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**THE MAGIC FRIDGE
COOKBOOK
(WITH CHEATS AND EATS)**

**BY JACKIE WICKS
& THE PEERtrainer TEAM**

This information is intended for the sole purpose of participants in PEERtrainer. This is not a substitute for medical advice. Please seek a physician if you have any questions or need medical advice or attention when starting a weight loss program.

INTRODUCTION

We All Know What To Do

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And we would do it all the time if it was easy, fast and tasted good

Welcome. I'm happy to finally sit down and write this because people have been asking me for this information for a long time. I've never had one place where I could refer members to all of the recipes, suggestions, kitchen aids and tips, and this is it! The guide...the way to finally make the concepts of diet fusion come alive in your kitchen and your life. This guide teaches you how to actually do what you know and live hunger-free and change the way you look at diet food forever.

The GUIDE

This is my guide to living 'diet fusion' and making your diet and food choices work for you. How often do you feel like a slave to a particular diet or a way of eating? How often do you find yourself saying to yourself, of course I would eat a healthy meal but who has time to prepare it? Besides, my children won't eat it so who wants to make 2 dinners? So often the answer becomes the same pasta and butter with Parmesan because it's easy and you know how to make it. It's not that you don't want to eat well with a diet full of vegetables and high nutrient foods—it's that no one has made it easy for you. No one seems to want to give 2 minute ideas. It's all so "gourmet" out there.

Quick Definition of Diet Fusion.

We have over 1 million people use PEERtrainer every single month. Diet fusion materialized when I observed over and over what worked with the millions of people who have been through PEERtrainer.com. What worked for losing weight. What worked for sustaining weight loss. What worked to improve health. What worked within the context of their life. It's simply means fusing diet approaches together to find what works for you. Here are the three pillars:

- Nutrient Rich: Eating foods with a high density of nutrients, i.e., vegetables and preferably the green leafy kind that are the key to feeling full and improving health.

- Eating for Energy: If you don't have energy, you really won't do much of anything. I've lost years of my life because of low energy. You have to find the food combinations that make you feel like a rockstar.

- Portion Control: 80% of your day should fall in the first 2 categories of nutrient rich and eating for energy but 20% of the time, for those times when you're out and celebrating with wine and Triple Creme Cheese, you have to have a sense of how much you're overdoing it. This works when you're out at a restaurant, when you're traveling.

How To Create The Magic Fridge

And make it the gift that keeps on giving

I practice diet fusion. PEERtrainers do diet fusion. It works.

The Magic Fridge guide does NOT include low fat cheesecake recipes or whole wheat pizza. There are millions of recipes already out there that are easy and taste delicious.. The Magic Fridge focuses on the 80% of your plate, the part where you have to get in the high nutrients for sustainable and hunger-free weight loss.

I would still prefer to pick up a slice of pizza any day of the week. A slice of pizza is fast, tastes great and it's easy. Unfortunately, now that I'm 40, portion control doesn't work like it did. One slice of pizza leaves me hungry. I want 10 more slices! The cure is high-nutrient food that tastes great and doesn't require all day slaving in the kitchen.

The purpose is to teach you some basic concepts of diet fusion but most importantly, make it easy, and make it taste good! I'm not going to put in tons of spices that you don't know the name of because it can be intimidating. For those who love food, love the process and make it the main event in their life, this book is for you as well. I do not sacrifice on taste. If I had to eat bland food, I couldn't sustain my weight loss of over 60 pounds. When I do make high-nutrient dishes, it's an investment.

What do I mean? If I spend the time making food, it better be the gift that keeps on giving. I want to spend 45 minutes making something that taste great and then be able to have it over time. I'll make a soup that will last me for a few days in the fridge and I can freeze the rest. I'll make a staple to a salad that will last for days and I can grab anytime I want to make something. If I'm going to soak beans, I'm going to soak a lot of them so they are in the fridge waiting for me. When I first mentioned this concept to my husband, he remarked that it reminded him of an Indonesian story he read when he was young of the rice bowl that was always filled with food. It was called 'The Magic Pot'. I'm here to give you your magic fridge. Because I have one and it's the way I sustain my good habits.

– You will start to see yourself eat well because it's easy to do so with these tricks and recipes.

– You will start to feel full because you're eating nutrient-rich foods.

– You will have the process of how to make vegetables taste great demystified.

– You'll make small steps because it's easy to and you'll start to discover flavors and foods that you never thought you'd like. And they become a big part of your life.

Your Magic Fridge

The way to being full and losing weight

I'll introduce a few kitchen tools that I could not do without: you don't have to get the fancy stainless steel version and after you have them you'll wonder how you ever did without it.

The most important thing is that you'll learn what you like and you'll understand how to find great tasting nutrient rich foods when you're out and about in your day. If you discover that you like tomatoes and onions and avocado, you'll start to look for these combinations and you'll find them. One of my favorite "go-to" places is Chipotle and I order the beans, salsa, extra tomatoes and guacamole and while it's not full of greens, it's delicious and it gives me energy.

One important note: I make every effort to eat in a nutrient-rich way 80% of the time. 20% of the time, I go with the flow. I don't want to be one of those annoying people who says "I'm on a diet, I can't have that." So when I'm out at my children's carnival at school and they only have hamburgers, hotdogs and chips, I don't have to leave. I make the best choice for me (and I'll show you what that is) and that falls into the 20% of my day that I practice the portion control part of the equation.

*****If I can leave you with one thing: no one knows your body better than you do. No one knows what gives you energy and makes you feel so excited you can't stand it better than you do. Just because someone tells you to eat in a certain way (including me!), still question if this is right for you. Try something, see if it works for you and modify it as needed. This has been the only characteristic I have seen from everyone who has lost weight and kept it off and not been starving, or a slave to discipline. They've found what works for them and they've kept doing it.

Use this as a guide and tell me what works and what doesn't and feel free to send new things. I'll include them in the next version.

