

# THE 7 DAY GAPS-APPROVED MEAL-PLAN



*Try A Week Of Delicious, Salivating Meals That Take Minutes To Prepare, And Will Nourish Your Body And Keep You Healthy And Wanting More!*

FORBIDDEN  
DOCTOR

THE STATEMENTS MADE ABOUT SPECIFIC PRODUCTS HAVE NOT BEEN EVALUATED BY THE UNITED STATES FOOD AND DRUG ADMINISTRATION (FDA) AND ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT DISEASE.

ALL INFORMATION PROVIDED OR CONTAINED IN THIS OR ANY OTHER PRODUCT IS FOR INFORMATIONAL PURPOSES ONLY AND IS NOT INTENDED AS A SUBSTITUTE FOR ADVICE FROM YOUR PHYSICIAN OR OTHER HEALTH CARE PROFESSIONAL.

*FORBIDDEN*  
*DOCTOR*

The text 'FORBIDDEN DOCTOR' is displayed in a large, black, serif font. The word 'FORBIDDEN' is on the top line, and 'DOCTOR' is on the bottom line. A blue stethoscope graphic is integrated with the text. The stethoscope's chest piece is positioned over the letter 'O' in 'DOCTOR'. The tubing of the stethoscope extends from the chest piece, loops under the word 'FORBIDDEN', and then loops back up to form a heart shape on the right side of the image.

# INDEX

1. HOW TO USE THIS DOCUMENT .....	PAGE 4
2. 7-DAY MEAL PLAN .....	PAGE 5
3. RECIPES: INDEX .....	PAGE 6
4. BREAKFAST RECIPES .....	PAGE 7
5. LUNCH RECIPES .....	PAGE 15
6. DINNER RECIPES .....	PAGE 23
7. GROCERY SHOPPING LIST .....	PAGE 32
8. SUPPLEMENTS .....	PAGE 34

# HOW TO USE THIS

WE'VE GATHERED A COMPLETE MEAL PLAN FOR YOU TO ENJOY. THIS DOCUMENT INCLUDES THE FULL RECIPES, A PRE-MADE MEAL PLAN AND A GROCERY SHOPPING LIST THAT WILL ALLOW YOU TO EAT HEALTHY HASSEL-FREE.

WE'VE INCLUDED 7 DISHES FOR EACH MEAL OF THE DAY SO YOU CAN ENJOY A FULL WEEK OF HEALTHY, DELICIOUS FOOD THAT WILL LEAVE YOU SATISFIED.

ANYONE CAN COOK THESE AMAZING MEALS, IN 30 MINUTES OR LESS A DAY. TRUTHFULLY, SMART EATING HAS NEVER BEEN SO EASY!

WISHING YOU 'BON APPETITE!'  
DR. JACK & MARY STOCKWELL

# MEAL PLAN

DAY	BREAKFAST	LUNCH	DINNER
MONDAY	STRAWBERRY BANANA KEFIR SMOOTHIE	BUTTERNUT SQUASH & BEEF CASSEROLE	SALMON SALAD
TUESDAY	BACON&EGGS MUFFINS	BOILED MEATBALLS WITH GARLIC & PARSLEY	BROCCOLI BEEF SOUP
WEDNESDAY	GOOD 'OL BACON&EGGS	CHICKEN CURRY SOUP	EGGS & SUMMER SQUASH BAKE
THURSDAY	GOOD-MORNING OMELET	BAKED SALMON	ZUCCHINI BREAD & ANTIPASTI
FRIDAY	CHOCOLATE-WHEY SHAKE	STUFFED PEPPERS	CHICKEN LIVER PATE
SATURDAY	BREAKFAST DELI-PLATTER	MEATBALL-VEGTABLE SOUP	BEEF STEW
SUNDAY	SUMMER SQUASH PANCAKES WITH WALNUTS	BAKED HONEY-MUSTARD CHICKEN	DEVILED EGGS

# RECIPES: INDEX

## BREAKFAST

1. SUMMER SQUASH PANCAKES WITH WALNUTS
2. STRAWBERRY BANANA KEFIR SMOOTHIE
3. BACON & EGGS MUFFINS
4. GOOD-MORNING OMELET
5. CHOCOLATE WHEY SHAKE
6. BREAKFAST DELI-PLATTER
7. GOOD 'OL BACON & EGGS

## LUNCH

1. BUTTERNUT SQUASH & BEEF CASSEROLE
2. BOILED MEATBALLS WITH GARLIC & PARSLEY
3. CHICKEN CURRY SOUP
4. MEATBALL-VEGETABLE SOUP
5. BAKED HONEY-MUSTARD CHICKEN
6. BAKED SALMON
7. STUFFED PEPPERS

## DINNER

1. SALMON SALAD
2. BROCCOLI BEEF SOUP
3. DEVILED EGGS
4. EGGS & SUMMER SQUASH BAKE
5. CHICKEN LIVER PATE
6. ZUCCHINI BREAD WITH ANTIPASTI
7. BEEF STEW

# **BREAKFASTS**

# SUMMER SQUASH PANCAKES WITH WALNUTS

## INGREDIENTS:

- ▶ 1 SMALL CROOKNECK SQUASH OR ¼ A BUTTERNUT SQUASH, PEELED AND CHOPPED
- ▶ 1 CUP CRISPY WALNUTS OR ORGANIC NUT BUTTER
- ▶ 2 EGGS
- ▶ 1 TEASPOON TALLOW (OR GHEE) TO FRY IN

## *HOW TO MAKE CRISPY NUTS:*

SOAK NUTS: PLACE 2-3 LBS RAW NUTS IN A LARGE BOWL. ADD 2 TABLESPOONS SEA SALT AND COVER THE NUTS WITH FILTERED WATER. ALLOW TO SOAK OVERNIGHT AT ROOM TEMPERATURE.

DRAIN IN A COLANDER AND PUT IN DEHYDRATOR; DEHYDRATE ALL DAY. OR ROAST IN A PAN AS LOW AS YOUR OVEN WILL GO, 1 HR.

