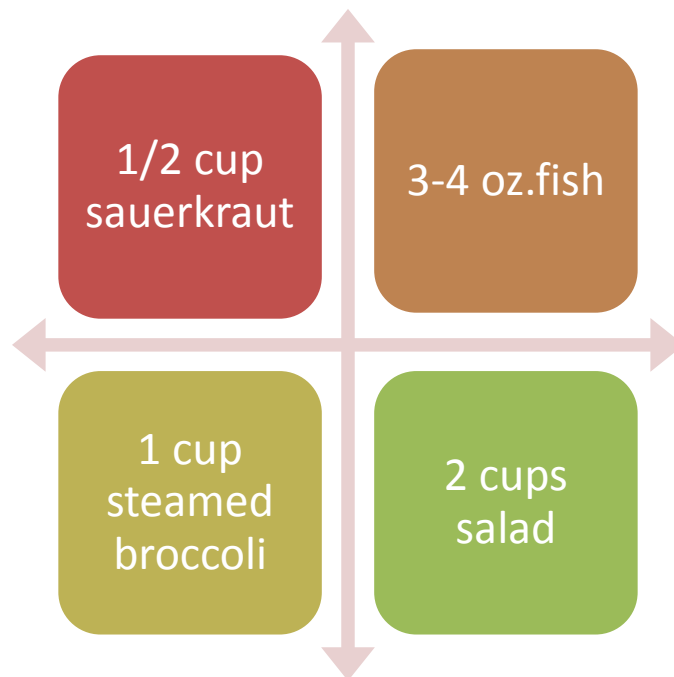




Mihaela Telecan's  
**HEALING**  
with **FOODS**  
EAT • MOVE • BELIEVE

**Keep a ratio of 1:3 proteins to vegetables and liberal amount of fats/meal** (such as coconut oil, butter, ghee, olive oil, avocado, and other animal fats).





# ***One Day Meal Plan***

Start your day with water 8-16 oz., with or without lemon juice

## **BREAKFAST**

### **Sausage with Cauliflower, Tomatoes, and Olives**

Recipe by Chef: Myra Kornfeld

With a great variety of healthy sausages to choose from, you can have a tasty hearty breakfast on the table in minutes. If you want to add even more vegetables, toss in a handful of chopped greens, such as spinach or arugula with the tomatoes and olives.

**Makes 1 serving**

**Prep Time:** 5 - 10 minutes

**Cook Time:** 6 - 8 minutes

#### **Ingredients:**

- 1 link sausage, such as chicken or turkey, about 3 ounces
- 1 tablespoon butter or coconut oil
- 1 teaspoon minced garlic
- Sea salt
- 1 small plum tomato, diced, or 1/4 cup halved cherry tomatoes
- 6 olives, halved, such as pitted kalamata olives
- freshly ground black pepper
- Sprinkle fresh parsley or thyme (optional)

#### **Instructions:**

Place the sausages, butter, cauliflower, garlic, sprinkling of salt with 1/4 cup water in a heavy bottomed medium skillet and cover. Cook for 3 minutes over medium heat, then uncover and sauté until the cauliflower and the sausage are starting to brown, making sure to turn the sausage links to brown all sides. Stir in the tomatoes and olives until warmed through. Sprinkle with black pepper and herbs and serve hot.



If the sausage is not already cooked, cook it first covered in the pan with 1/2 cup water, for 5 minutes, until it loses the raw edge.

If your sausage is fat, you may need to slice it down the middle after it is cooked and sear it for a few seconds, cut side down.

Note: You can use the pan sausages as well. In this case cook the sausages first in a pan using just fat, no water.

## **LUNCH**

### **Coucher de Soleil**

Recipe by Frederic Patenaude

#### **Ingredients:**

- 8 cups lettuce (any kind you like), chopped
- 2 cups purple cabbage (minced)
- 1 cup parsley finely chopped
- 2 avocados peeled and diced
- 1 Tbs flax seed oil or olive oil
- 1 lime or lemon juice of
- 2 Tbsp. apple cider vinegar,
- 1 Tbsp. honey diluted in 1 Tbsp. water
- Sea salt to taste
- Pepper to taste

#### **Instrucutios:**

Mix all of the ingredients in a bowl (serves 3-5)

Note: Serve this salad with any animal protein you have available. Eggs, fish, chicken, or see recipe suggestion below.



## **Grilled Balsamic Steaks**

Recipe by Chef: Nathan Donahoe

This is a wonderfully simple yet gourmet way to grill steaks. Sirloin steaks, t-bones and rib eyes work wonderfully for this.

