



## Accurate Clinic

2401 Veterans Memorial Blvd. Suite 16  
Kenner, LA 70062 - 4799  
Phone: 504.472.6130 Fax: 504.472.6128

[www.AccurateClinic.com](http://www.AccurateClinic.com)

### Menu Plan Examples

(recipe's to follow)

**Breakfast:** Option 1- fruit smoothie including 1/2 cup frozen blueberries, 1/2 cup cherries, fresh banana, milk (you can use rice, soy or almond) OR water if you prefer, protein powder. Blend in blender.

Option 2- Two eggs poached with two links of turkey sausage or turkey bacon

**Lunch:** Option 1- chicken salad with fresh baby greens and spinach

Option 2- spicy baked fish filet  
Broccoli (steamed or sautéed with garlic, turmeric, other spices of your liking)

Option 3- Barbecued Chicken  
carrot salad

**Dinner:** Option 1- Chicken Vegetable Soup

Marinated Mushrooms  
Banana Pear Ambrosia

Option 2- Meatloaf  
Zucchini soup  
Tossed green salad with flaxseed oil and lemon

Option 3- Tomato, cucumber, and red onion salad with olive oil  
Carrot Mushroom stirfry

**Snacks:** Option 1- 2 celery sticks with 2Tbl almond butter

Option 2- Nuts (almonds, walnuts, brazil nuts) with dried fruit (raisins, bananas, mangoes)

Option 3- Fresh fruit (apples, pears, kiwi, oranges, berries)

You should try to incorporate exercise to maximize your weight loss. Higher intensity (85-90% of Max Heart Rate) shorter duration, such as explosive movements are most beneficial for weight loss. For example if using a perceived exertion scale, 1- breathing normally, 2- breathing harder, but can still talk during exercise, 3- breathing heavily, barely able to talk, 4- breathing very heavily, unable to talk during exercise. You should aim for a 3-4 as long as you can, even if it is only for 2 minutes and then rest as long as you need and repeat. This high intensity exercise emphasizes fat burning instead of sugar burning, which is emphasized in low intensity long duration exercise. Higher intensity exercise also leads to fat burning long after the workout is complete.

Some recipe's to start:

### **Smoothies**

#### **Apple-Cinnamon Shake Smoothie**

Whey protein powder

8 oz. of rice or almond milk

1 small red apple, chopped

1/4 - 1/2 tsp cinnamon

1 Tbl flaxseed oil or ground flaxseed

Mix in blender



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### **Peanut Butter Chocolate Truffle Smoothie**

Chocolate flavored whey protein powder  
1 Tbl creamy peanut butter  
8 oz. rice or almond milk  
4 oz. water  
3 or 4 ice cubes  
1 Tbl flaxseed oil or ground flaxseeds  
Blend in blender.

### **Tri-Berry Smoothie**

Whey protein  
8 oz. rice or almond milk  
½ cup strawberries  
½ cup raspberries  
½ blueberries  
3 or 4 ice cubes  
1 Tbl flaxseed oil or ground flax

Blend in blender.

## **Fish and seafood**

### **Spicy Baked Fish Filet**

2lb. fish (flounder, cod, tuna, or salmon)  
4 garlic cloves, minced  
4 T olive oil  
2 tsp dill  
1 tsp turmeric  
2 carrots, sliced thin  
2 tomatoes diced  
2 T lemon juice  
black pepper

Rinse fish and place in shallow baking dish. Over low heat, sauté garlic in oil. Pour over fish and sprinkle with dill and turmeric. Spread carrots and tomatoes over fish and sprinkle with fresh lemon juice and pepper. Cover and bake at 325 degrees for 15 to 20 minutes. Serves four.

### **Baked Haddock Italiano**

2 lbs haddock filet (or other fish)  
6 Tbl Olive oil  
3 cloves garlic minced  
1 red onion minced  
1 green pepper chopped  
4 tomatoes diced  
6 T fresh parsley chopped  
1 Tsp dried basil  
1 tsp dill weed  
1/8 tsp black pepper  
2 T lemon juice



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Wash fish in cool water and set aside. Heat oil in a heavy skillet and sauté garlic and onion until tender. Add green peppers and continue to sauté on low heat until tender. Add tomatoes, parsley, basil, dill, and black pepper. Remove from heat and spread half the sauce in the bottom of a 9 X 13 baking dish. Place fish on top and pour remaining sauce over fish. Sprinkle with lemon juice. Cover with foil and bake at 375 degrees for 15 to 20 minutes.

### **Salmon Steaks in Curry Sauce**

Two 8 oz. salmon steaks  
2 tsp curry powder  
1 tsp turmeric  
½ tsp cayenne pepper  
1 cup chicken stock  
4 tsp white wine

wash salmon and place in a shallow baking dish. Mix curry, turmeric and pepper with chicken stock and pour over fish. Pour in white wine and cover with foil. Bake at 350 degrees for 20-30 minutes.

