

HEALING BITES

RECIPE GUIDE for METABOLIC SYNDROME

Eat to live, not live to eat
NANCY DALE C.N.

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She has authored six extremely popular cookbooks on typing. She operates two nutrition offices in the Santa Barbara area specializing in healthy lifestyles through Diet Typing Systems. She also is one of the owners of Diet Typing Systems and heads the educational/mentoring department as well as researching and creating all the recipes for these cookbooks.

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Introduction

This Guide is meant to be just that. A guide for you to begin to make better choices based on the right ingredients.

These recipes are meant to be a starting point; adding more or less of any of the proteins, fats or carbohydrates from your list until satisfied. Experiment: this is how I created these recipes with the intent of customizing to fit your needs.

Most of the recipes can be used for multiple meals. Make sure to make enough to be able to have more for later, even if you have to double the recipe in order to achieve this.

Try cooking and preparing a few recipes at one time; look over the recipes and pick the ones you would like to make. Go shopping ahead of time and have all the ingredients ready. An example might be a crock pot of slow cooked beef stew and also a meatloaf or a pork tenderloin or chicken dish. Make sure you also buy the ingredients for the side dishes such as sautéed vegetables and fresh salad ingredients.

It takes a few minutes to chop and place the ingredients in the different pots and pans but once this is done all it takes is cooking the different recipes. You have made one mess in the kitchen and have achieved multiple meals.

This is how restaurants prepare their dishes prior to opening. Once you have cooked the different dishes all you need is to portion the meals out and place them in containers ready to be warmed up in a moments notice.

Eating the right foods, in the right amounts is the greatest gift you can give yourself. This can be the beginning of a life-changing event.

Whether you have health challenges and concerns or simply want to learn to eat better. **You are worth it!**

Enjoy!

BEGINNING OF THE DAY

Egg white Frittata

(Calories: 280, 24 g protein, 8 g fat 29 g carbohydrates)

Serves 6

1	Preheat oven to 400° F	
2	Oil and sprinkle pie or quiche pan with almond meal and set aside.	1 T. olive ¼ C. almond meal
3	In a skillet heat oil; sauté onions, zucchini and red pepper until light brown, 4-5 minutes. Top with the leaves and cover and simmer 3-4 more minutes.	1-2 T. olive oil 1 onion, chopped 1-2 zucchini, chopped(may use yellow squash) 1 red pepper, chopped 4 oz. kale leaves, chopped
4	Mix egg whites and milk together in a bowl until light and fluffy.	¼ C. almond milk* 12 organic egg whites
5	Place vegetable mixture in pan with almond meal crust.	
6	Pour egg mixture over all and top with Gomasio. Bake 400° for 30 minutes.	1 t. Gomasio (organic sesame seeds and sea salt)

Tip: For **sugar burner** use as directed; for **fat burner** add 4-5 oz. of turkey sausage cooked to vegetable mixture; for **mixed burner** use either recipe.



Protein Smoothies

Serves one each recipe: In blender

<p>1</p>	<p>Basic berry-Combine milk, with frozen fruit and scoop of protein powder in blender.</p>	<p>1½ C. organic unsweetened almond milk 1 C. frozen berries 1 scoop egg white or pea protein powder 1-2 T. almond or peanut butter</p>
<p>2</p>	<p>Creamy monkey-Mix milk, protein powder, peanut or almond butter, mango and blend.</p>	<p>1½ C. organic unsweetened almond milk 1 scoop egg white or pea protein powder 1 T. peanut or almond butter ½ C. frozen mango</p>
<p>3</p>	<p>Mango delight-Combine milk, mango, almond butter, protein powder and blend until smooth.</p>	<p>1½ C. organic unsweetened almond milk 1 C. frozen organic mangos 1 scoop egg white or pea protein powder 1-2 T. almond butter</p>
<p>4</p>	<p>Raspberry delight-Blend milk, protein powder, raspberries, almond butter and until smooth.</p>	<p>1½ C. organic unsweetened almond milk 1 scoop egg white or pea protein powder 1 C. frozen raspberries 1-2 T. almond butter</p>
<p>5</p>	<p>Ginger peach-Blend Milk, peaches, ginger and almond butter together until smooth.</p>	<p>1½ C. organic unsweetened almond milk 1 scoop egg white or pea protein powder 1 C. frozen peaches 1 t. sliced fresh ginger 1 T. almond butter.</p>

