

NUTRAVIT DIET RECIPES:

By

Nutravit™

<https://www.nutravitlabs.com/>



NUTRAVIT DIET DRINK RECIPES

Strawberry Smoothie

Prep Time: 10 Minutes

Cook time: 0 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 45

Fat: 0g

Ingredients

- 1 handful frozen strawberries
- Flavored or powdered stevia (try vanilla or milk chocolate liquid stevia)
- 1 tablespoon milk (optional)
- Ice cubes

Instructions

Blend together and serve in a tall glass. Garnish with a strawberry, lemon slice or mint leaf garnish if desired.

Makes 1 serving (1 fruit)

Phase 3 modifications: Mix in a little half and half or cream. Add peaches, fresh raspberries, or make mixed fruit smoothies.

Lemonade

Prep Time: 10 Minutes

Cook time: 0 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 20

Fat: 0g

Ingredients

- Juice of ½ lemon
- Stevia to taste
- 8 ounces water (plain or sparkling mineral water)

Instructions

Squeeze lemon juice into a glass. Add the rind of the lemon, Stevia and ice.

Variation

Add 2 puréed strawberries for strawberry lemonade

Sparkling Virgin Apple Martini/Caramel Apple Martini

Prep Time: 10 Minutes

Cook time: 0 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 65

Fat: 0g

Ingredients

- 1 apple juiced
- 6 ounces chilled sparkling mineral water
- 2 tablespoons lemon juice
- Vanilla or English toffee liquid Stevia
- Apple slice for garnish
- Crushed ice (optional)

Instructions

Combine apple and lemon juices with flavored Stevia. Add sparkling mineral water and ice if desired. Serve in a martini glass with a slice or curl of apple peel for garnish. Works great with tangy apples like granny smith or for a sweeter apple-tini you can use red delicious or other sweet apple.

Variation

For a Caramel apple martini, add a little English toffee Stevia instead of vanilla.

Phase 3 Modifications

Add 1 shot of vodka

Grapefruit Spritzer

Prep Time: 10 Minutes

Cook time: 0 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 65

Fat: 0g

Ingredients

- Juice of ½ grapefruit
- 5 ounces sparkling mineral water
- Ice
- Vanilla Stevia to taste

Instructions

Mix juice with stevia and pour over ice. Add sparkling mineral water and enjoy.

Spicy Virgin Bloody Mary

Prep Time: 10 Minutes

Cook time: 0 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 40

Fat: 0g

Ingredients

- 8 ounces fresh tomato juice
- 2 tablespoons apple cider vinegar
- Cayenne pepper to taste
- 2 tablespoons lemon juice
- 1 teaspoon hot sauce
- Celery salt
- Freshly ground black pepper
- 3 dashes of Worcestershire sauce

Instructions

Add and spices to fresh tomato juice. Stir well and serve over ice. Serve with freshly ground black pepper.

Variations

Add ¼ teaspoon horseradish.

Phase 3 Modifications

Add 1 shot of vodka

Hot Apple Cider

Prep Time: 15 Minutes

Cook time: 5 Minutes

Yield

1 Serving (fruit)

Nutrition Facts

Calories: 50

Fat: 0g

Ingredients

- 1 apple juiced
- 2 tablespoons lemon juice
- 1 tablespoon apple cider vinegar
- ¼ teaspoon cinnamon
- Pinch of nutmeg
- Pinch of allspice
- Pinch of clove
- Pinch of lemon zest
- Stevia to taste
- Water

Instructions

Heat the juice with spices and a little water in a small saucepan. Serve hot with a cinnamon stick.

Mint Chocolate Coffee Smoothie

Prep Time: 10 Minutes

Cook time: 0 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 15

Fat: 2g

Ingredients

- 6 ounces strong brewed coffee chilled
- Peppermint Stevia
- Dark or milk chocolate Stevia
- ¼ teaspoon defatted powdered cocoa (Wondercocoa)
- Ice cubes
- 1 tablespoon milk (optional)

Instructions

Blend ingredients together until smooth. Serve with a mint leaf garnish

Phase 3 Modifications

Add half and half or cream

Virgin Sparkling Mojito

Prep Time: 10 Minutes

Cook time: 0 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 5

Fat: 0g

Ingredients

- Fresh mint leaves crushed

- Juice of ½ lime or lemon
- Peppermint or plain powdered Stevia
- 6 ounces sparkling mineral water
- Crushed ice

Instructions

Crush mint leaves to release the flavor. Add liquid or powdered Stevia and lemon or lime juice. Add sparkling mineral water and crushed ice. Top with a sprig of mint and enjoy.

Phase 3 Modifications

Add 1 shot of rum.

Apple Green Tea Sparkler

Prep Time: 10 Minutes

Cook time: 5 Minutes

Yield

1 Serving (1 fruit)

Nutrition Facts

Calories: 45

Fat: 0g

Ingredients

- 1 apple juiced
- ½ cup brewed green tea chilled
- ¼ cup sparkling mineral water
- 1 teaspoon vanilla Stevia
- Pinch of cinnamon

Instructions

Combine juice of 1 apple, green tea, cinnamon, vanilla stevia together. Add crushed ice and sparkling mineral water. Garnish with apple curls and lemon wedge.

Chocolate Toffee Coffee Smoothie

Prep Time: 10 Minutes

Cook time: 0 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 20 (w/ milk)

Fat: 2g

Ingredients

- 6 ounces strong brewed coffee
- English toffee flavored Stevia to taste
- Dark or milk chocolate Stevia to taste
- ¼ teaspoon defatted powdered cocoa (Wondercocoa brand)
- Ice cubes
- 1 tablespoon milk (optional)

Instructions

Puree ingredients together. Add ice, stevia and milk.

Phase 3 Modifications

Add half and half or cream and blend. Make homemade Stevia sweetened ice cream style dessert by adding whipped egg whites, whipped cream, Stevia, and cocoa. Freeze and enjoy.

Tomato Juice

Prep Time: 10 Minutes

Cook time: 0 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 35

Fat: 0g

Ingredients

- 1 Tomato
- Juice of half lemon
- 1 tsp fresh cilantro, minced
- 1/2 tsp zsweet (to taste)
- 1/4-1/2 tsp garlic paste (to taste) or 1 clove minced
- 1/4 tsp cumin
- 1/4 tsp sugar-free Worcestershire
- 1/8 tsp celery seed
- Salt/pepper (to taste)
- Tabasco (to taste)

Instructions

In blender, combine all ingredients and puree until reaches desired consistency. Place in refrigerator until chilled or serve over ice.

Tip

Depending on the amount of tomato used, you may need to vary most of these amounts according to taste.

Ginger Tea Recipe

Prep Time: 15 Minutes

Cook time: 40 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 5

Fat: 0g

Ingredients

- A 4 inch slice of ginger root sliced thin
- 1/2 Meyer lemon
- 3-4 drops liquid Stevia

Instructions

Peel Ginger root and slice in thin slices. Place in sauce pan with 1 quart of water. Bring to a boil for 20 minutes.

Turn heat down and let the tea cool for about another 20 minutes. Squeeze in Meyer Lemon and Stevia drops and enjoy!

Iced Tea

Prep Time: 2 Minutes

Cook time: 30 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 2

Fat: 0g

Ingredients

- Your choice of tea
 - Green tea
 - Yerba mate
 - Chamomile
 - Mint
 - Fruit flavored
 - Chai spice
 - Cranberry

- Stevia to taste
- 6 ounces of hot water per serving

Instructions

Brew your choice of tea in hot water. Brew the tea a little strong. Chill in the refrigerator and then serve over ice or mix with 3 ounces of sparkling mineral water to make a soda. Add Stevia to taste and garnish with mint leaves or lemon slices.

Tea Spritzer

Prep Time: 2 Minutes

Cook time: 30 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 2

Fat: 0g

Ingredients

- 2 droppers full Liquid Stevia
- 1 C Seltzer
- 1 C Water
- 1 bag Herbal Tea, such as Celestial Seasonings Sugar Cookie, English Toffee, or Bengal Spice

Instructions

Use Water & Tea bag to make tea. Then combine tea with remaining ingredients & enjoy your 'soda'!

NUTRAVIT DIET MARINADES, SEASONING MIXES AND DRESSINGS

Steak Marinade

Prep Time: 5 Minutes

Cook time: 30-60 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 5

Fat: 0g

Ingredients

- 1 tsp of lemon juice
- 1 tsp of fresh cilantro
- 1 ½ tsp of spice blend
- ¾ tsp of chili powder

Instructions

Rub into steak and season to your liking. Place steak in plastic bag and chill in refrigerator for at least 30-60 minutes before cooking.

Orange Tarragon Marinade

Prep Time: 10 Minutes

Cook time: 25 Minutes

Yield

1 Serving (fruit)

Nutrition Facts

Calories: 25

Total Fat: 5g

Ingredients

- ¼ cup chicken or vegetable broth
- 2 tbsp apple cider vinegar
- ½ orange juiced
- 1 clove of garlic crushed and minced
- 1 tsp fresh tarragon chopped
- ¼ teaspoon onion powder
- Salt and pepper to taste

Instructions

Combine liquid ingredients with spices and cook on low heat for 3 minutes. Remove from heat and cool. Marinate chicken or fish for 20 minutes or more. Cook chicken or fish in remaining marinade. Deglaze the pan periodically with a little water. Save the sauce and add apple cider vinegar to make additional dressing for a salad. Serve over a mixed green salad or with other vegetable.

Lemon Pepper Marinade

Prep Time: 5 Minutes

Cook time: 20+ Minutes

Yield

1-2 Servings (fruit)

Nutrition Facts

Calories: 15

Total Fat: 6g

Ingredients

- 4 tablespoons lemon juice
- 3 tablespoons chicken or vegetable broth
- Salt and black pepper to taste
- Stevia to taste (optional)

Instructions

Mix ingredients together. Marinate protein for 20 or more minutes.

Spicy Orange Sauce

Prep Time: 10 Minutes

Cook time: 25 Minutes

Yield

1 Serving (fruit)

Nutrition Facts

Calories: 35

Total Fat: 1g

Ingredients

- ½ orange rolled and slightly juiced with rind
- ½ lemon slightly juiced and with rind
- ½ cup water
- 1 tablespoon minced green onion
- 1 clove crushed garlic
- ¼ teaspoon ginger powder
- ¼ teaspoon garlic powder
- Pinch of orange and lemon zest
- Pinch of cayenne pepper
- Stevia to taste

Instructions

In a small saucepan add slightly juiced orange with rind and ½ lemon with rind to water. Bring to a boil, reduce heat and simmer adding water as needed. Simmer until the pulp comes out of the rinds. Scrape out the pulp and discard the rinds. Continue stirring and reducing down the liquid by half until desired consistency is reached. Add onion, Stevia and spices. Add chicken, white fish or beef and sauté or pour spicy orange sauce over desired cooked protein. Serve with remaining orange slices for garnish.

