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FOODMADEEASY

with Regina Lee



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Hi everyone!

I am Regina Lee, your ph360 Personalised Chef.

I am so excited that you have taken the first step through ph360 in making your health a priority and I am honored to be part of your journey in becoming healthier and happier.

I am originally from Singapore and am currently residing in Vancouver, Canada. I have spent a good part of my life travelling and living around the world, 9 countries to be exact! As my ph360 profile so rightly confirms, I thrive on new experiences! I love exploring and learning about different cultures and am inspired by them for my cooking. I am a chef trained in both the culinary and pastry arts and I am also a certified wholistic health coach as well as an accredited ph360 coach.

I am passionate about both food and health and I am here to help you ease into your ph360 foods through exciting ways of cooking your recommended smiley foods.



In this introductory food series, you will find videos and recipes to help you:

- get ideas on how to cook using your recommended ph360 smiley foods
- learn how to make the right foods for you taste delicious
- learn how to substitute frowny foods especially basic food ingredients such as wheat, milk and dairy products
- cook your ph360 smiley desserts and treats
- develop a repertoire of suitable snacks that your body thrives on

The introductory series will feature:

- fundamental cooking methods such as poaching, simmering, baking and sauteing that are more healthy cooking methods
- introduce modern equipment and know-how to shorten cooking time so it is sustainable to cook and eat the ph360 way
- smoothies and juice boosters
- interesting and delicious ways to cook vegetables (vegetables do not only mean raw salads or boiled vegetables)
- ways to add flavor with sauces and dressings
- fundamental methods to making stocks and soups
- exciting, varied and delicious ways, incorporating diverse global food cuisine and culture of cooking vegetables, grains, meat and seafood
- inspirational, varied and interesting repertoire of breakfast, lunch and dinner recipes
- the art of plating food
- the art of heightening the eating experience through ambience

So if you have a burning question about your ph360 food and cooking, send your questions to askchef@ph360.me. We will feature the most asked topics and questions you have about cooking throughout our fabulous food series!

With gratitude and love,

Regina Lee



Sunshine Zinger with Power Porridge

Skill: *Easy*

Effort: *15 mins*

Suggest: *Breakfast or Snack*

Power Porridge

The ingredients in this porridge can be easily substituted to suit your ph360 food list with different grains, non-grains, dairy or non-dairy options, nuts, seeds and fruits. This is great for breakfast or as a snack and, depending on the intensity of your workout and your fitness goals, it can be eaten pre- or post-workout.

Getting organised...

Time: 15 minutes

(5 min preparation + 10 min cooking)

Serving Size: 1-2 people

Equipment needed:

- Small pot
- Wooden spoon for stirring
- Grater
- Vegetable peeler

Ingredients:

- 1 grated organic apple
- ¼ cup organic non-GMO oats
- ¼ cup hemp hearts
- 1 tablespoon ground flax seed
- 400 ml-500ml hemp milk (add more liquid if needed to get to porridge consistency)
- ¼ cup almond meal (optional)
- 1 tablespoon cinnamon powder
- 1 peeled and cubed fresh mango
- Roasted pumpkin and sunflower seeds for garnish

How to...

1. Put all ingredients except mango, pumpkin and sunflower seeds in a small pot.
2. Stir well and heat over low-medium heat, making sure to stir constantly so it doesn't stick to the pot.
3. Cook for 10 minutes and add more liquid if too dry. Keep heat to low simmering to allow flavors to blend and oats to cook.
4. Serve in a bowl and garnish with mango, pumpkin and sunflower seeds.
5. Optional touch of a dollop of yoghurt and drizzle of unpasteurized honey if desired.
6. Serve immediately or reheat with more liquid if left cold as it will dry up and continue to cook in pot from residual heat even when taken off the heat.

ph360 tips...

