

# GOURMET NUTRITION

*Recipes,  
cooking tips and  
strategies for  
a winning body*

*Dr. John M. Berardi  
Dr. John K. Williams*



## MEET THE AUTHORS

### DR. JOHN M BERARDI



#### Professional Background

Dr. Berardi is the president of Science Link, Inc., devoted to translating cutting edge exercise, nutrition, and supplement research into measurable health and performance results.

Science Link and [www.johnberardi.com](http://www.johnberardi.com) offer the following services to clients:

- Educational products including print and e-books, videos, and DVDs covering a variety of training & nutrition related topics.
- Client consultation services including public & private seminars, public & private coaching groups, and one-on-one training & nutritional program design.
- Commercial/private supplement formulation
- Commercial/private training & testing centre design

In addition, Dr. Berardi's diverse clientele includes (or has included):

- US Bobsled Team
- Canadian National X-Country Ski Team
- The Olympic Oval in Calgary
- Individual athletes in the following leagues:
  - NFL, NHL, NBA, MLB & more
- Individual athletes in the following sports:

- Ironman Triathlon, Rugby, Cycling, Bodybuilding, Powerlifting, & more

#### Educational Background

Dr. Berardi earned his Ph.D. in Kinesiology (specialization in Exercise & Nutritional Biochemistry) from the University of Western Ontario.

Throughout his education, he has received training in divergent disciplines including his Health Science, Philosophy, Psychology undergraduate studies at Penn State and Lock Haven Universities, Exercise Physiology masters training at Eastern Michigan University, and strength and conditioning certification through the National Strength and Conditioning Association).

As a result of this broad educational base, Dr. Berardi's knowledge extends beyond the bounds of physical preparation and nutrition alone.

#### Athletic Background

Dr. Berardi is no stranger to the demands of elite athletics, having been successful in a number of sports including:

- Power lifting (squat 650, deadlift 600, bench 430)
- Track and field (AAU nationals in 100m and 200m)
- Rugby (medaled @ national under 21 championships)
- Bodybuilding (1st place at the 1995 Mr. Jr. USA)

## MEET THE AUTHORS

DR. JOHN K.  
WILLIAMS



### Professional Background

Dr. Williams is an archaeologist and professor at Southern Methodist University in Dallas, Texas. He specializes in Paleolithic and Neolithic archaeology and has excavated extensively at sites throughout the Near East and Europe.

Having a profound interest in Paleo-nutrition, Dr. Williams has written and lectured extensively on the subject.

Ongoing research includes excavating and reconstructing the architectural components at the Neolithic funerary/cult center at Kfar HaHoresh, Israel, and analyzing Paleolithic human responses to various levels of stress related to climate, resource distribution, and demography.

### Educational Background

Dr. Williams earned his Ph.D. in anthropology (with a specialization in Old World archaeology) from Southern Methodist University in Dallas, Texas. His academic career began at Southwest Missouri State University, where he earned his B.S. in both anthropology and psychology. He pursued graduate level studies in archaeology at the University of Tulsa while excavating at sites in Jordan and Israel. His final years in advanced education and training were spent at Southern Methodist University, where his research and fieldwork extended to Portugal and Crimea, while maintaining ties to Levantine projects.

### Contact

For more information about Dr. Williams, visit his web site at <http://faculty.smu.edu/jowillia/>. Here you will find his current research, publications, and links to course syllabi and interactive information for students enrolled in his courses.



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The meals in this book have been coded as follows:

- "PW" means that these meals are good during the post-workout period and should be eaten within a few hours of exercising.
- "Anytime" means that these meals can be eaten any other time of the day.

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### COOKING TIPS

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## GOURMET NUTRITION – CHANGING THE RULES

AN INTRODUCTION  
BY DR. JOHN M  
BERARDI

**“The Triple S Criterion  
– Simple, Scientific,  
Successful”**

What are the rules of good nutrition? What types of things must you absolutely do to succeed – and what types of things must you avoid?

Seriously, take a moment and think about it.

What rules do you think you’ll need to follow if you want to eat in a healthy way – a way that will improve the way your body looks and the way it feels.

Come up with that list in your mind right now.

Now that you’ve considered these rules, I want you to take a second and think about your list. Specifically, think about where you learned these rules.

Certainly your rules have been influenced by how you were raised, no? Certainly they’ve been influenced by your experiences dining with friends and relatives – comfort foods, right? Of course, no set of nutrition rules is immune to media influences – you can’t help but be bombarded by those Got Milk ads! Your rules have probably also been influenced by what you’ve heard others say – heck, every 3rd episode of Dr Phil is about food and dieting. And, no doubt, your nutrition rules have probably been influenced by your own past attempts at changing your body – whether you’ve been successful or unsuccessful.

I could sit here all day and list potential nutritional influences. But I’ll stop here since there are probably hundreds of ‘em and to enumerate them all would bore your socks off.

At this junction, I’d just like to go ahead and make my point. And the point is this – very few of your “Good Nutrition Rules” have been influenced by those who know anything about good nutrition – let alone about long-term success and about what it really means to eat in a healthy way! And worse yet, most of those rules have been hammered home without you even knowing it!

It’s time to change the rules.

### **The Triple S Criterion**

Now I’ll admit it. Changing the rules – just like changing your habits – is difficult. Not only does it take a desire to change – “want to” – but it takes a strategy for change – “how to.”

The “want to” is all your own. But the “how to” is what I do best. I’ve committed my career to helping people do just this – to change their rules and change their habits – and have gotten pretty good at it. In changing these rules and habits, everything changes – the way clients eat, the way they sleep, the way they look, the way they feel when they wake up in the morning, and the way they perform in day-to-day activities or during athletic events.



## GOURMET NUTRITION – CHANGING THE RULES

AN INTRODUCTION  
BY DR. JOHN M  
BERARDI

**“To make it easier on you, we’ve provided 100 meals that you can use daily to improve your feeding frequency.”**

Today, I’m going to teach you a good part of that system – a system based on my Triple S Criterion.

What’s the Triple S Criterion? Well, it represents a three step way of evaluating a strategy for its usefulness.

