

# THE FLAT BELLY SECRET



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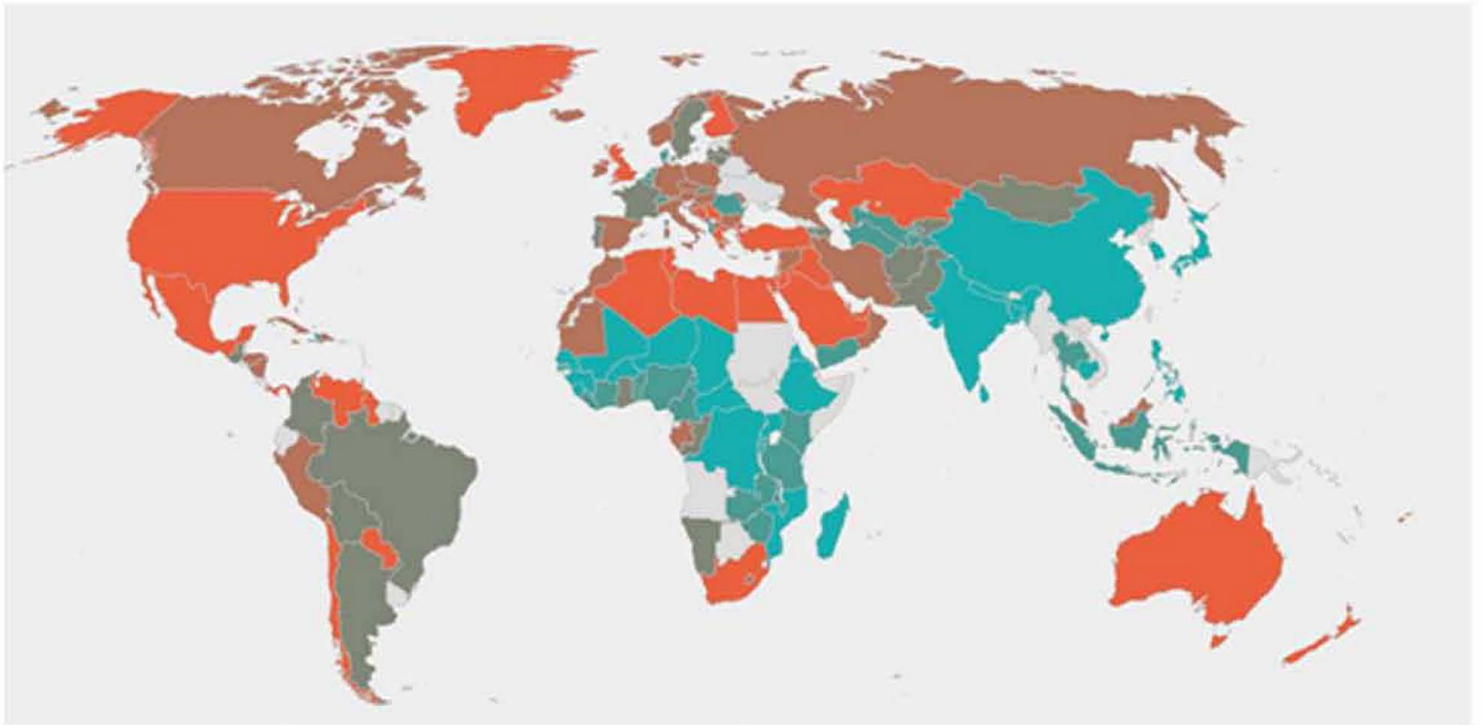




## Introduction

The Western World is facing an epidemic unlike anything we've ever seen in the history of history. We're fat, and getting fatter all the time. We're literally killing ourselves with food.

*Just take a look at this map:*



You'll see exactly what I'm talking about. Here's what the colors mean:

<b>35% or more</b> of the population in that country suffers from obesity	<b>30% to 35%</b> of the population in that country suffers from obesity	<b>15% to 30%</b> of the population in that country suffers from obesity	<b>Less than 5%</b> of the population in that country suffers from obesity	<b>No Data Available</b>
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Notice anything weird about the distribution? Most of Europe, all of North America, Russia, and North Africa (and Australia and New Zealand – can't forget them) those are the areas where it's worst.

And where is it best? Most of Africa and Asia. Now, it's not hard to figure out why Africa doesn't have an obesity problem. Their issues stem from not having much food at all, so we won't spend too much time looking to Africa for the solution to a flat belly – we don't want you to starve yourself!







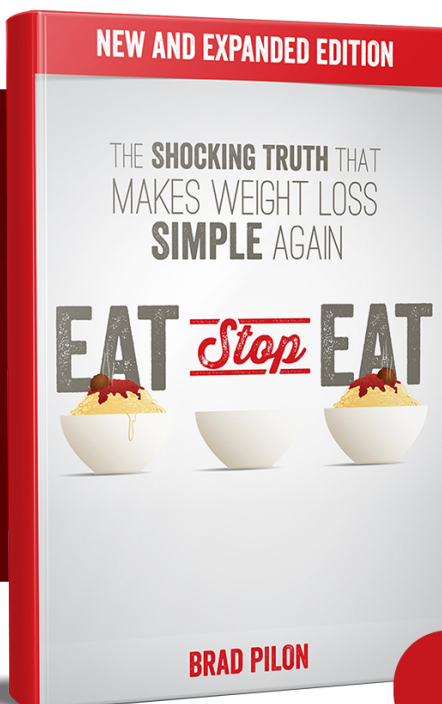
## Introduction

Besides, there's a better way. There's got to be something different about Asia that gives them significantly lower obesity rates. This book will spend a lot of time delving into the reasons behind that, and using those reasons as a guide for you to get rid of unwanted belly (and other) fat.

We'll get to that in just a minute, but before we do, it's important to understand how this problem came to be in the first place. It's a pretty interesting story, and more than a little bit disturbing.

Hang onto your hat, because it's going to be a bumpy, scary, but interesting ride.

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## How We Got Here

Let's talk about the United States in particular, because the US has one of the most pervasive obesity problems in the world. The story is much the same around the world, but the American story is particularly interesting and disturbing.

America has always been a "meat and potatoes" country, which isn't the healthiest diet on the planet to begin with, but over the years, there have been a steady stream of small, incremental changes that have seen the Standard American Diet (SAD) get steadily worse, until it has reached its current form.

Basically, if you were going to concoct the perfect recipe for increasing weight and decreasing health, you would end up with the Standard American Diet. We eat too much meat and too many grains, and we don't eat nearly enough fresh fruit and vegetables.

Worse, most of what we eat comes out of a can or a box. These foods are loaded with sodium (salt) and other chemicals that are essentially poisons. Not only are they just inherently bad for you, but they also short-circuit your body's digestive and circulatory systems. It's just terrible, all the way around.

**? But wait? Isn't that diet basically what the government's Food Pyramid recommends?**

See, it's right there! Lots of grains, meat, some fruit and veggies, then some other stuff near the top, and look! The government even recommends eating fats, oils, and sweets! Sugar must be good for you, it's on the Pyramid.

But not so fast. You might think that the US Government's Food Pyramid was developed by scientists and doctors who wanted to do everything they could to make sure that all Americans are healthy, but unfortunately, that's not true. So if scientists and doctors didn't make the Pyramid, who did?

The answer is going to make you pretty angry.

I was lobbyists; specifically, lobbyists for various elements of Big Agriculture. Basically, the Food Pyramid looks the way it looks based on which groups donated the most money. The beef industry had the deepest pockets, and guess what? They got a prime spot on the Pyramid. Fruits and vegetables aren't nearly as sexy, and those industries didn't have as much money to spend, so they had to divide the second tier.





## How We Got Here

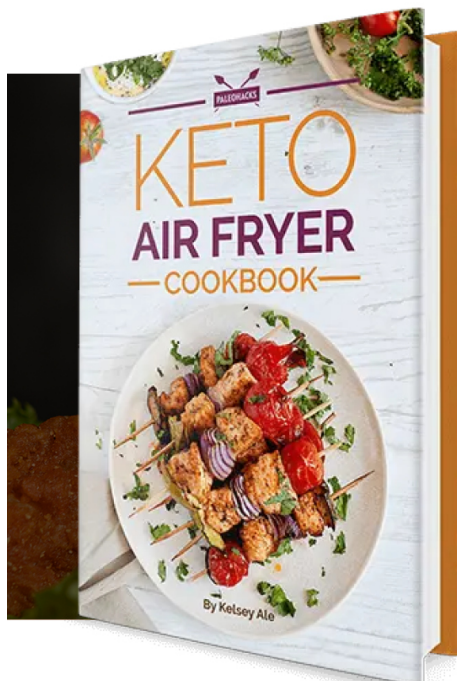
Not to be left out of the game, the sugar lobby got in on the act, and pushed hard for inclusion in the pyramid, and succeeded in getting a small spot, even though refined sugar itself is known to be addictive and is essentially a poison to your body, with no nutritional value at all.

It doesn't matter anyway, because the Food Pyramid is old news. It was recently redesigned as the Food Plate, but it's the same basic idea, and you probably won't be surprised to learn that the same people who had input on what the pyramid looked like also played a huge role in shaping how the plate got divided. Here is the end result:

You can see that the amounts have shifted a little, and vegetables actually get more attention, but the honest truth is that the dietary recommendations in this revision are still horrible for you. Dairy has very little nutritional value for humans.

Take milk, for example. You've probably seen the "Got Milk" billboards, and heard that milk is required for healthy bones. It isn't; it's all a lie to help the Dairy Farmers of America sell more milk. Milk is great for you if you're a baby cow. That's what it was optimized for. Since you're not a baby cow, you don't need it. It's that simple.

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## The Diet Industry Is Not Your Friend

So if you can't trust the government to tell you what to eat, then who can you trust? A lot of people in this country who are struggling with their weight have turned to the Diet Industry. After all, these guys are the experts, right? If anybody knows the secret to losing weight, it's bound to be the people that run the Diet Industry. Unfortunately, not.

Think about it. The Diet Industry is comprised of about a half a dozen giant corporations, and a collection of smaller players. Taken together, they control a market worth more than twenty billion dollars a year. They're in business to make money. To maximize shareholder value, in corporate-speak.

Think about it; how much money would they make if the products they sell actually worked? They sell you their miracle cure (pills, their own prepackaged food, or whatever), you lose the weight, then you stop buying their products because your problem has gone away. That means that if these companies had the answers, they would essentially be in the business of putting themselves out of business. Do you honestly believe that these Fat Cats would do that? That they would willingly engineer the collapse of an industry worth more than twenty billion dollars a year by selling products that actually worked?

**Of course not. That would be insane.**

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## The Diet Industry Is Not Your Friend

What they do then, is sell products that are just good enough to pass inspection, which is usually pretty easy, because they use lobbyists to make sure that nobody pays too much attention to the products they get approval to sell. In this way, they can say that they've been approved by the Federal Government, and that their products are "proven effective!"

Usually, products like this are only required to undergo a single 90-day trial, which isn't really long enough to know how effective they truly are, and it's definitely not long enough to know what, if any long term side effects there might be from eating all the chemicals their "specialty foods" are loaded with.

But, they get approved anyway, and people flock to buy the stuff they sell by the millions.

If you've struggled with your weight, you've probably tried just about every diet on the market, including every "fad diet" that gets developed. Maybe some of them have even worked for you in the short run, but then, as happens in so many cases, the weight starts creeping back on, and in six months (or less) you weigh even more than you did before you started the latest diet.



It's a sickening treadmill, and make no mistake about it, these guys know exactly what they're doing. They don't care about you. They care about how much money you can give them.







## The Diet Industry Is Not Your Friend

So what if their products shorten your life and don't actually help you lose weight? If you die, so what? At least while you were alive, they will have squeezed a lot of dollar bills out of you. After you're gone, there's another person just like you, waiting in line to buy their stuff. You simply don't matter to these people.

**So, if you can't trust the government, and if the so-called "industry experts" are con men, who the hell can you trust?**

Well, you can trust people who have been there and found the solution on their own, and you can trust your own eyes. I won't lie about it, I had a lot of help finding the answers, but a lot of what I've learned, I learned through trial and error, using myself as a guinea pig, because I have struggled with my weight for most of my life. Until I developed this system, in fact.

I still have copies of my "fat pictures" in my Facebook photo album, because even though those days are behind me now, I don't ever want to forget them, and how hard it was stumbling my way through the maze of misinformation, desperate for any help at all to get and keep the weight off.

That's why I'm so proud of this program.

I'm proud of you too, by the way. I know it was a leap of faith for you to buy this program. I know that like me, you've probably tried just about everything under the sun, and are so angry and frustrated that nothing's worked for you so far that you were just about to give up when you found me.

I'm glad you took the chance, and I promise you – your life is about to change, and change for the better. In the pages that follow, I'm going to reveal to you everything I've learned about nutrition and weight loss. How to get rid of unsightly belly fat, lose weight, and keep it off, not just for six months or a year, but forever.

**If that sounds pretty exciting to you, turn the page, and let's get started.**







## Why You Need To Keep Your Waistline In Check

**Michelin Tire Man. Muffin Top. Podger. Beached Whale. Whelaphant. Blimp. Doughboy. Doughnut. Lardo. Lard-Ass.**

If you're overweight, you may have heard all of these, and more. It's unfortunate, but that's the world we live in. Those names, and all the others you may have heard whispered behind your back are cruel and hurtful, but it's more than that. They can, over time and even for people who are extremely self-confident and self-assured, be quite destructive.

Deep down, there's a part of you that starts to wonder if maybe the names are true, and that because you're overweight, you're somehow...inferior. Not worth as much as "the Beautiful People."

You know better. You know that you're more than the outer shell you wear, but those names can actually cut like knives, and they're no good for you. Over time then, your self-image can take a real hit. Your confidence suffers, and your stress levels increase. That only makes your health problems worse, because stress combined with being overweight is a nasty one-two punch to your body that can really take its toll.



Appearances are certainly not everything, but secretly, you probably wish like hell that you were thin. Maybe you wish that you could fit into those jeans you used to wear in college, or maybe you just wish you were thinner because you imagine that you'd enjoy life more completely if you were. Whatever the case, we can't discount the self-esteem boost most people feel when they finally manage to lose the weight and keep it off.





## Why You Need To Keep Your Waistline In Check

If that's all it was though – if it was just important for the sake of appearances, this book wouldn't be so important, but it's not. Having a thick waist line can do horrible things to your body. It can genuinely worsen your physical health.

In fact, a study recently published in the Journal of the American College of Cardiology found that waist size was a better predictor for both Type 2 Diabetes and Heart Disease than BMI (Body Mass Index) which has been the gold standard for predicting health issues, recommended by the AMA (American Medical Association) for years.

In the study, it was discovered that patients with a waist size above a certain threshold (35 inches for women, and 40 inches for men) were 70% more likely to die than those with waists below this threshold. This is hugely important news that got almost no press outside the medical community, but there's more.

### Your body has two kinds of fat:

#### SUBCUTANEOUS

**Subcutaneous fat** isn't really all that bad or harmful. It's located just under your skin, and while it can cause cellulite, it's not known to have any potentially lethal side effects. As much as you might hate cellulite, **it won't kill you.**

#### VISCERAL

**Visceral fat**, on the other hand, is the fat that collects around your midsection. What it's also doing is totally surrounding your internal organs, and if there's too much of it, begins to impede their functioning. Too much visceral fat then, can have an impact on your heart, liver, stomach, kidneys, and even your lungs. **It can literally kill you.**

Visceral fat also has well known links to a number of specific diseases, including type 2 diabetes, heart disease, and strokes. If that wasn't enough, there's an increasing body of evidence that suggests that Visceral fat is related to the release of a variety of proteins and hormones that can cause inflammation, which can damage your arteries and your liver, making your problems even worse.

**In short then, Visceral fat is something your body doesn't want and doesn't need. The more of it you have, the greater your health risks are going to be, and the shorter your lifespan will be.**







## Why You Need To Keep Your Waistline In Check

**From the report referenced above, here are the key points to remember:**

- Target waist range for women: 31 ½ to 35 inches
- Target waist threshold for men: 37 to 40 inches

(anything over these values is considered by doctors to be in the obese range)  
 This guide isn't perfect, but according to the data, roughly speaking, for every two inches you are above the upper limits mentioned here, your odds of dying from one (or more) of the diseases mentioned below increase by about 9%. Using this figure as a guide, you can literally track your progress as your waistline shrinks. You can literally see yourself pulling back from a higher risk of death, and that's pretty good stuff.

**And here is the (partial) list of diseases you run a greater risk of getting if you are over the thresholds mentioned above:**

- Type 2 Diabetes
- Heart Disease
- Stroke
- Atherosclerosis (hardening of the arteries)
- Inflammation
- High Blood Pressure
- High Cholesterol
- Thickening of your Heart Walls

As you can see, we're not talking about minor health conditions here. These are some of the top killers in the developed world, and belly fat puts you at significantly increased risk. The bottom line then, is that if you want to look and feel better and live longer, the belly fat has to go.

Even if you didn't know all of the above facts, you instinctively knew this to be true, which is what led you to this program in the first place, so give yourself a well-deserved pat on the back. Your instincts were spot on, and you went in search of a solution.







# How BMI Factors Into The Equation

	Healthy Weight						Overweight						Obese							
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
Height	Weight (in pounds)																			
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	256	265	272	279
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312

Although the circumference of your waist has been proven to be a more accurate predictor as described above, that's not to say that BMI has no value at all. It's a good supplemental index, and if you're serious about losing weight, then you should also be tracking your BMI.

### So how the heck do you calculate BMI anyway?

That's an excellent question. BMI is your weight in kilograms (kg)/your height in centimeters (cm). If you're used to measuring your height in inches and your weight in pounds, you'll need to convert to metric to get an accurate BMI.





## How BMI Factors Into The Equation

Don't worry. There's a website that has this all laid out:

<http://extoxnet.orst.edu/faqs/dietcancer/web2/twohowto.html>

If you don't feel like going to the website, multiply your weight in pounds by 0.45 to get your weight in kg.

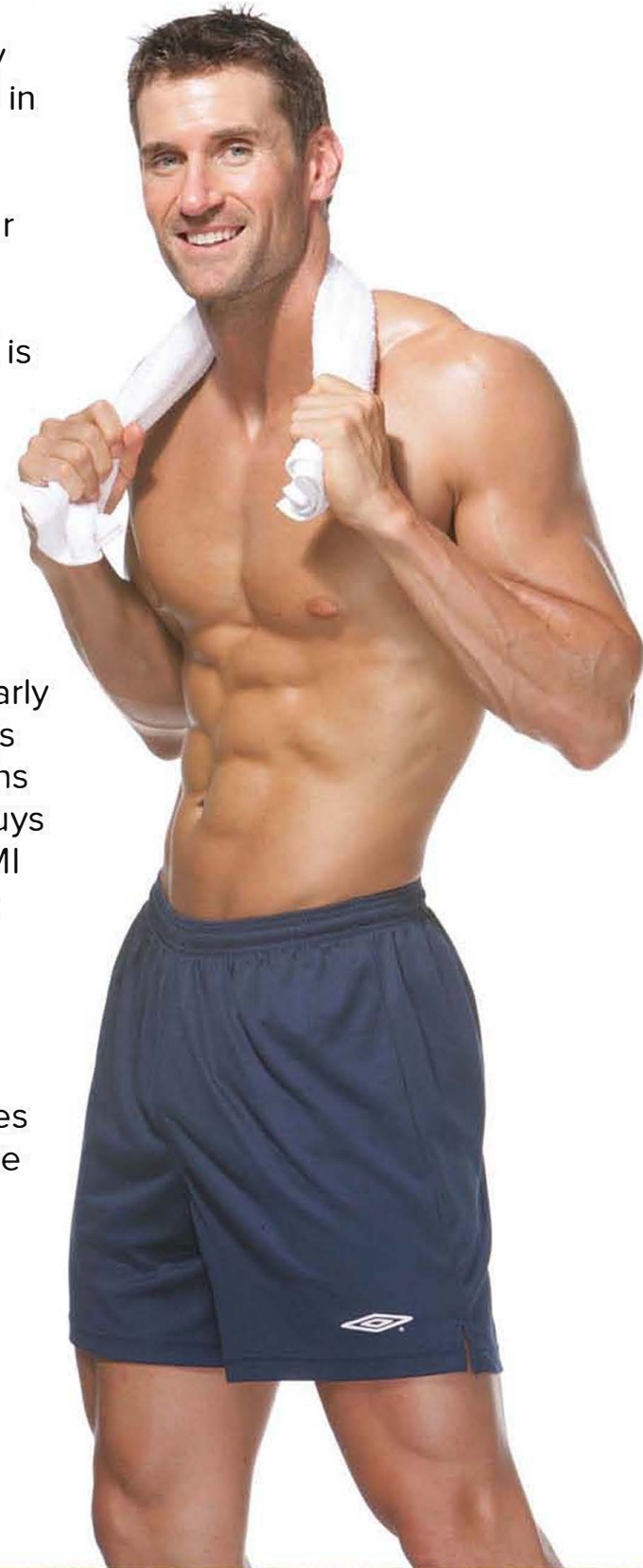
Multiply your height in inches by 0.025 to get your height in cm.

So if you're 5'3" and weigh 125 pounds, your BMI is 22.7.

A healthy BMI range is between 19 and 25. If you have a desk job, you want to try to get your BMI toward the lower end of that range.

Here's the thing about BMI though – it can be a little misleading. Body builders and other particularly muscular people tend to have a higher BMI than is supposedly healthy. That's because muscle weighs sixteen times more than fat, so on paper, these guys appear to be unhealthy because they've got a BMI that shows up as too high, when in reality, they're extremely healthy.

Despite limitations like these, it's still a decent measure, and when you combine it with the information on waist size mentioned earlier, it gives you a clear picture of where you are, versus where you want to be.



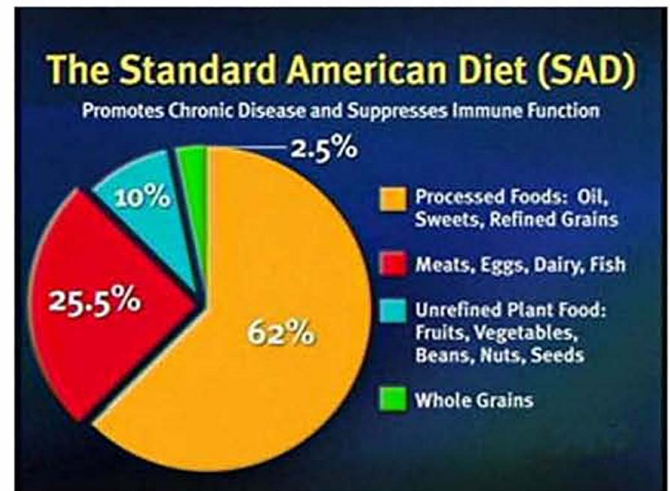




## What Causes Obesity (And Being Overweight In General)?

This is a big question, and its answer is a lot more important (and complex) than you might think. There's no shortage of non-scientific answers and explanations on offer. If you ask people who have struggled with their weight their whole life what's causing it, you'll hear things like:

“It's genetic – it just runs in my family.” To,  
 “It's stress-related; I'm a stress eater” to  
 “I'm addicted to chocolate.” There are  
 plenty of others.



While all of these are clever and creative reasons for being overweight, none of them are true, at least not in the overwhelming majority of cases around the world. The reality is that less than one percent of obese patients can trace their condition back to genetics.

It is true that one of the responses to stress is eating, but this is a rather easy problem to fix. Rather than eating reflexively in the face of stress, the permanent fix is to remove the stress from your life and master a few, basic stress reduction techniques. If this was really the root cause of someone's obesity, it would have been fixed fairly quickly.

The same can be said of supposed “food addictions.” While it is possible to have a food addiction, the fix is a fairly simple one, and revolves around making more and better connections in your life.

See, most people misunderstand addiction. They assume that “sobriety” is the opposite of “addiction.” It isn't. “Connection” is the opposite of addiction. Until recently, scientists didn't understand this. I won't spend too much time on the topic, because this is a book on losing belly flab, and not addiction, but since you hear “**food addiction**” given as a reason for obesity, it deserves a brief mention here.







## What Causes Obesity (And Being Overweight In General)?

Several decades ago, there was a now famous experiment involving rats. Rats were placed in a cage, and given plenty of food. Where water was concerned, they had two choices: Plain water, or water laced with LSD. The rats overwhelmingly drank the LSD water, many of them, until it killed them.

Much of modern science's understanding of addiction as a chemical process came from this famous experiment. It has guided both the development of medications, and the shape and development of non-medical addiction treatments for literally decades.

