

Naturally Perfect Protocol Recipes

Level of Difficulty

1 Easy - 5 Difficult

1.Grilled Chicken & Garlic Mashed Turnips (4)

For 4 servings:

3 lb.. of chickens (breasts, legs, or thighs)

2 tablespoons chopped fresh basil

1/4 cup fresh lemon juice

3 cups diced turnip

2 cloves garlic, minced

3 tablespoons olive oil

Salt

Combine chicken, basil, lemon juice and olive oil in a large bowl and toss together. Refrigerate and let marinate 2 hours. The marinated chicken may also be baked for about 50 to 60 minutes at 425°, or until cooked through. Cook turnip cubes and garlic cloves in boiling water 15 min or until soft. Mash turnips or (can use food processor), then add olive oil and salt.

2.Vegetable Quiche (3)

For 2 servings:

1 Bell Pepper

2 Red Onions

1/2 Zucchini

3 Eggs

1 Clove Garlic

Pine Nuts (a handful)

Fresh Basil leaves (a handful)

3 Tbsp Olive Oil

Green salad leaves

Preheat oven to 180C. Chop vegetables and panfry with 1 1/2 tbsp olive oil on medium heat for 3-4 minutes, then add to a well oiled ovenproof dish. Add basil, garlic, pine nuts and eggs to the food processor. Now pour over the vegetables and bake for 25 minutes or until firm in the center. Serve with green salad.

3.Steak with Ginger Sauce and Quinoa Tabbouleh (3)

Steak with Ginger Sauce

Steak
Ginger
Garlic
Chili
Lemon Juice

Quinoa Tabbouleh

1/2 cup uncooked quinoa
3 cups fresh parsley
1/2 cup fresh mint leaves
10 cherry tomatoes
1/2 cucumber
1 red onion
1/2 cup fresh lemon juice
4 tablespoons olive oil
Salt and pepper

Make the sauce for the steak with grated ginger and chili,olive oil and lemon juice - just mix it together. Cook the steak to your liking and serve it sliced, drizzled with the sauce.

Cook quinoa as directed, rinsing well. Chop tomatoes and cucumber, then finely chop parsley, mint, and onions. Add all ingredients to a mixing bowl and mix away!

4.Stuffed Peppers with Beef and Millet (4)

For 2 servings:

1/2 pound minced beef
1/5 cup of uncooked millet
2 red bell peppers (halved length wise and discard seeds)
1 tomato (chopped)
1 egg (lightly beaten)
1 large onion (finely chopped)
3 garlic cloves (finely chopped)
1 chili (finely chopped)
3 tablespoons olive oil
1/4 teaspoon salt
1/4 teaspoon pepper

1 tablespoon dried basil

1 tablespoon dried parsley

Cook the millet as directed. Cook the onions, garlic, chilies and tomato with 1 tablespoon olive oil in a pan for 3 minutes. Now add the meat and cook until no longer pink.

Add the meat mixture, millet, and all other ingredients except red peppers to a bowl and mix it up. Pack the mixture into the red pepper halves. Bake at 350F for 30 minutes or until peppers are tender.

5.Vegetable Omelet (2)

2-3 organic eggs

2 tbsp olive oil

2 tbsp chopped onion

2 tbsp chopped green pepper

Handful of fresh spinach

Heat a skillet with olive oil, add onions and greens pepper, add spinach a few minutes later, stir fry until veggies are tender. Stir in the slightly beaten eggs until eggs are done. Serve immediately with sea salt.

6.Chipotle Lime Salmon (2)

1 lb. salmon, cut into 4 fillets

1-2 tablespoons Olive Oil

2 limes, sliced in half

1 teaspoon Celtic sea salt

1 teaspoon chipotle powder

1. Preheat oven to 500°
2. Rinse salmon, pat dry and place on a metal baking sheet
3. Rub each fillet with olive oil
4. Squeeze the juice from one-half lime onto each fillet
5. Sprinkle fillets with salt and chipotle, then place a half lime on top of each fillet
6. Turn down oven temperature to 275°
7. Place salmon in oven and cook for 8-12 minutes, depending on how well done you like your fish

7.Rosemary Lemon Chicken (2)

1 pound skinless, boneless chicken breast

2 tablespoons Extra Virgin olive oil

¼ cup lemon juice

2 cloves garlic, pressed

¼ cup fresh rosemary, minced

½ teaspoon Celtic sea salt

1. In a medium bowl, combine olive oil, lemon juice, garlic, rosemary and salt
2. Rinse chicken breasts, pat dry and place in an 7x11 in baking dish
3. Pour marinade over chicken, cover and refrigerate for at least 30 minutes or up to 6 hours
4. Heat grill and cook chicken for 5-7 minutes per side until browned and cooked in the center
5. Serve

