



**Henley House, Upton, St. Michael. Barbados BB11103**

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## The 5 Laws Diet: 7-Day Recipe Plan

The 7-day menu below is merely a guideline. Variety is key, so mix it up but remain antifungal. Please note that cassava, yams, turnips, pumpkins, squash and parsnips are all allowable carbohydrates as long as they are fresh. Complex carbohydrates deliver their sugars slowly into the blood, aiding the pancreas and liver to keep the blood sugar levels more balanced. Cassava can be interchanged with all the others. Keep the servings of complex carbohydrates small. Remember the "rule of your hand". The 1 thumb represents the carbohydrate and the 4 fingers are the four different vegetables or 3 vegetables and 1 salad. The size and thickness of the palm represents the size of meat/fish that should be consumed.

### **Day One**

#### **Breakfast:**

Cassava Flour Flatbread served with goat's cheese, rocket and scrambled eggs.

- In a bowl, place ½ cup of Cassava flour, a little filtered water and a pinch of salt, mix together. In the meantime get your frying pan on the hob, a dash of Olive oil, ready for your flat bread mixture. Stir your flour mix, making sure it is quite firm, sprinkle a little flour on the worktable, roll out your dough, making sure whatever you are using to roll is also dusted with flour. Proceed to roll out your flat bread. Making it about 6mm in thickness, pick up gently with your pallet knife and transfer into hot pan. Allow cooking for about 5 minutes or until golden brown. Your bread is ready. Next scramble your eggs. To make the sandwich, spread goat's cheese thinly on the bread, add rocket leaves, salt and pepper and place your eggs on top. This is a great breakfast as it is supremely nutritious, wheat free and very low in Glycemic index so gives you

plenty of energy throughout the day

### **Lunch:**

Grilled fresh salmon with steamed vegetables and a garden salad served with the Ultimate Antifungal Dressing (see last page)

- ❑ Melt 250g of butter in a pan, add lemon juice and garlic. Allow to cook for a few minutes, set aside. Steam your washed vegetables. Marinate the salmon with crushed garlic rubbed firmly into the flesh, sprinkle with fresh lemon juice and season. Get the grill pan hot and grill salmon. Top your salad with the grilled salmon and serve with the steamed vegetables that have been tossed in the dressing. Drizzle the lemon-garlic-butter sauce over your fish. Delicious!

### **Dinner:**

Pizzava Margherita

- ❑ Preheat the oven to 220c
- ❑ To make the topping you will need a can of natural tomatoes (with no added sugar or preservatives) chopped, garlic, herbs and seasoning. Add these ingredients together and then add Xylose to sweeten the sauce. The sauce must remain cold.
- ❑ In a food processor place herbs, garlic, seasoning and olive oil for a herby mixture, which spreads easily. Spread this home-made pesto topping onto your cassava pizza base.
- ❑ Avoid Parmesan, use ONLY Mozzarella. The Pizzava base is entirely made from cassava fiber and is about 12 inches. Spread the mixture evenly. Add your toppings of choice from the allowed section, and top with grated mozzarella cheese. Place in the oven for about 10 minutes or until cheese is golden brown.

## **Day Two**

### **Breakfast:**

Cassava Flatbread served with roasted vegetables and mozzarella

- ❑ Use the recipe above to make your flatbread. Avoid preparing flour mixture in advance, however you can make flatbreads in advance. Store them in an airtight container.
- ❑ For the vegetables, prepare a pan with olive oil. Wash vegetables with filtered water and chop into small bite-size pieces. Roast in the oven or fry in a hot pan (quicker), use olive oil only. Season the vegetables and drizzle with the Ultimate Antifungal Dressing.
- ❑ On a plate place flatbread and add the roasted vegetables. Sprinkle with mozzarella cheese, or cut thin slices if you are using buffalo mozzarella, add a few basil leaves. Delicious and ready to eat.

**Lunch:**

Butternut squash stuffed with Feta cheese, garlic, coriander and spring onions.

- Preheat oven to 200°C. Cut a butternut squash lengthways and scoop out the seeds. Place onto an oiled baking tray. Bake until flesh is soft. In the meantime, chop garlic and coriander and spring onions, fry in olive oil, season to taste - add salt later as the Feta is already quite salty.

Place mixture in a bowl and add feta, crushing and mixing it with the other ingredients. When the squash is ready, place mixture in the middle and bake for a further 5 minutes or until slightly golden brown.

**Dinner:**

Steamed Mahi-Mahi on skewers with fennel and red pepper and cassava fries.

