



# Ocean Park Natural Therapies

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# 200 - 12761 16th Ave. Surrey, BC V4A 1N2 Canada

T (604) 538 - 3017 F (604) 538 - 3027

The Carbohydrate Trend = Carbohydrate Intolerance

Meal Ideas

# Breakfast

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## Basic Omelet Recipe

2 Eggs

2 tablespoons Whipping Cream

Whip eggs and cream together and fry in grape seed oil or butter

### Alternatives:

Any veggies you wish

Suggestions: Peppers, onions, broccoli, shallots, peas- be creative

Meats

Bacon, sausage, ham – read all labels for hidden sugars

Crab, salmon, chicken or beef

Cheese

Brie, Havarti, Gouda, smoked Gouda

Toppings

Caramelized onions, Bruchetta or Salsa (make your own or read labels for hidden sugars), Sour Cream, cottage cheese

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## CRUSTLESS SPINACH QUICHE

1 large onion, chopped

1 tbsp. vegetable oil

1 (10-oz.) pkg. frozen chopped spinach, thawed and pressed dry

5 eggs, beaten

3 c. (12-oz.) shredded Muenster cheese (or cheese of your choice)

1/4 tsp. salt

1/8 tsp. pepper

Sauté onion in oil until tender. Add spinach and cook until excess moisture evaporates; cool. Combine remaining ingredients and stir into spinach mixture. Pour into a greased 9-inch pie plate.

Bake at 350°F for 30 minutes or until set.

## **Turkey Breakfast Sausages**    **Prep Time:** 7 mins    **Total Time:** 15 mins

1 lb ground turkey, chicken or pork – or a mixture of all  
1 teaspoon salt  
2 teaspoons sage  
1 teaspoon fennel seed  
1 teaspoon thyme  
1 teaspoon black pepper  
1/2 teaspoon white pepper  
1/2 teaspoon cayenne  
1/4 teaspoon garlic powder  
1/8 teaspoon ground cloves  
1/8 teaspoon nutmeg  
1/8 teaspoon allspice

Combine all ingredients (use less pepper if you don't want a spicy taste) and blend well.  
If time permits, refrigerate overnight to let the meat absorb the flavor of the spices.  
Form into patties and cook as needed, freezing leftovers.  
Don't overcook or they will dry out--remove from the heat as soon as they're no longer pink inside, but still juicy. (If you prefer a moister texture, you add a splash of olive oil or an egg to the mixture just prior to cooking).

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## **Protein Shakes**

Make sure your choice of protein powder is sweetened with Stevia and under 2 grams of carbohydrates such as Natural Factors- Double Chocolate Whey Factors High Protein Formula

### **Chocolate Nut Butter Supreme**

12 oz. water  
4 ice cubes  
1 tablespoon heavy whipping cream  
1 tablespoon your choice of nut butter – avoid peanut butter  
2 scoops chocolate protein powder

### **Mocha Shake**

6 oz. water  
4 ice cubes  
2 tablespoons heavy whipping cream  
6 oz. coffee\*  
2 scoops chocolate protein powder

\*You may use 12 oz. coffee and no water for an extra pre-workout or morning kick!

### **German Chocolate Cake**

- 12 oz. water
- 4 ice cubes
- 1 tablespoon heavy cream
- 1 tablespoon cream of coconut
- 2 scoops chocolate protein powder

### **Power Fudge: Vanilla or Chocolate**

- 1 scoop chocolate or vanilla protein powder
- 3 to 4 tablespoons heavy whipping cream
- \*mix together in a bowl until Ingredients & Instructions reach consistency of cake icing. May be refrigerated or frozen.

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### **Oopsie Rolls**

Oopsie rolls are like a biscuit that can be used as bread. They are light weight and can crumble, however make a nice sandwich.

- 3 large eggs
- 1 dash salt
- 1 pinch of cream of tartar
- 3 oz cream cheese

Preheat oven to 300 degrees.

