

Doctor Murray's

Four - Day Sample Menu



From Doctor Murray



To help you get started in planning out your own daily menus I am providing you a four-day program complete with menus and recipes. Since most people do not have the time to get to the grocery store everyday, I want to show you how to shop for a four-day period. By following this program a couple of times, you can get in the habit of planning out your meals well in advance and replenishing your perishables every three to four days.

Because I have been frustrated by cookbooks designed for healthier eating that were packed full of difficult (or nearly impossible to get) ingredients, and recipes that took too long to prepare, I have chosen recipes that can be prepared and cooked within thirty minutes or less. I have also chosen recipes that have a short list of ingredients or readily available ingredients with no difficult steps to follow. I hope you find them as easy and enjoyable as I do.

Sincerely,

Dr. Murray

Using PGX for Effective and Permanent Weight Loss

In my medical experience I have discovered a very important fact: the key ingredient to successful weight loss is the ingestion of 2.5 to 5 grams of PGX at major meals and perhaps at least twice more for those with an appetite more difficult to tame. Initially I spent a lot of time in the clinic educating my patients on the importance of diet and menu planning, but then I found out that we actually got better results with my patients when I simply stressed using PGX along with becoming more conscious of what and how much they were eating. That said, I am going to provide the full program just as I have utilized in my medical experience. The important thing that I don't want you to lose sight of, however, is that the key to real success is using PGX liberally.

PGX is available in capsules (either hard or soft gelatin), as a zero calorie drink mix, as granules to be added into food and beverages, and in a sophisticated low carbohydrate, very low glycemic index meal replacement drink containing undenatured whey protein, natural flavors, and sweeteners along with vitamins and minerals. The primary supplier of PGX is Natural Factors who offers PGX in their SlimStyles family of products for weight loss. These products can be found in health food stores throughout North America or via a number of e-tailers on the Internet. To find a store near you, please go to www.slimstyles.com. For more information about the science behind PGX and how to use it most effectively, go to www.PGX.com.

Here is a quick checklist of how to use PGX in your daily diet:

- Take SlimStyles Weight Loss Drink Mix with PGX at least once per day as a meal replacement. (Note: the product is called SlimStyles Weight Loss Meal Replacement Drink Mix with PGX in Canada).
- Before meals when you are not using SlimStyles Weight Loss Drink Mix with PGX as a meal replacement, you must take PGX. If using PGX granules take 2.5 to 5 grams in a glass of water before that meal. Note, SlimStyx from Natural Factors provides 2.5 grams of PGX in a convenient small tube-shaped packet that is excellent to bring along with you when you are eating out. If you are using the PGX in soft gelatin capsules, less PGX is required in this form. Take 3 to 6 soft gelatin capsules with a glass of water before meals.
- Use PGX granules or soft gel capsules when hungry between meals.
- Follow the menu suggestions.
- Drink water! While it is wise to drink at least 48 ounces of water daily, it is vital to do so when taking PGX.

Daily Plan

The following is a template daily food plan which all your menu plans can be built.

Breakfast

Two scoops of SlimStyles Weight Loss Drink Mix blended with 12 to 16 ounces of water for a low glycemic, high volumetric breakfast. A small amount (e.g., ½ cup) of frozen fruit can be added and mixed in the blender if desired.

Snack

a 100- to 150-calorie snack focusing on low glycemic, high volumetric foods.

Before Lunch

2.5 to 5 grams of PGX granules in a glass of water or V8-type juice 5 to 15 minutes before lunch.

Lunch

A low-glycemic, high volumetric lunch or simply have another SlimStyles Weight Loss Drink Mix drink.

Snack

a 100- to 150-calorie snack focusing on low glycemic, high volumetric foods.

Before Dinner

2.5 to 5 grams of PGX granules in a glass of water or V8-type juice 5 to 15 minutes before dinner.

Dinner

A low glycemic, high volumetric meal. For instance: One serving (50 to 100 grams) of baked chicken breast, salmon, lean meat, or tofu; a medium salad with olive oil and natural herbs and spices; one serving (1 to 2 cups) of a cooked nonstarchy vegetable; and ½ cup berries for dessert. NOTE: as an alternative for dessert, make up ½ serving of SlimStyles Weight Loss Drink Mix before dinner and place in fridge. In 40 to 60 minutes, it turns into a delicious and appetite suppressing pudding!