### **Step 1 – Simplicity**

Are the rules easy to follow?

### **Step 2 – Science**

Are the rules based on sound scientific principles?

### **Step 3 – Success**

Have the rules produced success in past clients?

Using this criterion, the systems developed for my clients always produce a positive result.

Think again about your nutritional rules – rules that you might be quite attached to. Which criterion did you use when determining your rules? Are your rules based on Simplicity, Science, and Success? Have your rules produced the desired effect – a lean, healthy body that you’re able to maintain; a body that you’re happy with when looking in the mirror?

If not, perhaps they could use a re-evaluation.

### **Dr Berardi’s Good Nutrition Rules**

Below, I’d like to present my 10 Good Nutrition Rules, rules based on the Triple S Criterion above. In doing so, I hope to accomplish 2 goals.

First, I want to help you rethink your whole nutrition approach – providing you with a new set of nutrition rules and habits – a set that swiftly moves you in the direction of your goals.

Secondly, I want to show specifically how the recipes, cooking tips, and strategies laid out in this book offer much more than a few ideas – they represent a complete success system, fully integrated into the basic habits of good nutrition.

So here are the 10 rules:

#### **1. Eat every 2-3 hours – no matter what.**

Are you doing this – no matter what? Now, you don’t need to eat a full meal every 2-3 hours but you do need to eat 6-8 meals and snacks that conform to the other rules below.

To make it easier on you, we’ve provided 100 meals that you can use daily to improve your feeding frequency.

## GOURMET NUTRITION – CHANGING THE RULES

AN INTRODUCTION  
BY DR. JOHN M  
BERARDI

**“100% nutritional discipline is never required for optimal progress. The difference, in results, between 90% adherence to your nutrition program and 100% adherence is negligible.”**

### **2. Ingest complete, lean protein each time you eat.**

Are you eating something that is an animal or comes from an animal – every time you feed yourself? If not, make the change. Note: If you’re a vegetarian, this rule still applies – we’ll discuss your needs later in the Protein A Plenty section of the book.

To help you understand how to do this, all of the meals in this book contain a good portion of complete, lean protein.

### **3. Ingest vegetables every time you eat.**

That’s right, every time you eat (every 2-3 hours, right), in addition to a complete, lean protein source, you need to eat some vegetables. You can toss in a piece of fruit here and there as well. But don’t skip the veggies.

To show you that eating veggies isn’t the frightening proposition it used to be, most of the meals contained in this book use veggies in their preparation and actually make them taste good!

### **4. If want to eat a carbohydrate that’s not a fruit or a vegetable (this includes things like things rice, pasta, potatoes, quinoa, etc.), you can – but you’ll need to save it until after you’ve exercised.**

Although these grains are dietary staples in North America, heart disease, diabetes and cancer are North American medical staples – there’s a relationship between the two! To stop heading down the heart

disease highway, reward yourself for a good workout with a good carbohydrate meal right after (your body best tolerates these carbohydrates after exercise). For the rest of the day, eat your lean protein and a delicious selection of fruits and veggies.

To make this rule easy on you we’ve labeled the meals in this book as PW (good post-workout meal; to be eaten within a few hours after exercising) and Anytime (good meals for any other time of the day).

### **5. A good percentage of your diet (25-35%) must come from fat. Just be sure it’s the right kind.**

There are 3 types of fat – saturated, monounsaturated, and polyunsaturated. Eating all three kinds in a healthy balance can dramatically improve your health and even help you lose fat.

Your saturated fat should come from your animal products and you can even toss in some butter or coconut oil for cooking. Your monounsaturated fat should come from mixed nuts, olives, and olive oil. And your polyunsaturated fat should from flaxseed oil, fish oil, and mixed nuts.

The meals contained in this book offer a good variety of healthy fats. To understand more about fats, check out the Swimming Up Stream – Fish Oil Boosts Metabolism; Don’t Spoil Your Oil; and The Alpha and the Omega of Fats sections of the book.

## GOURMET NUTRITION – CHANGING THE RULES

AN INTRODUCTION  
BY DR. JOHN M  
BERARDI

**“This is no ordinary  
cookbook – it’s a full  
blown optimal eating  
manual.”**

### **6. Ditch the calorie containing drinks (including fruit juice).**

In fact, all of your drinks should come from non-calorie containing beverages. Fruit juice, alcoholic drinks, and sodas – these are all to be removed from your daily fare. Your absolute best choices are water and green tea.

### **7. Focus on whole foods.**

Most of your dietary intake should come from whole foods. There are a few times when supplement drinks and shakes are useful (we’ll discuss them later in the book). But most of the time, you’ll do best with whole, largely unprocessed foods.

### **8. Have 10% foods.**

I know you cringed at a few of the rules above – perhaps #6 in particular. But here’s a bit of a reprieve. 10% foods are foods that don’t necessarily follow the rules above – but foods you’re still allowed to eat (or drink) 10% of the time.

100% nutritional discipline is never required for optimal progress. The difference, in results, between 90% adherence to your nutrition program and 100% adherence is negligible.

Just make sure you do the math and determine what 10% of the time really means. For example, if you’re eating 6 meals per day for 7 days of the week – that’s 42 meals. 10% of 42 is about 4. Therefore you’re allowed to “break the rules” 4 meals each week.

### **9. Develop food preparation strategies.**

The hardest part about eating well is making sure you can follow the 8 rules above consistently.

We’ll teach you strategies for doing this throughout the book. Our sections – Let Me Buy You Dinner – Choosing Healthy Restaurants; Have Others Cook For You – Food Preparation Services; Meal Preparation Strategies – The Breakfast and Sunday Rituals; and Food Support Systems – Easy Food Storage and Carrying will be particularly helpful.

### **10. Balance daily food choices with healthy variety.**

Let’s face it; during the week –when you’re busy – you’re not going to be spending a ton of time whipping up gourmet meals. During these times you’re going to need a set of tasty, easy to make foods that you can eat day in and day out. However, once every day or a few times a week – you need to eat something different – something unique.

