The Girl Cookbook

A Cookbook to Help with the Conception of a Girl

By Tamara
# Table of Contents

**Girl Diet Basics**
- Girl Diet Rules ................................................................. 1
- Food Tips............................................................................. 5

**Drinks**
- Milk .................................................................................. 6
- Aspartame .......................................................................... 6
- Cranberry Juice ................................................................. 6
- All Other Drinks ............................................................... 6

**Breakfast**
- Frozen Strawberry Smoothie ............................................ 8
- Egg Beaters Scrambled eggs* ............................................. 9
- French Toast ........................................................................ 9
- Raspberry Muffin .............................................................. 10
- Nutmeg Yogurt Scones .................................................... 11

**Lunch**
- Crustless Quiche .............................................................. 12
- Chicken Fajitas ................................................................. 13
- Raspberry Cucumber Salad .............................................. 14
- Fish and Egg Salad .......................................................... 15
- Fish Soup ............................................................................ 16
- Chicken Nuggets .............................................................. 17

**Dinner**
- Indian Chicken ................................................................. 18
- Parsley Chicken ............................................................... 19
- Ginger Chicken ................................................................. 20
- Coriander Chicken ............................................................ 21
- Mint and Coriander Chicken ............................................. 22
- Yogurt and Ginger Chicken .............................................. 23
- Cheesy Chicken Pot Pie .................................................. 24
- Cheese Filling for Stuffed Pasta (Ravioli, Manicotti) ....... 25
- Fish Cakes .......................................................................... 26
- Fish Casserole .................................................................... 27
Good Eats Gyro Loaf .................................................................28
Lamb Meatballs ........................................................................29
Lamb with Cranberry Chutney ....................................................30

**Snacks** ................................................................................31
- Traditional Bread ..................................................................31
- Country Bread ........................................................................32
- Grandma’s Amish Bread ..........................................................33
- Homemade Butter ...................................................................34
- Rice Pudding ...........................................................................34
- Crustless Milk Tart ..................................................................35
- Frozen Fruit Bars ....................................................................36

**Spices/Herbs** ..........................................................................37
- Allowed Spices .......................................................................37
- Homemade Mrs. Dash ..............................................................37

**Restaurant Dining** .................................................................38

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**Girl Diet Basics**

Many scientific studies indicate that it is possible to ‘sway’ the odds of conceiving a child of your desired gender through your diet. The Girl Diet is a result of analyzing and combining several diets and studies.

- The girl diet described in the books *The Preconception Gender Diet*¹ and *Choisissez Le Sexe de Votre Enfant*².
- The Mineral Diet (calcium and Magnesium favors x sperm).
- The Acidifying diet (affects pH).
- The Progesterone Diet (high progesterone favors girls).

✔️ Please take folic acid when trying to conceive, regardless of gender diet. Folic acid helps to prevent miscarriages and birth defects.

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¹ *The Preconception Gender Diet* by Sally Langendoen, R.N. and William Proctor
² *Choisissez Le Sexe de Votre Enfant: par la methode du regime alimentaire* by Francoise Labro et Dr. Francois Papa
**Girl Diet Rules**

1. Drink three large glasses of milk every day.
   - Organic milk is best
   - Use milk with the least amount of potassium added
   - Potassium does not have to be listed. So you may need to call the company for your milk's potassium amount.

2. Remain in the appropriate mineral ranges – remember, dropping too low can harm you.
   - Calcium (Ca) 1,200-1,800 mg
   - Magnesium (Mg) 200-300 mg
   - Potassium (K+) 2,500-3,500 mg
   - Sodium (Na++) 700-1,000 mg

3. In order to keep your glucose low, it is best to skip breakfast.

4. Follow the Tiers in the diet.
   - Tier 1 includes the most important girl diet foods with Tier 4 being the least important.
   - If a food is not included, it most likely is not part of the diet. However, you can always ask your question on the InGender Forums.

