

30 RECIPES TO HEAL YOUR KIDNEYS



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The Basics

Alkaline vs. Acid: A Quick Review

As I speak about in the “The Kidney Disease Solution”, the diet that best supports kidney is essentially an alkalizing diet that is not only beneficial to the kidneys but can also eliminate many of the causes of kidney disease such as diabetes and high blood pressure. This is because the diet restores the body’s preferred balance of alkaline vs. acid, which if out of balance (heavily acidic) can harm tissues and organs, limiting or even halting their function and resulting in diseases of many kinds from immune deficiency to osteoporosis.

In order to restore this balance, your diet must contain a proper balance of alkaline forming foods and acid forming foods. This is an important distinction. Don’t be confused by foods that on first glance might logically appear to be “acidic” such as lemons or vinegar. Surprisingly, foods such as these are actually alkaline producing. Why is this so? What is it that constitutes an alkaline forming food vs. an acid forming food?

As the body metabolizes what we ingest, it releases energy and leaves a residue, akin to the ashes of a burning fire. Alkaline foods sometimes referred to as “alkaline-ash”, or more commonly, “alkaline forming”. Acid-forming foods, on the other hand, result in residue known as “acidifying ash”, or more commonly, “acid forming”.

Just because a particular food has an acidic pH before you consume it (such as an lemon) does not imply that it is acid forming. Once consumed, the majority of fruits and vegetables are alkaline forming.

Below is an abridged list of particularly alkalizing foods that you will want to have on hand for many of the recipes that follow, as well as some recommended staples.

Vegetables: Although the majority of vegetables are alkaline-forming, some are especially good and are worth always having on hand. Opt for fresh as your first choice, followed by frozen, and then canned. Check that there is no added salt in frozen and canned versions. If unavoidable, soak and rinse in cold water before using.

Asparagus	Cauliflower	Ginger Root
Beets	Celery	GreenBeans
Broccoli	Chard	Kale
Butternut Squash	Cucumber	Radish
Cabbage	Eggplant	Sweet Potato
Carrots	Fennel	Tomatoes

In addition, keep supplies of leafy salad greens on hand including Baby Spinach, Dandelion, Rocket, Romaine, and Watercress.

Fruits: Like vegetables, the majority of fruits are alkalizing, but concerns over potassium content may exist so don't overindulge. Select fresh as your first choice, followed by frozen, and then canned. Ensure there is no added sugar or syrup in frozen and canned varieties.

Apple	Dates	Orange
Avocado	Lemon	Peach
Mandarin	Mango	Pear
Berries	Melon	Pineapple

Other Alkalizing Staples:

Fresh herbs and seasonings: Cilantro, Dill, Garlic, and Parsley

Primary oils: olive and flaxseed

Nuts and seeds: almonds, flax, pumpkin, and pine nuts

Protein Choices: Limit selections of poultry and red meat to lean, boneless, and skinless. Use eggs, fish, goat milk based cheeses, and vegetable based proteins such as tempeh which has been shown in scientific studies to protect and heal the kidneys. Use almond milk to replace dairy when appropriate.

Stocks and Seasoning: Stock can add great flavor to many recipes but be sure that the variety you choose is reduced in sodium or salt free. Chicken stock is preferred over vegetable stock because of the high potassium content in most vegetable versions.

The recipes often call for a pinch of sea salt, which is entirely optional. Course sea salt is a better option because it is not chemically treated and is easier to control when sprinkled with your fingertips. Abide by your daily allowances when deciding whether or not to season with salt.

Nutrients: The Major Players

In general, nutrients are classified as either macronutrients (needed in large quantities) or micronutrients (needed in smaller quantities). Vitamins and minerals are micronutrients, while macronutrients are familiarly known as proteins, fats, and carbohydrates. Each macronutrient provides energy in the form of calories and plays an important role in the body as well.

For instance, protein is required for repair and growth, while fat is needed to form cell membranes and absorb certain micronutrients. Carbohydrates, although recently given a bad rap in the weight loss world, contribute to a number of processes including a healthy immune system. In addition to protein, fat, and carbohydrates, both fiber and water are technically considered to be macronutrients. Just like vitamins and minerals, the body requires them even though they technically do not provide energy in the form of calories.

When your kidneys are not functioning optimally specific nutrients become more of a concern than others. They include protein, potassium, sodium, and phosphorous. Let's examine these important aspects of nutrition as they relate to chronic kidney disease.

Protein: Protein is made from chains of amino acids, called "the building blocks of life." There are 20 amino acids which combine in different ways to form a variety of proteins the body uses to create cells, hormones and enzymes. Eleven of these 20 amino acids are manufactured in the body by the liver. The other nine, called "essential" amino acids, can only be obtained through diet. The average healthy person needs between 40 to 65 grams of protein each day, exact amounts primarily based on body size, weight, and any extenuating health issues.

