

The Institute of Nutritional Science

Diabetes & Diet Guidebook

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This guidebook is designed to be used in conjunction with our Weight Management Testing. Once your body metabolism type has been established, follow the recipes and guidelines in your section of this Guide.

Before we begin with all the great tasting recipes you can make and still lose weight, let's talk about several things you can do to speed up your weight management results.

To obtain the maximum benefits from this program either for diabetes or obesity or both, we HIGHLY recommend using the following supplements to meet nutrient needs and prevent the production of starvation hormones as well as help control insulin production and blood sugar levels: High Vitality - GlucoCrave Xtreme - Slim Cleanse

These may be obtained from Phoenix Nutritionals at www.phoenixnutritionals.com

Starvation Hormones – From our Weight Management books many of you are familiar with the concept that consuming too few calories can cause the body to produce excess starvation hormones that can slow down your metabolism and subsequently your weight loss. It is important to consider that “starvation” is a perception by the body when energy and nutrient needs are not being met. This being the case, nutrient deficiencies can produce a state of starvation even though adequate calories are being consumed.

For this reason we feel it is essential that everyone take a high quality Full Spectrum Supplement that provides at least the 100+ nutrients needed every day.

Your body needs the following nutrients on a daily basis

17 Vitamins

3 fatty acids

72 Major and Trace minerals

Antioxidants

Phytonutrients

8 Amino Acids

Be sure your daily supplement provides these nutrients every day to prevent starvation hormone production and a slowing of your weight loss.

Detoxification & Elimination - When we lose significant body fat a by-product of that loss is a large amount of toxins. Since toxins are often stored in body fat these are released during fat metabolism. The end result of this elevated toxin level can be fatigue, sleepiness, and a slowing of weight loss. We recommend a safe natural detox supplement to be taken while dieting to help the body eliminate these by-products of fat metabolism.

If you are following a lower carbohydrate diet or a combination calorie/carbohydrate program you may not always be getting all the fiber you need for ideal colon health and hence your elimination may begin to suffer. Taking a multi-fiber supplement that provides both soluble and insoluble fiber can easily eliminate any colon and bowel issues and prevent them from occurring in the first place.

Now with those matters handled, let's get on with the great eating!!

Carbohydrate Intolerance

Of the four major body metabolic types this is the most common and makes up about 60% or more of all overweight and obesity worldwide. Carbohydrate intolerance occurs as a result of a condition called insulin resistance. When carbohydrates are consumed they are all eventually, converted to blood sugar or glucose. As the glucose levels rise in the blood the body signals your pancreas to secrete a hormone called insulin, which is used to remove excess glucose. Once removed the body converts this excess glucose into glycogen and then into triglycerides, which are then stored in the fat cells. The capacity for gaining weight in this situation is virtually endless and as such accounts for the vast majority of obese and morbidly obese individuals. Over time if not addressed, this condition can lead to such issues as PCOS, hypoglycemia, and type II Diabetes. These recipes are ideal for all these individuals.

Since counting calories produces limited results for these body types, food intake must restrict carbohydrates first and calories second.

General daily menu planning – Following is a guideline for a typical day on a carbohydrate intolerant program:

Breakfast

Eggs, breakfast meats, tomatoes, mushrooms, quiches, frittatas, minute steaks

Lunch

Any meats, fish, eggs, chicken, salad veggies, and a Low Carb Dessert

Dinner

Meats, fish, chicken, most any veggies except root vegetables and a Low Carb Dessert

Snacks, if needed should be low calorie/carb veggies or better still a high quality protein shake that is very low in carbohydrates but high in protein and fiber.

Keep in mind that the recipes that follow are time tested but represent only a fraction of the range of eating ideas available to the carbohydrate intolerant dieter. A quick search on the internet will reveal thousands of low carbohydrate recipes available to you at no charge. There is absolutely no reason to become bored.

The Low Carbohydrate Recipes

These recipes will work, for carbohydrate intolerant and diabetic types. If you are a combination metabolism you can consume these but simply cut your serving size in half.

Mustard Sauce

Try this cream sauce!!

1 cup sour cream

3 tablespoons hot prepared mustard (Dijon)

1 egg yolk lightly beaten

Salt and pepper to taste

Combine sour cream, mustard, salt and pepper. Stir in the egg yolk and simmer until thickened

Serve over beef or add to a beef fondue. It's also good with fish dishes or with a ham.

Summer Low Carb BBQ Sauce

Summer is BBQ time in most parts of the country. The problem is that most commercial BBQ sauces are high in both carbs and calories. This version reduces that concern while still being able to deliver on flavor

2 tablespoons butter

½ red onion finely chopped

1 cup diced fresh tomatoes

1 can chipotle finely chopped

3 tablespoons vinegar
2 tablespoons Dijon mustard
1 -2 packets of Splenda (or to taste)

Salt & Pepper to taste

Cook the onion in the butter until soft. Add the rest of the ingredients and cook 5 minutes.
Using a blender process until smooth.

Almond Butter

This sauce is different yet goes very well with chicken or vegetable dishes

¼ pound Butter
½ cup slivered almonds
1 teaspoon chopped chives
1 teaspoon fresh lemon juice
Dash of nutmeg
Salt and pepper to taste

Heat butter until foaming. Stir in the almonds and lightly brown them. Add remaining ingredients stir and spoon over chicken or seafood. This makes a great trout almondine!

