

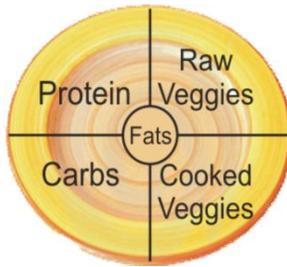
Simple Quad™ Balanced Meal Ideas

Compliments of:



A simple way of eating is called The Simple Quad Method of Food Apportionment™ (or Simple Quad™ for short). Eating the Simple Quad™ way means that each meal consists of ¼ Raw Veggies, ¼ Cooked Veggies, ¼ Protein, ¼ Carbohydrate, and a small amount of Fat. Your serving size for the entire meal should be about the size of your two hands cupped together. This is the amount that your stomach can comfortably handle at each meal. An example would be baked chicken, cooked carrots, salad and a small baked potato. Or grilled salmon, with spinach, fresh tomato slices and brown rice.

Eating The Simple Quad way will assist you in making sure that you are eating a well-balanced diet, and providing the body all that it needs to function properly. It also assures that there exists, in each meal, a balance between healing and strengthening foods (such as vegetables and proteins), enzymes to assist the digestive process (raw vegetables), carbohydrates (the body's energy fuel), fiber, and fat.



This is how much you should eat in a meal.

Chicken Simmered with Zucchini, Tomatoes and Mushrooms, Brown Rice, Green Salad

Chicken Simmered with Zucchini, Tomatoes and Mushrooms – Serves 4

- 2 Tbs. extra virgin olive oil
- 1 medium yellow onion, sliced
- 6 ounces portabello mushrooms, coarsely chopped (about 2 ½ cups)
- 2 garlic cloves, minced
- ¼ to ½ teaspoon red pepper flakes
- Sea salt and freshly ground pepper to taste
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- ½ cup chicken broth
- 4 Italian plum tomatoes, quartered
- 2 medium zucchini, cut into 1-inch pieces
- 1 pound chicken tenders

In a large skillet, heat oil over medium-high heat. Saute onion, mushrooms, garlic, red pepper flakes, salt, pepper, oregano, and basil until onions are translucent, about 4 to 5 minutes.

Stir in chicken broth, tomatoes, and zucchini and bring to a simmer. Stir in chicken, cover and simmer until chicken is cooked through, about 10 minutes.

Brown Rice

Prepare brown rice according to package instructions. Mix in lots of butter, Real Salt and freshly ground pepper.

Green Salad

- Your favorite salad greens (NOT Iceburg lettuce)
- Sliced tomatoes
- Corn – cut fresh off the cob
- Sliced mushrooms
- Pine Nuts

Balsamic Vinaigrette Salad Dressing

- ½ tablespoon Dijon mustard
- 1 ½ tablespoons balsamic vinegar
- ½ tablespoon lemon juice
- 1 small clove garlic, pressed
- 1/3 cup olive oil
- Pepper to taste

Mix ingredients.

Enjoy!