Most people with chronic kidney disease who are not on dialysis are told to limit their protein intake. This is because protein and animal protein in particular is very hard on the kidneys that must filter out the resulting waste products into the urine. When compromised, the kidneys cannot adequately do this filtering job and there may be a buildup of waste products in the blood. Blood tests that measure protein waste include blood urea nitrogen (BUN) and creatinine. These tests help your doctor assess how much the kidneys are working.

Reducing the amount of protein you consume can clearly reduce the burden that the kidneys face. The amount by which you may need to reduce your protein intake is based upon the stage of your kidney function (Stages 1 through 4). If kidney failure is reached (Stage 5) and dialysis becomes necessary, additional amino acid supplementation may be necessary due to a number of essential amino acids present in protein are eliminated during dialysis, supplementation of amino acids (the building blocks of protein) ensures that your body is receiving what it needs.

Potassium: Potassium is a mineral that controls nerve and muscle function and is particularly important for maintaining a normal heart rhythm. In addition, potassium is necessary for maintaining fluid and electrolyte balance, as well as pH level. In order to perform these functions, potassium blood levels must be kept between 3.5 and 5.5 mEq/L. It is the kidneys that help to do

this and when they are not functioning adequately, excess potassium cannot be eliminated and levels can easily become too high.

We get potassium from the food we eat and some selections are higher in potassium than others. However, many of the fruits and vegetables that contain important anti-oxidants and vitamins that we need for good health sometimes will also contain higher levels of potassium. What to do? In this respect, moderation is key so be sure to vary your intake and include foods - fruits in particular - that are lower in potassium on as many occasions as possible. These would include but are not limited to apples, pears, berries, watermelon, and pineapple. Be sure to also incorporate the leaching technique described in the upcoming section on kitchen tips that will assist in reducing the potassium content of many vegetables.

Sodium: Sodium is one of the body's three major electrolytes (potassium and chloride are the other two). Electrolytes control the fluids going in and out of the body's tissues and cells. Salt - the kind we consume in the food we eat - contains both sodium and chloride so it is a major source of electrolytes. Sodium also plays a major role in regulating blood pressure and blood volume, as well as the acid-alkaline balance of blood and body fluids. Generally speaking, the recommended intake of sodium for most healthy people is 2,400 milligrams or less each day. This equals the amount of sodium in one teaspoon of salt.

Although sodium is an essential nutrient, too much sodium can be harmful for people with chronic kidney disease. This is because (as is the case with potassium) the kidneys cannot eliminate excess sodium and fluid from your body when they are compromised. As sodium and fluid build up in the tissues and bloodstream, blood pressure increases and this is a particularly dangerous situation for kidney disease. High blood pressure can cause even more damage to unhealthy kidneys that in turn reduces kidney function further, resulting in more fluid and waste build up in the body.

Restricting sodium intake depends upon your blood pressure and stage of kidney disease, but for the most part it is a necessary step and one, which is recommended in my full program "The Kidney Disease Solution". Watch for hidden sources of sodium, particularly in prepared prepackaged foods including frozen and canned selections that may use sodium as a preservative as well as a taste enhancer. The best way to enjoy salt in small doses is by adding your own small pinches here and there to food that is labeled salt-free or at least low-sodium. This gives you the control you need to be sure you are meeting the intake guidelines set for your specific situation. Remember also that salt substitutes, although containing less sodium, will usually have increased amounts of potassium and perhaps added chemicals. As a general rule, the use of salt substitutes in cooking is discouraged.

Phosphorous: Most people are unaware of the mineral phosphorous as a nutrient, but next to calcium, it is the most abundant mineral in the body. Required for a number of functions, phosphorous is essential in healthy bone and teeth formation as well as enabling the body to change macronutrients into energy and to maintain proper pH balance.

Again, when the kidneys are compromised in their ability to eliminate excess minerals and waste, phosphorous can build up to unwanted levels that, among other things, will decrease calcium absorption and may lead to renal osteodystrophy – a weakening of the bones due to chronic kidney disease. Reducing the amount of phosphorous consumed in the diet is normally recommended. Unfortunately, it is often difficult to know the phosphorous content of foods because it is not generally listed on nutritional labels. In addition, phosphorous is contained in so many different foods that it is also difficult to vigilantly avoid. Because of this, physicians may prescribe phosphorous binders that help with excess elimination.

In general, dairy products, meat, and eggs contain relatively high amounts of phosphorous but if you are reducing protein, you will be reducing this source as well. Other sources include cola drinks, chocolate, peanuts, beer, and a number of nuts and seeds. Numerous food additives also contain phosphorous so by drastically reducing your intake of processed foods and relying more on your own food preparation, you can reduce the amount of phosphorous you consume.

