

The Fast Metabolism Diet

EAT MORE FOOD & LOSE MORE WEIGHT

PHASE 3 RECIPES

PHASE 3 CRASH STASH

One of the easiest and yummiest Phase 3 snacks is raw nuts and seeds. They contain both a fat and a protein, and they're perfect for taking along with you wherever you go. One of my clients fills up baggies with all four weeks' worth of snacks at once. She puts a handful of raw almonds, raw cashews, raw pistachios, or raw pumpkin seeds in each of 24 baggies, then puts them in a paper bag labeled "Phase 3 Snacks" and pops them in the fridge. Done!

When appropriate, I also sometimes buy bags of precooked frozen shrimp. I divide them, put 8 to 10 shrimp in each container and add a handful of lemon wedges to each portion, then either freeze or refrigerate (if eating the next day). For the next three days, I've got shrimp cocktail to snack on! Add a few slices of avocado and it's a gourmet-quality snack or a first course for dinner.

PHASE 3 BREAKFASTS

B and B Toast

Cucumber Hummus Toast

Egg and Toast with Tomato and Red Onion

Berry Nutty Oatmeal Smoothie

Berry Nutty Oatmeal

PHASE 3 SALADS, SANDWICHES, AND SOUPS

Endive Tuna Salad

Shrimp Salad

Three-Egg Salad

Olive and Tomato Salad

Phase 3 Salad Dressing and Veggie Dip

Hummus Turkey Roll-Up

Avocado and Turkey Lettuce Wrap

Lentil Stew

PHASE 3 MAIN COURSES

Avocado Quesadillas

Sesame Chicken Stir-Fry

Coconut Curry Chicken

Chicken and Quinoa Risotto

Sesame Chicken and Rice

Baked Salmon and Sweet Potatoes

Avocado Chili

Rosemary Pork Roast with Sweet Potato

Shrimp and Veggie Stir-Fry with Quinoa Pasta

Coconut Pecan-Crusted Halibut with Artichoke and Dip

PHASE 3 SNACKS

Almond Butter–Stuffed Celery

Nutty Jicama with Lime

White Bean and Dill Hummus

Creamy Guacamole

Sweet Potato Hummus and Cucumbers

B AND B TOAST

PHASE 3

Serves 1

1 slice sprouted-grain bread

3 tablespoons raw nut or seed butter

½ cup berries

Pinch of cinnamon

Pinch of Stevia or Xylitol (optional)

¼ to ½ cup raw jicama

½ teaspoon lime juice

Toast the bread. Spread the nut or seed butter on the toast and top with the berries. Sprinkle with cinnamon and sweetener. Serve with raw jicama sprinkled with Stevia and lime juice.

CUCUMBER HUMMUS TOAST

PHASE 3

Serves 1

1 slice sprouted-grain bread
2 tablespoons hummus
½ cup thinly sliced cucumber
½ medium tomato, sliced
1 basil leaf (optional)
Pinch of sea salt
Pinch of black pepper

Toast the bread. Spread with the hummus and top with the cucumber and tomato slices.

Place the basil leaf on top and sprinkle with salt and pepper.

EGG AND TOAST WITH TOMATO AND RED ONION

PHASE 3

Serves 1

1 slice sprouted-grain toast
1 large egg
¼ teaspoon olive or grapeseed oil
½ medium tomato, sliced
¼ red onion, sliced
Sea salt
Black pepper

Toast the bread. Meanwhile, fry the egg in oil. When done, place it on the toast and top with the tomato and onion slices. Add sea salt and pepper to taste.

BERRY NUTTY OATMEAL SMOOTHIE*

PHASE 3

Serves 1

½ cup oats, steel-cut or old-fashioned

¼ cup raw sunflower seeds

½ cup frozen fruit

½ cup ice cubes

1 packet Stevia

Ground cinnamon, to taste

Put the oats in a blender and pulse until it becomes a powder. Add the sunflower seeds and continue to blend until finely ground. Turn off the blender and add 1 cup of water and the remaining ingredients. Blend until smooth.

*Don't forget to eat with a serving of Phase 3 veggies.

BERRY NUTTY OATMEAL*

PHASE 3

Serves 1

I like to make the whole box of oats at one setting and then freeze with the berries, cinnamon, and Stevia in 1½ cup portions. This way, I can easily remove them from the freezer and reheat in minutes. Add the nuts or seeds after reheating.