A final note: All the pictures were taken in my kitchen. I could have gotten a food stylist and made beautiful perfect looking foods, spices and dishes but you already see that everywhere and sometimes that's what makes you think you can't do it yourself. I don't have a nanny or a personal chef. I am married with 2 young children and I run a business and I want to be lean and fit but most importantly eat for health and energy. Everything you see here is what I make and what I do on a daily basis. It's for you to do right now, within your constraints and busy schedule so that you can truly have it all.

-Jackie Wicks

One Final Thing

About PEERtrainer

I founded PEERtrainer in 2004 after realizing that after the height of my pregnancy weight, 185, I had only lost 20 pounds. After months of being at 165, it was evident that the myth of breastfeeding was only a myth, and I wasn't going to be one of the lucky ones. I knew what to do, I just wasn't doing it. A friend and I started emailing our daily food and workout habits back and forth with the hope that this would provide the accountability we needed. Two other friends joined us and the first "PEERtrainer group" was born. Buddy up and slim down worked.

We've helped people over the years and our success stories have been featured in PEOPLE and Good Morning America.

PEERtrainer has become a weight loss lab of sorts, with the collective sharing what

works for them. There is no one person or approach that works. I'm not the end all. No one is. You have to learn the basics and make it work for you.

I have finally lost all of the pregnancy weight and a few more. I'm 5'5 and I'm between 120 and 123 pounds and I don't live in the gym. I don't have rock hard abs and I'm ok with that. I'm more comfortable with my body than I ever was at 20.

In these pages you'll see who I am and how I did it.. This is just part 1 because if there's one thing I've learned, the more you learn when it comes to food and nutrition, the more you realize you don't know. I love it though. I love figuring it out and learning something, just one little tool that will change how I do things.

-- Jackie Wicks, cofounder, PEERtrainer



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Your “Must Have” Go To Foods

Foods we want you to get used to having around

Things we want you to get used to having in the house:

- **Frozen Vegetables:** Spinach, kale, whatever you like. They are there when you need them and haven't had time to go to the grocery store.
- **Huge vat of greens, spring greens and spinach:** Throw them into everything you make: smoothies, “underneath” main dishes like salmon that you're baking, chillies, just about everything.
- **Condiments for the “spice shortcuts”** that you'll see on p. 7

I want you to have at least 2 “go to” foods in your refrigerator at all times. These are foods you LOVE that you can literally pull out and eat on the spot. They are great when you are so “starving you could eat a house” hungry. There are many recipes throughout this guide that will be your go to foods, really “gifts”: foods that will be at eye level in the refrigerator that you can grab as healthy, energy-filled snacks that you don't have to prepare or think about. Some of my favorites include hummus, and cucumbers, soup, tabouli quinoa with mixed greens, avocado squeezed with lemon and sliced tomato and cucumber. the list goes on and on. The most important thing is to have these on hand at all times so that you make the right choices.



Spice Shortcuts That Make ANYTHING Taste Great:

Three/four spice combos that make everything taste great

- Fresh Lime, Cilantro, and Red Pepper Flakes: meats fish, soups, vegs
- Lemon, Olive Oil, Fresh Garlic: fish, salads
- Mustard, Olive Oil, Lemon: for grilled vegetables, salads, chicken
- Cilantro, Avocado, Lemon (pureed),: vegetables, salads
- Cumin, Tumeric, and Ginger or Garam Masala: beans, chicken, meat
- Ginger, Garlic, Red Onion: basis of chicken Tikka, great for all meats
- Oregano, Basil, and Thyme: vegetables, artichokes, eggplant,
- Wasabi, Lemon, and Ginger: vegetables, any fish, asparagus, broccoli,
- Coconut milk, Red Pepper Flakes, Lime, Onions: meats, vegetables, fish



Magic Fridge Dressings

2 easy salad dressings

- French mustard

Servings: 2

Cheats/Serving: 1

1 Tablespoon of Dijon (no honey, no spice: straight Dijon)

2 Fresh squeezed lemons

2 Cloves chopped fresh garlic

2 Tablespoons of olive oil

Pinch of salt

Blend together serve.

- Magic Lime: This has to be the easiest dressing around:

Servings: 1

Cheats/Serving: 0

2 limes, pinch of salt, 4 shakes of red pepper flakes. Mix!

Also great with a 1/4 of avocado



Magic Fridge GREENS

Fresh, frozen always in the fridge



Get used to having frozen spinach and frozen vegetables in the fridge.

Fresh: if you can do fresh, do fresh! I like frozen because then there is never an excuse that I don't have greens to put into something. But I do have a fresh container of pre-washed greens at eye level in my refrigerator so I can stick them in everything.

Frozen: At all times, have at least 2 bags of frozen spinach or collard greens or kale. Make it leafy and high in nutrients. Organic is usually around \$2 and the nutrient content does not differ from frozen to fresh nor from organic to non-organic. Yes, buying organic is preferable but don't use expensive to stop doing it. Nutrient content is derived from the quality of the soil and that is something you cannot predict. Buy the frozen and you'll always have something on hand to up the nutrient content of everything you eat. You can literally whip up spinach dip with a frozen bag of spinach and you have a pound of nutrient-rich food that will fill you up. You will learn to stick greens in everything you make. It's so easy.

Once you have flavorful meals, you'll throw the spinach in and if you won't even taste it 1/2 the time.

You can stick fresh spinach leaves in any smoothie you make because it's completely masked by the other flavors in the smoothie. (I do this with my children.) You can throw fresh spinach in rice, beans, wraps, dips, underneath salmon, in an omelet. Really anything.



5 Magic Fridge Kitchen Essentials

Useful everyday tools that make life easier

I am assuming you already have a saucepan, casserole dish and other kitchen basics. I don't want you to get "fancy" and buy a bunch of things that just look good in your kitchen. These are my 5 "go to" tools that I use every single day.

