooner than you might think. Feel free to experiment with these recipes and to adjust the amount of spices and other ingredients to match your own tastes.

As you would before you start any kind of new diet, speak to your physician to get their advice. Depending on the cause of your hypothyroidism and the severity of your case, your doctor may have recommendations for different foods that you should or should not eat or suggestions regarding nutritional supplementation to help manage your condition.

Once you have the blessing of your health care provider, feel free to dive into these recipes and discover just how much freedom you still have in the kitchen even as you keep your hypothyroidism under control by giving your endocrine system the nutritional support it needs.

One final note: although we've left out the word “organic” in these recipes, it's always advisable to use organic ingredients whenever possible. It's healthier in general and also recommended for hypothyroidism management.

Entrées

Grilled Pork (or lamb) Tenderloin, Puerto Rican Style

Number of Servings: 8

Ingredients:

2 lb pork (or lamb) tenderloin, trimmed of fat
6 – 8 cloves garlic, minced or crushed in a garlic press
2 tbsp green onions, sliced into thin rounds
Juice of 8 – 10 limes
1/3 cup fresh cilantro, chopped
3 tsp dried oregano
3 tsp black pepper
1 tsp salt
2 – 3 tsp cumin
2 tsp olive oil (use extra virgin olive oil if possible)

Preparation:

Mix together the black pepper, salt, minced or crushed garlic, cumin, oregano and lime juice in a large baking dish. Add the pork (or lamb) tenderloin to the baking dish, turning to coat with the lime juice and spice mixture. Cover the baking dish and refrigerate. Marinate the pork (or lamb) for at least 30 minutes or for as long as 2 hours, turning occasionally.

Once you're finished marinating the pork (or lamb), remove it from the baking dish and discard any remaining marinade. Brush the pork (or lamb) with the olive oil and place on a grill rack (you may want to spray the rack with cooking spray to prevent sticking) and grill until a meat thermometer inserted at the thickest part of the tenderloin reads 160 degrees; this should take 25 to 30 minutes.

Allow the pork (or lamb) tenderloin to rest for five minutes, slice 1/4" thick and serve, sprinkled with sliced green onions and chopped cilantro.

Stuffed Winter Squash

Number of servings: 6 – 8, depending on the size of the squash and whether this recipe is prepared as a main course or as a side dish

Ingredients:

- 1 medium size winter squash (pumpkin or Hubbard work best, but any winter squash that you happen to have on hand will work fine for this recipe)
- 2 cups cooked brown rice (about 1 cup uncooked)
- 1 ½ cups dried cranberries
- 1 cup vegetable or chicken broth
- 1 cup pecans, chopped
- 2 tbsp fresh sage, chopped
- 1 tsp thyme
- 2 tbsp olive oil
- 2 tbsp ground flax seed (use flax seed meal or grind your own flax seeds)
- 2 tsp salt

Preparation:

Start by preheating your oven to 400 F. Cut off the top of the winter squash (this is easier with a pumpkin or a Hubbard squash) and remove the seeds. Mix together the remaining ingredients in a large mixing bowl, then stuff the winter squash with the mixture. Replace the top of your squash and brush the entire vegetable with a little olive oil. Bake the squash on a cookie sheet or baking dish for 1 hour or until it has become soft enough to easily pierce with a knife.

Remove the squash from the oven and allow it to rest for a few minutes, then remove the top, slice and serve as a main course or as a side dish.

Lentil Stew

Number of servings: 8 - 12

Ingredients:

- 1 lb (one bag) dry brown lentils
- 2 cups vegetable or chicken broth
- 1 large yellow onion, diced
- 1 bunch Italian (flat leaf) parsley, chopped
- 4 medium to large carrots, diced
- 2 stalks celery, diced
- 6 cloves garlic, chopped
- 4 tbsp olive oil (preferably extra virgin olive oil)
- Juice of 2 lemons, plus extra lemon wedges for serving
- 4 tsp thyme
- 2 tsp cumin
- 3 tsp salt
- 1 bay leaf

Preparation:

Place the lentils in a large stock pot with 10 cups of water along with the carrots, celery and bay leaf. Bring the pot to a boil before reducing the heat to a simmer. Cook, covered for 45 minutes. While the lentils cook, sauté the onions and garlic in olive oil over medium heat until browned, about 5 – 7 minutes. Add the sautéed garlic and onion, vegetable or chicken broth, lemon juice, thyme, cumin and salt to the lentils and simmer for another 15 minutes uncovered. Remove the soup from heat and stir in $\frac{3}{4}$ of the parsley. Season to taste with salt, black pepper and cumin and then serve topped with the remaining chopped parsley and lemon wedges on the side.

Poached Salmon With Parsley And Pumpkin Seed Sauce

Number of servings: 4

Ingredients:

For the sauce:

- 1 cup fresh Italian parsley, chopped (about 1 small bunch)
- 1/3 cup raw pumpkin seeds
- 2 cloves garlic
- 2 tsp olive oil (use extra virgin olive oil)
- 1 tbsp grated Romano or Parmesan cheese
- Juice of 1 lemon
- A pinch of salt

For the poached salmon:

- 1 ½ lb salmon steak or filet
- 2 tbsp white wine (or stock) or cognac vinegar
- 1 bay leaf
- 2 tsp thyme
- 1 tsp salt
- Black pepper, to taste

Preparation:

The sauce will taste best if you give it a little time for the flavors to blend together, so you may want to make it an hour or so ahead of time. Add the garlic, parsley, pumpkin seeds, olive oil and Romano or Parmesan to a food processor and blend until it forms a smooth sauce, adding a little water if necessary. Transfer the sauce to a bowl and add the salt and lemon juice, stirring to blend well.

Now you're ready to poach the salmon. Use a pot which is deep enough that you can immerse the salmon in it; fill the pot with enough water for this. Add the salt, white wine (or stock) or cognac vinegar, thyme and bay leaf to the pot and bring the mixture to a boil and then reduce to a simmer over medium-low heat, uncovered. The water should be just barely at a simmer.

Place the salmon in the pot and cook for about 7 minutes for each inch of thickness of the salmon steak or filet (measured at the thickest point). You'll be able to tell the salmon is cooked when the flesh turns completely opaque and will spring back if pressed. Remove from heat and pour 2/3 of the sauce on a serving platter, place the salmon on the sauce and top with the remaining 1/3 of the sauce and serve.

Peanut Shrimp

Number of servings: 2

Ingredients:

½ lb shrimp, peeled and deveined
2 cloves garlic, minced
Juice of 2 lemons
2 tbsp olive oil (use extra virgin olive oil)
2 tbsp vegetable or chicken broth
¼ cup peanut sauce (your choice or make your own)
Salt and black pepper, to taste

Preparation:

Toss the shrimp with half of the lemon juice, a pinch of salt and a little black pepper while heating the vegetable or chicken broth in a skillet or sauté pan over medium heat. Once the broth begins to simmer, add the shrimp and cook for 2 minutes, stirring frequently.

Turn the shrimp over, add the garlic and continue cooking until the shrimp turn pink and opaque, about another 3 minutes (longer for larger shrimp). Remove from the shrimp from heat immediately once they're cooked through. Drizzle with olive oil, the other half of the lemon juice and the peanut sauce, toss to coat and serve.

