

Nutrient Rich Food Ideas

BREAKFAST:

Glass of raw milk, bacon and eggs, fresh fruit, small glass of beet kvass
Soaked oatmeal with butter and natural sweetener, glass of raw milk or kefir
Cheese omelet, glass of raw milk or kefir, mug of bone broth
Leftover soup, sourdough bread with butter and cheese
Smoothie made with whole yogurt, egg yolks, coconut oil, fruit and natural sweetener

LATE LUNCH:

Pâté on sourdough bread or crackers, small salad with grated cheese, fresh fruit or a few dates
Smoked salmon with cream cheese on sourdough bread, sliced avocado
Caviar or salmon roe on crackers or crispy pancakes with sour cream, small salad with bacon and grated cheese
Homemade soup with sourdough bread and raw cheese
Fish or meat with heavily buttered, steamed vegetables, small salad with grated cheese
Welsh rarebit on fried sourdough bread, small salad
Liver with bacon and onions with heavily buttered, steamed vegetables
Braunschweiger or liverwurst on sourdough bread or crackers, homemade soup

Foods that are a Dieters Best Friend

COCONUT OIL and OTHER COCONUT PRODUCTS: Coconut oil is high in medium-chain triglycerides, a type of saturated fat that is never stored as fat but which the body uses to boost metabolism. A good way to get a recommended one to two tablespoons per day is to put the coconut oil in a mug with one tablespoon molasses and a pinch of powdered ginger. Add hot water and enjoy as a hot pick-me-up—much better for you than coffee!

DATES: Hankering for something sweet after a meal? Dates are your answer. Have a date or two, or date meat mixed with coconut. You'll find that dates will quickly quell the craving.

BUTTER: The queen of fats, put butter on everything! Butter will help you absorb all the nutrients in the foods you eat and make all your food delicious and satisfying. Plus, three components of butter (iodine, vitamin A and butyric acid) are necessary for robust thyroid function.

BACON: The combination of fatty, crispy, salty and sweet make bacon the ultimate comfort food and there's no need to leave it out of the Fast-Last part of the diet. Have bacon for breakfast and put bacon bits on a hearty chef's salad at lunch and you will never feel deprived!

RECIPE IDEAS:

Easy Digestive Dessert

1 c dried figs halved

2 T whole fennel seeds

¼ c lightly toasted almonds or cashews

2-3 T whole milk ricotta or mascarpone cheese (optional)

Drizzle of honey

1. Slice figs in ½ lengthwise
2. Scatter fennel seeds on a small plate
3. Press 1 or 2 almonds or cashews into each fig half
4. Optional to top each fig half with a dollop of cheese and drizzle with honey

Quiche

8 eggs

3 garlic cloves minced

¼ scallion chopped

1 large kale leaf finely minced

Sage to desired taste

1 small firm tomato

3 slices of cooked bacon chopped

½ c shredded cheese (preferred type)

Butter

½ c goat milk or yogurt (optional)

1. Preheat oven to 350.
2. Caramelize scallion and garlic.
3. In a separate bowl, whisk eggs together with optional milk or yogurt (if applicable), fold in herbs, tomato, and bacon.
4. Line the bottom of a 8x8 Pyrex oven safe glass with thin pads of butter.
5. Spread the caramelized scallions and garlic over the butter, and pour in the egg mixture.
6. Sprinkle cheese across the top, and bake for 15-20 minutes until lightly golden brown.

OTHER QUICHE IDEAS:

- Fresh Herb Quiche (rosemary, thyme, and oregano)
- Spicy Cayenne pepper Quiche (cayenne pepper, minced bell peppers, tomatoes)
- Oregano and Mushroom Garlic Quiche (try using mustard as a dipping sauce)

SAUCES

Red Herb Marinara

1 18 oz jar of strained tomatoes

1 small yellow onion

3-4 cloves of garlic

Fresh oregano and basil to taste

Salt and pepper to taste

1 Tbsp of butter or oil (sunflower, avocado, coconut)

1. Dice the onion and garlic and add to a hot pot along with the oil or butter.
2. Saute until translucent.
3. Chop the herbs and add to the onion and garlic in the pot. Cook for 1 minute or until just wilted.
4. Add the strained tomatoes, salt, and pepper.
5. Simmer on low for 10-15 minutes, until thickened to desired consistency.

Salty Asian

¼ c fish sauce

2 Tbsp coconut aminos

2 Tbsp sesame oil

1 tsp rice vinegar

½ inch fresh ginger

1-2 garlic cloves

(If using as a cooked sauce versus a dressing use 1 Tbsp of arrowroot powder to thicken and can use ginger and garlic powder for a smoother consistency.)

1. Peel and mince garlic and ginger.
2. Whisk all of the ingredients together. Use as a dressing for an Asian Chicken Salad or Quinoa and Seaweed Salad. Can use as a cooked sauce with additional instructions, examples are a Shrimp and Veggie Stir Fry or Beef and Broccoli.

Honey Mustard

¼ c mustard

1 Tbs. blackstrap molasses

1 tsp honey

1 Tbsp apple cider vinegar

½ tsp black pepper

2 minced garlic cloves

1. Mince the garlic cloves.
2. Whisk all ingredients together in a bowl. Use as a sauce over steamed vegetables, chicken, sweet potatoes, or quinoa!

Spicy Hummus

1 c cooked garbanzo beans

¼ c tahini

2 Tbsp olive oil

1 Tbsp lemon juice

1 garlic clove

1 red, yellow, or orange bell pepper

¼ tsp cayenne pepper

Salt to taste

1. Roast bell pepper on a hot cast iron skillet or in the oven at 500 for 2-4 minutes, until blistered.
2. Place all ingredients into a blender or into a jar and use an immersion blender.
3. Blend until smooth. Add more olive oil if hummus is too thick.

