

# -MOER FOUNDATION-

## C.O.P.P RECIPES



### *Green Eggs and Turkey or Chicken*

#### **Breakfast**

##### Ingredients:

2 Egg Whites, Broccoli or Spinach, chicken or turkey sausage, 1 Banana, 1 slice whole wheat bread, almond, rice, or soy Milk, green sweet peppers, salt, ground black pepper, and olive oil or unsalted butter.



##### *Method*

Separate egg whites from yolk in a mixing bowl, add broccoli or spinach, green peppers, pinch of salt and ground black pepper. Whip all ingredients together until fluffy. Place skillet on stove top over heat add olive oil or unsalted butter until skillet is heated. Add mixture until cooked to your liking. Place chicken or turkey sausage in baking sheet and place in oven over 250 degrees' until crisp.

1 pack Italian chicken or turkey sausage

1 glass chocolate soy milk or vanilla soy milk (8th Continent or Eden)

Ripened banana

1 slice whole wheat toast

#### **Snack**

1 pack of fruit mix trail mix

1 or 2 bottles of water

Red skin potatoes with a hint of rosemary, baked or grilled shrimps (substitute with either chicken or fish), mixed vegetables and lettuce and tomatoes

#### **Lunch**

Ingredients: 1 bag small red skin potatoes, fresh rosemary, basil, 1 pound fresh or pre-cooked shrimp, 4 long kebabs sticks, onions, red, yellow, green sweet peppers, 1 pack mixed vegetables, paprika, dry house seasoning, 1 head garlic, olive oil, unsalted butter, 2 tomatoes, 2 cucumbers, salt, cayenne pepper, and fresh lemon juice or lime juice.

# -MOER FOUNDATION-

## C.O.P.P RECIPES



### *Method*

Bring a pot of water to a boil, add washed red skins potatoes cut in halves. Remove from boiling water after 8 minutes and strain. Place potatoes in a baking sheet greased with unsalted butter. Add chopped basil, rosemary, salt and pepper for taste and toss until all potatoes are mixed with ingredients. Place in heated oven 350 degrees until golden brown.

Cut onion, and sweet peppers into squares. Place cleaned seasoned shrimp (chicken or fish cut into squares) on kebab sticks one piece at a time along with various peppers and onions until stick is filled. When filled, place dip in fresh lime or lemon juice and place on heated grill or in baking dish and place in heated oven until cooked.

Place open pack of vegetables in boiling water until vegetables float to the top of pot. Strain and add a dash of house seasoning and unsalted butter.

Dice tomatoes and cucumbers add a dash of cayenne pepper, 1 clove grated garlic, and a sprinkle of olive oil.

### **Snack**

1 pack unsalted roasted Almond nuts

1 glass apple juice

Boil or Roasted Corn and Tazo Organic Chai Tea

### **Dinner**

Ingredients: 1 bag fresh corn on the husk, salt, water, garlic, house seasoning, 1 tin coconut milk

Peel corn from husk and wash, Place corn and ingredients into boiling pot of water and cook to desire

Roasted (Oven or Grill)

Ingredients: Same as above except coconut milk, add olive oil

Peel only some of the husk off corn and place in oven or grill, place half of head of garlic in oven or grill until soft. Peel skin from garlic place in mixing bowl and mash with a fork add salt, house seasoning and olive oil mix until it comes a paste. When corn is half cooked, peel rest of husk, but do not take it off. Rub paste on corn and over back with husk until cooked.

Tea: Tazo Organic Chai Tea

Ingredients: Water, brown sugar or honey, and 1 tea bag of Organic Chai Tea

Bring water to a boil, and then let tea bag brew for about 2 minutes and add brown sugar or honey

Vegetarian Mix

# -MOER FOUNDATION-

## C.O.P.P RECIPES

### Breakfast

Ingredients: 1 box vegetarian breakfast patties, Olive oil or butter, 1 egg, whole wheat bread or whole wheat muffin, 1 bag grapes, and toasted Almond soy milk.



### *Method:*

Place patties in skillet with either a touch of olive oil or butter. Leave in skillet for 6 minutes on each side until golden. Boil egg in hot water. Place bread in toaster until toasted or muffin. Wash grapes and place in paper towel to dry off. Warm soy milk either on stove top or in microwave.