Chicken And Chana Curry

Number of servings:8

Ingredients:

- 1 small whole chicken, cut into 15 – 20 pieces
- 3 cups cooked chana dal* (canned cooked chickpeas may be substituted)
- 2 medium yellow onions, diced (about 2 cups)
- 6 cloves garlic, minced or crushed using a garlic press
- 1” long piece of fresh ginger, peeled and minced
- 1 tomato, diced
- 2 Thai chili peppers, minced (optional – you may omit this ingredient if you prefer a milder curry)
- 1 cup low fat yogurt
- 1 cup water or chicken broth
- 2 tbsp vegetable oil or ghee
- 1 tbsp cumin
- 1 tsp turmeric
- 1 tsp cayenne pepper
- 2 tsp garam masala, or to taste
- 1 tsp powdered coriander
- 2 bay leaves
- 1 cinnamon stick
- A pinch of cardamom
- A pinch of mustard seeds
- salt, to taste
- Chopped cilantro and lime wedges, for serving

Preparation:

In a large saucepan, heat the oil or ghee and mustard seeds, stirring occasionally until the mustard seeds begin to pop; and then add the onion, cinnamon stick, cardamom and bay leaf. Saute until the onion is golden brown. Add the remaining spices, ginger, half a cup of water or chicken broth and cook for another 5 minutes on medium-low heat, stirring occasionally.

Add the chicken, stir well, cover and cook for another 15 minutes, stirring every few minutes to prevent burning. Add the chana dal or chickpeas and the remaining ½ cup of water or broth and cook for another 15 minutes, covered, stirring occasionally. Add the yogurt, diced tomato and Thai chilies (if using) and simmer uncovered for another 10 minutes, stirring regularly; if the curry seems too thick, add a little water or chicken broth and stir to mix. Once the chicken is cooked through, remove from heat and serve with brown rice, chopped cilantro and lime wedges.

Whole Wheat Linguini With Garlic, Tomato and Anchovy

Number of servings: 4

Ingredients:

½ package whole wheat linguini
3 large tomatoes, diced
4 cloves garlic, crushed or minced
1 tbsp olive oil (use extra virgin olive oil)
1 tbsp fresh basil, chopped
1 tbsp anchovy paste (you can use more or less to taste)
4 tsp grated Romano, pecorino or Parmesan cheese
Black pepper and crushed red pepper, to taste

Preparation:

Cook the whole wheat linguini as per the directions on the package, drain and set aside. In a large skillet or saucepan, sauté the crushed garlic in olive oil over medium heat for 2 minutes or until it becomes aromatic, stirring occasionally. Add the diced tomatoes and anchovy paste and cook for another 2 -3 minutes over medium heat, stirring constantly to prevent burning.

Add the cooked pasta to the garlic, tomato and anchovy mixture and cook for 3 minutes, stirring regularly. Remove from heat and transfer to a large bowl for serving. Mix in the basil, black pepper and red pepper flakes, if using and serve, topping each plate with 1 tsp grated cheese.

Mushroom Crusted Sea Bass

Number of servings: 4

Ingredients:

4 sea bass filets, about 4 ounces each
2 tablespoons ground mixed dried mushrooms
1 tbsp olive oil
For the leek mixture:

4 leeks, trimmed and with the dark green parts removed
1 12 ounce package of crimini mushrooms, washed, stemmed and sliced thinly
1 tbsp olive oil
½ cup vegetable broth
Salt and black pepper, to taste

Preparation:

Trim the leeks, halve them lengthwise and wash them thoroughly under cold running water to remove any dirt or sand. Pat dry with a clean kitchen towel and slice the leeks thinly.

Add 1 tbsp olive oil to a large skillet over medium heat. Once the oil is hot, add the sliced leeks and a sprinkle of salt and black pepper and sauté for 10 minutes, stirring occasionally and adding the vegetable broth a little at a time to keep the leeks moist as they cook.

After 10 minutes, add the sliced mushrooms and continue cooking for another 10 minutes until both the leeks and mushrooms are thoroughly softened, adding vegetable broth little by little as you go. Season the mixture to taste with salt and black pepper and cover tightly to keep warm while you cook the sea bass.

Grind the dried mushrooms until completely powdered; you can do this in a coffee grinder, a food processor or with a mortar and pestle. Sprinkle your sea bass filets with salt and black pepper, then coat with the mushroom powder.

Heat 1 tbsp olive oil in a large skillet over medium high heat. Add the sea bass filets and cook for 4 minutes on each side or until completely cooked through. Serve at once over the leek and mushroom mixture.

Curried Mussels

Number of servings: 4

Ingredients:

- 2 lbs mussels, cleaned and debearded
- 1 medium white or yellow onion, diced
- 1 stalk (about 6” – 7”) lemongrass, quartered and bruised
- 2 cups coconut milk
- ½ cup chicken or vegetable broth
- 1 tbsp fresh ginger, minced
- 2 tbsp chopped cilantro
- 2 tbsp curry powder
- 1 tbsp coconut oil
- Salt and crushed red pepper, to taste
- lime wedges, for serving

Preparation:

Heat the coconut oil in a large skillet. Once the oil is hot, add the onion and sauté until it turns translucent and starts to soften, about 3 minutes. Add the red pepper flakes, minced ginger and curry powder and cook for 1 minute, stirring regularly, until the mixture becomes aromatic.

Add the chicken or vegetable broth and simmer, uncovered until the mixture is reduced by about half, then add the coconut milk, lemongrass and a pinch of salt before bringing to a boil. Add the mussels and lower the heat to medium. Cover and cook for 7 minutes, then check for doneness – remove and discard any mussels which are still closed at this point. Serve in individual bowls with the curry broth and topped with chopped cilantro and lime wedges on the side.

Turkey Burgers

Number of servings: 4

Ingredients:

- 1 lb ground turkey
- ¼ of a small white onion, minced
- 1 slice whole grain bread, toasted
- 2 cloves garlic, minced
- 1 tbsp fresh Italian parsley, minced
- ½ tsp basil
- ½ tsp oregano
- ½ tsp black pepper
- ½ tsp salt
- 1 egg white

Preparation:

Start by making breadcrumbs. Toast the slice of whole grain bread and add to a food processor along with the oregano and basil. Grind into coarse crumbs and transfer to a large bowl along with the minced onion, egg white, minced parsley, minced garlic, ground turkey, salt and black pepper. Mix together well and form into patties – you should have enough of the mixture to make 4 turkey burger patties.

In a nonstick skillet, cook the patties until they measure 180 F in the center when tested with a meat thermometer. Serve on whole grain buns with the toppings and condiments of your choice.

Eggplant Rolls

Number of servings: 4

Ingredients:

- 1 large eggplant
- 2 cups arugula, chopped
- 1 cup fresh basil, chopped
- 1 cup ricotta cheese
- 1 cup (8 ounces) cream cheese, softened at room temperature
- 3 cloves garlic, minced
- 6 sun dried tomatoes, chopped finely
- 4 ounces Parmesan or Romano cheese, grated
- Black pepper, to taste

Preparation:

Heat a grill (either an outdoor charcoal grill or a grill pan on the stove) while you slice the eggplant very thinly and sprinkle each slice with a pinch of salt. If you're grilling the eggplant on a charcoal grill, brush them with a little olive oil to keep them from sticking to the grill while they cook. Grill each slice for about 2 minutes per side until just cooked through.

Once the eggplant slices are cooked, mix together the softened cream cheese, ricotta cheese, chopped sun dried tomatoes, minced garlic and a generous amount of black pepper. Top each slice of grilled eggplant with about spoonful of the cheese mixture and some of the chopped basil and arugula. Roll up each filled eggplant slice into a roll and serve.

