



DR. HOTZE'S  
*Optimal*  
*Eating Program*

YOUR GUIDE THROUGH THE BENEFITS OF A YEAST-FREE LIFESTYLE, INCLUDING DELICIOUS YEAST FREE RECIPES



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# Dear Friend,

*Congratulations on taking charge of your health by starting my Optimal Eating Program!*

*Changing your diet is one of the most effective ways you can restore your health, naturally. As Hippocrates said, "Let food be thy medicine and medicine be thy food."*

*You are probably aware that many Americans are overweight. In fact, 70% are overweight and 35% are obese. This leads to a host of chronic diseases, such as type 2 diabetes, high blood pressure, heart disease, strokes, kidney and liver disease, Alzheimer's, and degenerative arthritis. Much of this can be attributed to the typical American diet, which is high in sugar and starches that break down into sugar. Sugar is then converted to fat which causes obesity and inflammation in the body, particularly in the coronary arteries.*

*The foundation of good health is based upon a healthy eating lifestyle, which is why I recommend that you and your family choose yeast-free, ketogenic meals. This begins with the elimination of sugar, wheat and other grains, corn, potato and rice*



*products and centers around healthy oils and fats such as eggs, butter, avocados, cheeses, olives, olive oil, fish oil, coconut oil, as well as green*

*vegetables and 3-6 ounces of meat daily. Wild caught salmon and other fish are also excellent sources of oil.*

*As you change your eating habits, you will experience increased energy, weight loss, a healthier intestinal tract, a stronger immune system, improved memory and brain function, and an overall sense of well-being. This eating lifestyle also curbs your appetite and lowers your blood sugar levels.*

*Because I am so passionate about helping people obtain and maintain health and wellness naturally, I have created this cookbook filled with easy, delicious recipes that will help you and your family achieve your health goals.*

*To optimize your results, be sure to supplement with vitamins and minerals to ensure that you are getting the proper nutrition you need. Stay active and exercise several times a week. Do something you enjoy in order to make it fun, such as dancing, yoga, or simply a brisk walk.*

*In three months, when you've completed the eating program, your cravings are gone and your clothes fit better, you will look back and realize that it was worth the time and effort. The sooner you start, the sooner you can transform your life.*

*Committed to your health success,  
I am, sincerely yours,*

A handwritten signature in blue ink that reads "Steven F. Hotze MD". The signature is fluid and cursive.

Steven F. Hotze, MD

# What is yeast?

Yeast is a single cell living organism that can be pathogenic in the body. It is a fungus that thrives in moist, dark places, with a constant food supply. Yeast cells feed on any form of sugar. The only way to rid the body of yeast is to remove its food source (simple carbohydrates) and actively destroy the thriving cells with medication.

Yeast is normally controlled by our immune system and the healthy bacteria in our colon. However, once the normal flora in the colon is altered, yeast can overgrow. For example, antibiotics are prescribed to kill a specific bacteria wherever an infection exists. Unfortunately, the antibiotics also kill normal healthy bacteria in other areas of the body. The use of antibiotics is enough to disrupt the very delicate balance of the colon's normal microflora. Birth control pills, synthetic steroids, and high carbohydrate "diets" can also cause yeast to overgrow. Yeast grows in the presence of sugar, and all starches convert to sugar.

Yeast cells produce toxins that depress the immune system by making it more reactive to allergens. This leads to a vicious cycle of more infections, the need for antibiotics, the killing of more good bacteria, and a further increase in yeast levels. An individual with increased levels of yeast in his system often becomes sensitive to yeast, and therefore, is sensitive to food products which contain yeast, such as wine, beer, breads, etc.

Remember, moderation in your diet is the key! Once you have successfully killed off the yeast, you can safely bring some foods back into your diet. All in all, the resolution of physical symptoms is the greatest determining factor that the yeast has been successfully eradicated.

**It is recommended that you remain on the yeast-free portion of the Optimal Eating Program for at least three months and repeat as needed if symptoms return. Before adding "yeasty" foods back into your meals, all previous yeast symptoms should be 100% resolved.**

*Please remember: The Hotze Optimal Eating Program is prescribed to eliminate toxic yeast, not specifically for weight loss. Though many of the positive changes recommended in the diet can lead to weight loss, it is not a guaranteed outcome. If you want to achieve an ideal body weight, then you must make sure that your thyroid hormone level is adequate to maintain a good energy level and metabolic rate. Your sex hormones also play a role in your metabolism. They need to be replenished and balanced as needed.*



# YEAST-FREE GUIDELINES

The duration of the yeast-free treatment is 3 months. During that time, refer to the following guidelines:

## THE FOLLOWING FOODS ARE YEAST-FREE\*:

Meats	Lemons or Limes	Coffee and Herbal Teas (no artificially decaffeinated beverages)
Eggs	Avocados	Natural Sweeteners such as Stevia, Erythritol & Xylitol
Vegetables	Virgin Coconut Oil and Cold-Pressed Olive Oil	Apple Cider Vinegar (the only vinegar product allowed on the diet)
Salads	Nuts and Natural Nut Butters (no sugar added)	
Dried Beans	Black Olives	
Select Hard Cheeses		
Butter (use only real butter, not margarine)		

\* See p. 9-10 for a complete list of foods to enjoy.

## THE FOLLOWING FOODS ARE ELIMINATED FROM THE YEAST-FREE EATING PROGRAM\*\*:

Sugar and Artificial Sweeteners (honey, syrup or agave nectar; Nutrasweet, Sweet-n- Low, Equal or Splenda)	Pasta	Mushrooms
Soft Drinks (Zevia is permitted because it is made with a natural sweetener, stevia.)	Milk, Yogurt, Soft Cheeses and other Milk Products apart from acceptable hard cheeses	Alcohol, Beer or Wine
Flour (white or whole wheat)	Potatoes (including sweet potato)	Vinegar, except for apple cider vinegar (Read the label! Pickles, green olives, salad dressings, soy sauce, mustard, mayonnaise, ketchup, salsa, etc.)
Bread and Baked Goods	Lima, Refried or Baked Beans	Vegetable Shortening, Margarine and Partially Hydrogenated Oils
Grains (corn, wheat, oatmeal, rye, millet, rice and barley)	Peas	
	Processed Meats (i.e. hot dogs)	

\*\* See p. 11-12 for complete list of foods to avoid.

**AFTER 1 MONTH** you may add fruit, brown rice, sweet potato, oatmeal and yogurt.



## **+ YEAST-FREE FAVORABLE FOODS**

**The following foods can be enjoyed for the duration of the Optimal Eating Program. When available, organic options are preferred.**

### **PROTEINS**

#### *Organic/Grass Fed:*

Beef  
Chicken Breast  
Chicken – Dark  
Duck  
Eggs  
Lamb  
Uncured, Nitrate-Free Bacon  
Uncured Canadian Bacon  
Uncured Deli Ham  
Pork  
Pork Chops  
Seafood (wild caught)  
Turkey Breast  
Turkey – Dark  
Veal  
Venison  
Wild Game

### **PROTEIN POWDERS**

#### *Sugar Free:*

Whey  
Egg  
Pea  
Chlorella/Spirolina  
Plant Based Protein

### **VEGETABLES**

Alfalfa Sprouts  
Artichoke  
Arugula  
Asparagus  
Bean Sprouts  
Bell Pepper – all colors  
Bok Choy  
Broccoli  
Brussels Sprouts  
Cabbage

Carrots (in moderation)  
Cauliflower  
Celery  
Cucumber  
Collard Greens  
Eggplant  
Green Pepper  
Jicama  
Kale  
Leeks  
Lettuce  
Okra  
Onions  
Radishes  
Romaine  
Spaghetti Squash  
Spinach  
Swiss Chard  
Tomato  
Turnips  
Turnip Greens  
Water Chestnuts  
Yellow Squash  
Zucchini

### **BEANS**

Black Beans  
Green/Wax Beans  
Chickpeas  
Hummus  
Kidney Beans  
Lentils  
Pinto Beans  
Red Beans  
White Beans

### **FATS**

Avocado  
Virgin Coconut Oil  
Cold-Pressed Olive Oil  
Black Olives

Nut butters (unsweetened)  
Grape seed Oil  
Avocado Oil  
Ghee  
Butter

### **HARD CHEESES**

Cheddar  
Monterrey Jack/  
Pepper Jack  
Colby  
Parmesan  
Romano  
Asiago  
Swiss  
Gouda  
Fontina  
Hard Blue Cheeses  
Manchego  
Wensleydale  
Pecorino

### **NUTS AND SEEDS**

#### *Raw:*

Almonds  
Cashews  
Macadamia Nuts  
Peanuts  
Pecans  
Pistachios  
Pine Nuts  
Walnuts  
Pumpkin Seeds  
Sunflower Seeds  
Flax  
Chia

## + YEAST-FREE FAVORABLE FOODS

### VINEGAR AND SUBSTITUTES

Apple Cider Vinegar  
Coconut Amino

### BAKING FLOURS

Raw Cocoa  
Almond Flour  
Coconut Flour  
Garbanzo Bean Flour  
Black Bean Flour  
Tapioca Flour

Xanthan Gum  
Arrowroot  
Baking Powder  
Aluminum-Free  
Baking Soda

### DAIRY MILK SUBSTITUTES

*Unsweetened Original,  
Vanilla or Chocolate*  
Almond Milk  
Coconut Milk

Cashew Milk  
Flaxseed Milk  
Hemp Milk

### SWEETENERS

Xylitol  
Erythritol  
Stevia

## AFTER ONE MONTH ON THE EATING PROGRAM\*:

### FRUITS

Apples  
Acai Berries  
Apricots  
Blackberries  
Blueberries  
Cantaloupe

Coconut  
(unsweetened)  
Grapefruit  
Goji Berries  
Honeydew  
Kiwi  
Nectarines

Oranges  
Peaches  
Pears  
Plums  
Raspberries  
Strawberries  
Tangerines

\*We recommend waiting a full month before consuming fruit, because the sugar from fruit can continue to feed the yeast in your system.

### A Note About Alcohol

Ideally, we recommend abstaining from alcohol for the duration of the eating program. However, we understand that this is not feasible for everyone. After one full month on the eating program, you can enjoy the occasional cocktail. In that case, it is best to stick with liquors that are low in sugar, such as vodka. Be sure to use mixers that are also yeast-free, such as club soda. It is still important to stay away from wine and beer, as those can feed the yeast in your body.

## — AVOID

The following foods should be avoided for the duration of the Optimal Eating Program.

### **VEGETABLES**

Acorn Squash  
Beets  
Butternut Squash  
Corn  
Lima Beans  
Mushrooms  
Parsnips  
Peas  
Potatoes

### **FRUITS**

Apples  
Bananas  
Cherries  
Dates  
Figs  
Natural Fruit Juices  
Guava  
Grapes  
Kumquat  
Mango  
Nectarines  
Oranges  
Papaya  
Peaches  
Pineapple  
Plums  
Prunes  
Raisins  
Watermelon

### **GRAINS**

Couscous  
Granola  
Grits  
Oats  
Oat Flour  
Popcorn  
Quinoa  
Rice (Black or White)  
Rye  
Wheat

### **MILK OR MILK PRODUCTS**

Soft Cheeses:  
Brie  
Feta  
Cottage  
Goat  
Mozzarella  
Ricotta  
Sour Cream  
Soft Blue Cheese  
Queso Fresco

### **FATS**

Mayonnaise\*  
Sesame Oil  
All processed vegetable oils

### **VINEGAR**

Vinegar Dressings  
Pickles  
Green Olives  
Mustard\*  
Ketchup\*  
Salsa\*

\* Permissible alternatives for these items can be found in the recipe section of this book.

## ✕ ELIMINATE

For long-term optimal health, the consumption of these foods should be dramatically decreased or eliminated.

### PROTEINS

Bologna  
Hot dogs (any meat)  
Kielbasa  
Liver  
Pepperoni  
Salami  
Soy Products  
Tofu

### GRAINS

Wheat and White  
Flours:  
Breads  
Biscuits  
Croissants  
Croutons  
Dinner Rolls  
Donuts  
Muffins  
Pasta  
Pancake/Waffles  
Tortillas  
Corn Bread  
Cereal

### MILK OR MILK PRODUCTS

Cow's Milk  
Cream Cheese  
Ice Cream  
Milk based Dressings and Gravy

### FATS

Lard  
Margarine\*  
Vegetable Shortening\*  
Partially Hydrogenated Oils\*  
Processed Vegetable Oils\*

### SUGARS & ARTIFICIAL SWEETENERS

Sucrose  
Sucralose\*  
Splenda\*  
Equal\*  
Sweet-n-Low\*  
Brown Sugar  
Cane Sugar  
Soft Drinks  
Corn Syrup  
Dextrose  
Lactose  
Maltodextrin

#### \*ELIMINATE PERMANENTLY

While the traditional versions of these foods should be avoided, there are delicious, healthier alternatives at your local grocery stores. You can also make your own recipes, such as the ones found in the recipe section of this book.

# PLANNING & PREPARING MEALS

## The Basics:

*There are three categories of food you may eat on the yeast-free program.*



**Protein**  
meats and eggs



**Carbohydrates**  
vegetables and fruits (favorable only)



**Fats and oils**  
nuts, avocados, olives, virgin coconut oil,  
cold-pressed olive oil, flax seed oil, pumpkin  
seeds, and oily fish (salmon, mackerel & trout)

Each meal should consist of one protein, 2 complex carbohydrates (vegetables\*), and 1 – 2 tablespoons of fat.

\*After the first month, you can swap in fruit in place of one of the vegetables.



## **Meal Planning - A Guide to Balancing Your Meals**

- 1** Eat a variety of foods to optimize nutrition and keep your body from becoming sensitive to certain foods.
- 2** Drink at least eight 8-ounce glasses of water daily, including one glass before every meal. To burn fat, you will need to drink water. This also decreases your hunger.
- 3** Don't neglect fat. Favorable fats and oils are vital for the maintenance of cell membranes and the formation of prostaglandins, which regulate almost all cellular activities. These essential fatty acids are also necessary for the prevention and treatment of heart disease, hypertension, elevated cholesterol, weight loss, arthritis, skin disorders, cancer, and even premenstrual syndrome.
- 4** Treat your snacks like a miniature meal with 1 food from each food group - 1 protein, 1 carbohydrate, 1 fat.

## **Food Rotation**

The goal of a rotation diet is to prevent the overload of a specific food in the body and, in turn, possibly eliminate the sensitivity to that food.

Eating the same food repeatedly is the number one cause of food sensitivities. The body becomes overloaded with a particular food and begins to make antibodies against that food. This results in adverse symptoms and one more allergen the body must fight against. Repeatedly putting the same food into the body only taxes the immune system further.

You must learn to rotate and diversify your eating program. It is not recommended to repeat a food within 4 days of itself because a food (in antigen form) can stay in the body for approximately 72 hours (3 days).



# GETTING STARTED

## Helpful Hints & Ideas



Before getting started, we suggest you take 1 – 2 weeks as you wean simple carbohydrates out of your diet. This will lessen any negative symptoms.

### On your mark...

- **Take inventory of foods at home.** Throw out or give away any “forbidden” foods so you can’t cheat. Prepare a shopping list and menu plans. You may use the worksheet on p. 21 to help.
- **Review recipes** and make a list of the ingredients you will need.
- **Plug in your favorite recipes and foods into the menu planner.** Use the menu planner, the sample grocery list, and the ingredient list you prepared to help you make your shopping list.

- **At your grocery store, shop on the outside aisles** for fresh produce and meats. Canned and packaged meals should be considered last and, ideally, not at all.
- **Rotate all foods.** Don't get into the habit of eating the same foods day after day. This is one of the ways that food sensitivities are created. Remember, the menu planner will help you rotate your foods.
- **Read labels!** Search the ingredient list and avoid foods containing yeast, sugar, corn syrup, vinegar, dairy or milk (lactose), dextrose, maltodextrin, hydrogenated oils, margarine, or any unfavorable foods. Avoid packaged foods as much as possible since they tend to contain a multitude of hidden additives, dyes and ingredients.
- **Canned and frozen vegetables are allowed,** but again, read the labels. They could contain some sugar. Fresh is first choice, frozen is second choice, and canned is third choice.
- **To optimize your results,** we recommend taking an anti-yeast medication, Nystatin\*, along with a high potency probiotic\*\*. The Nystatin will kill the yeast in your body, while the probiotic replenishes the good bacteria in your gut. These supplements should be taken for a minimum of three months.  
*Note: Nystatin should be obtained from a compounding pharmacy to ensure that it is free of sugar.*
- **Purchase a natural sweetener** such as Sweet-n-Natural® (erythritol).
- **Pick a start day** and stick to it!
- **It is a good idea to start cleaning up your eating habits NOW,** while you are preparing for the eating program. This will help you be more successful! A big binge the night before you start will set you up for more “die-off” or detoxification symptoms (see p. 26).
- **Find a friend or family member to join you** or hold you accountable during your new eating program. This too will help you be more successful. Also, inform your co-workers, family members and friends about the eating program and what is involved. They can be your cheerleaders.

\* Available by prescription at Physicians Preference Pharmacy.

\*\* Available for purchase at HotzeVitamins.com.





### Get set...

- Cut up fresh vegetables for snacks or steaming with meals and store in individual containers. Do this after each shopping trip.
- Prepare your beverages (such as herbal iced teas or homemade lemonade with Sweet-n-Natural®).
- Boil a dozen eggs for a quick and easy snack or breakfast protein.
- Prepare condiment recipes - see the following “Recipe” section for ideas.
- Each evening, remove frozen meats and place in refrigerator for thawing.
- You may want to divide the yeast-free medications into a pill organizer (along with your other prescriptions and vitamins) to help you prepare.

### Go!

- When cooking your meals, plan to make enough for leftovers. You can have them for lunch the next day!
- Be creative by adding new spices to enhance the flavor of both vegetables and meats. A nutritious meal does not have to be bland! Most seasonings



are acceptable. Make sure there is no added sugar or dairy products such as dried milk or parmesan, and try to avoid monosodium glutamate (MSG) because it is neurotoxic.

