

Belly Fat, Brain Fog, & Burnout RECIPE SAMPLER



DR. RITA MARIE LOSCALZO
MS, DC, CCN, DACBN



Copyright ©2007 – 2017 Ritamarie Loscalzo, MS, DC, CCN, DACBN
All rights reserved.
Austin, Texas, USA.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, whether electronic, mechanical, photocopying, recording or otherwise, without prior permission of the author. Please do not give away, publish on a website or in a newsletter or sell without permission of the author. You have permission to make as many printed or backup copies as you desire for personal use only. Thank you for respecting the hard work that went into creating this document for your education and enjoyment.

This edition was published on **November 21, 2016** in the United States of America by Dr. Ritamarie Loscalzo.

DrRitamarie@DrRitamarie.com

Disclaimer

The techniques and advice described in this book represent the opinions of the author based on her training and experience. The author expressly disclaims any responsibility for any liability, loss or risk, personal or otherwise, which is incurred as a result of using any of the techniques, recipes or recommendations suggested herein.

The responsibility for the consequences of your use of any suggestion or procedure described hereafter lies not with the authors, publisher or distributors of this book. This book is not intended as medical or health advice. If in any doubt, or if requiring medical advice, please contact the appropriate health professional. We recommend consulting with a licensed health professional before making major diet and lifestyle changes.

If you enjoy the information in this program, we would like to encourage you to show your support by sharing your testimonial with us, sharing our website with your friends and family, and supporting our continued work by considering our other programs and products.



Contents

04 Introduction

Fresh Green Juice

06 *Blood Sugar Balancer Juice*

Smoothie with Low-Sugar Fruits

06 *Coco Blue Green Smoothie*

Nut Milk

07 *Brazil Nut Chai*

Breakfast Entrée

07 *Blueberry Chia Porridge*

08 *Chia Gel*

Soup

08 *Curried Red Pepper Soup*

Salad

09 *Jerusalem Salad*

09 *Tahini Sauce*

“Cheese”

09 *Creamy Nut Cheese*

Wrap and Roll

10 *Cauliflower Nori Rolls*

“Pasta and Noodles”

10 *Squash Noodles with Pesto Sauce*

Cooked Veggie Delight

11 *Mixed Vegetables with Thai Coconut Sauce*

Spreads, Dips and Dressings

11 *Mock Salmon*

12 *Spinach Dip*

12 *Nutrition-Packing Pesto Sauce*

13 *Flax Coconut Omega-3 Dream Dressing*

Bread

13 *Onion Bread*

Dessert

14 *Low-Glycemic Carob Brownies*

INTRODUCTION



This material is part of the ***Sweet Spot Solution Program*** which is a step-by-step method for restoring your insulin receptors and healing the blood sugar imbalances that cause belly fat, burnout fatigue, and brain fog. Members have access to a complete website of resources, modules, and materials developed to help heal their conditions.

This document is a *Sampler* from the *Sweet Spot Solution Recipe Collection*, a book that provides over 230 pages of delicious recipes for getting your blood sugar balanced, so you can enjoy a trim waistline, soaring energy, and a sharp

mind. On your own you should be able to accomplish a lot, but the truth is your results can be much better with support.

1 Training and Education for a 30-Day Metabolic Reset

You will have a proven step-by-step, day-by-day plan to follow — and you'll get to customize the plan to account for your unique needs. You'll learn just enough about the inner workings of your body to empower you to stick with the habits that you know will bring balance.

2 Implementation Tools to Simplify New Habits

With menus to follow, recipes (including many videos to teach you how to make them), fitness videos, exercise planners, sleep enhancers, timing tips, and de-stress strategies, there's no more guessing about what to eat, when to exercise, and how much rest you'll need.

3 Support and Accountability that Goes Above and Beyond

With loving support and guidance every step of the way, you'll be able to stay on track, even when temptations threaten to sabotage your success. Even with the best of the best tools and training, it's hard to implement new behaviors and create new habits without support. That's why I built a strong system of support and accountability into the *Sweet Spot Solution Program* to accelerate your success.