## GOURMET NUTRITION – CHANGING THE RULES

AN INTRODUCTION  
BY DR. JOHN M  
BERARDI

**“Gourmet Nutrition offers you a second chance – a chance to change the rules.**

**Isn't it about time you realized that you can build a great body AND eat great food?**

**We think it is.”**

This book provides you with both simple foods that you can prepare quickly and easily and gourmet meals – more time consuming dishes that you'll cook when you can in order to mix things up, impress a date, or just treat yourself to an almond crusted piece of fish.

### **No Ordinary Cook Book**

So, in looking over my set of rules, you can see that this isn't your ordinary cook book. Rather, it's a full blown optimal eating manual. In it, you're about to learn:

- What exactly you need in your kitchen, and what you must not have, if you're to succeed – from the foods, appliances and utensils, right down to the spices.
- Where, when, and how to shop for food.
- Which nutritional supplements to have on hand at all times.
- How to cook all the meals and how to perform all of the necessary techniques. Even Mom will be impressed.
- Why you should be eating the foods we've chosen: over 20 short articles on specific foods, and why they matter.
- Why food intolerances should not be tolerated and what to do about them.

### **And more...**

That's right; Gourmet Nutrition is about more than just eating fancy meals. Sure, we've got easy meals and 5-star meals contained within. We've also got breakfast, lunch, and dinner covered. Bars and shakes. Post workout meals. Bedtime meals. Soups and stews. Sides and Salads.

But in addition offering all that – Gourmet Nutrition still offers something more.

**Gourmet Nutrition offers you a second chance – a chance to change the rules.**

Now you can get the body you've always wanted – without the deprivation and dieting you though were necessary. Now you can re-establish habits – good ones that support your goals. Now you can understand both what to do and why you're doing it.

Isn't it about time you realized that you can build a great body AND eat great food.

## BREAKFAST

Breakfast hasn't earned the reputation as "the most important meal of the day" for nothing. Emerging from its slumber, your body is begging for you to end the fast. And it's your responsibility to provide high quality nutrition to begin the day on the right foot.

Here's a lesson for you – skipping breakfast is one of the best ways to sabotage your physique. If you want your health and body composition to actually worsen, go ahead and run out the door without having eaten.

### Eggs

- Spinach and Cheese
- Denver Omelet
- Bulker's Omelet
- Asian Scrambled Eggs
- Mexican Frittata
- Suakshuka

### Oatmeal and Pancakes

- Basic Oatmeal
- Reeses Oatmeal
- Muscle Gruel
- Bran Porridge
- Oatmeal Apple Pie
- Muesli
- Protein Pancakes



## PROTEIN PANCAKES (PW)

### PRELUDE

Even pancakes can still be a part of a healthy breakfast menu with our version of whole wheat, protein-packed mancakes (or womancakes – wouldn't want to leave anyone out).

Make your own topping with fruit and/or berries. Strawberries or blackberries with or without a little Splenda are always a good choice. Wild blueberries can also be added to the batter before cooking.

You could also use cottage cheese and berries for added protein. If the curds of cottage cheese turn you off, put the berries, cottage cheese, and Splenda in a blender for about 30 seconds for a thick, creamy topping.

### INGREDIENTS

1 cup whole wheat pancake mix (any variety will do, as long as it's whole wheat)  
 2 heaping scoops of vanilla whey protein powder  
 3/4 cup lowfat cottage cheese  
 3 egg whites (1/2 cup)  
 3 tbsp flax seeds  
 1/4 cup water

**Prep Time – 20 minutes**

**Difficulty Level – Easy**

**Servings – 2**

### INSTRUCTIONS

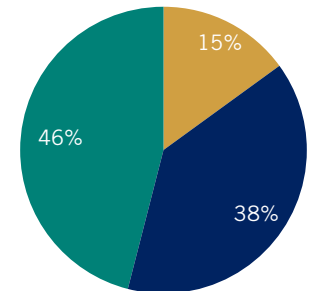
Place the egg whites, cottage cheese, flax seeds and water in a blender and process until smooth. Mix the wet ingredients together with the pancake mix and protein powder in a large bowl.

Cook the pancakes any size you like them in a skillet coated with olive oil cooking spray over medium-low heat. After pouring the pancake batter into the skillet, they will be ready to flip after bubbles form around the edges (about 5 minutes).

### NUTRITIONAL INFORMATION, PER SERVING

(with strawberry topping)

Calories (k/cal)	520
Protein (g)	50
Carbohydrates (g)	60
fiber (g)	2
sugars (g)	17
Fat (g)	9
SFA (g)	3
MUFA (g)	2
PUFA (g)	4
Omega-3 (g)	2.6
Omega-6 (g)	1.2



■ Protein   ■ Carbs   ■ Fats

## CHICKEN & POULTRY

Chicken breasts are one of the most common sources of protein on the plates of bodybuilders across the globe. The popularity of the chicken breast probably stems from the fact that it is relatively cheap, and very versatile. Chicken complements almost every grain, vegetable, spice, and fruit. One of the quickest and easiest ways to prepare chicken is to roast the breasts in bulk, then add them to dishes later (more on this later in this section). When roasting chicken breasts, a wide variety of spice combinations can be used, such as those outlined in part I.

- Moroccan Chicken
- Citrus Chicken-Stuffed Acorn Squash
- Curried Split Peas and Roasted Chicken
- Oat Salad with Grilled Chicken Breast
- Tex-Mex Chicken and Rice
- Chicken with Squash in Cream Sauce
- Kung Pao Chicken
- Chicken Fried Rice
- Fajita Chicken and Rice
- Peruvian Chicken
- Quick Quinoa and Chicken
- Chicken with Chick Peas
- Roasted Chicken with Rosemary Wheat Berries
- Coconut Chicken
- Apple Chicken Casserole
- Turkey Sausage Casserole
- Hawaiian Pizza
- Asparagus Quiche
- Apple Mushroom Turkey Burgers
- Turkey Meatballs
- Baked Yam with Turkey Meatball Marinara
- Falafel Platter



## CITRUS CHICKEN-STUFFED ACORN SQUASH (PW)

### PRELUDE

Acorn squash has a unique flavor that is a combination of sweet, nutty and peppery. In addition to anti-cancer phytonutrients, acorn squash is packed with vitamins (excellent source of vitamin A (in the form of beta-carotene), vitamin C, thiamin-vitamin B1, vitamin B6, vitamin B3, folate, pantothenic acid-vitamin B5, and potassium), and promote prostate health.