There's just one problem. The experiment had a fatal flaw. A young scientist recently re-ran the experiment, correcting for this fatal flaw, and got a wildly different result. The rat in the cage in the original experiment was alone. He was isolated. There was nothing to do. No form of stimulation.



The revised experiment put rats in a fabulous “rat city” with plenty of other rats to socialize with, lots of toys to play with, and a variety of foods to enjoy. The rats in “Rat City” were also given two types of water. One plain, and one laced with LSD, only in this case, the rats didn't prefer the LSD water. Sure, they used it sometimes (recreationally), but with rich, full, interesting lives that were filled with connections and relationships, they simply didn't need it.

If you're a rat, trapped in a cage alone, with one type of dry cereal to eat for the rest of your probably short life, LSD water is probably going to start looking good. But if you have lots of friends and stuff to do, LSD water is meh. You just don't care about it all that much.





## What Causes Obesity (And Being Overweight In General)?

It's the same with human addiction, which makes it a relatively easy problem to fix. If you think you have a food addiction, get out more. Make new friends. Do stuff with them. Connect with the world, and you'll find that you no longer need whatever your food of choice is quite as much.

The thing you're addicted to basically takes the place of the relationships that are missing from your life. Again, that's a bad thing, but it's pretty easy to fix, especially as compared to losing weight and keeping it off.

So, if it's not genetics, and it's not food addiction, or any of the other reasons you hear so much about, what's causing this obesity epidemic that seems concentrated in large swaths of the world?

It probably won't surprise you, especially given what you read in the introduction, to learn that about 80% of the obesity epidemic comes down to diet. The Western diet is awful. It leads to massive and unnatural weight gain and shortens your life by decades. Pair that with the fact that so much of what we eat isn't actually food, but chemical concoctions designed to look sort of like food, and which are relentlessly poisoning our bodies, and it's no wonder we're fat, sick and dying.

About 18% of the remaining 20% can be explained by the fact that as a whole, the people living in the parts of the world where obesity is a real problem don't get enough exercise. We lead sedentary lifestyles. We mostly have desk jobs, and over time, we pack on pounds, especially around the middle, and again, it's killing us. The remaining 2% is accounted for by all the other stuff we mentioned before (genetics, addiction, and so on).

So, knowing that, if you had to pick one of those three categories to work on first, which category would make the most sense? Would it make more sense to approach the genetics angle? Become a gym rat, or...make a few sensible changes to your diet?

Diet is the 800-pound gorilla on this list. If you want to make the biggest difference in terms of reducing your weight and your belly fat, then dietary changes represent the low hanging fruit here. It's the simplest thing to change, and it will provide the most bang for the buck, so to speak.

While we will talk a little about exercise in parts of this book, mostly what we're going to focus on is diet, because that's what's going to make the biggest difference in your life, and allow you to see change the fastest. It's just that simple.





07



## Weird Tricks That Help You Lose Weight Fast

Let's talk about calories for a second. A lot of people try to go on starvation diets to lose weight. There are a couple of huge problems with this approach.

First of all, it works, but only in the short run. After all, it's simple math, right? Calories in, minus calories out. If you're eating fewer calories than you're burning, then you WILL lose weight.

That's true, but only to a point. Your body is going to rebel against starvation. What usually happens is that people who do this drop ten, or maybe twenty pounds, then their will power breaks, and they start binge eating. Within a couple of weeks, they gain all that weight back, plus a little extra.

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## Weird Tricks That Help You Lose Weight Fast

### The other big problem is this:

When you do that when you starve your body of the nutrients and calories it needs, it's genetically programmed to respond. Your body doesn't know you're on a diet, it simply thinks you're in crisis mode. In response to the crisis, it's going to start collecting and hoarding fat, just like bears do in the months leading up to hibernation. Any weight you lose, you lose mostly on account of the fact that your body is cannibalizing your muscle.

Remember, muscle weighs sixteen times more than fat, so sure, you're losing weight, but your harming your body to do it, and worse, you're not getting rid of the fat – you're actually adding to it. It's just a craptastic weight loss solution.

The first weird trick to weight loss then, is to eat smarter, not less. See, tens of thousands of years ago, when our ancestors were hunter gatherers, they might go days without getting a meal. That means when they brought down big game, they had to gorge themselves. Really pig out, because hell, it might be a week before they had another good meal. They needed food that was “calorie dense.” Meat,

for example, is loaded with calories, but doesn't have a lot of nutritional value. That makes it the perfect food for hunter gatherers, especially if they can supplement it with roots and tubers gathered by the women who aren't out hunting. Those things provide the missing nutrients, and at the end of the day, they wind up with a balanced diet.

The problem is, we haven't lived in a hunter gatherer society for a very long time. Your ancestors probably got more exercise in a single day than you get in a month. We just live in a different world, but our diets haven't changed with the time and changing circumstances.

### So what's the perfect diet for humans who lead a sedentary lifestyle?

Mostly green, leafy vegetables, and here's why; green, leafy veggies are extremely good for you. Not only are they loaded with nutrients your body needs, but they're not calorically dense. You can eat a pound of lettuce or baby spinach, feel absolutely stuffed, and you won't have actually eaten any calories.







## Weird Tricks That Help You Lose Weight Fast

Sure, the lettuce or spinach contains a few calories, but your body is going to burn more calories than those foods contain, simply through the act of digesting that stuff. That makes those kinds of foods essentially calorie negative. The difference is though, that your body isn't going to go into crisis mode and start hoarding fat! Why? Because you feel full. Your belly is full, and your body is getting plenty of nutrients, so it's going to continue on its merry way, and assume everything is fine, because it is.

Using this trick, you're still burning a lot more calories than you're taking in, but you're tricking your body and preventing it from going into crisis mode. When that happens, instead of cannibalizing your muscle, your body is going to do what it was designed to do, and burn fat first. **It will only start cannibalizing muscle after there's no more fat to consume, and this is exactly what you want!**

The point here is that starvation diets work in the short run because your body turns on itself and starts devouring muscle. Eating the right kinds of foods (foods with high nutrient content, but low caloric density) prevents your body from going into crisis mode, causing you to lose weight by burning fat, and not muscle.





## Not All Calories Are The Same - Let's Look At Sugar

You've probably heard your doctor talk about "**empty calories.**" These are calories you put into your body which have absolutely no nutritional value attached to them. Certainly you need calories to live. Calories are energy for your body, just like gas is energy for your car, but your body needs a lot of other nutrients to thrive and be healthy.

If all you're doing is eating empty calories, devoid of nutritional value, you will die. Seriously – you will literally die. You simply cannot survive by ingesting empty calories. That would be like keeping the gas tank full, but never bothering with an oil change, a transmission flush, or a tune up for your car. Sooner or later (and probably sooner), your car is just going to fall apart on you. So what kinds of foods contain empty calories?

If you were only going to cut out one single thing from your diet, the thing you would want to cut would be sugar. Refined, white sugar like you get in five or ten pound bags at the grocery store.

This stuff is hands-down awful for you. It's pure calories, has no nutritional value attached to it at all, and we eat enormous amounts of it because it tastes good. The problem is two-fold. First off, it tastes good, and because of that, we like to eat it. Companies like to put it into canned or boxed foods, too, because they know it'll make us like those foods better, so it's not enough to just stop buying bags of sugar and bringing them into your house – you've actually got to start reading food labels, too.







## Not All Calories Are The Same - Let's Look At Sugar

Worse than that though, sugar is poison to your body. It causes inflammation in your gut and other organs. It's toxic, which is why your liver works hard to filter it out of your system. Sugar is also kind of insidious because it's found in so many of the products you currently buy and enjoy. I can say that with certainty, because honestly, if you start reading labels, you'll find it in just about everything.

There's actually no realistic way you can cut sugar out altogether, simply because it has made its way into just about every corner of the food supply, but you should still do all that you can to minimize your intake. If you're a coffee drinker, and you need a little in your morning cup of Joe, that's fine, but understand that the more sugar you put into your body, the harder it's going to be to see truly amazing results.

As for me, I love iced coffee. I probably drink about a pitcher a day, but I made a couple of deals with myself. First, I used to put three big serving spoons of sugar in each pitcher I made. That's been cut to one and a half spoons. It's still a lot of sugar, but it's half what I was using. Second, for every cup of iced coffee I drink, I drink an equal-sized up of water. I find that I only drink about half the coffee I once did, which effectively cut my coffee-sugar intake in half again. Since that was my single biggest source of sugar every day, that was a pretty big decrease. I make up the difference by being more active and getting more exercise.

Here's where it gets hard though. You can't just look for the word "sugar" on food labels. The other big thing you have to watch out for is "**high fructose corn syrup.**" Sometimes you'll see it just listed as "corn syrup" and sometimes, it'll just be "fructose." At the end of the day though, this is seriously bad news for your body.

When you start reading food labels, you're going to find this in tons of different foods. It's not food. It's a chemically engineered sweetener that's even more destructive to your body than refined sugar is, and it has absolutely zero nutritional value. In other words, it's the very definition of empty calories.

**Where will you find it?** In almost everything, but you're certain to find it in the soft drinks you enjoy. In fact, if you shoot for a target of eating no more than 15 grams of sugar a day (which is a respectable target), then a single can of soda will put you over that limit.

All of this to say that sugar is bad news for your body. Not only does it make you fat, it also makes you unhealthy, and it literally has no positive benefits to your body. The less of it you can consume, the better off you'll be, and the easier time you'll have losing weight, shedding belly fat, and keeping the excess pounds off forever.





## And Then, There's Grain

I am sure you've heard of Low Carb, or even No Carb diets. You may have even tried some of these yourself. **Do you know why they work, and why they're recommended?**

It's because to your body – carbs are sugar. Your body actually turns them into sugar when it digests them, so eating a slice of bread – same effect on your body as eating a chocolate bar. Sugar winds up in your bloodstream and liver.

Grains in general are bad for you. Like sugar, they cause inflammation. In fact, this inflammation can even get to your brain, and there's some evidence that eating too much grains and too many foods loaded with sugar can increase your risk of Alzheimer's Disease, in addition to helping you pack on the pounds.

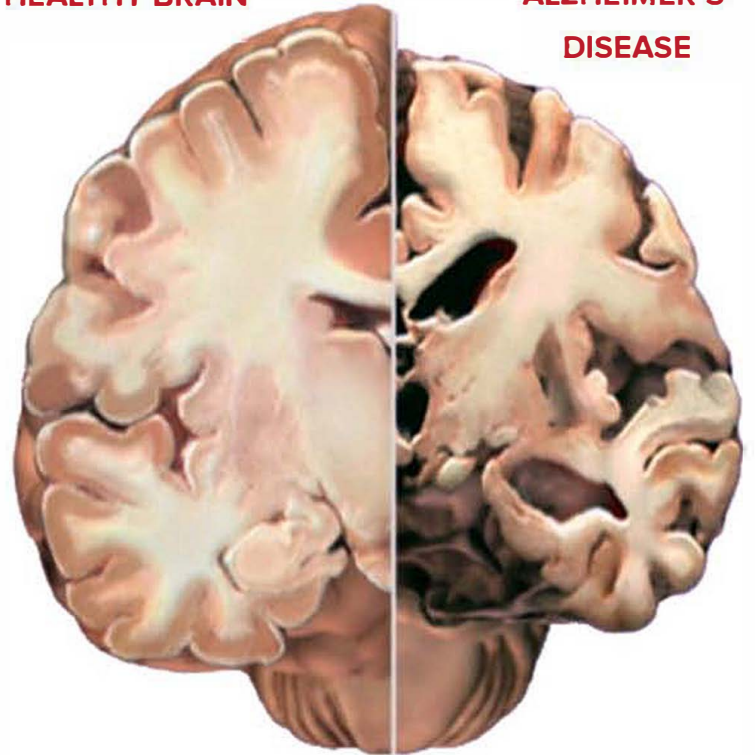
Most people actually have a gluten intolerance, even if it's not strong enough to manifest symptoms that you can detect. If a doctor performs a blood test to check, he'll almost always find a certain level of inflammation after you've consumed grain-based products.

There's even a famous book that's been written by a doctor who's an expert in the field called "**Grain Brain**," which details how grains can not only increase your chances of developing Alzheimer's Disease, but also generally impair your cognitive functioning. In other words, grains make it hard to think. They may even make you stupid, and that's on top of the inflammation, and the fact that they're sugar as far as your body is concerned.

Isn't it strange then, that grains occupy such a prominent position in the famous Food Pyramid? They've even got a big place of honor on the revised "**Food Plate**." Remember though, those things weren't designed by doctors or people who actually care about your health – they were designed by lobbyists for political interests, and whoever donated the most money got the top spot.

**HEALTHY BRAIN**

**ALZHEIMER'S  
DISEASE**







## And Then, There's Grain

Look, I'm not telling you these things to scare you. I don't want you to be paranoid or anything, but honestly, it's important that you know what you're up against here.

There are entrenched, powerful forces that have a financial interest in seeing to it that you keep eating crap that's bad for you. The diet and "health" industry makes billions from keeping people overweight, unhappy, and struggling with poor health. If they can keep you on the treadmill, buying their "miracle cure" products month after month, then they make money, and that's all you are to them. That's why Big Agriculture was willing to spend lots of money lobbying for a prominent place in the Food Pyramid/Food Plate. Because people accept those things as true.

That's why those companies spend so much on marketing (the "Got Milk" and "Milk: It does a Body Good" campaigns – the advertisements you see about how good Oranges are for you, and so on. (Broccoli is actually a better source of vitamin C than oranges are, by the way).

It's all just lies. Lies told to you so that you'll buy one product over another, and so that you'll keep buying those products out of habit, month after month, year after year. They know that if they repeat the lie often enough, you'll start to believe it, and in the meanwhile, they'll make money from you.

So what if you eventually die due to complications from obesity – look at all the money they were able to squeeze out of you before you did? And then, it's on to the next guy after you're gone.

The same is true of the medical industry. They've got pills for everything, haven't they? Pills to increase your stomach acid. More pills to decrease it. Pills to suppress your appetite. Pills to increase your appetite. Other pills to counter the side effects that come with all the other crap they have you taking every month. It just goes on and on, and it'll never stop until you make it stop.

There's only one way to make it stop, by the way. You have to decide to stop playing their game. You have to make the conscious choice to get off the treadmill they've got you on, and find another, better, ultimately healthier way. Since these guys are definitely not looking out for your best interests, and they don't care anything about your health and well-being, who does that leave?

It leaves you. It's up to you to do it, but you won't be alone! You have help. Help in the form of this book!





## Other Foods That Are Bad For You

Most people in the West love red meat, well, meat of any kind really. The problem is that meat production in the West has become industrialized. We don't get our meat from small, family-owned farms, but from giant ones that are run and managed more like factories.

In order to increase production, factory farms inject their stock with antibiotics. Antibiotics are spectacularly bad for you, even if you have to take them when you're sick. The reason traces back to your gut biome. You've got literally trillions of bacteria living inside you. In fact, you've got more bacteria in your body than you have cells. You're literally outnumbered by ten to one in your own body. If you weigh all the bacteria in your body, it would come to around ten pounds in weight!

The good news is that most of these bacteria are beneficial. You literally could not survive without them. They help with everything from digestion to getting a good night's sleep, to bolstering your immune system to help you fight disease.

The problem is that antibiotics kill bacteria indiscriminately. It's like carpet bombing your bacteria. It kills both the good and the bad, which disrupts the make-up of your gut biome.



This throws your digestion out of whack. When you can't digest your food properly, more of it winds up getting stored as fat, so eating anything other than grain fed, grass fed beef injects your body with antibiotics you don't need, and actually contributes to your gaining weight.







## Other Foods That Are Bad For You

It's even worse than that though. Part of the reason that antibiotics work when you get sick is that you don't take them when you're healthy. If you're taking them all the time, via the foods you eat, then when you get sick and genuinely need them, they're not going to work as well for you. It's just not smart eating.

The last thing to mention here is genetically modified foods (GMO's). These won't add to your waistline, but they deserve a mention for another reason. Most scientists, doctors, and "industry experts" will tell you that GMO's are fine, and perfectly safe. The reality is, we don't know what the long term impacts of them are. Think about that for a second. GMO's have infiltrated every part of our national food supply, and we actually have no idea what impacts they're going to have on us in the long run.

The reason we don't know this is simple. The USDA doesn't require long term studies on genetically modified organisms which are being added to our food supply. They actually don't require long term studies on anything that gets added to our food supply.

All companies are required to do is to submit a single, 90-day study showing that the foods are safe, and they can get approval to start selling. It's basically a rubber stamp that allows companies to sell pretty much anything they want. If they can get a single study, say, on rats who eat their modified food for 90-days without dying (even if they get lesions, cancer, sores, etc. - just as long as they don't die) they're good to go. If you think that's scary, here's one bad side effect we have discovered recently about GMO's.

One of the big reasons to modify foods genetically is so that they will be more resistant to the pesticides which are used to keep insects at bay. Usually, the GMO's and the pesticides are made by the same company, so if Monsanto makes a GMO corn, then they engineer it so that it's resistant to Monsanto pesticides (but not the competition's).

### So what does this do?

Well, their scientists have gotten pretty good at making corn (and other products) resistant to their pesticides, so farmers can spray this poison all over their crop, it kills the bugs but doesn't kill the plants. Sounds good, right? Harvests go up as a result.





## Other Foods That Are Bad For You

The problem is this; corn, and most other vegetables are mostly water. That's why they don't have many calories. Water is a great carrier of pesticide, so the water leeches into the plants, bringing the poison with it. Farmers sell it to a wholesaler, who sells it to a grocery store, who sells it to you. You cook it and feed it to your family. Congratulations – you just poisoned your family with pesticide.

A small amount, sure, but how often to you eat GMO corn and other vegetables? Once a week? Twice a week? And that poison doesn't just go away. Your body can't break it down, so it's residual. It just builds up over time. What do you think the impacts will be on your body, after twenty years of eating pesticide-laced GMO foods?

Nobody knows, and that's the point, but I can tell you this. If it kills the bugs, and would kill the plants if not for the genetic modifications, it's probably not going to have any good impacts on you, right?

So – stay away from GMO's if you can. Unfortunately, that's not easy to do, because a lot of foods aren't labeled as such, and as of right now grocers aren't required to label foods as GMO in the US. (In Europe it is very, very different) . That might be changing, but for now, you're going to just have to be careful. Look for foods labeled as organic, or better yet, grow your own. Those are two good options.

Anyway, this isn't a book about GMO's and their potential dangers, but since we're talking about what foods are good for you and which ones aren't, it was something I wanted you to be aware of.







## Healthy Alternatives

I know after reading the above, you may be feeling that I'm asking you to turn your world upside down. After all, cutting out (or drastically reducing) your sugar and grain intake might seem like an extreme step that will fundamentally change your diet.

It might, but I can promise you this – when you see the healthy alternatives in this section, you won't be missing or losing out on anything. You'll get to enjoy more variety, and more delicious flavors than you ever imagined possible. Believe me, I've got a sweet tooth as big as the next person, so I don't make that statement lightly!

Let's start then, by looking at healthy alternatives to refined sugar and high fructose corn syrup, which, as mentioned before, are just spectacularly bad for you, and essentially poison to your body.

Believe it or not, taste is relative. Your taste buds like the way sugar and candy bars and soft drinks taste because they've been trained to like the way those things taste. And they can be un-trained. The un-training / retraining process takes about two weeks. If you stop eating the sugary stuff for just two weeks, and give your taste buds new flavors to enjoy, after that two weeks is up, your taste buds will have reset, and find your new favorites to be more appealing.

After that, if you eat a big chocolate bar, or a super sweet cup of coffee, you'll almost gag. It'll simply be too sweet, and your taste buds will reject it, which means you will reject it, and a new habit will have been formed. A better, healthier habit, and that's what we're really after here.

### FRUIT

So – what are the alternatives to the sugar that's bad for you.

First and foremost, there's fresh fruit. If you don't currently eat much fruit, learn to. Retrain those taste buds! A year ago, I actively despised fruit. Mostly, it was a texture thing for me. The feel of a strawberry and all that bumpiness in my mouth just made me want to gag. I had the same reaction to bananas, and pretty much every other sort of fruit. I just considered them to be awful.

Then, I set about systematically retraining myself to think differently. Our ancestors relied on this stuff for tens of thousands of years. If it was good enough for them, I figured it was good enough for me.





## Healthy Alternatives

It was amazing how quickly I took to it. Now, I can't get enough! Even better, I can't even remember the last time I had, or even craved a Hershey with Almonds candy bar, which used to be my all-time favorite. **That was my go-to choice when it came to chocolate, and I was a diehard chocoholic!**

Really, there's no such thing as a "bad" fruit. All of them contain natural sugars which your body has a much easier time processing. All of them are loaded with vitamins, minerals and antioxidants which help chase down free radicals in your body, and destroy them. Free radicals are extremely bad for you. They mess with your body, disrupt its normal functioning, and make you look and feel old.



### Here's a quick experiment:

Take an apple and cut it in half. Set the two halves in your fridge overnight and check them in the morning. See all that brownish gunk on the apple? That's the effect of free radicals, going to work on the apple. That's what they do inside your body, and that brownish gunk you see wrecks havoc with your internal organs.







## Healthy Alternatives

Antioxidants are your friends. Consider them to be like tiny Ninja warriors in your body. Free radical assassins. The more you have on your side, the better you'll feel, the younger you'll look, and the healthier you'll be.

You'll also be getting plenty of fiber in your diet, courtesy of fruit. That's important, and it's actually one of the reasons why fruit is so good to you, where as raw or refined sugars are so bad. You see, the fiber in fruit makes it easier to digest the sugars that the fruit contains. With the refined sugar, you're getting the sugar, but no fiber to help with its digestion. And of course, fiber has a lot of other benefits to your body first. If you've ever been constipated, you'll know what I'm talking about.

It's not much fun to talk about, and it's not sexy, but the fact is, fiber helps keep you regular, and that matters to your overall health.

There's a funny joke that underscores just how important regularity is. The brain, the heart, and the hands were all arguing one day about which one of them was most important. The brain said that it was obvious that he was the most important organ in the body, because he was the control center, and the source of all creativity.

The hands said this was nonsense, they were the builders, they made things. Without them, all that creativity was useless, and amounted to nothing.

The heart chimed in and said no – they were both wrong. The heart kept both of them going. Without the heart, they'd be nothing. They literally could not survive to do their jobs.

Then the butthole spoke up, and said that he was the most important, because he got rid of all the garbage that made it possible for the others to function.

The other organs just laughed at him and dismissed him out of hand, so he plugged up and refused to do his job. Within three days, the hands were shaking, the heart was fluttering, and the brain couldn't focus on anything, so they relented and agreed!

It's a silly story, but it drives home the point. If you're not regular, you're not going to be healthy, and fruit plays a big, important role in that. If you just can't stomach the idea of eating fruit, what about drinking it? Note, here, I'm not talking about buying bottles of apple or cranberry juice! The problem with those drinks is that all the fiber that helps with the digestion of the sugar has been stripped out, so really, even the healthiest of those kinds of juice drinks isn't a very good option.





## Healthy Alternatives

Instead, you'll want to look more in the direction of fruit shakes or smoothies. The great thing about these is the fact that you can make whatever flavors you like, you can easily modify the recipes, and really, all you need is a decent blender. If you don't have one, get one. I recommend a high powered Ninja like this one (it's the one I use myself),

[https://www.amazon.com/Ninja-Professional-Blender-Single-Tumbler/dp/B01DKDKNV4/ref=sr\\_1\\_1?s=kitchen&ie=UTF8&qid=1465686796&sr=1-1-spons&keywords=ninja+blender&psc=1](https://www.amazon.com/Ninja-Professional-Blender-Single-Tumbler/dp/B01DKDKNV4/ref=sr_1_1?s=kitchen&ie=UTF8&qid=1465686796&sr=1-1-spons&keywords=ninja+blender&psc=1)

but really, any blender will do, and if you already have a decent one, just stick with that and save yourself some money.



The higher powered the better though, especially if you're like me and had a real problem with the whole fruit texture thing. A low powered blender will leave you with giant "mystery chunks" floating around in your smoothie. It just won't be very smooth, and that can make it hard for many people to drink. A good, high powered blender though will leave you with a smooth, creamy, great tasting fruit drink that preserves all the fiber in the fruit that makes the sugars easy to digest. That makes it a win all the way around.

Later on in this book, we'll be including a number of recipes, including a few for great tasting fruit smoothies. I use these myself, so I know they're good. Trust me, I wouldn't put a recipe in here that I haven't actually tried myself!







## Healthy Alternatives

### WATER

But what else is good and helpful for us besides fruit? The next biggest thing is water. Yep, just plain old water.

