Simple Food Diet: Protein

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Unlimited	Moderation	Occasionally
Beef, bison and venison	Lamb	Ribs
All lean cuts	Duck	Fattiest pork
Lean ground (10% fat)	Goose	Sausages
Liver	Pate	Hot dogs
Bones (for stock)	Tofu	Cold cuts
Pork	Tempeh	Other processed meats
All lean cuts (e.g. tenderloin)	Fattier beef	Processed soy foods
Bones (for stock)	Fattier pork	Seitan
Poultry	Chicken thighs	Fish canned in oil
All chicken except thighs	Greek yogurt (full fat)	
All turkey	Cottage cheese (full fat)	
Seafood		
All fish (not canned in oil)		
All shellfish		
Other		
Beans and lentils		
All rabbit		
Whole eggs		
Greek yogurt (1-2% fat)		
Cottage cheese (1-2% fat)		

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Simple Food Diet: Legumes

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Beans

Variations

Variation	Stove Top	Pressure Cooker
Black	cooks for 1 - 1.5 hours	10 minutes
Pinto	cooks for 1 - 1.5 hours	10 minutes
Small red	cooks for 1 - 1.5 hours	10 minutes
Navy	cooks for 1 - 1.5 hours	10 minutes
Cannellini	cooks for 1 - 1.5 hours	12 minutes
Red kidney	cooks for 1 - 1.5 hours	12 minutes
Great northern	cooks for 1 - 1.5 hours	12 minutes
Garbanzo	cooks for 1 - 1.5 hours	15 minutes

Ingredients

1. 2 cups dried beans
2. 1 small onion, chopped
3. salt & pepper
4. 3 dried bay leaves (optional)

Preparations

Stovetop

- Soak 8 hours or overnight in 4X amount of water.
- Drain and rinse thoroughly.
- Add beans, onion and (optional) bay leaves to an appropriate sized saucepan.
- Add 2X amount of water.
- Bring to a boil, reduce the heat, then cover and simmer until beans are tender and uniform in color all the way through. This takes 1 to 1 1/2 hours, depending on the bean variety.
- Check the beans occasionally to ensure they are covered with the cooking liquid. If the top of the beans becomes exposed, simply add hot water to the pot to cover them again.
- Remove from liquid and season with salt & pepper.

Slow-Cooker

- Soak 8 hours or overnight in 4X amount of water.
- Drain and rinse thoroughly.
- Add beans, onion and (optional) bay leaves to slow-cooker.
- Add 2X amount of boiling water.
- Cook on High for 2 to 3 hours, until tender and uniform in color all the way through, making sure beans are always covered by liquid.
- Remove from liquid and season with salt & pepper.

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Options

Bean Wraps

1) Wrap beans, salsa and avocado (Track 2) in lettuce leaf

Lentils

Variations

- brown
- green

Preparations

Stove Top

- 2 cups dried lentils
- salt & pepper
- Soak 8 hours or overnight in 4X amount of water.
- Drain and rinse thoroughly.
- Add lentils and 2X amount of boiling water to an appropriate sized saucepan.
- Bring to a boil, reduce the heat, then cover and simmer until lentils are tender. This takes 20 - 30 minutes.
- Check the lentils occasionally to ensure they are covered with the cooking liquid. If the top of the lentils becomes exposed, simply add hot water to the pot to cover them again.
- Drain and season w/ salt & pepper.

Options

Lentil Salad

1. Add chopped steamed vegetables and fresh herb (E.g., Steamed beets and carrots and fresh green onion and/or cilantro).
2. Add sautéed vegetables (E.g., Sautéed leeks and mushrooms)

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Simple Food Diet: Tubers

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Boiled

Variation	Detail
New potatoes	Various colors
Red potatoes	Red skin, white flesh
Russet potatoes	Golden skin, white flesh
Sweet potatoes	Golden flesh
Yams	Dark orange flesh
Yucca / cassava	Brown skin, white flesh
Sunchokes	Golden skin, white flesh

Preparation

1. Cut tubers into 2 inch pieces and add to an appropriate sized saucepan.
2. Fill half way with water.
3. Bring to a simmer and cook on medium for about 30 minutes or until softened.

Roasted

Variation	Detail
All the above variations plus....	
Taro	Brown skin, white flesh

Preparation

- Cut tubers into 2 inch pieces 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 30 to 40 minutes, turning tubers after 20 minutes.

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