

The Fast Metabolism Diet

EAT MORE FOOD & LOSE MORE WEIGHT

PHASE 2 RECIPES

PHASE 2 CRASH STASH

During Phase 2, snack time is all about lean meat, and my favorite easy Crash Stash form is jerky. However, a lot of jerky can be filled with preservatives like nitrates. While some places have nitrate-free jerky (but look out for sugar in the ingredient list; I like the Shelton's brand), it's also really easy to make your own. I had a client who loved jerky, so she made enough at one time for all eight days and sixteen snacks she needed for Phase 2 days. She helped me write the homemade jerky recipe for this book, which you can find on page 210.

My friend's only challenge was keeping her family away from that scrumptious homemade jerky. Finally, I told her to portion it out in freezer bags, then put them in a brown paper bag in the freezer labeled "Yucky Phase 2 Snacks." It worked! She got away with it, and now her family can't believe how much weight she's lost. You can do what she did, right down to the family fake-out. It's totally worth it to have homemade jerky available for every Phase 2 snack.

Many of my clients love to wrap slices of nitrate-free deli meat around a few celery sticks, asparagus spears, or any other portable Phase 2 veggie. You can

simply buy a package of sliced roast beef or turkey, divide it into ziplock bags (about 3 to 4 thin slices per bag) with some veggies, then stash the bags in the refrigerator for easy, ready-made snack packs.

PHASE 2 BREAKFASTS

Spanish Egg White Scramble

Egg White, Mushroom, and Spinach Omelet

Turkey Bacon with Celery, Sea Salt, and Lime

PHASE 2 SALADS, SANDWICHES, AND SOUPS

Tuna Salad–Stuffed Red Pepper

Tuna and Cucumber Salad

Steak and Spinach Salad

Roast Beef, Horseradish, and Cucumber Wrap

Roast Beef, Mustard, and Lettuce Wrap

Steak and Asparagus Lettuce Wrap

Sliced Chicken Wrap

Chicken and Veggie Soup

Beef, Kale, and Leek Soup

Southwestern Beef and Cabbage Soup

Phase 2 Salad Dressing and Veggie Dip

PHASE 2 MAIN COURSES

Spicy Red Pepper Fish with Lemon-Garlic Kale

Broiled Halibut with Broccoli

Baked Cinnamon-Mustard Chicken and Lemon-Garlic Spinach

New York Strip Steak with Steamed Broccoli

Stuffed Red Bell Pepper

Pepperoncini Pork Roast

PHASE 2 SNACKS

Turkey Jerky

Smoked Salmon and Cucumbers

Oysters Canapé

Roast Beef-Stuffed Green Chile Pepper

Oysters on the Half Shell

Stuffed Mushrooms

SPANISH EGG WHITE SCRAMBLE

PHASE 2

Serves 1

1 tablespoon chopped onion

1 tablespoon chopped shallot

1 tablespoon minced garlic

1 tablespoon minced green chile pepper

½ cup chopped fresh spinach

3 egg whites (or ½ cup egg whites)

¼ teaspoon dried or 1 teaspoon fresh cilantro or parsley

¼ teaspoon crushed red pepper flakes

Pinch of sea salt

In a nonstick pan, heat a teaspoon of water and cook the onion, shallot, garlic, and chile until soft. Stir in the spinach until wilted. Mix in the egg

whites and scramble. Allow the eggs to cook until desired consistency. Sprinkle with parsley, red pepper flakes, and salt before serving.

EGG WHITE, MUSHROOM, AND SPINACH OMELET

PHASE 2

Serves 1

1 tablespoon chopped onion
1 tablespoon chopped shallot
1 tablespoon minced garlic
½ cup chopped fresh spinach
⅓ cup chopped fresh mushrooms
3 egg whites (or ½ cup egg whites)
Pinch of sea salt

Heat the onion, shallot, and garlic in a nonstick skillet until soft. Stir in the spinach and mushrooms, cooking until the spinach wilts. Mix in the egg whites and scramble. Allow the eggs to cook until desired consistency. Sprinkle with sea salt before serving.

TURKEY BACON WITH CELERY, SEA SALT, AND LIME

PHASE 2

Serves 1

4 slices nitrate-free turkey bacon (approximately 3 to 4 ounces)
2 long celery stalks
1 teaspoon lime juice
Sea salt to taste

Cook the turkey bacon in a nonstick pan or skillet for 4 minutes on one side and 3 minutes on the other. Season the celery stalks with lime juice and salt. Serve together.

