

A background image showing a splash of water with a large, clear droplet falling from the top right, creating a ripple and a large, dark, reflective droplet below the surface. The water is a clear, light blue color.

Easy 3 Step Bio-Detoxification

*A Program Designed to Address the Most
Common Underlying Causes of Chronic
Health Challenges*



Step One

Decreasing Inflammation.....	3
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Step Two

Metabolic Cleansing.....	9
Frequently Asked Questions.....	12

Step Three

Regeneration and Repair.....	23
Recipes	27

This guide is provided for generalized informative purposes only. Please consult your physician or other qualified healthcare provider before you embark on a detoxification program or use any of the products discussed.



Step One:

Decreasing Inflammation

7 Days or more

If your healthcare provider has decided that you should start immediately at Step Two, please turn to page 9

Structural Problems • Hidden Food Allergies Acute / Chronic Inflammation

Step One of the Easy 3-Step Bio-Detoxification program is focusing on reducing acute/chronic inflammation. This is accomplished by the following combined approach.

Common food allergens are removed from the diet and your healthcare practitioner may prescribe chiropractic, acupuncture or body work to realign the spine and restore the free flow of energy throughout the body. Special nutritional supplements are used to modify the inflammatory pathways.

This step lasts 7 days or more and is immediately followed by Step Two, which is the detoxification period. It is very important to follow the principles of the diet as closely as possible.

Rx - Step One

Step One consists of a hypo-allergenic diet along with inflammation modulating supplements

Duration: 7 Days

		Supplement	Upon Arising	With Breakfast	Mid Morning	With Lunch	Mid Afternoon	With Dinner	Before Bed
Acute	{	Intenzyme Forte™							
		Bio-Allay®							
or									
Chronic	{	Beta-TCP™							
		Bromelain Plus CLA™							

Some Tips As You Are Starting Out

1. Foods that are most likely to cause allergy/sensitivity reactions have been eliminated from this diet. Do not make food substitutions, except as allowed by your healthcare provider.
2. This diet is not designed to be a weight-loss program. Calories are not the concern. Portions can be adjusted so you never have to feel hungry.
3. There is flexibility within the daily menus provided. For example, if you are a large, active male, you may want to eat larger portions. If you have sensitivity or an aversion to some foods, you may choose substitutions from the lists provided.
4. Starting Day 1 of the Easy 3-Step Bio-Detoxification program, **take only the nutritional supplements that have been prescribed by your healthcare provider.** Do not take any extra vitamins or herbs. Your healthcare provider should monitor prescription drugs. Sometimes patients are able to reduce their usual dosage of prescription drugs after they have been on the Easy 3-Step Bio-Detoxification program.
5. Whenever possible, select organically grown fruits and vegetables to avoid exposure to toxins. All produce should be washed well to remove chemicals.
6. Now is a perfect time to become familiar with your local health food store to locate any of the unfamiliar foods listed in the diet. A health food store is also a good place to purchase organic foods.
7. Remember that the foods which may cause sensitivity reactions are very often the foods you eat most frequently. Therefore, where food choices are offered during the program, try to select from these foods, and don't eat the same foods day after day.

The Anti-Inflammatory Diet

Food to Avoid:

All gluten-containing foods including wheat, rye, oats and barley, which are commonly found in breads, pasta and other products from refined flour

The most common allergies are caused by this group of foods. By avoiding these foods for a few weeks, your system gets a chance to relax and clear itself out. You may not even know that you have an allergy to these foods because the symptoms may be so subtle.

Alcohol, caffeine (coffee, black teas and sodas) and soy milk, soda and fruit drinks that are high in refined sugars

Both alcohol and caffeine are hard on the liver. So give your liver a vacation!

Pork, cold cuts, bacon, hot dogs, canned meat, sausage and shellfish

Meats, unless organic, are typically high in nasty ingredients such as estrogens, antibiotics and others typical of processed foods.

Tomato sauce (whole fresh tomatoes are OK)

Tomato sauce may contain common allergens that can contribute to pain and inflammation.

All dairy (milk, cheese, butter, yogurt, etc.)

Dairy products are most likely to cause allergies and can increase pain. Stay away from creamy salad dressings (ranch, creamy garlic, etc.) as they contain dairy.

Foods high in fats and oil, including peanuts, refined oils, margarine and shortening

This diet was designed to lessen the burden placed on your system by eliminating many foods, including those high in fats and refined and processed oils.

All refined sugar products (candy bars and other junk food)

Refined sugar slows the process of detoxification and weakens the immune system.

Any other foods not listed on these pages that you know you are allergic to

Give your healthcare practitioner a list of foods that you know you are allergic to.

Approved Food List for Step One

Eat as many single portions from this category on a per meal basis as needed to create a feeling of fullness.

Vegetables*	Portion
Alfalfa Sprouts	2-4 oz
Arugula	2-4 oz
Avocado	½ Avocado
Bean Sprouts	2-4 oz
Broccoli	2-4 oz
Brussel Sprouts	2-4 oz
Cabbage	2-4 oz
Carrots	2-4 oz
Cauliflower	2-4 oz
Celery	2-4 oz
Cilantro	2-4 oz
Corn	2-4 oz
Cucumber	2-4 oz
Garlic	1 Clove
Kale	2-4 oz
Lettuce	2-4 oz
Mushrooms	2-4 oz
Mustard Greens	2-4 oz
Olives	2-4 oz
Onions	2-4 oz
Radish	2-4 oz
Snow Peas	2-4 oz
Spinach	2-4 oz
String Beans	2-4 oz
Sweet Potato / Yam	½ Potato
Swiss Chard	2-4 oz
Tomato - fresh, whole	2-4 oz
Water Cress	2-4 oz
Zucchini	2-4 oz

*Organic Produce & Protein Preferred

Fruits*	Portion
Apple	1 medium
Banana	4 oz
Blackberries	4 oz
Blueberries	4 oz
Cantaloupe	4 oz
Figs - fresh	3-5 figs
Grapefruit	4 oz
Grapes	4 oz
Honeydew Melon	4 oz
Kiwi	4 oz
Lemon	4 oz
Mangos - fresh / dried	3 pieces
Oranges	4 oz
Pear	1 medium
Plum	4 oz
Prunes - dried	3-5 prunes
Raspberries	4 oz
Strawberries	4 oz
Watermelon	4 oz

Fats	Portion
Almond Butter	1 Tbsp
Almonds - raw / unsalted	2 oz
Cashew Butter	1 Tbsp
Cashews - raw / unsalted	2 oz
Coconut Oil	1 Tbsp
Flax Oil	1 Tbsp
Grapeseed Oil	1 Tbsp
Olive Oil	1 Tbsp
Omega-3 Oil - fish	1 Tbsp
Pecans - raw / unsalted	2 oz
Walnuts - raw / unsalted	2 oz

Dairy Alternatives	Portion
Almond Cheese	2 oz
Almond Milk	6-8 oz
Coconut Milk	4-6 oz
Hemp Milk	4-6 oz
Rice Cheese	2 oz
Rice Milk	4-6 oz

Protein*	Portion
Beef - ground / steak grass fed only	2-4 oz
Black Beans	2-4 oz
Chicken - breast - free range	2-4 oz
Cod	2-4 oz
Eggs - free range	2 eggs
Halibut	2-4 oz
Lamb	2-4 oz
Lentils	2-4 oz
Pinto Beans	2-4 oz
Red Beans	2-4 oz
Red Snapper	2-4 oz
Salmon - wild caught only	2-4 oz
Shrimp	2-4 oz
Soy Beans - Edamame	2-4 oz
Tofu	2-4 oz
Tuna	2-4 oz
Turkey - breast / bacon	2 slices
Whitefish	2-4 oz

Starch / Grains	Portion
Corn Tortillas	1 tortilla
Gluten-free Bread	1 slice
Quinoa	½ Cup
Rice - white	½ Cup
Rice Crackers	2-3 crackers
Rice Pasta	½ Cup cooked
Steel Cut Oats - gluten free	1 Cup

Beverages ^o	Portion
Green Tea	3+ Cups/day
Herbal Tea	2 Cups/day
Mineral Water	3 Cups/day
Soda Water	3 Cups/day

◊ Beverages may be sweetened using the approved sweeteners listed below.

