

Food Preparation



Grains, Legumes, Nuts and Seeds

All grains, legumes, nuts and seeds contain enzyme inhibitors and phytic acid (grains), which makes them very difficult to digest. These substances block the body's ability to absorb precious vitamins and minerals. Traditional societies always soaked and/or fermented these foods to make them more nutritious. Today's processing methods have lost this ancient wisdom and therefore created a wide variety of health problems. Soaking neutralizes anti-nutrients and in effect, predigests them so that all of their nutrients are more bio-available.

This is not a time consuming task. Like anything else, setting aside a few extra minutes will turn this process into a routine and be very easy for you.

Soaking instructions for grains and legumes:

1. Place in glass or stainless steel bowl and cover with warm filtered water
2. Add 1 to 2 tablespoons raw apple cider or coconut vinegar. Cover with a towel and leave in a warm place or put in oven with light on overnight
3. Rinse several times in am before cooking

Soaking instructions for nuts and seeds:

Purchase raw and organic nuts, seeds. This process does not work when they have been roasted.

1. Place in glass or stainless steel bowl and cover with warm filtered water
2. Add 1 tablespoons unrefined sea salt. Cover with a towel and leave out on counter top overnight.
3. Rinse several times in am
4. Transfer to baking sheet and bake in oven on lowest setting until crispy
5. Be sure to store them in the freezer as delicate oils go rancid very quickly

More Options

You can purchase grains, legumes, nuts and seeds already germinated and/or sprouted.

Look for the following:

- Tru Roots brand quinoa, brown rice, lentils, and beans
- Sprouted/soaked nuts and seeds (it will say this on the package)

Food Preparation Continued...

- Prepare vegetables in advance. Cut up enough veggies to last a few days, both for snacking and cooking
- Prepare grains, legumes, nuts and seeds in advance. This way all you need to do is reheat or grab them from the freezer (nuts and seeds will last indefinitely in the freezer)
- Use organic frozen fruit for smoothies
- If using canned beans, make sure you rinse them very well
- Double your shake recipe in the morning and have it later as a snack
- Use canned wild Alaskan salmon (not during Phase 2)
- Cook proteins ahead of time and portion out for easy meal prep
- Purchase enough on-the-go containers for an entire week (I recommend either glass, stainless steel, or clear plastic)

Cooking Tips and Techniques

Grains

After soaking grains overnight, rinse, drain and add to recommended amount of water and bring to a boil. Reduce heat, cover and simmer for recommended time.

1 Cup Grains	Water	Cooking Time
Amaranth	2 Cups	20 Minutes
Brown Rice	2 Cups	60 Minutes
Buckwheat	2 Cups	20 Minutes
Millet	2 Cups	30 Minutes
Quinoa	2 Cups	30 Minutes
Wild Rice	2 Cups	60 Minutes



Cooking Tips and Techniques Continued...

Fats and Oils

Most fats are highly delicate and when exposed to heat become rancid. When ingested, they turn into cell damaging free radicals.

Steer clear of the following:

- Canola
- Soybean
- Safflower
- Sunflower
- Margarine

Cook on low to medium heat using:

- Coconut oil
- Organic Ghee (not in Phase 2)
- Organic or raw butter (not in Phase 2)

These fats are stable when exposed to heat and are loaded with nutrients.

Olive oil is very delicate and should not be used for cooking. Use it as a finishing oil in dressings, sauces and marinades.

Dairy Substitutes

Nuts and Seeds	Excellent as cheese, milk, and flour substitutes.
Arrowroot	Use to thicken sauces and add a creamy consistency.
Olive Oil	Wonderful as a lighter alternative to butter
Avocado	This creamy, healthy fruit makes a wonderful addition to salads, omelet's, and grain dishes. Use it instead of cheese, in a blender with smoothies, even makes a wonderful chocolate pudding base!
Coconut milk, cream and oil	One of the most amazing superfoods on the planet! Prized for its ability to support the immune system and eliminate dementia. Because it is a stable fat (resisting oxidation) it's perfect for cooking and baking.

Cooking Tips and Techniques Continued...

Spices

Liven up your food by adding 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. Add fresh crushed garlic to your vegetables for an extra kick.

Vegetables

Steam, sauté, or roast with healthy fats. Be sure to always cook cruciferous veggies to eliminate thyroid suppressing anti-nutrients and increase digestibility. This includes:

- Cauliflower
- Bok choy
- Cabbage
- Chard
- Broccoli
- Broccoli raabe
- Brussels sprout
- Collard greens
- Dandelion greens
- Kale

Use aromatics such as shallots, scallions, bulb onions, ginger, garlic and lemongrass. They add amazing flavor and aroma to foods.

Proteins

Animal protein is best cooked at lower temperatures to preserve vital nutrients. Like fat, proteins are delicate. When exposed to high temperatures, they become hard to digest. For this reason, barbecuing is not recommended.

Options

Bake: bake meats, poultry and fish/seafood between 275 and 350 degrees.

Poach: poach fish and seafood no longer than 8 minutes. Salmon should still be pink in the middle.

Sear: lightly sear meat and fish. The middle should be pink.

Broil: broil meats, poultry and fish/seafood between 275 and 350 degrees.

Stir-fry: stir-fry meat, poultry and fish/seafood on medium to low heat using coconut oil.

Cooking Tips and Techniques Continued...

Tools and Equipment

The following are what I use on a daily basis. These are just recommendations. Don't feel you have to run out and buy a bunch of new equipment, but these items will make your experience much more enjoyable.

- High speed blender such as a Vita-Mix or Blend Tech system
- Vegetable spiralizer (I love my Paderno World Cuisine available on Amazon for only \$36)
- Mandoline food slicer
- A good set of knives
- Nut milk bag (for straining nut milks)
- Various sizes of food transportation containers
- Juicer (if you are serious about juicing, omega mastication juicers are a great buy)
- Stainless steel strainers in a variety of sizes