Tarragon and Garlic Marinade

Prep Time: 10 Minutes

Cook time: Overnight

Yield

1-2 Servings

Nutrition Facts

Calories: 35

Total Fat: 0g

Ingredients

- 2-3 sprigs of fresh tarragon
- ½ cup of apple cider vinegar
- 2 tablespoons lemon juice
- 2 cloves of garlic crushed and minced
- 1 tablespoon diced onion
- 1 teaspoon salt
- Fresh ground black pepper

Instructions

Pour vinegar and lemon juice into a lidded jar. Add sprigs of tarragon, garlic, onion, and spices. Marinate overnight or up to a week. Enjoy with fish, chicken, or as a marinade or dressing.

Teriyaki Sauce

Prep Time: 10 Minutes

Cook time: 20 Minutes

Yield

1-2 Servings (fruit)

Nutrition Facts

Calories: 35

Total Fat: 4g

Ingredients

- ½ cup beef or chicken broth
- ¼ cup Bragg's liquid aminos
- 2 tablespoons apple cider vinegar
- Orange juice (Juice from 3 segments)
- ¼ cup lemon juice

- 1 tablespoon finely minced onion
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon powdered ginger or grated fresh ginger
- 1 clove finely minced garlic
- Lemon and/or orange zest to taste
- Stevia to taste

Instructions

Combine all ingredients in a small saucepan and bring to a boil. Reduce heat and simmer for 20 minutes or until liquid is reduced. The longer you simmer the richer the flavors. As the liquid reduces, deglaze the pan with a little water or broth to intensify the flavors. Enjoy as a glaze or sauce with chicken or beef.

Horseradish Marinade/Dipping Sauce

Prep Time: 10 Minutes

Cook time: 20 Minutes

Yield

1-2 Servings

Nutrition Facts

Calories: 10

Total Fat: 2g

Ingredients

- ¼ cup beef broth
- 1 teaspoon of horseradish or to taste
- ½ teaspoon garlic powder
- ¼ teaspoon paprika

Instructions

Whisk the ingredients together and heat the sauce in a small saucepan. Pour into dipping bowl or use as a sauce or marinade and enjoy with beef dishes.

Smoky BBQ Sauce

Prep Time: 10 Minutes

Cook time: 20 Minutes

Yield

1 Servings

Nutrition Facts

Calories: 20

Total Fat: 4g

Ingredients

- 2 Tbsp sugar free tomato sauce
- 2-3 Tbsp water - 1/2 t dehydrated minced onion
- 1/2 tsp red wine vinegar or apple cider vinegar
- 1/4 tsp sugar free liquid smoke
- 1/4 tsp paprika - 1/4 t chili powder
- 1/8 tsp cinnamon - 1/8 t cloves
- 1/4-1/2 tsp sugar substitute (if needed)
- Salt/pepper to taste

Instructions

In small non-stick saucepan, combine all ingredients and bring to boil. Reduce heat and simmer 20 minutes. Serve with beef or chicken dishes.

Taco Seasoning

Prep Time: 5 Minutes

Cook time: 0 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 0

Total Fat: 0g

Ingredients

- 1 Tbsp chili powder
- 2 tsp onion powder
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp paprika
- 1 tsp ground oregano

Instructions

Combine all ingredients and serve with your favorite beef taco recipe.

Greek Seasoning Mix

Prep Time: 10 Minutes

Cook time: 0 Minutes

Yield

Several Servings

Nutrition Facts

Calories: 0

Total Fat: 0g

Ingredients

- 2 tsp oregano
- 1 1/2 tsp onion powder
- 1 1/2 tsp garlic powder
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp parsley
- 1 tsp basil
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp thyme

Instructions

Grind spices in food processor or coffee grinder. Store in air-tight container.

Vinaigrette Dressing

Prep Time: 10 Minutes

Cook time: 0 Minutes

Yield

2 Servings

Nutrition Facts

Calories: 20

Total Fat: 0g

Ingredients

- ¼ c. apple cider vinegar
- ½ c. water
- 2 shakes celery salt
- 2 shakes onion salt
- Ground pepper to taste
- 20 drops Clear stevia
- 3 packets stevia

Instructions

Combine ingredients in jar, shake vigorously refrigerate.

Variations

Add sugar and oil free organic stone ground mustard.

Spicy Mustard Dressing

Prep Time: 5 Minutes

Cook time: 0 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 0

Total Fat: 0g

Ingredients

½ bottle of organic apple cider vinegar

¾ bottle of amino liquids

2 tsp of wasabi powder

2 tsp of dry mustard powder

Instructions

Shake well and keep refrigerated.

Strawberry Vinaigrette

Prep Time: 5 Minutes

Cook time: 0 Minutes

Yield

1 Serving (fruit)

Nutrition Facts

Calories: 40

Total Fat: 0g

Ingredients

- 3 Strawberries
- 1 tablespoon apple cider vinegar
- 1 tablespoon lemon juice
- Stevia to taste
- Dash of salt

- Dash of cayenne (optional)
- Fresh ground black pepper to taste

Instructions

Combine all ingredients in food processor. Puree until smooth. Pour over fresh arugula or green salad. Garnish with sliced strawberries and freshly ground black pepper.

Savory Dill Dressing/Marinade

Prep Time: 5 Minutes

Cook time: 30 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 30

Total Fat: 2g

Ingredients

- Fresh dill minced
- 2 tablespoons lemon juice
- 2 tablespoons apple cider vinegar
- 2 tablespoon chicken or vegetable broth
- ½ teaspoon Old Bay seasoning mix
- Salt and pepper to taste

Instructions

Combine ingredients, allow the flavors to marinate for 30 minutes or more and serve as a marinade for fish or a dressing for vegetables or salad. For use as a marinade, double or triple the recipe as needed.

Tarragon Vinegar

Prep Time: 5 Minutes

Cook time: 0 Minutes

Yield

Multiple Servings

Nutrition Facts

Calories: 3 per serving

Total Fat: 0g

Ingredients

- ¼ cup apple cider vinegar
- Fresh tarragon

Instructions

Combine vinegar with fresh tarragon in a lidded jar. Crush or roll the tarragon slightly to release the flavor. Allow flavors to infuse into the vinegar overnight or up to a week. Use as a marinade for fish or as the base for a dressing. Add salt and pepper to taste.

Citrus Ginger Dressing/Marinade

Prep Time: 5 Minutes

Cook time: 0 -5 Minutes

Yield

1-2 Servings (fruit)

Nutrition Facts

Calories: 0

Total Fat: 0g

Ingredients

- 1 tablespoon lemon juice
- 2 tablespoons orange juice
- 1 teaspoon apple cider vinegar
- 1 tablespoon Bragg's liquid aminos
- Ginger fresh or ground to taste
- Salt and fresh black pepper to taste
- Stevia to taste

Instructions

Combine spices with liquid ingredients. Enjoy over salad or double the recipe for use as a marinade. Warm slightly to enhance the flavors.

Tomato Piccante Dressing

Prep Time: 5 Minutes

Cook time: 0 -5 Minutes

Yield

2-4 Servings (vegetable)

Nutrition Facts

Calories: 15 per serving

Total Fat: 2g

Ingredients

- 1 medium tomato chopped
- 1 8 ounce can tomato sauce
- 1 clove garlic crushed and chopped
- 1 teaspoon mustard powder
- 2 tablespoons lemon juice
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- Pinch cayenne pepper
- Salt and black pepper to taste
- Apple cider vinegar to taste

Instructions

Put tomato and garlic into food processor and puree. Add mustard, lemon juice, cumin, chili powder, cayenne, and salt and tomato sauce. Blend until smooth. Transfer to a jar and refrigerate. Stir before using.

Homemade Mustard

Prep Time: 5 Minutes

Cook time: 5 Minutes

Yield

1-2 Servings

Nutrition Facts

Calories: 5

Total Fat: 0g

Ingredients

- 2 tablespoons ground mustard powder
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- ½ teaspoon ground ginger
- ½ teaspoon grated horseradish (optional)
- ½ cup apple cider vinegar
- ¼ cup water
- 1 tablespoon lemon juice
- Stevia to taste

Instructions

Mix ingredients together thoroughly, heat in a saucepan for 2-3 minutes. Pack warm

mustard into a jar and top with lemon juice. Mustard will last up to two weeks in the refrigerator. Add water as needed for consistency.

Grapefruit Vinaigrette

Prep Time: 5 Minutes

Cook time: 0 Minutes

Yield

1 Servings (fruit)

Nutrition Facts

Calories: 10

Total Fat: 0g

Ingredients

- Juice of 3 segments of grapefruit
- 1 tablespoon lemon juice
- 1 teaspoon apple cider vinegar (optional)
- Stevia to taste

Instructions

Combine juices and vinegar together. Add Stevia to taste. Pour over mixed green salad and top with remaining grapefruit segments. Use as a marinade for fish, shrimp or chicken. Add salt and fresh ground pepper.

Tomato Basil Vinaigrette

Prep Time: 5 Minutes

Cook time: 15 Minutes

Yield

2-3 Servings (vegetable)

Nutrition Facts

Calories: 20 per serving

Total Fat: 3g

Ingredients

- 3 tablespoons tomato paste
- 3 tablespoons apple cider vinegar
- 2 tablespoons lemon juice
- ¼ cup water, chicken or vegetable broth
- 1 tablespoon minced onion
- ½ teaspoon garlic powder

- ½ teaspoon onion powder
- 1 teaspoon dried basil or fresh rolled and sliced basil leaves to taste
- 1/8 teaspoon oregano
- Cayenne pepper to taste
- Stevia to taste

Instructions

Combine ingredients in a small saucepan and heat slightly to a boil. Adjust liquid to desired consistency by adding a little more water or broth. Remove from heat and chill. Enjoy over salad with fresh ground black pepper.

Italian Vinaigrette

Prep Time: 5 Minutes

Cook time: 15 Minutes

Yield

2 or more Servings

Nutrition Facts

Calories: 20

Total Fat: 1g

Ingredients

- ½ cup chicken or vegetable broth
- 2 tablespoon apple cider vinegar
- 2 tablespoons lemon juice
- 1 teaspoon organic Italian herb spice blend
- 2 tablespoons finely minced onion
- ½ teaspoon garlic powder
- ½ teaspoon onion powder

Instructions

Combine ingredients in small saucepan. Simmer on low heat for 5 minutes to combine flavors. Remove from heat, chill, and serve as a dressing or use as a marinade.

Phase 3 Modifications

Add olive oil or omit the lemon juice and stir in sour cream or mayonnaise to make creamy Italian dressing.

