

## Chapter 17. Recipes of Super Meals



---

### Preparation

---

The following are some general meal planning tips – some that I obtained from my mother and others that I obtained from nutrition-minded people:

- Obtain the following kitchen appliances/tools (mandatory):
  - A steamer to properly steam vegetables and prevent overcooking
  - A water filter to provide filtered water
  - A blender to produce vegetable, fruit, and nut juices and replace bottled juices/beverages, especially sodas and diet soda
  - A juicer to produce fresh raw vegetable, grass and fruit juices
  - Enameled cast iron cookware, stoneware, glassware, or some nonstick cookware to reduce the use of cooking oils
  - A Foreman grill to cook meat from the meat
- Obtain the following kitchen appliances/tools (optional):
  - A large pot to prepare vegetable soups
  - Glassware-like containers to protect fresh vegetables and fruits; and, to store and freeze future meals, including soups
  - A freezer to allow you to stock up on foods that are on sale
  - A pressure cooker or portable convection oven (to save time when cooking)
  - A coffee grinder (to grind up fresh flaxseeds)
- Depending on your health needs and finances, purchase organic, fresh, or frozen vegetables and fruits instead of canned. It is not necessary that all your food be organic unless you have a concern with pesticides and other harmful chemicals. The key is that you replace the “dead” processed foods with the “live” vegetables, fruits, nuts, seeds. Use the Alternative Foods table (Figure 16, page 354) and the Resources list (page 374) as a guide when you start shopping.

- Prepare vegetable soups and casseroles that are less time-consuming, healthy, and inexpensive, especially if you have a large family.
- If you choose to adopt the mentality that there is a war going on inside your body, then, grocery shopping is your way of selecting the right foods to obtain the “weapons and ammunition” to fight the “enemy” known as diabetes. In general, avoid the middle aisles of the large grocery stores because that’s where they usually stock the processed foods. Try to stay on the outside perimeter of the store.

---

### Cooking Tips

---

#### Beans, Grains, Nuts & Seeds

- Add canned beans to soups, salads, and casseroles to provide fiber, but, rinse the beans to remove the excess sodium.
- Soak beans (and discard the water) to break down the gas-producing sugars, stachyose and raffinose.
- Use barley in almost any recipe for rice, e.g. stuffed peppers, rice pilaf -- to provide more whole grain fiber.
- Use barley flour when making fresh bread or pasta.
- Use whole grains such as amaranth and quinoa because of their higher content of fiber, selenium, niacin, and protein. Replace refined white flour and all-purpose flour with oat flour, soy flour, etc.
- Avoid roasted nuts because roasting oxidizes the fat. Always soak nuts/seeds to break down the enzyme inhibitors which interfere with digestion (The enzyme inhibitors are nature’s defense mechanism of not being eaten before they can sprout and grow). Soak the nuts/seeds in a bowl of distilled water for 5-8 hours. Remove and discard the grains that float as they are likely rancid. Drain and rinse. Refrigerate nuts to protect the fat from turning rancid.



#### Desserts

- When making brownies, replace the semisweet chocolate with unsweetened cocoa and the butter with a cup of pureed prunes, which keep the brownies moist.
- When making a chocolate cake, replace the chocolate with cocoa, use fewer egg yolks, and reduce the amount of butter by substituting some nonfat yogurt.

- Add a handful of walnuts and a half-cup of blueberries to your bowl of ice cream to provide some fiber and protein and slow down the absorption of the sugar.
- Make your own homemade ice cream with low fat cream and fresh fruit. If you purchase your ice cream, do not buy the low fat versions because they contain more sugar and are less filling. Instead buy the rich ice cream, but eat less of it with some nuts and fruit.
- Sherbet, sorbet, ice milk, and low fat frozen yogurt are alternatives to the rich ice cream, but, be careful not to overeat them because they tend to be less filling and contain more sugar.