### **Shrimp Stuffed Avocados**

4 large avocados peeled, halved and seed removed  
1 ½ cup small shrimp, cooked and washed  
1 T lemon juice  
1 T onion powder  
1 tsp black pepper  
1 T paprika

Set avocados aside on serving plate with cut side facing up. Combine shrimp, lemon juice, onion powder and pepper in a medium sized mixing bowl. Spoon shrimp mixture onto each avocado with paprika sprinkled on top before serving.

### **Red Snapper in Snappy Sauce**

¼ cup olive oil  
2 cloves garlic  
2 lbs red snapper filet  
½ cup lime juice  
2 T lemon juice  
1 tsp cayenne pepper  
1 tsp black pepper  
2 tomatoes diced  
4 scallions sliced thin  
½ green bell pepper chopped  
½ red bell pepper chopped  
cilantro for garnish

heat oil in skillet and sauté garlic until brown. Lay fish in oil and sprinkle with lime and lemon juice. Sprinkle cayenne pepper and black pepper over fish and then add tomatoes, scallions and red and green bell peppers. Cover and simmer for fifteen minutes or until fish flakes with fork.



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### **Toad in the Hole Trout Almondine**

6 fresh whole boned trout  
1 T oil  
½ cup olive oil  
1 cup sliced almonds  
¼ cup raisins  
2 scallion  
½ cup fresh parsley, chopped  
½ tsp pepper  
½ fresh lemon sliced thinly  
3 -4 sprigs fresh parsley  
10 – 12 seedless red grapes

wash trout and set in large baking dish greased with oil. Heat olive oil in skillet and gently sauté almonds for five minutes. Add raisins, scallions, parsley and pepper and mix well. Remove from heat and stuff inside each trout. Cover and bake at 350 degrees for 20 minutes or until done. Garnish with lemon slices, parsley sprigs and grapes.

### **Meat Entrees**

#### **Meatloaf**

2lbs extra lean 100%grassfed ground beef  
1 red onion  
4 garlic cloves  
½ red pepper  
½ cup fresh cilantro  
½ cup parsley  
2 tsp cumin  
1tsp pepper  
2 omega 3 enriched eggs  
2 T olive oil  
½ can tomato paste

Mix all ingredients in large mixing bowl. Mold a meatloaf out of mixture in a glass baking dish and bake at 400 degrees for 45min. or until well cooked.

#### **Omega Meatballs**

1 lb lean ground beef  
1 T flaxseed oil  
1 medium carrot, grated  
1 small scallion  
1 egg beaten  
¼ tsp garlic  
¼ tsp powdered onion

mix all ingredients and make into small balls. Place in a pyrex pan greased with oil. Bake covered at 350 degrees for thirty to 45 minutes or until done.



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### **Burgundy Walnut Beef Roast**

1 beef roast  
6 large tomatoes  
¼ tsp black pepper  
2 cloves garlic, minced  
1 cup burgundy wine  
1 red onion diced  
2 T lemon juice  
3 T walnut oil (olive oil is fine)  
1 T dry mustard

Place meat in covered deep roasting pan. Mix all other ingredients and pour over meat. Cover and bake at 350 degrees for one to 1.5 hours and baste two or three times while cooking.

### **Stir-Fried Ground Beef and Peppers**

1 T olive oil  
1 red onion chopped  
2 cloves of garlic  
1 lb lean ground beef (could use ground turkey)  
1 tsp black pepper  
1 tsp cayenne pepper  
1 tsp cumin  
¼ cup water  
½ cup white wine  
½ cup red bell pepper sliced  
½ cup green bell peppers sliced  
¼ cup yellow bell pepper sliced  
6 medium tomatoes

In heavy skillet, heat oil and sauté onion and garlic until browned. Add ground beef, black and cayenne peppers and cumin. Cook on low heat stirring constantly until meat is thoroughly cooked. Add water, wine, and red, green and yellow peppers and cover. Simmer on low heat until peppers are tender. Add tomatoes and simmer for five minutes. Remove from heat and serve.

### **Barbequed Chicken**

2T lemon juice  
1 T orange juice  
2 scallions finely chopped  
1 tsp tarragon  
1 tsp thyme  
1 tsp sage  
black pepper  
4 boneless skinless chicken breast

In a large bowl combine all ingredients except chicken. Mix well. Place the chicken in the bowl, coat and marinate for one hour. For grilling: Fire up the barbecue and grill on medium heat, turning constantly while basting until breasts are cooked. For Broiling: cook under the broiler, turning constantly while basting with marinade. Serves four.



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### **Altamira Stuffed Chicken**

½ red onion chopped  
½ T olive oil  
½ T flaxseed oil  
3 – 4 chopped chicken livers  
½ cup red wine  
¼ cup raisins  
½ cup walnuts  
¼ cup celery  
1 apple cored peeled and diced  
1 whole chicken

Saute onion in oils until tender. Mix in chopped chicken livers and brown. Pour in wine, add raisins, walnuts, celery and apple and simmer for five minutes. Stuff chicken with mixture and bake in covered dish at 400 degrees for one hour or until done.