## INSTRUCTIONS:

- ▶ IN A BLENDER, BLEND SQUASH, WALNUTS, AND EGGS UNTIL SMOOTH.
- ▶ HEAT A SKILLET ON MEDIUM-LOW HEAT AND MELT TALLOW.
- ▶ MAKE SMALL PANCAKES WITH THE BATTER, AND CAREFULLY FLIP (ONLY ONCE) AFTER 90 SECONDS OR SO.





# STRAWBERRY BANANA KEFIR SMOOTHIE

## INGREDIENTS:

- ▶ 1 LARGE ORGANIC BANANA, BROKEN INTO 4 CHUNKS
- ▶ 1 CUP FROZEN ORGANIC STRAWBERRIES
- ▶ 1 CUP HOMEMADE KEFIR (SEE END OF DOCUMENT)
- ▶ 1-2 TABLESPOONS OF SP COMPLETE(SEE END OF DOCUMENT)
- ▶ ½ TO 1 TABLESPOON OF CALCIFOOD POWDER
- ▶ YOUR PROBIOTIC, HOWEVER MANY CAPSULES YOU ARE TAKING
- ▶ STEVIA/RAW HONEY OR OTHER SWEETENER (OPTIONAL)
- ▶ FOR MORE PROTEIN, YOU CAN ALSO ADD IN A SCOOP OF WHEY PROTEIN COMPLETE POWDER

## INSTRUCTIONS:

- ▶ PLACE BANANA, STRAWBERRIES, KEFIR, AND STEVIA (IF USING) INTO A BLENDER.
- ▶ BLEND FOR A MINUTE OR TWO, UNTIL SMOOTH. POUR INTO A LARGE GLASS OR TWO SMALLER GLASSES AND ENJOY!

THIS IS A FAVORITE, QUICK-AND-EASY KEFIR SMOOTHIE. ALWAYS HAVE STRAWBERRIES AND BANANAS ON HAND AND THE FLAVORS COMBINE FOR A LOVELY FRUITY AND HEALTHY KEFIR SMOOTHIE! :) YOUR CHILDREN WILL LOVE THIS RECIPE, AND YOU WILL TOO!



# BACON & EGGS MUFFINS

## INGREDIENTS:

- ▶ 12 STRIPS OF UNCURED BACON
- ▶ 12 EGGS
- ▶ 1/2 CUP CHOPPED ONION
- ▶ 1/2 CUP RED BELL PEPPER (OPTIONAL)
- ▶ 1/2 CUP SHREDDED CHEDDAR CHEESE
- ▶ 1/2 TEASPOON HIMALAYA PINK SALT
- ▶ 1/4 ORGANIC GARLIC POWDER
- ▶ 1/4 TEASPOON GROUND BLACK PEPPER
- ▶ 1 TABLESPOON OF TALLOW/GHEE

## INSTRUCTIONS:

- ▶ PREHEAT OVEN TO 350 DEGREES (175 DEGREES C).
- ▶ GREASE 12 MUFFIN CUPS
- ▶ LINE EACH MUFFIN CUP WITH A BACON STRIPE
- ▶ LINE EACH
- ▶ BEAT EGGS IN A LARGE BOWL.
- ▶ ADD ONION, PEPPERS AND SPICES
- ▶ STIR UNTIL SMOOTH
- ▶ ADD IN 3/4 OF THE CHEESE
- ▶ SPOON INTO MUFFIN CUPS
- ▶ SPREAD REMAINING CHEESE ON TOP OF MUFFINS
- ▶ COOK FOR 20 MINUTES



# GOOD-MORNING OMELET

## INGREDIENTS:

- ▶ 2 EGGS
- ▶ 1/4 OF A SMALL ONION
- ▶ 2 CHAMPIGNON MUSHROOMS
- ▶ SALT&PEPPER TO TASTE
- ▶ 2 TEASPOONS OF TALLOW/GHEE
- ▶ 2 TABLESPOONS OF SHREDDED CHEDDAR CHEESE



## INSTRUCTIONS:

- ▶ MELT TALLOW/GHEE ON A FRYING PAN
- ▶ CHOP THE ONION AND MUSHROOMS
- ▶ SAUTÉ THE ONION UNTIL TRANSPARENT
- ▶ ADD MUSHROOMS AND SAUTÉ UNTIL SOFT AND FRAGRANT
- ▶ BEAT THE EGGS IN A BOWL
- ▶ ADD SALT, PEPPER, AND POUR INTO THE PAN
- ▶ FRY UNTIL ALMOST DONE
- ▶ ADD THE CHEDDAR CHEESE ON TOP OF THE OMELET, AND FOLD IN HALF
- ▶ SERVE AND ENJOY!

# CHOCOLATE WHEY SHAKE

## INGREDIENTS:

- ▶ ½ CUP PLAIN OR VANILLA KEFIR
- ▶ ½ CUP GRASS-FED RAW MILK OR CREAM OBTAINED FROM A VERY CLEAN SOURCE
- ▶ 1 SCOOP OF CALCIFOOD POWDER BY SP (SEE END OF DOCUMENT)
- ▶ 1 SCOOP OF CYROFOOD POWDER BY SP (SEE END OF DOCUMENT)
- ▶ ½ SCOOPS OF WHEY PROTEIN POWDER BY SP (SEE END OF DOCUMENT)
- ▶ 1 SCOOP GRASS-FED, HORMONE-FREE, (RBGH-FREE), SOY FREE, CHOCOLATE WHEY PROTEIN
- ▶ 1 CUP OF ICE

## INSTRUCTIONS:

- ▶ PLACE ALL INGREDIENTS IN A POWERFUL BLENDER AND BLEND UNTIL ICE IS COMPLETELY BROKEN UP
- ▶ SERVE AND ENJOY!



