

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, steamed broccoli, 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.



Coconut Lamb Curry, Steamed Asparagus, Tomato Feta Salad, Brown Rice

Coconut Lamb Curry

- 2 tablespoons extra virgin olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon fresh ginger, minced
- 1 ½ pounds ground lamb
- 1 ½ tablespoons curry powder
- 1 medium sweet potato, peeled and cut into ½ inch pieces
- 1 fourteen ounce can unsweetened coconut milk, stirred
- 1 cup organic chicken stock (homemade is best!)
- Salt and freshly ground pepper
- ½ cup frozen baby peas, thawed
- 1/3 cup coarsely chopped cilantro

In a large, deep skillet, sauté the onion, garlic and ginger in the olive oil until barely softened. Add the lamb and cook until it starts to brown (about 10 minutes). Add the curry powder and sweet potato and cook for 2 minutes. Add the coconut milk and stock and season with salt and pepper. Cover partially and simmer about 15 minutes until sweet potato is tender. Add the peas and cook until heated through. Stir in the cilantro and serve.

Tomato Feta Salad

- 1 ¼ pounds Brussels Sprouts
- 2 slices bacon (nitrate/nitrite free)
- ¼ cup sliced shallots or chopped red onion
- ¼ teaspoon thyme
- ¼ teaspoon Real Salt
- 1/8 teaspoon black pepper
- 1 tablespoon red wine vinegar
- 1/3 cup crumbled feta cheese

Trim stems from Brussels sprouts and remove discolored or wilted leaves and cut large sprouts in half lengthwise. Steam in a covered steamer until tender – 10-12 minutes. Rinse under cold tap water; drain. Pat dry with paper towels. Set aside. In a large skillet, cook bacon over medium heat for 5 to 7 minutes or until crisp. Remove bacon and drain on paper towels; set aside. Reduce heat to medium-low. Add sprouts, shallots, thyme, salt and pepper to bacon drippings in skillet. Cook and stir about 4 minutes or until sprouts are heated through and shallots begin to soften. Crumble cooked bacon strips and stir into skillet. Add vinegar and stir to coat. Transfer to serving bowl and top with feta. Toss before serving.

Add a spinach salad with your favorite veggies and brown rice with butter, Real Salt and pepper to taste. Enjoy!