For more details on the benefits of becoming a *Sweet Spot Solution Program* member, please visit: www.TheSweetSpotSolution.com.

BELLY FAT, BRAIN FOG, & BURNOUT RECIPE SAMPLER

The Sweet Spot Solution System Recipe Collection is designed to be used in tandem with the Sweet Spot Solution Menu Planner. The complete Sweet Spot Solution Recipe Collection contains over 200 delicious, nutritionally dense recipes that will keep your blood sugar nice and steady; help reduce inflammation; nourish your glands, organs, and immune system; and calm and optimize your digestion. The more you use these blood sugar balancing recipes, the more you will feel energized, clear-headed, and move closer and closer to your ideal weight.

The recipes in the complete collection and this sampler are made with ingredients that are low in sugar and carbohydrates to keep your blood sugar from spiking and triggering the release of excess insulin. All of the recipes are free of sugar, dairy, grains, and gluten. Most of the recipes have no fruit, and those that contain fruit use low-sugar fruits like blueberries, green apple, and grapefruit.

My goal is to make mealtime a pleasure, give you lots of options, and offer meals that are filling and satisfying without excess calories, fat, or sugar. Many of the recipes in the complete collection can be mixed and matched, so while there are already hundreds of starting points, the possibilities for variation and personalization are endless!

Enjoy the journey!



Dr. Ritamarie



**Changing Lives With
Root Cause Health Care**

Dr. Ritamarie Loscalzo
MS, DC, CCN, DACBN

FRESH GREEN JUICE

Blood Sugar Balancer Juice

INGREDIENTS:

- 1 **cucumber**
- 2 stalks **celery**
- 1 cup **green beans**
- 1/4 teaspoon **cardamom**
- 1/4 teaspoon **cinnamon**

DIRECTIONS:

1. Run all the ingredients above through a juicer.
2. If you don't have a juicer, simply blend your ingredients (you may need to chop first or add a little water to get things moving) in a blender, and then strain through a nut milk bag.

Personal Note: This combination was a surprise. I started out wanting a supreme blood sugar stabilizer and was thrilled to find it was naturally sweet without fruit!

Benefits to the Body: Green beans and cinnamon help to restore insulin receptors and keep your blood sugar steady.

SMOOTHIE WITH LOW-SUGAR FRUITS

Coco Blue Green Smoothie

INGREDIENTS:

- 4 cups **spinach**
- 1 cup **blueberries**, fresh or frozen
- 1 tablespoon **coconut butter**
- 1/4 cup **Chia Gel**
- 1 teaspoon **cinnamon**
- enough **water to blend**
- **stevia** if desired to taste

DIRECTIONS:

1. Blend and enjoy.



NUT MILK

Brazil Nut Chai

INGREDIENTS:

- 1 cup soaked **Brazil nuts**
- 3 - 4 cups **water**
- 1/2 teaspoon **almond extract**
- 1/4 teaspoon **turmeric (optional)**
- 1/4 teaspoon **cardamom**
- **stevia** to taste

DIRECTIONS:

1. Place all ingredients in blender and process until smooth and creamy.
2. Strain mixture through cheesecloth or a nut milk muslin bag.
3. Save the pulp for other recipes.

BREAKFAST ENTRÉE

Blueberry Chia Porridge

INGREDIENTS:

- 1/4 recipe **Chia Gel**
- 1/2 cup **fresh nut or seed milk** (optional)
- 1 tablespoon **flax seed**, freshly ground (optional)
- 1/2 cup **blueberries**, quick pulsed in food processor or hand chopped
- 1/4 cup shredded **unsweetened raw coconut**
- 1 teaspoon **cinnamon**
- 1/8 teaspoon **cardamom**
- **stevia** if desired for extra sweetness

DIRECTIONS:

1. Put *Chia Gel* in a bowl.
2. Sprinkle in ground flax seeds and stir well.
3. Stir in blueberries, coconut, and cardamom and stir well.
4. Check sweetness and add stevia if desired.