Sweeteners	Portion
Agave Nectar	½ Tbsp
Honey	½ Tbsp
Stevia	To Taste

Choice of Dressings: Extra-virgin olive oil with lemon or lime and dry herbs, including oregano and basil or Flax Seed Oil dressing
Additional Condiments: Bay leaf, Dry mustard, Poppy seeds, Curry, Dill, Nutmeg, Cinnamon, Mace, Marjoram, Chives, Ginger, Tahini, Caraway seeds, Garlic, Tarragon, Cilantro

These recommendations are on a per meal basis, not a per day basis.
 Select no more than one item per category per meal, except for vegetables.

Sample Daily Menus for Step One

Day One	Breakfast	Lunch	Dinner	Snacks
	2-egg veggie omelet	Lean Protein	Chicken	Apple
	½ Avocado	½ Avocado	Vegetable	Raw Almonds
	1 Kiwi	Salad	Vegetable	Strawberries
	1 Orange	Strawberries	1 Banana	
Day Two	Breakfast	Lunch	Dinner	Snacks
	2 eggs, scrambled	Chicken	Turkey	Pear
	Large Grapefruit	Salad	Vegetable	Plum
	Cantaloupe	Apple	Vegetable	Raw Almonds
	1 Orange	1 Kiwi	½ Avocado	
Day Three	Breakfast	Lunch	Dinner	Snacks
	Chicken breast	Turkey	Fish	Strawberries
	1 Banana	Vegetable	Vegetable	Banana
	½ Avocado	Salad	Vegetable	Orange
	Grapes	Cantaloupe	1 Kiwi	
Day Four	Breakfast	Lunch	Dinner	Snacks
	Turkey	Fish	Beef	Apple
	1 Grapefruit	Salad	Vegetable	Cantaloupe
	1 Orange	Grapes	Vegetable	Grapes
	4 Strawberries	Honeydew Melon	1 Pear or Plum	
Day Five	Breakfast	Lunch	Dinner	Snacks
	2-egg veggie omelet	Beef	Chicken	Raw Almonds
	½ Avocado	Salad	Vegetable	Honeydew Melon
	Grapes	Vegetable	Vegetable	Pear or Plum
	1 Orange	1 Banana	½ Avocado	
Day Six	Breakfast	Lunch	Dinner	Snacks
	Chicken	Chicken	Turkey	Orange
	1 Grapefruit	Vegetable	Vegetable	Grapes
	1 Banana	Salad	Vegetable	Bananas
	Cantaloupe	Apple	1 Kiwi	
Day Seven	Breakfast	Lunch	Dinner	Snacks
	2-egg veggie omelet	Turkey	Fish	Strawberries
	½ Avocado	Vegetable	Vegetable	Raw Almonds
	Orange	Salad	Vegetable	Grapefruit
	1 Pear or Plum	1 Banana	½ Avocado	



Step Two:

Metabolic Cleansing

10 or 20 Days

Addresses 4 of the most common underlying causes of chronic health challenges

**Toxic Overload • Harmful Bacteria
Heavy Metal Toxicity • Leaky Gut**

Step Two of the Easy 3-Step Bio-Detoxification Program consists of a thorough detoxification program designed to enhance the body's ability to eliminate toxins and harmful bacteria from the body.

This phase lasts either 10 or 20 days depending on the toxicity level, and is immediately followed by Step Three, which is a designed to regenerate and rebuild. It is very important to follow the principles of the diet as closely as possible.

Very Important!

Understanding the Healing Crisis

A healing crisis is any of a wide range of symptoms that may occur during the course of healing. Typically, the onset of these symptoms is very rapid. You may experience some symptoms immediately after a treatment, or up to 2 to 3 days later. The worst of the symptoms may last as little as a few hours or as long as several days. The longer the symptoms last, the stronger the healing crisis. But it is also characterized that when the symptoms have passed, you will feel better than prior to the crisis.

Most patients do not understand the healing crisis because of their experience with conventional medicine. Where the focus of conventional medicine is on eliminating discomfort and curing disease, holistic medicine seeks to address the underlying cause of pain and illness. It aims to balance the body's energy flow so that the body can restore itself to a healthy state.

Disease is a long, gradual process that occurs over time with stages of progressively ill health preceding it. It moves from less serious physical complaints to more serious ones, and then moves inward to deeper levels. Sometimes minor ailments are driven deeper into the body and become more serious with drug therapy, which suppresses the symptoms, but weakens the immune system. For example, you may first experience a skin problem, which seems to clear up. Later, the disease may progress inwardly to become asthma. Sometime after that, you may even develop depression.

Increasing a person's health reverses the disease process, almost like putting a video of your disease on rewind. You must move through previous states of health, and that is when old symptoms crop up, occurring in reverse order of their original appearance. The person with the skin problem may re-experience some depression, followed by some asthmatic episodes, and later on, the skin problem may re-occur.

The aching body, headaches, nausea and fatigue often felt during a healing crisis are primarily the effects of detoxification. In the healing process, the body is working to eliminate its storage of toxins; materials that have been collected in the colon, the tissues and in individual cells. In a sense, the body becomes temporarily more toxic until the toxins are excreted.

Once you understand that some discomfort is normal, and that symptoms can be a positive sign that healing is taking place, there are a number of things you can do to help your body during a healing crisis. First, try to follow your prescribed program correctly. Taking medications, such as antihistamines, aspirin or other painkillers, delay the healing process and may actually prolong the discomfort.

NOTE: If your healing crisis is too intense or causing excessive discomfort, please consult your healthcare practitioner about the feasibility of altering your dosing schedule.

Sufficient rest is very important since your body is under a great deal of stress during the healing process. Similarly, your diet should consist of light, easy-to-digest meals. Heavy, hard-to-digest foods should be avoided. Plenty of water should be consumed throughout the day.

Exercise is often helpful especially if the crisis presents itself on an emotional level. Because many toxins leave the body through the skin, light brushing of the skin with a natural bristle brush can help stimulate blood and lymph flow. Soaking in a warm bath with Epsom salts may also be helpful.

Reducing environmental stresses can help a healing crisis pass more quickly. Take a good look at your daily stress level. Your diet and habits, such as smoking, alcohol intake and other lifestyle elements may need to be changed.

Attitude can be one of the most beneficial factors in coping with healing crisis. A positive attitude will allow you to relax and to recognize that the symptoms are temporary and your treatment is on target.

Keep the lines of communication open with your doctor. Report your symptoms and allow the healthcare practitioner to help you if your symptoms become intolerable. Adjustments in the degree or frequency of your supplemental intake may be possible to lessen your discomfort.

The road to good health is an exciting and rewarding journey, but like any worthwhile endeavor, it has some challenges. The healing crisis is an opportunity for you to understand the process your body is going through to reach a state of health. Despite symptoms, you should experience more areas of improvement than discomfort. These brief episodes of symptoms should be considered signs of progress and an indication that you're on the road to good health.



Step Two Frequently Asked Questions

What is NutriClear®?

