



SIMPLE QUAD MEAL IDEAS COMPLIMENTS OF VITAL HEALTH

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

Tuscan Style Steak

Ingredients:

½ cup tightly packed fresh rosemary leaves
1 cup extra-virgin olive oil
4 tablespoons balsamic vinegar

2 large or 4 small cloves garlic, crushed
Sea salt, to taste
Ground black pepper, to taste
4 boneless rib eye steaks, about ¾ 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

Ingredients:

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 ½-inch pieces; set aside. Stack leaves, roll them, and cut crosswise into ½-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 ½ 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, sea salt and pepper), plus a few slices of tomato and avocado.

THE SIMPLE QUAD METHOD OF FOOD APPORTIONMENT™

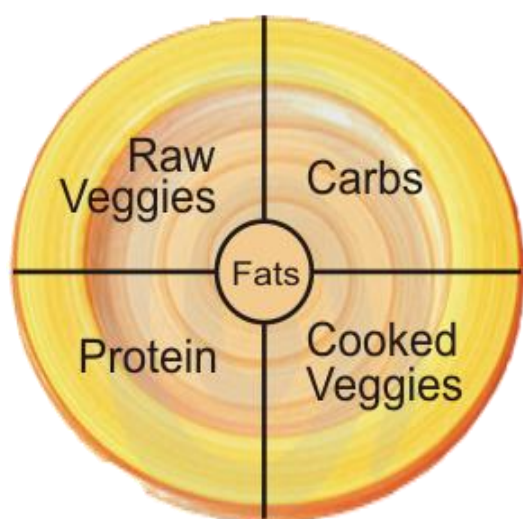
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A simple way of eating is called The Simple Quad Method of Food Apportionment™ (or Simple Quad™ for short). Eating the Simple Quad™ way means that each meal consists of ¼ Raw Veggies, ¼ Cooked Veggies, ¼ Protein, ¼ Carbohydrate, and a small amount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