Béchamel Sauce (a White sauce)

This classic French sauce is ideal for chicken, egg, or fish dishes.

1 ½ tablespoons soft butter
1 ½ tablespoons flour
1 cup hot milk
Pinch of nutmeg
Pinch of thyme
Salt and pepper to taste

Blend everything in an electric blender at high speed for 15 seconds. Cook sauce over very low heat for 3 to 4 minutes stirring often. Serve at once.

Béarnaise Sauce

There is nothing quite like kicking up a main course with an elegant sauce. This classic Béarnaise Sauce is ideal for beef dishes especially steaks.

¼ cup of dry white wine
2 tablespoons Tarragon wine vinegar
2 tablespoons dried tarragon
1 tablespoon chopped scallions
10 peppercorns
1 ¾ cups Hollandaise Sauce

You can get ready made Hollandaise Sauce in gourmet markets or make your own. My recipe appeared last week.

Boil wine, vinegar, tarragon, scallions, and peppercorns until most of the liquid has been reduced. Discard the peppercorns. Pour mixture into hot Hollandaise sauce and blend with electric mixer for 5 seconds

Basic Hollandaise Sauce

6 egg yolks
¼ cup fresh lemon juice
½ teaspoon salt
½ pound melted butter
Cayenne pepper to taste

Combine egg yolks, lemon juice, salt and the cayenne in electric blender. Cover. Melt butter slowly to prevent browning. Turn blender on low and remove cover. Pour in hot butter slowly. Turn blender off immediately when just blended and serve right away.

Lemon Fish Sauce

This is ideal for grilled or steamed fish.

1 diced dill pickle
¾ cup olive oil mayo
½ cup grated parmesan cheese
1 large lemon juiced and the zest of the peel
4 tablespoons heavy cream
1 packet of Splenda sweetener

Dice the pickle or use a food processor. Add all the other ingredients and blend. Serve over seafood immediately or refrigerate for up to three days.

Classic Béchamel Sauce

This timeless classic sauce is ideal for chicken, fish, and vegetable dishes, making them rich and fancy this sauce is simple to make and is identical to those in the finest French restaurants.

1 ½ tablespoons soft butter
1 ½ tablespoons flour
1 cup hot milk
Pinch of nutmeg
Pinch of Thyme
Salt and white pepper to taste

Blend all ingredients in an electric blender at high speed for 10 seconds. Cook sauce over very low heat for just 3 minutes stirring regularly.

Artichoke Lemon Dip Recipe

- Prep time: 10 minutes
- Yield: Makes about 2 cups of dip

Ingredients

- 1 14-ounce (400 g) can of artichoke hearts, packed in water, drained
- 1/4 cup chopped fresh parsley
- 1/4 cup (25 g), packed, grated Parmesan cheese
- 1 Tbsp lemon zest
- 1 clove garlic, minced (about 1 teaspoon)
- 1/2 teaspoon fresh black pepper
- 1/4 teaspoon salt
- 8 ounces (225 g) cream cheese, room temperature
- 3 to 4 Tbsp. lemon juice

Method

1 put the drained artichoke hearts, parsley, Parmesan, lemon zest, garlic, and salt and pepper in a food processor. Pulse a few times until a paste forms. You should still be able to make out bits of parsley and lemon, so don't over-process it.

2 Place the cream cheese in a medium sized bowl. Add the artichoke parsley mixture and the lemon juice. Stir until well blended. Add more salt, pepper, and lemon juice to taste. Garnish with a few fresh leaves of parsley or ribbons of lemon zest.

Ham and Melon

Peel and slice cantaloupe into long wedges. Wrap each in your favorite ham such as Parma.

Pork Rinds and Dip

Fried pork, rinds have no carbohydrates and are neutral enough to go with many different dips. Try making a French onion dip with sour cream and fresh cream along with a packet of French's onion dip mix

Summer BBQ Meatballs

For the meatballs

- 1 lb. ground pork
- 1 tsp granulated sugar substitute
- 1 tsp paprika (smoked if you have it)
- 1/2 tsp salt
- 1/4 tsp black pepper

- 1/4 tsp cayenne pepper
- 1/2 tsp ground cumin
- 1/4 tsp celery salt
- 1 egg
- 1/4 cup almond flour
- 1 Tbsp water

For the BBQ sauce

- 1/4 cup yellow mustard
- 2 tsp Frank's Hot Sauce
- 1 Tbsp dried onion flakes
- 3 Tbsp granulated sugar substitute (honey for Paleo)
- 2 Tbsp apple cider vinegar
- 2 Tbsp low sugar ketchup
- salt and pepper to taste

- Start the sauce first so the flavors have time to develop while you are making the meatballs.

For the sauce.

- Combine all ingredients in a small saucepan, stirring until smooth. Simmer on low heat for about 8 minutes.

For the meatballs

- Combine all of the meatball ingredients in a medium bowl and mix thoroughly. Form into 16 meatballs. In a large, nonstick sauté pan, fry the meatballs over medium heat until golden on all sides and cooked through. About 3 - 4 minutes per side. Toss the meatballs gently in the sauce, then spread on a parchment lined baking sheet and broil (carefully!!) for 2 - 3 minutes.

