



Biogenetix™
Nutrition Uncompromised

Biogenetix Sample Anti-Inflammatory Diet Information



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To be provided by health care professionals only. The dosage recommendations are only for your health care provider's consideration. Please consult your health care provider for your individual dosing instructions. This product is for nutritional purposes only. It is not designed to diagnose, treat, reverse, cure or prevent any disease. This product is not intended to replace or delay the use of prescription medication. These statements have not been evaluated by the FDA.



Foods to Eat ✓

- Fruits, including blueberries, strawberries, blackberries, lemons, bananas and apples
- Herbal teas
- Vegetables, including celery, carrots, zucchini, cucumbers, avocado, beets, eggplant, asparagus, onion, garlic, spinach, lettuce, butternut squash, cauliflower, broccoli, peppers, yams and sweet potatoes
- Beans, including pinto, black, navy, white and red kidney
- Peas (fresh, split or snap)
- Consume mainly fish (no shellfish)
- Moderate amounts of chicken, turkey and lamb
- Use mainly olive oil, coconut oil and avocado oil
- Seeds and nuts, with the exception of peanuts
- Almond butter & cashew butter
- Unsweetened almond or coconut milk
- Turkey bacon and/or sausage patties (nitrite and gluten free)
- Turkey or Chicken lunch meat without additives or preservatives
- Skinny Crisps (Plain Jane or Onion)
- Stevia
- Xylitol
- Grade A Dark Syrup
- Coconut sugar

DRINK PLENTY OF WATER!

It's best for you to drink half your body weight in ounces of water.

Lemon or cucumber infused water are acceptable but avoid store-bought water flavoring products.

100 lbs = 50oz. / 6.25 cups / 1.5 liters

120 lbs = 60oz. / 7.5 cups / 1.8 liters

140 lbs = 70oz. / 8.75 cups / 2.0 liters

160 lbs = 80oz. / 10 cups / 2.4 liters

180 lbs = 90oz. / 11.25 cups / 2.7 liters

200 lbs = 100oz. / 12.5 cups / 3 liters

220 lbs = 110oz. / 13.75 cups / 3.3 liters

240 lbs = 120oz. / 15 cups / 3.5 liters

260 lbs = 130oz. / 16.25 cups / 3.8 liters

280 lbs = 140oz. / 17.5 cups / 4.1 liters

300 lbs = 150oz. / 18.75 cups / 4.4 liters



Foods to Avoid

- **Foods that produce any allergic reaction for you**
- Fast food
- Dairy—milk, cheeses, yogurt and butter
- Eggs
- Margarine
- Shortening
- Foods prepared with gluten
- All grains including corn, rice and quinoa
- Tomatoes & tomato sauces
- Corn
- White potatoes
- Peanuts and peanut butter
- Soy
- Products made from soy including soy milk, meat substitutes and tofu
- Beef
- Pork
- Bacon
- Cured meats including cold cuts, hot dogs, canned meat and sausage
- Shellfish
- Honey
- Sugar
- Artificial sweeteners
- Alcohol
- Caffeine including coffee, decaf coffee, black tea and soda or diet soda
- Fruit juices

Proper Nutrition

A proper diet is essential to the processes of the Metabolic Clearing Program. Be sure to eat enough food throughout the day. **Remember, the Metaboclear shakes are not a meal replacement.**

Talk to your health care provider about your meal portions and schedule, especially if you have specific dietary considerations.



Anti-inflammatory Meal Recipes

These recipes are just some examples of the many easy, wholesome meals that align with an anti-inflammatory diet. If you follow the recommended foods to eat and foods to avoid (pages 12 and 13), you can adapt many recipes you already know, discover in books or find online.

Salad Dressing – Savory

SERVES: 1+ TIME: 5 mins

Add all the ingredients to a jar and shake well. Refrigerate for up to 1 week.



INGREDIENTS

- 3 parts olive oil
- 2 parts lemon juice
- 1-2 tsp Dijon mustard
- 1 garlic clove, minced
- Salt and pepper to taste

Salad Dressing - Sweet & Spicy

SERVES: 1 TIME: 5 mins

Add all the ingredients to a jar and shake well. Refrigerate for up to 1 week.

INGREDIENTS

- 2 Tbsp Grade A Dark Syrup
- 2 Tbsp spicy mustard
- 1 Tbsp olive oil
- Fresh cracked pepper

Turkey Roll-Ups

SERVES: 1 TIME: 8 mins

Lay out turkey slices, add vegetables and avocado, drizzle with olive oil then roll deli-sliced turkey up like a burrito.