Chicken With Mushrooms in Sauce

Ingredients:

- 4 chicken legs
- 4 shallots, minced
- 1 cup sliced crimini or button mushrooms
- 4 cloves garlic, minced
- 2 cups chicken broth
- 1 cup dry red wine (or stock)
- 2 tbsp butter
- 1 tbsp tomato paste
- 1 tbsp olive oil
- 2 tsp marjoram
- 1 tsp oregano
- Salt and black pepper, to taste

Preparation:

Using kitchen shears, separate the chicken into thighs and drumsticks. Pat the chicken dry with paper towels and season with a little salt and black pepper. Melt the butter over medium heat in a large stock pot or Dutch oven and brown the chicken (you'll probably need to do this in batches); remove the chicken when it's browned and set aside.

Add the minced shallots and garlic to the pot and sauté for about 5 minutes or until softened and translucent. Add the tomato paste and continue cooking for 1 minute, then add the wine (or stock) and turn up the heat to high. Bring to a boil and cook until the wine (or stock) is reduced by about half; this will take 3 – 5 minutes.

Once the wine (or stock) is reduced by half, add the mushrooms, chicken and chicken broth and reduce the heat to low and simmer, partially covered, until the chicken is cooked and the sauce has thickened. Stir in the marjoram and oregano and season to taste with salt and black pepper before serving.

Rouladen

Number of servings: 6

Ingredients:

- 1 ½ lbs flank steak
- 6 slices bacon (applewood smoked bacon is especially good for this recipe)
- 2 ½ cups beef stock
- 2 medium red onions, sliced thinly

4 dill pickle spears, sliced thinly
8 tsp brown mustard
2 tbsp butter

Preparation:

Note: You'll need a very sharp knife for this recipe, both to cut the steak and to slice the pickles and onions as thinly as possible.

Slice the flank steak into 6 slices about 3" wide and 1/4" thick. Slice the pickles thinly lengthwise. Peel the onions, halve them and slice very thinly.

Next, lay out the strips of flank steak on a cutting board or other clean work surface and spread each strip with about 1 tsp of brown mustard (or more, if desired). Top each strip with a slice of bacon, followed by slices of onion and pickle. Roll the slices up tightly and pin them together with a toothpick.

Melt the butter in a cast iron skillet over medium heat. Cook the rolls for 2 minutes on each side to brown them. Once the roulades are browned, add the beef broth, reduce the heat to a simmer and cover. Simmer for one hour, covered. Allow the roulades to rest for a few minutes and serve.

Clams Oreganata

Number of servings: 4

Ingredients:

- 2 lbs small clams, well scrubbed and rinsed
- ¼ cup vegetable or chicken broth
- 4 Roma tomatoes, diced
- 4 cloves garlic, minced
- 2 tbsp fresh oregano, chopped
- Zest of 1 lemon
- 1 slice of whole grain bread
- Lemon wedges, for serving

Preparation:

The first step is to make breadcrumbs. Toast the slice of wholegrain bread and grind into crumbs in a food processor along with the lemon zest and 1 tbsp of oregano.

Add the vegetable or chicken broth and garlic to a large saucepan or stockpot and heat over medium low heat until the garlic becomes aromatic, about 2 minutes. Add the tomatoes and the remaining 1 tbsp or oregano and cook, stirring regularly for about 5 minutes until the tomatoes soften and start to break down.

Add the clams and stir well. Add another splash of broth, cover the pot and turn up the heat to medium and cook for 7 minutes. Remove and discard any clams which have not opened after being cooked for 7 minutes.

Divide the clams and the remaining broth into soup bowls and serve, sprinkled with the bread crumb mixture.

Horseradish-Almond Crusted Salmon

Number of servings: 6

Ingredients:

- 6 salmon filets, about 6 ounces each
- 8 tbsp horseradish
- 1 shallot, minced
- 1 tbsp extra virgin olive oil
- ½ cup almond flour
- 2 tbsp chopped dill

1 tsp salt
Black pepper, to taste

Preparation:

Start by preheating your oven to 450 F. In a medium sized bowl, mix together the almond flour, ½ tsp salt, a generous sprinkle of black pepper, the minced shallot, chopped dill, olive oil and the horseradish. Mix well to combine the ingredients and set the mixture aside.

Lightly oil a large baking pan with olive oil or cooking spray and place the salmon filets on the pan, making sure that the filets do not touch each other. Season the salmon filets with the other ½ tsp salt and plenty of black pepper. Spread each salmon filet with the horseradish mixture and bake for 5 minutes or until the salmon is just cooked through. Turn the oven to a broil and cook until the tops are nicely browned, about 2 minutes. Remove from the oven and serve immediately.

Roast Pork (or lamb) With Fennel

Number of servings: 8

Ingredients:

- 2 lbs pork (or lamb) loin
- 8 cloves garlic, crushed
- 1/3 cup fresh rosemary
- 1 tbsp Dijon mustard
- 2 tbsp lemon zest
- 2 tbsp olive oil
- 2 tsp fennel seeds
- Salt and black pepper, to taste

Preparation:

Start by preheating your oven to 400 F. Put the pork (or lamb) loin in a baking dish, fatty side facing up. Grind the garlic, rosemary, lemon zest and fennel coarsely in a food processor, then add the mustard, olive oil and a little salt and pepper to the mixture and continue processing until it forms a smooth paste. Brush the mustard, garlic and herb mixture on the pork (or lamb) loin.

Place the pork (or lamb) loin in the oven and cook for 1 hour or until a meat thermometer inserted at the thickest part reads at least 140 F. Remove the pork (or lamb) loin from the oven and let it rest for 20 minutes before slicing and serving.

Spaghetti Squash With Buffalo Bolognese

Ingredients:

- 1 medium sized spaghetti squash
- 1 lb ground buffalo
- 1 green bell pepper, diced
- 1 large yellow onion, diced
- 4 large tomatoes, diced
- 4 cloves garlic, minced
- 2 tsp oregano
- 2 tsp olive oil
- Salt and black pepper, to taste

Preparation:

Preheat your oven to 400 F. Pierce the spaghetti squash in a few places and once the oven has reached 400 F, place the squash on a baking sheet and bake for 1 hour.

While the spaghetti squash is baking, heat the olive oil in a large skillet over high heat. Once the skillet is hot, add the ground buffalo and cook for 5 minutes, stirring occasionally. Drain off the fat and discard, then add in the diced tomatoes, diced green pepper, minced garlic, oregano and a little black pepper. Bring the mixture to a boil and then reduce to medium low and simmer, covered, stirring occasionally. Cook for another 15 minutes uncovered, stirring regularly.

Once the spaghetti squash is done, remove from the oven, cut in half lengthwise and allow to cool for a few minutes. Scoop out the seeds and separate the flesh into strands using a fork. Place a portion of the spaghetti squash on individual plates, top with the buffalo sauce and serve.

Stuffed Poblano Peppers With Crab, Goat Cheese And Mango Salsa

Number of servings: 8

Ingredients:

- 8 poblano peppers
- 1 6 ounce can crabmeat, drained and rinsed (jumbo lump crabmeat is best)
- 8 ounces Oaxaca or mozzarella cheese, shredded
- 4 ounces goat cheese
- 1 cup corn (frozen and thawed or home cooked and cut from the cob)
- 1 small yellow onion, minced
- 2 cloves garlic, minced
- 2 egg whites (from large or extra large eggs)
- 1 tsp cumin
- 2 tbsp olive oil
- Black pepper, to taste

For the mango salsa:

- 2 mangoes, peeled, seeded and diced
- 1/3 cup fresh cilantro, chopped
- ½ of a small red onion, minced
- Juice of 2 -3 limes
- 2 tbsp orange juice
- A dash of olive oil

Preparation:

Start by making the mango salsa. Mix together the diced mango, minced red onion, olive oil, lime juice and orange juice in a plastic or ceramic bowl (metal bowls may react with the acid in the citrus juices and give your salsa an unpleasant metallic taste). Refrigerate for at least 2 hours to allow the flavors to combine.