½ cup steel-cut oats

½ cup fresh berries

¼ cup raw nuts or seeds

Stevia

Ground cinnamon

Add the oats to 1 cup water in a bowl. Cover and soak overnight in the fridge. The next morning, simmer the oats and water in a saucepan for

approximately 30 minutes. When the oats finish cooking, top with the berries, nuts, or seeds. Add Stevia and cinnamon to taste.

*Don't forget to eat with a serving of Phase 3 veggies.

ENDIVE TUNA SALAD

PHASE 3

Serves 1

The entire recipe can be used for lunch, or half of the recipe can be used as a snack.

5-ounce can solid white tuna packed in water

¼ cup chopped red onion

¼ cup diced celery

¼ cup diced cucumber

¼ cup diced grapefruit sections

1 tablespoon hummus

Pinch of sea salt

Pinch of ground black pepper

Fresh endive leaves

Drain the tuna and place in a small mixing bowl. Stir in the onion, celery, cucumber, and grapefruit. Add the hummus and stir until well combined. Top with salt and pepper to taste.

Scoop the tuna salad onto fresh endive leaves and serve.

SHRIMP SALAD

PHASE 3

Serves 1

You can also serve this on an endive boat or a red bell pepper for lunch, or half of the recipe can be used as a snack.

- ½ cup cherry tomatoes, diced
- ¼ cup finely chopped celery
- 1 tablespoon finely chopped red onion
- 2 tablespoons safflower mayonnaise or hummus
- 1 teaspoon lime juice
- ½ teaspoon cilantro or parsley
- 4 to 5 ounces cooked shrimp
- 2 to 4 cups fresh spinach or mixed greens

In a small mixing bowl, combine the tomatoes, celery, and onion. Stir in the mayonnaise, lime juice, and cilantro. Fold in the shrimp.

Serve over spinach or mixed greens.

THREE-EGG SALAD

PHASE 3

Serves 1

- 3 hard-boiled eggs, peeled and 2 yolks removed
- ½ tablespoon safflower mayonnaise
- ¾ tablespoon prepared mustard
- 2 tablespoons diced black olives
- 2 tablespoons diced cucumber
- ½ teaspoon finely chopped red onion (optional)
- Pinch of sea salt
- 2 cups fresh spinach or mixed leafy greens

Chop the egg whites and whole egg. Transfer to a small mixing bowl. Add the mayonnaise and mustard; stir until well incorporated. Add the black olives, cucumber, and onion. Sprinkle with sea salt and stir.

Spoon the egg salad over a bed of spinach to serve.

OLIVE AND TOMATO SALAD

PHASE 3

Serves 1

2 plum or Roma tomatoes, chopped

¼ cup diced mixed olives

¼ cup minced red onion

1 tablespoon olive oil

½ tablespoon balsamic vinegar

5 fresh basil leaves, cut in chiffonade

Sea salt

Black pepper

In a salad bowl, combine the tomatoes, olives, and onion. Toss with the oil and vinegar. Top with the fresh basil, and season to taste with salt and pepper.

SALAD DRESSING AND VEGGIE DIP

PHASE 3

Makes ¼ cup

2 tablespoons sesame oil

2 tablespoons lime juice

1 teaspoon crushed garlic

Sea salt

Black pepper

Mix the ingredients, add salt and pepper to taste. Enjoy as a dressing or dip.

HUMMUS TURKEY ROLL-UP

PHASE 3

Serves 1

2 to 3 slices nitrate-free turkey
2 tablespoons hummus

Spread the hummus directly on the turkey slices, roll them up, and enjoy!

AVOCADO AND TURKEY LETTUCE WRAP

PHASE 3

Serves 1

2 to 4 large romaine lettuce leaves*
2 tablespoons hummus
1 tablespoon salsa of choice
½ cup cooked ground turkey
1 cup arugula
½ avocado, sliced thinly
Sea salt and pepper

Warm the tortilla in a dry skillet or in the microwave. Top it with the hummus and salsa, spreading evenly. Spoon on the turkey. Top with the arugula and avocado, adding salt and pepper to taste. Wrap and enjoy!

*If eating for dinner, you can swap the lettuce leaves with 1 sprouted-grain tortilla, warmed in a dry skillet or microwave.