- **Stick Immersion Blender:** Essential for soups. Please do not try to use your existing food blender. You'll see that you'll use this over and over. You can get the Cuisinart one for about \$25.
- **Rice Cooker:** You'll find that you can stick in your food, come back to it ready. Use for quinoa and by the time you've showered, it's fresh and made. You can get one for \$25.
- **Freezer Safe Containers:** These are a lifesaver for your food that you make and have ready in the fridge, the "gifts that keep on giving". Invest in ones that can also be used in the freezer
- **A Great Knife and Cutting Board:** I didn't understand that cutting vegetables could be easy until I got a great knife and a great cutting board.
- **1 Large Stock Pot:** Essential for the soups. And they go right in the refrigerator!
- **1 Big Salad Bowl:** I throw in the mixed greens, cabbage, and other "gifts" and I'm done in minutes.



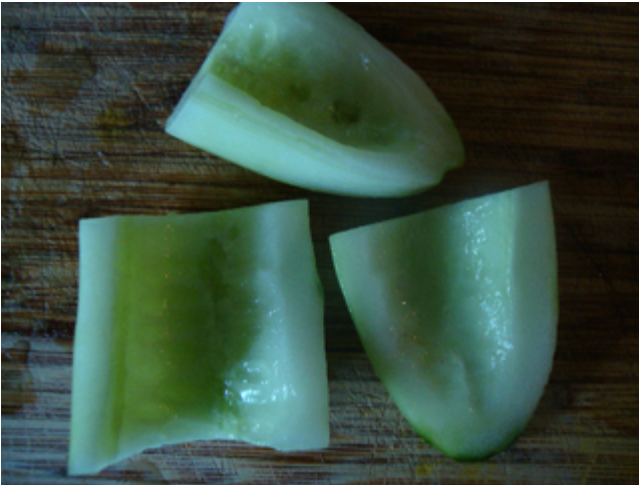
Freezer safe container of tabouli quinoa

Magic Fridge Things To Dip With! Snack Essentials

Nutrient Filled Dipping “chips”

Cucumbers. These little cleansers are great and your kids might love the cucumber “boats”!

Take a cucumber and slice it lengthwise. Scoop out the seeds and you have a perfect cradle for anything! My son likes chopped apple but you can place chopped mixed greens with hummus on top, almond butter, black beans with chopped tomatoes and a bit of avocado.



More Great Dipping Alternatives:

- Celery
- Carrot Chips
- Apple Slices

*****MORE snack ideas starting on page 32*****

Lettuce wraps. PF Chang was the first place I had lettuce wraps and it was genius. You can stick anything in a lettuce wrap and make it more nutrient dense. I adapted this from a Dr. Fuhrman “Eat for Health” recipe but experiment! Think of anything you used to put on pasta, chops or bread and put them on greens.

Quick Lettuce wraps:

- 4 romaine leaves
- 2 tablespoons of almond butter
- apple sliced into 10 slices

No Fail Instant Access Protein: Beans!

Best Magic Fridge Protein

How to make beans. I'm going to take you step-by-step and I'm doing this only because I was intimidated for SO long so I always resorted to the can. I knew they were better for you when they were fresh and I always came up with an excuse that I didn't have the time but really, no one showed me how easy it was. And once you make them, you have fresh beans for days. If you haven't liked them in the past, just try them once because they are a completely different tasting animal when they are fresh.

Some great starters:

Chick Peas (think fresh hummus)

Black Beans

Navy Beans

Red Beans

Lentils

Buy a pound (either loose or in a bag).

This takes 2 minutes.

The night before:

Take out a large bowl.

Pour beans in and fill the bowl with water until completely covered.

Let them soak overnight.



Next morning before you get ready (and get the children ready):

Fill a large stock pot with water. Rinse beans that you soaked overnight and place beans in stock pot. Make sure the water level is at least 2 to 3 inches higher than the beans. Turn on high until bowling then turn heat to medium low to "simmer". (this simply means tiny bubbles, looks a lot less aggressive than the boil stage. For chick peas and large kidney beans: Turn timer to 45 minutes. For smaller beans such as black: Turn timer to 35 minutes. Go get ready. When timer goes off, the beans are ready. If you've noticed a lot of "shells", where the beans have shed, they are a bit overcooked. Perfect beans have a few "shells". It doesn't matter though, they will still taste great. Place in a freezer safe container so that they are in the fridge at eye level to grab anytime.

365 Days A Year Soups

Gifts that keep giving

Soups are my favorite “gifts that keep on giving”. What do I mean by the “gifts that keep on giving”? Gifts that keep on giving are defined as food you cook and it keeps on giving and giving for the rest of the week. Any time I spend making something healthy, it has to last. It’s frustrating to make just one huge salad, spend an hour on it and then be done in 20 minutes just to have to deal with the question of “what will I eat tomorrow”? With food “gifts that keep on giving”, you spend some time and it gives and gives and gives.

Soups are great for this. You’ll always have a high nutrient food on hand and then you can “hunt” for a protein. It’s usually easy to find a protein. The hard part is having vegetables RIGHT THERE that taste good. Soups solve this problem.

The soups in the following pages take anywhere from 20 minutes to 40 minutes of work but will last you for 5 days depending how many people in your family will sneak a bowl! They are truly the best of the “gift that keeps on giving”. Most importantly- these soups TURN OFF HUNGER ! The combination of intense nutrients, plus a small amount of fat helps people feel satiated and they’ve helped thousands at PEERtrainer lose weight.

This is the PEERtrainer version of the diet pill. When you make a soup the entree, you will lose weight. You will feel full. You will not believe that you didn’t do this for years.

Two things:

- **Please invest in the Cuisinart smart stick.** These soups are all pureed. A smart stick is available for about \$25 and it is a versatile tool. I’ve seen many people get so irritated because they skip this step and they try to puree in the blender and then it becomes too much work and they don’t try it again.
- **Please do not, by default, add cheese and bread!** Try it without it. If you “mess up”, adding some Greek low-fat yoghurt and fresh squeezed lemon can do wonders.

365 Days A Year Soups

Gifts that keep giving

When making these recipes, please try not skimp with ingredients. Don't substitute lime juice for fresh lime, or garlic powder for garlic. It just doesn't taste as good. The key here is that if it tastes good, you'll eat it and it's also a gift that keeps on giving so spend the time making it and you'll have a week of giving. However, if you don't have the time, skimp. It's better to make it than put it off because you don't have something.

