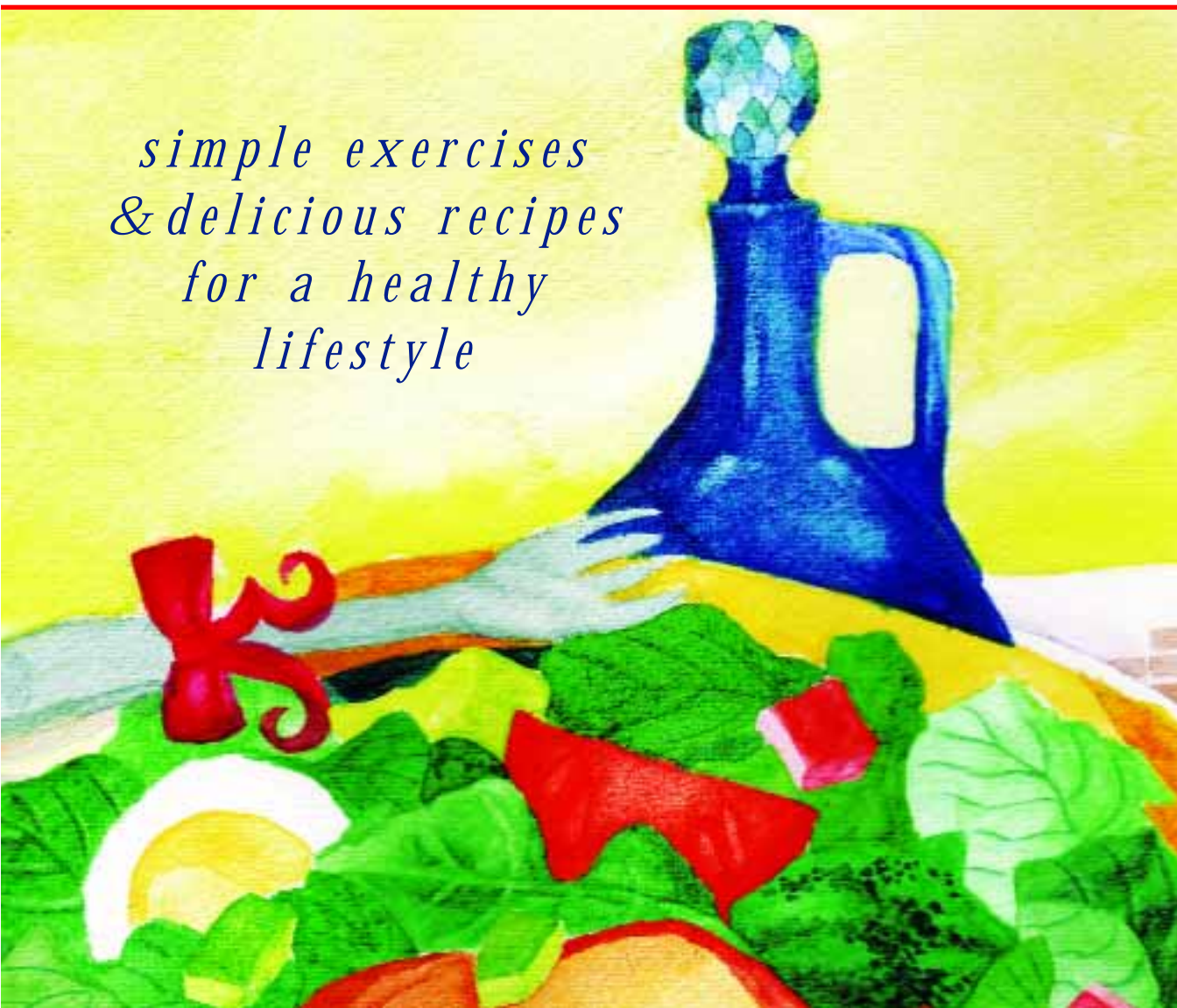


Dr. Poon's

Metabolic Diet Cookbook

*simple exercises
& delicious recipes
for a healthy
lifestyle*



Dr. Poon's **Metabolic Diet** **Cookbook**

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www.ontarionutrition.ca

First published in 2009

Published by Ontario Nutrition Company Inc.
110 Dynamic Drive, Unit 49
Toronto, ON M1V 5C7
Canada