This version of stuffed squash is delicious, very healthy, and it's even nice to look at. A generous heaping of chicken and vegetables complements the distinctive flavor of butternut squash, which is really brought to life with the addition of grated orange peel.

### INGREDIENTS

2 medium acorn squash  
 1/2 cup water  
 1 lb Chicken breast, cut into 1-inch cubes  
 2 medium onions, chopped  
 2 large stalks celery, sliced 1/4-inch (1 cup)  
 1/2 teaspoon salt  
 1/2 teaspoon pepper  
 1/2 teaspoon dried thyme leaves  
 1 tablespoon freshly grated orange peel

**Prep Time – 1 hour  
 oven cooking;  
 20 minutes microwave  
 cooking**

**Difficulty Level –  
 Medium**

**Servings – 2**

### INSTRUCTIONS

Cut the acorn squash in half and scoop out the seeds and membrane with a spoon. Place squash, cut-side down, in a baking dish and pour water in bottom of pan to 1/4 inch. Bake at 375-degrees F for 45 minutes or until fork tender. Flip the squash halves over after removing from the oven.

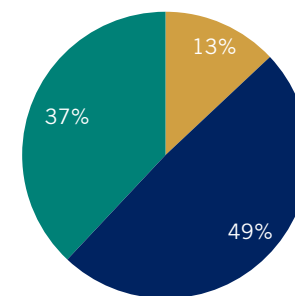
For quick cooking, microwave the squash on high, covered, without the water for about 10 minutes, or until fork tender.

While the squash is cooking, stir-fry add all remaining ingredients except the orange peel. Cook over medium-high heat, stirring occasionally; until chicken is no longer pink (15 to 20 minutes). Stir in the orange peel. Continue cooking, stirring occasionally, until heated through (3 to 4 minutes).

Fill each squash half with the mixture to serve.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	597
Protein (g)	76
Carbohydrates (g)	56
fiber (g)	9
sugars (g)	17
Fat (g)	9
SFA (g)	3
MUFA (g)	3
PUFA (g)	3
omega-3 (g)	0.1
omega-6 (g)	1.6



■ Protein   ■ Carbs   ■ Fats



## BEANS – NO LONGER THE MAGICAL FRUIT

“Fortunately, proper soaking significantly reduces oligosaccharide content, as well as total sugars and starch, making beans no longer the ‘musical fruit’.”



Magical fruit, musical fruit, whatever you want to call it – beans have a bad reputation for producing both auditory and olfactory offense. Guilty as charged, the seemingly innocuous legume has been the source of many bouts of embarrassment, anguish, and undoubtedly the source material for some of the best movie quotes of all time. “I fart in your general direction” will immediately ring a bell for Monty Python fans.

What is the source for such noxious miasma? Beans pass very slowly through our digestive tracts while we try to break down the complex carbohydrates contained in them – known as oligosaccharides. The problem is that we do not have the particular enzymes in our digestive tracts needed to break down these sugars, so they just sit there fermenting in our gut, thus producing the unwanted side effects.

Fortunately, proper soaking significantly reduces oligosaccharide content, as well as total sugars and starch. In particular, soaking with sodium bicarbonate (baking soda) causes remarkable reduction in these sugars and starches.

Although some people claim that soaking beans in a baking soda solution damages their nutritive properties, a study found that a 0.5% sodium bicarbonate solution reduced only antinutritional factors, while protein digestibility was actually increased. (It should be noted that lentils and split peas do not need to be soaked.) Also, most people experience much less flatulence with lentils and split

peas than other varieties of legumes, which is a huge bonus since they lead the pack in the carb:fiber ratio.

To soak beans, first rinse them, then place them in a large pot and add water at a 4 to 1 ratio (water to beans). Allow the beans to soak anywhere between 12 to 24 hours at room temperature for the best results. After soaking, drain and rinse the beans, pouring all of those nasty anti-nutrients down the drain.

Some people advocate a ‘quick’ way to soak beans, by bringing them to a boil for two minutes, then cover and stand for two hours. However, the effectiveness of this method is unknown, and frankly, how much easier can it get than to dump them in a pot with water and baking soda overnight?

The table below presents the correct proportions of dry beans, water, and baking soda for the soak.