Separate the eggs, salt, and cream cheese to the yolks. Use a mixer to combine the ingredients together. In a separate bowl, whip egg whites and cream of tartar until stiff (if you're using the same mixer, mix the whites first and then the yolk mixture). Using a spatula, gradually fold the egg yolk mixture into the white mixture, being careful not to break down the whites. Spray a cookie sheet with non-stick spray or put on parchment paper and spoon the mixture onto the sheet, making 6 mounds. Flatten each mound slightly.

Bake about 30 minutes (You want them slightly softer, not crumbly). Let cool on the sheet for a few minutes, and then remove to a rack and allow them to cool. Store them in a bread sack or a ziplock bag to keep them from drying out.

Suggestions for use:

~Nut butter sandwich ~Fried Egg sandwich ~Hamburger bun ~Breakfast sandwich

Alternatives: You can also make them savory by adding in herbs and spices of your choice.

## Ham and Swiss cheese Frittata

- 1 TBSP butter
- ½ small onion
- ½ bell pepper
- 1 cup chopped cooked ham (sugar free)
- 3 TBSP chopped Italian flat leaf parsley
- 9 eggs, beaten
- ¼ cup heavy cream
- ¼ cup water
- ½ tsp salt
- ½ tsp Italian seasoning
- 1 cup grated Swiss cheese, divided

Heat broiler, Melt butter in a large nonstick skillet over medium-high heat; add onion, pepper, ham, and half of the chopped parsley. Cook 5 minutes, until onion is softened. Combine eggs, cream, water, salt, Italian seasoning and half the cheese. Add egg mixture to pan, cook, and stirring constantly until the eggs form soft, creamy small curds, about 5 minutes. Remove from heat, sprinkle remaining cheese over top of eggs. Place skillet under broiler, cook until cheese is bubbly and golden, about 3 minutes. Place skillet under broiler, cook until cheese is bubble and golden, about 3 minutes. Cool slightly. To remove frittata whole, tip skillet to one side and sue a spatula to loosen edges. Slide onto a serving platter, top with remaining parsley. Cut into wedges.

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## STOVETOP CUSTARD

- 5 eggs
- 1 tablespoon nutmeg
- 2 tablespoons butter
- 2 tablespoons heavy cream
- 1 teaspoon vanilla or substitute for vanilla beans

How to Prepare:

Mix together eggs, heavy cream and nutmeg. Melt butter in small pan of stovetop.

Pour egg mixture into hot butter- stir till done. Sprinkle with a little more nutmeg.

Top with a few tablespoons of heavy cream- like a hot cereal. Yields 1

serving.

This makes rich, warm, sweet mock custard that is heavenly. Does NOT taste like eggs!

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## **Breakfast Pudding**

Serving Size: 2

1/3 cup ricotta cheese  
1 egg  
3 tablespoons whipping cream  
1 tablespoon flax seed meal  
1 tsp vanilla and/or vanilla bean  
1 pinch cinnamon

Mix first three ingredients together in a saucepan - cook stirring over medium heat until thick. Add Flax and syrup. Sprinkle with cinnamon. Makes enough for two servings.

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## **Burger Breakfast Scramble**

2 Servings

1/2 pound ground beef  
2 tablespoons onion -- minced fine  
3 ounces cream cheese  
3 large eggs  
1 tablespoon water  
salt and pepper to taste

Brown ground beef in skillet with onions. Add cream cheese and cook over low heat until melted. Beat eggs with water, salt and pepper and pour into skillet with beef and cheese. Scramble to desired doneness.

