

Detox Your Fat

Phase I Meals & Recipes

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Detox Your Fat – Phase I

Breakfasts

Banilla Nut Oatmeal

Large Serving

- 1/2 cup rolled oats
- 2 scoops Prograde Vanilla Protein
- 3 TBSP chopped walnuts
- 1/2 medium banana, mashed
- 1 cup low fat milk
- 2 tbsp flaxseed meal

Small Serving

- 1/3 cup rolled oats
- 2 scoops Prograde Vanilla Protein
- 2 TBSP chopped walnuts
- 1/2 medium banana, mashed
- 1 cup low fat milk
- 1 tbsp flaxseed meal

Servings: 1

How to Prepare: Combine milk, oats, banana, and walnuts in a bowl. Microwave for 1-2 minutes. Stir and let sit for 1 minute. Mix in protein powder, and flaxseed meal.

Apple Cinnamon Oatmeal with Chicken Sausage

Large Serving

- Oatmeal
 - 1/2 cup rolled oats
 - 3/4 cup water
 - 3/4 cup plain free Greek yogurt
 - 1 small apple, diced
 - 2 tbsp flaxseed meal
 - 2 tsp cinnamon
- 3 links Al Fresco Country Style Breakfast Chicken Sausage

Small Serving

- Oatmeal
 - 1/3 cup rolled oats
 - 1/2 cup water
 - 1/2 cup plain free Greek yogurt
 - 1 small apple, diced
 - 2 tbsp flaxseed meal
 - 2 tsp cinnamon
- 3 links Al Fresco Country Style Breakfast Chicken Sausage

Servings: 1

How to Prepare: Combine water, oats, 2 tsp cinnamon, and diced apple in a bowl. Microwave for 1-2 minutes. Stir and let sit for 1 minute. Mix in Greek yogurt and flaxseed meal. While the oatmeal is cooking, heat chicken sausage in non stick pan over medium heat until lightly browned (the sausage is already pre-cooked so just heat until cooked through)

Super Oatmeal

Large Serving

- 1/2 cup rolled oats
- 3/4 cup water
- 3 scoops Prograde Vanilla Protein
- 1 cup blueberries (fresh or frozen)
- 4 Tbsp slivered almonds
- 1 Tbsp chia seeds
- 1 serving Prograde Genius (optional)

Small Serving

- 1/2 cup rolled oats
- 3/4 cup water
- 2 scoops Prograde Vanilla Protein
- 1/2 cup blueberries (fresh or frozen)
- 1 Tbsp chia seeds
- 3 Tbsp slivered almonds
- 1 serving Prograde Genius (optional)

Servings: 1

How to Prepare: Combine water, oats, chia seeds, almonds, and blueberries in a bowl. Microwave for 1-2 minutes. Stir and let sit for 1 minute. Mix in protein powder and Genius.

Cranberry Nut Oatmeal

Large Serving

- 1/2 cup rolled oats
- 3/4 cup water
- 3 scoops Prograde Vanilla Protein
- 2 TBSP craisins
- 5 Tbsp slivered almonds

Small Serving

- 1/3 cup rolled oats
- 2/3 cup water
- 2 scoops Prograde Vanilla Protein
- 2 TBSP craisins
- 4 Tbsp slivered almonds

Servings: 1

How to Prepare: Combine water, oats, and cranberries in a bowl. Microwave for 1-2 minutes. Stir and let sit for 1 minute. Mix in protein powder and almonds.

Pomegranate Parfait

Large Serving

- 1/4 cup Bear Naked Vanilla Almond Crunch Granola
- 1 1/2 cups fat free Greek yogurt
- 1/2 cup pomegranate berries (substitute: 1 cup raspberries)
- 1 oz or 22 almonds
- 1 Tbsp chia seeds

Small Serving

- 1/4 cup Bear Naked Vanilla Almond Crunch Granola
- 1 1/4 cups fat free Greek yogurt
- 1/4 cup pomegranate berries (substitute: 1/2 cup raspberries)
- 1/2 oz or 11 almonds
- 1 Tbsp chia seeds

Servings: 1

How to Prepare: In a bowl, layer Greek yogurt, granola, pomegranate berries, almonds, and Greek yogurt. Top with Chia seeds.

Chocolate Almond Mocha Shake

Large Serving

- 3 scoops Prograde Chocolate Protein Powder
- 2 TBSP flaxseed meal
- 6 almonds
- 2 TBSP Nutella
- 1 cup chocolate almond milk
- 3 ice cubes
- 1 packet Starbucks Via

Small Serving

- 2 scoops Prograde Chocolate Protein Powder
- 2 TBSP flaxseed meal
- 6 almonds
- 1 TBSP Nutella
- 1 cup chocolate almond milk
- 3 ice cubes
- 1 packet Starbucks Via

Servings: 1

How to Prepare: Combine all ingredients in a blender and blend until smooth. For a thicker shake add more ice cubes or more water for a thinner shake.

Classic Strawberry and Banana Smoothie

Large Serving

- 2 ½ scoops Prograde Vanilla Protein
- 1 ½ cups strawberries (fresh or frozen)
- ¼ cup walnuts
- 1 small banana
- 1/3 cup low fat cottage cheese
- 1 TBSP chia seeds
- 1 ½ cups water
- 3 ice cubes

Small Serving

- 1/3 cup low fat cottage cheese
- 3 TBSP walnuts, chopped
- 2 scoops Prograde Vanilla Protein
- 1 small banana
- 1 1/2 cups strawberries (fresh or frozen)
- 1 1/2 cups water
- 3 ice cubes

Servings: 1

How to Prepare: Combine all ingredients in a blender and blend until smooth. For a thicker shake add more ice cubes or more water for a thinner shake.

