

Dr. Vera's 14-Day RepairVite Menu

The following 14-day menu is provided to aid in the healing of your intestinal tract. This menu is a basic guideline to help you plan your meals and to get ideas about what a daily menu looks like. You will notice repeated snack and meals within the 14-day menu due to the limits of acceptable foods on this diet. You may find it difficult to get creative using so few ingredients. The goal of this diet is not to get creative but to heal your gut. Do not focus on what you can't have, or what you are denying yourself. Remember, it is the food you have already consumed that resulted in your condition.

To make it through the next 45-90 days, plan your meals and snacks a week in advance. By doing so, you will have your fridge stocked with acceptable foods. Coming home to a bare fridge makes it difficult to stay on track. Provided for you are some delicious recipes I have served in my test kitchen with great results. Make your meal plan and write down the ingredients. Take that list to the grocery store and buy what you need for the week (5 days worth). This will help keep your kitchen full and your tummy happy. It will also cut down on waste since produce doesn't last long. Another helpful idea is to make 3 or 4 meals over the weekend, store them in airtight containers and keep them in the fridge. And finally, you may be the only one in your family (ok, let's face it, the only one in your city!) on this beneficial diet. Each recipe serves 4-6 even though you may only be cooking for one. This means leftovers! Use this to your advantage and store for another meal. Note: Eat fresh salads, guacamole and any fish recipes within 2 days of preparing it.

Additional recipes that were not factored into the 14-day menu are included at the end of this packet. Salad ideas are also "tossed" in there for you. By cutting the vegetables in different shapes (ie: slices, cubes, on a bias, julienned) changes the texture, therefore changing the way you taste it.

- Dressings can be made of: Olive oil, grape seed oil, lemon juice, sea salt and pepper, and apple cider vinegar
- Sautéed cooking: Olive oil, canola, grape seed or coconut oil, light seasonings
- Thin sliced Lunchmeats from AppleGate Farms found at Whole Foods: turkey, roast beef, chicken, turkey (do not buy processed pre-packaged)
- Small amounts of sugar (less than 2%) are permissible if already within packaging. Do not add any sweeteners.
- Cucumbers are a great substitute for "chips" or salty snacks. My favorite is making guacamole and then using the cucumber with a little bit of salt on it as the tortilla chip.
- Low-glycemic fruits in moderation to quench a sweet tooth with a glass of unsweetened coconut milk. Best to eat fruits with meals.
- Specialty Items such as the Kombucha and pickled ginger can be found at Whole Foods, Sprouts, Henry's, or other health food store.

An amazing food journey awaits you as you restore your health. Dr. Mark and myself will be supporting you along the way. Take time each day to be thankful for the abundance of fresh fruits and vegetables you enjoy.

From my kitchen to yours,

Dr. Vera Flannery

Dr. Vera's 14-Day RepairVite Menu

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Breakfast	Carrot Juice (1/2 Water) Turkey sausage Sautéed zucchini & basil Strawberries	Sliced lunchmeats Sautéed Yellow Squash & Onions Apple	Thin sliced sirloin steak Warm sauerkraut Steamed broccoli Nectarine	Ground Turkey & Vegetables (4) Plum	Turkey Bacon Sautéed zucchini and fresh basil Blueberries	Sautéed ground chicken Strawberries	Beef Bacon Sautéed Yellow Squash & Onions Grapefruit
Snack	Cucumber with sea salt Herbal Tea	Carrot sticks Kombucha tea	Kim Chi cabbage Herbal Tea	Cucumbers with olive oil, lemon juice, salt & pepper dressing Herbal Tea	Dill pickles Sliced lunch meat Kombucha tea Apple	Pickled cucumbers Herbal tea	Cucumbers with olive oil, lemon juice, sea salt & pepper dressing Herbal Tea
Lunch	Salad with chicken Avocado slices Olive oil-lemon dressing	Chicken Curry Salad (1) Celery sticks Grapefruit	Leftover Fish Soup (2) Plum Cucumber slices	Salad with cubed turkey Lemon juice, olive oil, sea salt and pepper dressing Orange	Ground turkey patty Steamed Artichoke Mixed Berries	Spinach salad with cold salmon cubes, olive oil, lemon juice, sea salt & pepper dressing Kombucha tea	Pan fried trout Steamed asparagus Orange
Snack	Pickled ginger Celery sticks Kombucha tea	Chicken cubes Dill pickles Herbal tea	Carrot & Celery Sticks Herbal Tea	Celery sticks Kombucha Tea Dill pickles Peach	Cucumber with sea salt Herbal Tea	Celery sticks Kombucha Tea Pear	Cold blanched broccoli & cauliflower with sea salt Herbal tea
Dinner	Grilled lamb chops Steamed mix vegetables Sauerkraut	Fish Soup (2) Salad Olive oil-lemon dressing	Lettuce Wraps (3)	Pan-Fried Tilapia (5) Salad with black olives, olive oil, salt & pepper	Grilled Salmon Guacamole (6) Steamed veggies	Casablanca Carrot Soup (7) Salad-Kalamata olives, lemon juice, olive oil, sea salt & pepper dressing	Leftover Casablanca Carrot Soup (7) Mixed Berries

