

JUNE'S KITCHEN

The recipes are jointly contributed by our consultants and interested friends to whom we owe a gastronomic THANKS!

FOOD TIPS:

1. When foods are cooked they are generally easier to digest. They frequently drop down one diet level (6 to 5, or 7 to 6, etc.)
2. Some cooked foods lose a considerable amount of their food value, especially when cooked over 120 degrees Fahrenheit.
3. Foods when eaten raw help your body's digestion due to the fact that most raw foods contain beneficial enzymes within them that promote digestion
4. Herbal Blends #1, #71, #81, Natures Enzymes and Quadrazyme do help digestion when needed.
5. For your best health; ALL FOODS ARE TO BE ORGANIC WHEN POSSIBLE.

BETTY'S ANASAZI BEANS

Diet Level 4

2 cups anasazi beans (sort and rinse)

Add 4-6 cups of water, bring this to a boil, let sit 10 minutes, throw out that water, add fresh water

Midway through cooking, add: (if the herbs listed below are cooked, they are allowed on diet 4)

½ tsp. Cumin powder

1/3 tsp. Oregano

1-2 Tbsp. Finely chopped cilantro leaves

1-2 Tbsp. Extra virgin, cold pressed olive oil

1/3 cup of chopped organic celery

½ cup diced carrots (if desired, also some zucchini)

Add "Real Salt" to taste

(depending on the diet level, you may add a bit of powdered organic onion and garlic for flavor - if cooked, these ingredients are allowed on diet 5)

CAROB DRINK

Diet level #5 (#4)

I like this one during the colder months of the year, it is very soothing and helps with toxicity as well.

2 Tbsp. Carob powder in a large mug

Add hot water and stir for one minute

Add 1-2 tsp. Vegetable glycerin

A touch of goat milk for creaminess (if on your diet) - YUMMY!

(a small amount of goat milk powder might be tolerated on diet #4 if you are not cheating on other parts of the diet and you are taking your herbs)

SUNFLOWER (PUMPKIN) MILK

Diet level #4 (#2)

2 cups of raw organic sunflower or pumpkin seeds (pumpkin is diet #2)

Soak for 2 hours, wash and drain

Add 3 cups of water

Add a pinch of stevia (or maple syrup Diet #7)

Blend, until smooth

Pass through sieve or strainer for thin milk or add water for consistency

You can also make this type of milk with other seeds that are on your special diet level

Many seeds are high in Vitamin E and D.

BUCKWHEAT PANCAKES

Diet #5 (#4)

1-2 Tbsp olive oil

½ cup buckwheat flour

¼ cup amaranth flour

¼ cup brown rice flour

¼ cup wild rice flour

4-5 Tbsp arrowroot powder

½ - ¾ cup goat milk (#4 for most people, when cooked)

1/3 tsp Real Salt

Mix all together to make a thickish batter,

Pour onto griddle and cook until golden brown

Variations: you can substitute millet flour with any of the above for a milder taste. Also you can add cinnamon powder, a touch of allspice powder or carob powder for variations in flavors and taste.

Drizzle a bit of glycerin over it, with sunflower seed butter-GREAT!

SWEET AND SOUR SAUCE

Diet #7 (#6)

The following recipe has many variations, with a little imagination it will fit a Diet #6 level.

2 cups sliced mushrooms (* or eggplant [Diet #7] or broccoli [Diet #7])

2 cups sliced onions (*cooked for Diet #6)

1/8 cup chopped cilantro

1/4 cup Jerusalem artichoke (or water chestnuts)

4 cloves garlic diced

Add to pan ½ can of pineapple chunks and juice (*cooked Diet #7) or 1 cup fresh pineapple (*Lemon Pepper seasoning [Star West] can be used as substitute Diet #4)

Cook lightly till tender in pan with small amount of extra virgin olive oil.

In a separate bowl:

2 cups of water

3 Tbsp rice vinegar

6 heaping Tbsp “Beef Flavor - meatless” (Star West) Diet #5

1 Tbsp ginger powder (stronger if desired)

2 Tbsp honey *(substitute maple syrup, glycerin, 1 tsp stevia)

Mix into simmering pan of goodies.

As a thickener - mix

1/4 cup of water with 1 heaping Tbsp rice flour (substitutes - tapioca, millet, oat, kamut)

Slowly add to the above simmering pan, stir until thick, serve over rice, or whole grained pasta.