BREAKFAST RECIPES



Breakfast Zucchini Frittas

Zucchini is packed full of vitamin C and fibre making it beneficial for immune and digestive health. Zucchini has also been reported to decrease homocysteine levels, homocysteine levels, when high contribute to cardiovascular disease and increase the risk of strokes and heart attack, making Zucchini and great vegetable to add to your diet.

Ingredients:

500 g zucchini grated
250 g grated carrots
50 g fennel bulbs shaved
2 tablespoons flat-leaf parsley chopped
2 tablespoons mint chopped
4 spring onions sliced
1 lemons zest only, finely grated
3 organic free-range eggs
50 g almond meal plus more as needed
4 tablespoons of olive oil
2 handful rocket

Directions:

1. Combine the zucchini and carrot in a colander. Leave the vegetables to 'sweat' for 15 minutes.
2. Squeeze out all the moisture from the zucchini and carrot with your hands.
3. Place the grated zucchini, carrot and fennel into a large bowl. Add the parsley, mint, spring onions, lemon zest, eggs, almond meal, and a few grinds of cracked black pepper. Mix well until incorporated.
4. At this stage it's good to test and cook a fritter to make sure it holds together well. Add a touch more almond meal if needed.
5. Form into small patties and heat a frying pan over medium heat and add the olive oil. When the olive oil is hot, but well before it starts to smoke, add the fritters and cook until golden, turning once, for 4 minutes.

Smoked Salmon with Dill Mushroom Ragout and Fried Egg

A simple recipe that offers some great flavors as well as nourishment. Having fish within your weekly eating routine will keep you up to par on your omega-3 and fish oils. Removing the egg's yolk will reduce the phosphorus levels.

Ingredients:

- 1 tablespoon + 1 tsp olive oil
- 1 cup mushrooms, chopped
- ¼ cup red onions +1 tbsp, finely chopped
- 2 teaspoons lemon juice
- 1 tablespoon fresh dill + 1 tsp, finely chopped
- 4 eggs, lightly beaten
- ½ cup cooked salmon (or other leftover cooked fish), flaked
- 1 tbsp jalapeno pepper, chopped (optional)
- 2 raw seaweed wraps

Directions:

1. Heat the oil in a frying pan and add onion, mushrooms and lemon juice. Fry until soft, sprinkle with dill and set aside.
2. For the eggs, heat a teaspoon of oil in a small pan and add eggs. Cook them to desired consistency.
3. To assemble the wraps, layer the mushrooms, eggs and salmon onto each seaweed wrap. Sprinkle with dill and jalapeno peppers, roll up and serve immediately.



Healthy Alkaline Muesli

This muesli is a healthy and tasty alternative to processed commercial cereals that your kidneys will love! Make as much as you want and store it for a quick and convenient breakfast.

Ingredients:

1 cup of buckinis
½ cup of LSA mix (linseed, sunflower seed and almond meal)
1 handful thinly sliced, raw almonds
½ cup pumpkin seeds
½ cup dried apricots
¼ cup dried sultanas
½ cup coconut flakes
Almond milk

Directions:

1. Place 1-cup buckinis in a mixing bowl. Mix ½ cup of LSA, or replace with other seeds if not available. You can also make your own LSA by grinding and blending equal parts linseeds, sunflower seeds and almonds.
2. Add pumpkin seeds, dried fruit, nuts and coconut flakes.
3. Mix thoroughly and store in a glass airtight container.
4. Serve amount desired with almond milk.

Serves 4

To make a batch, ingredients can be increased depending on amount required.

TIP:

Buckinis are little triangles of goodness. They can be eaten raw or cooked. They are full of protein and can be eaten in sweet or savory dishes. The name buckinis is given to activated buckwheat.



Pan-Grilled Grapefruit and Boiled Eggs

Grapefruit and egg are both healthy foods. The grapefruit has vitamin A and vitamin C. It is also low in potassium. The vibrant color and flavor of it rivals the popular orange. You can also vary these fruits into other parts of your cooking repertoire. Simple is wonderful occasionally. Here heating the grapefruit without burning it and cooking the egg nicely is the name of the game.

Ingredients:

4 eggs

¼ tsp Cayenne pepper

Black pepper to taste

2 tablespoons fresh parsley, chopped

1 cup arugula

Vinaigrette:

½ tablespoon coconut oil

1 grapefruit

2 teaspoons honey

Dash of cinnamon

(optional)

TIP:

Arugula is the serrated leaved salad green also known as rocket. High also in both vitamins A & C as well as being a good source of fiber.