- **Do not hesitate to alter the ingredients** of your favorite recipes. Remove all the “forbidden” ingredients and substitute with other healthy ingredients.
- For any recipe that requires vinegar, **substitute** an equal amount of lemon juice or apple cider vinegar.
- Use your favorite seasonings, along with cold-pressed, organic olive oil, organic coconut oil or butter as a sauce for vegetables and meat marinades.
- Use one of the acceptable sweeteners (xylitol, erythritol or stevia).
- **In any recipe calling for cream or milk**, you can use unsweetened almond milk or unsweetened coconut milk instead.
- **Remember:** do not use sauces, like barbecue sauce, store-bought salad dressings, Worcestershire sauce, soy sauce, etc. unless it is on the approved list on p. 22-23.
- **Steam vegetables or eat them raw** to retain the most nutrients.
- **Meats should be broiled, baked or grilled**, but not fried. Frying destroys the nutritional value of the food.
- **Drink adequate amounts of water**, at least eight 8-ounce glasses daily.
- **When eating out**, don't be afraid to ask about the ingredients in menu items. Many restaurants will prepare foods without sauces and other additives upon request.
- **Remember**, the closer you stick to the eating program, the better you will feel and the less yeast die-off (detox) you will have.

# HINTS FOR YEAST-FREE DINING

It is possible to enjoy some of your favorite restaurants while on the yeast-free portion of the Hotze Optimal Eating Program. It will require discipline, planning, and asking questions. As long as you remember to adhere to all the rules, you will be surprised to discover the wonderful meals you can still enjoy. Here are some helpful hints for eating out:

## ▶ Preplan

Make a list of the restaurants you enjoy. Determine if they serve foods within the program, such as grilled chicken (without a sauce), fajita meat (without tortillas), and steamed vegetables. Remember, stay away from pastas, breads, and processed salad dressings. Bring your own salad dressing.

## ▶ Discipline

If possible, decide what you will order before arriving at the restaurant. If you try to decide once you get there, you may be tempted to order menu items counterproductive to the program.

## ▶ Ask Questions

Do not be afraid to ask questions of your waiter or other restaurant staff. If you are still uncertain, simply select another item. (This will prevent accidental cheating.)

## ▶ Special Orders

Most restaurants accept special requests. Politely ask if any substitutions can be made to a menu item.

## ▶ Be Creative

Try menu items you have never tried before. You may be pleasantly surprised to discover some new favorite healthy foods.

## ▶ Be in Control

Ask your waiter NOT to bring the bread, chips, wine list or dessert tray to your table. Having these items on your table will only be a temptation.

## ▶ Avoidance

Do not even attempt to eat at a fast food restaurant. Fast food is the enemy.

## ▶ Keep it Simple

Stick to the basics, such as grilled or baked chicken, steak, fish, lobster, shrimp, turkey, steamed vegetables, and dinner salads with your own dressing. Avoid casseroles, sauces, and breaded or fried foods. These foods tend to have hidden ingredients.



# WEEKLY MENU PLAN

Remember that success on the eating program often depends on simple preparation. We encourage you to sit down at the start of every week and plan out your meals. This will help you grocery shop as well as budget your time. Feel free to make copies of this sheet to use through the duration of the yeast-free portion of the program.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:	Breakfast:
Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:	Dinner:
Snack(s):	Snack(s):	Snack(s):	Snack(s):	Snack(s):	Snack(s):	Snack(s):

# GROCERY “SHOPPING LIST” (example)

## **Vegetables**

Artichokes  
Asparagus  
Avocados  
Bell Peppers  
Bok Choy  
Broccoli  
Brussels Sprouts  
Cabbage  
Cauliflower  
Celery  
Collard Greens  
Cucumbers  
Eggplant  
Green Beans  
Kale  
Leeks  
Lemons  
Lettuce (all varieties)  
Limes  
Okra  
Onions  
Spaghetti Squash  
Spinach  
Swiss Chard  
Turnips  
Tomatoes  
Yellow Squash  
Zucchini

## **Meats**

Uncured, Nitrate-Free  
Canadian Bacon  
Catfish  
Chicken  
Crab  
Crawfish  
Flounder  
Uncured, Nitrate-Free  
Deli Meats  
Lamb  
Low-Fat Beef

Ground Beef  
Ground Turkey  
Orange Roughy  
Pork Chops  
Pork Steaks  
Salmon  
Shrimp  
Steaks  
Tenderloin  
Turkey  
Uncured, Nitrate-Free  
Bacon  
Trout  
Tuna

## **Dairy & Substitutes**

Butter  
Eggs  
Unsweetened Almond,  
Coconut or  
Cashew Milk

## **Nut Butters & Seeds**

- NO HONEY ROASTED  
Almond Butter  
Cashew Butter  
Flax Seed  
Peanut Butter  
(organic - no sugar added)  
Pistachios  
Pumpkin Seeds  
Small Red Beans  
Sunflower Seeds

## **Packaged Goods**

Black Beans  
Black Olives  
Chickpeas  
Crab Meat  
Green Beans  
Kidney Beans  
Lentils

Pinto Beans  
Red Beans  
Tomato Paste  
Tomato Sauce  
(no sugar added)  
Tomatoes with Green  
Chilies  
Tuna

## **“Grains”**

*Banza* Chickpea Pasta  
*Base Culture* 7 Nut &  
Seed Bread  
*Capello's* Naked Pizza  
Crust  
*Capello's* Lasagna  
Sheets

## **Salsa & Dips**

*Clint's* Salsa  
*Credo* Cashew Queso  
*Credo* French Onion Dip  
*Timpone's*  
Smoky Red Salsa  
*Tejano* Salsa

## **Pasta Sauce**

*Classico* Pasta Sauce  
*Rao's* Homemade  
Marinara  
*Timpone's*  
Mom's Spaghetti Sauce

## **Soup Mixes & Broths**

All Natural Soups  
(organic and sugar-free)  
Beans and Herbs Soups  
Organic Vegetable,  
Chicken or Beef Broth  
(no yeast or sugar added)

### **Oils & Dressings**

*Annie's* Green Garlic Dressing  
*Bragg's* Apple Cider Vinegar  
*Bragg's* Liquid Aminos  
Coconut Aminos  
Cold-pressed olive oil  
*Isabella & Rae's* Lemony Olive Oil Dressing  
*Primal Kitchen* Dressings  
*Tessamae's* Dressings  
*Wildly Organic* Coconut Oil

### **Spices & Seasonings**

*Adams*  
Barbecue Seasoning  
Beef Fajita  
Cajun Seasoning  
Italian Seasoning  
*McCormick* Chicken and Herb  
*Mrs. Dash*  
Garlic and Herb  
Lemon Pepper  
Onion and Herb  
Organic Blend

### **Flours & Baking Products**

Almond Flour  
Aluminum-Free Baking Powder  
Black Bean Flour  
Baking Soda  
Coconut Flour  
Garbanzo Bean Flour  
Hazelnut Flour  
*Lily's* Chocolate Chips

### **Sweeteners**

Hotze Vitamins®  
Sweet-n-Natural®  
Stevia  
*Swerve*

### **Snacks**

*Jilz* Crackers  
*Siete* Tortillas  
*Siete* Tortilla Chips\*  
*Simple Mills* Crackers  
*Terra* Chips – Original (in moderation, only!)

### **Drinks**

Coffee  
Herbal Teas  
*Lipton* Tea  
*Ozarka* Flavored Waters  
*Perrier* Flavored Waters  
*La Croix*  
*Zevia*  
*Hint*  
*Bai*  
Coconut Water (no sugar added)

### **Protein Powder**

*Hotze Vitamins*® Pure Pea Protein – Vanilla & Chocolate  
*Jay Robb* Whey or Egg Protein – any flavor  
*Stronger, Faster, Healthier* Whey Protein  
*Olympian Labs* Pea Protein (vegetarian)

### **Hotze Vitamins® Nutrition**

Chocolate Mint Fiber Bar  
Chocolate *Essentia* Bar  
Dark Chocolate  
Coconut Bar  
Sweet-n-Natural® Gum (all flavors)

\* After 30 days





# HOW TO READ **PRODUCT LABELS**

## The “Nutrition Facts” Label Tells You:

- Serving sizes and number of servings per container
- Calories per serving
- Quantities of specified micro- and macronutrients
- Ingredients list
- Name and address of manufacturer, packer or distributor
- Net contents in terms of weight, measure and count

## Ingredient List:

- Ingredients are listed in descending order, based on the amount used e.g. If there is more salt than pepper in a product, salt will be listed before pepper.
- More than one sugar or sweetener is listed as “sweeteners”.
- Specific fats and oils used must be listed.
- Flavor enhancers and additives used must be listed.

## How to Use the Ingredient List to Locate Yeast-Free Products:

If a product contains an unfavorable substance it will be found on the “ingredient list” (i.e. yeast, sugar, dextrose, maltodextrin, vinegar, hydrogenated oils or margarine, dairy of any kind) and therefore must be avoided while on the yeast-free eating program. Remember – any ingredient that ends in “-ose” is a sugar and should be avoided.

## Important Reminder:

- Remember that vegetables and fruits are carbohydrates. These and other carbohydrates are broken down by the body into glucose (sugar) to be used for energy. This does not make a product unacceptable on the yeast-free eating program.
- When consuming products, higher fiber as a proportion of total carbohydrates is ideal.



<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	
<b>Amount per serving</b>	
<b>Calories</b>	
<b>% Daily Value*</b>	
<b>Total Fat</b> g	%
Saturated Fat g	%
Trans Fat g	
<b>Cholesterol</b> mg	%
<b>Sodium</b> mg	%
<b>Total Carbohydrate</b> g	%
Dietary Fiber g	%
Total Sugars g	
Includes 10g Added Sugars	%
<b>Protein</b> g	
Vitamin D mcg	%
Calcium mg	%
Iron mg	%
Potassium mg	%

Ingredient List: **FOCUS HERE**

# EATING “IN THE ZONE”

*Adapted from the writing of Dr. Barry Sears*

- 1** You'll know that you are eating right and “in the Zone” when:
  - You don't have carbohydrate cravings.
  - Your meals keep you satisfied for approximately 4 hours.
  - Your thinking is sharp and your concentration is focused.
  - You have energy to perform your daily tasks and physical activities.
- 2** If you are hungry 2-3 hours following a meal, you have eaten too many carbohydrates at the previous meal and have fallen out of the Zone. To get back into the Zone, you will need to balance your next meal with more protein, more fats, and less carbohydrates.
- 3** In order to lose weight and decrease insulin sensitivity at a faster rate you should eliminate all grains (breads, cereals and pastas). These are rapidly converted to glucose and stored as fat. Also eliminate all sugars, including sodas and sugary drinks.
- 4** Don't forget the portion of favorable fats or oils at each meal.
  - It takes fat to burn fat! In other words, fat must be present for the body to release lipase, the enzyme necessary to break down fat.
  - Fats and oils also cause the release of Cholecystokinin, a hormone in the stomach, which signals the brain to “Stop eating!”
  - Favorable oils, such as virgin coconut oil and cold-pressed olive oil, also enable the cells to produce powerful hormones called eicosanoids. These enable your cells to function optimally.
  - You should avoid the following fats and oils that damage the integrity of the cells and lead to degenerative diseases: margarine, shortenings, lard, vegetable oils, fried foods, packaged salad dressings, liver and other organ meats.
- 5** Always use the lists on p. 9–10 as your guidelines to determine the most favorable food choices and meal combinations.

# YEAST DIE-OFF

When you treat yeast overgrowth, large numbers of yeast cells die off quickly, releasing their toxins into the body. These toxins are quickly absorbed into the colon membrane and circulate throughout the entire body causing adverse symptoms. This explains why the entire body reacts to die-off; the body must eliminate these toxins.

Each person's die-off reaction is different, and some may not notice any die-off. Some sort of "die-off" reaction, be it subtle or severe, tells you the treatment is working. However, the severity of your die-off reaction is NOT directly related to the amount of yeast in your system.

## **Some of the symptoms may include:**

- Fatigue
- Headaches
- Flu-like Symptoms
- Aching Joints
- Irritability
- Dizziness/Lightheadedness
- Nausea/Cramping
- Dry Mouth
- Eczema
- Bowel/Stool Changes
- Bloating/Gas
- Yeast Infections (Vaginal, Jock Itch)
- Bladder Infection
- Sinus Infection
- Generalized Itching/Rash
- Food Cravings
- Decreased Appetite

These symptoms do not mean that you are having a drug reaction or that you are allergic to Nystatin. It only means the medication is doing its job by going into the large intestine and killing the yeast. Symptoms can last anywhere from several days to several weeks. Staying strictly on your yeast-free eating program will help tremendously. Occasionally reducing (not stopping) the dosage of Nystatin if needed will slow down the die-off process, making symptoms more tolerable.

We recommend that you obtain a supplement called Neutra Caps from Hotze Vitamins® to take along with the anti-yeast medications for the duration of the die-off symptoms. Neutra Caps (sodium bicarbonate and potassium bicarbonate) devour the toxins dumped by the dying yeast cells. You may take one or two Neutra Caps as needed. When you begin taking fluconazole (which kills a more mature form of the yeast that has migrated into the walls of the colon) after two weeks on the eating program, die-off symptoms may again occur. Whenever symptoms do occur, contact Hotze Vitamins® if you are unsure of the origin of your complaints. Remember, die-off is a temporary condition. Detoxing the body is important for the absorption of your hormones, nutrients, and supplements.



## A note from a recovered sugar junkie

**Dear Dr. Hotze,**

*After having three babies within four years, my body was in chaos. I was experiencing chronic yeast infections, including a 4-month bout with thrush, and itchy skin all over. I was also suffering from chronic lung infections, bronchitis, pneumonia and allergies. After completing a treatment of antibiotics, I would become ill all over again. I decided to give the Hotze Optimal Eating Program a try to alleviate at least some of my symptoms.*

*I knew the program would be challenging due to my sugar addiction, but I made the commitment to stick with it for at least one month. I vowed to never cheat! I made a lot of the meals from your recipe book and modified many of my own recipes. On the days when I just didn't feel like cooking, I would fix a plate with my favorite "meal": sliced turkey, sliced tomatoes and avocado. The peanut butter balls in the recipe book are a special treat, but I would more often eat the natural peanut butter right out of the jar when I needed a quick snack. Yeast-free eating became easier when I was able to incorporate fruit into my eating plan. Fruit never tasted so sweet and delicious!*

*After 30 days on the program, my yeast infections started to improve and then after three months they disappeared completely! My chronic coughing had decreased significantly, and as an added bonus, I dropped 22 unwanted pounds! I actually had a spring in my step! Eating yeast-free is not easy, especially when starting out, but with a little pre-planning and a commitment to better health, the results are well worth the challenge.*

*Sincerely,  
Jessica*

# HERB DICTIONARY

Hints to help “spice up your life”

## **Basil:**

sweet and full of flavor – great for salads, soups and dressings – used in many Italian recipes – also good with tomatoes, eggplant, squash, etc.

## **Bay Leaves:**

fragrant and pungent – adds depth and sweet peppery scent – use in soups, stews, sauces and tomato dishes

## **Chives:**

similar in taste to scallions, only milder – use with tomatoes, steamed vegetables, dips, spreads, herb butters, etc.

## **Cilantro:**

much stronger dried than fresh – used in East Indian, Central and South American dishes

## **Cumin:**

gives aromatic taste to stews, vegetables, Mexican and Indian cooking – warm, robust flavor – use sparingly, used in curry and chili

## **Dill:**

use with tomatoes, cucumbers, in sauces, dips, dressings and salads – add at the end of cooking because flavor fades quickly when heated

## **Garlic:**

use whole in soups and sauces, gives a unique fragrance and flavor which can easily overpower (sautéed garlic is half as strong as pressed garlic – 1/8 tsp. of garlic powder equals 1 tsp. fresh garlic)

## **Ginger:**

pungent hot and spicy flavor, golden color – use root in stir-fries or other Middle-Eastern dishes – leaves can be used in soups

## **Marjoram:**

sweet herb with mild flavor, best added toward the end of cooking time in soups, stews, salad dressings and stuffing – also goes well with tomatoes and onions

## **Oregano:**

strong flavor similar to marjoram – use sparingly with basil, garlic, olive oil, tomatoes, eggplant, squash, in marinades, herb dressings and other Greek and Italian dishes

## **Parsley:**

mild flavor – use with cauliflower, summer squash, tabouli, dips, marinades, soups, stews, and sauces – blends well with most herbs

**Rosemary:**

aromatic shrubby mint with strong pine taste – use with cauliflower, lemon, parsnips, peas, tomatoes, in marinades, soups and stews, etc. – use sparingly as it can easily dominate

**Sage:**

aromatic and spicy – use with beans, stews, dressings, soups, sauces and marinades – use sparingly

**Savory:**

aromatic, grass-like smell, with mild peppery flavor – assertive – use with green beans, salads, cabbage and soups

**Tarragon:**

use in salads (especially chicken salad) and with vegetables – fresh tarragon has a taste similar to licorice – great alone or mixed with parsley, chives and chervil

**Thyme:**

heavy aroma and spicy taste – use with asparagus, eggplant, leeks, nutmeg, onions, parsley, tomatoes, soups, stews, sauces, herb butters, marinades and bean dishes

**Turmeric:**

adds mild, slightly musty flavor and yellow color to curries and rich dishes









# Yeast-Free Recipes

DRESSINGS &  
MARINADES

👍 *indicates guest favorite*

## Basil & Garlic Salad Dressing

1 cup cold-pressed olive oil

1/4 cup fresh lemon juice

6 stems fresh basil, with leaves

4 large cloves garlic, coarsely chopped

1 tsp. salt

- 1 ▶ Pour olive oil into a 1-cup jar.
- 2 ▶ Pull basil leaves from stems and place in oil. Add garlic.
- 3 ▶ Cover with a tight-fitting lid and set on a sunny windowsill for 2-7 days (for more flavor leave longer).
- 4 ▶ Shake container daily.
- 5 ▶ Strain liquid carefully into a measuring cup and discard leaves and garlic.
- 6 ▶ Pour liquid back into container. Add lemon juice and salt.
- 7 ▶ Chill before serving.