# BREAKFAST DELI-PLATTER

## INGREDIENTS:

- ▶ SMOKED WILD SALMON
- ▶ CREAM FRAISES
- ▶ SLICED UNCURED SALAMI
- ▶ SMOKED THINLY SLICED UNCURED TURKEY
- ▶ WHOLE GRAIN BAGUETTE
- ▶ WHITE CHEDDAR CHEESE
- ▶ SHARP CHEDDAR CHEESE



## INSTRUCTIONS:

- ▶ SLICE IT ALL, ADD IT UP - AND YOU'RE ALL SET FOR THE PERFECT MORNING BUFFET... IN YOUR OWN KITCHEN!

# GOOD 'OL BACON & EGGS

## INGREDIENTS:

- ▶ 3 SLICES OF UNCURED BACON
- ▶ 2 EGGS
- ▶ FRESHLY GROUND SALT&PEPPER



## INSTRUCTIONS:

- ▶ HEAT A FRYING PAN, AND ADD BACON
- ▶ ONCE THE BACON STARTS SIZZLING ADD THE EGGS
- ▶ FRY TO TASTE
- ▶ ADD SALT & PEPPER
- ▶ ENJOY!



# LUNCH

# BUTTERNUT SQUASH & BEEF CASSEROLE

## INGREDIENTS:

- ▶ 2 POUNDS HAMBURGER
- ▶ 1 LARGE BUTTERNUT SQUASH (3 POUNDS)
- ▶ ½ TEASPOON SEA SALT
- ▶ 1 TSP EACH FRESH THYME AND SAGE
- ▶ 2 CUPS STOCK
- ▶ TALLOW OR FAT TO GREASE PAN



## INSTRUCTIONS:

- ▶ PREHEAT OVEN TO 350 DEGREES
- ▶ MIX HAMBURGER WITH SEA SALT, 1 TBSP FAT, THYME AND SAGE
- ▶ PEEL AND REMOVE PULP FROM BUTTERNUT SQUASH, AND CHOP INTO BITE-SIZED PIECES
- ▶ GREASE A 9X13" PAN WITH FAT
- ▶ PLACE SQUASH IN THE PAN AND POUR STOCK OVER THE SQUASH
- ▶ PLACE PIECES OF THE RAW HAMBURGER OVER THE TOP OF THE SQUASH, COVERING EVENLY
- ▶ BAKE UNCOVERED FOR 45 MINUTES OR UNTIL SQUASH IS SOFT AND BEEF IS COOKED.



# BOILED MEATBALLS WITH GARLIC & PARSLEY

## INGREDIENTS:

- ▶ 3 POUNDS HAMBURGER
- ▶ 3 CARROTS AND 1 CUP CAULIFLOWER, SHREDDED
- ▶ 3 CLOVES GARLIC, MINCED OR CRUSHED
- ▶ 3 SPRIGS FRESH PARSLEY, FINELY CHOPPED
- ▶ 2 CUPS STOCK
- ▶ ½ TEASPOON SEA SALT

## INSTRUCTIONS:

- ▶ MIX HAMBURGER WITH VEGETABLES, GARLIC, AND PARSLEY
- ▶ SIMMER IN STOCK WITH ADDED SEA SALT, GENTLY TURNING AS NEEDED, UNTIL COOKED THROUGH
- ▶ ENJOY!



# CHICKEN CURRY SOUP

## INGREDIENTS:

- ▶ 2 TABLESPOONS TALLOW OR GHEE
- ▶ 1 ANAHEIM CHILI
- ▶ 4 ONIONS, SLICED
- ▶ ½ INCH GINGER ROOT, PEELED AND GRATED
- ▶ 1 QUART BONE BROTH STOCK
- ▶ 1 QUART FILTERED WATER
- ▶ 4 CUPS COOKED CHICKEN, DICED
- ▶ 6 CLOVES GARLIC, CRUSHED



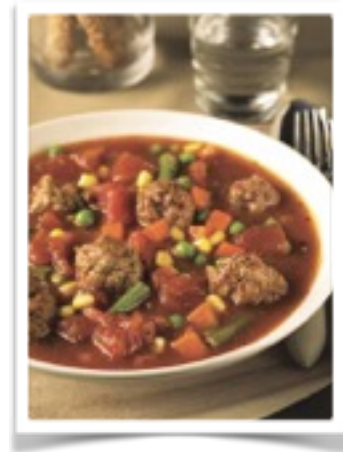
## INSTRUCTIONS:

- ▶ IN THE BOTTOM OF A POT, SAUTÉ ONIONS, GINGER, AND PEPPER IN TALLOW UNTIL ONIONS ARE SOFT
- ▶ ADD STOCK AND WATER AND BRING TO A SIMMER
- ▶ ADD CHICKEN AND COOK 20 MINUTES, OR UNTIL HEATED THROUGH
- ▶ TOP WITH GARLIC, DECORATE IT AS IN THE PICTURE AND SERVE.

# MEATBALL-VEGETABLE SOUP

## INGREDIENTS:

- ▶ 1 QUART CHICKEN STOCK
- ▶ 4 TEASPOONS SEA SALT
- ▶ 1 QUART FILTERED WATER
- ▶ 8-10 HOME MADE MEATBALLS
- ▶ 3 LBS OF GROUND BEEF
- ▶ 1 TEASPOON SEA SALT
- ▶ 1 TABLESPOON BASIL, DICED
- ▶ 1 CLOVE GARLIC, CRUSHED
- ▶ 4 CUPS OF CHOPPED VEGETABLES (BROCCOLI, CARROTS, ONIONS, SPINACH, TOMATOES, SQUASH; WHATEVER COMBINATION YOU'D LIKE)



## INSTRUCTIONS:

- ▶ ADD STOCK, WATER, SALT, TOMATO PASTE, VEGETABLES TO CROCK POT AND COOK ON LOW ALL DAY
- ▶ MIX GROUND BEEF, 1 TSP OF SALT, BASIL AND GARLIC WITH A FORK, OR BY HAND.
- ▶ SHAPE INTO WALNUT SIZED BALLS AND FRY IN A SKILLET WITH 2 TABLESPOONS BEEF TALLOW OR COCONUT OIL OVER MEDIUM HEAT, GENTLY TURNING THE MEATBALLS DURING COOKING TO MAKE SURE ALL SIDES GET COOKED
- ▶ FRY UNTIL BROWNEED ON THE OUTSIDE, CUTTING ONE OPEN TO MAKE SURE THEY ARE NO LONGER PINK ON THE INSIDE.
- ▶ ADD MEATBALLS DURING THE LAST 30 MINUTES OF COOKING TO HEAT THOROUGHLY. WHEN SERVING, EVENLY DISTRIBUTE MEATBALLS AMONG BOWLS WITH THE SOUP.