Evening Snack or Tea

A 100- to 150-calorie snack focusing on low-glycemic, high-volumetric foods or, better yet, one or two cups of herbal tea (no caffeine).

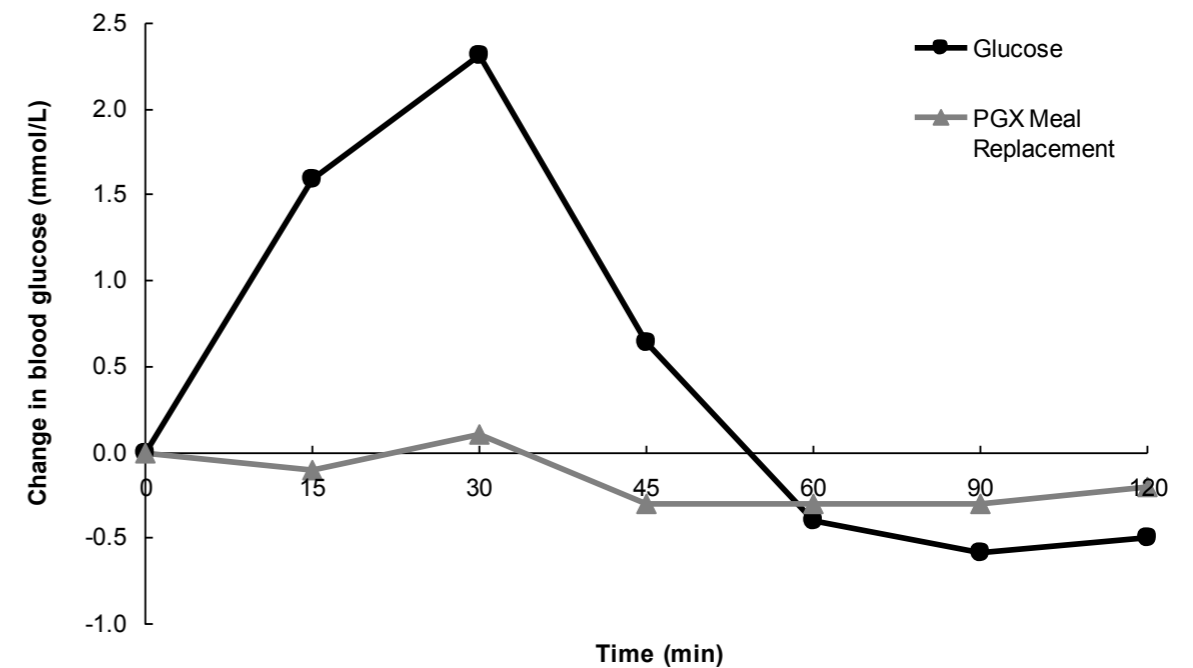
Tips for Each Meal

Breakfast

The best breakfast that we can recommend for effective weight loss or management is the SlimStyles Weight Loss Drink mix. We designed this product to promote satiety and increase metabolism. Two scoops provide 5 grams of PGX, 19 grams of whey protein, 2.3 grams of medium chain triglycerides, and more than 30 other nutrients, vitamins, and minerals to support healthy metabolism. And it tastes great.

The most important reasons why this drink mix provides the perfect way to start the day are that it is extremely filling and it exerts a tremendous blood sugar stabilizing effect. I have done my own intensive research on the SlimStyles Weight Loss Drink with my patients. To verify my results because they were so phenomenal, I had Sydney University's Glycemic Index Research Service (SUGIRS) perform an evaluation. As you can see below, the drink mix produces an incredible effect on stabilizing blood sugar levels for at least two hours.

This graph demonstrates that the SlimStyles Weight Loss Drink Mix does not raise blood sugar levels above fasting levels. So if your fasting blood sugar level was 90mg/dl upon arising and you had a serving of the drink mix for breakfast, your blood sugar levels and appetite would be stable for at least the next two hours.



Effect of SlimStyles Weight Loss Drink Mix on Blood Sugar Levels as Evaluated by Sydney University's Glycemic Index Research Service.