Hot Cajun Dressing/Dipping Sauce

Prep Time: 5 Minutes

Cook time: 0 Minutes

Yield

1-2

Nutrition Facts

Calories: 5 per serving

Total Fat: 0g

Ingredients

- 3 tablespoons apple cider vinegar
- 1 tablespoon lemon juice
- Dash of garlic powder
- Dash of onion powder
- Cayenne pepper to taste
- Salt and black pepper to taste
- ¼ teaspoon Old Bay seasoning mix (optional)
- Stevia (optional)

Combine ingredients in small bowl and pour over salad. You can also serve this as a dipping sauce or marinade for vegetables or fish.

Salsa

Prep Time: 10 Minutes

Cook time: 10 Minutes

Yield

1-2 Servings (vegetable)

Nutrition Facts

Calories: 20 per serving

Total Fat: 0g

Ingredients

- 1 cup fresh chopped tomato
- 3 tablespoons lemon juice
- 1 tablespoon apple cider vinegar (optional)
- 2 cloves garlic crushed and minced
- 2 tablespoons finely chopped onion
- ¼ teaspoon chili powder
- ¼ teaspoon fresh or dried oregano
- Cayenne pepper to taste
- Fresh chopped cilantro
- Salt and pepper to taste

Instructions

Puree ingredients in food processor for smooth salsa or chop ingredients by hand for chunkier salsa. Add spices and chill in the refrigerator for 10 minutes or more to allow flavors to blend.

Phase 3 Modifications

Add chopped jalapeno or chipotle peppers. Mix with avocado to make guacamole. Serve salsa over a block of cream cheese as a dip for vegetables.

Sweet Orange Dressing

Prep Time: 5 Minutes

Cook time: 15 Minutes

Yield

1 Serving (fruit)

Nutrition Facts

Calories: 35

Total Fat: 0g

Ingredients

- Juice of 3 orange juice segments
- 2 tablespoons lemon juice
- 1 teaspoon apple cider vinegar (optional)
- ¼ teaspoon ginger powder
- Pinch of turmeric
- Pinch of orange zest
- Stevia to taste

Instructions

Dissolve spices and Stevia in juice mixture. Heat the dressing slightly in a saucepan then chill until ready to use. You may double the recipe for a marinade. Serve with remaining orange slices.

French Dressing

Prep Time: 10 Minutes

Cook time: 10 Minutes

Yield

2 Servings

Nutrition Facts

Calories: 20

Total Fat: 3g

Ingredients

- ¼ cup beef broth
- 2 tablespoons apple cider vinegar
- 2 tablespoons lemon juice
- 1 clove garlic crushed and minced
- ¼ teaspoon horseradish or to taste
- ½ teaspoon paprika
- 1/8 teaspoon mustard powder
- Cayenne pepper to taste
- Stevia to taste

Instructions

Dissolve spices in broth, vinegar and lemon juice. Mix well and heat slightly in small saucepan. Chill and serve over mixed greens or vegetables.

Marinated Apple Relish

Prep Time: 15 Minutes

Cook time: 35 Minutes

Yield

1 Serving (fruit, vegetable)

Nutrition Facts

Calories: 35

Total Fat: 1g

Ingredients

- 1 apple finely minced
- 1 stalk of celery minced (optional)
- 2 tablespoons apple cider vinegar
- 2 tablespoons lemon juice
- 1 teaspoon minced red onion
- Dash of Worcestershire sauce
- Salt and pepper to taste
- Stevia to taste

Instructions

Mix apples and celery together. Dissolve spices into liquid ingredients and pour over the apple mixture. Mix well and allow ingredients to marinate for 30 minutes or longer to allow flavors to blend.

Sweet Wasabi Dipping Sauce/Marinade

Prep Time: 5 Minutes

Cook time: 0 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 5

Total Fat: 0g

Ingredients

- ¼ teaspoon wasabi powder or to taste (Japanese horseradish)
- 2 or more tablespoons Bragg's liquid aminos
- 1 tablespoon lemon juice
- Stevia to taste

Instructions

Mix wasabi into Bragg's and add lemon juice and Stevia to taste.

Ketchup

Prep Time: 15 Minutes

Cook time: 0 Minutes

Yield

2 or more Servings (vegetable)

Nutrition Facts

Calories: 30

Total Fat: 1g

Ingredients

- 3 ounces tomato paste
- 3 tablespoons apple cider vinegar
- ¼ teaspoon celery salt
- ½ teaspoon paprika
- ¼ teaspoon mustard powder
- Pinch of nutmeg and clove
- Pinch of black pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- Stevia or to taste

Instructions

Dissolve spices in vinegar and lemon juice. Add tomato paste and mix thoroughly. Add additional lemon juice, vinegar or a little water until desired consistency is

reached.

Marinara Sauce

Prep Time: 25 Minutes

Cook time: 30-60 Minutes

Yield

2 or more Servings (vegetable)

Nutrition Facts

Calories: 40

Total Fat: 3g

Ingredients

- 4 large tomatoes or as many as you want if you wish to increase the recipe
- 1 cup chicken or vegetable broth
- 1 6 ounce can tomato paste
- 1 tablespoon dried basil or fresh rolled and chopped basil to taste
- 2 tablespoons minced onion
- 2 cloves of garlic crushed and minced
- 1 teaspoon dried oregano
- Salt and pepper to taste
- Cayenne pepper to taste
- Pinch of marjoram

Instructions

Chop tomatoes or puree in a food processor for a smoother texture, add spices and heat in a saucepan. Allow to slow cook for 30 minutes to an hour. Allow the liquid to reduce or add additional water to achieve desired consistency.

NUTRAVIT DIET SOUPS

Chicken Broth

Prep Time: 15 Minutes

Cook time: 40 Minutes

Yield

Multiple Servings

Nutrition Facts

Calories: 10

Total Fat: 1g

Ingredients

- 3 large chicken breasts
- 10 or more cups of water
- ½ large onion chopped
- Pinch of sage
- 4 stalks of celery chopped
- 5 cloves of garlic sliced
- 1 bay leaf
- Salt and pepper to taste

Instructions

In a large soup pot or crock pot combine chicken and 10 or more cups of water. Water should slightly cover the chicken. Add celery and spices.

Heat to a boil then reduce heat to simmer. Allow to slow cook for 4 hours. Remove vegetables and chicken from broth.

Refrigerate stock and skim off the chicken fat. Put through a strainer for a clear broth. Save the chicken and make chicken salad or add to soups. Makes multiple servings.

Cream of Chicken Soup

Prep Time: 20 Minutes

Cook time: 45 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 270

Fat: 6g

Ingredients

- 3 1/2 oz. cooked chicken
- Allotted amount of celery
- 1 - 2 cups broth (I prefer the broth from the chicken I just cooked)
- 1 T dried minced onion
- 3 cloves garlic
- 1/2 tsp parsley
- 1/2 tsp basil
- Salt and ground white pepper to taste

Instructions

Place all ingredients in food processor and pulse until it's the consistency you like. Start with one cup of broth and keep adding until you reach desired consistency. Pour into med-high preheated saucepan and bring to a boil. Reduce heat to simmer, cover and cook 20 - 30 minutes. Serve

French Onion Soup with Mushroom

Prep Time: 15 Minutes

Cook time: 45 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 200

Total Fat: 5g

Ingredients

- 1 Sweet Onion (Preferably Vidalia or Fresno)
- 2 Cups Beef Broth
- 50 Grams Dried Mushroom (Shitake, Porcini or Oyster)
- 1/2 Tsp Onion Powder
- 1/2 Tsp Garlic Powder
- 1/2 Tsp Herbs de Provence
- Cup Luke Warm Water

Instructions

Pre-heat oven to 350 degrees. In a mixing bowl, place dried mushrooms in luke warm water and allow to soak for 15 – 30 minutes. Utilizing a sharp kitchen knife, peel onion and then slice in 1/4" hamburger style slices. Season onion slices with seasonings and set aside temporarily while mushrooms finish soaking. At this point, you will need a couple pieces of aluminum foil to place the sliced onion and mushrooms.

Arrange the sliced onion, mushroom and 1/2 cup beef broth on aluminum foil and fold tightly to cover. Using 2-3 pieces of aluminum foil will work best to keep in the moisture. Place the wrapped onion / mushroom mixture in a small baking dish. Bake in oven for 45 minutes.

Towards the last 10 minutes of baking, place reserved 1.5 cups of beef broth on stove to warm. Pull out onion and mushrooms from oven, remove from aluminum foil and place in soup bowl. Pour remaining hot beef broth from stove over mixture. Place Melba Toast directly in middle of soup.

Hot and Sour Chicken Soup

Prep Time: 10 Minutes

Cook Time: 25 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 185

Total Fat: 3g

Ingredients

- 3.5 oz. chicken breast diced
- 1 cup chicken broth
- 1 cup water
- 4 tablespoons apple cider vinegar
- 4 tablespoons Bragg's liquid amino
- ½ lemon in quarters with rind
- 1 clove garlic crushed and minced
- 2 tablespoons minced onion
- Cayenne pepper to taste
- Pinch of chili powder or red chili flakes
- Salt and pepper to taste
- Stevia to taste (optional)

Instructions

Boil lemon wedges with rind in 1 cup of water until pulp comes out of the rind. Scrape out additional pulp and juice. Add the diced chicken, spices and chicken broth. Simmer until cooked.

Green Onion Soup (Vegetarian)

Prep Time: 10 Minutes

Cook time: 45 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 75

Fat: 0g

Ingredients

- Green onions (allowed amount)
- 2 c vegetable broth
- 1-2 t liquid aminos
- 1 t parsley
- 1 t sweet
- 1/2 t paprika
- 1/2 t salt
- 1/2 t dill

- 1/2 t thyme
- 1/8 t cayenne or red pepper flakes
- 1/8 t celery seed

Instructions

Briefly steam the green onions until tender. Preheat saucepan over medium heat. Chop steamed green onions. In a saucepan, sauté the green onions in a bit of vegetable broth for a couple of minutes, then add the parsley, sweet, paprika, salt, dill, thyme, celery seed, and cayenne. Sauté 1-2 minutes more. Add remaining vegetable broth, reduce heat, cover and simmer 20-30 minutes.

Cabbage Soup (Vegetarian)

Prep Time: 10 Minutes
Cook time: 120 Minutes

Yield

20 1 Cup Servings

Nutrition Facts

Calories: 35 per 8 oz.
Fat: .5g

Ingredients

- 2 32 oz. cartons of Swanson Organic Chicken Broth
- 2 14.5 oz. cans of low sodium diced/stewed tomatoes
- 6 mediums stalks of celery
- 1 medium onion, chopped
- 1/2 head cabbage, chopped red or green
- 1 teaspoon garlic powder
- black pepper to taste

Instructions

Put everything in a stock pot and add water if necessary to bring the liquids to twice the depth of the veggies in the pot. Bring to boil, stir as needed. Cook on low heat for about 2 hours or until all the veggies are cooked. Other seasonings such as curry, parsley, or any other herbs may be added to suite your taste.