Next, heat your oven to broiling temperature. Line a baking dish or cookie sheet with aluminum foil and broil the poblano peppers for 5 minutes per side or until they blister. Remove the poblanos from the oven and place in a large paper bag; close the bag tightly and allow them to steam in the bag for 10 minutes to loosen their skins. Place the peppers under cold running water, rubbing them gently – the skins should slip off easily.

Slice the peppers open lengthwise on one side, keeping the stems in place. Remove the seeds and pith from the peppers and discard, then set the poblano peppers aside to cool.

Heat your oven to 375 F while you prepare the crabmeat filling. Beat the egg whites in a bowl until frothy, then place in a food processor along with the goat cheese, Oaxaca or mozzarella cheese, cumin and black pepper and process until blended. Transfer the cheese mixture to a bowl and mix in the

corn and drained crabmeat.

Divide the crabmeat and cheese mixture evenly among the peppers and pinch the edges of the peppers together to seal; you can also use toothpicks to close the cut edges if necessary.

Place the stuffed poblanos in a large baking dish coated with olive oil or cooking spray with the seam sides down. Cover the dish with aluminum foil and bake for 30 minutes. Serve the stuffed peppers with mango salsa and serve.

Stuffed Zucchini With Shrimp And Feta Cheese

Number of servings: 6

Ingredients:

- 6 small to medium zucchini or yellow squash, cut in half lengthwise
- ¾ lb shrimp, peeled and deveined
- 1 medium tomato, diced
- 1 medium red bell pepper, diced finely
- 2 cloves garlic, minced
- 1 small red onion, diced finely
- 2/3 cup (about 6 ounces) feta cheese, crumbled
- 2 tbsp fresh Italian parsley, chopped
- 2 tbsp fresh dill, chopped
- 2 tbsp olive oil (use extra virgin olive oil)
- Salt, black pepper and crushed red pepper, to taste

Preparation:

Preheat your oven to 425 F. While the oven heats, fill a medium pot about halfway with water and bring to a boil. Boil the shrimp for about 5 minutes or until it's cooked through (it will be opaque once it's cooked). Remove from heat, drain and chop the shrimp finely.

Heat the olive oil in a skillet over medium high heat and sauté the onion, garlic and red bell pepper until tender, about 5 minutes. Add the diced tomatoes and a little crushed red pepper, if using and cook over medium heat until the mixture thickens, about 5 minutes, stirring regularly. Remove from heat and season to taste with salt and black pepper, then stir in the chopped shrimp, dill and parsley.

Scoop out most of the flesh from the zucchini or yellow squash halves, leaving about ¼” behind. Rub the squash halves with olive oil, stuff with the tomato and shrimp mixture, then top with crumbled feta cheese.

Place the stuffed zucchini on a lightly oiled baking sheet and cook for 30 minutes, until the zucchini starts to become tender and the feta cheese is lightly browned, remove from the oven and serve hot.

Fish Tacos

Number of servings:

Ingredients:

- 1 lb halibut
- 4 tbsp taco sauce (any kind you like)
- 1 small white onion, diced
- ½ cup shredded cheese (optional)
- ½ cup sour cream (optional)
- 4 tortillas
- Salsa and lime wedges, for serving

Preparation:

Heat your oven to broiling temperature. While the oven is heating, brush the halibut with the taco sauce and place on a baking sheet. Broil for 5 minutes, then turn over and broil for another 5 minutes or until the fish turns completely opaque and flakes easily with a fork.

Remove the halibut from the oven and transfer to a bowl. Flake the fish with a fork and set aside. Toast the tortillas over the flame of a gas stove; you can also heat them on a dry skillet for a few seconds per side over high heat or warm them in the microwave if you don't have a gas stove.

Divide the flaked halibut among the tortillas and top with diced onion, salsa, cheese and sour cream (if using) squeeze a lime wedge over each taco and serve.

Chicken Puttanesca

Number of servings: 4

Ingredients:

- 4 chicken breasts, about 4 ounces each
- 2 tomatoes, diced
- 6 cloves garlic, minced
- ½ cup kalamata olives, chopped
- 2 tbsp fresh basil, chopped
- 2 tbsp capers
- Juice of 1 lemon
- 4 tsp olive oil
- Salt, black pepper and red pepper flakes, to taste

Preparation:

Set your oven to warm. Heat 2 tsp olive oil in a large skillet over medium high heat; while the oil heats, season the chicken breasts with salt and pepper. Cook the chicken breasts for 2 minutes or until browned, turn over and cook for another 30 seconds. Remove the chicken breasts from the pan and transfer to a baking dish and place in the oven to keep warm.

Add the other 2 tsp of olive oil to the skillet and sauté the garlic over medium heat for 1 minute or until it becomes aromatic, stirring regularly. Add the diced tomatoes, chopped olives, capers and pepper flakes to taste and simmer for 5 minutes until the sauce thickens slightly. Stir regularly to break up the tomatoes as they cook. Stir in the basil and lemon juice and remove from heat. Season to taste with salt, black pepper and crushed red pepper.

Take the chicken breasts out of the oven and transfer to individual plates. Top each chicken breast with a portion of the puttanesca sauce and serve.

Brandied Beef Tenderloin

Number of servings: 4

Ingredients:

- 4 beef tenderloin filets (about 4 ounces each)
- ½ cup beef stock
- 3 tbsp fresh Italian parsley, chopped
- 3 cloves garlic, minced
- ½ tbsp butter
- 1 tbsp olive oil
- 2 ounces brandy or cognac
- Salt and black pepper, to taste

Preparation:

Season the beef tenderloin filets with salt and black pepper. Heat the olive oil in a large cast iron skillet over medium-high heat. Place the beef tenderloin in the skillet and cook until they reach your desired degree of doneness; to cook to medium rare, it will take about 5 minutes per side. Transfer the beef to a serving platter and set aside.

Add the garlic and 2/3 of the parsley to the skillet and cook for 30 seconds, stirring regularly. Add the beef broth, butter and the brandy and cook over medium-high heat until the sauce is reduced to a glaze – this should take about 5 minutes. Pour the glaze over the beef tenderloin filets, sprinkle with the remaining 1/3 of the parsley and serve.

Flaxseed Pizza

Number of servings: 4

Ingredients:

1 ½ cups flax seed meal
2 tsp baking powder
3 tbsp olive oil
½ cup water
3 large eggs, beaten
1 tsp salt
a pinch of sugar

Preparation:

Start by preheating your oven to 425 F while you mix together the flax seed meal, baking powder, salt and sugar. Add the water, olive oil and eggs and mix together to combine, then set aside for 5 minutes to thicken.

Oil a baking pan or parchment paper and spread out the dough. Place in the oven and bake for 18 minutes. Remove pizza crust from the oven, allow to cool for a few minutes, top with the ingredients of your choice and then return to the oven for about 10 minutes or until the toppings are cooked through and the crust becomes slightly crisp. Remove from the oven, allow to cool for a few minutes, slice and serve.

Black Bean Tostadas

Number of servings: 2

Ingredients:

- 1 can (15 – 16 ounces) refried black beans
- 2 small Roma tomatoes, diced
- 1 small white or yellow onion, diced
- 2 tbsp chopped cilantro
- ½ an avocado, peeled, seeded and diced
- 1 cup shredded romaine or Bibb lettuce
- 2 ounces shredded cheese (your choice)
- 2 tortillas
- Salsa and lime wedges, for serving

Preparation:

Start by preheating your oven to 350 F. Once the oven has reached 350 degrees, place the tortillas on a baking sheet and bake for 10 minutes or until crisp. While the tortillas are baking, heat the refried black beans.