Lunch

Lunch is a perfect time to take advantage of high-volume, low-calorie soups and salads. Adding PGX to the meal amplifies the volumetric and satiety effects of these foods. Or you can use the SlimStyles Weight Loss Drink Mix again as a meal replacement.

Dinner

For dinner, I want you to eat a healthy, balanced meal containing three or four food groups. Food choices should be voluminous, and have a low-glycemic impact. Again I recommend you add PGX at dinner time to control overeating at night. And, if you find yourself hungry right after dinner, take an additional dosage of PGX to fight off the urge to eat.



Snacks

Snacking is a very good habit as long as you keep the portion size small and calorie count low. You are allowed up to three snacks per day to be eaten between breakfast and lunch, lunch and dinner, and after dinner, if genuinely hungry. Snacks are a good way to keep your metabolism running throughout the day. However, unhealthy high-fat or -sugar snack choices lead to weight gain.

Choose snacks that contain a lot of nutrients and fiber, and make sure your snacks contain both carbohydrates and a source of protein. The carbohydrates provide you with some energy and the fiber and protein help make the energy last longer, keeping you full longer. The combination helps to maintain a slow rise and prevents a spike and quick fall in blood sugars. An easy way to remember this is that your snacks should contain two food groups.

Watch portion sizes. Aim for 100 to 150 calories per snack. That said, 150 calories from a chocolate bar or donut is not a healthy option, since it only provides fat and sugar. Instead, choose healthy foods like an apple and one ounce low-fat cheese, an orange and a small 100 grams container of low-fat yogurt, or six whole wheat crackers and one tablespoon of peanut butter.

Recipe For A Successful Meal

Create volume: To help you feel full, fill up on nonstarchy vegetables. These are considered “free” since they are high in fiber and very low in calories. Avoid large amounts or big portions of root vegetables such as potatoes, parsnips, and squash since these contain more starch and more calories.

Go for low-glycemic index foods: Choose fruit and starches that will not cause your blood sugar level to spike, and will take longer to digest and be absorbed in the blood stream. These low GI foods will give your body better blood sugar control and sustained energy.

Aim for balance: When creating a balanced meal, include three or four food groups.

Lower the fat: When cooking, try baking, broiling, grilling, poaching, roasting, sautéing with little oil, steaming, and stir-frying

- Use nonstick cookware and use nonstick cooking sprays instead of butter, margarine or oil to prepare foods with less or no fat
- Skip gravy and rich sauces and enhance the flavor of foods by cooking with broth, stock, lemon juice, onions and seasonings like garlic, ginger, cumin, spice blends and herbs.
- Trim away any fat on meat and go skinless with poultry before cooking



Free Foods

Some vegetables are termed "free foods" and can be eaten in any desired amount because the calories they contain are offset by the number of calories your body burns in the process of digestion. If you are trying to lose weight, these foods are especially valuable as they can help to keep you feeling satisfied between meals. Consider the following vegetables as free foods that may be consumed in any amount and as often as desired in their raw form:

Alfalfa sprouts

Bell peppers

Bok choy

Cabbage

Chicory

Celery

Chinese cabbage

Cucumber

Endive

Escarole

Lettuce

Parsley

Radishes

Spinach

Turnips

Watercress



Snacks Containing 50 to 100 Calories

GRAINS AND BREADS	UNIT	GRAMS	CALORIES	DAIRY	UNIT	GRAMS	CALORIES
Bread, 100% whole wheat, thin slice	1 piece	33	92	Cottage cheese, 1%	1/3 cup	75	54
Crackers, rye, Norwegian flatbread	2 pieces	17	62	Cream cheese, low fat	1 1/2 tbs	23	52
Crackers, 100% whole wheat	4 pieces	16	71	Frozen yogurt, low-fat, chocolate	1/4 cup	48	55
English muffin, 100% whole wheat	1/2 each	30	65	Frozen yogurt, low-fat, vanilla or strawberry	1/4 cup	48	51
Graham crackers	2 pieces	14	59	Milk, nonfat/skim	3/4 cup	186	68
Melba toast crackers, plain	3 pieces	15	59	Mozzarella, low moisture, part skim	1-inch cube	18	53
Oatmeal, plain, instant	1 package	177	97	Soy milk, plain or low-fat vanilla or chocolate	1/2 cup	123	60
Popcorn, air-popped	2 cups	16	62	Yogurt, fruit, nonfat	1/4 cup	61	58
Pumpnickel, thin slice	1 piece	20	50				
Pita, 100% whole wheat	1/2 each	21	60				
Tortilla, whole wheat	1 each	35	73				
Whole wheat, 100%, thin slice	1 piece	33	92				

