

# Purification Program – Additional Notes

## SP Complete: “The Shake”

Some patients find it helpful to make two shakes at once, and carry the second shake in a thermos to enjoy later in the day.

A single shake consist of the following recipe (double if making two shakes):

- 2 rounded tablespoons of **SP Complete**
- 1 tablespoon of Ground Flax Seed
- 8 ounces of spring Water
- 1-2 cups of fruit

A good place to start is one ripe banana, and your choice of blueberries, strawberries, or mango. Experiment with other fruits. You will find some fruits work better than others. For example, apples and melons do not work well in the shake.

Frozen berries, and frozen mangos are allowed on the program, and some patients find it convenient to buy bags of frozen, cut up mango; frozen strawberries, etc.

## Water

Spring Water is the most natural water that is readily available. Occasionally while dining out spring water may not be an option. In that case either bring your own, or make the best decision from the choices available.

Europeans label their Spring Water as Mineral Water, try some of the flat or sparkling Polish, German, Czech, Scandinavian, or Italian waters for fun!

## Finding Food: Groceries

Ideally, you will use all fresh organic fruits and vegetables on the program to avoid ingesting cleaning chemicals, pesticides, and fungicides that are present with most conventional produce. If you do not have access to a wide variety of organic foods, use [www.foodnews.org](http://www.foodnews.org) to make informed produce decisions from the “Dirty Dozen” and the “Clean Fifteen.”

*Consume all fresh foods on this program (not canned or frozen), although I do allow the consumption of some frozen fruits (berries, mango) with the shake only.*

## Finding Food: Eating Out

Many restaurants will be happy to specially prepare food after you explain that you are on a special diet (remember to tip accordingly). Although not organic, if you are desperate, you can get by with these selections:

- **Panera Bread:** Modify one of their salads to make it “Program Friendly.” Leave off the dressing, and request 3.5 ounces of their organic grilled chicken on top. Ask for the apple as your side dish and drink spring water.
- **Sushi Restaurant:** Order sashimi (high quality sushi fish with no rice) and ask about any fresh vegetables they have. Soy sauce and wasabi are not permitted.
- **Anyplace with a REAL kitchen:** Most restaurant kitchens will have chicken or hamburger, and probably some lettuce leaves or spinach. Give specific instructions and hope for the best.

# Cooking on the Purification Program

In this age of convenience and fast food, many Americans have never learned the life-skill of cooking. You needn't be Gordon Ramsay or Julia Childs to prepare delicious, healthful meals for yourself and your family.

Start simple and with high-quality ingredients. As you gain confidence, begin adding additional flavors as suggested below.

## SUBSTITUTIONS

### Alternatives to salt, pepper, oils, or dried herbs and spices.

- Fresh herbs like **Basil, Rosemary, Thyme, Sage, Cilantro, Parsley, Tarragon** season a variety of meats, vegetables, and salads.
- Miss Salt? Some people find that using a squeeze of **Lime** on foods like beef and chicken somewhat satisfies the salty taste.
- For those who like hot and spicy, use **Pablano, Serrano, or Jalapeo Peppers** to foods.
- Freshly grated **Horseradish Root** is flavorful and tasty with beef and other red meats.
- Fresh-grated **Ginger** and grated **Fennel Root** lend an Asian touch to foods and adds spice and heat.
- Other flavorful additions include **Garlic, Spring Onions, Leeks, Red Onions, and Vidalia Onions.**

### Alternatives to packaged salad dressings.

Most packaged salad dressings are chemical cocktails of artificial flavorings, preservatives, stabilizers, sugar, and salt. While many find the right combination of fresh foods don't need dressing, here are some alternatives.

- **Fresh Citrus.** Oranges, Tangerines, et cetera can be cut up and used for topping on salads. (This is especially tasty on raw spinach.) Use a squeeze of **Lemon** or **Lime** on greens for extra kick.
- Puree a few fresh **Raspberries** with water and a little balsamic vinegar in the blender for fresh Raspberry Vinaigrette.
- Cut up **Apples** or **Pears, Berries** and other fruit bring the sweet taste to a salad that former dressing-users find appealing.
- Grated **Beets** and **Carrots** are sweet, colorful, and packed with flavor.