NutriClear® is a chemically defined food, designed to support the nutritional needs of a wide spectrum of patients - even those who are sensitive to certain foods or chemicals. **NutriClear®** has been formulated with the highest quality ingredients and are compatible with vegetarian foods, some of which you are likely to be allergic or sensitive to.

NutriClear® is often used as meal replacements in cleansing or “metabolic clearing” programs. Metabolic clearing refers to the processes responsible for eliminating toxic substances that have built up in the body. Most people encounter toxic agents in their work or home environment, due to pollutants in air, water and beverages, and of course, foods. Drugs and alcohol also contribute to the toxic burden, as do potentially harmful materials generated by intestinal bacteria. Removing accumulated toxic materials enables the body to recover from imbalances, and therefore enables it to work more efficiently.

How can NutriClear® help balance the body’s chemistry?

Specific nutrients can help improve your nutritional status in a variety of ways:

- **Help to convert fat and carbohydrate to energy, while maintaining muscle tissue.** Some nutrients, such as amino acids, function as building blocks, others are enzyme helpers (cofactors that function as metabolic “spark plugs”), and others function as fuels to run the body’s machinery. When these are limited by inadequate diet or problems with digestion or absorption, nutritional imbalances and reduced ability to repair “wear-and-tear” can occur.

Key nutrients:

B vitamins - niacin, riboflavin, pantothenic acid

Trace elements - zinc, copper, manganese

Amino acids - rice protein (**NutriClear®**), together with lysine and threonine

Fuels and essential fatty acids - MCTs (medium chain triglycerides), rice carbohydrate

- **Help eliminate potentially harmful substances.** **NutriClear®** provides a full range of nutrients that support the processing and disposal of waste materials and other potentially harmful materials. The liver functions as the body’s major waste disposal unit and specific nutrients can help in this role.

Key nutrients:

Niacin, riboflavin, pantothenic acid, zinc, cysteine, glutathione

- **Help protect the body against free radicals and oxidation.** Pollutants such as ozone and nitrogen oxides, cigarette smoke and other substances, lead to the formation of free radicals - “pyromaniac molecules”, that randomly attack cells and increase the body’s need for substances called antioxidants. Antioxidants serve to block or inactivate free radicals.

Key nutrients: Natural mixed carotenoids, vitamins C & E, N-Acetyl Cysteine, selenium, glutathione.

- **Help improve intestinal health.** The intestinal lining is the primary barrier against foreign materials. When the intestine is compromised, digestion and nutrient absorption decrease, and the intestine may become “leaky,” allowing unwanted substances to enter the bloodstream.
Key nutrients: Trace minerals, B-complex vitamins, L-glutamine (an amino acid) and quercetin (bioflavonoid).

How much weight can I expect to lose on the Bio-Detoxification program?

NutriClear® and other supplements in the Bio-Detoxification program are not formulated for weight loss. However, fluid retention or bloating is a symptom of toxicity. As people begin to detoxify, they will lose retained fluids and possibly impacted fecal material, which may result in the loss of 2 to 10 pounds.

What happens if my symptoms worsen during the Bio-Detoxification Program?

If your symptoms get worse, it's due to the healing crisis. Please read Dr. Abbas Qutab's article on “healing crisis” carefully. Remember to drink 3-5 pints of water, not to overexert physically, and to allow yourself to be “sluggish” while your body is detoxifying. After you detoxify, you will regain your vitality.

What side effects can I expect?

Individual response to cleansing programs is highly variable due to personal differences in biochemical makeup, stress levels, toxin build-up, and medical histories. Individuals sometimes experience headaches, joint pain, mood swings, constipation or other side effects. These side effects are commonly associated with cleansing programs and usually dissipate within a week to 10 days. Notify your healthcare provider if you develop any adverse symptoms, or encounter discomfort while using this product with your individualized program.

When should I begin to feel better?

Your medical history, including the use of medications, exposure to toxic materials in the workplace, and your age can affect the rate of improvement. A slower response time might be expected for older patients. Most people begin to feel better within one to two weeks on the cleansing program; others may take a longer time to see an improvement in their symptoms.

Can I mix my NutriClear® in juice?

Ideally, it is best to mix it in bottled spring or purified water, and only add fresh fruit if necessary. Many people enjoy the additional flavor fruit can provide, and sometimes people need extra phytonutrients, which are found in organic blueberries and wild berries. Therefore, the drink may be blended with these fruits, if necessary. Diluted organic pear juice is the least likely to cause a reaction while on the Bio-Detoxification program.

Why recommend white rice instead of brown rice?

Nutritionally, brown and white rice are very similar. The chief advantage of brown rice is its high fiber content and B-vitamin levels. However, it has been found that individuals are more likely to experience a “reaction” to brown rice than to white. Brown rice contains lecithin, like phytohemagglutinin, a large plant protein, which can stimulate agglutination, or sticking together, of red blood cells and the proliferation of lymphocytes associated with the allergic response. If you don't like standard white rice, I suggest trying basmati rice, which is an excellent choice among types of white rice because of its delicious taste and nutritional profile.

Is it okay to exercise while I am on the Bio-Detoxification program?

Yes, clinical experience has shown that some individuals experience reduced energy and stamina due to the body's detoxification process. If you exercise regularly, give yourself permission to ease up on the time and intensity of your workout. If you do not exercise regularly, it may be best to wait until you have finished the detoxification program. However, it is okay to go for a walk and enjoy nature.

What is the reason for putting me on a restricted or elimination diet during the Bio-Detoxification program?

One of the purposes of the Bio-Detoxification program is to remove potentially allergenic foods from your diet, and allow you to choose from a group of healthy and organic foods to which you are less likely to be allergic. The foods allowed are based on the scientific literature available, and do not contain any ingredients that could interfere with the cleansing process. This helps to put less stress on the digestive system and support the liver's detoxification functions.

What are the main foods I will be avoiding?

This booklet will take you through the approach step by step and will also provide you with approved food lists and sample recipes for breakfast, lunch and dinner.

The Detox Diet

Foods to Avoid

Why?

All gluten-containing foods like wheat, rye, oats, and barley, which are commonly found in breads, pasta, and other products from refined flour

The most common allergies are caused by this group of foods. By avoiding these foods for a few weeks, your system gets a chance to relax and clear itself out. You may not even know you have an allergy to these foods because the symptoms may be so subtle.

Alcohol, caffeine, including coffee, sodas and soymilk, and all soda and fruit drinks that are high in refined sugars

Alcohol and coffee are hard on the liver, and this is going to be your liver's vacation.

Pork, cold cuts, bacon, hot dogs, canned meat, sausage, and shellfish

These meats are typically high in estrogens, antibiotics, and other ingredients utilized in processing.

Corn and tomato sauce
(fresh, whole tomatoes are ok)

These are (or contain) common allergens.

Eggs and all dairy
(milk, cheese, butter, yogurt, etc.)

Dairy products are most likely to cause allergies.

All fruit and fruit juices

Fruit and fruit juices are high in sugar content.

Foods high in fats and oils, including peanuts, refined oils, margarine, and shortening

This diet was designed to lessen the burden placed on your system by eliminating many foods, including those high in refined fats and processed oils.

Any foods on the approved food list that you know you are allergic to

Give your healthcare provider a list of all foods that you know you are allergic to.

Approved Food List for Step Two

Eat as many single portions from this category on a per meal basis as needed to create a feeling of fullness.

