

The Lord's Cookbook



by Brian Wu, PhD

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Breakfasts

Vegetable Frittata



Ingredients:

- 4 eggs
- 1-2 tablespoons olive oil
- ½ onion, chopped
- ½ red bell pepper
- ½ green bell pepper
- Dash of salt and pepper

Directions: Beat eggs together in a medium bowl, add a dash of salt and pepper, and set aside. In an iron skillet, sauté onion and bell peppers in olive oil until soft. Pour egg mixture over the vegetables but do not stir them. Let the eggs begin to set and then remove the skillet from the stovetop and place in oven to broil. Broil until the frittata has puffed up and is golden brown on top, then remove and serve.

Breakfast Casserole



Ingredients:

- 4 eggs
- ½ cup shredded cheese
- ½ cup milk
- Dash of salt and pepper
- ½ cup sliced green olives
- ½ cup cherry tomatoes, halved
- ½ onion, chopped finely
- ¼ pound ground beef sausage

Directions: In a skillet, brown the sausage until it is thoroughly cooked, then drain and set aside. In the same skillet, sauté the onion until it is soft, then set aside. In a medium bowl, beat the eggs together with the milk and add a dash of salt and pepper. Add olives, tomatoes and onions. Pour into a 8x8 greased glass pan and bake at 350 degrees for 30-35 minutes until firm and puffy.

Biblical Pancakes



Ingredients:

- ½ cup coconut flour
- ¼ tsp baking powder
- ½ cup coconut milk
- ¼ cup dry, shredded unsweetened coconut
- ½ teaspoon vanilla
- 3 tablespoons + 3 tablespoons butter

Directions: To prepare, mix 3 tablespoons butter and all other ingredients in a mixing bowl. Melt the other 3 tablespoons of butter in a skillet and pour a small amount of batter in. Wait until the batter begins to bubble slightly before flipping it over on the other side and then cook for several minutes more. Put on a baking sheet in a warm oven and repeat until all the batter is gone. Remove all the pancakes from the warm oven, top with pats of butter and shredded coconut and serve.

Veggie Scramble



Ingredients:

- 4 eggs, lightly beaten
- ½ onion, finely chopped
- ¼ package white button mushrooms
- 3-4 stalks of asparagus sliced into small pieces
- 2 tablespoons olive oil
- Salt and pepper to taste

Directions: To prepare, beat the four eggs together in a mixing bowl, add salt and pepper to taste, and set aside. In a skillet, sauté the vegetables in olive oil until soft, then add the eggs and scramble them. Serve hot.

Mediterranean Frittata



Ingredients:

- 4 eggs, lightly beaten
- 2-3 tablespoons feta
- ½ cup cherry tomatoes, halved
- ¼ cup black olives, sliced
- ½ red onion, chopped
- 2 tablespoons olive oil
- Salt and pepper to taste

Directions: To prepare, beat eggs lightly together in a medium mixing bowl, add the feta and stir to blend; set aside. In an iron skillet, saute the red onions for 5-6 minutes until it begins to soften, then add the tomatoes and olive and saute several minutes more. Add the egg mixture but do not stir. Let egg mixture bake partially, then transfer skillet to the oven and broil until the frittata puffs up and becomes golden brown on top.

Egg "Burritos"



Ingredients:

- 4 eggs
- Dash of salt and pepper
- 1 tablespoon olive oil
- ¼ onion, chopped
- ¼ green pepper, chopped
- 2-3 tablespoons salsa
- 4 large slices of turkey
- Toothpicks

Directions: Beat eggs together in a medium bowl, add dash of salt and pepper and set aside. In a skillet, saute onion and green pepper in olive oil until soft. Add eggs and scramble until firm. Place eggs in the middle of the slice of turkey, top it with salsa, and fold the turkey in half and secure with a toothpick to make a "burrito".

Breakfast Quiche



Ingredients:

- 1 cup almond flour
- Salt and pepper to taste
- 1-2 tablespoons oil
- 4 eggs, lightly beaten
- Salt and pepper to taste
- 3-4 strips of turkey, fried, cooled and crumbled
- ½ cup shredded cheddar cheese
- ½ cup frozen chopped spinach, defrosted and squeezed dry
- ½ red onion, sautéed in 1 tablespoon olive oil until soft

Directions: To prepare crust, mix first 3 ingredients together, form a ball with the dough and set it in the middle of an 8-inch pie plate. Press the ball down and spread it to coat the bottom and sides of the plate. Set aside.

To prepare the filling, beat the four eggs together in a medium mixing bowl then add all over ingredients and stir well. Pour into the crust. Bake at 350 degrees for 30-40 minutes, until the center is firm and the top is golden brown.

