

WEIGHT LOSS AND PURIFICATION PROGRAM

By Annette Schippel, DC

~ PURIFICATION SAMPLE MENU ~

Breakfast:

- **SP Complete** shake
- Scramble eggs and asparagus
- No cheese omelet with vegetables of choice; tomatoes, onions, broccoli, mushroom, red bell peppers...

Lunch or Dinner:

- **SP Complete** shake
- Large salad with mixed greens, carrots, cucumbers, tomatoes, mushrooms; top with baked salmon or chicken. Balsamic vinaigrette for dressing.
- Baked chicken breast, steamed vegetable and salad
- Soup
- Spaghetti or marinara sauce over rice pasta and salad
- Stir fry with vegetables, brown rice, and chicken
- Chicken gumbo served over rice
- Grilled hamburger or steak, sweet potato side, and salad

Don't forget to snack and snack often!

Snacks:

- Fresh Vegetables
- Raw Sweet Potato Sticks
- Fresh Fruits
- Rice Crackers

Reminders/Suggestions:

- It is OK to have a cup of Organic Green Tea on occasion.
- Stay away from fruit juices, as they have high sugar content.
- When snacking on fruits try and eat low glycemic fruits.
- Citrus fruits are a great source of Vitamin C.
- When cooking brown rice, try cooking it with Organic Chicken/Vegetable Broth for added flavor. (No MSG)

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~ RECIPES ~

Chicken Gumbo

Chicken breast diced
Spicy chicken Italian sausage
Garlic
Okra
Onions
Celery
Chicken broth (MSG, gluten free)
Hot pepper seasoning
Brown rice

Make sure to prepare your rice first because it will take the longest, or prepare the night before. Cook the chicken sausage in the oven. While this is cooking, dice vegetables and start cooking the chicken breast in a small amount of extra virgin olive oil. Add your hot pepper seasoning to your meats as you cook them. Once the chicken is done, add your vegetables and sauté until al dente. Finally add your chicken broth and heat through. Serve over brown rice. Not true gumbo but it comes pretty close!

Easy Marinara Sauce

1 large can of diced tomatoes
Italian seasoning blend
Onion
Garlic
Rice or vegetable pasta

Sauté garlic and onions in a small amount of olive oil with Italian seasoning. Add in diced tomatoes and heat through. Serve over cooked pasta. You could add fresh vegetables and mushrooms to make it more like pasta primavera.

Italian Chicken and Spinach

Diced chicken breast
Fresh spinach leaves
Italian seasonings
Fresh mushrooms

Sauté your chicken in a small amount of olive oil with your Italian seasonings. Once the chicken is done add the fresh spinach and cook for 2-3 minutes more. You just want to heat the spinach through. Next, toss with your rice pasta.

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~ RECIPES CONTINUED ~

Lickety Split Chicken Soup

- 6 cups free range chicken broth
- 1 Tbsp olive oil
- 1 med. Onion, diced
- 3 stalks celery, chopped
- 1 cup baby carrots, sliced in half
- 2 cups diced cabbage
- 2 cups fresh/frozen broccoli
- 1 to 1 ½ lbs. free range chicken, cooked
(Could use canned chicken instead)
- 2 cups clean, filtered water
- 1 Tbsp. Fresh or dried parsley
- 2 Tsp. thyme leaves
- 1 to 2 Tsp. Mrs. Dash seasoning

Sauté onions, celery, carrots, and cabbage in the olive oil. Stir until vegetables give off steam. Add broccoli and pour over ½ cup of the chicken broth. Cover and steam 4-5 minutes.

Remove cover; add remaining chicken broth, thyme leaves, and Mrs. Dash and 2 cups clean filtered water. Cook on medium heat until vegetables are at desired tenderness.

While broth is simmering, cut up cooked chicken into ½" pieces. Add chicken and parsley to soup and heat 3-4 minutes more until heated through. Serve immediately. Serves 4.