Bacon Wrapped mini meat loaves

- 1 lb. ground beef
- 1/2 lb. bacon, cut in small chunks
- 8 additional strips of bacon
- ¼ cup coconut milk
- 2 garlic cloves, minced
- 1/3 cup fresh chives, minced
- Fresh parsley, chopped
- Ground black pepper to taste

1. Preheat your oven to 400 F

2. In a big bowl, combine the ground beef, the bacon chunks, the garlic, the chives, and the coconut milk. Mix well until all the ingredients hold together. You can use an electric mixer to save some time.

3. Season the mixture with freshly ground black pepper to taste. No need to add salt to the mixture since the bacon is already salty enough.

4. Take a medium size muffin tin and place a slice of bacon around the sides of each hole.

5. Fill these same eight holes with the beef mixture.

6. Place in the oven and cook for 30 minutes.

7. Once ready and cool enough to handle, remove the mini meatloaves from the muffin tin and serve with fresh parsley sprinkled on top.

Bacon Avocado and Egg Salad

- 1 ripe avocado, chopped into chunks
- 2 boiled eggs, chopped into chunks
- 1 medium-sized tomato, chopped into chunks
- Juice from one lemon wedge
- 2-4 cooked pieces of bacon, crumbled (optional)
- Salt and pepper to taste

Directions:

Mix all ingredients together, stirring not too much, but just enough to make some of the avocado and egg into mush.

This is quick and very tasty.

Broccoli and Cheese Mini Egg Omelets

Servings: 4 1/2 • Size: 2 omelets • Old Points: 4 • Calories: 167 • Fat: 8.5 g • Carb: 5 g •

Fiber: 2.5 g • Protein: 18 g • Sugar: 0 g Sodium: 317 mg (without the salt) • Cholest: 170 mg

Ingredients:

- 4 cups broccoli florets
- 4 whole large eggs
- 1 cup egg whites
- 1/4 cup reduced fat shredded cheddar (Sargento)
- 1/4 cup good grated cheese like pecorino Romano
- 1 tsp olive oil
- salt and fresh pepper
- cooking spray

Directions:

Preheat oven to 350°. Steam broccoli with a little water for about 6-7 minutes.

When broccoli is cooked, crumble into smaller pieces and add olive oil, salt and pepper. Mix well.

Spray a standard size non-stick cupcake tin with cooking spray and spoon broccoli mixture evenly into 9 tins.

In a medium bowl, beat egg whites, eggs, grated cheese, salt and pepper. Pour into the greased tins over broccoli until a little more than 3/4 full. Top with grated cheddar and bake in the oven until cooked, about 20 minutes. Serve immediately. Wrap any leftovers in plastic wrap and store in the refrigerator to enjoy during the week.

Burgundy Hamburgers

An easy way to kick up the Hamburger!!

2 1/2 pounds fresh ground round steak

2 3- ounce cans deviled ham spread

½ pound bleu cheese

1 cup Burgundy Wine

2 tablespoons Butter

Salt and fresh ground pepper to taste

Combine ground meat with ham spread and the seasonings and the bleu cheese. Divide into eight portions. Pour wine over hamburgers, cover and refrigerate for 3 to 4 hours, turning them once. Drain and reserve the wine.

Preheat your broiler. Melt butter in shallow baking pan and broil hamburgers about 2 inches from the heat source for about 4 minutes per side for rare or 6 minutes a side for well done. Remove hamburgers to a heated platter. Stir wine into cooking pan and scrape the sides and bottom to combine. Bring to a boil and reduce the volume to ½ cup. Check the sauce for proper seasoning of salt and pepper and pour over hamburgers. Serve at once!!

Stuffed Mushrooms

Ingredients

Mushrooms

cream cheese

package of bacon

green onions

Directions

Remove the stems from all the mushrooms, wash well. Mix up the cream cheese, the cooked bacon (chopped) and the green onions. Fill each cap with mixture. Bake at 375 degrees for approximately 20 minutes. Enjoy! These go super fast at any function I have made them for, so make sure you get one before you put them out!!

Chinese Egg-Drop Soup

½ pound very lean pork cut in julienne strips

1 tablespoon soy sauce

1 teaspoon dry sherry

6 cups chicken or beef broth

Salt and pepper to taste

1 egg lightly beaten

Combine pork strips with soy sauce and sherry. Marinate 15 to 20 minutes. Bring the broth to a rapid boil and stir in salt and pepper. Gradually add the pork back slowly so as to not stop the boiling. Once all the pork has been added cook for an additional 3 minutes. Very slowly pour

eggs into boiling soup, stirring constantly. Immediately remove saucepan from heat so the eggs will shred. Serve immediately.

Bacon Wrapped mini meat loaves

- 1 lb ground beef
- 1/2 lb bacon, cut in small chunks
- 8 additional strips of bacon
- ¼ cup coconut milk
- 2 garlic cloves, minced
- 1/3 cup fresh chives, minced
- Fresh parsley, chopped
- Freshly ground black pepper to taste

1. Preheat your oven to 400 F
2. In a big bowl, combine the ground beef, the bacon chunks, the garlic, the chives and the coconut milk. Mix well until all the ingredients hold together. You can use an electric mixer to save some time.
3. Season the mixture with freshly ground black pepper to taste. No need to add salt to the mixture since the bacon is already salty enough.
4. Take a medium size muffin tin and place a slice of bacon around the sides of each hole.
5. Fill these same eight holes with the beef mixture.
6. Place in the oven and cook for 30 minutes.
7. Once ready and cool enough to handle, remove the mini meatloaves from the muffin tin and serve with fresh parsley sprinkled on top.