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Breakfast	Sausage with Spinach & Fennel (8) Berries	Thin sliced sirloin steak Mashed cauliflower Grapefruit	Sliced lunchmeats Steamed broccoli Apple	Turkey Bacon Sautéed zucchini and fresh basil Blueberries	Leftover Kale and Roasted Vegetable Soup (11)	Sausage with Spinach & Fennel (8) Berries	Turkey Bacon Sautéed zucchini and fresh basil Blueberries
Snack	Olive, cucumber Herbal Tea	Celery sticks Herbal Tea	Kim Chi cabbage Kombucha Tea	Dill pickles Sliced lunchmeat Kombucha tea Apple	Pickled ginger Celery sticks Herbal Tea	Cucumbers with olive oil, lemon juice, salt & pepper dressing Herbal Tea	Kim Chi cabbage Kombucha Tea
Lunch	Roasted turkey Cucumber slices Guacamole (6)	Leftover Coconut Curry Fish or Chicken (9)	Chicken Celery sticks Grapefruit	Salad with chicken, Avocado slices, olive oil-lemon dressing	Salad with Turkey Apple slices	Leftover Coconut Thai Delight (12)	Lemon Chicken Recipe (13) Salad with Avocado slices, olive oil-lemon dressing
Snack	Lunchmeat slices Pickled ginger Kombucha tea	Chicken cubes Dill pickles Kombucha tea	Lunchmeat Pickled ginger Herbal tea	Celery sticks Herbal Tea Pear	Carrot & Celery sticks Kombucha Tea Dill pickles Peach	Lunchmeat Pickled ginger Herbal Tea	Cucumbers with olive oil, lemon juice, sea salt & pepper dressing Herbal Tea
Dinner	Coconut Curry Fish or Chicken (9)	Vegetable Soup with Sweet Basil (10) Salad, olive oil-lemon dressing	Leftover Vegetable Soup with Sweet Basil (10) Honeydew melon	Kale and Roasted Vegetable Soup (11)	Coconut Thai Delight (12)	Stir fry with coconut oil and chicken or beef	Chicken-Vegetable Tagine (14)

Dr. Vera's Intestinal Repair Recipes

(1) Chicken Curry Salad Recipe

Ingredients

- 1-½ lbs cooked chicken
- 2 Tbsp oil
- 1 yellow onion, roughly chopped
- 1-2 heaping Tbsp yellow curry powder to taste
- 1 apple (tart or sweet, your preference), peeled, cored, and diced
- 1/2 cup chopped fresh cilantro (just lightly packed)
- 2 green onions, sliced

Directions:

1. Add yellow onion to large fry pan and cook. After a few minutes, when the onions are beginning to get translucent, add 2 heaping tablespoons of yellow curry powder. Cook a few minutes more, stirring frequently. If the curry sticks to the bottom or the mixture gets dry, add a bit more olive oil to the pan. As you stir, scrape up the stuck curry bits.
2. Add onion mixture to chicken and mix well, coating the chicken pieces with the curry infused olive oil. Refrigerate until cool.
3. Mix in the apple, green onions, and cilantro. Serve.