Denver Scramble

Large Serving

- 1 omega-3 egg
- 3 egg whites
- ¼ cup shredded cheddar cheese
- ½ red bell pepper, diced
- 2 scallions, chopped
- 1 handful of baby spinach
- 2oz Jenny-O Extra Lean Turkey Ham, diced
- 2 slices sprouted grain bread, toasted
- 1 extra small apple

Small Serving

- 1 omega-3 egg
- 3 egg whites
- 3 Tbsp shredded cheddar cheese
- ½ red bell pepper, diced
- 1 handful of baby spinach
- 2 scallions, chopped
- 1oz Jenny-O Extra Lean Turkey Ham, diced
- 2 slices sprouted grain bread, toasted
- ½ small apple

Servings: 1

How to Prepare: Scramble eggs, egg whites, ham, and peppers in a bowl with a pinch of salt and pepper. Coat a non stick pan with non stick cooking spray and place over medium heat. After pan is heated (~1 minute) add egg mixture and stir until eggs begin to harden; next stir in baby spinach until spinach begins to wilt. Then mix in shredded cheese and scallions. Reduce heat and let cook until cheese is melted and the eggs are cooked through (~1-2 minutes). Enjoy with toast and apple.

Strawberries & Cream with Scramble Eggs

Large Serving

- Strawberries & Cream
 - 1 cup sliced strawberries
 - 2 Tbsp coconut milk
 - ¾ cup fat free Greek yogurt
 - 1 Tbsp chia seeds
- Scrambled Eggs
 - 1 omega-3 egg
 - 2 egg whites
 - 1 scallion, chopped
- 1 sprouted or whole grain English muffin

Small Serving

- Strawberries & Cream
 - 1 ½ cups sliced strawberries
 - 2 Tbsp coconut milk
 - ¾ cup fat free Greek yogurt
 - 1 Tbsp chia seeds
- Scrambled Eggs
 - 1 omega-3 egg
 - 1 egg white
 - 1 scallion, chopped
- 1 slice sprouted grain or whole wheat bread, toasted

Servings: 1

How to Prepare: Scramble eggs and egg whites in a bowl with a pinch of salt and pepper. Coat a non stick pan with non stick cooking spray and place over medium heat. After pan is heated (~1 minute) add egg mixture and stir until eggs begin to harden; next mix in scallions. Reduce heat and let cook until the eggs are cooked through (~1-2 minutes). Next place turkey bacon on frying pan, heating until cooked through (or if the bacon is pre-cooked, cook until warm). While the eggs are cooking, mix together Greek yogurt and coconut milk. Top with Strawberries and chia seeds. Enjoy with toasted English muffin/bread.

Simple Salsa Omelet with Turkey Bacon & Toast

Large Serving

- Salsa Omelet
 - 1 omega-3 egg
 - 2 egg whites
 - 2 Tbsp salsa
 - 1 slice pepper-jack cheese
 - 1 Tbsp minced cilantro (optional)
- 2 slices all natural low sodium turkey bacon
- 2 slice sprouted grain or whole wheat bread, toasted
- 1 banana

Small Serving

- Salsa Omelet
 - 1 omega-3 egg
 - 2 egg whites
 - 2 Tbsp salsa
 - 1 slice pepper-jack cheese
 - 1 Tbsp minced cilantro (optional)
- 1 slices all natural low sodium turkey bacon
- 1 ½ slice sprouted grain or whole wheat bread, toasted
- 1 banana

Servings: 1

How to Prepare: Mix together in a bowl eggs and whites, cilantro, and a pinch of salt and pepper. Coat non stick pan with non stick cooking spray and place over medium heat. After pan is heated (~1 minute) add egg mixture and let cook, occasionally lifting with a spatula so that the uncooked portion of the egg mixture will be exposed to the pan. Once egg mixture is solidified (but not necessarily completely cooked through), add cheese, salsa, and fold omelet in half on top of itself covering the cheese. Reduce heat and let cook until cheese is melted and eggs cooked through (~1-2 minutes). Next place turkey bacon on frying pan, heating until cooked through (or if the bacon is pre-cooked, cook until warm). Have the toast and banana on the side.

Breakfast Sandwich

Large Serving

- 2 omega-3 eggs
- 2 slices Canadian bacon, low sodium preferred
- 1 slice tomato
- 1 slice red onion
- 1 slice reduce fat cheese
- 1 sprouted or whole grain English muffin
- 1 cup grapes

Small Serving

- 1 omega-3 eggs
- 2 slices Canadian bacon, low sodium preferred
- 1 slice tomato
- 1 slice red onion
- 1 slice reduce fat cheese
- 1 sprouted or whole grain English muffin
- ½ cup grapes

Servings: 1

How to Prepare: Place a non stick frying pan over medium heat and coat with fat free cooking spray. Once the pan is hot, crack and add 2 eggs cooking over easy (or cook until the yolks are hard if preferred). Add Canadian bacon to the frying pan and heat. While the eggs are cooking, toast the English muffin. When the English muffin is toasted, construct your breakfast sandwich layering eggs, Canadian bacon, cheese, tomato, and onion. Enjoy the grapes on the side.

