

# **ALIVE Meal Options**

From Phil Kaplan

*For individuals who have attended  
the initial ALIVE Seminar Presentation*

THIS ISN'T A COOKBOOK!

The following information is not intended to provide private dietary advice, nor is this a recipe book. This is very simply support material for the ALIVE protocol to provide meal examples that fit within the parameters of healthy eating. The intention is to offer you a small sampling of cooking options and "whip together" meals so you begin to grasp the variety of foods and the variety of tastes that can make supportive eating not only valuable but thoroughly enjoyable. This is intended to be reviewed only after a week of trying to apply supportive eating using the guidelines outlined in the seminar presentation. You'll notice there isn't any real form to this piece. It isn't written as a book nor is it written in standard recipe format. Think of it as clippings, as excerpts, as short examples to get you to buy into the simplicity of supportive eating. If you seek more of a "book," consider my "EAT: Supportive Nutrition for the Body You Love."

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## Some Initial Ideas

OK, by now you've tried to figure out how to turn Lean Protein, Starchy Carbohydrate, and Fibrous Carbohydrate into real meals. You've probably found a few options, perhaps even a few things you can order in restaurants. Now let's move forward. I am not a chef. In fact, I'm the farthest thing from it. I provide these simple food options so you can begin to identify how you can fit supportive eating into your life without having to take cooking classes, learn an entirely new culinary culture, or burden yourself with a yet a new obligation. I'm sure you already eat. For most people, supportive eating doesn't require lots of work, it simply requires eating differently, and these pages are intended to give you a few "hey this is simple" reinforcing thoughts.

Let's start with a familiar basic classic, Chicken Stir Fry. There are limitless ways to prepare chicken stir fry, but my friend Marcelle brought me some welcomed left-overs from the dinner she cooked for her family, and it tasted great. I asked her for the recipe and voila (that's chef-speak) . . . here it is . . .

## Chicken Stir Fry

### Ingredients:

- 1lb of boneless, skinless chicken breast
- 1 Red Bell Pepper
- 1 Head of Broccoli
- 1 Large Onion
- 2 Scallions
- 3 Garlic
- 4 Carrots
  - 1in. of Ginger
  - 1oz. Pine Nuts
- 3-4 Red, Yellow Sweet Chili Peppers
- 5 Table Spoon of Olive Oil
- 1 Teaspoon of black or white pepper
- 1 Teaspoon of kosher salt
- One Lime

Preparation: Rinse all vegetables before start. Take a separate pot, fill up half way with water and turn to boil; after boiling, turn off fire put the whole head of Broccoli in the water. Blanch for 3 to 5 minutes and remove . Thinly slice Garlic, Ginger and Carrots put a side in a bowl. Slice Onions, Red and Chili Peppers and Scallions, put a side in a bowl.

Rinse chicken, slice thin and cut up into small rectangular pieces. Place chicken in bowl squeeze the juice of one lime over chicken and sprinkle salt and pepper place in refrigerator.

## For the Lazy Man or Working Woman

Now, I know some of you looked at the previous recipe and thought, "wow, that's simple," and others thought, "I'd have to spend all day in the kitchen." That's why I thought it valuable to throw in the lazy man's (or busy woman's) version, and this can be done with chicken, shrimp, salmon, or lean steak.

Don't hate me if you're a culinary expert and enjoy the fine art of preparation. I just find real world sometimes prohibits us from exploring the wonders of cooking.

Here goes –

- Throw some chicken breasts on the grill (or the George Foreman)
- Buy "microwave in the bag" stir fry mix (an example of a brand is Eat Smart by Apio, Inc)
- Pierce the bag, place it in the microwave per the package directions to heat the veggies and finally . . .
- Buy Seeds of Change Whole Grain Basmati Brown Rice in the packet, tear it open, microwave it for 90 seconds, and then . . . stir it all up, the meat or fish, the veggies, and the rice.
- Want to add some flavor? Consider Tamari Reduced Sodium Soy Sauce, or Bragg Liquid Aminos All Natural All Purpose Seasoning from Soy Protein.

