

Healthy Recipes for the Rock Church Fast

updated January 18, 2005

A special note here, everyone please try to remember that these recipes are for week 1 and week 3. During week 2 (The Fast) we are going by the suggested recipes on this web site or the recipes found in the book "Toxic Relief". Also remember, when you honor your body through this fast you honor God. Keep it up, God bless us all.

The "Amazing Grace" coffee alternative (Teecinno herbal Espresso)

Ingredients:

10 cups of water
3 tbsp. almond-amaretto teecinno herbal espresso
1 vanilla-nut, hazelnut 'Celestial seasoning' tea bag
Stevia to taste Kal brand in shaker container

Preparation:

Boil water in a stainless steel pot. Turn off and add ingredients except the stevia. Cover for five minutes, strain and serve. Sweeten with the Stevia. Enjoy hot or cold.

This drink taste great, and is incredibly good for you.

Teecinno can be found in most health food stores. It also can be made in your coffee maker.

Directions:

In a drip filter or coffee maker:

- 1) use either a paper filter (non bleached) or a gold-filtered
- 2) add five rounded tablespoons of Teecino for every 4 c. of water
- 3) pour boiling water slowly over Teecino or follow the normal directions for your coffee maker
- 4) add vanilla-nut or hazelnut tea bag
- 5) serve and add stevia to taste

***stevia has no calories, it is 300 times sweeter than sugar and nourishes the body. Once again, this is an incredibly great tasting coffee alternative, enjoy!

"Salvation Salmon"

Ingredients:

4 ounces Salmon
1/2 can stewed tomatoes
1/4 cup tomato puree
5 garlic cloves roasted
1/2 scallion thinly sliced
1 large mushroom thinly sliced
1 tsp. coriander
1 tbsp. fresh lemon juice
1 tbsp. fresh parsley, chopped for garnish

Directions:

- 1) place salmon skin down in a nonstick skillet
- 2) add the tomatoes, tomato puree, garlic, scallions, mushroom, and coriander and cover
- 3) simmer over medium heat for about 15 minutes
- 4) when Salmon is done, remove from skillet onto plate, drizzle with lemon juice and garnish with parsley
- 5) served with your favorite steamed vegetables

"The Song of Solomon Soda Substitute"

Ingredients:

32 ounces of water (spring water), absolutely No tap water
1/2 cup cranberry juice ("Just" cranberry unsweetened concentrate)
1 1/2tbsp. apple cider vinegar (raw organic Braggs, Solana Gold)
Stevia (sweeten to taste, use sparingly this is 300 times sweeter than sugar)

This drink is not only healthy we have yet to find anybody that doesn't like . Very nourishing and satisfying to the sweet tooth. This will definitely help people stay off of the bad stuff. You can make as much as you want and it keeps in the refrigerator just fine.

“First Samuel Snack”

This will help you through the day when you need a quick pick me up.

Ingredients:

- 1 c. organic raw almonds (great oils)
- 1 c. organic raw sunflower seeds (great oils)
- 1 c. organic raw pumpkin seeds (great all oils, also good source of zinc- a man thing)

Preparation:

Pretty simple here, mix altogether. Have small servings throughout the day. If you can, place nuts in the oven for 15 minutes at 250 degrees to help set the oil.

"Second Samuel Salad Dressing"

This will help with all those salads and I know we ‘re all eating. Praise the Lord.

Ingredients:

- 8 tbsp. of flax seed oil
- 8 tbsp. fresh lime juice
- 3 cloves of garlic, minced
- 1/2 teaspoon cayenne pepper
- 2 tbsp. lecithin granules (this is optional but very good for you)

Preparation:

Place all ingredients in a blender and blend. Or place in a covered jar and shake vigorously for 30 seconds.

"Healthiest food bars on the planet"

You can find it at trader Joe's it is called the “organic food more”. It comes in a yellow package. There are 4 flavors to choose from, active greens, Omega 3, Vegan bar and food bar. These bars will be acceptable in the cleansing week and recovery week only. Enjoy!