Marinated Mushrooms

- 1 pound small fresh mushrooms
- ½ cup wine vinegar
- 2 tablespoons olive oil
- ½ teaspoon crushed oregano
- 1 tablespoon chopped fresh parsley
- 1 clove garlic chopped
- Salt and pepper to taste

Thoroughly wash mushrooms, leaving the stems on. Boil mushrooms in salted water for 5 minutes. Drain. Combine remaining ingredients with mushrooms in a large jar. Cover and refrigerate overnight. A great little appetizer!!

Eggs Stuffed With Salmon

- 8 hardboiled eggs
- ¼ cup flaked salmon
- 2 tablespoons minced onion

3-4 tablespoons mayonnaise
1 tablespoon fresh lemon juice
Salt to taste
Cayenne pepper to taste
Dice pimiento for topping

Split eggs long wise and scoop out the yolks, reserving the whites for stuffing. Combine the yolks with all the other ingredients and blend until very smooth. Spoon mixture back into whites and garnish with the diced pimiento.

Lime & Mint Salad Dressing

There is nothing better than a homemade dressing. The freshness of the ingredients compliment the fresh salad veggies you are using.

$\frac{3}{4}$ cup olive oil
 $\frac{1}{4}$ cup FRESH lime juice
1 teaspoon fresh parsley minced
1 teaspoon fresh mint minced
 $\frac{1}{4}$ teaspoon dry mustard
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon white pepper

Combine all ingredients and blend until emulsified. Chill well before serving

Cauliflower Au Gratin

This is an ideal substitute for a potato dish. Easy to make and I'm sure it will become a family favorite of yours as well.

1 large head of cauliflower

Sauce:

$\frac{1}{4}$ cup grated parmesan cheese
1 cup grated gruyere cheese
 $\frac{1}{2}$ cup half & half
 $\frac{1}{2}$ cup water
Salt & pepper to taste

Cut up the cauliflower into medium florets. Boil in lightly salted water until just fork tender. Do NOT overcook. Drain and let cool. Arrange florets in a pie pan or gratin dish.

Heat the half & half along with the water in a medium sauce pan. Once at a soft boil add the Gruyere cheese and the seasonings and stir constantly. Sauce should thicken as the cheese melts. Once thickened pour over cauliflower to cover. Sprinkle the Parmesan over the top and bake in a 350 degree oven for about 20minutes or until the cheese topping turns light brown. Serve at once.

Lemon Parmesan Tartar Sauce

This sauce is especially good with grilled fish but may also be used with grilled chicken.

1 finely chopped dill pickle
¾ cup olive oil mayonnaise
¼ cup parmesan cheese
2 tablespoons fresh lemon juice
Zest of one lemon
4 tablespoons heavy cream
½ teaspoon Splenda (optional)
Salt & White Pepper to taste

In a food processor add all the ingredients and process until smooth and creamy. Serve immediately or store in an airtight container in the refrigerator for up to 5 days.

Ensalada Caprese with a Twist

This salad can make a great starter to a meal or in a larger portion can be perfect for lunch

10 whole basil leaves
2 tablespoons olive oil
2 tablespoons Balsamic Vinegar
2 ripe tomatoes
6 slices whole milk buffalo mozzarella
4 slices prosciutto

Slice the tomatoes so they yield 3 good slices after the top and bottom of each tomato has been discarded. Begin assembling the Caprese by laying down a basil leaf, a slice of the mozzarella, a slice of the prosciutto and then a tomato slice. Repeat this 3 times for each of 2 salads. Take the remaining two basil leaves and slice thinly. Sprinkle over each salad. Combine the vinegar and olive oil and drizzle over each salad. Allow salads to “sit” for about 5 minutes before serving.

A Low Carb Breakfast Omelet

I'm very fond of eggs – the most perfect food. This omelet is often on the menu at our house, especially on weekends.

3 eggs
Splash of milk or half & half
¼ medium onion diced
½ medium red bell pepper sliced
¼ cup sliced mushrooms
½ cup grated gruyere or Swiss cheese
1/8 teaspoon cayenne pepper
Butter
Salt & Pepper to taste

Beat the whole eggs with the milk or half & half until combined. Heat butter in a non-stick pan until bubbly. Pour in the eggs ensuring that they are evenly covering the pan. Add all the other

ingredients and cook over medium heat until the eggs are set. Fold the eggs on themselves and continue to cook slowly until the eggs are completely cooked. Remove and serve at once.

Parmesan Sauce

This decadent sauce may be used over pasta if not counting carbs or over chicken breast and grilled veggies on a low carb program. I have used this over shrimp and even steamed veggies for a great meal.

2 tablespoons Butter
1 teaspoon dried minced garlic
1 cup chicken broth
1 cup grated parmesan cheese
½ cup heavy cream
1 tablespoon Arrowroot
Salt & Pepper to taste

Heat the butter in a medium sauce pan over medium heat Add the broth, the cream, and the cheese. Simmer for 3-5 minutes stirring often. Season to taste. Mix the Arrowroot with a little water and stir into sauce. You can use more if you wish a thicker sauce. Arrowroot is great as a thickener as it has a fraction of the calories and carbs of flour or corn starch. Serve hot.