INGREDIENTS

- 2-3 slices of organic nitrite-free turkey breast
- Avocado cubed
- Diced onions
- Diced red peppers
- Olive oil





Crispy Kale Chips

SERVES: 1 TIME: 25 mins

Wash and thoroughly dry the kale leaves. Cut the ribs out of the leaves and place in a single layer on a baking sheet (line with parchment paper to reduce cleanup), rub with olive oil then add salt and pepper. Place in an oven preheated to 350°F for 20 minutes. The kale will be crisp and delicious!

Makes a great side dish to other anti-inflammatory diet meals.

INGREDIENTS

- Kale leaves
- Olive oil
- Salt and pepper
- Optional seasonings: garlic powder, paprika, cayenne, herbes de Provence, Italian or Old Bay seasoning



Berries, Fruits and Nuts

SERVES: 1+ TIME: 2 mins

Your choice of a cup of berries or fruit with a handful of nuts or seeds.

BERRIES	FRUIT	NUTS	SEEDS
Strawberries	Citrus fruit	Almonds	Pumpkin seeds
Raspberries	Melons	Cashews	Sunflower seeds
Blueberries	Stone fruit	Pecans	Sesame seeds
Blackberries	Kiwi	Brazil nuts	Hemp seeds
Coconut	Cherries	Macadamia	Flax seeds
Cranberries	Star fruit	Walnuts	Chia seeds
Currants	Avocado	Hazelnuts	
	Olives	Pistachios	
		Pine nuts	





Fish and Veggies in Parchment

SERVES: 1 TIME: 30 mins

Cut parchment paper 4 times the size of the fillet. Cut veggies into similar-sized pieces. On one half of the paper, place the fillet on the vegetables and drizzle with olive oil. Season with salt and pepper. Lay lemon slices on the fillet, and optionally add thyme, fennel seeds or herbs of your choice. Fold the paper over, cinching the center together by folding the edge over itself. Roll the other two sides. Place on a baking sheet in an oven preheated to 375°F for 15-20 minutes, until fish is done. Time will vary with the thickness of the fillet. Be careful, the contents will be hot! Open packet on a plate and enjoy.

INGREDIENTS

- Fish fillet (your choice, but try to avoid bottom-feeding fish like carp, halibut or catfish as they tend to have higher levels of toxic PCBs and heavy metals)
- Variety of vegetables
- Olive oil
- Salt and pepper
- Lemon slices
- Parchment paper





Braised Chicken Thighs

SERVES: 2 TIME: 35 mins

Over medium-high heat, coat a large skillet with olive oil. Season the chicken lightly with garlic powder, onion powder, salt and pepper. Place the chicken in the pan and sear for about 4 minutes each side. Turn the heat to medium and add the chicken broth, stirring with a wooden spoon to scrape up the bits from the bottom of the pan. Cover with the pan lid and let simmer for 25 minutes, stirring and flipping occasionally to prevent scorching. Transfer the chicken to a platter, sauce with the braising liquid and enjoy!

INGREDIENTS

- 6 boneless or bone-in chicken thighs
- 2 cups organic chicken broth
- Olive oil
- Garlic powder
- Onion powder
- Salt and pepper



Turkey Pozole

SERVES: 4 TIME: 60 mins

In a large Dutch oven, heat oil over medium heat. Cook onions and poblano chilies until soft. Stir in the garlic and cook for one or two minutes. Season with chili powder, cumin and oregano. Stir in broth, cubed turkey, canned green chile peppers and beans. Stir in water if more liquid is needed to just cover the ingredients. Bring to a boil, then reduce heat to low and cover. Simmer, stirring occasionally, for about an hour to blend flavors. Garnish with sliced radishes, shredded cabbage and a squeeze of lime juice.

INGREDIENTS

- 3 tablespoons olive oil
- 2 yellow onions, cubed
- 2 fresh poblano chile peppers, seeded and cut into ½ inch strips
- 2 cloves garlic, minced
- 1½ quarts organic chicken or turkey broth
- 4 cups cubed cooked turkey
- 1 (4 oz) can chopped green chile peppers
- 2 cans cannellini beans, drained and rinsed
- 1 can black beans, drained and rinsed
- 1 Tbsp chili powder
- 2 Tbsp ground cumin
- 2 Tbsp dried oregano
- Water
- Salt and pepper to taste





Grilled Lamb Chops

SERVES: 3-4 TIME: 20 mins

Preheat grill or broiler. Brush lamb with olive oil and rub with salt, pepper, cinnamon and coriander. Grill over medium heat for 7-10 minutes, turning once until done (an internal temp of 135°F).