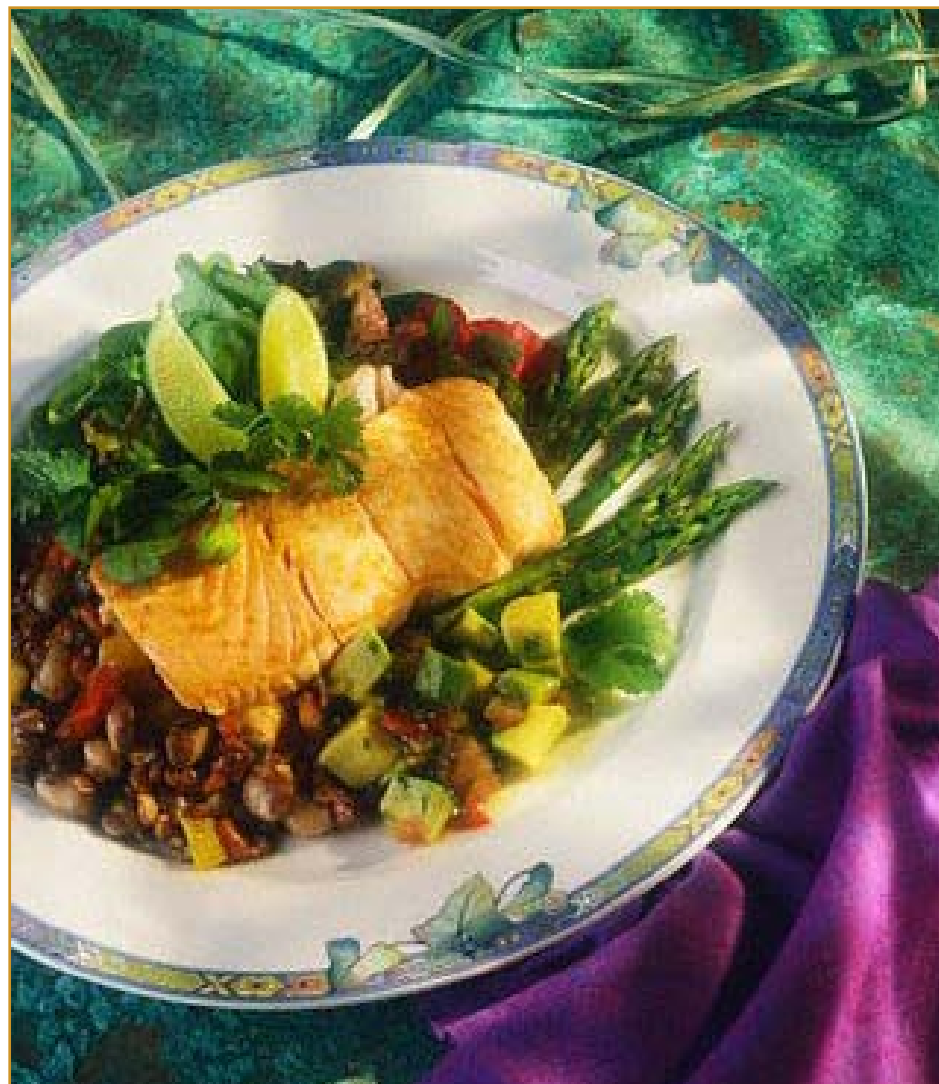
Dry Beans	Water	Baking Soda
1/2 cup	2 cups	1/2 tsp
1 cup	4 cups	1 tsp
1.5 cups	6 cups	1.5 tsp
2 cups	8 cups	2 tsp

## SEAFOOD

With all of the health benefits, we simply can't afford not to eat seafood on a regular basis. The fats in fish have been shown to decrease inflammation and pain, protect against free-radical damage, improve blood lipids (including cholesterol and triglycerides), improve heart health, decrease risk of cancer, reduce body fat, and more.

And here's another reason to eat seafood: to feed that fatty organ between your ears. Seafood provides brain-specific nutrition, particularly in the form of docosahexaenoic acid (DHA). In fact, one of the reasons why modern man seems to have survived during our prehistoric past is because brain health and intelligence was enhanced by marine lipids. So don't be a Darwinian zero – eat your fish!

- Seared Sea Scallops in Spinach Cream Sauce
- Pecan-Crusted Salmon
- Sesame-Crusted Salmon with Sautéed Peppers
- Salmon in Basil Cream Sauce
- Rosemary Salmon and Asparagus on the Grill
- Striped Bass with Artichokes and Asparagus
- Almond-Crusted Sea Scallops with Tomato-Onion Gratin
- Tuna Burgers
- Salmon Burger Stroganoff



## PECAN-CRUSTED SALMON (ANYTIME)

### PRELUDE

Pecan meal and olive oil create an aromatic crust for a salmon fillet, and serve to complement the long chain fatty-acids in the fish with a healthy dose of monounsaturated fat. This meal provides an excellent way to finish your day with protein and very healthy fats. Steamed spinach completes this meal and provides a plethora of vitamins and micronutrients from one of the healthiest vegetable choices available.

### INGREDIENTS

10 oz salmon fillet  
(8 oz cooked)

2 tbsp pecan meal

2 big handfuls raw spinach (about 20 mature leaves)

1 tsp olive oil

1 tsp butter, coconut oil, or Smart Balance spread

Salt & pepper, to taste

**Prep Time – 15 minutes**

**Difficulty Level – Easy**

**Servings – 1**

### INSTRUCTIONS

To make the pecan meal, process whole pecans or pieces in a blender on low 1 cup at a time. The pecan meal should be stored in an airtight container in the refrigerator.

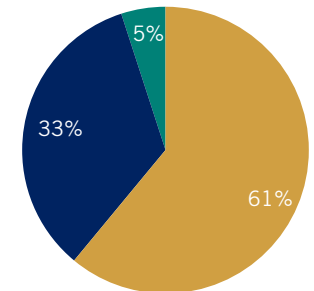
Mix 2 tbsp pecan meal and 1 tsp olive oil in a small bowl, then coat the top of the salmon fillet. Add salt and fresh ground pepper. You can either de-skin the salmon before cooking, or place the salmon skin-side down on a cooking tray covered with aluminum foil. After cooking, the skin will stick to the foil and you can peel the fillet right off.

Cook the salmon in an oven at 400-degrees F for 12 minutes, broiling for the last 6 minutes.

While the salmon is cooking, steam the spinach in a pot with a tight-fitting lid in 1-inch of boiling water.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	680
Protein (g)	57
Carbohydrates (g)	9
fiber (g)	7
sugars (g)	1
Fat (g)	47
SFA (g)	8
MUFA (g)	20
PUFA (g)	15
omega-3 (g)	5.7
omega-6 (g)	8.6



■ Protein    ■ Carbs    ■ Fats

## BEEF & LAMB

Because it's higher in cholesterol and saturated fat than other meats, beef has often been shunned by the health-conscious but it need not be. Leaner cuts of beef are probably even a better choice than chicken breasts! Look for the words "loin" or "round" when buying cuts of beef, as these are the leanest. Although they tend to be the least tender, with some special TLC, you can turn the meat from tough and dry to tender and juicy in no time!

- Seared Ground Beef with Zucchini and Tomatoes
- Thai Ground Beef
- Sauteed Beef in Indian Spinach Sauce
- Beef Stroganoff
- Peppered Sirloin with Grilled Onions and Balsamic Syrup
- Greek Burger
- Broccoli Beef Stir Fry
- Roast Beef Hash
- Melanzana Riccha (Eggplant In Meat Sauce)
- Braised Beef with Wine and Herbs
- Sauteed Herb Beef With Turnips
- Meatloaf
- Chicago Deep Dish Pizza
- Lamb Kebabs



## PEPPERED SIRLOIN WITH GRILLED ONIONS AND BALSAMIC SYRUP (ANYTIME)

### PRELUDE

By coating a steak with spices and pan-searing it, a delicious and satisfying crust is created that provides both flavor and texture. The ginger imparts a slightly floral essence and flavor that is nicely balanced with fresh ground pepper. This flavor combination goes wonderfully with grilled onions and the sweet, tangy flavor of balsamic syrup. To round-off this meal, serve with Mashed Garlic Cauliflower (this recipe is presented in our side dishes section).