Remove the tortillas from the oven once crisp, then spread with refried beans, shredded cheese, lettuce, diced onion, tomato and chopped cilantro. Serve with salsa and lime wedges.

Portabella Mushroom “Pizzas”

Number of servings: 4

Ingredients:

- 4 portabella mushroom caps, thoroughly washed
- 6 ounces mozzarella cheese, shredded
- 2 medium Roma tomatoes, roasted
- 4 fresh basil leaves
- 2 cloves garlic, crushed
- 1 tsp olive oil (use extra virgin olive oil)
- Salt and black pepper, to taste

Preparation:

Preheat your oven to broiling temperature. Lightly oil a baking sheet, slice the tomatoes thinly and arrange on the baking sheet. Roast the tomatoes in the broiler for 3 -4 minutes, turning once. Remove the tomatoes from the oven, transfer to a plate and set aside. Lower the oven to 450 F while you prepare the other ingredients.

In a small bowl, mix together the olive oil and crushed garlic. Rub the garlic and oil mixture on all sides of the mushroom caps and place them, gill side up, on the baking sheet and sprinkle with a little salt and black pepper.

Top each mushroom cap with tomato slices, shredded mozzarella cheese and a basil leaf and place in the oven. Bake for 7 – 10 minutes, or until the cheese begins to brown.

Side Dishes

White Beans With Swiss Chard

Number of servings: 4

Ingredients:

1 can (15 – 16 ounces) white beans; either cannellini or great northern beans is fine
4 cups Swiss chard or rainbow chard, washed, patted dry and chopped
6 sundried tomatoes, chopped
½ cup vegetable broth
4 cloves garlic, sliced thinly
2 tbsp olive oil (use extra virgin olive oil)
Salt and black pepper, to taste

Preparation:

Bring 6 cups of lightly salted water to a boil in a large saucepan or stockpot. Add the Swiss chard and boil for 5 minutes until they turn bright green and take on a crisp-tender texture. Drain and set aside.

Put the saucepan back on the heat, add the vegetable broth cook over medium-high heat. Add the sliced garlic and the white beans and cook for another 1 -2 minutes to heat through the beans. Add the Swiss chard back to the pan and cook for another 2 minutes. Remove from heat, drizzle with olive oil, season to taste with salt and black pepper and serve using a slotted spoon to drain off excess moisture.

Zucchini and Sardine Salad

Number of servings: 2

Ingredients:

1 medium sized zucchini or yellow squash, sliced thinly
1 can sardines, drained
1 tbsp fresh dill, chopped (use more if you like – dried dill can be substituted if necessary)
Juice of 1 lemon

2 tbsp olive oil (use extra virgin olive oil)

Salt and black pepper, to taste

Preparation:

Mash the sardines with a fork and mix together in a bowl with the zucchini slices and dill. In a separate, smaller bowl mix together the olive oil, lemon juice and a little salt to make a dressing. Pour the dressing over the zucchini and sardine mixture, toss to coat, season to taste with salt and black pepper and serve. This recipe can also be prepared using anchovies in the place of sardines, if desired.

Moroccan-Spiced Roasted Vegetables

Number of servings: 4

Ingredients:

1 bunch asparagus, trimmed and cut into 1” pieces
1 medium sized parsnip, trimmed and cut into 1” pieces
1 large or 2 medium carrots, trimmed and cut into 1” pieces
1 large red or yellow onion, diced
1 leek, trimmed, cleaned thoroughly and sliced into 1” pieces
4 cloves garlic, halved
2 tbsp olive or coconut oil
3 tsp Ras el Hanout*
Salt, to taste

Preparation:

Preheat your oven to 425 F while you prepare the vegetables. Toss the chopped vegetables with the olive or coconut oil, a little salt and Ras el Hanout.

Line a cookie sheet or baking dish with parchment paper and arrange the vegetables in a single layer. Bake until vegetables are nicely browned, about 45 minutes; you may want to turn them once about halfway through.

* If you’re unfamiliar with Ras el Hanout (literally, “top of the shop”), this is a Moroccan spice blend available at Middle Eastern groceries and some health food stores. If you can’t find Ras el Hanout where you live, you can make a similar spice mix with cumin, coriander, cinnamon, clove, red and black pepper, nutmeg and turmeric. This recipe is also good with other spice blends such as Indian garam masala, Ethiopian berebere or if you’re so inclined, even less exotic blends like Old Bay (although you’ll want to omit any added salt if you’re using a spice mix which contains salt).

Wild Rice Pilaf

Number of servings: 4

Ingredients:

½ cup wild rice, uncooked
½ cup brown rice, uncooked
2 ½ cups water or vegetable broth (omit salt if using broth)
1 ½ tbsp olive oil
1 tbsp fresh ginger, peeled and minced
½ cup dried apricots, sliced thin

¼ cup sunflower seeds (preferably raw)
½ tsp cinnamon
½ tsp cayenne pepper (use more or less to taste)
a pinch of salt, if not using vegetable broth

Preparation:

Bring water and salt to a boil in a large pot. While the water heats, rinse the wild rice and once the pot comes to a boil, add the wet rice and reduce the heat to medium. Cook, covered for 10 minutes, then rinse the brown rice and add it to the pot. Reduce the heat to a simmer and cover. Cook until the wild and brown rice are both done, about 40 minutes.

When the rice is cooked, heat the olive oil over low heat in a small pan along with the cayenne pepper, cinnamon and sliced apricots. Cook until aromatic, about 3 minutes, stirring occasionally. Stir in the apricot-spice mixture and the sunflower seeds. This dish can be served immediately while still warm, allowed to cool to room temperature or refrigerated and served cold.

Lima Bean Hummus

Number of servings: 4

Ingredients:

- 1 15 ounce can of lima beans, drained and rinsed
- Juice of 2 lemons
- 2 cloves garlic, minced
- 1 tbsp fresh Italian parsley, minced
- ½ tsp cumin
- 1 tsp olive oil
- Salt, to taste
- A pinch of paprika

Preparation:

Place the drained lima beans, garlic, lemon juice, cumin, olive oil and a little salt in a food processor and process until it reaches the desired consistency. If you'd like your lima bean hummus to be a little thinner, then you can add a little extra lemon juice or a teaspoon of water at a time until you arrive at the consistency you like. Transfer to a bowl, stir in the minced parsley and refrigerate for 2 hours before serving, topped with a sprinkling of paprika.

Warm Goat Cheese Salad

Number of Servings: 2

Ingredients:

1 medium sized tomato, halved
2 ½ inch slices of goat cheese
2 tsp pesto
Arugula

Preparation:

Preheat your oven to 325 F. Slice the tomatoes in half and spread each with 1 tsp pesto and top with a slice of goat cheese. Place the tomato halves on top of a bed of arugula on oven-safe plates and bake for a few minutes to allow the goat cheese to soften and the arugula to wilt slightly. Serve warm.

Seaweed Salad

Number of servings: 8

Ingredients:

- 2 cups dried seaweed (hijiki or arame)
- 4 cups water
- 1 medium sized cucumber, diced (peeling and seeding are optional)
- 1 small carrot, shredded
- 3 green onions, sliced
- ½ cup fresh Italian parsley, chopped
- Juice of 2 lemons
- 2 tbsp toasted sesame oil
- 1 ½ tbsp tamari or Bragg’s liquid aminos

Preparation: Rinse the seaweed well and soak in 4 cups water until rehydrated. Drain well and mix together with the remaining ingredients and toss. Serve at once or refrigerate – this salad keeps well in the refrigerator for up to 4 days.

