

# NULEAN™

## SCRUMPTIOUS FOOD RECIPES

Here are some addition ideas for meals while doing the NuLean Cleanse. A key to choosing foods for this program is to go back to basics. Buy items with the least amount of ingredients. Avoid anything with oils, sugar, or artificial ingredients, preservatives, as well as artificial colors.

### SEAFOOD & FISH

You can get pretty creative with fish. You want to stick to white fish as much as possible, but for a treat, you can try other fish once in a while, especially salmon. You can go to the fresh fish market and get a couple of items that you can combine for a dinner, such as Grouper and Salmon for a special meal, like if you have a birthday, anniversary, etc. to celebrate and want to cook at home, but still stay on the program.

#### Ideas for Cooking White Fish (Cod, Flounder, Tilapia, etc.)

You can bake or broil any of these fish for a quick and easy dinner. Cook it until you can break it apart easily with a fork.

#### Lemon Fish

Squeeze lemon on the fish before or after cooking it. You can spice it up before cooking it, too. Get creative and experiment with spices that you like. Bake or Broil this recipe.

#### Baked Fish

Slice onion and green pepper very thinly, and maybe a tomato, too. Layer the vegetables on top of your fish before baking. Remember that fish cooks very quickly, so don't cook it for very long. Test for doneness with a fork and when the fish flakes, it is done.

#### Fish with Soy Sauce

Pour a little bit of soy sauce (use one without sugar) onto a flat plate and place your fish onto the plate. Turn the fish over so the soy sauce is on both sides, then bake or broil it. Soy sauce tends to be salty, so this is a great meal if you are craving salt. Be very stingy with the soy sauce for a less salty taste.

#### Fish Stir-Fry

Stir fry with veggies in either water or a little soy sauce. Read the Chicken Breast Stir Fry recipe for more ideas. Fish cooks very quickly so start your vegetables first, and when about half done, add the fish. This way you will not overcook the fish.

#### Seared Tuna

Start with gorgeous fresh red tuna. Mix in a little bit of onion powder, garlic powder, soy sauce and sesame seeds and laid the tuna in the mixture, then turn it so these spices are on both sides. Then, in a hot, hot skillet sear the tuna for seconds on each side, then slice the tuna very thin. Then moan with delight! See the Wasabi recipe below if you love asabi!

### Wasabi

You can make Wasabi from Wasabi powder and water to dip the tuna into if you like, as this is always a crowd pleaser! That way you know it doesn't contain sugar or anything else you don't want to be eaten that may be in prepared Wasabi.

## CHICKEN

### Chicken Breast Stir-Fry

#### Ingredients:

Sliced boneless, skinless chicken breasts

Soy Sauce without sugar

Horseradish (not Horseradish sauce)

Mustard (without sugar)\*

Vegetables of your choice, such as: broccoli, cauliflower, onions, green peppers, red peppers, yellow peppers, cabbage, carrots, spinach, zucchini, squash, etc. (Stay away from peas and corn as they are very starchy.)

Slice the boneless, skinless chicken breasts into 1-2 inch strips about half an inch wide. Pour a little soy sauce into a hot wok or a large skillet. Keep stirring almost constantly, so that the chicken cooks evenly. Add about half a teaspoon of Horseradish and a tablespoon on mustard. Stir in well. After just a few minutes, add the vegetables, which will cook faster than the chicken. Stir often until the chicken is done. Wait until the stir fry is almost done and then throw in handfuls of fresh spinach and cook until it wilts. This gives the stir fry an incredible flavor.

#### Options

- 1) Use ground turkey or fish rather than chicken. When cooking with ground turkey or fish, add the vegetables at the same time, as both of these items cook faster than sliced chicken. In fact, if cooking with fish, I'd say get the vegetables going before adding the fish.
- 2) Change out the spices you use so that the flavor is different each time you do a stir fry. For instance, rather than Horseradish and Mustard, use Garlic and Ginger, or just garlic. Also, spices such as Spike and Magic are wonderful for changing the flavor of foods.
- 3) Use different vegetables for different flavors.

### Chicken Strips with Soy Sauce

Using a very sharp knife, cut chicken breasts in ½ strips length-wise , then cut those strips into 1-2 inch pieces.

Heat a skillet and add just about a tablespoon of soy sauce, making sure you are using soy sauce without sugar. Place the strips into the pan and stir them around. They will cook very quickly and this is a good meal when you are in a hurry.

### Baked Chicken

Baking a whole chicken with your choice of spices is easy, but takes almost two hours, so this is a meal to plan for when you have the time available.

