



THE VEEP NUTRITION SYSTEM

The background of the lower half of the image is a top-down view of a dark, rustic metal pan. Inside the pan are several red bell peppers that have been stuffed with a mixture of rice, ground meat, and vegetables. The peppers are garnished with fresh green basil leaves. A silver metal slotted spoon is visible on the right side of the pan, and a wooden handle is visible on the top right. The pan sits on a dark, textured wooden surface.

**TEN
AMAZING
FAT
BURNING
MEALS**

STUFFED TURKEY PEPPERS

These turkey peppers are a terrific weight loss meal that allow you to eat until you feel full. A flaw in the idea of portion control is that periodic large portions of food and the sensation of fullness are essential for long term weight control. The challenge is that processed foods do not allow for Ad Lib eating, or eating until you are satisfied. Learning a repertoire of whole food based meals that you can strategically use to for fullness and pleasure from food will help you control your weight forever. Use the recipe here. Since most of your foods are free foods - bell pepper, mushrooms, tomatoes, you can eat until satisfied.

RATINGS:

Fat Loss ***

Satiety ****

Flavor****



Ingredients:

4 green or colored bell peppers, tops removed,
seeded
ground turkey (use the amount on the plate as the specific amount for you if making
only for yourself. If cooking for others use 1 pound)
2 tablespoons olive oil
1/2 onion, chopped
1 cup sliced mushrooms
1/2 red bell pepper, chopped
1/2 yellow bell pepper, chopped
1 (14.5 ounce) can diced fire roasted tomatoes, drained
1 tablespoon tomato paste
Italian seasoning to taste
3 - 4 minced garlic cloves
salt and pepper to taste

Instructions:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Wrap the green bell peppers in aluminum foil, and place in a baking dish. Bake 15 minutes in the preheated oven. Remove from heat.
3. In a skillet over medium heat, cook the turkey until evenly brown. Set aside. Heat oil in the skillet, and cook onion, mushrooms, red bell pepper, yellow bell pepper, and garlic until tender. Return turkey to the skillet. Mix in the tomatoes and tomato paste, and season with Italian seasoning, garlic powder, salt, and pepper. Stir until blended. Stuff the green peppers with the skillet mixture.
4. Return peppers to the oven, and continue cooking 15 minutes.

SUPERFOOD VITTLES

Learning how to use real food in real situations to control your weight involves learning how to eat freely on weekends and not gain weight. How do you do that? First, your previous meal patterns today set you up to mitigate weight gain tonight. This meal takes it a step farther. We make use of a lot of Free Foods for volume and flavor and all your starch comes from veggies. This is actually a weight loss meal that targets the bodies hormonal controls over fullness, food volume and flavor and using it on Saturday night keeps you from gaining weight while enjoying food.

This meal is simply mind boggling for satiety when done right.

RATINGS:

Fat Loss ***

Satiety *****

Flavor*****



Superfood Vittles

Ingredients:

For just a single serving use the amounts you see on the plate. For multiple servings use the amounts below.

- 1 lb lean ground turkey (or grass fed beef)
- 1 onion, finely chopped
- 2 garlic cloves, minced
- 1 can diced fire roasted tomatoes
- 1 tsp dried oregano
- 6 cups beef broth
- 3 carrots peeled into 1/2 inch rounds
- 3 ribs of celery, sliced
- 1/2 cup pearl barley
- 1/2 cup chopped flat-leaf parsley
- salt and pepper to taste

Instructions:

In a large saucepan cook the ground turkey (or grass fed beef) over medium-high heat, breaking it up with a wooden spoon as it starts to brown. Stir in the onion and garlic, lower the heat to medium and cook, stirring occasionally, until the turkey or beef is well browned, 12 to 15 minutes.

Stir in the tomatoes and oregano and bring to a simmer over the high heat. Stir in the broth, carrots, celery and barley and return to a simmer. Lower the heat and cook until the barley is very tender, about 1 hour. Stir in the parsley, season with salt and pepper.

PORTABELLA MUSHROOM DELIGHT.

This meal is an example of ad libitum, or ad lib eating. Using almost entirely Free Foods, this meal is amazingly delicious and allows you to eat until you are full without worrying about portions. Since this meal uses almost entirely Free Foods, the only foods you see portioned on your plate are your cheese and mushroom, but feel free to use as many mushrooms as you like. See the recipe icon, which draws from the Free Foods to give you a wonderfully delicious meal that is also very weight friendly. As you are losing weight, the savory flavors and a sense of fullness are important to help prevent a hormonal rebound.

