



Rev 3



Recipe Book Version 1 Rev3

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Introduction

Recipe Section

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Dr. Cloud's Recommendations:

MEAT: Dr. Cloud does not consume meat; however, the following are her suggestions. Serve meat that is grass fed, organic or certified kosher. Acceptable choices are beef, lamb, venison, goat, buffalo or elk.

POULTRY: Dr. Cloud will eat poultry on occasion. These are her personal recommendations. Serve poultry that is certified kosher, organic, grass fed. Acceptable choices are: chicken, duck, Cornish game hen, turkey.

FISH: Recommendations include fish that wild, fresh water, or ocean caught. Do make sure it has fins and scales. Acceptable choices are: salmon, tuna, scrod, haddock, pompano, trout, orange roughy, snapper, herring, whitefish, halibut, cod, grouper, mahi mahi, tilapia, and sea bass.

EGGS: Dr. Cloud does not normally consume eggs. If however, you do, she recommends that you choose eggs that are high in omega-3/DHA and have been range fed. (Just a note: Dr. Cloud uses egg replacer.)

DAIRY: Dr. Cloud does not usually consume dairy products. The following represent her recommendation for those who can tolerate dairy products.

Rice, almond and goat's milk are acceptable choices. Use soy milk sparingly. Soft goat's milk cheese, goat's milk hard cheese, homemade kefir from raw or unhomogenized cow's milk is acceptable. Raw cow's milk hard cheese; raw goat's milk, and, plain goat's milk yogurt are all acceptable choices.

Dr. Cloud recommends that you **avoid** commercial dairy products like milk, cheese and ice cream.

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VEGETABLES: All vegetables are acceptable, including corn, sweet potatoes and yams. Do know organic fresh or frozen are your best choices. Remember to include raw, fermented vegetables, (lacto-fermented only, no vinegar).

FRUITS: All fruits may be enjoyed. Do remember organic is best. Canned fruit in syrup should be avoided.

FATS AND OILS: It is best to choose organic. Consider the following: palm oil, butter (ghee); goat's milk butter, avocado, extra-virgin coconut oil, extra-virgin olive oil, flaxseed oil, goat's milk butter, raw cow's milk butter, expeller-pressed sesame oil, coconut milk/cream/juice.

GRAINS AND STARCHY CARBOHYDRATES: Sprouted, Ezekiel-type bread; sprouted essence bread; fermented whole grain sour-dough bread; whole grain kamut or spelt pasta; quinoa; buckwheat; oats; barley; brown rice; amaranth; millet; spelt; sprouted cereal.

BEANS AND LEGUMES (soaked or fermented is best): These are the acceptable choices that are recommended: miso; lentils; white beans; kidney beans; tempeh (fermented soybean); black beans; navy beans; pinto beans; split peas; lima beans; black-eyed peas; red beans; garbanzo beans; broad beans; and, edamame.

NUTS AND SEEDS: Dr. Cloud is a big fan of nuts and seeds, particularly for those of you who are vegetarians. Organic, raw and soaked are always your best choices. Best choices are: almonds raw or dry roasted; raw hempseed; raw or dry roasted sunflower seeds; raw hempseed butter, raw or dry roasted pumpkin seed butter; raw pumpkin seeds, raw and ground flaxseeds, raw or roasted almond butter; raw sunflower butter; tahini, sesame butter (raw); raw or dry roasted walnuts; raw hazelnuts; raw or dry roasted macadamia nuts; raw brazil nuts; and, raw or dry roasted pecans.

SWEETNERS: The best choices are organic raw honey, stevia, lakanto, organic maple syrup, brown rice syrup; and, xylitol.



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HAMBURGER HELPER HOME MADE STYLE

This is a quick and easy meal to serve 4. It is a skillet meal adapted from the "More with Less" Mennonite Cook Book written by Doris Janzen Longacre.

Brown in a large skillet:

1 lb. of organic, ground beef, bison, turkey or chicken

1 t. of sea salt

1/2 t of ground pepper

Add:

1T. finely chopped red onion

1t. crushed fresh garlic

1 stalk of chopped celery

1 cup of finely chopped fresh vegetables -- green beans, carrots, broccoli, cauliflower, spinach

Or, what ever you may have on hand

Pressed for time? you may use frozen vegetables)

2/3 cup of freshly chopped tomatoes or 1 can of organic canned tomatoes

1 can of organic tomato sauce

While the meat is browning, cook in salted, boiling water:

1 cup of noodles (Dr. Cloud recommends that you use a gluten free pasta)

Drain noodles and spread over meat mixture. Sprinkle with:

1/2 to 3/4 cup shredded cheese.