Here's a secret not everyone knows . . .

- The Seafood Department of your supermarket might be willing to steam shrimp for you. You come home with hot, cooked, shrimp ready to mix right into your lazy man's stir fry.
- Oh, and if you have a taste for Maryland cooking, you can ask them to steam the shrimp with Old Bay seasoning and eat it at home with some corn on the cob and a salad.

## The Simple – “Mixes Up in Anything” Mix

If you read the previous recipe(s), you’re getting the idea of mixing your fibrous carb right in with the protein and starchy carb. I found a simple-to-prepare combination that makes any of your protein choices taste good when mixed into rice or a similar grain.

- 1 handful of chopped portobella or Baby Bella mushrooms
- 1 chopped red onion
- Diced or chopped red pepper or green pepper
- Diced or chopped yellow pepper
- Fresh cilantro

Place a teaspoon of virgin olive oil in a non-stick pan. Heat the oil and add the chopped veggies. Once the vegetables are soft (mix as you sauté), mix in some fresh cilantro.

Use mix as an addition to:

- Pan-cooked Ground Turkey chunks (just mix up some ground turkey breast in a pan until it’s no longer pink – add pepper, garlic, and some Braggs liquid aminos to add flavor)
- Cooked Salmon

Or . . .

- mix it with egg whites to make tasty Omelets (top with a teaspoon of hummus)

Want something really tasty?

### Salmon Omelet

This is great if you have left-over cooked salmon from the evening before (or you can use a small amount of fresh caught Alaskan smoked salmon). Add the salmon to the omelet and mix it into a scramble. Then mix the hummus in and enjoy hot. I’ll share further direction on this later in an excerpt from one of my Seven Letters.

## Eating Supportive Burgers

If you have a backyard and barbecue grill, great! You know how to put on the apron, grab the spatula, and throw some patties on the grill. If you don't, consider a George Foreman grill. This isn't a paid endorsement. A friend gave me one as a gift. I never would have thought I'd find it useful, but it's become a mainstay for me.

Of course, there's always the old fashioned way. Broil on the middle rack of the oven for 5 or 6 minutes on each side.

Burgers aren't bad. The challenge in 21<sup>st</sup> Century America is fatty meat, and the fast food versions adding everything from mayo and cheese to bacon.

The supportive alternatives allow you to enjoy burgers anytime without guilt or regret.

### **Ground Turkey Breast Burger**

(tomato and spinach)

(whole grain bun, ketchup)

(fat free cheese)

- Lean Protein = Ground Turkey Breast
- Starchy Carb = whole grain bun, tomato
- Fibrous Carb = spinach

You can also get most meat departments in the supermarket to hand you ground chicken breast.

Then . . . there's another alternative

### **Salmon or Tuna Burgers**

Buy salmon (or tuna) in packages, mix with egg whites, cook 3 minutes on each side in frying pan in light coat of olive oil

(tomato and spinach)

(whole grain bun, ketchup)

- Lean Protein = Salmon or tuna
- Starchy Carb = whole grain bun, tomato
- Fibrous Carb = spinach

Note: Some frozen food companies produce and sell salmon burgers. Check the ingredients. If it's primarily fresh caught salmon, great . . . but if there are fillers, breadcrumbs, or bread products, you're better off with a nice fish filet instead.

## Chicken Breasts on the Grill

When I was in my teens and early 20's, I was a competitive bodybuilder, which meant I was obsessed with my meals and training. It's part of the game. At the time, I would eat plain grilled chicken breasts and plain baked potatoes daily. I reached a point where I could no longer put a grilled chicken breast in my mouth without gagging.

Then (here's where you're really going to think I'm an idiot), a girl I was dating said, "you don't have to eat the chicken breasts plain. Marinate them?"

"Marinate?" I asked in wonder? "Don't you go blind from that?"

"No, no, she reassured me, you're thinking of a different word completely. Marinate means you soak food in broth or flavoring so when you cook it there's some real flavor."

Wow! I learned to marinate and life has never been the same.