Creamy Asparagus Soup (Vegetarian)

Prep Time: 5 Minutes
Cook time: 30 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 74

Fat: 5g

Ingredients

- 4 spears of canned cooked asparagus
- 1/4 cup low fat cottage cheese
- 1/4 cup liquid from canned asparagus
- 1/4 cup water
- salt and pepper, to taste
- garlic, to taste optional

Instructions

Mix all together and puree in a blender. Heat on medium for 30 minutes and serve.

Creamy Zucchini Soup (Vegetarian)

Prep Time: 10 Minutes

Cook time: 15 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 153

Fat: 6g

Ingredients

- 1/4 cup vidalia onion, chopped
- 1 1/2 cups zucchini, sliced
- 1 cup chicken broth
- 1/4 cup low-fat cottage cheese
- 2 tablespoons minced garlic
- dash salt and pepper

Instructions

Saute onion and garlic in a nonstick skillet with a little bit of chicken broth (1/4 cup). Cook until almost caramelized. Blend sliced zucchini in blender with just enough chicken broth (1/4 cup) to make blender work. Pour into skillet with cooked garlic and onion and set aside. In empty blender, add 1/4 cup low-fat cottage cheese with about 1/2 cup chicken broth and blend until liquid. Pour this also into the skillet and cook on med-high until a lot of broth is evaporated. Put back in the blender and blend until thick and 'creamy'. Salt and pepper to taste.

Curried Vegetable Soup (Vegetarian)

Prep Time: 20 Minutes

Cook time: 20 Minutes

Yield

17 1 Cup Servings

Nutrition Facts

Calories: 25 calories per cup

Fat: 2g

Ingredients

- 6 cups water
- 2 veggie bouillon cubes (Optional)
- 3 cups coarsely chopped onion
- 2 cups thick sliced celery
- 3 cups asparagus cut into 1 inch pieces
- 3 cups cauliflower very coarsely chopped
- 1 tablespoon chopped garlic

Tablespoons mild or hot curry powder

- 1 1/2 teaspoons cumin seed
- 1/4 teaspoon cracked black pepper

Instructions

Place all ingredients in a large stock pot. Keep the vegetable chunks large because you will puree the soup and the larger chunks will give it more body. Bring to a boil, then cover the pot, lower the heat, and simmer for 20 minutes or longer, until the veggies are soft enough to puree. Remove the pot from the heat, let cool slightly, and then use an immersion blender to puree until smooth. This soup freezes very well, so you can freeze half for later.

Egg Drop Soup (Vegetarian)

Prep Time: 5 Minutes

Cook time: 7 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 193

Fat: 6g

Ingredients

- 2 cups chicken or vegetable broth
- 3 egg whites
- 1 whole egg
- 2 teaspoons Braggs Liquid Aminos
- 3 drops Tabasco (may omit)
- dash garlic powder
- dash salt and pepper
- green onions, thin slices of green section

Instructions

In a small sauce pan, bring broth, Braggs, spices & Tabasco to a boil. While waiting for boil, whisk eggs together quickly until fluffy. Once broth boils, pour eggs into saucepan and cook for another minute. Pour immediately into a bowl and serve. Garnish with green onions.

Tomato and Cabbage Soup (Vegetarian)

Prep Time: 10 Minutes

Cook time: 15 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 230

Fat: 0g

Ingredients

- 1/2 red onion
- 1 teaspoon coconut oil
- 1 cup chicken broth
- 8 ounces canned diced tomatoes
- 1/2 cabbage head

Instructions

Cut red onion into 1/2" chunks and sauté on med-high heat in 1 tsp of coconut oil. Cook until onion becomes soft. Add chicken broth and diced tomatoes to the pot. Bring to a boil, then add cabbage (cut into wide strips). Stir and bring to a boil again. Turn off heat and let sit for 5 minutes. Serve.

Veggie Soup (Vegetarian)

Prep Time: 15 Minutes

Cook time: 30 Minutes

Yield

15 1 Cup Servings

Nutrition Facts

Calories: 20 Per Cup

Fat: 5g

Ingredients

- 12-14 cups water start with 10 and add as it boils down
- 3 cups chopped cabbage
- 1 tomato
- 1 1/2 cups celery chopped
- 1 can 99 % fat free chicken broth (vegetable broth for vegetarians)
- 5 cloves good sized cloves of garlic chopped
- 2 cups chopped green onion (green onion is 1/2 the calories)
- 3 mediums zucchini (summer squash green) cut length wise into 4 slices - grilled
- 1 tablespoon basil
- 2 tablespoons garlic powder
- 2 tablespoons onion powder
- 1/2 tablespoon Mrs Dash original
- 1/2 tablespoon poultry seasoning
- 1/2 tablespoon paprika
- 1/2 tablespoon accent (60 % less sodium than salt)

Directions

Put water, broth, all veggies (excluding zucchini) and spices in large pot. Set to boiling.

Boil until consistency and taste desired, 20-30 minutes. While the other veggies are boiling, grill the zucchini or sauté in a pan on medium to high heat till singed and soft. When serving, garnish with zucchini. Serve immediately.

NUTRAVIT DIET SALADS

Cucumber Apple Salad (Vegetarian)

Prep Time: 10 Minutes

Cook time: 0 Minutes

Yield

1 Servings (vegetable, 1/2 fruit)

Nutrition Facts

Calories: 35

Total Fat: 0g

Ingredients

- 1/2 chopped apple
- 1 sliced cucumber
- 2 T. apple cider vinegar
- 1 T. water
- garlic salt
- Pepper
- Stevia (optional)

Ingredients

Chop apple and thinly slice cucumber. Combine vinegar and water. Season with garlic salt, pepper and Stevia (optional) to taste.

Mint Cucumber Salad (Vegetarian)

Prep Time: 15 Minutes

Cook time: 45 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 30

Fat: 0g

Ingredients

- 1 large cucumber
- 1 minced garlic clove
- 2 T. fresh lemon juice
- Onion salt
- Pepper
- 2 T. chopped fresh mint or ½ t. crushed dried mint leaves

Instructions

Cut cucumbers in half lengthwise, remove seeds and dice. Mix cucumber with garlic, lemon juice and mint. Season with onion salt and pepper. Refrigerate for 45 minutes. Toss before serving and garnish with whole fresh mint leaves.

Radish Salad (Vegetarian)

Prep Time: 10 Minutes

Cook time: 30 - 60 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 60

Fat: 0g

Ingredients

- Radishes, sliced (allowed amount)
- Lemon juice
- 1 Tbsp. dehydrated minced onion
- 1 Tbsp. parsley
- 1-2 Tsp. liquid aminos
- Salt/pepper (to taste)

Instructions

In bowl, combine all ingredients and refrigerate 30 minutes to 1 hour before serving.

Chicken Salad

Prep Time: 10 Minutes

Cook time: 30 - 60 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 270

Fat: 6g

Ingredients

- 3 ½ ounces cooked chicken , diced
- 3 -4 stalks celery , diced
- ½ apple , diced

Dressing

- ½ lemon , juiced
- 1 tablespoon apple cider vinegar
- 0.5 (1 g) packet stevia
- salt & pepper , to taste
- 1 dash cinnamon
- 1 dash nutmeg

Instructions

Make the dressing in a medium bowl and mix well. Add the diced chicken, celery and apple. Mix well. Eat now or marinate overnight and eat for lunch or dinner the next

day.

Chicken and Apple Salad

Prep Time: 30 Minutes

Cook time: 30 Minutes

Yield

1 Serving

Nutrition Facts

10 calories

1 grams fat

Ingredients

- 100 grams Chicken, cooked and chopped
 - 1 Apple, diced
 - 1 Tbsp lemon juice
 - 1/8 tsp cinnamon
 - Dash of salt
 - Stevia to taste
 - Butter Lettuce
-

Cold Curried Chicken Salad

Prep Time: 15 Minutes

Cook time: 25 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 250

Fat: 5g

Ingredients

- 100 g Diced chicken
- 1 apple diced
- Celery diced (optional)
- 1/4 cup water
- 2 tablespoons lemon juice
- 1 tablespoon finely minced onion

- 1 clove of garlic crushed and minced
- 1/4 teaspoon curry powder or to taste
- Dash of garlic powder
- Dash of onion powder
- Dash of cayenne pepper
- Dash of cinnamon
- Dash of turmeric
- Stevia to taste

Instructions

In small saucepan lightly sauté chicken in lemon juice until lightly brown, add 1/4 cup water and spices. Stir well and simmer over low heat until liquid reduces to form a sauce and chicken is cooked well. Add water as needed to create the consistency you want. Chill, add chopped apple and celery or omit the celery and serve over a green salad

Cauliflower Salad (Vegetarian)

Prep Time: 5 Minutes

Cook time: 5 Minutes

Yield

2 Servings

Nutrition Facts

Calories: 39

Fat: 0g

Ingredients

- 1 head cauliflower
- 1 tablespoon lemon juice
- 1 bunch green onions
- 1/2 cup cilantro
- 1 teaspoon sea salt
- 2 teaspoons onion or garlic powder

Instructions

Chop veggies and toss in bowl to mix with the rest of the ingredients.

Sweet Japanese Cucumber Salad (Vegetarian)

Prep Time: 10 Minutes

Cook time: 15 Minutes

Yield

1 or more Servings

Nutrition Facts

Calories: 30

Fat: 0g

Ingredients

- 1 cucumber sliced/ diced
- 2 tablespoons apple cider vinegar
- 1 tablespoon fresh lemon juice
- 1 tablespoon Bragg's liquid amino acids
- 1 teaspoon finely minced onion
- Cayenne pepper to taste
- Stevia to taste

Instructions

Mix ingredients together, marinate for 15 minutes or more and serve chilled.

NUTRAVIT DIET CHICKEN ENTRÉE RECIPES

Chicken Chili

Prep Time: 30 minutes

Cook Time: 30 minutes

Yield

1 Serving

Nutrition Facts

Calories: 260

Total Fat: 6g

Ingredients

- 100g cooked chicken breast, shredded
- 3 cups Nutravit friendly homemade broth
- 4 cloves minced garlic
- 1/2 t cumin
- 1/4 t oregano
- 1/4 t red pepper flakes
- 1/8 t ground cloves
- Tabasco or hot sauce to taste
- Can add celery

Instructions

Preheat pot over MED-HI heat. Add all ingredients except for Tabasco/hot sauce. Bring to a boil then reduce heat to simmer, cover, and cook 30 minutes. Add Tabasco or hot sauce right before serving.

Garlic Chicken

Prep Time: 10 minutes
Cook Time: 60 minutes

Yield

1 Serving

Nutrition Facts

Calories: 229
Total Fat: 29g

Ingredients

- 100g organic chicken
- onion pieces (eat as veggie or remove after dish is cooked)
- 3-5 cloves garlic – unpeeled & left whole
- juice of half lemon
- black pepper to taste

Instructions

Preheat oven to 350. Heat non-stick saucepan over medium then add the onion. Stir constantly until tender, about 5-10 minutes. Transfer onions to glass baking dish and place chicken atop onions. Squeeze on lemon juice & sprinkle with pepper. Place garlic around and on the chicken. Cover tightly either with lid or aluminum foil. Cook for 30-45 minutes or until chicken is no longer pink.