Directions:

1. To cook the eggs, place them into a pan and cover with cold water. Bring to boil, turn off the heat and let them stand in the water, covered for 11-12 minutes. Cool, and then peel. (Peeling is easier done under cool running water).
2. Slice the eggs in quarters and arrange on a plate over the arugula. Season with the peppers and sprinkle with parsley.
3. Heat the oil in a heavy-bottom pan.
4. Cut your grapefruit in half and place cut-side down onto the pan. Cook until nicely browned, about six minutes.
5. Place the grapefruit halves on the plate, drizzle with honey and sprinkle with cinnamon, if using.

SALAD RECIPES



Cucumber and Red Grape Salad

Simply put cucumbers are the fourth most cultivated vegetable in the world and for a good reason. Cucumbers are a friendly flavor to combine with other foods and of course make outstanding pickles. This salad is packed with nutrients leaving you feeling healthy and vibrant.

Ingredients:

2 small cucumbers, sliced
½ cup seedless grapes
2 cups of red leaf lettuce, shredded
1 clove garlic
1 shallot
½ teaspoon mustard
1 tsp honey
4 tablespoons sherry vinegar
4 tablespoons extra virgin olive oil
Black pepper to taste
2 tablespoons pecans,
shopped

Directions:

1. In a salad bowl, place the cucumbers, grapes and lettuce and toss to combine. Set aside.
2. For the vinaigrette, start by chopping garlic clove and shallot. Put into blender, add mustard, honey and vinegar and blend on low while adding the extra virgin olive oil. Season with pepper to taste. Or, you may simply combine the dressing ingredients in a bowl and whisk them together.
3. Drizzle some dressing over the salad, toss gently and sprinkle with chopped pecans before serving. Any leftover dressing may be stored in the refrigerator for up to 5 days.

Garden Greens Salad

These Garden Salads are a great reason to visit the local farmers market. Finding local organic fresh ingredients will increase the freshness of your cooking. Radicchio has an outstanding score of 3,557 per 100 grams. Antioxidant rich foods will boost your body's metabolism. Cucumbers are one of the top health food vegetables as well.

Ingredients:

½ head of red leaf lettuce or 5 ounces
1 carrot
½ cucumber or 5 ounces
½ cup of sliced radicchio
½ fennel sliced or shaven thin
1 lemon or lime
2 tbsp red wine vinegar
1 garlic clove, minced
1 shallot
1 tablespoon mustard
2 tbsp olive oil

Directions:

1. Make your vinaigrette first so it's out of the way.
2. Crush and chop the garlic and put in a medium sized bowl. Slice the shallot very thin and place in the bowl along with the mustard, juice from the lemon and the vinegar. Mix quickly with a whisk while adding the oil. Vinaigrette finished.
3. Rinse the lettuce and shake dry or pat with a towel. Peel the carrot and slice thin. Slice the radicchio thin along with the fennel
4. Put the greens in a large bowl with the carrots, fennel, cucumber and radicchio. Make sure the quantities are what you like and keep the rest for later in the week.
5. Drizzle vinaigrette around the edges of the bowl while stirring until you have the right amount.



Apples, Pears and Rocket Salad

Salad making skills will get better with each one you create. This one is colorful and delicious as well as full of vitamins and nutritional benefits. Arugula is high in vitamin A and C as well as the minerals copper and iron. Apples are amazingly full of antioxidants and have as many nutritional benefits as it has varieties.

Ingredients:

1 apple
1 pear
8 ounces of arugula or 2 handfuls
8 strawberries
¼ cup balsamic vinegar
1 clove garlic, sliced
1 small shallot, minced
1 tablespoon, mustard
2 tbsp cup olive oil

Directions:

1. Slice up all the fruit removing the core. Place the fruit and the arugula in a bowl.
2. To make the vinaigrette put the mustard minced shallot, garlic and vinegar in a blender with the strawberries. Turn the blender on high and drizzle the oil in slowly.
3. Pour the strawberry vinaigrette over the greens and fruit, mixing until the desired amount is achieved.

TIP:

Arugula is the serrated leaved salad green also known as rocket. High also in both vitamins A & C as well as being a good source of fiber.



Spinach Salad with Blackberries and Almonds

This unusual combination of sweet blackberries and crunchy almonds will have you hooked on first bite and provide a good dose of alkalizing power at the same time.

Ingredients:

1/4 cup olive oil
3 Tablespoons raspberry vinegar
Pinch of sea salt and pepper to taste
8 cups baby spinach, washed and dried
1 pint fresh blackberries
1/2 cup sliced almonds

Directions:

1. In a small bowl whisk together olive oil, vinegar, salt and pepper. Place spinach in a large bowl. Pour dressing over, toss well to coat, and transfer to a large platter or individual plates.
2. Distribute blackberries and almonds evenly over spinach and serve.

Serves 4

Salmon Salad Nicoise

Omega-3 rich salmon replaces the usual canned tuna in this alkalizing version of a French classic.