Chia Gel

INGREDIENTS:

- 1/2 cup **chia seed**
- 2 1/2 cups **water**

DIRECTIONS:

1. Put chia and water into a quart sized Mason jar or a glass bowl that can be covered.
2. Shake or mix well.
3. Allow to stand at room temperature for 8 hours or overnight or for 12 or more hours in the refrigerator. Store in the refrigerator up to a week.

Personal Note: This is the base for several of the chia dishes. This recipe makes enough for 4 days of chia porridge.

SOUP

Curried Red Pepper Soup

INGREDIENTS:

- 3 **red bell peppers**
- 1 **apple** (optional)
- 1 **avocado**
- 1 bunch **basil**
- 1/8 cup **Brazil nuts**
- 1/3 **red onion**
- 1 clove **garlic**
- 2 tablespoons **curry powder**
- 1 sliver of **hot pepper**
- 3 teaspoons **kelp powder**
- 1 pinch **sea salt**, to taste
- 2 cups **water**

DIRECTIONS:

1. Dice 1 red bell pepper, 1/4 apple, and half the avocado.
2. Set aside in a bowl.
3. Blend the remaining ingredients until smooth and creamy.
4. Taste and adjust salt and seasonings to desired spiciness.
5. Pour blended soup over the chopped apple, pepper, and avocado.

Personal Note: This soup can be modified in many ways. By varying the spices, this creamy base can take on new and exciting flavors. Try substituting Italian seasoning or Mexican seasoning for the curry.

SALAD

Jerusalem Salad

INGREDIENTS:

- 1 **cucumber**, peeled and diced
- 2 medium **tomatoes**, diced
- 1 handful **parsley**, roughly chopped
- 1/4 teaspoon **kelp powder**
- 3 tablespoons **Tahini Sauce**

DIRECTIONS:

1. Toss cucumbers, tomatoes and parsley in a bowl.
2. Add *Tahini Sauce* and toss to coat.

Tahini Sauce

INGREDIENTS:

- 1/4 cup raw **tahini**
- 1/4 cup **water**
- 2 tablespoons fresh **lemon juice**
- 1/4 teaspoon **sea salt**

DIRECTIONS:

1. Blend all ingredients in blender or use a whisk to blend by hand.

"CHEESE"

Creamy Nut Cheese

INGREDIENTS:

- 1 cup **cashews, macadamia nuts** or a combination, soaked 4 - 6 hours if possible
- 1 large **lemon**, juice of
- 1/2 cup **water**
- 1/4 teaspoon **sea salt**
- 1 tablespoon **nutritional yeast** (*optional*) – gives a more "cheesy" flavor

DIRECTIONS:

1. Put all ingredients into blender or **Vitamix**.
2. Blend on high speed for several minutes. Mixture should be thick and creamy.
3. Adjust amount of water for desired consistency.

Personal Note: You'll find many more variations and ideas for adaptations in the complete *Sweet Spot Solution Recipe Collection*.



WRAP AND ROLL

Cauliflower Nori Rolls

INGREDIENTS:

- 4 sheets **raw nori**
- 1/2 head **cauliflower**
- 1 **avocado**, thinly sliced
- **variation of any vegetables** (grated or sliced in long thin strips): carrots, cucumbers, celery, sprouts, etc.

DIRECTIONS:

1. In food processor, grind cauliflower until grainy.
2. Place a thin layer of cauliflower on nori sheet. Spread to edges side to side and within 1 - 2 inches from top and bottom.
3. Place avocado slices and veggies in center of cauliflower.
4. Roll the nori sheet, pulling tight as you roll it up, and place a few drops of water along the seam to seal.
5. Cut with a serrated knife. Dip the knife in water before cutting.

"PASTA AND NOODLES"

Squash Noodles with Pesto Sauce

INGREDIENTS:

- 1 large **zucchini or yellow squash**
- 1 recipe of **Nutrition-Packing Pesto Sauce**
- 1/4 teaspoon **sea salt**

DIRECTIONS:

1. Peel squash.
2. Using spiral vegetable slicer or a potato peeler, process the squash to noodle-like consistency.
3. Place in a bowl and sprinkle with 1/4 teaspoon salt. Massage lightly to coat the squash with salt and begin to release the juices. Set aside while making the sauce.
4. Combine sauce with noodles and adjust to taste.