- Drizzle unpasteurized honey as sweetener if on smiley list and add a dollop of yoghurt (cow, goat or sheep - depending on your smiley ph360 food list)
- If using fresh fruits, best to add it after the porridge is cooked unless you are adding grated apples, mashed bananas or using frozen fruit, then cook with the porridge.
- You can omit or substitute all the ingredients with the following alternatives:

Liquid for cooking: almond milk/ cashew nut milk/ hazelnut milk/ hemp milk/ soy milk/ milk / water

Seeds: Ground flax seed, ground chia seeds, sesame seeds

Nuts: Almond meal, ground cashew nuts, chopped walnuts, chopped hazelnuts

Fruits: Fresh seasonal fruits of your ph360 food list or frozen fruits

...add the Zing!

Skill: *Easy*

Effort: *15 mins*

Suggest: *Breakfast or Snack*

Sunshine Zinger

This juice is sure to cheer and warm you up. Fresh juices may be hard for some people to take first thing in the morning depending on their constitution however this delightful one, with ginger and tumeric, makes it a warming drink (Chinese yang food - heat) and helps warm up your body and get it going in the morning or in the colder seasons.

Getting organised...

Time: 10 minutes

(5 min preparation + 5 min juicing)

Serving Size: 1 glass

Equipment Needed:

- Vegetable peeler
- Chopping board
- Chef's knife
- Slow Juicer / Masticating Juicer

Ingredients:

- 1 peeled organic carrot
- 1 inch of peeled ginger
- 1 inch of peeled fresh tumeric
- 1 peeled orange

How to...

1. Peel carrots, ginger, tumeric and orange and cut into smaller pieces for juicing in masticating /slow juicer.
2. Juice all ingredients together.
3. Serve immediately and drink within the 15 minutes of juicing to get maximum value of nutrients as the juice will oxidize causing a reduction in its nutritional value.

ph360 tips...

- Using a slow juicer or masticating juicer helps reduce the oxidization of juices compared to centrifugal juicers.
- Slow juicers also extract juice from the plants and fruits more efficiently, giving you better cost efficiency for your organic vegetables and fruits, i.e. less wastage and less fruits and vegetables needed for your glass of juice.





Chinese Mustard with Garlic Oyster Sauce Dressing

Skill: *Easy*

Effort: *15-20 mins*

Suggest: *Lunch or Dinner*

Chinese Mustard with Garlic Oyster Sauce Dressing

In this recipe we will blanch the green vegetables. Blanching vegetables allows you to retain their nutrients, crunch and color. Those with a faster digestive process can benefit from cooking foods longer to decrease the amount of work the digestive system needs to do to retrieve the nutrients from the foods. The dressing for this recipe, which is lightly drizzled over the top, adds flavor and complements the fresh vegetables without overpowering them. Good for lunch or dinner as a dish to accompany a separate meat or fish dish that may be eaten with rice.

Getting organised...

Time: 15-20 minutes

(10 min preparation + 5-10 min cooking)

Serving Size: 2-3 people

Equipment Needed:

- Small pot
- Slotted spoon or strainer
- Small frying pan

Ingredients:

- 1 head of bok choy/chinese chard/chinese mustard or any kind of green leafy vegetables, separated into individual leaf pieces

Dressing Ingredients:

- 2 peeled and chopped garlic cloves
- 1 tablespoon of non-GMO vegetable oil
- 1 tablespoon oyster sauce (natural, no preservatives or MSG)
- Dash of ground white pepper
- Touch of water to loosen the dressing

How to...

1. Boil water in a pot with a teaspoon of salt and a drop of vegetable oil. (The drop of oil keeps vegetables looking glossy)
2. When water is boiled, put in bok choy (any summer green leafy vegetables) and remove after 4 seconds. Drain dry and plate it.
3. Drizzle fried garlic bits and the dressing over the vegetables and serve immediately.

Dressing

1. Heat vegetable oil in small frying pan over low heat and lightly brown and crisp chopped garlic and keep aside drained garlic.
2. Mix the drained garlic infused vegetable oil with oyster sauce and ground white pepper and stir. You should get a thick consistency like ketchup. Loosen with a touch of water if too thick to drizzle.

ph360 tips...

