

Breakfast Ideas

Brown Rice Porridge

Ingredients

1 cup	precooked brown rice
1 cup	rice milk
1 cup	water
4-5	pitted fresh dates, cut into pieces (*if you can't have dates, substitute with 1 whole fresh pear)
2 tbsp	sliced raw almonds/almond butter (*substitute almonds with walnuts)
dash	ground cinnamon

Method

Place ingredients in a saucepan and bring to boil. Stir for 4-5 minutes while boiling. Boil off to the desired consistency. Serve in a bowl sprinkled with cinnamon.

Alternatively, for a creamy texture, using a blender, you can puree the rice with the water and the rice milk before placing the ingredients in the saucepan.

Variations

Dates can be replaced with a handful of raisins, or ½ cup frozen or fresh mixed berries.

Un-pasteurized honey can be added to achieve desired sweetness.

Dash of cinnamon can be replaced by turmeric powder (turmeric needs to be added to the pot before serving).

Pancakes

Ingredients

3 tbsp	buckwheat, teff or quinoa flour
2/3 cup	water or rice milk
3 tsp	coconut milk (optional) (*you want to omit this ingredient)
2 tsp	ground chunks of walnuts/almonds
2 tsp	raisins (*omit if not allowed)
Pinch	sea salt
2 tbsp	frozen berries
As desired	un-pasteurized honey
Dash	cinnamon
1 tbsp	coconut oil (for frying)

Method

Mix the flour into the rice milk; add sea salt and coconut milk and whip. Add nuts, and cook the batter on a hot oiled coconut oil frying pan, making sure to spread it thinly (as it

takes longer for teff or buckwheat flour to cook, relative to wheat flour). When ready, flip pancakes. ***The key to this recipe is to really cook the pancakes thoroughly***

Serve topped with a small amount of honey, blueberries, and a dash of cinnamon.

Variations

For variations, try adding berries, or grated pear to the batter, or top the pancakes with your choice of toppings.

Puffed Grain Cereal

Buy some puffed rice cereal from the health food store.
Add rice milk and your choice of allowed berries and/or nuts.
You can also sprinkle with cinnamon

Snack Ideas

Very Berry Shake

2/3 cup frozen mixed berries
handful of mixed nuts
2 seedles dates or 1 tbsp honey
1 tsp flax seed oil (optional)
1 cup rice milk (or half water, half rice milk)

Bean Dip

Ingredients

1 cup	cooked kidney beans
1 cup	ground fresh ginger
¼ cup	papaya chunks
2 tbsp	tahini (sesame butter) (*substitute with butter made from allowed nuts)
¼ cup	finely cut sweet onions (Spanish, red, or pearl)
2 tbsp	olive oil
1 tsp	ground cumin
handful	finely chopped basil
to taste	sea salt

Method

Mash the beans, and mix all ingredients (except for the basil) in a bowl. Top with basil, and enjoy with rice crackers or rice puffs.

Variation

Kidney beans can be substituted with any other beans. Other herbs such as cilantro, parsley, dill, or mint can substitute for basil.

Hummus

Ingredients

2 cups	precooked chickpeas
1	lime, fresh squeezed
3 tbsp	sesame seed butter (tahini) (*substitute with butter made from allowed nuts)
¼ cup	finely chopped parsley, celery stalk, or cilantro
¼ cup	olive oil
1 tsp	ground cumin
½ tsp	turmeric powder (optional)
½ tsp	ground fennel
1 tsp	black pepper
to taste	sea salt

Method

Place and blend all ingredients in the blender/food processor. Chill for 30 minutes and enjoy with rice crackers or cakes. Or use as a spread on top of any bread made from allowed grains.

Dhal

Ingredients:

1/2 lb. lentils (red, yellow, green or brown), washed
2 cups water, add more as needed
1 large onion, chopped
4 T. olive oil
1 T. ground coriander
1 tsp. ground turmeric
1 tsp. ground cumin
1/2 tsp. American chili powder (***omit if containing garlic powder**)
2 T. curry powder
apple cider vinegar (don't skip this ingredient - makes ALL the difference!)
salt, to taste

Cook lentils in water until soft (about 1/2hr). Fry onion in oil until soft & golden. Mix all the spices together in a small bowl, add vinegar to make a thick paste (add a bit at a time....will take more than you expect). Add spice-vinegar paste to onions and fry all together, until aromas are fully developed (don't burn). Add the cooked drained lentils, salt to taste and simmer gently for a few minutes, until warmed through. Serve hot over

rice or with pita bread.

Lunch/Dinner Ideas

Alternate the following cooked meats:

- Chicken
- Turkey
- Bison
- Elk
- Fish (no more than 2x per week)

With your choice of grilled veggies:

- Asparagus (with or without onion)
- Beets
- Sweet Potato (with or without onion)

Marinate meats and vegetables with some of the following options for sauces:

1 tbsp	Olive oil
½ tsp	flax seed oil or hemp seed oil
1 tbsp	apple cider vinegar
½ tsp	Dijon mustard (organic, sulfite free)

or

To taste	Olive oil
To taste	balsamic vinegar
Dash	ground cumin

Or

3 tsp	Olive oil
2 tbsp	balsamic vinegar
1 tsp	Dijon mustard

or

1 tbsp nut butter (made from allowed nuts)
4 tsp olive oil
½ tsp fresh lime juice
1 tsp dry crushed basil
1 tsp dry crushed mint
sea salt to taste

or

1 tbsp apple cider vinegar
1 fresh squeezed lime
1 tsp flaxseed or hemp seed oil
1 tbsp olive oil
½ tsp unpasturized honey
to taste sea salt

or

1 tsp flaxseed or hemp seed oil
2 tsp olive oil
1 tsp ground ginger
½ fresh squeezed lime
dash black pepper
dash sea salt

Alternatively, experiment with using these dressings as toppings for the following salad ideas:

Combine:

Spinach
Onion (sliced thinly)
Chunks cooked chicken or other meat of your choice
Alfalfa or bean sprouts
Crushed walnuts
Snap peas

or

Spinach
Kidney beans
Bean Sprouts
Crushed walnuts
Chunked apple

Or

2 cans Kidney beans
1 cup Red onion
1 ½ cups Corn
1 ½ cups cooked brown rice
1 tbsp olive oil
1 tbsp balsamic vinegar
1-2 tsp. ground cumin
sea salt & black pepper to taste
*experiment with other spices of your choice

Or, for a fruit salad combine:

Apple
Peach
Pear
Raspberry
Strawberries
Top with small amount of fresh squeezed lime juice

*Or try your own salad variations based on the allowed meats, veggies, legumes and fruits.