Peaches & Cream with Granola

Large Serving

- 1 ½ cups fat free plain Greek Yogurt
- 2 Tbsp flaxseed meal
- ¼ cup Bear Naked Granola – Vanilla Almond Crunch
- 1 peach, sliced
- 1 oz cashews

Small Serving

- 1 cup fat free plain Greek Yogurt
- 2 Tbsp flaxseed meal
- ¼ cup Bear Naked Granola – Vanilla Almond Crunch
- 1 peach, sliced
- ½ oz cashews

Servings: 1

How to Prepare: In a bowl, mix Greek yogurt, flaxseed meal, and cashews. Top with granola and peach slices - Enjoy.

All American Breakfast

Large Serving

- 2 omega-3 eggs
- 1oz reduced fat cheddar cheese
- 2 slices all natural low sodium turkey bacon
- 2 slices sprouted or whole grain bread, toasted
- 1 ½ cups blueberries

Small Serving

- 1 omega-3 eggs
- 1oz reduced fat cheddar cheese
- 2 slices all natural low sodium turkey bacon
- 2 slices sprouted or whole grain bread, toasted
- 1 cup blueberries

Servings: 1

How to Prepare: Spray a nonstick pan with fat free cooking spray and place over medium heat. Crack the eggs into the pan. Let cook until the white of the egg hardens and the edges begin to bubble. Using a spatula, flip the eggs over one at a time, top with cheese, and cook until the edges of the yolk hardens but the middle is still liquid. While the eggs are cooking, place the bacon in a second frying pan over medium/high heat and cook until done. Enjoy the fruit and toast on the side.

Detox Your Fat – Phase I

Lunches & Dinners

Spicy Green Chili

Large Serving

- 10 boneless skinless chicken thighs
- 2 medium onions
- 4 cups low sodium chicken broth
- 3 cloves of garlic
- 1 can chickpeas, canned, drained (low sodium)
- 3 poblano peppers (replaced with green bell pepper for less spicy chili)
- 2 17.6 oz jars Goya salsa verde
- 4 oz can of diced chilies
- 3 TBSP canola oil
- 1 tsp salt, 2 tsp pepper
- 3 Tbsp chili powder
- 1 Tbsp cumin
- 2 tsp cinnamon
- 2 tsp ground cayenne pepper (omit for less spicy chili)
- 5 TBSP sour cream (place 1 TBSP on top of each serving before eating)

Small Serving

- 8 boneless skinless chicken thighs
- 2 medium onions
- 4 cups low sodium chicken broth
- 3 cloves of garlic
- 1 can chickpeas, canned, drained (low sodium)
- 3 poblano peppers (replaced with green bell pepper for less spicy chili)
- 2 17.6 oz jars Goya salsa verde
- 4 oz can diced chilies
- 1 tsp salt, 2 tsp pepper
- 3 Tbsp chili powder
- 1 Tbsp cumin
- 2 tsp cinnamon
- 2 tsp ground cayenne pepper (omit for less spicy chili)
- 2 TBSP canola oil

Servings: 1

How to Prepare: Place a sauce pan over medium heat, add canola oil, diced onions, diced poblano peppers, and minced garlic. Sauté until the onions start to become translucent. While the onions are cooking, chop up the chicken thighs into dice size pieces. Add chicken, chili powder, cumin, salt, and pepper. Stir and cook until the outsides of the chicken are all cooked. You want to cook until you don't see any more *raw chicken pink*. You don't have to cook the chicken all the way as it will finish cooking by the time the chili is complete. Add salsa, canned chilies, chickpeas, and water/broth. Stir until everything is mixed thoroughly and bring to a boil for 2 minutes. Next lower the temperature to a simmer for 25-35 minutes. Notes: This chili is spicy! To make it less spicy replace the poblano peppers with green peppers and omitting the cayenne pepper.

Cranberry Chicken & Rice Pilaf

Large Serving

- Cranberry Chicken
 - 2 6oz boneless skinless chicken breast
 - 2/3 cup cranberries, halved
 - 1 Tbsp honey
 - 1/4 cup orange juice
 - 1 Tbsp + 1 tsp extra virgin olive oil
 - 1 tsp paprika
 - 1/2 tsp salt
 -
- Rice Pilaf
 - 1/3 cup rice pilaf, dry measure
 - 2 tsp extra virgin olive oil
- 4 cups broccoli florets (fresh or frozen)

Small Serving

- Cranberry Chicken
 - 2 5oz boneless skinless chicken breast
 - 1/2 cup cranberries, halved
 - 1 Tbsp honey
 - 1/4 cup orange juice
 - 1 Tbsp + 1 tsp extra virgin olive oil
 - 1 tsp paprika
 - 1/2 tsp salt
 -
- Rice Pilaf
 - 1/4 cup rice pilaf, dry measure
 - 2 tsp extra virgin olive oil
- 4 cups broccoli florets (fresh or frozen)

Servings: 2

How to Prepare: Prepare rice pilaf according to directions on the package substituting 2 tsp of olive oil for the butter or oil called for in the directions. While the pilaf is cooking, place a medium sauce pan over medium-high heat. Add remaining olive oil and chicken breasts. Coat chicken breasts in olive oil and cook for 3 minutes. Flip chicken and cook for another 3 minutes. Add orange juice, cranberries, honey, salt, and paprika to sauce pan. Bring to a boil, reduce heat and simmer uncovered for 12-15 minutes. Remove chicken breasts and simmer sauce for another 10 minutes. Next steam broccoli florets in the microwave. Pour cranberry sauce over chicken breast and serve with broccoli and pilaf.

