



**DR. CHRISTIANSON**

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# Unlimited FOODS

**with Kirin Christianson**

**Anytime, any amount.**

**Have as much as you want, whenever you want.**

# Unlimited Foods Recipes

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whenever you want



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# Unlimited Foods

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Eat as much of these as you like,  
with or between meals:

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**Alfalfa sprouts** – top salads, tacos

**Artichokes** and artichoke hearts - greazt on salads, or roasted with veggies \* if you buy them canned, make sure they are in WATER and not oil

**Asparagus** – roast, sauté, grill

**Baby corn** – Great with Asian seasonings and other veggies

**Bamboo shoots** – great with baby corn and bean sprouts

**Bean sprouts** – great with bamboo shoots and baby corn and Asian seasonings.

**Bok choy** - sautéed with ume plum vinegar (sauté the stems first with onions and garlic, then when close to fully cooked, add the leaves)

**Broccoli** - salads, stir fried, or steamed (try the Magic Broccoli recipe in "Dr C's Favorite Recipes"  
[www.adrenalresetdiet.com](http://www.adrenalresetdiet.com))

**Brussel sprouts** – roasted in oven, sautéed stovetop, or raw in salads

**Cabbage** - sauté with carrots and ginger, stuff with other veggies and cauliflower rice

**Carrots** - make "carrot fries" or spiral and add to salads

**Cauliflower** – roasted, pureed for a creamy substitute for cheese sauce, blend as a mashed potato substitute, or finely chop to use as a rice.

**Celery** – great cooked in soups, or raw

**Collard greens** - remove the stem. Then sauté, boil or steam (pair with a spicy mustard). Or remove the stem, then massage with olive oil and add White wine vinegar, kosher salt and pepper for a delicious salad. Also great to replace a tortilla as a wrap.

**Cucumbers** – can play a large or small part in salads

**Daikon**

**Eggplant** - grill eggplant steaks, bake eggplant chips or roast with onions and tomatoes

**Fennel** - tastes like licorice

**Garlic** - makes everything taste great!

**Ginger** - makes everything taste great!

**Green beans** – use cold in salads or steamed with chicken or veggie stock

**Green onions** – eat cold or cook with other foods

**Jicama** – great in salads

**Kohlrabi** – cross between a broccoli stem and cabbage. Eat raw or cooked

**Leeks** – delicious in soups

**Lemon juice** – top off dishes with a splash of lemon....

**Lime juice** - ...or lime juice

**Mushrooms** - raw in salads, or sautéed with onions

**Okra** – delicious cooked

**Onions** – are great in lots of things

**Peppers, red and green** - raw and salads, blended into a veggie dip, roasted, grilled, or sautéed in a stir-fry.

**Radishes** – Did you know you can roast them or eat raw?

**Rutabaga** – cross between a cabbage and a turnip

**Salad greens**, any type

**Snow peas** – delicious cooked or uncooked

**Spinach** - shakes, salads, stir fry, sautéed with onions, garlic and kosher salt

**Summer squash (crookneck or zucchini)** - zucchini pasta, zucchini chips, zucchini fries, sautéed, roasted, roasted and seasoned then blended into a dip/spread

**Sunflower sprouts**

**Swiss chard** – try sautéing with umeb plum vinegar

**Tomatoes** - slice, sprinkle with kosher salt, and add a dollop of hummus, roast with potatoes, or chop up with onions, olive oil, and kosher salt and pepper as a bruschetta.

**Tomatillos** – great in salsas

**Turnip greens** – taste great seasoned spicy or savory

**Water chestnuts** – delicious in Asian dishes and seasonings

**Winter squash (spaghetti or pumpkin)** – makes a filling "snack" that you can eat multiple servings of – guilt free!



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# Veggie Thai Soup

# Veggie Thai Soup

## Ingredients:

- Red and yellow peppers 4 total
- 1 Onion
- 3-6 Carrots
- 4-5 Celery stalks
- 4 cups Vegetable or Chicken stock
- Turmeric root/powder
- Chili powder
- 1-2 Limes (use pith & the juice)
- Kosher salt, pepper
- 2 tbs Olive oil
- Fresh cilantro
- Water

## Directions:

In a large pot heat up 2 tbs olive oil and sauté onions 3-5 minutes or until translucent. Stir often.