I share that only for one reason. So you don't wonder why I'd include something as simple as marinating chicken breasts as an option.

For a few hours before you cook the chicken breasts, seal them in a zip lock bag in the fridge with some of the following:

- Fat-Free Italian Dressing
- Low Sodium Soy Sauce
- Low Sodium Soy Sauce with Fresh Ginger Slices and chopped garlic

What do you do with the chicken breasts after you cook them?

- Mix in Salad
- Eat on whole grain pita, add mushrooms
- Have warm with corn and mixed vegetables

## Tuna & Egg Salad

Along with the plain chicken breasts and baked potatoes, my cooler, back in the day, always smelled from hard boiled eggs. Yuck.

While I'm no longer in love with the idea of eating plain hard boiled egg whites, I found a tasty way to get the valuable protein and still create something portable.

Mix up tuna and hard boiled egg whites with vinaigrette, a bit of mayo, chopped carrots, celery, peppers, corn, cherry tomatoes, and onions

- Lean Protein = tuna & egg white
- Starchy Carb = tomato, corn
- Fibrous Carb = celery, peppers, carrots

## **The Breakfast Mish-Mash**

We think of hash brown potatoes as high fat primarily because of the way they're cooked in restaurants. The reality is, if you look in the freezer section of your grocery store, you'll find frozen potatoes that are diced up and sold as hash browns, but the fat content is zero (the cooking directions suggest frying in oil).

Get Frozen Hash Browns.

Get Egg Whites in a container.

In warm non-stick pan, lightly coated with olive oil, place the frozen hash browns, 1/16 of a cup of water, and cover. After 3 minutes, add a handful of spinach (a big handful. It will shrink as it cooks), stir the potatoes, and re-cover. Cook over low-medium heat for a total of seven minutes, then lift the cover and allow any remaining water to evaporate.

Add in liquid Egg Whites and 1 Whole Egg. Re-cover until the egg whites are solid (yolk should remain soft).

Serve with Salsa

Make it portable by wrapping in a Whole Grain Tortilla

## **Getting Really Simple with Breakfast**

Many people complain that they don't have time to make breakfast in the morning. Preparing an egg white omelet can take 4-5 minutes. To make it simple, get pre-cut peppers available in the produce section of most supermarkets. Use a non-stick pan, put in a generous serving of the peppers, cover with the egg whites, and when the egg whites are solid, serve with salsa.

## **Grilled Flank Steak with grilled onions**

Red meat off limits? No, unless you choose to avoid it. Lean protein suggests you make your protein choices from options that are low in fat. If you opt to consume red meat, it is certainly a quality source of protein. The trick lies in choosing lean cuts.

Avoid those red meats that have visible fat (such as the marbling on prime cuts of beef).

Flank steak offers a leaner option.

Grill onions

Cook flank steak on an open flame (or alternative) using seasoning as desired

Serve with a Baked Potato or Brown Rice and a salad

- Lean Protein = Lean Red Meat
- Starchy Carb = Potato or Rice
- Fibrous Carb = Onions

## Hot and Cold Breakfast Options

### HOT

- Hot Cereal (cream of rice, Kamut)
- Protein Powder
- Cinnamon
- Frozen Peaches

### COLD

- Sugar Free Fat Free Yogurt
- Vanilla Protein Powder
- Fresh or Frozen Berries
- ½ sliced banana

## So Far We Know . . .

- We need not seek nutritional perfection.
- We simply need to live by the premise that if we strive to eat better than we have been eating, we'll begin a process of ongoing improvement.
- Foods are made of nutrients, and nutrients are what nourish and fuel you.
- The macronutrients, proteins, carbohydrates, and fats, are the caloric components of meals. Proteins provide material for tissue synthesis, maintenance, and growth and carbohydrates and fats provide energy.
- Carbs and fats may be considered “protein sparing” as if they are inadequate, proteins will be metabolized as fuel limiting the pool of amino acids for cellular growth and repair.
- Metabolism is the speed with which your body burns fuel. Eating every 3 – 3 ½ hours, in line with our bodies’ natural wants, is optimal for revving metabolism.
- As an ideal, incorporating a lean protein, a starchy carbohydrate, and a fibrous carbohydrate in meals free from simple sugar supports energy, body composition, and metabolism.