8.Broccoli Rabe with Garlic (2)

1 bunch broccoli rabe, trim off tough stems on bottom
 2 tablespoons Extra virgin olive oil
 10 garlic cloves
 ¼ teaspoon Celtic Sea Salt
 ¼ teaspoon black pepper

1. Heat oil in a large skillet
2. Add garlic to skillet and cook over medium heat until lightly browned, a few minutes
3. Add broccoli rabe to skillet, and cook until wilted
4. Sprinkle with salt and pepper
5. Transfer to a bowl and serve

9.Zucchini Muffins (5)

3 c. grated zucchini
 3 eggs, beaten
 2 1/2 cups almond flour
 1/3 c. coconut oil
 1/4-1/2 c. yacon powder (cheaper than the syrup, still ok?)
 1/2 teas. liquid stevia (made from powder, directions on this site)
 2 teas. cinnamon
 1 teas. baking soda
 1/4 teas. salt
 Mix almond flour, oil, yacon, and zucchini. Add beaten eggs, cinnamon, salt, baking soda, and stevia. Mix well. Bake in muffin tins, lined with papers, at 350 degrees for 25-30 min.
 Super yummy!

10.Tasty "Breaded" Chicken Strips (3)

Take 2 or 3 boneless, skinless chicken breasts and cut into chicken-finger sized strips.
 Mix together:
 2-3 Tbsp Ground Flax Seeds

2-3 Tbsp Ground Almonds
1 tsp Italian Spices
Salt & Pepper to taste

Dip the chicken strips in the mixture to coat them thoroughly (either in a bowl/dish or in a plastic ziploc bag).
Place chicken strips on a non-stick pan or stoneware pan.
Bake at 425F for 20 minutes.

11.Chipotle's Chicken Marinade (3)

1 (2 ounce) package dried ancho chiles
1 (7 ounce) can chipotle pepper in adobo sauce (discard chipotle pepper, skim out seeds)
1 teaspoon black pepper
2 teaspoons cumin powder
2 tablespoons fresh oregano, chopped
6 cloves garlic
2 teaspoons salt
1 red onion, quartered
1/4 cup oil (canola/vegetable/olive)
1 whole boneless, skinless naturally raised chicken (about 3 lb., thighs work well too)

Soak dry chilies overnight in water, until soft. Remove seeds.

Add chilies and rest of the ingredients in blender or food processor. Puree until smooth.

Stab chicken with fork to let the marinade soak in. If you're marinating overnight, you won't need to stab it too much. If you're marinating for an hour, stab it all over!

Spread marinade over chicken, refrigerate for one hour or up to overnight.

After marinating, grill on medium high on an indoor grill where the chicken can be pressed flat.

12.Lemon Chicken and Artichoke Hearts (4)

- 2 tablespoons olive oil
- 1/2 medium yellow onion, finely chopped
- 3 medium garlic cloves, thinly sliced
- 1 1/2 pounds boneless skinless chicken meat, large dice
- 1 1/2 cups quartered artichoke hearts (canned or jarred - not frozen)
- 2/3 cup dry white wine
- 1/3 cup water
- 1 teaspoon freshly squeezed lemon juice
- 1/2 cup lightly packed thinly sliced basil leaves

- 1 teaspoon lemon zest

Directions

Heat oil in a large frying pan over medium-high heat. When it shimmers, add onion and garlic, season with salt and freshly ground black pepper, and cook until golden, about 4 minutes. Add chicken and cook, stirring rarely, until well browned on all sides, about 5 minutes. Add artichoke hearts and cook until slightly broken down, about 3 minutes.

Add wine, water, and juice and scrape the bottom of the pan to incorporate any browned bits. Cook until alcohol smell is cooked off and sauce is slightly reduced, about 5 minutes. Remove from heat, stir in basil and lemon, and serve.

13.Chili Kale Chips (1)

Ingredients

- 1 bunch kale, ribs removed and torn into pieces
- 1 to 2 tablespoons olive oil
- 2 teaspoons chili powder
- Salt

Directions

Preheat the oven to 350 degrees F.

In a bowl, combine the kale and 1 tablespoon olive oil. Use your fingers to massage the oil into the kale. If it seems dry, add more oil. Season with chili powder and salt and toss to coat.

Spread the kale onto 2 baking sheets. Bake until the chips look crisp, 10 to 15 minutes, rotating the baking sheets halfway through.