MIDDAY MEAL

Artichoke and Tuna Stuffed Tomato

(Calories: 370, 20 g protein, 24 g fat, 12 g carbohydrates)

Serves 4

1	Combine ingredients in a bowl.	1-12 oz. can or 2-6 oz. cans tuna in olive oil 1 C. chopped artichoke hearts ½ C. chopped olives ¼ C. mayonnaise (wilderness family naturals) 2 t. lemon juice 1½ t. chopped fresh oregano or ½ t. dried ¼ t. sea salt ¼ t. pepper
2	Place Boston lettuce on salad plate with a half of a tomato. Place tuna salad on each tomato. Serve immediately.	5 Boston lettuce leaves 2-3 tomatoes, cut in half

Tip: This makes a great lunch; may add a cup of vegetable soup.

Italian Vegetable Soup with Chicken

(Calories: 250, 24 g protein, 4 g fat, 28 g carbohydrates)

Makes a big pot, can be frozen

<p>1</p>	<p>In a six quart pot; heat oil and cook onion, celery and carrots until soft about 5 minutes. Add water and broth, whole chicken; cover and simmer one hour. Remove the chicken and de-bone and skin and return to pot.</p>	<p>2 T. olive oil 3 C. onion, chopped 2 C. celery, chopped 1 C. carrots, chopped 2 quarts chicken broth 1-2 quarts filtered water 1 whole organic chicken</p>
<p>2</p>	<p>Add bay leaves, tomatoes, thyme, basil, oregano and garlic to the pot; cover and simmer 20 minutes.</p>	<p>3 bay leaves 8 C. tomatoes(two large cans) 1 T. thyme 12 T. basil, dried 1 T. oregano, dried 4 cloves garlic, minced</p>
<p>3</p>	<p>Add parsley, broccoli, cauliflower, zucchini, kidney beans, garbanzo beans and leaves simmering for 5-6 minutes.</p>	<p>½ C. parsley leaves, chopped 2 C. each broccoli, cauliflower, zucchini, chopped 1 C. kidney beans (medium can) 1 C. garbanzo beans (medium can) 2 C. spinach or kale leaves</p>
<p>4</p>	<p>Add vinegar and tamari (soy sauce) and simmer 2-3 minutes.</p>	<p>1 t. cider vinegar 1 T. tamari wheat free soy sauce</p>
<p>5</p>	<p>Remove bay leaves and add sea salt and pepper. Remove from heat and serve.</p>	<p>1 t. sea salt ½ t. pepper</p>

Tip: This makes a great one-pot meal for all types.



Lentil Vegetable Soup

(Calories: 230, 17 g protein, 7 g fat, 25 g carbohydrates)

Serves 6-8

1	Heat oil in a large Dutch oven or stockpot over medium heat. Add onions, celery, carrots and bay leaves; sauté for 10 minutes.	1 T. olive oil 1 1/3 C. onions, chopped fine 1/3 C. celery, diced 1/3 C. carrots, diced 2 bay leaves
2	To the pot add tomato paste, salt and garlic and sauté another minute.	2 T. tomato paste 1 t. sea salt 2 garlic cloves, minced
3	Add the water and lentils; bring to a boil, partially cover and reduce heat, simmering for 25 minutes.	6 C. filtered water 1 C. dried dark green lentils
4	Stir in the kale, parsley, vinegar, mustard and pepper and cook on medium for 15 minutes.	6 C. kale or spinach, chopped 1/3 C. chopped parsley 2 t. balsamic vinegar 2 t. Dijon mustard ¼ t. black pepper
5	Discard the bay leaves. Ladle soup into bowls. Can be refrigerated for three days.	