Snacks Containing 50 to 100 Calories Continued

MEAT & ALTERNATIVES	UNIT	GRAMS	CALORIES	MEDIUM AND LOW-GLYCEMIC INDEX FRUIT	UNIT	GRAMS	CALORIES
Eggs, hard-boiled	1 med	44	68	Apples, small	1 each	106	55
Nuts, almonds, whole	8 each	10	55	Applesauce, unsweetened	1/2 cup	122	52
Nuts, peanuts, dry roasted, unsalted	9 each	9	53	Apricots, fresh	2 each	103	51
Nuts, soy	15 grams	15	63	Banana, medium	1/2 each	59	53
Nuts, walnuts	4 halves pieces	8	53	Blueberries	3/4 cup	109	62
Salmon, pink, drained water-packed canned	1 can	56	76	Cherries, fresh	14 each	95	60
Tuna, chunk white, drained water-packed canned	1/2 can	43	54	Grapefruit, fresh, small, red	1 each	200	64
DIPS	UNIT	GRAMS	CALORIES	Grapes, Thompson seedless, fresh	15 each	73	52
Babaganoush	1 tbs	14	70	Kiwi, fresh, medium, without skin	2 each	152	92
Hummus	2 tbs	31	52	Mandarin oranges, fresh, medium	2 each	168	90
Salad dressing, Italian, reduced-fat	3 tbs	48	60	Oranges, fresh, small	2 each	192	90
Salad dressing, Ranch, reduced-fat	2 tbs	30	65	Peaches, fresh, medium	2 each	196	80
				Pears, Bartlett, fresh, medium	1 each	166	96
				Plums, fresh, medium	2 each	152	80
				Strawberries	14 each	168	54
				Tomatoes, fresh, red, cherry	18 each	306	55

Four-Day Sample Menu

I have chosen recipes that can be prepared and cooked within thirty minutes or less that have a short list of ingredients or readily available ingredients with no difficult steps to follow. I hope you find them as easy and enjoyable as I do.



Four-Day Sample Menu

	BREAKFAST	MID-MORNING SNACK	LUNCH	MID-AFTERNOON SNACK	DINNER	EVENING TEA
DAY 1	SlimStyles Weight Loss Drink Mix	One medium orange	Field greens salad with healthy oil dressing Red bean and tomato soup Ry-Vita or WASA whole grain rye crackers	6 celery sticks, 4 inches in length	Field greens salad with bell peppers, carrots, and radishes Minted carrots with pumpkin seeds Steamed broccoli Asian salmon Whole-grain bread or roll Fresh raspberries	1 or 2 cups of herbal tea (no caffeine)
DAY 2	SlimStyles Weight Loss Drink Mix	2 tbs of almonds 1/2 cup of blueberries	Tuna salad wrap	1 red pear	Jicama salad Black bean chili Whole-wheat tortillas Diced Pineapple	1 or 2 cups of herbal tea (no caffeine)
DAY 3	SlimStyles Weight Loss Drink Mix	2 tbs of almonds 1/2 cup of blueberries	Italian white bean soup	1 red pear	Orange and fennel salad Dr. Murray's favorite greens Curried chicken or tofu over brown rice Blueberries	1 or 2 cups of herbal tea (no caffeine)
DAY 4	SlimStyles Weight Loss Drink Mix	1 medium red apple	Black bean salad	16 carrot sticks, 4 inches in length	Mediterranean salad Quick acorn squash Polenta puttanesca with tofu Fresh mango slices	1 or 2 cups of herbal tea (no caffeine)

Four-Day Shopping List

The following shopping list represents the items needed for the complete four-day menu.

I recommend buying organic whenever possible.