Cucumber Bites with Herb Cream Cheese and Cherry Tomatoes

Needed:

4 Ounces (1 Brick) Cream Cheese, Softened to room temperature
1/4 Cup Ranch Dressing (Yes, good old Hidden Valley)
2 TBS Dill (can use other spices... Thyme is excellent also)
3-4 Long Cucumbers. skinned and Slice into thirty 1 inch slices
15 Cherry Tomatoes, sliced in half
Additional Sprinkle of Salt (to Taste, Careful, little goes a long way)
Additional Sprinkle of Spice (same as used in Cream Cheese) for Garnish
Additional Sprinkle of Paprika OR a Cajun Spice Mix (optional) for Garnish (and an extra kick if you use the Cajun Mix)

Directions:

- 1) First, Make up the HERB CREAM CHEESE, in a stand mixer, mix the softened Cream Cheese with the Ranch dressing and herbs. Mix until well combined. Spoon into a piping bag with a star tip.
- 2) Prepare the Cucumber, remove peel, using a fork, and score the sides. Slice into 1 inch pieces. Using a melon Baller, remove a portion of the center of one side of the piece of cucumber, leaving a half moon crater.
- 3) Pipe the Herb Cream Cheese into the crater. Enough to stick out of the top about 1/2 inch.
- 4) Add a half Cherry Tomato partially buried into the Herb Cream Cheese

- 5) Sprinkle additional salt, herbs and spice mix for additional color. Chill in the fridge until ready to serve.
- 6) Serve Chilled and ENJOY!

Drunken Fruit!!

While many fruits can be high in carbs due to the fructose sugar, this combination is relatively low, providing about 7 grams of carbohydrates – not bad for a dessert. Besides once you've consumed it you should feel pretty good!!

- ½ cup fresh halved strawberries
- ½ cup sliced fresh peaches
- ½ cup fresh pineapple cubes
- ¼ cup brandy
- ½ bottle pink champagne extra dry (preferably French!)

Stir fruit and brandy together and let marinate in refrigerator for at least 1 hour. Fill large chilled goblets half full of the fruit combo. At the table pour champagne over fruit and serve immediately.

Clam Dip

- 3 ounces cream cheese
- ¾ cup Mayonnaise
- 1 8 ounce can minced clams fully drained
- 1 teaspoon crushed garlic
- ½ teaspoon paprika
- 1 tablespoon Worcestershire sauce
- Salt and Pepper to taste

Blend cream cheese and mayo until smooth Stir in all other ingredients until well blended. Refrigerate and serve chilled.

Baked Ham in Madeira Sauce

Ham is not just a holiday entre any longer. It is often served for dinner parties or family Sunday dinners at home. This unique variation is one way I prepare a ham to change it up.

- 1 8 pound precooked ham
- 1 cup Madeira wine
- 2 cups beef broth
- 12 teaspoon thyme
- 1 bay leaf
- ¼ cup sugar OR 6 envelopes of Splenda
- 1 tablespoon Arrowroot (a low calorie/carb thickener)
- 3 tablespoons melted butter

Fresh Fruit for Low Carb Diets

Many people complain about not being able to enjoy fresh fruits while following a low carbohydrate diet plan. Well certainly in the early phases of this program most fruits are off limits but once you are in the second or third phases of the program some fruits would be acceptable. Following is a list of the lowest carbohydrate fruits. Each ½ cup serving will contain about 10 grams of available carbohydrates:

Apples

Apricots (fresh)

Blackberries

Blueberries

Grapefruit

Pears

Pineapple

Raspberries

Strawberries

Zucchini and Tomatoes in White Wine

½ cup chopped onions

2 tablespoons butter

6 cups unpeeled sliced zucchini

2 ½ cups of peeled chopped tomatoes

1 teaspoon oregano

1 teaspoon salt

Pepper to taste

½ cup dry white wine

Sauté onions in butter until tender. Stir in all other ingredients and simmer slowly for about 10 minutes. Zucchini should be tender but not mushy.

French Onion Soup

3 cups sliced onions

2 tablespoons olive oil

2 tablespoons butter

8 cups strong beef bouillon

1 cup dry red wine

2 bay leaves

Salt and Pepper to taste

Parmesan cheese

Sauté the onions in the oil and butter until just tender and browned slightly. Add the bouillon, wine, bay leaves, and the seasonings. Simmer for 30 minutes and serve, topping each serving

with the parmesan cheese. Note: this soup can be made a day ahead and refrigerated. It tastes even better!!

Orange Muffins

3 egg yolks
3 tablespoons cottage cheese
2 teaspoons grated orange rind
3 tablespoons soya powder sifted
3 egg whites
¼ teaspoon cream of tartar
Pinch of salt

Preheat oven to 350 degrees. Butter a Teflon coated muffin pan. Blend egg yolks and cheese in blender for about 15 seconds. Scrape down sides of blender and add the rind and blend again. Beat egg whites, cream of tartar and salt until stiff peaks form. Fold in the yolk mixture into the stiff egg whites carefully as to not break down the whites. Fill the 6 muffin pan with the mixture to half full. Bake 45 minutes or until golden brown. Serve right away

Attention shrimp lovers!!

