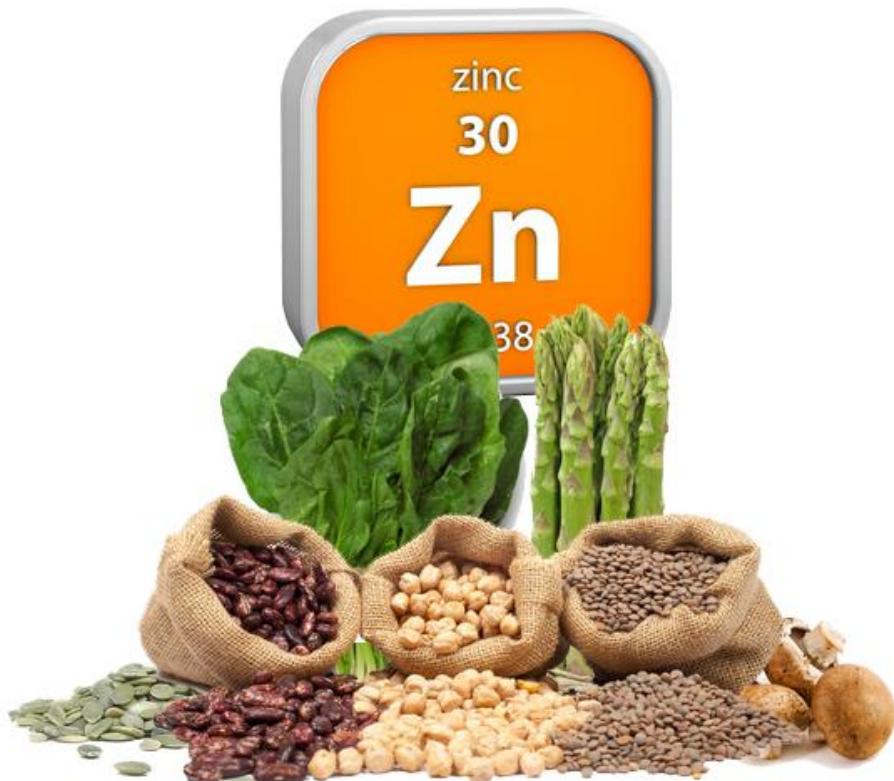


## Recipes Rich in Zinc

Dr. Ritamarie Loscalzo



## Creamy Asparagus Soup

### Ingredients:

- 1/2 cup cashews (soaked, rinsed and drained for 4 hour is ideal, but not mandatory)
- 2 cups water
- 6 asparagus spears
- 1 medium tomato
- 1 handful shitake mushrooms (optional, omit if allergic and instead put in 2 zucchini)
- 2 - 3 cups spinach (or other mild green)
- 1/2 - 3/4 teaspoon sea salt (to taste)
- 1/2 teaspoon kelp powder
- 1/2 - 1-inch piece fresh ginger
- 1 1/2 tablespoons lemon or lime juice
- 1 - 2 cloves garlic (optional, to taste)
- 1 - 2 small zucchini (optional)

### Directions:

1. Blend cashews and water first then blend in the rest of the ingredients.
2. Season to taste if you prefer the recipe saltier or spicier.

### Variations:

- Italian seasoning,  
Mexican seasoning,  
Thai spice blend,  
cayenne, etc. (the sky  
is the limit)



## High Zinc Quinoa Tabouli

### Ingredients:

- 1 cup quinoa sprouted\*
- 1/2 bunch parsley
- 1 bunch mint
- 2 - 3 scallions
- 1/4 cup finely chopped pumpkin seeds
- 1/2 teaspoon kelp powder
- 1/4 teaspoon sea salt
- 1 teaspoon lemon or lime juice
- 1 cup chopped red or yellow bell peppers (omit or substitute with grated carrots or yellow squash if sensitive to night shades)
- (additional toppings as desired) diced cucumber or tomato

### Directions:

1. Finely mince parsley and mint by hand or in food processor.
2. Hand chop scallions into small pieces.
3. Hand or food process pepper into a fine mince.
4. Put everything in a bowl and toss to combine.
5. Adjust salt and seasonings to taste.

**Personal Note:** \*To sprout quinoa rinse 3 times then soak 4 hours or overnight in clean water. Drain and rinse; put in a strainer (fine mesh) with a plate underneath, and let the mixture sit for 4 hours until a tiny tail grows on the quinoa. Rinse and add to bowl.



## Sea Veggie Sprout Salad

### Ingredients:

- 1 1/2 cups sea veggies (e.g. 1/2 cup each of arame, sea palm, dulse)
- 1 bunch dill, finely minced
- 2 heads broccoli, finely minced
- 1 cup sunflower sprouts
- 1 cup broccoli sprouts
- 2 cups baby bok choy, finely minced
- 2 cups spinach or other green blend, finely minced
- 3 stalk celery, finely chopped
- 1 tablespoon garlic powder or 2 cloves fresh
- 1/2 teaspoon kelp powder
- 1/2 teaspoon salt
- 1/4 teaspoon turmeric
- 2 1/4 cups pumpkin seeds, finely chopped
- 1 - 2 tablespoons sesame seeds, for topping
- 1 cup red lentils sprouted\*
- 1 lemon/lime, juice of (optional, to taste)
- optional toppings: grated carrots, chopped summer squash, chopped red bell peppers, tomatoes

### Directions:

1. Put your dry sea veggies in a bowl and cover with water to rehydrate.
2. Combine remaining ingredients, except sprouts and seeds, in large bowl.
3. Combine well.
4. Add a splash of lemon or lime juice if desired.
5. Top with sprouts and seeds.
6. Adjust salt and seasonings to taste.