While that's cooking, cut carrots, celery, and peppers.

Add carrots celery and peppers to the pot and sauté for 5 to 7 minutes or until soft.

Add 3-5 cups of stock (depending on how much broth you like your soups to have). Cook for 10 minutes.

Add turmeric (you can grate the root, or use turmeric powder), lime (use a fine grater to grate the pith and then also add the juice), salt, pepper, and chili to taste.

\*NOTE\* Turmeric is delicious, but it's also incredibly messy. The higher the quality of the spice, the more it stains. Wipe up any spillage immediately to avoid staining.\*

Serve. Top with fresh cilantro

**Eat this as a snack – as much as you want, and anytime. Tastes even better the next day.**

A top-down view of a white ceramic bowl filled with a vibrant orange carrot ginger soup. The soup has a thick, creamy texture. It is garnished with finely chopped green onions scattered across the surface. The bowl is placed on a light-colored, possibly marble, countertop. A portion of a red, textured placemat is visible in the bottom left corner. In the bottom right corner, the edge of another white bowl containing a green vegetable is visible.

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# Carrot Ginger Soup

# Carrot Ginger Soup

## Ingredients:

- 4 cups chicken or vegetable broth
- 6-10 large Carrots –chopped into 1" chunks
- 1 Leek – the white half finely chopped
- 1 yellow or sweet onion chopped
- Ginger – freshly grated
- 2 tsp avocado oil
- Kosher salt and pepper to taste
- Chives

## Directions:

Sauté onions in avocado oil until translucent, about 3-5 minutes

Add leeks and carrots and stir occasionally.

Cook 10-15 minutes or until soft enough to pierce with a fork.

Add broth, salt and pepper, and ginger. Start slowly with the ginger, and gradually add more until the flavor is just right for your taste.

Cook 3-5 minutes until broth is warm

Use an immersion blender or blend in batches in your countertop blender.

Sprinkle with chives when you serve.

Eat as much as you like. This will keep for 3-4 days in the refrigerator.



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# Best Spaghetti Squash

# Best Spaghetti Squash Recipe

## Ingredients:

- 1 spaghetti squash
- 1/2 an onion – diced
- 3 cloves garlic
- 1 bunch fresh basil
- 1 package cherry or grape tomatoes
- Optional: handful of spinach

## Directions:

### Spaghetti Squash Instructions:

Preheat oven to 360.

Cut ends off. Then cut the OPPOSITE of lengthwise. You want to end up with 5-6 "circles" about 1-1 1/2" thick.

Remove the seeds from the center.

Place on parchment paper (or lightly oiled aluminum foil) and LIGHTLY spray with oil (avocado oil has a neutral flavor and can take high heat).

Bake for 1 hour. You can turn once at the 40 minute mark.

### Sauce Instructions:

\*You may want to double this if you like more sauce\*

On medium-high heat, saute' onions until they are transparent...about 3 minutes (stir frequently).

Add garlic.

Add 1/2 of a portion of finely chopped basil now – and add the other half at the end (I probably had 3/4 cup un-chopped basil leaves).

Add 1 package of cherry/grape tomatoes (slice in quarters first).

Reduce to a simmer – and stir occasionally for 1 hour. This takes the acid out of the tomatoes and makes it naturally sweet so you don't have to add sugar.

You can also throw some spinach in the last 3 minutes of cooking for additional veggies.

*Make several batches so you can easily reheat and eat.*

A close-up photograph of sautéed spinach. The spinach leaves are bright green and wilted, mixed with translucent, sautéed onion pieces and small chunks of red tomatoes. The background is a dark, slightly out-of-focus surface, likely a pan.