Breakfast Smoothie



Ingredients:

- 1 cup almond milk
- 1 cup frozen strawberries
- 1 cup frozen blueberries
- 1 banana
- Dash of vanilla
- Dash of nutmeg

Directions: To prepare, add all ingredients to a blender and process until smooth. You may add more almond milk for a thinner smoothie if desired.

Berry-Yogurt Parfait



Ingredients:

- 1 cup Greek yogurt
- ½ cup fresh blueberries
- ½ cup fresh strawberries, sliced
- ½ cup sliced almonds

Directions: Take a wine glass or dessert glass, put a dollop of the yogurt on the bottom, then layer the parfait in this order: blueberries, yogurt, almonds, strawberries and then yogurt again at the top. You may sprinkle a few more almonds over the top of this for a garnish

Lunches

Chicken Salad



Ingredients:

- 1 chicken breast, cooked and chopped
- ½ onion, chopped finely
- ½ cup grapes, halved
- ½ cup pecans, chopped
- ¾ cup Greek yogurt
- Dash of curry powder
- Dash of salt and pepper
- 2 cups mixed greens.

Directions: Mix all ingredients together in chill in the refrigerator overnight. Serve over a bed of mixed greens.

Tuna Salad



Ingredients:

- 1 large can tuna, well-drained
- ¼ onion, finely chopped
- ½ cup Greek yogurt
- Dash of lemon juice
- Dash of salt and pepper
- 2 cups mixed greens

Directions: Mix tuna, onion and yogurt together with the dash of lemon juice and salt and pepper. Refrigerate overnight. Serve over mixed greens for lunch.

Beef Stew



Ingredients:

- 1 pound beef stew meat
- 1 box beef broth
- 1 can diced tomatoes
- 1 onion, chopped
- 1 tablespoon minced garlic
- Salt and pepper to taste
- 1 packages white button mushrooms
- 1 tablespoon olive oil
- 1 teaspoon fresh rosemary
- 1 teaspoon fresh oregano

Directions: Pour beef broth and diced tomatoes into the saucepan, then add beef, tomatoes, onions, garlic, mushrooms, salt and pepper and herbs. Cook for 20-30 minutes.

Avocado-Beef Salad



Ingredients:

- ½ pound beef steak, cooked and sliced
- 1 large avocado, peeled and chopped
- ½ red onion, finely chopped
- 2 cups mixed greens
- ¼ cup olive oil
- Juice from one squeezed lemon

Directions: Whisk together the olive oil and lemon juice and set aside. In a large salad bowl, toss the greens, veggies and beef together and coat with homemade dressing.

Chicken-Veggie Soup



Ingredients:

- 1 box chicken broth
- 1 pound chicken breast, chopped finely
- 1 onion, chopped finely
- 1 cup shredded carrot
- 1 cup parsley, chopped
- ½ cup sweet potato, peeled and chopped finely (optional)
- Any other veggies you want to add: broccoli, spinach, cauliflower, red peppers, etc.
- Salt and pepper to taste

Directions: Pour chicken stock into a saucepan, then add all other ingredients and bring to a boil. Reduce heat to a simmer and simmer for 30-45 minutes, until chicken is cooked through and vegetables are soft. Serve hot.

Broccoli Soup



Ingredients:

- 1 box vegetable stock
- 1 large head of broccoli, chopped into florets
- Salt and pepper to taste
- 1 cup cream
- ½ cup shredded cheddar

Directions: To prepare, boil broccoli in chicken stock until soft. Transfer to a blender and puree until smooth. Transfer back to pan, add cream, cheddar and salt and pepper to taste, then simmer over a low heat for 10-15 minutes. Serve hot.

Chicken Salad Wrap

Ingredients for Chicken Salad (see above):

- Several large lettuce leaves

Directions: To prepare, make one batch of Chicken Salad from Week 1. Take several large lettuce leaves and fill with chicken salad, then roll up like a regular wrap and secure with a toothpick.

Tomatoes Stuffed with Tuna Salad

Ingredients for Tuna Salad (see above):

- 2 large tomatoes (beefsteak of similar variety)

Directions: To prepare, make one batch of Tuna Salad from Week 1. Gut the tomatoes, then stuff them with the tuna salad, chill them and serve cold.

Cauliflower Soup

Ingredients:

- 1 head of cauliflower
- 1 cup cream
- 1 cup chicken broth
- Salt and pepper to taste
- 1 tablespoon of butter

Directions: Chop cauliflower and add to boiling water; cook until soft. Add the cauliflower to a blender along with cream, chicken broth, butter, salt and pepper to taste. Puree until soft, then return to the saucepan and heat through for 5-10 minutes.