**Personal Note:** \*To sprout lentils, rinse and cover with water to soak for 4 hours or overnight. Rinse and drain in a mesh strainer and place over a plate or bowl to catch drippings. Allow to drain for several hours until a tiny sprout emerges.



## Chocolate/Cacao Halvah Mousse

### Ingredients:

- 1 medium zucchini or summer squash
- 1/3 - 1/2 cup tahini, raw and organic
- 1/2 cup cacao powder or carob powder or a combination
- 1 medium avocado
- 10 or more drops liquid stevia
- 2 teaspoons **Zero** (organic erythritol or **Lakanto** - or extra stevia; the sweeteners can be mixed and matched to your preference)
- 1 pinch of salt
- 1 squeeze of lemon or lime juice
- flavoring options: stevia flavors or **Medicine Flower Flavors** extracts - vanilla, mint, orange, cherry, hazelnut

### Directions:

1. Put zucchini in food processor and process to fine mince.
2. Add carob or cacao, tahini, and avocado. Blend until creamy.
3. Add water if needed to achieve a smooth pudding like consistency.
4. Add a few sweetening/flavoring drops at a time to achieve desired sweetness and flavor.



## Zinc Content of Foods Used During the Show

(RDA is 15 mg)

- 1 cup spinach: 1.37 mg
- 1 cup asparagus: 1.08
- 1 cup shitake mushrooms: .96 mg
- 1/4 cup sesame seeds: 2.79
- 1/4 cup pumpkin seeds: 2.52
- 1 cup lentils: 2.51
- 1/4 cup cashews: 2.31
- 3/4 cup quinoa: 2.02
- 1 cup broccoli: .7
- 1 cup squash: .58
- 1 tablespoon sea veggies: .3
- 1 cup bok choy: .29
- 1 cup tomato: .31

## **About Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN**



Dr. Ritamarie Loscalzo is passionately committed to transforming our current broken disease-management system into a true healthcare system where each and every practitioner is skilled at finding the root cause of health challenges and using ancient healing wisdom married with modern scientific research to restore balance.

As the founder of the **Institute of Nutritional Endocrinology**, Dr. Ritamarie specializes in using the wisdom of nature to restore balance to hormones with a special emphasis on thyroid, adrenal, and insulin imbalances.

Her practitioner training programs empower health and nutrition practitioners to get to the root cause of health issues by using functional assessments and natural therapeutics to balance the endocrine system, the master controller.

Dr. Ritamarie is a licensed Doctor of Chiropractic with Certifications in Acupuncture, Nutrition, Herbal Medicine, and HeartMath®. She's also a certified living foods chef, instructor, and coach, and she has trained and certified hundreds of others in the art of using palate-pleasing, whole fresh food as medicine.

A best-selling author, speaker, and internationally recognized nutrition and women's health authority with 30 years of clinical experience, Dr. Ritamarie offers online courses, long-distance coaching and counseling, and deeply empowering and informative live events.

## Dr. Ritamarie's Health and Nutrition Books and Programs

**Sweet Spot Solution Program:** Balance your blood sugar and banish belly fat, brain fog, and burnout so you can regain the energy, focus, and self-confidence to live your life with passion and purpose. Complete with instructional modules, 30 days of menu plans, a 220-page recipe collection, exercise regimes, stress transformation techniques, sleep guidelines, timing cycles, videos, audios, and a community support forum, you'll have an effective and balanced lifestyle approach to reclaiming your health. [www.TheSweetSpotSolution.com](http://www.TheSweetSpotSolution.com)

**Empowered Self-Care Lab:** Our premier membership program, here you'll get access to all of our key hormone and body balancing programs, the complete collection of Dr. Ritamarie's recipe guides and videos, and a roadmap and handbook to guide you to assess your current health status and restore balance naturally. The future of health care is Empowered Self-care. Take charge of your health! [www.EmpoweredSelfCareLab.com](http://www.EmpoweredSelfCareLab.com)

**Body FREEDOM Nutrition Lab:** Using nutrition to restore balance needs to be at the core of all healing systems. And personalized nutrition is the future of healthcare. With so much confusing information about what you should and should NOT eat, emotional resistance is likely when it becomes challenging. The Body Freedom Nutrition Lab guides you to optimally nourish your body while making mealtime a pleasure, and provides you with peak nourishment that's filling, satisfying and aligned to your unique biochemistry and genetics. Here you'll get access to all of our recipe guides and videos, and a roadmap and handbook to guide you to assess your current nutritional status and restore balance naturally.

[www.BodyFREEDOMNutritionLab.com](http://www.BodyFREEDOMNutritionLab.com)

**Energy Recharge Coaching Inner Circle:** Dr. Ritamarie's personalized coaching plan to transform you from flabby, fogged, and fatigued into fit, focused, and fully charged with energy! This is your opportunity to work closely with Dr. Ritamarie and her certified Nutritional Endocrinology coaches to achieve the health of your dreams.

<http://www.EnergyRechargeCoaching.com>

**Find all the Resources You Need for Natural Healing**

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<http://www.DrRitamarie.com>