**Makes 6 servings**

**Prep Time: 5 minutes**

**Cook Time: 15 minutes**

**Storage: Refrigerate for up to 3 days.**

Note: You may choose to downsize the recipe to fit your family's needs.

### **Ingredients**

- 3 whole garlic cloves
- 2 6-inch sprigs fresh rosemary
- 6 6-ounce sirloin steaks
- Sea salt
- 1 teaspoon sweet paprika
- 1/2 teaspoon cumin powder
- 3/4 teaspoon freshly ground black pepper
- 1 cup balsamic vinegar

### **Instructions**

Halve the garlic cloves. Place the rosemary sprigs on a cutting board and bang gently with the back of the knife to bruise (this releases oils). Rub both sides of the steak with garlic and rosemary. Cut rosemary into 6 separate pieces and set aside with the garlic.

Rub both sides of the steaks with salt. Combine the paprika, cumin and pepper in a small bowl and divide evenly among steaks by rubbing only one side.

Place the steaks, rosemary, garlic and the balsamic vinegar in a glass or ceramic baking dish large enough so there is some space between each steak. Make sure the rosemary and garlic are at least partially submerged in the liquid. Cover and refrigerate for 30 minutes, then flip the steaks and marinate for 30 more minutes (you can marinate up to 2 hours, just make sure to flip the steaks).



Preheat the grill to high. Add the steaks, spice side down, rotate the steaks 90-degrees, and then grill for 1-2 minutes more, until grill marks appear, forming a crisscross pattern.

Turn the heat down to medium, and flip the steaks to the other side. Grill the steaks 5-10 more minutes or until they have reached desired level of rareness. If steaks begin to burn on the outside, move them to the side of the grill where there is indirect heat. You can also finish the steaks in an oven preheated to 400-degrees for 5-10 minutes.

Remove the steaks, and garnish with the rosemary.

## **DINNER**

### **Asparagus soup**

Recipe by Chef: Elliott Prag

**6 servings**

**Prep Time:** 10 minutes

**Cook Time:** 40 minutes

**Storage:** Refrigerate up to 4 days.

#### **Ingredients:**

- 2 tablespoons coconut oil or butter
- 2 cups leeks, white and pale green portions, sliced
- 2 pounds asparagus, fibrous bottoms trimmed, stalks chopped into 2-inch pieces
- 4 cups vegetable or chicken stock or water
- Sea salt
- 1/2 cup fresh orange juice (optional)
- 3 tablespoons finely chopped mint, plus a few leaves for garnish



## **Instructions:**

Heat the oil/butter in a medium pot over medium heat and sauté for 2 minutes. Add the asparagus and sauté for 5 minutes, until softened. Add the water. Bring the soup to a boil and add 3/4 teaspoon salt. Lower the heat to a simmer and cook, partially covered, until the asparagus is tender, approximately 10 minutes. Transfer the soup to a blender and puree until smooth. Stir in the orange juice, the chopped mint, and a sprinkling of black pepper. Taste and add more salt if necessary. Refrigerate until chilled. Garnish with the mint leaves.

## **Sautéed Chicken Livers with Greens**

Recipe by Chef: Ela Guidon

Juicy, warm chicken livers served over cool greens make a tasty contrast.

**4 servings**

**Prep Time:** 10 minutes

**Cook Time:** 12 minutes

### **Ingredients:**

- 1 1/2 pounds chicken livers
- Sea salt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground cumin
- 1 tablespoon apple cider vinegar
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon Dijon mustard
- 4 tablespoons extra virgin olive oil
- freshly ground black pepper
- 2 tablespoons coconut oil or butter
- 1 red onion, thinly sliced
- 6 cups mixed baby greens, washed and dried



## Instructions:

Cut the chicken livers in half. Toss in a medium bowl with ½ teaspoon of salt, garlic powder, cumin and vinegar. Set aside.

In a small bowl, whisk together the lemon juice, mustard and olive oil. Sprinkle with salt and pepper and set aside.

Heat 1 tablespoon of the coconut oil in a large skillet. Add the onions and sauté over medium-high heat for 4 minutes. Remove the onions and set aside.

In the same skillet add the remaining coconut oil and turn the heat to high. Add the chicken livers and sauté 4 minutes on each side, until cooked through.

Toss the baby greens with the dressing and top with the sautéed onions.

Serve the chicken livers warm over the salad.

If you need to snack you may have a fresh fruit, a green shake, nuts, or a bar such as Kit's Organic or Lara Bar.

