

NEW!

Bragg's Shredded Pork by Heidi

1 large can diced tomato, no sugar added

1 large yellow onion, sliced

¼ c. Bragg's Aminos

2 Tbs. minced garlic

1 pork loin

Mix ingredients, pour over meat, and cook in crock pot over high heat for 6 hours. Pork is ready when you can shred it easily with two forks! Serve in lettuce or cabbage wraps or on top of cauliflower rice. Delicious!

Heidi's Egg Foo Young

1 Ideal Protein plain or fine herb omelet

Dice ¼ onion and 1 stalk celery. Put in glass dish with 1/8 cup water, cover with plastic wrap and microwave for 2 min. to soften.

Mix your omelet with water, add garlic powder and mix.

Put a small amount of your oil for the day in a nonstick pan and after it heats up add your egg mixture, adding in your steamed veggies, start stirring it in the frying pan. Add two handfuls of bean sprouts and flip; pour Braggs Aminos soy sauce substitute. And enjoy! (Don't forget you can add mushrooms or any other phase one veggies)

*Variation: Make a family dinner with whole eggs, just remember that an egg equals 2.5 ounces of your dinner protein. My kids love this.

Heidi's Teriyaki Dipping Sauce

Yummy!

¼ cup Bragg's Liquid Aminos

1/8 tsp. ground or fresh garlic

1/8 tsp. ground or fresh ginger

½ packet of Sweet Leaf Sweetener

You can warm and dip your grilled veggies and meat .

Bored with your salad?

Try Heidi's Asian Salad dressing...

1/8 cup Bragg's Aminos

1/8 tsp. fresh or ground ginger

1/8 tsp. fresh or powdered garlic

2 tsp. olive oil (however it is fantastic with or without oil)

Heidi's Crock pot Pork Loin

1 pork loin (to fit in your crock pot)

1 jar Sauerkraut, rinsed

1 large can diced tomatoes

2 teaspoons yellow curry powder

Garlic, fresh, minced or powder

Onion sliced

Put your roast in the crock pot, pour all ingredients over your roast place sliced onions on the top and cook for 6 hours on high . (I will also take yellow mustard and pour over the top, it's fantastic.) Season with salt and pepper to taste.