14.Grilled Eggplant and Lamb Medallions with Rosemary Aioli (5)

Ingredients

- 1 eggplant, about 1 pound, cut into 8 1-inch slices
- 8 ounces lamb tenderloin, cut into 8 1-ounce medallions
- Salt and pepper
- Olive oil
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Rosemary Aioli:

- 1/2 cup prepared or homemade mayonnaise
- 1 tablespoon minced garlic
- 2 tablespoons finely chopped fresh rosemary
- Salt and pepper
- Fresh rosemary sprigs
- Black pepper for rim

Directions

Preheat the grill. For Rosemary Aioli: In mixing bowl, combine the mayonnaise, garlic and rosemary and blend until incorporated. Season with salt and pepper. Set aside.

For eggplant and lamb: Rub each piece lightly with the olive oil to prevent from sticking to the grill. Season with salt and pepper. On a hot grill, grill each piece of eggplant for 1 minute on each side. Remove from the grill and set aside. Place the lamb medallions on the grill and cook until medium rare, about 1 to 2 minutes on each side. Remove from the grill and set aside.

To assemble, place a small pool of the aioli in the center of the plate. Alternate layering the eggplant and lamb medallions four times. Drizzle the remaining aioli over top and garnish with flaming rosemary sprigs.

15.Vegetable Stew and Quinoa Recipe (3)

Ingredients

Vegetable Stew:

- 3 cloves garlic, smashed
- 2 small turnips, peeled and quartered
- 1 medium yellow onion, quartered lengthwise, root end intact
- 1/2 fennel bulb, thickly sliced lengthwise, root end intact
- 1 tablespoon peeled, chopped, fresh ginger
- 1 tablespoon kosher salt
- 2 teaspoons each ground cumin, paprika, and sugar
- 1 1/2 teaspoons ground turmeric
- 1/8 teaspoon ground cloves
- 1 cinnamon stick, snapped in half
- 2 cups water
- 1 pound Eggplant
- 1 small zucchini, cut into 2-inch rounds
- 1 (15 1/2-ounce) can chickpeas, rinsed and drained
- 4 sprigs fresh flat-leaf parsley, tied together with kitchen string
- 1 cup canned whole peeled tomatoes, with their juices

Couscous:

- 2 cups cold water
- 1 tablespoon unsalted butter
- 1 teaspoon kosher salt
- 1 1/2 cups uncooked quinoa
- 1/2 cup sliced almonds, toasted

Directions

For the stew: Put the garlic, turnips, onion, fennel, ginger, salt, cumin, paprika, sugar, turmeric, cloves, and cinnamon in a large soup pot with a tight-fitting lid. Add 2 cups

water and bring to a boil over high heat; cover, reduce the heat, and simmer until the vegetables are somewhat soft, about 10 minutes. Halve and seed the eggplant and cut it into wedges. Tie parsley sprigs together with kitchen string. Add zucchini, chickpeas, and parsley sprigs to the pot. Using your fingers and working over the pot, tear the tomatoes into big pieces and add them to the pot with their juices. Simmer the stew, covered, until it is slightly thick and fragrant, and the vegetables are fork tender but not mushy, about 15 minutes. (You can test the vegetables a bit sooner, remove them as soon as they are tender, and return them to the pot when you are ready to serve. All the vegetables should be tender enough to cut with the side of a fork, but still hold their shapes.) Remove cinnamon sticks.

For the quinoa: Bring water to a boil with the butter and salt in a small saucepan. Stir in the quinoa, pull the saucepan off the heat, cover, and set aside until the water has been absorbed and the quinoa is plump, about 5 minutes. Transfer to a bowl and fluff with a fork.

To serve, spread the quinoa over a large serving platter and, using a slotted spoon, mound the vegetables in the center. Pour some of the broth over the vegetables and sprinkle with the almonds.

16.Lamb Curry (4)

Ingredients

For 2 servings:

250gms diced lamb
1 large onion, chopped
2 handfuls chopped spinach
1 can brown lentils soaked and pre-cooked
1/4 inch ginger, thinly sliced
2-3 cloves garlic, crushed
1 tsp cumin seeds
1 tsp fennel seeds
1/2 tsp gram masala
1/2 tsp curry powder

Brown onions in a saucepan, and add lamb. Quickly brown lamb, then add garlic and spices. Stir until spices are aromatic, then add about 1/4 cup water. Leave to simmer for about 5 minutes, making sure not to burn it. Add approx. 1 more cup water and half the lentils, puree the rest of the lentils and add to make the sauce. Leave to reduce to desired thickness, then stir in the spinach about a minute before serving.

