

FLASH Diet: Proteins

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EAT

Beef, bison and venison

All lean steaks
All lean roasts
Leanest ground (5% fat)
Low-fat cold cuts
Liver
Bones (for stock)

Pork

Tenderloin, trimmed
Low-fat cold cuts
Low-fat cold cuts
Bones (for stock)

Poultry

Skinless chicken
Skinless turkey
Low-fat cold cuts
Liver, gizzard
Bones (for stock)

Seafood

Most fish (see exceptions)
All shellfish

Other

All rabbit
Egg whites (or 2 whites plus 1 whole)
Tofu (in moderation)
Fat-free Greek yogurt, plain
Fat-free cottage cheese

AVOID

Ribs

Hot dogs

Sausages

Most cuts of pork

Lamb

Duck

Goose

Mackerel

Sardines

Salmon, Atlantic farmed

Salmon, wild king/chinook

Salmon, wild sockeye

Fatty tuna

Fish canned in oil

Veggie patties

Processed soy proteins

Pate

FLASH Diet: Vegetables

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EAT

All leafy greens
Artichokes
Asparagus
Beets
Broccoli
Brussels sprouts
Cabbage
Carrots
Celery
Cucumbers
Eggplant
Fennel
Green beans
Kohlrabi
Leeks
Mushrooms
Onions
Parsnips
Peppers
Radishes
Summer squash (e.g. zucchini)
Tomatillos
Tomatoes

AVOID

Avocado
Corn
Peas
Potatoes
Sweet potatoes
Taro
Yams

FLASH Diet: Veggies Prep

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Steamed Variations

leafy greens (kale, beet)	cooks for 4 - 6 minutes
green beans	cooks for 5 - 15 minutes
Brussels sprouts	cooks for 6 - 12 minutes
broccoli	cooks for 5 - 6 minutes
cabbage	cooks for 5 - 8 minutes
cauliflower	cooks for 6 - 10 minutes
carrots	cooks for 4 - 5 minutes
beets	cooks for 40 - 60 minutes
parsnips	cooks for 8 - 10 minutes
bell peppers	cooks for 2 - 4 minutes
eggplant	cooks for 5 - 6 minutes
summer squash	cooks for 5 - 10 minutes
zucchini	cooks for 5 - 10 minutes
asparagus	cooks for 8 - 10 minutes
artichokes	cooks for 30 - 60 minutes
mushrooms	cooks for 4 - 5 minutes
spinach	cooks for 5 - 6 minutes

Roasted Variations

artichokes
cauliflower
fennel
asparagus
eggplant
beets
parsnips
carrots
green beans
Brussels sprouts
tomatoes
mushrooms
carrots

Preparation

Cut vegetables into halves or quarters and lay flat in a baking dish.

Drizzle with 1 tablespoon olive oil and sprinkle with salt & pepper.

Toss well and roast in a 350 degree oven for 20 to 30 minutes, turning vegetables after 10 to 15 minutes.

Sautéed Vegetable Preparation

Heat 1 tablespoon olive oil in sauté pan.

Add harder vegetable(s) first and stir frequently until slightly softened.

ie: onion, carrots, celery, cauliflower, pepper, zucchini

Add softer vegetable(s) and stir frequently until combined and softened.

ie: leafy greens, cabbage, mushrooms, eggplant, leeks

Season with salt & pepper.

Chunky Veggie Soups

Ingredients

1 onion, diced
2 carrots, diced
4 stalks celery, diced
2 yellow squash, diced
2 green zucchini, diced
1 small eggplant, diced
1 bunch kale, stems removed and diced
1 large can diced tomatoes in juice
2 cups chicken or vegetable stock
1 tablespoon dried oregano (OR: another dried herb, such as basil)
1 tablespoon olive oil
salt & pepper

Preparation

- 1) In a large Dutch oven or stock pot, heat olive oil and add onions, carrots and celery.
- 2) Stir until slightly softened, then add zucchini / squash, eggplant and oregano.
- 3) Sauté another 10 minutes, then add tomatoes with the juice, stock and oregano (or other dried herb)
- 4) Cover and simmer for about 30 minutes, then add kale a couple of minutes before turning off the heat.

Pureed Veggie Soups

Ingredients

6 carrots, diced (OR: another vegetable, such as cauliflower)

1 medium onion, diced

2 cups chicken or vegetable stock

1/2 tablespoon curry powder
(OR: another dried herb/spice, such as thyme or cumin)

1 tablespoon olive oil

salt & pepper

Preparation

- 1) In a large Dutch oven or stock pot, heat olive oil and add onions and carrots (or other vegetable).
- 2) Stir until slightly softened, then add curry powder (or other herb/spice) and stock.
- 3) Cover and simmer for about 30 minutes, then set aside to cool slightly.
- 4) Pour into blender or puree with immersion blender directly in the pot.