- **Some foods listed in the recipes are not part of the Tiers, but this does not mean you can eat them whenever you want – they are specifically for use in that particular recipe. Each food is chosen on the basis of how it affects pH, ions, minerals and even temperature.**

- **Hot foods lower pH and cold foods raise pH.**

- **Always remember read labels - watch for the sodium and potassium levels in particular.**
**Tier One: Girl Diet, Acidifying Diet, Mineral Diet, Estrogen Diet**

- Yogurt – Greek style or organic only (with little to no potassium)
- Kefir
- Milk – Organic only (look for milk with the least potassium)
- Tahini (look for low salt)
- Strawberries and Raspberries – Frozen, unsweetened or canned in syrup (fresh will work if necessary)
- Sugar free gum (not with truvia or stevia in it)

**Tier Two: Girl Diet, Mineral Diet**

- Parmesan cheese (maximum of 3 tablespoons per day)
- Propel Fitness Water with Calcium
- Eggs (Egg Beaters are best)
- Cottage Cheese (check for sodium levels)
- Low Sodium Bread
- Pasta – Calcium Fortified
- Fish – Poached in 500 ml of water to reduce sodium
- Leeks
- Green Beans
- Cucumbers
- Low Sodium Mayonnaise

**Tier Three: Girl Diet, Acidifying Diet**

- Cranberries – Dried or fresh (not Craisins)
- White Rice
- Corn Cereal or Puffed Rice
- Lamb – Loin or Chop
- Chicken Breast
- DO NOT eat red meat because it increases testosterone; you may eat up to 130 grams of listed meats per day

**Tier Four: Diets in order of importance**

- The Girl Diet
- The Mineral Diet:
  - Calcium
  - Magnesium
- The Acidifying Diet

**Food Tips**

• Plain Pasta is a neutral food; it contains none of the minerals on any of the diets.

• You can track your mineral intake online. Use [FitDay](http://www.fitday.com/) to track your calcium, magnesium, potassium, and sodium.
Drinks

Milk

- Milk contains high quantities of calcium
- Organic milk is best – find the lowest potassium
- Drink three large glasses every day
- Potassium does not have to be listed. So you may need to call the company for your milks potassium amount.

Aspartame

- Artificial sugars are one of the fastest ways to lower pH. The best choice is Aspartame.
- Unfortunately, it can have some negative side effects
  - Some people may have an allergy and cannot use it
  - It may cause a headache and require a reduced intake
- Aspartame can be found in the Walmart brand diet drink mix, diet Kool-Aid, or Crystal Light
- Try to drink 66 - 100 ounces every day

Cranberry Juice

- Drink only pure cranberry juice, or mixed with another berry (e.g., raspberry)
- Most of your Cranberry will be taken in pill form

All Other Drinks

- Mineral water is acceptable if it is potassium and sodium free
- Caffeine must be avoided; it blocks calcium absorption
• Juices must be from girl-safe fruits and should only be consumed after the daily allowance of milk has been consumed
Breakfast

Easy Breakfast Ideas

- Probiotic yogurt with berries and cranberry juice
- Berry filled NutriGrain bar
- Plain kefir with Equal (aspartame), and frozen strawberries or raspberries
- Glucerna Crunchy Flakes N Strawberries Cereal
- Corn Cereal or Puffed Rice

✅ Newest studies suggest that having high glucose - blood sugar - in the morning sways for a boy, so it's best to skip breakfast if possible. If not, low carbohydrate choices are the best and marked with a *.

Frozen Strawberry Smoothie

Calcium: 800 mg  
Magnesium: 59 mg  
Potassium: 866 mg  
Sodium: 106 mg

1/2 pint frozen strawberries  
200 ml vanilla yogurt  
200 ml high calcium milk  

Mix in blender until smooth.
**Egg Beaters Scrambled eggs***

Calcium: 45 mg  
Magnesium: 7 mg  
Potassium: 85 mg  
Sodium: 180 mg

Egg Beaters  
Mrs. Dash

Poor out Egg Beaters, add Mrs. Dash, and scramble.