17.Breakfast Burritos (3)

Ingredients

- 2 teaspoons canola oil

- 1/2 small red onion, diced (1 cup)
- 1 red bell pepper, seeded and diced
- 1 cup drained, rinsed canned black beans, preferably low-sodium
- 1/4 teaspoon chili flakes
- Salt and freshly ground black pepper
- 4 eggs and 4 egg whites
- Cooking spray
- Lettuce Cups
- 1/4 cup salsa
- 1 large tomato, (4 ounces) seeded and diced
- 1 small avocado (4 ounces), cubed

Directions

Heat the canola oil in a large nonstick skillet over a medium-high heat. Cook the onions and peppers until onions are softened and peppers are slightly charred, about 8 minutes. Add black beans and red pepper flakes and cook until warmed through, another 3 minutes. Season with salt and pepper and transfer to a dish.

Whisk together the eggs and egg whites then stir in the cheese. Spray the skillet with cooking spray, and reheat the skillet over a medium heat. Reduce heat to low and add eggs, scrambling until cooked through, about 3 minutes. Spread each Lettuce Cup with 1 tablespoon each salsa, then layer with 1/4 of the black bean mixture, 1/4 of the scrambled eggs, some diced tomato and 1/4 of the avocado. Roll up burrito-style and serve.

18.Eggs Benedict (5)

- 1 tablespoon olive oil
- Hollandaise Sauce
- 1 shallot, thinly sliced
- 8 cups petite kale or baby spinach
- Freshly ground black pepper
- 1 large ripe tomato, cut into 4 slices
- 4 large eggs

Heat the oil in a large nonstick skillet. Add the kale, remove from the heat and stir until the kale wilts, about 2 minutes. Season with pepper. Set aside and keep warm.

Crack each egg into a mug and slip into the simmering water. Cook until the whites are at desired doneness, 3 to 5 minutes. Remove with a slotted spoon and place on each benedict.

Layer:

Tomato Slice

Sautéed Kale or Spinach

Pouched Egg

Hollandaise Sauce

Hollandaise Sauce Recipe:

Ingredients

- 4 egg yolks
- 1 tablespoon freshly squeezed lemon juice
- 1/2 cup unsalted butter, melted (1 stick)
- Pinch cayenne
- Pinch salt

Directions

Vigorously whisk the egg yolks and lemon juice together in a stainless steel bowl and until the mixture is thickened and doubled in volume. Place the bowl over a saucepan containing barely simmering water (or use a double boiler,) the water should not touch the bottom of the bowl. Continue to whisk rapidly. Be careful not to let the eggs get too hot or they will scramble. Slowly drizzle in the melted butter and continue to whisk until the sauce is thickened and doubled in volume. Remove from heat, whisk in cayenne and salt. Cover and place in a warm spot until ready to use for the eggs benedict. If the sauce gets too thick, whisk in a few drops of warm water before serving.

19. Protein Style Burger (2)

1 Pound Ground Turkey, Beef or Lamb

Form into patties and season as desired

1 Head of Lettuce

To replace a bread bun

1 Onion

Sauté with butter or leave raw

1 Tomato

Cut into 4 large slices

20. Chicken Lettuce Wraps (2)

Ingredients

For the Chicken:

- 1 1/2 pounds skinless, boneless chicken breasts, diced
- 1 teaspoon toasted sesame oil

For the Stir-Fry:

- 3 cloves garlic, minced
- 1 teaspoon minced peeled ginger
- 1 jalapeño pepper, seeded and minced
- 4 scallions; 2 minced, 2 cut into 1-inch pieces
- Kosher salt
- 3/4 cup diced water chestnuts
- Small lettuce leaves, for serving

21.Crab Cakes (4)

- 1 tablespoon plus 2 teaspoons extra-virgin olive oil
- 2 scallions, thinly sliced
- 1/2 cup finely chopped red bell pepper
- 1 cup Millet or Almond Mill
- 1 large egg, lightly beaten
- 2 teaspoons Homemade Mayonnaise
- 1 tablespoon fresh lemon juice, plus lemon wedges for serving
- 1/2 teaspoon Old Bay Seasoning
- 1 pound lump crab or crab claw meat, picked over
- Kosher salt and freshly ground pepper
- Olive-oil cooking spray

Directions

Heat 2 teaspoons olive oil in a large nonstick skillet over medium-high heat. Add the scallions and bell pepper and cook until they begin to soften, about 2 minutes. Cool slightly.

