



SIMPLE QUAD MEAL IDEAS COMPLIMENTS OF VITAL HEALTH

Rotisserie Chicken, Steamed Spinach, Tomato & Basil Salad, Baked Potato

Rotisserie Chicken

Ingredients:

1 whole chicken
4 ounces extra-virgin olive oil
2 tablespoons sea salt

½ teaspoon basil
½ teaspoon tarragon

- Mix the olive oil, sea salt, basil and tarragon and let sit at least ½ hour.
- Rinse the chicken and remove the neck/organ meats from the cavity.
- Tie up the legs and wings with kitchen string.
- Stir the olive oil mixture and pour a portion on the chicken. With your hands, rub the olive oil mixture all over the chicken. Pour the remaining mixture into the cavity of the chicken.
- Place the chicken on your rotisserie and cook according to the directions specific to your rotisserie (or bake in the oven if you don't have a rotisserie).
- Cook until a meat thermometer inserted into the thigh reads at least 165 degrees. Approximately 2 to 2 ½ hours. Remove from heat and let sit about 10 minutes before carving and serving.

Tomato & Basil Salad

Ingredients:

4 medium to large tomatoes
1 large handful of fresh basil (or more to taste)
2 garlic cloves, minced (or more to taste)
Balsamic vinegar

Extra virgin olive oil
Sea salt
Ground pepper (fresh ground is best)

- Cut tomatoes into eighths. Chop basil roughly and place in a bowl with the tomatoes and garlic.
- Drizzle olive oil and balsamic vinegar over the salad. Season to taste with sea salt and freshly ground pepper.
- Cover and let marinate at room temperature for several hours before serving (if time allows).
- Hint: Tomato and basil salad makes a yummy baked potato topping or can be eaten on its own.

Steamed Spinach

Ingredients:

1 large handful spinach per person
Butter

Balsamic vinegar

- Wash the spinach and, without shaking the water off, place the spinach in a pot.
- Cover and cook, stirring regularly. This only takes a minute. You want the spinach just barely wilted and bright green. If it turns a dingy color, you've cooked it too long.
- Pour on melted butter and drizzle with balsamic vinegar.
- Note: You can also cook it in a steamer or sauté it in butter.

Add a small baked or steamed potato with butter, sea salt and pepper. **Enjoy!**

THE SIMPLE QUAD METHOD OF FOOD APPORTIONMENT™

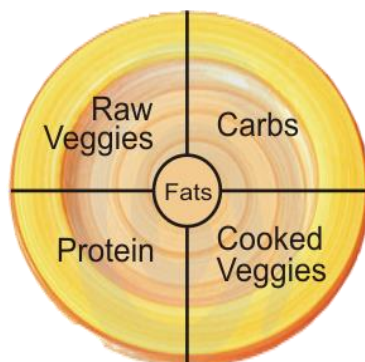
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A simple way of eating is called The Simple Quad Method of Food Apportionment™ (or Simple Quad™ for short). Eating the Simple Quad™ way means that each meal consists of ¼ Raw Veggies, ¼ Cooked Veggies, ¼ Protein, ¼ Carbohydrate, and a small amount 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.