One thing you will notice is that most of the soups here have coconut milk and the question we often get is, "Why do you always use coconut milk? Why not use low-fat milk instead?" Here is our take:



365 Days A Year Soups

Gifts that keep giving

Is Coconut Bad For You Because It Contains Saturated Fat?

On the new PEERtrainer Facebook page recently somebody posted something to the effect of “Your vegetable soup recipe is great, but I took out the coconut milk because my friend the cardiologist says that the saturated fat in coconut is bad for you.”

We had been thinking about this question for a few days. Then today a box arrived in the mail with 6 books from Dr. Jonny Bowden. He is someone that we have gotten to know recently, and have begun to dig into his work. What we have found so far is someone who has taken all the “health stuff” and made it very understandable.

Anyway, we were flipping through one of the books, titled “The 150 Healthiest Foods On Earth.” And one page 107 there was a section on Coconut, that answered this exact question! Bowden writes:

“I really looked forward to writing this section, because I felt that it would give me a chance to right one of the greatest nutritional misconceptions of all time: the idea that coconut, because it contains saturated fat, is bad for you.”

Summary of Dr. Jonny Bowden’s insights on coconut:

- Coconut and coconut oil are superfoods. Coconut is one of the most healthy, amazing things you can ingest.
- People in Asia and the Pacific Islands whose diets are high in coconut oil have low levels of chronic disease—cancer, heart disease etc.
- The fat in coconut is actually good for you. The book explains the science in detail, but the basic idea is that the fatty acids in coconut are easier to metabolize, and are different from the fatty acids found in other forms of saturated fat.

365 Days A Year Soups

Gifts that keep giving

These fatty acids are called Medium Chain Triglycerides or MCTs. From Wikipedia:

“Some studies have shown that MCTs can help in the process of excess calorie burning, and thus weight loss. However, close to half of the calories in one’s diet would have to be from the MCTs themselves. Therefore, consuming medium-chain triglycerides in a regular diet may or may not be beneficial to weight loss; studies are still being conducted”

Anyway, the bottom line here is that we now have a greater level of understanding now of WHY our soup recipes have been such a hit. Most of the calories in the soup come from the coconut milk, which might explain why so many people have found that it helped them lose weight.

*****If you’d like to substitute the coconut milk for other things, please feel free to experiment! There is no end, although I have found that people have a lot more success in feeling full and losing weight with the full fat version of the coconut milk. *****

People on PEERtrainer have credited some of these soups for changing their lives. To me it’s the ultimate weight loss tool and the gift that keeps on giving. Make it work for you!

The Famous PEERtrainer Energy Soup

Be full. Lose Weight.

This is the one. The one that has everyone I know feeling full and losing weight in a meaningful way when it becomes the entree.

Servings: 8 - 10

Cheats/Serving: 1

Ingredients:

1 large yellow onion, chopped
1 Tbsp olive oil
4 cups chicken stock broth
3 stalks of broccoli
1 bag of frozen spinach
1 cardboard box pk of mushrooms
6 peeled carrots
1 can of coconut milk
4 1/2 inch chunks of fresh ginger
(chopped in Cuisinart)
7 cloves of fresh garlic (minced)

Final step at end:
2 fresh limes
Crushed red pepper,
about 5 shakes.
Handful of fresh cilantro
(chopped)
Pinch of Salt

Place broccoli, spinach, mushrooms, carrots, bay leaf in a large stock pot with the chicken broth and the coconut milk. Turn on high, then once boiling, turn down to simmer. Saute onion in large skillet in the olive oil, until translucent and slightly soft and golden. Add onions, ginger and garlic into the stock pot of vegs and broth/coconut milk. After mixture has come to a boil, turn to simmer for 18 minutes. Using a hand immersion blender, puree the until smooth.

After pureed, add juice of two limes, a bit of crushed red pepper (more or less depending on how hot you like it), and a handful of cilantro into a sauce pan. Saute at high for a few minutes. Pour into pureed soup and puree again until "pureed". Add a pinch of salt to taste.

*****Time saver: Eliminate final step ingredients and just add 1/2 of a jalapeno*****

See next page for excellent pairings with the PEERtrainer Energy Soup:

The Famous PEERtrainer Energy Soup

Be Full. Lose Weight

Excellent when paired with:

- A bowl of black beans (you can throw them right in the soup). See p. 11 on how to make fresh beans but don't use this as an excuse! I used to use cans because I was intimidated until I finally got up the nerve to make fresh. Just do what you can until you are on to the NEXT.
- Extra firm tofu (p. 20)
- 3 oz of wild scampi salmon (p. 22)



Weight Loss Shortcut Soup:

Easy To Make, Easy To Eat

“Just have to say that the brociflower soup is TO DIE FOR--or should I say TO LIVE FOR!! A must try.”

– PEERtrainer Point Of No Return Member

Only 6 ingredients and you can pronounce every one of them. ! Here is the so easy to make, so easy to eat soup. And you feel so full and lose weight. You can even sip on a cup of this for breakfast.

Servings: 8 - 10

Cheats/Serving: 1

Ingredients:

1 large (HUGE) head of cauliflower
3 smaller heads of broccoli
Large box of organic vegetable broth
1 can of coconut milk
5 cloves of garlic
Salt and pepper to taste

Place all ingredients in a large stock pot. Bring to boil and then simmer for 20 minutes. Puree with smart stick blender and serve!

Feel free to add any spices or taste that you think you might like. I liked it as a mild alternative to the other spicy soups I eat but you might like some chives on top. Or a bit of cayenne pepper.

Mom's Cool, Crisp Gazpacho:

Cool, crisp health

Gazpacho ingredients can be such a personal preference. Some people like red pepper, some people despise onions. That's why this gazpacho works. Make the base, then add ingredients in the optional column as you like. If you are making it for a party, place the optional ingredients in separate bowls with a spoon and people can add as they like. The base is so good, it stands on it's own.