LENTIL STEW

PHASE 3

Serves 3 (single portion: 1½ cups)

1 tablespoon olive oil
1 small onion, diced
3 garlic cloves, minced
½ cup thinly sliced carrot
Sea salt and black pepper
2 16-ounce cans cooked lentils, drained and rinsed, or 4 cups cooked lentils
Bragg Liquid Aminos, coconut amino acids, or tamari, to taste
¾ cup chicken or vegetable broth

Over medium heat, warm the oil in a 2-quart saucepan. Add the onion and sauté for 7 minutes, until translucent. Add the garlic and sauté for another minute, until fragrant. Add the carrot, salt, and pepper. Cover and stir occasionally until carrot is tender.

Stir in the lentils and Bragg's; simmer for 5 minutes. Add the broth and simmer for 5 more minutes.

AVOCADO QUESADILLAS

PHASE 3

Serves 1

1 sprouted-grain tortilla
Grapeseed oil
Sea salt to taste
Dried or minced fresh oregano, basil, and rosemary
½ avocado, pitted and peeled
Juice of ¼ lime
¼ teaspoon safflower mayonnaise

Preheat the oven to 350 degrees. Lightly spread the tortilla with the oil and sprinkle with the sea salt and herbs. Bake until crispy, approximately 10 minutes.

As the tortilla bakes, combine the avocado, lime juice, and mayonnaise. Remove the tortilla from the oven and spread the mixture on top before serving.

SESAME CHICKEN STIR-FRY

PHASE 3

Serves 6 to 8

1 to 1½ pounds organic skinless, boneless chicken breast
4 tablespoons toasted sesame oil
½ cup chopped red onion
2 tablespoons minced garlic
1 tablespoon grated ginger
¼ teaspoon crushed red pepper flakes
1 teaspoon minced cilantro or dried parsley
1½ cups chopped broccoli
1½ cups chopped zucchini
1½ cups shredded green cabbage
Sea salt
Freshly ground black pepper
¼ cup toasted sesame seeds
4 cups cooked quinoa, warm

Cut the chicken into 1-inch pieces and set aside. Preheat a large nonstick skillet and add 3 tablespoons of the sesame oil. Sauté the onion for 5 to 7 minutes, until soft. Add the garlic and ginger, and sauté for another minute, until fragrant.

Add the chicken, the red pepper flakes, and cilantro to the skillet. Brown the chicken in the oil for a few minutes. Add broccoli and cook for 2 minutes. Add the zucchini and cabbage, and stir-fry until vegetables are the desired tenderness. If needed, add another tablespoon of sesame oil.

Add sea salt and pepper to taste. Sprinkle with toasted sesame seeds and serve over cooked quinoa.

COCONUT CURRY CHICKEN

PHASE 3

Serves 4

- 1 tablespoon olive oil
- 1 medium onion, diced
- 1 teaspoon sea salt
- 2 teaspoons curry powder
- 14-ounce can coconut milk
- 1 cup canned diced tomatoes
- 2 tablespoons tomato paste
- 1 pound boneless, skinless organic chicken breast, cut into 1-inch cubes
- 3 packed cups baby spinach
- ½ cup cooked quinoa, warm

Heat the oil in a large skillet. Add the onion and salt, and sauté over medium heat for about 7 minutes, until translucent. Add the curry powder and sauté for an additional minute, until the spice fully coats the onion.

Incorporate the coconut milk, tomatoes, and tomato paste into the mixture. Stir occasionally for 5 minutes, until sauce slightly thickens. Fold in the chicken and simmer for 5 to 6 minutes, or until cooked through.

Stir the spinach into the mixture and cook for 3 minutes or until wilted.

Add a pinch more salt to taste, if needed.

Serve warm over the quinoa.

CHICKEN AND QUINOA RISOTTO

PHASE 3

Serves 6 to 8

- 1½ pounds boneless, skinless chicken tenders
- 4 tablespoons olive oil
- 1 small onion, thinly sliced

1 red bell pepper, cored, seeded and thinly sliced
1 yellow bell pepper, cored, seeded, and thinly sliced
5 garlic cloves, thinly sliced
Sea salt
Freshly ground black pepper
4 tablespoons hummus
1 cup cooked quinoa
20 leaves fresh basil, cut in chiffonade

Cut the chicken into 1-inch pieces and set aside.

In a large nonstick skillet, heat the olive oil. Add the chicken and sauté for 5 minutes, or until golden brown.