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# Our Favorite Sautéed Spinach

# Our Favorite Sautéed Spinach

## Ingredients:

- 1 medium sweet onion chopped
- 4 roma tomatoes (or 1/2 pint of cherry/grape tomatoes) diced into medium-small chunks
- 1-2 bags spinach
- 3/4 cup – 1 cup of WARM low-sodium veggie broth
- 2-3 cloves of crushed garlic
- Kosher salt to taste

## Directions:

Sauté onions on Med-high heat 2 to 3 minutes

Add garlic and tomatoes and a pinch of salt

Sauté until everything is golden and onions are slightly caramelized \*this is the secret step to having it taste extra delicious

Add 1/4 cup at a time – of warm vegetable broth as you need it (so your ingredients don't stick to the pan)

Add spinach

Cook 2-5 min (depending on how much spinach you use – and how big your pan is.)

Enjoy!

A white ceramic bowl is filled with numerous carrot fries. The fries are cut into long, thin strips and have a golden-brown, slightly charred appearance, indicating they have been roasted. The carrots are piled together, filling most of the bowl. The background is a light-colored, possibly marble, surface.

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# Carrot Fries

# Carrot Fries

## Ingredients:

- Carrots
- Avocado Oil – in a spray
- Kosher salt

## Directions:

1. Preheat oven to 425
2. Cut carrots into small “fries” and you can do this by one of the following ways:
  - by cutting baby carrots in quarters lengthwise
  - cutting full length carrots in half, then quartering them
  - using a [veggie chopping tool that cuts food into “fries”](#)
3. Lightly spray your pan with oil
4. Place the carrots on the pan and try not to let them touch the other carrots
5. Lightly spray the carrots with oil. Then season with salt.
6. Bake for 15 minutes. Turn over (or stir around). Then bake for another 15 minutes. Some ovens might require an additional 5 minutes on both sides.

Best when served warm.

\*\*\*To shake things up you can play around with other spices like smoked paprika, or garlic, or rosemary, or chives...or you can combine several spices so your carrot fries are uniquely yours. What are your favorite seasonings to use?



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# Stuffed Eggplant

# Stuffed Eggplant

## Ingredients:

- 2 Red, yellow, or orange peppers cut into long, wide sections.
- 2 Eggplants, peeled & cut into long, 1/2" sections – try to get eggplants that are straighter so you can get longer sections.
- 1 package of cherry/grape tomatoes quartered
- 1 onion – chopped OR 5 chopped shallots
- 1 bag Spinach
- 3 garlic cloves
- Avocado Oil spray
- Paprika, kosher salt & pepper

## Directions:

Preheat oven to 425.

Roast peppers for 25 minutes. Peel charred skin when done. Then cut into long, thin strips.

Lightly spray eggplant with avocado oil.

Grill eggplant slices for a few minutes on each side (until they are malleable, but still firm – 3-4 minutes per side.

While those are grilling, sauté the onions/shallots until translucent, about 3-5 minutes.

Add garlic, tomatoes, spinach and sauté until spinach is wilted. Set aside.

When the eggplant are malleable but firm, lay on a flat surface. Put spinach mixture + peppers inside. Roll up like an eggroll.

Bake on parchment paper for 15-20 minutes  
When it's done, sprinkle with paprika, salt and pepper.

Best served warm.



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# Cajun Ratatouille

# Cajun Ratatouille

## Ingredients:

- 4 zucchini
- 1 eggplant
- 1 large onion
- 1 ½ packages of cherry/grape tomatoes (or a 28oz can of diced tomatoes)
- 3 tablespoons of cooking oil of your choice

## Spices:

- Pinch of (use this to your personal heat preferences) Cayenne
- Smoked paprika to taste
- Oregano – to taste
- 2 cloves fresh garlic
- Chives (fresh or dried) to taste
- Kosher salt & pepper to taste

## Directions:

Preheat the oven to 350.

