



SIMPLE QUAD MEAL IDEAS COMPLIMENTS OF VITAL HEALTH

Pork Chops, Brussels Sprouts, Spinach Salad, Brown Rice

Breaded Pork Chops

Ingredients:

4 boneless pork loin chops, $\frac{3}{4}$ inch thick
 2 tablespoons whole wheat flour
 $\frac{1}{2}$ teaspoon sea salt
 $\frac{1}{2}$ teaspoon paprika

$\frac{1}{8}$ teaspoon pepper
 1 egg, slightly beaten
 1-2 teaspoons Worcestershire Sauce
 $\frac{1}{2}$ cup dry bread crumbs (homemade)
 1 tablespoon extra-virgin olive oil

- In a small mixing bowl, combine flour, paprika, salt and pepper.
- In a separate shallow bowl, combine egg and Worcestershire sauce.
- Toss pork chops in flour mixture, dip in egg, and coat with dry bread crumbs.
- Heat oil in large skillet over medium high heat.
- Brown chops on one side until golden brown and cooked half through. About 4-5 minutes depending on the thickness of the pork chops.
- Flip chops and cook until pork chops are cooked completely through.

Brussels Sprouts with Bacon and Feta

Ingredients:

1 $\frac{1}{4}$ pounds Brussels sprouts
 2 slices bacon (nitrate/nitrite free)
 $\frac{1}{4}$ cup sliced shallots or chopped red onion
 $\frac{1}{4}$ teaspoon thyme

$\frac{1}{4}$ teaspoon sea salt
 $\frac{1}{8}$ teaspoon black pepper
 1 tablespoon red wine vinegar
 $\frac{1}{3}$ cup crumbled feta cheese

- Trim stems from Brussels sprouts, 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 water and drain. Pat dry and 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, sea salt and pepper to taste.

Enjoy!

THE SIMPLE QUAD METHOD OF FOOD APPORTIONMENT™

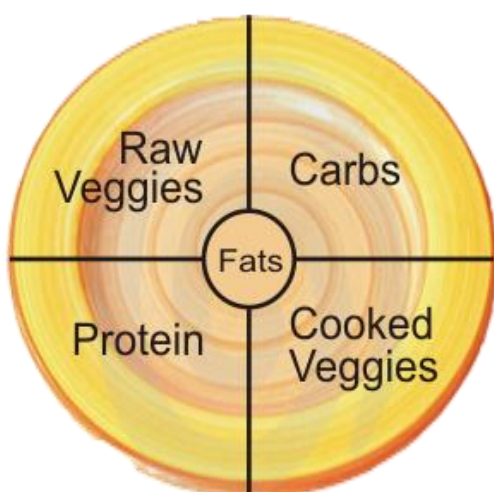
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A simple way of eating is called The Simple Quad Method of Food Apportionment™ (or Simple Quad™ for short). Eating the Simple Quad™ way means that each meal consists of ¼ Raw Veggies, ¼ Cooked Veggies, ¼ Protein, ¼ Carbohydrate, and a small amount 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 green beans, 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 (Yes, your body *needs* fats in order to function properly – but it needs *good* fats). The fat will come from the butter on your vegetables, the oil in your salad dressing, or the naturally occurring fat in your meat. A slice of avocado or a handful of raw nuts is a great addition to this category as well. To learn more about good and bad fats, ask for our handout *Essential Fatty Acids*.

Fruits (the body's cleansing nutrients), are eaten between meals as snacks, and are not to be eaten with the meal itself. This is to prevent them from sitting too long in the stomach, causing them to ferment. Fruit may be restricted if you have some blood sugar handling issues.

The following diagram illustrates what a healthy plate of food looks like:



Divide your plate into fourths.



A perfect meal looks like this.



Fruit is eaten alone.