Ingredients:

2 cups dark leafy salad greens
1 cup cooked fresh green beans, chilled
2 medium-size ripe tomatoes, cut into wedges
1 medium-size red potato, boiled, peeled, chilled, and sliced
2 Tablespoons Niçoise olives, drained and rinsed
1/2 medium green bell pepper, seeded and cut into 1/4-inch-thick rings
1/2 cup sliced cucumber
1 cup broccoli florets, cooked to crisp tender
Juice of 1 lemon
2 Tablespoons olive oil
1 Tablespoon flaxseed oil
Pinch of sea salt and pepper to taste
2 teaspoons chopped fresh dill
100 g (4 oz) Easy Oven Poached Salmon
1 hard-cooked egg, peeled, and quartered

Directions:

1. In a large mixing bowl gently toss together all the ingredients except the salmon and egg. Set aside and allow to sit at room temperature for 15 minutes.
2. Break the salmon into bite-size pieces and gently fold into the salad. Divide between 2 plates and top with the egg. Serve immediately.

Serves 2

TIP:

Salmon can be replaced with your choice of fish such as Tuna or mackerel

LUNCH & DINNER RECIPES



Soba Noodles and Garden Vegetables

The soba noodle salad has always been a favorite because of its versatility. Diets containing buckwheat flour lower the risk of having high cholesterol and high blood pressure. The vegetables in this dish provide many vitamins and antioxidants.

Ingredients:

8 ounces of cooked Soba Noodles (100% buckwheat noodles)

½ red bell pepper or 4 ounces worth

1 carrot peeled and sliced thin.

2 cups broccoli rinsed and cut down to finger sized

1 cup cauliflower rinsed and cut down to finger sized

1 scallion or 2 Tablespoons of Spanish onions

Directions:

Cooking soba noodles is very much like pasta but cooks very fast and needs to be cooled off with cold running water very quickly.

1. Place 10 cups of water in a medium saucepan or stockpot. High flame. Once the water boils, add soba noodles while stirring.
2. Watch noodles cook and have strainer nearby. Once the noodles bend easily, taste one to see if it's still crunchy. If it is let it cook longer. If there's no crunch remove them from the flame and pour into a strainer.
3. Turn on the water to cold and hold noodles under the cool water rinsing.
4. Reserve and add the vegetable once they are cooked.
5. To cook the vegetable warm a pan and add some oil. Begin with cooking the thinly sliced carrots since they cook the slowest. Followed by the cauliflower, broccoli, red bell peppers and scallions.
6. Stir together your cooked vegetables with the soba noodles and sometimes liquids such as soy sauce; sesame oil or balsamic vinegar may be a nice addition to the overall flavor.

Herb Scented Tilapia

Fresh fish with a cauliflower Rice pilaf and a citrus sauce is always refreshing. This dish is full of antioxidants and vitamins. The versatility of it is that the fish can change weekly as well as the vegetable selection.

Ingredients:

- 2 8-ounces tilapia fillets
- 1 cup cauliflower Rice, cooked
- 2 tablespoons olive oil
- 1 carrot
- ½ red bell pepper
- 1 lemon
- 1 clove garlic
- 1 egg
- ¼ cup buckwheat flour
- ¼ cup of chopped parsley or cilantro

Directions:

1. If frozen, thaw the fish under cool water or in the fridge overnight. Dry any water off. Crack the egg into a medium sized bowl and add an eggs volume worth of water and rapidly mix with whisk or a fork.
2. Toss the fish around on a plate with the buckwheat flour until it is coated. Then lay the fish in the egg mixture until it is wet on both sides covering the flour.
3. Warm a pan and add some oil. Once the oil is hot but not smoking, lay the fish in the oil to cook.
4. Take the cauliflower Rice mixture and add the vegetables, lemon juice, and herbs.



Chili Seared Chicken Tenders

This recipe is versatile and easy. Keep in mind that you could also bake, grill or cook the chicken in a pan. If you don't like the chili aspect of it you can try using a salad dressing as a marinade or maybe a pesto. Once the chicken is firm try not to continue cooking it. It will become overcooked and dry.

Ingredients:

2 chicken breasts, approximately 8 ounces each
4 tablespoons of olive oil
2 tablespoons chili powder
1 cup cauliflower Rice cooked
1 carrot chopped
½ cup red bell pepper

Directions:

1. Begin by making the chili oil. Put the cooking oil in a small pan with the chili powder. Heat very slowly on a low flame. Do not get smoking hot. The heat will cause the spice to absorb into the oil. Pour the oil through a coffee filter to strain. Let it cool.
2. Place the chicken breasts in a bowl. Drizzle chili oil on top until the chicken is coated.
3. Sautee the carrot and red bell and add the cooked cauliflower Rice.
4. For the chicken heat a pan and add some oil. Lay the chicken on the oil and cook. When it's done slice into strips and serve with the cauliflower Rice and vegetables.