Cover Art by
Rebecca Poon

Book Layout and Designed by
Anie Kim Tân

Printed and Bounded in Canada

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ISBN 978-0-9738905-3-2

NOTES FOR THE READER

This book uses imperial, metric or US cup measurements. Follow the same units of measurements throughout; do not mix imperial and metric. All spoon measurements are level, unless otherwise stated; teaspoons are assumed to be 5 ml and tablespoons are assumed to be 15 ml.

Individual vegetables such as onions are medium in size and pepper is freshly ground black peppers. Milk used in the recipes is skim or semi skim to help limit the fat content of the meal. The recipes have been made with a reduced-fat and sugar constituents in accordance with healthy eating guidelines. However, this means that they will not keep fresh for as long a period of time as their higher-fat and sugar alternatives.

Some of the recipes require stock. If you use commercially made bouillon granules or cubes, these can have a relatively high salt content, so do not futher add any additional salt. If you make your own stock, keep the fat and salt content to a minimum. Do not sauté the vegetables before simmering - just simmer the vegetables, herbs, and meat, poultry, or fish in water and strain. Meat and poultry stocks should be strained, cooled, and refrigerated. Before use skim off any congealed fat on the surface - it can then be easily removed and this reduces the saturated fat content of the meal. Homemade stocks should be stored in the refrigerator and used within two days, or frozen in serving portions and labeled.

Ovens should be preheated to specified temperature. If using a fan assisted oven, check the manufacturer's instructions for adjusting the time and temperature.

The values of the nutritional analysis for each recipe refer to a single serving or a single slice whichever relevant. They do not include the serving suggestion.

People with medical conditions should consult their physicians before starting any diet or exercise program.

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Phase 1 Recipes

Phase 1 is also called the *"Fat Burning Induction Phase"*. Only a small amount of net carbohydrate (sugar and starch) is allowed in this part of diet. The body will first use up the carbohydrate reserve (glycogen) and then start to burn fat as the main source of fuel.

These are some of the recipes that you can use in Phase 1.

- * Baked Spicy Spare Ribs
- * Beef with Chinese Broccoli (Gai Lan)
- * Boiled Gai Lan with Oyster Sauce
- * Chicken and Egg White Wrap
- * Chicken with Chinese Celery and Black Mushroom
- * Curry Chicken with Tofu Shirataki Noodle
- * Easy Breakfast Grilled Chicken
- * Fishcake and Yam Noodle Salad
- * King Crab Legs
- * Lemon Chicken
- * Low Carbohydrate Steamed Egg Custard
- * Mashed Cauliflower
- * Pan-fried White Fish with Seafood
- * Pork Loin Roast
- * Pork with Yam Noodle Soup
- * Roast Duck Legs
- * Roasted Pork with Brown Shirataki Noodle Stir-fry
- * Sai Woo Beef Soup
- * Salt-free Pickled Vegetables
- * Scrambled Egg with Prawn
- * Shirataki Noodle Stir-fry
- * Sirloin Beef Cubes with Roasted Garlic
- * Soy Sauce Chicken
- * Spicy Thai Chicken
- * Steamed Fresh Abalone
- * Stir Fried Grouper with Celery
- * Stir Fried Pork, Chives and Cloud Ear Mushrooms
- * String Beans with Minced Pork
- * Stuffed pepper with Fish Paste
- * Teriyaki Beef
- * The Complete Meal
- * Turkey Egg Wrap
- * Watercress Pork Loin Soup
- * Coriander Chicken



King Crab Legs

(Phase 1, 2, and 3)

Ingredients for 4 servings:

4 (18.8oz) legs, cooked

Frozen crab legs are already cooked. Wash the legs under cold running water to remove the excess salt. Boil or steam the legs until hot.