## Lemon & Herb Marinade

1/4 cup lemon juice

1/4 cup cold-pressed olive oil

1 tsp. chervil

2 cloves garlic, minced

2 tbsp. chives, minced

1/4 cup fresh parsley, finely  
chopped

**+ optional**

1/8 tsp. cayenne pepper

▶ Combine all ingredients and mix well.



## Savory Spanish Dressing 🍷

1 med. avocado, pitted & peeled  
1 large fresh tomato, chopped  
2 large green onions, peeled and chopped  
1/2 tsp. garlic powder  
2 tbsp. fresh lemon juice  
1/4 tsp. cumin  
Cayenne pepper to taste

- 1 ▶ Mix all ingredients in a food processor until creamy.
- 2 ▶ Pour over salad.





## AVOCADO & LEMON-HERB DRESSING

1 med. avocado, peeled, pitted & quartered  
2 cups cold-pressed olive oil  
1/2 cup water  
1/4 cup fresh lemon juice  
2 tbsp. each fresh basil & parsley, chopped  
1 tbsp. each fresh oregano, thyme, chopped  
1 tbsp. tarragon & savory, chopped  
1 tsp. each fresh sage & rosemary, chopped  
1 tsp. salt

- ▶ Place avocado in a blender or food processor and blend until creamy.
- ▶ Add remaining ingredients. Blend to a liquid consistency.
- ▶ Pour dressing into a quart jar with a tight-fitting lid. Refrigerate until ready to serve.

## CREAMY HERB DRESSING

1/2 cup cold-pressed olive oil  
1 large tomato, quartered  
1/4 cup fresh lemon juice  
2 large cloves garlic, crushed  
1/2 tsp. salt  
1 tbsp. each fresh thyme & tarragon, chopped  
1/4 tsp. ground paprika  
4 tsp. Sweet-n-Natural®  
2 tbsp. sesame seeds

- ▶ Place all ingredients in a blender, food processor, or wide-mouthed jar. Mix well.
- ▶ Refrigerate before serving.

## CLASSIC ITALIAN DRESSING 🍷

2/3 cup cold-pressed olive oil  
1/2 cup fresh lemon juice  
1/2 cup water  
2 large cloves garlic, minced  
1 tbsp. each of chopped oregano, basil & sage  
2 tbsp. Sweet-n-Natural®  
1/2 tsp. salt  
1/4 tsp. pepper

- ▶ Combine all ingredients in a small bottle or jar with a tight-fitting lid.
- ▶ Refrigerate several hours and shake well before serving.
- ▶ Serve over salad, fresh vegetables or use as a marinade.

## POPPY SEED FRENCH DRESSING

1/2 cup cold-pressed olive oil  
1/4 cup fresh lemon juice  
1 large clove garlic, minced  
1/2 tsp. salt  
1/2 tsp. fresh basil, chopped  
1 tsp. each fresh thyme & tarragon, chopped  
1/2 tsp. ground paprika  
1/2 cup Sweet-n-Natural®  
1/4 cup poppy seeds

- ▶ Combine all ingredients in a blender or food processor. Mix well.
- ▶ Cover and refrigerate for at least 1 hour before serving.

## RAW RANCH DRESSING

3/4 cup cashews, soaked for at least 2 hours  
1/2 cup water  
2 tbsp. lemon juice  
2 tbsp. apple cider vinegar  
3 tbsp. olive oil  
1/4-1/2 tsp. salt  
1/2 tsp. dried thyme  
1/2 tsp. dried oregano  
1 clove garlic  
1/2 tsp. onion powder  
3 tbsp. fresh dill  
3 tbsp. fresh parsley

- ▶ Blend all ingredients in a high-speed blender OR blend all ingredients except for the oil in a food processor, and drizzle the oil in until the mixture is creamy and emulsified.
- ▶ When dressing is blended, chop an additional few tablespoons of herbs and mix them in.
- ▶ Enjoy on top of a big green salad!



## RAW ZESTY TOMATO BASIL DRESSING

5 Roma tomatoes  
2 small zucchinis  
1 bunch of fresh basil  
1/4 cup pine nuts  
1 clove of garlic  
Juice of 1 lemon  
Oregano, parsley and thyme to taste

- ▶ Combine all ingredients in a high-powered blender.
- ▶ Store in a mason jar in the refrigerator.

## RASPBERRY VINAIGRETTE

1/2 cup fresh raspberries  
2 tbsp. water  
2 tbsp. apple cider vinegar  
3 fresh basil leaves  
1/2 tsp. salt  
1/2 cup cold pressed olive oil

**+ optional**

1 tsp. Sweet-n-Natural®

- ▶ Puree all ingredients EXCEPT OIL in a blender.
- ▶ With the blender running slowly, add the olive oil and blend only 10 seconds.



## THOUSAND ISLAND DRESSING

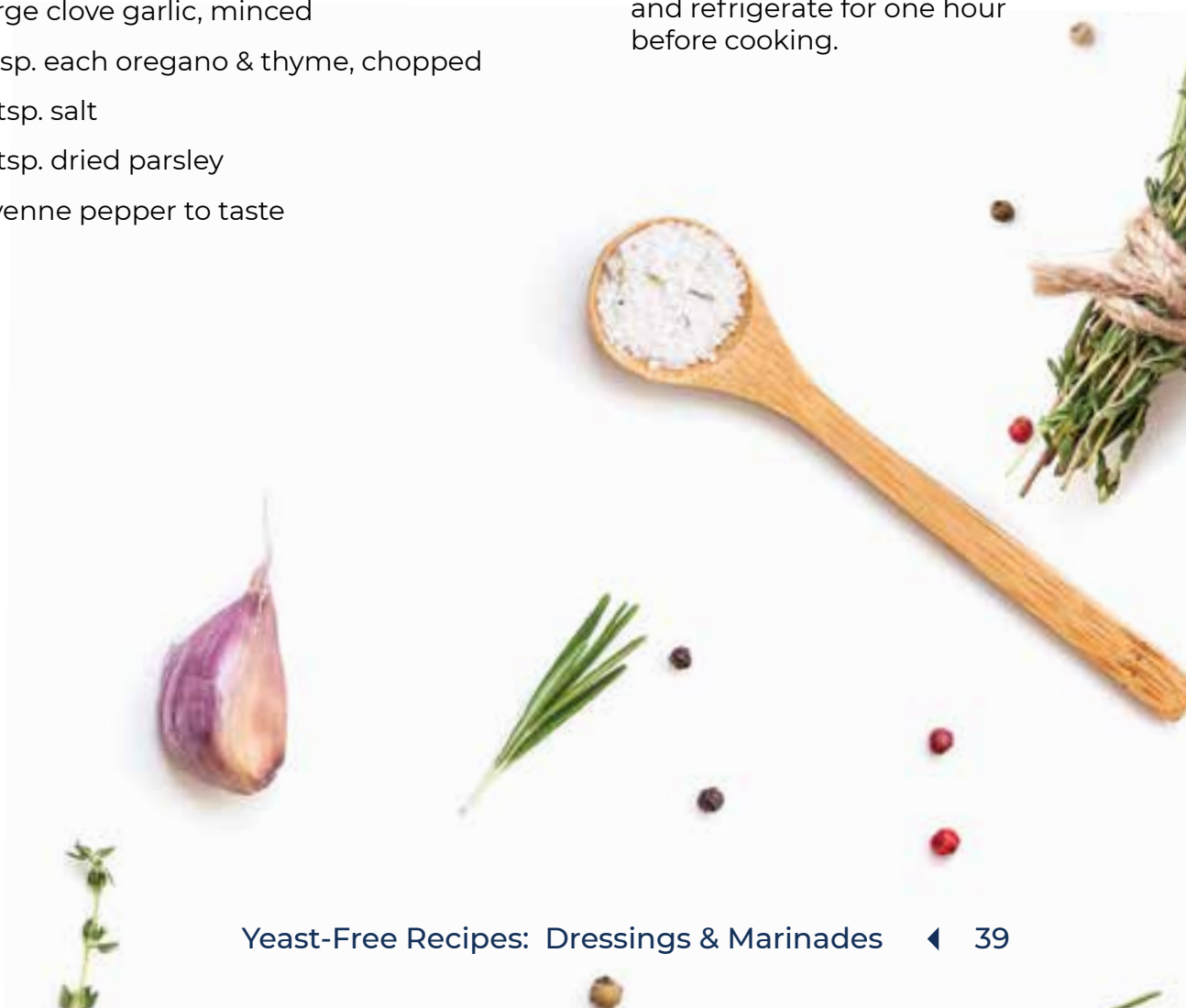
1/2 cup Homemade Mayonnaise (p. 63)  
1 tbsp. fresh lemon juice  
1 tbsp. unsweetened tomato sauce  
1/4 med. red bell pepper, finely chopped  
1 tsp. yellow onion, peeled & grated  
1 tbsp. fresh basil, chopped

- ▶ Mix all ingredients in a small bowl.
- ▶ Chill 1 hour before serving to allow flavors to blend.

## FISH MARINADE

1/2 cup cold-pressed olive oil  
2 tbsp. fresh lemon juice  
1/2 med. yellow onion, chopped  
1 large clove garlic, minced  
1 tbsp. each oregano & thyme, chopped  
1/4 tsp. salt  
1/4 tsp. dried parsley  
Cayenne pepper to taste

- ▶ Place all ingredients for marinade in a large dish or bowl.
- ▶ Pour over your favorite fish and refrigerate for one hour before cooking.







# Yeast-Free Recipes

## DIPS & SAUCES

👍 indicates guest favorite



## Homemade Guacamole 👍

3 med. ripe avocados,  
mashed

2 tbsp. fresh lemon or lime  
juice

1 large fresh tomato,  
chopped

3 small green onions,  
chopped

1/2 tsp. garlic powder

Salt and pepper to taste

**1 ▶** Mix avocados and lemon juice to  
desired consistency.

**2 ▶** Stir in tomato, onions, and seasonings,  
mix.

**3 ▶** Refrigerate until ready to serve.

**Note:** Place the avocado seeds in the  
finished guacamole to help prevent  
browning.



## Roasted Red Pepper Hummus 🍷

2 garlic cloves, chopped

1 (15 oz.) can garbanzo beans  
(chickpeas), drained,  
reserve juice

1/3 cup tahini (sesame seed paste)

1/3 cup fresh lemon juice

1/2 cup drained roasted red  
peppers from jar

### ➕ *optional*

Pinch of salt/pepper, red pepper  
flakes, basil, and/or other spices

- 1 ▶ In an electric food processor, combine garlic, garbanzo beans, tahini, and lemon juice. Process until the mixture is smooth, adding juice from garbanzo beans as needed to smooth texture.
- 2 ▶ Add roasted peppers and process until the peppers are finely chopped.
- 3 ▶ Season with salt and pepper and other desired seasonings.
- 4 ▶ Transfer hummus to small bowl, cover and chill until ready to serve. Serve with bell pepper strips. *Note: Tastes better if made one day ahead.*



## Saucy Salsa

2 large tomatoes cored, puréed & strained

1 large clove garlic, minced

1 chili pepper, coarsely chopped

2 tbsp. yellow onion, coarsely chopped

1/4 cup fresh cilantro, rinsed and chopped

### **optional**

1/2 tsp. jalapeno, chopped

- 1 ▶** Place tomatoes and garlic in a 2-quart saucepan and boil until tender.
- 2 ▶** Remove from heat and let cool.
- 3 ▶** Beat in food processor or with electric mixer to sauce consistency.
- 4 ▶** Add other ingredients and mix. Spoon sauce into a bowl and serve.





## Cranberry Sauce

1 (12oz) bag fresh cranberries  
1 cup Sweet-n-Natural®  
1 cup water  
1/4 tsp. salt  
1 cinnamon stick  
2 strips orange peel  
3-4 whole cloves

- 1 ▶ Sort through cranberries to remove soft and/or brown ones and place in a saucepan.
- 2 ▶ Bring all ingredients to a boil on medium-high heat, stirring frequently, until the cranberries pop open and release their gel (about 5 mins).
- 3 ▶ Remove from heat and let cool at room temperature. The sauce will thicken as it cools.
- 4 ▶ Refrigerate after cooling.



## GOURMET SAUCE

3 tbsp. cold-pressed olive oil  
2 green onions, chopped  
1 large clove garlic, minced  
1/2 tsp. fresh rosemary, chopped  
1/4 tsp. tarragon

- ▶ Heat oil in a large skillet.
- ▶ Add onions, garlic, and rosemary. Mix.
- ▶ Simmer 10 minutes or until thoroughly cooked.

## LEMON-BUTTER SAUCE

1/2 cup butter  
1/4 cup fresh lemon juice  
1/4 tsp. lemon pepper  
Salt to taste

- ▶ Melt butter in a small skillet.
- ▶ Add lemon juice and salt. Mix.
- ▶ Remove from heat immediately. Serve.

## HOMEMADE MAYONNAISE

1 egg  
1/2 tsp. minced garlic  
1 tbsp. lemon juice  
1 tsp. Mild Mustard (p. 49)  
1/4 cup olive oil  
Salt and pepper to taste

- ▶ Combine the egg, garlic, lemon juice and mustard in a blender or food processor.
- ▶ Blend until smooth, then blend on low speed while pouring oil into blender in a fine stream as mixture emulsifies and thickens.

## EASY HOLLANDAISE SAUCE

1/2 cup Homemade Mayonnaise, (see above)  
1 tbsp. fresh lemon juice  
1 large egg yolk  
1/4 tsp. salt  
Ground nutmeg to taste

- ▶ Place mayonnaise and lemon juice in a small nonstick saucepan.
- ▶ Add egg yolk and salt. Whisk continually over medium-high heat.
- ▶ When hot (not boiling), stir in nutmeg. Remove from heat immediately. Serve with or over vegetables.



## ITALIAN TOMATO TOPPING

6 tbsp. tomato paste  
1/4 cup fresh lemon juice  
Fresh oregano & basil, chopped, to taste  
1/4 tsp. onion powder

- ▶ Mix all ingredients in a small bowl.
- ▶ Serve over meatloaf or almost any dish.

## SWEET & SOUR SAUCE

1 (8 oz.) can unsweetened tomato sauce  
1 (6 oz.) can tomato paste  
1 tbsp. cold-pressed olive oil  
1 tsp. each fresh basil & oregano, chopped  
1 tsp. each garlic powder & onion powder  
1 1/4 cups Sweet-n-Natural®

- ▶ Mix all sauce ingredients in a large skillet.
- ▶ Bring to a boil, then lower heat. Cover and simmer 20 minutes.
- ▶ Serve over any meat or vegetable dish.

## HOMEMADE KETCHUP

1/4 cup water  
1/3 cup tomato paste  
2 tbsp. fresh lemon juice  
1-2 tbsp. Sweet-n-Natural®  
Garlic powder, onion powder and salt to taste

- ▶ Mix all ingredients thoroughly. Store in glass jar in refrigerator.

## TARTAR SAUCE

1 1/2 cups Homemade Mayonnaise (p. 47)  
1/2 cup cucumber, finely chopped  
1 cup yellow onion, grated  
1/4 cup lemon juice  
2-3 tbsp. fresh dill or to taste  
1/4 tsp. dry mustard powder  
Pepper to taste

- ▶ Place all ingredients in a small bowl and mix well.
- ▶ Chill 1 hour before serving to allow flavors to blend.

## SEAFOOD COCKTAIL SAUCE

1 cup Homemade Ketchup (pg. 48)  
1 tbsp. lemon juice

- ▶ Mix ingredients together and chill.

## MILD MUSTARD

2 tsp. dry mustard powder  
1 cup water  
3 tsp. arrowroot  
1/4 tsp. turmeric  
1/4 tsp. salt  
1 tsp. lemon juice

- ▶ Combine dry mustard and water in saucepan. Allow to stand for 10 minutes.
- ▶ Stir in arrowroot, turmeric, and salt. Heat mixture over medium heat, stirring often until it thickens and boils.
- ▶ Stir in lemon juice and refrigerate.

## SPAGHETTI SAUCE PLUS

1 onion, chopped  
1/2 green bell pepper, chopped  
1/4 tsp. garlic powder  
1/4 tsp. pepper  
1/2–1 tsp. oregano  
1 (10 oz.) can tomato paste  
1 (10 oz.) can tomato purée  
1 large can stewed tomatoes

- ▶ Brown onion, green pepper, garlic powder, pepper and oregano.
- ▶ Add tomato paste, purée and tomatoes.
- ▶ Simmer at least 30 minutes.









# Yeast-Free Recipes

BREAKFAST

👍 indicates guest favorite

# Turkey Sausage Breakfast Casserole

1 lbs. ground turkey  
breakfast sausage  
3/4 cup red pepper, diced  
3/4 cup onion, diced  
1–2 cups spinach, finely  
chopped  
10 eggs  
1 tsp. salt  
1/2 tsp. pepper  
1 cup shredded sharp  
cheddar (or 1/2 cup dairy-  
free cheese), plus more  
for topping

- 1 ▶ Preheat oven to 350° F. Lightly grease a 9x13 baking dish.
- 2 ▶ Heat a skillet over medium-high heat. Add sausage, onion and red pepper.
- 3 ▶ Break up sausage into small pieces and cook until the vegetables have softened and sausage is no longer pink. Drain any excess grease.
- 4 ▶ Add spinach and cook for another 1–2 minutes. Remove from heat and let cool slightly.
- 5 ▶ In a large bowl, combine the remaining ingredients. Stir in sausage mixture and mix until totally combined.
- 6 ▶ Pour into prepared baking dish. Top with remaining cheese.
- 7 ▶ Bake uncovered for 25–30 minutes until the eggs are set. Let cool slightly before serving.