TUNA SALAD–STUFFED RED PEPPER

PHASE 2

Serves 2

5-ounce can tuna, packed in water
3 small Persian cucumbers, finely chopped
½ cup fresh basil, cut in chiffonade
2 tablespoons finely chopped red onion
2 tablespoons lemon juice
1 tablespoon prepared mustard
Pinch of sea salt
Pinch of black pepper
1 red bell pepper, washed, halved, and cored

Drain the tuna. Put into a small mixing bowl and add the cucumbers, basil, and onion. Stir well. Fold in the lemon juice, mustard, salt, and pepper. Spoon the tuna mixture into the red pepper halves. Serve and enjoy!

TUNA AND CUCUMBER SALAD

PHASE 2

Serves 2

5-ounce can tuna, packed in water
3 small Persian cucumbers, chopped
½ cup basil, cut in chiffonade
2 tablespoons minced red onion
2 tablespoons lemon juice
1 tablespoon prepared mustard
Pinch of sea salt
Pinch of black pepper
2 cups chopped fresh spinach, cabbage, or kale
4–8 tablespoons Phase 2 Salad Dressing (page 205)

Drain the tuna well and put in a small mixing bowl. Stir in the cucumbers, basil, onion, lemon juice, and mustard. Add salt and pepper to taste. Serve the tuna salad over a bed of spinach, cabbage, or kale. Drizzle with dressing.

STEAK AND SPINACH SALAD

PHASE 2

Serves 1

4 to 5 ounces New York strip steak
½ teaspoon minced garlic
½ teaspoon sea salt
⅛ teaspoon pepper
2 cups chopped fresh spinach
½ cup chopped cucumber
¼ cup chopped red onion
¼ cup chopped red or green chile pepper
¼ cup chopped red bell pepper
½ lime, squeezed
1 to 2 tablespoons fresh cilantro
2 to 4 tablespoons Phase 2 Salad Dressing (page 205)

Preheat the broiler, and put the broiler pan in to get hot. Trim excess fat off the steak. Rub both sides of the steak with the garlic, salt, and pepper.

Place the meat in the hot broiler pan and broil to desired doneness, 7 to 15 minutes (you can butterfly or slice the steak in half if you want it well done without charring the outside).

While the steak broils, toss the spinach, cucumber, onion, chile, and bell pepper together in a large salad bowl. Top the mixture with the lime juice and cilantro. Set aside.

Slice the steak into 1½-inch strips and serve on top of the salad and veggie mix. Drizzle with dressing before serving.

ROAST BEEF, HORSERADISH, AND CUCUMBER WRAP

PHASE 2

Serves 1

1 to 2 tablespoons prepared horseradish
2 to 3 ounces nitrate-free deli roast beef slices
1 cucumber, peeled and cut into spears
Sea salt, to taste

Spread the horseradish on the roast beef slices and wrap around the cucumber spears. Add salt. Serve and enjoy.

ROAST BEEF, MUSTARD, AND LETTUCE WRAP

PHASE 2

Serves 1

2 to 3 ounces nitrate-free deli roast beef slices
1 to 2 tablespoons prepared mustard
2 to 4 large romaine leaves
Cilantro (optional)
Crushed red pepper flakes (optional)
Lime juice (optional)

Spread the mustard on top of the roast beef slices. Then wrap with the romaine leaves. Sprinkle with cilantro, red pepper flakes, or lime juice and serve.

STEAK AND ASPARAGUS LETTUCE WRAPS

PHASE 2

Serves 2

A 10-ounce beefsteak, cut into strips
8 asparagus spears, trimmed

½ lime, juiced
½ teaspoon minced garlic
½ teaspoon dried or 1 teaspoon fresh cilantro
½ teaspoon sea salt
¼ teaspoon black pepper
¼ teaspoon crushed red pepper flakes
Mustard or balsamic vinegar to taste
4 large romaine leaves

Preheat the broiler and put the broiler pan in the oven.

