

14-Day Greenergy Diet

Day 1

Breakfast :

Greenergy (15 minutes before eating)

1/2 to 1 cup cooked oat bran with almond milk

Lunch:

Water with lemon juice (15 minutes before eating)

1 serving Tuna-Stuffed Avocado *

1 cup green salad with lemon juice dressing

1 rice cake

Dinner:

Water with lemon juice or Greenergy (15 minutes before eating)

1 serving Vegetable Soup *

1 cup wild and brown rice with almonds

1/2 to 1 cup steamed green beans

Day 2

Breakfast:

Greenergy (15 minutes before eating)

1 to 2 pieces Fiesta Toast *

Lunch:

Water with lemon juice (15 minutes before eating)

1 serving Curried Chicken Salad *

1 serving Red Lettuce and Radish Sprout Salad *

1 rice cake

Dinner:

Water with lemon juice or Greenergy (15 minutes before eating)

1 serving Orange Roughy with Butter Sauce and almonds *

1 cup brown rice

1/2 to 1 cup steamed vegetables

Day 3

Breakfast:

Greenenergy (15 minutes before eating)

1 serving Breakfast Ole *

Lunch:

Water with lemon juice (15 minutes before eating)

1 serving Spinach and Egg Salad *

3 ounces white albacore tuna

1 rice cake

Dinner:

Water with lemon juice or Greenenergy (15 minutes before eating)

4 ounces baked turkey breast

1 serving Roasted Potatoes *

1 cup green salad with lemon juice dressing

Day 4

Breakfast:

Greenenergy (15 minutes before eating)

1 cup puffed brown rice cereal with almond milk

Lunch:

Water with lemon juice (15 minutes before eating)

1 cup spelt pasta with Pesto Latino *

1 cup green salad with lemon juice dressing

Dinner:

Water with lemon juice or Greenenergy (15 minutes before eating)

1 serving Garlic Chicken *

1 serving Spinach and Egg Salad *

1/2 to 1 cup steamed vegetables

Day 5

Breakfast:

Greenenergy (15 minutes before eating)

2 scrambled eggs

2 sliced turkey bacon

1 piece Fiesta Toast *

Lunch:

Water with lemon juice (15 minute before eating)

1 serving Chicken *

1 rice cake

Dinner:

Water with lemon juice or Greenenergy (15 minutes before eating)

1 cup brown rice with black beans

1/2 to 1 cup steamed vegetables

1 cup green salad with lemon juice dressing

Day 6

Breakfast:

Greenenergy (15 minutes before eating)

1 serving Vegetable Omelet *

Lunch:

Water with lemon juice (15 minute before eating)

4 ounces roasted chicken breast

1 cup green salad with lemon juice dressing

1 rice cake

Dinner:

Water with lemon juice or Greenenergy (15 minutes before eating)

1 serving Orange Roughy with Butter Sauce and Almonds *

1/2 to 1 cup steamed vegetables

1 cup green salad with lemon juice dressing

Day 7

Breakfast:

Greenergy (15 minutes before eating)

1 serving Breakfast Burrito *

Lunch:

Water with lemon juice (15 minutes before eating)

Turkey sandwich on yeast-free bread

1 rice cake

Dinner:

Water with lemon juice or Greenergy (15 minute before eating)

4 ounces roasted chicken breast

1 cup brown rice

1 serving Spinach and Egg Salad *

1/2 avocado

Day 8

Breakfast:

Greenergy (15 minutes before eating)

1 cup plain nonfat organic yogurt

Oat Bran Muffin *

Lunch:

Water with lemon juice (15 minutes before eating)

1 serving Tuna-Stuffed Avocado*

1 cup green salad with lemon juice dressing

1 rice cake

Dinner:

Water with lemon juice or Greenergy (15 minutes before eating)

1 serving Mediterranean Moussaka *

1/2 to 1 cup steamed asparagus

1 cup green salad with lemon juice dressing

Day 9

Breakfast:

Greenenergy (15 minutes before eating)

1 serving Vegetable Soup *

1 to 2 pieces of yeast-free toast

Lunch:

Water with lemon juice (15 minutes before eating)

Turkey sandwich on yeast-free bread

1 cup green salad with lemon juice dressing

Dinner:

Water with lemon juice or Greenenergy (15 minutes before eating)

1 serving Italian Soup *

1 cup spinach salad with lemon juice dressing

1 rice cake

Day 10

Breakfast:

Greenenergy (15 minutes before eating)

1 poached egg

1 to 2 pieces of yeast-free toast

Lunch:

Water with lemon juice (15 minutes before eating)

4 ounces roasted chicken breast

1 cup green salad with lemon juice dressing

Dinner:

Water with lemon juice or Greenenergy (15 minutes before eating)

4 ounces roast turkey tenders

1/2 to 1 cup steamed asparagus

1 /2 cup brown rice

1 serving Spinach and Egg *

Day 11

Breakfast:

Greenergy (15 minute before eating)

1 serving Breakfast Burrito *

Lunch:

Water with lemon juice (15 minutes before eating)

4 ounces baked chicken breast

1/2 to 1 cup steamed zucchini

Sliced tomatoes

Dinner:

Water with lemon juice or Greenergy (15 minutes before eating)

1 serving Roasted Potatoes *

1 cup brown rice

1 cup green salad with lemon juice dressing

1/2 to 1 cup steamed green beans

Day 12

Breakfast:

Greenergy (15 minute before eating)

1/2 to 1 cup cooked oat bran with almond milk

Lunch:

Water with lemon juice (15 minutes before eating)

1 serving Curried chicken salad *

1 rice cake

Dinner:

Water with lemon juice or Greenergy (15 minutes before eating)

1 serving Pasta Primavera *

1 cup green salad with lemon juice dressing

Day 13

Breakfast:

Greenenergy (15 minutes before eating)

1 serving Breakfast Ole *

Lunch:

Water with lemon juice (15 minutes before eating)

1 serving Tuna-Stuffed Avocado *

1 cup green salad with lemon juice dressing

1 rice cake

Dinner:

Water with lemon juice or Greenenergy (15 minutes before eating)

1 cup spelt spaghetti with marinara sauce

1 cup green salad with lemon juice dressing

1/2 to 1 cup steamed vegetables

Day 14

Breakfast:

Greenenergy (15 minutes before eating)

1 serving Vegetable Soup *

1 to 2 pieces of yeast-free toast

Lunch:

Water with lemon juice (15 minutes before eating)

1 serving Marinated Buckwheat Salad *

1 rice cake

Dinner:

Water with lemon juice or Greenenergy (15 minutes before eating)

4 ounces broiled salmon

1 cup brown rice

1 cup green salad with lemon juice dressing

1/2 to 1 cup steamed vegetables

14-Day Greenergy Diet

Recipes

Tuna-Stuffed Avocado

Yield: 2 servings

2 large lettuce leaves

1 medium avocado, scrubbed, pitted, and halved

6-ounce can solid white albacore tuna, or 4 ounces fresh tuna cooked

2 stalks celery, finely chopped

2 small scallions, finely chopped

1/4 cup slivered almonds

1/2 teaspoon chopped fresh dill

1 medium lemon, cut into wedges

1. Place 1 lettuce leaf on each of 2 serving plates. Top each with an avocado half and cover with plastic wrap. Set aside.
2. Combine the tuna, celery, scallions, almonds, and dill in large bowl. Fill each avocado half with half of the mixture. Garnish with lemon wedges, and serve.

Fiesta Toast

Yield: 2 servings

2 pieces yeast free bread

4-6 slices soy or rice cheese

Fresh salsa *

Salt and black pepper to taste

1. Preheat the broiler
2. Toast the bread in a toaster or under the broiler. Arrange the toast on a cookie sheet, place 2 to 3 slices of cheese on each piece, and place under the broiler until melted. Watch carefully to prevent burning.
3. Top the toast with salsa, season with salt and pepper to taste, and serve.