QUESADILLA DELIGHT

Diet #6

4 cups chopped egg plant. (Chop into ¾" cubes. (Diet #6 when cooked)

6 medium sized mushrooms cut into ¼" slices (Diet #6 when cooked)

1 cup sliced green onion ringlets

2 Tbsp. “Beef Flavor Broth - Meatless” (Star West) (Diet #4)

Lightly oil pan with extra virgin olive oil; sauté 10 - 15 minutes on medium/low heat until tender;

Add oil or water as needed; grate goat cheddar cheese, 1½ Tbsp. Per quesadilla (tortilla)

Sprinkle cheese on ½ of tortilla, 6 or 8 tortillas (blue corn) then fold gently.

Place in oven until cheese is melted, then insert sautéed vegetables into quesadilla,

Add “Real Salt” to taste and enjoy.

BREAKFAST MUSH

Diet #2 and up

3 Cups of boiling water

Add 1 cup of grain flour.

I prefer a mixture of “grains” such as Amaranth (Level 4), Buckwheat (level #2), Millet (level #2), Rice (Level #2), this gives us a wide variety of proteins (amino acids). Millet, rice and buckwheat may be on some #1 diets.

1 tsp cinnamon

½ tsp of “Real Salt”

1 rounded tsp of Stevia herb

Simmer on very low heat and stir.

For variety we change the proportions of “grains” such as: for “Buckwheat“, we put in 1 heaping tbsp of rice, 1 heaping tbsp of millet, ¾ tbsp of amaranth. Fill up remainder of cup with buckwheat. It’s taste is pleasant, though strong.

Add 1 tbsp of olive oil after cooking

Feeds one very hungry person.

Another day you can have Rice mush. 1 heaping tbsp millet, 1 heaping tbsp buckwheat, ¾ tbsp amaranth, and fill up the cup with rice. Rice has a very mild flavor and is most helpful in detoxing common air pollutants.

With imagination you will be able to invent several nutritious breakfast meals. The homeostasis on this blend ranges around 280 to 290 this is exceedingly high. And, the cost is low!

T136 CASSEROLE

Diet #5

5 cups brown rice cooked

1 tsp turmeric powder

1 tsp Real Salt

1 tsp marjoram

2 Tbsp papaya leaf powder (optional)

1 medium sized onion browned in 2 Tbsp of olive oil (Diet #5 when cooked - optional)

8 oz of goat milk cream cheese (Diet #5 when cooked)

2 or 3 large shredded carrots

¼ to ½ cup goat milk (Diet #5 when cooked)

Combine all the above and put into an oiled casserole pan

Bake for ½ hour at 350

Variations:

½ tsp basil

½ tsp coriander

½ tsp oregano

1 zucchini shredded

Topping: sprinkle with croutons made with millet or rice bread.

BIO DATA DIET PLANS

BIO DATA DIET 2D MODIFIED. Contributed by Kitty

Note that this diet is only to be followed for two weeks, then progress on to diet #3 which includes several more foods. Check with your Health consultant first. The following provides you with menu suggestions for 7 days.

DAY 1 BROWN RICE DAY (Prepare 1 cup per person)

BREAKFAST:

16 oz. Water (include Personal Blend)

Brown Rice with Salt and Stevia to taste

LUNCH:

16 oz. Water (include Personal Blend)

Brown Rice with steamed Zucchini

Grated Jerusalem Artichoke

Garnish with Olive Oil and Salt

DINNER:

16 oz. Water (include Personal Blend)

Brown Rice with grated veggies

Any combo of fresh Zucchini, Beets

EVENING:

16 oz. Water (Personal Blend if desired)

DAY 2 MILLET DAY (Prepare 1 cup per person)

BREAKFAST:

16 oz. Water (include Personal Blend)
Millet Cook 2 cups for days
Salt and/or stevia to taste

LUNCH:

16 oz. Water (include Personal Blend)
Millet Salad – Millet mixed with
Grated Zucchini or yellow squash
Fresh baby okra or Jerusalem Artichoke
Garnish with olive oil and salt

DINNER:

16 oz. Water (include Personal Blend)
Baked Butternut Squash Bake at 400 for 40 min.
Millet Patties—Mix 1 cup finely chopped veggies
Add Salt and Oil to taste. Form into patties.
Bake at 400 for 20 min. or till brown.
Use waffles or rice cakes for a bun

EVENING:

16 oz. Water (include Personal Blend if desired)

DAY 3 BUCKWHEAT DAY (Prepare 1 cup per person)

BREAKFAST:

16 oz. Water (include Personal Blend)
Buckwheat Salt and stevia to taste

LUNCH:

16 oz. Water (include Personal Blend)
Brown Rice with steamed zucchini
Grated Jerusalem artichoke
Garnish with olive oil and salt

DINNER:

16 oz. Water (include Personal Blend)
Brown Rice with grated veggies
Any combo of fresh Zucchini, Beets, Jerusalem Artichoke

EVENING:

16 oz. Water (include Personal Blend if desired)

DAY 4 BROWN RICE DAY (Prepare 1 cup per person)

BREAKFAST:

16 oz. Water (include Personal Blend)

Brown Rice - Salt and/or stevia to taste

LUNCH:

16 oz. Water (include Personal Blend)

Brown Rice with

Grated Zucchini or yellow squash

And Butternut Squash if left over

Garnish with olive oil and salt

DINNER:

16 oz. Water (include Personal Blend)

Brown Rice Stir-Fry .