Grilled Flank Steak with Roasted Vegetables

Large Serving

- Roasted Vegetables
 - 1 ½ yams, cubed
 - 8 Brussels sprouts, halved
 - 1 tsp extra virgin olive oil
 - 1 tsp dried rosemary
 - 1 pinch of salt & pepper
- 6oz flank steak

Small Serving

- Roasted Vegetables
 - 1 yams, cubed
 - 8 Brussels sprouts, halved
 - 1 tsp extra virgin olive oil
 - 1 tsp dried rosemary
 - 1 pinch of salt & pepper
- 5oz flank steak

Servings: 1

How to Prepare: Preheat oven to 400 degrees. Combine vegetables, seasonings, and olive oil in a baking pan and thoroughly mix until vegetables are coated with olive oil and rosemary. Bake in the oven for 25 minutes or until yams are fork tender. Next season flank steak with Montreal Steak Seasoning (or just salt and pepper); place steak on a double sided electric grill (i.e. George Foreman Grill) for 5-7 minutes. Remove steak from the grill and let sit for 5-7 minutes before cutting. Letting the steak rest before cutting will allow for the juices to come back into the steak yielding moister meat.

Pecan Crusted Cod with Green Beans and Quinoa

Large Serving

- Crusted Cod
 - 6 oz cod filet
 - 1 TBSP pecans, crushed
 - 2 tsp honey
- Vegetables
 - ½ cup cherry tomatoes
 - 1 cup cut green beans
 - 2 TBSP water
 - 1 TBSP balsamic vinegar
 - 2 tsp extra virgin olive oil
 - 1 pinch of salt and pepper
- Quinoa
 - 1/3 cup quinoa, dry
 - 2/3 water

Small Serving

- Crusted Cod
 - 5 oz cod filet
 - 1 TBSP pecans, crushed
 - 1 tsp honey
- Vegetables
 - ½ cup cherry tomatoes
 - 1 cup cut green beans
 - 2 TBSP water
 - 1 TBSP balsamic vinegar
 - 2 tsp extra virgin olive oil
 - 1 pinch of salt and pepper
- Quinoa
 - ¼ cup quinoa, dry
 - ½ water

Servings: 1

How to Prepare: Preheat oven broiler on high. Mix in a small bowl honey and crushed pecans. Place cod filet on a baking sheet and top with honey/pecan mixture; broil for 7-10 minutes or until cooked through. While the cod is cooking, prepare the quinoa according to directions on package. Add green beans, extra virgin olive oil, and 2 TBSP water to a medium sized skillet over medium-high heat. Cover skillet and cook for 3-4 minutes, until green beans are tender. Add tomatoes, stir, and cook for 2-3 minutes, until the tomatoes begin to break down. Remove from heat; mix in a bowl with cooked quinoa, stir in balsamic vinegar, salt and pepper. Serve quinoa, green beans, and tomatoes with cod.

Chicken Fried Rice

Large Serving

- 5 oz boneless skinless chicken breast
- 1 ½ cups cooked brown rice
- 2 tsp canola oil
- 1 omega-3 egg
- ½ cup frozen asparagus cuts
- ½ cup bell peppers
- 2 scallions, chopped
- 1 clove garlic, minced
- 3 tsp low sodium soy sauce

Small Serving

- 4 oz boneless skinless chicken breast
- 1 cup cooked brown rice
- 2 tsp canola oil
- 1 omega-3 egg
- ½ cup frozen asparagus cuts
- ½ cup bell peppers
- 1 scallion, chopped
- 2 tsp soy sauce

Servings: 1

How to Prepare: Pre-heat the oven to 400 degrees. Place chicken on a baking sheet, sprinkle with salt, pepper, and cook for 22-25 minutes until cooked through. Once chicken is cooked, Coat non stick pan with non stick cooking spray and place over medium heat. After pan is heated (~1 minute) add the egg and scramble until cooked. Remove egg from pan and place in a small bowl. Heat oil in the pan over medium heat; add asparagus, peppers, garlic, and green onions. Cook until vegetables are tender (2-3 minutes). Slice chicken and add to pan with rice and soy sauce. Mix and cook until the rice is warm. Stir in egg. Add hot sauce to taste.

Moroccan Chicken Thighs

Large Serving

- Chicken Thighs
 - 10 boneless skinless chicken thighs
 - 2 cups low sodium canned diced tomatoes
 - 1 onion, diced
 - 1 cup chicken broth
 - 1/3 cup raisins
 - 2 tsp canola oil
 - 2 TBSP cumin
 - 2 tsp cinnamon
 - 1 TBSP turmeric
 - 1 tsp salt
 - 1 tsp pepper
- Sautéed Spinach
 - 3 6oz bags pre-washed baby spinach
 - 2 cups canned chickpeas, low sodium preferred
 - 1 tsp canola
 - ¾ cups coconut milk
 - 3 cloves garlic, minced
 - 2 tsp Thai garlic-chili sauce

Small Serving

- Chicken Thighs
 - 8 boneless skinless chicken thighs
 - 2 cups low sodium canned diced tomatoes
 - 1 onion, diced
 - 1 cup chicken broth
 - 1/3 cup raisins
 - 1 TBSP canola oil
 - 2 TBSP cumin
 - 2 tsp cinnamon
 - 1 TBSP turmeric
 - 1 tsp salt
 - 1 tsp pepper
- Sautéed Spinach
 - 3 6oz bags pre-washed baby spinach
 - 1 ¼ cups canned chickpeas, low sodium preferred
 - ¾ cups coconut milk
 - 3 cloves garlic, minced
 - 2 tsp Thai garlic-chili sauce

Servings: 4

How to Prepare:

The Chicken: Rub chicken thighs with 2 tsp canola oil, cumin, turmeric, salt, pepper, and cinnamon. Place in slow cooker, cover with onions, canned tomatoes, raisins, and chicken broth; cook for 6-8 hours. If you don't have a slow cooker, this can be cooked in the oven at 375 degrees, covered, for 45-60 minutes.