Flaxseed Meal Crusted Halibut

A good Flaxseed meal crusted fish is amazing. It adds a bit of crunchy consistency to your fish and will soak up some liquids. There are also many different ingredients that you can shred up and mix into the flax meal like horseradish or carrots. To preserve the vitamins and nutrients in the broccoli simmer it in shallow water or sauté on low heat. Steam is very hot and can kill many essential vitamins.

Ingredients:

2 (4-5 ounce each) pieces of halibut (or equivalent white fish)

2 eggs

½ cup buckwheat flour

1 cup flaxseed meal

1 cup cauliflower Rice

2-inch piece ginger root, peeled

1 tablespoon parsley, chopped

Juice of 1 lemon

1 cup broccoli, cut into small florets

1 cup cauliflower florets,
steamed

Directions:

1. Crack the eggs into a bowl and add their volume of water, stir quickly.

2. Place the buckwheat flour on a plate and lay the fish on top turning it over to coat all the way.

3. Dip the floured fish now into the egg wash and cover. Once covered in the egg wash lay in the flaxseed meal.

4. Once the fish is coated you can begin cooking it in a medium heated pan with some cooking oil.

5. Cook crust until golden and place in a 300-degree oven for 15 minutes until finished.

6. Prepare the cauliflower Rice and add the chopped ginger and lemon juice.

7. Add the vegetables and spoon the cauliflower Rice mixture onto a plate. Lay the crusted fish on top.



Pan Roasted Snapper

This red snapper will have the house smelling amazing. The aromas from the cauliflower Rice heating and the herb scented fish are great. The Red snapper fish is easy to acquire at the local market and is usually very affordable. If the only fish you can find is frozen then that is fine. Sometimes these frozen options are fresher than unfrozen simple because sometimes they freeze it moments after the actual catch.

Ingredients:

- 2 x 6 ounce pieces of Red Snapper (or equivalent white fish)
- 2 Tablespoons of thyme
- 2 Tablespoons of chopped parsley
- 1 cup cauliflower Rice
- 1 cup or 6 ounces of green beans
- 1 lemon
- 1 teaspoon smoked paprika
- 2 cloves of garlic sliced
- 1 shallot sliced thin

Directions:

To make this one you'll need three pans out. One for the fish, one to heat the cauliflower Rice and one for the green beans.

1. Prepare the Cauliflower Rice in separate pots ahead of time.
2. Pick the ends off of the green beans and try pulling the string out along the side.
3. Lay your thawed fish on a plate and season with the paprika or desired spice.
4. Turn on a low flame to all of the pans. Add cooking oil to all of them. Add some water to the pan with the cauliflower rice so there is some water to cook off. Lay the fish on top of hot oil and cook it until it's golden. Finishing the fish in the oven is usually the best method. 300 degrees should be fine for 15 minutes. Cook the green beans with the garlic and shallots until soft.
5. Put the hot cauliflower Rice mixture on the plate first and then the green beans and then the fish.

Roasted Turkey Sage Broth and Farmers Bounty Vegetables

Turkey and Sage. You can't beat that. And it definitely doesn't need to be thanksgiving for it either. The leeks will provide nutrients and vitamins as well as a subtle aroma. This should be just an amazing meal. It's important here not to overcook the turkey or the vegetables. Usually it's a good idea to cook the turkey in advance and cool it. Wait until the recipe is done to slice the turkey and add it to the sauce.

Ingredients:

2 6-oz turkey or chicken breast
6 carrots
6 garlic cloves, peeled
1 Spanish onion
2 sticks celery
2 tablespoons sage
2 cups broccoli
1 leek
½ cup Cauliflower Rice

Directions:

1. Start by getting the broth going in a small stockpot. Peel and chop 3 carrots, celery and onion. Submerge these in about 10 cups of water. Turn the flame on high. Simmer or boil this for about 1 hour.
2. Strain off the vegetables. They should be mushy and soft. Throw them away and keep the liquid in the pot. Continue cooking it until it reduces to only four cups of broth and add the sage, a chopped leek and the risotto.
3. Simmer on low heat for 40 minutes to cook the cauliflower Rice. Peel and slice the other 3 carrots and add to the liquid. Cook these for 20 minutes and add the broccoli.
4. Cut the turkey breast in half and lay it into the broth. This broth and turkey should fit into two bowls for eating.
5. Sometimes a vegetarian vegetable base works well to help give the liquid more flavor. Your bowl will have turkey, leeks, broccoli, carrots and cauliflower rice in it plus the broth.