## Easy Egg Cups to Go

6 large eggs

6 strips of turkey bacon or center cut bacon

**+ optional**

Peppers, spinach, tomatoes

- 1 ▶ Preheat oven to 350°F.
- 2 ▶ Line greased cups of muffin tin with bacon (around side, not covering the bottom).
- 3 ▶ Crack egg into each muffin cup, slightly scramble with fork if you desire more of a scrambled egg versus poached.
- 4 ▶ Lightly season each cup with salt, pepper, paprika and vegetable additions as desired.
- 5 ▶ Bake for 25 minutes or until the egg has achieved desired firmness.



## Yeast-Free Blueberry Mug Muffin

3 tbsp. blanched almond flour  
1 tbsp. coconut flour  
1 tbsp. Sweet-N-Natural®  
1/4 tsp. baking powder  
Pinch of salt  
1 large egg  
1 tbsp. unsalted butter, softened  
1 tsp. avocado oil  
1/4 tsp. vanilla extract  
8 blueberries

**+ optional**

Salted butter, for serving

- 1 ▶ Place almond flour, coconut flour, sweetener, baking powder, and salt in a medium-large microwave-safe mug and mix with fork.
- 2 ▶ Add egg, butter, avocado oil, and vanilla. Mix well.
- 3 ▶ Gently stir in blueberries. Use back of a spoon to press batter down and smooth top.
- 4 ▶ Place batter-filled mug in microwave and heat for 1 minute 15 seconds. (Cooking time may vary. If muffin is not fully formed after 1 minute 15 seconds, continue cooking in 15-second increments.)
- 5 ▶ *Carefully remove hot mug* from the microwave, flip upside down over a plate and allow muffin to slide out. Slice muffin in half and spread with butter, if desired.



## Easy Green Detox Smoothie

1-2 scoops vanilla protein powder

Handful of spinach

1 organic celery stick

1/4 organic cucumber

3 organic broccoli florets

1/2 organic apple

1/4 cup walnuts, almonds or pecans

2 cups unsweetened almond,  
coconut or cashew milk or water

Ice

- ▶ Blend all ingredients in high-powered blender and enjoy.

**Note:** Frozen broccoli can be used, which would replace the ice in the smoothie.



## MEXICAN OMELET 🍷

3 tsp. cold-pressed olive oil, divided  
2 cups onion, minced  
4 garlic cloves, minced, divided  
1/2 cup cooked chickpeas  
1/2 cup cooked kidney beans  
1 cup red bell pepper, diced  
1 cup green bell pepper, diced  
2 whole eggs  
12 egg whites  
1/8 tsp. dry mustard  
1/4 tsp. turmeric  
1/8 tsp. chili powder  
1/8 tsp. black pepper  
Cayenne pepper to taste

- ▶ In a medium sauté pan, cook onion, garlic, chickpeas, kidney beans, red and green peppers in 1 teaspoon of olive oil until tender.
- ▶ In a mixing bowl, whip together whole eggs, egg whites, mustard, turmeric, chili powder, black pepper, and cayenne pepper.
- ▶ In a second sauté pan, heat 1 teaspoon olive oil before adding half the egg mixture. Cook until set and an omelet is formed.
- ▶ Fill omelet with half the vegetable mixture, fold over and serve. Repeat process to make second omelet.

## SAUSAGE & EGG BREAKFAST WITH VEGETABLES

2 cups kale  
1 cup leeks, sliced  
2 cups steamed broccoli florets  
1/2 cup steamed carrots, half-slices  
3/4 cup red bell pepper, half-rings  
1 cup steamed wax beans, chopped  
9 oz. ground turkey  
1/8 tsp. each sage, paprika & nutmeg  
Salt & pepper to taste  
3 tsp. cold-pressed olive oil, divided  
2 whole eggs

- ▶ Place vegetables in a saucepan with enough water to cover. Cook until tender.
- ▶ In a mixing bowl, combine ground turkey and spices. Form turkey mixture into 2 patties and sauté in a pan with 1 teaspoon of olive oil. Remove patties from pan and set aside.
- ▶ In a sauté pan, heat 2 teaspoons of olive oil and cook whole eggs over easy.
- ▶ Divide eggs, sausage and vegetables. Serve warm.

✔ **Program tip:** After two weeks on the eating program, add one-half of an apple (shredded) to ingredients for extra zest.

## CHICKEN, TURKEY AND EGG BAKE

Rotisserie chicken (whole chicken)

1-1.25 lbs Lean ground turkey

1/4 onion, chopped

Red pepper, chopped

Spinach

10 eggs

1/2 can coconut milk

- ▶ Preheat oven to 350° F.
- ▶ Brown lean turkey in a skillet. Mix in 1/4 onion with ground turkey and set aside.
- ▶ Grease a large glass pan with coconut or olive oil. Add chicken, ground turkey, red pepper and spinach to dish.
- ▶ Whisk together eggs and coconut milk. Pour egg-coconut milk mixture on top of other ingredients.
- ▶ Bake for 40 minutes or until eggs no longer shake.

## SCRAMBLED EGGS WITH A FLAIR

8 large eggs

1/2 lb. cooked baby shrimp, rinsed

1 med. avocado, peeled & diced

1 med. red bell pepper, diced

2 med. green onions, diced

1/2 tsp. garlic powder

Cayenne pepper to taste

2 tbsp. cold-pressed olive oil

- ▶ Beat eggs in a large bowl. Add remaining ingredients, except olive oil, then mix.
- ▶ Heat olive oil in large nonstick skillet and add egg mixture. Cook over medium high heat, stirring frequently, until egg is set.
- ▶ Serve immediately.

## FIESTA FRITTATA

4 large eggs

1 large tomato, diced

1 med. avocado, peeled & diced

1 small fresh chili pepper, chopped

2 med. green onions, chopped

2 tbsp. cold-pressed olive oil

Saucy Salsa (see p. 45)

- ▶ Beat eggs in a medium bowl. Mix in tomato, avocado, chili pepper, and green onions.
- ▶ In a large skillet, heat 2 tablespoons of olive oil, then add egg mixture. Cover and reduce heat to simmer. Eggs should cook 5-10 minutes or until set.
- ▶ Serve with Saucy Salsa.



## SKILLET HASH

3 oz. lean ham, chicken or beef,  
cooked  
1 tsp. cold-pressed olive oil  
Green bell pepper & onions, to taste  
1 cup tomato, chopped  
Salt & pepper to taste

📌 **Program tip:** After two weeks on the eating program, serve with 1/4 cantaloupe as a side dish.

- ▶ Sauté bell pepper and onions in olive oil until tender.
- ▶ Add cooked meat, tomato and spices. Continue to cook, stirring until heated through.

## PALEO BREAKFAST BURRITO

1-2 slices lean ham or turkey (thick  
enough to fold & not break)  
2 eggs  
1/4 cup chopped veggies (spinach,  
black olives, bell pepper, tomato)

⊕ **optional**  
Salsa, guacamole, cilantro

- ▶ Sauté veggies over medium-high heat in small amount of oil. Whisk eggs in bowl and pour over veggie mixture.
- ▶ Scramble egg mixture until cooked. Remove from pan. Roll ham or turkey around eggs and place back in pan. Grill each side until slightly brown.
- ▶ Serve with salsa, guacamole, and cilantro if desired.

## ALMOND PANCAKES 👍

1 cup almond flour  
2 eggs  
1/4 cup sparkling water  
1 1/2 tbsp. oil  
1/4 tsp. salt  
1 tbsp. Sweet-n-Natural®  
1/2 tsp. baking powder

⊕ **optional: Syrup**

Place 1 cup of berries of choice in blender with 2–6 tbsp. of Sweet-n-Natural® to taste. Blend to desired consistency. Serve warm over pancakes.

- ▶ Mix ingredients together in a medium-sized bowl.
- ▶ Over medium heat, pour or scoop the batter onto a lightly greased skillet (approximately 1/4 cup for each).
- ▶ Brown on both sides and serve hot.

*For a simple breakfast,* pick a recipe below, blend the ingredients in a high-powered blender until creamy and enjoy!

## CHOCOLATE PEANUT BUTTER SMOOTHIE

1–2 scoops pea protein powder, chocolate	1 tsp coconut oil
1/4 cup unsweetened cocoa powder	2 cups unsweetened almond milk
1/4 cup unsweetened almond or sunflower butter	Ice
6 organic spinach leaves	

## SOUTHERN PEACH SMOOTHIE

2 scoops of pea protein powder, vanilla	1 tbsp. Sweet-N-Natural
1 ripe peach, pitted	Dash of cinnamon
1/2 cup strawberries	8 ice cubes
1/2 cup unsweetened vanilla almond milk	

## BERRY DELICIOUS SMOOTHIE

1 1/2 cups unsweetened vanilla almond milk	1 tbsp. almond butter
1 scoop pea protein powder, vanilla	1/2 tsp. cinnamon
1 scoop collagen powder	Ice
1/2 cup frozen organic mixed berries	

## APPLE NUT MUFFINS

1/2 cup erythritol  
1 1/2 cup unsweetened apple sauce  
1/2 cup coconut oil, melted  
2 eggs  
2 1/2 cups almond flour  
1 tsp. ground cinnamon  
1/4 tsp. ground nutmeg  
1 tsp. baking soda  
1/2 tsp. sea salt  
1 small apple, cubed  
1/4 cup chopped walnuts or pecans

*Makes: 18*

- ▶ Preheat oven to 350 ° F and line muffin tins with paper baking cups.
- ▶ In a large bowl, beat erythritol, applesauce, coconut oil and eggs with hand mixer until smooth and creamy.
- ▶ On low speed, beat in almond flour, cinnamon, baking powder, baking soda, salt and nutmeg until well blended.
- ▶ Fold in apple cubes and chopped nuts. Divide batter evenly among muffin cups.
- ▶ Bake for 25–35 minutes or until toothpick inserted comes out clean. Remove from pan and allow to cool for at least 30 minutes.







# Yeast-Free Recipes

## SOUPS

👍 indicates guest favorite



## Gumbo

1 cup shrimp  
1 cup turkey sausage links,  
sliced  
2 tbsp. cold-pressed olive  
oil, plus additional for  
sautéing  
1 onion, chopped  
1 small green bell pepper,  
chopped  
1/2 lb. okra, chopped  
1 (14-16 oz.) can tomatoes  
3 3/4 cups vegetable stock  
or water  
1 bay leaf  
2-3 tbsp. fresh parsley,  
chopped  
Salt & pepper to taste

- 1 ▶ Sauté shrimp and sausage in olive oil until shrimp is white. Drain well and set aside.
- 2 ▶ Sauté onion, bell pepper and okra in olive oil for 4-5 minutes, stirring occasionally.
- 3 ▶ Add the tomatoes, stock or water and bay leaf to the okra mixture.
- 4 ▶ Bring to a boil, lower heat, cover and simmer for 15-20 minutes.
- 5 ▶ Add the shrimp and sausage, parsley and seasonings, and cook another few minutes.





## Meatball Chowder

1 lb. lean ground beef  
1 tbsp. cold-pressed olive oil  
6 cups fresh tomatoes, peeled & diced  
6 cups beef broth  
1 cup cauliflower florets  
1 cup celery, chopped fine  
1 tbsp. fresh parsley  
1/2 tsp. thyme  
1/4 tsp. each basil & garlic powder  
2 tsp. salt  
1/4 tsp. pepper

- 1 ▶ Shape ground beef into meatballs.
- 2 ▶ In large soup pot, brown meatballs in olive oil.
- 3 ▶ When thoroughly browned, add all other ingredients and cook about 1 hour or until tender. Serve immediately.



## Chicken-Egg Drop Soup with Lemon

1 frying chicken (approx. 3 lbs.),  
quartered

Water

1 med. yellow onion, coarsely  
chopped

Salt to taste

1 tsp. ground nutmeg

1/2 cup fresh lemon juice

2 large eggs, beaten

1/4 tsp. chopped parsley

- 1 ▶ In a large saucepan, bring chicken to a boil. Reduce heat.
- 2 ▶ Add onion, salt, and nutmeg. Cover and simmer 1 hour.
- 3 ▶ Remove chicken, reserving broth. Cool.
- 4 ▶ Remove skin and bones. Dice chicken meat. Skim any fat off soup, then add chicken and lemon juice.
- 5 ▶ Return broth to heat. Using a teaspoon, drizzle egg into soup. Serve immediately.



## Herbed Pork & Bean Stew

1 cup kidney beans, cooked  
2 cups green beans, diagonal cut  
4 garlic cloves, minced  
1 cup onion, chopped  
3 tsp. cold-pressed olive oil,  
divided  
2 tsp. lemon juice  
2 tsp. Bragg's Liquid Aminos®  
1 cup chicken broth  
1/8 tsp. dried basil  
1/2 tsp. dried marjoram  
4 tsp. coconut flour  
12 oz. ground pork

- 1 ▶ In a saucepan, sauté kidney beans, green beans, garlic, and onion in 2 teaspoons of olive oil until tender.
- 2 ▶ Add lemon juice, Bragg's Liquid Aminos®, chicken broth, spices and flour. (Mix coconut flour with a little water to dissolve it before adding.)
- 3 ▶ Continue cooking over medium heat until entire mixture is hot, stirring constantly.
- 4 ▶ While the vegetables are cooking, in another sauté pan, add remaining olive oil and stir-fry pork until cooked.
- 5 ▶ When pork is cooked, add to the vegetables and simmer for an additional 5 minutes. Serve.





## SIMPLY DELICIOUS & EASY CHICKEN SOUP

1 lb. chicken breasts  
1 (17.5 oz.) can unsweetened chicken broth  
3 cups water  
1 med. yellow onion, coarsely chopped  
1 celery stalk, diced  
1/4 tsp. salt  
1/2 tsp. ground nutmeg

- ▶ Place breasts, broth and water in a 2-quart saucepan. Bring to a boil and skim off any foam.
- ▶ After chicken is completely cooked, remove and shred. Reduce heat and return to pot.
- ▶ Add vegetables and seasonings. Cover and simmer 45 minutes.

## MEAT & VEGETABLE SOUP

1-2 lbs. lean meat, 1" cubes  
12 cups water  
1 cup squash, cut in coins  
1 cup celery, diced with tops  
1/2 med. green bell pepper, diced  
1 large onion, diced  
1/2 (10 oz.) pkg. frozen green beans  
1 cup Brussels sprouts (halved)  
1 (6 oz.) can tomato paste  
2 tbsp. salt  
Sprinkles of garlic powder, pepper, oregano, dill

- ▶ Combine all ingredients in a large saucepan and bring to a boil.
- ▶ Boil 10 minutes. Reduce heat and simmer 2 1/2 hours or until meat is tender.
- ▶ Refrigerate overnight.
- ▶ Skim fat from top, then heat and serve.

## BLACK BEAN SOUP

1 lb. black beans  
8 cups vegetable soup stock  
1 whole onion studded with 2 cloves  
2 bay leaves  
1 yellow or red bell pepper, chopped  
1 cup celery, chopped with leaves  
2 cloves garlic, minced  
Cold-pressed olive oil as needed  
2 tbsp. cilantro  
1 tsp. oregano  
1 tsp. lemon juice  
1 tbsp. parsley  
2 tbsp. marjoram  
1 tbsp. Sweet-n-Natural®  
Bragg's Liquid Aminos® to taste

- ▶ Sort and rinse black beans. Cover with water and soak overnight, then drain.
- ▶ Place beans in a soup pot with vegetable stock, onion with cloves and 2 bay leaves. Bring to a boil and cook about 2 1/2 hours or until beans are tender.
- ▶ Remove the onion with cloves and bay leaves. Meanwhile combine onion, pepper, celery and garlic in a skillet and sauté in a small amount of olive oil until firm but tender.
- ▶ During the last hour of cooking, add the vegetable mixture and seasonings to the beans.
- ▶ Bring to a boil, lower heat to simmer and cook until vegetables and beans are tender.

## BEST CLAM CHOWDER

2 large tomatoes, cored, puréed, strained

1 cup water

1 (6.5 oz.) can unsweetened minced clams,  
undrained

2 stalks celery, finely chopped

1 med. red bell pepper, diced

1 med. yellow onion, finely chopped

1 large clove garlic, minced

1 tbsp. each chopped parsley, sage &  
thyme

1/4 tsp. ground nutmeg

- ▶ Combine ingredients in large stockpot. Mix and bring to a boil.
- ▶ Reduce heat. Cover & simmer 15 minutes, until vegetables are tender.









# Yeast-Free Recipes

VEGETABLES  
& SIDES

👍 indicates guest favorite



## Shrimp-Stuffed Eggs

6 large eggs, hard-boiled,  
cooled, peeled

2 tbsp. Homemade  
Mayonnaise  
(p. 47)

1 tbsp. fresh basil, chopped

1/2 tsp. garlic powder

1/4 lb. baby shrimp, cooked,  
rinsed & chopped

Dash of cayenne pepper

- 1 ▶ Cut eggs in half lengthwise.
- 2 ▶ Scoop out yolk and mash with fork until smooth. Add mayonnaise and seasonings.
- 3 ▶ Gently fold in shrimp.
- 4 ▶ Spoon mixture into egg white cavities.
- 5 ▶ Sprinkle with cayenne pepper.



## Chinese Vegetables

1 lb. fresh green beans, cauliflower, broccoli and Brussels sprouts

3 tbsp. cold-pressed olive oil

1/2 tsp. Sweet-n-Natural®

1/4 cup pure chicken broth

- 1 ▶ Thinly slice vegetables.
- 2 ▶ Heat olive oil in large skillet. Add vegetables and toss until coated with oil.
- 3 ▶ Add sweetener and broth.
- 4 ▶ Cover skillet and reduce heat. Steam for 8-10 minutes, shaking pan occasionally to stir vegetables. Serve immediately.