Make a foil pouch for the steak and asparagus. Whisk together the lime juice, garlic, cilantro, salt, pepper, and red pepper flakes in a small bowl. Drizzle onto the steak and asparagus. Seal the pouch. Put the foil pouch on the broiler pan and broil for 20 to 25 minutes, depending on how well done you like your steak.

Remove the pouch from the oven and carefully open, allowing the heat to escape and the meat to cool.

Pour the pouch liquid into a small bowl and toss with a little mustard or balsamic vinegar.

On a serving plate, arrange 2 romaine leaves. Spoon half the steak and asparagus mixture onto each leaf. Place the remaining 2 leaves on top, roll up, and enjoy!

Note: If you have leftovers or want to double the recipe, set aside the rest of the steak and asparagus for tomorrow's lunch, wrap in lettuce leaves, and drizzle with Phase 2 Salad Dressing (page 205), if desired.

SLICED CHICKEN WRAP

PHASE 2

Serves 1

1 to 2 tablespoons prepared mustard
2 to 3 ounces nitrate-free deli sliced chicken (or turkey)
2 to 3 romaine lettuce leaves
Fresh cilantro (optional)
Crushed red pepper flakes (optional)
Lime juice (optional)

Spread the mustard on the chicken and wrap in the romaine leaves. Sprinkle with cilantro, red pepper flakes, or lime juice before serving.

CHICKEN AND VEGGIE SOUP

PHASE 2

Serves 6 to 8 (single portion: 3 cups)

1 whole chicken or chicken parts, skin removed
1 cup chopped onion
6 to 8 garlic cloves, minced
8 cups chicken broth
8 cups chopped fresh or frozen vegetables, including cabbage, broccoli, celery, spinach, kale, asparagus, leeks, chives, and mushrooms
1 tablespoon parsley or cilantro
1 teaspoon fresh or dried rosemary
½ teaspoon fresh or dried basil
½ teaspoon fresh or dried oregano
¼ teaspoon fresh or dried thyme
1 bay leaf
Sea salt and white and black pepper

Put the chicken in a large soup pot along with the broth and 8 cups of water. Add the vegetables and herbs. Bring to a boil, then lower the heat and simmer for 1 hour.

Let cool, then remove the chicken and debone. Add chicken meat to the soup, reheat, season with salt and pepper, and serve.

BEEF, KALE, AND LEEK SOUP

PHASE 2

Serves 6 to 8

2 pounds boneless stew beef or lamb (or substitute)
4 cups (32 ounces) vegetable broth
4 cups (32 ounces) beef broth
3 cups chopped kale (ribs removed)
2 cups baby spinach
2 cups sliced fresh mushrooms
1 cup chopped leek, green and white parts
1 cup chopped celery
6 green onions, chopped (green and white parts)
¼ cup chopped red onion
1 tablespoon minced garlic
1 tablespoon sea salt
½ teaspoon ground black pepper

Brown meat, then put all ingredients in a slow cooker and cook on low for 6 to 8 hours or on high for 4 to 5 hours.

SOUTHWESTERN BEEF AND CABBAGE SOUP

PHASE 2

Serves 6 to 8 (portion size: 3 cups)

½ cup chopped red onion
2 tablespoons minced garlic
2 pounds boneless stew beef

8-ounce can fire-roasted green chiles, diced
1 tablespoon minced cilantro
½ teaspoon crushed red pepper flakes
½ teaspoon black pepper
4 cups beef broth
4 cups vegetable broth
8 cups water
12 cups shredded green cabbage
2 tablespoons sea salt

In a large nonstick pot over medium heat, cook the onion and garlic with 2 tablespoons water until soft. Add the beef, chiles, cilantro, red pepper flakes, and pepper. Stir until the spices coat the beef.

Pour in the broths, plus 8 cups of water. Increase the heat to high. When the soup comes to a boil, reduce to medium. Add the cabbage and salt. Stirring occasionally, simmer for approximately 1 hour. Serve immediately.

Note: You can also throw everything into a slow cooker and let it cook on low for 6 to 8 hours.

SALAD DRESSING AND VEGGIE DIP

PHASE 2

Makes about ¾ cup

½ cup chopped peeled cucumber
1 garlic clove
3 teaspoons balsamic or apple cider vinegar
2 teaspoons cilantro or parsley
1 teaspoon dill
½ teaspoon Stevia or Xylitol
⅛ teaspoon sea salt

Place all ingredients in a blender and blend until smooth.