Snack

Sliced cantaloupes, bottled water

Carrot Rice with Honey Mustard Chicken with Lentils Peas

Lunch

Ingredients: 2 fresh long carrots, 2 cups long grain brown rice, 1/2 bag frozen green peas, olive oil, dried lentils peas, chicken breast, honey, mustard, fresh green seasoning (variety), house seasoning, 1 sweet yellow pepper, lime lemon juice (fresh or bottled), salt, pumpkin, onion.



### *Method:*

Wash Chicken breast in lime (lemon) juice until all excess fat is washed away. Cut chicken breast into thin slices. Mince fresh green seasoning then place in bowl with chicken breast, add house seasoning and salt for taste. Then add approximately 3-4 spoons of honey and yellow mustard and knead into chicken mix, let mix sit for 1/2 hour before placing chicken into skillet (oven) until cook.

Bring a pot of water to a boil add rice and let cook for 8-14 minutes. Strain and wash with cold water for rice not to be too fluffy. Clean carrots and then shred on grater. Cut up yellow sweet pepper in cubs, along with other green seasoning. Place pot on stove top; add olive oil until you see a haze in the pot. Add green peas, carrots, onion, green seasoning and house seasoning and mix together then add stained rice and mix together in pot and let stand for 6 minutes.

Bring two cups of water to a boil then add washed dried lentil peas add salt, remaining green seasoning, house seasoning, and cut pumpkin in cubs and add to pot, cover pot and let cook for approximately 20 minutes. Always uncover pot and check for taste, and add water if necessary until cooked.

# -MOER FOUNDATION-

## C.O.P.P RECIPES

### Snack

Sliced watermelons and bottled water

Vegetable Soup

### Dinner

Ingredients: 1 fresh corn, 1 celery, 1 zucchini, 1 red sweet pepper, water, golden ray butter, sea salt for taste, 1 white yam, and crackers.



#### *Method:*

Bring 5 cups of water to a boil add all ingredients, which must be cut or cubed to your preference. Let cook together until vegetables are tender, add salt for taste. Place in soup bowl and partake with crackers.

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### Cereal with fresh Fruits

#### Breakfast

Ingredients: Desired Flavor of Soy Milk and Brand, Desired Multigrain Cereal, strawberries, blueberries, 1 banana



#### *Method:*

Wash strawberries, blueberries, and peel banana. Slice strawberries and banana. Place desired cereal in cereal bowl, add sliced fruits and blueberries. Add warm desired soy milk.

### Snack

1 bar desired granola bar, bottled water and 1 cookie

Steak Eggplant with Bow-tie Pasta

# -MOER FOUNDATION-

## C.O.P.P RECIPES

### Lunch

Ingredients: 2 plump eggplants, bread crumbs, fresh green seasoning, roasted red bell pepper, garlic, onion, salt, smoked paprika, olive oil, vegetarian cheese, 1 box bowtie pasta, tomatoes, green peppers, 1 box chicken stock, baby carrots, green peas, fresh corn, Ms. Dash, spinach, lettuces, and cucumbers.



#### *Method:*

Cut eggplants into medium size oblong slices, place slices on stove top grill add dash of salt and smoked paprika on each side, until golden on each side. When done on each side place in baking sheet. Sauté spinach with sliced onions and garlic. Place on top of eggplant strips, add roasted red peppers, grated cheese and cover with bread crumbs and place in heated oven until golden and crisp.

Bring chicken stock to a boil, add pasta and when cooked strain and place into salad bowl. Add cooked veggies to bowl along with olive oil and house seasoning. Mix together until you see the various color of each veggie.

Slice tomatoes, cucumbers, and break lettuce and place into plate. Favorite salad dressing can be added.

### Snack

1 glass apple juice or passion fruit juice and a slice of marble cake  
Bok Choy (Patchoi) Dip and Corn Tortillas

### Dinner

Ingredients:

1 bunch fresh bok choy (patchoi), onion, garlic, 1 bag tortillas (Organic), olive oil, 1 red sweet pepper, and Mrs. Dash.