Vegetable Soup

- 1 can of fire roasted diced tomatoes
- 2 – 32 oz. Cartons of organic veg. Broth
- 1 lb. Of ground beef or turkey (lean)
- Onions and garlic
- 1 cup of brown rice (uncooked or pre-cooked)
- Fresh vegetables of choice (can be frozen)
- Vegetable suggestions:

Celery, carrots, broccoli, mushrooms, zucchini, and cauliflower

Brown the ground meat with the onions and garlic. Drain off excess fat. Add the rest of the ingredients, Mrs. Dash for seasoning. Set the temperature on low or in the crock-pot on low, cook until vegetables are al dente and the rice is done. Cooking time is usually around 4 hours and this will serve 6-8 people.

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~ RECIPES CONTINUED ~

Stir Fry

Chicken breasts cut up into strips
Approx. 1 Tbsp. of extra virgin olive oil
1 cup of uncooked brown rice
Vegetables of choice, try adding beets for a little sweeter taste
(Frozen stir-fry blend works well)
Mrs. Dash seasoning

Start your rice first according to directions; this will take about 40 minutes. You could use rice cooked the night before to save time.

Sauté' the chicken in olive oil and seasoning. Add fresh or frozen vegetables and cook with chicken until al dente. Serve over hot rice.

Lettuce Wraps

Hearty leaf lettuce of your choice
Chicken breasts, sliced 2" strips
Fresh vegetables:
Carrots, zucchini, celery, & red cabbage are some suggestions
1 Tbsp of olive oil
Mrs. Dash seasoning

Sauté chicken in olive oil with seasoning. Add fresh vegetables in with chicken. Cook until vegetables are done. You could leave some or all vegetables raw if you like. Put the chicken and vegetables on the lettuce and roll it up and enjoy! Could double the lettuce up if it's not hearty enough.

Sweet Potato Side

Slice 1 medium sweet potato per person very thin.
Diced onion and garlic
1-2 Tbsp extra virgin olive oil
Seasoning of choice

Sauté the onions and garlic in the olive oil first with your seasoning. Add the sweet potato and cook until tender and crisp.

Serve with a chicken breast or burger (no bun) and a side of steamed vegetables or salad.

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~ RECIPES CONTINUED ~

Hamburger/Veggie Stir Fry

1 Carton Beef Stock
1 Carton Vegetable Stock
1 or 2 # Lean Hamburger
1 Can Fire Roasted Tomatoes
Several cut up baby Carrots
1 or 2 stalks of cut up Celery
½ to 1 cup of frozen (or fresh) onions
Peas ... a handful
1 TBSP Olive Oil
1 TBSP minced Garlic
1 TBSP Cumin
1 TBSP Chili Powder
Salt and Pepper to taste
Brown Rice

Sauté the celery, carrots, garlic and onions in olive oil. Add the burger and brown. If it is really greasy, drain. Add the cumin and chili powder, salt and pepper and make sure that it is all blended into the meat. Put the stock in the crock pot. Add the meat, vegetable mixture. Cook the rice ... 1 or 2 cups depending on how much rice you are in the mood for! Once the rice is cooked put it in the crock pot. Let the flavors simmer together for about 4 hours on high or longer on low. If you are in a hurry, you can sauté all ingredients in a stock pot, add the stock, add the rice when complete and cook it a little higher. I add the peas with the rice.

~ SUGGESTIONS ~

- Lean burgers over rice with sweet potato wedges tossed in garlic, salt, pepper and olive oil. (Could also do a bit of paprika). Let the potatoes sit a while to soak in marinade. Cook on baking sheet for 30-35 minutes at 450 degrees.
- Rice Noodles with homemade marinara and chicken sausage or tossed with a basil pesto (basically dried basil, garlic, salt and pepper, and olive oil). You can put the chicken sausage in that too. You could also add chicken breast instead to make it more like chicken parmesan.
- For chicken breasts, preheat oven to 450 degrees and put several frozen chicken breasts in a baking dish. Cover with chicken stock (about half a carton or so depending on the size of the dish and number of breasts), a teaspoon of minced garlic, sprinkle with dry onions, splash a bit more stock over to spread around a bit but not wash off, put a few drops of olive oil on the top of each. Cover and cook for an hour. It keeps moisture and literally melts in your mouth!
- Try omelets with broccoli, mushrooms, and topped with homemade marinara.