RATINGS:

Fat Loss ***

Satiety *****

Flavor*****



Portabella Mushroom Delight

Ingredients:

5 Medium portobello mushrooms
1 tbsp unsalted butter
4 scallions, sliced
1 Anaheim chili pepper
3 cloves garlic, minced
½ cup wheat germ (use Arrow mills Quinoa rice & shine organic hot cereal for gluten free)
½ cup chopped fresh parsley
½ cup chicken broth (for vegetarian - use veggie broth instead)
Sea salt and freshly ground pepper
1 ¼ cups shredded part-skim mozzarella cheese (about 6 oz)
1/3 cup reduced-fat sour cream or nonfat Greek yogurt
1 red jalapeno seeded and diced

Instructions:

Preheat oven to 375 degrees. Coat a baking sheet with parchment paper. Remove stems from the mushroom and coarsely chop them. Scrape the gills from the underside of the mushroom caps with a spoon and discard.

Heat a large skillet over medium heat. Add the butter, half of the scallions, Anaheim chili pepper, garlic and cook, stirring until the chili pepper is soft. About 4 minutes. Chop one of the portobello mushrooms along with the stems and add to the pan along with the quinoa rice cereal, chicken stock and cook till tender about 3 minutes. Remove from heat and add in the chopped parsley and season with salt and pepper. Stuff the mushroom caps with one-quarter each of the ingredients layering with mozzarella cheese.

Place on a baking pan lined with parchment paper. If using wheat germ sprinkle on top now. Bake until mushrooms are tender and the top is golden brown and cheese is melted. Top with sour cream or yogurt, jalapeno and scallions.

CABBAGE GARBANZO WRAPS: THE WHOLE FOOD FAT LOSS PILL.

These garbanzo cabbage wraps are like a natural diet pill made from whole foods! Research suggests the specific foods used here exert unique effects on weight control. By combining them into a delicious meal, these wraps take functional food combining to a whole new level. New research shows that the human gut bacteria exert vast control over inflammation and fatty acid metabolism. Here, we use specific foods like garbanzo beans and cabbage to promote production of favorable gut bacteria. Garbanzo beans also have been shown to aid blood sugar metabolism. Cabbage is a free food, so eat as much as you like. If you'd like, 'half and half' your veggies to include asparagus!

RATINGS:

Fat Loss *****

Satiety **

Flavor***



Cabbage Garbanzo Wraps

Ingredients:

1 (3 pounds) whole chicken, cut into pieces
1 tablespoon olive oil
1 onion, chopped
1 teaspoon ground turmeric
1 (15 ounce) can garbanzo beans, drained
1 cube chicken bouillon
1 lemon, juiced
3 cloves garlic, minced
salt to taste
ground black pepper to taste
2 cups water
6 cabbage leaves

Instructions:

1. In a large skillet, saute onion in oil until golden.
2. Sprinkle turmeric in pan, and mix well. Put chicken on top, and brown on all sides.
3. Add 2 cups water, chickpeas, lemon juice, garlic, and salt and pepper. Bring to a boil. Simmer gently for about 1 hour, or until the chicken is tender and the liquid is reduced. Taste to adjust seasonings, add more seasonings if you prefer a stronger flavor.
4. While chicken/garbanzo mixture is simmering, boil water in large pot. Dip cabbage leaves in boiling water until bright green and limp.
5. Place cooked chicken mixture in center of cabbage leaf, roll cabbage around mixture. Drizzle extra chicken liquid on top and serve.

SPAGHETTI SQUASH PASTA with TURKEY MEATBALLS

Fullness and flavor have a great influence over your weight. This meal is designed to help you get full and enjoy a lot of flavor, but keep you from putting on fat. The trick is to use spaghetti squash instead of pasta. Spaghetti squash has very few calories and a very small impact on blood sugar. Add some low-fat turkey meatballs, marinara sauce and shredded mozzarella for a flavorful weight friendly meal.

RATINGS:

Fat Loss ***

Satiety ****

Flavor*****



Spaghetti Squash Pasta

Ingredients:

1 large spaghetti squash

Turkey meatballs

Marinara sauce

Shredded mozzarella

Instructions:

1. Poke spaghetti squash 5 times with a fork.
2. Microwave on high for 12-15 minutes or until skin gives
3. Rotate every 3 minutes
4. Cool and remove seeds
5. Scrape spaghetti with a fork
6. Add sauce, meatballs and mozzarella

Oven Prep: Put the squash, cut-side up, in a baking dish and cover with aluminum foil. Roast 20 min, uncover and continue baking until the squash is tender, about 35 more min.