# BAKED HONEY-MUSTARD CHICKEN

## INGREDIENTS:

- ▶ 2 POUNDS BONELESS CHICKEN THIGHS (OR BREASTS, OR A COMBO)
- ▶ ¼ TH CUP PREPARED MUSTARD, NATURAL
- ▶ 1/3 CUP NATURAL HONEY
- ▶ 1 TABLESPOON LEMON JUICE
- ▶ 2-3 TABLESPOONS TALLOW
- ▶ 1/8TH TEASPOON NATURAL SEA SALT
- ▶ 1/4 TEASPOON CRUSHED ROSEMARY SEASONING



## INSTRUCTIONS:

- ▶ GREASE A 9X13 GLASS CASSEROLE WITH TALLOW
- ▶ PREHEAT OVEN TO 325 DEGREES
- ▶ ARRANGE CHICKEN IN CASSEROLE DISH, SKIN SIDE UP
- ▶ IN A SAUCEPAN OVER MED-LOW HEAT, COMBINE MUSTARD, HONEY, SEA SALT AND CRUSHED ROSEMARY IN A SHALLOW DISH AND COAT CHICKEN WITH IT
- ▶ BAKE FOR 60-75 MINUTES, BASTING OCCASIONALLY, OR UNTIL JUICES RUN CLEAR.

# BAKED SALMON

## INGREDIENTS:

- ▶ 2 WILD-CAUGHT SALMON FILETS ABOUT A POUND EACH
- ▶ 2 TABLESPOONS DILL
- ▶ 2 TABLESPOONS THYME
- ▶ 1/2 TEASPOON PEPPER
- ▶ 1/2 TEASPOON SEA SALT
- ▶ 1 TEASPOON OLIVE OIL



## INSTRUCTIONS:

- ▶ HEAT THE OVEN TO 200 F. (NOT A TYPO)
- ▶ MIX DILL, THYME, PEPPER, AND SEA SALT. GREASE AN OVEN PROOF SERVING PLATTER WITH OLIVE OIL. PLACE SALMON FILETS ON THERE, AND DRIZZLE WITH OLIVE OIL. SPRINKLE WITH HERBS.
- ▶ BAKE FOR ABOUT 40 TO 45 MINUTES, UNTIL SALMON FLAKES.

# STUFFED PEPPERS

## INGREDIENTS:

- ▶ 2 TBSP OF (EITHER): LARD, GHEE, OLIVE OIL
- ▶ 1 LARGE ONION
- ▶ 1 POUND OF GROUND BEEF
- ▶ 1 TBSP EACH: CUMIN, CHILLI POWDER, GARLIC POWDER, SALT
- ▶ 2 TBSP SWEET PAPRIKA
- ▶ 6 MEDIUM PEPPERS BEHEADED



## INSTRUCTIONS:

- ▶ DICE AND SAUTÉ THE ONION UNTIL GOLDEN (USING GHEE, LARD OR OLIVE OIL).
- ▶ ADD THE BEEF, AND BROWN WHILE SEPARATING TO SMALL PIECES.
- ▶ WHEN HALF BROWNEED, ADD ALL SPICES AND MIX WELL.
- ▶ SAUTE FOR ANOTHER 4 MINUTES, OR UNTIL ALL BEEF IS BROWNEED AND THERE IS PLENTY OF JUICES IN THE PAN.
- ▶ STUFF PEPPERS, AND INTO THE OVEN THEY GO IN 400 DEGREES FOR 25 MINUTES.
- ▶ BON APPETITE!

**DINNER**

# SALMON SALAD

## INGREDIENTS:

- ▶ TWO 6-OUNCE CANS OF WILD CAUGHT SALMON
- ▶ 1 CUCUMBER OR CELERY
- ▶ 1 SMALL RED ONION (OPTIONAL)
- ▶ 2 TABLESPOONS CAPERS, DRAINED (OPTIONAL)

## *HOME MADE MAYONNAISE*

YOU'LL NEED: 1 RAW EGG

1 CUP OLIVE OIL

1 TEASPOON CELTIC SALT

USING A FOOD PROCESSOR, DROP A WHOLE RAW EGG IN AND WHIR IT FOR A COUPLE

MINUTES TO BRING IT UP TO ROOM TEMPERATURE. THEN SLOWLY POUR IN 1 CUP

OF OLIVE OIL, TAKING AN ENTIRE MINUTE TO POUR IT IN, THEN ADD SALT AND ALLOW TO

MIX.

## INSTRUCTIONS:

- ▶ DRAIN THE SALMON AND PUT IT IN THE FOOD PROCESSOR
- ▶ PEEL AND THEN COARSELY CHOP THE ONION, ADD THAT TO THE FOOD PROCESSOR
- ▶ COARSELY CHOP THE CUCUMBER (OR CELERY) AND ADD THAT IN
- ▶ PUT IN ½ CUP OF THE HOMEMADE MAYO
- ▶ PULSE THE FOOD PROCESSOR A COUPLE TIMES TO DISTRIBUTE THE MAYONNAISE, ONION, AND CUCUMBER (OR CELERY) WITH THE SALMON
- ▶ MAYBE ADD SOME CAPERS!