Four-Day Shopping List

ITEM	QUANTITY
Slim Styles Weight Loss Drink Mix	1 jar each of at least 2 flavors for variety
PGX Granules	1 jar
PGX SlimStyx	1 box
PGX soft gel capsules	1 bottle
Herbal Tea	1 box
Produce	
Acorn squash	1
Basil	1 bunch
Bell peppers	3 green; 2 red
Blueberries	1 pint
Broccoli	2 heads
Cabbage	1/2 head, green or red
Carrots	1 lb bag
Celery	2 bunches
Cilantro	2 bunches
Cucumber	2 medium
Fennel	1 small bulb
Garlic	2 heads
Ginger	2 inches
Green onions	1 bunch
Jicama	1
Kale	2 large bunches
Lemons	4

ITEM	QUANTITY
Mango	1
Mint	1 small bunch
Mixed field greens	10-12 oz bag
Mushrooms	5 oz package
Onions	4
Oranges	4
Parsley	1 bunch
Pear	2 red
Plums	2 medium
Radishes	1 bunch
Raspberries	1/2 lb
Red or green grapes	1/2 lb
Romain lettuce	1 head
Shiitake mushrooms	4 oz
Tomatoes	6 medium
Roma or plum tomatoes	2 medium
Cherry tomatoes	1/2 pint
Fish & Poultry	
Chicken breast	8 oz boneless, skinless
Salmon	1/2 lb filet
Tuna	6 oz can low-sodium chunk white in spring water

ITEM	QUANTITY
Miscellaneous Grocery Items	
Balsamic vinegar	1 bottle
Dijon mustard	8 oz jar
Honey (raw)	8 oz jar
Kalamata olives	1 small jar
Soy milk, non-fat mil, or nonfat yogurt	1 quart
Tofu	15 oz
Whey protein	16 oz
Coconut milk	14 oz can
Nuts, Seeds, and Dried Fruit	
Raw almonds	1 cup shelled (5 oz)
Raw walnuts	1 cup shelled (4 oz)
Pumpkin seeds	1/2 cup shelled
Oils	
Flaxseed oil	12 oz bottle
Extra virgin olive oil	12 oz bottle
Grains & Pasta	
Brown rice (quick)	1 lb
Polenta (quick)	1 box (375 g)
Rolled oats	18 oz
Ry-Vita or Wasa whole-grain rye crackers	1 package

ITEM	QUANTITY
Whole-grain rolls	2
Whole-wheat tortillas	8 or 10
Frozen Foods	
Corn (frozen)	10 oz
Canned Foods	
Chicken or Veg, Broth	6 11 oz cans
Chickpeas	15 oz can
Red kidney beans	15 oz can
Black beans	15 oz can
White beans	15 oz can
Diced tomatoes	14.5 oz can
Tomato sauce	2 8 oz cans, low-sodium
Tomato soup, low sodium	10.75 oz can
Spices & Seasonings	
Italian herbs	Ground cumin
Allspice or Nutmeg	Curry powder
Balsamic vinegar	Dried ginger
Capers	Ground black pepper
Chili powder	No Salt, Nu-Salt, or Also Salt
Ground Cinnamon	Low-sodium soy sauce
Crushed red pepper flakes	Thyme

Day 1 Recipes

Breakfast: SlimStyles Weight Loss Drink Mix

Midmorning Snack: 1 medium orange

Lunch: Field Greens Salad with Healthy Oil Dressing
Red Bean & Tomato Soup

Midafternoon Snack: 6 celery sticks, 4 inches in lengths

Dinner: Field Greens Salad with Bell Peppers, Carrots, and Radishes
Minted Carrots with Pumpkin Seeds
Steamed Broccoli
Asian Salmon
Fresh Raspberries

Evening Tea: 1 or 2 cups of herbal tea



Day 1 Recipes

Field Greens Salad with Healthy Oil Dressing

2 servings salad, 24 servings dressing (1 1/4 cups)

Most supermarkets and grocery stores now have mixed field greens in the produce section or in pre-packaged plastic bags. This convenience makes a simple mixed field green salad a perfect quick and easy salad. Your serving size should be two cups along with 1 tablespoon of olive (or flaxseed) oil salad dressing.