Sesame Cucumber “Noodles”

Number of servings: 4

Ingredients:

- 2 medium cucumbers
- 2 tsp sesame seeds, toasted
- 1 tbsp toasted sesame oil
- 1 tbsp tamari or Bragg’s liquid aminos
- Crushed red pepper, to taste

Preparation:

Peel the cucumbers and trim off the ends. The easiest way to proceed from here is to cut the cucumbers in half so that they’re easier to handle and use a mandoline to slice the cucumbers thinly lengthwise to form flat noodle-like shapes – although this can also be done with a sharp knife and steady hands.

Slice the cucumbers, rotating as you cut until you reach the seeds. Place the cucumber “noodles” in a bowl and toss with the toasted sesame oil, half of the toasted sesame seeds and tamari. Refrigerate for at least 1 hour to chill and allow the flavors to blend. Serve cold, sprinkled with the remaining toasted sesame seeds and crushed red pepper.

Salad Greens with Yogurt Tahini Dressing

Number of servings: 6

Ingredients:

- 5 cups romaine or Bibb lettuce, chopped
- 1 cup arugula, radicchio or chicory (or a mixture of all three), chopped
- ½ cup cilantro, chopped
- 1 medium carrot, grated
- 2 medium tomatoes, halved and sliced

For the dressing:

- ¼ cup low fat yogurt
- ⅓ cup orange juice
- 4 tbsp tahini
- 1 tsp sesame oil (toasted or untoasted, either is fine in this recipe)
- A pinch of cayenne pepper
- Black pepper, to taste

Preparation:

Wash, drain and chop the lettuce and cilantro and put into a large salad bowl. Grate the carrot and stir into the greens. In a smaller bowl, mix the yogurt, sesame oil, tahini, orange juice, cayenne and black pepper using a whisk to blend thoroughly. Drizzle the yogurt tahini dressing over the salad, toss to mix and serve.

Tomato, Red Bean and Mushroom Soup

Number of servings: 4

Ingredients:

3 medium tomatoes, diced
1 15 ounce can red beans, drained and rinsed
1 cup sliced crimini mushrooms
½ of a small white, yellow or red onion, minced
2 cloves garlic, minced
1 celery stalk, diced
1 tbsp fresh cilantro, chopped
a dash of cardamom
2 tsp oil (olive or coconut)
4 cups water
salt and black pepper, to taste
lemon wedges and chopped cilantro, for serving

Heat the oil in a Dutch oven or medium sized saucepan over medium-low heat. Once the oil is hot, add the garlic and onion and sauté until browned, about 5 minutes, stirring regularly. Add the diced celery, mushrooms and tomatoes and continue to cook, stirring occasionally, for another 5 minutes, or until the mushrooms have softened and release their water. Add the cardamom, red beans and water and bring to a boil. Reduce the heat and simmer the soup, covered for 20 minutes. Taste and season as needed with salt and black pepper. Ladle into bowls and serve hot with chopped cilantro and lemon wedges.

Mushrooms With Blue Cheese

Number of servings: 4

Ingredients: 1 12 ounce package mushrooms (crimini are best for this recipe), washed and sliced
1 cup coconut milk
3 tbsp blue cheese (any other cheese you prefer may be substituted)
2 cloves garlic, minced
2 tbsp coconut oil
Black pepper, to taste

In a small saucepan, sauté the sliced mushrooms and garlic in coconut oil over medium heat until the garlic is browned, about 4 minutes, stirring regularly to prevent burning.

Add the cheese and coconut milk and cook over medium-low heat, stirring frequently, until the mixture thickens. Serve hot with whole grain toast points or whole grain crackers.

Steamed Artichokes With Lemon Butter

Number of servings: 4

Ingredients:

- 4 artichokes, washed
- 1 stick butter
- 4 lemons
- 1 tbsp mustard seeds
- 1 tbsp coriander seeds
- 2 tsp salt
- black pepper, to taste

Preparation:

Place 4 quarts of water in a large pot and bring to a boil over high heat. While the water is heating up, trim the stems of your artichokes, leaving about 2”. Squeeze 2 of the lemons and add their juice to the boiling water along with their peels, salt and the mustard and coriander seeds.

Add your artichokes to the pot and cover them with a lid smaller than the pot or a plate to keep them submerged in the boiling water. Boil for 15 minutes and check for doneness; your artichokes will be done when you can insert a knife where the stem meets the bottom of the flower and remove it easily.

When the artichokes are almost done, melt the stick of butter in a small saucepan, then add the juice of the other 2 lemons and season to taste with salt and black pepper. Serve one artichoke to each diner, along with a small dish of the lemon butter and a bowl to place their discarded leaves.

Arugula and Grilled Chicken Salad

Number of servings: 4

Ingredients:

- 3 cups arugula, washed and drained of excess moisture
- 8 ounces grilled chicken, sliced thin
- 4 radishes, sliced thin
- 1 green onion, sliced into thin rounds
- 1 medium sized avocado, peeled, seeded and sliced

For the dressing:

- 2 tbsp extra virgin olive oil
- 1 tsp honey
- Juice of 2 limes
- A pinch of salt
- Black pepper, to taste

In a small bowl, mix the olive oil, honey, lime juice, salt and black pepper with a whisk to mix well. Divide the arugula into 4 individual bowls and top with sliced green onion, radishes, grilled chicken and avocado. Serve with dressing on the side.

Green Beans With Gorgonzola Cheese and Walnuts

Number of servings: 4

Ingredients:

- 4 cups fresh green beans, trimmed
- ¼ cup walnuts, chopped
- ¼ cup vegetable or chicken broth
- 1 ounce gorgonzola cheese, crumbled
- 3 tsp walnut or extra virgin olive oil
- Salt and black pepper, to taste

Preparation:

Add the green beans and broth to a large skillet and bring to a boil, then reduce to a simmer and steam the beans for 5 – 7 minutes, until they’re slightly tender but still a little crisp. Remove the skillet from heat and transfer the green beans to a serving dish. Top with the crumbled gorgonzola cheese and chopped walnuts, sprinkle with salt and black pepper and serve.

Braised Leeks

Number of servings: 4

Ingredients:

- 8 leeks, trimmed and quartered lengthwise
- ¼ cup vegetable broth
- 1 tbsp olive oil
- Juice and zest of ½ lemon
- A pinch of salt
- Black pepper, to taste

Preparation:

Preheat your oven to 425 F. Quarter the leeks and wash thoroughly under cold running water, then place in a baking pan covered in cold water and allow to soak for 15 minutes to loosen any remaining sand or dirt. Rinse the leeks again and set aside.

Coat a large baking dish with nonstick cooking spray, place the quartered leeks in the disk and drizzle with olive oil. Bake for 10 minutes, uncovered and turn over before baking for another 10 minutes. Pour the broth, lemon juice and zest over the leeks and bake for another 10 minutes, until they become tender. Season with a pinch of salt and black pepper and serve.

Sardine Pate

Ingredients:

- 1 can sardines in olive oil, drained
- 1 tbsp kalamata olives, chopped
- 2 sun dried tomatoes, chopped finely
- ¼ of a small red onion (1 – 2 tbsp), chopped finely
- Black pepper, to taste

Preparation:

Drain the sardines and place them in a small bowl. Mash the sardines to a uniformly smooth consistency using a fork. Mix in the chopped sun dried tomatoes, chopped red onion and chopped olives and stir well to combine. Refrigerate for 1 -2 hours and serve cold with whole grain crackers.