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LAMB ROAST

1 boneless shoulder roast approximately 5 to 9 lbs.
Fresh rosemary sprigs
Fresh mint
8 cloves of garlic
Sea Salt
Peppercorns
1 bottle of your favorite merlot or cabernet sauvignon

Place the roast in a roasting pan. Cut slits across the top of the roast, place 1 garlic clove in each slit. Sprinkle sea salt on top of the roast. Add freshly ground pepper. Pour bottle of wine on top of and around the roast. Let marinade in the refrigerator for 8 to 12 hours.

Bake roast in a heated 325 degree oven until the meat thermometer reads between 170 to 180 degrees. Approximate cooking time per pound is 40 to 45 minutes.
Cool on cutting board for 15 minutes prior to slicing.



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Beef or Lamb Stew

4 lbs. of beef stew meat or lamb stew meat
1 bag of baby carrots
1 large finely chopped red onion
1 large can of organic diced tomatoes or the equivalent of freshly chopped tomatoes
12 organic pearl potatoes sliced into quarters
1 bottle of tomato juice
3 to 4 T. of tapioca
1 to 2 cloves of freshly crushed garlic
Sea Salt and Pepper to taste

Layer all the ingredients in a large casserole dish. Seal with aluminum foil.

Place in 350 degree preheated oven. Bake for approximately 2 and 1/2 hours

or when done. Serve with fresh lettuce greens. Serves 5 to 6.



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Lentil Burgers

Combine in a bowl:

2c. cooked, cooled lentils drained

1 egg

½ c. cracker crumbs (crush gluten free crackers)

1 small onion, minced

Tomato juice (organic is best!)

Sea salt and pepper to taste

Mix all ingredients together using just enough tomato juice to hold mixture in shape of patties. Fry like a hamburger in small amounts of olive oil. This recipe is obtained from the More with Less Cookbook written by Doris Longacre.



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Appetizer

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HALIBUT SALSA

(This recipe was acquired by a personal friend at our country home, who originally obtained this recipe from Jeanne Sampson of Kodiak Sportsman Lodge in Alaska. This is simply delicious! Kris Jackson)

Ingredients:

- (1) Halibut slice
- (5) Limes
- (2) Finely diced tomatoes
- (1) Bunch of green onions finely sliced
- (1/2) Bunch of cilantro chopped
- Green Chili Peppers to taste*
- (1) Tablespoon of minced jalapeño pepper
- Kosher salt to taste
- (1) Teaspoon of oregano

Thoroughly juice the five limes. Place halibut in a glass container. Completely cover the halibut with the lime juice. Leave the fish in the lime juice for 5 hours or until the fish is white and firm. Drain off the 2/3's of the lime juice and add the remaining ingredients. Serve with your favorite organic corn chips.

Please note:

The original recipe calls for two small cans of diced green chilies. I try to stay away from processed food. So, I have slightly modified the recipe by substituting fresh green chili peppers.



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HUMMUS

(Long ago I obtained, Ancient Secret of the Fountain of Youth Cookbook, as a personal recommendation from Dr. Gail. This cook book is written by Devanando Otried Weise and Jenny Frederiksen, I, too, highly recommend this book. This recipe is a family favorite. Kris Jackson)

1 ½ cups of chick pea sprouts or boiled chickpea
3 oz. tahini (sesame puree)
¼ cup sesame or olive oil
¼ cup of lemon juice
½-1 cup water (depending on desired consistency)
1 clove of garlic, crushed
1 tbs. minced parsley
Kosher or sea salt to taste
Freshly ground pepper to taste

Puree all ingredients and season with salt and pepper.



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Salad

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Tabouleh (wheat free)

Prepare 3 cups of Quinoa and set aside to cool.

Mix Quinoa with:

- 1 cup of cooked chick peas
- 1 ¼ cup of minced parsley
- ¾ cup of minced fresh mint
- ¾ cups of minced scallions
- 3 tomatoes chopped
- ¾ cup of freshly squeezed lemon juice
- 1/3 cup of olive oil
- 1 teaspoon of sea salt

Chill the mixture for at least one hour. Serve on a bed of lettuce.



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Three Bean Salad

Use 2 cups of three kinds of beans that have been soaked, cooked and drained. Choose an attractive color combination.

Green beans
Yellow wax beans
Edamame beans
Red kidney beans
Lima beans
Northern or navy beans
Chick peas or garbanzos

In a large bowl, toss beans with:
1 onion finely chopped
1-2 green peppers finely chopped

Combine and pour over
 $\frac{1}{2}$ cup of olive oil
 $\frac{1}{2}$ cup of Bragg's apple cider vinegar
 $\frac{1}{2}$ cup of xylitol
1 teaspoon of sea salt
 $\frac{1}{4}$ teaspoon of pepper

Chill before serving. Improves with marinating overnight or longer.