Healthy Oil Dressing

1/2 cup olive or macadamia nut oil

1/2 cup organic flaxseed oil

2 tablespoons fresh lemon juice

2 tablespoons balsamic vinegar

2 garlic cloves, finely minced

1 tablespoon Italian herbs

1 teaspoon salt substitute (Use No Salt, Nu-Salt, or Also Salt)

1 teaspoon black pepper

4 cups mixed field greens

Place all the ingredients except the greens in a blender and blend for 2 to 3 minutes until emulsified. Store in a tightly closed jar in your refrigerator for a quick and easy, health promoting salad dressing. Use no more than 1 tablespoon daily. To serve, toss the greens to coat with 2 tablespoons dressing and divide between two plates.



Day 1 Recipes

Red Bean and Tomato Soup

2 servings

½ cup chopped onion

1 clove of garlic, chopped

1 stalk celery chopped

1 tablespoon olive oil

1 cup canned of red kidney beans, drained

2 tablespoons Italian herbs

1 10.75 oz can of low-sodium tomato soup

Salt substitute (Use No Salt, Nu-Salt, or Also Salt) and pepper to taste

2 Ry-Vita or Wasa whole grain rye crackers

Sauté the onions, garlic, and celery in olive oil over medium-low heat for about 5 minutes in medium saucepan, stirring often.

Blend the kidney beans, tomato soup, and herbs in a blender for 2 to 3 minutes. Add to the pot along with one cup of water. Cook for 15 minutes. Season to taste. Serve with one cracker each.

Field Greens Salad with Bell Peppers, Carrots, and Radishes

2 servings

4 cups of mixed field greens

1 green bell pepper, chopped

½ cup chopped carrots

½ cup chopped radishes

2 tablespoons Healthy Oil Dressing (page 15)

Toss all ingredients in a large bowl. Your serving size should be about two cups.

Day 1 Recipes

Minted Carrots with Pumpkin Seeds

2 servings

3 medium sized carrots peeled and cut into rounds

1 tablespoon chopped fresh parsley

1 tablespoon chopped fresh mint

2 tablespoons coarsely chopped pumpkin seeds

1 tablespoon fresh lemon juice

1 tablespoon olive oil

Salt substitute and pepper to taste

Steam the carrots until still slightly crunchy. Toss in a medium bowl with the parsley, mint, pumpkin seeds, lemon juice, oil, and salt substitute and pepper to taste.

Steamed Broccoli

2 servings

1/2 head broccoli

Separate the florets and cut the stalks into pieces. steam in a covered saucepan until bright green but still crunchy.

Day 1 Recipes

Asian Salmon

2 servings

2 teaspoons low-sodium soy sauce

1 tablespoon Dijon mustard

1/2 pound salmon filet, skinned and cut into 2 pieces

1/2 cup sliced onion

1 clove garlic, chopped

1/4 teaspoon dried ginger (or 1 1/2 teaspoons minced fresh ginger)

2 cups sliced fresh shiitake mushrooms

Preheat oven to 375. Mix the soy sauce into the mustard and coat salmon. Sauté the onion, garlic, ginger, and mushrooms in a medium skillet for about 5 minutes. Bake the salmon in a baking dish, depending on how thick it is (about 7 minutes for if less than an inch thick). When cooked, place on bed of sautéed mushrooms.

Fresh Raspberries

2 servings

1 cup fresh raspberries

Vanilla soy milk or nonfat yogurt (optional)

Serve chilled in a 1/2 cup serving size. Add little soy milk or yogurt, if desired.

Day 2 Recipes

Breakfast: SlimStyles Weight Loss Drink Mix

Midmorning Snack: 2 tbsp almonds, 1/2 cup blueberries

Lunch: Tuna Salad Wrap

Midafternoon Snack: 2 medium plums

Dinner: Jicama Salad

Black Bean Chili

Diced Pineapple

Evening Tea: 1 or 2 cups of herbal tea



Day 2 Recipes

Tuna Salad Wrap

2 servings

1 6 oz can (or foil pouch) of low-sodium, chunk white tuna in spring water

¼ cup minced onion

1 stalk celery, chopped

1 teaspoon fresh lemon juice

1 tablespoon olive oil

1 tablespoon chopped fresh parsley

2 tablespoons Dijon mustard

½ teaspoon salt substitute

½ teaspoon pepper

2 whole wheat tortillas or 2 slices whole-grain bread

Mix all the ingredients except the tortillas in a bowl. Spoon onto the tortillas and wrap. Whole grain bread may be substituted to make open-face sandwiches.

