



WEEK TWO PROGRAM MANUAL

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"Habits of Health Eating" Cheat Sheet

First Rule: Plan on Seconds

Second Rule: Plan on Dessert

Third Rule: Put away your large dinner plates — never to return!

Bites:

- Your bite size should be equal to the end joint of your thumb.
- Become a nibbler.

Fork:

- Just as you eat on a medium plate, use the dessert fork.
- Habits:
 - Take a bite
 - Put your fork down
 - Finish what you have in your mouth
 - Pick up your fork
 - Repeat process

Mouth:

- Never fill your mouth with food
- If you have something in your mouth, don't put something else in there

Hands:

- Get the food out of your hands
- Only hold one fry or food piece at a time
- For hand held foods that are too large, cut them into bites

Drinks:

- Never wash your food down with your drink
- Buy small or you'll drink it all
- Become a sipper

Restaurants:

- Never go to the buffet — if you get your money's worth, you've overeaten
- Split a plate
- Put half your meal in a to-go box before you start eating
- Don't let them rush you out the door
- Order the salad and then the main
- Never biggie size — order the appetizer if need be



Vegetarian Menus to Help with Blood Pressure Control

Breakfasts

- **Oatmeal** with crushed nuts of choice, cinnamon, blueberries, coffee or tea
- Half an apple (sliced), nut butter of choice to dip slices in, coffee or tea
- Half a banana (sliced), nut butter of choice to dip slices in, coffee or tea
- **Quinoa** with crushed nuts of choice, cinnamon, apple slices, coffee or tea
- Piece of whole grain toast topped with nut butter, coffee or tea

Lunches

- Green salad with **Balsamic Vinaigrette Dressing** along-side half of a baked sweet potato with sautéed mushrooms and onions.
- Green Salad topped with **Black Bean Salsa** served with a small side of **Corn Chips**.
- **Quinoa Garbanzo Beans and Veggie Dish** with side of celery and carrot slices and roasted almonds.
- **Greek Bean Soup**, side salad. Pistachios and half an orange.
- **Hummus**. Sliced cucumbers, tomatoes and onions topped with **Tahini Dressing**

Dinners

- **Jazzed up Garbanzo Beans, Peanut Salad**, half a piece of fruit
- **Baked Falafel** on a bed of green salad, topped with **Tahini Dressing**, pistachios
- **Beans and greens** and an **Arugula, Tomato Salad**
- **Olive Tapenade** and **Baba Ghanoush**, served with tomato, cucumber, celery and carrot slices and some whole grain small squares of bread. **Lemon Broccoli**, Half a grapefruit.
- **Moroccan Chick peas, Broccoli, Avocado Salad**. Small piece dark chocolate.

Recipes for the names in bold can be found in the recipe section.



Blood Pressure Enders

Enders are foods that individuals can enjoy after a meal is completed.

- Small piece of dark chocolate (70% or higher)
- Small amount of unsalted nuts
- Small amount of hummus with some veggies slices
- Small piece of smoked salmon
- Hibiscus tea
- Oolong tea
- Green tea
- Peppermint tea



A Guide to Eating Sweet Treats Sensibly

Step 1: Place Sweet Treats in their Proper Context

- Sweet treats are many times a part of a celebration.
- Sweet treats are not the snack your body is asking for when you are truly hungry.
- As much as possible, enjoy sweet treats in the company of others.
- Do not deprive yourself. Enjoy dessert, but focus on high quality, not high quantity.

Step 2: Control the Portion

- Serve yourself on smaller plates, bowls, and cups.
- Always order the small. In fact, at ice cream stands sometimes ordering the kiddie portion is the most sensible option.
- Serve yourself a little less than you think you want.
- If at a restaurant, and the portion is large, split it with others.
- Desserts really are about those first few bites. You'll be surprised how a little really does go a long way!

Step 3: Return to Mindful Eating

- Be mindful of your food choices. Only consume desserts that are made from real ingredients.
- When possible, sit down. Sitting down helps to bring some mindfulness to the act of eating.
- Take small bites. Use smaller forks and spoons to enjoy your dessert.
- Make it last as long as possible.