The Spinach: In a non-stick pan, over medium heat, add garlic and remaining canola. Let cook until the garlic turns light brown. Add the spinach, chickpeas, and mix occasionally until the spinach is wilted down. Add 1-3 tsp of Thai Garlic-Chili Sauce (this stuff is very hot so if you haven't used it before use less) and the coconut milk. Reduce heat to low and stir until the coconut milk is completely mixed in with the spinach.

Greek Salad

Large Serving

- 5 oz boneless skinless chicken breast
- 4 cups chopped/shredded romaine lettuce
- 1 TBSP red wine vinegar
- 6 cherry tomatoes
- ½ cup cucumber, sliced
- 5 dried figs, sliced (substitute with 3 Tbsp raisins)
- 1/3 cup crumbled feta cheese
- 6 Kalamata olives
- 2 slices red onion
- 1/3 cup chickpeas (canned) rinsed

Small Serving

- 5 oz boneless skinless chicken breast
- 4 cups chopped/shredded romaine lettuce
- 1 TBSP red wine vinegar
- 6 cherry tomatoes
- ½ cup cucumber, sliced
- 4 dried figs, sliced (substitute with 2 Tbsp raisins)
- ¼ cup crumbled feta cheese
- 4 Kalamata olives
- 2 slices red onion
- 3 TBSP chickpeas (canned) rinsed

Servings: 1

How to Prepare: Pre-heat the oven to 400 degrees. Place chicken on a baking sheet, sprinkle with salt, pepper, dried rosemary, and cook for 22-25 minutes. Toss romaine lettuce and all the salad ingredients in a bowl with red wine vinegar. Once the chicken is cooked, slice and place on top of salad

Chicken Kabobs with Pita

Large Serving

- 6oz boneless skinless chicken breast, cut in large cubes
- 1 medium onion, cut in large cubes
- 1 green pepper, cut in large cubes
- ¼ cup hummus
- 2 small whole wheat pitas
- 2 tsp olive oil
- 3 Tbsp minced fresh parsley
- 1 tsp paprika

Small Serving

- 5oz boneless skinless chicken breast
- 1 medium onion
- 1 green pepper
- ¼ cup hummus
- 1 small whole wheat pitas
- 1 tsp olive oil
- 3 Tbsp minced fresh parsley
- 1 tsp paprika

Servings: 1

How to Prepare: Preheat oven broiler on high. Toss cubed chicken and vegetables in parsley, paprika, a pinch of salt, pepper, and olive oil; skewer chicken and vegetables on kabob sticks. Make sure not to pack the chicken and vegetables too tight together so that the chicken will cook evenly. Place kabobs under broiler and cook for 12-15 minutes, rotating them halfway through. Once cooked enjoy with hummus and pitas.

Pumpkin Chipotle Soup with Roasted Pork Tenderloin

Large Serving

- Pumpkin Chipotle Soup
 - ½ onion, minced
 - 2 Tbsp chipotle pepper in adobo sauce, diced
 - 1 ½ cups canned pumpkin
 - 1 ½ cups water
 - 1 Tbsp extra virgin olive oil
 - ¾ cup buttermilk
 - ¼ tsp cayenne pepper (remove to make soup less spicy)
 - 1 tsp salt
 - ½ tsp pepper
- Roasted Pork
 - 14 oz pork tenderloin, fat trimmed
 - 1 Tbsp olive oil
 - 2 Tbsp fresh parsley, minced
 - 1 tsp chili power
 - 1 pinch salt & pepper
- 2 medium apples (have as dessert)

Small Serving

- Pumpkin Chipotle Soup
 - ½ onion, minced
 - 2 Tbsp chipotle pepper in adobo sauce, diced
 - 1 ½ cups canned pumpkin
 - 1 ½ cups water
 - 1 Tbsp extra virgin olive oil
 - ¾ cup buttermilk
 - ¼ tsp cayenne pepper (remove to make soup less spicy)
 - 1 tsp salt
 - ½ tsp pepper
- Roasted Pork
 - 10 oz pork tenderloin, fat trimmed
 - 1 Tbsp olive oil
 - 2 Tbsp fresh parsley, minced
 - 1 tsp chili power
 - 1 pinch salt & pepper
- 2 small apples (have as dessert)

Servings: 2

How to Prepare: **Pumpkin Soup:** In sauce pan, over medium heat, add olive oil and onions. Cook until onions become transparent (3-5 minutes), stirring often. Stir in pumpkin, cayenne pepper, water, salt and pepper. Bring to a boil and then reduce to a low simmer, uncovered, for 15 minutes. Remove from heat and slowly stir in buttermilk. Let sit for 5 minutes before serving. Add salt and pepper to taste.

Roast Tenderloin: Preheat the oven for 500 degrees. Rub pork tenderloin with olive oil, herbs and spices. Place in roasting pan and cook for 10 minutes, flip and cook for another 5-8 minutes until cooked through (cooking time depends on the size of your tenderloin). Let sit for 5-8 minutes before slicing.