Vegetables	Portion
Alfalfa Sprouts	2-4 oz
Arugula	2-4 oz
Avocado	½ Avocado
Bean Sprouts	2-4 oz
Broccoli	2-4 oz
Brussel Sprouts	2-4 oz
Cabbage	2-4 oz
Carrots	2-4 oz
Cauliflower	2-4 oz
Celery	2-4 oz
Cilantro	2-4 oz
Cucumber	2-4 oz
Garlic	1 Clove
Kale	2-4 oz
Lettuce	2-4 oz
Mushrooms	2-4 oz
Mustard Greens	2-4 oz
Olives	2-4 oz
Onions	2-4 oz
Radish	2-4 oz
Snow Peas	2-4 oz
Spinach	2-4 oz
String Beans	2-4 oz
Sweet Potato / Yam	½ Potato
Swiss Chard	2-4 oz
Tomato - whole, organic	2-4 oz
Water Cress	2-4 oz
Zucchini	2-4 oz

Dairy Alternatives	Portion
Coconut Milk	4-6 oz
Hemp Milk	4-6 oz
Rice Cheese	2 oz
Rice Milk	4-6 oz

Starch / Grains	Portion
Gluten-free Bread	1 slice
Quinoa	½ Cup
Rice - white only	½ Cup
Rice Crackers	2-3 crackers
Rice Pasta	½ Cup cooked
Steel Cut Oats (gluten free)	1 Cup

Fats	Portion
Avocado	½ Avocado
Coconut Oil	1 Tbsp
Flax Oil	1 Tbsp
Grapeseed Oil	1 Tbsp
Olive Oil	1 Tbsp
Omega-3 Oil - fish	1 Tbsp

Beverages	Portion
Green Tea - unsweet	3+ Cups/day
Herbal Teas - unsweet	2 Cups/day
Mineral Water - unsweet	3 Cups/day
Soda Water - unsweet	3 Cups/day

Sweeteners	Portion
Stevia	To Taste

Protein	Portion
Beef - ground / steak (grass fed only)	2-4 oz
Black Beans	2-4 oz
Chicken - breast (free range)	2-4 oz
Cod	2-4 oz
Flounder	2-4 oz
Haddock	2-4 oz
Halibut	2-4 oz
Lamb	2-4 oz
Lentils	2-4 oz
Pinto Beans	2-4 oz
Red Beans	2-4 oz
Red Snapper	2-4 oz
Salmon (wild caught only)	2-4 oz
Soy Beans - Edamame	2-4 oz
Tuna	2-4 oz
Turkey - breast / bacon	2 slices
Whitefish	2-4 oz



Choice of Dressings: Extra-virgin olive oil with lemon or lime and dry herbs, including oregano and basil or Flax Seed Oil dressing

Additional Condiments: Bay leaf, Dry mustard, Poppy seeds, Curry, Dill, Nutmeg, Cinnamon, Mace, Marjoram, Chives, Ginger, Tahini, Caraway seeds, Garlic, Tarragon, Cilantro

These recommendations are on a per meal basis, not a per day basis. Select no more than one item per category per meal, except for vegetables.

Personal Journal

To help keep track of your Step Two program, complete the calendar below. Begin by noting the date of the month on which your program will begin. Then, mark days 1 through the end of your program, and note the physical or emotional symptoms you experience during the detoxification.

Start Date: _____

End Date: _____



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Rx - Step Two

Please take the following supplements, beginning the first day of Step Two. These supplements will allow your body to cleanse the liver and GI tract.

Supplement	Upon Arising	With Breakfast	Mid Morning	With Lunch	Mid Afternoon	With Dinner	Before Bed
Bio-Detox Packs™							

Bio-Detoxification is designed to reduce your body's load of toxic substances, which may be present from either external sources (drugs, chemicals, alcohol) or your own physiological activities (bacterial toxins, intestinal toxins, metabolic byproducts). By following this program, you will eliminate many food and metabolic toxins or allergens, and achieve more "healthy" function and vitality.

NutriClear® is a complete and nutritionally balanced therapeutic food. **NutriClear®** is carefully formulated so that even the most sensitive individuals can depend on it effectively, for relief of toxicity symptoms. **NutriClear®** supports the detoxification processes of your body and provides you with the essential nutrients necessary for effective metabolic cleansing.

The purpose of this detox step is to:

1. **Control** the underlying cause of pain and inflammation
2. **Remove** the toxins
3. **Repair** the liver and digestive tract

The **10-Day BioDetox Kit** contains:

- 2 **NutriClear®**
- 1 **BioDetox Packs™**
- 1 **Whey Protein Isolate** or **Rice Protein Concentrate**
- 1 Biotics Research Shaker Cup



10-Day Bio-Detoxification Program

Supplement	Purpose	Upon Arising	With Breakfast	Mid Morning	With Lunch	Mid Afternoon	With Dinner	Before Bed
NutriClear®	Use as meal replacement for breakfast and lunch. 2 scoops in 16 oz. of pure water.		2 Scoops		Light Lunch	2 Scoops	Healthy Dinner	
Whey Protein Isolate or Rice Protein Concentrate	Mix 1 scoop with NutriClear® drink (above) Provides added protein along with immunoglobulin		1 Scoop			1 Scoop		

Dietary Reminders

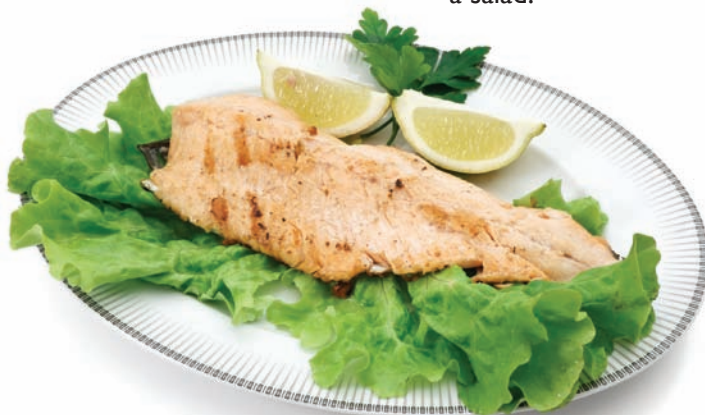
- Chew foods well (20-30 times per bite).
- Eat foods in whole forms as much as possible. The best raw food is salad.
- Eat only when you are hungry and calm. If you have a poor appetite, reduce sugars and starches and your appetite and digestion will improve.
- Do not overeat, it overloads digestion. Smaller, more frequent meals are best.
- Eat animal source foods in moderation.
- Drink at least 6-10 tall glasses of pure water daily. Most overeating occurs as a result of dehydration.
- Avoid hydrogenated or partially hydrogenated fats, preservatives or artificial colors and foods that cause reaction, like wheat and dairy.