Try this quick way to make fabulous shrimp.

Melt a stick of butter in the pan. Slice one lemon and layer it on top of the butter. Put down fresh shrimp, then sprinkle one pack of dried Italian seasoning. Put in the oven and bake at 350 for 15 min. Best Shrimp you will EVER taste.

Taco Soup

With fall approaching we start to think of heartier meals. This soup meets that standard and is a tasty low carb, low calorie meal.

2 TBL olive oil
1 pound ground beef
2-3 TBL chili powder
½ tsp ground cumin
1 medium onion diced
1 small jalapeno, (remove seeds) diced
4 cups beef broth
1 cup diced tomatoes

1 cup cauliflower cut up
½ cup celery chopped fine
½ cup black olives sliced
Salt & Pepper to taste

Heat a large stock pot over high heat. Add the oil and brown the beef. Add the chili powder, cumin, salt & pepper, stir to combine. Add the onions, jalapeno and the celery. Continue to cook until the beef is well browned.

Lower heat to medium and add the tomatoes and the cauliflower. Add the broth and simmer for about 5 minutes. Add the olives. Stir and serve at once.

Serving size: 2 cups. Carbs 5 grams, calories 320

Guilt Free BBQ Sauce

Most people watching carbohydrates or calories often choose lean cuts of meat or chicken, which is a good thing. However when it comes to sauces, people often forget that they are usually loaded with sugar and hence carbs. This recipe is tasty and will not sabotage the diet program you have chosen.

2 tablespoons butter
½ small onion finely chopped
1 cup diced tomatoes (canned or fresh)
1 can chipotle peppers finely chopped
2 tablespoons Champaign vinegar
1 tablespoon of Dijon mustard
2 packets Splenda sweetener
Salt & Pepper to taste

Melt butter in saucepan over medium heat. Add the onion, salt and pepper and cook until the onion has browned. Add the tomatoes, chipotle, vinegar, sweetener and the mustard. Cook about 5 minutes. The mixture should thicken. Transfer to a blender and blend until completely smooth. This can be served right away but also keeps well in refrigerator for up to 2 months.

Chicken Parm

2 skinless chicken breasts split
Tomato sauce
2 cups coarse grated mozzarella cheese
1 cup fine grated parmesan cheese
2 tablespoons Italian seasoning

Salt & Pepper to taste

Begin by sautéing chicken breasts on stovetop in olive oil until browned and just cooked. Preheat oven to 400 degrees. Transfer chicken to baking sheet. Cover with the tomato sauce. Sprinkle spices over the sauced chicken. Cover with the mozzarella cheese. Lastly cover with the parmesan cheese. Place in oven for about 12 – 15 minutes or until cheese is melted and starting to crust over. Remove from oven and let rest for about 5 minutes then serve.

Makes 4 servings. 8 Grams Carbs per serving.

Curried Chicken Salad

1 medium onion peeled & chopped fine
3 whole chicken breasts
3 boneless chicken thighs
1 cup diced celery
½ cup diced cucumber
½ cup oil & vinegar dressing
1 teaspoon curry powder
½ cup mayonnaise
½ teaspoon soy sauce
½ cup black olives
½ cup sliced radishes

Bake chicken pieces at 350 degrees for 45 minutes or until done. Let stand and cool. Dice chicken without the skin. Combine with the celery, cucumber balls, radishes, olives, dressing and salt & pepper to taste, with the chicken pieces. Refrigerate 1-2 hours. Remove from refrigerator and drain any remaining juice from the chicken mixture. Combine Mayonnaise, curry and soy sauce and stir into chicken mixture. Serve on a bed of butter lettuce or stuff into large hollowed out tomatoes.

Serves 6-8

2.5 grams carbs per serving

Brunch Frittata

This dish is excellent for a brunch day and is quite easy to prepare. We often serve it for guests and it's so delicious no one ever realized that it's extremely low in carbs!!

1 lb of bacon
1 onion chopped
1 bag washed spinach
2 cups sliced mushrooms
1 small can of diced jalapeno peppers (optional)
1 stick butter

18 whole eggs

4 cups grated cheese (cheddar or a mixed pack)

Salt & pepper to taste

Begin by cooking down the bacon in a large pan. When reduced add the onion, mushrooms & peppers and continue to cook. Add the spinach and cook until wilted. In the meantime crack the eggs in a large bowl and beat well. Add 2 cups of the grated cheese to the eggs and stir. Season the eggs with salt and pepper.

Once the bacon mixture has cooked down add the stick of butter and simmer until melted. Add the egg mixture and slowly stir to combine. Continue cooking on medium heat until the mixture begins to thicken. Transfer to a 12" non-stick oven safe frittata pan. Bake at 350 degrees for about 30 minutes. Be sure and test level of readiness with a toothpick in the center. When cooked through add the remaining 2 cups of grated cheese to the top and switch the oven from bake to broil and continue broiling until the cheese on top is melted and bubbling. Remove and let stand for 5 minutes. If you wish you can serve from the pan or you can double flip the frittata so that you can use your favorite serving bowl or platter for presentation.

Serves 6 -8 – Carbs per serving: 6 grams

Low Carb Onion Dip

Everyone likes appetizers and snack foods. With football season upon us fans seem to love munching during these events. A low carb treat safe for the majority of dieters, is simple to make and if you serve it with low carb chips or better still veggies such as broccoli and cauliflower, it can easily satisfy without all the carbs.