### **Gingery Chicken and Veggies**

¼ cup olive oil  
2 cloves garlic  
½ red onion sliced  
1 tsp powdered ginger  
2 cups cooked chicken breast meat, diced  
1 cup chicken broth  
½ cup celery, chopped  
1 cup carrots, sliced thin  
½ bell pepper sliced

Heat oil mixture in skillet and sauté garlic and onion. Add remaining ingredients and simmer until vegetables are tender.

### **Chicken Cacciatore**

2 whole skinned chickens, cut up and trimmed  
1 tsp pepper  
1 tsp oregano  
1 red onion sliced  
1 cup sliced mushrooms  
4 celery stalks, cut in ½ inch pieces  
½ cup water  
8 tomatoes diced  
1 tsp basil  
1 tsp parsley

Place chicken pieces in large baking dish. Sprinkle with pepper and oregano. Lay onions, mushrooms and celery on top of chicken pieces. Pour ½ cup water to cover bottom of dish. Spread tomatoes over chicken and top with sprinkles of basil and parsley. Bake at 325 degrees for two hours or until done.



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### **Chicken Salad**

1 cup cooked and diced chicken breast meat  
1 cup mixed baby greens  
½ cup spinach (fresh)  
¼ cup chopped red cabbage  
½ cup sliced almonds  
1-2 Tbl flaxseed oil  
1-2 Tbl orange juice

Combine all ingredients except liquids in a large serving bowl. Toss with flax oil and orange juice. Add salt and pepper to taste. Makes two servings so split in half for one serving size.

### **Buffalo Burgers**

1 lb ground buffalo  
½ red onion finely chopped  
2 cloves garlic  
1 T basil  
1 T oregano  
2 tsp black pepper

mix all ingredients together in large mixing bowl until well blended. Shape meat into patties and grill.

### **Rocky Mountain Elk Steaks**

4 medium sized elk steaks  
½ cup olive oil  
2 cloves garlic minced  
½ cup red onion, sliced  
1 tsp ground sage  
1 tsp basil  
1 tsp rosemary  
1 cup burgundy wine

wash steaks and place in 9 X 13 inch baking dish. Heat olive oil on low heat in heavy skillet. Sauté garlic, onion, and spices until tender. Stir in wine and remove from heat. Pour over elk steaks. Cover and refrigerate for two to three hours. Grill or broil slowly until cooked as desired.

### **Vegetable Dishes**

#### **Carrot Salad**

8 carrots  
1 med red onion  
1 green pepper, seeded and sliced thin  
4 medium tomatoes  
½ cup flax oil  
¾ cup lemon juice  
4 T dry mustard  
black pepper

Steam carrots until tender. Slice them thinly crosswise and place in a large bowl. Combine remaining ingredients until well mixed and then add to carrots, stirring until well coated. Serves four.



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### Marinated Mushrooms

20 medium mushrooms (can use shiitake, portabella use only 2-3, mitake, chantrelle)  
2 red onions sliced  
¼ cup fresh parsley  
1 cup olive oil  
¼ cup lemon juice  
1 clove garlic minced  
black pepper  
1 tsp oregano

Wash mushrooms and slice in half. Combine with onions, sauté slightly in a touch of the olive oil. In blender, puree remaining ingredients. Pour over mushrooms and mix well.

### Zucchini soup

2T olive oil  
1 red onion chopped  
5 garlic cloves minced  
2 qts water  
2 T dried basil  
2 T dried parsley  
2 T thyme  
1T black pepper  
2 c carrots  
2 c celery  
2 c zucchini  
2 c fresh tomato  
½ c parsley

Heat olive oil and sauté onion and garlic. Bring water to a boil and sautéed onion and garlic, basil, parsley, thyme, and pepper. Lower heat and simmer for one hour. One hour before eating, add carrots and celery. One-half hour before eating add zucchini. 10 min. before eating add chopped tomatoes and parsley.

### Spicy Stuffed Squash

2 medium acorn squash  
½ cup water  
2 medium carrots, cooked and chopped  
2 small turnips, cooked and chopped  
1 T olive oil  
½ tsp ground cinnamon  
¼ tsp nutmeg  
1 cup peeled apple, coarsely chopped

cut squash in half and remove seeds. Place squash cut side down on 9 X 13 baking pan. Add water and cover with foil. Bake at 350 for thirty minutes. Remove from oven and turn squash so that cut side is up. Cover with foil and bake for twenty to thirty minutes more until tender. Scoop the pulp out of each squash half, keeping shells intact. Place pulp in blender and add carrots and turnips. Blend until smooth. Stir in oil, cinnamon and nutmeg blending well. Fold in apple and spoon into squash shell. Return to baking dish and bake at 350 for 15 to 20 minutes.





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### **Banana Pear Ambrosia**

1 ripe banana  
1 pear cored and peeled  
½ mango peeled and sliced  
1 ripe avocado  
½ cup pineapple juice  
½ cup crushed ice

Put all ingredients in a blender and blend until smooth. Serve in chilled glasses. Serves two.