- Most of the ingredients in all of these recipes can be found at either Henry’s, Trader Joe’s, or Wholefoods.
- Save all these recipes for later use.

1-2-3 Vegetable Broth

Enhance any mealtime with this delicate brew!

2 quarts filtered water
1 large onion cut in 1-inch pieces
8 stalks celery, cut in 1 inch pieces
8 cloves garlic, minced
8 sprigs fresh parsley
8 ounces mushrooms cut in ½-inch slices
2 bay leaves

- Place all ingredients in a large stockpot, bring to a boil
- Lower heat and simmer uncovered by 1 hour
- Strain and discard vegetables
- Refrigerate and use within 3 days or freeze

Makes 4 servings

1-2-3- Chicken Broth

A nutritious way to bolster the flavor of your Fat Flush recipes

2 quarts filtered water
3 pounds chicken pieces with the bones
3 tablespoons cider vinegar
1 large onion cut in 1-inch pieces
8 stalks celery, cut in 1 inch pieces
8 sprigs fresh parsley
2 bay leaves

- Place all ingredients in a large stockpot, bring to a boil
- Lower heat, cover and simmer for about 45 minutes or until the chicken is done
- Strain and discard vegetables and bones; save the chicken for another recipe
- Refrigerate and use within 3 days or freeze

Makes 4 servings

1-2-3- Beef Broth

A healthy and hearty base for your Fat Flush recipes

2 quarts filtered water
3 pounds beef shank
3 tablespoons apple cider vinegar
1 large onion cut in 1-inch pieces
8 stalks celery, cut in 1 inch pieces
4 sprigs fresh parsley
8 cloves garlic, minced
2 bay leaves

- Preheat oven to 450° F
- Place bones and onions in a roasting pan
- Bake for 30 minutes or until bones are browned
- Remove from oven
- Place bones and onions in a large stockpot
- Add water, vinegar and vegetables to pot and bring to a boil
- Reduce heat, cover and simmer for 3 hours
- Strain and discard vegetables and bones; save the meat for another recipe
- Refrigerate and use within 3 days or freeze

Makes 4 servings

Egg Drop-Cilantro Soup

East meets the Southwest. Here's a unique Fat Flush combo that also gets that slimming protein into your diet.

4 cups of 1-2-3 chicken broth
2 eggs, well beaten
¼ cup cilantro, chopped for garnish

- Place broth in a large pot and bring to a boil over medium-high heat
- In a small bowl, beat eggs with a fork
- Gradually stir the beaten eggs into the broth
- Reduce heat, stirring continuously with a fork until the egg stands out from the stock
- Remove from heat, pour into bowls
- Garnish with cilantro and serve immediately

Makes 4 servings

Roasted Veggie Medley

Now here's a no-fuss side dish you'll definitely want to try. The veggies will really taste great because the broth seals in the flavor. Try eggplant, zucchini or maybe even yellow squash. And if you haven't met your daily flaxseed oil requirement, drizzle the remaining amount over the veggies. Tasty!

½ cup red bell pepper, cut into strips
½ cup yellow bell pepper, cut into strips
½ cup onion, thinly sliced
½ cup mushrooms, thinly sliced
2 tablespoons 1-2-3 broth (your choice)

- Place veggies in a baking dish
- Brush and blend with broth
- Broil for about 10 minutes

Makes 1 serving

Zesty Coleslaw

Want a little crunch- and a whole lot of zing? Here it is. For an extra treat, you may want to save some of your daily flaxseed oil requirement to drizzle over your slaw.

1 cup shredded green cabbage
½ cup shredded red cabbage
1 cup jicama, peeled and grated (5 inches diameter is best)
½ small green pepper, coarsely chopped
½ red pepper, coarsely chopped
1 small onion, coarsely chopped
3 small stalks of celery, coarsely chopped
½ beat (raw), shredded
¼ cup fresh lemon juice
2-4 tablespoons flaxseed oil

Dressing

½ cup apple cider vinegar
½ teaspoon minced garlic
⅛ teaspoon stevia*
½ teaspoon cayenne pepper optional

- Combine cabbage, jicama, peppers, onion and celery
- In another bowl make the combine the vinegar, garlic and stevia
- Add dressing to vegetable mixture and toss lightly
- Cover and refrigerate at least 1 hour prior to serving

Makes 4 servings

**Use only Kal brand stevia in the shaker bottle*

Savory Spaghetti Squash

Here's a delicious way to blend those Fat Flushing nutrients with the thermogenic power of cinnamon. When selecting your smooth, watermelon-shaped squash, look for one that has a hard, deep-colored rind.

