



JANUARY 2010

DR. JULIE'S MONTH OF MEALS

Ever wonder what your Doctor has been eating?!
 Try starting off the New Year right with some of these healthy,
 anti-inflammatory meals all taste-tested
 and approved by Dr. Julie in 2009!



If you would like further details regarding these recipes or more information on ways to eat well in 2010, feel free to ask Dr. Julie during your next visit to the office.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Baked acorn squash filled with sautéed ham, onion, red peppers & cooked lentils.	2
3	4 Cashew chicken stir-fry with garlic, green onions, snow peas red, orange & yellow bell peppers served on "cups" of iceberg lettuce.	5 Egg salad made with mashed avocado, apples, carrots, onion, celery & red pepper wrapped in romaine heart lettuce.	6 Boiled cauliflower "mashed potatoes" with steak & spinach greens.	7 Omelet made with spinach, onion, avocado, red pepper & balsamic vinegar topped with sun dried tomatoes.	8 Red peppers stuffed with ground turkey, carrots, onions, tomato sauce, tomatoes, green peppers & mushrooms.	9
10	11 Salmon baked with lemon & sesame seeds topped with a carrot puree sauce & a side of boiled beets with oil and vinegar.	12 Large spinach salad with apples, pears, strawberries, ground walnuts, homegrown sprouts & avocado.	13 Homemade chicken soup with carrots, leeks, onion, celery, parsley, parsnip, turnip & brown rice.	14 Steamed & mashed sweet potatoes sautéed with ham, apples, onion, thyme & paprika topped with poached eggs.	15 Grilled chicken topped with diced mango & cucumber with a side of steamed broccoli.	16
17	18 Baked egg-plant rolls filled with whole wheat couscous, thyme & optional feta cheese topped with homemade tomato sauce.	19 Rib-eye steaks with sides of baked sweet potato fries with cinnamon & a baby arugula salad (oil & red wine vinegar).	20 Turkey/Veggie burger sautéed with balsamic vinegar/onion served on a portabella mushroom bun w/lettuce & tomato & a side of cucumber sticks.	21 Roasted tuna steaks with olives, grapes & pine nuts with a side of baked summer squash & zucchini slices.	22 Bake steamed spaghetti squash with a homemade pesto sauce, sun-dried tomatoes, red onion, chives & carrots (Side - baked squash seeds).	23
24	25 Grilled salmon with diced tomatoes & avocado with a side of crisp green apple, green onion & celery salad tossed with lemon juice.	26 Roasted chicken, red peppers & seeded kumquats with a side of steamed green beans and a salad.	27 Stir-fried pork with a black plum, apple cider & lime topping with a side of roasted asparagus.	28 Spring mix salad with apples, avocado, hard boiled egg, carrots, boiled beets, pecans, sunflower & flax seeds with apple cider vinegar.	29 Grilled snapper and mandarin orange salad with romaine lettuce, chopped cilantro, green onions, celery, caper berries & lemon juice.	30/31