Recipes

Oatmeal

Serves 2

You'll Need

- 1/2 cup old-fashioned rolled oats
- 1 cup water
- A pinch of salt

Directions

- In a medium saucepan, bring water and salt to a boil.
- Stir in oats and lower to medium heat. Cook for approximately 5 minutes or until water is absorbed into oats.
- Add in toppings of choice such as diced fresh/dried fruit. Sweetener of choice (brown sugar, maple syrup, or honey). A pinch of cinnamon and/or nutmeg and or ginger, chopped nuts of choice.

Quiona Breakfast Bowl

Serves 4

You'll Need

- 1 cup quinoa, rinse before cooking
- 2 cups coconut milk, or almond milk (no sugar added)
- 1/2 teaspoon cinnamon
- 1/2 cup walnuts, or pecans (especially good toasted)
- 1/4 cup berries
- Honey, as needed

Directions

- Combine quinoa and liquid and cook per the package directions, or bring to a boil. Cover and simmer for 15 minutes, then let it sit for 5 minutes. Fluff with fork.
- Top with cinnamon, nuts, and fruit.
- If you want sweetness, you can drizzle a small amount of honey on top.

Balsamic Vinaigrette Salad Dressing

Serves 4

You'll Need

- 3 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 2 or more teaspoons Dijon mustard
- Honey, (optional)

Directions

- Mix all the ingredients together. Add the Dijon until you reach a consistency you like. This is your base.
- If you would like, add a tad bit of honey.

Tips

- Add herbs or spices (oregano, garlic, cayenne, etc.)
- Try a flavored vinegar.
- Make a larger quantity and store in the refrigerator. Take out and let come to room temperature and mix before using.

Black Bean Salsa

Serves 6

You'll Need

- 14.5 ounce can of black beans, drained (or use black beans that have been cooked from the dried state)
- 14.5 ounce can corn drained (or use fresh corn)
- 12 ounces of salsa
- $\frac{1}{4}$ bunch cilantro, chopped
- $\frac{1}{2}$ tablespoon fresh lime juice

Directions

- Mix all the above together and use this as your base.
- Use as a dip or serve on top of a salad, baked potato, in a wrap, or taco shell.

Tips

- Add some chopped vegetables or fruit such as bell pepper, carrots, yellow onion, red onion, green onion, avocado, tomato, or mango.
- Add a chopped chili, chili powder, or jalapeno for a spicy flavor.

Corn Chips

You'll Need

- 6 soft corn tortillas
- 1/2 tablespoon coconut oil
- Salt

Directions

- Preheat the oven to 350 degrees F.
- Brush one side of the tortillas with oil.
- Cut tortillas into triangles with a pizza cutter.
- With the oiled side up, spread the chips out in a single layer on a baking sheet. Do not overlap them.
- Sprinkle with salt (and other spices of choice, if desired).
- Bake until golden brown and crisp.

Quinoa Garbanzo Beans Veggies

Serves 6

You'll Need

- 1 can garbanzo beans, drained, or 1 1/2 cups cooked from the dried state
- 3 tablespoons fresh lemon juice
- 5 tablespoons olive oil
- 2 garlic cloves, peeled
- 2 teaspoons cumin seeds
- 1 teaspoon turmeric, dried, divided
- 2 cups water
- 1 cup quinoa, (about 6 ounces) ** rinsed well, drained
- 1 teaspoon salt
- 1 1/2 pounds zucchini, cut into 1/4 inch chunks
- 1 1/2 teaspoons cumin, ground
- 4 green onions, thinly sliced

Directions

- Preheat oven to 375° F.
- Combine garbanzo beans and lemon juice in a large bowl. Add 3 tablespoons of olive oil; press in garlic and stir to combine. Let marinate for at least 15 minutes and up to 2 hours. Set aside.
- Place zucchini in baking dish. Toss with 1 tablespoon of olive oil, ground cumin, 1/2 teaspoon turmeric, salt and pepper until coated. Roast until browned, check at 15 minutes.
- Heat 1 tablespoon olive oil in medium saucepan over medium-high heat. Add cumin seeds, 1/2 teaspoon turmeric, and stir until fragrant, about 1 minute. Add 2 cups water, quinoa, and salt; bring to simmer, stirring occasionally. Reduce heat to medium-low. Cover and simmer until all water is absorbed, about 16 minutes.
- Mix all together. Adjust seasonings as needed.

