



SIMPLE QUAD MEAL IDEAS COMPLIMENTS OF VITAL HEALTH

Greek Style Baked Fish, Brown Rice, Sautéed Veggies and Carrot Sticks

Greek Style Baked Fish

4 six ounce fish steaks (your choice)
1 red bell pepper, diced
¼ cup extra virgin olive oil
2 Tbs. fresh parsley, minced
1 Tbs. fresh oregano, minced (or 2 tsp. dried)
¼ cup fresh lemon juice

3 garlic cloves, minced
1 Tbs. Dijon mustard
Fresh ground black pepper to taste
1 cup crumbled feta cheese
1 medium tomato, chopped
Few Kalamata olives per fish steak, chopped

Instructions:

- Preheat oven 425 degrees.
- Sauté red bell pepper.
- Combine with remaining ingredients except fish, feta, tomato and olives. Pour over fish and marinate 30 minutes, turning several times.
- Place in a baking dish and bake about 15 minutes or until fish flakes easily.
- Sprinkle with feta and tomatoes during the last 5 minutes of cooking.
- Garnish with Kalamata olives.

Sautéed Cabbage, Mushrooms, Cauliflower

4 Tbs. butter
½ head cabbage, sliced
8 ounces mushrooms, whole or sliced
1 head cauliflower, cut into pieces
Real Salt
Fresh ground pepper

- Melt butter in a large skillet.
- Sauté vegetables until just tender.
- Add Real Salt and freshly ground pepper to taste.

Add brown rice with butter, Real Salt and pepper to taste and some carrot sticks. **Enjoy!**

THE SIMPLE QUAD METHOD OF FOOD APPORTIONMENT™

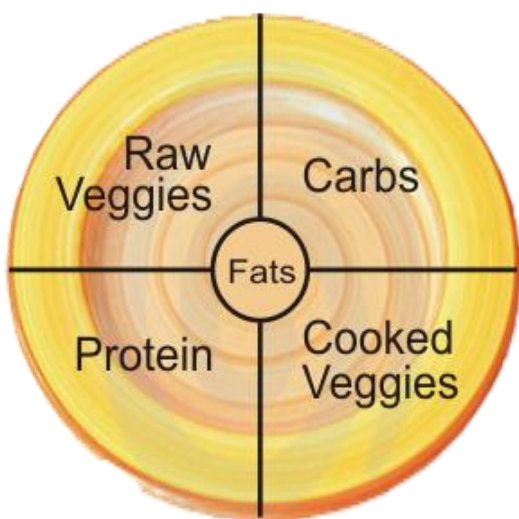
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A simple way of eating is called The Simple Quad Method of Food Apportionment™ (or Simple Quad™ for short). Eating the Simple Quad™ way means that each meal consists of ¼ Raw Veggies, ¼ Cooked Veggies, ¼ Protein, ¼ Carbohydrate, and a small amount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