- Preheat your oven to 220°C. Peel and slice cassava tuber and place on an oiled baking tray and sprinkle with salt and dried tarragon leaves. Bake for ½ hour.
- Wash the fish thoroughly and pat dry.
- Rub fish with lemon juice, garlic and herbs and place gently in a steamer. When the fish is ready, approximately 10 minutes, cut into cubes and place cubes onto skewer.
- Roughly chop the washed fennel and red pepper and sauté in a hot pan with olive oil. Season with your favorite allowed spices. Then on a bed of lettuce toss the fried vegetables and cassava slices together, season if necessary.
- Dress the fish with juices from the vegetables.

## Day Three

**Breakfast:**

Cassava Flatbread with turkey (slices) and goat's cheese.

- Make two flatbreads
- Make a sandwich with turkey and goats cheese, add a little lettuce or rocket leaves

**Lunch:**

Broccoli soup with red snapper.

- Preheat oven to 220°C. Wash the broccoli thoroughly and chop into small pieces. In a saucepan add olive oil and garlic, stir. Add 250 ml of pure chicken stock. Simmer.

- Add your broccoli florets and season with a little lemon juice and salt. Add more chicken stock until the florets are submerged. Allow to cook until soft. Meanwhile on an oiled baking tray, season your filleted snapper. Bake for 8-10 minutes. Leave to cool.
- When your broccoli is sufficiently soft, place in a blender or food processor until smooth. Taste and season again if necessary. Pour soup into a bowl, the soup should be semi-thick in consistency. Place red snapper on top of the soup and allow it to sink. Sprinkle some chopped herbs on top.

### **Dinner:**

#### Frittata of asparagus and French beans

- Preheat oven to 220°C. Wash vegetables thoroughly. Chop ends off asparagus and top & tail French beans. In a pan with olive oil, toss in the vegetables and fry, season to taste. For the egg mixture, use 6 eggs and 200 ml of cooking cream or a substitute such as rice milk or soy milk, add a little salt and whisk vigorously.
- Once the vegetables are soft, pour in the egg mix, covering the vegetables and sprinkle mozzarella cheese on top. Allow the underside of the frittata to cook, and then place frittata in the oven until cooked. (The handle of the pan may be hot, so be very careful).

## Day Four

### **Breakfast:**

Cassava cereal served with cold almond milk or a choice of fish and mozzarella or goat's cheese meltdown on top of a cassava cracker.

- Put a sprig of fresh dill on top if you have it. It's delicious!

### **Lunch:**

Chicken stew for 'O's' and 'A's', Lamb stew for 'B's' and 'AB's', and fish for those on a low-cholesterol diet.

Chicken Stew - Season and brown the chicken in a pan with olive oil. In a casserole dish, fry onions and garlic until sizzling. Then pour in 1 liter of chicken stock.

- Add pumpkin, butternut squash and cassava, chopped and peeled. Place chicken on top then add chopped tomatoes and chopped celery. Taste and season accordingly. Then add fresh herbs. Cover and allow it to simmer for one hour.
- Lamb or Fish Stew - Season and brown the lamb or the fish. In a casserole dish repeat the above and use vegetable stock instead of chicken stock.

### **Dinner:**

After that huge lunch I would recommend soaking up the leftovers with cassava hats.

You could also trim the lamb or chicken quite finely and use it as a topping for the cassava hats. Or instead warm up some cassava bread with salad, some strips of chicken and some home-made salsa sauce and sour cream for a great taco, add chilies or cayenne for flavor

## **Day Five**

### **Breakfast:**

Toasted cassava hats with mozzarella cheese.

### **Lunch:**

Fish with sun-dried tomato topping, vegetables and pan-fried cassava.

- Choose the fish according to your blood type. Wash fish, pat dry. Use a marinade and rub into the fish. A suggestion for marinade is orange, crushed cardamom seeds and garlic. Allow to marinate for 20 minutes. In the meantime prepare the ingredients for the sauce. You need garlic, sun-dried tomatoes and dill. In a saucepan pour some olive oil, add garlic and onion and tomatoes, stir gently to release all the flavors. Add 250 ml of chicken stock ('O's' and 'A's') Use fish stock if you are 'B' or 'AB'. Remember 'B's' should avoid tomatoes, use red peppers instead.
- Add cooking cream and throw in the finely chopped dill. Allow to simmer and reduce. In a frying pan, use olive oil and place fish in the pan gently.
- For your carbohydrate you can use boiled cassava, pan-fried. For vegetables, steam your favorite.

You can also make your own mayo in a food processor. Two egg yolks and a smidgen of apple cider vinegar, turn the food processor on and the machine will do the rest of the work for you, all you have to do is slowly add the olive oil. You must add this very slowly, as you are emulsifying the egg yolk and the oil. Olive oil is heavier than sunflower oil and thus needs to be administered extra slowly. Season when finished. Homemade mayo is great with pan-fried cassava.