Salmon with Roasted Acorn Squash

Large Serving

- 2 4 oz salmon filet
- 1 Acorn Squash
- 2 tsp Dijon mustard
- 1 TBSP butter
- 2 tsp cinnamon
- ¼ cup raisins
- 1 onion, quartered
- 1 ½ cup low fat cottage cheese
- 1 cup blueberries

Small Serving

- 2 4 oz salmon filet
- 1 Acorn Squash
- 2 tsp Dijon mustard
- 2 tsp butter
- 2 tsp cinnamon
- ¼ cup raisins
- 1 onion, quartered
- ¾ cup low fat cottage cheese
- ½ cup blueberries

Servings: 2

How to Prepare: Preheat the oven to 375 degrees. Cut the acorn squash in half and remove seeds. Add the butter, raisins, and cinnamon equally to the squash halves. Season squash with a pinch of salt & pepper and place in a baking dish, filling with ¼ inch of water. Place quartered onion pieces in the baking dish and bake for 30 minutes. Place the salmon in another shallow baking dish, spread mustard on top of filets, and add 2 TBSP water to the pan. When there is 15 minutes remaining in the acorn squash baking time, place the salmon dish in the oven. Both dishes will finish cooking at the same time. Mix together cottage cheese and blueberries and enjoy as dessert.

Curry Shrimp with Broccoli

Large Serving

- 12 oz shrimp
- 2 cups diced canned tomatoes, low sodium
- 1 onion, diced
- 1 Tbsp canola oil
- 2 Tbsp curry powder
- 2 cloves garlic
- 4 cup broccoli florets
- 1/3 cup coconut milk
- 1 cup chicken broth, low sodium
- 2 cups sugar snap peas
- 3 Tbsp minced fresh cilantro

Small Serving

- 8 oz shrimp
- 2 cups diced canned tomatoes, low sodium
- 1 onion, diced
- 1 Tbsp canola oil
- 2 Tbsp curry powder
- 2 cloves garlic
- 4 cup broccoli florets
- 1/3 cup coconut milk
- 1 cup chicken broth, low sodium
- 1 cups sugar snap peas
- 3 Tbsp minced fresh cilantro

Servings: 2

How to Prepare: Place a medium sized sauce pan over medium heat. Add canola oil, garlic, and onions; stir and heat until onions become translucent. Stir in spices and cook for 1 more minute. Next mix in snap peas and broccoli, ensuring that the spices coat the vegetables - cook for 5 minutes. Stir in shrimp and cook for 3-4 minutes. Add tomatoes, coconut milk, and chicken broth, bring the curry to a boil for 1 minute, reduce heat and simmer for 5 minutes. Top with fresh cilantro. Optional - To increase the spiciness of the dish add 1/2-1 tsp Thai garlic-chili sauce when you add all the spices.

Green Salad with Tuna Fish

Large Serving

- ¾ can chunk white canned tuna
- 4 cups of Baby Spinach
- ¾ cup of chickpeas, canned, low sodium
- 1/2 cup cucumbers, chopped
- 10 cherry tomatoes
- 2 TBSP shelled sunflower seeds
- 1 TBSP walnuts, chopped
- 2 TBSP dried cranberries
- 1 TBSP balsamic vinegar

Small Serving

- ½ can chunk white canned tuna
- 4 cups of Baby Spinach
- 2/3 cup of chickpeas, canned, low sodium
- 1/2 cup cucumbers, chopped
- 10 cherry tomatoes
- 2 TBSP shelled sunflower seeds
- 1 TBSP walnuts, chopped
- 1 TBSP dried cranberries
- 1 TBSP balsamic vinegar

Servings: 1

How to Prepare: Toss spinach, chickpeas, cucumbers, cherry tomatoes, sunflower seeds, walnuts, and dried cranberries in a bowl with the balsamic vinegar. Top with tuna.

Beef Kabobs with Simple Succotash

Large Serving

- 5oz top round beef, cubed
- 1 onion, cubed
- 1 red bell pepper, cubed
- ½ cup lima beans
- ½ cup corn kernels
- 1 tomato, diced
- 1 tsp lemon juice
- 2 pinches of salt & pepper
- 2 Tbsp minced cilantro
- 1 tsp olive oil
- 1 tsp chili powder

Small Serving

- 5oz top round beef, cubed
- 1 onion, cubed
- 1 red bell pepper, cubed
- 1/3 cup lima beans
- 1/3 cup corn kernels
- ½ tomato, diced
- 1 tsp lemon juice
- 2 pinches of salt & pepper
- 2 Tbsp minced cilantro
- 1 tsp olive oil
- 1 tsp chili powder

Servings: 1

How to Prepare: **Beef Kabobs:** Preheat oven broiler on high. Toss cubed beef and vegetables in cilantro, chili powder, and a pinch of salt and pepper; skewer beef and vegetables on kabob sticks. Make sure not to pack the beef and vegetables too tight together so that the beef will cook evenly. Place kabobs under broiler and cook for 12-15 minutes, rotating them halfway through.

Simple Succotash: Bring 2 cups water to a boil in a medium saucepot. Add in lima beans and cook for 5 minutes. Next add corn kernels and cook for another 5 minutes. Drain, rinse with cold water. Once the vegetables are drained and cool, mix in diced tomatoes, a pinch of salt, pepper, olive oil, and lemon juice.