Fresh Salsa

Yield: About 3 cups

6 medium tomatoes, seeded and chopped

1/4 cup fresh lemon juice

1 clove garlic

1 teaspoon salt

1/2 onion, minced

1/2 cup chopped fresh cilantro

1 jalapeño pepper, seeded and chopped

1. Place half of the tomatoes, lemon juice, garlic, and salt in a food processor or blender, and process briefly.
2. Transfer the processed tomato mixture to a medium-sized bowl, and stir in all of the remaining ingredients, mixing well. Serve at room temperature or chilled.

Vegetable Soup

Yield: 8 Servings

2 tablespoons olive oil
3 cloves garlic, chopped
1 large onion, diced
3 stalks celery, diced
6 carrots, peeled and diced
4 cups water
4 cups vegetable broth
4 medium-sized white or red potatoes, diced
3 cups fresh green beans cut into 1 inch pieces
3 medium zucchini, diced
1/2 cup chopped fresh parsley
Salt and black pepper to taste

1. Heat the oil in a large stockpot over medium heat. Add the garlic and cook for 1 minute. Add the onion and cook for 5 minutes. Do not allow to brown. Add the celery and carrots and cook for 5 minutes, stirring frequently.
2. Add the water, broth, potatoes, green beans, and zucchini to the pot, and bring to a boil. Lower the heat to a simmer and cook for about 20 minutes, or just until the potatoes are tender.
3. Stir the parsley, salt and pepper into the pot, and serve.

Variations:

As desired, add any of the following to the soup: cube cooked chicken, corn, summer squash, tomatoes, or chopped cabbage.

Curried Chicken Salad

Yield: 4 Servings

8 ounces cooked chicken breast, cubed
2 large hard boiled eggs, coarsely chopped
3 scallions, chopped (greens included)
1 medium red bell pepper, coarsely chopped
1/4 cup mayonnaise
Curry powder to taste
4 large lettuce leaves
1/4 cup slivered almonds, lightly toasted

1. Place the chicken, eggs, scallions, red pepper, mayonnaise and curry powder in a large bowl, and stir to mix well. Set aside.
2. Place 1 lettuce leaf on each of 4 individual serving plates. Arrange a quarter of the chicken salad over the lettuce, sprinkle with the almonds, and serve.

Red Lettuce and Radish Sprout Salad

Yield: 4 Servings

1 large shallot, finely chopped
1 1/2 tablespoons fresh lemon juice
1/4 teaspoon salt
3 tablespoons extra virgin olive oil
1 tablespoon walnut oil
4 good handfuls re-leaf lettuce
Salt to taste
1 cup red radish sprouts

1. Combine the shallot, lemon juice, and salt in a bowl, and let stand for 10 to 15 minutes. Whisk in the oils, and set aside.
2. Place the greens in a large bowl, add a few pinches of salt, and toss. Add the dressing, distribute the sprouts, and toss until the greens are evenly coated with the dressing. Serve.

Orange Roughy with Butter Sauce and Almonds

Yield: 4 Servings

1/2 cup clarified butter
1 teaspoon chopped fresh basil
1 teaspoon chopped fresh oregano
Garlic powder to taste
4 orange roughy fillets (6-8 ounces each)
1/2 cup sliced almonds
1 medium lemon, cut into wedges (garnish)
Fresh parsley sprigs (garnish)

1. Preheat the oven to 350°F.
2. Heat the butter in a small skillet, add the basil, oregano, garlic powder, and immediately remove from the heat.
3. Dip both sides of each piece of fish into the butter sauce, arrange, and arrange the fish in a baking dish. Pour any remaining sauce over the fish and sprinkle with the almonds.
4. Bake for 20 minutes, or until the fish can be easily flaked with a fork. Garnish with the lemon and parsley and serve.

Breakfast Ole

Yield: 4 servings

4 cups cooked brown rice
2 cups spinach torn into bite-sized pieces
2 cups cooked black beans
1 avocado, cut into chunks
Fresh salsa
Bragg Liquid Aminos
Salt to taste
Cayenne or black pepper to taste (optional)
Soaked almonds (optional)

1. Dividing the rice equally among 4 serving bowls.
2. Top each portion of the rice with some of the spinach, beans, avocado, and salsa. Then drizzle with Bragg Liquid Aminos and salt and pepper to taste. Top with the soaked almonds if desired, and serve.