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(2) Fish Soup

- 2 tbsp coconut oil
- 2 leek onions sliced
- 4 cloves of garlic, pressed
- 3 inches of fresh ginger, peeled, grated
- 3 celery, sliced
- 6 carrots, peeled, sliced
- 2 yellow squash, diced
- 2 boxes of Pacific Low Sodium Chicken Broth
- 2 Cups of water
- 1 ½ lbs of cubed cod, tilapia, mahi mahi, OR orange roughy

Directions:

1. Heat large stockpot over medium high heat and add oil. After prepping vegetables, add onion and garlic for 4-5 minutes until wilted and slightly golden.
2. Next add ginger and celery, stirring well for 1 minute.
3. Turn up heat to High and add 1 cup of broth and carrots. Cover pot and let broth come to boil. Boil carrots for 5 minutes.
4. Next add yellow squash, rest of the broth and the water
5. Wait until the broth begins to boil then add cubed fish. Reduce heat to medium and cover for 5-10 minutes until fish is bright white and flakes easily.
6. Serve hot and enjoy.

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(3) Lettuce Wraps

Ingredients

- 1-lb ground turkey
- 2-inches fresh ginger, peeled, grated
- 3 Cloves of garlic, pressed
- ½ C Water chestnuts chopped
- 4 Carrots, shredded
- ½ - ¾ C Chicken broth
- ¼ C Sesame Seasoning from Costco
- Head of iceberg lettuce or romaine leaves

Directions:

1. Heat large pot to medium high to brown turkey.
2. Add in garlic and ginger when meat is almost cooked through.
3. Reduce heat to medium when meat is fully cooked.
4. Stir in chestnuts, carrots, broth and Sesame Dressing

Spoon onto lettuce and eat like a taco.

Enjoy!

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(4) Ground Turkey and Vegetables

Ingredients

- 3 cloves of garlic
- ½ onion, diced
- 2 Tbsp seasoning
- 1 lb ground turkey
- 1-½ C baby carrots
- 1 C green beans, trimmed, cut in half
- 2 zucchini, sliced

Directions:

1. In a large pan on medium heat, begin to brown the meat. When the meat is almost done cooking, add in garlic, onion and seasoning.
2. Meanwhile, in a steamer basket steam carrots for 5 minutes covered. Add in green beans for 5 minutes. Finally zucchini. Turn off heat and leave covered until meat is cooked through.
3. Spoon meat into bowl and top with vegetables.

(5) Pan-Fried Tilapia

Ingredients

- 1 lb fresh Tilapia, rinsed and patted dry
- 1 Tbsp Trader Joe's 21 Season Salute
- 2 Tbsp oil

Directions:

1. Heat oil in frying pan on medium-high heat.
2. Place fish in pan then sprinkle lightly with seasoning.
3. Cook each side 5-7 minutes until fish flakes.

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(6) Guacamole

Ingredients

4 avocados

3 cloves of garlic (or more if you like it) pressed

½ red onion, diced

½ tsp cumin

½ tsp coriander

1 tsp or more of 21 Season Salute from Trader Joes

1 lime, juiced

½ lemon, juiced

Directions:

1. Cut avocados in half length-wise. Remove Seed. Scoop out avocado from peel and put in a mixing bowl. Reserve one seed.
2. Add in garlic, onion and spices and stir to mix. Do not over mix or you will have “runny” guacamole.
3. Stir in lime and lemon juice, and to keep from browning. Place reserved seed in the guacamole then store in airtight container to help preserve freshness.

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(7) CASABLANCA CARROT SOUP

Ingredients

- 2 Tbsp. olive oil
- 1 lb. carrots, cut into 1/4-inch rounds
- 2 green onions, minced (2 Tbs.)
- 1 clove garlic, minced (1 tsp.)
- ¼ tsp. Ground Cinnamon
- ½ tsp. Ground Turmeric
- ½ tsp. Ground Cumin
- 2-14.5-oz. cans low-sodium vegetable/chicken broth
- 2 cups carrot juice
- 1/4 cup chopped fresh mint
- 1 Tbsp. lemon juice
- 1 tsp. lemon zest
- (mint sprigs for garnish, optional)

Directions

1. Heat oil in large pot over medium high heat. Add carrots, onions, garlic, cinnamon, turmeric, and cumin; stir 3 minutes. Add broth, and bring to a boil. Reduce heat to medium-low, cover, and simmer 30 to 35 minutes, until carrots are very tender.
2. Puree carrot mixture with carrot juice and mint in blender until smooth. Stir in lemon juice and zest. Return to pot to warm, if necessary. Serve hot or chilled, garnished with mint.