SMOKEY SHRIMP GUMBO

As your weight drops, you need a mix of meals targeted toward weight loss, fullness and satisfaction. Satiety is a hormonal control point. Without periodic satiety you will experience a hormonal backlash later. This meal is geared not toward weight loss but satiety. We use almond meal in the recipe and olive oil to make this a low cal highly satisfying meal that hits the flavor button.

RATINGS:

Fat Loss ***

Satiety *****

Flavor*****



Smokey Shrimp Gumbo

Ingredients:

Stock:

- 1 pound unpeeled medium shrimp
- 8 cups water
- 1 teaspoon black peppercorns
- 4 garlic cloves, crushed
- 3 large celery stalks, chopped
- 3 bay leaves

3 medium carrots, coarsely chopped \$
1 large onion, coarsely chopped

Gumbo:

6 tablespoons olive oil, divided
2 1/4 ounces almond meal (about 1/2 cup)
6 skinless, boneless chicken thighs, cut into bite-sized pieces
2 cups finely chopped white onion
1 tablespoon Creole seasoning
3 garlic cloves, minced
2 medium celery stalks, chopped
2 medium tomatoes, finely chopped
1 large green bell pepper, seeded and finely chopped
3 cups fat-free, lower-sodium chicken broth
2 bay leaves
1 cup frozen cut okra
2 teaspoons Worcestershire sauce
2 teaspoons hot pepper sauce (such as Tabasco)
1/2 teaspoon black pepper
1/2 teaspoon smoked paprika
2 cups hot cooked brown rice

Instructions:

Preparation

1. To prepare the stock, peel and de-vein the shrimp, reserving shells. Cut each shrimp in half lengthwise; cover shrimp, and refrigerate.

2. Combine reserved shrimp shells, 8 cups water, and next 6 ingredients (through onion) in a large Dutch oven, and bring to a boil. Reduce heat, and simmer for 1 hour. Strain mixture through a sieve into a bowl; discard solids. Set aside 3 cups stock; keep warm. Reserve the remaining shrimp stock for another use.

4. To prepare the gumbo, heat a large cast-iron skillet over low heat; add 1/4 cup olive oil. Cook for 2 minutes, swirling to coat pan. Weigh or lightly spoon flour into a dry measuring cup. Gradually add flour to oil, stirring constantly with a whisk until smooth. Increase heat to medium; cook for 8 minutes or until the flour mixture is caramel-colored, stirring frequently. Cook 2 minutes or until mixture is chestnut-colored, stirring constantly. Remove from heat; slowly add warm shrimp stock, stirring until smooth. Pour stock mixture into a large bowl.

4.Heat 1 tablespoon oil in a large Dutch oven over medium heat. Add chicken; cook 7 minutes, turning to brown on all sides. Add onion and the next 5 ingredients (through

bell pepper); saute for 3 minutes. Return stock mixture to pan; add broth and bay leaves. Bring to a boil; reduce heat, and simmer for 45 minutes.

5. Add okra and next 3 ingredients (through black pepper). Simmer for 30 minutes.

6. Combine shrimp and paprika; toss to coat shrimp. Heat a large nonstick skillet over medium-high heat. Add remaining 1 tablespoon oil to pan; swirl to coat. Add shrimp; saut   for 2 minutes or until the shrimp are done. Stir shrimp into okra mixture. Discard bay leaves. Serve over rice.

COCONUT CURRY BOK CHOY

This is a free foods and spices based meal that will greatly accelerate your fat loss tonight. Your meal pattern today has set you up to indulge with carbs if you choose, but this meal works well with your breakfast and AM snack from today to skip indulging, get you in to fast loss and make you satisfied. Once again, no meal exists in isolation. The meals from earlier make possible different effects at this meal, such as a rapid rate of fat loss tonight. Pull heavily from your Free Foods here for mushrooms, bok choy, tomatoes, onions and spices.