Servings: 4

Cheats/Serving: 0

Ingredients:

Base:

2 Pounds of Chopped Fresh Tomatoes

1 Tablespoon of Olive Oil

Few dashes of green tabasco or jalapeno sauce

3 cloves of peeled Garlic

A little Salt

Optional (add as you like and to your preference)

1/4 C of finely chopped red onions

1/4 C of cubed cucumbers

1/4 C of red pepper

Blend in Cuisinart or Smart Stick and chill. Serve with bowls of chopped red onions, chopped cucumbers, chopped red pepper. Add toppings as you like.

Warm Applewood Bacon Soup

Yes, bacon! The most delicious soup.

There is a place called Food Shack in Jupiter, Florida and everyone here knows it. Nothing can compare to the chefs. We befriended a chef named Beau who is truly a food artist. You will be seeing more of him, but for now, here is an adapted soup recipe that is unbelievable.

Servings: 6

Cheats/Serving: 2

Ingredients:

5 cloves of garlic

1 peeled red apple, sliced in quarters

1 small glass of chardonnay

2 - 3 slices of cooked bacon.

1 large box (or 4 cups) of organic chicken broth

1 small sweet yellow onion (sliced)

1 can of coconut milk

1 large package of frozen spinach

1 large blend of gourmet mushrooms or Shiitake mushrooms or plain if that's all ya got.

Place the chicken broth, coconut milk, spinach and mushrooms, chopped garlic in a pot and bring to boil. Turn down to simmer. In the meantime, saute the bacon and sliced onion and place in pot. Then add wine and sliced apple. Simmer for 20 minutes. Blend with immersion blender and serve.

***Important tip: When I buy bacon, I automatically divide the package into 3 equal parts and put 2 of the sections immediately in the freezer. You don't want bacon hanging around in your fridge for you to see whenever you get the craving. If it's in the freezer, you'll use it for specific recipes like this soup and use it in a proper portion size.**

Best Soup I've Ever Made

Carrot Ginger Soup

Servings: 8 - 10

Cheats/Serving: 1

Ingredients:

1 large yellow onion, chopped
1 Tbsp olive oil
4 cups chicken stock
12 peeled carrots
1 bay leaf (if you don't have one, it's ok)
1 can of coconut milk
7 cloves of fresh garlic (minced)
2 fresh limes
4 1/2 inch chunks of fresh ginger (chopped in Cuisinart)
Crushed red pepper,
about 5 shakes.
Handful of fresh cilantro (chopped)
Pinch of Salt



Place carrots, broth, bay leaf and coconut milk in a large stock pot. Turn on high, then once boiling, turn down to simmer. Saute the onion in large skillet in the olive oil until translucent and slightly soft and golden. Add onions, ginger and garlic into the stock pot of vegs and broth/coconut milk. After mixture has come to a boil, turn to simmer for 18 minutes. Using a hand immersion blender, puree until smooth.

After pureed, add juice of two limes, a bit of crushed red pepper (more or less depending on how hot you like it), and a handful of cilantro into a sauce pan. Saute at high for a few minutes. Pour into pureed soup and puree again until "pureed". Add a pinch of salt to taste.

Crip, Crunchy SALADS

Crunch, filling and clean living

How do you make Magic Fridge salads?



With gifts that keep on giving. Have your containers of lettuce, cabbage, and beans ready to go. It will take you a few minutes and you'll be done.

Tex Mex Tabouli

In The fridge for salads, snacks and anytime.

Servings: 4

Cheats/Serving: 0

Ingredients:

Base:

2 cups of quinoa

1 tomato (chopped)

1 cucumber (slice in 1/2 and scoop out seeds)

3 tablespoons of chopped red onions

1/2 squeezed fresh lime

Salt to taste

Optional:

substitute red onion with 3
scallions

1/2 of finely chopped jalapeno
(seeds included)

2 tablespoons of cilantro

Prepare quinoa according to directions on package or in a rice cooker. Place chopped tomato, cucumber, red onions, jalapeno, lime, salt in bowl. Mix.

Add in prepared quinoa and mix again. Serve!



Tex Mex Salad With Potato Chips!!

Potato chips, yes!

My “go to” salad: I eat this most of the week. It’s so good and so filling.

Servings: 1

Cheats/Serving: 3

Ingredients:

4 huge handfuls of chopped mixed greens (must be chopped! Don’t skimp.

Resist the urge to throw in whole and chop them!

1 cup of Tex Mex tabouli (see page 24)

1/2 cup of fresh chick peas

1/2 of an avocado

1/4 head of chopped cabbage.. You can get this chopped for you in any grocery.

1 gigantic handful of plain sea salt potato chips!

Dressing:

Servings: 1

Cheats/Serving: 0

Magic lime:

2 limes, pinch of salt, 4 shakes of red pepper flakes. Mix!

Place the chopped greens, cabbage. Then add the chick peas, Tex Mex tabouli,, avocado, juice of 2 limes, pinch of salt, 4 shakes of red pepper flakes. Crumble the gigantic handful of potato chips and sprinkle on top. Toss and serve!

Important tip: Please only buy 1 small bag of potato chips. Don’t have a huge bag hanging out in your pantry. One handful makes this recipe fabulous. You really don’t need more.

Simple “French” Salad:

2 minute mustard dressing makes it.

Servings: 1

Cheats/Serving: 0

Ingredients:

Huge vat of mixed greens

Spinach

Optional:

2 tablespoons of red onions

1/2 of an avocado

Dressing:

Servings: 2

Cheats/Serving: 1

French mustard:

1 tablespoon of Dijon (no honey, no spice, straight dijon)

2 fresh squeezed lemons

2 cloves chopped fresh garlic

2 tablespoons of olive oil

Pinch of salt

Blend together serve. Makes 2 servings. 120 calories per serving.

I even eat this with scrambled eggs. It's delicious.

Mediterranean Eat Clean Salad:

You'll Feel Great After Eating

Servings: 1

Cheats/Serving: 1

Ingredients:

4 tomatoes

4 cucumbers

Fresh lemon

1/4 avocado (if you like)

1 teaspoon of olive oil

Pinch of salt

Throw in fresh spinach for added nutrient boost. Squeeze with lemon and eat! Delicious.