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(8) Sausage with Wilted Spinach and Fennel

Ingredients

- 1 pkg Trader Joe's Sweet Italian Chicken Sausage (raw)
- 2 tbsp Almond oil
- 1 bulb fresh fennel, thinly sliced
- 3 cloves garlic, sliced
- ½ Chicken Broth
- 1 bag baby spinach, washed

Directions:

1. Put sausage on lipped baking sheet in oven set to broil.
2. Meanwhile, in a large frying pan, heat oil on medium high.
3. Add garlic and fennel. Cook for 4 minutes.
4. Turn sausage to finish cooking in the broiler.
5. Add broth and spinach to pan. Stir until spinach wilts.
6. Spoon spinach mixture onto plate and top with sausage.

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(9) Coconut Curry Fish or Chicken

Ingredients

- 2 Tbsp coconut oil
- 4 cloves of garlic, pressed
- 3 ribs of celery, sliced
- 2 inches of ginger, peeled, grated
- 4 carrots, shredded
- 1 tsp Fish sauce (optional)
- 1/2 tsp Thai Kitchen green curry paste
- 3 small zucchini sliced
- 1 cup green beans, trimmed and cut in half
- 1 Can Thai Kitchen Coconut Milk
- 1 box Pacific Low Sodium Chicken Broth
- 1 lb of cubed chicken or white fish
- 5 Leaves fresh basil, thinly sliced

Directions

1. Heat oil in large frying pain on Medium high
2. Add garlic and celery. Stir for 4-5 minutes until crisp-tender
3. Add carrots and ginger. Stir for 5 minutes.
4. Add Fish sauce, curry, 1 cup of broth, zucchini, and green beans.
5. Cover and let cook for 5 minutes.
6. Shake can of coconut milk then add to pan. Next add the remaining broth.
7. Bring to low boil then add meat. Reduce heat to medium. Cover and let cook for 10 minutes for fish, 15-20 for chicken.
8. Spoon into shallow bowl and top with fresh sliced basil.

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(10) Vegetable Soup with Sweet Basil Recipe

Ingredients

Preparation time: 1 hour.

- 2 small leeks, white part only
- 1 small onion
- 2 stalks celery
- 1 medium zucchini
- 12 green beans
- 2 medium carrots, peeled
- 6 tablespoons olive oil
- 3 tablespoons water
- 2 quarts chicken stock
- 4 medium garlic cloves
- 30 fresh basil leaves, washed and dried
- 1/2 teaspoon freshly ground black pepper
- Sea Salt

Directions:

1. Cut the leeks, onion, celery, zucchini, green beans, and carrots into 1/4 inch diced cubes.
2. In a 6-quart stockpot, combine 3 tablespoons of the olive oil with the water. Add the vegetables and sauté over medium-low heat until all the water evaporates. Do not brown the vegetables.
3. Add the stock and bring to a boil. Cook at a gentle boil for 30 minutes.
4. Meanwhile, in a food processor fitted with the metal blade, basil, garlic, and remaining 3 tablespoons of olive oil. Pulse until pureed. If this equipment is unavailable mince these ingredients then add to soup.
5. Stir the puree into the cooked soup. Do not let the soup return to a boil. Season, to taste, with sea salt, pepper. Serve the soup hot.