## Scrumptious Zucchini Sauté

2 tbsp. cold-pressed olive oil

1 lb. zucchini, shredded or  
“matchsticked”

1 large tomato, coarsely chopped

3 small green onions, coarsely  
chopped

2 large cloves garlic, minced

1/4 tsp. thyme

Coarsely chopped fresh basil to  
taste

Salt to taste

**1 ▶** Heat oil in a large skillet.

**2 ▶** Add garlic and sauté 2-3  
minutes until tender.

**3 ▶** Add all other ingredients and  
sauté 2-3 minutes, stirring  
frequently, until cooked but  
not overdone.





## ASPARAGUS SAUTÉ

1 lb. fresh asparagus, cut into 2" pieces  
2 tbsp. cold-pressed olive oil  
Grated fresh ginger root to taste  
2 large cloves garlic, minced  
2 tbsp. sesame seeds  
1/4 tsp. onion powder  
1/2 tsp. salt

- ▶ Place asparagus in a large pot and cover with water. Bring to a boil, reduce heat and cook 5 minutes. Drain.
- ▶ Heat oil in a large skillet. Add ginger, garlic, salt, onion powder, sesame seeds, and asparagus.
- ▶ Sauté, stirring frequently, until tender.

## MARINATED ARTICHOKE

4 fresh miniature artichokes, scrubbed and trimmed  
Water  
Classic Italian Dressing (p. 36)

- ▶ Place artichokes in 2-quart saucepan. Add enough water to cover tops and bring to a boil.
- ▶ Cover and cook over medium heat 10–15 minutes, or until leaves are very tender. Remove from heat, drain and cool.
- ▶ Pull off any tough outer leaves and slice artichokes in half. Place in Classic Italian Dressing. If dressing does not completely cover artichokes, add a little more cold water.
- ▶ Refrigerate overnight or for several hours to allow flavors to blend.





## JAPANESE MIXED VEGETABLES AND CHICKEN, BEEF, OR SHRIMP

Sliced chicken breasts, sirloin, and/or shrimp

2 tbsp. cold-pressed olive oil, plus additional for deep-frying

1 small eggplant, thinly sliced

1 onion, thinly sliced

1 clove garlic, crushed

1/2 cup cabbage, coarsely chopped

1/2 cup broccoli florets

1/2 cup green beans

1 bell pepper, sliced

2 stalks celery, chopped

1 (5 oz.) can bamboo shoots

2/3 cup water

1 tsp. black pepper

2 tbsp. Bragg's Liquid Aminos®

Salt to taste

- ▶ Dice the meat and deep-fry with shrimp in olive oil. Drain and set aside.
- ▶ Salt the eggplant slices. Set aside with a weight on them for about 30 minutes, then rinse and pat dry.
- ▶ Heat 2 tablespoons of olive oil in a wok or large frying pan and sauté onion and garlic until lightly browned.
- ▶ Add the vegetables, eggplant and bamboo shoots to the onion and garlic.
- ▶ Stir-fry for 3–5 minutes.
- ▶ Add water, black pepper, Bragg's Liquid Aminos® and salt. Bring to a boil then reduce heat and simmer for 5–10 minutes.
- ▶ Add the meat and simmer for another 5–10 minutes before serving.

## STIR-FRY VEGETABLES

3/4 cup water

1 cup beef or chicken broth

1/2 cup cold water

1/2 cup onions, chopped

1/2 cup celery, chopped

1/2 cup bean sprouts

1/2 cup French-style green beans

Salt to taste

- ▶ In 10" skillet or large saucepan, boil water and broth.
- ▶ Add onion and celery. Cook over medium heat about 10 minutes until tender.
- ▶ Add sprouts and green beans. Cook about 5 minutes until beans are tender.





# Yeast-Free Recipes

SEAFOOD

👍 indicates guest favorite

## Stuffed Salmon for Two

2 tbsp. cold-pressed olive oil  
1/4 lb. cooked baby shrimp,  
chopped  
1/2 med. yellow onion, finely  
chopped  
1/2 med. lemon, peeled &  
finely chopped  
1 tbsp. fresh parsley, finely  
chopped  
1/2 tbsp. fresh dill weed,  
chopped  
1/2 tsp. garlic powder  
1/4 tsp. salt  
1/4 lb. crab meat  
2 salmon fillets (6-8 oz.  
each)

- 1 ▶ Preheat oven to 350°F.
- 2 ▶ Heat olive oil in a small skillet. Add shrimp, onion, lemon, and remaining seasonings. Mix and allow shrimp to cook. Remove from heat.
- 3 ▶ Cut fillets into halves. Place one half fillet (skin side down) in the center of a 12" piece of foil. Repeat, using the other half fillet and placing on a second sheet of foil.
- 4 ▶ Spread shrimp and crab mixture over fillets on foil and top with other fillet halves (skin side up). Secure with toothpicks. Fold foil over fillets and seal.
- 5 ▶ Place in an 8" baking dish and bake 25 minutes.







## Shrimp Stuffed Avocado

1 med. avocado, pitted & halved  
1/4 lb. cooked baby shrimp, rinsed  
2 stalks celery, finely chopped  
2 small green onions, finely chopped  
1/4 cup slivered or ground fresh almonds  
2 tbsp. Homemade Mayonnaise (p. 47)  
1/2 tsp. fresh basil, chopped  
1 med. fresh lemon, cut into wedges

- 1 ▶ Cover avocado halves with plastic wrap and set aside.
- 2 ▶ Combine all other ingredients (except the lemon wedges) in a large bowl.
- 3 ▶ Uncover avocado halves, fill with shrimp mixture and garnish with lemon wedges.



## Marinated Fish Kabobs

Fish Marinade (p. 39)

1 1/2 lbs. halibut, cut into 2" squares

1 med. red bell pepper, cut into squares

1 med. yellow onion, peeled, cut into squares

- 1 ▶ Pour marinade over fish, bell pepper, and onion in a large dish or bowl.
- 2 ▶ Marinate in refrigerator 2 hours or more, mixing occasionally.
- 3 ▶ Before serving, alternate fish and vegetables on 4 large skewers.
- 4 ▶ Place skewers on a broiling pan, broil (or grill) until the fish is just cooked through, 6–8 minutes.



## Mediterranean Tilapia

4 med. tomatoes, chopped  
1 large yellow onion, chopped  
1 bunch of parsley, chopped  
1/2 cup lemon juice  
3 bell peppers, chopped  
1/2 tsp. olive oil  
Dash of Tony Chachere's  
seasoning  
6 fillets of tilapia  
1/2 cup pine nuts

- 1 ▶ In a large skillet, combine vegetables and cook on medium-high heat. Add lemon juice, olive oil, and seasoning.
- 2 ▶ Cook down vegetables until tender and juice is created. Line tilapia in large casserole dish.
- 3 ▶ Pour cooked vegetables and sauce over the (uncooked) fish and bake at 375°F for 30 minutes until fish is fully cooked, tender and flaky.
- 4 ▶ While fish is baking, roast pine nuts in small skillet on high heat. Sprinkle freshly chopped parsley and roasted pine nuts on top.



## Crawfish Étouffée 🍷

1-2 lbs crawfish tails (or shrimp)  
1/2 cup olive oil  
2 onions, chopped  
1-2 bell peppers, chopped  
2 ribs celery, chopped  
1 clove garlic  
2 cans tomato sauce  
1 can Rotel tomatoes  
2 dried bay leaves  
3 cups water  
1/2 cup green onion tops  
1 tbsp. xanthan gum  
2 tbsp. parsley  
Garlic powder salt & pepper to taste

### + **optional**

1/2 tsp. cayenne pepper

- 1 ▶ Heat oil in a big pot or Dutch oven. Add chopped onions, bell pepper, celery, and garlic.
- 2 ▶ Sauté until onions are clear and the vegetables are starting to turn light brown.
- 3 ▶ Add xanthan gum and stir.
- 4 ▶ Add tomato sauce, Rotel tomatoes, bay leaves, and water. Add salt, pepper, and garlic powder to taste.
- 4 ▶ Cook over low heat for 1 1/2–2 hours, stirring often to keep from sticking.
- 4 ▶ Add crawfish, green onions and parsley. Cook another 20 minutes.





## SPICY BAKED TROUT

2 lbs. trout fillets, cut into 6 pieces (any kind of fish can be used)

3 tbsp. lime juice (about 2 limes)

1 med. tomato, chopped

1/2 med. onion, chopped

3 tbsp. cilantro, chopped

1/2 tsp. olive oil

1/4 tsp. black pepper

1/4 tsp. salt

**+ optional**

1/4 tsp. red pepper

- ▶ Preheat the oven to 350°F.
- ▶ Rinse fish and pat dry. Place in baking dish.
- ▶ In a separate dish, mix remaining ingredients together and pour over fish.
- ▶ Bake for 15–20 minutes or until fork-tender.

## SALMON PATTIES

1 can salmon

1/2 cup garbanzo bean flour

1 egg

1 small onion, diced

Garlic salt to taste

- ▶ Mix all ingredients together and form into patties.
- ▶ Cook approximately 10-15 minutes in skillet with olive oil, flipping halfway through.





## SHRIMP LOUIE

1/2 lb. cooked baby shrimp, rinsed  
2 large eggs, hard-cooked, peeled & grated  
1 med. cucumber, diced  
3 small green onions, finely chopped  
2 stalks celery without leaves, chopped  
1 tbsp. fresh parsley, coarsely chopped  
2 tbsp. fresh basil, coarsely chopped  
1/4 cup Homemade Mayonnaise (p. 47)  
4 romaine lettuce leaves  
8 fresh asparagus spears, trimmed & cooked

- ▶ Mix all ingredients except lettuce and asparagus in a large bowl.
- ▶ Spoon salad evenly onto each romaine leaf. Garnish with whole asparagus spears. Chill before serving.

## BAKED ITALIAN TROUT

2 trout fillets  
1/2 cup black olives, sliced  
Cayenne pepper to taste  
Salt & pepper to taste  
1 small lemon, peeled & thinly sliced  
1/2 yellow onion, thinly sliced  
1 can Italian stewed tomatoes

- ▶ Place fillets in small greased baking dish. Season to taste.
- ▶ Cover fillets with lemon, onion, tomatoes and olives.
- ▶ Bake at 350°F until lightly browned.

## FILLET OF SOLE

4 fillets of sole

1/2 cup cold-pressed olive oil

1 tsp. garlic powder

1/2 tsp. each fresh basil & oregano,  
chopped

Salt, pepper & paprika to taste

2 oz. slivered almonds

- ▶ Preheat oven to 350°F.
- ▶ Arrange fillets in a shallow baking dish. Brush lightly with olive oil and sprinkle with seasonings.
- ▶ Bake uncovered at 350°F for 20 minutes.
- ▶ Remove from oven and sprinkle with almond slivers, then bake for another 10–15 minutes longer or until fork-tender.



## TUNA-ALMOND CASSEROLE

1/2 cup onion, chopped

1/2 green pepper, chopped

1/2 cup slivered almonds, divided

1/4 cup cold-pressed olive oil

1 (8 oz.) can water-packed tuna,  
drained

- ▶ Preheat oven to 425°F.
- ▶ In a large skillet, lightly sauté onion, bell pepper and 1/4 cup almonds in olive oil. Combine with tuna.
- ▶ Put in casserole dish and cover with remaining almonds. Bake 15 minutes.

## SHRIMP AMANDINE

2 tbsp. cold-pressed olive oil  
1/2 cup slivered almonds  
1 med. red bell pepper, thinly sliced  
1 (17.5 oz.) can unsweetened chicken broth  
1/4 lb. raw shrimp, peeled and deveined with tails on  
1 tsp. garlic powder  
1/2 tsp. salt  
1 tbsp. fresh dill, chopped  
1 tbsp. fresh basil, chopped  
1 tbsp. fresh oregano, chopped

- ▶ Heat olive oil in a small skillet. Add slivered almonds and sauté until lightly browned.
- ▶ Mix in bell pepper and chicken broth. Bring to a boil and reduce heat.
- ▶ Add shrimp, seasonings and herbs. Simmer just a few minutes or until shrimp turns pink.

## ELEGANT FOIL RED SNAPPER

4 red snapper fillets (approx. 8 oz. each)  
Tartar Sauce (p. 48)  
1/4 cup fresh broccoli florets, chopped  
1 tsp. fresh dill, chopped  
1 med. red bell pepper, chopped  
Cayenne pepper  
1 med. lemon, cut into thin rounds  
Fresh parsley sprigs

- ▶ Preheat oven to 350°F.
- ▶ Place each fillet on a 12" piece of foil.
- ▶ Mix tartar sauce, broccoli, dill and bell pepper in a small bowl.
- ▶ Spoon mixture, evenly divided, onto each fillet and smooth over entire surface. Sprinkle cayenne pepper lightly over each and place lemon rounds and parsley sprigs over tops.
- ▶ Fold foil over fillets, rolling and sealing edges together. Place packets in a baking pan.
- ▶ Bake 20 minutes or until fish flakes easily with a fork.







# Yeast-Free Recipes

BEEF

👍 indicates guest favorite

# Marinated & Stuffed Flank Steak

1 1/2 lbs. Flank steak  
(tenderized)

## ➔ *Beef Marinade*

1/3 cup cold-pressed  
olive oil

2 tbsp. lemon juice

1 med. yellow onion,  
chopped

1 large clove garlic,  
minced

1/2 tsp. lemon pepper

## ➔ *Meat Stuffing*

1/2 lb. ground chuck or  
veal

1 large egg

1 med. yellow onion,  
chopped finely

2 tbsp. fresh parsley,  
chopped

1/2 tsp. garlic salt

## *Beef Marinade*

- 1 ▶ Mix together all marinade ingredients in a small bowl. Pour into a large baking dish.
- 2 ▶ Place flank steak, unrolled, in marinade. Cover and refrigerate 2 hours to allow flavors to marry.

## *Meat Stuffing*

- 3 ▶ Preheat oven to 350°F.
- 4 ▶ Mix stuffing ingredients and spread over flank steak.
- 5 ▶ Roll flank steak lengthwise and secure with toothpicks.
- 5 ▶ Bake, basting often, for 45 to 60 minutes or until desired doneness.





## Tex-Mex Chili 🍷

1 1/2 lbs. ground beef  
1 bell pepper, chopped  
1 med. onion, chopped  
1 clove garlic, minced  
2 cans Mexican Fiesta Rotel  
3 (15 oz.) cans kidney beans  
1 can black beans  
1 tbsp. chili powder

### ➕ *optional*

1 can Hunt's diced tomatoes

- 1 ▶ Brown ground beef, bell pepper, onion and garlic. Drain fat.
- 2 ▶ Add remaining ingredients and Hunt's diced tomatoes, if desired.
- 3 ▶ Bring to a boil, then reduce heat and simmer for 30 minutes.





## Beef Burgers

1 1/2 lbs. ground beef  
1/2 cup onion, chopped  
1/3 cup tomato purée  
1 egg  
1 tsp. salt  
1/8 tsp. pepper

- 1 ▶ Combine all ingredients and mix well.
- 2 ▶ Shape to form six 3 1/2" patties.
- 3 ▶ Cook in broiler or grill 5 to 6 minutes per side or until desired doneness.



## Veal with Italian Vegetables

3 tsp. cold-pressed olive oil, divided  
3 cups eggplant, 1/2" cubes  
3 cups zucchini, 1/2" cubes  
2 cups tomato, 1/2" cubes  
1 cup onion rings, halved  
4 cloves garlic, minced  
1/2 tsp. dried marjoram  
1/8 tsp. dried sage  
1/2 tsp. dried oregano  
1/2 cup tomato purée  
6 oz. veal, thinly sliced  
2 tbsp. water  
1/8 tsp. dried rosemary  
1/8 tsp. onion powder  
2 tbsp. + 1/8 tsp. dried basil  
1/8 tsp. salt  
1/8 tsp. pepper

- 1 ▶ Heat 2 teaspoons of olive oil in a sauté pan.
- 2 ▶ Sauté vegetables, garlic, marjoram, sage, and oregano. Cook until almost tender, then add tomato purée.
- 3 ▶ While the vegetables are continuing to cook, place veal in a second sauté pan with 1 teaspoon of olive oil and 2 tablespoons of water.
- 4 ▶ Cook veal until browned. Sprinkle with rosemary, onion powder, basil, salt and pepper.
- 5 ▶ Divide veal and vegetables and serve.



## FLORENTINE-STUFFED TOMATOES

1/2 lb. ground beef  
2 tbsp. cold-pressed olive oil, plus additional  
1 large clove garlic, minced  
1 med. yellow onion, minced  
6 large fresh tomatoes  
1 (10 oz.) pkg. frozen chopped spinach, thawed & drained  
1 tbsp. fresh basil, coarsely chopped  
1/4 cup ground fresh almonds

- ▶ Preheat oven to 400°F.
- ▶ Brown meat in skillet with olive oil. Add garlic and onion and sauté until tender. Set aside.
- ▶ Cut tops off tomatoes and remove pulp. Chop pulp, place into a small bowl and reserve.
- ▶ Heat olive oil in another large skillet. Add drained spinach, tomato pulp, and basil. Stir until spinach and tomato are well coated with seasonings. Remove from heat.
- ▶ Add meat mixture to spinach. Place tomatoes in a greased 8" baking dish and fill with stuffing. Top with almonds. Bake 15–20 minutes.

## MAMA'S MEAT LOAF

2 lbs. lean ground beef  
1 (10 oz.) can tomato paste  
1 egg  
1 onion, grated  
1 bell pepper, chopped  
1 clove garlic, minced  
3/4 cup ground sweet potatoes  
1 1/2 tsp. salt  
1/4 tsp. pepper  
1 (6 oz.) can tomato paste, for sauce

- ▶ Combine ingredients in large bowl, mixing well.
- ▶ Place in loaf pan using knife poke holes in loaf.
- ▶ Pour the 6 oz. can of tomato paste over top of loaf. Bake at 350°F for 1 1/2 hours.

## BROILED LAMB CHOPS WITH BASIL GREEN BEANS

12 oz. lamb chops

Celery salt

Onion powder

Garlic powder

Black pepper to taste

1 1/3 cups unsweetened applesauce\*

1 tsp. fresh mint, chopped

3 cups green beans

2 1/4 cups red bell peppers, cubed

1 tbsp. cold-pressed olive oil

2 garlic cloves, minced

1/4 tsp. dried basil

- ▶ Sprinkle lamb chops with celery salt, onion powder, garlic powder, and black pepper.
- ▶ Place chops in a baking pan with a little water. Broil about 4" from heat for about 5 minutes (be careful not to overcook).
- ▶ While lamb chops are broiling, place the applesauce and mint in a small saucepan. Heat.
- ▶ In sauté pan, cook green beans and bell pepper in olive oil with garlic and basil until tender.
- ▶ Divide lamb chops and vegetables and serve immediately.

