

## Explanation of the Recipes

The recipes are organized according to the four Phases of the diet. At the beginning of each Phase there is a table of contents for that specific Phase and a list of the foods introduced in that Phase. You will then find recipes specific to that Phase of the diet and each recipe page has the following features:

**A Category** indicates Breakfast, Soups/Salads/Sides/Snacks, Entrees or Desserts/Drinks

**B Symbols** indicate support of the following dietary modifications:



**We interpret the above dietary modifications as follows:**

**Dairy-free** recipes do not include milk or any foods derived from milk. Any recipes that contain ghee (also known as clarified butter) as the only form of dairy can be adapted to be dairy-free by using the alternate oil suggested in the ingredients list, which we make note of in the recipe. Please note that in many instances, those who are lactose intolerant can eat ghee without ill effects.

**Egg-free** recipes do not contain eggs. In some instances, a recipe may have an egg-free symbol, despite having an egg in the ingredients list. In these cases, you will find a substitution and revised list of instructions so that it can be made egg-free.

**Vegetarian** recipes don't include meat or poultry, but may include fish, eggs, honey and/or dairy products.

**Paleo** meals have been identified for those who discover that they feel best with the elimination of beans, starches, grains and dairy.

**C Phase** numbers are color coded as follows:

■ Phase 1 ■ Phase 2 ■ Phase 3 ■ Phase 4

**D Title** and comments for the recipe

**E Recipe time and serving size**

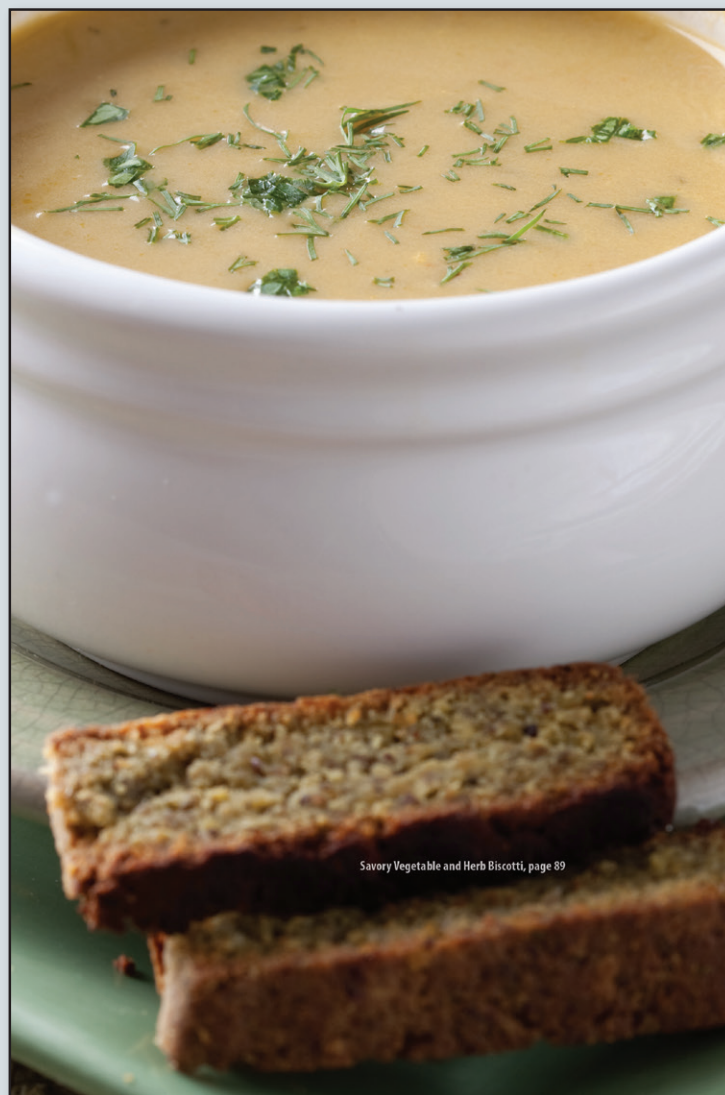
**F Ingredients**

**G Directions**

**H Variations** of the recipe suitable for other Phases. As you progress through the diet, be sure to look back to recipes in previous Phases so that you can enjoy the recipe with the addition of a new, allowable food.

**I Notes** giving nutritional details or cooking tips.

Note: At the beginning of each diet Phase you will find a table of contents with recipes to that Phase (pages 66, 118, 164, 234, 256 and 269). Here we have identified if a recipe is dairy-free, egg-free, vegetarian and/or Paleo so that you can quickly see which recipes are suitable for your specific needs.



Savory Vegetable and Herb Biscotti, page 89

**A** Soups/Salads/Sides/Snacks



**PHASE 1**

### **D** Creamy Asparagus Soup

Coconut milk adds a creamy feel to this nutritious, easy-to-make dairy-free Creamy Asparagus Soup.

Prep time: 10 minutes

**E** Cook time: 40 minutes

Makes: 4 servings

**F** 2 tablespoons extra virgin olive oil

1 medium onion, chopped

**F** 2 cloves garlic, chopped

1 large carrot, peeled and chopped

1 stalk celery, chopped

8 ounces asparagus, chopped

2 teaspoons freshly chopped dill

½ teaspoon freshly chopped tarragon

1 tablespoon freshly chopped parsley

1 teaspoon sea salt

3 cups Vegetable Broth (page 259)

1 cup Coconut Milk (page 261)

**G** 1. Heat the oil in a 2-quart saucepot over medium heat for 1-2 minutes, or until hot.

2. Sauté the onions for 3 minutes, or until they are limp and just starting to brown.

3. Add the garlic, carrots, celery, and asparagus and sauté for 5 minutes.

4. Add the remaining ingredients, stir well to combine and bring the soup to a boil over medium-high heat. Lower to medium heat and simmer for 30 minutes.

5. Pour the soup into a blender container. Cover the container. Remove the center cup from the cover.

6. Place a clean, folded kitchen towel over the blender cover and press down with your hand.

7. Purée the soup until smooth.

8. Serve immediately and refrigerate leftovers.

**PHASE 3 variation:** Once you reach Phase 3, you may substitute Chicken Bone Broth (page 264). Bone broth is rich in minerals, is very healing, aids in digestion and tastes wonderful.

**I** **Cook's Note:** If you can't tolerate coconuts, replace the 1 cup of coconut milk with an extra cup of broth. It will not be creamy but still tastes great. Enjoy this and other soups with the Savory Vegetable and Herb Biscotti (page 89). For an even creamier version of this soup, use canned organic full-fat coconut milk with guar gum (an ingredient introduced into the diet in Phase 3).

Recipes for Repair

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