RATINGS:

Fat Loss ***

Satiety *****

Flavor****



Smokey Shrimp Gumbo

Ingredients:

Stock:

1 pound unpeeled medium shrimp

8 cups water

1 teaspoon black peppercorns

4 garlic cloves, crushed

3 large celery stalks, chopped

3 bay leaves

3 medium carrots, coarsely chopped \$
1 large onion, coarsely chopped

Gumbo:

6 tablespoons olive oil, divided
2 1/4 ounces almond meal (about 1/2 cup)
6 skinless, boneless chicken thighs, cut into bite-sized pieces
2 cups finely chopped white onion
1 tablespoon Creole seasoning
3 garlic cloves, minced
2 medium celery stalks, chopped
2 medium tomatoes, finely chopped
1 large green bell pepper, seeded and finely chopped
3 cups fat-free, lower-sodium chicken broth
2 bay leaves
1 cup frozen cut okra
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2 teaspoons hot pepper sauce (such as Tabasco)
1/2 teaspoon black pepper
1/2 teaspoon smoked paprika
2 cups hot cooked brown rice

Instructions:

Preparation

1. To prepare the stock, peel and de-vein the shrimp, reserving shells. Cut each shrimp in half lengthwise; cover shrimp, and refrigerate.

2. Combine reserved shrimp shells, 8 cups water, and next 6 ingredients (through onion) in a large Dutch oven, and bring to a boil. Reduce heat, and simmer for 1 hour. Strain mixture through a sieve into a bowl; discard solids. Set aside 3 cups stock; keep warm. Reserve the remaining shrimp stock for another use.

4. To prepare the gumbo, heat a large cast-iron skillet over low heat; add 1/4 cup olive oil. Cook for 2 minutes, swirling to coat pan. Weigh or lightly spoon flour into a dry measuring cup. Gradually add flour to oil, stirring constantly with a whisk until smooth. Increase heat to medium; cook for 8 minutes or until the flour mixture is caramel-colored, stirring frequently. Cook 2 minutes or until mixture is chestnut-colored, stirring constantly. Remove from heat; slowly add warm shrimp stock, stirring until smooth. Pour stock mixture into a large bowl.

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5. Add okra and next 3 ingredients (through black pepper). Simmer for 30 minutes.

6. Combine shrimp and paprika; toss to coat shrimp. Heat a large nonstick skillet over medium-high heat. Add remaining 1 tablespoon oil to pan; swirl to coat. Add shrimp; saut   for 2 minutes or until the shrimp are done. Stir shrimp into okra mixture. Discard bay leaves. Serve over rice.

WHITE BEAN CHILI

Since weekends are where all the weight gain happens, this is a meal you can make at home that is the best of all worlds. It helps you burn fat, fills you up, and tastes amazing. White beans are loaded with starches that resist digestion. Starches that resist digestion help promote beneficial bacteria in the gut which in turn helps your body better metabolize fats. This is a meal that is both delicious and functional. Dense protein from chicken is combined with resistant starches and spices that help boost your metabolism. Use the recipes icon. You will see most of the foods in this are free foods, and do not show on your plate.

RATINGS:

Fat Loss ****

Satiety ****

Flavor****



White Bean Chili
Ingredients:

2 pounds boneless chicken thigh, cut into ½ inch pieces (or, if you are just cooking for yourself, use the amounts you see on your plate.

2 tbsp olive oil

1 diced onion

3 cloves garlic diced

½ tsp ground chipolte pepper

2 tbsp ground cumin

1 tsp oregano

1 ½ tsp salt

1 tsp fresh ground pepper

¼ tsp cinnamon – don't omit - this makes the dish

4 cups chicken broth

1 red bell pepper, seeded, diced

1 green bell pepper, seeded, diced

1 jalapeno pepper, seeded, diced

1 can diced tomato with roasted green chili's

2 15 oz great northern white beans

chopped cilantro

Instructions:

Brown chicken in oil over medium heat. Once the liquid is gone, add the next 8 ingredients to the pan and toast the spices. Cook a bit until the onion and garlic soften. About 3 to 5 minutes. Once toasted, add chicken broth and bring to boil. Add all the bell peppers, jalapeno, can of tomato with roasted green chili's to the pot. Cook for 30 minutes. Then add the cans of white beans and heat to light boil. For a thicker chili, mash a few of the beans and incorporate into the chili. Chopped fresh cilantro to garnish.

EGG WHITE MUFFINS

Pairing flavor to foods that require lots of digestive action works on two fronts. Protein drives satiety and egg white is very slow to digest and is thus very beneficial for fat loss. Flavor deprivation during weight loss can lead to a hormonal backlash that makes you eat more once the weight is off. These egg white muffins you can make once a week and use as a strategic fat loss food because they pair flavor to foods that are fat loss friendly. See the recipes icon for how to make these muffins and feel free to make a large amount for a quick VEEP snack throughout the week.