End note: Dr. Gail now recommends that people use lakanto as a sweetener.
Also, she has informed me that you can "cheat" and use organic canned beans.



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Cucumber Salad

Place in a large bowl:

1 large cucumber, thinly sliced

1-2 tablespoons of finely cut fresh dill

Combine in small bowl:

2 tablespoons of Spectrum organic omega-3 mayonnaise

1 tablespoon of Bragg's apple cider vinegar

2 tablespoons of coconut or olive oil

1 teaspoon of kosher/sea salt

Dash of pepper

Fresh crushed garlic to taste

Mix and pour over cucumber slices. Chill and serve.



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Fresh Spinach Salad

Combine in a large salad bowl:

- 1 quart of fresh chopped spinach
- ½ cup of finely chopped celery
- 3 scallions chopped
- ¾ cups of raw cow's milk cheese cubed into small pieces
- 3 hard cooked eggs, finely chopped (optional)

Combine in small bowl:

- ½ cup of Spectrum organic omega-3 mayonnaise
- 1 tablespoon of Bragg's apple cider vinegar
- ½ teaspoon of kosher salt
- ½ teaspoon of wasabe (preservative and color free)
- ½ teaspoon of cayenne pepper (add more or less according to your taste buds)

Just before serving, pour mayonnaise mixture over salad bowl and toss.



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Soup

(These recipes come from the More With Less cook book; I have used these with great success for years. Kris Jackson)

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Quick Beet Borsch

Serves 4 people

Combine in a saucepan:

1 c. finely chopped cabbage
1 onion, finely chopped
2 c. of distilled water

Cook 10 minutes, and add:

2 c. of organic vegetable broth
2 medium beets, cooked and finely chopped
1/2c. of beet juice (by product from cooking fresh beets)
½ teaspoon of kosher salt
Dash of pepper
1 tablespoon of lemon juice

Bring to boil. Pour into soup bowls and top each serving with:
2 tablespoon of organic cream or sour cream.

Options:

- Add finely diced carrots with cabbage
- Add tomatoes
- You may top beet borsch with organic cow's milk yogurt instead of cream, if you like.



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CREAM OF TOMATO SOUP

Serves 3 to 4:

Sauté:

2 tablespoon of butter
2 tablespoons of finely chopped onions

Blend in:

3 tablespoons of Pamela's gluten and wheat free flour mix.
2 teaspoons of xyitol
1 teaspoon of kosher or sea salt
1/8 teaspoon of pepper
Fresh garlic finely crushed to taste
Add fresh oregano, basil, thyme to taste

Remove from heat, gradually stir in:

2 c. of organic tomato juice

Stir hot tomato mixture into:

2 c. of organic soy milk

Heat almost to boiling and serve.

End note: Dr. Gail recommends that you now use lakonto to sweeten your product.



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Vegetable Soup

Combine in a large stock pot:

1 or 2 leeks chopped
1 onion chopped
1 clove of garlic, crushed
3 or 4 potatoes chopped
1 ½ teaspoons of sea salt
½ teaspoon of pepper
1 bay leaf
2-3 quarts of distilled water

Cover and simmer on stove until vegetables are tender. Remove vegetables.

Add:

½ cup of barley

Continue cooking for approximately ½ hour.

Add:

1 cup of diced carrots
1 cup of diced potatoes
1 cup of green beans, diced
1 cup of celery
2 cups of finely shredded cabbage
2 cups of organic canned tomatoes
Fresh herbs and seasonings to your taste preference

Simmer until vegetables are tender. Add the leftover vegetables available. Heat through.



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Gazpacho

Combine in a bowl:

1 cup peeled tomatoes finely chopped
½ cup of finely chopped green pepper
½ cup of cucumber
¼ cup of chopped onion
2 teaspoons of parsley
1 teaspoon of chives
1 small clove of garlic, minced
3 tablespoons of Bragg's apple cider vinegar
2 tablespoons of olive or coconut oil
1 teaspoon of kosher or sea salt
¼ teaspoon of ground pepper
½ teaspoon of tamari
3 cups of organic tomato juice

Chill. Serve as an appetizer or cold soup.

End note: The original recipe called for ½ teaspoon of Worcestershire sauce, I have substituted with tamari, instead. If you so choose, you can leave out the tamari or Worcestershire sauce completely and use fresh herbs to taste.