📌 *Program tip:* Applesauce is allowed after two weeks on the eating program.

## GRANDMA'S CHILI 🍷

1 tbsp. cold-pressed olive oil

1 1/2 lbs. ground beef

1 onion, chopped

1 green bell pepper, chopped

3 cloves garlic, minced

1 (14-16 oz.) can red beans, drained

1 (14-16 oz.) can chopped tomatoes with juice

1 (6 oz.) can tomato paste

2 tsp. chili powder

1 tsp. ground cumin

1 tsp. salt

Water or vegetable broth if needed

- ▶ Heat olive oil in a 2-quart saucepan. Brown meat, onion, bell pepper and garlic.
- ▶ Add remaining ingredients.
- ▶ Bring to a boil, then reduce heat to simmer.
- ▶ Cook covered 1 hour, stirring occasionally to avoid burning.



## GREEK SHISH KABOB

1 1/2 lb. round steak cut into 1" cubes  
1/2 cup cold-pressed olive oil  
3 tbsp. lemon juice  
1/4 tsp. oregano  
2 tbsp. celery, finely chopped  
Vegetables of your choice, cut into cubes

- ▶ Combine all ingredients and leave meat to marinate approximately 3 hours.
- ▶ Thread onto skewers with vegetable squares of your choice.
- ▶ Cook under broiler or grill until done.

## SAUCY MEATBALLS

### ➔ *Meatballs*

1 1/2 lb. ground beef  
1/2 cup green onions  
1/3 cup tomato purée  
1 egg  
1 tsp. salt  
1/8 tsp. pepper  
2 tbsp. cold-pressed olive oil

### ➔ *Sauce*

1 (8 oz.) can tomato purée  
1 (6 oz.) can tomato paste  
1/2 cup water  
1 1/2 tsp. oregano leaves, crushed  
1/4 tsp. salt

### *Meatballs*

- ▶ Combine all meatball ingredients except olive oil.
- ▶ Shape to form approximately 16 meatballs. In a large skillet, brown meatballs in olive oil. Drain grease.

### *Sauce*

- ▶ Combine all sauce ingredients. Pour over meatballs in skillet.
- ▶ Cover and simmer about 30 minutes.



## PEPPER STEAK

2 lbs. round steak, cut into thin strips  
1/3 cup cold-pressed olive oil  
1 tsp. salt  
Dash pepper  
Dash garlic powder  
1/4 cup Bragg's Liquid Aminos®  
1 sliced green pepper  
1 can bean sprouts, drained  
1 onion, chopped  
2 tomatoes, quartered  
1 tbsp. arrowroot flour

- ▶ Brown meat in olive oil in large frying pan. Add seasonings and stir occasionally.
- ▶ Cover and cook over low heat 30 minutes or until tender.
- ▶ Add Bragg's Liquid Aminos®, green pepper, bean sprouts and onion. Cover and cook another 5 minutes. Add tomatoes.
- ▶ Blend flour with water and add to meat mixture.
- ▶ Cook, stirring gently, until sauce is thick and clear.

## PUMPKIN CHILI

2 tsp. virgin coconut oil  
1 1/2 cups red and green bell peppers, chopped  
1 cup onion, chopped  
1 1/2 lbs. ground beef  
1 (15oz) can pumpkin purée  
1 (15.5oz) can black beans  
2 cups tomato sauce  
1 pack of Williams Original Chili Seasoning (or 4 tbsp chili powder + 1 clove garlic minced)  
1 tsp. cayenne pepper or to taste

- ▶ Heat coconut oil in a large saucepan over medium heat. Sauté onions and bell peppers until tender.
- ▶ Stir in ground beef and cook until evenly browned.
- ▶ Drain, then mix in pumpkin, beans, tomato sauce, chili seasoning, cayenne, and salt.
- ▶ Reduce heat to low and simmer for 20 minutes.

## STUFFED EGGPLANT

2 large eggplant  
Salt to taste  
4 tbsp. cold pressed olive oil, divided  
1 onion, chopped  
1 clove garlic, crushed  
1 fresh tomato, chopped  
Ground pepper to taste  
1/2 lb. ground beef or turkey  
2 tbsp. parsley, chopped  
1/2 tsp. dried thyme  
1 (14-16 oz.) can tomatoes  
1-2 tsp. dried basil



- ▶ Slice each eggplant in half lengthwise. With a sharp knife, make cuts 1/4" into the flesh.
- ▶ Sprinkle the eggplant halves with salt, turn them cut side down onto kitchen towels and leave for 30 minutes.
- ▶ Rinse and squeeze the eggplant to remove as much liquid as possible and dry them.
- ▶ Place skin-side down on grill and sprinkle each half with a teaspoon of the olive oil. Grill over medium heat, approximately 10 minutes, until the flesh is soft.
- ▶ Scoop the flesh from the eggplant, leaving the skins intact. Roughly chop flesh and set aside.
- ▶ Heat the remaining olive oil in a large skillet. Sauté onion and garlic over medium heat until tender but not brown. Remove pan from the heat.
- ▶ Stir in the chopped eggplant flesh, tomato and black pepper to taste. Crumble the ground beef or turkey into the mixture, then add the parsley and thyme. Mix well.
- ▶ Fill the eggplant skins with meat and vegetable mixture. Place them in a greased baking dish and cover tightly with foil.
- ▶ Bake in the oven at 400°F for 25 minutes. Uncover and bake for an additional 5 minutes.
- ▶ Meanwhile, combine the tomatoes and basil in a blender, then heat in a small saucepan. Pour over eggplant and serve.







# Yeast-Free Recipes

POULTRY

👍 indicates guest favorite

# Chicken Stir-Fry

2 boneless, skinless  
chicken breasts, sliced

2 tbsp. cold-pressed olive  
oil

1 med. green bell pepper,  
cut into strips

1 med. red bell pepper, cut  
into strips

1 small onion, thinly sliced

1 cup celery, thinly sliced

1 (5 oz.) can water  
chestnuts, drained &  
sliced

1/2 cup water

2 cloves garlic, chopped

1/2 tsp. ground ginger

Salt & pepper to taste

4 tsp. arrowroot flour

4 tbsp. pure chicken broth

1 (16 oz.) can bean sprouts

- 1 ▶** Heat olive oil in a large skillet. Add chicken and cook over medium heat 4–5 minutes or until meat turns white.
- 2 ▶** Add bell peppers, onion, celery, water chestnuts, water, garlic, ginger, salt and pepper.
- 3 ▶** Cover and cook over medium-low heat, approximately 5 minutes.
- 4 ▶** Blend flour and broth together. Stir into chicken mixture.
- 5 ▶** Add bean sprouts and cook about 2 minutes more, or until thickened, stirring constantly.





## Chicken Salad

3 cups boiled chicken, de-boned  
& chopped

1 stalk celery, chopped

1/4 cup cucumber, chopped

1/3 cup onion, diced

1/4 cup Homemade Mayonnaise  
(p. 47)

1 tsp. Mild Mustard (p. 49)

**1 ▶** Combine chicken, vegetables, mayonnaise and mustard together in a large serving bowl. Season mixture to taste.

**2 ▶** Place in refrigerator to cool for several hours. Serve on crisp lettuce leaves.

### **+ optional**

Chicken may easily be substituted with tuna, turkey or ham if desired.





# Turkey Cacciatore

1 lb. turkey skinless breast pieces with bone (approx. 1/2 the weight of turkey breast is the bone)

3 tsp. cold-pressed olive oil, divided

4 cloves garlic, minced

2 1/2 cups tomato, diced

2 1/4 cups green bell pepper, diced

1 cup onions, sliced

1 cup chicken stock

1 cup tomato purée

1 tsp. dried basil

1 tsp. dried oregano

Salt & pepper to taste

4 tsp. xanthan gum

- 1 ▶ In sauté pan, cook turkey in 1 tsp. olive oil until lightly browned. Remove turkey and place in baking dish.
- 2 ▶ Using the same sauté pan, add the remaining oil, garlic and vegetables except tomato purée. Cook vegetables over medium heat until tender.
- 3 ▶ In saucepan, combine stock, tomato purée, spices and xanthan gum. Mix flour with a little water before adding to pan.
- 4 ▶ Cook mixture in saucepan over medium heat until thickened. Add vegetables to form the cacciatore sauce.
- 5 ▶ Simmer sauce for 5 minutes, then spread over the turkey.
- 6 ▶ Tightly seal baking dish with aluminum foil. Bake at 400°F for 20 minutes.



# Italian Pie with Zucchini Crust

## ➔ Crust

- 2 cups coarsely grated zucchini
- 1 tbsp. coconut oil
- 3 eggs, slightly beaten
- 1 tsp. garlic powder

## ➔ Filling

- 1 tsp. coconut oil
- 1 (8 oz.) can tomato sauce
- 1 lb. ground turkey
- 1/2 tsp. oregano and basil
- 2 cloves garlic, minced

- 1 ▶ Preheat oven to 350°F.
- 2 ▶ Mix all crust ingredients in a large bowl. Spoon mixture in a greased 9" pie dish. Press against sides and bottom to form crust.
- 3 ▶ Heat oil in large skillet. Add meat and garlic. Brown, then drain any liquid left in pan.
- 4 ▶ Add tomato sauce and herbs. Mix. Cover and simmer for 10 minutes.
- 5 ▶ Spoon into crust. Bake 30-40 minutes.



## LEMON-ROSEMARY CHICKEN

1/3 cup cold-pressed olive oil  
1/2 cup fresh lemon juice  
2 tbsp. shallots, chopped  
2 tbsp. fresh rosemary, chopped  
1/2 tsp. salt  
1/2 tsp. freshly ground pepper  
1 frying chicken (about 3 1/2 lbs.),  
quartered  
Handful fresh rosemary sprigs

- ▶ In a small bowl, stir together the olive oil, lemon juice, shallots, chopped rosemary, salt and pepper to make the marinade.
- ▶ Place the chicken quarters in a large plastic food storage bag and add marinade. Press the air out of the bag and seal tightly. Massage the bag gently to distribute the marinade.
- ▶ Set the bag in a large bowl and refrigerate for at least 2 hours, turning and massaging the bag occasionally.
- ▶ Soak the rosemary sprigs in water to cover for about 30 minutes.
- ▶ Prepare a fire in a charcoal grill. Position the oiled grill rack 4–5" above the fire.
- ▶ Remove the chicken quarters from the marinade and pat dry with paper towels.
- ▶ Pour the marinade into a saucepan and bring to a boil. Boil for 2 minutes, then reserve.
- ▶ Arrange the chicken quarters, skin side down, on the rack. Grill for 30-35 minutes, turning frequently.
- ▶ During the last 10 minutes, drop the soaked rosemary sprigs on the fire and brush the chicken two or three times with the reserved marinade.
- ▶ If the chicken starts to get too dark, turn skin side up and move it to a cooler part of the rack so it isn't directly over the fire, or cool the fire slightly by covering the grill and opening the vent halfway.

## LEMON PEPPER CHICKEN

4 skinless chicken breast halves  
Lemon pepper to taste  
1 lemon, cut in 8 slices  
Parsley, chopped

- ▶ Place chicken in 8x8 greased baking dish. Sprinkle lightly with lemon pepper. Place 2 lemon slices on each chicken breast. Sprinkle with parsley.
- ▶ Bake at 350°F (325°F if using a glass baking dish) for 45-60 minutes or until chicken is cooked through and tender.

## CHICKEN THIGHS WITH ARTICHOKE AND ALMONDS

8 chicken thighs

Marinated Artichokes (p. 78)

1/2 (8.75 oz.) can unsweetened chicken broth

1 tsp. garlic powder or to taste

Salt to taste

Chopped fresh rosemary to taste

1/2 cup sliced almonds

- ▶ Preheat oven to 350°F.
- ▶ Place chicken and artichokes in a greased 8" baking dish, reserving artichoke marinade.
- ▶ In a 2-quart saucepan, bring broth to a boil then reduce heat. Add marinade liquid and seasonings to saucepan. Mix until thick.
- ▶ Pour mixture over chicken and artichokes. Sprinkle with additional rosemary and sliced almonds.
- ▶ Bake, uncovered, for 30 minutes. Baste with sauce. Cover and bake for 20 minutes longer.

## BAKED LEMON TURKEY BREAST

1/2 turkey breast (about 3–4 lbs.)

1/2 can unsweetened chicken broth

1 large clove garlic, minced

1 med. lemon, sliced into rounds

1 med. yellow onion, sliced

Chopped fresh sage & basil to taste

Salt to taste

Parsley sprigs for garnish

- ▶ Preheat oven to 325°F.
- ▶ Place turkey in a large baking dish and cover with broth.
- ▶ Cut several slits in top of skin and plug with garlic. Place lemon slices on top of turkey. Surround the bottom with onion.
- ▶ Sprinkle with seasonings and bake 20 minutes per pound, basting as needed.
- ▶ When browned, cover pan with foil then bake 30-50 minutes.
- ▶ Let sit a few minutes before slicing.



## SLOW COOKER CHICKEN

1 whole chicken (approx. 2 1/2–3 lbs.)

2/3 cup onions, chopped

1/2 cup celery, chopped

1 can Rotel

Salt & pepper to taste

- ▶ Place chicken in slow cooker.
- ▶ Add 2-3 cups water along with onion, celery and Rotel. Sprinkle with salt and pepper.
- ▶ Cook on low for 4-6 hours. When tender, remove skin and serve.

## ROASTED HERB CHICKEN

1 whole roasting chicken  
(approx. 3 lbs.)

Cold-pressed olive oil

Salt to taste

Chopped fresh rosemary & tarragon  
to taste

2 tbsp. xanthan gum

1/2 cup unsweetened chicken broth

- ▶ Preheat oven to 350°F.
- ▶ Place chicken in a large baking dish or roasting pan. Rub olive oil over chicken. Sprinkle seasonings over top and sides.
- ▶ Cover dish or pan with foil. Bake 45 minutes, basting frequently.
- ▶ Remove foil and bake 15-20 minutes or until browned. Remove from oven. Pour drippings into a 2-quart saucepan.
- ▶ Mix xanthan gum and broth in a measuring cup. Pour into saucepan and stir until gravy thickens. Simmer 5 minutes.
- ▶ Cut chicken into pieces. Serve gravy over chicken or on the side.



## CHICKEN CACCIATORE

1 frying chicken (approximately 3 lbs.), quartered

Garlic powder to taste

1/2 onion, chopped

Fresh basil to taste

1 (8 oz.) can unsweetened tomato sauce

3/4 tsp. Italian seasoning

- ▶ Preheat oven to 375°F.
- ▶ Place chicken quarters, skin side up, in a greased baking dish. Sprinkle with seasonings and onions.
- ▶ Bake 30 minutes. Turn and season other side. Bake 20 minutes longer.
- ▶ Spoon 1/2 can tomato sauce over chicken parts. Sprinkle more seasonings over sauce and spoon remaining sauce over chicken. Season and bake 10–15 minutes or until tender.

## TANGY CHICKEN AND BEAN SALAD

3 tsp. cold-pressed olive oil, divided

8 oz. chicken tenderloins (or skinless chicken breast), cubed

1 cup fresh green beans, 1/2" pieces

1/4 cup kidney beans, cooked

1 cup onion, diced

1/4 cup chickpeas, rinsed

1/4 cup water

1/4 cup lemon juice

1/4 tsp. celery salt

1/8 tsp. dry mustard

1/8 tsp. cayenne pepper

1/8 tsp. chili powder

1/8 tsp. curry powder

1/2 head lettuce, shredded

6 cups spinach

1 1/4 cups tomatoes, diced

1 cucumber, peeled & diced

- ▶ In medium sauté pan, add 2 teaspoons of olive oil, chicken, green beans, kidney beans, onion, and chickpeas.
- ▶ Cook on medium-high heat for 10-15 minutes until the chicken is done and vegetables are crisp-tender.
- ▶ While the chicken and vegetables are cooking, heat remaining olive oil, water, lemon juice and spices in a medium saucepan.
- ▶ Bring to a boil. Add liquid to the chicken and vegetables. Combine the lettuce, spinach, tomatoes and cucumber to form a salad.
- ▶ Top salad with chicken mixture and serve.

## MOO GOO GAI PAN

16 oz. chicken, diced  
3 tbsp. Bragg's Liquid Aminos®  
6 tbsp. cold-pressed olive oil  
1–2 oz. fresh ginger, minced  
2–3 cloves garlic, minced  
2 tbsp. water  
2 tbsp. arrowroot powder  
4 tbsp. lemon juice  
Salt to taste  
2 onions, thinly sliced  
4 stalks celery, chopped  
1 green or red bell pepper, slivered  
1–1 1/2 Chinese cabbage, sliced  
1 (10 oz.) can water chestnuts, sliced  
2 cups fresh bean sprouts

- ▶ Sprinkle chicken with Bragg's Liquid Aminos®. Grill over medium heat for a few minutes on each side. Set aside.
- ▶ Add 4 tablespoons of olive oil to small saucepan. Sauté ginger and garlic over medium heat for about 3 minutes.
- ▶ Add 2 tablespoons of water and bring to a boil. Reduce heat to simmer.
- ▶ Combine arrowroot powder with lemon juice, salt and remaining water. Slowly add to saucepan until sauce thickens.
- ▶ Heat remaining olive oil in a wok or large frying pan. Add onions, celery and bell pepper. Stir-fry for about 5 minutes.
- ▶ Add Chinese cabbage, water chestnuts and bean sprouts. Stir-fry for another 3–5 minutes.
- ▶ Add chicken to the vegetable mixture and stir well.
- ▶ Cover with the ginger garlic sauce and stir over a low heat until well mixed.