Mix 1/2 cup Millet or Almond Mill, and egg in a small bowl. In a medium bowl, whisk homemade mayonnaise, lemon juice, Old Bay ; fold in the crabmeat, millet or almond mill mixture, scallion bell pepper mixture, 1/4 teaspoon salt and a pinch of pepper. Shape into 8 patties and refrigerate 30 minutes.

Coat the crab cakes with the remaining 1/2 cup millet or almond mill. Heat the remaining 1 tablespoon olive oil in the skillet over medium-high heat. Mist the crab cakes with cooking spray and cook, sprayed-side down, 3 to 4 minutes. Spray the tops, flip and cook 3 to 4 more minutes. Serve with lemon wedges.

22.Spicy Baked Chickpeas (1)

Ingredients

- 2 (15-ounce) cans chickpeas
- 2 tablespoons olive oil

- 1 teaspoon Spanish smoked paprika
- 1 teaspoon ground cumin
- Pinch cayenne pepper, or to taste
- Kosher salt

Directions

Preheat the oven to 400 degrees F.

Rinse and drain the chickpeas and dry by rolling them around in a kitchen towel. Combine the oil, paprika cumin, cayenne and salt in a large bowl. Add chickpeas and toss to coat evenly. Transfer the chickpeas to a parchment-lined baking sheet and spread them out in a single layer. Bake until golden and crispy, 25 to 35 minutes, shaking the tray to toss after 15 minutes. Remove the baking sheet from the oven and transfer the chickpeas to a serving bowl.

23. Turkey Roll Ups(1)

Ingredients

- 2 teaspoons homemade Mayonnaise
- 8 slices turkey breast
- 2 large [red leaf lettuce](#) leaves, spines removed, torn into 8 pieces
- 1/4 large English cucumber, seeded and cut into 3-inch long sticks
- 1/4 large [red pepper](#), sliced
- 8 large basil leaves

Directions

Lay a slice of turkey on a plate or cutting board. Spread a 1/2 teaspoon of the homemade mayonnaise mixture widthwise along the turkey about 2 inches from the end of the slice. Place a piece of lettuce on top, then a couple of sticks of cucumber and slices of red pepper. Top with a basil leaf and roll it all up in the turkey slice.

24.Homemade Mayonnaise (2)

Ingredients:

- 2 whole eggs
- 2 tablespoons lemon juice
- 1/2 teaspoon salt, or to taste
- 1/2 teaspoon white pepper
- 2 cups vegetable oil (approx.)

Preparation:

In the bowl of a food processor on slow speed, blend together the eggs, lemon juice , salt and white pepper.

Increase the speed to high and add the vegetable oil in a slow, continuous trickle through the feeder tube until the mayonnaise thickens. How much oil this takes depends on how large the eggs were. In general, I determine that the mayonnaise is adequately thick when it forms a doughnut shape around the blade with "ripples" on top.

(Note: There's no need to actually measure the oil; I simply pour the oil in as thin a stream as possible directly from the bottle.

Taste the mayonnaise, and adjust the seasoning and lemon juice to taste. Briefly blend again to incorporate any additions. If you feel the mayonnaise is too thick, simply add very hot water one teaspoon at a time with the motor running until the mayonnaise has the desired consistency.

Immediately store the homemade whole egg mayonnaise in a jar or plastic container in the refrigerator. Discard unused homemade mayonnaise after 10 days.

25.Crab Avocado Salad (3)

Ingredients

- Kosher salt
- 1/2 pound haricots verts or green beans, halved
- 3 tablespoons low-fat mayonnaise
- 1 to 2 tablespoons fresh lemon juice
- 1/2 cup chopped fresh chives
- 1/4 cup chopped fresh basil
- 3 anchovy fillets, chopped
- Freshly ground pepper
- 1/2 pound lump or claw crabmeat
- 1 Hass avocado, halved, pitted and diced
- 3 romaine hearts, chopped
- 1 pint cherry tomatoes, halved

Directions

Bring a saucepan of salted water to a boil. Add the haricots verts and cook until crisp-tender, 3 to 5 minutes. Drain and run under cold water to stop the cooking.

Puree the mayonnaise, lemon juice, chives, basil and anchovies in a blender until smooth. Season with salt and pepper.

Toss the crabmeat, half of the avocado and about 1 tablespoon of the yogurt dressing in a small bowl. Toss the romaine, haricots verts and the remaining avocado with the remaining dressing in a large bowl.

Divide the romaine salad among plates, top with the tomatoes and place some of the crab mixture in the center.