That might surprise you, because water isn't sweet, so how could it be a substitute? The thing is though, water is a good filler. In addition to keeping you hydrated, which is also important to proper health, water just makes you feel full. Remember before, we talked about tricking your body into thinking it was full, so it wouldn't go into crisis mode and start storing fat?

Well, water is a good way to help do that. It fills up your stomach, without adding any calories to the mix. Water plus those green, leafy vegetables are a killer one-two punch that will help you drop pounds quickly, safely, and permanently.



Also, the reality is that especially in the United States, most people are actually slightly dehydrated. The reason? Coffee. One of the side effects of caffeine is to make you dehydrated, and Americans consume a ton of coffee. I'm definitely one of them. Like I said, I go through a pitcher of iced coffee every day, but nowadays, for every cup of coffee I have, I'm drinking a glass of water of the same size. It has made a huge difference!





## Healthy Alternatives

### SPORTS DRINKS

Finally, consider sports drinks like Pocari Sweat. Really, most any sports drink will do, so if you can't find this one in particular in the stores in your area, just get one that's local to you, or order it online. I personally like Pocari Sweat because of its mild flavor and the fact that it doesn't have much of an aftertaste, but every person is different, so experiment with a few and see what works best for you.



Note though, that if you're going to use sports drink as an alternative to sweets, you're going to want to amp up your activity level. While sports drinks are quite good for you, you also run the risk of overloading your body with electrolytes if you're not very active, and you start drinking a lot of them.

This won't kill you, but it also won't do anything to help you, and you'll be paying a premium for a drink you're not getting maximum value out of. This isn't a book on exercise, but since we're talking about sports drinks and their value as a substitute for sweets, we'll give the notion of exercise a brief mention here.







## Healthy Alternatives

### THE IMPORTANCE OF EXERCISE

First of all, almost everyone hates exercise. You get hot, you get sweaty, and honestly, it's just not much fun, right? Sure, you'll find the occasional gym rat or fitness junkie that loves it – but you'll also find a few people who love Okra-flavored ice cream. Not many, but you'll find a few. That doesn't make it very good though.

So...most people hate exercise. Everyone knows it's good for you, but few people want to do it. It's gotten to the point that doctors won't even recommend exercise to their patients very often, even though they know it would help. Why would they? For the most part, they know that advice is going to fall on deaf ears.

But, just like I showed you a weird trick to help you lose weight faster and trick your body so it won't go into crisis mode, here's another weird trick to trick your body into liking exercise.





## Healthy Alternatives

Flip the script.

What I did was, I found two activities that I liked to do, that had a physical component. A few years ago, I moved to the mountains. I don't know why, but for some reason, I really like taking pictures of waterfalls. My Facebook page has a whole photo album that's just devoted to pictures of different waterfalls, all along the Blue Ridge Parkway.

The trouble is that a lot of the time, the waterfalls aren't just right there by the road. You've got to hike through the mountains to get to the really good and interesting ones, so hiking became one of my forms of regular exercise. I don't see it as exercise though. Not really, and because I don't, my brain and body don't try to rebel against me and make me not want to do it. It's just another opportunity to go out and grab a few new photos for my collection.

For me then, man, I can hardly wait to get my hiking boots on and go hiking for a few miles along mountain trails so I can snag some new pictures! It's great, and of course, hiking in the mountains is super good exercise, which helps keep me healthy, and believe me, after a two hour hike to reach a cool waterfall, my body needs all the electrolytes that a big bottle of ice cold Gatorade contains!

The other thing I've started doing since moving to the mountains is whitewater rafting. It's something I always wanted to do, but never had many opportunities. When I moved up here, that was one of the first things I did. I went through a company for my first trip, and took an all-day rafting expedition down one of the rivers here.

**It was the toughest day of my life. In fact, we flipped the boat on my first trip out!** I was in the front, and saw this wall of whitewater rushing toward me. It hit it so hard that it not only knocked me out of the boat, but it literally knocked me out of my shoes! I came up sputtering and laughing though, swam after my shoes, and then the guide helped me back in the boat and we continued down river.

The next day, I could barely move because rafting uses just about every muscle in your body, and you get one hell of a workout. I've been hooked ever since. One day, I'm going to try to tackle a Class V rapid (which are technically illegal to run), but I don't think I've worked up to that point just yet.

The point is, you've got to find something that you genuinely enjoy doing, that has a physical component, then run with it. Maybe for you it's tennis. Or fencing. Or Frisbee. Whatever it is, seek it out, and start doing more of it.







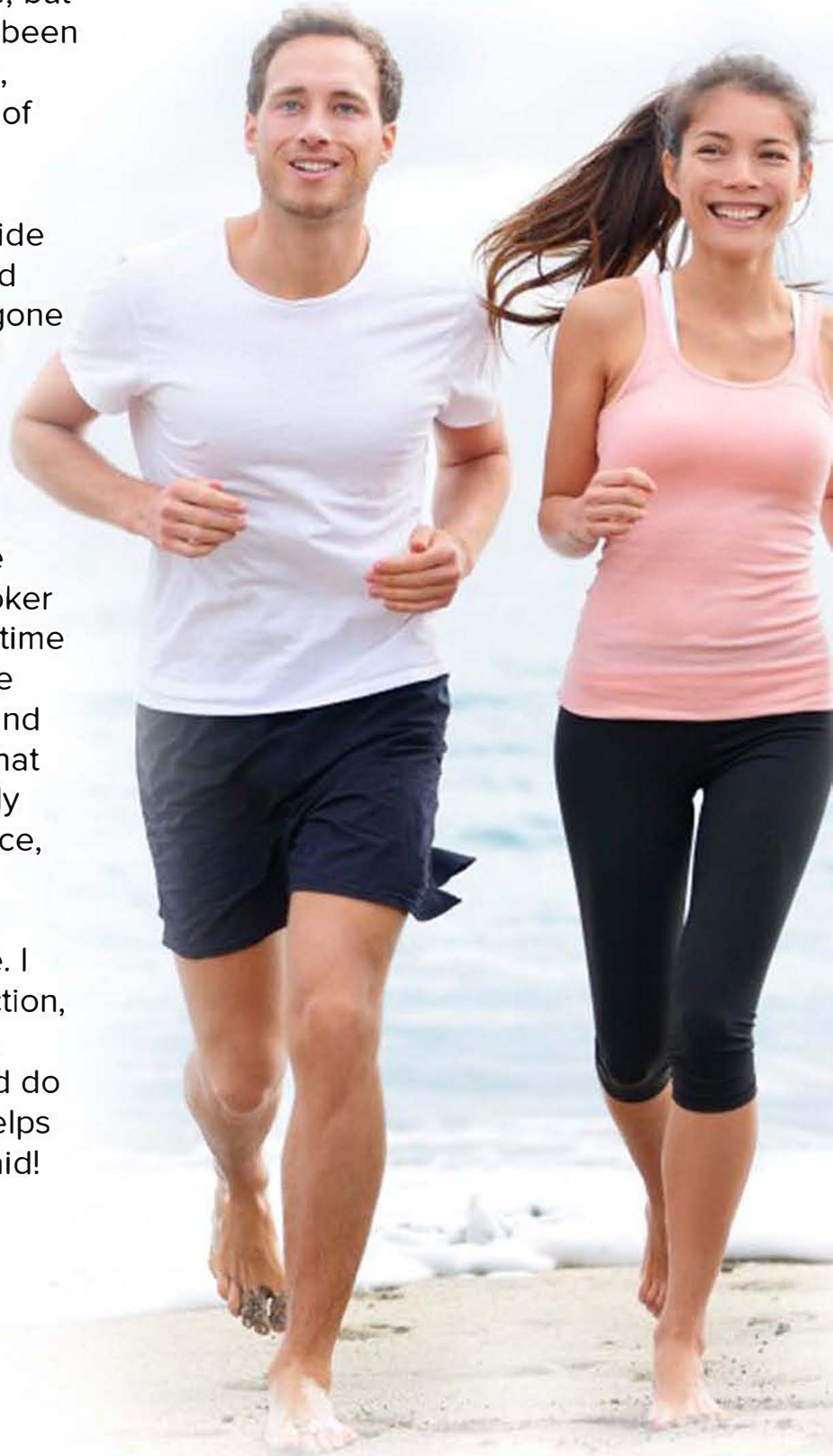
## Healthy Alternatives

Not only will it get you outside more, but you'll be healthier than you've ever been in your life. It'll help you lose weight, build muscle, and you'll make a ton of new friends along the way.

I still keep in touch with the river guide from that first trip. A big dude named Parrot. Super cool guy, and we've gone on a dozen trips together since that first one. Finding some activity like that just opens doors to you that you never knew existed.

The other trick you can try is to take **"health breaks"** at work. Find a smoker in the department you work in. Any time that smoker gets up to take a smoke break, you get up and do a lap around the building. It's a simple trick, but that activity throughout the day can really add up. It can make a huge difference, and it's really easy to do.

So that's all we'll say about exercise. I don't want to turn this into a big section, but the bottom line is, you know it's important, and you know you should do more of it. Using the tricks above helps make it easier to do that. Enough said!





## Healthy Alternatives

### HONEY

Honey often gets overlooked as an alternative sweetener, and that's too bad, really, because honey has a number of amazing qualities. Note here, that in order to get the maximum benefit from honey, you can't get the cheap stuff. Often, you'll see "special deals" on honey, like ten cute little honey bear bottles for ten bucks. You think you've struck gold, but that stuff isn't good for you. What they're selling as "honey" in those cases is a toxic stew of artificial chemicals that arrives here in fifty-gallon drums, usually from China. I wouldn't touch this stuff with a ten-foot pole, and would recommend that you steer clear of it too.

No, if you want the benefits of honey, you'll have to pay a little extra. Specifically, what you're looking for is raw, local honey. The reason? Local honey contains pollens that are common to your local area. It's like a vaccine against allergens. In addition to that, local honey is filled with nutrients your body needs, and it tastes fantastic to boot. Just don't think too hard about how honey is actually made, and you'll be fine. (Hey, would you eat bee vomit with added pollen? That's honey! So don't think about it.)



The bottom line though, is that honey is really good for you, and a healthy alternative. The only caveat is that honey is not generally recommended for small children, because their immune systems haven't had time to fully develop, but if you're reading this, I'm guessing that you're not a small child, so it's fine. Try some and see for yourself. Stir a spoonful into your next cup of morning coffee. It gives the drink a delightful flavor that's quite different from the sugar you're probably used to using.







## Alternatives To Grains

Like I said before, most people have a meat and potatoes type of diet. Too much meat, and way too many grains and starches. When most people eat starches, it usually takes one of three forms:

**white rice, white potatoes, or white bread. All three are the worst possible choices in terms of both diet and health.**

If you're going to eat bread, make it whole wheat. If you're going to eat white, make it brown. Basically, you want to stay away from white foods in general (sugar, rice, potatoes, bread, milk, etc.) This is not to say that there's not a white food on the planet somewhere that's good for you, but it's a good rule of thumb; if it's white, don't eat it.

In terms of a replacement for potatoes, try yams. Sweet potatoes are not only delicious, but they're sweet, so they make a good substitute. Eating a sweet potato with a little salt and butter (and if you're feeling decadent, a bit of brown sugar), is almost like having dessert with your meal, and honestly, they are about a thousand times better for you than white potatoes.

I've actually started using them in cooking. So far, I've made sweet potato fries, casserole, pie, and pancakes (instead of syrup, I use honey, or homemade jam made from fresh fruit) on them. They're delicious in all those forms, and super healthy for you. In fact, Sweet Potatoes are one of the super foods I'll list later on in this book, so if you haven't tried them in a while, give them a second look. They're a great alternative to the white starches you probably normally eat.

At this point, we probably need a summary, so here it is.

### STUFF TO AVOID:

- Refined Sugar
- High Fructose Corn Syrup
- Grains in general, but especially:
  - White bread
  - White rice
  - White potatoes
  - (and basically any other white, starchy food)
- Meat that's not grass fed/grain fed
- GMO's when and where you can avoid them





## Alternatives To Grains

### STUFF TO REPLACE ALL THAT WITH:

- Sports drinks (like Pocari Sweat)
- Fruit smoothies and shakes
- Fresh fruits and vegetables and/or jams (not jellies) made from fresh fruit
- Local, raw honey
- Sweet potatoes
- Whole wheat bread, when you have bread (instead of white)

Do you want to know what the best, most effective diet is? It's the one that people actually use. In order to get used, the diet has to be simple, straightforward, and not be draconian. In other words, if I were to recommend that you try to live on twigs, berries, and grass clippings, you'd laugh at me, close this book and just not do it. That would be pretty stupid of me, and honestly, it would be a pretty crappy diet to begin with. I'm all about two things. First, I'm all about what works, what delivers actual results, and delivers them fast and effectively, and second, I'm all about what tastes good, because as my friends will tell you, I like to eat! I don't want to eat something that tastes like the south end of a north bound horse, and I'm sure as hell not going to recommend anything like that to you.

The dietary suggestions above – I use every one of them myself, so I know how effective they are. If I wasn't willing to use them myself, I wouldn't recommend them at all. I put my money where my mouth is, and I practice what I preach. I kept this diet simple on purpose, and we'll be talking more about diet later on in this book. That section will be simple too, because I like simple. Simple means less stuff to remember, so I'm going to make it really easy for you.

Heck, I'm even going to include recipes and meal plans I use myself, so all you have to do is copy and paste in your own life. Of course, if you want to get experimental and start changing stuff around, you can do that too, but the point is, you won't have to; I'm going to lay everything out for you.

For now though, we'll wrap this section up. I think, at this point, you've got a good understanding of the kinds of stuff that are really bad for you, and how the diet you're on right now has been sabotaging your efforts at keeping the weight off and getting rid of belly fat. We've got a few more weird tricks to talk about where super fast weight loss is concerned, and then we'll get to the diet that's going to rock your world.







# How To Lose Weight Fast (With No Exercise)

## Consequences of Dehydration

### THIRST

Thirst is a useful indicator of daily fluid requirements. Unfortunately, it's not fully reliable since the body is already mildly dehydrated by the time an average person starts to notice thirst.<sup>1</sup>

### SKIN

Dehydration results in dry skin and wrinkles.<sup>2</sup>

### KIDNEYS

Higher water intake is shown to have a protective impact on the kidneys, and there is initial evidence that CKD (Chronic Kidney Disease) may be inversely related to higher water intake.<sup>3</sup>

A study by Dai et al found a strong protective effect of fluid intake in preventing kidney stone formation in men.<sup>4</sup>

### PHYSICAL

Studies have shown that the modest level of dehydration (2% of body mass) can result in around a 20% decrease in physical performance levels in temperate climates and up to a 40% decrease in hot temperatures.<sup>5</sup>

### MENTAL

Dehydration can degrade specific aspects of cognitive performance including visual vigilance, tension, anxiety, fatigue and visual working memory. Dehydration was also linked to negative mood rating, impaired motor performance and short-term memory.<sup>6</sup>

### DEHYDRATION

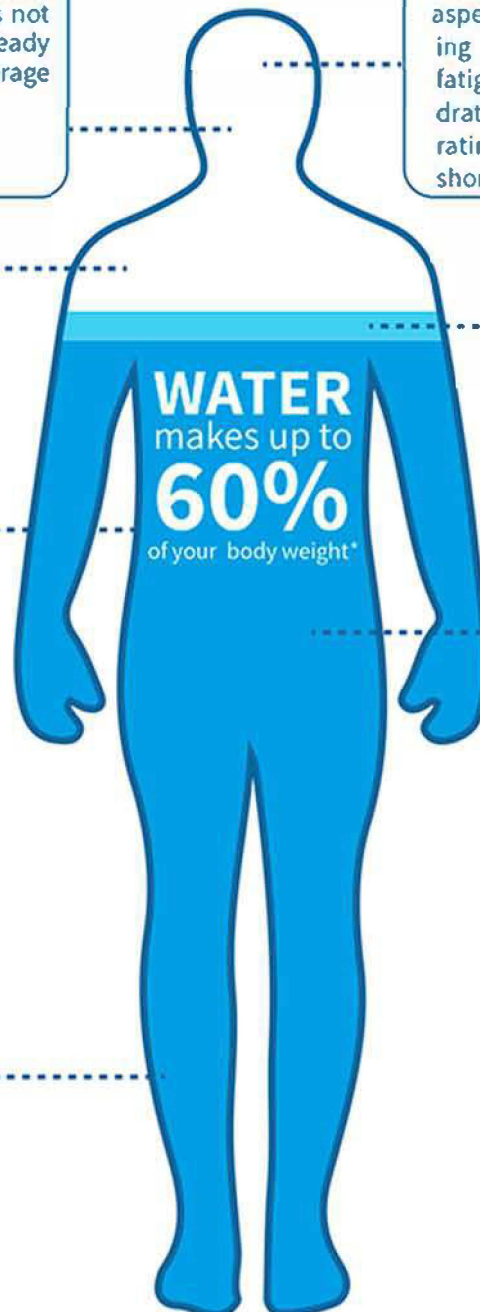
A 1% loss of body mass due to fluid loss is defined as dehydration.<sup>7</sup>

### WEIGHT LOSS

Opting for water instead of sugary drinks can help reduce body weight and fat levels. According to Stookey,<sup>8</sup> just drinking 500 ml (17 oz) of water increases energy expenditure by 100kJ. Findings in the same study indicate that an absolute increase in drinking water to to  $\geq 1$  l (34 oz)/day was associated with  $\sim 2$  kg or 5 lbs weight loss over 12 months.

### \*WATER

Water plays crucial roles, in transporting nutrients and waste products between our major organs and helping regulate temperature.<sup>9</sup>



1) Kolasa, K.M., Lackey, C.J. & Grandjean, A.C. Hydration and Health Promotion, Nutrition Today, 2009;44: 190-201

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8) Stookey, J. D., Constant, F., Popkin, B. M. and Gardner, C. D. (2005) Obesity, 16: 2491-2498.

9) Lavelle E.F. Constant F. Obesity Rev. 2006;7:105-110





## How To Lose Weight Fast (With No Exercise)

Okay, before I let you in on this secret, I have to give you a word of warning. This is not healthy. It's not good for you, but if you absolutely need to see results fast, this works. It works so well that MMA fighters and boxers use these tricks to give them an edge in fights they're about to participate in.

See, in order to make a fight fair, fighters have to be in the same weight class, right? That way, you don't have a 150 pound guy fighting against a guy who weighs closer to two hundred pounds; that just wouldn't even be a contest. Having a weight advantage of 20-30 pounds in a fight can make a huge difference in your chances of winning, so this kind of extreme weight manipulation is really common in the fight circuit.

Again, and I can't stress this enough, this is not good for you, but if you really want to see rapid weight loss, here's how you would go about it.

Rapid weight loss is about two things: salt and water. Salt (and to a lesser extent, carbs) make you retain water. Water adds a lot of weight to your body. How much? Well, for every gram of salt or carbs you put into your body, you'll retain about 2.1 grams of water. In order to drop weight, you need to get your body into "flushing mode" as fast as possible. Here's an example of how you do that:

### DAY

# 1

You start out by drinking a ton of water. Seriously – target two gallons of water on the first day. Expect to spend a bunch of time in the bathroom. You're not going to want to eat any carbs, and no salt at all. Stick with lean protein; chicken, lean beef, and spinach are your go-to foods here. Eat as much of these as you want.

Take super hot showers, or spend a lot of time in a sauna. The more sweating you do, the better, because you're shedding water like crazy, and as you shed water, you're shedding pounds. Remember, the human body is mostly water, so the more you can get rid of, the more weight you drop.

### DAY

# 2

Same basic plan here, but you're cutting your water intake in half. One gallon for the day. This is really where the magic starts, because you're making changes more rapidly than your body can compensate for. Day one, you put your body in flushing mode, so even though you've just cut your water in half, you're still going to be spending a lot of time in the bathroom. That, coupled with more long, hot showers or sauna time is going to see you sweating off the pounds.







## How To Lose Weight Fast (With No Exercise)

### DAY 3

Exactly like day two. If you get on the scales today, you're probably going to find that you've lost about five pounds of body weight. It's going to accelerate from here.

### DAY 4

You're cutting your water intake in half again. A half gallon for the whole day. This, is going to make you feel like sludge, and again, this is why it's not healthy, because dehydration is dangerous. More hot showers and sauna time. Now the water is really leeching out of your body.

### DAY 5

Cut your water intake in half again – just a quarter of a gallon for the whole day. Your body is taking some pretty brutal punishment at this point, but is still in flushing mode, so you're hitting the bathroom regularly, and sweating a river in the bath or sauna. A trip to the scales at this point will see you down 12-15 pounds.

### DAY 6

No water at all, and everything else stays the same. You probably won't feel like moving at all, and you'll look genuinely sick, but if you do this, and step on the scales, you'll see that you've lost close to twenty pounds.

This is how the best fighters in the world drop weight in order to make their weigh-in weight. From the moment they step off of the scales, they immediately start gorging. Eating as much food as they possibly can in order to put most of the weight back on. That way, they're fighting at a significantly higher weight than what they weighed in at, which can give them an absolutely crushing advantage on fight night. For the sake of completeness, I'll outline how you can gain most of that weight back in 24 hours.

First, you drink water constantly. Your body will flush some of it out, but since now you're dehydrated, it'll keep a lot more than it flushes. Second, you load up on salt and carbs, because remember, each gram of those you put into your body causes you to retain water. It really is that simple. Carbs and salt = water retention = weight gain. Cutting them out = weight loss. It is very punishing to your body, but it's an effective way to drop pounds quickly.





## A Safer Method Of Losing Weight Fast

The example you just read is effective, but can be quite dangerous, especially if done without proper (and constant) medical supervision. That's the difference between you and the fighters who do this on a regular basis. They've got doctors to monitor them, 24 hours a day, seven days a week. They've got chefs who can prepare their meals for them, who know the strategy we just talked about inside and out. They can make sure that the fighters don't take it too far, and make course corrections if something starts going wrong.

You probably don't have a staff of people to monitor you as you diet, which is why the above plan isn't recommended, even though it's effective. However, this one, that I'm going to talk about next, is extremely effective, and completely safe to use. Even better – it's cheap! You know how a lot of diet companies want you to buy their overpriced, boxed food, and even if and when their plans work, if you want to keep the weight off, you've got to keep buying their expensive products? Yeah, but that's not the case here.

There's a catch though. The diet is only "fun" one day a week. There's a cheat day built into the diet, where you can literally gorge yourself on ice cream, candy bars, pizza, or anything else you want, but the downside is, for the rest of the week, you've got to follow a pretty strict regimen. It's not fun, but the results are hard to argue with!

Again, this plan is for people who are looking to lose weight fast. There are better ways to lose weight, and we'll get to those later in the book. The plans we talk about later are better because they're not nearly as restrictive, but also, they don't work as fast.

If you're interested in raw speed because (for example) you've got a wedding to go to soon, and are wanting to look your best for it, then this is the plan you want to follow. Then, once you've met your immediate weight loss goals, you can kick things into a lower gear, enjoy more variety in your diet, and continue to lose weight, but at a slower pace.

### STUFF TO REPLACE ALL THAT WITH:

- No white carbs (so, no bread, and no rice – not even brown rice, no tortillas, or anything like that)
- No fried food with any type of breading
- No fruit of any kind
- No liquid calories (water only)







## A Safer Method Of Losing Weight Fast

- Limit your food variety. Eat the same few basic meals, over and over again.



WHITE CARBS



FRIED FOOD



FRUIT OF ANY KIND



LIQUID CALORIES



WHITE CARBS

When designing your menu for this diet, there are three categories of foods you want to be eating: Veggies, Legumes, and Proteins. Pick one from each of these lists, for three or four meals a day.

### THE VEGGIE LIST

- Spinach (best, most effective choice on this list)
- Mixed vegetables containing any of the above
- Fermented foods (Kimchi, Sauerkraut, etc.)
- Asparagus
- Green Beans (any variety)
- Broccoli
- Peas



SPINACH



GREEN BEANS



BROCCOLI



PEAS



ASPARAGUS



MIXED VEGETABLES



SAUERKRAUT





# A Safer Method Of Losing Weight Fast

## THE LEGUMES LIST

- Pintos
- Black Beans
- Soybeans
- Lentils
- Red Beans



PINTOS



BLACK BEANS



SOYBEANS



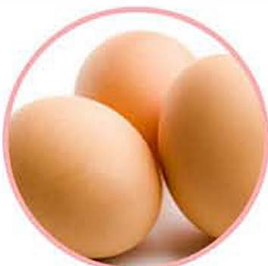
LENTILS



RED BEANS

## THE PROTEINS LIST

- 2-3 whole, organic eggs (yolks included)
- Fish (any type, but salmon is the best overall choice here)
- Chicken (breast or thigh are the best cuts)
- Pork
- Beef (lean, grass-fed)



ORGANIC EGGS



FISH



CHICKEN



PORK



BEEF

That's it. This diet is simplicity itself. You can eat pretty much as much as you want of any of the foods on that list, three or four meals a day. The best part, especially if you load up on the veggie side of things, is that you'll feel full, and get tons of nutrients, but you won't be taking in a lot of calories. Remember, while a half cup of fatty red meat contains literally hundreds of calories, a half cup of spinach leaves contains less than twenty! Both will make you feel just as full though. This is the reason that you want to add legumes to your diet though. Because vegetables don't contain many calories, you won't get enough calories in this diet without legumes. You need them to be sure you have enough fuel to get through a given day.