FLASH Diet: Sauces

Vinaigrette

Ingredients

1. 7 teaspoons olive oil
2. 1 tablespoon Dijon mustard
3. 5 tablespoons vinegar, balsamic or champagne
4. salt & pepper

Preparation

- Combine ingredients in glass jar and shake until well mixed.
- Makes 7 servings.

Variations

Add 1 tablespoon of one of the following:

1. minced shallot
2. minced garlic
3. minced fresh herb such as tarragon, dill or oregano
4. dried herb such as thyme, basil or oregano

Options

Chop Salad:

1) Combine leafy green with a variety of chopped vegetables, fruit (Simple Food Diet) and avocado (Simple Food Diet)

Marinara

Ingredients

1. 6 carrots, chopped
2. 6 stalks celery, chopped
3. 1 medium white onion, chopped
4. 6 cloves garlic
5. 2 cups canned tomatoes in juice whole, diced, crushed or stewed
6. 1 tablespoon olive oil
7. salt & pepper

Preparation

- Combine carrot, celery, onion and garlic in food processor and puree until almost smooth.
- Heat olive oil in large sauce pan and add pureed ingredients.
- Sprinkle with salt & pepper and sauté until softened, about 10 minutes.
- Puree tomatoes in juice, add to pan.
- Simmer over medium heat (~ 30 min)

Salsa

Ingredients

1. chopped tomatoes (or quartered cherry tomatoes)
2. sliced green onion
3. minced jalapeño pepper (seeds removed)
4. chopped fresh cilantro
5. juice of 1 lime or lemon
6. salt & pepper

Preparation

Combine ingredients in bowl, mix well.

FLASH Diet: Meats

Ground Beef

Ingredients

- 1) 2 lbs leanest ground beef
- 2) 2 eggs whites
- 3) 4 cloves garlic, minced
- 4) 1 small white onion, diced
- 5) salt & pepper
- 6) ~1/2 cup chopped fresh parsley
- 7) 1/4 cup minced beef liver (optional)

Preparations - Stuffed Veggies

- 1) cabbage leaves - Napa or Savoy - stems removed and steamed for 5 minutes
- 2) bell peppers - Half pepper lengthwise, remove stem and seeds
- 3) zucchini - Half lengthwise and scrape out most of the white flesh

Bake in large baking dish at 325 for about 40 minutes. OR: simmer within marinara sauce in a large covered saucepan for about 25 minutes.

Preparation - Meatloaf

- 1) Sauté in 1 tablespoon olive oil:
 - a. 2 carrots, diced
 - b. 2 stalks celery, diced
- 2) Add to mixture:
 - c. Sautéed carrots & celery
 - d. 1/4 cup tomato paste
- 3) Form into rectangular baking dish.
- 4) Spread 1/4 cup tomato paste over the top, then bake at 325 degrees for about one hour.

Preparation - Meatballs

- 1) Form into 2 inch diameter balls and place in large baking dish.
- 2) Bake at 325 for about 20 minutes, then turn and bake for another 20 minutes.

Ground Turkey

Ingredients

- 1) 2 lbs leanest ground turkey
- 2) 2 eggs whites
- 3) 4 cloves garlic, minced
- 4) 1 small white onion, diced
- 5) salt & pepper
- 6) ~1/2 cup chopped fresh parsley
- 7) 1/4 cup minced chicken liver (optional)

Ground Turkey

Preparation - Stuffed Veggies

- 1) cabbage leaves Napa or Savoy - stems removed and steamed for 5 minutes
- 2) bell peppers - Half pepper lengthwise, remove stem and seeds
- 3) zucchini - Half lengthwise and scrape out most of the white flesh

Bake in large baking dish at 325 for about 40 minutes. OR: simmer within marinara sauce in a large covered sauté pan for about 25 minutes.

Meatloaf

- 1) Sauté in 1 tablespoon olive oil:
 - a. 2 carrots, diced
 - b. 2 stalks celery, diced

- 2) Add to mixture:
 - c. sautéed carrots and celery
 - d. 1/4 cup tomato paste
- 3) Form into rectangular baking dish.
- 4) Spread 1/4 cup tomato paste over the top, then bake at 325 degrees for about one hour.

Meatballs

- 1) Form into 2 inch diameter balls and place in large baking dish.
- 2) Bake at 325 for about 20 minutes, then turn and bake for another 20 minutes.