**French Toast**

Calcium: 358 mg  
Magnesium: 40 mg  
Potassium: 100 mg  
Sodium: 180 mg

Low sodium bread  
Egg Beaters  
Milk  
Mrs. Dash

Place Egg Beaters in bowl and mix with Mrs. Dash and milk. Spray pan with non-stick cooking spray. Dip bread in egg mixture and pan fry. Top with artificial sugar (aspartame), cranberries, or raspberry or strawberry syrup.
Raspberry Muffin

Calcium: 40 mg
Magnesium: 6 mg
Potassium: 22 mg
Sodium: 90 mg

2 cups flour
3 tablespoons Splenda/Equal
1 tablespoon baking powder
Dash of salt
1 large egg, beaten
3 tablespoons melted, unsalted butter
3/4 cup milk
1 cup fresh or frozen raspberries

Preheat oven to 375F. Combine the dry ingredients together in a large bowl. In a small bowl, mix the egg, butter and milk together and fold into dry ingredients. Gently fold in the raspberries. Spray a muffin pan with non-stick spray or use muffin papers. Fill tins 3/4 full with the batter. Bake for 30 minutes or until done.
Nutmeg Yogurt Scones

Calcium: 529 mg
Magnesium: 47 mg
Potassium: 548 mg
Sodium: 388 mg

3 cups flour
3 teaspoons baking powder
1/2 teaspoon baking soda
1 cup cold unsalted butter
1 egg
1 cup Greek yogurt
1/2 teaspoon vanilla extract
2 teaspoons milk
Sugar
Nutmeg

In a bowl, combine flour, baking powder, and baking soda; cut in butter until mixture looks like coarse crumbs. Stir in egg, yogurt, & vanilla until just combined. Place on floured surface and knead 6-10 times. Place on baking sheet and roll into a 9 inch circle. Cut into eight wedges. Brush tops with milk; sprinkle with sugar and nutmeg. Bake at 425F for 12-15 minutes or until golden brown. Serve warm.

Variation: Mix dried cranberries into the mix before baking. Or, serve with strawberry or raspberry preserves.
Lunch

Easy Lunch Ideas

- Chicken salad (chicken, dried cranberries, chopped cucumber, and a tiny bit of low sodium mayo) in white bread pita
- Pasta salad (pasta, olive oil, peas and chopped cucumbers)
- Low sodium crisp bread with Raita and sliced cucumbers
- Low sodium cottage cheese, served with sodium free bread with sugar-free strawberry or raspberry jam

Crustless Quiche

Calcium: 110 mg
Magnesium: 19.5 mg
Potassium: 521 mg
Sodium: 129.5 mg

4 leeks, chopped
1 tablespoon pine nuts (not normally on diet tiers)
6 egg whites
1 whole egg
1 cup low-sodium cottage cheese
2 tablespoons flour
400 grams green beans, chopped into small pieces
2 tablespoons grated parmesan cheese
Pepper to taste

Combine leeks, nuts, eggs, egg whites, cottage cheese, flour and pepper in a bowl and mix well. Stir beans in through mixture. Pour into a greased 9-inch pie dish and sprinkle with parmesan cheese. Bake at 350F (180C) for 30 minutes or until set.
**Chicken Fajitas**

Calcium: 26 mg  
Magnesium: 14 mg  
Sodium: 62 mg  
Potassium: 409 mg

1 pound boneless, skinless chicken breasts, sliced thin  
1 tablespoon olive oil  
2 green or red peppers, sliced thin (not normally on diet tiers)  
1 leek, sliced thin  
1 teaspoon cumin  
1 teaspoon Mrs. Dash  
2 teaspoon chili powder (not normally on diet tiers)  
1/2 cup water

Heat a skillet until the pan becomes very hot. Pour the olive oil in the pan and add chicken, sautéing for 1-2 minutes. Then add vegetables to skillet, along with the water, cumin, Mrs. Dash, and chili powder. Cook 5-7 minutes or until vegetables are tender and chicken is opaque. Serve with low-sodium soft tortillas or mix with rice.
Raspberry Cucumber Salad

Calcium: 53 mg  
Magnesium: 9 mg  
Potassium: 104 mg  
Sodium: 240 mg

1 large seedless cucumber, thinly sliced  
1-1/2 tablespoons diet raspberry vinaigrette (not normally on diet tiers)  
1 hardboiled egg  
1 teaspoon Mrs. Dash  
1/2 cup light sour cream

Mix diet raspberry vinaigrette and Mrs. Dash. Then, add light sour cream and mix well. Finally, place cucumber slices in bowl and sliced hard boiled egg, and mix well.
Fish and Egg Salad