Sample Daily Menus for Step Two

Day One	Breakfast - 8 a.m.	Lunch - Noon	Dinner - 6 p.m.	Snacks
	NutriClear® Drink	Spinach salad: ½ cup of fresh organic spinach leaves, 1/4-½ cup of sliced fresh mushrooms, ½ sliced tomato. Add extra-virgin olive oil seasoned with lemon or lime and a baked chicken breast or fish	4-6 oz. baked turkey breast with either 4-5 oz. baked winter squash or 1 medium sweet potato. Enjoy this with steamed asparagus or green beans	NutriClear® Drink
Day Two	Breakfast - 8 a.m.	Lunch - Noon	Dinner - 6 p.m.	Snacks
	NutriClear® Drink	Mixed green salad or green veggies stir-fried in olive oil, plus sliced cucumber or steamed broccoli with baked haddock or flounder	Oven-roasted vegetables and 4-6 oz. baked salmon	NutriClear® Drink
Day Three	Breakfast - 8 a.m.	Lunch - Noon	Dinner - 6 p.m.	Snacks
	NutriClear® Drink	Fresh mixed greens, stir-fried with chicken, or a salad with chicken. Use olive oil and lemon dressing	Pinto beans and rice with steamed broccoli, cauliflower or stir-fried vegetables, or a mixed green salad with salmon	NutriClear® Drink
Day Four	Breakfast - 8 a.m.	Lunch - Noon	Dinner - 6 p.m.	Snacks
	NutriClear® Drink	Mixed green salad with olive oil and lemon and an organic chicken breast.	Almond butter on rice crackers, with red-leaf or romaine lettuce. Use extra-virgin olive oil with lemon/ lime as dressing and add 1 can water-based tuna	NutriClear® Drink
Day Five	Breakfast - 8 a.m.	Lunch - Noon	Dinner - 6 p.m.	Snacks
	NutriClear® Drink	Lightly steamed broccoli, with olive oil and lemon/ lime dressing. You may add basil or oregano with sliced cucumber, and green onion with turkey breast or chicken breast	Chicken breast with green beans and baked winter squash, or spicy baked flounder filet with mixed green salad	NutriClear® Drink

Day Six	Breakfast - 8 a.m. NutriClear® Drink	Lunch - Noon Stir-fried mixed vegetables with almonds and steamed white rice	Dinner - 6 p.m. Steamed vegetables with baked haddock and tahini	Snacks NutriClear® Drink
Day Seven	Breakfast - 8 a.m. NutriClear® Drink	Lunch - Noon Marinated vegetables, optionally add lamb chops or chicken breast	Dinner - 6 p.m. Halibut or cod filet with steamed spinach	Snacks NutriClear® Drink
Day Eight	Breakfast - 8 a.m. NutriClear® Drink	Lunch - Noon Salad: shredded cabbage or fresh greens with olive oil and lemon/lime with a slice of broiled or steamed fish, such as salmon, tuna or halibut	Dinner - 6 p.m. Falafel and steamed broccoli or stir-fried chicken with mixed greens or stir-fried beef with vegetables	Snacks NutriClear® Drink
Day Nine	Breakfast - 8 a.m. NutriClear® Drink	Lunch - Noon Mixed green salad with a chicken or turkey breast or 4-6 oz. grilled or baked flank steak	Dinner - 6 p.m. Turkey salad or baked haddock Italiano	Snacks NutriClear® Drink
Day Ten	Breakfast - 8 a.m. NutriClear® Drink	Lunch - Noon Spinach salad, add protein from approved food list	Dinner - 6 p.m. Steamed asparagus and zucchini with protein of your choice from food list or rice soup with lamb and a salad.	Snacks NutriClear® Drink





Step Three:

Regeneration & Repair

Addresses 2 of the most common underlying causes of chronic health challenges

Cell Malnourishment • Joint Damage

Step Three of the Easy 3-Step Bio-Detoxification Program is focused on rebuilding and repair following Step Two. It is designed to provide the necessary building blocks the body needs to repair damaged cartilage, joints and tissues that may have occurred over time.

The duration of this phase is dependent on need and the overall well-being of the individual. It is very important to follow the principles of the diet as closely as possible.

Step Three diet and supplements are essential to maintain optimal wellness.

Rx - Step Three

Step Three begins immediately after Step Two and focuses on rebuilding and repair after the detoxification and the eradication of unhealthy bacteria and pathogens. You will return to an anti-inflammatory diet similar to the one you used in Step One. This phase lasts 30 days or more depending on your original evaluation or the results you are receiving from this program.

Supplement	Upon Arising	With Breakfast	Mid Morning	With Lunch	Mid Afternoon	With Dinner	Before Bed
Pro-Multi Plus®							
Optimal EFAs®							
Bio-Doph 7 Plus®							

The following supplements are conditional and recommended based on your specific health conditions.

Supplement	Upon Arising	With Breakfast	Mid Morning	With Lunch	Mid Afternoon	With Dinner	Before Bed
Chondro Samine-Plus®							
Bio-D-Mulsion Forte®							
KappArest™							

*Note: It is recommended you continue using the **NutriClear®** drink from Step Two as a meal replacement, especially for breakfast, or as a snack; this can be done indefinitely.*

Approved Food List for Step Three

Eat as many single portions from this category on a per meal basis as needed to create a feeling of fullness.

Vegetables*	Portion
Alfalfa Sprouts	2-4 oz
Arugula	2-4 oz
Avocado	½ Avocado
Bean Sprouts	2-4 oz
Broccoli	2-4 oz
Brussel Sprouts	2-4 oz
Cabbage	2-4 oz
Carrots	2-4 oz
Cauliflower	2-4 oz
Celery	2-4 oz
Cilantro	2-4 oz
Corn	2-4 oz
Cucumber	2-4 oz
Garlic	1 Clove
Kale	2-4 oz
Lettuce	2-4 oz
Mushrooms	2-4 oz
Mustard Greens	2-4 oz
Olives	2-4 oz
Onions	2-4 oz
Radish	2-4 oz
Snow Peas	2-4 oz
Spinach	2-4 oz
String Beans	2-4 oz
Sweet Potato / Yam	½ Potato
Swiss Chard	2-4 oz
Tomato - fresh, whole	2-4 oz
Water Cress	2-4 oz
Zucchini	2-4 oz

Fruits*	Portion
Apple	1 medium
Banana	4 oz
Blackberries	4 oz
Blueberries	4 oz
Cantaloupe	4 oz
Figs - fresh	3-5 figs
Grapefruit	4 oz
Grapes	4 oz
Honeydew Melon	4 oz
Kiwi	4 oz
Lemon	4 oz
Mangos - fresh / dried	3 pieces
Oranges	4 oz
Pear	1 medium
Plum	4 oz
Prunes - dried	3-5 prunes
Raspberries	4 oz
Strawberries	4 oz
Watermelon	4 oz

Fats	Portion
Almond Butter	1 Tbsp
Almonds - raw / unsalted	2 oz
Cashew Butter	1 Tbsp
Cashews - raw / unsalted	2 oz
Coconut Oil	1 Tbsp
Flax Oil	1 Tbsp
Grapeseed Oil	1 Tbsp
Olive Oil	1 Tbsp
Omega-3 Oil - fish	1 Tbsp
Pecans - raw / unsalted	2 oz
Walnuts - raw / unsalted	2 oz

Dairy Alternatives	Portion
Almond Cheese	2 oz
Almond Milk	6-8 oz
Coconut Milk	4-6 oz
Hemp Milk	4-6 oz
Rice Cheese	2 oz
Rice Milk	4-6 oz

Protein*	Portion
Beef - ground / steak grass fed only	2-4 oz
Black Beans	2-4 oz
Chicken - breast - free range	2-4 oz
Cod	2-4 oz
Eggs - free range	2 eggs
Halibut	2-4 oz
Lamb	2-4 oz
Lentils	2-4 oz
Pinto Beans	2-4 oz
Red Beans	2-4 oz
Red Snapper	2-4 oz
Salmon - wild caught only	2-4 oz
Shrimp	2-4 oz
Soy Beans - Edamame	2-4 oz
Tofu	2-4 oz
Tuna	2-4 oz
Turkey - breast / bacon	2 slices
Whitefish	2-4 oz

Starch / Grains	Portion
Corn Tortillas	1 tortilla
Gluten-free Bread	1 slice
Quinoa	½ Cup
Rice - white	½ Cup
Rice Crackers	2-3 crackers
Rice Pasta	½ Cup cooked
Steel Cut Oats - gluten free	1 Cup

Beverages ^o	Portion
Green Tea	3+ Cups/day
Herbal Tea	2 Cups/day
Mineral Water	3 Cups/day
Soda Water	3 Cups/day

◊ Beverages may be sweetened using the approved sweeteners listed below.

