

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.



Tuscan Style Steak, Sautéed Swiss Chard, Sliced Avocado and Tomatoes, Baked Potato

Tuscan Style Steak – Serves 6

- 1/4 cup tightly packed fresh rosemary leaves
- 1/2 cup extra virgin olive oil
- 2 tablespoons balsamic vinegar
- 1 large or 2 small cloves garlic, crushed
- sea salt, to taste
- ground black pepper, to taste
- 2 boneless rib eye steaks, about 3/4 -pound each

In a blender, pulverize the rosemary, extra virgin olive oil, balsamic vinegar, garlic, salt and pepper. Pour half the marinade on top of the steaks, turn, and coat the other side with remaining marinade. Allow the steaks to rest for anywhere from 2 hours to overnight. When ready to cook, prepare the grill. Allow some of the excess marinade to drip off the steaks. Grill about 6 to 9 minutes per side, or until steaks are cooked to your liking.

Sautéed Swiss Chard – Serves 6

- 2 pounds Swiss chard, tough stem ends discarded, washed well, shaken partially dry
- 2 tablespoons extra virgin olive oil (or more as needed)
- 5 medium garlic cloves, pressed or minced
- Coarse salt and ground pepper
- 1 lemon, cut into wedges (optional)

With a chef's knife, kitchen shears or your hands, separate leaves from stems. Cut stems crosswise into 1/2-inch pieces; set aside. Stack leaves, roll them, and cut crosswise into 1/2-inch ribbons. Set aside, keeping separate from stems.

In a large heavy pot, heat oil over medium heat. Add garlic and cook until golden, about 1 minute. Stir in chard stems; reduce heat to medium-low, cover, and cook, stirring occasionally until stems have softened, 3 to 5 minutes. Add damp chard leaves and 1/2 cup of water. Cover and cook, stirring occasionally, until the greens are just wilted and tender (bright green – if they turn dull green they are over-cooked), 3 to 6 minutes. Season with salt and pepper. Serve immediately on a platter or in a bowl, with optional lemon wedges on the side.

Add a small baked potato (with butter, Real Salt & pepper) plus a few slices of tomato and avocado. Enjoy!