Add the onion and bell peppers. Sauté for 1 or 2 more minutes. Add the garlic and sauté until the peppers become slightly limp but are still brightly colored, about 1 or 2 more minutes. Season to taste with salt and pepper. Remove the pan from the heat.

Stir in the hummus. Add the quinoa and basil, and toss until the basil is wilted. Serve hot.

SESAME CHICKEN AND RICE

PHASE 3

Serves 8

This rice dish is a great way to use up leftover cooked grains. You can use any phase-appropriate grain for this recipe.

2½ pounds boneless, skinless chicken thighs, chopped into 2 inch cubes
2 tablespoons toasted sesame oil
½ cup chopped red onion
1 tablespoon Simply Organic seasoning (mixture of sea salt, mustard, celery seed, garlic, onion, chile peppers, and black pepper) or a similar seasoning that you like
1 tablespoon minced garlic

3 cups trimmed and quartered Brussels sprouts
3 cups cherry tomatoes, halved
½ cup chopped fresh basil
3 teaspoons toasted sesame seeds

RICE

2 cups cooked wild rice
1 cup cooked black barley
1 tablespoon toasted sesame oil

Rinse the chicken and pat dry. Brown it in a large skillet with the sesame oil, onion, seasoning, and garlic. Continue to cook over medium heat until cooked through. Transfer the chicken to a holding plate. Set aside.

In the same pan, add the Brussels sprouts and stir-fry for approximately 1 to 2 minutes. Add the tomatoes and basil, and stir-fry for an additional 1 to 2 minutes.

Meanwhile, for the rice sauté all the grains in the oil. Keep warm.

Add the chicken to the skillet again and stir-fry everything for another 3 to 5 minutes, until the vegetables are cooked to the desired consistency. Sprinkle with the toasted sesame seeds and serve over ½ cup of rice medley.

BAKED SALMON AND SWEET POTATOES

PHASE 3

Serves 1

This recipe can be easily multiplied to serve as many as you like.

1 sweet potato
6 ounces wild-caught salmon fillet
Olive oil
¼ cup lemon juice
⅛ teaspoon sea salt

Crushed red pepper flakes to taste
½ teaspoon onion and/or garlic powder

Preheat the oven to 400 degrees. Wash the sweet potato and put on the oven rack. Bake for about 1 hour or until easily pierced with a fork. Keep oven set at 400 degrees.

Spray or lightly brush the salmon with olive oil. Sprinkle with the lemon juice and seasonings. Bake for 15 minutes, then transfer to broiler for 5 to 7 minutes. Serve with the potato.

AVOCADO CHILI

PHASE 3

Serves approximately 6

Because this recipe contains a large amount of starchy legumes, it counts as a Grain as well as a Protein and Veggie serving. No need to add an additional Grain, even if the meal map specifies a Grain.

1 pound lean ground turkey (or buffalo meat), browned and drained
½ cup chopped red onions
2 heaping tablespoons chili powder
2 tablespoons minced garlic
2 tablespoons parsley or cilantro
1 teaspoon crushed red pepper flakes (optional)
15-ounce can white beans
15-ounce can kidney beans
15-ounce can black beans
15-ounce can pinto beans
15-ounce can lentils or adzuki beans
4 medium zucchini, chopped
4 cups (32 ounces) red bell pepper tomato soup or tomato soup
1 heaping teaspoon sea salt
½ avocado, diced

Put meat, onions, chili powder, garlic, parsley or cilantro, and crushed red pepper flakes into a slow cooker on high.

Cover and set aside while prepping the remaining ingredients.

Open and drain all cans of beans. Add the beans, zucchini, and the soup to the pot and stir well.

Cook on high for 4 to 5 hours, or low for 6 to 8 hours.

Stir and taste occasionally, adjusting seasonings as needed.

Add the sea salt just before serving to preserve its nutrients.

Serve with diced avocado

ROSEMARY PORK ROAST WITH SWEET POTATO

PHASE 3

Serves 8

2 pounds boneless pork loin

2 tablespoons olive oil

½ tablespoon sea salt

½ teaspoon black pepper

½ teaspoon dried rosemary

½ teaspoon dried thyme

¼ teaspoon dried sage

6 garlic cloves

8 small or 4 large sweet potatoes

Rub the pork with the olive oil, salt, pepper, rosemary, thyme, and sage. Using a knife, make slits in the roast and insert the garlic cloves.