Sweeteners	Portion
Agave Nectar	½ Tbsp
Honey	½ Tbsp
Stevia	To Taste

Choice of Dressings: Extra-virgin olive oil with lemon or lime and dry herbs, including oregano and basil or Flax Seed Oil dressing

Additional Condiments: Bay leaf, Dry mustard, Poppy seeds, Curry, Dill, Nutmeg, Cinnamon, Mace, Marjoram, Chives, Ginger, Tahini, Caraway seeds, Garlic, Tarragon, Cilantro

These recommendations are on a per meal basis, not a per day basis.
Select no more than one item per category per meal, except for vegetables.

Sample Diet for Step Three

Following the diet is extremely important to the success of this program. The diet consists mostly of lean protein (fish, chicken breast, turkey breast, very lean beef), along with fruits and vegetables. Your protein serving should be about the size of your palm, and you may have an unlimited amount of vegetables. Add fruit as a dessert or snack.

Your approved food list serves as an example. You may eat any of these foods in any combination. Foods should be rotated (especially proteins), as it is better not to eat the same foods for subsequent days in a row.

Rejuvenating Breakfast:

- 2 Scoops of **NutriClear®**
- 1 Scoop of **Whey Protein Isolate**
- 1/3 cup of blueberries or raspberries (fresh or frozen)
- 20-30 almonds or cashews or 2 tsps of sesame seeds
- 1/2 banana or medium apple (optional)

Snack Options:

- **NutriClear®** drink
- Raw almonds
- Fresh fruit



Easy 3-Step Bio-Detoxification Smoothies

Follow these simple steps to make perfect smoothies

- Add the liquid to the blender first
- Start blender on low
- Add the protein powder
- Add the fruit, flavor extracts and ice cubes
- Blend on medium-high to high
- Pour into a tall glass, sit and relax

Drink your shake over ten to fifteen minutes. By eating slowly you allow your system to digest your shake, and you practice eating more slowly for other meals throughout the day.

Banana Smoothie

- 1-2 scoops **Whey Protein Isolate**
- 1 cup plain soy, rice, almond or low fat milk
- ½ medium banana
- few drops vanilla extract
- 1 dash cinnamon
- 4 ice cubes

Cafe Mocha Smoothie

- 1-2 scoops **Whey Protein Isolate**
- 1 cup plain soy, rice, almond or low fat milk
- ½ medium banana
- 2 tsp instant coffee crystals
- 1 dash cinnamon
- 4 ice cubes

Strawberry Parfait Smoothies

- ½ scoops **Whey Protein Isolate**
- 1 cup strawberry flavored fat free yogurt
- 1 cup strawberries
- 4 ice cubes

Apple Pie Surprise Smoothies

- 1-2 scoops **Whey Protein Isolate**
- 1 cup plain soy, rice, almond or low fat milk
- 1 cup apple slices
- few dashes each of cinnamon, nutmeg, cloves
- ¼ tsp vanilla extract
- 4 ice cubes

Orange Mango Smoothies

- 1-2 scoops **Whey Protein Isolate**
- 1 cup plain soy, rice, almond or low fat milk
- ½ cup fresh or frozen mango chunks
- ½ cup canned mandarin oranges, drained
- 4 ice cubes

Pineapple Orange Coconut Smoothies

- 1-2 scoops **Whey Protein Isolate**
- 1 cup plain soy, rice, almond or low fat milk
- 1 cup fresh or frozen pineapple chunks
- ⅛ tsp coconut extract
- ⅓ tsp orange extract
- 4 ice cubes

Peach Almond Smoothie

- 1-2 scoops **Whey Protein Isolate**
- 1 cup plain soy, rice, almond or low fat milk
- 1 cup frozen peach slices
- few dashes ground ginger
- ¼ tsp almond extract
- 4 ice cubes

Cranberry Blueberry Smoothies

- 1-2 scoops **Whey Protein Isolate**
- ⅓ cup low fat dry milk
- ½ cup low-calorie cranberry juice
- ½ cup frozen blueberries
- few drops orange extract
- 4 ice cubes

Chocolate Strawberry Smoothies

- 1-2 scoops **Whey Protein Isolate**
- 1 cup plain soy, rice, almond or low fat milk
- 1 cup frozen strawberry
- few drops vanilla extract
- 4 ice cubes

Cranberry-Orange Power Smoothie

- 1-2 scoops **Whey Protein Isolate**
- 1 cup cranberry juice
- 1 large banana
- 1 medium orange, peeled and segmented
- ½ cup strawberries, hulled
- ¼ cup raspberry sherbet
- 1 cup ice cubes

Cucumber-Honeydew Smoothie

- 1-2 scoops **Whey Protein Isolate**
- 1 cucumber, peeled, seeded and chopped
- 2 cups cubed honeydew melon
- 2 cups passionfruit juice
- 8 sprigs fresh mint, or amount to taste
- 2 cups crushed ice



Additional Wellness Smoothies

The following recipes provide healthy alternatives for the standard American breakfast. One of the ways people have used the Optimal EFAs[®] or the NitroGreens[®] is to add them to one of the Whey Protein Isolate or Rice Protein Concentrate smoothies. Grinding flax seeds is also helpful to make the drink creamy, adds fiber and reduces NF-Kappa B (inflammation). Be liberal with the berries as they are loaded with natural antioxidants and flavanoids

On the Run Mini-Detox Drink

- 1 scoop **NitroGreens[®]**
- 2 scoops **NutriClear[®]**
- 1 Tbsp of **Mixed EFAs[®]** (optional)
has antiviral properties, stabilizes blood sugar, cell membrane support and is virtually tasteless
- 6-8 oz water
- Ice to preference

Shake in a shaker cup and drink

Pina Colada Blend

- 1/3 cup pineapple
- 1/4 cup coconut milk - *high in medium chain triglycerides and immune modulating oils*
- 1 banana
- 1/2 cup water
- 2 scoops **Whey Protein Isolate** or **Rice Protein Concentrate**
- 1 Tbsp of **Mixed EFAs[®]** (optional)
antiviral properties, stabilizes blood sugar, cell membrane support and is virtually tasteless
- Ice

Shake in a shaker cup and drink

GamOctaPro™ drink for Hormonal Issues

- 8 oz. of Organic Vanilla Soy Milk
- 1 Tbsp of Organic Pure Almond Extract
- 1-2 Tbsp ground flaxseed
- 2 Tbsp of **GamOctaPro™**

Mix in blender with ice and serve.

Carnitine Lemonade Energy Drink

- 4 Tbsp **L-Carnitine Powder**
- 8 cups water
- Xylitol or stevia natural sugar - sweeten to desired taste
- Sliced lemon wedges
- **Aqueous Multi-Plus™** 2-4 Tbsp - *can be added for additional minerals and taste during summer workouts*

Mix in blender with ice and serve.

Chocolate Almond Milk Smiler

- 6 oz purified water
- 2-4 oz of chocolate flavored almond milk
- 2 scoops of **NutriClear[®]**
- 1-2 scoops of **Whey Protein Isolate** or **Rice Protein Concentrate**
- 1 scoop **NitroGreens[®]**
- 1-2 Tbsp of the oil of your choice
Mixed EFAs[®] - *antiviral properties*
Optimal EFAs[®] - *slight fish taste, cell membrane, gut healer*
- Ice as desired

Mix in blender with ice and serve.

Berry Blend

- 1/3 cup each blueberries, raspberries and strawberries
- 1/4 cup pineapple
- 1 banana
- 1/2 cup water
- 2 scoops **Whey Protein Isolate** or **Rice Protein Concentrate**

Mix in blender with ice and serve.