INGREDIENTS

- 1 lb of lamb chops
- 2 tsp olive oil
- 1 Tbsp ground cinnamon
- 1 Tbsp ground coriander
- ½ tsp sea salt
- ¼ tsp fresh cracked pepper

Snapper Fillets

SERVES: 3-4 TIME: 25 mins

Preheat oven to 450°F. Arrange fish in the center of a baking dish, add broth, parsley, shallots, garlic, salt and dill. Place dish in the oven and roast until fish is opaque in the center or to desired doneness (about 15 minutes). Transfer fish to a serving dish. Add the lemon juice to the pan drippings and pour over fish.

INGREDIENTS

- 1 lb of red snapper or fish of your choice
- ½ cup organic vegetable broth
- 2 Tbsp parsley, minced
- 1 Tbsp shallots, minced
- 1 Tbsp fresh dill
- ¼ cup fresh lemon juice
- 1 garlic clove, minced
- ¼ tsp salt





Garlic Mashed Cauliflower

SERVES: 2 TIME: 25 mins

In a medium pot, place cauliflower in water and bring to a boil. Reduce heat to simmer and cover. Cook for an additional 12 minutes or until soft. Drain, transfer cauliflower to a bowl and mash. Blend in garlic, chives, onion powder, parsley and broth with the mashed cauliflower. Serve hot and enjoy.

INGREDIENTS

- 1 medium head of cauliflower, cut into florets
- 1 cup purified water
- 3 garlic cloves, minced
- 2 tsp fresh chives, chopped
- ½ tsp fresh parsley, chopped
- ½ tsp onion powder
- 2 Tbsp. organic chicken broth

Cauliflower Rice

SERVES: 2 TIME: 25 mins

In a large skillet, heat olive oil and sauté diced onion over medium heat for 10 minutes, until soft. Add celery to skillet and sauté for 5 minutes. Meanwhile, place cauliflower in a food processor with the “S” blade and pulse until the texture of rice. Add the cauliflower to the skillet, cover and cook 5-10 minutes, until soft, then add salt and pepper.

INGREDIENTS

- 4 tablespoons olive oil
- 1 medium onion, diced
- 1 cup celery, finely diced
- 1 head cauliflower, trimmed and coarsely chopped
- ¼ teaspoon Celtic sea salt
- ½ tsp fresh cracked pepper

Turkey Lettuce Wraps

SERVES: 2 TIME: 20 mins

Heat onions and garlic in olive oil until translucent. Add ground turkey and cook thoroughly. Add remaining ingredients, except for the carrots and cook for 5 minutes. Serve in a bowl. Add a spoonful of meat mixture and a sprinkle of carrots to the middle of a lettuce leaf. Wrap, eat and enjoy!



INGREDIENTS

- 2 Tbsp olive oil
- 1 garlic clove, minced
- ½ small onion, finely chopped
- ½ lb ground turkey
- 1 or 2 Tbsp fresh cilantro
- ½ cup julienned or shredded carrots
- 2 Tbsp lime juice
- ½ Tbsp fresh ginger, sliced
- 1 tsp cumin
- 1 tsp pepper
- 1 tsp salt
- ⅓ cup almonds, crushed
- 1 head iceberg, bibb or romaine lettuce

Slow Cooker New Mexican Stew

SERVES: 2-3 TIME: 2-5 hours

Brown the ground turkey in a skillet and pour off any fat. Add the turkey to the slow cooker. Add the remaining ingredients, stir to combine. Turn on your slow cooker to high (for 2 hours) or low (for 5 hours). Before serving, stir in the juice of one lime and 2-3 Tbsp of fresh chopped cilantro. If more liquid is needed, add more broth, heat through.



INGREDIENTS

- 1 lb fresh ground turkey or chicken breast
- 1 onion diced
- 4 cloves garlic, minced
- 1 tsp cumin
- 1 tsp chili powder, hot or mild
- 1 ½ cups peeled and diced butternut squash
- 2 large yams or sweet potatoes, peeled and diced
- 3 medium carrots, chopped
- 1 cup roasted green chiles chopped, mild or hot
- 1 quart organic chicken broth
- Sea salt and ground pepper to taste



Stuffed Peppers

SERVES: 2 TIME: 50 mins

Heat oil in saucepan over medium heat. Add ground turkey and sauté until just past pink stage. Drain turkey. Add onion and celery and cook for 5 minutes. Add cumin and garlic, sauté 1 minute. Stir in spinach and $\frac{1}{4}$ cup chicken broth, cook for 5 minutes or until liquid is mostly evaporated. Stir in beans, carrots, turkey and 2 cups chicken broth. Cover and simmer for about 10 minutes. Preheat oven to 350°F. Pour two cups of chicken broth (gluten free) into bottom of a baking dish. Fill each bell pepper half with a heaping $\frac{3}{4}$ cup of filling and place in the baking dish. Cover with foil and bake for 1 hour. Let stand 5 minutes. Transfer stuffed peppers to serving plates. You can drizzle each pepper with the remaining pan juices if desired. These freeze very well.