- Oyster sauce can be substituted with soy or fish sauce thickened slightly over heat with a slurry (mixture of 1 teaspoon of cornstarch or arrowroot powder and a tablespoon of water)
- When buying soy sauce or fish sauce remember to choose those that are non-GMO, without MSG or preservatives and naturally fermented
- Always cut garlic cross-section and remove its green germ to avoid a strong and bitter flavor. Some traditional folklore also believe the green germ causes indigestion and is the cause of garlicky burps!

Savory Pomelo Salad with Cilantro Lime Dressing

Skill: *Easy*

Effort: *25 mins*

Suggest: *Lunch, Dinner or Snacks*

Savory Pomelo Salad with Cilantro Lime Dressing

This is a very versatile dish which can be substituted with many options that are available on your ph360 food list. Pomelo is a fruit from Asia and is similar in texture and taste to a grapefruit except it is larger and slightly sweeter. It has nice citrus characteristics with a nice firm crunchy bite and goes well with chicken or other vegetables as a salad. If you don't have pomelo, you can replace it with grapefruit and some peeled clementines or mandarins but you want it firm and fresh. You will need to peel off the white membrane of citrus fruits, using only the flesh.

Getting organised...

Time: 25 minutes

(15 min preparation + 10 min cooking)

Serving Size: 1-2 people (depending if it is an appetiser or main meal)

Equipment Needed:

- Jug or cup for mixing
- Grater
- Small frying pan

Ingredients:

- 1 peeled pomelo (this gives you about 200g peeled fruit segments)
- 1 grated carrot
- 1 stalk of chinese celery - thinly sliced
- 1 small chicken fillet - cooked and shredded
- 30 g Cashew nuts roasted

Dressing Ingredients:

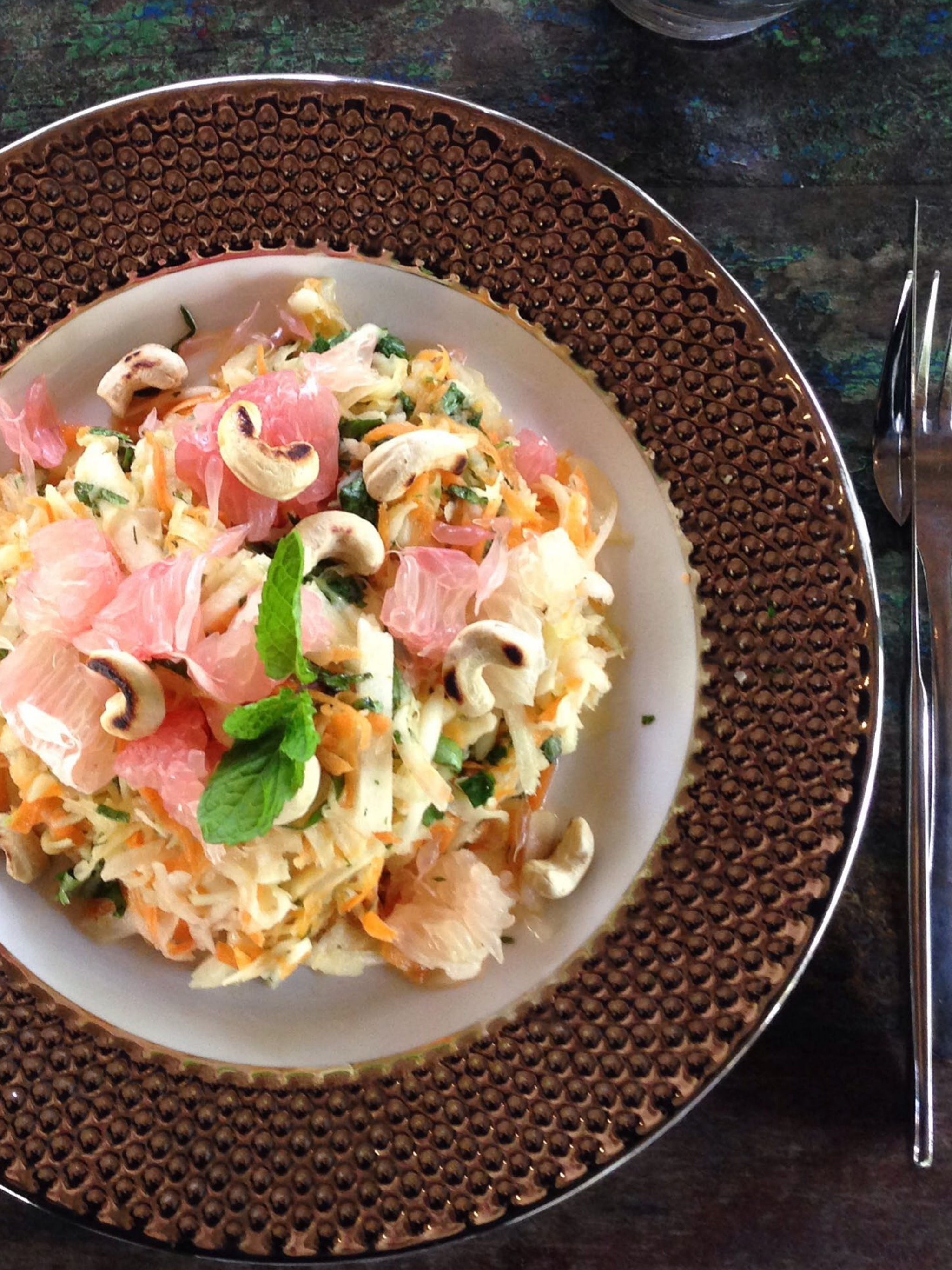
- 1 teaspoon fish sauce
- 2 tablespoons lime juice
- ½ teaspoon honey
- 20 g chopped cilantro leaves
- 1 clove garlic finely chopped