RATINGS:

Fat Loss *****

Satiety ***

Flavor*****



Egg White Muffins

Ingredients:

2 whole eggs

12 egg whites
1 1/2 cup low fat milk
1 1/4 cup low fat ricotta cheese
6 to 8 turkey bacon strips cooked and diced into small bits
1 cup mushrooms sliced
1/2 cup onion diced
3/4 cup zucchini diced
1 1/4 cup Swiss cheese grated fine
1/2 tsp salt
1/2 tsp basil
1/2 tsp pepper

Instructions:

Preheat oven to 350. Cook turkey bacon and set aside. Brown mushrooms, zucchini, and onion in skillet and set aside. Mix milk into ricotta cheese until blended, blend in eggs. Add the rest of the ingredients, including bacon and browned vegetables.

In a muffin pan, place paper muffin cups in pan or use non-stick pan, and fill egg mixture to about the top of each cup. Stir mixture before filling each cup to grab the Swiss cheese at bottom of bowl. Bake for 30 to 40 minutes, quiches will rise and may fall when removed from oven. Make ahead and store in freezer for a fast meal.

Makes around a dozen depending on the size of your muffin pan.

TOFU CHILI SPICED SALAD

Everything you are doing here is about learning to use specific times, meals and food combinations to control different aspects of the hormones that control food intake. This is why simple rules, or diets can not work. Each meal of each day serves a unique purpose, different from all of the other meals of the other days. That large Sunday breakfast makes no sense until we consider all the hormonal counter measures the body has to dieting and losing weight. The goal for Sunday evenings is to get you into fat burning and offset any weight gain from Sunday morning. This meal uses mostly Free Foods. Your calories here come from tofu and sesame oil. The other ingredients all help boost your metabolism. See recipes.

RATINGS:

Fat Loss ****

Satiety ***

Flavor****



Tofu Chile Spiced Salad

Ingredients:

- 1 teaspoon red Chile sauce or paste
- 1/4 teaspoon Stevia or agave sweetener
- 1 teaspoon ginger
- 2 cloves garlic minced or finely chopped
- 1 tablespoon soy sauce
- 1 tablespoon sesame seed oil
- 1/2 (16 oz) package firm tofu drained and cubed
- 1 cup green beans or snow peas trimmed
- 1 cup finely shredded cabbage

Instructions:

1. In a large bowl combine Chile sauce/paste, ginger, garlic, soy sauce, and sesame seed oil.
2. Place tofu in bowl and gently toss, marinate 1 hour in the refrigerator.
3. Steam green beans or snow peas until almost cooked but crisp, set aside until cool.
4. Toss remaining ingredients into marinade with tofu and refrigerate.
5. Prepare lettuce leaves, place tofu, vegetables and drizzled marinade on top of the lettuce and serve.

BONUS MEAL

ROASTED YAM MEDLEY

Learning how to use real food in real situations to control your weight involves learning how to eat freely on weekends and not gain weight. How do you do that? First, your previous meal patterns today set you up to mitigate weight gain tonight. This meal takes it a step farther. We make use of a lot of Free Foods for volume and flavor and all your starch comes from veggies. This is actually a weight loss meal that targets the bodies hormonal controls over fullness, food volume and flavor and using it on Saturday night keeps you from gaining weight while enjoying food.

RATINGS:

Fat Loss ***

Satiety ***

Flavor****



Roasted Yam Medley

Ingredients:

2 small sweet potatoes, cubed

5-6 broccoli florets

1 small red onion, cubed
4 tbsp olive oil
2 tbsp sesame oil
5 cloves of garlic, peeled
dash of salt and pepper
1/2 tsp thyme

Preheat oven to 400 degrees. On a non-stick baking sheet, lightly brush grape seed oil onto a baking sheet pan and on vegetables. Place on baking sheet. Drizzle sesame oil and sprinkle salt, pepper and thyme. Pop into oven for 35-40 minutes or until fork tender. Flip vegetables gently until golden brown all sides.

Instructions:

Preheat oven to 400 degrees. On a non-stick baking sheet, lightly brush grape olive oil onto a baking sheet pan and on vegetables. Place on baking sheet. Drizzle sesame oil and sprinkle salt, pepper and thyme. Pop into oven for 35-40 minutes or until fork tender. Flip vegetables gently until golden brown all sides. Finish by lightly brazing in a frying pan.