COOKED VEGGIE DELIGHT

Mixed Vegetables with Thai Coconut Sauce

INGREDIENTS:

- 1 head **organic broccoli**
- 1 bunch **organic kale**
- 1 **carrot**
- 1/2 cup **coconut pulp from young Thai coconut** or 1/8 cup **coconut butter**
- 1/3 cup **coconut water** or **water**
- 1/4 cup **raw macadamia nuts**, soaked for 3 hours or unsoaked
- 1 clove **garlic**
- 2 tablespoons **lime juice**
- 1/4 teaspoon **sea salt**
- 1/2 teaspoon **turmeric**
- 1 pinch of **cayenne** if desired

DIRECTIONS:

1. Cut vegetables into bite-sized pieces and steam for 5 - 10 minutes to desired degree of tenderness.
2. Blend all remaining ingredients until smooth and creamy. Thin to desired consistency with water if need be.
3. Pour sauce over vegetables and serve warm.

SPREADS, DIPS AND DRESSINGS

Mock Salmon

INGREDIENTS:

- 2 cups **walnuts**
- 2 stalks **celery**
- 1 large **red bell pepper** or 1 - 2 **carrots**
- 1/2 teaspoon **sea salt**
- 1 teaspoon **powdered dulse** (optional)

DIRECTIONS:

1. Put all ingredients in food processor.
2. Process until smooth.
3. Adjust seasonings to taste.

Spinach Dip

INGREDIENTS:

- 3 cups **spinach**
- 1 medium **avocado**
- 1/2 tablespoon **lemon juice**
- 1/2 teaspoon **Celtic, Himalayan,**
or pink salt

DIRECTIONS:

1. Place all ingredients in food processor.
2. Process until smooth.

Nutrition-Packing Pesto Sauce

INGREDIENTS:

- 1 cup fresh **basil**, packed or 1/4 cup dried
- 1 cup **raw kale**, chopped
- 2 cups **raw spinach**
- 1 tablespoon **powdered kelp (optional)**
- 1/3 cup **walnuts**
- 1/3 cup **pumpkin seeds** or **hemp seeds**
- 1 clove **garlic**
- 1/2 teaspoon **sea salt**
- 1 tablespoon **olive oil**

DIRECTIONS:

1. If you have a food processor: Put all ingredients in food processor and process until smooth, but with a bit of texture.
2. If you don't have a food processor yet: Put everything except the greens in the blender and add enough water to keep it moving. Blend until smooth. Finely mince the greens and stir in.
3. Adjust salt and basil to taste.

Personal Note: This pesto sauce can be served over gluten-free brown rice or quinoa noodles for the rest of the family or when you've completed the *Sweet Spot Solution Program*.

Flax Coconut Omega-3 Dream Dressing

INGREDIENTS:

- 2 stalks **celery**
- 1 clove **garlic**
- 1/4 cup **flax oil**
- 1/4 cup **coconut oil**
- 2 tablespoons **lemon juice**
- 1/2 teaspoon **sea salt**

DIRECTIONS:

1. Blend until smooth and creamy.
2. Do not over process.
3. Store in dark container in refrigerator to preserve the delicate omega-3 fats.

BREAD

Onion Bread

INGREDIENTS:

- 2 cups soaked **almonds** processed with "S" blade until fine meal
- 3/4 cup ground **chia seeds** or ground **flax seeds**
- 2 tablespoons **onion powder**
- 1 1/2 teaspoons whole unrefined **sea salt**
- 3/4 cup **onion**, processed with "S" blade in food processor
- 1 3/4 cups **zucchini** slices, pulsed in food processor until fine confetti (approximately 3/4 cups)

DIRECTIONS:

1. Mix the first four ingredients together in a bowl.
2. Add the remaining ingredients and knead well by hand.
3. Form the batter into one large ball. Cut in half.
4. Place one half on a Paraflexx™ sheet. Form into a 1/4" – 1/2" thick large pancake. Cover with a second Paraflexx™ sheet. Using a rolling pin, smooth drinking glass, or the back of a scraper, shape into a large rectangle of uniform thickness.
5. Score the batter into desired sized bread slices and flip onto mesh sheet.
6. Dehydrate at 135°F for 2 hours then reduce temperature to 115°F.
7. Continue dehydrating approximately 12 hours.