## **A Few Additional Ideas That Add “I Can” To Supportive Eating**

The following information is excerpted from Letter #6 of my Seven Letters. You can access the Seven Letters without charge by going to:

<http://philkaplan.com/SevenLetters/letterindex.htm>

## A “Better Than The Diner Makes” Breakfast

I typically work out first thing in the morning. When I’m in town I know the spots that can make a supportive egg white omelet. When I travel, I typically find a breakfast joint or diner and suffer the oil they use to cook their omelets regardless of my requests, or worse yet, suffer the dried out tasteless omelets I wind up being served in cities and towns where they’re confused by my request to take the yellow out of the egg.

I often cook wild caught cold water salmon as it takes me 8 – 12 minutes in the oven and with only a bit of lemon juice I enjoy the taste. I intentionally make more than I’d going to eat in a single meal, so I have some left over. I break it into chunks, store it in the fridge, and look forward to making my specialty omelet, simple to make, warming to my taste buds. If I had to give it a name, I’d call it a salmon and hummus omelet. There’s not an ounce of creativity in that name, as that’s precisely what it is.

Ingredients:

- Egg Whites (from eggs or from the container)
- Green Onions
- Wild Caught Salmon (cooked, chunked, and refrigerated)
- Hummus

Coat a non-stick pan with olive oil and wipe it out with a paper towel to leave a very light film. Pour in the egg whites (I use six). When the eggs are just becoming solid, line the center of the omelet with chunks of salmon and a generous handful of green onions. As the eggs solidify, fold the sides in toward the center, flip it over and continue cooking for one minute. Using a spatula, lift the omelet onto a plate and spread a teaspoon of hummus on top. It’s even better with roasted red peppers. Serve with half of a fresh mango or a few slices of pineapple. Also try it with a side of oatmeal with a handful of frozen blueberries mixed in.

## **Breakfast to Go**

If I don't have the time to eat at home, I'll cook up a mix of ingredients, wrap them in a tortilla, wrap it up in foil, and take breakfast with me.

Ingredients:

- Egg whites
- Frozen hash browns
- Chopped onions and peppers
- Black beans
- A teaspoon of fresh guacamole or a slice of avocado
- A gluten-free tortilla

After adding a light film of olive oil to a frying pan, I'll put in a handful of frozen hash browns, about 1/8 cup of water, and I'll cover the pan over low heat until the potatoes are soft. I'll add in chopped onions and a mix of red, yellow, orange, and green peppers, mix it into the potatoes, and cook for about 2 minutes. I'll then pour in the egg whites, drop in some black beans, and scramble. I'll lay a tortilla out on a piece of foil and I'll pour the scrambled mixture onto the tortilla. I'll add the guacamole or slice of avocado. I'll roll the tortilla up, roll the newly made burrito in foil, and it joins me in my car so I can eat it when I'm ready. At times I'll add some fresh salsa for some added spice.

## **A Simple Seafood Fiesta**

I was actually surprised by how easy this was to make. It won't win any awards but I like it.

Ingredients:

- Frozen Wild Scallops
- Frozen Shrimp
- Orange and Yellow Bell Peppers
- Onions
- Organic Chicken Broth
- Brown Rice

Thaw Shrimp and Scallops. Boil the brown rice in chicken broth (instead of water). It typically takes 45 minutes to cook the rice. As the rice is cooking, set the oven to Broil. Spread out thawed shrimp and scallop on a broiler pan, place chopped peppers and onions among the seafood, spice with black pepper, garlic, and other spices, and drizzle a squeezed lemon over the seafood and veggies. Broil for 4 – 6 minutes, turn over the shrimp and scallops and broil and additional 4 minutes. Remove cooked shrimp and scallop preparation from the oven and mix into the cooked brown rice. Add in any additional spices or flavorings (I've actually mixed in mango salsa and while that might sound odd, it tasted great).