## Lunch

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### Flax Seed and Nut Granola

6 servings

- 1 cup flax seeds
- 1 cup sunflower seeds
- 1 cup unsweetened shredded coconut
- 1 cup chopped pecans
- 1 cup chopped walnuts
- 1 cup chopped almonds
- 1 stick of butter -- melted
- 2 teaspoons cinnamon
- 1 teaspoon vanilla
- Stevia to taste

In a large roasting pan, mix together flax seeds, sunflower seeds, coconut and nuts. Melt butter, stevia and vanilla. Drizzle with melted butter mixture. Stir in cinnamon and vanilla powder. Toast in the oven at 325 degrees for a half hour, stirring every 5 or 10 minutes

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### Greek Spinach Salad

- 3 tablespoons red wine vinegar
- 1 clove garlic, pushed through a press
- 1/4 cup olive oil
- 1 package (10 ounces) fresh baby spinach, stemmed, washed and dried
- 1/2 red onion, thinly sliced
- 8 ounces feta cheese, crumbled
- 1/2 jar (4 ounces) roasted red peppers, drained, patted dry and cut into strips
- 1/4 cup coarsely chopped walnuts

In a large salad bowl, combine vinegar and garlic. Add oil in a thin, steady stream, whisking constantly until smooth. Add spinach and onion to dressing and toss to coat. Gently mix in feta and pepper strips. Divide salad on plates; sprinkle with walnuts.

## Low-Carb Pancakes

1 serving

- 1/2 cup of ground flax seed meal
- 2 eggs
- 1/4 cup of cream
- 3 Tablespoons of cottage cheese
- 2 Tablespoons of oil or melted butter
- 1/4 teaspoon baking powder

Simply mix together all the ingredients with a whisk - batter should be a bit runny. Cook on a lightly greased skillet as you would any pancake recipe. Drop batter on surface large spoonfuls.

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## Hash Browns

2 servings

- 12 ounces grated fresh cauliflower (about 1/2 medium head)
- 4 slices bacon -- chopped
- 3 ounces chopped onion (about 1/2 cup)
- 1 Tablespoon butter -- melted or softened
- Salt and pepper to taste

In a large skillet, cook the bacon and onion until they just start to brown.

Add the cauliflower; cook and stir until the cauliflower is tender and browned all over. Add butter occasionally through the cooking process to assist with browning.

Season to taste with salt and pepper



## **Coconut Curried Pumpkin Soup**

- 2 tablespoons unsalted butter
- 1 small onion, chopped
- 1 clove garlic, minced
- 2 teaspoons curry powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 (14 1/2-ounce) can lower sodium chicken broth, plus 1 can water
- 1 (15-ounce) can pumpkin puree
- 3/4 cup unsweetened coconut milk

Melt butter in a large saucepan over medium heat. Cook onion until softened, 5 minutes. Add garlic, curry powder, salt and pepper and cook 1 minute more. Add broth, water and puree; mix well. Reduce heat to low. Cook, stirring occasionally, for 20 minutes. Stir in coconut milk. Pour soup in blender in several batches until smooth. Return to saucepan. Reheat and serve.

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## **Creamy Garlic Zucchini and Pea Soup**

- 3 cups reduced-sodium chicken broth
- 1/3 cup peeled garlic cloves (about 8 large cloves)
- 1 medium zucchini, diced
- 1/2 cup frozen peas
- 1/4 cup heavy cream
- 1 teaspoon snipped fresh dill – use less if dried dill
- 1/2 teaspoon salt
- 1/4 teaspoon white pepper (optional)

In a medium saucepan, bring broth and garlic to a simmer; partially cover and cook 16 minutes, until garlic is very tender. Add zucchini and cook 6 to 8 minutes, until it is tender but still bright green. Add peas and cook 1 minute more. With a slotted spoon, transfer solids to a blender and purée until smooth, adding only enough broth to process. Add remaining broth and cream and blend until smooth. Add dill, salt and pepper. If serving hot, return to pot to heat through; if serving cold, refrigerate until chilled.