One way to bake a chicken is to squeeze an entire lemon on it, then cover it in garlic powder.

You can get creative with spices and change the way your chicken tastes each time you cook it.

### Baked Chicken Thighs and Drumsticks

Plain is good in this recipe. Simply lay chicken thighs and or drumsticks in an even layer on a baking sheet. Bake at 485 degrees with speed bake, or a convection oven for 45 minutes. Cook it until the skin is getting nice and brown. You won't believe how tasty this is. This is actually one of my family's favorite dinners.

If you are using an oven without speed bake or convection, I think it will take about an hour. For the last two or three minutes, put on the broiler if you like your chicken nicely browned.

### Chicken Soup – The Old Fashioned Kind

For this you can make a lot of soup at one time and thus use a lot of ingredients and a big pot. You can also make as much or as little as you want. Nothing tastes as good as homemade chicken soup, and as long as you don't add noodles or rice, this old favorite works out just fine on this program! After all, it's just chicken, water and vegetables!!

Most people's favorite way to make Chicken Soup is with thighs and legs only in a pot of water, although you can put the entire chicken in if you like. Cook it on high until the water starts boiling and then let it simmer.

While the chicken starts cooking, chop up the following vegetables, basing the amounts of vegetables on how much chicken you are using. I'll give you the amounts I'd use if I had about 12 pieces of chicken

Carrots -- 3 or 4

Celery – 2 or 3 stalks

Onion – 1 large or 2 small

Garlic, one or two small pieces from a clove

After the chicken has simmered about 45 minutes, use a slatted spoon to remove all the chicken from the water. Put the chicken on a plate to let it cool a few minutes.

Add all of the vegetables into the hot water. Put in some salt and pepper if you like.

When the chicken cools a bit, remove all the meat from the bones, then cut the chicken into bite sized pieces. Put the chicken back into the pot with the vegetables and simmer for at least one more hour .

## TURKEY

It's not just for Thanksgiving any more! There are many ways to enjoy turkey, and here are some of the ways my family likes to have their turkey.

### Baked Turkey

You can cook a turkey anytime you have a few hours, and just don't stuff it. (I know, the stuffing is your favorite part, but forget about it, at least for now!!) Just follow the directions on the package the turkey comes in.

### Turkey Legs or Thighs

Start with just turkey legs or thighs. Bake them the same way as the chicken thighs above, but for 15-20 minutes longer due to the larger size of the thighs and legs.

### Turkey Breast

You can bake a turkey breast for a nice change, too. Just follow the directions on the package.

### Turkey Soup

Use the same recipe for chicken soup, but just use turkey instead!

## Ground Turkey

If you have never eaten ground turkey you may be in for a treat. It's a great substitute for ground beef.

### Turkey Burgers

Start with ground turkey and get creative. For any of these burgers, you can use lettuce leaves to make a "sandwich" if you like eating your burger on a "bun"! Here are a couple of Turkey Burger recipes that you might love:

#### Turkey Burgers with fresh vegetables

Dice onion, green peppers and garlic and mix it into the ground turkey. Form burgers and bake, broil, or cook them on a griddle.

#### Turkey Burgers with Spices

Add Spike (a combination of many spices), dried, minced onion and dried, minced garlic. Form burgers and cook any of the ways listed above.

#### Stuffed Turkey Burgers (always a crowd pleaser!)

The variations are endless, but one thing you can do is spice the ground turkey first, then form very thin burgers. Lay half of them on a cookie sheet and place some fresh veggies inside. You can use onion,

green peppers, tomato, mushrooms, whatever you like. Then put a second very thin burger on top and seal the edges well by pressing the meat together all around the edges. I find these are best baked.

### Plain Turkey Burgers

These are good, too – Just form the ground turkey into burgers and cook them in one of the methods above.

### Turkey Stir Fry

The great thing about making stir fry is that by changing just one ingredient, it tastes different every time.

Put the ground turkey into a wok or large skillet. Pour in just a little soy sauce, add about a teaspoon of mustard and half a teaspoon of horseradish. You can also add ginger if you like that taste.

Add chopped vegetables of your choice, such as: onions, green peppers, red peppers, yellow peppers, cabbage, carrots, spinach, zucchini, squash, etc. (Stay away from peas and corn as they are very starchy.)

Keep stirring almost constantly, so that the turkey cooks evenly. Once the turkey is thoroughly cooked, the vegetables should be nice and soft and ready to eat.

Wait stir fry is almost done and then throw in handfuls of fresh spinach and cook just a minute or so until it wilts. This gives the stir fry an incredible flavor.

Enjoy!