### INGREDIENTS

1.25lb sirloin steak  
 1 large onion, sliced  
 1 cup balsamic vinegar  
 1 tsp finely grated fresh ginger  
 1 tsp olive oil  
 1 tsp butter, coconut oil, or Smart Balance butter spread  
 Salt & pepper, to taste

**Prep Time – 25 minutes**

**Difficulty Level – Medium**

**Servings – 2**

### INSTRUCTIONS

To make the balsamic syrup, add one cup of balsamic vinegar to a saucepan, and bring to a boil over medium heat. Boil the vinegar until it has reduced to one quarter of the amount you started with (reduce to 1/4 cup). It will turn into thick, bubbly syrup. Be sure not to overcook, as it can burn easily near the end. If the reduced vinegar becomes too thick when it cools, heat it slowly with 1/2 to 1 tablespoon of water until it is a desirable consistency.

In a large skillet, melt the butter/spread over medium-high heat and add the onions. Sprinkle with salt and toss to coat, and then stir fry for 8-10 minutes, until the onions are nice and browned. The longer the onions are browned, the sweeter they become (without burning of course).

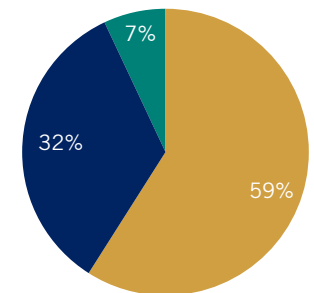
Pat the steaks dry with paper towels, and then rub them lightly with the oil. Massage the salt, ginger, and a generous amount of freshly ground black pepper over the steaks.

Sear the steaks in a heavy nonstick skillet over high heat about 4 minutes on each side for medium-rare, or 5-6 minutes for medium-well. You will know it's time to turn the steaks when little droplets of blood form on the surface.

Nestle a mound of onions next to the steaks, and then drizzle the balsamic vinegar syrup over everything.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	682
Protein (g)	56
Carbohydrates (g)	14
fiber (g)	1
sugars (g)	5
Fat (g)	45
SFA (g)	17
MUFA (g)	20
PUFA (g)	2
omega-3 (g)	0.1
omega-6 (g)	1.8



Protein
  Carbs
  Fats

## SOUPS & STEWS

Soups and stews are staple meals across the globe because they are easy to make, you can throw nearly anything into them, and they taste great. While there is room for soups and stews in any diet, they are ideal for people who are trying to restrict calories.

The recipes below combine some of the best foods in a manner that is designed both for nutrition and taste. And here's a quick tip for you: while most stew recipes use white flour (not good) to thicken the final product, we've got a better solution - flax seeds. They have the added benefit of more micronutrients, fiber, and omega-3 fatty acids.

- Dr John's Chili
- London Broil Stew
- Peasant Stew
- Venison Stew
- Split Pea Soup
- Kingly Basil Soup



## DR. JOHN'S CHILI (PW)

### PRELUDE

Chili is one of the best ways to get a massive helping of protein from ground beef, together with a healthy dose of fiber from beans, our wonderful legume friends. Add a bunch of spices and vegetables, and you've got yourself a nutritive meal that can be made in bulk and stored for the week.

Many of the best chili recipes use corn meal to thicken-up the dish. This is great for the taste buds and texture, but we'd rather not have the added carbs from corn. Instead, we use cashew meal, which serves to thicken the chili, as well as add a unique taste; not to mention a healthy dose of monounsaturated fatty-acids.

This pot of stew could feed a village in Ethiopia for a week, so be prepared to store about 4 day's worth.

### INGREDIENTS

4 lbs extra lean ground beef (96%)  
 4 cans kidney beans (15.5 oz per can), drained and rinsed  
 2 large onions, chopped  
 2 large tomatoes, chopped  
 1 lb carrots, peeled and sliced  
 4 bell peppers – 1 green, 1 red, 1 yellow, 1 orange, cut into 1/2-inch squares  
 6 cloves garlic, chopped  
 Two 46-fl oz bottles V8 vegetable juice, spicy hot  
 Cashew meal  
 Spices: 4 tbsp chili powder, 1 tsp cumin, 2 tsp paprika, 1 tsp celery seed, 1 tsp fresh ground pepper (for a quicker version, you can use 3 packages chili seasonings mix, but it won't quite be the same!)

### INSTRUCTIONS

In a large skillet, brown the ground beef, one pound at a time, over high heat together with the garlic and onions. If your skillet is large enough (i.e., a wok), you can brown the beef all at once to save time. On the last batch, add the spices after the beef is browned and continue frying for another couple of minutes. Add the browned beef to a very large pot with a lid, and then add the beans, tomatoes, carrots, peppers, and V8 juice. Bring to a boil and then reduce heat to simmer.

To make the cashew meal, process the cashews in a blender in short bursts, until a grainy meal is formed. Do not process for too long or you will have cashew butter. Stir in the cashew meal, cover, and simmer for an additional 30 minutes.

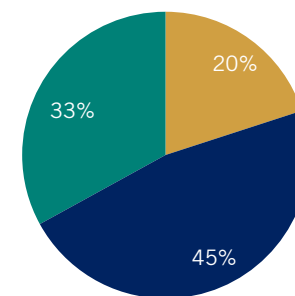
**Prep Time – 1 hour**

**Difficulty Level – Easy**

**Servings – 10**

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	637
Protein (g)	71
Carbohydrates (g)	53
fiber (g)	11
sugars (g)	18
Fat (g)	13
SFA (g)	4
MUFA (g)	6
PUFA (g)	2
omega-3 (g)	0.1
omega-6 (g)	1.1



■ Protein ■ Carbs ■ Fats

## SIDE DISHES

Part of the fun of preparing food involves creativity and flexibility. Recipes need not always be complete meals and the side dishes in this chapter were designed to provide some versatility in your food preparation. Do you need something to serve with your Mongolian beef to really impress that date? Add some teriyaki lettuce wraps as an appetizer. Also, when you get home from work and you're looking for something quick and nutritious, use some ideas from this chapter to make a quick vegetable side dish to complement some pre-cooked lean meat of some sort. Just mix it up and your healthy eating habits will get better with each interesting meal.

