

Meal-Building Ideas

(I refer to *The Joy of Cooking* for specific cooking instructions).

Fajita-Style Salad: Fry beef or chicken strips on the stove-top in butter alongside onions, garlic and bell peppers. Season with sea salt, peppers or other spices to taste. Serve on a bed of fresh, mixed greens along with fresh tomatoes and avocados for a fajita salad. Top with a vinaigrette and/or fresh salsa.

Pot Roast: Slow-cook a chuck roast (or other slow-cook beef cut) and add carrots, kale, mushrooms, garlic, onions to the crock pot or stove pot during the last 2 hours of cooking.

Omelette: Brown mushrooms, onions, bell peppers or favorite vegetables and add to beaten eggs while they are cooking. Place fresh spinach, avocado and tomato inside omelette pocket before serving.

Roasted Chicken & Vegetables: Roast a whole chicken in the oven, coated with butter, sea salt, broth and fresh or dried herbs and spices (takes approx 1 hour). For the last 20 minutes, add a tray of vegetables (zucchini, bell pepper, eggplant, broccoli, bok choy etc.) coated with coconut oil and sea salt.

Baked Tri-Tip on a Bed of Wilted Greens: Bake a tri-tip in the oven (approx 25-40 minutes). Add a tray of sliced onions during 25 minutes of the cooking time. On stove-top, heat choice of greens (mixed lettuce, chard, collard, etc.) for a few minutes, until “wilted. Slice tri-tip and serve over the heated greens; top with grilled onions.

Stir Fry: Chop bok-choy, chard and green onions and saute in sauce pan with coconut oil, butter, water or Bragg’s Liquid Amino and favorite herbs and seasonings. In another saucepan, fry strips of chicken, beef, fish or shell fish in the same manner, then combine.

Lettuce Wraps: Brown ground beef, turkey or buffalo, add hot-sauce, tomato sauce or favorite spices. Mix with fresh, chopped cabbage, green onions, peppers. Rinse & dry romaine or other large lettuce leaf and place mix within.

Quick & Easy Salads

- chopped endives, chopped avocados, olives and pine nuts
- halved cherry tomatoes, cucumbers and basil
- olives, chopped cucumbers, heirloom tomatoes and goat cheese
- baby spinach, chopped hard-boiled eggs, onions, strawberries and pecans
- variety of leftover roasted vegetables on a bed of mixed greens
- shredded jicama, shredded carrots, shredded (steamed) beets with raisins and walnuts

Salad Dressings (Sugar & Dairy-Free)

- 1:1 Balsamic vinegar and extra-virgin olive oil with Herbs de Provence, dry-mustard and Hawaiian black sea salt to taste
- 1:1 Lemon juice, extra-virgin olive oil and fresh, chopped basil and sea salt
- 2:1 Extra-virgin olive oil and red-wine vinegar, diced sun-dried tomatoes, Italian seasoning blend and sea salt

Time Savers:

- **Roasted Vegetables:** Cook a variety of vegetables up to have on hand. Fill all three oven racks with baking pans filled with a variety of vegetables, such as squash, green beans, bell peppers, eggplant, onions, potatoes, yams, broccoli and zucchini. Coat with coconut oil and sea salt, pepper or other spices to taste. To save time, I merely halve or quarter the veggies in lieu of chopping them into bite sized-pieces.
- When cooking beef, pork or chicken, make a large enough amount that you can have leftovers such as sliced roast beef or tri-tip or cubed chicken or ham to add to a salad for the next day.
- Hard-boiled eggs and cooked frozen shrimp are great to have on hand as an easy protein to add to a salad.

Provided by: Pacific Valley Chiropractic

www.pacificvalleychiropractic.com (408) 446 - 2800