

Dr. Rutledge's Super Slim Recipes

ASIAN COLESLAW

Buy the coleslaw cabbage (shredded) and sauté with a small amount of water, salt, pepper, and wasabi powder. Cook just until crispy. Add chicken, shrimp, crab, or lobster.

by Teri R.

CINNAMON APPLES

Puree an apple. Slice a raw apple and place pureed apple on top with cinnamon and stevia on top and bake.

Be sure to count the pureed apple as part of the days total! This should be divided in half and used as two separate servings.

by Dr. Rutledge

SALAD DRESSING

In a small shaker, add the juice of one lemon, sea salt, pepper, and chopped fresh herbs (cilantro, dill, basil, etc). Add 5-7 TBSP of rice vinegar and 1 TBSP of water. May add pureed strawberries or apple to spice it up too!

Mix and refrigerate.

by Teri R.

TOAST AND JAM

Take a small handful of strawberries and puree until the consistency of jam. Spoon onto Melba toast.

by Teri R.

LETTUCE WRAP

Take one large lettuce leaf and place chopped chicken or shrimp in the middle. Add herbs, crumbled melba toast, and lemon juice. Wrap and eat.

by Teri R.

STRAWBERRY SMOOTHIE

Take handful of strawberries and place in blender with ice and stevia.

by Kay

TOMATO BASIL SOUP

Use any recipe you like. However, only use 1 tsp of skim milk and NO oils. Add garlic, basil, and oregano. Serve with Melba toast.

by Teri R.

EYE OF ROUND WITH RUE (Only eat beef toward the end of the program and ONLY if all the weigh/inches to lose have been achieved. Talk to the clinic about this before proceeding.)

In a skillet, brown an eye of round in a small bit of water. When beef is done, drain remaining juice into small dish and mix with dry mustard and add more water if necessary. Drizzle over eye of round.

by Kay

CHILEAN SEA BASS

Roll 100 grams of Chilean Sea Bass in sea salt and cracked peppercorns. With a knife cut several slits and stuff with fresh dill. Top with fresh dill and broil for 9-10 minutes until a crispy crust has formed. Squeeze one slice of lemon on top.

by Teri R.

LIME AND CUMIN CHICKEN

This recipe is great for those on the go, as this chicken is BEST cold. In a shallow glass dish, marinate chicken with the juice of one lime, one Serrano pepper (remove after marinating), cumin, white pepper, and salt. Bake at 350 degrees for 30-35 minutes. Place into individual serving ziplocks.

by Teri R.

CAPRESE SALAD

In a skillet add a few TBSP of water and sauté 100 grams of chicken. Season with salt and pepper as desired. Begin adding in 9-10 leaves of basil and chopped tomato. Add 1-2 cloves of garlic. Serve as one dish.

by Teri R.

BAKED CHICKEN WITH APPLES

Chop one whole apple into small chunks. Line the bottom of a small baking dish with ½ of the apple. Take a chicken breast and coat with cinnamon and stevia. Place on top of bed of apples and then place the remainder of the apple on top of chicken. Crumble with one melba toast and sprinkle with cinnamon and stevia. Bake at 350 degrees for 30-35 minutes.

by Teri R.

CHICKEN WITH STUFFED TOMATO

1 c. Veggie broth (15 calories, no fat) to stew 4 oz chicken breast and then reduce 1/2c of the broth with fresh garlic and basil, little sea salt, cracked pepper. Pour over stewed chicken. Serve with a stuffed baked tomato: preheat oven to 375. Remove stem, pare out large plug in center of tomato (leave about 1/2" casing around the tomato; keep skin on) dice center (approx 2 T) crush 3 small melba toast mix with 1/2 t garlic powder, a little sea salt. Bring 1/2 c e veggie reduction to low boil in stainless pan put in diced tomatoes, fresh basil, oregano and thyme, cracked pepper. Simmer for 3-5 minutes till veggie broth is reduced and a bit syrupy toss in melba toast crumbs. Stir till liquid is just absorbed; stuff tomato with mixture, sprinkle a bit of chopped basil over the top. Pour 2 T of veggie broth in bottom of small casserole dish and place tomato in center. Bake at 375 for 10 min-15 min till tomato skin is thinned and almost bursting. You can broil for last couple minutes to brown (watch). Serve in a soup bowl with spoon and small knife. Tastes like fresh pasta (with a stretch of the imagination)!

by Lynn H.