## Tips, Tricks, and Recipes

The spirit of the Purification Program is that foods should be eaten as close to raw as possible. That means lots of salads, raw vegetables, and fruits.

### Convenience Foods:

Pre-chopped salad is available in most supermarkets, and many have dark green and organic options available. Avoid mixes based on Romaine or Iceberg Lettuce. Iceberg and Romaine have little flavor, nutrition, and calories leaving you unsatisfied and hungry shortly after you eat.

In salad, I prefer to use pre-mixed greens paired with 2-3 **Collard** leaves, **Mustard Green**, or **Chard** leaves. The sweet mixed greens with the sharper leaves yield interesting and satisfying flavors. Add to that tomatoes, onions, peppers, and herbs for a quick healthy salad.

**Alternatives to cooking oil, margarine.**

- Vegetables can easily be sautéed with a little water in a cast iron skillet or non-stick pan.
- Use fresh rosemary, thyme or other “woody” herbs between the grill and meat to prevent sticking.

**Alternatives to coffee/tea.**

Tea can be made with fresh **Mint Leaves**, **Ginger**, or **Sage Leaves** and boiling water. Steep for 5 minutes, then strain and enjoy.

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## RECIPES

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### Dr. Horton’s Mango Salsa

One fresh chopped Mango  
½ cup chopped Red Onion  
½ cup chopped Red Pepper  
1/8 cup chopped Cilantro

1 medium Tomato – chopped  
Fresh squeezed juice from a ½ Lime  
1-2 tsp Flax Seed Oil

Mix together well. Salsa is best after it has refrigerated for 30 minutes. Try Mango Salsa on grilled chicken, pork, turkey, or fish, over salad or as a condiment for fresh vegetables.

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### Zesty Fresh Salsa

1 cup chopped Red Onion  
½ cup chopped Green Pepper  
¼ cup chopped Cilantro

2 medium Tomatoes – chopped  
Fresh squeezed juice from one Lime

Mix together well. Salsa is best after it has refrigerated for 30 minutes. For more heat, add chopped jalapeno or other spicy pepper.

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### Bill’s Hamburgers (Serves 4)

Begin with one pound lean, organic ground beef, and then mix in:  
½ cup chopped red onion

2 TBSP chopped cilantro  
¼ cup chopped red pepper  
1 raw egg (optional)

Form into four patties, then broil or grill to desired doneness. Serve alone, or over mixed greens.

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### Bill’s Greek Pork Roast (Serves 4-6)

1 lean organic pork loin roast  
2 lemons

Fresh Oregano and fresh Rosemary  
1 Onion, chopped into large chunks

Place the roast in a baking pan on top of the chopped onions. Squeeze one lemon over the roast, then arrange the other lemon (sliced) with the fresh herbs atop the roast. Bake approx. 25 minutes/pound at 350 degrees.

## Herb-Grilled Chicken (Serves 4)

Skin-on, bone-in Chicken or Turkey  
Fresh Thyme, Fresh Rosemary and Fresh Sage

Carefully peel up one side of the skin and insert rosemary, sage, and thyme. Grill or bake until cooked. Serve with green salad, or chop up and serve on top of greens.

**BONUS:** Keep the bones and simmer with 8 cups of water for an hour to make **Homemade Chicken Broth** for soups and chili!

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## Kifta Patties (Serves 4)

1 pound grass-fed lean ground beef	2-3 cloves of crushed garlic
¼ cup minced red onion	* 1 spring/green chopped onion
¼ cup minced white onion	* jalapeno pepper (optional)
¼ cup chopped parsley	* minced ginger (optional)

Mix all ingredients and form into mini patties or 4 single patties

### Ideas for serving:

- Serve mini patties over cooked greens or over salad
- Use romaine or Boston lettuce as a substitute for hamburger buns
- Make a wrap using Kale

Dr. Horton's note: Use ground lamb instead of beef to make *Kifta*—a Middle-Eastern dish usually made into a kabab and served over greens.

### **Dr. Horton's Meatloaf (Serves 6-8)**

1 pound pork	1 Bell Pepper (any color) chopped fine
1 pound beef	3 cloves of garlic chopped fine
1 medium red onion, chopped fine	1/3 cup (Italian) Flat-leaf Parsley chopped fine
1 carrot, chopped fine	2 medium Tomatoes chopped fine
1 celery stalk chopped fine	2 Eggs, beaten
2 T fresh Thyme, chopped	

Preheat oven to 350 degrees.