## A Safer Method Of Losing Weight Fast

Using this plan, it's not just possible to drop twenty pounds and two shirt or pants sizes in 30 days, it's easy. The more fiercely you embrace this diet, the faster the weight will come off. The cheat day is actually important to the diet too. Once a week, all bets are off, and you can have as much of your favorites as you like. There's significant evidence that by eating strategically like this, and spiking your calorie count once a week, actually causes you to burn fat more efficiently.

The reason? Although you're not counting calories during any point in this diet, on every day except the cheat day, you're getting a lot fewer calories than you normally do. Over time, this can cause your metabolism to slow down. By spiking your calories periodically, you prevent this from ever happening, meaning that your body is burning fat efficiently all week long, despite the lower calorie count.

If there's one drawback to this diet it is the fact that if you stop following this diet, you're likely to make every day a cheat day, and revert to your old eating habits. Since the diet is pretty restrictive on the kinds of things you can eat for all but one day of each week, it takes a pretty huge amount of willpower to stay on it for the long term.

The conclusion then, is that if you have a specific weight loss target to hit, and you need to do it quickly, then this is your go-to diet plan. This will get it done. For the longer term, and to keep the weight off, you're probably not going to be happy with this plan, because it would mean eating the same 8-12 things for pretty much the rest of your life, and that's just not enough variety for most people. Don't worry though, we've got you covered. In the sections that follow, we'll be outlining a diet that not only takes the weight off and keeps it off for good, but is also filled with an unbelievable variety of flavors for you to explore and enjoy.





## Other Weird Dieting Tricks

The stuff in this section is just a broad cross section of smaller items. These aren't meant to be taken as a cohesive weight loss strategy, but pick and choose from among the items that sound interesting to you. All of these work, and the more of them you can put in place, the more effective your weight loss efforts will be.

### DINE IN

There's a direct correlation. People who eat out more, rather than cooking at home tend to be heavier. Partly, that's because the low lighting in restaurants subliminally prompts you to eat more, but also, because you were taught to clean your plate as a kid. Restaurant portions tend to be huge.

### YOUR ALLERGY MEDS MIGHT BE WORKING AGAINST YOU

If you suffer from allergies, then you should know that a common side effect of taking them is weight gain. A recent study conducted by the Yale School of Medicine found that on average, people who regularly take anti histamines are ten pounds heavier than those who do not. This is another excellent reason to make raw, locally sourced honey a regular part of your diet. Local honey is a natural counter to allergy problems, and it doesn't carry any of the side effects (including weight gain) that the pills you're taking do.

### THE MOST IMPORTANT MEAL OF THE DAY

Breakfast really is the most important meal of the day. If you skip it, you'll be hungry, and when you're hungry, you're much more likely to overindulge. Combine the fact that many people grab lunch on the go, which means high calorie, low nutrient fast food, or lunch at a restaurant that serves gigantic portions, and it just makes the problem worse.

While we're on the topic of eating on the go, you already know this, and this one doesn't really qualify as a weird trick, but stop eating fast food! Not only is it highly processed, with tons of chemicals that are bad for you, but it is also loaded with fat, and doesn't have much in the way of nutrients. Honestly, fast food shouldn't even be called food. Yes, it has calories that will keep you alive, but that's about it.







## Other Weird Dieting Tricks

The stuff in this section is just a broad cross section of smaller items. These aren't meant to be taken as a cohesive weight loss strategy, but pick and choose from among the items that sound interesting to you. All of these work, and the more of them you can put in place, the more effective your weight loss efforts will be.



### MIRROR, MIRROR, ON THE WALL

This one revolves around guilt. If you're dining in, and you place a mirror on the wall opposite from where you sit, you'll see yourself sitting in front of your plate of food. It's a none-too-subtle reminder of your goals, and often, the guilt of pigging out will keep you from actually doing so. A shocking percentage of dieters have found success with this approach.

### GAMIFY IT!

Game theory can be a hugely powerful tool that you can use for just about anything, including weight loss. Simply put, turn your weight loss crusade into a game. There are literally thousands of ways you can go about this, but here are a couple of ideas to get you started:





## Other Weird Dieting Tricks

**JUNK MAIL LAPS** – Make a rule in your house. You already toss all the junk mail you receive in the garbage, right? So now, for every piece of junk mail you get, make one lap around your house before it finds its way into the trash can. A very small change in your behavior that won't take a lot out of your day, but can make a huge difference in your waistline.

**TIE A RIBBON AROUND...YOU** - Before you go out to dinner with friends, under your shirt, tie a length of ribbon around your stomach. You'll feel it there all through dinner, and it will remind you to behave!

### USE CHOPSTICKS

This is an especially appropriate trick, given that I'm recommending that you embrace Oriental foods in general. If you've never used chopsticks before, then learning how is a good skill to have. You'll be able to impress all your friends once you get good at it.

From a more practical, weight loss perspective, trying to eat with two little sticks can be pretty daunting. Not only will it help you control your portions better, but it makes you really mindful of how much you're actually eating when you have to try and pick all your food up with those little sticks. Try it for yourself and see – you'll be amazed at the difference this one simple trick can make. It will really help take your weight loss efforts to the next level.



### GROW YOUR OWN!

Yep, you can grow your own food, even if you live in an apartment or have limited space. It's actually amazing how much food you can get out of tiny gardens. In fact, there's an urban homestead in California that grows literally tons of food every year on one tenth of an acre! Check them out here: <http://urbanhomestead.org/> Not only is it possible to grow a huge amount of food with a very small footprint, it's actually good exercise. Plus, you'll know exactly what's in the food you grow (what you used as fertilizer, if you used any pesticides or not, etc.) so there's no guesswork involved.







## Other Weird Dieting Tricks

It's pretty cool having a little miniature grocery store in your home or back yard, and the first time you head to your garden to pick the evening meal, you'll be absolutely hooked. There are tons of instructional videos available, covering all aspects of growing your own food, and plenty of people who are willing to help you get started. It really is an amazing (and amazingly health) option!

### FALL IN LOVE WITH TURMERIC

Turmeric is a spice. It's actually the stuff that gives curry its yellowish color and kick. It's also proven to rev up your metabolism, which helps you burn fat more effectively and efficiently. If you're serious about taking your weight loss efforts to the next level, turmeric is a powerful ally to have in your corner.



### FERMENTED FOODS ARE YOUR FRIEND

We mentioned this earlier, but it bears a special mention here too. Really, any fermented food (from brined pickles, to Kimchi, to Sauerkraut, or anything else) is excellent for you, super healthy and will help take your weight loss efforts to the next level.





## Other Weird Dieting Tricks

In addition to that, fermented foods are loaded with probiotics. Science is discovering that the bacteria that live in your gut are actually hugely important to your overall level of health, your ability to properly digest food, and maintain a healthy weight. Eating fermented foods helps to change the makeup of your gut flora, injecting more good gut bugs into your stomach, and helping to crowd out the bad/destructive ones. It's just a win all around for you.

### USE A SMALLER PLATE

This is a simple psychological trick. If you use a smaller plate, and fill it to capacity, your brain won't know the difference, but you'll wind up eating about a third less food than if you fill a full sized plate to capacity, so use a bread plate. A really simple trick, that's more effective than you might think!

Again, none of these tricks constitute a full blown plan in their own right, but all of them are very helpful at the margins. Up to you which ones you want to incorporate, but the more stuff like this you implement, the faster and more effective your weight loss efforts are going to be.







## How To Keep The Weight Off For Good

Weird tricks and methods to drop a given amount of weight quickly are all very well and good. They're important in their way, but at the end of the day, what you want is to be able to lose that unwanted weight at a good, steady pace without having to restrict your diet, and most importantly, keep it off in the long term, so that's what the rest of this book will focus on.

The best approach would be to use the tricks mentioned in the previous sections to help get you started. This way, you'll build momentum. It's easier to keep going when you see clear and rapid progress. Then, once you've dropped a couple of shirt and pants sizes, take it down a notch and start using the approach outlined in this portion of the program.

Odds are that you live in one of the places where obesity is a major problem. I reached that conclusion on the thinking that if you lived in an area with almost no obesity, then you wouldn't really have much interest in this book. Given that, I'm going to assume you live somewhere in the western world.

We talked before about how bad the western diet is, and of those, the Standard American Diet (SAD) is the worst of the bunch. It really is, well...sad. It's sad on a number of levels. First and foremost because it's unhealthy and actively promotes obesity. Second, because the sources of information you should be able to trust - your own government, your doctor, the USDA, the diet industry - none of them have your best interests at heart. All are being driven by money, specifically, how much they can squeeze out of you before you literally die.

Finally, because it's actually fairly hard to find good, wholesome food, even if you know what to get. It's not impossible, mind you, but the fact is that most of what grocery stores carry is bad for you, and probably shouldn't even be called "food," strictly speaking.

Put all those together, and it can make you feel like you're all alone in the wilderness. You're not, and the rest of this book is going to be devoted to one goal - you.

Specifically, helping you lose weight, keep it off forever, get and stay healthy - so let's get to it!





## How To Keep The Weight Off For Good

### AND THE SECRET TO STAYING THIN IS...

Earlier, we talked about how much obesity rates varied in different parts of the world. Specifically, there are some parts of the world that have almost no obesity at all. It makes sense then, that if you want to lose weight and keep it off, you study the moves of the people who don't seem to be suffering from the problem in the first place.

**So what parts of the world have the hands-down lowest obesity rates in the world?  
There are three: China, Korea, and Japan.**

It's interesting too, because there are some key differences between the foods people eat in these countries and the foods we eat in the west. For starters, western food tends to be heavier. It has a much higher fat content, and is much more calorically dense. This would be great if we were all still hunter-gatherers in the western world, but we're not, and we haven't been so in a very long time.



Unfortunately, whereas people in the eastern world changed their eating habits to reflect the move from a hunter-gatherer society to an agrarian one, and then to an industrialized one, we in the west never did. We stuck largely with our calorie-dense, nutrient light diet all through the agricultural and industrial revolutions, and now into the information age, and it's killing us.







## How To Keep The Weight Off For Good

Think about it this way. English is the language of business, and we tend to think of English speaking countries as somehow superior. Of course, that isn't the case, and there are tons of things of value we can learn from eastern cultures, and diet is one of them - they got it right.

So, bottom line, if you want to get and stay thin, watch your belly fat disappear, and keep the weight off for good, you want to embrace eating like an easterner. You want to specifically embrace Chinese, Korean, and Japanese food. The good news is that if you don't know much about the foods they eat in these countries, you're in for a real treat, and your taste buds are about to have an adventure of epic proportions.

Note that we're not going to limit ourselves to just foods from these three countries, either. If there's a super food that comes from some other part of the world that's just insanely good for you, we're definitely going to include it here!

We'll start with two big lists of foods. The first list is of super foods that are just really good for you. The second is a list of foods that are specifically geared to jump start your metabolism and kick it into high gear. Feel free to add as many of these foods as you like, or are interested in trying, to your diet. You will never feel as though you are limited, or on some draconian, restrictive diet, because as you'll see, there are tons of great choices on these lists.

After we do that, then we'll go into a whole array of specific recipes you can try out and enjoy. These recipes come from my own personal cookbook. I've eaten every one of them myself, and in fact, these are just a small sampling of the recipes I've collected over the years. There are so many that I didn't have room to include them all, so I only included my favorites here.

So let's get started, first with...

### THE LIST OF SUPER FOODS

Super foods are high in nutrients, low in calories. These are foods you can enjoy guilt free, in whatever quantity you desire. You'll be giving your body all the nutrients it needs, and many of the vegetables on this list are actually calorie negative, or close to it. That means that your body actually burns more calories digesting them than the food itself contains, and that makes for some powerful weight loss magic!





## How To Keep The Weight Off For Good

- Mustard greens
- Collard greens
- Lettuce (any type)
- Kale
- Spinach
- Broccoli
- Cabbage
- Onions
- Mushrooms
- Cauliflower
- Swiss chard
- Brussels sprouts
- Artichoke
- Alfalfa sprouts
- Peas
- Green beans
- Celery
- Bok choy
- Watercress
- Turnips
- Asparagus
- Garlic
- Leeks
- Fennel
- Lamb
- Liver
- Chicken (free range)
- Turkey
- Shallots
- Scallions
- Radishes
- Ginger
- Jicama
- Parsley
- Water chestnuts
- Avocado
- Bell peppers
- Cucumber
- Tomato
- Zucchini
- Squash
- Pumpkin
- Eggplant
- Lemon
- Lime
- Any kind of berry (blueberries and raspberries are excellent choices, both being loaded with powerful antioxidants)
- Flaxseed
- Duck
- Ostrich
- Veal
- And most wild game
- Sunflower seeds
- Pumpkin seeds
- Sesame seeds
- Chia seeds
- Almonds
- Walnuts
- Sesame oil
- Coconuts and coconut oil
- Nut butters (almond butter, etc.)
- Almond milk
- Salmon (also black cod, grouper, herring, trout and sardines)
- Shellfish
- Shrimp
- Crab
- Lobster
- Mussels
- Clams
- Oysters
- Red meat is okay, as long as it is lean and grass-fed
- Lamb







## How To Keep The Weight Off For Good

Some of these ingredients you'll find included in the Chinese, Korean, and Japanese recipes I'll be sharing with you in just a few pages, and some of them aren't native to those areas. That's okay. The stuff on this list is fine in terms of adding it to your diet, even if we're focused primarily on dishes from those three countries.

### THE FOODS THAT INCREASE YOUR METABOLISM

The foods on the first list are all super healthy and extremely good for you, but if you want to take your weight loss efforts to the next level, then you're going to want to make your metabolism work better, faster, and more efficiently. There are actually foods that will do that, and you'll find them on the list just below. Note that you'll find some overlap between this list and the first one. That's to be expected. The first list was full of super foods, after all!

- Green Tea
- Extra Virgin Olive Oil
- Garlic
- Dark Chocolate (note: no more than 1.5 ounces per day!)
- Lentils
- Oolong Tea
- Almonds
- Kola Nut Tea
- Apples (the skin is where the magic is)
- Oysters
- Avocado
- Broccoli
- Peppers (any variety)
- Matcha (a variety of Japanese tea)
- Salmon

### CONDIMENTS THAT WILL INCREASE YOUR METABOLISM

- Mustard
- Vinegar

Armed with these two lists, you have access to an incredible arsenal of good, wholesome foods. You can easily use these lists to create your own, completely customized and personalized menu that will allow you to easily and safely lose as much weight as you want.

That's a good start, but it's not enough. I promised you recipes, and everything-done-for-you meal plans, and now I'm going to deliver on that promise. Below, you'll find a staggering variety of recipes that will make losing as much weight and belly fat as you desire.





## How To Keep The Weight Off For Good

There's something for everyone in the pages that follow, but I urge you to try all of these for yourself, then circle back to your favorites and start using them to customize the done-for-you meal plans.

The reality is that any of these meals can be swapped out for any other, so don't feel like you're locked into the meal plans. If there's something in them that you just don't personally like, that's okay. There are more than enough recipes in this section to allow you to adjust the meal plans to suit your specific tastes.

**FINAL NOTE:** One thing that's striking about Oriental foods is the fact that they don't really have any specific breakfast foods. In Korea, for instance, while they love eggs, they're just as likely to be eaten for lunch or dinner as breakfast, so there aren't really any foods you could single out as being "breakfast only." It takes a bit of getting used to, but since it's all so delicious, your taste buds won't mind one bit!

**Almonds**



**Apples**



**Asparagus**



**Beans**



**Berries**



**Broccoli**



**Cabbage**



**Carrots**



**Celery**



**Cucumber**



**Curry**



**Eggs**



**Garlic**



**Grapefruit**



**Lemons**



**Limes**



**Oats**



**Oranges**



**Peanut Butter**



**Spicy Peppers**



**Spinach**



**Tomatoes**



**Yogurt**







## Delicious Eastern Food Recipes

### COOKING, EASTERN STYLE

Before we get to the actual recipes, let's talk about cooking Oriental food. It's a bit different than cooking the foods you're accustomed to eating, so it bears some discussion. Presentation is important in Oriental dishes. You want to vary your meat and vegetable selections so that the end result is bright and colorful, filled with a variety of different textures. These combine in your mouth to create a dining experience that's quite unlike the one you get when you eat a meal designed with the foods commonly found in the SAD (Standard American Diet)

Secondly, these dishes tend to come together very quickly, once you start cooking. That means, you're going to want to have all your prep done before you actually start cooking. Get all the washing, chopping, and other prep work done in advance, and you'll find that the recipes are not only easy to prepare, but cooking is just faster in general.

You'll also want to use fresh vegetables whenever possible. Frozen/bagged vegetables will work in a pinch, but you won't get the same bright, vibrant colors, and the flavors won't pop like they will if you use fresh veg. This is another big reason to consider growing at least some of your own.

**PRO TIP:** If you're growing your own, think about the foods you enjoy eating most, and their cost. Lettuce and spinach tend to be relatively cheap, so you're not gaining much by growing these. Peppers, on the other hand, tend to be fairly expensive (in my area, there's nearly two bucks apiece!). You can save a lot of money, and guarantee freshness, by focusing on growing the most expensive vegetables you like to eat.

As far as equipment goes, you'll need two pieces of equipment. A decent cleaver:

[https://www.amazon.com/7-Inch-Stainless-Steel-Chopper-Cleaver-Butcher-Knife-Multi-purpose/dp/B00R20CZR2/ref=sr\\_1\\_1?ie=UTF8&qid=1465827881&sr=8-1&keywords=chinese+cleaver](https://www.amazon.com/7-Inch-Stainless-Steel-Chopper-Cleaver-Butcher-Knife-Multi-purpose/dp/B00R20CZR2/ref=sr_1_1?ie=UTF8&qid=1465827881&sr=8-1&keywords=chinese+cleaver)

and a wok

([https://www.amazon.com/Joyce-Chen-21-9972-Classic-Carbon-Steel/dp/B002AQSWE/ref=sr\\_1\\_2?s=kitchen&ie=UTF8&qid=1465827941&sr=1-2&keywords=wok](https://www.amazon.com/Joyce-Chen-21-9972-Classic-Carbon-Steel/dp/B002AQSWE/ref=sr_1_2?s=kitchen&ie=UTF8&qid=1465827941&sr=1-2&keywords=wok) ). Yes, you can stir fry vegetables in a standard frying pan, but the wok's design has been perfected for this kind of cooking over a couple thousand years.





## Delicious Eastern Food Recipes

Just like you can (at least in theory) use the base of a screwdriver as a hammer in a pinch, if you need a hammer, why not use a hammer, right? Neither of these pieces of kitchen equipment are terribly expensive, and you'll probably only ever need one in your entire life, so if you're going to embrace this new way of eating, why not get kitted out with the right tools?

There are two basic kinds of cooking you'll be doing a lot of. Stir frying and deep frying. You'll use your same equipment for both. The key difference is, when you're deep frying, you use more oil (enough that your ingredients are fully submerged in the oil), whereas with stir frying, you'll just use a very small amount of oil.

Also note that when stir frying, you're going to want to cook your vegetables in a certain order. Thickest first, then down to thinnest. This is simply because it takes longer for a thick vegetable to cook than it does for, say, a lettuce leaf to cook, so the order is important.

### OTHER STUFF YOU'LL WANT TO HAVE IN YOUR KITCHEN

The following are some common ingredients you'll want to keep handy as you explore this new style of cooking and eating. This isn't an exhaustive list. You'll find a few others in the various recipes that follow, but if you keep a supply of this stuff on hand, you'll be able to make just about any dish you can dream up.

- Soy Sauce (this one goes without saying, right?)
- Rice Wine
- Miso Paste
- Rice Vinegar
- Curry Paste
- Chili Sauce (Sriracha/Chili Garlic Sauce)
- Oyster Sauce
- Coconut Milk
- Rice (long grain is preferable)
- Noodles
- Fresh Ginger
- Cilantro
- Limes







## Delicious Eastern Food Recipes

### SIDE DISHES & APPETIZERS

#### California Roll (Sushi)

##### INGREDIENTS:

- 1 Cup of uncooked short-grain white rice
- 1 Cup of water
- 1/4 Cup of rice vinegar
- 1 Tablespoon of white sugar
- 1/2 Cup of imitation crabmeat, finely chopped
- 1/4 Cup of mayonnaise
- 8 Sheets of nori (dry seaweed)
- 2 1/2 Tablespoons of sesame seeds
- 1 Cucumber, cut into thin spears
- 2 Avocados - pitted, peeled, and sliced the long way





## Delicious Eastern Food Recipes

### COOKING INSTRUCTIONS:

Wash the rice in several changes of water until the rinse water is no longer cloudy, drain well, and place in a covered pan or rice cooker with 1 cup water. Bring to a boil, reduce heat to a simmer, and cover the pan. Allow the rice to simmer until the top looks dry, about 15 minutes. Turn off the heat, and let stand for 10 minutes to absorb the rest of the water.

Mix the rice vinegar and sugar in a small bowl until the sugar has dissolved, and stir the mixture into the cooked rice until well combined. Allow the rice to cool, and set aside.

Mix the imitation crabmeat with mayonnaise in a bowl, and set aside. To roll the sushi, cover a bamboo rolling mat with plastic wrap. Lay a sheet of nori, shiny side down, on the plastic wrap. With wet fingers, firmly pat a thin, even layer of prepared rice over the nori, leaving 1/4 inch uncovered at the bottom edge of the sheet. Sprinkle the rice with about 1/2 teaspoon of sesame seeds, and gently press them into the rice. Carefully flip the nori sheet over so the seaweed side is up.

Place 2 or 3 long cucumber spears, 2 or 3 slices of avocado, and about 1 tablespoon of imitation crab mixture in a line across the nori sheet, about 1/4 from the uncovered edge. Pick up the edge of the bamboo rolling sheet, fold the bottom edge of the sheet up, enclosing the filling, and tightly roll the sushi into a cylinder about 1 1/2 inch in diameter. Once the sushi is rolled, wrap it in the mat and gently squeeze to compact it tightly.

Cut each roll into 1 inch pieces with a very sharp knife dipped in water.

### WHY YOU'LL LOVE IT:

Everyone I've ever introduced Sushi to got their start on the California Roll. It's the type of Sushi that even people who don't like the stuff tend to enjoy. As such, it's one of those must-have recipes you'll want to keep on hand.







## Delicious Eastern Food Recipes

### Chinese – Korean Cucumber Kimchi

#### INGREDIENTS:

- 5 cucumbers, peeled and cut into ½ x 1 ½ inch sticks
- ½ cup of sea salt
- ½ cup of white sugar
- ½ cup of white vinegar
- 1 cup of water
- 2 tablespoons of chili bean sauce (tobandjan)
- 1 tablespoon of hot chili oil 2 (4 inch) fresh hot red chili peppers, sliced
- 1 small onion, sliced
- 5 cloves of garlic, sliced and crushed



#### COOKING INSTRUCTIONS:

Mix the cucumbers and sea salt together in a bowl, let stand for 30 minutes to let the cucumbers soften. Drain, and rinse with fresh water.

While the cucumbers are standing in salt, whisk together the sugar, vinegar, and water in a saucepan; bring to a boil.





## Delicious Eastern Food Recipes

Reduce heat, and stir in the chili bean sauce and hot chili oil.

Mix the cucumbers with sliced chiles, onion, and garlic in a heatproof airtight container, and pour the hot vinegar mixture over the vegetables.

Cover and refrigerate for 2 to 3 hours to blend the flavors. Serve chilled.