Per serving: 1 leg

Energy: 129 calories

Protein: 26 g

Fat: 2 g

Net carbohydrate: 0 g

Tips:

Avoid this dish if you are on a sodium-restricted diet. The sodium content is high.

Cholesterol is about 50 mg per serving. Therefore, it is for occasional consumption only.



Roasted Pork and Brown Skirataki Noodle Stir-fry

(Phase 1, 2 and 3)

Ingredients for 4 servings:

14 oz	brown Skirataki noodles
4 oz	roast pork, sliced into thin strips
2 cups	Chinese celery, sliced into thin strips
1 medium	Omega-3 egg
2 cloves	garlic
2 tsp	canola oil
2 tsp	sesame oil
2 tsp	low-sodium light soy sauce
¼ cube	low-sodium vegetable bouillon, crushed into powder

Drain water from the package of yam noodle and cook the noodles in a pot of boiling water for three minute. Remove the noodles from the water and set aside. Beat egg lightly. Heat a non-stick frying pan and spray with canola oil. Under medium heat, spread egg evenly in the pan as if it is a crepe. Flip the egg once and let it cook evenly. Remove from the pan and cut into thin strips. Add 2 tsp of canola oil to a frying pan and brown the garlic cloves at medium-high heat. Add celery and noodles and stir-fry for two minutes or until celery becomes soft. Add sesame oil, soy sauce and bouillon, stir and mix well. Mix in ¾ of the egg and pork strips while continuing to stir-fry. Transfer the noodles to a plate and garnish with the remaining egg and pork stripes.

Per serving:

Energy: 102 calories
Protein: 10 g
Fat: 6 g
Net carbohydrate: 2 g

Tips:

You can find the recipe for roast pork on page 46 of this cookbook.

This is a very high fiber dish.

This has an excellent taste even when served cold. Just like a pasta salad.

The brown flakes inside the noodles are seaweed powder.

Use orange and red pepper only if you are on Phase 2 or 3.



Stir Fried Pork, Chives and Cloud Ear Mushrooms

(Phase 1, 2, and 3)

Ingredients: 4 servings

8 oz	lean pork, cut into strips (trims off any fat)
12 oz	chives cut into 1-inch sections
½ cup	cloud ear mushroom, soaked in water until soft (about 30 minutes), cut into strips
1 tbsp	low-sodium light soy sauce
1 clove	garlic, minced
1 tbsp	canola oil
½ cup	xanthan gum gravy mixture
½ tsp	cornstarch

Marinate the pork with soy sauce and cornstarch for 30 minutes. Heat a frying pan and add half of the oil and half of the minced garlic.

Sauté chives and mushrooms, add a pinch of Half Salt® and cook until 80% done. Remove them from the pan. Heat up the frying pan again with the rest of the oil and garlic. Sauté the pork on high heat and reintroduce the vegetables once the pork is done. Pour in the xanthan gum gravy mixture and stir-fry until hot. Add a dash of sesame oil for flavouring.

Per servings:

Energy: 150 calories
Protein: 18 g
Fat: 7 g
Net carbohydrate: 3 g

Tips:

The amount of carbohydrate in ½ tsp of cornstarch is 2.5 grams. This translates to 0.6 g per serving. It is an important part of Chinese cooking. It helps the meat to taste more tender when it is used to coat the meat before stir-frying.



Sirloin Beef Cubes with Roasted Garlic

(Phase 1, 2, and 3)

Ingredients for 4 servings:

16 oz	top sirloin beef
6 cloves	garlic, thinly sliced
1 pinch	black pepper
1 tsp	low-sodium light soy sauce
½ tsp	low-sodium teriyaki sauce
1 tbsp	canola oil

Cut the steak into small cubes. Remove all the visible fat. Marinate the beef cubes with light soy sauce, teriyaki sauce and black pepper. Heat up the oil and cook the garlic until golden brown. On high heat, pour in the beef cubes and stir often. Do not over cook.