# Yeast-Free Recipes

PORK

👍 indicates guest favorite

# Sweet and Sour Pork with Cabbage

8 oz. pork loin  
Salt and pepper to taste  
3 tsp. cold-pressed olive oil,  
divided  
6 cups cabbage, shredded  
1 cup chickpeas, chopped  
1 cup water chestnuts  
2 cups celery, chopped  
1 cup bok choy  
1 cup bamboo shoots  
10 tbsp. lemon juice  
1/2 cup water

- 1 ▶ Cut the pork tenderloin into 1/2" cubes. Salt and pepper pork to taste.
- 2 ▶ Brown pork with 1 teaspoon of olive oil in a sauté pan. Set aside.
- 3 ▶ Add cabbage, chickpeas, water chestnuts, celery, bok choy, bamboo shoots, lemon juice and 2 teaspoons of olive oil to sauté pan.
- 4 ▶ Cook vegetable mixture for 10-15 minutes until vegetables are almost tender.
- 5 ▶ Add water and cooked pork to vegetables. Cover.
- 6 ▶ Braise mixture for 5-10 minutes, stirring occasionally.





# Stuffed Pork with Cashews & Vegetable Sauce

## ➤ *Pork Chops*

- 3 tsp. cold-pressed olive oil, divided
- 1/2 cup cooked snow peas, chopped
- 1/8 tsp. Bragg's Liquid Aminos®
- 1/8 tsp. black pepper
- 1/8 tsp. marjoram
- 1/2 cup onion, diced
- 2 boneless pork chops (4 oz. each)

## ➤ *Sauce*

- 3 cups chicken broth
- 2 cups celery, chopped
- 1 1/2 cups broccoli, chopped
- 2 cups cauliflower, chopped
- 2 1/4 cups red bell pepper, diced
- 1/8 tsp. basil
- 1/8 tsp. cinnamon & nutmeg
- 1/2 cup cashews
- Salt to taste
- 4 tsp. arrowroot flour

## *Pork Chops*

- 1 ▶ Preheat oven to 375°F.
- 2 ▶ In sauté pan, add 1 teaspoon of olive oil, snow peas, Bragg's Liquid Aminos®, black pepper, marjoram, and onions.
- 3 ▶ Cook until translucent (10 minutes). Cool.
- 4 ▶ Slice pork chops and fill with mixture. Secure with toothpicks.
- 5 ▶ Bake in covered baking dish at 375°F for 20-25 minutes.

## *Sauce*

- 6 ▶ While chops cook, add broth, vegetables, basil, cinnamon & nutmeg to saucepan. Bring to boil, cooking until vegetables are tender.
- 7 ▶ Reduce heat, add cashews and simmer 5 minutes. Add salt to taste.
- 8 ▶ Combine flour and water to form smooth paste. Add to mixture until sauce forms.





## Vietnamese Sweet Pork with Onions

8 oz. pork, diced  
8 cups onion, diced  
1 tbsp. cold-pressed olive oil  
1/2 cup beef broth  
4 tbsp. lemon juice  
4 cloves garlic, chopped  
Salt & pepper to taste

- 1 ▶ In a sauté pan, add diced pork, onion and olive oil. Cook over medium heat until browned.
- 2 ▶ When onions have caramelized to brown color, add beef broth, lemon juice and garlic, salt and pepper.
- 3 ▶ Bring mixture to a boil, then reduce heat and simmer for 30-45 minutes.







# Yeast-Free Recipes

DESSERTS  
& BAKED GOODS

👍 indicates guest favorite



# Almond Pound Cake

1 cup butter  
1 cup Sweet-n-Natural®  
5 eggs  
2 cups almond flour  
1 tsp. baking powder  
1/4 cup unsweetened  
almond milk  
1 tsp. vanilla extract

- 1 ▶ Preheat oven to 350°F.
- 2 ▶ Cream butter and Sweet-n-Natural® well.
- 3 ▶ Add eggs one at a time, beating after each.
- 4 ▶ Mix almond flour with baking powder and add to wet mixture gradually while beating.
- 5 ▶ Add almond milk and vanilla extract and mix well.
- 6 ▶ Pour into 9" greased baking pan and bake for 45-50 minutes.

## ⊕ *optional*

### **Crumb Topping**

3/4 cup almond flour  
1/2 cup Swerve brown  
sugar  
1/2 tsp ground cinnamon  
1/4 cup butter, melted

- a ▶ Combine all ingredients in a bowl.
- b ▶ Spread half of the bread batter evenly into a pan.
- c ▶ Sprinkle half of the crumb mixture over the batter.
- d ▶ Repeat steps b. and c., then bake as directed.





## Chocolate Chip Almond Cookies

1/2 cup butter, softened  
(not melted)  
1/2 cup erythritol  
1 tsp vanilla extract  
1 egg + 1 egg white  
1/2 tsp. baking soda  
1/4 tsp. sea salt  
1 cup Lily's Dark Chocolate  
Premium Baking Chips  
(sugar-free) + 2 tsp. melted

- 1 ▶ Preheat oven to 350° F. Line baking sheets with parchment paper.
- 2 ▶ Mix butter, erythritol, vanilla extract and 2 teaspoons of melted chocolate chips together in a large bowl.
- 3 ▶ Mix in eggs until smooth. Mix in almond flour, baking soda and sea salt. Gradually stir in remaining chocolate chips.
- 4 ▶ Drop tablespoon-sized dough onto parchment paper two inches apart.
- 5 ▶ Bake for 12-13 minutes until lightly brown on top.
- 6 ▶ Remove from pan and allow to cool on parchment paper for 20 minutes. Once removed from oven, you may gently press with spatula to flatten top.



## Dark Chocolate Almond Butter Cups

1/2 cup Lily's Dark Chocolate  
Premium Baking Chips  
(sugar-free)  
2 tbsp. coconut oil  
2 tbsp. creamy almond butter

- 1 ▶ Line a mini muffin pan with 6 liners.
- 2 ▶ Place half of the Lily's chocolate chips and half of the coconut oil in a small glass dish and heat in 20-second increments, stirring after each 20 seconds until melted.
- 3 ▶ Spoon equal amounts of melted chocolate into muffin liners. Place in freezer for 2-3 minutes until chocolate hardens.
- 4 ▶ Spoon approximately 1 teaspoon of almond butter on top of the hardened chocolate in each muffin cup.
- 5 ▶ Heat the remaining chocolate and coconut oil as before and spoon over the tops of the almond butter until covered.
- 6 ▶ Return to freezer for 5 minutes or until chocolate hardens.



## Peanut Butter Protein Balls 🍷

1 cup natural peanut butter  
1/2 cup almond flour  
1 1/2 scoops whey protein powder  
(must not contain sugar)  
1/2 cup Sweet-n-Natural®

### + *optional*

1 tsp. cinnamon  
Vanilla extract or coconut oil  
to taste

- 1 ▶ Mix peanut butter, almond flour, and whey protein together in a bowl.
- 2 ▶ Roll mixture into 1-inch balls.
- 3 ▶ On wax paper spread out Sweet-n-Natural® and coat peanut butter balls with the sweetener and/or cinnamon.
- 4 ▶ Store in container in the refrigerator.

**Note:** Recipe can be adjusted as needed for quantity.





## MICROWAVEABLE DOUBLE CHOCOLATE CAKE

1/4 cup almond flour  
2 tbsp. unsweetened cocoa powder  
1/4 tsp. aluminum-free baking powder  
2 tbsp. erythritol  
1/2 tsp. vanilla extract  
2 tbsp. coconut oil, melted  
1 tbsp. hot water  
1 egg  
1 tsp. Lily's Dark Chocolate Premium Baking Chips (sugar-free)

### + *optional*

Nuts of your choice

- ▶ Mix melted coconut oil, hot water and erythritol in bowl. Stir well.
- ▶ Add vanilla, almond flour, cocoa powder, baking powder and egg. Mix well.
- ▶ Coat a ramekin or coffee mug with coconut oil and spoon in mixture.
- ▶ Cover with parchment paper and microwave on high for 1 minute.

## CHOCOLATE CHUNK MUFFINS

1 3/4 cups oats  
3 egg whites  
3/4 cup unsweetened cocoa  
1/2 cup unsweetened applesauce  
1 tsp. vanilla extract  
1/2 cup plain Greek yogurt  
1/2 tsp. cream of tartar  
1 1/2 tsp. baking powder  
1 1/2 tsp. baking soda  
1/4 tsp. salt  
1 cup hot water  
1 cup Sweet-n-Natural®  
1/2 cup Lily's Dark Chocolate Premium Baking Chips (sugar-free)

- ▶ Preheat oven to 350° F. Line a 12-cup muffin pan with foil cupcake liners, or grease muffin pan with coconut oil. Set aside.
- ▶ In a blender, mix all ingredients together except for the chocolate chips. Blend until oats are ground and mixture is smooth.
- ▶ Place mixture in a bowl and gently stir in 1/2 of the chocolate chips (set the rest aside).
- ▶ Scoop mixture into prepared muffin pan. Bake for 10 minutes.
- ▶ Remove muffins from oven, and top muffins with remaining chips. Bake an additional 2–5 minutes or until a toothpick comes out clean. Cool muffins before removing from pan.

## PEANUT BUTTER BALLS 👍

2 cups unsweetened peanut butter

1/2 cup almond flour

1/2 cup Sweet-n-Natural®

**+ optional**

1/2 cup chopped nuts

- ▶ Mix peanut butter, almond flour and nuts together in a bowl.
- ▶ Roll mixture into 1-inch balls.
- ▶ On wax paper spread out Sweet-n-Natural® and coat peanut butter balls with sweetener.
- ▶ Store in container in the refrigerator.

**Note:** Recipe can be adjusted as needed for quantity.

## TOASTED SPICED WALNUTS

2 cups walnuts

1 tbsp. Sweet-n-Natural®

1 tsp. sea salt

1/2 tsp. garlic powder

1/2 tsp. ground cumin

1/4 tsp. cayenne pepper

1 tbsp. walnut oil

- ▶ Plunge walnuts into a pot of boiling water. Turn off pot and let stand 2 minutes. Drain.
- ▶ Spread walnuts on a baking sheet and toast in a 400°F oven for 10 minutes.
- ▶ Stir seasonings in a small bowl to combine.
- ▶ Heat oil in a skillet. Add toasted nuts and toss 1 minute. Add seasoning and toss until nuts are coated. Cool on a paper towel.

## SUGAR AND SPICE NUTS

1 egg white

5 cups mixed nuts

1 tbsp. pumpkin pie spice

1 tsp. water

1 cup Sweet-n-Natural®

- ▶ Preheat oven to 325°F. Grease 15x10x1 baking pan.
- ▶ In large bowl, beat egg white and water until frothy. Add nuts, toss to coat. Combine sugar and spice. Sprinkle on nuts, toss to coat.
- ▶ Spread nuts in single layer in prepared pan. Bake 20 minutes. Cool 10 minutes. Transfer to waxed paper to cool completely. Break into clusters.

## DAISY'S YEAST-FREE BROWNIES

3/4 cups unflavored coconut oil,  
(solid)

1 1/8 cups Sweet-n-Natural®

6 oz. unsweetened chocolate

3 eggs, room temperature

2 tbsp. hot water

1 1/2 tsp. instant espresso powder/  
coffee

2 tsp. vanilla

1/2 cup almond flour

1/2 cup coconut flour

1 tsp. xanthan gum

2 tsp. cinnamon

1/2 tsp. baking powder

1/4 tsp. salt

### + **optional**

1/2 cup pumpkin seeds, toasted and  
coarsely chopped\*

- ▶ Preheat oven to 350°F.
- ▶ In a medium bowl, cream the coconut oil to remove lumps. Add Sweet-n-Natural® and continue creaming until no lumps remain.
- ▶ Place chocolate in microwaveable bowl and heat for 1 minute intervals at 50% power until chocolate melts. Stir after each minute to avoid burning.
- ▶ Add melted chocolate to creamed coconut oil and mix well. Add eggs one at time, mixing well after each. Dissolve espresso powder in hot water and add to egg mixture. Add vanilla. Mix well. Set aside.
- ▶ In a small bowl using a whisk, combine flours, xanthan gum, cinnamon, baking powder and salt.
- ▶ Add dry ingredients to egg mixture in three parts. Mix well after each. Fold in pumpkin seeds, if desired.
- ▶ Line a 9x9 baking pan with parchment paper. Bake 20-25 minutes.

**Note:** It is okay for the middle to look and feel undercooked.



## PALEO HERB BREAD

1 1/2 cups blanched almond flour  
2 tbsp. coconut flour  
2 tbsp. golden flaxseed meal  
2 tbsp. fresh herbs of choice  
(rosemary, thyme, etc.), chopped  
1 1/4 tsp. sea salt  
1 1/2 tsp. baking soda  
5 eggs  
1/4 coconut oil, melted  
1 tbsp. apple cider vinegar

**Note:** If you don't have fresh herbs on hand you can use dried herbs; simply use less of them. (Approximately 1/2 to 1 tsp. each of the dried herb of choice. Try pizza seasoning and dried oregano to give a pizza-like experience.)

- ▶ Preheat oven to 350°F and grease a standard loaf pan. Set aside.
- ▶ Place almond flour, coconut flour, flax, herbs of choice, salt, baking soda in a food processor and pulse together to combine. Pulse in eggs, oil, and vinegar.
- ▶ Pour batter into prepared loaf pan and bake for 25 to 30 minutes or until golden and a toothpick inserted in center comes out clean. *If the top gets too brown, place aluminum foil over the top.*
- ▶ Cool and slice. Top with raw, grass-fed butter, or enjoy plain.





## EASY FIBER TORTILLA

3 egg whites  
2 tbsp. whole psyllium husk  
Avocado oil spray

- ▶ Whisk the egg whites and psyllium husk until combined.
- ▶ Warm a pan over medium heat and spray with avocado oil.
- ▶ Spread the mixture into the pan. Use a spoon to flatten it out like a pancake.
- ▶ Once the bottom begins to brown (approximately 5 minutes), flip it over and cook until the opposite side begins to brown (approximately 5 minutes more).

## YEAST-FREE HOT CHOCOLATE

1 1/2 cups unsweetened almond milk, chocolate flavor  
1 tbsp. cocoa powder  
2 tbsp. Sweet-n-Natural®  
4 drops or 1/8 tsp. mint extract (non-alcoholic)

- ▶ In a closed jar or with a blender, blend all the ingredients until combined.
- ▶ Warm in small saucepan or microwave.
- ▶ Pour into two small mugs and enjoy!



# After 90 days...

## WHAT DO I DO?

### **Add back...**

As mentioned previously, the yeast treatment time is three months. At that time, you may slowly reintroduce some of the foods that were excluded on the eating program. To test whether you are really ready to add some of the avoided foods back into your diet, go slowly! Add one food at a time. For example, you may have 3 days of dairy products, and if no symptoms occur, i.e. stomach upset, allergy symptoms, etc., then you may add foods with dairy back into your diet, in moderation. If symptoms do occur, then continue the yeast treatment, eliminate these foods from your diet and reintroduce them at a later date (approximately 2-3 weeks later).

You may identify food sensitivities as we have restricted the most common allergenic foods (wheat, corn, yeast, milk and soy). Remember to watch for symptoms as an indication of sensitivities or food allergies, as you begin to add foods back into your diet. If you identify a food sensitivity, then you may perform the oral food challenge (refer to p. 144).

### **Old habits die hard...**

By eating yeast-free on the Hotze Optimal Eating Program you developed some essential lifestyle changes. Now that you have successfully completed the eating program, keep your new eating habits. This will help you obtain and maintain good health.

If for any reason you are placed on any form of an antibiotic, it is always recommended that you take Nystatin and Probiotic Blend for the duration of antibiotic treatment plus one additional week. This is to ensure that you do not develop yeast overgrowth in your colon. Remember, sugar and starches, like wheat, corn, potato and rice products that convert to sugar feed the yeast. It is best to minimize or avoid them.

### **Chase the cravings away...**

It is important to know that all simple carbohydrates are unfavorable. These foods have a high glycemic index, meaning they will break down into larger amounts of sugar. This causes the sugar highs and lows between meals. In turn, this leads to a slower metabolic rate, higher blood glucose and triglyceride levels, elevated blood pressure, and the cycle of carbohydrate cravings that leads to weight gain. You will feel well and be healthier if you minimize simple carbohydrate intake.

### **Catastrophic carbohydrates...**

Even though you may include some “cheat foods” on your special days off, be sure to balance your meals with protein, carbohydrates and fat (see p. 13-14). This will prevent a cheat day from becoming disastrous. Imbalance between your proteins, fats, and carbohydrates will result in carb cravings. A “cheat day” does not mean to cheat at every single meal, but rather to select your favorite meal that day and choose a “cheat item” to enjoy.

### **Your body talks...**

Listen to your body! It will tell you which foods provide energy, aid weight loss or weight gain, and cause allergic reactions, etc. Be diligent. It only takes a few days to destroy a habit, but it takes 30 days to reinstate that habit. Do not forget where you came from or where you’re going. Your reward is a healthy, strong immune system.

### **One more lap...**

Some people will need to maintain the yeast-free eating program for more than three months if symptoms of yeast are still present. Keep in mind that clinical symptoms are the most important diagnostic tool to determine the presence of yeast in the body. Therefore, if symptoms persist, the yeast-free eating program is still warranted. If you are a Hotze guest, then please contact our nurses if you are unsure and need guidance.

### **Happy trails...**

Last but not least, if you want to continue on the yeast-free eating program, then this diet is a great way of life for any adult, teenager, or child to continue indefinitely.



# BOOST YOUR RESULTS:

## A GUIDE TO INTERMITTENT FASTING & BEYOND

When you eat the right foods, your health will improve. However, the best results are when you eat the right foods at the right times.

Why does fasting have such a profound effect on our health and likely our longevity? Fasting, as well as caloric restriction, promotes the ultimate cellular detoxification process referred to as 'autophagy.' Autophagy involves removing cellular debris which enables our body to work more efficiently and essentially act "younger." Incredibly, fasting not only cleans out our cellular debris but it also stimulates our stem cells to gear up and start rebuilding and repairing our body i.e. muscle, brain, immune systems. Finally, fasting also teaches our body to use fat for fuel, turning fat into ketones (ketosis).