4 oz poached fish, chopped
2 hardboiled eggs, chopped
1/4 teaspoon Mrs. Dash
2 tablespoons diet mayonnaise

Break fish into small pieces and mix fish and eggs together. Combine Mrs. Dash and mayonnaise; add to fish and egg mixture. Toss lightly until well mixed. Chill. Yield: 2 servings.
Fish Soup

Calcium: 103 mg
Magnesium: 55 mg
Potassium: 276 mg
Sodium: 27 mg

2 cups leeks
2 cups green beans
Poached fish
2 13 oz cans evaporated Milk
Mrs. Dash

Boil vegetables until tender. Reserve 1 cup of water after boiling, but pour off the rest. Poach fish, then drain off water and break fish into pieces. Add both cans of evaporated milk and Mrs. Dash to taste. Heat. Add some flour to reserved water and stir into soup. Heat until thick.
**Chicken Nuggets**

- Calcium: 155 mg
- Magnesium: 42 mg
- Potassium: 250 mg
- Sodium: 220 mg

2 chicken breasts, cut into pieces
1/4 cup non fat plain yogurt
1/4 cup low sodium bread crumbs

Take pieces of chicken, dip in yogurt, and then coat with bread crumbs. Place in the oven at 375°F for about 20-25 minutes. One serving is six nuggets.
Dinner

Easy Dinner Ideas

- Baked chicken breast, green beans, and rice mixed with plain yogurt and unsalted butter
- Pasta with low sodium cream sauce and grilled veggies
- Poached fish with plain white rice.
- Baked or grilled chicken breasts with calcium-enriched macaroni
- Calcium-enriched macaroni with a bit of ricotta cheese
- Roasted green beans and orzo pasta mixed in unsalted butter for taste.

Indian Chicken

Calcium: 78.475 mg
Magnesium: 4.797 mg
Potassium: 420.8 mg
Sodium: 158.75 mg

500 grams chicken breast, cut into thick strips.
1/2 cup plain yogurt
2 teaspoons grated ginger
1-1/2 teaspoons paprika (not normally on diet tiers)
1 teaspoon Mrs. Dash
1/2 teaspoon cracked black pepper
1/2 teaspoon ground coriander seeds (not normally on diet tiers)
1/2 teaspoon ground cumin (not normally on diet tiers)
1/2 teaspoon cayenne pepper (not normally on diet tiers)

Mix all ingredients except for chicken in a large bowl. Add Chicken to bowl, making sure it is well-coated. Cover and place in the refriger-
tor for an hour. Grill chicken 10 minutes on each side or until cooked through.

**Parsley Chicken**

Calcium: 19 mg  
Magnesium: 0.057 mg  
Potassium: 313.25 mg  
Sodium: 6.75 mg  

4 - 130 gram skinless chicken breasts  
1/2 teaspoon black pepper  
1/4 teaspoon dried parsley (not normally on diet tiers)  
1/4 teaspoon dried thyme (not normally on diet tiers)  
1/4 teaspoon onion powder (not normally on diet tiers)

Combine all seasonings in a small bowl. Sprinkle mixture evenly over both sides of the chicken breasts. Panfry or grill chicken breasts for 5 minutes on each side. Sprinkle with left over seasoning mixture and return to pan/grill and cook until done.
Ginger Chicken

4 – 130 gram skinless chicken breasts.
1 medium sized onion (not normally on diet tiers) or leek
1/2 cup fresh coriander leaves (not normally on diet tiers)
2 teaspoons grated ginger
1 teaspoon dried rosemary
1/2 teaspoon pepper
1/8 teaspoon paprika (not normally on diet tiers)

Combine all ingredients except chicken in a bowl. Spray a baking dish with cooking spray and place chicken in dish. Pour mixture over chicken and bake at 350F (180C) for 50 minutes.
**Coriander Chicken**

Calcium: 100.75 mg  
Magnesium: 10.29 mg  
Potassium: 408.5 mg  
Sodium: 35.5 mg

4 - 130 gram skinless chicken breasts  
1 cup plain yogurt  
2 teaspoons ground coriander seeds (not normally on diet tiers)  
1 teaspoon cracked pepper  
1 teaspoon ground cardamom (not normally on diet tiers)  
1/2 teaspoon grated ginger  
1/2 teaspoon ground cloves (not normally on diet tiers)