Tom Ka Kai

(Calories: 219, 15 g protein, 7 g fat, 24 g carbohydrates)

Serves 4-6

1	Bring to a boil in a medium pot.	3 ½ C. coconut milk 2 C. chicken broth
2	Add to pot and lower heat to medium and simmer for 20 minutes.	1 *red chili (open with a knife) 4 stems of lemon grass, 1 inch pieces 1 inch ginger, peeled and sliced ¼ t. black pepper 6 lime leaves (optional)
3	Add to the pot and simmer another 10 minutes or until the chicken is done. Remove ginger, lemon grass and red chili from soup.	3 organic chicken breast or thighs, boned and skinned, cut into thin strips 2 oz. shitake mushrooms, sliced
4	Add scallions, lime and sea salt.	2 scallions, chopped ¼ C. lime juice Pinch of sea salt
5	Ladle into bowls and garnish with parsley.	1 T. parsley, leaves only

Tip: For **sugar burner** use chicken breast; for **fat burner** use chicken thighs; for **mixed burner** either recipe.

White Bean Soup

(Calories: 250, 4 g protein, 4 g fat, 50 g carbohydrates)

Serves 4-6

1	Prepare the beans or use canned and in a pot brings to a boil; reduce to a simmer.	2 C. white beans 3 ½ C. water or chicken broth
2	Add the bay leaf, garlic, onion, green pepper and oregano to the beans and simmer 20 minutes.	1 bay leaf 1-2 cloves of garlic, minced 1 onion, chopped 1 green pepper, chopped 1 t. oregano, dried
3	Remove the bay leaf. Puree half the bean mixture in a blender or emulsifier; then stir them back into the pot and add the vinegar.	2 T. apple cider vinegar
4	Cook for a few minutes longer. If soup is too thick add broth or water. This soup may be frozen.	

Tip: May add 8 oz. of ground cooked bison or turkey for more protein after blending half the beans; for the **fat burner**; for the **sugar burner** use as recipe calls for; for **mixed burner** either recipe.

DINNER

Chicken Crusted in Almonds

(Calories: 220, 28 g protein, 10 g fat, 5 g carbohydrates)

Serves 4-6

1	Cut chicken in half and place between two sheets of plastic and pound until $\frac{1}{4}$ inch thick or twice the original size.	6-8 boneless, skinless chicken thighs or breasts
2	Mix together the almond meal, garlic, lemon zest and salt and pepper and place in a pie tin.	$\frac{1}{2}$ C. almond meal 2 cloves garlic, minced zest of one organic lemon $\frac{1}{4}$ t. sea salt $\frac{1}{4}$ t. pepper
3	In another pie tin add egg whites and whip with a small amount of water until frothy.	2 egg whites $\frac{1}{4}$ C. water
4	Heat oil in a large skillet over medium flame and place the chicken dredged in egg and then almond mixture into it. Sauté each side 2-4 minutes until light brown. Serve immediately. Extras can be refrigerated for 2-3 days.	2 T. olive oil

Tip: This with Sautéed Vegetables makes a perfect balanced meal made with breast for the **sugar burner**; for the **fat burner** use thighs; for the **mixed burner** either recipe.



Meatloaf

(2 slices: Cal: 490, 36 g protein, 25g fat, 30 g carbohydrates)

Serves 6-8

1	Preheat oven to 375° F	
2	Rinse the quinoa in a fine mesh under running water. Bring water or broth to a boil and add the quinoa cover and lower to medium heat for 20 minutes. Set aside.	<p>¾ C. organic quinoa 1½ C. chicken broth or water</p>
3	<p>Heat oil in large sauté pan and cook onions, carrots, and celery over medium heat for five minutes. Add mushrooms and garlic and cook until moisture is gone about ten minutes.</p> <p>Place meat in a large bowl and mix in the quinoa, vegetables, parsley, egg whites, sauce and salt and pepper until just combines. Form into a loaf and roast at 375° in the middle of the oven for one hour.</p>	<p>1 T. olive oil ½ onion or shallot, finely chopped 1 carrot, finely chopped 1 large celery rib, finely chopped 5 oz. fresh mushrooms, chopped 2 garlic cloves, finely chopped ½ C., parsley, chopped 2 lb. grass-fed beef, bison or turkey 3-4 organic egg whites 2 T. Worcestershire sauce ½ t. sea salt and pepper</p>
4	<p>Let stand 5 minutes before slicing.</p> <p>May be frozen for 3 months.</p>	

Tip: For **sugar burner** use 1 lb. of ground turkey; for **fat burner** use 2 lb. grass-fed beef or bison; for **mixed burner** use either recipe.