Chicken Basil Pesto

Prep Time: 10 Minutes
Cook time: 30 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 208 calories
Total Fat: 4g

Ingredients

- 100 grams (3.5 oz) thinly sliced or whole chicken breast
- 3 tablespoons lemon juice
- 1 clove garlic crushed and minced
- Salt and pepper to taste
- 3 cloves raw garlic
- ¼ cup fresh basil leaves
- 2 tablespoons apple cider vinegar
- ¼ cup chicken broth or water
- 2 tablespoons lemon juice
- ¼ teaspoon dried oregano

Instructions

Marinate chicken in lemon juice, salt and pepper. Fry in a pan until lightly browned and cooked thoroughly. For the pesto sauce, puree fresh basil, garlic, chicken broth, and lemon juice in a food processor. Add pesto mixture to chicken, add a little water and cook on medium heat coating chicken with pesto mixture. Add salt and pepper to taste and serve hot. Pesto sauce may be made by itself and added to vegetables or other protein options. Makes 1 serving (1 protein) Makes 2-3 servings of pesto sauce. Phase 3 modifications: Add ¼ cup pine nuts or walnuts and ¼ cup parmesan cheese to the food processor along with ¼ cup of olive oil. For a creamy pesto, add a little half and half and omit the lemon juice.

Chicken Meatball

Prep Time: 10 Minutes

Cook Time: 30 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 208

Total Fat: 4g

Ingredients

- 100 Grams (3.5 oz.) Ground Chicken
- 1 teaspoon minced onion
- 1 clove garlic crushed and minced
- Pinch of sage
- Pinch of marjoram
- Pinch of thyme
- Dash of onion powder
- Dash of garlic powder
- 1 serving Melba toast crumbs (optional)
- 2 cups chicken broth (or substitute 1 cup water for 1 cup broth)
- 2 tablespoons Bragg's liquid aminos

- 1 tablespoon apple cider vinegar
- Chopped celery or tomato
- 1 tablespoon chopped onion
- 2 cloves garlic crushed and minced
- 1 bay leaf
- Cayenne pepper to taste
- Salt and pepper to taste

Instructions

Combine ground chicken breast with spices, chopped garlic, onion, and crushed Melba toast. Form into balls. Bring broth to a boil; add spices, vinegar, Bragg's liquid aminos, and chicken balls. Reduce to a simmer and cook a minimum of 30 minutes adding the celery or tomato the last 5-10 minutes of cooking. Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)

Chicken Hot Wings

Prep Time: 90 Minutes

Cook Time: 20 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 142

Total Fat: 2.6g

Ingredients

- 100g chicken breast tenders
- ¼ c vinegar
- ¼ c water
- 1-2 Tbsp Cayenne Pepper
- 1-2 Tbsp Chili Powder (adjust as needed)

Instructions

In small bowl, mix vinegar, water, and cayenne pepper. Add chicken to marinade and refrigerate for 1-2hrs. Preheat oven to 350 Add chili powder to a small dish and dip chicken in chili powder. Place on rack in baking pan. Bake 15-20 minutes turning halfway through. Serve immediately with some homemade buffalo sauce or Frank's original red hot sauce.

Southwestern Chicken Soup

Prep Time: 10 Minutes

Cook Time: 25 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 272

Total Fat: 5g

Ingredients

- 100g boneless skinless chicken breast, cut into small cubes
- 3-4 cloves minced garlic
- 1 t cumin
- 1/2 t onion powder
- 1/2 t chili powder
- 1/2 t cayenne (adjust for desired spiciness)
- 1 Diced tomato (seeded and peeled)
- 2-3 c Organic Chicken Stock
- 1/4 c fresh chopped cilantro (optional)
-

Instructions

Preheat enamel glazed pot over medium-high heat. Add garlic, and gently sauté for 3-5 minutes. Use a bit of your broth to keep garlic from sticking to the pot, if necessary. Add diced tomatoes, chicken stock, and onion powder, cumin, chili powder, cayenne. Bring to a boil. Reduce heat to a simmer, and add chicken. Simmer for 20 minutes or until chicken is completely cooked. Ladle into bowl and garnish with chopped cilantro.

Chicken Cacciatore

Prep Time: 25 Minutes

Cook Time: 35 Minutes

Yield

6 Servings

Nutrition Facts

Calories: 157 per serving

Total Fat: 12g

Ingredients

- 6 - 3 1/2 oz. chicken breasts
- 2 tsp salt, or more to taste
- 1 tsp freshly ground black pepper to taste
- 2 grissini, (breadsticks) crushed for dredging
- 3 tbsp chicken broth

- 1 large red bell pepper, chopped
- 3 garlic cloves, chopped finely
- 1 onion, chopped
- 1 1/2 cup chicken broth (or 3/4 cup red wine and 3/4 cup broth)
- 1 28-oz can tomatoes with juice
- 3 tablespoons drained capers
- 1 1/2 tsp dried oregano leaves
- 1/4 cup coarsely chopped fresh basil leaves

Instructions

Sprinkle each chicken piece with 1 tsp of salt and pepper. Coat each chicken piece lightly by dredging in crushed grissini. Heat 3 tablespoons broth over medium-high flame in heavy sauté pan, then add the chicken breasts and brown, about 5 minutes per side. Add more broth as needed. If all of the chicken does not fit in your pan, brown in 2 batches, lifting the chicken out onto a plate and set aside while you brown the next batch. Set all aside when finished browning.

Add garlic, onion and bell pepper to the same pan and sauté over medium heat, about 5 minutes, until onion is tender. Season with salt and pepper. Add remaining broth and simmer about 3 minutes, until reduced by 1/2. Add tomatoes and their juice, capers and oregano. Return chicken to the pan and coat with sauce on both sides. After bringing back to simmer, continue simmering on medium-low heat until chicken is just cooked through.

Transfer chicken to a platter, using tongs. If necessary, boil sauce about 3 minutes to thicken. Spoon off any visible fat from on top of the sauce. Spoon sauce over chicken breast, garnish with basil and serve.

Chile Chicken

Prep Time: 75 Minutes

Cook Time: 25 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 150

Total Fat: 5g

Ingredients

- 100g chicken
- 1 T red Chile paste/sambal oelek
- 1 T ACV
- 3 cloves minced garlic
- 1 t oregano
- 1/2 t cumin
- 1/2 t granulated sugar substitute
- Salt

- crushed red pepper (optional)

In Ziploc bag, add all ingredients except chicken. Mix. Sprinkle chicken with salt and add the chicken to bag. Seal & shake to coat. Place in refrigerator to marinate at least 1 hr. Cook chicken on grill or under broiler until done. Top with crushed red pepper (optional) and serve.

Cinnamon Curry Chicken Soup

Prep Time: 15 Minutes

Cook Time: 45 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 179

Total Fat: 9g

Ingredients

- 100g chicken – cubed
- diced onion (allowed amount)
- 2 c broth
- 3 cloves minced garlic
- 1/2 t curry powder
- 1/4 t cinnamon
- 1/4 t pumpkin pie spice
- salt/black pepper to taste

Instructions

In saucepan, combine all ingredients. Bring to a boil. Reduce heat, cover, and simmer 45 minutes.

Lemon Chicken Soup

Prep Time: 10 Minutes

Cook Time: 25 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 130

Total Fat: 2g

Ingredients

- 100g cooked chicken breast (diced or shredded)
- chopped spinach (allowed amount)
- 2-3 c broth
- Juice of 1 lemon
- 1 t thyme
- sea salt to taste
- ground white pepper to taste

Instructions

Preheat saucepan over MED heat. Combine all ingredients. Bring to a boil, then simmer 20 minutes. Serve.

Orange Ginger Chicken

Prep Time: 15 Minutes

Cook Time: 25-35 Minutes

Yield

1 Serving (fruit, protein)

Nutrition Facts

Calories: 272

Total Fat: 5g

Ingredients

- 100g chicken - cut into chunks
- black pepper
- orange - cut in 1/4s
- 2-3 cloves minced garlic
- 1 T fresh ginger root (about 1/2"-1" long piece, peeled & minced)
- 1/2 t basil
- juice of half lemon

Instructions

Preheat pan over MED heat. Sprinkle chicken with pepper. Add chicken to pan and stir fry until brown on all sides, about 5-10 minutes. Add garlic and cook for 1 minute. Squeeze juice of orange quarters over chicken. Peel & separate orange into sections. Add orange sections, ginger, lemon juice, and basil. Stir well. Cover and simmer for about 20-30 minutes.

NOTE: This includes your meat and fruit portion for this meal.

Kung Pao Chicken

Prep Time: 25 Minutes
Cook Time: 35 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 209
Total Fat: 12g

Ingredients

- 100g chicken - cut into chunks
- chopped onion (allowed amount)
- 1-2 t sambal oelek
- red pepper flakes (optional)

Marinade

- 1 part liquid aminos
- 1 part rice vinegar

Seasoning

Mash together in small bowl:

- 3 cloves minced garlic
- 1-2 t fresh minced ginger root

Sauce

Stir together in small bowl:

- 1/2 c broth
- 1-2 t liquid aminos
- 1 t rice vinegar

Instructions

In small dish, combine marinade & chicken. Refrigerate 30 minutes - 1 hour. Preheat non-stick pan over MED-HI heat. Cook chicken 5-7 minutes, browning on all sides. Add sambal oelek. Cook 1-3 additional minutes. Remove chicken from pan and set aside. Add onion to pan and cook until tender. Stir seasoning mixture in with onions. Cook 1-3 minutes. Add sauce mixture to pan. Cook 1-3 minutes. Re-add chicken to pan. Stir. Cook 1-3 minutes. Top with a few dashes of red pepper flakes (optional). Serve.

TIP: This dish is also delicious with shrimp.

Lemon Mustard Broiled Chicken

Prep Time: 10 Minutes
Cook Time: 20-30 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 159
Total Fat: 4g

Ingredients

- 100g chicken
- juice of 1/2 lemon
- 1 T spicy mustard
- 1/2 t black pepper
- 1/2 t oregano
- 1/4 t cayenne pepper

Instructions

Preheat broiler. Broil 1 side of chicken 5-10 mins until slightly browned. In small bowl, add the rest of the ingredients and mix well. Spoon mixture onto chicken. Flip over and coat other side. Broil uncooked side 5-10 mins or until no longer pink.

Baked Cajun Chicken

Prep Time: 10 Minutes
Cook Time: 20-30 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 250
Total Fat: 14g

Ingredients

- 100g chicken
- 1/2 T milk
- 1/2 t Cajun seasoning

Preheat oven to 350. In small dish, coat both sides of chicken with milk. Place chicken in glass baking dish. Sprinkle top with Cajun seasoning. Bake uncovered 20-30 minutes until chicken is no longer pink.