### **STEP 1: Eat while the sun is up, no later than 7 PM.**

Why? The body becomes progressively more insulin resistant as the day goes on, so we store more of what we eat later in the day.

### **STEP 2: Decrease your eating window – intermittent fasting, also known as time restricted eating.**

Contrary to conventional wisdom, eating throughout the day often contributes to overeating and disease. Restricting eating hours to a 6- to 11-hour window (or less) can dramatically improve health. Women of child-bearing age should be less aggressive in restricting their eating periods. Men and some individuals with significant health issues may benefit from a shorter eating window of 2-6 hours. Generally, you should practice intermittent fasting only 5-6 days a week in order to ensure adequate overall nutrient intake and to prevent your body from adapting.

When should you eat? While some studies show benefits with eating breakfast, this does not work for everyone. Other issues to consider are when your family eats together and when you are naturally hungry. Avoid eating after 6-7 PM as calories in the evening promote insulin resistance and inflammation.

Why does eating only part of the day improve your health? It keeps your insulin low and gives your body time to do some important maintenance work, such as clearing stores of sugar, and starts the fat burning process,





i.e. making ketones. Burning fat as your fuel source has wonderful effects on your health: lower glucose, triglycerides, inflammation and weight.

Eating less hours also allows our distended stomachs to return to a smaller size which helps normalize our super-sized American appetites. Once you have mastered intermittent fasting, consider moving on to some additional steps to improve your health.

### **STEP 3: Occasionally, eat just once a day.**

This is an advanced version of intermittent fasting. You may want to do this once weekly. When you eat only 1x/day it is important to eat nutritionally dense foods like healthy fats, such as avocados, and the “G-BOMBS” Dr. Joel Fuhrman refers to: Greens, Beans, Onions, Mushrooms, Berries and Seeds.

### **STEP 4: Water fast for 24 hours.**

If you do well with intermittent fasting for 18 hours, just add 6 more. Try to do this regularly, approximately every 1-2 weeks. Water is the ideal drink but if you regularly consume caffeinated drinks, drinking a small amount can prevent a headache. You can also have Yerba Mate if desired. Remember not to use juices, creamers or amino acid supplements as the goal is to actually be fasting.

While not eating for part of the day or even several days may sound extreme, keep in mind that water-only fasting has been done safely for millennia. Recently, numerous studies have been published showing fasting to be one of our best tools for staying healthy and even reversing disease. Fasting truly can be the fastest route to better health, as it can improve your brain, heart, blood pressure, blood sugar, arthritis, inflammation, mood, autoimmune problems, migraines, allergies, cravings and more. Even outcomes of cancer therapy are improved with fasting.

People often skip this powerful “fountain of youth” because they assume it’s too hard. You will find options for water fasting as well as eating reduced calories that can be used in conjunction with many eating strategies including plant based, paleo and ketogenic. Despite the safety of limited fasting, it is recommended that you have a discussion with your medical provider prior to fasting.



### **STEP 5: Short term fasting for 2–4 days**

If you did well with a 24-hour fast, you are ready to try going 2-4 days in a row for more potential benefits. Before advancing to this step, make sure you tolerate intermittent fasting as well as a 1-day fast. You will want to be eating low carb when you try this so your body will be adapted to using fat. While fasting, it helps to exercise moderately to stimulate fat burning and preserve muscle mass.

By regularly fasting, your body's stem cells become activated which helps regenerate & rejuvenate your body (more muscle fibers and improved brain function). Interestingly, many find it is just as easy to fast 4 days as 2 because as you burn fat and make ketones, your appetite drops dramatically, and energy often increases. You should limit fasting to no more than 4 days per month. The 3-4 day fast can be repeated every 1-4 months. Note that fasting results in sodium and potassium loss, so you can use water with sea salt to balance, as noted in the final thoughts below.

*Note: We recommend you discuss this with your medical provider prior to fasting more than 24 hours. Women of childbearing age should usually limit fasting to 24 hours 1x/week rather than longer periods.*

### **Not ready for short-term fasting?**

#### **TRY CALORIE RESTRICTION SEVERAL TIMES PER WEEK.**

Studies have shown when calories are dropped every other day, health improves. In the studies, men eat 600 and women eat 500 calories every other day. The non-calorie restricted days do not have any specific limits as to how much is eaten or when, yet weight drops, and lab results improve. Benefits can even be seen if calories are restricted to just twice a week, also called the 5:2 plan.

### **Who should not fast?**

A few groups should not fast: those with an eating disorder (anorexic or bulimic), children who are under 18, pregnant and nursing women, those who are underweight, and the extremely frail, i.e. uncontrolled heart failure, severe kidney or liver disease. Also, those with certain metabolic diseases like porphyria, and disorders of fatty acid metabolism. Individuals with type 1 diabetes generally should not fast as they need very strict supervision and

monitoring. Those with type 2 diabetes can fast, however, if they are taking medications to lower blood sugar, the medications typically should be reduced or not taken while doing a water fast. As always, if you are uncertain, then please discuss with your medical provider.

## Final thoughts:

Fasting is a very powerful wellness tool and most reasonably healthy, non-pregnant adults can do it. Women of childbearing age should be less aggressive in total water fasting – no more than one 24-hour fast per week and avoid longer fasts. Most others should limit water fasting to 4 days/month, either in a row or spread out.

You should generally feel well during a fast. During a 3-4 day fast, you usually would stay on your hormones and hold off on taking vitamins, unless you know stopping a vitamin will cause issues, like getting constipated without magnesium or fatigued without B vitamins, etc.

Adding sea salt to replace some of the electrolytes you can lose during fasting can help you address headaches or energy slumps. Take 1/4 teaspoon in a glass of water as needed or 1 teaspoon to a gallon of water. If you have cramping, add 2 capsules of potassium 99 mg 2-3x/day. The extra energy you have during a fast might affect sleep, so extra magnesium or melatonin can help.

Please use common sense here: if you have an issue that does not resolve with more salt water or bone broth, you should eat. For example, if you lose too much weight, experience weakness, lightheadedness or just generally feel bad, then add food back in. When you break the fast, start very slowly with soup or bone broth.

*For more information on fasting and ketogenic eating, please see the resources section at the back of the book.*

# JUMP START YOUR WEIGHT LOSS WITH KETOGENIC EATING

While many people naturally lose weight when adopting the Optimal Eating Program, you can boost your weight loss results by adopting the ketogenic diet along with the fasting options in the previous section.

The ketogenic diet, also known as the keto diet, is an eating program that focuses on eating fat (good fats, that is!) for fuel. You may be thinking, how can that be good for you and how can it help you lose weight?

## **What is a ketogenic (keto) diet?**

A ketogenic diet primarily consists of high fats, moderate proteins, and very low carbohydrates. Food is divided into approximately 55% to 60% fat, 30% to 35% protein and 5% to 10% carbohydrates.

## **How does the keto diet help you lose weight?**

The keto diet switches you from burning glucose (which carbs provide) to burning ketones (which fat produces) for energy. When you do this, your metabolism speeds up, your hunger goes away, and your muscle mass increases. Your blood pressure and heart disease risk profile improve.

The keto diet involves drastically cutting carb consumption and increasing good fats to put the body into a state of ketosis, which is when your body burns fat and ketones for fuel, instead of carbs and glucose. The root word “keto” is short for “ketones,” which are the organic compounds your body produces from fat to use as fuel. Instead of using carbohydrates, your body uses fat as its main source of energy





Eating fat does not make your insulin go up as eating carbs or protein does, so the keto diet does not spike your insulin, and you don't store fat. Instead, you burn it, creating the ketones that give you an effective and efficient increase in metabolism.

Once most of your calories come in the form of fats and proteins, your body then finishes off its stored glucose supplies before switching to fat for energy, which is known as ketosis.

### **The Keto Eating Program**

One thing people really love about the keto diet is that you get to enjoy a lot of the foods you love, like bacon, grass-fed meats, poultry, fresh vegetables, fruits and nuts. This can easily comply with your Optimal Eating plan. The main idea is to keep your daily calories down to no more than 10% carbs, while getting between 60-75% of calories from fats and the rest from protein.

For instance, a daily meal plan could be something like:

**Breakfast**—Eggs scrambled in grass-fed butter with cauliflower “rice,” and wrapped in an almond flower tortilla. Don't forget the avocado and fresh salsa!

**Lunch**—Coconut butter and almond butter on coconut flour bread with a fresh green salad with olive oil and vinegar dressing and sprinkled with pumpkin (or other favorite nutritious) seeds.

**Dinner**—Grass-fed beef burger (try for no more than 80% lean) wrapped in lettuce along with steamed broccoli (or spinach, etc.) and a fresh green salad with plenty of multi-colored organic vegetables and olive oil. You can also add bacon to increase calories and flavor, although remember that nitrates found in conventional bacon can cause high blood pressure, cancer and other dangerous health conditions. Therefore, sticking with nitrate-free bacon (and other meat products) is recommended.

**Snacks**—Chocolate chia seed and avocado pudding, nuts, sunflower seeds, berries and raw veggies with nut butter.

Remember that this is a suggested menu, and your caloric intake will vary with your activity level and metabolism. However, so long as you stay within the 10% carb calories/75% fat calories model that consist of good, QUALITY calories (skip the processed foods in favor of healthy fats, veggies and proteins, in other words), you will induce ketosis.

### **8 Benefits of the Keto Diet**

Of course, the main reason many of us are interested in keto eating is that it helps us lose weight, which it does. However, the benefits don't stop there. It also:

### 1 INDUCES AUTOPHAGY

This is your body's way of recycling its own cells and proteins. In fact, the literal definition of the word autophagy is "self-eating," which is what your body does with ineffective and damaged cells under ketosis. This helps by ridding your body of toxic proteins and dead and damaged cells, which it then reuses the materials from to reform new, healthy cells. This not only helps keep you younger and healthier but may help eliminate toxic proteins known to cause Alzheimer's, Parkinson's and cancer.

### 2 REDUCES INFLAMMATION

Keto eating further helps ease pain and other conditions associated with inflammation by reducing inflammation in the body. This is because ketone metabolism produces fewer reactive oxygen species than does the metabolism of glycogens. This also produces fewer free radicals, and altogether this helps reduce inflammation along with your risk of obesity, diabetes, heart disease, cancer and other diseases.

### 3 IS AN EATING PROGRAM WHICH CANCER HATES

Most cancers love simple carbohydrates, which is a key reason a high fat/low carb diet has recently been proposed as an adjuvant treatment in cancer therapy. Plus, some cancers are unable to metabolize ketone bodies, which makes the reduction of circulating glucose levels along with the increase in ketone bodies a likely means of starving these types of cancer cells. Reducing blood glucose levels also reduces blood insulin and insulin-like growth factors, both of which play a key role in cancer cell proliferation. The takeaway? Ketogenic eating is anti-cancer eating!

### 4 HELPS YOU MAINTAIN A HEALTHY WEIGHT

The main reason so many are interested in low-carb eating is that it reduces body fat, period. True, you can lose weight on most fad diets, although once you have lost the weight your body then increases its production of ghrelin, AKA, the "hunger hormone." Since ghrelin increases your appetite, you are then at the mercy of your own willpower when it comes to keeping the weight off, which of course has a lot to do with why fad diets rarely (if ever) work. Ketogenic eating, on the other hand, does the opposite and helps balance the production of ghrelin along with other hormones which influence appetite and weight control.

### 5 HELPS YOU MAINTAIN MUSCLE MASS

Unlike other diets which may starve you of key macronutrients such as protein, low-carb eating provides you with plenty of the building blocks

your body needs to maintain (or grow) strong, lean muscle mass. In fact, there is a reason many bodybuilders and other athletes swear ketosis is the way to go, which is that it simply works.

#### **6 IMPROVES YOUR QUALITY OF SLEEP**

While more research needs to be performed, studies show that a very low carbohydrate diet produced less REM sleep (the active dream state of sleep) and better deep, slow wave sleep (SWS) in healthy, non-obese sleepers over a 48-hour period. This may be linked to the metabolism of fat, although this is yet to be determined. However, getting plenty of deep, quality sleep is important to your health, and keto eating can help.

#### **7 CAN REDUCE SEIZURES**

Ketosis is known to alter genes necessary in energy metabolism, which can then reduce the occurrence of childhood epileptic seizures. It does this by calming the neurons known to cause seizures through overstimulation and may also limit the progression of epilepsy.

#### **8 MAY REDUCE PAIN**

Chronic pain can be similar to seizures in that it involves excitable neurons in need of calming, which ketones help do.

### **Finally...**

Yes, switching to low-carb eating takes discipline, at least in the beginning. This is because it is an entirely new approach to eating, and your body also must adjust to burning fat as its main fuel.

However, once you are through the initial acclimation period, this will pass, and you will feel more clear-headed, have more energy and sleep better. Plus, as any chef will tell you, fat means flavor, which is another great reason this eating program works. You eat satisfying foods and never have to feel hungry or deal with cravings.

Remember, all you're cutting out are the carbohydrates, meaning you can still enjoy foods such as omelets, roast chicken, hearty stews and chilis. For weight management and better health, there is a reason ketogenic eating is here to stay!

*For more information about ketogenic eating, please visit the resources at the back of this book.*

# ORAL FOOD CHALLENGE

If you had food allergy testing or identify any food you suspect you are sensitive to, then we recommend you perform the oral food challenge. We recommend that you perform this challenge test after the completion of the yeast-free eating program. However, if one of the suspected foods is an important part of the yeast-free eating program, you may want to perform the challenge test immediately.

## Why the oral food challenge?

The reason for this challenge test is to prove or disprove a TRUE food sensitivity. If you are eating one of the suspected foods frequently, or even daily, and it does not seem to cause a problem, this does NOT mean you are not reacting to that food. When a food is eaten repetitively, your body will learn to adapt, and it will not produce a specific or apparent response. This challenge test is essential in order to determine WHICH foods are causing an inflammatory response—true food sensitivities. In order to determine if you are reacting to a food, you must provoke your system by following the steps below.

## How to perform the oral food challenge:

CHOOSE WHICH **ONE** FOOD YOU WILL CHALLENGE FIRST.

### ▶ Days 1–4:

This food **MUST BE EATEN** for 4 consecutive days, at least one serving daily. If severe symptoms occur, the food may be discontinued.

### ▶ Days 5–8:

This food must be **OMITTED COMPLETELY** for the next 4 days. (The food and all products made with the food must be omitted.)

### ▶ Day 9–11:

First thing in the morning, eat a portion of the food with nothing but a glass of water. Watch for symptoms, like the ones listed below, over the next 30 minutes. If no symptoms occur, eat a second portion of the food with nothing but a glass of water. Then, wait and watch for symptoms over the next 3 days.

WHAT TO LOOK FOR: aching joints, diarrhea, constipation, headaches, irritability, depressed moods, marked fatigue, nervousness, anxiety, sneezing, postnasal drainage, cough, ringing ears, watery eyes, hives, itching, rash, cramps/bloating/gas, asthma or difficulty breathing, canker sores, difficulty concentrating or any exacerbation of current symptoms.

**When will the symptoms occur:** A food (in antigen form) stays in the body for approximately 72 hours. Therefore, it is common to have a delayed reaction 2 or 3 days after eating a particular food.



## When a reaction occurs:

- 1 Neutra Caps (sodium bicarbonate) will help NEUTRALIZE your reaction.
- 2 Document your symptoms:
  - a) *Mild Reaction*: If your reaction was not severe (use your personal discretion), you may choose to keep the food in your diet. However, remember the best action would be to avoid the food.
  - b) *Moderate/Severe Reaction*: If your reaction was more notable, you should avoid the food. If you will faithfully avoid the problem food anywhere from 6 months to 2 years, you can generally eliminate the food sensitivity. In the long run, strict avoidance of the food will allow you to bring the food back into the diet as soon as the body recovers. (Remember to always rotate foods to prevent new food sensitivities from developing.)

## Types of Food Sensitivities:

There are cyclic food sensitivities, fixed food sensitivities and masked food sensitivities.

The cyclic sensitivities can be resolved by avoidance of that food for anywhere from 6 months to 2 years.

A fixed sensitivity, or true allergy, is one that is either inborn or develops later in life and remains permanent. Shellfish, strawberries, and peanuts are usually fixed food sensitivities.

A masked food sensitivity is one in which the symptoms are “masked.” This is the most common and most harmful food reaction, because it often goes unrecognized. A masked food reaction is often delayed and less dramatic than the other types of food reactions. Another term for “masked sensitivity” is “food addiction.” For example, a patient will feel temporary relief of symptoms upon the ingestion of a problem food. Therefore, when symptoms reoccur, the individual will again be drawn to that food, becoming “hooked.” At first, repeatedly eating the “problem food” will maintain a symptom-free state, but inevitably you will become more addicted, requiring more and more of the food to alleviate symptoms.

# ADDITIONAL RESOURCES

## CHRONO-NUTRITION, INTERMITTENT FASTING AND FASTING

*What to Eat When* by Michael Roizen

*Waist Away* by Chantel Ray

*The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended* by Fung and Moore

*Fasting and Eating for Health* by Joel Fuhrman

Eat, Fast & Live Longer (documentary, YouTube)

Thomas DeLauer YouTube channel

## PARADOX EATING BY DR. STEVEN GUNDRY

*The Longevity Paradox: How to Die Young at a Ripe Old Age*

*The Plant Paradox*

## KETOGENIC DIET

*The Keto Reset Diet* by Mark Sisson and Brad Kearns

*Ketotarian* by Dr. Will Cole

*The Ketogenic Bible* by Jacob Wilson & Ryan Lowery

*Simply Keto* by Suzanne Ryan

*The Keto Diet: The Complete Guide to a High-Fat Diet, with More Than 125 Delectable Recipes and 5 Meal Plans to Shed Weight, Heal Your Body, and Regain Confidence* by Leanne Vogel

Eric Berg YouTube channel