Put in containers and add jalapeno for a fresh salsa to add to other dishes later.

Magic Fridge Proteins

These should be “sides” to your soup, salad combos.

Just a quick note: As you increase the nutrients, greens have more protein per calorie than anything out there but many people aren't doing it. So here's why I'm adding the protein as suggestions for pairing so that you will feel more satiated. You will find as you start to consume more greens, the protein really does become a “side” and not what you think of as the main course anymore.

The question becomes, “what should I have with my salad or soup?”

For those who are athletes: based on what I've observed in the PEERtrainer community, beans and nuts just aren't enough. They need some meat or fish. I know that there are different schools of thought regarding energy so I'd like to remind you to do what feels right for you.

Italian Salmon Scampi

No pasta necessary

People say that this tastes like shrimp scampi but without the pasta and shrimp! 6 ingredients and 6 minute prep time. I've never had anyone who didn't love this.

Servings: 4

Cheats/Serving: 2

Ingredients:

- 1 pound of fresh salmon. Fresh is key. If it's not fresh, it just doesn't taste as good.
- 7 cloves of fresh crushed garlic (should cover salmon completely!)
- 10 shakes of red pepper flakes (use more than less!)
- 1.5 tablespoons of olive oil
- 4 shakes of salt
- 1 fresh lemon

Preheat oven to 400 degrees. In a large casserole dish pan, place a large piece of tin foil that is big enough to place salmon in and then seal (like a sleeping bag for the salmon) Squeeze a bit of fresh lemon on the tin foil so the salmon doesn't stick.

Place salmon in the pan and drizzle olive oil first. Then squeeze remaining lemon. Add garlic, red pepper flakes and salt being sure to spread evenly over the salmon. Seal tin foil.

Place in oven for 28 minutes and then use a knife to check. It will most likely need 5 - 10 minutes more (33 – 38 minutes total) depending on your oven. Please try not to overcook. It is savory when you cook to perfection. Place remaining salmon in fridge container for other meals.

Excellent Paired With:

- PEERtrainer Energy Soup
- Carrot Ginger Soup
- Cabbage/spinach salad

Japanese Sesame/Chili Tofu

5 minute easy protein

When I was growing up, my mom made this for breakfast and I thought it looked and sounded so weird! Now I know better and this has become the easiest, 5 minutes protein boost for all of the vegetable dishes I make. 4 ingredients, 5 minutes and it tastes so good.

Servings: 4

Cheats/Serving: 1

Ingredients:

- 1 box extra firm tofu
- 1 tablespoon of olive oil (or organic chicken broth)
- 1 teaspoon of fresh sesame seeds
- A few shakes of red hot chili pepper flakes

Optional:

- Add with zucchini
- Add pumpkin seeds for even more alkaline

Put pan on medium and add the tofu chunks. Add a bit of olive oil, fresh sesame seeds and red hot chili pepper flakes. Saute for 5 minutes or until golden. Enjoy!

Excellent Paired With:

PEERtrainer Energy Soup

In "cucumber boats"

Topping for Mixed Green Salad

Indian Chili

The Antidote to Feeling Hungry

When we first became aware that my husband had a sensitivity to wheat, dairy, corn and eggs, it seemed like there was nothing to eat. We went back to his "roots" and he began to resurrect some of the tastes he remembered from his childhood. After experimenting a bit, he created his version of chili. It tastes great but more importantly he feels full and it's a great thing to have around all day.

Servings: 8 - 10

Cheats/Serving: 0

Ingredients:

- 1 lb of fresh or canned black beans
- 1 lb of fresh or canned small red beans or garbanzo beans (rinsed)
- 1 large bag of frozen organic spinach
- 1/2 an onion, slices
- 2 large "stems" of fresh ginger, peeled
- 5 shakes of red pepper flakes
- Salt to taste
- 1 tablespoon of olive oil
- 4 dried long chili peppers
- 6 cloves of garlic
- Muchi curry (available at Whole Foods or an Indian grocery)

In a very large skillet on medium high, drop in the olive oil and the 4 dried chili peppers. In a cuisinart or blender or by hand, mince the garlic and the ginger together and place in the pan. Mix around a bit. Add the onions and saute until light brown, and add a few shakes of red pepper flakes. Add the frozen spinach. Add about 5 shakes of Muchi curry or a little more if you like more "Indian" taste. Keep mixing. Add both cans of beans (make sure you've rinsed to get the sodium off) and a few more shakes of red pepper flakes and Muchi curry. Add salt to taste. Mix and stir on low heat until the beans have come to a boil.

Turn off heat and cover and let cool a bit. Serve!

Serve with lowfat yoghurt, or avocado slices squeezed with lemon depending on your preference. Excellent when paired with rice. Bon Appetit!

Magic Fridge Breakfast

The Key To Setting Up Your Day

The most important meal of the day.

In other cultures, breakfast means something different. In other countries, breakfast does not just mean eggs and bacon or pancakes. In Japan it's salmon and vegetables, in Israel, the Israeli salad of cucumbers/tomatoes/onions is a staple.

I often have my vegetable soup and a bit of salmon for breakfast. Or I'll have a tabouli quinoa salad. I know you might not be able to do what I do for breakfast but I do want to offer some different thinking on the subject.

The recipes I've included are ones that helped me on the road to the magic fridge. If the only way you can think about having vegetables in the morning is in eggs, then do it! It takes 10 minutes to make an omelet which is sometimes more time than I have, but it's great on the weekends.

Simple Egg Ideas

Grab 'n Go Protein

Hard boiled eggs:

The easiest way to make hard boiled eggs is to make them the night before and you're ready to go in the morning. Pack one in your bag during the day as a snack.

Place 4 - 6 eggs in a pot. Cover with water and turn high to boil. Once boiling, turn down to low for 10 minutes. Place under cold running water for 30 seconds and eat. I often eat 2 egg whites and one egg yolk, but split the yolk in 1/2 over the 2 egg whites.