SPICY RED PEPPER FISH WITH LEMON-GARLIC KALE

PHASE 2

Serves 1

1 tablespoon lime juice
1 teaspoon chili paste
¼ teaspoon crushed red pepper flakes
½ teaspoon chopped cilantro
Pinch of sea salt
Pinch of ground black pepper
6 ounces white fish fillet (halibut, cod, dory, flounder)

LEMON-GARLIC KALE

1 tablespoon lemon juice
1 teaspoon minced garlic
3 cups chopped kale (thick ribs removed)

In a small mixing bowl, combine the lime juice, chili paste, red pepper flakes, cilantro, salt, and pepper. Put the fish into a foil-lined pan and drizzle marinade over it.

Preheat the oven to 350 degrees. Bake fish, uncovered, for 20 to 30 minutes depending on the thickness of the fish.

While fish bakes, combine 1 tablespoon of water in a nonstick pan with the lemon juice and garlic.

Add the kale and cook on medium-low heat until tender but still bright green.

Season with salt and pepper, and serve with the fish.

BROILED HALIBUT WITH BROCCOLI

PHASE 2

Serves 1

1 teaspoon lime or lemon juice
½ teaspoon Stevia or Xylitol
½ teaspoon dry mustard
Pinch of ground cinnamon (optional)
6 ounces halibut or other white fish fillet
2 cups broccoli florets
Sea salt
Freshly ground black pepper

Preheat the broiler with broiler pan in place.

In a small mixing bowl, combine the lime or lemon juice with the Stevia, mustard, and cinnamon. Rub generously into the fish to flavor it. Using an oven mitt, remove the broiler pan, put the fish on the hot pan, and broil for 12 to 15 minutes, or until fish begins to flake.

While the fish broils, steam the broccoli. Bring 1 to 2 inches of water to a boil in either a steaming double pan or with a wire steaming tray. Cover and steam broccoli for 4 to 6 minutes, or until easily pierced with a fork. Season with sea salt and pepper before serving with the fish.

BAKED CINNAMON-MUSTARD CHICKEN AND LEMON-GARLIC SPINACH

PHASE 2

Serves 6 to 8

2 tablespoons lemon juice
¼ teaspoon ground cinnamon
1 teaspoon dry mustard
1 teaspoon Stevia or Xylitol
2 pounds skinless, boneless chicken breast, washed and patted dry

LEMON-GARLIC SPINACH

1 tablespoon lemon juice
1 teaspoon minced garlic
3 cups baby spinach
Sea salt and black pepper

Preheat the oven to 350 degrees. While it warms, prepare the seasoning for the chicken.

Combine the lemon juice, cinnamon, mustard, and sweetener in a small mixing bowl.

Put the chicken in a baking dish. Pour the seasoning over it, cover the dish with foil, and put in the oven. Bake the chicken for 40 minutes.

Turn up the heat to 400 degrees and remove the foil. Bake, uncovered, for an additional 15 minutes.

Prepare the spinach. In a nonstick pan, use 1 tablespoon of water and the lemon juice to cook the garlic and spinach. Season with salt and pepper.

NEW YORK STRIP STEAK WITH STEAMED BROCCOLI

PHASE 2

Serves 1

5- to 6-ounce New York strip steak (shell steak)
½ teaspoon minced garlic
½ teaspoon sea salt
⅛ teaspoon black pepper
3 cups broccoli florets

Preheat the broiler with broiler pan in place. Trim excess fat off the steak. Rub both sides with the garlic, salt, and pepper. Put the steak on the hot pan and broil to desired doneness, 7 to 15 minutes. (If you want the steak well done without a charred exterior, butterfly the steak or slice the steak in half.)

While the steak is broiling, steam the broccoli. Bring 1 to 2 inches of water to a boil in either a steaming double pan or with a wire steaming tray. Cover and steam for approximately 4 to 6 minutes, or until easily pierced with a fork.

Season with sea salt and pepper before serving with the steak.

Note: I like to make an additional strip steak to slice and serve on a salad for the next day's lunch or dinner.