Jicama Salad

2 servings

1 cup julienned peeled jicama

1 orange, peeled, sectioned, and cut into chunks

1 medium cucumber, seeded and thinly sliced

¼ cup chopped green onions (scallions)

¼ cup chopped fresh cilantro

1 tablespoon chopped fresh mint

¼ cup fresh orange juice

¼ cup fresh lemon or lime juice

¼ teaspoon salt substitute

¼ teaspoon pepper

¼ teaspoon chili powder

Combine the first 6 ingredients (jicama through mint) in a large bowl. In another bowl, mix the orange juice, lemon juice, and spices. Pour juice mixture over jicama mixture, and toss gently. Cover and chill for at least 20 minutes.

Day 2 Recipes

Black Bean Chili

2 servings

½ medium onion, chopped

2 cloves garlic, chopped

1 green bell pepper, diced

1 tablespoon olive oil

1 cup chicken or light vegetable broth

1 15 oz can black beans, drained

1 cup frozen corn kernels

½ cup low-sodium tomato sauce

1 tablespoon ground cumin

2 tablespoon chili powder

1 tablespoon Italian herbs

½ teaspoon salt substitute

½ teaspoon pepper

¼ cup chopped fresh cilantro

2 whole wheat tortillas

Sauté onion, garlic, and bell pepper in olive oil in a medium saucepan over medium-low heat for about 5 minutes, stirring frequently. Add the chicken or vegetable broth, beans, corn, tomato sauce, cumin, chili powder, herbs, salt substitute, and pepper and simmer for 15 minutes. Add the cilantro as garnish and season with additional salt substitute and pepper if needed. Serve with heated whole-wheat tortillas.

Diced Pineapple

2 servings

Peel and core a whole pineapple and cut into bite-sized pieces. Place half of the pineapple in the refrigerator for your mid-morning snack the next day and serve the other half for dessert.

Day 3 Recipes

Breakfast: SlimStyles Weight Loss Drink Mix

Midmorning Snack: 2 tbsp almonds, 1/2 cup blueberries

Lunch: Italian White Bean Soup

Midafternoon Snack: 1 medium red pear

Dinner: Orange and Fennel Salad
Curried Chicken or Tofu over Brown Rice
Dr. Murray's Favorite Greens
Blueberries

Evening Tea: 1 or 2 cups of herbal tea



Day 3 Recipes

Italian White Bean Soup

2 servings

½ onion thinly sliced

1 tablespoon olive oil

4 cloves garlic, sliced

2 cups chicken or light vegetable broth

2 cups finely chopped collard greens or kale (cut out stem first)

1 cup canned diced tomatoes

2 teaspoons Italian herbs

1 15 oz cans navy or small white beans, drained

Salt substitute and pepper to taste

Sauté onion in olive oil in a medium saucepan over medium-low heat for 5 minutes, stirring frequently. Add the garlic and continue to sauté for another minute. Add the broth, greens, tomatoes, and herbs. Simmer for 15 minutes over medium heat. Add beans and cook for another 5 minutes. Season to taste.

Orange and Fennel Salad

2 servings

1 orange

1 small bulb fennel

1 small head romaine lettuce, cut up

¼ cup chopped fresh parsley

1 tablespoon Healthy Oil Dressing (page 15)

Remove the peel and white pith from the orange. Slice the orange and fennel, then toss with greens and dressing in a large bowl.

Day 3 Recipes

Curried Chicken or Tofu over Brown Rice

2 servings

½ cup uncooked quick brown rice

7 ½ ounces firm tofu or 1 boneless, skinless chicken breast half

½ cup chopped onion

Olive oil

1 clove garlic, minced

½ teaspoon powdered ginger

2 teaspoons curry powder

1 cup chicken or vegetable broth

1 medium bell pepper, chopped

½ cup coconut milk, (make sure it is mixed well before measuring)

Salt substitute and pepper to taste

Follow the instructions on the package of quick brown rice. While the water for the rice is coming to a boil, cut the chicken or tofu into small cubes. Sauté the onion in a little olive oil in a medium skillet over medium-low heat for about 5 minutes, stirring frequently. Add the garlic and ginger and continue to sauté for another minute, then remove from heat and add the curry powder. Mix well. Return to the heat and add broth, chicken or tofu, bell pepper, and coconut milk. Simmer until chicken or tofu is done, about 10 minutes. Season to taste.