## The Salad Bar in the Fridge

I used to go to Philadelphia often, and across the street from the building that housed the radio station I'd frequent as a guest (Q102), there was a salad restaurant. The name escapes me but it was a great place to get a supportive meal. They had 30 or 40 options you'd choose, they'd mix them into a huge silver bowl, add in whatever dressing you requested, and go to town chopping and mixing. Now these establishments are everywhere, from mall food courts to franchised shops. The premise is simple. You choose the ingredients, make it as healthy and supportive as you'd like, and enjoy a mix of nutrients that make up a meal.

All it takes for you to install one of these restaurants in your kitchen is a bit of weekly preparation, perhaps 20 minutes tops. Break out 8 plastic containers with lids, a chopping board and a knife, and load your fridge with "ingredients."

Every Sunday evening spend 20 minutes preparing your weekly selection of the following ingredients in a series of containers and you can customize your own supportive salad in minutes all week long.

- Grilled chicken breast
- Sliced turkey breast
- Chopped hard boiled egg (four whites to one yolk)
- Tuna
- Cooked salmon in chunks
- Cooked shrimp
- Organic celery, carrots, red cabbage mix
- Sliced cucumber
- Organic broccoli
- Mushrooms
- Mango
- Pine Nuts
- Walnuts
- Dried Berries
- Arugula, Romaine Lettuce, and/or Spinach
- Chopped Green Onions
- Mixed Peppers



Mix your salads with a small amount of olive oil or a balsamic vinaigrette, and enjoy.

## The Anytime Meatloaf

### Ingredients:

- Cooked brown rice (cooked in organic chicken broth)
- Ground turkey breast
- The whites of two eggs
- A tablespoon of barbecue sauce
- Chopped mushrooms
- Chopped / minced broccoli
- Minced carrots
- Chopped garlic
- Chopped zucchini
- Fresh herbs (parsley, cilantro, etc.)

I have a juicer that collect the leftover pulp in a container. I'll at times juice carrots, celery, and romaine lettuce and use the pulp as an added ingredient. After chopping the veggies, I'll take a package of extra lean ground turkey (ground turkey breast meat), dump it into a big bowl, dump in two egg whites, mix in about ½ cup of cooked brown rice, and then add all of the remaining ingredients. I'll reach right in and mix the ingredients thoroughly with my fingers, I'll remove my hands, allow an expression that sounds like “yuck” to leak out, and then I'll wash my hands.

I shovel (with a fork) the mixture into a rectangular baking pan, or at times I'll simply wrap it in foil shaping it before putting it in the oven, and then I'll put it in a preheated oven and bake it at 350 degrees for about 40 minutes. Done. Because it contains brown rice and fibrous carbs, for a day or two left over pieces taken with me in my cooler can serve as complete meals.

I'll admit, not being a chef, I don't love the act of chopping, cutting, and mixing, but I can handle it twice per week to prepare meals such as this one. I'll now also admit, I found a shortcut for this recipe.

In the frozen foods section of my supermarket I found Amy's Vegetable and Rice Bowl:



The ingredients are organic brown rice, tofu and vegetables in a delectable sesame tahini sauce.

I prepare this in the microwave in 4-5 minutes, mix it with the ground turkey breast, and make the meatloaf without having to cut or chop anything.

## Conclusion:

Learning to eat supportive is a process. The information herein is excerpted from various sources as a sampling. This is the type of information I cover live in my ALIVE groups where 12 people discuss their food challenges and their steps toward making supportive eating simple.

As you begin to toy with some of the ideas I presented, you'll find a mindset shift, one that helps you recognize that if at first this seems to be a chore, it's simply because of long time habits, habits that can be traded for better ones.

More information can of course be found at <http://philkaplan.com>

Also note, EAT! is the name of both my recipe book and my Meal Replacement Formula (I'm not all that creative with names) and both have their roles in making supportive eating simpler.

Keep me posted on your progress.

Be Better. Always Better.

*Phil Kaplan*