Skillet steam fry w/ water and olive oil

Sliced Zucchini, Jerusalem Artichoke, Okra

EVENING:

16 oz. Water (Personal Blend if desired)

DAY 5 BROWN RICE / MILLET DAY

(Prepare $\frac{3}{4}$ cup Rice to $\frac{1}{4}$ cup Millet per person)

BREAKFAST:

16 oz. Water (include Personal Blend)

Brown Rice /Millet with Salt and Stevia to taste

LUNCH:

16 oz. Water (include Personal Blend)

Brown Rice/Millet with steamed Zucchini

Grated Jerusalem artichoke

Garnish with olive oil and salt

DINNER:

16 oz. Water (include Personal Blend)

Brown Rice/Millet with grated veggies any combo of fresh Zucchini, Beets

EVENING:

16 oz. Water (Personal Blend if desired)

DAY 6 BUCKWHEAT DAY (Prepare 1 cup per person)

BREAKFAST:

16 oz. Water (include Personal Blend)

Buckwheat -- Salt and/or Stevia to taste

LUNCH:

16 oz. Water (include Personal Blend)

Buckwheat and Baked Banana Squash

Garnish with chopped Cilantro, Salt, Olive Oil or Stevia

DINNER:

16 oz. Water (include Personal Blend)

Borsch (Beet Soup) Combine Buckwheat

Chopped beets, leftover Banana Squash and Okra

Cook on stove till Beets are tender. Season with Salt

EVENING:

16 oz. Water (Personal Blend if desired)

DAY 7 MILLET DAY (Prepare 1 cup per person)

BREAKFAST:

16 oz. Water (include Personal Blend)

Millet Salt and stevia to taste

LUNCH:

16 oz. Water (include Personal Blend)

Millet with steamed or baked Spaghetti Squash

Topped with Olive Oil and Salt

DINNER:

16 oz. Water (include Personal Blend)

Millet Loaf--grate all veggies add leftover Spaghetti Squash
Mix together add Oil. Bake at 350 for 20 min.
Any combo of fresh veggies

EVENING:

16 oz. Water (Personal Blend if desired)

The following foods are included in the 2D Modified Diet list:

Use this as your shopping list.

Buckwheat, Brown Rice, Millet

All Squashes: Zucchini, Yellow, Patty Pan, Butternut, Spaghetti, Banana,
Pumpkin and Pumpkin seeds (raw) etc.

Okra, Beets, Jerusalem Artichoke

Real Salt, Olive Oil, Stevia and Pure Water

Try to use these foods exclusively for two to three weeks then add foods on
Diet 3D Mod.

BATTER RECIPE

2 cups flour combination of Brown Rice, Millet, Buckwheat flours

1 ½ cups Water

1 cup grated Squash or cooked Squash

½ tsp. Salt

2 Tbs. Extra Virgin Olive Oil.

Stevia to taste if desired

Mix together. Bake in waffle iron for 10 minutes.

Or, bake on cookie sheet, spread ½ inch thick.

Bake at 350 for 20 min. or till knife comes out clean.

Hints for the Urges:

SWEETS: Think salty! Stevia helps the #2 Blend has a lot of it.

PROTEIN: Eat a handful of Buckwheat Groats or Pumpkin seeds

BREAD AND BUTTER: waffle recipe can be made ahead and frozen for
snacks. Toast garnish with a little olive oil and Real Salt

NOODLES: Rice noodles and make a cheesy type sauce with olive oil, rice

and/or buckwheat flour in a skillet. Heat like you make gravy add water salt and basil maybe even cinnamon.

SWEETNER: Some levels of diet can use carob molasses. This is only found at Arabic Food Stores and is called “Dibas.”

SOUP: Can be made with allowed chopped veggies chopped
You can even add a green banana,

SWEET AND SOUR SAUCE HOMEOSTASIS + 46, Diet #6*

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HELP US HELP OTHERS, SHARE BIO-DATA WITH A FRIEND !!!