



## SIMPLE QUAD MEAL IDEAS COMPLIMENTS OF VITAL HEALTH

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### Sautéed Salmon and Almond Sauce, Steamed Green and Yellow Wax Beans, Brown Rice, Green Salad

#### Sautéed Salmon and Almond Sauce

##### *Ingredients:*

2 fresh salmon fillets  
8 tablespoons butter

3 ½ ounces almonds  
Sea salt and pepper to taste

- Sauté almonds in 1 tablespoon butter. Remove almonds and chop in blender.
- Add the rest of the butter to the pan and sauté salmon until done (salmon should “flake” easily with a fork). Do not overcook.
- Deglaze pan. Add the chopped almonds.
- Pour the almond/butter sauce over the salmon and serve.

- Note: Deglazing is a technique often used to create a base for making sauces. After you finish the sauté and remove the item you are sautéing, you will notice small amounts of flavor rich browned food particles stuck to the sauté pan. To loosen these bits, just add a small amount of liquid, (stock or lemon juice for example) to the pan and start stirring. You can now use this mixture to create a wonderful sauce to accompany your meal.

#### Steamed Green and Yellow Wax Beans

- Wash and trim the ends off of your beans.
- Steam. You want them still crispy, not mushy. Look for them to turn a bright green color (or yellow in the case of the yellow beans). That

means they are done. If the color dulls, you cooked them too long.

- Pour melted butter over the top and serve.

#### Brown Rice

- Prepare brown rice according to package instructions.
- Mix in lots of butter, sea salt and freshly ground pepper.
- Alternatively, try wild rice or a rice mixture (NO white rice).

#### Green Salad

- Your favorite salad greens (NOT iceberg lettuce).
- An assortment of vegetables, nuts, seeds, etc.
- Balsamic Vinaigrette Salad Dressing

#### Balsamic Vinaigrette Salad Dressing

Mix the following ingredients:

- 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

# THE SIMPLE QUAD METHOD OF FOOD APPORTIONMENT™

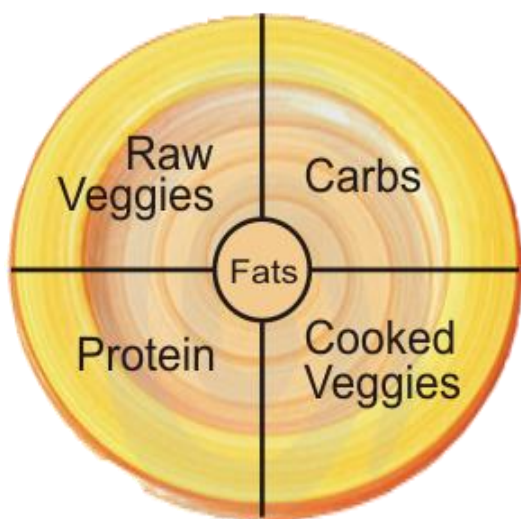
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A simple way of eating is called The Simple Quad Method of Food Apportionment™ (or Simple Quad™ for short). Eating the Simple Quad™ way means that each meal consists of ¼ Raw Veggies, ¼ Cooked Veggies, ¼ Protein, ¼ Carbohydrate, and a small amount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