Roasted Potatoes

Yield: 4 servings

1 pounds yams, peeled and cut into 1 inch cubes

1 pound red and white potatoes, scrubbed and diced into 1 inch cubes

1/4 cup olive oil

1 clove garlic, finely chopped

Salt and pepper to taste

1 teaspoon dried thyme

1 teaspoon dried rosemary

1. Preheat the oven to 400°F.

2. Arrange the potatoes in a large metal baking dish. Drizzle the olive oil over the potatoes and lightly stir until evenly coated. Add the garlic and seasonings, and stir to distribute evenly.

3. Bake uncovered for 45 minutes to an hour, or until tender, stirring the potatoes every 15 minutes. Serve hot.

Spinach and Egg Salad

Yield: 4 Servings

Salad

8 ounces fresh spinach leaves

2 cups thinly sliced zucchini

1 medium yellow bell pepper, thinly sliced

1 medium red bell pepper, thinly sliced

8 cherry tomatoes, halved

1/4 cup sliced green or black olives (optional)

2 large hard boiled eggs, chopped

Dressing

2 tablespoons sesame oil

2 tablespoons chopped onion

1/2 cup chicken broth

2 tablespoons 100-percent pure vegetable glycerin

1 tablespoon fresh lemon juice

2 tablespoons chopped fresh tarragon

1/2 teaspoon dry mustard

1 tablespoon arrowroot

1/4 cup cold water

1. To make the salad, tear the spinach into bite-sized pieces and place in a large bowl. Arrange the zucchini over the spinach, and place the peppers at random over the zucchini. Sprinkle with the tomatoes and olives, and cover with the chopped eggs. Cover and chill for 30 minutes to an hour.

2. To make the dressing, place the sesame oil and onion in a small nonstick skillet, and cook over medium heat until the onion is tender. Add the chicken broth, glycerin, lemon juice, tarragon, and dry mustard, and bring to a boil. Then reduce the heat to a simmer.

3. Mix the arrowroot with the water, and pour the mixture into the dressing. Heat, stirring constantly, until thick.

4. Pour the dressing, hot or cold, over the salad and serve.

Pesto Latino

Yield: About 1 cup

2 1/2 cups chopped fresh cilantro

2/3 cup walnuts

2/3 cup fresh lime or lemon juice

1/2 cup fresh spinach (optional)

1 tablespoon minced garlic

1 tablespoon minced fresh ginger

1-2 teaspoons minced seeded jalapeno pepper

1 1/2 teaspoons Bragg Liquid Aminos

1. Place all of the ingredients in a food processor or blender, and process into a green cream. Use at room temperature.

Garlic Chicken

Yield: 6 Servings

1 tablespoon olive oil

4 pounds bone in chicken parts, skinned

Salt and black pepper to taste

30 cloves garlic, unpeeled (3-4 heads)

1 3/4 cups chicken stock

4 sprigs fresh thyme, or 1/4 teaspoon dried

1 sprig fresh rosemary, or 1/4 teaspoon dried

Fresh parsley, chopped (garnish)

1. Preheat the oven to 350°F.

2. Place the oil in a heavy-bottomed, flame-proof casserole dish wide enough to accommodate the chicken in a single layer. (If you have no flame proof casserole, sauté the chicken in a large skillet and transfer to a casserole for baking.) Place over medium-high heat, add the chicken and season to taste with salt and pepper. Sauté for 5 minutes, turn, and cook for another 5 minutes. Remove the chicken from the dish.

3. Add the garlic to the casserole dish and sauté, stirring, for 3 to 5 minutes, or until the garlic begins to brown.

4. Spread the garlic cloves in a single layer over the bottom of the casserole dish, and arrange the chicken over the garlic. Add the chicken stock, thyme, and rosemary, and cover tightly with aluminum foil.

5. Bake for 45 minutes. Test the chicken for doneness by cutting with a knife. If not quite cooked through, bake for 15 additional minutes, or until done.