# BROCCOLI BEEF SOUP

## INGREDIENTS:

- ▶ 1-2 QUARTS HOMEMADE CHICKEN OR BEEF BROTH
- ▶ FILTERED WATER
- ▶ 1-2 POUNDS GRASS FED BEEF, ANY CUT
- ▶ 2 TABLESPOONS CELTIC SALT
- ▶ 4 ORGANIC CLOVES GARLIC
- ▶ 2 ORGANIC ONIONS, CHOPPED
- ▶ 2 POUNDS FRESH ORGANIC BROCCOLI FLORETS
- ▶ 1 CUP HEAVY CREAM OR RAW MILK
- ▶ SHREDDED CHEDDAR CHEESE

## INSTRUCTIONS:

- ▶ IN A CROCKPOT, COMBINE BROTH, FILTERED WATER TO FILL THE CROCK POT  $\frac{3}{4}$  FULL, SALT, GARLIC, AND BROCCOLI.
- ▶ COVER, AND ALLOW TO COOK ON LOW ALL DAY.
- ▶ AN HOUR BEFORE YOU ARE READY TO EAT, CUT BEEF INTO  $\frac{1}{2}$  INCH CUBES, AND BROWN IN A SKILLET OVER MEDIUM HIGH HEAT WITH BUTTER UNTIL BROWNEED ON THE OUTSIDE AND PARTIALLY COOKED.
- ▶ USING AN IMMERSION BLENDER, PUREE THE SOUP, ADD SOME RAW MILK OR HEAVY CREAM, LEAVING SOME CHUNKS OF WELL COOKED BROCCOLI AND ONION IF DESIRED.
- ▶ ADD BEEF TO PUREED SOUP AND ALLOW TO COOK UNTIL DINNER TIME.
- ▶ LADLE INTO BOWLS AND GENEROUSLY TOP WITH CHEESE TO SERVE.

# DEVEILED EGGS

## INGREDIENTS:

- ▶ 6 PASTURED EGGS, HARD BOILED
- ▶ 3-4 TABLESPOONS HOMEMADE MAYONNAISE
- ▶ 1 TEASPOON OR MORE HOMEMADE MUSTARD
- ▶ CELTIC OR HIMALAYAN SALT TO TASTE
- ▶ ORGANIC PAPRIKA FOR GARNISH



## INSTRUCTIONS:

- ▶ GENTLY PEEL EGGS UNDER RUNNING WATER
- ▶ SLICE IN HALF LENGTHWISE
- ▶ POP YOLKS INTO A SANDWICH-SIZED ZIP TOP BAG OR A BOWL
- ▶ ADD REMAINING INGREDIENTS AND SMASH WITH YOUR FINGERS IN THE ZIP TOP BAG (OR SMASH WITH A FORK IN THE BOWL)
- ▶ ADD MORE MAYONNAISE IF NECESSARY
- ▶ ONCE THOROUGHLY MIXED, CUT A CORNER OFF THE BOTTOM OF THE ZIP TOP BAG, APPROXIMATELY 1/2 INCH UP FROM THE TOP OF THE CORNER. PIPE THE YOLK MIXTURE INTO THE EGG WHITES, OR USE A SPOON TO DROP THE MIXTURE INTO THE EGG WHITES, AND THEN GARNISH WITH PAPRIKA
- ▶ KEEP COVERED IN THE FRIDGE IF YOU HAVE LEFTOVERS.

# EGGS & SUMMER SQUASH BAKE

## **INGREDIENTS:**

- ▶ 2 LBS. SUMMER SQUASH, UNPEELED AND SHREDDED (ABOUT 2 MEDIUM-SIZED SQUASH)
- ▶ 1 TABLESPOON CELTIC SEA SALT, PLUS MORE FOR SPRINKLING
- ▶ 2 TBLSP + 1 TEASPOON TALLOW TO FRY IN, DIVIDED
- ▶ ¼ CUP FINELY CHOPPED ONION
- ▶ 3 CLOVES GARLIC, MINCED
- ▶ 2 RIPE LARGE TOMATOES, CHOPPED
- ▶ 4 OZ. GOAT CHEESE
- ▶ ¼ CUP LOOSELY PACKED BASIL, OR 1 TBSP. FRESH THYME, MINCED
- ▶ 4 FRESH ORGANIC EGGS
- ▶ FRESHLY GROUND PEPPER



## **INSTRUCTIONS:**

- ▶ GRATE SUMMER SQUASH ON A BOX GRATER AND ADD TO A COLANDER. ADD 1 TBLSP TALLOW TO THE SHREDDED SQUASH AND TOSS TO COMBINE. LET SQUASH SIT AND DRAIN IN THE SINK FOR 30 MINUTES.
- ▶ PREHEAT OVEN TO 275 DEGREES F.
- ▶ IN AN OVEN-PROOF SKILLET, HEAT 2 TBLSP TALLOW OVER MEDIUM HEAT. ADD ONION, GARLIC AND PAPRIKA TO THE SKILLET AND STIR.
- ▶ SAUTÉ UNTIL TENDER AND FRAGRANT.
- ▶ SQUEEZE THE SQUASH BY THE HANDFUL TO REMOVE EXCESS MOISTURE AND ADD TO THE ONION AND GARLIC.
- ▶ ADD THE CHOPPED TOMATO AND STIR TO COMBINE. COOK, STIRRING OCCASIONALLY, UNTIL THE MIXTURE IS TENDER AND NO LONGER RELEASING LIQUID. THIS TAKES ABOUT 8-10 MINUTES.
- ▶ TURN THE HEAT OFF AND STIR IN THE GOAT CHEESE AND BASIL/THYME USING A WOODEN SPOON OR SPATULA, SMOOTH THE MIXTURE EVENLY IN THE SKILLET AND CREATE 4 WELLS FOR THE EGGS. IN EACH WELL, ADD ½ TEASPOON TALLOW OIL.
- ▶ RETURN SKILLET TO LOW-HEAT
- ▶ ADD THE EGGS TO THE WELLS AND COVER WITH A TIGHT-FITTING LID FOR 10 MINUTES
- ▶ GARNISH WITH EXTRA BASIL/THYME

# CHICKEN LIVER PATE

## INGREDIENTS:

- ▶ 1 POUND OF CHICKEN LIVERS, WASHED
- ▶ 2 MEDIUM WHITE OR YELLOW ONIONS, MINCED
- ▶ 3 CLOVES GARLIC, MINCED
- ▶ 1 TEASPOON THYME
- ▶ 1/4 CUP TALLOW + 2 TABLESPOONS
- ▶ 1 TWO-OUNCE CAN OF ANCHOVIES