Easy 3-Step Bio-Detoxification Recipes

Hummus Dip

1 can chickpeas
1 lemon, juiced
½ tsp salt

1 clove garlic
3 Tbsp tahini
½ cup water

- Rinse chickpeas in hot or cold water until clear (Boil 10-15 min. optional)
- Reserve 1/2 cup water. Mash chickpeas through sieve into bowl.
- Add crushed garlic, salt, tahini, lemon juice, and water. Blend well.
- Blender: Put all ingredients in at one time. Do not over-blend. Garnish with browned pine nuts, parsley, or whole chickpeas reserved from the can.

Marinated Vegetables

1 pound vegetables (choose from radishes, brussel sprouts, cauliflower, summer yellow squash, zucchini, leeks, chives, asparagus, peas, and okra)
1 tsp fresh or dried salad herbs or seasonings (choose from paprika, cayenne, caraway, celery seed, chervil, cumin, dill, fennel, parsley)
½ tsp salt
½ cup sunflower oil

⅓ cup lemon juice

- In a small saucepan, combine lemon juice, garlic and herbs. Add oil and simmer gently 5 minutes. Cover and set aside to steep.
- Cut vegetables into bite-sized pieces. Harder vegetables like brussel sprouts, cauliflower and asparagus may first be lightly steamed. Leave others raw.
- Toss vegetables with salt in a large bowl. If you use fresh herbs, they can be added at this point.
- Pour marinade evenly over vegetables and toss again. Let sit at least 1 hour, preferably overnight, to develop full flavor. Toss from time to time, or weight vegetables down in the marinade.
- This recipe can be doubled. It keeps well.

Oven-Roasted Vegetables

1 medium zucchini
1 pound fresh asparagus
½ tsp Black pepper
1 medium yellow bell pepper
1 tsp salt

1 medium red bell pepper
3 Tbsp extra-virgin olive oil
1 medium summer squash
1 red onion, chopped

- Preheat oven to 450°.
- Cut all vegetables into bite-sized pieces, excluding squash.
- Place the zucchini, squash, bell peppers, asparagus, and onion in a large roasting pan and toss with oil, salt, and black pepper. Spread in a single layer.
- Roast for 30 min., stirring occasionally, until vegetables are lightly browned and tender.

Rice Soup

½ pound cubed lamb
2 whole tomatoes

½ cup rice
Parsley, salt, pepper, cinnamon to taste

- Boil lamb in 2 quarts of water until cooked.
- Wash rice and add to meat.
- Add remaining ingredients.
- Cook for 30 minutes.

Tomato Fennel Soup with Tofu and Basil Pesto

3 medium fresh tomatoes, diced
2 cups water
1 tsp olive oil
1 small fennel bulb, thinly sliced
2 Tbsp vegetable broth powder
½ lemon, juiced
Dash of salt

2 medium onions, diced
8 oz. extra-firm tofu, cubed
3 black olives
1 clove garlic, minced
3-4 whole stalks fresh basil or parsley
½ tsp light miso, yellow or white

- Combine tomatoes, fennel, onion, garlic, water, vegetable broth powder, and tofu in large soup pot.
- Heat to boiling and then simmer on low, covered, for 30 minutes.
- Meanwhile, combine basil, olive oil, lemon juice, salt, miso, and olives in small food processor (or use small blender, mortar and pestle, or suribachi) and grind to the consistency of a coarse paste.
- Once soup is served, add a dollop of basil pesto in the center. Stir in pesto while eating.

Turkey Soup

¾ cup white rice or white basmati rice
2½ quarts water
¼ tsp pepper
1 medium onion, chopped
1 green pepper, seeded and diced

1 turkey hind quarter (about 3 pounds)
1 tsp salt
½ tsp dried basil
2 stalks celery with tips, sliced
1 cup chopped Jerusalem artichoke (optional)

- Rinse turkey and place in a 6-quart pot.
- Add water, bring to a boil and simmer 2 to 3 hours.
- Add remaining ingredients and continue to simmer 30 minutes.

Orange, Tofu, and Spinach Salad

½ grated carrot
1⅓ tsp untoasted sesame or almond oil
½ Tbsp Umeboshi plum vinegar or rice vinegar
1-inch piece of fresh gingerroot
1 seedless orange, peeled & sectioned, or ⅔ Cup mandarin orange sections
1 pound spinach steamed, washed, spun dry, torn into large pieces

½ Sweet onions, cut into rings
4½-6 oz. smoked tofu, cubed
⅓ cup water chestnuts, drained
1 Tbsp purified water

- Top spinach with grated carrot, onion rings, orange sections, water chestnuts, and tofu cubes.
- Wash ginger root and peel with paring knife or vegetable peeler. Grate on the smallest hole of a standard grater. Grab pulp. Make fist and squeeze over a small bowl or Tbsp. Wet pulp with few drops of water, squeeze again, and then discard pulp.
- Combine ginger juice, Umeboshi plum vinegar or rice vinegar, water, and oil. Whisk with fork.
- Pour over salad and toss with two large salad forks or spoons until salad wilts slightly. Transfer to a large salad plate and enjoy.

Spinach Salad

1 Tbsp chives, chopped	2 Tbsp leeks, diced
½ cup chopped radishes	1 bunch fresh spinach
Garbanzo beans or toasted pumpkin seeds	
Dressing: ⅔ cup olive oil	¼ cup lime juice
1 tsp salt	¼ tsp pepper
1 tsp oregano, savory or thyme	

- Mince chives, leeks and radishes until fine and pulpy. Set aside.
- Wash and drain spinach, tear into small pieces. Toss with dressing.
- Garnish with garbanzo beans or toasted pumpkin seeds.

Teriyaki Tofu Salad

8 oz. plain, extra-firm tofu, cubed	3 Tbsp vegetable broth or purified water
1 ⅓ tsp sesame oil, raw or toasted	1 cup carrots, julienne or thin half-moons
1 Tbsp teriyaki sauce	½ cup celery, cut in diagonal slices
1 cup red radishes or Japanese white radish, cut into thin slices	
¾ cup scallions, white and green part, cut into 1-inch log	
4 cups broccoli, cut into florets, stems peeled and sliced into thin rounds, or use half broccoli, half cauliflower	

- Arrange cubed tofu in a 12 to 16 oz. bowl. Combine teriyaki sauce, broth, and sesame oil or extra-virgin olive oil.
- Pour over tofu and gently stir to coat. Cover and refrigerate for at least 3 hours or overnight, turning once or twice to season all sides.
- Layer and spread vegetables on a collapsible vegetable steamer, or bamboo steamer basket, over rapidly boiling water.
- Cover and steam for 6 to 8 minutes or until crisp-tender. Immediately transfer vegetables to sink. Run cold purified water over them to stop the cooking and hold their brilliant colors. Drain thoroughly.
- Arrange vegetables on a large dinner plate or in a portable 1-qt. bowl with a snap-on lid. Top with cubed, seasoned tofu and any remaining marinade.

Turkey Salad

½ cup sunflower or almond oil	⅓ cup lemon juice
1 sprig parsley, minced	1 tsp tarragon
¼ tsp salt	⅛ tsp paprika
1 cup cubed turkey	2 cups cooked rice
Almonds, pine or brazil nuts, or sunflower seeds	1 tsp dill weed

- Gently toss all ingredients together. Cover and chill several hours.
- Serve on bed of lettuce.
- Sprinkle with chopped almonds, pine or Brazil nuts, or sunflower seeds.