#### *Method:*

Wash and cut bok choy into 1/2 inch, chop onions, garlic and peppers. Place olive oil into frying pan, let hot for a few minutes, and then place chopped onions and garlic in hot oil. Let onions and garlic get

# -MOER FOUNDATION-

## C.O.P.P RECIPES

dark brown. Then add bok choy and red sweet peppers in pot, with Mrs. Dash. Keep stirring for about 2 minutes. Place on tortillas and serve.

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### Fajita Egg Omelets with Potatoes

#### Breakfast

Ingredients: 2 eggs, red, yellow, green sweet peppers, 1 onion, 4 potatoes, ground black pepper, paprika, parsley, 1 ripe avocado, 1 tomato, garlic, and house seasoning.



#### *Method:*

Crack and whisk eggs. Wash and julienne peppers and onion. Heat skillet, add olive oil and five sliced garlic add onion, peppers and ground pepper with house seasoning and sauté. Remove from heat and place in a plate. Replace skillet on stove top, add a dash of olive oil and whisked eggs. Place peppers on top of eggs, and fold in skillet until peppers is wrapped into eggs.

Wash and then slice avocado, remove skin and place on plate.

Wash and place potatoes into micro wave for 2 minutes. Remove from microwave and cut into cubes. Place skillet on heated stove top and add olive oil garlic, onions and paprika, add potatoes and mix together until cooked.

Wash and thinly slice tomato

#### Snack

1 bottle of water, 1 fruit bar and sliced mango

Spanish Rice with Broccoli and Spicy Shrimp

#### Lunch

Ingredients: 2 cups long grain brown rice, 2 carrots, red sweet pepper, 1 bunch broccoli, garlic, onion, shrimp, olive oil, red vinegar, house seasoning, fresh green seasoning, salt, and 2 lemons/limes.

Method: Boil rice and strain. Shred carrots, chop onion, and peppers. Place skillet on stove top and add olive oil to pan; add garlic, onion, shred carrots, house seasoning and stir together. Add rice and let combine together until cooked.

Wash and break broccoli from stem. Place into boiling water; add a dash of salt and a dash of cayenne pepper. Let it sit in water for 2 minutes, then strain water from pot.

Wash and de-vein shrimp in lemon juice. Place into baking sheet and add stripped red/yellow peppers on top

# -MOER FOUNDATION-

## C.O.P.P RECIPES

of shrimp. Add house seasoning and fresh sliced garlic, drizzle olive oil over baking sheet and then place into oven 375 degrees and let bake for 15 minutes.

### Snack

Ingredients: 4 rounded oranges, orange licorice (non- alcoholic), 1 box orange juice, 8 cherries



#### *Method:*

Wash and cut oranges at the very top. Take a spoon and dig the inside out into a bowl. Next, place hollow oranges into fridge on baking sheet. Strain and keep the orange juice a few of the orange pulp. Add licorice to juice then add box of orange juice to the mixture and stir and taste. If not sweet enough, add 2 teaspoons of honey. Take oranges from fridge and add juice into the hollow oranges not to full for it to spill over. Place in deep freeze until it becomes ices. Take out and then serve with a straw.

Vegetarian Chili with Garlic Toast

### Dinner

Ingredients:

1 bag Pink or red beans, 1 bag veggie chunks, garlic, smoked paprika, 2 tomatoes, 1 green sweet pepper, cayenne pepper, onion, 4 slices Italian bread, olive oil, vegetarian cheese, house seasoning, salt, green seasoning, and basil.



#### *Method:*

Wash and beans and place into a container or pot with cold water and let it over night. Soak veggie chunks for 12 minutes and strain water. Chopped onion, peppers, tomatoes, fresh green seasoning and basil. Place olive oil into heated pot then add garlic. Let garlic semi burn in oil then add all chopped up ingredients. Then add beans along with paprika and house seasoning along with cayenne pepper. Let it boil for 15 minutes then add veggie chunks. Cook until tender and thick.

Place sliced bread on baking sheet , grate garlic and place into a bowl add olive oil, cheese, and house seasoning into a paste. Place paste on each slice of bread, then place into oven or stove top grill until crisp.

# -MOER FOUNDATION-

## C.O.P.P RECIPES

### Bean Curd (Asian) Rolls with Tuna

#### Breakfast

#### Ingredients:

1 bag bean curd, celery, parsley, carrots, thin potato wraps, house seasoning, 1 can tuna fish, mayo, honey mustard, onion, and lime juice.