Southwest Chicken Salad



Ingredients:

- 1 chicken breast, cooked and chopped
- ½ cup cherry tomatoes, halved
- ½ cup green peppers, chopped
- ½ cup red pepper, chopped
- ½ onion, chopped
- ¼ cup sliced green olives
- ¼ cup olive oil
- Juice from one squeezed lemon juice
- ½ cup Mexican-style cheddar cheese

Directions: Whip together olive oil and lemon juice together to make a dressing and set aside. In salad bowl, toss lettuce, veggies and chicken together, then add salad dressing and toss to coat veggies. Sprinkle with Mexican-style cheddar cheese.

Spinach Soup

Ingredients:

- 1 box chicken broth
- 1 cup chopped, frozen spinach, defrosted and squeezed dry
- 1 tablespoon minced garlic
- 1 cup cream
- 1 tablespoon butter
- Salt and pepper to taste
- Dash of nutmeg

Directions: To prepare, pour chicken stock into a large saucepan and add spinach and minced garlic. Bring to a boil, then remove from heat for several minutes to let the soup cool. Add cream and butter, salt and pepper and the nutmeg, then stir and simmer for 5-7 minutes. Serve hot.

Dinners

Grilled Mixed Vegetables



Ingredients:

For this recipe, choose any combination of the following veggies:

- 2 red onions, quartered
- Baby carrots
- 1-2 sweet potatoes, peeled and cubed
- 2 zucchini, cubed
- 2 summer squash, cubed
- ½ eggplant, cubed
- 2-3 tablespoons olive oil
- Sprinkle of sea salt
- 1 teaspoon dried rosemary
- 1 teaspoon oregano
- 1 teaspoon minced garlic
- 1 teaspoon black pepper

Directions: To prepare, put raw vegetables in a large Ziploc bag and set aside. Whisk together the herbs, garlic and olive oil and pour into bag then toss to coat. Spread veggies onto a baking sheet. Bake at 375 degrees for 30-40 minutes until they are golden brown and slightly crispy.

Southwest Veggies

Ingredients:

- 1 green bell pepper, cut into slices
- 1 red bell pepper, cut into slices
- 1 yellow bell pepper, cut into slice
- 1 red onion, sliced
- 1 cup cherry tomatoes, halved
- 2 tablespoons olive oil
- 1 teaspoon minced garlic
- 1 teaspoon cumin
- 1 dash of ground red pepper (optional)

Directions: In a skillet, saute bell peppers and onions in olive oil, garlic and spices. Saute until the veggies begin to soften and then add the cherry tomatoes and saute for several minutes more. Serve hot.

Lamb Veggie Kebabs



Ingredients:

- 1 pound boneless leg of lamb
- 1 package white button mushrooms
- ½ pound cherry tomatoes
- 2 zucchini, cut into medallions
- 3 tablespoons butter, melted
- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- 3-4 fresh basil leaves, cut fine

Directions: To prepare, whisk butter, olive oil, garlic and herbs together and set aside. String the lamb and vegetables onto bamboo skewer. Brush the marinade mixture on the kebabs and lay out on a baking dish. Broil in the oven for about 5-10 minutes on each side until browned. This goes great with a simple green salad on the side.

Meatloaf



Ingredients:

- 1 pound ground beef
- 2 eggs, lightly beaten
- 1 onion, chopped
- ½ cup frozen peas, defrosted
- ½ cup shredded carrots
- ¼ oatmeal (usually grains are not on for this diet, but this is a small amount to hold the loaf together!)
- Salt and pepper to taste
- 2 tablespoons tomato paste

Directions: To prepare, mix all ingredients together except the tomato paste and mix with your hands, then place in a sprayed loaf pan. Cover with tin foil and seal. Bake for around 40 minutes at 350, then remove from the oven. Remove foil. In a small bowl, add a small amount of water to the tomato paste and spread the mixture over the top of the loaf. Put back in the oven and bake, uncovered, for another 10-15 minutes until the top is browned.

Ribs with Slaw



Ingredients:

- ½ rack of beef ribs
- Cajun seasoning to taste
- Salt and pepper to taste
- 1 small head cabbage, shredded
- 1 cup finely shredded onion
- 1 cup finely shredded carrots
- 2-3 tablespoons apple cider vinegar
- ¼ cup olive oil
- ½ teaspoon caraway seeds

Directions: To prepare, rub down the rack of ribs with the Cajun seasoning, salt and pepper. Put on a baking dish and broil in oven until brown and sizzling on the both sides (around 10-15 minutes per side). While the ribs are broiling, add shredded veggies together and toss to blend. Make the dressing by whisking together the apple cider vinegar, olive oil and caraway seeds and dress the coleslaw.

Corned Beef and Cabbage



Ingredients:

- Small corned beef brisket
- 1-2 white or yellow onions, quartered
- 1 head of cabbage, cut into strips
- 1 bag baby carrots

Directions: To prepare, lay the brisket in the bottom of a roasting pan and add spice packet (if one came with the brisket). Add about half an inch of water to the bottom of the pan. Arrange the onions and carrots around the brisket. Cover with lid and cook for about an hour and a half at 350 degrees. Remove the pan from the oven, add the cabbage, and cook for another hour to an hour and a half until meat is cooked through and veggies are soft.