Sesame Pork Tenderloin with Sautéed Kale

Large Serving

- Sautéed Kale
 - 6 cup chopped and washed kale
 - 1 ½ Tbsp butter
 - 1 clove garlic
 - ½ onion
 - 1 cup grated carrots
 - ½ cup sliced water chestnuts
 - 1 pinch salt & pepper
 - 2 tsp powdered ginger
- Roasted Pork
 - 12 oz pork tenderloin
 - 2 Tbsp sesame seeds
 - 1 tsp extra virgin olive oil
 - 3 Tbsp low sodium teriyaki sauce
 - 1 pinch salt & pepper
- 2 medium-large oranges (eat on the side for dessert)

Small Serving

- Sautéed Kale
 - 6 cup chopped and washed kale
 - 1 Tbsp butter
 - 1 clove garlic
 - ½ onion
 - 1 cup grated carrots
 - ½ cup sliced water chestnuts
 - 1 pinch salt & pepper
 - 2 tsp powdered ginger
- Roasted Pork
 - 9 oz pork tenderloin
 - 2 Tbsp sesame seeds
 - 1 tsp extra virgin olive oil
 - 3 Tbsp low sodium teriyaki sauce
 - 1 pinch salt & pepper
- 2 small oranges (eat on the side for dessert)

Servings: 2

How to Prepare: **Pork Tenderloin:** Preheat the oven for 500 degrees. Coat pork tenderloin with sesame seeds, olive oil, and teriyaki sauce. Place in roasting pan, season with salt and pepper. Place in oven and cook for 10 minutes, flip and cook for another 5-8 minutes until cooked through (cooking time depends on the size of your tenderloin). Let sit for 5-8 minutes before slicing.

Sautéed Kale: Heat butter, onions, minced garlic in a non-stick pan over medium heat, until garlic begins to turn golden. Next add kale, carrots, ginger, and a pinch of salt and pepper. Cook for 5 minutes

stirring occasionally. Finally add water chestnuts and cook for another 3-5 minutes until stems have softened.

Citrus Ginger Beef with Carrots & Snap Peas

Large Serving

- 5 oz top round beef, cut into strips
- ½ onion, diced
- 1 cup grated carrots
- 1 tsp sesame seed oil
- 1/3 cup shelled edamame beans
- ½ cup orange juice
- 2 cups sugar snap peas
- 2 Tbsp fresh ginger, minced
- 1 pinch salt & pepper

Small Serving

- 4 oz top round beef, cut into strips
- ½ onion, diced
- 1 cup grated carrots
- 1 tsp sesame seed oil
- ¼ cup shelled edamame beans
- ¼ cup orange juice
- 2 cups sugar snap peas
- 2 Tbsp fresh ginger, minced
- 1 pinch salt & pepper

Servings: 1

How to Prepare: Heat sesame seed oil in a non-stick pan over medium heat, once warm add beef strips, cooking until outside of the beef is browned. Remove beef from pan and set aside in a bowl. Add remaining ingredients to the pan. Cook for 5-7 minutes or until the orange juice cooks off and carrots become tender. Add beef back too stir-fry and cook together for another 2-3 minutes until beef reached desired level of doneness.

Peanut Chicken

Large Serving

- 5 oz chicken breast, without skin, cubed
- 3 cups broccoli florets
- 1 cup carrots, grated
- 2 Tbsp natural peanut butter
- 1 cup low sodium, low fat chicken broth
- 2 scallions, chopped
- 1 cup pineapple chunks
- 1 Tbsp fresh ginger, minced
- 1 Tbsp low sodium soy sauce
- 1 clove garlic, minced

Small Serving

- 4 oz chicken breast, without skin, cubed
- 2 cups broccoli florets
- 1 cup carrots, grated
- 1 heaping Tbsp natural peanut butter
- 1 cup low sodium, low fat chicken broth
- 2 scallions, chopped
- 1 cup pineapple chunks
- 1 Tbsp fresh ginger, minced
- 1 Tbsp low sodium soy sauce
- 1 clove garlic, minced

Servings: 1

How to Prepare: In a non-stick pan over medium heat, simmer and mix together peanut butter, soy sauce chicken broth, garlic and spices until peanut butter is thoroughly mixed in. Next add chicken pieces and cook until the outsides of the chicken is no longer pink. Mix in the broccoli, carrots, and scallions. Simmer uncovered until the chicken is cooked through and the carrots are soft. Eat with pineapples chunks on the side.

Bibb Burger with Tomato & Cucumber Salad

Large Serving

- Bibb Burger
 - 2-3 Bibb lettuce leaves
 - 5 oz 95% lean ground beef
 - 2 slices red onion
 - 1-2 tsp mustard
 - ½ tsp pepper
- Tomato & Cucumber Salad
 - 1 cup cucumber, chopped
 - 2 tomatoes, cubed
 - 1 cup cannellini beans, canned, low sodium, rinsed
 - 2 tsp extra virgin olive oil
 - 1 Tbsp balsamic vinegar
 - 1 pinch of salt & pepper

Small Serving

- Bibb Burger
 - 2-3 Bibb lettuce leaves
 - 4 oz 95% lean ground beef
 - 2 slices red onion
 - 1-2 tsp mustard
 - ½ tsp pepper
- Tomato & Cucumber Salad
 - 1 cup cucumber, chopped
 - 2 tomatoes, cubed
 - 2/3 cup cannellini beans, canned, low sodium, rinsed
 - 2 tsp extra virgin olive oil
 - 1 Tbsp balsamic vinegar
 - 1 pinch of salt & pepper

Servings: 1

How to Prepare:

Bibb Burger: Mix extra lean ground beef and pepper together and form into a patty. Broil or cook burger on electric grill (i.e. George Foreman Grill) to desired doneness. Using the lettuce leaves as 'bread' for your sandwich spread mustard onto each leaf. Add the burger and red onion.