Place rice on plate and top with the curry mixture.

Day 3 Recipes

Dr. Murray's Favorite Greens

2 servings

1 tablespoon olive oil

1 teaspoon balsamic vinegar

1 large bunch kale, washed, trimmed, and coarsely chopped

1/2 cup diced green onion (scallions)

1 clove garlic, thinly sliced

1/2 cup coarsely chopped walnuts or almonds

1/4 teaspoon salt substitute

1/2 teaspoon black pepper

Lemon wedges

Heat the olive oil and balsamic vinegar in a large skillet or wok over medium-high heat. Add the kale, onions, garlic, and walnuts, and sauté until soft. Season with salt substitute and pepper. Serve with lemon wedges.



Day 4 Recipes

Breakfast: SlimStyles Weight Loss Drink Mix

Midmorning Snack: 1 medium red apple

Lunch: Black Bean Salad

Midafternoon Snack: 16 carrot sticks, 4 inches in length

Dinner: Mediterranean Salad
Quick Acorn Squash
Polenta Puttanesca with Tofu
Fresh Mango Slices

Evening Tea: 1 or 2 cups of herbal tea



Day 4 Recipes

Black Bean Salad

2 servings

1 15-ounce can black beans, drained and rinsed

1 cup frozen corn, thawed

6 cherry tomatoes, quartered

½ cup minced green onion (scallion)

1 clove of garlic, pressed

½ cup diced red bell pepper

½ cup chopped cilantro

2 cups mixed field greens

1 tablespoon olive oil or flaxseed oil

2 tablespoons fresh lemon juice

¼ cup chopped cilantro

Salt substitute and pepper

Mix all ingredients together in a large bowl and serve.

Mediterranean Salad

2 servings

1 cup chopped fresh tomato (cut out excess flesh if pulpy)

1 cup chopped peeled cucumber

½ cup finely minced green onion (scallion)

1 garlic clove, finely minced

1 cup canned chickpeas, drained and rinsed

1 tablespoon fresh lemon juice

1 tablespoon chopped fresh parsley

1 teaspoon Italian herbs

1 tablespoon olive oil

Mix all ingredients together in a large bowl and chill for at least 15 minutes.

Day 4 Recipes

Polenta Puttanesca with Tofu

2 servings

SAUCE

1 onion, diced

1 clove garlic, crushed or minced

Olive oil

1 green bell pepper, diced

1 1/2 cups tomato sauce

7 1/2 ounces firm tofu, cut into small cubes

1 tablespoon Italian herbs

1 bay leaf

1 tsp crushed red pepper flakes

2 tablespoons capers, rinsed and drained

4 to 6 pitted Kalamata olives, coarsely chopped

1 tablespoon finely chopped fresh parsley

1/4 teaspoon salt substitute

1/2 teaspoon black pepper

POLENTA

1 cup instant polenta (adjust water amount if needed as per package instructions)

1 teaspoon salt substitute

For the sauce: In a large sauce pan, sauté the onion and garlic in a little olive oil over medium heat for 3 to 4 minutes. Add peppers and sauté for 3 to 4 more minutes. Add 1 cup water and bring to a boil. Cover pot and simmer for 15 minutes. Add the tomato sauce, tofu, herbs, bay leaf, red pepper, capers, olives, parsley, salt substitute, and pepper, and simmer for another hour, stirring occasionally. Remove from the heat, remove the bay leaf, and allow to cool slightly before pouring over polenta.

For the polenta: Bring 3 cups water to a boil in a 2-quart saucepan. Add salt substitute and reduce heat until water is simmering. Add the polenta very slowly. To avoid lumps, stir quickly with a long-handled spoon. Cook, stirring continuously 5 minutes or until mixture is solid but still soft. Pour into large bowls or plates. Let cool about 10 minutes or until firm, before pouring on the sauce.

Day 4 Recipes

Quick Acorn Squash

2 servings

1 acorn squash, cut in half, seeds removed

Dash of ground cinnamon

Place the squash in a microwave-safe dish with cup side up. Cover and cook in the microwave for 10 to 13 minutes on HIGH or until fork tender. Top with the honey and cinnamon.