STUFFED RED BELL PEPPER

PHASE 2

Serves 6

2 pounds lean ground beef
1 cup chopped red onion
1 cup diced celery
3 tablespoons chopped cilantro
3 tablespoons minced garlic
1½ teaspoons sea salt
1 teaspoon ground black pepper
1 teaspoon dried oregano
1 teaspoon dried basil
1 cup baby spinach
6 red bell peppers

Preheat the oven to 375 degrees. In a large nonstick skillet over medium heat, lightly brown the beef and onion. Turn the heat to low and add the celery, cilantro, garlic, salt, black pepper, oregano, and basil. When the beef is completely browned, remove the mixture from the heat and stir in the spinach.

Wash each bell pepper and remove tops, cores, and seeds. Stuff each pepper with ½ to ⅔ cup of the beef mixture. Put the peppers in a glass baking dish and pour 2 tablespoons of water into the bottom. Cover with foil and bake for 50 minutes.

Remove the stuffed peppers from the oven and take off the foil. Turn up the oven to 400 degrees and cook for an additional 10 minutes. Allow to cool somewhat before serving.

PEPPERONCINI PORK ROAST

PHASE 2

Serves 8

2½ pounds boneless pork roast
1 cup minced pepperoncini
1 cup pepperoncini juice
1 teaspoon black pepper
½ teaspoon sea salt
¼ teaspoon dried oregano
¼ teaspoon dried basil
⅛ teaspoon dried rosemary
⅛ teaspoon dry mustard
3 cups chopped broccoli, spinach, or asparagus, steamed

Put all the ingredients except the vegetable in a slow cooker and simmer on low for 6 to 8 hours or on high for 4 to 5 hours. Serve with the steamed broccoli, spinach, or asparagus.

TURKEY JERKY

PHASE 2

Makes 4 to 5 servings

This jerky can also be made with organic beef round steak, buffalo, halibut, or other meat.

1 to 1½ pounds organic turkey breast steaks
¼ cup tamari

Juice of 1 lemon or lime
½ teaspoon onion salt
¼ teaspoon garlic powder
¼ teaspoon black pepper
⅛ teaspoon sea salt
⅛ teaspoon crushed red pepper flakes

Trim and discard all fat from the meat. Cut into strips approximately 5 inches long and ½ inch wide. In a large, resealable plastic bag, combine the remaining ingredients. Add the meat to the bag, seal bag, and toss to coat. Refrigerate and let marinate for 8 hours or overnight.

Drain and discard the marinade. Put the meat in a dehydrator or in the oven on wire racks with a foil-lined baking sheet underneath. Arrange meat strips ¼ inch apart on racks. Bake uncovered at 200 degrees for 6 to 7 hours, or until meat is dry and leathery.

Remove from the oven; cool completely. Refrigerate or freeze in an airtight container.

SMOKED SALMON AND CUCUMBERS

PHASE 2

Serves 1

3 ounces nitrate-free smoked salmon (with no added sugar)
1 to 2 cups sliced cucumbers
1 teaspoon lime juice
⅛ teaspoon dill
Pinch of white pepper

Cut the smoked salmon into thin slices if not already sliced. Drizzle the cucumbers with the lime juice and top with the dill and a sprinkle of white pepper. Serve together.

OYSTERS CANAPÉ

PHASE 2

Serves 2

1 large cucumber
1 3-ounce can oysters packed in water
1 teaspoon lemon juice
Sea salt and pepper to taste

Slice the cucumber into ½ inch slices.

Drain oysters.

Top cucumber slices with oysters and squeeze lemon juice on top.

ROAST BEEF-STUFFED GREEN CHILE PEPPER

PHASE 2

Serves 1

1 to 2 ounces roast beef
1 whole Hatch green chile pepper

Cut top off pepper and stuff with roast beef.

OYSTERS ON THE HALF SHELL

PHASE 2

Serves 1

3 raw oysters

Garnish oysters with horseradish and lemon.

STUFFED MUSHROOMS

PHASE 2

Serves 4

6 ounces lean ground beef
¼ cup minced onion
1 cup minced spinach
1 teaspoon garlic
4 large Portobello mushrooms
Sea salt and pepper to taste
4 tablespoons organic vegetable broth

Brown the first four ingredients in a pan. Divide mixture into four and stuff into the mushrooms. Season with salt and pepper to taste.

Pour 1 tablespoon vegetable broth over each mushroom, cover with aluminum foil and bake at 400 degrees for 15 minutes. Serve hot (or freeze and reheat when ready to eat).