6. Open the garlic cloves and spread the roasted garlic over yeast-free toast to accompany the chicken. Garnish the chicken with parsley before serving.

Chicken Salad

Yield: 2 Servings

2 chicken breasts, cooked, skinned, and shredded
2 scallions, chopped
1/2 cup chopped celery
1/2 cup seeded and diced cucumber
1/2 cup slivered almonds
1/2 cup mayonnaise or soy bases mayonnaise substitute
1/4 cup chopped red bell pepper
1/4 teaspoon dried dill (optional)
Salt and black pepper to taste

1. Place all of the ingredients in a large bowl and mix together.
2. Cover and chill for 4 to 6 hours to allow the flavors to blend before serving.

Breakfast Burrito

Yield: 2 servings

2 tablespoons olive oil
2 red potatoes cut into 1/4- inch cubes
2 large sprouted wheat tortillas
2 tablespoons butter
4 eggs, beaten with 1 tablespoon water
1/2 cup grated soy cheese
1 Serrano chili pepper, finely chopped
2 scallions, including half of the greens, chopped
Chopped fresh cilantro
Turkey bacon, cooked (optional)
Fresh Salsa (optional) (see page 159)

1. Place the olive oil in a medium-sized nonstick skillet, and heat over medium-high heat. Add the potatoes, sauté for 10 to 20 minutes, or until cooked through. Remove the potatoes to a dish, and cover to keep warm.
2. Place the tortillas, one on top of the other, in large ungreased skillet. Cook over low heat until heated through.
3. Heat the butter in the skillet over medium heat until it sizzles. Add the eggs and cook, stirring constantly to scramble. When the eggs are nearly done, turn off the heat and stir in the cheese, chili, scallions, and cilantro.
4. Scoop the eggs into the warm tortillas, and add the reserved potatoes and bacon, if desired. Top with the salsa, if desired, fold the tortillas over the filling, and serve.

Oat Bran Muffins

Yield: 12 muffins

- 1 cup oat bran cereal
- 1 cup brown rice flour
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/2 cup plain yogurt
- 1/4 cup 100-percent pure vegetable glycerin
- 2 large eggs, beaten
- 2 tablespoons olive oil
- 2 teaspoons orange extract
- 1/2 teaspoon vanilla extract
- 1/4 cup chopped walnuts

1. Preheat the oven to 400°F. Line 12 muffin cups with paper baking cups, and set aside.
2. Mix all of the dry ingredients, except for the walnuts, in one bowl. Mix all of the wet ingredients in another bowl. Pour the wet ingredients into the dry ingredients and stir just until moistened. Fold in the walnuts.
3. Spoon the batter into the muffin cups, filling each cup 2/3 full. Bake for 15 to 18 minutes, or until a toothpick comes out clean when inserted in the center of a muffin. Allow to cool before serving.

Vegetable Omelet

Yield: Servings

- 4 large eggs
- 1 large tomato, diced
- 1 medium avocado, diced
- 2 large scallions, coarsely chopped
- 1/4 cup sliced green or black olives
- 2 tablespoons clarified butter

1. Place the eggs in a medium-sized bowl, and beat with a rotary beater or electric mixer until foamy. Stir in all of the remaining ingredients except for the butter.
2. Place the butter in a large skillet over medium heat, moving the pan back and forth until the bottom and sides are coated. Add the egg mixture and cook until the side and bottom are golden brown.
3. Reduce the heat to low. Turn half the omelet over the other half, cover, and cook until the egg is set. Serve hot.