1 jicama, peeled and cut in half (5 inches diameter is best)

1 spaghetti squash

2-4 large minced garlic cloves

½ teaspoon cinnamon

1-2 tablespoons flaxseed oil

- Cut squash in half, scoop out the seeds
- Place the squash halves and jicama on a nonstick baking sheet, cut side down
- Bake at 375°F for 30 minutes
- With a fork, separate the spaghetti pulp from the skin and place the pulp in a serving dish.
- Shred the jicama length-wise very thinly
- Mix squash and jicama
- Sprinkle on garlic, cinnamon and oil and toss lightly

Makes 4 servings

Stir-fried Rice and Vegetables

The ginger gives this Asian dish a wonderful flavor and also boosts its therapeutic properties.

Generous ½ cup brown basmati rice, rinsed and drained
1½ cups 1-2-3 Vegetable Stock
1-inch piece of fresh ginger root, peeled and finely sliced
1 garlic clove, halved
2-inch piece of pared lemon zest
1½ cups shitake mushrooms
2 tablespoons extra virgin olive oil
6 ounces baby carrots, trimmed
8 ounces baby zucchini, halved
About 1½ cups broccoli, broken into florets
6 scallions diagonally sliced
Cardia salt to taste
2 teaspoons toasted sesame oil

- Put the rice in a saucepan and pour in the vegetable stock. Add ginger, garlic and lemon zest. Slowly bring to boil, then cover pan and cook very gently for 20-25 minutes, until the rice is tender.
- Drain and remove the garlic, ginger and lemon zest from the rice. Return the rice to the pan and cover to keep warm.
- Slice the mushrooms, discarding the stems. Heat olive oil in a wok and stir-fry the carrots for 4-5 minutes, until they start to become tender.
- Add the mushrooms and zucchini and stir-fry for another 3 minutes, all the vegetables should be tender but still retain a bit of crunchiness.
- Add the rice to the wok and toss briefly with the vegetables over the heat.
- Sprinkle on the salt and sesame oil and toss again lightly.

Makes 2 servings

Ribollita

This Italian soup is rather like minestrone, but includes beans instead of pasta. It contains healthy and cleansing combination of onions, garlic, celery, fennel, herbs and beans. Beans are low in fat and high in fiber, and can help control blood sugar levels.

3 tablespoons extra virgin olive oil
2 onions, chopped
2 carrots, sliced
6-8 garlic cloves, crushed
8 celery stalks, thinly sliced
1 fennel bulb, trimmed and chopped
2 large zucchini, thinly sliced
14-ounce can chopped tomatoes
2 tablespoons pesto
3¾ cups of 1-2-3 vegetable broth
14-ounces of cooked navy or borlotti beans, drained

To serve

1 pound young spinach
1 tablespoon extra virgin olive oil for drizzling (optional)

- Heat the oil in large saucepan. Add the onions, carrots, garlic, celery and fennel and cook gently for 10 minutes. Add the zucchini and cook for another 2 minutes.
- Add the tomatoes, pesto, stock and the beans and bring to a boil. Reduce heat, cover and simmer for 25-30 minutes, until the vegetable are tender.
- To serve, sauté the spinach in the oil for 2 minutes and divide among the soup bowls. Ladle the soup onto the spinach and drizzle with oil.