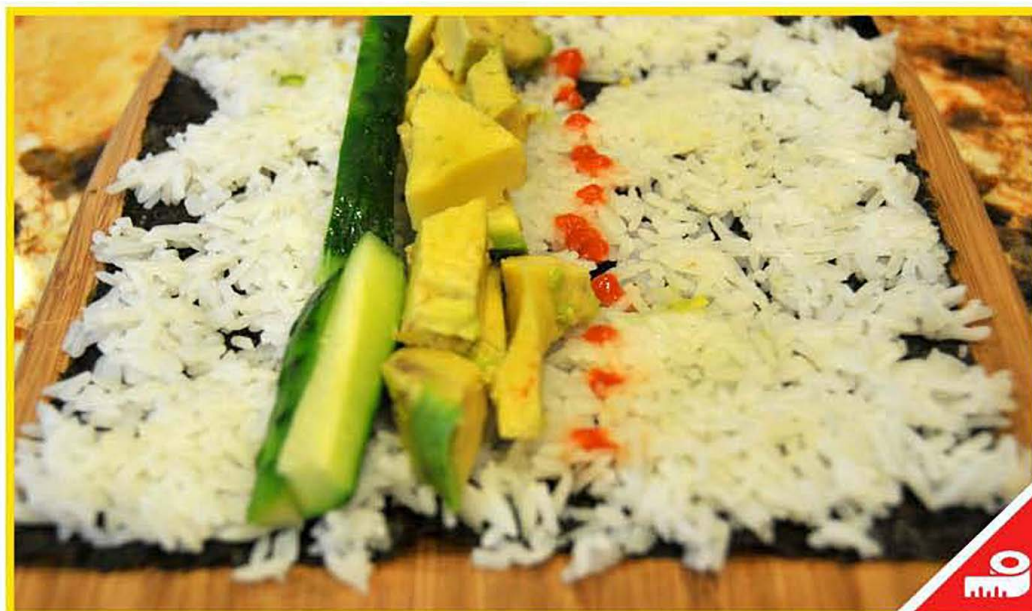
### WHY YOU'LL LOVE IT:

While this dish is good any time of year, it's a great starter dish for hot summer days. With a bold and surprising mix of flavors, this one is sure to leave your taste buds dazzled and begging for more.

### Cucumber & Avocado Sushi

#### INGREDIENTS:

- 1 1/4 Cups of water
- 1 Cup of uncooked glutinous white rice (sushi rice)
- 3 Tablespoons of rice vinegar
- 1 Pinch of salt 4 sheets nori (dry seaweed)
- 1/2 Cucumber, sliced into thin strips
- 1 Avocado - peeled, pitted and sliced







## Delicious Eastern Food Recipes

### COOKING INSTRUCTIONS:

Combine the water and rice in a saucepan and bring to a boil. Cover, reduce heat to low and simmer for 20 minutes, or until rice is tender and water has been absorbed. Remove from the heat and stir in the vinegar and a pinch of salt. Set aside to cool.

Cover a bamboo sushi mat with plastic wrap to keep the rice from sticking. Place a sheet of seaweed over the plastic. Use your hands to spread the rice evenly onto the sheet, leaving about 1/2 inch of seaweed empty at the bottom. Arrange strips of cucumber and avocado across the center of the rice. Lift the mat and roll over the vegetables once and press down. Unroll, then roll again towards the exposed end of the seaweed sheet to make a long roll. You may moisten with a little water to help seal. Set aside and continue with remaining nori sheets, rice and fillings.

Use a sharp wet knife to slice the rolls into 5 or 6 slices. Serve cut side up with your favorite sushi condiments.

### WHY YOU'LL LOVE IT:

Avocados are one of those foods that almost make you feel guilty eating them. They're so good, and yet so good for you! Adding them to a Sushi recipe made this one too tempting to pass up for me. I've introduced a lot of my friends to Sushi, starting them on a simple California roll, and then moving up to this one next. It's the hands-down guest favorite!

### **Goyza (Japanese Pot-Stickers)**

### INGREDIENTS:

- 1 Tablespoon of sesame oil
- 2 Cups of chopped cabbage
- 1/4 Cup of chopped onion
- 1 Clove of garlic, chopped
- 1/4 Cup of chopped carrot
- 1/2 Pound of ground pork
- 1 Egg
- 1 Tablespoon of vegetable oil
- 1 (10 ounce) package of wonton wrappers
- 1/4 Cup of water
- 1/4 Cup of soy sauce
- 2 Tablespoons of rice vinegar





## Delicious Eastern Food Recipes



### COOKING INSTRUCTIONS:

Heat sesame oil in a large skillet over medium high heat. Mix in cabbage, onion, garlic and carrot. Cook and stir until cabbage is limp. Mix in ground pork and egg. Cook until pork is evenly brown and egg is no longer runny.

Preheat vegetable oil in a large skillet over medium high heat. Place approximately 1 tablespoon of the cabbage and pork mixture in the center of each wrapper. Fold wrappers in half over filling, and seal edges with moistened fingers.

In the preheated vegetable oil, cook gyoza approximately 1 minute per side, until lightly browned. Place water into skillet and reduce heat. Cover and allow gyoza to steam until the water is gone.

In a small bowl, mix soy sauce and rice vinegar. Use the mixture as a dipping sauce for the finished wrappers.

### WHY YOU'LL LOVE IT:

Goyza makes the perfect breakfast, any time snack, or appetizer for a larger meal. I can't get enough of these things!





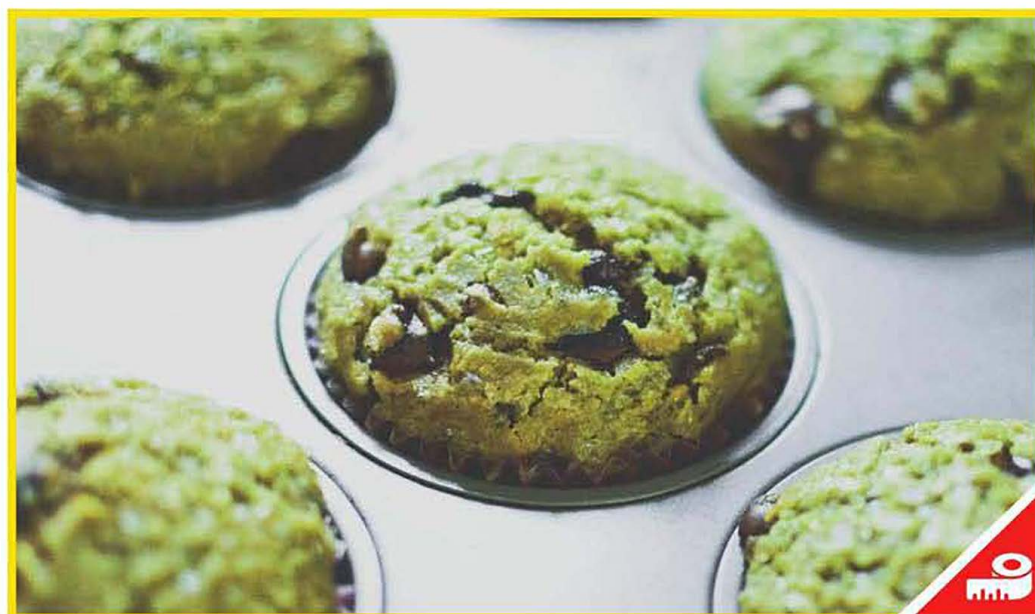


## Delicious Eastern Food Recipes

### Green Tea Muffins

#### INGREDIENTS:

- 1 2/3 Cups of all-purpose flour
- 1/2 Teaspoon of salt
- 1 Teaspoon of baking powder
- 1 Tablespoon of matcha green tea powder (or flavor to taste)
- 1/2 Cup of white sugar
- 1 Egg
- 1/3 Cup of melted butter
- 1 Cup of milk
- 1/4 Cup of chopped walnuts
- (optional, but recommended!)



#### COOKING INSTRUCTIONS:

Preheat oven to 350 degrees F (175 degrees C). Grease 12 muffin cups, or line with paper muffin liners.

Whisk the flour, salt, baking powder, matcha, and sugar together in a mixing bowl; set aside. Whisk together the egg, melted butter, and milk in another bowl. Stir the milk mixture into the flour mixture until just moistened. Stir in walnuts. Divide the batter among the prepared muffin cups. Bake in the preheated oven until golden and the tops spring back when lightly pressed, about 25 minutes. Cool in the muffin tin for 5 minutes, then remove to cool on a wire rack.





## Delicious Eastern Food Recipes

### WHY YOU'LL LOVE IT:

In a word, these muffins rock! Absolutely delicious and the nuts give it just the right amount of added kick. These make an ideal breakfast, or handy snack on the go.

### Japanese Nabeyaki Udon Soup

#### INGREDIENTS:

- 6 Cups of prepared dashi stock
- 1/4 Pound of chicken, cut into chunks
- 2 Carrots, diced
- 1/3 Cup of soy sauce
- 3 Tablespoons of mirin
- 1/2 Teaspoon of white sugar
- 1/3 Teaspoon of salt
- 2 (12 ounce) packages of firm tofu, cubed
- 1/3 Pound of shiitake mushrooms, sliced
- 5 Ribs and leaves of bok choy, chopped
- 1 (9 ounce) package fresh udon noodles
- 4 Eggs
- 2 Leeks, diced







## Delicious Eastern Food Recipes

### COOKING INSTRUCTIONS:

Heat dashi stock, chicken, carrots, soy sauce, mirin, sugar, and salt in a pot over medium heat. Simmer until chicken is no longer pink in the center, 5 to 7 minutes. Add tofu, mushrooms, and bok choy, stirring until vegetables are tender, about 5 minutes more.

Stir udon noodles into broth and simmer until tender, 3 to 4 minutes. Add leeks and crack eggs into soup; simmer until eggs are slightly firm, about 5 minutes more.

### WHY YOU'LL LOVE IT:

With its delightful combination of flavors, this popular soup is good at any meal, and will leave you satisfied without giving you that heavy, "I've eaten too much" feeling. Enjoy this any time of day, even for breakfast!

### Jap Chae (Korean Glass Noodles)

### INGREDIENTS:

- 1 Pkg. (8 serving size) of sweet potato vermicelli
- 1/2 Cup of reduced-sodium soy sauce
- 1/4 Cup of brown sugar
- 1/2 Cup of boiling water
- 3 Tablespoons of vegetable oil
- 1 Teaspoon of toasted sesame seeds





## Delicious Eastern Food Recipes

### COOKING INSTRUCTIONS:

Break the vermicelli into small pieces and place in a deep-sided dish. Cover with hot tap water and soak for ten minutes; drain.

Whisk together the soy sauce, brown sugar, and boiling water; pour over the drained noodles; allow to soak 2 minutes.

Pour the vegetable oil into a skillet and place over medium heat. Add the noodles and soy sauce mixture to the skillet and cook and stir until hot, about 5 minutes. Sprinkle sesame seeds over the noodles just before serving.

### WHY YOU'LL LOVE IT:

The brown sugar makes this taste more like a dessert than an appetizer, and when combined with the sweet potato and sesame seeds, it creates a rich, full-bodied flavor that will make you wish you'd made a double sized serving. An absolutely delicious start to any meal.

### **Kimbop (Korean Sushi)**

### INGREDIENTS:

- 1 Cup of uncooked glutinous white rice (sushi rice)
- 1 ½ Cups of water
- 1 Tablespoon of sesame oil salt, to taste
- 2 Eggs, beaten
- 4 Sheets of sushi nori (dry seaweed)
- 1 Cucumber, cut into thin strips
- 1 Carrot, cut into thin strips
- 4 Slices of American processed cheese, cut into thin strips
- 4 Slices of cooked ham, cut into thin strips 2 teaspoons sesame oil







## Delicious Eastern Food Recipes



### COOKING INSTRUCTIONS:

Rinse the rice in a strainer or colander until the water runs clear. Combine the rice with water in a saucepan. Bring to a boil, then reduce the heat to low; cover and simmer until rice is tender, 12 to 14 minutes. Spread cooked rice onto a baking sheet to cool. Season with 1 tablespoon of sesame oil and salt.

While the rice is simmering, pour the eggs into a skillet over medium-high heat and allow to cook without stirring or turning to get a flat layer of cooked egg. When egg is completely cooked, remove from skillet and set aside on a cutting board to cool.

Separate the nori sheets onto a flat surface and divide the cooled rice between them, leaving only a half-inch strip of seaweed visible at the top of each sheet. Arrange strips of egg, cucumber, carrot, cheese, and ham in thin layers on top of the rice. Beginning with the bottom of each sheet of nori, use a bamboo sushi mat to firmly roll each piece into a cylindrical shape. Brush each roll with 1/2 teaspoon of sesame oil and cut into six even pieces.

### WHY YOU'LL LOVE IT:

A fantastic Korean twist to traditional Sushi. If you've never tried Sushi before, you're in for a real treat. If you have tried it and are a fan, this will make a spectacular addition you won't want to miss.





## Delicious Eastern Food Recipes

### Kongnamool (Korean Soybean Sprouts)

#### INGREDIENTS:

- 1 Pound of soybean sprouts
- 2 Tablespoons of soy sauce
- ¼ Cup of sesame oil
- 2 Tablespoons of Korean chili powder
- 1 ½ Teaspoons of garlic, minced
- 2 Teaspoons of sesame seeds
- ¼ Cup of chopped green onion
- 2 Teaspoons of rice wine vinegar  
(or use more to your taste)



#### COOKING INSTRUCTIONS:

Bring a large pot of lightly salted water to a boil. Add the bean sprouts, and cook uncovered until tender yet still crisp, about 15 seconds. Drain in a colander, then immediately immerse in ice water for several minutes until cold to stop the cooking process. Once the bean sprouts are cold, drain well, and set aside.

Whisk soy sauce, sesame oil, chili powder, garlic, and sesame seeds together in a large bowl. Stir in bean sprouts and toss until well coated with the sauce. Sprinkle with green onions and season with rice wine vinegar. Refrigerate before serving.







## Delicious Eastern Food Recipes

### WHY YOU'LL LOVE IT:

Fresh and light, this is a great tasting side dish or starter, before you dive into the main course. Soybean sprouts are loaded with nutrients, making this a great tasting addition to any menu, any time of year.

### Korean Cucumber Salad

### INGREDIENTS:

- ¼ Cup of white vinegar
- ¼ Teaspoon of black pepper
- ½ Teaspoon of red pepper flakes
- 1 Teaspoon of vegetable oil
- 2 Tablespoons of sesame seeds
- 1 Cucumber, thinly sliced
- ½ Green onion, sliced
- ½ Carrot, julienned



### COOKING INSTRUCTIONS:

In a medium bowl, stir together vinegar, black pepper, and red pepper flakes.

Heat oil in a saucepan over medium-high heat. Stir in sesame seeds, and reduce heat to medium. Cook until seeds are brown, about 5 minutes. Remove seeds with a slotted spoon, and stir into vinegar mixture. Mix in cucumber, green onions, and carrot. Cover, and refrigerate at least 5 minutes.





## Delicious Eastern Food Recipes

### WHY YOU'LL LOVE IT:

A truly delightful salad that's both light and refreshing. You can whip this together in no time, and enjoy it any time of year. A great starter dish before the main event.

### **Korean Eggroll Triangles**

### INGREDIENTS:

- ½ (8 ounce) package of dry thin Asian rice noodles (rice vermicelli)
- ½ Medium head of cabbage, cored and shredded
- 1 (12 ounce) package of firm tofu
- 2 Small zucchini, shredded
- 4 Green onions, finely chopped
- 4 Cloves of garlic, finely chopped
- 1 Tablespoon of ground black pepper
- 2 Tablespoons of Asian (toasted) sesame oil
- 2 Eggs, slightly beaten
- 2 Teaspoons of salt
- 1 (12 ounce) package of round wonton wrappers
- ½ Cup of vegetable oil (for frying)







## Delicious Eastern Food Recipes

### COOKING INSTRUCTIONS:

Bring a pot of water to a boil, drop in the rice noodles, and boil until the noodles are soft but not mushy, 3 to 5 minutes, stirring occasionally. Rinse with cold water, and drain in a colander set in the sink. Chop the noodles up into small pieces, and set aside.

Wrap the shredded cabbage in a kitchen towel or a length of cheesecloth, and squeeze the excess moisture out. Place the cabbage, tofu, zucchini, green onions, garlic, black pepper, sesame oil, eggs, salt, and chopped rice noodles in a large bowl, and mix with your hands until evenly mixed and the tofu is broken up into very small chunks.

Place a round wonton wrapper onto a work surface, and spoon 1 to 2 teaspoons of filling into the center of the wrapper. Dip your finger in water and moisten the edge of the wrapper about halfway around, then fold the wrapper over, enclosing the filling, and pinch the edges together to make a half-moon shape. Lay the completed rolls on a cookie sheet while you finish filling and folding the rest.

Heat the vegetable oil in a heavy skillet, and working in batches, fry the rolls until golden brown, 2 to 3 minutes per side.

### WHY YOU'LL LOVE IT:

Light and delicious, these eggrolls are make the perfect start to any meal. The only problem? You'll find it very difficult to stop at just one or two, so make more than you think you'll need!

### Korean Squash

### INGREDIENTS:

- 5 medium zucchini, sliced
- 1 bunch of green onions, sliced
- ¼ cup of white vinegar
- ½ cup of soy sauce
- ¼ cup of water
- 2 tablespoons of sugar
- 2 tablespoons of sesame oil
- Season to taste with ground black pepper





## Delicious Eastern Food Recipes



### COOKING INSTRUCTIONS:

In a large pot, combine the zucchini, green onions, vinegar, soy sauce, water, sugar and sesame oil. Season with black pepper. Mix to blend, then cover and cook over medium heat until zucchini is tender, about 20 minutes.

### WHY YOU'LL LOVE IT:

Wholesome and healthy, with a variety of flavors combining into a light and refreshing symphony, this is one of the best and simplest starter dishes in this book. A fabulous addition to any meal.

### Kimchi Squats

### INGREDIENTS:

- 2 Pounds of coarsely chopped Chinese cabbage
- 1 Tablespoon of salt
- 2 Tablespoons of chopped green onion
- 1 Clove of garlic, crushed
- 1 Tablespoon of chili powder
- 2 Teaspoons of minced fresh ginger root
- ½ Cup of light soy sauce
- ½ Cup of white wine vinegar
- 2 Teaspoons of white sugar
- 1 Dash of sesame oil







## Delicious Eastern Food Recipes



### COOKING INSTRUCTIONS:

Place the cabbage into a large dish, and sprinkle with salt. Let stand for 3 to 4 hours. The cabbage will wilt.

After the cabbage has been sitting, massage it with your hands until it is even softer. Drain off the liquid. Mix in the green onion, garlic, chili powder, ginger, soy sauce, vinegar, and sugar. Transfer to a large glass jar, and refrigerate for 24 hours before using. This will keep for about a week in the refrigerator. Sprinkle with sesame oil before serving.

### WHY YOU'LL LOVE IT:

Spicy and delicious, some people can't cope with the ginger, so you may find that you'll want to reduce the amount to taste. Otherwise, if you're a fan of big, bold flavors, then this is going to be a huge hit.





## Delicious Eastern Food Recipes

### Okonomiyaki

#### INGREDIENTS:

- 1 Cup of chopped cooked chicken
- 1 1/2 Cups of thinly sliced napa cabbage
- 1/4 Cup of shredded carrots
- 3 Green onions, chopped
- 12 Fresh green beans, cut into 1/2 inch pieces
- 1 Small green bell pepper, cut into thin strips
- 1 Small zucchini, cut into thin strips
- 3 Eggs, lightly beaten
- 3/4 Cup of all-purpose flour
- 3/4 Cup of chicken stock
- 2 Teaspoons of soy sauce
- 1 Teaspoon of vegetable oil
- 1/4 Teaspoon of toasted sesame oil







## Delicious Eastern Food Recipes

### COOKING INSTRUCTIONS:

In a large bowl, mix chicken, cabbage, carrots, green onions, green beans, green bell pepper and zucchini. In a separate bowl, beat together eggs, flour, chicken stock and soy sauce. Pour batter over chicken mixture and toss to thoroughly coat.

Mix vegetable oil and sesame oil in a skillet over medium heat. Scoop about 1/4 cup batter into skillet, enough to make a 2 1/2 inch circle. Cover and cook 4 minutes, or until bottom is golden brown. Flip and continue cooking 4 minutes, or until cooked through. Drain on paper towels.

### WHY YOU'LL LOVE IT:

The name of this dish, loosely translated is “whatever you’d like to fry,” so if you have leftovers from some other meal, by all means, put them in here and have an “upcycled” meal the next day! A great little dish that you can personalize endlessly with whatever you happen to have on hand, and another of my short-listed favorites.

### **Oriental Cold Noodle Salad**

#### INGREDIENTS:

- 15 Ounces of dried soba noodles
- 1 1/2 Teaspoons of dark sesame oil
- 1/3 Cup of rice vinegar
- 1/3 Cup of soy sauce
- Juice from one lime
- Zest of one lime
- 2 Tablespoons of brown sugar
- 2 Cloves of garlic, minced
- 2 Teaspoons of red pepper flakes (or more or less, to taste)
- 1 Cup of finely grated carrot
- 1/4 Cup of coarsely chopped, salted peanuts
- 1/2 Cup of chopped, fresh cilantro





## Delicious Eastern Food Recipes



### COOKING INSTRUCTIONS:

In a large pot, cook soba noodles according to package directions. Drain, rinse noodles with cold water, and set aside.

Pour into a large bowl the sesame oil, rice vinegar, soy sauce, and lime juice. Mix in lime zest, brown sugar, garlic, and red pepper flakes; stir until sugar dissolves. Toss in carrots, peanuts, and cilantro.

Cut noodles into 3-inch lengths. Stir into dressing mixture. Cover, and refrigerate at least 1 hour.

Toss salad again before serving. If dry, splash with soy sauce and vinegar. Serve cold.

### Oyakodon

#### INGREDIENTS:

- 1 Cup of uncooked short-grain white rice
- 2 Cups of water
- 1 Cup of chicken stock
- 1/4 Cup of soy sauce
- 2 Tablespoons of brown sugar
- 1/2 Onion, thinly sliced
- 4 Green onions, cut into 1-inch pieces
- 2 Eggs, beaten







## Delicious Eastern Food Recipes

- 1/2 Cup of shiitake mushrooms, thinly sliced
- 6 Snow peas, thinly sliced
- 1 Skinless, boneless chicken breast half - cut into strips



### COOKING INSTRUCTIONS:

Bring the rice and water to a boil in a saucepan; reduce heat to medium-low, cover, and simmer until the rice is tender and the liquid has been absorbed, 20 to 25 minutes.

Bring the chicken stock to a boil in a small saucepan. Stir in the soy sauce and brown sugar until the sugar has dissolved. Reduce heat to low; keep warm.

Heat several tablespoons of the chicken sauce in a skillet over medium heat. Cook and stir the onion and shiitake mushrooms in the sauce until the onion has softened, about 3 minutes. Add the chicken, green onions, and a few more tablespoons of the sauce; continue cooking until the chicken is no longer pink in the center, about 5 minutes more. Spread the chicken mixture evenly over the skillet; pour the beaten egg otop. Reduce heat to medium-low and sprinkle with the snow peas. Cook and stir until the egg has firmed and is no longer runny, about 3 minutes.

Divide the rice between two bowls and spoon the egg mixture evenly over the top. Pour additional chicken sauce over the rice to serve.





## Delicious Eastern Food Recipes

### WHY YOU'LL LOVE IT:

I love simple, tasty recipes, and this one just screams “breakfast or lunch in a bowl” to me. I have it often at the start of a day, but just as often for lunch. Good, fairly quick to pull together recipe that is one of my mainstays.

### Soba With Toasted Sesame Seed Sauce

#### INGREDIENTS:

- 1/2 Cup of sesame seeds
- 8 Ounces of dried soba noodles
- 2 Tablespoons of balsamic vinegar
- 1 Tablespoon of white sugar
- 2 1/2 Tablespoons of soy sauce
- 1 Clove of garlic, minced
- 1 Teaspoon of dark sesame oil
- 5 Green onions, chopped
- 3 Cups of broccoli florets



### COOKING INSTRUCTIONS:

Preheat the oven to 375 degrees F (190 degrees C).

Pour the sesame seeds onto a rimmed baking sheet. Toast the seeds in the oven for 10 to 12 minutes, until they are a rich brown around the edges.







## Delicious Eastern Food Recipes

Meanwhile, bring a large pot of salted water to a boil. Add the noodles and cook them for 5 to 6 minutes, or until they are just tender. Drain them, rinse them well with cold water, and drain them again.

In a large mixing bowl, mix together the vinegar, sugar, soy sauce, garlic, sesame oil and green onions. Add the noodles, and the toasted sesame seeds. Toss well, then stir in the broccoli. Let the dish sit for 30 minutes at room temperature before serving.

### WHY YOU'LL LOVE IT:

Another simple and delicious recipe. The combination of the soy, garlic, onion and sesame oil give this dish a complex, full-bodied flavor that makes it a nice treat, any time of year. It's light, so it won't sit heavy on your stomach, making it perfect for breakfast or lunch.