ONION DIP

1 cup sour cream

2 teaspoons toasted dried onion

1/2 teaspoon toasted onion powder

1/2 teaspoon seasoning salt or add to taste

1 teaspoon paprika

¼ teaspoon red pepper

1/2 teaspoon chives, minced

Blend all of the ingredients and chill several hours to allow the flavors to meld. Serve with low carb chips, crackers, or veggies.

Makes 1 cup

Low Carb Barbecued Spareribs

3 racks pork spareribs

½ cup tomato sauce

4 tablespoons soy sauce
2 teaspoons minced garlic
4 tablespoons red wine
1 teaspoon ground ginger
2 tablespoons honey
1 tablespoon paprika
1 tablespoon chili powder
Salt/pepper to taste

Preheat oven to 300 F. Cut ribs into 4- rib sections. Place on a rack in a baking pan and bake for 45 minutes. Drain drippings and take ribs off the rack and place in the bottom of the baking pan. Combine the sauce ingredients above and mix well. Brush ribs with the sauce and bake 30 minutes longer. Continue brushing with sauce every 10 minutes or so. When tender transfer to a serving plate and pour remaining sauce over.

Note: you can also finish the ribs on the outside grill after the initial baking period.

Serves 8 Carbs 5.5 grams per serving

Arugula with Pears and Pecans!

4 cups washed arugula hand torn and dried well
1/2 ripe pear sliced thin
1/4 cup pecan halves
4 tablespoons olive oil
Juice of 1 lemon
1/4 cup raspberry or light cranberry juice
Salt and Pepper To taste

4 Tablespoons of Fresh Parmesan Cheese sliced with slicing grater

Combine arugula in salad bowl. In another bowl, add the lemon juice, the raspberry or cranberry juice, the salt and pepper. While mixing slowly add the olive oil to encourage combining. Pour this over the arugula and toss well.

When ready to serve, garnish the salad with the sliced pears and pecans and serve at once.

Yields two to three servings (or one for me!) and 7 grams of digestible carbs and 3 grams of protein....

This has been one of my favorite dishes for some time. It's not too heavy yet it has a little more body to it than many of my favorite summer dishes. Try it and let me know what you think....

Lemon Chicken in a Light Cream Sauce!

Service for 8:

2 chickens cut up

3 tablespoons butter

6 tablespoons olive oil!! 1 1/2 cups light cream

3 tablespoons sherry Fresh grated parmesan cheese

6 tablespoons dry white wine thin lemon slices

2 tablespoons grated lemon peel Chopped fresh chives

2 tablespoons fresh lemon juice

Salt & Pepper to taste

Brown chicken in butter and oil. Cover and simmer slowly for about 30 to 40 minutes. Drain juices and arrange chicken on serving platter. Combine the sherry, wine, lemon peel, lemon juice, salt and pepper into the skillet with the juices. Bring up to just below boiling and slowly stir in the cream. Cover and simmer on low for about 2 or 3 minutes. Pour over chicken and then top with the parmesan cheese and garnish with the fresh lemon slices and chives.

ENJOY!!

Stuffed Cucumbers

This is a great summer snack or side dish that takes very little preparation.

1 large unpeeled cucumber

3 ounces cream cheese

1 tablespoon chives

½ teaspoon fresh parsley

1 teaspoon dry sherry

2 tablespoons mayonnaise

1 teaspoon paprika

Salt & pepper

Cut cucumber in half crosswise and remove the center with a spoon and discard. Combine all ingredients and mix until smooth. Fill the hollow cucumber channels with the cheese mix and put the two halves back together. Chill in refrigerator for at least 2 hours. Cut cucumber into 1/3 inch slices and arrange on bed of lettuce. Cover and chill until just ready to serve.

Low in Calories and only .3 grams of carbs per slice!!

Pork Tenderloins in Sherry Cream Reduction!

Four Pork Tenderloins (about 1/2 inch thick)

Coarse Ground Black Pepper

Salt to taste

Olive Oil

1 cup sliced mushrooms

1 cup medium dry sherry

1 cup Chicken Stock

1/2 cup whole cream

1 teaspoon arrowroot dissolved in a little cold water

Salt and pepper the tenderloins, pushing the coarse pepper into

The meat on both sides. Heat the olive oil and cook the pork on both sides until brown and cooked about 80 percent through. Remove the tenderloins and add the mushrooms, cooking until glazed. Add the chicken stock and the sherry and reduce by about half. Reduce the heat to medium and add the cream. Return the tenderloins to the sauce and simmer for about 5 minutes or so. Thicken the sauce with 1 teaspoon of arrowroot mixed in a little water. (Note: arrowroot has a fraction of the calories of corn starch or flour and thickens beautifully with a nice glaze)

Servings: 2. Total Carbohydrates per serving: 4 grams!

Beef Roles

This is a classic dish from Southern Germany. With my little twists it easily becomes a very low carbohydrate entrée.

4 slices thick cut bacon

1 cup diced onion

4 large slices of top round steak (about ½ inch thick)

4 tablespoons German style mustard

Salt and Pepper to taste

1 teaspoon herbs de province

3 cups beef broth

4 tablespoons sherry

Arrowroot for thickening

Cook bacon about half way through. Lay out the beef slices and pound until soft and flat. Spread mustard on meat then add the onions. Lay one strip of bacon on each meat slice. Salt and pepper to desired intensity. Roll up the meat and secure with toothpicks or string.