DESSERT

Low-Glycemic Carob Brownies

INGREDIENTS:

- 2 cups **almonds**, ground to a powder
- 1/4 teaspoon **sea salt**
- 1/4 cup **chia seeds**, ground
- 1/4 cup raw **carob powder**
- 2 tablespoons ground **butternut squash**
- 20 - 22 drops **Sweet Leaf Whole Leaf Stevia Concentrate**
- 1 teaspoon **vanilla extract**

DIRECTIONS:

1. Process almonds, salt, chia seeds and carob powder in a food processor until thoroughly combined.
2. Add the squash, stevia, and vanilla extract.
3. Pulse a few times, and then process the mixture until it begins to stick together like a dough.
4. Press the mixture into a parchment paper lined 6-inch square pan and refrigerate for at least 2 hours.
5. Remove from pan by pulling the parchment paper up.
6. Slice and enjoy.

Personal Note: When adding the stevia drops, start with the smaller amount, mix and taste. Add more, one drop at a time, if more sweetness is desired.



ABOUT

Dr. Ritamarie Loscalzo

MS, DC, CCN, DACBN

Dr. Ritamarie Loscalzo, the founder of the Institute of Nutritional Endocrinology, is fiercely committed to transforming exhausted high achievers all over the globe into high energy people who love their lives and live to their full potential.

As a Doctor of Chiropractic with Certifications in Acupuncture, Nutrition, Herbal Medicine and HeartMath®, she's also a certified living foods chef, instructor and coach, and has trained and certified hundreds of others in the art of living foods.

A bestselling author, speaker, and internationally recognized nutrition and hormone health authority, Dr. Ritamarie combines the ancient healing wisdom of whole fresh foods and herbs with modern scientific research to inspire people everywhere to recharge their energy and reclaim their lives.

Dr. Ritamarie trains health practitioners in using Nutritional Endocrinology to solve complex health challenges. For those seeking to solve their own health challenges and to learn to incorporate the power of food as medicine, she offers online courses, long distance coaching and counseling, and transformative in-person retreats and classes.

For the full 230-page recipe guide and personalized guidance so you can finally say goodbye to Belly Fat, Brain Fog, and Burnout:

Register NOW at: WWW.THESWEETSPOTSOLUTION.COM

"I really enjoy Dr. Ritamarie's programs because she gives very useful and innovative information that I will find two or three years later in medical magazines. She is always ahead of the 'official version'...and this means that so am I!"

~ M. Pau Cabillas (Community Pharmacist)

"I started the program to try to regulate my blood sugar and to try to manage my stress better. I was amazed at finding out how much the sugar I ate affected how I felt. By reducing the sugar in my diet, I was able to eat less often, regulate my blood sugar, manage my stress, and feel better in general. I feel better physically, emotionally, and spiritually. I am calmer and able to focus better day-to-day. Thank you, Dr. Ritamarie, for the amazing program. It's been life changing for me!"

~ Laura Hugel

"I am over 100 pounds lighter, I have much more energy, my brain fog is lifting, and my skin looks fantastic!! I have always heard that at my age you cannot release weight easily. The reason? Dr. Ritamarie Loscalzo and her Sweet Spot Solution System. At our house we call her the miracle worker..." ~ Beatrice de Bruna

"I discovered a waistline that I never knew existed! My pant size went from an 11/12 in my 30's to a 0/1 in my 50's – all because of the belly fat I released by following the Sweet Spot Solution principles. It gave me new insights into setting goals and setting up routines that were life-changing. Dr. Rita-marie's programs are brilliant, easy to follow, and full of information that cannot be found in this concise format anywhere else. Dr. Ritamarie is my hero (heroine)!"

~ Jan Chamberlain