Tomato & Cucumber Salad: In a bowl, toss cubed cucumbers, beans, chopped tomato, extra virgin olive oil, Balsamic vinegar, salt, and pepper.

Detox Your Fat – Phase I

Power Shakes & Smoothies

Dr. Mike's Power Shake

Large Serving

- 1/3 cup low fat cottage cheese
- 1 1/4 cups blueberries (fresh or frozen)
- 2 scoops Prograde Vanilla Protein Powder
- 2 TBSP flaxmeal
- 2TBSP walnuts, chopped
- 1 1/2 cups water
- 3 ice cubes
- 1 servings ProGrade Genius

Small Serving

- 1/4 cup low fat cottage cheese
- 3/4 cups blueberries (fresh or frozen)
- 1 1/2 scoops Prograde Vanilla Protein Powder
- 2 TBSP flaxmeal
- 3 TBSP walnuts, chopped
- 1 1/2 cups water
- 3 ice cubes
- 1 servings ProGrade Genius
-

Servings: 1

How to Prepare: Combine all ingredients in a blender and blend until smooth. For a thicker shake add more ice cubes or more water for a thinner shake.

Classic Strawberry & Banana Smoothie (Snack Sizes)

Large Serving

- 1/3 cup low fat cottage cheese
- 2 TBSP walnuts, chopped
- 1 ½ scoops Prograde Vanilla Protein Powder
- 1 small banana
- 1 cup strawberries (fresh or frozen)
- 1 1/2 cups water
- 3 ice cubes

Small Serving

- 1/4 cup low fat cottage cheese
- 2 TBSP walnuts, chopped
- 1 scoop Prograde Vanilla Protein Powder
- 1 small banana
- 1/2 cups strawberries (fresh or frozen)
- 1 1/2 cups water
- 3 ice cubes

Servings: 1

How to Prepare: Combine all ingredients in a blender and blend until smooth. For a thicker shake add more ice cubes or more water for a thinner shake.

Orange Berry Smoothie

Large Serving

- 1/3 cup low fat cottage cheese
- 2 TBSP walnuts, chopped
- 1 ½ scoops Prograde Vanilla Protein Powder
- 1 cup orange juice
- ½ cup mixed berries (frozen)
- 1/2 cup water
- 3 ice cubes

Small Serving

- 1/3 cup low fat cottage cheese
- 2 TBSP walnuts, chopped
- 1 scoop Prograde Vanilla Protein Powder
- ½ cup orange juice
- ½ cup mixed berries (frozen)
- 1 cup water
- 3 ice cubes

Servings: 1

How to Prepare: Combine all ingredients in a blender and blend until smooth. For a thicker shake add more ice cubes or more water for a thinner shake.

POM Punch

Large Serving

- ½ cup low fat plain yogurt
- 1 oz cashews
- 1 ½ scoops Prograde Vanilla Protein Powder
- 2/3 cup Pomegranate juice
- 1 ½ cup water
- 3 ice cubes

Small Serving

- ½ cup low fat plain yogurt
- ½ oz cashews
- 1 scoop Prograde Vanilla Protein Powder
- ½ cup Pomegranate juice
- 1 ½ cup water
- 3 ice cubes

Servings: 1

How to Prepare: Combine all ingredients in a blender and blend until smooth. For a thicker shake add more ice cubes or more water for a thinner shake.

Double Chocolate Cherry Shake

Large Serving

- 1 cup dark cherries, pitted, unsweetened (frozen)
- 1 TBSP walnuts, chopped
- 2 scoops Prograde Chocolate Protein Powder
- 2 TBSP Coco Powder, unsweetened
- 2 TBSP flaxseed meal
- 1 1/2 cups water
- 3 ice cubes

Small Serving

- 3/4 cup dark cherries, pitted, unsweetened (frozen)
- 1 TBSP walnuts, chopped
- 1 1/2 scoops Prograde Chocolate Protein Powder
- 2 TBSP Coco Powder, unsweetened
- 1 TBSP flaxseed meal
- 1 1/2 cups water
- 3 ice cubes

Servings: 1

How to Prepare: Combine all ingredients in a blender and blend until smooth. For a thicker shake add more ice cubes or more water for a thinner shake.

Mixed Berry Smoothie

Large Serving

- 2 scoops Prograde Vanilla Protein Powder
- ½ cup strawberries
- 2 TBSP pecans
- ¼ cup cottage cheese
- 1 cup blueberries
- 1 TBSP Chia seeds
- 1 ½ cups water
- 3 ice cubes

Small Serving

- 2 scoops Prograde Vanilla Protein Powder
- ½ cup strawberries
- 1 TBSP pecans
- 1 cup blueberries
- 1 TBSP Chia seeds
- 1 ½ cups water
- 3 ice cubes

Servings: 1

How to Prepare: Combine all ingredients in a blender and blend until smooth. For a thicker shake add more ice cubes or more water for a thinner shake.

Orange Creamsicle

Large Serving

- 2 scoops Prograde Vanilla Protein Powder
- 1 orange
- 1-2 pieces of orange peel
- 2 TBSP Walnuts
- 2 TBSP flaxseed meal
- ¼ cup cottage cheese
- 1 ½ cups water
- 3 ice cubes

Small Serving

- 2 scoops Prograde Vanilla Protein Powder
- 1 orange
- 1-2 pieces of orange peel
- 2 TBSP Walnuts
- 2 TBSP flaxseed meal
- 1 ½ cups water
- 3 ice cubes

Servings: 1

How to Prepare: Combine all ingredients in a blender and blend until smooth. For a thicker shake add more ice cubes or more water for a thinner shake.