This includes 1/2 of your milk portion for the day.

Mock Shake 'n Bake

Prep Time: 10 Minutes

Cook Time: 0 Minutes

Yield

Several Servings

Nutrition Facts

Calories: 0

Total Fat: 0g

Ingredients

- 1/2 c minced dehydrated onions
- 1/4 t coriander
- 1/4 t thyme
- 1/4 t red pepper flakes
- 1/8 t oregano
- 1/8 t paprika
- 1/8 t black pepper
- 1/8 t salt

Instructions

Place all ingredients in food processor or coffee grinder. Grind to a powder. Store in air-tight container.

TIP: Use this as coating on your meat before you cook it. Dampen meat, then coat. This is great on chicken, fish, shrimp, even steak burgers.

Breaded Chicken Cutlets

Prep Time: 10 Minutes

Cook Time: 10-15 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 199

Total Fat: 8g

Ingredients

- 100g chicken
- 1 grissini (ground into powder)

- 1/2 c homemade chicken broth
- 1/4 t garlic powder
- 1/4 t paprika
- 1/4 t poultry seasoning (optional)
- 1/4 t cayenne (use less if you want them less spicy)
- salt/pepper to taste

Preheat pan over MED heat. In small dish, combine grissini powder, garlic powder, paprika, poultry seasoning, cayenne, and salt/pepper. (You could also use Ziploc bag.) Add chicken to seasonings and fully coat. Add half of broth and chicken to pan. Cook for approx. 3-4 mins each side depending on thickness of chicken. Keep adding more broth as it cooks off. Serve immediately.

Chicken "Gravy"

Prep Time: 15 Minutes

Cook Time: 10-15 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 20

Total Fat: 1g

Ingredients

- 1/2 c homemade chicken broth
- 1 grissini

Instructions

Add 1/4 c broth to small saucepan and bring to boil. While broth is heating, grind grissini in food processor until it is a powder. (I use my coffee grinder.) Add the powdered grissini to the pan, whisking constantly until dissolved. Still whisking, add remaining 1/4 c broth. Reduce heat to MED and whisk for 3-4 minutes, until thickened. I usually add some salt, pepper, thyme, sage, or poultry seasoning, etc for more flavor. Feel free to add any spices you like.

TIP: Pour this over boiled chicken that and use to make broth. This gives it a lot more flavor as boiled chicken is usually pretty bland.

Mexican Chicken Soup

Prep Time: 15 Minutes
Cook Time: 35 Minutes

Yield

1 Serving (vegetable, protein)

Nutrition Facts

Calories: 250
Total Fat: 10g

Ingredients

- 100g cooked chicken, shredded into bite-sized pieces
- 3-4 cloves minced garlic
- 1 t cumin
- 1/2 t onion powder
- 1/2 t chili powder
- 1/2 t cayenne (use less if you don't want it as spicy)
- diced tomato
- 2-3 c homemade chicken broth
- 1/4 c fresh chopped cilantro (optional)

Instructions

Preheat pot over medium-high heat. Add garlic, and cook for 3-5 minutes. (Heat until you see little bubbles around the garlic.) Use a bit of your broth to keep garlic from sticking to the pot, if necessary. Add tomatoes, chicken broth, and onion powder, cumin, chili powder, cayenne. Bring to a boil. Reduce heat to a simmer, and add chicken. Simmer for 20 minutes. Stir in cilantro, and simmer for 5 minutes more.

TIP: For easy chopping of cilantro and other herbs, use kitchen shears. When using a knife sometimes the leaves of the herbs are difficult to chop. The kitchen shears make this a simple task.

NUTRAVIT DIET BEEF AND VEAL RECIPES

Grilled Top Sirloin

Prep Time: 10 Minutes
Cook time: 15 Minutes

Yield

2 Servings

Nutrition Facts

215 calories,
5 grams fat

Ingredients

- 200 Grams (7 oz.) Top Sirloin Steak
- 200 Grams (7 oz.) Broccoli
- 2 Cups Beef Broth
- Rosemary Sprig
- Pepper
- Salt
- Garlic Powder
- Onion Powder

Instructions

Bring steak to room temperature. Trim off any excess fat. Season both sides liberally with salt and pepper. Heat Cast Iron or thick bottomed non-stick skillet over medium high heat. Add steak and sear each side 3-4 minutes. Remove steaks from skillet and set aside covered with foil to keep warm. Turn heat to med. Add Beef Broth to skillet and bring to boil. Add broccoli, rosemary sprig with seasoning to taste. Boil broccoli for 3-5 minutes. Serve Steak with Broccoli on the Side.

Beef Chili

Prep Time: 20 Minutes

Cook time: 45 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 279 calories

Total Fat: 12g

Ingredients

- 82 Grams 90% Lean Organic Ground Beef
- 1/2 Small Yellow Onion Chopped
- 1 Clove Minced Garlic
- 1 Tbsp Minced Jalapeño
- 8 oz (1/2 Can) Diced Tomato
- 1 Tbsp Chili Powder
- 1/2 tsp Cumin
- 1/4 tsp Paprika
- 1/2 tsp Red Pepper Flakes
- 1/2 cup Organic Beef Broth
- 1 Tbsp Chopped Parsley

Instructions

Heat Cast Iron or Thick bottomed skillet over medium high heat. Add Beef and cook until browned. Remove beef from pan with slotted spoon and set aside on paper

towel lined plate. Turn heat to med. Add red pepper flakes to pot to get acquainted with oil in skillet for 1 minute. Add Onions and jalapenos. Cook until onions begin to soften. Add garlic, chili powder, cumin, and paprika. Cook for 5-8 minutes, stirring frequently. Brown bits from the spice and the vegetables should begin to cling to the bottom of the skillet. Deglaze with beef broth, making sure to scrape all brown bits from bottom of pan with a wooden spoon. Cook to simmer for 2 minutes. Add diced tomato and cooked beef. Cook to simmer for 40 minutes. Garnish with chopped parsley.

Meatloaf

Prep Time: 15 Minutes

Cook time: 20 Minutes

Yield

4 Servings

Nutrition Facts

Calories: 203

Total Fat: 6 grams

Ingredients

- 1 pound Extra Lean Ground beef (96%) for each serving
- 4 servings Melba toast crumbs
- 1 NUTRAVIT ketchup recipe (see recipe below)
- 1/4 cup chopped onion
- 4 cloves minced garlic
- Cayenne to taste
- 1/2 teaspoon paprika

NUTRAVIT Ketchup Recipe

- 3 ounces tomato paste
- 3 tablespoons apple cider vinegar
- 1 tablespoon lemon juice
- 1/4 teaspoon celery salt
- 1/2 teaspoon paprika
- 1/4 teaspoon mustard powder
- Pinch of nutmeg and clove
- Pinch of black pepper
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- Stevia or to taste

Ketchup Directions:

Dissolve spices in vinegar and lemon juice. Add tomato paste and mix thoroughly. Add additional lemon juice, vinegar or a little water until desired consistency is reached.

Meatloaf Directions:

Crush Melba toast into fine powder. Mix with the ground beef, chopped onion and spices. Place in a baking dish, loaf pan or muffin tin for single servings. Baste with ketchup recipe mixture and bake at 350 for 15-20 minutes. Cook longer for multiple servings using a loaf pan. Phase 2 variations: Use apple pulp after juicing to make meatloaf sweet and moist. Just count it as a fruit serving and enjoy the juice as an apple virgin martini or sparkling soda.

Beef Taco Lettuce Wraps

Prep Time: 10 minutes

Cook Time: 10 minutes

Yield

1 Serving

Nutrition Facts

Calories: 143

Total Fat: 1.6g

Ingredients

- 100 grams Extra Lean Ground beef
- Lettuce leaves
- 1 tablespoon finely minced onion
- 1 clove crushed and minced garlic
- Dash of garlic powder
- Dash of onion powder
- Dash of dried [oregano](#)
- Fresh chopped cilantro to taste
- Cayenne pepper to taste
- Salt and black pepper to taste

Instructions

Brown ground beef. Add onion, garlic, and spices and a little water and simmer gently for 5-10 minutes. Add salt to taste. Serve taco style in butter [lettuce](#) or romaine leaf mock tortillas or with a side of tomatoes or salsa.

Rosemary Garlic Steak

Prep Time: 4 hours - overnight minutes

Cook Time: 20 minutes

Yield

1 Serving

Nutrition Facts

Calories: 205

Total Fat: 4g

Ingredients

- 100g steak
- 1 T rice vinegar
- 1 T rosemary
- 1 t garlic paste (3-5 cloves minced)
- 1/2 t crushed red pepper

Instructions

In small dish, add rice vinegar. Add steak and coat. In small bowl, combine rosemary, garlic, red pepper. Rub on both sides of steak. Place steak in small dish, cover, and refrigerate 4 hours - overnight. Grill to desired doneness.

Crockpot Roast

Prep Time: 10 minutes

Cook Time: Several hours

Yield

1 Serving

Nutrition Facts

Calories: 270

Total Fat: 7g

Ingredients

- 100g steak
- Onion soup mix (see below)
- 1 c beef broth
- Black pepper to taste

Onion Soup Mix

- 1/2 c dehydrated minced onion
- 1 T onion powder
- 1/2 t celery seed

Onion Soup Instructions

Combine all ingredients and store in air-tight container.

Roast Instructions

Add steak to Crockpot. Cover with remaining ingredients. Cook for several hours until reaches desired doneness. Serve.

Biz's Thai Cucumber Beef Salad

Prep Time: 60 minutes

Cook Time: 20 minutes

Yield

1 Serving

Nutrition Facts

Calories: 198

Total Fat: 5g

Ingredients

- 100g steak
- 1 t red pepper flakes
- 2-3 cloves minced garlic or 1 t garlic paste
- 1/4 t ground white pepper
- 2-3 T water
- 100g cucumber
- half lemon
- chopped cilantro

Instructions

Peel, seed and slice cucumber. In small dish, combine cucumber, juice of 1/2 lemon, and chopped cilantro. Toss. Cover & refrigerate to marinate while preparing the rest of the dish. Preheat pan over MED-HI heat. Slice steak into very thin slices. In small bowl, place steak, red pepper flakes, garlic, and white pepper. Be sure to coat steak well. Place steak in pan with water. Stir fry for 2-5 minutes depending on how you like your steak cooked. Serve immediately while hot over cold cucumbers.

Meatballs

Prep Time: 15 minutes

Cook Time: 15 minutes

Yield

1 Serving

Nutrition Facts

Calories: 289 (w/ marina sauce)

Total Fat: 6g

Ingredients

- 100g steak (ground into hamburger)
- 1 grissini (ground into powder)
- 1 T milk
- Parsley
- onion powder
- basil
- oregano
- garlic
- salt
- pepper

Instructions

Preheat oven to 425. In bowl, combine all ingredients. Form into 1" meatballs (makes about 6-7). Place in baking dish or non-stick baking sheet and cook 10 minutes turning halfway through cooking time.