Omelets:

Omelets are great because you can put all sorts of vegetables in there! Saute vegetables in saucepan for a few minutes. Great combos include:

- Shitake mushrooms, spinach and onion
- Spinach and zucchini
- Spinach, 1/4 of jalapeno, chopped tomato (add 1/4 of avocado at end)

Saute and set to the side.

Place 2 eggs (or 3 whites and 1 egg) in bowl and whip until frothy. Turn saucepan on medium and test to make sure it's hot by placing a drop of water. Do not place eggs until they sizzle!

Pour eggs and make sure that you can lift up all sides with spatula. Place vegetables then flip egg over into omelet. Don't fret if it's not a "perfect" omelet. If it breaks, just make it an egg scramble. Enjoy!

Quinoa in the Rice Cooker

Don't be intimidated!

Quinoa is worth it. It's the one thing I'm asking you to learn here. It's nutty tasting and it's great. Again, I can't say more emphatically that you need a rice cooker.

Put the ingredients in the rice cooker. Flip a switch. Go get ready, get your children ready and the rice cooker becomes your personal chef. Everything is done for you and you just have to scoop and eat.

My mom is 64 and she's at her ideal weight but it doesn't come easy for her. She thinks about food all the time and does whatever it takes to find great recipes that taste great but most importantly, keep her full. Here are her two favorites:

My Mom's Apple Pie For Breakfast:

Servings: 1

Cheats/Serving: 0

Ingredients:

- 1 cup of quinoa, 1 and a 1/2 cups of water
- 1/2 teaspoon of apple pie spice mix.
- 1/2 a teaspoon of cinnamon
- (ginger if you like).

Place in rice cooker and cook.

When finished, add sliced apple and (optional) a tablespoon of flaxseed oil or ground flaxseeds.

DO NOT COOK flaxseeds. Eat!

My Mom's Blueberry Almond Fluff:

Servings: 1

Cheats/Serving: 0

Ingredients:

- 1 cup of quinoa, 1 and a 1/2 cups of water
- 3/4 cup of fresh or frozen blueberries
- 4 almonds

Place in rice cooker and cook.

When finished, add 3 4 a cup of fresh or frozen blueberries, and a few almonds, and (optional) a tablespoon of flaxseed oil or ground flax seeds. DO NOT COOK flaxseeds. Eat!

Smoothie/Juicing

Nutrient Bliss

Smoothies are a great way to get in spinach and raw high-nutrient foods. They only take a couple of minutes and they are GREAT for kids.

Servings: 1

Cheats/Serving: 4

PEERtrainer members favorite smoothie recipe by Isaac Alfandry:

- 3 cups of Rice Dream
- 1 cup filtered water
- 2 large kale leaves, fresh,
- Handful of spring mix (baby spinach, romaine, red leaf, etc.)
- 4 or 5 jumbo frozen strawberries
- 4 or 5 jumbo frozen mango pieces
- 1/2 cup frozen blueberries

Added ingredients:

- * a heaping tablespoon of hemp powder
- * a heaping tbsp of sprouted flax powder
- * a heaping tbsp of coconut flesh
- * a heaping tbsp of super green powder (a mix of about 30 different organic green foods, dehydrated)

Blend on max power. Enjoy!

My favorite juicing recipe:

Servings: 1

Cheats/Serving: 2

- 2 cucumbers
- 2 apples
- Bit of ginger
- Fresh squeezed lemon
- 2 handfuls of kale

SNACKS

How To Stop The “Good All Day, Mess Up At Night” Train

We know that the most common problem for people is their snacking - night snacking, mindless snacking, anytime snacking. We often hear the wheels come off on your way home from work or as you are cooking dinner. It's the “good all day, mess up all night” phenomenon.

When you have a high nutrient content recipe you feel satisfied.

That's why you can eat an entire box of Parmesan crisps even though you promised yourself only one handful.

Discipline only goes so far. Your body isn't getting any nutrients so it says, “give me more more more!!”

The snacks on the following pages will be satisfying. The suggestions take the edge off and create the distance you need to be able to get your wits about you and say, “Ok, this is mindless eating. You can stop now.” When that insatiable hunger edge is paused, it all becomes a lot easier.

Helpful Hint:

Apple slices, cucumber slices or kale chips make a great substitute for breads, pita chips, chips in general. Everything can be wrapped in a romaine lettuce leaf and it's an opportunity to increase the nutrients of your snacks. Have these ready to go in the refrigerator and make sure they are at eye level so that you feel like you have something ready when you need it.

***Note: Nuts and nut butters are high in fat. Yes, it's a good natural fat but you have to watch the intake unless you are extremely active, defined as working out in excess of an hour a day, 5 days of the week.



5 Snack Ideas

My Favorite Grab 'n Go Essentials

- **Almond butter/ apple (or a 6 almonds and an apple).**

I need you to ask yourself an important question: Are you the type to take handful after handful of almonds but you can stop after a large spoon of almond butter? Or are you the opposite: you could eat an entire jar of nut butter but a handful is no problem for you. I am the former which is why spreading almond butter on an apple works really well for me. I am recommending almond butter over cashew or peanut butter because cashews and peanuts have mold tendencies. Almond butter is available in most groceries and even Costco has huge jars at a great price. Cut the apple into two halves and spread a tablespoon and a 1/2 of almond butter over both halves or have 8 almonds with an apple.

- **Yummy Lemony hummus over cucumber slices or kale chips.**

Cucumber slices are fantastic because they are nice, fresh and crunchy. Not to mention cleansing! Take 3 heaping tablespoons of hummus as a dip and slice an entire cucumber or an apple (or both). Great hint: If you make your own hummus (see the recipe on the next page), you can omit the tahini (the part that makes it so high calorie/fat) and eat as much as you like

- **Mexican Bliss.**

1 cup of black beans, 1/2 avocado, 1/2 chopped tomato, 1 cup of chopped spinach, 1/8 jalapeno. Mix together and squeeze fresh lime and a bit of salt. This is the most satisfying snack I have. I am completely full afterwards.

- **Quick Lettuce wraps.**

4 romaine leaves, 2 tablespoons of almond butter, apple sliced into 10 slices.