Sautee the onion, carrot, pepper, celery, thyme and garlic for 5 minutes stirring frequently over med-high heat. Cover and cook 5 minutes more (or until carrot is tender) over medium heat.

In a large bowl, combine beef and pork, tomatoes, parsley and eggs. When the vegetables are finished add them to the mixture.

Cook at 350 degrees for an hour, or until meat thermometer reads 160 degrees. Makes 8 servings.

#### Variations:

- Add 1 cup chopped Mushrooms and 3 chopped Shallots (May need to cook longer)
- Add 6 ounces of Spinach
- Before cooking, top with 1 tablespoon of Balsamic Vinegar
- Before cooking, top with 2 finely chopped tomatoes mixed with 1/4 chopped fresh Basil

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### **Rustic Chicken Soup (Serves 4-6)**

1 whole chicken (skin on, bones in), cut up	1 1/2 cups white or green cabbage
1 cup coarsely chopped carrots	3 cloves of garlic, minced
1 cup coarsely chopped parsnip	1/2 cup chopped parsley
1 cup coarsely chopped onion	Spring/green onion, chopped

Simmer chicken in 8 cups boiling water for an hour. Remove chicken from stock, discard bones and skin. Strain stock. Cut up remaining chicken into one-inch pieces and return to stock. Add vegetables and simmer covered slowly for another hour. Crock-pot may also be used.

Garnish with chopped spring onion as garnish. Serve with a fresh green salad.

Dr. Horton's Note: Almost any vegetable will work in a soup. Try adding spinach towards the end.

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### **Roasted Kale Snacks**

1 bunch of Kale washed

Preheat oven to 200 degrees. Use a sharp knife to cut along each side of the central rib; remove ribs. Tear leaves into 2-inch pieces. Arrange kale pieces on one or two baking sheets. Roast kale for 10 minutes in preheated oven. Remove from oven and gently toss leaves with tongs or spatula; return to oven and roast for another 10 minutes or until kale is dry.

## Cold-Weather Chili (Serves 6-8)

As we will not be using dried spices, use your own combination of peppers to adjust the heat in this chili.

Two pounds ground beef  
1 large red onion  
2 cups red cabbage  
3 cloves of garlic, minced  
2 bell peppers  
1 Pablano pepper  
4 tomatoes, chopped

1 cup chopped carrots  
Fresh Basil  
Fresh Oregano  
2 cups spring water  
\* Optional Peppers (in order of heat added):  
Jalapeno, Serrano, Habanero, Scotch Bonnet, etc.

Brown beef and onions in a large stock pot. Next, add remaining ingredients. Simmer covered for 2-3 hours. Add more/less water as desired. If using a crock-pot, cook for 4-6 hours.

Serve with sides of chopped scallions, chopped cilantro, and grated horseradish, if desired.

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## Baked Wrapped Tilapia (Serves 4)

### Topping

1-inch cube fresh gingerroot, finely chopped or grated  
2 cloves garlic, peeled and finely chopped or grated  
2 green onions (green part only), finely chopped  
Fresh spicy pepper to taste  
1 cup finely chopped cilantro

### Tilapia

4 fillets (4 oz each) fresh tilapia (or other firm-fleshed whitefish)  
Unbleached parchment paper, or foil

Preheat oven to 400°F. Combine all topping ingredients in a bowl. Place each fillet on a square of parchment paper and divide topping evenly among them, spreading it over the top. Fold the parchment paper to form a packet around each fillet and seal the edge of each packet with a small piece of aluminum foil, crimping it tightly. Place on a baking sheet and bake 25 to 30 minutes.

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## Turkey Avocado Roll-ups (Serves 2)

2 Collard leaves (washed with center spine removed)  
1-2 slices of home-roasted turkey  
½ Avocado  
Alfalfa Sprouts

Lay out a Collard leaf. Layer the top half of the leaf with the turkey and alfalfa sprouts and sliced avocado. Roll from the top of the leaf to the bottom. Secure with toothpicks if desired. Repeat with the second leaf.