Makes 6 servings

Seasoning Savvy

Food	Herbs and Spices
Fish	Dill, fennel, ginger
Beef	Cumin, garlic, cloves
Lamb	Cinnamon, garlic, cloves
Poultry	Mustard, garlic, cayenne
Eggs	Parsley, cumin, mustard
Soups	Bay leaf, parsley, dill
Cabbage	Anise, ginger, apple cider vinegar
Cucumber	Dill, apple cider vinegar, parsley
Greens	Garlic, apple cider vinegar, dill
Squash	Cinnamon, cloves, ginger

For a more cosmopolitan flavor, you can rub the following dry blends directly on your meat, fish, lamb or poultry and cook:

Asian - 1/8 cup ground ginger, 1 tablespoon dried mustard, 1 minced garlic clove and 1 teaspoon chopped onion

Tex-Mex – 2 tablespoons cumin, 1 teaspoon coriander, 1/2 teaspoon cayenne and 1/2 teaspoon cinnamon

Moroccan – 1/2 cup chopped onion, 2 minced garlic cloves, 2 teaspoons cumin and coriander, 1/4 teaspoon cayenne pepper

Other Cooking Help

1 teaspoon or less	= a pinch
3 teaspoons	= 1 tablespoon
4 tablespoons	= ¼ cup
5⅓ tablespoons	= ⅓ cup
8 tablespoons	= ½ cup
10⅔ tablespoons	= ⅔ cup
16 tablespoons	= 1 cup
2 cups	= 1 pint
4 cups	= 1 quart
2 pints	= 1 quart
4 quarts	= 1 gallon

1 cup chopped onion	= 1 large onion
1 cup chopped pepper	= 1 large pepper
1 cup chopped tomato	= 1 large tomato
½ cup chopped tomato	= 2 plum tomatoes
½ cup diced celery	= 1 large stalk
3 tablespoons sliced scallions	= 1 large scallion
1 teaspoon chopped garlic	= 1 large clove
3 tablespoons lemon juice	= 1 medium lemon
2 tablespoons lime juice	= 1 lime
1 tablespoon fresh herbs	= 1 teaspoon dried herbs
1 cup sliced mushrooms	= 6-8 medium mushrooms

When the recipe calls for

1 TBSP margarine, cooking oil or butter

Sugar

1 cup whole or skim milk

Hot pepper sauce

1 TSP dried herbs

1 TSP salt

1 oz or square of unsweetened baking chocolate

1 TBSP cocoa

2 TBSP of margarine mixed with 1 TBSP flour for sauce and soup thickeners

Use this instead

3 TBSP ground flaxseed. Your baked goods will brown more quickly with flax, so either shorten the baking time or lower the oven temperature by 25°F.

Use TSP Kal brand stevia in the shaker bottle for every cup of sugar. Or use aromatic crushed seeds such as fennel, cardamom, anise, caraway or coriander, MRM brand vanilla flavoring

2 heaping TBSP Designer brand vanilla flavored protein or Goatein brand protein plus 1 cup filtered water

Dash of cayenne

1 TBSP fresh herbs

1 TSP Cardia salt

3 TBSP carob powder plus 1 TBSP filtered water and 1 TBSP rice bran oil

1 TBSP carob powder

2 tablespoons arrowroot or kudzu found in health food stores. Arrowroot adds calcium to foods, whereas kudzu is high in iron. Or use egg yolks to

1 cup whole grain flour for baking

thicken sauces or puréed cauliflower for soups
Take 2 TBSP out of 1 cup of flour and replace it with 2 TBSP of flax meal. Reduce the oil in the recipe by 2 TBSP for every 2 TBSP of the flax meal. Bake for a shorter time or lower the heat by 25°F.

1 egg

1 omega-3 enriched egg (Note: If you're allergic to eggs, blend 1 TBSP ground flax with 3 TBSP of water and let stand for a couple of minutes.

Gelatin

Agar-agar, a seaweed gelatin available in health food stores replaces animal-based gelatin. Agar-agar provides added fiber and lubrication in the intestinal tract by absorbing moisture.

Baking powder, regular (contains aluminum)

Equal amounts of aluminum-free baking powder, low-sodium and grain-free

Breading and frying

Poach in broth, water or wine, and then bake in a covered dish to retain moisture.