Mediterranean Moussaka

Yield: 8 Servings

2 cups vegetable or chicken stock
3/4 cup brown rice
2 medium eggplants, cut into 1/2-inch slices
3 tablespoons olive oil, divided
1/4 cup pine nuts
1 large onion, diced
4 cloves garlic, minced
1 teaspoon
1/2 teaspoon ground cumin
1/4 teaspoon ground allspice
1/4 teaspoon ground cardamom
Black pepper to taste
14 1/2 ounce can crushed tomatoes
1/4 cup sliced kalamata olives
2 teaspoons fresh lemon juice

1. Preheat the oven to 375°F.
2. Place the stock in a medium-sized saucepan, and bring to a boil over high heat. Stir in the rice, reduce the heat to medium-low, cover, and cook for about 20 minutes, or until all of the liquid has been absorbed. Set aside.
3. Arrange the eggplant slices on a baking sheet that has been lightly coated with cooking spray or oil, and brush the tops of the slices with 2 tablespoons of the olive oil. Bake for about 20 minutes, or until softened and lightly browned. Set aside.
4. Place the remaining tablespoon of olive oil in a medium-sized skillet and add the pine nuts. Cook over medium-low heat, stirring constantly, until golden brown. Add the onion, garlic, salt, cumin, allspice, cardamom, and pepper, and sauté for about 5 minutes, or until tender.
5. Stir the tomatoes, olives, and lemon juice into the onion mixture, and cook for 2 minutes.
6. Reduce the oven temperature to 350°F. Lightly coat a 9x13 inch baking dish with cooking spray or oil. Arrange in layers half of the rice, half of the eggplant slices, and half of the sauce. Repeat the layers.
7. Cover and bake for 30 to 40 minutes, or until bubbly. Serve hot.

Italian Soup

Yield: 6 servings

2 teaspoons olive oil
2 cloves garlic, finely chopped
14-ounce can chopped tomatoes, drained
1 large sprig fresh rosemary, or 1 1/2 teaspoons dried
28-ounce can vegetable broth
2 cups water
2 can (19 ounces each) chickpeas, rinsed and drained
6 ounces spelt elbow noodles
1/2 teaspoon black pepper

1. Heat the oil in a large pot over medium heat. Add the garlic and cook, stirring, for 1 minute. Add the tomatoes and rosemary. (If using fresh rosemary, be sure to take the sprigs off the stalk and chop them.) Simmer for 5 minutes. Pour in the broth and water, and bring to a simmer.
2. In a small bowl, mash 1 cup of the chickpeas with a fork or potato masher. Stir the mashed chickpeas into the pot, along with the elbow noodles and pepper. Simmer, uncovered, for 5 to 12 minutes, or until the pasta is tender.
3. Stir in the remaining whole chickpeas and cook just until heated through. Serve.

Pasta Primavera

Yield 2 Servings

8- ounce package spelt noodles

2 tablespoons olive oil

2 cloves garlic, minced

2 zucchini, julienned

2 carrots, peeled and julienned

1 cup fresh or frozen (thawed) peas

1/2 cup thinly sliced red bell pepper

1/2 cup fresh spinach leaves

8 sun dried tomatoes, packed in oil, drained and thinly sliced

1. Prepare the noodles according to package directions

2. While the noodles are cooking, heat the oil in a large skillet over medium heat. Add the garlic and sauté for 1 minute. Add the zucchini, carrots, peas, and red pepper, and sauté for 2 to 3 additional minutes. Add the spinach and tomatoes, and cook just until the spinach wilts.

3. Drain the noodles and transfer to a large bowl. Pour the vegetable mixture over the noodles, toss to coat, and serve.

Marinated Buckwheat Salad

Yield: 4 Servings

1/2 cup buckwheat

1 cup boiling water

1/4 cup olive oil

2 large cloves garlic, peeled and chopped

3 scallions, chopped

1 large tomato, diced

1 medium lemon, chopped

2 tablespoons coarsely chopped fresh parsley

1 tablespoon coarsely chopped fresh mint

Salt to taste

4 large lettuce leaves

1. Place the buckwheat in a large heatproof mixing bowl. Cover with the boiling water and let stand for 1 hour. Drain.

2. Place the buckwheat in a large bowl, and stir in all of the other ingredients except for the lettuce leaves. Cover and refrigerate for 1 to 2 hours to allow flavors to blend.

3. Place a lettuce leaf on each of 4 individual serving places. Spoon a quarter of the buckwheat salad over each leaf, and serve.

Variation

If you cannot find buckwheat or don't like its flavor, try wheat berries, quinoa, or brown rice, and cook the grain according to package directions.