INGREDIENTS

- 2 Tbsp olive oil
- 2 cups organic chicken broth
- 1 medium onion, minced (1 cup)
- 2 celery ribs, minced ($\frac{1}{2}$ cup)
- 1 tsp ground cumin
- 2 cloves garlic, minced
- 10 oz organic chopped spinach, or if frozen, thawed and squeezed dry
- 15 oz can black beans, rinsed and drained
- $\frac{1}{2}$ lb ground turkey breast
- 3 large carrots, grated (1 $\frac{1}{2}$ cups)
- 4 large red bell peppers, halved lengthwise

Roasted Vegetables

SERVES: 2-4 TIME: 30 mins

Preheat oven to 400°F. Place the chopped veggies on a baking sheet. Coat with olive oil, salt and pepper and bake until veggies are tender (about 15-20 minutes). These are good at room temperature as well as hot. You can also prepare these on the grill.

INGREDIENTS

- A variety of vegetables can be used in this recipe, just cut them to a similar size. Suggested vegetables are butternut squash, sweet potatoes, eggplant, onions, carrots, beets, etc.





Southwestern White Fish Fillet

SERVES: 2 TIME: 20 mins

Preheat oven to 500°F. Brush a glass baking dish with 1 Tbsp olive oil. Brush 1 Tbsp olive oil on one side of the fillet, then rub half of the garlic, cilantro, lime juice, cayenne pepper, salt and pepper on the fish. Repeat on the other side and add lime juice on top. Bake for 10 minutes.



INGREDIENTS

10 oz fish fillet, skin removed
(any white fish of your choosing)
2 Tbsp cilantro, minced
2 cloves garlic, mined
2 limes, juiced
3 Tbsp olive oil
¼ paprika
¼ tsp cayenne pepper (optional)
Salt and pepper

Crockpot Chicken Breasts

SERVES: 4 TIME: 6-7 hours

Blend the chopped artichoke hearts, sun-dried tomatoes, pecans, olive oil, vinegar and basil to make the pesto. Place the chicken and pesto in a bag to marinate for 1-2 hours in the refrigerator. Pour the entire contents into a crockpot on low heat for 3 ½ hours. Plate the chicken breast, pouring the sauce over them. Allow them to rest for 5 minutes before serving.

INGREDIENTS

4 skinless, boneless chicken breasts
1 can of artichoke hearts, rinsed and finely chopped
10 sun-dried tomatoes, finely chopped
½ cup of pecans, finely chopped
2 Tbsp olive oil
1 Tbsp apple cider vinegar
1 tsp dried basil (or 1 Tbsp fresh chopped basil)





Tuna Fish Salad

SERVES: 2 TIME: 10 mins

Mix the first 6 ingredients in a bowl to make the tuna salad. In a separate bowl, drizzle olive oil and lemon juice over the spinach and toss. Divide the spinach onto two plates and top with the tuna salad.



INGREDIENTS

- 2 cans (6 oz) tuna fish (packed in spring water, NOT in oil)
- 2 dill pickles, chopped
- 1 Tbsp of Lemonaise (found at health food stores, or use a gluten free mayo)
- 1/4 medium red onion, chopped
- 1 celery rib, chopped
- Salt and pepper

- 5 oz fresh baby spinach
- 1 Tbsp olive oil
- 1 tsp fresh lemon juice

Chicken Kabobs

SERVES: 4 TIME: 30 mins

Preheat grill to 350°F. Assemble skewers by alternating chicken and vegetables. Grill for 15-20 minutes, turning at least once, until chicken is cooked through. Plate and serve with lemon wedges.

INGREDIENTS

- 1 lb of skinless, boneless chicken breast cut into 1-inch cubes
- 2 cups of zucchini, cubed
- 2 cups yellow squash, cubed
- 2 cups red pepper, chopped
- 1/2 lb of small portobello mushrooms, chopped
- 2 cups of purple onions, chopped
- Lemon wedged for garnish





PRACTITIONERS

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