## INSTRUCTIONS:

- ▶ OVER HIGH HEAT IN A LARGE SAUCEPAN, HEAT TALLOW UNTIL MELTED
- ▶ ADD ONIONS, STIR, COOKING FOR ABOUT 5 MINUTES, OR UNTIL SOFTENED, ADD GARLIC AND THYME COOK FOR A MINUTE OR TWO MORE
- ▶ REMOVE FROM HEAT, DRAIN EXCESS LIQUID, AND POUR THIS INTO FOOD PROCESSOR
- ▶ USING THE REMAINING TWO TABLESPOONS OF BUTTER, MELT OVER MEDIUM HEAT. ADD LIVER AND COOK UNTIL THE OUTSIDE IS DONE, BUT THE INSIDE IS STILL PINK. DRAIN.
- ▶ TO FOOD PROCESSOR ADD: 1 TWO-OUNCE CAN OF ANCHOVIES
- ▶ PROCESS UNTIL WELL PUREED AND ALL OF THE INGREDIENTS ARE WELL COMBINED.
- ▶ FORM PATES BY LINING 3 CUSTARD DISHES OR SMALL RAMEKINS WITH PLASTIC WRAP.
- ▶ SPREAD IN PATE, AND PLACE TWO IN THE FREEZER FOR LATER, ONE IN THE FRIDGE.
- ▶ TURN OUT, AND REMOVE PLASTIC WRAP TO SERVE.

# ZUCCHINI BREAD WITH ANTIPASTI

## INGREDIENTS:

### ANTIPASTI:

- ▶ 2 PEPPERS - MIXED COLORS
- ▶ 2 TABLESPOONS OLIVE OIL

### ZUCCHINI BREAD:

- ▶ 2 CUPS ALMOND FLOUR
- ▶ 6 EGGS
- ▶ 2-3 MEDIUM ZUCCHINI
- ▶ ½ TEASPOON SEA SALT
- ▶ 2 TABLESPOONS TALLOW



## INSTRUCTIONS:

- ▶ SLICE THE PEPPERS INTO STRIPES
- ▶ SPRINKLE WITH OLIVE OIL
- ▶ BAKE IN AN OVEN THAT WAS PREHEATED TO 350 DEGREES FOR 25 MINUTES, OR UNTIL THE PEPPERS ARE SOFT
- ▶ PUREE ALL INGREDIENTS OF THE BREAD IN A BLENDER OR FOOD PROCESSOR (YOU CAN KEEP THE ZUCCHINI RAW AND JUST PUREE)
- ▶ POUR INTO GREASED MUFFIN TINS OR A SMALL LOAF PAN
- ▶ BAKE AT 350\* FOR 30-45 MINUTES, OR UNTIL A KNIFE INSERTED COMES OUT CLEAN.

# BEEF STEW

## INGREDIENTS:

- ▶ 2 LBS OF EACH - ORGANIC BEEF LIVER ORGANIC BEEF HEART CUT INTO 2-INCH CHUNKS
- ▶ HIMALAYAN PINK SEA SALT
- ▶ FRESHLY GROUND ORGANIC BLACK PEPPERCORNS
- ▶ ¼ CUP ALMOND FLOUR
- ▶ 2 TABLESPOONS COLD PRESSED EXTRA VIRGIN OLIVE OIL
- ▶ 4 CLOVES ORGANIC GARLIC, SMASHED
- ▶ 1 AND ½ CUPS (12 FL OZ) ORGANIC RED WINE
- ▶ 1 CUP FRESH HOMEMADE BEEF OR CHICKEN BROTH
- ▶ 3 SPRIGS FRESH ORGANIC THYME
- ▶ 3 ORGANIC BAY LEAVES
- ▶ 3 LARGE ORGANIC CARROTS, PEELED, HALVED LENGTHWISE AND CUT INTO CHUNKS
- ▶ ½ LB CREMINI MUSHROOMS, BRUSHED CLEAN AND QUARTERED, OR DRIED ORGANIC MUSHROOMS
- ▶ ORGANIC PEARL ONIONS, TO TASTE



# BEEF STEW

## INSTRUCTIONS:

- ▶ SEASON THE BEEF GENEROUSLY WITH SALT AND PEPPER
- ▶ PLACE IN A PLASTIC BAG WITH THE FLOUR AND SHAKE THE BAG TO COAT THE BEEF EVENLY
- ▶ REMOVE FROM THE BAG AND TAP OFF THE EXCESS FLOUR
- ▶ IN A LARGE, HEAVY FRYING PAN OVER MEDIUM-HIGH HEAT, WARM THE OIL. WHEN THE OIL IS HOT, WORKING IN BATCHES IF NECESSARY TO AVOID CROWDING, ADD THE LIVER AND HEART AND SEAR, TURNING AS NEEDED, UNTIL GOLDEN ON ALL SIDES, 8-10 MINUTES TOTAL
- ▶ TRANSFER TO A SLOW COOKER.
- ▶ ADD THE GARLIC AND COOK FOR ABOUT 1 MINUTE
- ▶ POUR IN THE WINE AND STIR TO DISLODGE ANY BROWNEED BITS ON THE PAN BOTTOM
- ▶ ADD THE STOCK, THYME SPRIGS, AND THE BAY LEAVES AND POUR THE CONTENTS OF THE PAN OVER THE BEEF
- ▶ STIR IN THE CARROTS, COVER, AND COOK ON THE LOW SETTING FOR 6 HOURS
- ▶ STIR IN THE MUSHROOMS AND PEARL ONIONS, RE-COVER, AND COOK FOR 1 HOUR MORE. THE MEAT AND VEGETABLES SHOULD BE VERY TENDER
- ▶ REMOVE AND DISCARD THE BAY LEAVES AND THE THYME, LET THE STEW STAND FOR A FEW MINUTES.
- ▶ ENJOY!