Falafel

2 cups cooked garbanzo beans	½ cup cold water
1 Tbsp sesame or olive oil	1 clove garlic
2 Tbsp chives or chopped leeks	¼ tsp pepper
½ tsp each rosemary, thyme, turmeric, dry mustard	

- Grind or mash garbanzo beans very fine. Add liquid as needed to make smooth paste. Add remaining ingredients. Mix well.
- Shape into 2-inch balls. Place on greased baking pan. Cover with foil.
- Cover and bake at 350° for 15 minutes. Turn balls and bake uncovered for 5 minutes.
- Sprinkle with chives before serving.
- Option: Instead of making balls, you can spread mixture ½ inch thick on a greased cookie sheet.
- Bake covered 15 minutes, uncover and bake an additional 20 minutes. Cut into squares.

Ginger-Scallion Tofu Stir-Fry

2 cups mushrooms, sliced	⅛ cup vegetable stock
1½ cloves garlic, minced	8 oz. extra-firm tofu, thinly sliced
3 cups snow peas, thawed if frozen	1 Tbsps lite soy sauce
1 Tbsp fresh ginger, minced	1½ cups tomatoes, chopped
1⅓ tsp canola oil or extra-virgin olive oil	1½ cups scallions, cut into 1-inch pieces

- Combine mushrooms, soy sauce, vegetable stock, ginger, garlic, tomatoes, and tofu in a bowl and marinate 30 minutes.
- Heat oil in a heavy skillet or wok over medium-high heat. Add tofu mixture and stir-fry 3-4 minutes. Add snow peas and scallions and stir-fry 3-4 minutes or until snow peas are bright green.

Hurry-Up Hearty Hash

½ cup leeks or chives, chopped	½ cup chopped pecans or pumpkin seeds
¼ cup garbanzo or bean flour	2 Tbsp oil (available in health food stores)
½ tsp salt	1 clove garlic, minced
2 cups cooked, mashed, winter squash or pumpkin	

- Combine all ingredients. Form into patties.
- If dry, add water. If too moist, add additional flour to desired consistency.
- Fry in lightly oiled skillet until nicely browned on both sides.
- Hint: Save leftovers for tomorrow's breakfast, or freeze for future use.

Stir-fried Beef with Vegetables

12 oz. boneless sirloin steak, trimmed of fat, thinly sliced into small bite-sized strips
 1 red pepper, seeded, and cut into slender strips 2 Tbsp canola/olive oil mixture
 1 clove garlic, pressed ¼ cup burgundy wine
 1 yellow onion, thinly sliced into wedges 2 celery stalks, chopped
 4 oz. thinly sliced carrots 4 oz. sliced mushrooms
 2-3 Tbsp lemon juice

- Sauté the beef in a mixture using half of the oil, half of the wine, and garlic, until beef is browned.
- Remove from skillet. Heat the residual oil in the skillet. Sauté the onion, red pepper, celery, and carrots until the onion is tender - about 4 minutes.
- Add the remainder of the red wine, the mushrooms and the lemon juice.
- Stir-fry mixture for approximately 3 more minutes. Combine the vegetables with the meat.

Stir-fried Tofu with Peppers and Almonds

10-15 almonds 8 oz. extra-firm tofu, cubed
 ½ tsp fresh grated ginger 1 ⅓ Tbsp rice wine or sherry vinegar
 1 Tbsp tamari or shoyu sauce Optional: ½ tsp chili or Tabasco sauce
 1 small green bell pepper, diced 1 clove garlic, pressed
 2 scallions, sliced 1 tsp sesame or extra-virgin olive oil
 1 clove garlic, pressed 3 turnip tops, washed and chopped coarsely
 1 tsp pure maple syrup 2 tsp arrowroot, dissolved in 2 tsp water
 1 small onion, dried 12 mushrooms sliced
 ½ tsp fresh ginger

- Roast almonds in toaster oven or under broiler for 3 -5 minutes, turning twice. Set aside.
- Combine sesame or extra-virgin olive oil and tofu in skillet and sauté over high heat. After 5 minutes, add garlic and ginger. Sauté another 3 minutes and remove from skillet.
- Rinse and steam turnip tops in steamer basket over boiling water, or in small amount of water with no basket, until tender, about 10 minutes. Set aside with lid half off.
- Mix rice wine or vinegar, maple syrup, tamari, arrowroot, and Tabasco in a small bowl.
- Combine onion, peppers, mushrooms, and garlic. Add ginger in a skillet and sauté 5 minutes on medium-high heat. Add water if necessary and stir regularly.
- Stir sauce in bowl and add to skillet. Cook until thickened, stirring constantly. Add tofu and heat thoroughly, about 3 minutes.
- Serve over bed of warm turnip tops. Sprinkle with scallions.

Soy Burger with Green Beans

1 1/3 tsp olive oil	1 fresh tomato, chopped
1 1/2 tsp tomato paste	1/4 tsp ground allspice
1 cup frozen green beans, thawed	1 cup red seedless grapes
1/4 tsp oregano	Salt and pepper to taste
3 tsp grated non-dairy cheese	1 clove garlic, minced
1 cup Morningstar Farms Harvest Burgers recipes crumbles	

- Heat oil in a heavy non-stick skillet over medium-high heat. Sauté crumbles, onion, and garlic about 5 minutes, stirring constantly, until onions are translucent.
- Stir in tomato paste, oregano, and all-spice. Season with salt and pepper to taste and bring to a boil.
- Reduce heat to medium and simmer 5 to 10 minutes, or until liquid is reduced by half.
- Stir in green beans and bring to a simmer. Sprinkle non-dairy cheese over top. Serve grapes on the side.

Baked Haddock Italiano

1 pound haddock	3 Tbsp olive oil
1 clove garlic, minced	1/2 red onion, minced
1 green pepper, chopped	2 tomatoes, diced
4 Tbsp fresh parsley, chopped	1/2 tsp dried basil
1/2 tsp dill weed	pinch of black pepper
1 Tbsps lemon juice	

- Thoroughly wash haddock in cool water and set aside.
- Heat oil in a heavy skillet and sauté garlic and onion until tender. Add green peppers and continue to sauté on low heat until tender. Add tomatoes, parsley, basil, dill, and black pepper.
- Remove from heat and spread half the sauce on a 9 X 13 inch baking dish. Layer fish on sauce and pour the remaining sauce over the entire fish. Sprinkle with lemon juice.
- Cover with foil and bake at 375° for 15-20 minutes, or until flaky.

Baked Haddock with Tahini

3 pounds Haddock fillet	2 tsp oil
1 clove garlic, crushed	3 medium onions
2 Tbsps lemon juice	1/2 tsp salt

- Marinate fish with oil, lemon juice, garlic, and salt.
- Wrap in foil with opening on top. Place in baking pan and bake for 30 min. at 350°
- Remove from foil and place on platter. Slice onions into thin wedges, and sauté in 3 Tbsp oil.
- Optional: brown 1/4 lb. almonds, walnuts, or pine nuts. Add to onions. Set aside.
- May be eaten with steamed rice, broccoli or asparagus.

Spicy Baked Flounder Filet

1 pound Flounder filets
2 Tbsp olive oil
½ tsp turmeric
1 tomato, diced
¼ tsp black pepper

2 garlic cloves, minced
1 tsp dill
1 carrot, thinly sliced
1 Tbsps fresh lemon juice

- Rinse Flounder and place in a shallow baking dish. Over low heat, sauté garlic in oil.
- Pour garlic/oil mixture over fish and sprinkle with dill and turmeric.
- Spread carrots and tomatoes over fish, and sprinkle with fresh lemon juice and pepper.
- Cover and bake at 325° for 15-20 minutes. (Fish is done when it flakes easily with a fork.)





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