## **Cucumber, Tomato and Green Onion Salad**

1 English cucumber or two small regular cucumbers, peeled, seeded and cut into slices (2 cups)  
3 tablespoons red wine vinegar  
1 tablespoon granular sugar substitute  
1/2 teaspoon salt  
2 small tomatoes, seeded and coarsely chopped (1 1/3 cups)  
4 green onions, chopped (1/2 cup)  
1/4 cup fresh mint, chopped  
2 tablespoons extra-virgin olive oil  
salt and freshly ground black pepper

In a large bowl combine cucumber, vinegar, sugar substitute and salt. Marinate for 30 minutes. Add tomatoes, green onions, mint and olive oil. Gently mix to combine and season to taste with additional salt and pepper

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## **Red Cabbage Coleslaw**

1 lb red cabbage, cut into thin slices  
1 small red onion, sliced very thin

### **Dressing**

1/3 cup sour cream  
1/3 cup \*mayonnaise – home made or sugar free \*recipe at back of handout  
1 TBSP chopped fresh tarragon  
1 TBSP balsamic vinegar  
Stevia, salt and pepper to taste

Combine cabbage and onion slice in a large bowl.  
In another bowl combine the dressing.  
Add to cabbage and mix well. Cover and put in fridge for at least 1 hour before serving.

# Dinner

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## Grilled Marinated Chicken with Fresh Thyme

- 1 1/2 pounds chicken breast cutlets
- 1 tablespoon olive oil
- 1 tablespoon fresh thyme leaves, chopped
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon chopped fresh parsley

Rub chicken with oil, thyme leaves, salt and pepper. Cover with plastic and refrigerate 1 hour. Prepare a medium grill or heat broiler according to manufacturer's directions. Grill or broil chicken breasts 2-3 minutes per side, until cooked through. Garnish with parsley.

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## Five Spiced Halibut on Gingered Vegetables

- 2 tablespoons soy sauce
- 2 tablespoons rice wine vinegar
- 2 teaspoons granular sugar substitute
- 1 teaspoon chili paste
- 1 teaspoon chopped garlic
- 2 tablespoons peanut oil
- 1 tablespoon sesame oil
- 2 tablespoons fresh cilantro, chopped
- 4 halibut steaks (6 ounces each) about 1 thick
- salt and freshly ground pepper
- 1/2 tablespoon five spice powder
- 2 tablespoons peanut oil, divided
- 2 teaspoons fresh ginger, grated or minced
- 1 package (8 ounces) broccoli coleslaw or regular coleslaw mixture
- 1 medium red bell pepper, thinly sliced (about 1 cup)
- 2 green onions, sliced (about 1/3 cup)
- 2 teaspoons sesame seeds, toasted

For dressing: In a large bowl, combine soy sauce, rice wine vinegar, sugar substitute, chili paste and garlic. Slowly whisk in peanut and sesame oils until dressing thickens slightly. Stir in cilantro and set aside. For fish: Sprinkle fish with salt, pepper and five-spice powder. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Cook fish until just cooked through, about 4 minutes per side. Transfer to a plate and cover to keep warm. For vegetables: Heat remaining oil in skillet and sauté ginger until aroma is released, about 1 minute. Add broccoli slaw and red pepper, cover and cook until crisp-tender, about 3 minutes. Remove from heat, add dressing and toss to coat

vegetables. Divide warm salad onto four plates. Top each plate with one fish fillet and garnish with a sprinkling of green onions and toasted sesame seeds.

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## **Caribbean Snapper with Green Sauce**

1 tablespoon extra virgin olive oil  
3/4 cup green bell pepper, cut into a 1/4-inch dice  
3/4 cup red bell pepper, cut into a 1/4-inch dice  
1/2 cup diced onion  
4 snapper fillets (7 to 8 ounces each)  
1/2 teaspoon salt

### **GREEN SAUCE:**

1/4 cup extra virgin olive oil  
1 cup loosely packed cilantro leaves  
1 teaspoon grated fresh ginger  
1/2 teaspoon salt

Heat oven to 400 F. Line a baking sheet with aluminum foil; set aside. Heat oil in a large nonstick skillet over medium-high heat. Add bell peppers and onion; cook just until softened and lightly golden, about 5 minutes. Place fish on prepared baking sheet; sprinkle with salt. Divide pepper mixture over fish. Bake until fish flakes easily when pierced with a fork, 10 to 12 minutes. Meanwhile, process sauce ingredients in a food processor or blender to a chunky puree. Transfer fish with vegetables to plates, top with sauce.