Carrot Salad

Hummus

Roasted Peppers

Mediterranean Salad

Grilled Peppers and Tomatoes

Toasted Quinoa Salad

Guacamole

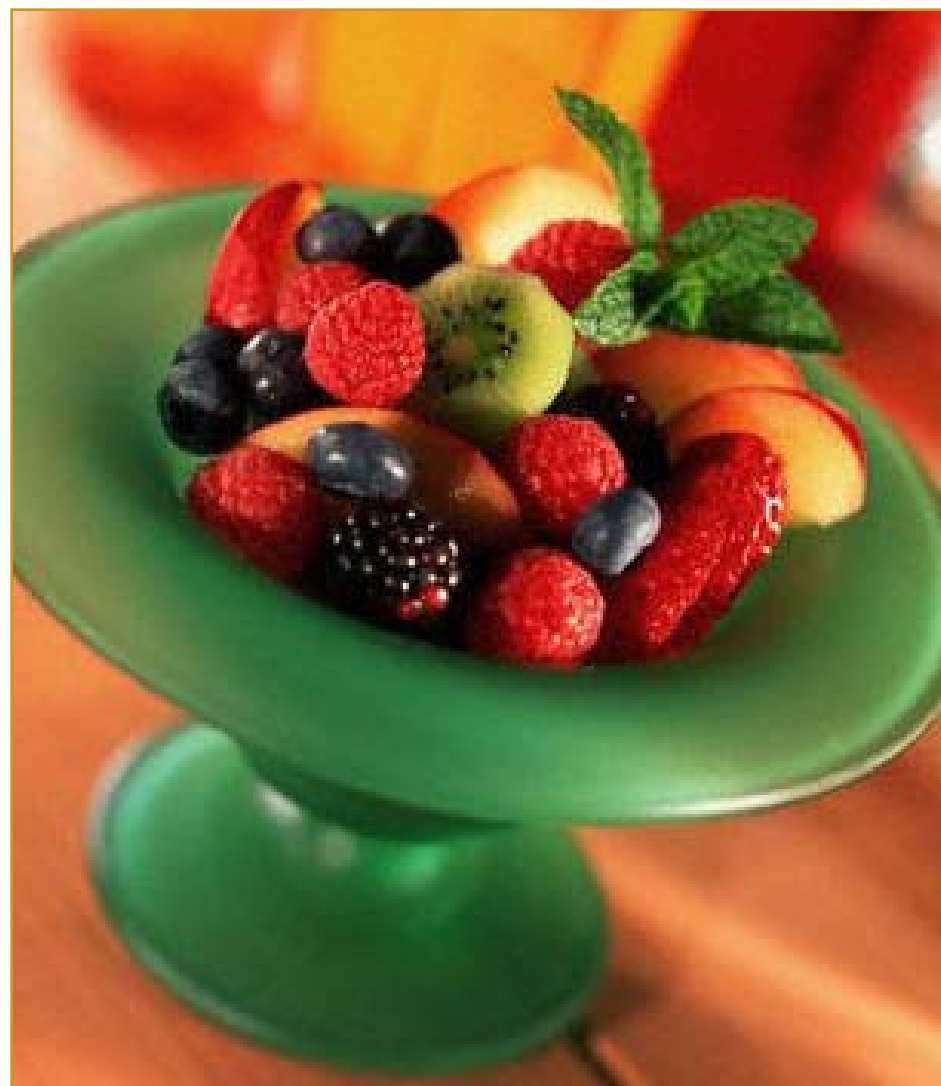
Mashed Garlic Cauliflower (Mock Mashed Potatoes)

Teriyaki Lettuce Wraps

Fruit Salad

Pesto

Tabouli





## TOASTED QUINOA SALAD (PW)

### PRELUDE

Few people know of quinoa, which is unfortunate because if there were one grain you would want to include in your diet above all others, this would be the one. Native to the Andes highlands, quinoa is a small, globular grain with a great taste and incredible nutritive properties which probably are a result of its unique growing area above 10,000 feet.

For this recipe, quinoa serves as the bulk of a hearty yet refreshing salad. Fresh cilantro, mint, and limejuice add zest to this dish, which is served chilled and makes a great bed for grilled fish or chicken.

### INGREDIENTS

- 1 cup dry quinoa
- 2 cups water
- 1 cup fresh cilantro, chopped
- 1/4 cup fresh mint leaves, chopped
- 1 thick slice (3/4-inch) red onion, chopped
- 1 small jalapeno pepper, seeded and chopped
- 1 tbsp fresh ginger root, chopped
- 4 tbsp limejuice
- 2 tsp olive oil
- 1/4 tsp salt
- 1/4 cup walnut pieces

**Prep Time – 30 minutes**

**Difficulty Level – Medium**

**Servings – 2 (large)**

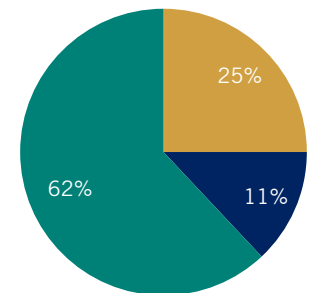
### INSTRUCTIONS

Brown the dry quinoa in a skillet over medium heat, stirring consistently for about 6 minutes. Bring the water, ginger, jalapeno, and salt to a rolling boil, add the quinoa, cover and reduce heat to low. Simmer with a tight lid until all or most of the liquid is absorbed, about 12 minutes. Transfer to a fine mesh strainer and fluff with a fork.