# GROCERY SHOPPING LIST

## PRODUCE

- ▶ 4 POUNDS BUTTERNUT SQUASH
- ▶ 1 LARGE ORGANIC BANANA
- ▶ 12 ONIONS
- ▶ 9 BELL PEPPERS
- ▶ 2 CHAMPIGNON MUSHROOMS
- ▶ 3 CARROTS
- ▶ 1 CAULIFLOWER
- ▶ 18 CLOVES GARLIC
- ▶ FRESH PARSLEY
- ▶ 1 ANAHEIM CHILI
- ▶ ½ INCH GINGER ROOT
- ▶ 2 POUNDS OF VEGETABLES TO TASTE (ANY MIX YOU LIKE!)
- ▶ 1 LEMON
- ▶ DILL
- ▶ 1 CUCUMBER OR CELERY
- ▶ 1 SMALL RED ONION
- ▶ 2 POUNDS FRESH ORGANIC BROCCOLI FLORETS
- ▶ 2 MEDIUM-SIZED SUMMER SQUASH
- ▶ 2 RIPE LARGE TOMATOES
- ▶ 2-3 MEDIUM ZUCCHINI
- ▶ 3 LARGE ORGANIC CARROTS
- ▶ ½ LB CREMINI MUSHROOMS, BRUSHED CLEAN AND QUARTERED, OR DRIED ORGANIC MUSHROOMS
- ▶ ORGANIC PEARL ONIONS, TO TASTE

## DAIRY

- ▶ 34 EGGS
- ▶ 15 OZ OF GRASS-FED BUTTER
- ▶ 5 OZ CHEDDAR CHEESE
- ▶ 1 PLAIN OR VANILLA KEFIR
- ▶ GRASS-FED RAW MILK OR CREAM
- ▶ CREAM FRAISES
- ▶ 4 OZ. GOAT CHEESE

## GRAINS

- ▶ WHOLE GRAIN BAGUETTE

## FREEZER

- ▶ 1 CUP FROZEN ORGANIC STRAWBERRIES



# GROCERY SHOPPING LIST

## MEAT&FISH

- ▶ 15 SLICES OF UNCURED BACON
- ▶ SLICED UNCURED SALAMI
- ▶ SMOKED THINLY SLICED UNCURED TURKEY
- ▶ 5 POUNDS HAMBURGER
- ▶ 4 POUNDS OF BONELESS CHICKEN THIGHS
- ▶ 8-10 MEATBALLS
- ▶ 4 POUNDS OF GROUND BEEF
- ▶ 4 WILD-CAUGHT SALMON FILETS ABOUT A POUND EACH
- ▶ 1-2 POUNDS GRASS FED BEEF, ANY CUT
- ▶ 1 POUND OF CHICKEN LIVERS
- ▶ 2 LBS OF EACH - ORGANIC BEEF LIVER ORGANIC BEEF HEART CUT INTO 2-INCH CHUNKS

## OTHER

- ▶ 1 SCOOP GRASS-FED, HORMONE-FREE, (RBGH-FREE), SOY FREE, CHOCOLATE WHEY PROTEIN
- ▶ HOMEMADE CHICKEN STOCK

## PANTRY

- ▶ RAW HONEY
- ▶ 2 6-OUNCE CANS OF WILD CAUGHT SALMON
- ▶ 1 TWO-OUNCE CAN OF ANCHOVIES
- ▶ ALMOND FLOUR
- ▶ COLD PRESSED EXTRA VIRGIN OLIVE OIL
- ▶ 12 FL OZ ORGANIC RED WINE

## SPICES

- ▶ HIMALAYA PINK SALT
- ▶ ORGANIC GARLIC POWDER
- ▶ GROUND BLACK PEPPER
- ▶ THYME
- ▶ SAGE
- ▶ 1 TABLESPOON BASIL
- ▶ CUMIN
- ▶ CHILLI POWDER
- ▶ SWEET PAPRIKA
- ▶ 3 ORGANIC BAY LEAVES

# ADDITIONS & SUPPLEMENTS

IN ORDER TO PREPARE SOME OF THE RECIPES IN THIS DOCUMENT, YOU WILL NEED:

- ▶ *HOMEMADE KEFIR - SEE RECIPE BELOW*
- ▶ *HOMEMADE GHEE - SEE RECIPE BELOW*
  
- ▶ *1-2 TABLESPOONS OF SP COMPLETE*
- ▶ *1 SCOOP OF CALCIFOOD POWDER BY SP*
- ▶ *1 SCOOP OF CYROFOOD POWDER BY SP*
- ▶ *½ SCOOPS OF WHEY PROTEIN POWDER BY SP*

IN ORDER TO GET ANY OF THE STANDARD PROCESS SUPPLEMENTS AND AMPLIFY YOUR DIET PLEASE CALL:  
(801) 523-1890

# HOMEMADE GHEE

- ▶ MELT GRASS-FED BUTTER ON LOW HEAT
- ▶ BRING TO A SLIGHT SIMMER AND CONTINUE SIMMERING FOR 10 MINUTES
- ▶ ALLOW TO COOL FOR 20 MINUTES
- ▶ GATHER THE CRUST FROM THE TOP USING A SPOON
- ▶ STRAIN INTO A CLEAN JAR THROUGH CHEESE CLOTH

# HOMEMADE KEFIR

KEFIR IS A FERMENTED DRINK MADE FROM A KEFIR GRAIN OF SYMBIOTIC MICROORGANISMS WRAPPED UP IN A MATRIX OF PROTEINS,

LIPIDS AND SUGARS. KEFIR GRAINS ARE WHITE CLUMPS THAT CONTAIN A WIDE VARIETY OF BACTERIA AND YEAST. KEFIR IS ONE OF THE

BEST DRINKS FOR IMPROVING DIGESTION AND NATURAL IMMUNITY.

YOU CAN GET A COMMERCIAL KEFIR STARTER IN A SACHET OR USE SOME LIVE FRESH KEFIR GRAINS AS A STARTER. IF YOU MAKE KEFIR FROM ORGANIC UNPASTEURIZED (RAW) MILK, THEN DO NOT HEAT IT, JUST ADD THE STARTER AND FERMENT IT ON THE BENCH.