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(11) Kale and Roasted Vegetable Soup Recipe

Ingredients

- 3 medium carrots, peeled and quartered lengthwise
- 1 large onion, cut into 8 wedges or 4 or 5 slices
- 1/2 small butternut squash, peeled, seeded, cut lengthwise into 1/2 inch thick wedges
- 6 garlic cloves
- 1 Tbsp olive oil
- 6 cups or more of vegetable/chicken broth
- 4 cups of finely chopped kale
- 3 large fresh thyme sprigs
- 1 bay leaf

Directions:

1. Preheat oven to 400°F (reduce heat by 25°F if using convection oven). Brush rimmed baking sheet with a thin coat of olive oil. Arrange carrots, squash, onion, and garlic on sheet. Drizzle with more olive oil. Sprinkle with sea salt and pepper. Toss to coat. Roast vegetables until they are brown and tender, stirring occasionally, about 45 minutes.
2. Cut squash and carrots into 1/2 inch pieces; set aside. Place garlic cloves in food processor. Add onion; puree until almost smooth. Transfer puree to large pot. Add 5 1/2 cups broth, kale, thyme and bay leaf to pot. Bring to boil. Reduce heat. Simmer uncovered until kale is tender, about 30 minutes.
3. Add carrots, and squash to soup. Simmer 8 minutes to blend flavors, adding more broth to thin soup if necessary. Season with sea salt and pepper. Discard thyme sprigs and bay leaf.

Can be made a day ahead. Serves six.

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(12) Coconut Thai Delight

Ingredients

- 1 Leek
- 3 Garlic cloves
- 3 inches fresh ginger, peeled, finely grated
- Veggies of choice: Use all or just a few
 - 1 C Green Beans, ends snipped
 - 1 Yellow Squash
 - 1 Bok Choy
 - 3 Carrots, shredded
 - 1 Zucchini
 - 1 C Broccoli
 - 2 C Bean sprouts
- 1 box of Broth or 4-5 cups
- 1 tsp fish sauce
- 1 tsp Thai Kitchen Green Curry
- 1 Can Thai Kitchen Coconut Milk
- 4 filets of Cod or white fish of choice
- 6 leaves of Fresh basil

Directions:

1. Slice 1 leek, press 4 garlic and grate fresh ginger and add it to BIG pan to saute with oil...then a little broth.
2. While that's cooking, prep your choice of veggies.
3. Add to pan 1 C, broth, 1 tsp of fish juice, 1 tsp of green curry from Thai kitchen (comes in VERY small jar from Whole Foods Market). Add one can of coconut milk and stir to mix. Now add your veggies. They should be covered in liquid, if not add more broth!
4. Prep Cod - about 1 lb or any firm white fish and add when the broth is hot but not boiling. Cover and let cook for 5-10 minutes or when fish flakes apart.
5. Thinly slice FRESH basil for garnish.

ENJOY!!!!

Dr. Vera's Intestinal Repair Recipes

(13) Lemon Chicken Recipe

Ingredients

- 3-4 pounds chicken parts (thighs and legs recommended), skin-on, bone-in, trimmed of excess fat
- 2 Tbsp lemon zest
- 1/3 cup lemon juice
- 2 cloves garlic, crushed
- 2 Tbsp fresh chopped thyme (or 2 teaspoons dried)
- 1 Tbsp fresh chopped rosemary (or 1 teaspoon dried)
- 1 teaspoons salt
- 1 teaspoon black pepper
- 2-3 Tbsp almond oil
- Lemon slices for garnish

Directions:

1. Place lemon juice, lemon peel, garlic, thyme, rosemary, salt, and pepper in a small bowl, whisk to combine. With the tip of a sharp knife, cut into each chicken piece one or two times by about 1/2 an inch. (This will help the marinade penetrate.) Place the chicken pieces and the marinade in a gallon-sized freezer bag. Rotate the bag so that all chicken pieces are coated with the marinade. Seal the bag and place in a bowl in the refrigerator (in case of leakage). Let marinate for 2 hours.
 2. Preheat oven to 425°F. Remove chicken from marinade and place in a single layer in a large baking dish, skin side up. Reserve the marinade. Use a pastry brush to brush a little oil on to each piece of chicken.
 3. Bake for a total of 50 to 55 minutes, until the skins are crispy brown, and the chicken is cooked through, juices running clear (breasts have an internal temperature of 165°F and thighs 175°F). Halfway through the baking, at about the 25 minute mark, baste the chicken pieces generously with reserved marinade.
 4. Depending on the size of the breasts, they may be ready before the thighs, so if you are cooking a mix of chicken parts, keep that in mind, you may have to take them out of the oven before the thighs.
 5. Let rest, covered in foil, for 10 minutes before serving.
 6. Pour the juices from the pan into a serving bowl. Use a tablespoon to skim the fat off the top (Do not discard down the drain or it will solidify and clog your drain). Serve the chicken with the juices on the side or a little poured over the top of the chicken.
- Serves 4-6.