Mashed Sweet Potatoes With Chipotle

Number of servings: 4

Ingredients:

4 medium sized sweet potatoes, washed and cut into ½” slices
2 tbsp chipotle peppers in adobo sauce, chopped finely
3 tbsp milk
1 tbsp butter
Salt and black pepper, to taste

Preparation:

Boil the sweet potatoes until soft, about 15 minutes. Drain and place the cooked sweet potato slices in a large bowl and mash until smooth. Add the butter, chipotle peppers in sauce and milk and stir until well combined. Season to taste with salt and black pepper and serve.

Breakfast

Asparagus and Sun-Dried Tomato Frittata

Number of servings: 4

Ingredients:

6 large or extra large eggs
1 cup asparagus, blanched and cut into 1” pieces
¼ cup sun dried tomatoes, chopped finely
½ of a small red onion, diced
¼ cup milk
1 tbsp butter
2 tbsp parmesan or Romano cheese, grated
Black pepper, to taste

Preparation:

Preheat your oven to 325 F. Beat the eggs in a large bowl along with the milk, Romano or parmesan cheese and a little black pepper.

In a medium sized cast iron skillet, melt the butter over medium high heat and add the diced onion. Sautee the onion about 3 minutes until it turns translucent, stirring occasionally. Add the egg mixture and reduce the heat to low, tilting the pan to ensure that the eggs cover the entire bottom of the pan. As soon as the eggs start to set, stir in the asparagus and sun dried tomatoes.

Transfer the skillet to the oven and cook for another 2-3 minutes or until the center puffs up and the eggs are completely cooked around the edges. Remove the skillet from the oven and invert over a serving platter to remove. Slice the frittata and serve immediately.

Ricotta Soufflés With Blackberries

Number of servings: 6

Ingredients:

For the ricotta soufflés:

- 2 cups (16 ounces) ricotta cheese
- 6 large eggs
- 2 tbsp sugar or an equivalent amount of sugar substitute
- Zest of 1 lemon

For the blackberry compote:

- 2 cups blackberries (fresh is preferable, but frozen is also OK if blackberries aren't in season when you make this recipe)
- Juice of 2 lemons
- A pinch of sugar or sugar substitute

Preparation:

Start by making the blackberry compote. Place the blackberries in a small pan with a pinch of sugar and the juice of 2 lemons. Stir and heat over medium-low heat, stirring occasionally until the blackberries soften. Reduce the heat to low and keep warm.

While you're making the blackberry compote, preheat your oven to 375 F. Butter 6 muffin tins or ramekins (you can also use cooking spray, if desired). Mix together the eggs, sugar or sugar substitute and lemon zest in a bowl, using a whisk to combine. Add the ricotta cheese and continue whisking until a smooth mixture is formed. Pour into the muffin tins or ramekins and bake for 15 minutes.

Top the ricotta soufflés with blackberry compote and bake for another 15 minutes or until the soufflés are just set. Remove from the oven and either serve the soufflés right away while they're still warm or place them in the refrigerator for 1 – 2 hours and serve chilled.

Pumpkin-Coconut Pancakes

Number of servings:

Ingredients:

¼ cup cooked pumpkin (canned or homemade; butternut squash also works well)

¼ cup coconut milk

4 tbsp coconut meal

2 tbsp coconut oil

3 large eggs

1 tsp cinnamon

1 tsp nutmeg

½ tsp vanilla extract

¼ tsp baking soda

a pinch of sugar

a pinch of salt

Preparation:

Heat a nonstick skillet over medium heat. While the skillet heats, whisk together the coconut meal, salt, sugar, nutmeg, cinnamon and baking soda in a large bowl. In a smaller separate bowl, whisk together the eggs, vanilla extract, pumpkin and coconut milk.

Add the dry ingredient mixture to the egg mixture gradually, whisking to combine as you go. Add coconut oil to the skillet, tilting to coat the entire bottom of the pan. Spoon batter into the pan and shape pancakes with the spoon, since the batter will be thicker than traditional pancake batter.

Watch the pancakes carefully as they cook; they don't bubble like most pancakes, so you'll need to look at the edges to see how they're coming along. They should take 1 ½ to 2 minutes per side; when they're golden brown on the bottom, flip and cook the other side. Serve hot with butter and a drizzle of honey or real maple syrup.

Eggs Benedict With Salmon And Artichokes

Number of servings: 4

Ingredients:

8 large eggs
8 large artichoke bottoms
2 ounces smoked salmon
¼ cup Greek yogurt
2 tbsp cream cheese, softened
2 tbsp olive oil
2 tsp oregano (fresh or dried)
Juice and zest of ¼ of a lemon
Salt and black pepper, to taste

Preparation:

Preheat your oven to 425 F. Brush the artichoke bottoms on both sides with 1 tbsp olive oil and sprinkle with oregano. Once the oven reaches 425 F, place the artichokes on a baking sheet, top side facing down and bake for 13 – 15 minutes or until the artichokes begin to brown.

While the artichokes are baking, mix together the Greek yogurt, cream cheese, lemon juice and a little water (about 1 tsp) in a bowl using a whisk until smooth and set aside. In a separate, larger bowl, beat the eggs and heat 1 tbsp olive oil in a large skillet over medium high heat. When the oil is hot, add the eggs and cook to your desired doneness.

When it's time to serve, divide the roasted artichoke bottoms between 4 plates and top each artichoke with smoked salmon, an egg and the yogurt – lemon sauce. Sprinkle with the remaining oregano, season to taste with salt and black pepper and serve.

Eggs Florentine Wraps

Number of servings: 2

Ingredients:

- 4 large or extra large eggs
- 4 tbsp cheese (your choice), shredded or crumbled
- 1 cup raw baby spinach
- 2 tsp olive oil
- A splash of milk (about 2 tsp)
- 1 large (burrito size) tortilla
- Salt and black pepper, to taste

Preparation:

Crack the eggs into a medium sized mixing bowl and beat well with a splash of milk while you heat a skillet over medium heat. Add the olive oil to the skillet when the skillet is hot and tilt to coat the bottom thoroughly.

Add the spinach to the pan and cook until just wilted (about 1 minute), then pour in the eggs over the spinach and cook, stirring regularly until just set, about 2 minutes. Remove from heat, season with a little salt and black pepper and top with the cheese. Cover the skillet to help melt the cheese.

Toast the tortilla over the flame of a gas stove; if you have an electric stove, you can also warm your tortilla in a dry skillet over high heat (just a few seconds per side) or in a microwave. Fill the tortilla with the egg and spinach mixture, fold up burrito-style, slice in half and serve.

Mushroom And Cheddar Omelet

Number of servings: 2

Ingredients:

- 4 large eggs
- ¾ cup sliced mushrooms (crimini, button or any other mushrooms you prefer)
- 2 tbsp sharp cheddar cheese, grated
- 2 tbsp red onion, diced finely
- 1 tsp olive oil
- A splash of milk (about 2 tsp)
- A pinch of salt
- Black pepper, to taste

Preparation:

Crack the eggs into a medium sized mixing bowl, add milk and beat well to combine while you heat the olive oil in a skillet over medium heat. Add the diced red onion and sauté for 1 minute, followed by the mushrooms. Cook for an additional 2 minutes, or until the mushrooms begin to soften, stirring occasionally. Pour the eggs over the mushrooms and cook until the omelet is set on the bottom. Distribute the grated cheese evenly over the top of the omelet, fold in half and continue cooking for another 1 – 2 minutes, or until the eggs have just set and the cheese is melted. Slice the omelet in half and serve.

