



Food Preparation and Cooking Tips



Food Preparation

1. Prepare vegetables in advance. Cut up enough veggies to last a few days, both for snacking and cooking.
2. Make extra brown rice – cook the whole bag if you can. This way it is ready and you just need to reheat as needed.
3. Use organic frozen vegetables and fruit.
4. If using canned beans, look for BPA free cans, and make sure you rinse them very well.
5. Double the shake recipe in the morning and have it as a snack.
6. Use canned or bagged wild Alaskan canned salmon (but not during Phase 2).



Cooking tips & techniques

1. Vegetables: Steam, water sauté, or roast your vegetables.
2. Spice up your food – add herbs and spices to your cooking. Adding fresh rosemary, chopped cilantro, chives, or parsley helps enhance the flavor and reduces the need to add fat. You can also add fresh crushed garlic to your vegetables.
3. Roast a bulb of garlic and use it like you would butter.
4. When cooking fish or chicken, grill or broil and season with herbs.
5. Use aromatics – scallions, bulb onions, ginger, garlic and lemongrass. They add flavor and aroma to foods.
6. Organic egg whites are a good source of clean protein.
7. Choose vegetables from all categories – eat the ones you like and try something new.
8. Use extra virgin olive oil and salt and pepper for dressings whenever possible