Combine all ingredients except chicken. Cover chicken with mixture until well coated. Cover and refrigerate for 3 hours. Place chicken on a well greased baking tray and cook at 350F (180C) for 30 minutes.
Mint and Coriander Chicken

Calcium: 127.75 mg
Magnesium: 13.5 mg
Potassium: 511.25 mg
Sodium: 113 mg

4 - 130 gram skinless chicken breasts
1-1/2 cups plain yogurt
2 tablespoons finely chopped mint leaves
2 tablespoons finely chopped coriander leaves
1/2 teaspoon ground cumin
1/2 teaspoon ground coriander seeds

Make 3 shallow cuts into each chicken fillet. Combine the remaining ingredients in a large bowl. Place chicken in the bowl and ensure each fillet is well coated. Cover and refrigerate for 3 hours. Bake chicken on a well greased oven tray at 350F (180C) for 30 minutes.
Yogurt and Ginger Chicken

4 - 130 gram skinless chicken breasts
1 cup yogurt
2 teaspoons grated ginger
1-1/2 teaspoons chili powder (not normally on diet tiers)

Combine yogurt, ginger and chili powder in a small bowl and pour mixture over chicken breasts. Coat well. Cover and refrigerate for 1 hour. Place chicken on well greased oven tray and bake at 350F (180C) for 30 minutes.
Cheesy Chicken Pot Pie

Calcium: 126 mg
Magnesium: 23 mg
Potassium: 204 mg
Sodium: 237 mg

2 extra large frozen pie crusts (9 5/8 inch pans) (not normally on diet tiers)
3 tablespoons olive oil
3 chicken breasts
2 10-1/2 ounce cans of low-sodium turkey or chicken gravy (not normally on diet tiers)
2/3 cup sour cream (not normally on diet tiers)
1 cup shredded cheddar cheese (not normally on diet tiers)
1 cup water or organic milk

Thaw pie crusts. Heat olive oil in a large skillet. Cook chicken in oiled skillet, 10 minutes per side. Cube chicken. Set aside 1/2 cup of shredded cheese. Mix all ingredients (less the 1/2 cup cheese) in a large mixing bowl. Evenly scoop the mixture into pie crusts. Top pies with 1/4 cup shredded cheese each. Bake at 450F for 30 minutes.
Cheese Filling for Stuffed Pasta (Ravioli, Manicotti)

Calcium: 348 mg  
Magnesium: 19 mg  
Potassium: 175 mg  
Sodium: 228 mg

3 pounds Ricotta cheese (not normally on diet tiers)  
1/2 cup grated Parmesan cheese  
3 eggs  
Salt to taste (not normally on diet tiers)  
1 tablespoon dried parsley  
Dash of nutmeg

Mix all ingredients together in bowl. Whip until homogeneous. Chill until ready to fill pasta.
Fish Cakes

Calcium: 485 mg
Magnesium: 64 mg
Potassium: 497 mg
Sodium: 141 mg

8 slices low sodium white bread, trimmed
1-1/2 cups milk
1/2 pound low salt butter
2 eggs, beaten (use egg beaters)
2 teaspoons Mrs. Dash
1 teaspoon freshly ground black pepper
1/4 teaspoon nutmeg
Poached fish

Soak bread in milk for 10 minutes, then mash until very smooth. Grind fish in a food chopper, then place in a bowl. Cream half the butter until soft. Combine butter with the fish along with the bread, eggs, Mrs. Dash, and nutmeg. Mix well. Shape into small croquettes. Melt remaining butter in frying pan. Fry fish cakes over low heat until browned on both sides. Makes 6-8 servings.
Fish Casserole

Calcium: 85 mg
Magnesium: 31 mg
Potassium: 270 mg
Sodium: 55 mg

1 package frozen green beans
1-1/2 pounds fish, poached
1/3 cup low sodium sour cream (not normally on diet tiers)
2/3 cup low sodium mayonnaise
2 tablespoons Pamesan cheese

Thaw beans then lay flat in bottom of a casserole dish. Mix sour cream and mayonnaise. Lay poached fish on top of beans. Cover fish with the sour cream and mayonnaise mixture. Sprinkle with Pamesan cheese. Bake at 350F for 40 minutes.
**Good Eats Gyro Loaf**