How to...

1. Combine all cilantro lime dressing ingredients into a jug or cup and give it a good stir.
2. Mix pomelo, carrots and chinese celery and shredded chicken fillet and drizzle with dressing. Lightly mix it and plate out.
3. Toast the cashew nuts in a dry frying pan.
4. Garnish with toasted cashew nuts and extra chopped cilantro.

ph360 tips...

- For a little spicy kick, you can de-seed a large red chilli and use half of it chopped finely. Large chillies are not as spicy as small chillies and when you remove the seeds, the heat from the chilli is reduced dramatically.
- If you need your vegetables to be cooked, you can simply blanch the carrots, bean sprouts or other vegetables very quickly in hot salted water for a few seconds and not for any longer so you retain the vegetable's crunchiness for this salad.
- This dish can be vegetarian if you omit the chicken. Just add extra vegetables like shredded carrots, bean sprouts, finely sliced chinese celery, shredded cabbage or shredded jicama. You can also add seafood such as poached and peeled prawns, octopus or squid to make it a main meal with protein.
- Cashew nuts can be replaced with roasted sesame seeds, pumpkin seeds or sunflower seeds.



Bison Quenelles with Cauliflower Cous Cous & Sweet Potato Puree

Skill: *Medium*

Effort: *60 mins*

Suggest: *Lunch or Dinner*

Bison Quenelles with Grilled Vegetables, Cauliflower Cous Cous and Sweet Potato Puree

For meat and beef lovers, bison is a great alternative with a higher protein and lower fat content than beef. Using minced meat helps in aiding the digestion of the meat especially for those who do not chew as much as needed when eating red meats. The components of this dish can be cooked separately for snacks or as accompaniments to other ingredients as well as being wonderful served together! The cauliflower cous cous is also a brilliant alternative to those who need to avoid grains. Cauliflower is such a versatile vegetable and can be a great substitute for pizza bases or fried 'rice'.

Getting organised...