Whole Roast Chicken with Veggies



Ingredients:

- 1 whole, small roasting chicken
- ½ box chicken broth
- ½ bag baby carrots
- 1 onion, quartered
- 1 sweet potato, peeled and cut into medallions
- Salt and pepper to taste
- 1 tablespoon melted butter
- 1 teaspoon dried sage

Directions: To prepare, place the chicken in a roasting pan and pour the stock in around it. Add sage and butter together and massage it all over the chicken. Arrange vegetables around the chicken, cover, and bake for 2-2 ½ hours or until chicken is cooked through.

Grilled Mixed Vegetables

Ingredients:

(See recipe from Week 1)

- Mixed Squashes
- 1 butternut squash
- 1 acorn squash
- 2 tablespoons butter
- 1 tablespoon olive oil
- 1 teaspoon fresh, chopped sage
- Salt and pepper to taste

Directions: To prepare, cut butternut and acorn squashes into medium chunks and lay out on a baking sheet. In a medium bowl, whisk together the butter, oil, sage, salt and pepper. Brush onto the squash and bake at 350 for 40-45 minutes or until squash is soft.

Beef Stroganoff with Cauliflower Pilaf



Ingredients:

- 1 pound ground beef
- 1 red onion
- 1 package white button mushrooms
- Salt and pepper to taste
- 2-3 tablespoons paprika
- 2 cup sour cream

For Cauliflower Pilaf

- 1 head cauliflower, shredded with a cheese grater
- 2 tablespoons olive oil
- Salt and pepper to taste

Directions: For the stroganoff, brown the ground beef until cooked through, then drain the fat and set aside. Saute the onions and mushrooms in the same skillet and when they start to become soft, add the beef back in as well as the salt, pepper, spices and sour cream and simmer for 10-15 minutes.

For the pilaf, saute the shredded cauliflower in olive oil, salt and pepper until soft. Serve the stroganoff over the pilaf.

Fish Stir-Fry with Cauliflower Pilaf

Ingredients:

- 1 pound white fish, tilapia or similar
- 5-6 asparagus spears, chopped
- 1 red onion, cut into slices
- 1 zucchini, cubed
- 1 tablespoon minced garlic
- Dash of white cooking wine (optional)
- 2 tablespoons butter
- Pinch of fresh rosemary
- One batch of Cauliflower Pilaf (see above)

Directions: To make the stir-fry, melt the butter in the pan, add the white wine and rosemary, then the fish and vegetables and saute until the fish is cooked through and the vegetables are soft. Serve over the cauliflower pilaf.

Crustless Dinner Quiche

Ingredients:

- 1 cup almond flour
- 2-3 tablespoons olive oil
- 1 teaspoon salt
- 4 eggs
- $\frac{3}{4}$ cup shredded Monterey Jack cheese
- $\frac{1}{2}$ pound ground beef sausage, browned and drained
- $\frac{1}{2}$ package white button mushrooms
- $\frac{1}{2}$ white onion, chopped
- 2 tablespoons olive oil

Directions: To prepare the crust, mix the almond flour, oil and salt together to make a dough. Form it into a ball and press it into the bottom of an 8-inch pie plate, then spread it with your fingertips around the bottom and up the sides of the pie plate.

To prepare the filling, beat the eggs together lightly and add cheese, ground sausage, salt and pepper and set aside. In a skillet, saute the onion and mushrooms until soft and then add to the egg mixture. Pour egg mixture into the crust and bake for around 40 minutes, until center is firm and top is golden brown.

Ezekiel Bread Recipe



Ingredients:

- 8 cups wheat flour
- 4 cups barley flour
- 2 cups lentils, cooked and mashed
- 1/2 cup millet flour (grind up millet in the blender)
- 1/4 cup rye flour
- 1 1/2 cups water
- 1 tablespoon salt
- 4 -6 tablespoons olive oil
- 2 (1/4 ounce) packets yeast or 1 tablespoon yeast, in
- 1/2 cup warm water
- 1 tablespoon honey

Directions: Dissolve the yeast in the warm water and honey and let sit for 10 minutes. Mix the wheat, barley, millet and rye flour together.

Blend lentils, oil and small amount of water (from the 1 1/2 cups water) in blender and place into large mixing bowl with remaining water.

Stir in two cups of mixed flour. Add yeast mixture. Stir in remaining salt (1 tbs.) and flour.

Place on floured bread board and knead until smooth. Put in oiled bowl. Let rise until double in bulk.

Knead again and cut dough and shape into 4 loaves. Place in 4 greased pans.

Let rise until double in bulk.

Bake at 375* for 45 minutes to 1 hour.

Prep time includes time letting dough rise.