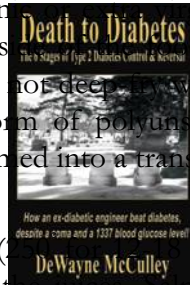
### Fats, Oils

- Use rice bran oil, olive oil or cold-pressed macadamia nut oil for low heat stir-frying and sautéing foods. Use “light” olive oil for baking because it has little or no olive taste. Use a nonstick cooking spray made with olive oil but not in a high heat environment. Use extra virgin olive oil to drizzle on meats and foods after cooking. Rice bran oil is rich in Vitamin E, tocopherols and tocotrienols, a unique antioxidant known as gamma-oryzanol, high quantities of phytosterols, polyphenols and squalene; and has a high smoke point.
- Use extra virgin coconut oil for baking because this saturated fat is very healthy and can help lower cholesterol.
- Instead of butter, spread a pat of extra virgin coconut oil onto a slice of sprouted grain bread and lightly toast. (Thanks, Cynthia)
- Mix 1-2 tablespoons of extra virgin olive oil into your tub of (soft) margarine spread.
- Avoid the clear vegetable oils such as corn, sunflower. Extra virgin olive oil (or rice bran oil) is the preferred oil for salads. and steamed vegetables, as it provides antioxidants and helps the body absorb the vegetable’s fat-soluble nutrients (e.g. carotenoids).
- Extra virgin olive oil does not stay liquid when it is refrigerated. Mix extra virgin olive oil (60%) with flax oil (40%) or with macadamia nut oil to create your own new “super” oil that will remain more liquid when stored in the refrigerator. (Thanks, Larry P.)
- Reduce cooking with oil, which breaks down when overheated and forms harmful chemicals. If you decide to cook with oil, add the oil



to the food before cooking, and use stoneware to not overcook or “burn” the oil. Do not reheat or reuse oil. Avoid deep-frying, which creates carcinogens such as acrylamide.

- Freshly ground flaxseed is much healthier than flax oil, but it should be consumed almost immediately because the ALA oil in it goes rancid very quickly when exposed to air. Because polyunsaturated oils such as flaxseed or walnut oil become rancid when exposed to heat, light, and oxygen for too long, they should be stored in dark glass, tightly closed containers in the refrigerator. Only purchase organic flax oil that is being refrigerated in an opaque container (to keep out light) and has an expiration date. Refrigerate the flax oil after opening the bottle and try to use it up within 3 months because flax oil does not retain its vital nutrients even under proper care.
- But, if you decide to deep-fry, when high heat is used, use a healthy saturated fat such as organic coconut oil. And, use a flash-fryer to sear the outside of the food and prevent the oil from seeping into the food. Do not deep-fry with a polyunsaturated oil or shortening, which is a form of polyunsaturated fat that has been hydrogenised and transformed into a trans fat.



### Meats, Fish, Dairy

- Cook wild salmon slowly (30-45 minutes, depending on size and thickness) to seal in the juices. Salmon is done when it turns translucent to opaque, and flakes separate easily with a fork. Use a light brushing of olive oil to help avoid salmon sticking to a grill or baking sheet. When grilling start with the skin side up and flip only once. The skin side has the rich oils, which will be drawn into the salmon by the heat below. Also, to prevent sticking, cut a potato in half and run it lengthwise down the hot grill – the starch will act as a natural lubricant. For seasoning, use a simple brushing with olive oil, sea salt, pepper, or a mix of olive oil, chopped fresh mint and cilantro.
- Fish can be broiled, baked, grilled, or steamed, but, be careful not to overcook and dry out the fish. Shrimp, lobster, and scallops are good choices for stir-frying with vegetables.

- If you miss fried fish, coat the fish in egg whites and bread crumbs, then bake until crispy. Squeeze some lemon or orange juice and sprinkle some dill over the fish. Top the fish with some fresh parsley, basil or thyme for added flavor.
- If possible avoid grilling, broiling or frying animal meat, especially red meat. Toxic compounds are created that have been linked to several cancers. To reduce these levels of carcinogens, use lean cuts only, marinate them, and flip them frequently on the grill to reduce the cooking time. Avoid smoked and processed meats such as bacon, sausage, ham, hot dogs, bologna, and lunch meats, which have been linked to cancer, multiple sclerosis, and Type 2 diabetes.
- If you eat beef, eat only the lean beef. The leanest cuts usually carry the label “USDA Select”. Select beef contains 40% less fat than “prime” and 20% less fat than “choice”. If financially possible, eat only organic USDA certified beef. Avoid the meat if it has a lot of marbling – this indicates a high fat content. Cut away any visible fat before cooking the meat to reduce the fat and toxin intake. While broiling meat, let the fat drip off, but don't let it drain on hot charcoal or a hot burner because this will produce undesirable fumes.
- Use ground turkey or chicken in place of ground beef for lasagna, soups, stuffed peppers, etc. to reduce your saturated fat intake. If you really prefer beef, use organic, free-range beef and use 20-25% less meat. Other meat options include wild game such as venison and bear because they provide Omega-3 EFAs and conjugated linoleic acid (CLA).
- Marinade meat overnight in something flavorful, e.g. olive oil, garlic, ginger, and light soy sauce. Use olive oil as part of the marinade to “break down” the harmful saturated fats and to increase the flavor.
- Sauté your meats with red and green peppers, onions, garlic, mushrooms, tomatoes, and other vegetables that you like to give the meat a better flavor and reduce the amount of meat that you would normally eat because of the extra vegetables.
- To reduce the amount of arachidonic acid in steaks and roasts: trim all the visible fat from the steak, then place it in a large resealable plastic bag along with a mixture of 1 cup of red wine and 1 cup of olive oil or light sesame oil. Allow the meat to marinate in this