Grilled Salmon Kabobs

It's nice when you cook to have a night where not all the pans have to get dirty. This recipe should be only requiring a bowl for your cut up vegetables and then a pan to bake the skewers on. Baking pans are large and hard to clean so we usually use a parchment or wax paper or aluminum foil to line the pan. The Salmon dusted with some of your favorite spices should cook in minutes.

Ingredients:

- 8 ounces of salmon (or equivalent fish)
- 1 Spanish onion about 6 ounces
- 1 green bell pepper
- 6 ounces of mushrooms
- 1 bag have wooden or bamboo skewers.
- 4 tablespoons of olive oil
- 1 teaspoon of ground pepper
- 1 teaspoon of turmeric
- 1 teaspoon of curry powder

Directions:

1. Preheat the oven on to 400 degrees F or 205 Celsius. Dice up your thawed salmon into 1" chunks and place in a bowl.
2. Peel the onion and quarter it cutting it from top to bottom. Pull it apart into squares. Cut the bell pepper into squares. Put the veggies and mushrooms into a bowl. Drizzle some oil over the fish and vegetables as this is going to help cook the kabobs evenly. Some people soak their skewers in water to keep them from burning on a grill.
3. Hold a skewer in your right hand with the pointed end facing away. Start by pushing a mushroom, stem side first onto it and all the way to the bottom by your fingers. Then salmon chunk then onion and the bell pepper. Then salmon, onion, pepper, salmon, onion, pepper and then a mushroom on the end. So three pieces of salmon and a mushroom on each end.
4. Place them on a sheet pan or baking dish in the oven and cook until done about 25 minutes. You can serve them with cauliflower rice or a type of salad greens.



Stuffed Trout and Summer Squash

Cooking stuffed trout is not only nutritious it is fun and can create memories that last a lifetime. The trout can easily be found at most groceries for a reasonable price. We usually cook them whole and then pull the meat from the bone with the fork. It's also very traditional to eat it with rice pilaf. Vinaigrettes and fruit purees are a great accompaniment here too.

Ingredients:

2 trout (or equivalent fish)
1 Tablespoons olive oil
1 Tablespoon minced thyme
1 shallot
2 cloves of garlic minced
1 cup cooked cauliflower Rice
1 scallion
1 stalk celery
1 egg
¼ cup flaxseed meal
2 summer squash
1 tablespoon cooking oil

Directions:

1. Preheat oven to 300 degrees F or 150 C.
2. Season your trout with the oil, thyme, shallot and garlic.
3. Mix the cauliflower rice, scallion, diced celery, egg and breadcrumbs until evenly incorporated.
4. Stuff these ingredients into the belly area of the trout and place on a sheet pan or baking dish and into the oven. Bake at 300 for 25 minutes.
5. Simmer the squash in a sauté pan with the cooking oil for 15 minutes on low heat until soft.
6. The trout should be stiff and smell excellent when it's done. Lay the stuffed trout on a plate next to the cooked squash.

SNACKS & DESSERT RECIPES



Best Ever Guacamole

Cleansing and alkalizing avocado stars in this favorite Mexican dip that's colorfully scooped up with assorted bell pepper strips for a satisfying starter to any meal.

Ingredients:

1 ripe Haas avocado
Juice of 1/2 lime
1 Tablespoon finely chopped red onion
1 small tomato, seeded and diced
1 teaspoon finely chopped jalapeno pepper (optional)
Pinch of sea salt and pepper to taste
1 teaspoon finely chopped cilantro leaves
Red, yellow, and orange bell pepper strips

Directions:

1. Cut avocado in half lengthwise and twist apart. Discard seed and scoop out flesh into a medium bowl. Add lime juice and mash, using the back of a fork, until smooth yet slightly chunky.
2. Stir in onion, tomato, jalapeno (if using), salt, pepper, and cilantro. Transfer to a clean bowl and serve immediately with the bell pepper strips. To store, cover surface with plastic wrap and refrigerate up to 1 day.

Serves 2

Upgrade to 60/40: Stir in a dollop of sour cream for extra creaminess and serve with reduced-salt whole grain tortilla chips along with the bell pepper strips.

Lettuce Wraps with Avocado and Herbs

This is a kidney-friendly version of the traditional salad wrap. Using lettuce leaves instead of processed breads means that the fresh herbs and spices really stand out.