### **Dinner:**

Salad Mesclun.

- This salad is very light and is a combination of any fresh herbs and lettuce leaves. For protein you can add some boiled eggs sliced in quarters.
- Drizzle with the Ultimate Antifungal Dressing. Eat with cassava hats.

## **Day Six**

### **Breakfast:**

Cassava flatbreads with green apple, berries and Xylo-sweet.

- Wash fruit and chop. Mix with two teaspoons of Xylo-sweet, add a tiny amount of natural yoghurt to bind.
- Bake flatbread and add topping.

### **Lunch:**

Bean soup – 'O's' use chickpeas. 'A's' and 'AB's' use lentils, preferably Puy lentils, they are the BEST® (volcanic flavor). 'B's' use peas and broad beans.

- In a saucepan with olive oil, add garlic and onion, simmer. Add chosen vegetables, I recommend broccoli florets. Stir-fry the whole ensemble then add chicken stock. For 'B's' and 'AB's' use turkey stock. Use 500ml first. Add beans according to your blood type. Add more stock. Season. Bring to the boil for 5 minutes, stirring occasionally. Turn the gas down and simmer gently, finally adding a little cooking cream.

### **Dinner:**

Steak with homemade garlic mayo and root vegetable mash.

- Put peeled and chopped root vegetables in a saucepan with clean filtered water. Use butternut squash, pumpkin, cassava, yam and a few carrots. Add some salt for flavor. Boil until soft.
- Mash all the vegetables together, add butter only. Season to taste.
- Make homemade mayo (from Day 5) and at the end of mixing, just add garlic.
- For steak, a good idea would be to tenderize it with a mallet, sprinkle with seasoning and fry in a pan with olive oil. 'A's' can substitute fish steak.

## **Day Seven**

### **Breakfast:**

Cassava flatbread with turkey ham, poached eggs and salsa.

Make your usual flatbread according to the recipe on Day 1. For the poached eggs, put some water on to boil and add a splash of apple cider vinegar. When the water is boiling, turn the gas down and with a whisk or fork, whisk the water in a circular motion. Crack the egg gently into the water. Poach for 3 minutes and lift with a spoon gently out of the water. Repeat with the second egg.

- At the same time, fry the turkey ham in olive oil. For the salsa, chop some pommodore tomatoes, herbs and onion, mix together with a dash of olive oil and lemon juice. For 'B' blood types, use cucumber and yoghurt and add some garlic and salt.
- Lay the flatbread on a plate, place turkey ham on top and then place poached eggs and add your topping.

### **Lunch:**

Turkey skewers with lime salsa.

- Marinate turkey chunks in lime, ginger and olive oil. Leave in fridge for 20 minutes.
- For Lime Salsa, put basil, onion, yellow pepper, garlic and juice of one lime in food blender and chop, add olive oil. Chop courgettes and red peppers. Mix vegetables in with turkey marinade.
- Place ingredients on skewers and cook on a griddle for 15 minutes. Serve with salsa and cassava hats.

### **Dinner:**

Rosti of celeriac and cassava with your choice of protein topping: boiled eggs, chicken fillets, cassava flour fish cakes.

- To make the Rosti, grate cassava and celeriac and mix into a bowl with lemon juice and fresh herbs. Make patties and heat olive oil in a pan. Cook over a medium heat for about 10 minutes on one side. The starch in the cassava will act as a binder. Then flip patty onto other side.
- Add grated mozzarella cheese and slip patties under a grill to make a nice crusty topping. Add your other simple proteins or just eat with a salad.

## The Ultimate Antifungal Salad Dressing

### **Ingredients:**

- 1 cup of olive oil
- 3 cloves of garlic, chopped
- A pinch of ginger
- 1 whole lemon squeezed
- 3 teaspoons of apple cider vinegar
- A pinch of sea salt
- A few leaves of fresh basil and chives to taste
- 1 tbsp Xylitol for sweetness

Blend all the ingredients together and drizzle on salads and vegetables as a delicious accompanying sauce or dressing.

The above dressing can also be used as a mild liver/gall bladder flush over ten days. You should consume 4–6 oz of neat unsweetened apple juice for one week prior to the flush. Apple juice with its high Malic acid content inhibits fungal growth and it helps to dissolve gallstones. The dressing should be taken neat if it is used as a liver/gall bladder flush. The dose per day is 1/3<sup>rd</sup> of a cup for 10 days. Keep the meals light and healthy while undergoing this gentle flush.