Per serving:

Energy: 224 calories
Protein: 34 g
Fat: 9 g
Net carbohydrate: 1 g

Tips:

Beef has zero carbohydrates.
Very low glycemic index.

Soy Sauce Chicken

(Phase 1, 2, and 3)

Ingredients for 2 servings:

2	chicken leg quarters
3 cups	low-sodium light soy sauce
1 cup	low-sodium dark soy sauce
4 slices	ginger root
2 tsp	Splenda®
1 tsp	sesame oil

Trim chicken of excess fat. Put chicken in a pot of boiling water for 1 minute, remove and rinse with cold tap water for 5 minutes. Add soy sauces, ginger roots and two cups of water to a saucepan. Bring it to a boil. Add chicken to the pan and make sure the chicken is completely covered by the soy sauce mixture. Bring the mixture comes to a boil again turn heat to medium and let chicken cook for 2 minutes. Then turn off the stove, add in the sweetener, stir, and cover the saucepan. Let it sit for 40 minutes. After the 40 minutes, remove the chicken from the pot and let it cool down for 30 minutes. Coat chicken with sesame oil and then cut into serving size.

Per serving:

Energy: 160 calories
Protein: 21 g
Fat: 8 g
Net carbohydrate: 1 g

Tips:

Can use the soy sauce mixture as a dip.

Soy sauce mixture can be frozen and reused. Scrape off the grease from the top before use.

Phase 2 & 3 Recipes

More carbohydrate is allowed in Phase 2 and 3. The objective is to provide more food varieties while still allowing you to continue to lose or maintain your weight. All three phases are low in saturated fat and sodium.

- * Any recipes listed in Phase 1
- * Almond Balls
- * Almond Soy milk Steamed Custard
- * Bamboo Shoot Chicken
- * Beef Brisket with Chinese Turnip
- * Beef Casserole
- * Beef Stew
- * Beef with Snow Peas and Mushrooms
- * Boneless Chicken with Hot Pepper
- * Chicken with Mushroom in Wine Sauce
- * Chicken with Pumpkin and Curry
- * Clam and Tofu Soup
- * Curry Chicken Breast with Chinese Radish
- * French Toast
- * Jell-O with Berries
- * Hot and Sour Soup
- * Low Sodium Vegetable Soup with Grilled Chicken
- * Pan-fried Vegetarian Bean-curd Wrap
- * Pork Chops with Fried Onion and Snow Peas
- * Rainbow Vegetables with Five-spices Tofu
- * Saucy Chicken
- * Spaghetti Squash Salad
- * Squid and Vegetable Stir-fry
- * Steamed Milk Custard
- * Stir Fried Duck with Bamboo Shoot
- * Tortilla Fajita Wrap
- * Vegetable Casserole
- * Wonton Soup

Bamboo Shoot Chicken

(Phase 2 and 3)

Ingredients for 4 servings:

8 oz	chicken meat, remove visible fat, cut into cubes
1 cup	fresh bamboo shoot, sliced
½ cup	celery, sliced
¼ cup	black Chinese mushroom, stem removed, soaked and sliced
¼ cup	green onion cut into 1 inch pieces
4 slices	fresh ginger
2 tbsp	canola oil
1½ tbsp	low-sodium light soy sauce
1 tsp	cornstarch
½ tsp	sesame oil

Marinate chicken cubes with the soy sauce and cornstarch. Heat 1 tbsp of canola oil in a frying pan or wok. Add the ginger and green onion when the oil is hot and cook for 30 seconds. Add the chicken cubes and cook until 80%

done. Remove the contents from the pan. Heat one teaspoon of canola oil into the pan and pour in all the vegetables. Add a pinch of Half Salt® and 1 tbsp of water. Pour back the chicken cubes when the vegetables become soft. Reheat and add the sesame oil when done.

Per serving:

Energy: 140 calories
Protein: 18 g
Fat: 6 g
Net carbohydrate: 3 g

Tips:

Canned bamboo shoots are readily available and are very inexpensive. However, their taste is inferior to the fresh bamboo shoots. In contrast to most canned goods, the sodium content of canned bamboo shoots is very low. Because of its high fiber content, bamboo shoot has very low net carbohydrate.