### Smoked Salmon Sushi Roll

#### INGREDIENTS:

- 2 Cups of Japanese sushi rice
- 6 Tablespoons of rice wine vinegar
- 6 Sheets of nori (dry seaweed)
- 1 Avocado - peeled, pitted and sliced
- 1 Cucumber, peeled and sliced
- 8 Ounces of smoked salmon, cut into long strips
- 2 Tablespoons wasabi paste





## Delicious Eastern Food Recipes

### COOKING INSTRUCTIONS:

Soak rice for 4 hours. Drain rice and cook in a rice cooker with 2 cups of water. Rice must be slightly dry as vinegar will be added later.

Immediately after rice is cooked, mix in 6 tablespoons rice vinegar to the hot rice. Spread rice on a plate until completely cool.

Place 1 sheet of seaweed on bamboo mat, press a thin layer of cool rice on the seaweed. Leave at least 1/2 inch at the top and bottom edge of the seaweed uncovered. This is for easier sealing later. Dot some wasabi on the rice. Arrange cucumber, avocado and smoked salmon to the rice. Position them about 1 inch away from the bottom edge of the seaweed.

Slightly wet the top edge of the seaweed. Roll from bottom to the top edge with the help of the bamboo mat tightly. Cut roll into 8 equal pieces and serve. Repeat for other rolls.

### WHY YOU'LL LOVE IT:

This is another Sushi recipe designed with people who don't really like Sushi in mind. The flavors are mild, but with a surprising kick at the end, courtesy of the wasabi, and I've even gotten grudging admiration from people who swore that they'd never eat Sushi from this recipe. Definitely one you'll want to keep close at hand!

### YakiMandu

### INGREDIENTS:

- 1 pound of ground beef
- 1 ½ cups of vegetable oil for frying
- ½ cup of finely chopped green onions
- ½ cup of finely chopped cabbage
- ½ cup of finely chopped carrot
- ½ cup of minced garlic
- 4 teaspoons of sesame oil, divided
- 1 tablespoon of toasted sesame seeds
- ½ teaspoon of non-salt seasoning
- (Accent, Mrs. Dash, etc.)
- 2 eggs
- 1 (16 ounce) package of wonton wrappers
- 3 tablespoons of soy sauce
- 2 teaspoons of rice wine vinegar
- 1 teaspoon of toasted sesame seeds  
(use more if you like to suit your personal taste)







## Delicious Eastern Food Recipes



### COOKING INSTRUCTIONS:

Heat a large skillet over medium-high heat.

Cook and stir beef in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease.

Heat vegetable oil in a separate skillet over medium heat.

Mix green onions, cabbage, carrot, garlic, 1 tablespoon sesame oil, 1 tablespoon sesame seeds, monosodium glutamate, salt, and pepper into ground beef mixture; cook and stir until liquid is evaporated and vegetables are tender, 5 to 10 minutes.

Transfer beef mixture to a bowl and mix in 1 egg.

Crack the second egg into a bowl and beat well.

Hold 1 wonton wrapper in the palm of your hand and brush a thin layer of beaten egg on 1 edge.

Scoop about 1 teaspoon beef mixture into the center of the wrapper. Fold wrapper in half, corner to corner, to make a triangle and pinch the edges shut, crimping with your fingers to make a seal. Press the air out by cupping your fingers over the dumpling in your palm and pressing lightly.





## Delicious Eastern Food Recipes

Fry wontons in the hot oil until 1 side is browned, 2 to 3 minutes. Flip and cook until other side is browned, 2 to 3 minutes.

Transfer wontons to a paper towel-lined plate to drain using a slotted spoon. Whisk soy sauce, rice wine vinegar, 1 teaspoon sesame oil, and 1 teaspoon sesame seeds together in a bowl until dipping sauce is smooth.

Serve alongside wontons.

### WHY YOU'LL LOVE IT:

These Korean dumplings are the functional equivalent of Chinese pot-stickers, and make the perfect appetizer. Surprisingly full of flavor, you could pair with a soup to make a full meal, or enjoy as a light snack in the middle of the day.

## SOUPS & STEWS

### Chinese Chicken Fried Rice

#### INGREDIENTS:

- 1 Egg
- 1 Tablespoon of water
- 1 Tablespoon of butter
- 1 Tablespoon of vegetable oil
- 1 Onion, chopped
- 2 Cups of cooked white rice, cold
- 2 Tablespoons of soy sauce
- 1 Teaspoon of ground black pepper
- 1 Cup of cooked, chopped chicken meat







## Delicious Eastern Food Recipes



### COOKING INSTRUCTIONS:

In a small bowl, beat egg with water. Melt butter in a large skillet over medium low heat. Add egg and leave flat for 1 to 2 minutes. Remove from skillet and cut into shreds.

Heat oil in same skillet; add onion and sauté until soft. Then add rice, soy sauce, pepper and chicken. Stir fry together for about 5 minutes, then stir in egg. Serve hot.

### WHY YOU'LL LOVE IT:

A staple of Chinese food, you'll find that you use this on a regular basis, because it's a helper dish that's at home in just about any meal.

### Chinese Cold Pasta Salad

#### INGREDIENTS:

- 8 Ounces of dry fettuccine pasta
- 2 Teaspoons of crushed red pepper flakes
- 2 Tablespoons of natural peanut butter
- 1 Red bell pepper, chopped
- 1/2 Cup of vegetable broth
- 2 Green onions, chopped
- 2 Tablespoons of soy sauce
- 1/2 Cup of chopped fresh cilantro
- 3 Cloves of garlic, minced





## Delicious Eastern Food Recipes

### COOKING INSTRUCTIONS:

Cook pasta in a large pot of boiling water until al dente. Rinse and drain. Set aside. In a large bowl, combine peanut butter, broth, soy sauce, garlic, and crushed red pepper. Mix well. Add pasta, sliced red pepper, scallions, and cilantro; toss to combine. Chill.

### WHY YOU'LL LOVE IT:

A light and refreshing lunchtime meal, perfect for summer days, but certainly something you can enjoy any time. The spicy peanut sauce is the star of this dish, and gives the salad a flavor that's quite unlike any other recipe on the list.

### Chinese Green Bean Stir-Fry

### INGREDIENTS:

- 1 Cup of vegetable oil
- 1/3 Pound of fresh green beans, trimmed
- 5 Tablespoons of minced garlic
- 5 Tablespoons of minced fresh ginger root
- 2 Tablespoons of kosher salt
- 1 Tablespoon of coarsely ground black pepper
- 2 (8 ounce) bottles black bean sauce







## Delicious Eastern Food Recipes

### COOKING INSTRUCTIONS:

In a large wok, heat oil over medium-high heat. Stir in green beans; cook, stirring frequently, for 1 to 2 minutes. Stir in garlic and ginger; cook, stirring frequently, for 3 to 4 minutes. Season with salt and pepper, and then stir in black bean sauce. Continue cooking until green beans are tender.

### WHY YOU'LL LOVE IT:

A fabulous breakfast or light lunch that takes mere minutes to put together. This one is so fast and so simple to make that it's an easy recipe to reach for when time is limited.

### Chinese Lion's Head Soup

### INGREDIENTS:

- 1 Pound of ground pork
- 1 Egg
- 1 Tablespoon of cornstarch
- 2 Teaspoons of sesame oil
- 1 Tablespoon of minced fresh ginger root
- 1/4 Teaspoon of monosodium glutamate (MSG) (optional)
- 1 Teaspoon of salt
- 2 Green onions, chopped and divided
- 1 Tablespoon of vegetable oil
- 1 Head of napa cabbage, cored and cut into chunks
- 2 Cups of low-sodium chicken broth
- 2 Cups of water, or as needed
- 1 Tablespoon of soy sauce
- 2 Teaspoons of sesame oil





## Delicious Eastern Food Recipes



### COOKING INSTRUCTIONS:

Mix the ground pork, egg, cornstarch, 2 teaspoons of sesame oil, ginger, monosodium glutamate, salt, and half of the chopped green onions together in a bowl. Use your hands to mix until the ingredients are evenly distributed. Set aside.

Heat the vegetable oil in a wok or large skillet over high heat. When the oil is hot, fry the napa cabbage, stirring constantly, until cabbage begins to wilt, 2 to 3 minutes. Pour in the chicken broth, water, and soy sauce. Bring to a boil, then lower the heat to medium.

Use a spoon to form the meat mixture into 1 inch balls. Drop them into the boiling soup. When the last ball has been added, cover with a lid and simmer for 10 minutes. Taste, and adjust salt before serving. Garnish with remaining green onions and a drizzle of sesame oil.

### WHY YOU'LL LOVE IT:

A wonderful combination of flavors, perfect for breakfast, lunch, or a side dish that leads into a larger meal.







## Delicious Eastern Food Recipes

### Crab Rangoon

#### INGREDIENTS:

- 1 (14 ounce) package of small won ton wrappers
- 2 (8 ounce) packages of cream cheese, softened
- 1 Teaspoon of minced fresh ginger root
- 1/2 Teaspoon of chopped fresh cilantro
- 1/2 Teaspoon of dried parsley
- 3 Tablespoons of dark soy sauce
- 1 Pound of crab meat, shredded
- 1 Quart of oil for frying



#### COOKING INSTRUCTIONS:

Heat oil in a large heavy skillet or deep fryer to 360 degrees F (180 degrees C).

In a small bowl, mix together cream cheese, soy sauce, ginger, garlic, parsley, cilantro and crabmeat.





## Delicious Eastern Food Recipes

Place 1/2 to 1 teaspoon of the cream cheese mixture into the center of each wonton wrapper. Fold the wonton wrapper over the stuffing to make a triangle or a half moon, depending on the shape of the wonton wrappers you have purchased. Moisten the edges with a little water, and seal. Place prepared wontons under a slightly moist paper towel until ready for frying.

Add 3 or 4 wontons to the hot oil, and cook until golden brown, turning once. Set aside on paper towels to drain. Repeat until all wontons have been fried. Serve hot.

### WHY YOU'LL LOVE IT:

Almost everybody who's a fan of Chinese food loves crab rangoons, which is why you'll love this recipe. The ability to make such a great snack or starter any time you want is absolutely fantastic. You can even have them for breakfast if you like. If you can get fresh crab meat, that's the best!

### Crab Rangoon

#### INGREDIENTS:

- 1 1/2 cups of water
- 1/4 cup of soy sauce
- 2 tablespoons of rice wine
- 2 tablespoons of Korean red chili pepper paste (gochujang)
- 2 tablespoons of Korean red chili pepper flakes (gochugaru)
- 1 tablespoon of honey
- 1 tablespoon of white sugar
- 1 pinch of ground black pepper
- 3 pounds of bone-in chicken pieces, trimmed of fat and cut into small pieces
- 10 ounces of potatoes, cut into large chunks
- 2 carrots, cut into large chunks
- 1/2 large onion, cut into large chunks
- 4 large garlic cloves (add more or less to taste)
- 2 slices fresh ginger (add more or less to taste)
- 2 scallions, cut into 2-inch lengths
- 1 tablespoon of sesame oil
- 1 teaspoon of sesame seeds







## Delicious Eastern Food Recipes



### COOKING INSTRUCTIONS:

Stir water, soy sauce, rice wine, red chili pepper paste, red chili pepper flakes, honey, sugar, and black pepper together in a large pot; add chicken and bring to a boil. Reduce heat to medium, place a lid on the pot, and cook at a simmer until the chicken is browned, about 15 minutes.

Stir potatoes, carrots, onion, garlic, and ginger into the chicken mixture; replace cover atop the pot and cook, stirring occasionally, until the potatoes are tender, about 15 minutes. Remove cover and cook until the chicken is tender and the liquid has thickened slightly, about 10 minutes more.

An instant-read thermometer inserted into a piece of chicken near the bone should read 165 degrees F (74 degrees C).

Stir scallions, sesame oil, and sesame seeds into the stew and remove pot from heat. For an added kick, add spicy sausage to taste.

### WHY YOU'LL LOVE IT:

Spicy, hearty, and full of flavor, this is a complete meal in a bowl. An absolutely delicious treat that's good any time of year, but you'll especially enjoy it on a brisk fall or cold winter's day. One of my all-time favorite recipes listed here. I can't get enough of this one, and think you're gonna love it.





## Delicious Eastern Food Recipes

### DoenjangChigae (Bean Paste & Tofu Soup)

#### INGREDIENTS:

- 3 cups of vegetable stock
- 3 cups of water
- 2 cloves of garlic, coarsely chopped
- 2 tablespoons of Korean soy bean paste (doenjang)
- 4 green onions, chopped
- 1 zucchini, halved and cut into ½ inch slices
- ½ (16 ounce) package of firm tofu, drained and cubed
- 1 jalapeno pepper, sliced



#### COOKING INSTRUCTIONS:

Bring vegetable stock and water to a boil in a saucepan over high heat. Stir in garlic and soy bean paste, stirring until the paste dissolves. Stir in the green onion, zucchini, tofu, and jalapeno. Allow soup to return to a boil, then reduce heat to low and simmer for 15 minutes.







## Delicious Eastern Food Recipes

### WHY YOU'LL LOVE IT:

One of the things I love best about so many Korean dishes is their simplicity. This recipe couldn't be easier, and yet, as this dish proves, simplicity doesn't mean you have to sacrifice flavor, and this dish has plenty of flavor on offer.

### Egg Drop Soup

### INGREDIENTS:

- 4 Cups of water
- 4 Cubes of chicken bouillon
- 2 Eggs
- 1 Teaspoon of dried parsley
- 1 Tablespoon of dried minced onion
- 1 Tablespoon of cornstarch



### COOKING INSTRUCTIONS:

In a medium saucepan, combine water, bouillon, and parsley and onion flakes. Bring to a boil. Lightly beat eggs together. Gradually stir into soup.

Remove about half a cup of the soup. Stir in cornstarch until there are no lumps, and return to the soup. Boil until soup thickens.





## Delicious Eastern Food Recipes

### WHY YOU'LL LOVE IT:

This is quite possibly the perfect comfort food. Ideal for any time of the day or night, you'll find yourself reaching for this recipe time and time again.

### **GalbiJjim (Korean Beef Short Rib Stew)**

### INGREDIENTS:

- 2 pounds of Korean-style short ribs (beef chuck flank), cut into 3-inch segments
- 4 cups of water
- 6 tablespoons of soy sauce
- 8 cloves of garlic, minced
- 1 small onion, sliced
- 1 tablespoon of rice wine
- 1 tablespoon of brown sugar
- 2 carrots, cut into chunks
- 2 small potatoes, cut into chunks
- ½ cup of fresh shiitake mushrooms, sliced
- 2 tablespoons of light corn syrup
- 1 tablespoon of Asian (toasted) sesame oil
- 1 sliced green onion
- 6 chestnuts, peeled (optional)
- 6 dates, pitted (optional)







## Delicious Eastern Food Recipes



### COOKING INSTRUCTIONS:

Cover the ribs with cold water, refrigerate, and soak for 1 hour.

Drain the ribs, place in a saucepan with 4 cups of water, and bring to a boil. Cook the ribs for 10 minutes, drain, and reserve 2 cups of liquid. Place the ribs and the reserved liquid in a large pot.

Mix together the soy sauce, garlic, onion, rice wine, and brown sugar in a bowl until the sugar has dissolved.

Pour the mixture over the ribs and broth. Stir to combine, bring to a boil, reduce the heat, and simmer for 1 1/2 hours.

Mix in the carrots, potatoes, shiitake mushrooms, corn syrup, sesame oil, chestnuts, and dates, and simmer until the meat and vegetables are very tender, about another hour.

Remove the beef and vegetables to a serving dish, and reduce the liquid in the pot to make a thickened gravy. Pour the sauce over the ribs and vegetables, sprinkle with sliced green onion, and serve.





## Delicious Eastern Food Recipes

### WHY YOU'LL LOVE IT:

This is the ultimate in beefy comfort food. Hearty and delicious, this will leave you feeling full and delightfully satisfied. A great recipe for any time of year, but like the Spicy Chicken recipe, you'll especially enjoy this one on a cold day. Another fantastic option, and if you were worried that you wouldn't be able to enjoy beef on your new diet, then this recipe should put that fear to rest.

### Green Onion Cakes

### INGREDIENTS:

- 3 Cups of bread flour
- 1 1/4 Cups of boiling water
- 2 Tablespoons of vegetable oil
- Salt and pepper to taste
- 1 Bunch of green onions, finely chopped
- 2 Teaspoons of vegetable oil



### COOKING INSTRUCTIONS:

Use a fork to mix flour and boiling water in a large bowl. Knead dough into a ball. Cover bowl with plastic wrap; let dough rest for 30 to 60 minutes.

Evenly divide dough into 16 pieces. Roll each piece into a 1/4 inch thick circle. Brush each circle with oil, season with salt and pepper, and sprinkle with about 1 teaspoon of green onions. Roll up, cigar style, and pinch open ends together to form a circle. Roll each circle flat to 1/4 inch.







## Delicious Eastern Food Recipes

Heat 2 teaspoons oil in a large skillet. Fry cakes until golden brown, about 2 minutes on each side.

### WHY YOU'LL LOVE IT:

Light and flavorful, these cakes are the perfect any time snack, quick breakfast or lunch on the go. Sure, you can buy them in the store, but why would you want to? These taste better than the junk you can get from your local grocer, and are super easy to make.

### Kimchi Stew

### INGREDIENTS:

- 1 teaspoon of sesame oil
- ½ pound of pork belly, cut into bite-sized pieces
- 2 cloves of garlic, chopped
- 2 cups of prepared Dashi stock
- 1 cup of kimchi, cut into bite-size pieces
- 2 tablespoons of gochujang (Korean chili paste)
- 1 tablespoon of gochugaru (Korean chili powder)
- ½ (12 ounce) package of tofu, cut into 1/2-inch squares
- 1 cup of zucchini, cut into bite-size pieces
- 1 small onion, sliced
- 2 green chili peppers, sliced
- 2 green onions, sliced





## Delicious Eastern Food Recipes

### COOKING INSTRUCTIONS:

Heat sesame oil in a large saucepan over medium-high heat. Add pork and cook until no longer pink in the center, 5 to 7 minutes.

Stir garlic into pork mixture and cook until fragrant, about 1 minute.

Stir Dashi stock and kimchi into the pork mixture; bring to a boil.

Stir in gochujang and gochugaru; simmer until stew is thickened slightly, about 20 minutes.

Stir tofu, zucchini, onion, and green chili peppers into the stew; cook until tender, about 5 minutes.

Remove from heat and garnish with green onion.

### WHY YOU'LL LOVE IT:

This is a delicious and hearty stew, made with one of the mainstay ingredients of Korean dishes, Kimchi. There are actually few things on the planet that are better for you. Enjoy this as a side dish or a main course.

### **Korean Bean Curd (Miso) Soup**

#### INGREDIENTS:

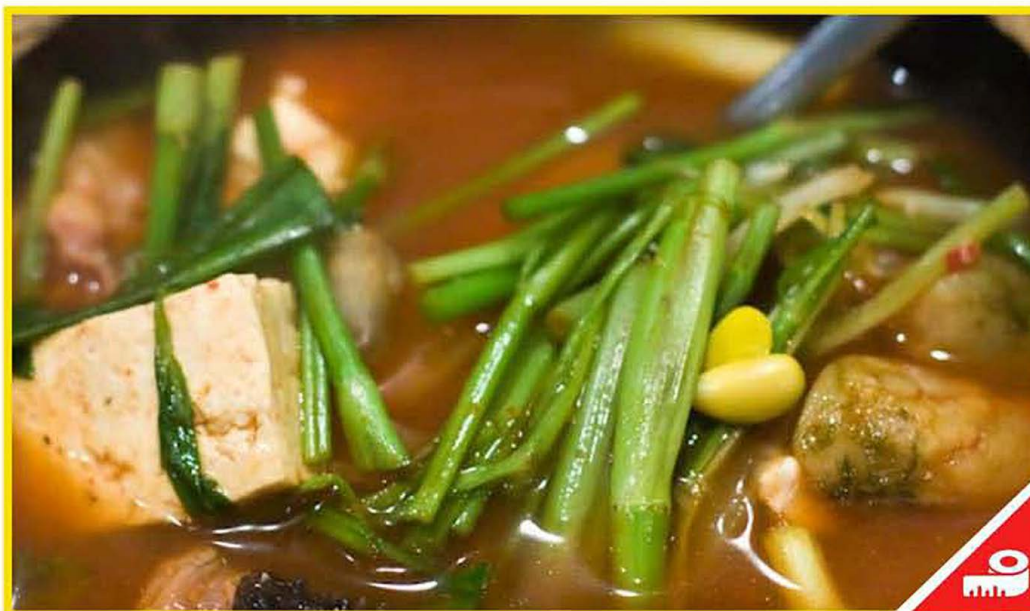
- 3 ½ Cups of water
- 3 Tablespoons of Denjang  
(Korean bean curd paste)
- 1 Tablespoon of garlic paste
- ½ Tablespoon of Dashi granules
- ½ Tablespoon of Gochujang  
(Korean hot pepper paste)
- 1 Zucchini, cubed
- 1 Potato, peeled and cubed
- ¼ Pound of fresh mushrooms,  
quartered
- 1 Onion, chopped
- 1 (12 ounce) Package soft tofu, sliced







## Delicious Eastern Food Recipes



### COOKING INSTRUCTIONS:

In a large saucepan over medium heat, combine water, denjang, garlic paste, dashi and gochujang. Bring to a boil and let boil 2 minutes. Stir in zucchini, potato, mushrooms and onions and let boil 5 to 7 minutes more. Stir in tofu and cook until tofu has expanded and vegetables are tender.

### WHY YOU'LL LOVE IT:

Miso soup is a longstanding favorite among fans of traditional Japanese food, and this variant is every bit as good. A light and delicious start to any meal.

### Miso Soup with Shitake Mushrooms

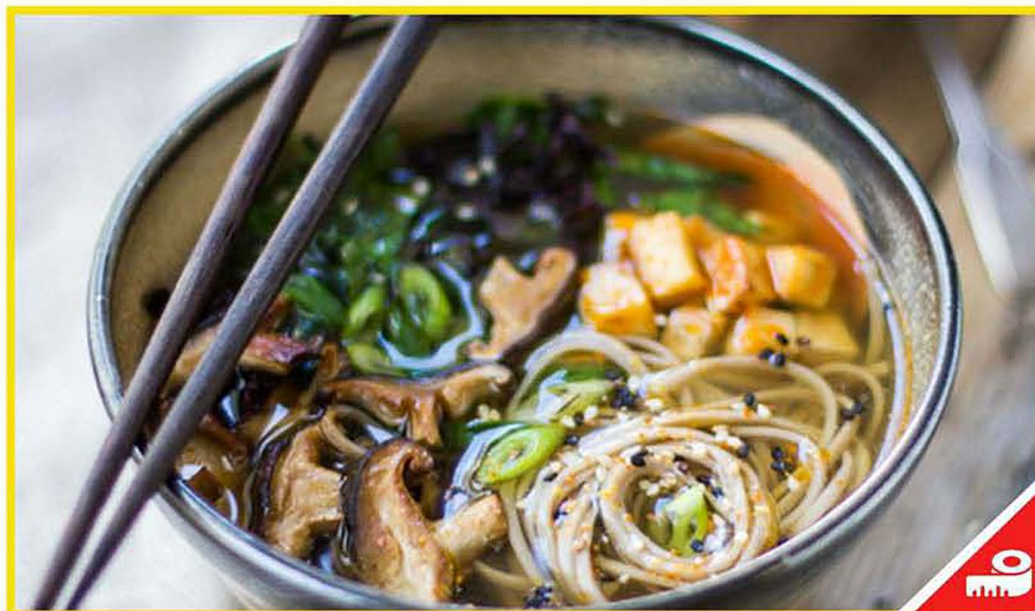
#### INGREDIENTS:

- 4 Cups of vegetable broth
- 4 Shiitake mushrooms, thinly sliced
- ¼ Cup of miso paste
- 4 Teaspoons of soy sauce
- 1/3 of a cup of diced, firm tofu
- 2 green onions, trimmed and thinly sliced





## Delicious Eastern Food Recipes



### COOKING INSTRUCTIONS:

Bring the vegetable broth to a boil in a saucepan. Add the mushrooms, reduce heat to low, and simmer 4 minutes. Stir the miso paste and soy sauce together in a small bowl; add to the broth along with the tofu and continue cooking for 1 minute more. Pour the soup into bowls and top with the green onions to serve.

### WHY YOU'LL LOVE IT:

This is classic Miso soup, of the kind you've probably had at Japanese restaurants before. Simple, elegant, and delicious, and the perfect start to any meal.