Herb Lemon Yogurt Dip

½ c plain greek yogurt

2 Tbsp olive oil

2 Tbsp lemon juice

1-2 Garlic cloves minced

Fresh parsley and oregano minced (to taste)

Salt and pepper to taste

¼ c pine nuts

1. Mix your greek yogurt, olive oil, and lemon juice together.
2. Mince garlic and herbs, mix into yogurt.
3. Season with salt and pepper and sprinkle with pine nuts. Use as a dip for fresh veggies, sourdough bread, or crackers.

Herb butter

½ c unsalted butter

1-3 sprigs fresh herbs

½ tsp grated lemon zest (optional)

½ - 1 tsp salt

1. Leave butter at room temperature for 30 minutes to soften.
2. Mince fresh herbs and grate lemon zest, if using.
3. Use a fork to mash together all ingredients.
4. Put her butter on a piece of parchment or waxed paper. Roll it up in the paper so it forms a log. Put log into a food-storage-container. After if firms up, slice butter as needed. Herb butter will keep in the refrigerator for up to 2 months, or in the rizzer for up to 6 months. It will still be edible after that, but flavor quality will decline. When using frozen herb butters, transfer them to the refrigerator 24 hours before you plan to use them.

Cashew sauce

1 cup (150g) Cashew Nuts (Raw)

2 Tbsp Nutritional Yeast.

1 Clove Garlic (crushed)

1 Tbsp Lemon Juice (freshly squeezed)

Pinch Sea Salt.

Pinch Black Pepper.

5 Tbsp Water

1. Add the cashew nuts, nutritional yeast, crushed garlic and lemon juice to the blender jug.
2. Add sea salt and black pepper.
3. Measure out the water and add it in.
4. Blend until very smooth and creamy. For a thicker cheese, use less water. For a thinner salad dressing consistency, use a little more water.

SEAWEED DISH IDEAS

Penne All'Arrabbiata with Dulse (Palmaria palmata)

1 Tbs olive oil

2 tsp Garlic, finely minced

1 - 1½ tsp Dried red pepper

¼ cup Dulse flakes

1 can tomatoes (28 oz can)

Salt

8 oz Penne

2 tbs parsley, chopped

1. Saute the garlic, Dulse flakes and red pepper in the olive oil. Saute, stirring, for about 3 minutes; do not brown garlic.
2. Put the tomatoes in a blender and liquefy them. Stir into the garlic mixture. Simmer, stirring, until sauce is slightly reduced and thickened, (about 20 minutes). Season with salt to taste.
3. Cook the penne in plenty of boiling salted water until al dente (about 10 minutes); drain. Toss with the sauce and sprinkle with parsley.

Pepper and Kombu (Laminaria digitata) Sauce

This salsa adds both flavour and colour to main dishes

Chopped Kombu, 1 tsp full

Olive oil

2lb red, yellow or orange bell peppers

1 1/2 tsp minced garlic

2 tsp malt vinegar

1 tbs fresh lemon juice

1/2 tsp sugar

1/2 tsp salt, or to taste

Cayenne to taste

1. Preheat broiler and lightly brush baking tray with olive oil. On the tray place the whole peppers and Kombu, previously soaked in cold water.
2. Broil peppers, and Kombu turning every 5 minutes for about 15 minutes.
3. Transfer the mix to bowl and cover with a plate. Let it cool for 45 minutes and retain the released juices.
4. Peel peppers and remove and discard seeds and stems. Mince the mix and return to bowl. Stir in remaining ingredients, and adjust salt and cayenne to taste.
5. Serve cold or at room temperature. Store in tightly sealed jar in refrigerator.

Italian Frittata with Spirulina (Enteromorpha spirulina)

A frittata is a thick Italian omelette. It can be made ahead and reheated or served cold or at room temperature.

3 tbs Olive oil

1 medium-sized onion, peeled and sliced

1/2 cup chopped Enteromorpha spirulina

2 medium-sized potatoes, scrubbed, unpeeled and thinly sliced

2 tsp dried rosemary

1/2 tsp dried sage

2 tsp minced garlic

8 large eggs

Freshly ground black pepper

1 cup parmesan cheese

1 tsp salt

1. Heat 1 tablespoon olive oil in 10-inch skillet over medium heat. Toss in onions and Spirulina chops. Cook, stirring frequently, over medium heat, about 2 minutes, then reduce heat to low, add 1/2 teaspoon salt and cover skillet. Cook 20 minutes more, or until onions are soft.
2. Stir in potatoes and herbs. Cover and cook about 10 minutes, stirring intermittently, or until potato slices are tender. Remove pan from heat.
3. Break eggs into large bowl, add remaining 1/2 teaspoon salt, and beat well with whisk. Add vegetables, black pepper to taste and cheese. Stir until evenly distributed. Clean and dry skillet and return to burner over medium heat. Preheat broiler.
4. When skillet is hot again, add remaining olive oil, wait about 30 seconds and swirl to coat pan. Pour in vegetable-egg mixture and cook undisturbed over medium heat, 3 to 4 minutes, or until bottom of eggs have firmed.
5. Transfer skillet to broiler, and broil about 3 minutes, or until frittata is firm in centre. Remove from broiler, and run knife around edge to loosen frittata. Slide or invert onto large, round plate and serve hot, warm or at room temperature, cut into wedges.

References:

<https://www.westonaprice.org/health-topics/thoughts-weight-loss/>

<https://lovingitvegan.com/classic-vegan-cashew-cheese-sauce/>

Mother Earth News Herb Companion Series Guide to Cooking with Garlic and other Tasty Herbs Magazine

<http://www.seaweedproducts.ie/SeaweedRecipes.htm>