Fasolatha (Greek Bean Soup)

Serves 6

You'll Need

- 1 pound Navy beans, dried
- 2 carrots
- 1 yellow onion
- 2 celery stalks
- 1 cup tomato sauce
- $\frac{3}{4}$ cup olive oil
- 2 quarts Water
- Salt and Pepper

Directions

- Soak beans overnight and drain in the morning. In a medium sized pot, add 2 quarts of water and beans, bring to a boil and simmer for 1 hour.
- Add the chopped veggies and oil, cook for another $\frac{1}{2}$ an hour or so. When almost done, add the tomato sauce and salt and pepper to taste.

Hummus

Serves 3

You'll Need

- 1 can garbanzo beans, or 1 ¹/₂ cups cooked garbanzo beans
- Water
- 2 tablespoons Tahini, Sesame seed paste (more or less as you like)
- ¹/₂ tablespoon fresh lemon juice, (more or less as you like)
- 1 garlic clove, crushed
- Salt

Directions

- Place all ingredients in a blender including 1 tablespoon water (or bean juice from can). Mix and add more water until smooth but thick consistency is reached. Add salt as needed.

Tips

- Examples of spices and herbs to season: cumin powder, dried or fresh parsley, sweet paprika

Tahini Dressing

Serves 6

You'll Need

- 2 garlic cloves, crushed
- $\frac{1}{2}$ cup tahini, (sesame paste)
- $\frac{1}{3}$ cup fresh lemon juice
- $\frac{1}{4}$ cup water
- Salt

Directions

- Mix all ingredients together. Thin out with more water as you feel needed.

Jazzed Up Garbanzo Beans

Serves 3

You'll Need

- 1 green chili, (deseeded and finely chopped)
- 1 can garbanzo beans, or 1 1/2 cups cooked from the dried state
- 2 garlic cloves, (finely chopped)
- 1 medium yellow onion, (chopped)
- 2 tablespoons olive oil
- 1/3 cup water
- 1/4 inch fresh ginger, peeled, finely sliced (or 1/2 teaspoon ground)
- 1/2 teaspoon chili powder
- 1/2 teaspoon cumin, ground
- 1/2 teaspoon ground coriander
- 1/2 tablespoon lemon juice

Directions

- Place the olive oil in a pan that can be covered. Sauté the onion, until slightly browned. Add the chili, garbanzo beans, garlic, ginger, chili powder, cumin and coriander. Cook for approximately 2 minutes.
- Add water, cover, and simmer for about 10 minutes. Add the lemon juice.
- Enjoy with pita bread, over rice or by itself.

Peanut Salad

Serves 4

You'll Need

- 1 cup lightly salted peanuts
- ½ lime
- ¼ cup chopped Chinese parsley (cilantro) leaves
- Pinch of crushed red pepper (optional)
- 1 tablespoon finely chopped yellow onion (or green onion)

Directions

- Mix all ingredients together.

Tips

- This recipe is a flexible base. Adjust to your liking. Consider adding in some chopped garlic or ginger.

Baked Falafel

Serves 3

You'll Need

- 1 can chickpeas, drained (or use cooked dried chick peas)
- 2 garlic cloves, minced
- $\frac{1}{8}$ medium red onion, minced (or yellow)
- 2 teaspoons cumin, ground
- Pinch of crushed red pepper
- $\frac{1}{2}$ teaspoon ground coriander
- $\frac{1}{4}$ teaspoon salt
- 1 bunch cilantro
- 1 bunch parsley
- A pinch of baking soda
- Peanut oil, (or grapeseed oil)

Directions

- Preheat oven to 400 degrees F.
- Combine all ingredients except peanut oil in a food processor or blender. Process until ground and well combined.
- Form mixture into 8 patties.
- In a pie dish or baking dish, fully coat with peanut oil and place patties on oil. Then, coat top of patties with peanut oil.
- Bake for 20 minutes, turn over, and bake for approximately 20 more minutes.

Tips

- Serve topped with sliced tomato and chopped lettuce. Place in a pita or on top of a salad.

Beans and Greens

Serves 3

You'll Need

- 4 garlic cloves, large, thinly sliced
- 3 tablespoons olive oil
- Pinch of crushed red pepper
- 1 can cannellini beans, or 1 ½ cups cooked cannellini beans (reserving ⅓ cup liquid)
- ½ pound kale, chopped
- Salt and pepper
- ½ baguette, (optional)

Directions

- In a medium pot, sauté sliced garlic and red pepper flakes in oil on low heat until aroma is released.
- Add the chopped kale and sauté until all kale is completely wilted.
- Add beans and simmer until they're heated through but still firm.
- Add salt and pepper to taste.
- Serve with a nice piece of bread.