### Pine Nut Rice Soup

### INGREDIENTS:

- 1 cup of pine nuts
- 2 cups of cooked long-grain white rice
- 6 cups of water
- 1 tablespoon of pine nuts
- 1 cup of dates, pitted and chopped
- ½ teaspoon of white sugar (See? I'm not saying you can't ever have sugar!)
- Salt to taste







## Delicious Eastern Food Recipes



### COOKING INSTRUCTIONS:

Using a blender or food processor, finely blend 1 cup pine nuts, rice and 2 cups of water.

Pour the blended pine nut mixture into a thick bottomed saucepan and add 4 cups of water. Bring to a boil, stirring frequently.

Once boiling, reduce heat to low and let cook for 10 minutes, or until heated through. While it is heating, be sure to keep stirring so it does not burn.

Prior to serving, garnish with pine nuts and diced dates, and season with sugar and salt.

### WHY YOU'LL LOVE IT:

This dish is a lesson in the elegance of simplicity. There's nothing fancy here, and it's super easy to make, but it just might wind up being one of your all-time favorites. With a light, surprising flavor, it's good at any meal. Absolutely delicious.





## Delicious Eastern Food Recipes

### Pot Stickers

#### INGREDIENTS:

- 1/2 Pound of ground pork
- 1/2 Medium head of cabbage, finely chopped
- 1 Green onion, finely chopped
- 2 Slices of fresh ginger root, finely chopped
- 2 Water chestnuts, drained and finely chopped
- 1 Teaspoon of salt
- 1/2 Teaspoon of white sugar
- 1 Teaspoon of sesame oil
- 1 (14 ounce) package of wonton wrappers
- 5 Tablespoons of vegetable oil
- 3/4 Cup of water
- 1 Tablespoon of chili oil
- 1 Tablespoon of soy sauce
- 1 Teaspoon of rice vinegar



#### COOKING INSTRUCTIONS:

Crumble pork into a large, deep skillet. Cook over medium high heat until evenly brown. Drain and set aside.

In a medium bowl, mix together the pork, cabbage, green onion, ginger, water chestnuts, salt, sugar and sesame oil. Chill in the refrigerator 6 to 8 hours, or overnight.







## Delicious Eastern Food Recipes

Place a tablespoon of the pork mixture into each of the wonton wrappers. Fold the wrappers, and seal the edges with a moistened fork.

In a large, deep skillet, heat 3 tablespoons vegetable oil over medium high heat. Place the pot stickers into the oil seam sides up. Heat 30 seconds to a minute. Pour water into the skillet. Gently boil 7 to 8 minutes, until oil and water begins to sizzle, then add remaining oil. When the bottoms begin to brown, remove pot stickers from heat.

In a small serving bowl, mix together the chili oil, soy sauce, and vinegar, adjusting proportions to taste.

### WHY YOU'LL LOVE IT:

Everybody loves these traditional bite-sized treats. Use them as an appetizer, a quick breakfast, an anytime snack, or even a light lunch. They're perfect.

### Soon Du Bu Jigae (Korean Soft Tofu Stew)

#### INGREDIENTS:

- 1 teaspoon of vegetable oil
- 1 teaspoon of Korean chili powder
- 1 tablespoon of Korean soy bean paste (doenjang)
- 1 cup of water
- 1 (12 ounce) package of Korean soon tofu
- or soft tofu, drained and sliced
- 1 egg
- 1 teaspoon of sesame seeds
- 1 green onion, chopped
- 2 tablespoons of ground beef (optional)
- salt and pepper to taste





## Delicious Eastern Food Recipes



### COOKING INSTRUCTIONS:

Heat the vegetable oil in a large saucepan over medium heat. Stir in the Korean chili powder and ground beef. Cook and stir until the beef is crumbly, evenly browned, and no longer pink. Stir in the soy bean paste, coating the beef. Pour in the water and bring to a boil. Season with salt and pepper. Gently drop tofu into the soup and continue cooking until the tofu is heated through, 1 to 2 minutes. Remove from heat and quickly add the egg into the soup, stirring gently to break it up. Garnish with sesame seeds and green onion.

### WHY YOU'LL LOVE IT:

I thought I would hate tofu, but the truth is, it's so good at absorbing the other flavors in whatever recipe they're in that you don't really know or notice. This is an authentic and delicious recipe that is light enough to be a good lunchtime favorite, but hearty enough to eat any time of the day.







## Delicious Eastern Food Recipes

### Won Ton Soup

#### INGREDIENTS:

- 1/2 Pound of boneless pork loin, coarsely chopped
- 2 Ounces of peeled shrimp, finely chopped
- 1 Teaspoon of brown sugar
- 1 Tablespoon of Chinese rice wine
- 1 Tablespoon of light soy sauce
- 1 Teaspoon of finely chopped green onion
- 1 Teaspoon of chopped fresh ginger root
- 24 (3.5 inch square) wonton wrappers
- 3 Cups of chicken stock
- 1/8 Cup of finely chopped green onion



#### COOKING INSTRUCTIONS:

In a large bowl, combine pork, shrimp, sugar, wine, soy sauce, 1 teaspoon chopped green onion and ginger. Blend well, and let stand for 25 to 30 minutes.





## Delicious Eastern Food Recipes

Place about one teaspoon of the filling at the center of each wonton skin. Moisten all 4 edges of wonton wrapper with water, then pull the top corner down to the bottom, folding the wrapper over the filling to make a triangle. Press edges firmly to make a seal. Bring left and right corners together above the filling. Overlap the tips of these corners, moisten with water and press together. Continue until all wrappers are used. **FOR SOUP:** Bring the chicken stock to a rolling boil. Drop wontons in, and cook for 5 minutes. Garnish with chopped green onion, and serve.

### WHY YOU'LL LOVE IT:

Just about everyone who's ever had Chinese food has pulled up a chair and enjoyed a bowl of Won Ton soup. It's full of flavor, and will leave you satisfied, but won't weigh you down if you've got a busy day ahead of you.







## Delicious Eastern Food Recipes

### MAIN DISHES

#### Bulgogi

#### INGREDIENTS:

- 1 ½ Pounds of beef top sirloin, thinly sliced
- 2 Tablespoons of white cooking wine
- 1 Cup of pear juice
- 1 Teaspoon of ground black pepper
- ¼ Cup of soy sauce
- 1 Tablespoon of white sugar
- 2 Tablespoons of Asian (toasted) sesame oil
- 1 Tablespoon of minced garlic
- 2 Tablespoons of chopped green onion
- 1 Tablespoon of sesame seeds
- ½ Pound of fresh mushrooms, halved (optional)
- ½ Onion, chopped (optional)





## Delicious Eastern Food Recipes

### COOKING INSTRUCTIONS:

Place the beef in a bowl, and pour in the cooking wine, pear juice, and black pepper. Stir to combine, and allow to marinate for 30 minutes. Stir in the soy sauce, sugar, sesame oil, garlic, green onion, and sesame seeds, and marinate in refrigerator at least 2 hours or overnight.

Preheat an outdoor grill for medium-high heat.

Remove the beef from the marinade, and discard the marinade. Place a sheet of aluminum foil on the heated grill, and lay the beef slices separately on the foil. Place the mushrooms and onion on another part of the foil. Cook the beef slices until they are evenly brown, 3 to 5 minutes per side. Serve with cooked mushrooms and onion.

### WHY YOU'LL LOVE IT:

As a consummate beef lover, this one always makes my short list. The marinade just makes the beef taste glorious. A hearty main course that makes a welcome addition to any menu, any time of the year.

### Chinese Pepper Steak

### INGREDIENTS:

- 1 Pound of beef top sirloin steak
- 1/4 Cup of soy sauce
- 2 Tablespoons of white sugar
- 2 Tablespoons of cornstarch
- 1/2 Teaspoon of ground ginger
- 3 Tablespoons of vegetable oil, divided
- 1 Red onion, cut into 1-inch squares
- 1 Green bell pepper, cut into 1-inch squares
- 2 Tomatoes, cut into wedges







## Delicious Eastern Food Recipes



### COOKING INSTRUCTIONS:

Slice the steak into 1/2-inch thick slices across the grain.

Whisk together soy sauce, sugar, cornstarch, and ginger in a bowl until the sugar has dissolved and the mixture is smooth. Place the steak slices into the marinade, and stir until well-coated.

Heat 1 tablespoon of vegetable oil in a wok or large skillet over medium-high heat, and place 1/3 of the steak strips into the hot oil. Cook and stir until the beef is well-browned, about 3 minutes, and remove the beef from the wok to a bowl. Repeat twice more, with the remaining beef, and set the cooked beef aside.

Return all the cooked beef to the hot wok, and stir in the onion. Toss the beef and onion together until the onion begins to soften, about 2 minutes, then stir in the green pepper. Cook and stir the mixture until the pepper has turned bright green and started to become tender, about 2 minutes, then add the tomatoes, stir everything together, and serve.

### WHY YOU'LL LOVE IT:

This is a lighter version of the pepper steak recipe you'll find later on. Hearty and flavorful, and the best part? Including prep time, you can whip this one up in just half an hour.





## Delicious Eastern Food Recipes

### Chinese Roast Pork

#### INGREDIENTS:

- 4 Pounds of bone-in pork roast
- 3/4 Cup of soy sauce
- 1/2 Cup of dry sherry
- 1/3 Cup of honey
- 2 Cloves of garlic, minced
- 1/2 Teaspoon of ground ginger
- 1 Tablespoon of cornstarch
- 1 Tablespoon of water



#### COOKING INSTRUCTIONS:

To Marinate: Pierce meaty sides of meat with fork; place roast in a large plastic bag. In a medium bowl combine the soy sauce, sherry, honey, garlic and ginger. Mix well and pour mixture into bag with pork. Press air out of the bag and tie securely. Refrigerate at least 8 hours or overnight, turning bag over occasionally.

Preheat oven to 325 degrees F (165 degrees C).

Remove roast and marinade from refrigerator. Reserving marinade, remove roast and place in a 9x13 inch baking dish. Roast in the preheated oven for 1 hour. Brush with reserved marinade; cover loosely with foil and roast for an additional 1 1/2 hours (or until the internal temperature has reached 145 degrees F (63 degrees C), brushing several times with marinade.







## Delicious Eastern Food Recipes

Remove roast from oven and let stand 15 minutes. Combine pan drippings with remaining marinade. In a small bowl combine cornstarch with cold water, mix together and add mixture to marinade. Boil marinade mixture for 4 to 5 minutes, or until mixture thickens. Serve with roast.

### WHY YOU'LL LOVE IT:

A traditional dish, full of flavor. This is a feast by any definition, and sure to be a family favorite. Pork picks up other flavors well, and the combination offered in this dish makes for a pork roast that's simply out of this world.

### General Tsao's Chicken

#### INGREDIENTS:

- 4 Cups of vegetable oil for frying
- 1 Egg
- 1 1/2 Pounds of boneless, skinless chicken thighs, cut into 1/2 inch cubes
- 1 Teaspoon of salt
- 1 Teaspoon of white sugar
- 1 Pinch of white pepper
- 1 Cup of cornstarch
- 2 Tablespoons of vegetable oil
- 3 Tablespoons of chopped green onion
- 1 Clove of garlic, minced
- 6 Dried whole red chilies
- 1 Strip of orange zest
- 1/2 Cup of white sugar
- 1/4 Teaspoon of ground ginger
- 3 Tablespoons of chicken broth
- 1 Tablespoon of rice vinegar
- 1/4 Cup of soy sauce
- 2 Teaspoons of sesame oil





## Delicious Eastern Food Recipes

### INGREDIENTS:

- 2 Tablespoons of peanut oil
- 2 Teaspoons of cornstarch
- 1/4 Cup of water

### COOKING INSTRUCTIONS:

Heat 4 cups vegetable oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).

Beat the egg in a mixing bowl. Add the chicken cubes; sprinkle with salt, 1 teaspoon sugar, and white pepper; mix well. Mix in 1 cup of cornstarch a little bit at a time until the chicken cubes are well coated.

In batches, carefully drop the chicken cubes into the hot oil one by one, cooking until they turn golden brown and begin to float, about 3 minutes. Remove the chicken and allow to cool as you fry the next batch. Once all of the chicken has been fried, re-fry the chicken, starting with the batch that was cooked first. Cook until the chicken turns deep golden brown, about 2 minutes more. Drain on a paper towel-lined plate.

Heat 2 tablespoons vegetable oil in a wok or large skillet over high heat. Stir in the green onion, garlic, the whole chilies, and orange zest. Cook and stir a minute or two until the garlic has turned golden and the chilies brighten. Add 1/2 cup sugar, the ginger, chicken broth, vinegar, soy sauce, sesame oil, and peanut oil; bring to a boil and cook for 3 minutes.

Dissolve 2 teaspoons of cornstarch into the water, and stir into the boiling sauce. Return to a boil and cook until the sauce thickens and is no longer cloudy from the cornstarch, about 1 minute. Stir the chicken into the boiling sauce. Reduce heat to low and cook for a few minutes until the chicken absorbs some of the sauce.

### WHY YOU'LL LOVE IT:

This dish has some real kick, so those who aren't fans of spicy foods might want to steer clear of this. But if you love bold flavors and spice, then this one is going to wind up being one of your all-time favorites. Most people find it too much for a lunchtime dish, but it makes a fabulous evening meal.







## Delicious Eastern Food Recipes

### Honey Walnut Shrimp

#### INGREDIENTS:

- 1 Cup of water
- 2/3 Cup of white sugar
- 1/2 Cup of walnuts
- 4 Egg whites
- 2/3 Cup of mochiko (glutinous rice flour)
- 1/4 Cup of mayonnaise
- 1 Pound of large shrimp, peeled and deveined
- 2 Tablespoons of honey
- 1 Tablespoon of canned sweetened condensed milk
- 1 Cup of vegetable oil for frying





## Delicious Eastern Food Recipes

### COOKING INSTRUCTIONS:

Stir together the water and sugar in a small saucepan. Bring to a boil and add the walnuts. Boil for 2 minutes, then drain and place walnuts on a cookie sheet to dry.

Whip egg whites in a medium bowl until foamy. Stir in the mochiko until it has a pasty consistency. Heat the oil in a heavy deep skillet over medium-high heat. Dip shrimp into the mochiko batter, and then fry in the hot oil until golden brown, about 5 minutes. Remove with a slotted spoon and drain on paper towels.

In a medium serving bowl, stir together the mayonnaise, honey and sweetened condensed milk. Add shrimp and toss to coat with the sauce. Sprinkle the candied walnuts on top and serve.

### WHY YOU'LL LOVE IT:

Light and sweet, this dish is perfect for lunch, but is also filling enough to make a dinnertime treat. One word of warning though. It's sweet. Very sweet. Some people find it too much, but if you have a sweet tooth, this will feel like a whole meal of dessert.

### Japanese Ginger Pork

### INGREDIENTS:

- 1 Tablespoon of grated fresh ginger root
- 2 Tablespoons of soy sauce
- 2 Tablespoons of sake
- 2 Tablespoons of mirin
- 1 Pound of thinly sliced pork loin
- 3 Tablespoons vegetable oil







## Delicious Eastern Food Recipes



### COOKING INSTRUCTIONS:

In a large bowl, mix together the ginger, soy sauce, sake and mirin. Add the sliced pork, cover, and marinate for about 1 hour.

Heat the oil in a skillet or wok over high heat. Add the pork, and fry until brown. The pork should have a dark crispy look to it. Do not cook on low or medium heat, as the juices will not cook fast enough to get a crispy texture. Discard leftover marinade.

### WHY YOU'LL LOVE IT:

This dish packs a huge amount of flavor, which isn't something you'd expect from a recipe with so few ingredients. If you're not a fan of ginger, then you'll probably want to swap this out for something else, but if you like the taste, this one will wind up being on your regular must-have list!





## Delicious Eastern Food Recipes

### Kimchi Jun

#### INGREDIENTS:

- 2 cups of chopped kimchi
- ½ yellow onion, sliced
- 1 ½ cups of all-purpose flour
- 2 cups of water
- 1 tablespoon of vegetable oil (add more as needed)

#### DIPPING SAUCE:

- ¼ cup of chopped green onions
- 2 tablespoons of soy sauce
- ½ teaspoon of sesame seeds
- ½ teaspoon of Korean red pepper powder
- ½ teaspoon of sesame oil







## Delicious Eastern Food Recipes

### COOKING INSTRUCTIONS:

Mix kimchi and onion together in a large bowl; add flour and mix well for 1 minute.

Pour water over kimchi mixture and stir until batter is evenly combined.

Heat a skillet over medium heat; add about 1 teaspoon vegetable oil.

Scoop about 1/4 cup batter into the hot skillet, creating a pancake that is 1/4-inch thick; flatten and smooth the edges using a spatula.

Cook pancake for 3 minutes; flip, pressing lightly, and cook for 2 minutes more. Repeat with remaining vegetable oil and batter.

Whisk green onion, soy sauce, sesame seeds, red pepper powder, and sesame oil together in a bowl; serve alongside pancake.

### WHY YOU'LL LOVE IT:

These kimchi patties (pancakes) are proof positive that kimchi isn't a one trick pony food. You can enjoy it in a variety of forms, making it far more versatile than most people realize. You can also make these well in advance, making them the perfect "grab and go" food.

## Korean Slow Cooker Pork Chops

### INGREDIENTS:

- 3 Cloves of garlic, pressed
- 1/2 Cup of chicken broth
- 1 Tablespoon of Korean chili bean paste
- 1/2 Cup of soy sauce
- 6 Pork chops
- Use salt and pepper to season to taste





## Delicious Eastern Food Recipes

### COOKING INSTRUCTIONS:

In a crock pot or slow cooker, stir together the garlic, chicken broth, bean paste and soy sauce. Season the pork chops with salt and pepper, and place them in the crock. Turn to coat with sauce. Cover, and cook for 5 hours on the Low setting.

### Korean Steaks

### INGREDIENTS:

- 2 Pounds of thinly sliced chuck eye steaks
- 1/2 Cup of soy sauce
- 5 Tablespoons of white sugar
- 2 1/2 Tablespoons of sesame seeds
- 2 Tablespoons of sesame oil
- 3 Shallots, thinly sliced
- 2 Cloves of garlic, crushed
- 5 Tablespoons of Mirin (Japanese sweet wine)







## Delicious Eastern Food Recipes

### COOKING INSTRUCTIONS:

In a large bowl, stir together the soy sauce, sugar, sesame seeds, sesame oil, shallots, garlic, and mirin. Add the meat, and stir to coat. Cover and refrigerate for 12 to 24 hours.

Heat a large skillet over medium heat. Fry the meat for 5 to 10 minutes, or until no longer pink. Serve with salad or fried rice.

### WHY YOU'LL LOVE IT:

Who would have imagined that steak could taste so great!? Honestly, I could eat this one every day, because I'm a meat lover by nature. Not only does this give me my red meat fix, but the flavors that the other ingredients bring to the table are just out of this world.

### Kung Pao Chicken

### INGREDIENTS:

- 1 Pound of skinless, boneless chicken breast halves - cut into chunks
- 2 Tablespoons of white wine
- 2 Tablespoons of soy sauce
- 2 Tablespoons of sesame oil, divided
- 2 Tablespoons of cornstarch, dissolved in 2 tablespoons water
- 1 Ounce of hot chile paste
- 1 Teaspoon of distilled white vinegar
- 2 Teaspoons of brown sugar
- 4 Green onions, chopped
- 1 Tablespoon of chopped garlic
- 1 (8 ounce) can water chestnuts
- 4 Ounces of chopped peanuts





## Delicious Eastern Food Recipes



### COOKING INSTRUCTIONS:

To make the marinade, combine 1 tablespoon wine, 1 tablespoon soy sauce, 1 tablespoon oil and 1 tablespoon cornstarch/water mixture and mix together. Place chicken pieces in a glass dish or bowl and add marinade. Toss to coat. Cover dish and place in refrigerator for about 30 minutes.

To make the sauce, in a small bowl combine 1 tablespoon wine, 1 tablespoon soy sauce, 1 tablespoon oil, 1 tablespoon cornstarch/water mixture, chili paste, vinegar and sugar. Mix together and add green onion, garlic, water chestnuts and peanuts. In a medium skillet, heat sauce slowly until aromatic.

Meanwhile, remove chicken from marinade and sauté in a large skillet until meat is white and juices run clear. When sauce is aromatic, add sautéed chicken to it and let simmer together until sauce thickens.

### WHY YOU'LL LOVE IT:

This spicy chicken dish is another restaurant favorite. This is an extremely forgiving dish too. You can actually just eyeball the measurements where the ingredients are concerned, and it'll still come out fine, making it ideal for novice cooks!







## Delicious Eastern Food Recipes

### Lemon Chicken

#### INGREDIENTS:

- 3 Pounds of boneless chicken breasts, cut into 2-inch pieces
- 1 Tablespoon of dry sherry
- 1 Tablespoon of soy sauce
- 1/2 Teaspoon of salt
- 2 Eggs
- 2 Cups of vegetable oil
- 1/4 Cup of cornstarch
- 1/2 Teaspoon of baking powder
- 1/3 Cup of white sugar
- 1 Tablespoon of cornstarch
- 1 Cup of chicken broth
- 1 Tablespoon of lemon juice
- 1 Teaspoon of salt
- 1 Lemon, sliced
- 2 Tablespoons of vegetable oil





## Delicious Eastern Food Recipes

### COOKING INSTRUCTIONS:

In a large bowl combine the chicken pieces, sherry, soy sauce and 1/2 teaspoon salt. Mix together, cover and refrigerate. Let marinate for 15 to 20 minutes.

In a small bowl, whisk together 1/4 cup cornstarch and the baking powder; beat in eggs to form a batter. Coat chicken pieces with batter and set aside.

In a wok, heat 2 cups oil to 350 degrees F (175 degrees C). Working in batches, fry chicken pieces in hot oil until browned. Transfer to paper towel-lined plate.

In a medium bowl combine the sugar, 1 tablespoon cornstarch, broth, lemon juice and 1 teaspoon salt. Mix together and add lemon slices. Heat 2 tablespoons oil in small saucepan and slowly stir in lemon sauce mixture. Cook, stirring, until sauce is clear. Pour sauce over chicken and serve.

### WHY YOU'LL LOVE IT:

A dish you've probably had at a Chinese restaurant when out with friends and family, this is another dish that's light, but refuses to sacrifice on flavor. The honey glaze on the chicken is really the star of the dish, and creates a flavor party in your mouth. Great stuff, and an ideal lunchtime dish.

## Marinated Flank Steak

### INGREDIENTS:

- 4 Cloves of garlic
- 1 Teaspoon of minced fresh ginger
- 1 Onion, roughly chopped
- 2 1/2 Cups of low sodium soy sauce
- 1/4 Cup of toasted sesame oil
- 3 Tablespoons of Worcestershire sauce
- 2 Tablespoons of unseasoned meat tenderizer
- 1 Cup of white sugar







## Delicious Eastern Food Recipes

### INGREDIENTS:

- 2 Pounds of beef flank steak, trimmed of excess fat



### COOKING INSTRUCTIONS:

Place garlic, ginger, and onion in the bowl of a blender. Add soy sauce, sesame oil, Worcestershire sauce, meat tenderizer, and sugar. Puree until smooth.

Pour the marinade into a re-sealable plastic bag or glass bowl. Score the flank steak and place into the marinade. Marinate overnight in the refrigerator.

Preheat a grill for medium-high heat.

Grill steak on preheated grill to desired doneness, about 7 minutes per side for medium.

### WHY YOU'LL LOVE IT:

If you thought you were going to have to go meatless, you'll be pleasantly surprised by the amount of beef on this list. This is another of my favorites. There's something about Oriental marinades that just really make my taste buds happy, and I think this recipe and others like it will do the same for you.





## Delicious Eastern Food Recipes

### Marinated Flank Steak

#### INGREDIENTS:

- 1 Teaspoon of sesame seeds
- 1 Tablespoon of soy sauce
- 1 Tablespoon of cornstarch
- 2 Cloves of garlic, minced
- 1 Pound of beef round steak, cut into thin strips
- 3/4 Cup of water
- 2 Tablespoons of soy sauce
- 2 1/2 Teaspoons of cornstarch
- 1/2 Teaspoon of white sugar
- 1 Teaspoon of red pepper flakes
- 2 Tablespoons of vegetable oil, divided
- 2 Carrots, thinly sliced
- 1 Bunch of green onions, cut into 2 inch pieces







## Delicious Eastern Food Recipes

### COOKING INSTRUCTIONS:

In a dry skillet over medium heat, toast sesame seeds for 1 to 2 minutes, or until the seeds begin to turn golden brown; set aside.

In a medium bowl, mix together 1 tablespoon soy sauce, 1 tablespoon cornstarch, and minced garlic. Stir in beef strips. Let stand for at least 10 minutes.