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## **Chicken Breasts with Tarragon Cream Sauce**

4 boneless, skinless chicken breast halves (about 2 pounds)  
1 tablespoon butter  
1 tablespoon canola oil  
1/2 cup heavy cream  
1 tablespoon Dijon mustard  
2 teaspoons chopped fresh tarragon or 3/4 teaspoon dried  
Salt and Pepper

Sprinkle chicken with salt and pepper. In a large skillet over medium heat, melt butter with oil. Brown chicken breasts on both sides. Reduce heat and cook, covered, 15 minutes, just until chicken is cooked through. Transfer chicken to a serving platter; tent with foil to keep warm. Add cream to skillet; scraping up brown bits. Stir in mustard and tarragon. Cook over medium heat, stirring constantly, 5 minutes until sauce thickens slightly. Season to taste with salt and pepper. Pour sauce over chicken.

## Mushroom Beef Stroganoff

1 ¼ lbs skirt steak strips  
Salt and Pepper  
2 TBSP Vegetable Oil  
1 TBSP butter  
½ cup chopped onion  
1 cup small mushrooms  
1 cup beef broth  
¼ cup sour cream

Add salt and pepper to steak strips. Heat oil over medium-high heat in a non-stick pan and brown the meat strips for one minute each side. Remove and put on a platter.

Melt butter in the same pan, cook chopped onion until softened, add mushrooms and cook for another 10 minutes until the liquid starts to dry up.

Pour in beef broth and cook until sauce thickens, stir in sour cream. Add in the meat strips and juice. Reduce the heat to low and cook until meat is heated through, about 3 minutes. You may add some extra salt and pepper to suit your taste.

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## Eggplant Lasagna

2 lg. eggplants  
Salt and pepper  
2 eggs, beaten  
1 lb. ricotta cheese  
¾ lb. Mozzarella cheese, cubed  
½ c. grated Parmesan cheese  
½ tsp. dried basil  
3 c. Hunt's herbed tomato sauce (about 1 ½ cans)

Peel and slice eggplant in ¼ inch slices. Sprinkle with salt and pepper. Place eggplant slices on a lightly greased cookie sheet, brush lightly with oil, cover with foil and bake in a 400 degree oven for about 15 minutes or until eggplant slices are soft. Remove from oven and set aside.

Combine eggs, cheeses and basil and mix together until blended. Set aside.

Grease a 9x13 inch lasagna pan or cook and serve casserole. Now, layer tomato sauce, eggplant and cheese mixture in prepared casserole, starting and ending with the tomato sauce. Sprinkle top with additional Parmesan cheese. Bake at 375 degrees for about 40-45 minutes or until piping hot. Serves 6 to 8.

NOTE: Eggplant can be prepared the day before and refrigerated. Entire casserole can be assembled in the morning and cooked in the evening.

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## Sauces

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### Ginger, Soy and Sesame Dipping Sauce

- 1/4 cup reduced sodium soy sauce
- 1/4 cup reduced sodium chicken broth
- 2 tablespoons sesame oil
- 2 tablespoons rice wine vinegar or cider vinegar
- 2 teaspoons granular sugar substitute
- 1 teaspoon grated fresh ginger
- 1 garlic clove, pushed through a press

In a small bowl, whisk together all ingredients.