ONLY PASTEURIZED MILK NEEDS HEATING, AS PASTEURIZATION MAKES MILK VULNERABLE TO CONTAMINATION BY PATHOGENIC MICROBES. RAW MILK IS USUALLY WELL PROTECTED BY ITS OWN PROBIOTIC BACTERIA AND OTHER FACTORS.

MAKING KEFIR WITH PASTEURIZED MILK, IS A BIT OF AN EXACT SCIENCE WITH HEATING THE MILK PROPERLY, ADDING JUST THE RIGHT AMOUNT OF STARTER CULTURE, BLENDING IT IN, TRYING(!) TO KEEP IT AT THE RIGHT TEMPERATURE FOR 12 HOURS OR SO. THE RESULTS ARE USUALLY LESS THAN SATISFYING:

THE FLAVOR IS THERE, BUT THE TEXTURE WILL ALWAYS BE TOO LIQUID, AND IF LEFT ANY LONGER THEN YOU'LL HAVE CHEESE AT THE BOTTOM WITH RAW MILK FROM A PASTURE FED COW (READ: HEALTHY COW WITH HEALTHY STOMACH FLORA = HEALTHY MILK WITH LOTS OF PROBIOTIC'S) KEFIR MAKING IS AS SIMPLE AS SETTING THE FRESH MILK ON THE COUNTER. NO JOKE.

WARM THE MILK BEFORE ADDING THE CULTURE. YOU SHOULD MOSTLY USE RAW MILK, SO YOU ONLY WARM IT TO ABOUT 100 DEGREES SO THE ENZYMES ARE STILL INTACT. IF YOU USE PASTEURIZED, IT'S BEST TO BRING IT TO A BOIL TO KILL ANY BACTERIA, WHICH HAS CONTAMINATED IT SINCE PASTEURIZATION, AND THEN COOL IT TO 100 DEGREES BEFORE ADDING THE CULTURE. THIS FACTOR (RAW MILK PROTECTING ITSELF WITH THE LIVE IMMUNE CELLS IN THE MILK) IS THE FACTOR WHICH ANTI-RAW WARNINGS OFTEN OVERLOOK. PASTEURIZED MILK IS ACTUALLY MUCH MORE RISKY, SINCE THERE IS NO INTERNAL PROTECTION AFTER IT'S BEEN "KILLED".

BY DRIPPING YOUR KEFIR THROUGH CHEESECLOTH YOU CAN SEPARATE IT INTO COTTAGE CHEESE AND WHEY. POUR THE WHEY INTO A CLEAN GLASS JAR WITH A TIGHT LID AND KEEP IT IN THE REFRIGERATOR TO USE AS A STARTER FOR FERMENTING DIFFERENT FOODS, SUCH AS VEGETABLES, FISH, BEANS AND GRAINS.

### **DIRECTIONS TO MAKE KEFIR:**

- ▶ POUR 1 QT. RAW MILK INTO FRESHLY CLEAN QUART JARS (STRAIGHT FROM THE DISHWASHER IS BEST, DON'T USE A DISH-TOWEL TO DRY, AS THIS COULD INTRODUCE A NEGATIVE BACTERIA)
- ▶ ADD 2-3 TABLESPOONS KEFIR GRAINS TO MILK.
- ▶ 3. SET OPEN JARS, COVERED COMPLETELY WITH A CLEAN PAPER TOWEL OR CHEESE CLOTH, ON COUNTER IN AN OUT-OF-THE-WAY AREA, PROTECTED FROM DRAFTS IS BEST. MAKE SURE YOUR HOUSE IS WARM ENOUGH THAT THE COUNTER ISN'T COLD. THEY DON'T NEED TO BE IN THE KITCHEN, BUT SHOULD NOT BE IN AN AREA WHERE THEY COULD ABSORB FUMES, SUCH AS A LAUNDRY ROOM (DETERGENT FUMES) OR GARAGE (GASOLINE, ETC.).

- ▶ WAIT 24-48 HOURS. YOU CAN CHECK THE CULTURE AND STIR IT DURING THIS TIME: THIS MAY BE BENEFICIAL FOR THE KEFIR TO MOVE THE GRAINS AROUND. AS A RULE, LESS TIME WILL PRODUCE A SWEETER, THINNER KEFIR, WHEREAS A LONGER FERMENTATION WILL RESULT IN A THICKER, MORE SOUR KEFIR. AFTER SOME TIME YOU MAY ALSO SEE THE KEFIR SEPARATING INTO TWO LAYERS – A THICK, WHITE CURD AT THE TOP, WITH A THIN, YELLOWY WHEY UNDERNEATH. THE KEFIR IS OK TO CONSUME AT THIS STAGE BUT WILL BE QUITE SOUR, SO AS SOON AS YOU SEE ANY SIGNS OF SEPARATION IT'S PROBABLY BEST TO MOVE ON TO STRAINING THE KEFIR.
- ▶ WHEN IT IS FINISHED, STRAINING WILL BE NECESSARY TO REMOVE THE GRAINS. THIS CAN BE DONE BY PUTTING A SIEVE OVER A GLASS POURING CONTAINER AS THE PICTURE SHOWS. GENTLY PUSH THE GRAINS WITH A SPOON TO STRAIN OUT ALL THE KEFIR. YOU CAN THEN PLOP THE GRAINS INTO MORE FRESH MILK TO PREPARE THE NEXT BATCH, OR PUT THEM BACK IN A CAPPED GLASS BOTTLE AND STORE IN THE REFRIGERATOR. RINSING THE GRAINS IS NOT NECESSARY AND COULD DAMAGE THEM. BUT IF YOU REALLY WANT TO, YOU CAN “FAST” THE GRAINS BY PLACING THEM IN FILTERED WATER FOR ONE DAY [ONE PART KEFIR GRAINS TO 3 PART WATER AS A GENERAL RULE]. THE GRAINS ARE THEN STRAINED AND PLACED DIRECTLY IN FRESH MILK TO PREPARE KEFIR AS PER USUAL.