Use a glass baking dish to make these as they seem to want to stick less. Also, if you want to brown them more after cooking, you can broil them for 1-2 minutes each side.

These also can be frozen in a freezer bag and then warmed up before serving.

Top with marinara sauce.

Crockpot Swiss Steak

Prep Time: 20 minutes

Cook Time: Several Hours

Yield

1 Serving

Nutrition Facts

Calories: 200

Total Fat: 10g

Ingredients

- 100g steak
- 1 T shake 'n bake
- 1 T liquid aminos

- 3-4 cloves minced garlic
- 1 stalk celery – sliced
- 1 onion – sliced
- 1 tomato – diced
- 1/2-1 c beef broth

Instructions

Preheat pan over MED-HI heat. Sprinkle steak with liquid aminos. Dip steak in shake 'n bake, coating both sides. Add steak to pan and brown on both sides. Transfer steak to Crockpot. Cover with garlic, celery, onions, and diced tomato. Top with beef broth. Don't stir! Cover and cook on low until reaches desired doneness. When done, serve immediately, and cover with juices from Crockpot.

NOTE: This dish includes 3 vegetables which are meant only for flavor. When finished cooking, you can discard veggies, or choose to eat just one of them.

Flank Steak

Prep Time: 25 minutes

Cook Time: 25 minutes

Yield

1 Serving

Nutrition Facts

Calories: 288

Total Fat: 7g

Ingredients

- 3.5 oz Flank Steak
- Spinach
- Garlic
- Parsley
- Chicken Broth
- Nutmeg
- Salt and pepper

Ingredients

Preheat oven to 350. Pound flank steak until 1/4-1/2" thick. Salt and pepper both sides. In a food processor, puree spinach garlic and parsley with enough chicken broth to create a paste. Spread paste on one side of the Flank Steak. Sprinkle nutmeg sparingly. Roll up Flank Steak and either tie with string or use toothpicks to secure. Make sure that when you roll it up the fibers are lengthwise so that when you cut into it, it will be against the grain. Place face down in pan and bake until desired doneness. Divide the total weight of the steak by 3.5 so you know how many portions it should be cut into.

Balsamic Mustard Crusted Steak

Prep Time: 10 minutes

Cook Time: 15-20 minutes

Yield

1 Serving

Nutrition Facts

Calories: 250

Total Fat: 6g

Ingredients

- 3.5 ounces filet or London broil
- 1 t. mustard powder
- 2 t. balsamic
- 1/4 t salt
- 1/2 t freshly ground black pepper
- 2 garlic cloves (minced)

Instructions

Mix all seasoning in a mixing bowl. Line a broiler pan with foil and place steak on top. Coat evenly with mustard mixture and let stand 10 minutes. Broil steak to desired doneness. 3 to 4 minutes per side for medium-rare. Let stand 5 minutes before slicing and serving.

Marinated London Broil Steak & Salsa

Prep Time: 70 minutes

Cook Time: 15-20 minutes

Yield

1 Serving

Nutrition Facts

Calories: 200

Total Fat: 3g

Ingredients

- 3.5 ounces London broil
- 1/3 cup balsamic vinegar
- 2T. dried Oregano
- 3T. garlic powder

- 1/4 t salt
- 1/4 t pepper
- 2 cups diced tomatoes

Instructions

Marinate London broil with all seasons for 1 hour. Season diced tomatoes and place 1/2 in the middle of the plate. Broil or grill steak to your temperature. Place on top of salsa and add the remainder salsa.

Lemon Pepper Beef and Cabbage

Prep Time: 15 minutes

Cook Time: 15 minutes

Yield

1 Serving

Nutrition Facts

Calories: 222

Total Fat: 7g

Ingredients

- 100 grams lean ground beef or steak
- 2 cups minced cabbage
- 1 cup beef broth
- 1 Tbs. minced onion
- A sprinkle of onion and garlic powder
- 2 lemon slices (with rind)
- 1 bay leaf
- Freshly ground black pepper to taste
- 1/2 cup water (or more as needed)

Instructions

Brown the ground beef with the onion. Pat off any excess oil carefully. Sprinkle spices on the meat and add beef broth, bay leaf, and lemon slices. Bring to a boil and add cabbage and water. Sprinkle liberally with fresh ground pepper and simmer until water is absorbed and the pan begins to brown. Add a little more water to deglaze the pan and continue cooking until cabbage is tender and most of the liquid is absorbed again. Remove lemon slices and bay leaf and serve hot. Garnish with a lemon wedge and additional black pepper.

Veal Picatta

Prep Time: 10 minutes

Cook Time: 15minutes

Yield

1 Serving

Nutrition Facts

Calories: 219

Total Fat: 4g

Ingredients

- 100 grams organic veal cutlet
- 1 serving Melba toast crumbs
- 1/4 cup organic vegetable broth or water
- 2 Tbsp caper juice
- 2 Tbsp lemon juice
- 1 clove of garlic, crushed and minced
- Pinch of paprika
- 1 bay leaf
- Salt and black pepper to taste

Instructions

Mix Melba toast crumbs with paprika, salt and pepper. Dip veal cutlet in lemon juice and coat with herbed Melba toast crumbs. Fry veal cutlet in a little lemon juice on high heat until cooked thoroughly. Set aside cooked veal cutlet. Deglaze the pan with vegetable broth, lemon and caper juice and add chopped garlic and bay leaf. Cook for 1-2 minutes.

Remove bay leaf. Top the veal cutlet with remaining lemon sauce and garnish with lemon slices.

Veal Marinara

Prep Time: 10 minutes

Cook Time: 25 minutes

Yield

1 Serving (1 protein, 1 fruit or vegetable, 1 Melba toast)

Nutrition Facts

Calories: 259

Total Fat: 4g

Ingredients:

- 100 grams veal cutlet
- 1 serving Melba toast crumbs
- 1 recipe marinara sauce
- 1 tablespoon finely minced onion
- 1 clove of garlic crushed and minced
- ¼ teaspoon dried basil

- 1/8 teaspoon dried oregano
- Pinch of marjoram
- Salt and pepper to taste

Instructions

Mix Melba toast crumbs with dry spices. Dip cutlet in water or lemon juice and coat with crushed Melba spice mixture. Fry on high heat without oil. Top with marinara sauce and bake in 350 degree oven for 20 minutes. Add a little water to the bottom of the pan if necessary. Garnish with fresh basil, parsley, leftover Melba spice mixture and salt and pepper to taste.

NUTRAVIT DIET FISH RECIPES

Grilled Marinated Shrimp

Prep Time: 60 Minutes

Cook time: 10 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 17

Fat: 3g

Ingredients

- 1/4 cup chopped fresh cilantro
- 1 lemon, juiced
- 3 cloves garlic, minced
- 1 teaspoon salt
- 1 teaspoon ground black pepper or cumin
- 6 oz large medium cooked shrimp, peeled and deveined with tails attached

Instructions

In a zip plastic bag, combine the shrimp with the salt, cumin or pepper, garlic, lemon, cilantro. Seal, and marinate in the refrigerator for 15 min to 1 hour (Longer is better!) Preheat grill for medium-low heat. Cook shrimp for 5 minutes per side, or until opaque

Instructions

Mix chicken, apples and lemon juice. Sprinkle with Stevia and cinnamon. Chill for 20 minutes. Serve over lettuce. Use Lettuce as a wrap

Italian Herb Fish with Broccoli

Prep Time: 10 Minutes

Cook time: 10 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 200

Fat: 1g

Ingredients

- 3 ½ oz White fish
- 3 ½ oz Broccoli chopped
- 1 Tomato peeled and cut into small pieces
- Basil, thyme, oregano. Fresh or dried.
- ½ lemon

Instructions

Place salt, pepper, herbs and spices in the bottom of a skillet. Add fish, drizzle with lemon. Add broccoli and tomato pieces with a few tbs of water and simmer till fish is thoroughly cooked. The tomatoes simmer with the herbs and make a tomato marinara flavored sauce. Pour juices over fish and garnish with lemon wedge.

Asian Lime Whitefish

Prep Time: 40 Minutes

Cook time: 10 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 179

Fat: 2g

Ingredients

- 100g whitefish of your choice
- 1 1/2 t liquid aminos
- 1/4 t grated fresh ginger
- lime wedge(s)
- sea salt & pepper

Instructions

In a small shallow bowl, mix together the marinade of lime juice (from lime wedge or two - up to half of lime), liquid aminos, and grated ginger.

Place the fish in the bowl and coat both sides with marinade and desired amount of

sea salt and pepper. Cover with saran wrap. Place in the fridge for about 30 minutes. Preheat non-stick pan over med-high. Pour marinade & fish into pan. Cook about 3-6 minutes on each side, depending on the thickness of the fish, until browned or done to preference.

Lemon Oregano Whitefish Packet w/ Asparagus

Prep Time: 10 Minutes

Cook time: 20 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 210

Fat: 3g

Ingredients

- 100g Whitefish
- Asparagus (allowed amount)
- Juice of One Lemon
- 1 tsp Oregano
- Salt and Pepper to taste

Instructions

Preheat the oven to 400F. Snap off woody ends of asparagus and discard. Tear off a large sheet of non-stick aluminum foil. In the center of this sheet, place asparagus spears and sprinkle with salt/pepper. Place whitefish on top of asparagus. In small bowl, combine lemon juice & oregano, and pour over fish. Fold up edges and completely seal packet on all sides. Bake 10-20 minutes, until fish flakes.

Fish Taco Salad

Prep Time: 10 Minutes

Cook time: 15 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 200

Fat: 1g

Ingredients

- 100 grams cod or other whitefish
- Onion powder
- Garlic powder
- Salt
- Cumin
- Chopped cabbage (raw)
- Lime juice
- Sliced Radish
- Chopped Cilantro
-

Instructions

Beat fish into a flat filet and season with spices - use saran wrap with mallet to pound fish to 1/2" thickness. Place fish in a hot non-stick skillet for a few minutes, turn over, wait for a couple of minutes and add some water. Swirl in water to get the caramelized look. Take it out of pan and crumble it. Mix everything together. Top with lime juice, sliced radish and cilantro.

Ceviche

Prep Time: 20 Minutes

Cook time: 60 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 135

Fat: 10g

Ingredients

- 100 grams chilled cooked white fish or shrimp
- 3 tablespoons lemon or lime juice
- 1 tomato seeded and diced
- 1 tablespoon chopped onion
- 1 clove garlic crushed and minced
- Fresh chopped cilantro
- Dash hot sauce
- Salt and pepper to taste

Instructions

Steam the shrimp or fish. Add lemon, onion, garlic and chopped cilantro. Stir in diced tomatoes and hot sauce. Chill and marinate the ingredients in the refrigerator for 1-3 hours.