Tips

- If you want the dish to be more like a soup, add water or bean juice.
- Use collard greens instead of kale.

Arugula Tomato Salad

Serves 3

You'll Need

- 1 cup arugula, 1 cup roughly packed equals approximately 1 ounce
- 3 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1/2 teaspoon Dijon mustard
- 2 medium tomatoes, cut into wedges or 6 small, or cherry tomatoes, halved
- Salt
- Pepper

Directions

- Wash and dry the arugula, remove the tough stems and arrange on the outside of a platter.
- Whisk together the olive oil, vinegar, and mustard.
- Add salt and pepper to taste.
- Toss the tomatoes gently in the salad dressing.
- Place the tomatoes in the center of the arugula.
- Drizzle the remainder of the dressing over the arugula.

Olive Tapanade

Serves 4

You'll Need

- 2 garlic cloves, peeled
- 1 cup Kalamata olives, pitted
- 1 tablespoon capers
- 3 tablespoons fresh parsley, chopped
- 1 tablespoon fresh lemon juice
- 2 tablespoons olive oil

Directions

- Place the garlic cloves into a blender or food processor; pulse to mince.
- Add the olives, capers, parsley, lemon juice, and olive oil.
- Blend until everything is finely chopped.
- Serve as a sandwich spread or with vegetables or pita chips.

Tips

- Try this recipe with chives instead of parsley or just add some chives to the tapanade.
- Try 2 teaspoons of red wine vinegar instead of the lemon juice.

Baba Ghanough

Serves 4

You'll Need

- 1 medium eggplant
- 1 garlic clove, crushed (add more if you'd like)
- 1 tablespoon tahini, (sesame seed paste)
- 3 tablespoons fresh lemon juice, Juice from one lemon
- Salt
- 4 pita breads

Directions

- Cut eggplant in half lengthwise.
- Place eggplant cut side down on cookie sheet. Place in oven on broil to burn skin. You could also grill to burn skin too. Remove burnt skin.
- Place inside of the eggplant in food processor, blender, or mash by hand (if adding to blender you may want to add a bit of the lemon juice to aid in the pureeing process).
- In a small bowl mix garlic, lemon juice, and tahini. Add this mixture to eggplant and add salt to taste.
- Serve as a sandwich spread, or as a dip with raw vegetables of choice or pita chips.
- Garnish with paprika and parsley.

Lemon Broccoli

Serves 4

You'll Need

- 1 pound broccoli, 16 ounces (frozen or fresh)
- Fresh lemon juice
- Salt and pepper to taste

Directions

- Steam broccoli.
- Toss with lemon juice, salt and pepper to taste.

Moroccan Chick Peas

Serves 3

You'll Need

- 1 can garbanzo beans, or 1 $\frac{1}{2}$ cups cooked from the dried state
- 2 tablespoons olive oil, (or coconut oil)
- $\frac{1}{4}$ teaspoon chili powder
- 1 teaspoon cumin, ground
- $\frac{1}{2}$ teaspoon salt
- 1 tablespoon fresh lemon juice

Directions

- In a small pan on low-medium heat, heat oil. Add chili powder and cumin for a minute to release flavor.
- Add in all other ingredients and heat through.
- Serve over rice, with pita or simply by itself.

Broccoli, Avocado Salad

Serves 4

You'll Need

- 1 pound fresh broccoli, approximately one bunch
- Salt
- 2 small avocados
- 1 1/2 tablespoons fresh lemon juice, juice from 1/2 lemon
- 1 teaspoon Dijon mustard
- 1 garlic clove, finely chopped
- 1 tablespoon red wine vinegar
- 3 tablespoons olive oil, (or avocado oil)

Directions

- Chop broccoli.
- Drop broccoli into boiling salted water to cover. Bring to a boil and cook 2 minutes. Drain and run the broccoli briefly under cold water to cool.
- Cut the avocado in half. Cut each half into 8 lengthwise strips. Pour the lemon juice over the strips to prevent discoloration.
- Arrange the broccoli and the avocado alternately on each a serving plate.
- With a wire whisk, blend the mustard, garlic, vinegar, pepper and oil, adding salt if needed in a bowl.
- Pour over the broccoli and avocado.
- Serve immediately.