Time: 60 minutes
(30 min preparation + 30 min cooking)

Serving Size: 2 people

Equipment Needed:

- Chef's knife
- Food processor or box grater
- Skillet or frying pan
- 2 dessert spoons

Grilled Vegetable Ingredients:

- 1 zucchini sliced in diagonal 1 inch slices
- 8 grape tomatoes
- 1 tablespoon olive oil
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- Salt and pepper to taste

Bison Quenelles Ingredients:

- 200g ground organic bison
- ½ onion finely minced
- 20 g chopped parsley leaves
- ½ teaspoon Salt and some ground black pepper to season
- 1 tablespoon olive oil or non-GMO vegetable oil to pan fry the bison quenelles
- Roasted bell peppers for garnish (optional)
- Chopped parsley leaves for garnish

Cauliflower Cous Cous Ingredients:

- ⅓ head cauliflower
- 1 teaspoon butter
- Salt and pepper to taste
- 1 tablespoon chopped parsley

Sweet Potato Puree Ingredients:

- 2 sweet potatoes
- 1 tablespoon of sunflower butter

How to...

Bison Quenelles

1. Preheat oven to 350 degrees fahrenheit.
2. Season ground bison meat with chopped onions, chopped parsley, salt and pepper. Leave for the flavour to infuse for 15 minutes.
3. Use 2 dessert spoons to shape the seasoned meat into quenelles.
4. Heat pan and olive oil and pan fry bison quenelles briefly to brown them.
5. Put quenelles in an oven proof pan and bake in preheated oven for 15 minutes until bison is cooked.

How to...

Cauliflower Cous Cous

1. Break apart the cauliflower into large florets.
2. Pulse the florets in a food processor until the cauliflower florets look like couscous sized granules. Do not overblend it or it may become pureed instead of the couscous consistency.
3. Squeeze out excess water from cauliflower in a cheesecloth.
4. Cook cauliflower couscous in a skillet or frying pan with a teaspoon of butter, salt and pepper and chopped parsley or fresh herbs of your choice.

Sweet Potato Puree

1. Boil or steam sweet potatoes with skin on to keep the nutrients and cook until you can poke a fork easily through the flesh.
2. Peel off skin of sweet potato.
3. Puree with a tablespoon of sunflower butter.
4. Season with salt and pepper if desired.

Grilled Zucchini and Grape Tomatoes

1. Season zucchini and grape tomatoes with olive oil, salt, pepper and dried herbs.
2. Heat a skillet and grill zucchini slices on both sides and saute the grape tomatoes slightly.
3. Serve with bison quenelles.

ph360 tips...

- Choose your top ph360 smiley vegetables to grill and use as accompaniments.
- Alternate a different kind of nut or seed butter with the sweet potato puree such as almond or macadamia - choose one of your ph360 smileys.





Glass Noodles in Vegetable Broth

Skill: Medium Effort: 1hr 15 mins Suggest: Breakfast, lunch or Dinner

Glass Noodles in Vegetable Broth

This dish is vegetarian, gluten free, noodle soup and Asian inspired. Great for breakfast, lunch or dinner, this warming soup really suits the winter season. Preparing the fresh broth in advance can significantly reduce the preparation and cook time for this dish.

Getting organised...

Time: 1hr 15 minutes

(15 min preparation + 45-60 min cooking)

Serving Size: 2 people

Equipment Needed:

- Medium frying pan
- Bowl for warm water
- Vegetable peeler
- Small pot
- Large stockpot

Noodle Ingredients:

- 2 bundles of glass noodles (soaked in warm water for 15 minutes)
- 1 carrot - peeled and julienned (cut into 4 cm strips or roughly grated)
- Cilantro / chinese parsley for garnish
- Lightly browned slices of 1 shallot and 1 chopped garlic for garnish
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Vegetable Broth Ingredients:

- 2 carrots peeled and roughly chopped,
- A bunch of spring onions cut in 3 inch strips
- Cilantro stems and roots
- 2 tomatoes, crushed
- ½ white cabbage cut roughly
- 2 sticks of celery roughly chopped

How to...