Using ginger and green onions to season the oil before stir-frying adds a nice aroma to your meat and fish dishes.



Stir Fried Duck with Bamboo Shoot

(Phase 2 and 3)

Ingredients for 4 servings:

4	duck legs, fat removed
2 medium	fresh bamboo shoots
2 cups	celery, sliced
4 slices	ginger root
4 cloves	garlic, sliced
2 tsp	low-sodium light soy sauce
1 tsp	canola oil
½ tsp	white pepper powder
1 tsp	sesame oil
1 tsp	cooking wine

Marinate the duck legs with 2 teaspoon of soy sauce and white pepper powder and let sit for 15 minutes. Preheat oven to 400°F. Bake the duck legs on a baking rack for 35 minutes or until the skin is nicely browned. Remove excess grease with paper towel. Trim meat into bite-size

morsels and remove all visible fat. Remove brown husk from the bamboo shoot until only the light yellow tender heart of the shoot is left. Slice it into thin rectangular pieces. Cut the green onion into 1.5 inches segments. Add the canola oil to frying pan and heat over medium-high heat. Add the ginger and garlic and when they become brown, add bamboo shoot and celery. Stir-fry for two minutes. Pour in the duck meat. Add the cooking wine and sesame oil and small amount of Half Salt® to taste.

Per serving:

Energy: 131 calories
Protein: 14 g
Fat: 7 g
Net carbohydrate: 3 g

Tips:

Remove the skin or use skinless duck breast meat to decrease the fat content.



Metric Conversion

1/8 teaspoon (tsp)	0.6 mL
1/4 tsp	1.2 mL
1/2 tsp	2.5 mL
3/4 tsp	3.7 mL
1 tsp	5.0 mL

1 tablespoon (tbsp)	15 mL
2 tbsp	30 mL

1/4 cup	60 mL
1/3 cup	75 mL
1/2 cup	125 mL
2/3 cup	150 mL
3/4 cup	175 mL
1 cup	250 mL
2 cups	500 mL
3 cups	750 mL
4 cups	1 L

1 fluid ounce (fl oz)	31 mL
4 fl oz	118 mL
8 fl oz	236 mL
12 fl oz	355 mL
16 fl oz	473 mL

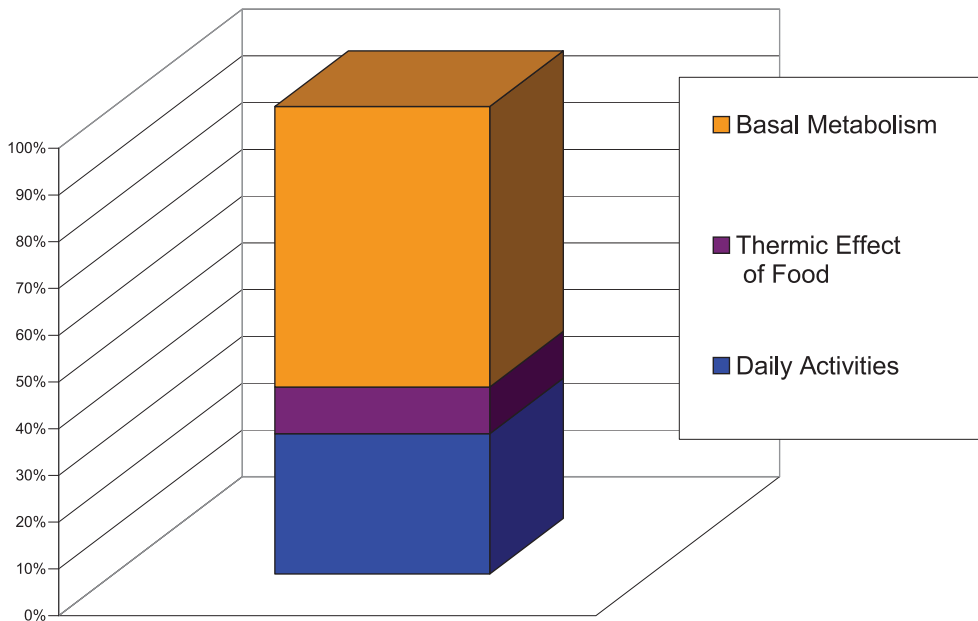
1/2 ounce (oz)	14 g
1 oz	28 g
3 oz	85 g
4 oz	113 g
8 oz	227 g
10 oz	284 g
12 oz	340 g
16 oz	454 g