Ingredients:

6 large Romaine lettuce leaves
3 avocados, must be ripe
2 soft Roma tomatoes, cut into small chunks
one lime
small red onion, cut into small chunks
small fresh red chili
¼ cup fresh coriander
black pepper
Celtic sea salt
½ cup crushed walnuts

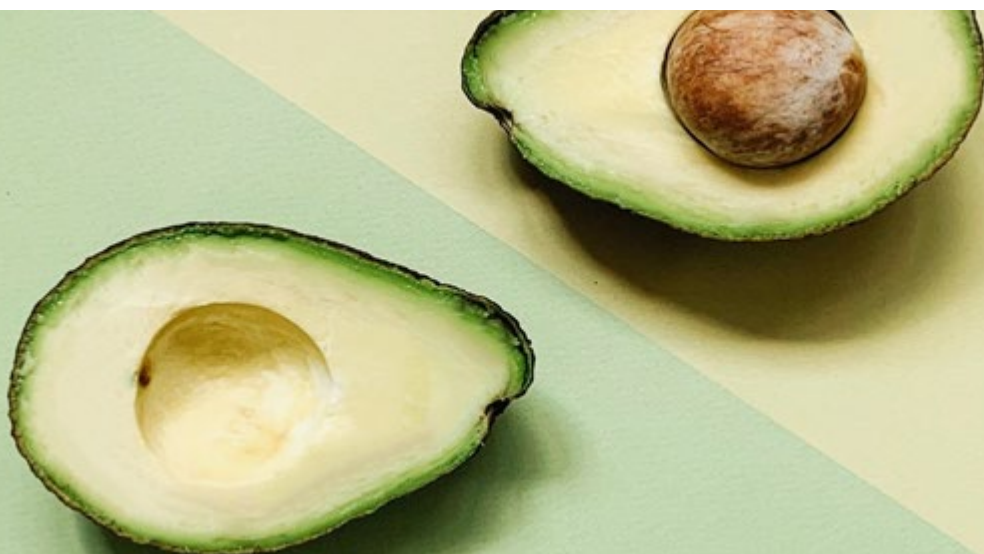
Directions:

1. Cut the avocados and mash them with a fork. Cut the red chili into tiny pieces and mix in with the avocado.
2. Squeeze the juice from the lime into the avocado and add a pinch of black pepper and Celtic sea salt.
3. Cut the coriander into large piece and mix into the avocado along with crushed walnuts
4. Lay the lettuce leaves out and spoon some of the mix into the middle of the leaves. Wrap the lettuce around the avocado mix and secure with a toothpick.

Serves 6 as finger food

TIP:

Avocados are packed full of healthy fats and beneficial nutrients for the kidneys. However, if you have issues with high potassium then reduce the avocado to ¼ of an avocado per serve. This will provide 190mg of potassium.



Zucchini Rolls

The thickness of your zucchini bread or rolls will greatly affect the amount of time needed to cook it. Figure about 20 minutes for every inch the bread is thick. If you have made some small thin rolls they will cook fast. It is also a good idea to use some pan spray on the pan being used to prevent sticking.

Ingredients:

- 1 cup almond flour
- ½ teaspoons cinnamon
- ¾ teaspoon baking soda
- ½ teaspoon nutmeg
- 2 eggs
- ½ cup shredded zucchini
- ¼ cup apple juice

Directions:

1. Begin by sifting the dry ingredients.
2. Mix the eggs, apple juice and shredded zucchini.
3. Slowly add the dry ingredients while mixing slowly. Do not over mix. The mixture should be thick like paste not runny. If it's too thin add a little more of the dry ingredients.
4. Pour the roll mixture into muffin tin forms or into a shallow cake pan.
5. Bake at 300 degrees for 25 minutes until golden brown on top.

Orange, Apricot and Ginger Bars

These bars are full of healthy fats that will give you long lasting energy and prevent sugar cravings. With a little sweetness from the apricots and a lot of spice from the ginger they are bursting with much more flavor than your standard nut bar.

Ingredients:

½ cup crushed almonds
½ cup crushed cashews
½ cup coconut flakes
2 cups dried apricots
Fresh ginger
¼ tsp cardamom powder
1 orange

Directions:

1. Shave the rind off the orange, cut the orange into pieces and place into a food processor.
2. Grate ½ teaspoon of ginger and add this along with the apricots, coconut, cashews and cardamom.
3. Blend the ingredients together until they are mixed through enough to be formed into balls. Add a little bit of water as required while blending to allow the mix to stick.
4. Form into 15 balls and store in an airtight container

Makes 15 individual pieces



Carrot Pudding

This spicy dessert is a healthy version of traditional carrot cake, leaving out processed foods and fats, and replacing them with fresh alkaline foods and the healthy sweetness of honey.

Ingredients:

- 500 grams carrots
- 2 cups almond or Rice milk
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 3 fine slices fresh ginger
- ½ teaspoon ground cloves
- 3 tablespoons arrowroot
- 1/3 cup honey

Directions:

1. Boil the carrots until they are soft. Then place them into a food processor and blend until smooth.
2. Add almond or cauliflower Rice milk and blend to a smooth consistency.
3. Pour the carrots into a saucepan and add in the arrowroot, honey and spices and stir through. Bring to the boil and leave for one minute.
4. Turn off the heat and let the mixture cool in a tin until it becomes firm, then serve.

Serves 6

