

The Concept of this menu is to have balance in flavor, texture, color and cooking methods.



Please refer to Dr. Frank Giantinoto's Patient Guide Binder for the following informational literature that has influenced the creation of this menu.

For more information about Dr. Frank Giantinoto, please visit his website at www.PRO-HEALTH4ever.com

- Certified Organic Whole Foods
- The Biochemically Correct & Healthy Life Long Dietary Plan
- 4 Most Common Food Allergies to Avoid
- Simple Nutritional Tips
- Optimal Nutritional Program for Optimal Health
- Recommended Food Products

Menu Plan for the Smith Family

*** Beverages:** *Natural bottled spring water, clean filtered water.*
The minimum per day is 1 quart per 50 lbs of body weight

Important Note: Do not drink with meals. Wait 10 to 20 minutes after eating.



NOTE: ENTIRE MENU IS DAIRY, WHEAT, CORN, AND SOY FREE!

Sample Day:

Breakfast:

*2 egg omelet with onions, mushrooms and baby spinach

- *eggs preferably cooked over easy or medium*
- *cooked with 1 tablespoon of coconut oil*

Snack:

*1 small apple with 1 to 2 tablespoons of raw creamy almond butter or any nut butter listed below

Other good nut butters to have are: organic raw pumpkin seed butter, raw macadamia butter, raw walnut butter, raw cashew butter, raw hemp seed butter and raw sesame tahini butter **NO PEANUT BUTTER** (*refer to The Optimal Nutritional Program for Optimal Health in Dr. Frank Giardinoto's Patient Guide Binder*)

Lunch:

*Broiled chicken breast over a bed of arugula and fennel salad with red onion

*Citrus tarragon vinaigrette

Kids: (alternate meal option for kids)

*Baked thin sliced chicken breast roll ups stuffed with avocado, chopped tomato, lime juice, sea salt and extra virgin olive oil.

*Side of cucumbers and carrot sticks

Snack:

*1 slice of toasted Bhutanese red rice bread (*plain*)-wheat & gluten free bread

OR can top with:

- *fresh roasted garlic, oregano, sea salt and extra virgin olive oil*

The company for the rice bread is called "Food for Life". It can be found in health food stores such as Whole Foods and Trader Joe's.

OR:

may substitute a fruit in place of the bread-orange or nectarine

Dinner:

*Baked wild caught tilapia with fresh lemon juice, lemon zest, chopped dill, sea salt and extra virgin olive oil

*Braised kale, carrots and onions with vegetable stock, garlic, sea salt and extra virgin olive oil

Snack:

*½ cup of blueberries and unsweetened almond milk (*best served chilled*)

Options:

- *make a smoothie*
- *top the berries with a tablespoon of cashew whipped cream*

Note: omit nut butter above if choosing to have cashew whipped cream.

Other ideas to incorporate into your daily menu:

Vegetable/Legume:

- *Sautéed shredded savoy cabbage with cumin and sea salt
- *Broccoli rabe w/ garlic and sun dried tomatoes
- *Red Lentil soup with lemon and fresh baby spinach

Protein/Vegetables:

- *Roasted chicken and steak kebobs with red pepper, onion and green zucchini with basil pesto
- *Egg salad with onion, celery and sea salt-can be eaten over salad greens or raw sweet pepper halves
- *Blanched collard green wraps with poached shredded chicken and raw sesame tahini butter

Snack/Dessert:

(Recipes included for the following)

- *Cashew Whipped Cream
- *Nut Butter
- *Almond Milk

Cooking Methods:

Poach- to cook food gently in a liquid at or just below its boiling point (160°F-180°F degrees.)

Braise- to cook (meat or vegetables) by browning in fat, then simmering in a small quantity of liquid in a covered pan/pot.

Broil- cooking by direct exposure to radiant heat (as over a fire or under a grill)

Blanch and Shock method- Blanch is a process whereby the food is briefly plunged in salted boiling water for a moment. Shock-food is then immediately transferred to ice water.

****This method maintains integrity, nutrients and color of the vegetables****

Health Tip:

Asparagus: contains *inulin*, a fiber that improves G.I. health and helps metabolize nutrients to curb hunger. It also has the amino acid *asparagine*, which helps flush out fat-packing toxins.

Cooking Tip:

Substitute for parmesan cheese-oil cured black olives or umeboshi paste. *Ideal key ingredient in an herb pesto is the cheese. Try one out of the two alternate options listed.*

Medicinal Properties:

Umeboshi paste-pickled plums which alkalize blood and neutralize fatigue.

Cashew Whipped Cream:

- 1 cup of raw cashews
- 1 tablespoon of pure maple syrup
- 1 teaspoon of pure vanilla extract
- pinch of sea salt
- ¼ to ½ cup of water *use ¼ cup for stiff “cream”.
- Use more water for saucier consistency.

In food processor, combine cashews, pure maple syrup and salt. Begin processing mixture and gradually adding water in a steady stream. Continue processing for several minutes, stopping the food processor periodically to scrape down the sides with a rubber spatula until you achieve a smooth cream.

Almond Milk:

yields approximately 5 ½ cups.

- 3 cups of blanched, raw almonds
- 6 cups of water

Bring water to a boil and pour over the blanched almonds; let sit for 30 minutes. Transfer to blender to process until liquefied. Pour a small amount of almond mixture through a sieve or fine strainer with a double layer of rinsed cheesecloth, wringing and squeezing the cheesecloth to extract as much liquid from the pulp as possible. Discard the pulp once there is no more liquid to be extracted. Strain through a fine strainer one last time without the cheesecloth and chill.

Nut Butter:

(with walnuts) yields about 10 ounces

- 2 cups of raw walnuts
- Sea Salt

Set food processor on high speed setting, add walnuts through food processor shoot. At first, the mix will be dry and dusty. Continue processing until walnuts release oil and texture becomes smooth and creamy. This can take about 10 minutes for the oils to release. Use a rubber spatula to scrape down the sides of the food processor as necessary to make sure all walnuts get blended well. At the end, add sea salt to taste.

*Optional to add cinnamon or a little pure vanilla extract. Keep in the refrigerator.