## Garden Vegetable Frittata (Serves 1)

2-3 Eggs  
¼ cup chopped Onion  
¼ cup chopped Red Pepper

½ clove Garlic  
1 sprig Thyme  
Parsley

Preheat oven to 425°F.

Heat a little water in a large ovenproof sauté pan over medium heat. Add the onions and sauté until soft, then add the red pepper and garlic and cook for 2 to 3 minutes more.

Meanwhile, in a medium bowl, beat the eggs with 1 tablespoon water.

Add the eggs and half the thyme to the pan and cook, lifting the edges with a spatula to allow the uncooked eggs to flow to the bottom. When the frittata is partly cooked (7 to 10 minutes) transfer the pan to the oven.

Bake until puffed, golden, and set, 8 to 10 minutes. Remove and allow to cool slightly. Garnish with the remaining thyme and parsley to taste and serve.

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## Vege 'Sketti (serves 2)

4-5 Collard leaves washed with center rib removed  
*Tomato Basil Sauce* (see recipe)

### Tomato Basil Sauce:

4-5 tomatoes, chopped  
½ Onion

1 clove Garlic  
Basil, Oregano

Heat a little water in a large ovenproof sauté pan over medium heat. Add the onions and sauté until soft, then add garlic and cook until soft. Add chopped tomatoes and basil and simmer for 15 minutes.

While the sauce is simmering, roll 2-3 collard leaves up like a cigar. Cut crosswise into ¼-inch strips. In a separate pan, heat ½-inch water in the bottom to simmer. Add the collards and simmer covered for 2 minutes. Check the collards and stir. Continue cooking until the collards are soft, a total of about 5 minutes.

Drain collards and plate. Top with tomato sauce. (For a smoother sauce, puree the tomato sauce first in a blender.) Enjoy!

### Variations:

- Add cooked ground meat to the Tomato Basil Sauce
- Add spicy peppers for an Arrabbiata sauce
- Swap spiralized zucchini or cooked spaghetti squash for the collard greens

## Cobb Salad (Serves 4)

1/2 head of romaine	2 ripe avocados, seed removed, peeled, and cut into 1/2-inch pieces
1/2 head of Boston lettuce	3/4 pounds of cooked chicken or turkey breast, and diced
1 small bunch of frisée (curly endive)	1 tomato, seeded and chopped fine
1/2 bunch of spinach, coarse stems discarded	1 red pepper, chopped fine
	2 hard-boiled large eggs, separated, the yolk finely chopped and the white finely chopped
All lettuces should be rinsed, spun or patted dry, and coarsely chopped	2 tablespoons chopped fresh chives

In a large salad bowl, toss together the various lettuces. Compose the salad. Arrange the chicken, the tomato, and the avocado decoratively in rows over the greens. Garnish with the chives.

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## Shorthand Recipes

*Don't forget the easy stuff!*

### Stir Fry

Stir fry beef to cook it and render the fat. Transfer cooked beef to a plate.

Add vegetables starting with the longest cooking first (i.e. fennel, then onions, then garlic and ginger, then peppers, then broccoli). When vegetables are mostly cooked, add the beef and sprouts.

Garnish with lime. Variations: Use any leftover meat and/or vege in a skillet

### Seared Ahi Tuna

Mix lime juice, fresh ginger, 1 clove crushed garlic and green onion. Marinade the tuna in these ingredients for an hour. Sear each side of the tuna in a hot skillet 1-1.5 minutes per side (tuna will be rare). Slice and serve over fresh greens.

**Hard boiled eggs**—*Good snack on the go*

**Omelets**—Fill with vegetables that you have on hand for a quick breakfast or meal or make your own Egg bites by baking your omlette in muffin tins for 15-20 minutes at 325-350 degrees.

### Huevos a la Mexicana

Scrambled eggs, mixed with salsa. Garnished with green onions and lime.

### Vege Slaw

Shred cabbage and onions. Add chopped celery, apples, and green peppers. Add vinegar to taste.

### Cauli "Rice"

Use a food processor or blender to process ¼ head of fresh cauliflower until it is the size of rice, either using the plain steel blade or the shredder blade. Alternatively, you can shred it with a hand-held grater. Steam or sauté until cooked. Enjoy with a nice Stir fry!