Put the roast in a slow cooker. Halve the sweet potatoes and place them around and on top of the pork roast (not underneath, as they won't cook as well). Cook on low for 8 to 10 hours or on high for 6 to 8 hours.

SHRIMP AND VEGGIE STIR-FRY WITH QUINOA PASTA

PHASE 3

Serves 4

2 tablespoons olive oil
½ cup chopped red onion
3 teaspoons crushed garlic
12 to 14 asparagus stalks, trimmed and chopped
1½ to 2 cups quartered Brussels sprouts
3 teaspoons chopped cilantro
1 teaspoon crushed red pepper flakes
½ teaspoon sea salt
2 heads baby bok choy, bottoms removed
1 pound extra-large cooked shrimp
2 cups cooked quinoa fusilli, warm, or wild rice

Heat the olive oil in a large nonstick skillet. Stir-fry the onion for 4 minutes over medium heat. Add the garlic and sauté for another minute. Add the asparagus, sprouts, cilantro, red pepper flakes, and sea salt. Stir-fry until the vegetables are crisp-tender.

Add the bok choy and shrimp and continue to cook on medium-high heat until the shrimp is heated through.

Serve over quinoa pasta or wild rice.

COCONUT PECAN-CRUSTED HALIBUT WITH ARTICHOKE AND DIP

PHASE 3

Serves 1

Olive oil spray
¼ cup crushed pecans
¼ cup shredded coconut
1 egg white
5 drops liquid Stevia

6 ounces halibut fillet (or mahimahi or cod)
1 medium artichoke

DIP

1 teaspoon hummus
1 teaspoon lemon juice
1 teaspoon toasted sesame oil
Sea salt
Black pepper

Preheat the oven to 400 degrees. Cover a baking pan with aluminum foil and spray lightly with olive oil. Set aside.

In a small mixing bowl, combine the pecans and coconut. In another bowl, whip the egg white with a fork and add the Stevia. Dip the fish in the egg white, then roll it in the mixture, heavily coating the fish. Place the fish on the foil. Bake for approximately 20 minutes.

While fish is cooking, bring a pot of water to a boil. Wash the artichoke and remove the base. Cut in half lengthwise. When water is at a rolling boil, add the artichoke and boil until you can easily pull a leaf off with tongs, approximately 10 minutes. Drain. Prepare the dip by combining all ingredients in a small bowl.

Serve the fish with the artichoke, with dip alongside.

ALMOND BUTTER-STUFFED CELERY

PHASE 3

Serves 1

2 celery stalks
2 tablespoons almond butter
Coconut flakes or carob chips (optional)

Wash and clean the celery stalks. Cut into 2- to 3-inch pieces. Fill the celery pieces with the almond butter. Sprinkle with coconut flakes and/or carob chips.

NUTTY JICAMA WITH LIME

PHASE 3

Serves 1

½ cup diced peeled jicama
½ cup raw pine nuts
½ lime juice
Pinch of sea salt

Place the jicama in a small bowl. Add the pine nuts. Squeeze lime juice onto the jicama and pine nuts. Add salt and stir well.

WHITE BEAN AND DILL HUMMUS

PHASE 3

Serves 6

2 16-ounce cans chickpeas, drained, reserving $\frac{1}{3}$ cup liquid
1 can organic white beans
½ cup tahini
½ cup fresh lemon juice
1 to 1½ teaspoons kosher salt
½ garlic clove
1 teaspoon dill
6 cups sliced cucumbers

Using a food processor or blender, blend the first seven ingredients together until smooth.

Serve each serving of hummus with 1 cup of sliced cucumbers.

CREAMY GUACAMOLE

PHASE 3

Serves 1

1 teaspoon safflower mayonnaise
½ avocado
1 teaspoon cilantro
1 teaspoon lime juice
⅛ teaspoon cracked red pepper
Salt and pepper to taste
1 cup sliced cucumber or jicama

Mash first 6 ingredients together and serve with sliced cucumber or jicama.

SWEET POTATO HUMMUS AND CUCUMBERS

PHASE 3

Serves 6

2 16-ounce cans chickpeas, drained, reserving ⅓ cup liquid
½ cooked sweet potato
½ cup tahini
½ cup fresh lemon juice
1 to 1½ teaspoons kosher salt
½ garlic clove
¼ teaspoon ground cumin
6 cups sliced cucumbers

Using a food processor or blender, blend all ingredients except cucumbers until smooth.

Serve each serving of hummus with 1 cup of sliced cucumbers.