In a separate small bowl, mix together water, 2 tablespoons soy sauce, 2 1/2 teaspoons cornstarch, sugar, sesame seeds, and red pepper flakes; set aside.

Heat 1 tablespoon of oil in a wok or skillet over high heat. Cook and stir beef in hot oil for 1 minute; remove, and set aside. Heat remaining tablespoon of oil in the same pan. Sauté carrots and white part of green onions for 2 minutes. Stir in green parts of the green onion, and sauté for 1 minute. Stir in sesame seed mixture and beef. Cook and stir until sauce boils and thickens.

### WHY YOU'LL LOVE IT:

Simple, spicy, and full of flavor, this dish will leave you full and satisfied. It's a heavier dish, so unless you're exceptionally hungry, this is better suited for an evening meal.

### Moo Goo Gai Pan

### INGREDIENTS:

- 1 Tablespoon of vegetable oil
- 1 Cup of sliced fresh mushrooms
- 2 Cups of chopped broccoli florets
- 1 (8 ounce) can of sliced bamboo shoots, drained
- 1 (8 ounce) can of sliced water chestnuts, drained
- 1 (15 ounce) can of whole straw mushrooms, drained
- 1 Tablespoon of vegetable oil
- 2 Cloves of garlic, minced
- 1 Pound of skinless, boneless chicken breast, cut into strips

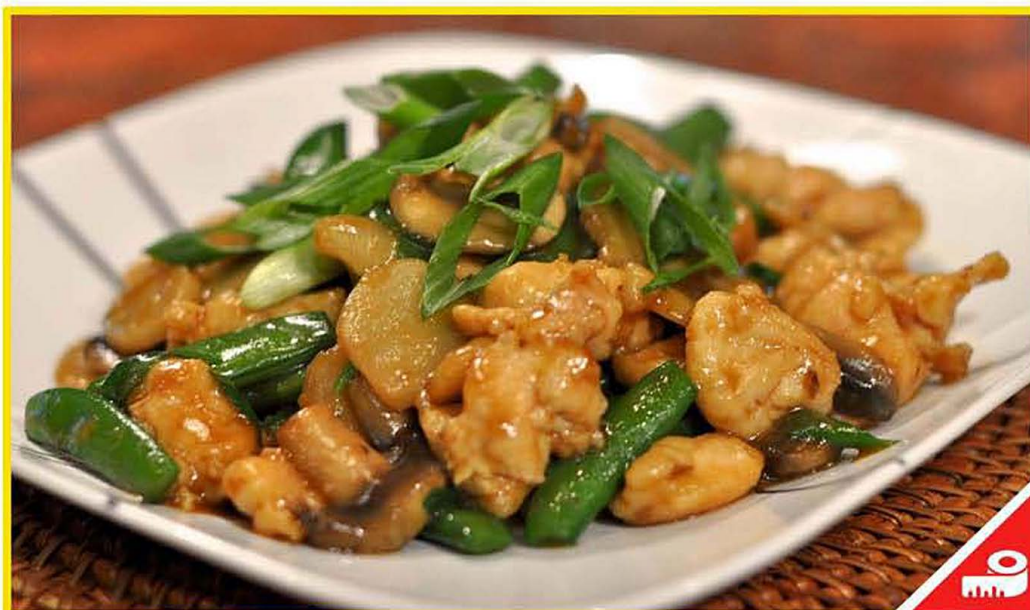




## Delicious Eastern Food Recipes

### INGREDIENTS:

- 1 Tablespoon of cornstarch
- 1 Tablespoon of white sugar
- 1 Tablespoon of soy sauce
- 1 Tablespoon of oyster sauce
- 1 Tablespoon of rice wine
- 1/4 Cup of chicken broth



### COOKING INSTRUCTIONS:

Heat 1 tablespoon of vegetable oil in a wok or large skillet over high heat until it begins to smoke. Stir in the fresh mushrooms, broccoli, bamboo shoots, water chestnuts, and straw mushrooms. Cook and stir until all the vegetables are hot, and the broccoli is tender, about 5 minutes. Remove from the wok, and set aside. Wipe out the wok.

Heat the remaining tablespoon of vegetable in the wok until it begins to smoke. Stir in the garlic, and cook for a few seconds until it turns golden-brown. Add the chicken, and cook until the chicken has lightly browned on the edges, and is no longer pink in the center, about 5 minutes. Stir together the cornstarch, sugar, soy sauce, oyster sauce, rice wine, and chicken broth in a small bowl. Pour over the chicken, and bring to a boil, stirring constantly. Boil for about 30 seconds until the sauce thickens and is no longer cloudy. Return the vegetables to the wok, and toss with the sauce.







## Delicious Eastern Food Recipes

### WHY YOU'LL LOVE IT:

A light dish that doesn't sacrifice on flavor, if a group of four or more people go to a Chinese restaurant together, odds are good that someone will wind up ordering this. It's hugely popular, which means that your kitchen will be hugely popular any time you make it. And you'll love making it!

### **Oyakodon (Japanese Chicken and Egg Rice Bowl)**

### INGREDIENTS:

- 2 Cups of uncooked jasmine rice
- 4 Cups of water
- 4 Skinless, boneless chicken thighs, cut into small pieces
- 1 Onion, cut in half and sliced
- 2 Cups of dashi stock, made with dashi powder
- 1/4 Cup of soy sauce
- 3 Tablespoons of mirin (Japanese rice wine)
- 3 Tablespoons of brown sugar
- 4 Eggs





## Delicious Eastern Food Recipes

### COOKING INSTRUCTIONS:

Rinse the rice in 3 to 4 changes of water until the rinse water is almost clear, and drain off the rinse water. Bring the rice and 4 cups of water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender and the liquid has been absorbed, 20 to 25 minutes.

Place the chicken in a nonstick skillet with a lid, and cook and stir over medium heat until the chicken is no longer pink inside and beginning to brown, about 5 minutes. Stir in the onion, and cook and stir until the onion is soft, about 5 more minutes. Pour in the stock, and whisk in soy sauce, mirin, and brown sugar, stirring to dissolve the sugar. Bring the mixture to a boil, and let simmer until slightly reduced, about 10 minutes.

Whisk the eggs in a bowl until well-beaten, and pour over the chicken and stock. Cover the skillet, reduce heat, and allow to steam for about 5 minutes, until the egg is cooked. Remove from heat.

To serve, place 1 cup of cooked rice per bowl into 4 deep soup bowls, top each bowl with 1/4 of the chicken and egg mixture, and spoon about 1/2 cup of soup into each bowl.

### WHY YOU'LL LOVE IT:

I confess, I'm biased in favor of this dish. I do rather enjoy having certain traditional breakfast foods, and this one's a bit like an omelet in a bowl for me. One of my personal favorites and just enough food to get your day off to a stellar start.

## Sesame Seared Tuna

### INGREDIENTS:

- 1/4 Cup of soy sauce
- 1 Tablespoon of mirin (Japanese sweet wine)
- 1 Tablespoon of honey (raw, locally sourced)
- 2 Tablespoons of sesame oil
- 1 Tablespoon of rice wine vinegar
- 4 (6 ounce) tuna steaks







## Delicious Eastern Food Recipes

### INGREDIENTS:

- 1/2 Cup of sesame seeds wasabi paste
- 1 Tablespoon of olive oil



### COOKING INSTRUCTIONS:

In a small bowl, stir together the soy sauce, mirin, honey and sesame oil. Divide into two equal parts. Stir the rice vinegar into one part and set aside as a dipping sauce.

Spread the sesame seeds out on a plate. Coat the tuna steaks with the remaining soy sauce mixture, then press into the sesame seeds to coat.

Heat olive oil in a cast iron skillet over high heat until very hot. Place steaks in the pan, and sear for about 30 seconds on each side. Serve with the dipping sauce and wasabi paste.

### WHY YOU'LL LOVE IT:

One of the simplest recipes in this collection – tuna steaks have a totally different flavor to them than, say, a tuna salad, and the addition of the wine and honey give this a delightfully sweet flavor that makes it quite unlike any other tuna dish you've ever had. It's light, but will leave you feeling full and satisfied. I'm partial to this one for lunch, but it's good any time of day.





## Delicious Eastern Food Recipes

### Shoyu Chicken

#### INGREDIENTS:

- 1 Cup of soy sauce
- 1 Cup of brown sugar
- 1 Cup of water
- 4 Cloves of garlic, minced
- 1 Onion, chopped
- 1 Tablespoon of grated fresh ginger root
- 1 Tablespoon of ground black pepper
- 1 Tablespoon of dried oregano
- 1 Teaspoon of crushed red pepper flakes
- 1 Teaspoon of ground cayenne pepper
- 1 Teaspoon of ground paprika
- 5 Pounds skinless chicken thighs







## Delicious Eastern Food Recipes

### COOKING INSTRUCTIONS:

Whisk together the soy sauce, brown sugar, water, garlic, onion, ginger, black pepper, oregano, red pepper flakes, cayenne pepper, and paprika in a large glass or ceramic bowl. Add the chicken thighs, and toss to evenly coat. Cover the bowl with plastic wrap, and marinate the chicken in the refrigerator for at least 1 hour.

Preheat an outdoor grill for medium heat, and lightly oil the grate.

Remove the chicken thighs from the marinade. Discard the remaining marinade. Grill the chicken thighs on the preheated grill until cooked through, about 15 minutes per side.

### WHY YOU'LL LOVE IT:

Sweet and spicy, this one has something for everyone. If you're not fond of the spices, just leave the crushed red pepper and cayenne pepper out, and enjoy more sweetness than spice. In either case, the longer you let the chicken marinate, the better your end result. Absolutely delicious.

## Shrimp Tempura

### INGREDIENTS:

- 1 Cup of all-purpose flour
- 2 Tablespoons of cornstarch
- 1 Pinch of salt
- 1 Cup of water
- 1 Egg yolk
- 2 Egg whites, lightly beaten
- 1 Pound of medium shrimp, peeled and deveined, tails left on
- 2 Cups of vegetable oil for frying





## Delicious Eastern Food Recipes



### COOKING INSTRUCTIONS:

Heat oil in a deep-fryer to 375 degrees F (190 degrees C).

Whisk flour, cornstarch, and salt in a large bowl. Make a depression in the center of the flour. Stir in the water and egg yolk. Mix just until moistened; batter will be lumpy. Stir in egg whites.

One at a time, dip shrimp into the batter to coat. Do not batter tails. Carefully place a few shrimp at a time into the hot oil. Fry until golden brown, about 1 1/2 minutes. Drain on paper towels.

### WHY YOU'LL LOVE IT:

Shrimp Tempura is to Japanese food in general, what the California Roll is to Sushi in particular. If you're trying to get someone who's never tried Japanese food interested, then this is the dish you'll probably want to start them off with. Easy to make, and delicious, it's a great meal, any time of day.







## Delicious Eastern Food Recipes

### Spicy Kimchi

#### INGREDIENTS:

- 2 Heads of Napa cabbage
- 1 ¼ Cups of sea salt
- 1 Tablespoon of fish sauce
- 5 Green onions, chopped
- ½ Small white onion, minced
- 2 Cloves of garlic, pressed
- 2 Tablespoons of white sugar
- 1 Teaspoon of ground ginger
- 5 Tablespoons of Korean chili powder



#### COOKING INSTRUCTIONS:

Cut the cabbages in half lengthwise and trim the ends. Rinse and cut into pieces about 2 inch square. Place the cabbage into large, re-sealable bags and sprinkle salt on the leaves so they are evenly coated. Use your hands to rub the salt in to the leaves. Seal the bags and leave at room temperature for 6 hours.





## Delicious Eastern Food Recipes

Rinse the salt from the cabbage leaves and then drain and squeeze out any excess liquid. Place the cabbage in a large container with a tight fitting lid. Stir in the fish sauce, green onions, white onion, garlic, sugar and ginger. Sprinkle the Korean chili powder over the mixture. Wear plastic gloves to protect your hands and rub the chili powder into the cabbage leaves until evenly coated. Seal the container and set in a cool dry place. Leave undisturbed for 4 days. Refrigerate before serving, and store in the refrigerator for up to 1 month (if it lasts that long!).

### WHY YOU'LL LOVE IT:

Kimchi is one of those foods that grows on you. The more you eat it, the more you come to crave it. This will probably become one of your favorites.

### Sukiyaki Beef

#### INGREDIENTS:

- 1 Tablespoon of peanut oil
- 1 Pound of beef round steak, sliced diagonally into 3 inch pieces
- 1/2 Cup of beef stock
- 2 Teaspoons of soy sauce
- 1 Tablespoon of butter
- 3/4 Cup of onion, diced
- 3/4 Cup of celery, diced
- 1/4 Pound of mushrooms, chopped
- 1/4 Pound of fresh spinach, rinsed







## Delicious Eastern Food Recipes

### COOKING INSTRUCTIONS:

Heat oil in a wok or large heavy skillet over medium-high heat. Add beef, and cook until evenly brown. Stir in beef stock, soy sauce and butter. Push meat to the side, and toss in onion, celery and mushrooms. Cook, stirring, for about 4 minutes. Add spinach, and cook for 2 more minutes.

### WHY YOU'LL LOVE IT:

A mild, flavorful combination of ingredients. So often, this type of food is fairly spicy, but this dish will sit well even on the most sensitive of stomachs, yet it's flavorful enough to leave even the most discerning palette satisfied, and even coming back for seconds.

### Sweet and Sour Chicken

### INGREDIENTS:

- 1 (8 ounce) can of pineapple chunks, drained (juice reserved)
- 1/4 Cup of cornstarch
- 1 3/4 Cups of water, divided
- 3/4 Cup of white sugar
- 1/2 Cup of distilled white vinegar
- 2 Drops of orange food color
- 8 Skinless, boneless chicken breast halves - cut into 1 inch cubes
- 2 1/4 Cups of self-rising flour
- 2 Tablespoons of vegetable oil
- 2 Tablespoons of cornstarch
- 1/2 Teaspoon of salt
- 1/4 Teaspoon of ground white pepper
- 1 Egg
- 1 1/2 Cups of water
- 1 Quart of vegetable oil for frying
- 2 Green bell pepper, cut into 1 inch pieces





## Delicious Eastern Food Recipes



### COOKING INSTRUCTIONS:

In a saucepan, combine 1 1/2 cups water, sugar, vinegar, reserved pineapple juice, and orange food coloring. Heat to boiling. Turn off heat. Combine 1/4 cup cornstarch and 1/4 cup water; slowly stir into saucepan. Continue stirring until mixture thickens.

Combine flour, 2 tablespoons oil, 2 tablespoons cornstarch, salt, white pepper, and egg. Add 1 1/2 cups water gradually to make a thick batter. Stir to blend thoroughly. Add chicken pieces, and stir until chicken is well coated.

Heat oil in skillet or wok to 360 degrees F (180 degrees C). Fry chicken pieces in hot oil 10 minutes, or until golden. Remove chicken, and drain on paper towels.

When ready to serve, layer green peppers, pineapple chunks, and cooked chicken pieces on a platter. Pour hot sweet and sour sauce over top.

### WHY YOU'LL LOVE IT:

One of the most popular dishes at Chinese restaurants around the country, it's fabulous to know that you can have it any time you like, from the comforts of home. If you have children, you should know that this is often a kid-favorite too!







## Delicious Eastern Food Recipes

### Sweet and Sour Pork

#### INGREDIENTS:

- 1 Pound pork butt, cut into 1 inch cubes
- 1 Teaspoon salt
- 1/4 Teaspoon white sugar
- 1 Teaspoon soy sauce
- 1 Egg white
- 2 Green onions, chopped
- 1 Quart vegetable oil for frying
- 1/2 Cup cornstarch
- 1 Tablespoon vegetable oil
- 3 Stalks celery, cut into 1/2 inch pieces
- 1 Medium green bell pepper, cut into 1 inch pieces
- 1 Medium onion, cut into wedges
- White sugar to taste
- Salt to taste
- 1 Cup water
- 1/4 Teaspoon salt
- 3/4 Cup white sugar
- 1/3 Cup apple cider vinegar
- 1/4 Cup ketchup
- 1/2 Teaspoon soy sauce
- 1 (8 ounce) can pineapple chunks, undrained
- 2 Tablespoons cornstarch
- 1/4 Cup water





## Delicious Eastern Food Recipes

### COOKING INSTRUCTIONS:

Place cubed pork in a medium bowl, and season with 1 teaspoon salt, 1/4 teaspoon sugar, and 1 teaspoon soy sauce. Mix in the egg white and green onions. Cover, and place in the refrigerator at least 1 hour.

Heat 1 quart of oil to 365 degrees F (185 degrees C) in a large, heavy saucepan or deep fryer.

Coat the pork with 1/2 cup cornstarch, and fry in the heated oil about 10 minutes, until evenly browned. Drain on paper towels.

Heat 1 tablespoon oil in a wok over medium heat. Stir in the celery, green bell pepper, and onion, and cook until tender. Season with salt and sugar. Remove from heat, and set aside.

In a large saucepan, mix 1 cup water, 1/4 teaspoon salt, 3/4 cup sugar, apple cider vinegar, ketchup, and 1/2 teaspoon soy sauce. Bring to a boil, and stir in the cooked pork, celery mixture, and the pineapple chunks with juice. Return to boil, and mix in 2 tablespoons cornstarch and 1/4 cup water to thicken. Cook until well blended.

### WHY YOU'LL LOVE IT:

Everything that's true about Sweet and Sour chicken is also true about Sweet and Sour pork, and again, if you have kids, then odds are they'll be begging you to make one or the other on a regular basis. Few things make dieting easier than when you can get the whole family on board.

### Tonkatsu – Asian-Style Pork Chops

#### INGREDIENTS:

- 2 Eggs
- 1 Teaspoon of milk
- 1/2 Teaspoon of minced garlic
- Salt to taste
- 1/2 Teaspoon of pepper
- 1 Cup of vegetable oil (for frying)
- 8 Thin-cut, boneless pork chops
- 1 1/2 Cups of panko crumbs







## Delicious Eastern Food Recipes



### COOKING INSTRUCTIONS:

In a medium bowl, mix together the eggs, milk, garlic, salt and pepper. Heat oil in a large heavy skillet over medium-high heat. Place the panko crumbs in a shallow bowl.

Rinse pork chops with water, then dip in the egg mixture. Coat with panko crumbs, dip in the egg mixture again, then coat with another layer of panko crumbs. Lay coated chops on a plate until the rest are finished. If you have time, let them set for about 10 minutes, and the coating will set very well. If you wish to freeze the chops, now is the time.

When the oil is very hot, place pork chops into the pan, and fry for about 5 minutes on each side, until golden brown.

### WHY YOU'LL LOVE IT:

A simple, flavorful dish that's sure to please even the pickiest of eaters in your house, this one comes together quickly and uses on the most basic of spices (just salt and pepper). Good, wholesome, healthy food, ready in a flash.





## Delicious Eastern Food Recipes

### Yakisoba Chicken

#### INGREDIENTS:

- 1/2 Teaspoon of sesame oil
- 1 Tablespoon of canola oil
- 2 Tablespoons of chili paste
- 2 Cloves of garlic, chopped
- 4 Skinless, boneless chicken breast halves (cut into 1 inch cubes)
- 1/2 Cup of soy sauce
- 1 Onion, sliced lengthwise into eighths
- 1/2 Medium head of cabbage, coarsely chopped
- 2 Carrots, coarsely chopped
- 8 Ounces of soba noodles, cooked and drained



#### COOKING INSTRUCTIONS:

In a large skillet combine sesame oil, canola oil and chili paste; stir-fry 30 seconds. Add garlic and stir fry an additional 30 seconds. Add chicken and 1/4 cup of the soy sauce and stir fry until chicken is no longer pink, about 5 minutes. Remove mixture from pan, set aside, and keep warm.







## Delicious Eastern Food Recipes

In the emptied pan combine the onion, cabbage, and carrots. Stir-fry until cabbage begins to wilt, 2 to 3 minutes. Stir in the remaining soy sauce, cooked noodles, and the chicken mixture to pan and mix to blend. Serve and enjoy!

### WHY YOU'LL LOVE IT:

A medley of great flavors designed to make your taste buds happy. This one's quick and easy, but manages to be so without sacrificing flavor. A delightful meal, ready any time you are.

### **Yakitori Chicken**

#### INGREDIENTS:

- 1/2 Cup of sake
- 1/2 Cup of soy sauce
- 1 Tablespoon of sugar
- 1 Clove of garlic, crushed
- 1 (2 inch) Piece of fresh ginger root, grated
- 1 Pound of skinless, boneless chicken breast meat - cubed
- 3 Leeks, white part only, cut into 1/2 inch pieces





## Delicious Eastern Food Recipes

### COOKING INSTRUCTIONS:

In a medium dish, mix together the sake, soy sauce, sugar, garlic and ginger. Add chicken, and allow to marinate for 15 minutes.

Preheat your oven's broiler. Grease six metal skewers, and thread alternately with 3 pieces of chicken and 2 pieces of leek. Place on a baking sheet or broiling pan, and brush with the marinade.

Broil for about 5 minutes, baste again, then broil for another 5 minutes, or until chicken is cooked through. Discard remaining marinade.

### WHY YOU'LL LOVE IT:

Any recipe that incorporates sake into it makes me smile. Any recipe calling for skewers makes me smile even broader – this one hits two of my happy triggers, and it tastes simply wonderful! One note though, it might not seem like it, but the sugar is actually really important to balancing the flavors of this dish. I made it once, forgetting the sugar, and it just isn't half as good, so don't leave it out!

## Done-For-You Meal Plan

That's a lot of recipes, but I wanted to include a bunch of them so you could totally customize this meal plan to suit your tastes. As we talked about before, the best, most successful dieters only eat a few meals, but there are enough recipes here that you can change things up any time you're in the mood for variety. Here's the exact meal plan I used when I started out:

### Monday

Breakfast: Won Ton Soup

Lunch: Japanese Nabeyaki Udon Soup

Dinner: Dakdoritang and Jap Chae (Korean Glass Noodles)







## Delicious Eastern Food Recipes

### Tuesday

Breakfast: Okonomiyaki

Lunch: Chinese Green Bean Stir Fry

Dinner: Japanese Ginger Pork and Lion Head Soup

### Wednesday

Breakfast: Korean Eggroll Triangles

Lunch: Kongnamool (Korean Soybean Sprouts)

Dinner: Honey Walnut Shrimp and Crab Rangoon

### Thursday

Breakfast: Oriental Cold Noodle Salad

Lunch: Korean Squash

Dinner: Egg Drop Soup and Chinese Roast Pork

### Friday

Breakfast: Korean Cucumber Salad

Lunch: Goyza (Japanese Pot Stickers)

Dinner: Pot stickers and Bulgogi

### Saturday

Cheat day – all bets are off!

### Sunday

Breakfast: Green Tea Muffins

Lunch: California Roll (Sushi)

Dinner: GalbiJjim (Korean Beef Short Rib Stew) with Green Onion Cakes





## Conclusion

And there you have it. I know this has been a long e-book, and I appreciate you sticking with me. I had to make it this long because although the topic of weight loss sounds pretty simple and straightforward on the face of it, the reality is that it's actually a pretty complex, involved topic.

You should now consider yourself armed and dangerous. Consider yourself to have earned a PhD in results! This book contains absolutely everything I know about weight loss, drawn from literally years of research and experimentation on myself. There's not a single word in this book that I haven't lived and put into practice in my daily life.

All of these recommendations have been made because they work. I specifically haven't bored you with the scientific details because ultimately, do they matter? As long as you get the results you're after, and it's safe and reliable, who cares? I mean, sure, that stuff is important on a certain level, but honestly, at the end of the day, the results are simply more important.

Also, let's face it, science can be dull. I didn't want to make this book even longer than it already is, and I certainly didn't want to bore you. I hope you're as excited as I am about the future, and I have to tell you, I'm pretty jazzed. I know you're standing at the threshold of a whole new life.

Not only do you have a whole world of fabulous new foods to experiment with, but you're about to embark on a journey that will change your life forever. You're about to lose that belly fat, and as much weight as you want to lose, and be able to keep it off, permanently.

I'd love to hear about your successes as you put these eating strategies in practice in your own life. By all means, feel free to send me your before and after pictures so I can celebrate those successes with you! Had I wanted this only for myself, I never would have written this book, but the reality is that once I found something that truly worked, I couldn't help but share it with other people who needed it.

I know what it's like to struggle with weight problems. I know what it's like to struggle with the health and self-esteem problems that go with those problems, because I've been there myself.

This book then, was written for you. I can't wait to hear from you. Best of luck to you, and again, drop me a note and let me know how it's working for you.

Best Regards,





**Please Note:**

The information presented in this book is not intended as specific medical advice, and is not a substitute for professional treatment or diagnosis. These statements have not been evaluated by the Food and Drug Administration.