NUTRAVIT DIET EGG RECIPES

Apple Cinnamon Omelet

Prep Time: 5 Minutes

Cook time: 20 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 190

Fat: 6g

Ingredients

- 1 whole egg
- 2 egg whites
- 1 apple
- 1 tablespoon cinnamon
- 1 tablespoon sweetener, to taste

Instructions

Slice the apple into desired portions. Sprinkle with sweetener and cinnamon. Bake, microwave or stove top cook it to your desired consistency.

Mix the eggs together and make your omelet and use your apple to fill it.

Note: You can omit 1 egg white and add a tablespoon of cottage cheese for a creamy cheese texture.

Asparagus Frittata

Prep Time: 10 Minutes

Cook time: 20 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 146

Fat: 6g

Ingredients

- 3 egg whites
- 1 whole egg
- asparagus (allowed amount)
- 1-2 clove minced garlic
- 1 tablespoon dehydrated minced onion
- 1 tablespoon water
- 1 teaspoon parsley

- salt and pepper to taste
- drop Tabasco optional

Instructions

Preheat pan over MED heat. Snap woody ends off asparagus and discard. Snap each asparagus spear into 2-3 pieces. Add to pan with garlic & heat through until tender. Preheat oven to 400. In bowl, mix eggs & water. Add asparagus, minced onion, parsley, salt/pepper. Pour egg mixture into non-stick baking dish. Place in oven and cook 10-15 minutes until done. 8. Top with Tabasco (optional) and serve.

Spinach Omelet

Prep Time: 5 Minutes
Cook time: 20 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 180

Fat: 4g

Ingredients

- 1 whole egg
- 2 egg whites
- 1 cup spinach (fresh or frozen thawed with water squeezed out)
- 1 medium yellow onion

- Salt and pepper to taste
- Dash of nutmeg optional

Instructions

Cook onion and spinach together in non-stick skillet. Beat egg and whites together with salt and pepper and nutmeg if used. Once vegetables are wilted pour eggs over and cover and cook over medium heat until desired doneness.

Creamy Asparagus Omelet

Prep Time: 5 Minutes
Cook time: 5 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 175

Fat: 4g

Ingredients

- 1 whole Egg
- 2 counts Egg Whites
- 2 ounces Cottage Cheese No Fat is Best
- 1 cup asparagus

Instructions

Pre-heat a nonstick fry pan over medium-high heat. Add asparagus and heat through, moving it constantly in the pan. Beat together the 2 egg whites and one whole egg, and pour over the asparagus, swirling the pan to cover the bottom evenly. Cook for 3-4 minutes until your egg is almost completely cooked through. Spoon cottage cheese over 1/2 of the omelet, and fold the omelet in half in the pan. Heat through for another 1-2 minutes and then turn out onto a plate. Serve Hot!

Deviled Eggs

Prep Time: 10 Minutes

Cook time: 10 Minutes

Yield

6 Servings

Nutrition Facts

Calories: 68 per serving

Fat: 3g

Ingredients

- 6 eggs
- 2 tablespoons low-fat cottage cheese
- 1 green onion, thinly sliced
- salt to taste
- hot sauce to taste

Instructions

Place eggs in a large saucepan, fill with hot water and bring to a boil. Remove from heat, cover and allow to cook for about 10 minutes. Transfer pan to sink and run eggs under cold water. When cooled, peel eggs and cut them lengthwise. Carefully remove yolks, discarding three of them. Place remaining yolks in a small bowl with cottage cheese. Mash with a fork until smooth, then add salt and hot sauce to taste. Spoon yolk mixture into egg white halves and top with green onion.

Egg Salad Wrap

Prep Time: 5 Minutes

Cook time: 5 Minutes

Yield

1 Serving

Nutrition Facts

Calories: 119

Fat: 6g

Ingredients

- 3 hard boiled eggs
- mustard
- 1 tablespoon acv
- 1-2 leaf romaine
- dash salt
- dash pepper

Instructions

Discard 2 yolks. Mash up eggs. Add mustard, acv, salt and pepper. Mix all together and wrap in romaine leaves.

NUTRAVIT DIET DESSERT RECIPES

Apple Crisp

Prep Time: 15 minutes

Cook Time: 22 minutes

Yield

1 Serving

Nutrition Facts

Calories: 75

Total Fat: 2g

Filling Ingredients

- 1 apple
- 1/2 small lemon
- 1 T water
- 2 tsp zsweet/granulated sugar substitute (adjust amount if not using zsweet)
- Cinnamon

Topping Ingredients

- 1 grissini (bread stick)
- 1 tsp milk

- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp pumpkin pie spice

Instructions

Preheat oven to 400

Peel, core and chop apple and place in small baking dish. With food processor or coffee grinder, grind grissini into powder. Mix in cinnamon, nutmeg and pie spice. Add the milk in 1/4 tsp increments. Stir slowly until mixture becomes a slightly moist crumbly topping consistency. Sprinkle over top of filling and bake 20 minutes after covering dish. Remove cover and broil for 1 -2 minutes until topping is crispy. Serve immediately.

Baked Apple

Prep Time: 10 minutes

Cook Time: 60 minutes

Yield

1 Serving

Nutrition Facts

Calories: 60

Total Fat: 0g

Ingredients

- 1 apple
- cinnamon
- ground cloves
- ground nutmeg
- water

Instructions

Preheat oven to 350. Core apple leaving about 1" in bottom. Do NOT core all the way through. Place apple in baking dish. Fill apple with 1/4 t cinnamon, 1/8 t ground cloves, dash nutmeg, and 2 t water (water should almost reach top of apple - adjust as needed). Pour 1/2 c water, 1/2 t cinnamon, 1/4 t ground cloves, and 1/2 t nutmeg around apple in the baking dish. Bake for 45 mins - 1 hour. Serve immediately.

Applesauce

Prep Time: 20 minutes

Cook Time: 2 hours

Yield

1 Serving

Nutrition Facts

Calories: 65

Total Fat: 0g

Ingredients

- 1 apple
- 3 T water
- Cinnamon (optional)
- Stevia (optional)

Instructions

Peel, core, and dice apple. Place diced apple in mini-Crockpot and add water. Add cinnamon. Cook at least two hours. When finished, mash with spoon or fork, or place in blender to reach desired consistency. Serve warm or refrigerate and serve cold.

Chocolate Ice Cream

Prep Time: 15 minutes

Cook Time: 0 minutes

Yield

1 Serving

Nutrition Facts

Calories: 40

Total Fat: 2g

Ingredients

- 4 drops of chocolate Stevia
- 1 Cup crushed ice
- Allotted Milk

Blend in a blender, Magic Bullet, or Vita-Mix, until you get “snow” Add your allotted milk and enjoy!

Orange Julius

Prep Time: 15 minutes

Cook Time: 0 minutes

Yield

1 Serving

Nutrition Facts

Calories: 60

Total Fat: 0g

Ingredients

- 1 orange
- 5-10 drops vanilla crème liquid Stevia (to taste)
- ice
- water (as needed)

Instructions

Peel orange and place orange sections in blender. Add about a handful of ice. Blend. Add vanilla crème Stevia. Blend to desired consistency. Add water as needed.

TIP: Place this in the freezer for about 1 hr after preparing and have an on protocol version of orange sherbet.

Strawberry Sorbet

Prep Time: 15+ minutes

Cook Time: 0 minutes

Yield

1 Serving

Nutrition Facts

Calories: 65

Total Fat: 0g

Ingredients

- Allotted amount of strawberries
- Juice of 1 lemon
- sugar substitute (as needed)
- water (if needed)

Instructions

Freeze fresh strawberries about 1 hour. Blend fresh frozen strawberries, lemon juice & sugar substitute in blender until very well blended. You can serve immediately or place in freezer to allow it to firm up even further.

Broiled Cinnamon Grapefruit

Prep Time: 10 minutes

Cook Time: 10 minutes

Yield

1 Serving

Nutrition Facts

Calories: 30

Total Fat: 0g

Ingredients

- 1/2 grapefruit
- cinnamon to taste (optional)
- zsweet (as needed)

Instructions

Take a knife around the inside peel of the grapefruit so that it cuts out the grapefruit from the peel. Separate the sections and place in a bowl. (It's best if the grapefruit is really juicy. If it's not, sprinkle with a bit of water to moisten.) Sprinkle with zsweet and cinnamon. Toss, then place back into grapefruit peel. Broil for about 3-5 minutes until caramelized.

EATING ON THE NUTRAVIT DIET

NUTRAVIT Diet Total Daily Food Allowance

- 2 portions of fruit (1 Apple, 1 Orange, = Grapefruit, or handful of Strawberries)
- 2 very large portions of vegetables (Spinach, Chicory, Chard, Beet Greens, Green Salad, Celery, Tomatoes, Red Radishes, Onions, Cucumbers, Asparagus or Cabbage)
- 2 portions of protein (100 grams for lunch and 100 grams for dinner) CHOICES: Veal, Chicken Breast, White Fish, Lobster, Crab or Shrimp. NO BEEF, NO PORK, NO SAUSAGE OR BURGERS OF ANY KIND.
- 2 portions of Carbohydrates (1 piece melba toast or 1 small bread stick)
- Any quantity of non-caloric fluid

DO NOT TAKE LAXATIVES OR DIARETICS ON NUTRAVIT DIET YOU WILL NOT LOSE WEIGHT!

The juice of one lemon is allowed daily. Salt, pepper, vinegar, mustard powder, garlic, sweet basil, parsley, thyme, marjoram etc. for seasoning, but no butter, oil or dressing. Tea, coffee, plain water or mineral water are the only drinks allowed. You should drink at least 2 liters of these fluids per day. The fruit or breadstick may be eaten between meals instead of with lunch or dinner, but no more than four items listed at lunch or dinner may be eaten at one meal.

NUTRAVIT DIET SAMPLE DIET DAY

| TIME | MEAL | WHAT TO EAT |
|-----------------|-------------|--|
| 9:00 AM | Breakfast | Have any non-caloric fluid like coffee, tea, diet soda or Crystal Light (one tablespoon skim milk permitted) |
| 11:00 AM | Snack | One piece of fruit that (on the list) |
| 12:30 PM | Lunch | 1 serving of vegetable and 1 serving of protein and 1 serving of carbohydrate |
| 3:30 PM | Snack | Another serving of fruit |
| 6:30 PM | Dinner | 1 serving of vegetable and 1 serving of protein and 1 serving of carbohydrate |
| 8:00 PM | Evening | A cup of tea, diet soda (don't forget to increase your water intake) |

After dedicating yourself to the daily 500-calorie diet and the NUTRAVIT DIET DROPS, you'll have better eating habits for the rest of your life and once you've achieved your target weight, it's a good idea to leave the drastic diet but maintain a sustainable, healthy lifestyle.