After the quinoa has cooled, add the rest of the ingredients and lightly stir until well blended. Store in the refrigerator and serve cool.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	403
Protein (g)	13
Carbohydrates (g)	64
fiber (g)	7
sugars (g)	2
Fat (g)	12
SFA (g)	1
MUFA (g)	5
PUFA (g)	4
omega-3 (g)	0.35
omega-6 (g)	1.74



Protein
  Carbs
  Fats

## BARS & SNACKS

There is a reason why protein bars are such big sellers in supplement shops: they are quick and convenient. Unfortunately, most of the popular protein bars are not much more than candy bars with added protein, and poor-quality protein at that. It is almost impossible to avoid questionable ingredients and/or incorrect label claims on the pre-packaged bars out there. Your best bet is to not even bother with the multitude of protein bar brands. Just make your own!

We have provided a series of recipes for protein bars below to meet any need, be it protein and high-GI carbs, low-GI carbs, or protein and healthy fats. These are perfect for meals on the go, when you don't even have time to reheat a 'real' meal in the microwave. They are also great for adding calories to your diet between meals. However, don't make the mistake of replacing too many of your real meals with bars. Even though they are healthy, you still need veggies, fruit, and protein from whole food sources.

- Mixed Nut Bar
- Chocolate Peanut Butter Bar
- Cinnamon Raisin Bars
- Peanut Butter Banana Bars
- S'mores Bars
- No Bake Strawberry Cheesecake
- Zucchini Bread
- Rice Pudding
- Peanut Butter Fudge Bars
- Apple Cobbler Bars
- Cranberry Oat Brownies
- Ginger Apricot Scones
- Pre-Bed Snack
- Chocolate Chip Cookie Dough Bars
- Granola Bars
- Mocha Espresso Bars



## S'MORES BARS (PW)

### PRELUDE

Here is yet another flavor version of the protein bars with rolled oats as carbs instead of the undesirable ingredients you'll find in most store-bought varieties. Like the Cinnamon-Raisin and Peanut Butter Banana bars, the most important key to success for these bars is the cooking time. It is far better to undercook these than to overcook them. The difference between moist, rich bars, and dry, tasteless ones can be the result of only 2 additional minutes in the oven.

### INGREDIENTS

8 scoops chocolate whey protein powder  
 2 cups rolled oats  
 1/2 cup graham cracker crumbs  
 1/4 cup cocoa powder, unsweetened  
 1/3 cup malt-sweetened chocolate chips  
 1/2 cup granulated Splenda (or a few packets)  
 1/4 tsp salt  
 1/2 to 3/4 cup unsweetened applesauce

**Prep Time – 25 minutes**

**Difficulty Level – Easy**

**Servings – 8**

### INSTRUCTIONS

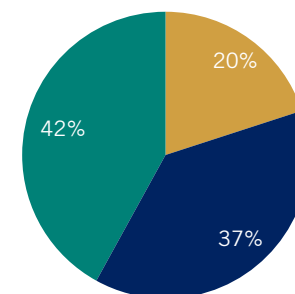
In a dry blender, process 1 cup of the rolled oats into flour. Add the oat flour to the remaining cup of rolled oats in a large bowl, and mix with the remaining dry ingredients. After the dry ingredients are thoroughly mixed together, add 1/2 cup of the applesauce and stir. If mixture is too dry, add more applesauce 1 tbsp at a time. It will seem like there is not enough applesauce at first, but keep stirring, and it will mix. Try to use as little applesauce as possible, because it's easy to make the mixture too saucy.

Cut 8 squares of aluminum foil, about 6x 10 inches each. Lightly coat the interior with a olive oil olive oil cooking spray. Spoon out an equal portion of the mixture onto each foil square, and roll them into a bar shape. I fold them like tamales, folding the ends over as well.

Bake the bars in the foil in a preheated oven at 350-degrees F, for 15-18 minutes. \*Be sure not to overcook\*

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	275
Protein (g)	27
Carbohydrates (g)	30
fiber (g)	4
sugars (g)	8
Fat (g)	6
SFA (g)	3
MUFA (g)	2
PUFA (g)	1
Omega-3 (g)	0.02
Omega-6 (g)	0.46



■ Protein ■ Carbs ■ Fats

## SHAKES

This section provides recipes for making shakes that serve as meal replacements, snacks, or desserts. These require a blender and various ingredients and can be prepared quickly for a meal or snack. These shakes can be extremely versatile in terms of taste and ingredients.

However, don't make the mistake of replacing too many of your real meals with shakes. Even though they are healthy, you still need veggies, fruit, and protein from whole food sources.

Biotest Surge

Chocolate Peanut Butter Shake

Nuts and Flax Shake

Peanut Butterscotch Shake

Almond Coconut Shake

Mixed Berry Shake

Strawberry Banana Shake

Apple-Cinnamon Shake

Apricot Yogurt Shake



## ALMOND COCONUT SHAKE (ANYTIME)

### PRELUDE

The taste harmony of almond and coconut has long been known by candy makers. Now you can enjoy these two flavors without all the sugar, and with whey protein for a balanced meal.

### INGREDIENTS

1 scoop chocolate whey protein  
 1 cup chocolate 2 % Carb Countdown dairy beverage  
 6 almonds  
 1 tbsp grated coconut  
 Splenda, to taste  
 1/2 tsp almond extract  
 1 cup ice

**Prep Time – 5 minutes**

**Difficulty Level – Easy**

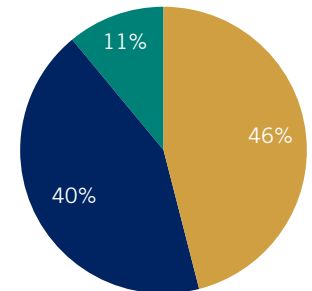
**Servings – 1**

### INSTRUCTIONS

Combine all of the ingredients except the almonds in a blender and process on medium-high for about a minute, until the shake is smooth and creamy. Add the almonds and process on low, just until they are chopped but not entirely pulverized.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	351
Protein (g)	37
Carbohydrates (g)	11
fiber (g)	5
sugars (g)	5
Fat (g)	19
SFA (g)	11
MUFA (g)	5
PUFA (g)	2
Omega-3 (g)	0
Omega-6 (g)	1.1



■ Protein ■ Carbs ■ Fats