Calcium: 320 mg  
Magnesium: 26mg  
Potassium: 228 mg.  
Sodium: 57 mg

1 pound ground lamb  
1 pound ground chicken  
1 teaspoon all spice  
1 teaspoon tahini  
1 teaspoon ground black pepper

Place the lamb and chicken into a mixing bowl. Sprinkle with the remaining ingredients. Mix well with your hands until well combined. Cover, and refrigerate 1 to 2 hours to allow the flavors to blend. Preheat oven to 325F (165 C). Place the meat mixture into the food processor, and pulse for about a minute until finely chopped and the mixture feels tacky. Pack the meat mixture into a 7x4 inch loaf pan, making sure there are no air pockets. Line a roasting pan with a damp kitchen towel. Place the loaf pan on the towel, inside the roasting pan, and place into the preheated oven. Fill the roasting pan with boiling water to reach halfway up the sides of the loaf pan. Bake until the gyro meat is no longer pink in the center, and the internal temperature registers 165F (75C) on a meat thermometer, 45 minutes to 1 hour. Pour off any accumulated fat, and allow to cool slightly before slicing thinly and serving. Makes 10 servings. Serve with Almost Tzatziki Sauce.

**Almost Tzatziki Sauce**  
8 oz plain Greek yogurt  
1 medium cucumber, peeled, seeded, and finely chopped.  
2 teaspoon apple cider vinegar  
5-6 mint leaves, finely minced
Combine in a bowl then serve. Remainder will keep in the refrigerator for up to a week. (Calcium: 240 mg; Magnesium: 21 mg; Potassium: 28 mg; Sodium: 9 mg)

**Lamb Meatballs**

Calcium: 20 mg  
Magnesium: 10 mg  
Potassium: 82.8 mg  
Sodium: 174.1 mg

1 pound ground lamb  
1 cup low sodium white breadcrumbs  
1 large egg  
1/4 cup milk  
1 teaspoon Mrs. Dash

Directions In a large bowl beat egg and milk together, add bread crumbs and mix. Add lamb and spices and blend together. Shape into about 20 meatballs and bake at 350F for 45 minutes.
Lamb with Cranberry Chutney

1 teaspoon olive oil
1/2 cup leek, diced
3/4 cup fresh cranberries
1/3 cup strawberry jam
1 tablespoon Splenda brown sugar blend
2 tablespoons cranberry juice
4 lamb rib chops, about 1/4 pound each, fat trimmed

Prepare broiler. Heat oil in a heavy nonreactive saucepan over medium heat. Sauté leeks 5 minutes, or until tender, stirring frequently. Stir in cranberries, jam, sugar, and juice. Cook over medium-high heat 5 minutes, stirring frequently, until sugar dissolves and cranberries pop. Remove from heat and set aside. Arrange lamb chops on a rack coated with cooking spray. Place rack in a shallow roasting pan. Broil 6 inches from heat source 4 minutes per side, or until desired degree of doneness. Pour Chutney over top.
Snacks

Easy Snack Ideas
- Low sodium rice cakes
- Air popped popcorn (in limited amounts)
- Unsalted Matza

Traditional Bread

(One slice)
Calcium: 6 mg
Magnesium: 8 mg
Potassium: 47 mg
Sodium: 2 mg

1-1/3 cups water
1-1/2 cups regular flour
1-1/2 cups organic flour
2 teaspoons yeast

Bread is made in a machine, following machine’s directions. (In my machine, I used the 1-1/2 pound setting with light crust.) The recipe requires water first, then the dry ingredients.
Country Bread

(One slice)
Calcium: 35 mg
Magnesium: 12 mg
Potassium: 83 mg
Sodium: 16 mg

Approximately 1 to 1-1/2 cups milk
1/4 teaspoon ascorbic acid (vitamin C; you can find it at baking supply stores)
1 egg
1-1/2 tablespoons unsalted butter
4 cups white bread flour
3 tablespoons sugar
2 teaspoons yeast

Add the ingredients to your bread machine, in the order listed and set to basic bread. Watch for a minute to make sure it looks like bread dough when mixed – it might need a little more milk or a little more flour.
Grandma’s Amish Bread