Exercise

Exercise is a crucial part of any healthy diet and lifestyle. It increases muscle mass, burns fat and improves the condition of the heart, lungs and joints, which leads to a healthier body and mind.

How important is exercise in losing weight? Let us look at our daily energy requirement and expenditure. A 50-year-old male who is five foot four inches tall and weighs 145 pounds will require a total intake of 1,500 calories to maintain his weight. That means the daily energy expenditure is equal to 1,500 calories. The daily energy expenditure is controlled by three major factors as shown in Figure 1.

Figure 1. Percentage of Daily Energy Expenditure



The amount of energy used to keep his body going, even without any activity at all, is called the basal metabolic rate. The basal metabolic rate utilizes 60 to 70% of his total energy expenditure. That is to say that the majority of his energy output is used to run his organs. This basal metabolic rate is determined by his lean muscle mass. The bigger the muscle mass, the more energy will be needed to keep the body going. Hence it is to his benefit to increase his muscle mass. One way to increase the lean muscle mass is by eating good quality protein and muscle strengthening exercises. A diet that limits his protein intake will eventually slow down his metabolism when muscle mass is wasted.

Doctor Poon's Metabolic Diet Lifestyle

Daily activity utilizes 20 to 30% of his total energy expenditure. He can increase this part of energy expenditure by doing cardiovascular exercises. If he does not exercise at all and has a very sedentary type of work, he only burns 1,000 calories per day. Even if he walks for 20 minutes per day, he only increases his expenditure by 85 calories. An extra hot dog will easily nullify his exercise effort. Most exercise regiments do not help him to lose weight; however exercise does help him to change the body composition, maintain body weight and help to prevent regain. A 30-minute work out per day can improve his cardiovascular health. A 45-minute work out per day can help him to maintain the weight he lost in the past. If he wishes to lose weight with exercise alone, he needs to do 1.5 to 2 hours of cardiovascular exercises per day. Over all, dieting is a more efficient way to lose weight.



The third factor that determines his daily energy expenditure is called “thermic effect of food”. Energy (calories) is needed to digest food and different macronutrients require different amounts of energy to be digested. For example, fat has the lowest thermic effect. It requires only 3% of its energy for digestion and absorption. When he consumes 200 calories in the form of pure fat, 3% (6 calories) will be used up during the digestive process. The actual amount of calories that gets absorbed is 194 calories. Carbohydrate requires 8% of its energy for digestion. Protein requires 25%. If the same 200 calories is being consumed as pure protein, only 150 calories get absorbed and 50 calories are used up during the digestive process. It is found that when one subject is fed with a high carbohydrate diet and another subject is fed with a high protein diet, even when the total calories are the same, the subject that is fed with a high protein diet loses significantly more weight.



The bottom line is that eating a protein rich diet along with exercise helps to maintain or build muscle mass and increases metabolic rate. Doing cardiovascular exercises helps to maintain weight loss and improve cardiovascular fitness.

“Doctor Poon’s Diet is a Healthy Diet for the Obese.”



One-of-a-kind cookbook that target patients who are obese and suffering from obesity related diseases, such as diabetes, high blood pressure and high cholesterol.

Mrs. Beckie Poon provided us with recipes that are low in fat, sodium and starch.



Doctor Poon’s diet is about “what to eat” rather than “how much to eat”. Hence it does not require the dieter to count calorie.

Exercise is a big part of any diet program. The last chapter of this cookbook is devoted to exercise counseling and is written by Doug Poon of the Ontario Nutrition Company Inc.