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(14) Chicken-Vegetable Tagine

Ingredients

- 1 lemon
- ¼-cup (about) olive oil
- 1 onion, chopped
- 4 large garlic cloves, chopped
- 1 tablespoons (packed) grated lemon peel
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp cinnamon
- 1/2 tsp ground ginger
- 1/2 tsp Saffron
- 4 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh dill
- 2 tablespoons chopped fresh mint
- 2 pounds skinless boneless chicken thighs, trimmed of excess fat
- 2 cups low-salt chicken broth
- 1 fresh fennel bulb, trimmed, bulbs quartered vertically
- 3 ribs of celery, chopped
- 4 large carrots (about 1 1/2 pounds), peeled, cut into 1-inch lengths
- 1 Yellow Squash diced
- 1 butternut squash cubed

Directions:

1. Heat ¼-cup oil in heavy large skillet over medium-high heat. Add onions and sauté until translucent, about 5 minutes. Add next 6 ingredients and 2 tablespoons each parsley, dill, and mint; sauté 3 minutes longer. Scrape contents of skillet into heavy large pot; reserve skillet.
2. Sprinkle chicken with salt and pepper. Heat 2 tablespoons oil in same skillet over medium-high heat. Add 1/3 of chicken and sauté until golden, about 3 minutes per side. Transfer to pot with onion mixture. Repeat with remaining chicken in 2 more batches, adding more oil by tablespoonfuls if needed.
3. Add broth to skillet; bring to boil, scraping up browned bits. Transfer broth to pot; add fennel, celery, carrots, squash. Bring tagine to boil.
4. Cover, reduce heat to medium-low, and simmer until chicken is almost tender, about 20 minutes.
5. Uncover and simmer until chicken and all vegetables are tender, about 15 minutes longer.
6. Using slotted spoon, transfer chicken and vegetables to large bowl. Boil sauce until reduced enough to coat spoon, about 10 minutes. Season with salt and pepper. Return chicken and vegetables to sauce. (Can be made 1 day ahead. Cool slightly. Chill uncovered until cold, then cover and keep refrigerated.)
Rewarm tagine over medium heat. Transfer to large bowl. Sprinkle with 2 tablespoons of parsley.

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Additional Recipe Ideas

Cabbage and Jicama Cole Slaw

Directions:

2 cup shredded savory or green cabbage
1 cup shredded Radicchio or red cabbage
1 cup julienne jicama
1/2 sweet onion, peeled and cut into match-stick size pieces
1 large carrot, coarsely grated
1/4 cup chopped fresh basil leaves
1/4 cup chopped fresh mint leaves
Coarse salt and freshly-ground black pepper

Pea Soup

Ingredients

6 Tbsp almond oil
1 fennel bulb, thinly sliced
1 Carrot, thinly sliced
1 parsnip, thinly sliced then quartered
8 C vegetable/chicken broth
1 pound fresh or frozen peas
2 scallions, thinly sliced
8 radishes, thinly sliced then quartered
1 tsp each minced fresh tarragon, parsley, chives

Directions:

1. In a large stockpot heat oil over medium-high heat.
2. Add fennel, carrot, and parsnip and sauté until crisp-tender. Add vegetable broth, increase heat to high, and bring to a simmer.
3. Add peas and cook until tender and bright green about 2 minutes.
4. Garnish soup with scallion, radishes and herbs.