Ca lcium: 23 mg
Magnesium: 8 mg
Potassium: 60 mg
Sodium: 62 mg

4-3/4 to 5-1/4 cups flour
2-1/4 teaspoons fast rising yeast
1-1/3 cups milk
3 tablespoons white sugar
3 tablespoons unsalted butter
1/2 teaspoon salt
2 large eggs

In a large bowl, combine 2 cups of the flour with the yeast. In a small saucepan, heat milk, sugar, butter and salt to 120F-130F. Slowly add the milk mixture to the flour mixture beating well. Add the eggs and beat well. Slowly add the remaining flour 1/2 cup at a time until dough is moderately stiff. Knead dough until smooth and elastic using stand mixer with dough hook at medium speed for 2 to 3 minutes or 6 to 8 minutes by hand on a lightly floured board.

Place dough into a lightly oiled bowl, turning once to coat. Cover bowl with a warm cloth that is slightly damp. Let rise 30 to 45 minutes or until double in size. Punch down and divide in half. Cover portions with the cloth and let rest 10 minutes. Shape dough into 2 loaves and put into greased loaf pans. Let rise again until double.

Bake in a pre-heated oven at 375F for 25 to 30 minutes. Remove from pans and cool completely on a wire rack. When completely cool wrap and store in a cool, dry place.
**Homemade Butter**

(One fluid ounce of cream)

Calcium: 30 mg
Potassium: 39 mg
Magnesium: 7 mg
Sodium: 12.3 mg

Room Temperature Cream

Go to Om Nom Nom (http://www.omnomicon.com/how-to-make-butter) for step-by-step directions to make butter.

**Rice Pudding**

Calcium: 225 mg
Magnesium: 3 mg
Potassium: 400 mg
Sodium: 134 mg

1/2 cup of rice
1 liter of milk
3 tablespoons Splenda/Equal
1 dessert-spoon of unsalted butter
Dash of vanilla
Nutmeg

Place all the ingredients in a saucepan and stir together. Bring the mixture to the boil, then turn down heat and let simmer until it starts to thicken. Pour into a bowl and sprinkle nutmeg on top.
Crustless Milk Tart

4 cups milk
2 tablespoons low sodium butter
1 cup flour
Salt
1-1/2 tsp baking powder
3 eggs, separated
1 cup sugar or Equal
1 teaspoon vanilla

Melt butter; add egg yolks and sugar. Beat with fork. Add dry ingredients and milk to egg mixture. Stiffly beat egg whites; fold into mixture and blend well. Pour into 9x13" dish – mixture should be about 1" deep. Bake at 325F for 45-60 minutes. Sprinkle fake sugar like Equal for added flavor.
**Frozen Fruit Bars**

1 cup fresh or frozen strawberries  
1 cup fresh or frozen blueberries  
1 tablespoon Splenda/Equal  
1 teaspoon unsweetened cranberry juice

Place fruit in a blender and blend until smooth. Add Splenda or Equal and cranberry juice (may need to add 1-2 tablespoons of water). Pour into 4-ounce popsicle molds or paper cups. Freeze until solid. Serves 4. *Remember, cold foods raise pH – avoid if your pH is high.*
Spices/Herbs

Allowed Spices

- Mrs. Dash® Original Blend
- Mrs. Dash® Caribbean Citrus Seasoning Blend
- Mrs. Dash® Southwest Chipotle Seasoning Blend
- Black pepper
- Nutmeg
- Ginger
- Allspice

Homemade Mrs. Dash

1 cup dried vegetable flakes
4 teaspoons herbs fines
4 teaspoons sweet paprika
4 teaspoons parsley flakes
4 teaspoons ground black pepper
1 tablespoon citric acid powder
1/4 teaspoon celery seeds

Use a coffee mill to grind everything to a fine grain texture. Do the celery seeds with something heavier to get them to pulverize.
Restaurant Dining

Tips for Restaurant Dining

- Eat the three dairies:
  - Milk to drink
  - Cheese
  - Cream Sauces, like Alfredo
- Avoid particularly salty foods
- Avoid tomatoes
- Avoid potatoes (e.g., French Fries)