Quinoa Breakfast Porridge

Number of servings: 2

Ingredients:

1 cup quinoa, uncooked
2 cups water
1 cup fresh or frozen, thawed blueberries
2 tbsp flax seeds
1 tsp sugar or an equivalent amount of sugar substitute
A pinch of salt

Preparation:

Start by rinsing the quinoa well in a sieve; quinoa must be rinsed before cooking to remove bitter tasting compounds found on the surface of the seed. Many commercially available brands of quinoa have already been rinsed to remove this coating, but if you buy your quinoa in bulk or you just want to be sure, go ahead and rinse it first.

Add the rinsed quinoa and 2 cups water to a small saucepan and bring to a boil, then reduce to a simmer and cook for about 15 minutes or until the quinoa is tender and the water is almost entirely absorbed. Stir in the blueberries, flax seeds, sugar and salt and cook for another 1 – 2 minutes. Remove from heat, stir and serve.

Flourless Chocolate Cake

Number of servings: 8

Ingredients:

- 12 ounces bittersweet chocolate
- 8 large eggs, separated
- 1/3 cup sugar or an equivalent amount of sugar substitute
- 1 ½ sticks of butter
- 3 tsp vanilla extract
- ¼ tsp cream of tartar
- ¼ tsp salt

Preparation:

Preheat your oven to 325 F. Oil a 9” springform cake pan and lightly flour the pan (with coconut flour, if you have it on hand, otherwise any flour will do). Cover the bottom of the pan with a piece of parchment paper and set aside.

Melt the butter and bittersweet chocolate together in a double boiler over low heat until smooth. Remove from heat and allow to cool slightly.

Beat the egg whites in a mixing bowl until they become frothy. Add the cream of tartar and sugar or sugar substitute and continue to beat the mixture until stiff peaks form – think of making meringue. Don’t overbeat the eggs; if you do, they’ll curdle and you’ll have to discard the mixture and start all over again.

Add the egg yolks and vanilla to the melted chocolate and butter mixture, using a whisk to combine thoroughly. Fold the egg white mixture into the chocolate gently until a light, fluffy mixture forms. Pour the batter into your prepared springform cake pan.

Cover the bottom of the cake pan with aluminum foil and place on a baking dish filled with about ½” of water. Place the baking dish in the oven and bake for 65 – 70 minutes, or until a toothpick inserted in the center of the cake comes out clean.

Remove the cake from the oven and allow it to cool for an hour before removing from the pan. To remove the cake from the pan, use a knife; run it gently around the inside of the edge and invert carefully onto a plate. Remove the parchment paper from the cake and invert again onto a serving plate. Refrigerate the cake for at least 6 hours and preferably overnight before serving; it’s OK to eat the cake once it’s cooled and removed from the pan, but it both look and taste best after it’s had several hours or longer to set and chill in the refrigerator.

No Bake Pumpkin Bites

Number of servings: varies

Ingredients:

8 ounces dates, chopped (1 cup packed full)
1 cup rolled oats
1 cup toasted coconut
1 cup toasted pumpkin seeds
 $\frac{1}{4}$ cup cooked pumpkin (canned or homemade)
 $\frac{1}{4}$ cup honey
1 tbsp flax seeds
1 tsp powdered ginger
1 tsp cinnamon
 $\frac{1}{2}$ tsp nutmeg
a pinch of salt

Preparation:

Add the pumpkin, honey, dates, flax seeds, spices and salt to a food processor and mix until smooth. Remove the mixture from the food processor and transfer to a large mixing bowl. Stir in the toasted pumpkin seeds, toasted coconut and rolled oats until combined. Place the bowl in the refrigerator, covered, for 1 hour.

After the mixture has chilled, use a spoon to portion out and shape the mixture into the size and shape you like (about 1" balls or rough cubes is good). Store refrigerated in a covered container; these no bake pumpkin bites will keep for 10 – 14 days.

Coconut Cheesecake Bars

Number of servings: varies

Ingredients:

- 1 cup cream cheese, softened at room temperature
- 1 cup coconut flour
- 1 stick of butter
- 4 large eggs
- 3 tbsp sugar or an equivalent amount of sugar substitute
- 2 tsp vanilla extract
- 1 tsp coconut oil

Preparation:

Preheat your oven to 350 F. Oil a large baking dish (11” x 7”) with coconut oil and set aside. Beat the butter and cream cheese with an eggbeater or handheld electric mixer to incorporate air until a fluffy mixture is formed. Beat eggs into the mixture one at a time and mix well, followed by the sugar or sugar substitute, coconut flour and vanilla extract, beating each ingredient into the mixture.

Pour the batter into the prepared baking dish and bake for 30 minutes or until set. Allow the bars to cool to room temperature, refrigerate for at least 2 hours. Cut the coconut cheesecake bars into squares and serve chilled.

Coffee Custard

Number of servings: 4

Ingredients:

- 2 extra large eggs, beaten
- 1 ½ cups milk
- 2 tbsp sugar or an equivalent amount of sugar substitute
- 2 tsp espresso grounds
- 1 tsp vanilla extract
- Cinnamon and lemon wedges, for serving

Preparation:

Add the beaten eggs, milk, sugar or sugar substitute, espresso grounds and vanilla extract to a medium sized mixing bowl and whisk together to combine. Divide the mixture among 4 ramekins or custard cups. Place the cups in a large skillet filled with enough water to reach up to ½” from the cups and bring to a boil over high heat before reducing to low and simmering, covered, for 10 minutes.

Remove the cups from the skillet and seal each with plastic wrap and refrigerate for 2 hours. Serve chilled, garnished with lemon wedges and cinnamon.

Coconut Rum Ice Cream

Number of servings: varies

Ingredients:

- 2 cups coconut milk
- $\frac{3}{4}$ cup sugar or an equivalent amount of sugar substitute
- 3 tbsp coconut oil
- 1 yolk from an extra large egg
- 1 tbsp vanilla extract
- 1 tbsp non alcoholic rum flavoring
- A pinch of salt

Preparation:

Over low heat, whisk together the coconut milk, coconut oil, sugar or sugar substitute and salt until the sugar and salt are dissolved. Remove from heat and allow to cool to room temperature. Add the mixture to a blender with the vanilla extract, rum extract and egg yolk; blend until smooth.

If you have an ice cream maker, pour the mixture in and freeze according to the manufacturer's directions. If not, you can freeze the mixture overnight in a tightly covered glass bowl in your freezer. Serve your coconut ice cream on its own or with the (sensible) toppings of your choice.

Conclusion

As you have no doubt discovered while reading through (and hopefully preparing and enjoying) the recipes in this cookbook, there is an entire world of culinary options out there for people with hypothyroidism. As long as you stick to the basic rules – a healthy diet which is low in refined carbohydrates and sugars and includes plenty of high quality, lean proteins and fresh fruits and vegetables, you'll be able to get the nutrition you need to manage your condition; and you won't have to feel like you're missing out on anything at the dinner table.

These recipes follow the same basic formula of any healthy diet – which means that even if you're the only person in your household who suffers from hypothyroidism, the recipes in this book are also healthy choices for everyone else at your table. In fact, preparing these recipes for your family and getting them involved in a healthy diet can go a long way towards helping you to keep your hypothyroidism under control and getting your energy back. Having the support of your loved ones is invaluable when you're trying to recover from or manage any disorder and hypothyroidism is no different. With a little help from your family and friends, you'll find that it's easy to eat right, have the energy to get regular exercise and generally manage your hypothyroidism effectively so that you can live your life again; and that definitely includes having a good time preparing and enjoying meals!