Dr. Vera's Intestinal Repair Recipes

Orange Marinated Chicken Recipe

Ingredients

- 3 pounds boneless skinless chicken thighs (4 pounds if buying bone-in)
- 6 oranges, peeled and seeded, coarsely chopped (or 2-3 cups fresh squeezed orange juice)
- 1 onion, chopped
- 1/2 of a 7-ounce-can of chipotle chili peppers in adobo
- 3 cloves garlic, chopped
- 1/3 cup chopped fresh cilantro
- 1 Tbsp fresh rosemary leaves, chopped (or 1 teaspoon dried)
- 1 Tbsp fresh thyme leaves (or 1 teaspoon dried)
- 1 Tbsp fresh marjoram leaves (or oregano, or 1 teaspoon dried of either)
- 1 teaspoon salt
- 2 Tbsp olive oil

Directions

1. In a blender or food processor, combine the chopped oranges, onion, chipotle in adobo, garlic, cilantro, rosemary, thyme, marjoram, and salt. Pulse a few times to make a coarse purée.
2. Put boneless chicken thighs between two sheets of wax paper and pound with a meat hammer until an even thickness of about 1/2-inch. Combine the chicken pieces and the orange marinade together either in a bowl or in a ziplock freezer bag. Refrigerate overnight.
3. Heat olive oil in a large cast iron pan on medium high heat. Remove chicken pieces from the marinade, wiping off excess (but not all) marinade. Working in batches, cook the chicken pieces for 5 minutes on each side.

Serves 6.

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Cabbage Soup

Ingredients

2-3 Tbsp oil
3 cloves garlic, sliced
4 ribs of celery, sliced
5 carrots, peeled, diced
1 Head of Cabbage, shredded
2 boxes of organic chicken stock
4 Chicken wings
1 Tbsp onion powder
1 Tbsp garlic powder
2 Tsp paprika

Directions:

1. Prepare cabbage by cutting into quarters. Place one of the flat sides of the quarter on the board and chop into shreds.
2. Heat oil in large soup pot and then add garlic and celery. Cook for one minute.
3. Add carrots and 1 C broth. Cook for 5 minutes
4. Add the rest of the broth and bring to a boil.
5. Set oven to broil. Mix onion powder, garlic powder and paprika in a small bowl.
6. Add cabbage and chicken. Reduce heat and cover until chicken cooked through, about 10 minutes.
7. Turn stove off. Removed chicken from pot and place on baking sheet. Sprinkle the mixed seasoning over the chicken to taste.
8. Cook chicken for 5-10 until crispy.
9. Serve chicken with a hot bowl of soup.

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Salad Ideas

- ◆ Baby Spinach, apples, sliced shallots
- ◆ Spinach, turkey bacon, red onion, cilantro
- ◆ Arugula, braised fennel, chopped chicken, sliced celery
- ◆ Baby greens, shredded carrots, shredded red cabbage, diced cucumber
- ◆ Cucumber, avocado, carrot, radish all uniformly diced
- ◆ Leaf lettuce, sliced lunchmeat, shredded carrots, cucumbers
- ◆ Romaine with shredded chicken, celery, carrots, scallions
- ◆ Shredded Red and green cabbage, shredded carrots with poppy seed dressing
- ◆ Mixed baby greens, sliced pears
- ◆ Herb salad: baby romaine, FRESH chopped cilantro, parsley, basil, chives

Types of Lettuce to Consider

- Red tip
- Leaf lettuce
- Romaine
- Radicchio
- Spinach
- Swiss Chard
- Kale
- Collards
- Curly Endive
- Arugula
- Bibb
- Mache aka Lamsb' lettuce
- Mesclun
- Watercress

Dr. Vera's Intestinal Repair Recipes

Salad Dressing

Ingredients:

- 1/4 C extra-virgin olive oil
- 2 Tbsp Apple Cider vinegar
- 1 Tbsp. fresh lemon juice
- 1 small clove garlic, minced
- 1/2 tsp. finely shredded lemon zest
- 1 Tbsp Italian Seasoning
- 1/2 tsp. salt
- 1/4 tsp. freshly ground black pepper

Preparation:

Whisk all ingredients together in a small bowl *or* put them in a jar and shake to blend. Use immediately or store, covered and chilled, up to 1 week (olive oil will solidify in the refrigerator but will melt quite quickly at room temperature again).