BBQ RUB(for seasoning fish, shrimp and chicken)

1/2 t cracked black pepper, 1 t sea salt, 1/4 t red pepper, 1/4 t chipolte pepper, 1/2 t cumin (or cumin seeds), 1/2 t dried garlic, 1/2 t paprika, 1/8 t stevia extract (dry), 1 t finely grated lime peel. Mix all spices into hot cast iron skillet and toast for a minute or two till just smoking. Pour into mortar, add the stevia and grated lime peel and grind. Rub onto surface of white fish, chicken or very good on fresh shrimp (if you like it spicy!) you can adjust the stevia to taste if you like it sweeter. Broil with sprinkling of fresh lime juice. Serve on bed of green salad with fresh chopped cilantro and lime vinigarette (lime juice and rice wine vinegar, fresh garlic, tiny bit dry mustard, 1 t minced cilantro, s + P)

by Lynn H.

Spiced Cabbage (2-3 servings)

Roast in cast iron skillet till lightly toasted and fragrant:

1 t. brown mustard seed

1 t. fennel seed (optional, if you like a slight anise flavor)

1 t. caraway seed

Pour into mortar and add 1/4 t cloves and 1/2 t dried savory

**Grind till fine, then add 1/4 packet stevia
(save excess spice in a jar w/ lid)**

Finely shred 1 small head of red cabbage

Bring 1" water and 1 T. cider vinegar to boil in skillet

Add cabbage and toss with 1 t spice mix,

Add 1/2 diced red tart firm apple (I used a Cameo) on top of cabbage,

Sprinkle with lemon juice

Cover and simmer 5-10 min depending on amount of

"crunch" you like but still keeping color of cabbage red.

by Lynn H.

Chicken Paprikash

4 3.3-oz servings

Trim all fat from fresh, free-range organically fed chicken.

(Makes a difference because its plumper)

Cut in 3.3 oz sections.

Mince 2 cloves garlic finely,

Pound into chicken breasts.

Rub in 1 t dried oregano, 1/2 t rosemary, salt and pepper.

Let sit.

Chop 2 small yellow onions

Chop 2 more cloves of garlic.

Bring 1 T veggie broth to boil in cast iron skillet

Throw in onions and garlic, boil on high and stir

while broth evaporates. As onions become transparent

turn heat down and sprinkle heavily with paprika,

move onions to side of pan and sear the chicken both sides.

Onions can brown and darken...tastes better a little charred!

Add 1/2" veggie broth, lower to a very slow simmer and cover tightly for approx 40 minutes, turn chicken once or twice and check on broth reduction. Onions should look dark like a thick onion soup.

Sprinkle chicken with additional paprika and some chopped parsley for color, salt and pepper to taste.

Serve with melba toast.

by Lynn H.

Crab Celery Salad

Celery:

1 c sliced (diagonally, thin) celery
1 T chopped fresh parsley (or cilantro)
1/8 t brown mustard seed
1/8 t celery seed
Mash 1/2 clove garlic in
1 T red wine vinegar, toss with celery
Fresh ground pepper, salt to taste

Crab:

Fresh, picked from shell crab (3.3 oz)
1/4 t fresh horseradish, several shots
of tabasco, 1 1/2 t lime juice,
fresh cracked pepper,
paprika sprinkle on top

Mix the celery salad and place at bottom of bowl. Mound the crab mixture on top. Serve with melba toast!

by Lynn H.

Faux Pho Soup

2 servings

Mineral Broth:

In 3 c water bring to boil
add
2 whole kale leaves
2 whole collard leaves
3 whole scallions
6 sprigs fresh parsley
1 clove fresh garlic
few black pepper corns
1 bay leaf

reduce to simmer
cook 15 minutes
cool slightly
strain out greens and onion and bay leaf
discard

Bring broth back to boil
in a saute pan with high sides.
Toss in 3.3 oz per serving
sliced "stir fry" sized pieces of
boned defatted chicken breast
cover and poach at medium low
boil for 5-8 minutes (depending
on thickness of slices)
If liquid evaporates too quickly,
add more broth and/or turn down heat slightly.

When chicken is just white throughout,
add rest of broth and
2 T chopped Thai Basil
and 1/8 t red chili powder
1/2 t lime rind grated finely
heat to simmer

serve in large bowls
sprinkle with juice of 1/2 lime on each bowl

by Lynn H.

SPICES AND ITEMS OK FOR USE:

Tobasco sauce (plain original only, not chipotle)
Emeril's All Natural Chicken rub
Dill
Oregano
Basil
Cilantro
Cumin
Garlic
Mustard Powder
Rice Vinegar
Salt
Wasabai(fresh made, no sugar added)
Ginger
Plain Horseradish
Red or Black pepper
Stevia (in moderation)
One lemon or two limes daily

Additional Items that may be used in moderation (available at Whole Foods)

***Flavored Italian Sparkling Water. No calories, naturally flavored.**

***Zevia soda. One per day maximum.**

***Pacific Natural Foods Beef Broth (this is the only brand with no sugar/butter added, so NO EXCEPTIONS!)**

***365 Brand Vegetable Broth**

***Crystal Light**