Brown the meat in a deep pan or Dutch oven. When browned on all sides remove and add the herbs and the broth to the pan. Return beef, cover and simmer in the oven at 300 degrees for about 1 hour or until fork tender.

Remove beef rolls and bring sauce to a boil. Reduce liquid to about 1 ½ cups. Add the sherry and thicken with arrowroot (has much less carbohydrates) Return beef and let simmer for about 5 minutes.

Each role will be about 5 grams of carbs.

Fillet of Sole with White Wine Sauce

4 fillets of sole

1/2 pound cook crab meat chopped

4 tablespoons melted butter

2 tablespoons finely chopped onions

1 cup dry white wine

1 cup chicken broth

2 tablespoons fresh lemon juice

1 tablespoon arrowroot for thickening

3 egg yolks

1/2 cup heavy cream

Lemon Wedges and parsley for garnish

Split fillets lengthwise and stuff with crab meat. Roll and hold with toothpicks.

Pour butter into shallow baking pan and place fillets side by side.

Sprinkle with onion. Combine wine, broth, and lemon juice and pour around fillets. Salt and pepper to taste. Bake for 12 minutes at 375 F. Transfer fillets to serving platter and reduce fluid to 2/3 cup. Dissolve arrowroot in 2 tablespoons of the liquid and stir into remaining sauce. Cook until thickened and pour over fish. Serve immediately with garnish. Total Carbs 2 grams/serving.

Zucchini Muffins – Great for Breakfast!!

Ingredients:

2 large eggs

2 Tablespoons olive oil

1 Teaspoon vanilla extract

1 Cup shredded zucchini

1 Cup flaxseed meal

2 Tablespoons low-carb vanilla protein powder (1oz)

1/3 Cup granular sugar substitute (sucralose)

3/4 Teaspoon baking powder

1/4 Teaspoon salt

1 1/2 Teaspoons ground cinnamon

1/8 Teaspoon ground allspice

Directions:

Preheat an oven to 350°F. Grease a standard 6 muffin non-stick tin.

Combine the eggs, oil and vanilla in a small bowl. Using a whisk beat until frothy about 1 minute. Add the shredded zucchini.

Add the flax meal, protein powder, granular sugar substitute, baking powder, salt, and spices. Mix with a spoon to combine.

Bake for 25 minutes or until puffed, and cooked through.

Red Wine Hamburgers

2 pounds lean ground beef

1 cup mushrooms very finely diced or 30 seconds in a food processor

2 eggs

1 cup red wine (burgundy is good)

3 tablespoons butter

Swiss or Cheddar cheese slices

Salt & pepper to taste

Combine the ground beef, mushrooms, seasonings and eggs in a large bowl and mix thoroughly. Form patties and place them in a shallow pan. Pour red wine over patties, cover and let marinate for 3 to 4 hours. Remove and drain burgers, retaining marinade. Cook either stovetop or outdoors on the grill. Bring remaining marinade to a boil, adding a little beef stock concentrate for taste. Thicken with arrowroot (lower in calories and carbs) and pour over cooked burgers.

LOW CARB PURE STRAWBERRY MOUSSE

INGREDIENTS

- 4 Servings sugar-free instant vanilla pudding mix
- 4 Servings sugar-free strawberry gelatin mix
- 2/3 Cup nonfat dry milk powder
- 1 1/3 Cups sliced fresh strawberries
- 1/2 Teaspoon vanilla extract
- 1/4 Cup whipped cream (light)

DIRECTIONS

1. Combine pudding, gelatin, and dry milk powder, in a large bowl.
2. In a separate bowl mash strawberries with water till you get 1 3/4 cups. Stir this into the dry ingredients, mix well with wire whisk. Add vanilla and whipped cream.

3. Spoon into 4 dessert dishes, cover with plastic wrap. Refrigerate at least 15 minutes before serving.

Kicked Up Mousse

Try this one. Very tasty and yet only 7 grams of carbohydrates per serving!!

8 oranges

6 egg yolks

3 packets Splenda or 2 tablespoons sugar

1 tablespoon grated orange rind

2 tablespoons Grand Marnier

2 cups heavy cream

Fresh Mint leaves

Juice oranges and strain ½ cup of juice. Beat egg yolks and sugar/Splenda over a double boiler for about 3 to 4 minutes and then stir in the orange rind. Stir orange juice and the Grand Mariner into the egg mixture. Beat until thick and creamy. Whip the cream to stiff peaks. Fold in the cream to the egg mix. Freeze about two hours before serving.

If you have any question about what diet you should be on calling our offices at 1-888-454-8464 and ask to speak with Dr Whiting.

Weight Management need neither be difficult or boring. There are thousands of choices and a simple quick sauce can transform an average dish into something special.

To obtain the maximum benefits from this program either for diabetes or obesity or both, we HIGHLY recommend using the following supplements to meet nutrient needs and prevent the production of starvation hormones as well as help control insulin production and blood sugar levels:

High Vitality

GlucoCrave Xtreme

Slim Cleanse

These may be obtained from Phoenix Nutritionals at www.phoenixnutritionals.com