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### Mayonnaise

- 2 egg yolks
- 3/4 teaspoon salt
- 1/2 teaspoon powdered mustard
- 1/8 teaspoon sugar
- Pinch cayenne pepper
- 4 to 5 teaspoons white vinegar
- 1-1/2 cups olive or other salad oil
- 4 teaspoons hot water

Beat yolks, salt, mustard, sugar, pepper, and 1 teaspoon lemon juice in a small bowl until very thick and pale yellow. (Note: If using electric mixer, beat at medium speed.) Add about 1/4 cup oil, drop by drop, beating vigorously all the while. Beat in 1 teaspoon each lemon juice and hot water. Add another 1/4 cup oil, a few drops at a time, beating vigorously all the while. Beat in another teaspoon each lemon juice and water. Add 1/2 cup oil in a very fine steady stream, beating constantly, then mix in remaining lemon juice and water; slowly beat in remaining oil. If you like, thin mayonnaise with a little additional hot water. Cover and refrigerate until needed. Do not keep longer than 1 week.

## Appetizers

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### Heart of Palm and Cherry Tomato Poppers

- 2 14-ounce cans hearts of palm, drained and cut into 1-inch slices
- 2 tablespoons extra-virgin olive oil
- 1 clove garlic, pushed through a press
- 1/2 teaspoon oregano
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 pint cherry tomatoes, halved
- 4-5 leaves Bibb or Boston lettuce leaves
- 6 black olives, pitted and halved)

In a large bowl toss sliced hearts of palm, oil, garlic, oregano, salt and pepper. Marinate 20 minutes for flavors to blend. To serve, lay lettuce leaves on a serving platter. For each hors d'oeuvre, skewer one heart of palm slice and one tomato half on a toothpick. Arrange on platter; scatter olive over all.

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### Hot Crab Dip

- 2 14-ounce cans hearts of palm, drained and cut into 1-inch slices
- 2 tablespoons extra-virgin olive oil
- 1 clove garlic, pushed through a press
- 1/2 teaspoon oregano
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 pint cherry tomatoes, halved
- 4-5 leaves Bibb or Boston lettuce leaves
- 6 black olives, pitted and halved)

In a large bowl toss sliced hearts of palm, oil, garlic, oregano, salt and pepper. Marinate 20 minutes for flavors to blend. To serve, lay lettuce leaves on a serving platter. For each hors d'oeuvre, skewer one heart of palm slice and one tomato half on a toothpick. Arrange on platter; scatter olive over all.

# Vegetable Juices

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## Tomato Vegetable Juice

3 cups chopped tomatoes  
1 stalk celery  
1 cucumber  
3 drops stevia (optional)  
1/2 teaspoon himalaya sea salt  
pepper  
cayenne pepper

Juice the tomatoes, celery, cucumber in your juicer.  
Add drops stevia if you like a sweeter taste, salt, pepper and cayenne pepper to taste.  
If you like you can also add a 1/4 onion, fresh oregano and basil and red bell pepper

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## Carrot, Celery Cabbage Juice

3-4 Carrots  
1-2 Celery stalks  
small wedge cabbage

Wash all vegetables and juice.

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## Carrot Combination

2 1/2 lbs. carrots  
1 beet with greens  
1 stalk celery  
1 large handful spinach  
1 large handful parsley  
1 green pepper  
1 clove garlic  
1 slice ginger

Wash and peel carrots. Clean and slice beet into thin wedges. Wash and dry spinach leaves and parsley. Juice half of the carrots and beet. Add remaining ingredients using the remaining carrots to push them through. Complete by juicing carrots.



## **Purifier Juice**

3 carrots  
1/2 cucumber  
1/2 beet with the greens

Wash everything. Cut the cucumber into quarters and strips. Cut the beet into sections. Process it all in your juicer.

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## **Spinach Surprise**

5 carrots  
6 spinach leaves  
4 lettuce leaves  
1/4 turnip  
4 sprigs of parsley

Wash everything, peel the carrots, cut into sections where needed, and juice.

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## **Veggie Delight**

2 large carrots  
3 stalks celery  
1/2 cup parsley  
4 large spinach leaves  
1/2 beet root  
1/2 cup alfalfa sprouts

Wash veggies thoroughly and cut into sections where needed. Juice everything and enjoy!

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## **Tomato Haven**

6 carrots  
2 tomatoes  
1 stalk celery

Cut the tomatoes up into sections and juice everything in the order given in the ingredient list.