- **Cucumbers Boats.**

Take a cucumber and slice it lengthwise. Scoop out the seeds and you have a perfect cradle for anything! My son likes chopped apple but you can place chopped mixed greens with hummus on top, almond butter, black beans with chopped tomatoes and a bit of avocado.

Yummy Lemony Hummus

Blended Yum

I know you can buy hummus but it is unbelievable how much better it tastes when you make it, not to mention how much cheaper it is to make your own! I will buy it when I don't feel like cooking but I love when I take the time to make it and I have it to add to other dishes.

Servings: 8

Cheats/Serving: 0

Ingredients:

- 4 cups of chickpeas (fresh recipe is on p. 11)
- 2 lemons
- 4 cloves of garlic
- Bit of salt
- 1 tablespoon of olive oil

Place all of the ingredients in a bowl. Puree with your stick immersion blender. Enjoy!

Quick Tip:

Place a dollup in your salads or soups for added protein.

The “I’m Not Starving Anymore” Spinach Dip

Filling, delicious and so easy to make

Spinach dip is great way to get in a shot of intense nutrients. You can use this as a dip or use as a spread on top of other things. My husband makes this when he’s feeling what he calls “insane man hunger” and needs to have the feeling of being completely full and satisfied.

Servings: 2

Cheats/Serving: 0

Ingredients:

- 1 bag frozen spinach
- 4 cloves of garlic Crushed (smash with palm in hand)
- Olive Oil

Saute ingredients together for 8 minutes or until the spinach is cooked. Puree with your stick immersion blender. Enjoy!

Optional additions:

- Freshly squeezed lemon
- 1/2 of a jalapeno
- Muchi curry (available at an Indian grocery)
- Tomatillo sauce or salsa

Quick Tip:

You can also add black beans as an added protein!

Use these for dipping:

Cucumber slices
Carrot chips
Kale chips

Summer Peppers.....mmmmm

Great appetizer or side and so easy to make

I have never liked “stuffed peppers” because the mere title suggests bread crumbs, fried, cheese and cream. But then, I had this version of summer stuffed peppers last summer with my mother-in-law. They are so fresh, so light so incredibly good (and did I mention filling??) that you will make them for every dinner party, every potluck, and everyone will be raving about your stuffed peppers. Who knew that a recipe could be so healthy and taste so good? They only take minutes of prep time, place them in the oven for 35 minutes and you’re done. The best part is after they are cooked, they taste even better at room temperature so they can keep for any party that you’re preparing for ahead of time.

Servings: 4

Cheats/Serving: 1

Ingredients:

- 4 large sweet orange peppers
- 4 large sweet yellow peppers
- 2 pkgs of mushrooms or one very large package of mushrooms
- Bushel of cilantro
- 4 tablespoons of olive oil
- Squeeze of fresh lemon
- Salt/pepper to taste
- 6 shakes of red pepper chili flakes, more or less depending on your taste for “hot” things
- 1 large pkg of small cherry tomatoes or if large, quartered tomatoes
- 6 cloves of garlic (again, depending on your taste)

Preheat oven to 400. Slice the large peppers in 1/2 and clean out the seeds and pull off the stem. Place on a large oven grill tray. Slice the mushrooms into small pieces, about 4 or 5 per mushroom. Slice the cherry tomatoes in 1/2, if they are large, slice them in quarters. Grind the garlic cloves and cut up the “leaves” of the cilantro. Throw the stems away. In a large mixing bowl, throw in the mushrooms, tomatoes, olive oil, cilantro, garlic and squeeze of lemon. Mix together. Shake on the red pepper flakes, a little salt and pepper. Mix all together. (The mixture is even great by itself!) Then, take a spoon and place the mushroom/tomato mixture in the peppers. Place the tray in the oven for 35 minutes.

The peppers should be somewhat soft and brownish on the outside edges. Serve!

Makes 16 halves. 1 halve of a pepper is only 1/2 a weight watchers point.

My No Fail, Go-To Best Food

Spaghetti Squash

Servings: 2

Cheats/Serving: 0.5

Ingredients:

- 1 large spaghetti squash
- 4 cloves of garlic, crushed (smash with palm in hand)
- 1 tablespoon of olive oil

Preheat oven to 375. Slice the spaghetti squash in half, lengthwise. Make sure you have a great knife! Makes it so much easier. Scoop out seeds and “stringy” pieces. *

Quick note:

This is automatically “stringy” like spaghetti. You don’t need to do anything special!

Place 1/4 cup of water in a baking pan and plain halves of spaghetti squash face down. Bake for 30 minutes.

Take out, sprinkle ingredients, place back in pan face up for another 30 minutes. Serve!

Optional additions:

- Freshly squeezed lemon
- 1/4 of a jalapeno
- Chopped tomatoes

Quick Tip:

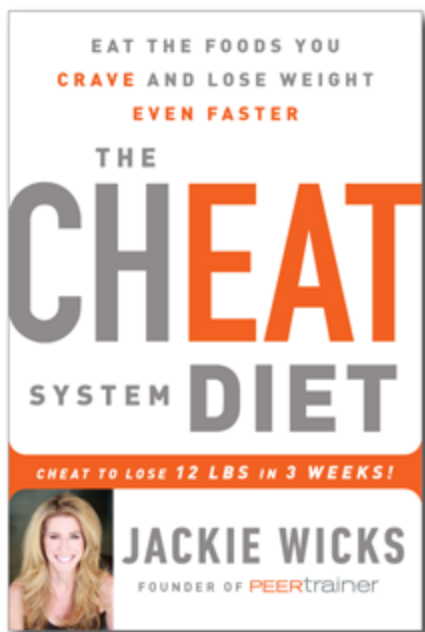
I place anything on top of this like salmon, beans. Treat it just like spaghetti!

And Finally...

Creating the magic fridge takes time but it's like an annuity or an investment. You do a little work, and a lot comes back to you. Remember this is the gift to yourself. When you're happy and full, you are able to focus on the things you love in life and the ways that you'd like to contribute to your family, friends and greater community.

-Jackie

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