#### *Method:*

Bring 2 cups of water to a boil and add broken up bean curd, let boil for 4 minutes. Next, add salt and when done strain and chop bean curds into minced pieces. Place into a bowl add thinly chopped carrots, parsley, celery and add house seasoning two dashes of honey mustard. Take potato wraps and add bean curd mixture to each wrap until all wraps are done. Place into baking sheet and drizzle olive oil over each

one and then place into oven. Bake for 10 minutes.

Open can of tuna fish drain water/oil and place into a bowl. Add chopped onion, parsley, lime juice and mayo and mix together until fluffy.

#### Snack

1 pack oriental trail mix, 1 bottle water, 1 slice peach muffin

Baked Snapper, Rice and Tofu Stir Fry

#### Lunch

#### Ingredients:

2 whole red/yellow tail snapper, lime, ground black pepper, ginger, onion, 4 long fresh scallions, lemon grass, mushroom, red/yellow green/sweet peppers, tofu, baby corn, green seasoning, house seasoning, Mrs. Dash (garlic flavor), 2 cups jasmine rice, mushroom soy sauce, vinegar, and yellow mustard.



#### *Method:*

Wash and clean fish in lime juice with vinegar. Cut each side of the fish. Grate ginger and chop some of each ingredient. Take baking sheet and place foil paper over it. Cut two pieces of foil paper for each



# -MOER FOUNDATION-

## C.O.P.P RECIPES

fish. In a mixing bowl add ginger and ingredients. Place washed and cleaned fish in bowl; add house seasoning and touch of mustard. Let stand for 10 minutes, and then wrap each into foil and place into baking sheet in oven. Let it bake for 14 minutes.

Bring water to a boil and add rice and let it cook until tender and then strain.

Cut all peppers and onion, mushroom, and rest of ingredients. Wash and slice tofu into squares. In frying pan add olive oil with garlic, onion, and mushroom. Then, add rest of ingredients and sauté, add tofu and soy sauce and stir fry until tender.

### Snack

1 fruit sorbet (Store bought) and 9 grapes (non dairy ingredients)

Noodles with Ginger Chicken Stew

### Dinner

Ingredients:

1 pack frozen noodles, carrots, corn, 1 small pack chicken breast, ginger, green seasoning, sesame seeds, house seasoning, 1 lime/lemon, and mushroom soy sauce.



### *Method:*

Bring water to a boil; add frozen noodle cook until tender and strain.

Wash chicken in lime/lemon juice. Cut into cubes. Grate ginger and chop green seasoning. Bring a pot of water to a boil and add salt, house seasoning, ginger, baby carrots, corn, soy sauce, and chicken. Bring to a boil or until chicken is tender and broth is thick add sesame seeds. Place cooked noodles into a serving bowl, then pour chicken stew over and serve.

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Pumpkin Choka with Whole Wheat Satta Roti

### Breakfast

Ingredients:

1 pumpkin, 10 garlic cloves, salt, house seasoning, flour, water, black pepper, onion, and olive oil.

# -MOER FOUNDATION-

## C.O.P.P RECIPES



### *Method:*

Wash and cut pumpkin into small chunks. Clean and finely chop garlic and onion. Place pot on stove, add olive oil and let oil heat. Then, add garlic and onion until they are half burnt, then add pumpkin with house seasoning and a dash of salt for taste. Cook over a slow heat, do not add water. Cover pot for 8 minutes, then uncover and continue to turn pumpkin until tender and soft, then smash.

In a bowl add 4 cups of whole wheat flour and a dash of salt, and water and mix in bread mixture. Mix until it forms into a ball. When mixed, take out from mixture sprinkle some flour on counter top and cut dough into 4 pieces. Place one dough at a time on floured top and roll out into a pizza circle, not too thin, not too thick. Place a flat iron griddle on stove top over heat. Place one rolled out dough at a time on griddle and cook evenly on each side. When done, you can either place cooked pumpkin on top of sadda roti or dip sadda roti into pumpkin and eat.