Salmon with Capers, Lemon and Fresh Thyme, served with Spinach

(Calories: 457, 40 g, 20 g fat, 29 g carbohydrates)

Serves 2

<p>1</p>	<p>Heat oven to 425°. In a baking dish place the salmon, lemon zest capers and thyme. Drizzle olive oil on top and season with salt and pepper and cover in foil. Bake for 15 minutes and remove from pan.</p> <p>Set aside and keep warm.</p>	<p>2 (6 oz. pieces) salmon (may use whitefish) ¼ C. capers Grated zest of one organic lemon 2 sprigs fresh thyme 1-2 T. olive oil 1 ¼ t. sea salt ¼ t. black pepper</p>
<p>2</p>	<p>Heat in a sauté pan the olive oil and add the spinach; cover and let steam for 2-3 minutes.</p>	<p>1 T. olive oil 3-4 C. spinach leaves (may use arugula)</p>
<p>3</p>	<p>Serve the fish on a bed of spinach or arugula. Spoon juices and capers over fish. Garnish with lemon wedges and sprigs of fresh thyme.</p>	<p>lemon wedges thyme sprigs</p>

Tip: This makes a great lunch or dinner coupled with another vegetable or small green salad for all types. **Sugar burner** may use whitefish and arugula; **fat burner** use salmon and spinach; **mixed burner** use either recipe.



Sautéed Vegetables

(1 cup: Calories: 100, 4 g protein, 5 g fat, 15 g carbohydrates)

Serves 4-6

1	Heat oil in large skillet over medium heat and add onions; sauté 5 minutes.	1-2 T. olive oil 1-2 onions, sliced
2	Add mushrooms and cook 3 minutes.	6 oz. mushrooms, sliced
3	Add vegetables and salt and pepper and sauté another 4-5 minutes. Extras can be refrigerated for 3-4 days.	4-6 zucchini, chopped 2 red pepper, chopped ¼ t. sea salt ¼ t. pepper

Tip: Sauté any vegetables from your list. Cook enough so that you will have extra for the following day to be used in your eggs in the morning or on your salad at lunch.

Slow/Low Heat Cooking Techniques

1	Preheat oven to 225° F	Bake 5 minutes per oz. of food
2	Using a glass roasting dish with lid, place chicken skin side up on the bottom. Place lid on securely; Bake for 1 hour and 20 minutes.	1 lb. chicken thighs, breasts or legs
3	Combine ingredients and make into four patties; place in a glass dish and put lid on; bake 1 hour and 20 minutes.	1 lb. of ground beef, turkey or bison ¼-½ t. herbs (your choice) ¼ t. sea salt ¼ t. pepper
4	Place in a glass dish, drizzle with butter or olive oil, salt and pepper and bake covered for 1 hour and 20 minutes.	1 lb. of any firm fish (salmon, halibut, cod bass) 1 T. olive oil or butter ¼ t. sea salt ¼ t. pepper

Tip: Use this technique for vegetables as well. Place squash (whole) pierce the skin and bake 5 minutes per ounce in a glass dish with lid on.

Cleansing Broth

(Calories per cup 70, 2 g protein, 3 g fat, 9 g carbohydrates)

1	Steam or boil the carrots for 5 minutes.	2 medium carrots, quartered
2	In the same steamer add zucchini, cabbage, kale and celery and cook for 8 minutes.	1 quart filtered water 1-2 zucchini 3-4 oz. cabbage, chopped 4 oz. kale leaves 3-4 stalks celery, chopped
3	Puree in blender adding the olive oil, tamari and milk and gelatin.	1-2 T. olive oil 1-2 T. tamari wheat free soy sauce 1 C. unsweetened almond milk 2-3 T. *great Lakes gelatin (optional)
4	Serve immediately. May be refrigerated and reheated or enjoyed at room temperature or chilled.	
5	Last in refrigerator 2-3 days.	

Tip: This broth can be made and drank in-between meals or anytime for a balanced snack. *Great Lakes gelatin can be purchased at www.greatlakesgelatin.com for added protein.