Slice the veggies into bite sized pieces.

Combine oil, spices, and veggies and mix together.

Put mixture into a casserole pan.

Cook for 45-60 minutes, stirring every 15-20 minutes.

A top-down view of a plate of zucchini noodles. The noodles are light green and spiral-shaped. They are topped with a mixture of diced red tomatoes and white onions, which appears to be a bruschetta. The plate is dark, possibly black or dark grey.

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# Zucchini Noodles with Bruschetta

# Zucchini Noodles with Bruschetta

## Ingredients (Bruschetta):

- 2 medium, ripe tomatoes, diced
- 1/4 sweet or yellow onion, diced
- 3-5 tablespoons red wine vinegar
- 1/4 cup olive oil
- 1/4 teaspoon fresh basil, finely chopped
- kosher salt and pepper to taste

## Ingredients (Noodles):

Use a spiral cutter to make zucchini noodles. Cover and refrigerate until ready to use.

## Directions:

Mix the bruschetta ingredients together and let them marinate in the refrigerator for at least 15 minutes. Shake the container every few minutes to meld the flavors together.

Heat the zucchini noodles on medium-high heat for 5 minutes in a sauté pan. Top with the cold, fresh bruschetta. Serve immediately.



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# Roasted Orange Pepper Soup

# Roasted Orange Pepper Soup

## Ingredients:

- 1 tablespoon avocado oil
- 1 large yellow or sweet onion, diced
- 2 tablespoons chopped garlic
- 1/2 to 1 teaspoon crushed red chili flakes
- 1 teaspoon kosher salt
- 4 cups organic vegetable or chicken stock
- 4-5 orange peppers, roasted
- 4 cups chopped tomatoes
- 1/4 cup minced fresh parsley
- 1/4 cup minced fresh basil

This soup has a medium rating for spiciness; if you like it mild, add 1/2 teaspoon less of the crushed red chili flakes, or add 1/2 teaspoon more for hotter soup.

## Directions:

Heat the oil in a 6-quart pot over medium heat. Add the onion, garlic, red chili flakes, and kosher salt and sauté until translucent.

Add the peppers and tomatoes to the pot and simmer for 20 minutes, covered, stirring occasionally

Puree the soup in blender in batches, then return to pot, or use an immersion blender to puree the soup in the pot. Cook on low heat for about 5 minutes, then add the parsley and basil and cook for 5 minutes more, stirring often. Taste and adjust the spices if necessary.



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# Roasted Veggie Tacos

# Roasted Veggie Tacos

## Ingredients:

- Butter Lettuce (to use as the taco shell)
- Sweet or yellow onion – diced
- Tomatoes – sliced
- Red, yellow, and/or orange peppers
- Mushrooms
- Cabbage – finely shredded (raw)
- Garlic – to taste
- Oregano
- Lime
- Serrano pepper (optional)
- Cilantro (optional)

## Directions:

Sautee onions on medium high heat for 3-4 minutes – until they turn translucent.

Add garlic, tomatoes, peppers. Cook, stirring occasionally, for 6-9 minutes (depending on how 'done' you like them).

Add mushrooms and oregano. Cook for 1-2 minutes. Put the veggies into a lettuce cup.

Top with cabbage, a squeeze of lime, serrano pepper, and cilantro.

\*\*Option to make it into a taco bowl and shred the lettuce into your taco bowl instead of using it like a shell. Enjoy!



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I'm Kirin, a mom, model, and health food junkie (with a serious sweet tooth) who feels every woman deserves to feel beautiful. You've pulled those baggy sweats on one too many times. You've avoided the mirror once and for all. It's time for a double take. From the grocer, the banker, or your husband. You are ready to shine. Again. Use my husband's list of unlimited foods (and my recipes) to help you get there. Enjoy!

*Kirin Christianson*