Beef Roasts - Braising

Ingredients

- 1) 2 - 4 lbs beef roast (I prefer brisket, but eye round roast, bottom/top round roast, tip roast or chuck
- 2) shoulder pot roast also work well) Trim some of the excess fat (the rest will cook off and/or can be
- 3) removed after cooking)
- 4) ~1/2 cup red wine (or balsamic vinegar)
- 5) ~2 cups beef stock
- 6) ~6 cloves garlic
- 7) 1 onion, cut into large pieces
- 8) salt & pepper
- 9) 4 carrots, cut in large pieces OR: parsnips or tuber (for Simple Food Diet)
- 10) 1 tablespoon dried rosemary OR: bay leaves or oregano

Beef Roasts - Braising

Preparation - Stovetop / Oven

- 1) Place meat in a dutch oven.

- 2) Add onion, garlic, wine, stock and (optional) carrot (or other vegetable / tuber).
- 3) Sprinkle with salt & pepper and (optional) rosemary (or other herb/spice).
- 4) Cover and transfer to 325 degree oven for about 2.5 - 3 hours, depending on size of cut.

Slow Cooker

- 1) Place meat in a slow cooker.
- 2) Add onion, garlic, wine, stock and (optional) carrot (or other vegetable / tuber).
- 3) Sprinkle with salt & pepper and (optional) rosemary (or other herb/spice).
- 4) Cover and set to high for about 6.5 - 8 hours, depending on size of cut.

Beef Stew

Ingredients

- 1) 1.5 - 3 lbs lean beef stew meat (cut into 1 - 2 inch pieces)
- 2) ~1/2 cup red wine (or balsamic vinegar)
- 3) ~2 cups beef stock
- 4) 1 medium onion, cut into large pieces
- 5) ~6 cloves garlic
- 6) salt & pepper
- 7) 4 carrots, cut in large pieces OR: parsnips or tuber (for the Simple Food Diet)
- 8) 1 tablespoon dried rosemary OR: bay leaves or oregano
- 9) kale, cabbage, cauliflower or mushroom, cut into large pieces (optional)

Beef Stew

Preparation - Slow Cooker

- 1) Place meat, onion, garlic and vegetable(s) in the slow cooker.
- 2) Add wine and stock and sprinkle with salt & pepper and herb/spice.
- 3) Cover and set to high for about 6.5 - 8 hours, depending on amount of meat.
- 4) If adding softer vegetable such as kale, cabbage, cauliflower or mushroom, add only for the last hour of cooking. (optional)

Baked Chicken

Ingredients

- 1) boneless / skinless chicken breasts
- 2) 1 tablespoon olive oil
- 3) 1 teaspoon fresh or dried herb/spice (thyme, oregano or basil) OR: 1 tablespoon Dijon mustard
- 4) salt & pepper

Preparation

- 1) Drizzle olive oil inside a small baking dish.
- 2) Place chicken breasts inside and sprinkle with salt & pepper and herb/spice or dijon mustard rub.
- 3) Bake at 375 for 15 minutes, then flip, sprinkle/coat other side, and bake another 15 minutes.

Poached Fish Steak / Fillet

Ingredients

- 1) fish steak / fillet - choose a lean fish like tilapia, cod, sole, haddock, snapper or halibut
- 2) 2 cups white wine
- 3) 2 cups vegetable stock
- 4) 1 tablespoon olive oil
- 5) salt & pepper
- 6) 2 tablespoons fresh cilantro, chopped OR: fresh chives, dill or tarragon

Poached Fish Steak / Fillet

Preparation

- 1) Add wine, vegetable stock and olive oil to a large sauté pan, cover and bring to a simmer.
- 2) Rub fish with salt & pepper and top with (optional) fresh cilantro (or other herb/spice).
- 3) Place gently into simmering liquid and cover.
- 4) Cook for 5 - 7 minutes, depending on type of fish.

Seafood Stew

Ingredients

- 1) fish steak / fillet, cubed - cut into 1 inch pieces
- 2) mussels - wash well with cold water
- 3) bay scallops OR: fresh shrimp
- 4) 1 medium onion, chopped
- 5) ~6 cloves garlic, minced
- 6) 4 stalks celery, chopped

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- 7) 1 fennel bulb, chopped
- 8) 1 large can diced tomatoes in juice

- 9) ~3 cups vegetable stock
- 10) 1 tablespoon dried oregano
OR: bay leaves or basil
- 11) 1 tablespoon olive oil
- 12) 6 - 8 strips of lemon rind
- 13) salt & pepper

Seafood Stew

Preparation - Stovetop

- 1) Heat olive oil in a large stock pot or dutch oven.
- 2) Add onion and celery and cook until slightly soft.
- 3) Add fennel & oregano (or other herb/spice). Season with salt & pepper and cook for another 5 min.
- 4) Add wine and simmer for 5 minutes.
- 5) Add stock, tomatoes in juice, garlic and lemon and stir, then cover and simmer for about 30 minutes.
- 6) Bring to a boil and add fish, mussels and scallops.
- 7) Simmer for about 10 minutes, until mussels open and fish cooks through.
- 8) Discard any mussels that do not open.