### **Snack**

1 ripe pear, 1 bottled water, cup of herb tea and mixture of vegetable with veggie dip  
Curry Bodi Beans with Basmati White Rice

### **Lunch**

Ingredients:

1 bunch bodi beans, chief curry powder, carrots, onion, house seasoning, butter, garlic, and 3 cups Basmati/Jasmine rice.



### *Method:*

Bring water to a boil and add rice. Cook until tender and strain. Wash and cut bodi beans into 1 1/2 inches long. Clean and chop onion and garlic. Peel and chop carrots into circles. Place skillet on stove top over heat and add olive oil then add garlic and onions. Skewer until brown, add curry powder and stir. Add beans and carrots and mix together with house seasoning and butter. Cook until tender and then pour over cooked rice.

# -MOER FOUNDATION-

## C.O.P.P RECIPES

### Snack

1 pack roasted unsalted cashew nuts, 1 glass desired soy beverage  
Roasted Mutton with Baked Red Potatoes and Cole Slaw

### Dinner

Ingredients:

3 lbs mutton, fresh green seasoning, basil, rosemary, red potatoes, 1 cabbage, 4 carrots, house seasoning, mayo, mustard, ground black pepper, smoked paprika, and lime/vinegar.



#### *Method:*

Wash mutton in lime juice and place in bowl. Blend fresh green seasoning with olive oil. Take blended seasoning and paste over mutton. Add house seasoning, black pepper, rosemary sticks and paprika over mutton. Take a fork and place some holes into mutton. Wrap mutton in foil paper and place on baking sheet and place into oven and cook until tender.

Wash red skin potatoes and cut into halves. Place into baking sheet with olive oil, a dash of house seasoning, and rosemary over potatoes. Then, place into oven until golden brown and tender.

Wash and take out top of cabbage leaves. Cut into two or for halves and then shred. Wash and shred carrots. Place into mixing bowl and add mayo, mustard, and ground black pepper; then mix together until they are combined.

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Blueberry Pancakes with Honey

### Breakfast

Ingredients: .

1 box pancake mix, fresh blueberries, and honey



# -MOER FOUNDATION-

## C.O.P.P RECIPES

### *Method:*

Open pancake mix and pour into mixing bowl. Wash and add berries into pancake mix. Then, add water as necessary and mix until a batter is formed. Pour small batters into skillet and cook on each side. When done, add honey over pancakes.  
1 glass of Soy Milk (Desired flavor and Brand)

### **Snack**

Sliced apples, 1 bottle water, 1 peanut butter cookie  
Turkey/Chicken Wrap with Beet Salad

### **Lunch**

Ingredients:

1 bunch of fresh beets, 1 bunch watercress, chicken/turkey cold cuts (Organic), mayo, honey mustard, vegetarian cheese, black pepper, and 1 pack spinach wrap.



### *Method:*

Bring water to a boil and add washed beets. Cook until tender or until a fork can steadily go through beets. Let beets cool; then clean, wash and cut into small cubes. Place into mixing bowl and add mayo, honey mustard and black pepper.  
Open Spinach wrap and take one wrap at a time and place 3 slices of turkey/chicken cold cuts onto wrap add watercress and roll/wrap. Cut into slices.  
1 bottle water

### **Snack**

1 fruit bowl mix, 1 slice carrot cake and 1 bottle Welch grape juice  
Fish/Chicken Sticks and Baked French Fries

### **Dinner**

# -MOER FOUNDATION-

## C.O.P.P RECIPES

### Ingredients:

1 Pack fresh Fish steak chunks/Chicken breast, house seasoning, olive oil, 5 potatoes, lemon/lime rosemary, flour, and bread crumbs.



### *Method:*

Wash fish/chicken in lemon/lime juice. Cut into chunk strips and place into mixing bowl. Add house seasoning and salt; then add bread crumbs and mix together. When mixed, let stand for 5 minutes, and then add flour and mix together. Place skillet or deep fryer on stove and add olive oil to deep-fry strips.

When oil is hot, add strips and fry until golden brown.

Peel and wash potatoes. Cut into long strips-medium size. Place onto baking sheet and then sprinkle rosemary and house seasoning over potatoes. Then, place into oven and cook until golden brown or tender.

1 scope soy ice cream or yogurt

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