

COOKING PREPARATION GUIDELINES

- **Clean your food**

Thoroughly rinse all vegetables, lettuce, and greens before using. The use of vegetable and fruit soap is recommended for removing pesticide residues. Grains should also be thoroughly rinsed before being cooked.

COOKING TIPS

- **Cooking vegetables**

The best way to cook vegetables is to steam them, as boiling destroys their nutrient content. But be careful not to overcook them. Vegetables should be a little crunchy and maintain their bright colour, not soggy.

- **Cooking meat**

Ground meat should be lean and always cooked to “well done”. Other cuts can be cooked to your preference, although medium or medium-rare better preserves nutrients best.

- **Cooking poultry**

Remove the skin of all non-organic fowl, preferably before cooking, and use a thermometer to determine when poultry is done.

- **Cooking fish**

Fish should smell a bit like the sea but fresh – it should not smell bad when it is unwrapped. Make sure fish is cooked all the way through.

TO AVOID

- **Avoid frying**

Do not fry anything where possible. Braise, broil, bake, grill, roast, sauté, but do not fry. Cook with water in a wok and add coconut butter or olive oil after cooking for flavour and texture.

- **Avoid microwaving**

Not enough is known about the long-term safety of eating micro-waved foods, and there are many more arguments against it than for it. It changes the molecular structure of foods to something other than what the body has recognized as food on this planet for millions of years.

- **Avoid salt except sea salt**

Do not salt foods until after they have been cooked and you have tasted them. Then only use Celtra Salt, the purest sea salt available, containing all the known mineral elements.

- **Avoid raw vegetables (at first)**

Raw vegetables can be hard to digest unless you have a healthy digestive system. Steaming is your best choice for the first couple of months of a diet therapy program.

- **Avoid aluminum**

Aluminum is a highly toxic metal. Large numbers of aluminum molecules enter food that is cooked, covered by or stored in aluminum pots, pans, cans and foil. Teflon coatings do not prevent aluminum from leaching into foods.

- **Avoid Nalgene products**

Although the colorful, durable and lightweight Nalgene water bottles have been the hydration choice of outdoor enthusiasts, scientific evidence has shown the plastic used to make the bottle may pose serious health hazards. Plastics that are safer to use for storing food and beverages, none of which are known to leach harmful substances include: Polypropylene, designated “#5PP”, High-density polyethylene, designated “#2HDPE”, Low-density polyethylene, designated “#4 LDPE”.