1. Boil a small pot of water with some salt. When water is boiling, add soaked glass noodles into pot and cook until you see the noodles becoming translucent. This should take no longer than 5 minutes otherwise the noodles becomes mushy.
2. Drain and if not using immediately, soak in cold ice water to stop the cooking.
3. Slice thinly shallots and cook in low heat in a small frying pan with 1 tablespoon of vegetable oil till golden brown. Be careful to use low heat to avoid burning and bitter tastes.
4. Fry the chopped garlic over low heat until golden brown.

Vegetable Broth

1. Fill large stockpot with 1 Litre of cold water and put all ingredients for vegetable stock in. Bring to a boil and reduce heat to simmer for the next 45 minutes.
2. Strain the vegetables and freeze in portions if not using immediately.
3. Blanch any vegetables you are serving with the broth except for the garnish.
4. Heat up the glass noodles by pouring hot boiling water when serving. Dish out noodles into bowl, fill bowl with vegetable broth and garnish with blanched vegetables and garnish.

ph360 tips...

- Glass noodles are made of mung bean and are gluten free, providing a good option to those who miss their noodles and have to stay off wheat products. They are delicious in soups and also stir-fried.
- Vegetable broth can be made in advance in larger portions and frozen in smaller serve sizes for quick meals.
- You can add any ingredients easily to this dish modifying it to suit your ph360 smiley foods. For example, you may add tofu, mushrooms, any protein meat like chicken, beef or seafood.
- You may replace the glass noodles for other types of noodles depending on your ph360 smiley foods and even make it into a soup rice porridge with cooked wild rice or some rice option added to the soup broth.
- Add any vegetables to your liking, such as broccoli, bean sprouts, chinese celery or any green leafy vegetables.

Pan Fried Tilapia with Double Cooked Fennel and Chimichurri Sauce

Skill: *Medium*

Effort: *40 mins*

Suggest: *Lunch or Dinner*

Pan Fried Tilapia with Baby Carrots, Double Cooked Fennel and Chimichurri Sauce

Garnish this with crispy roasted potato crisps for a gourmet fish and chips! You can also choose to serve a vegetarian version of this dish - simply remove the Tilapia and feature the double-cooked fennel as the centrepiece.

Getting organised...

Time: 40 minutes

(15 min preparation + 25 min cooking)

Serving Size: 2 people

Equipment Needed:

- Small pot
- Medium frying pan
- Small frying pan
- Blender

Ingredients:

- 10 baby carrots (5 per serving)
- 1 fennel, cut into two equal pieces
- 2 fillets of Tilapia fish
- 1 potato, peeled and thinly sliced with mandolin

Chimichurra Sauce Ingredients:

- ½ bunch of cilantro (stems and leaves)
- ½ bunch of Italian parsley (leaves only)
- 1 tablespoon chopped fresh oregano or 1 teaspoon of dried oregano
- 2 minced garlic cloves
- 200 ml olive oil
- salt and pepper to taste

How to...

Pan Fried Tilapia

1. Pat dry fish fillets.
2. Just before cooking, sprinkle with salt and pepper and press into fish.
3. Add a tablespoon of oil to the frying pan, heat and add the fish fillets.
4. Cook one side then turn to cook the second side on medium heat. Do not flip the fish more than once.
5. Once you have nicely browned both sides of fish, put the fish fillet in an ovenproof dish and finish cooking in oven at 350 Fahrenheit for another 5-8 minutes depending on thickness of fish fillet.
6. Use a knife to pierce through the fish fillet to check fish is completely cooked and separated into white flakes but be careful not to over cook fish or it becomes dry and rubbery.

Double Cooked Fennel

1. Cut fennel into halves; cross section.
2. Boil salted water and cook fennel in this for 10 minutes.
3. Drain dry.
4. Heat a small frying pan with 1 tablespoon of vegetable oil or butter and put blanched fennels in pan.
5. Brown slightly all sides, add 1 tablespoon of Worcestershire sauce, salt and pepper.

Baby Carrots

1. Boil salted water in small pot, add baby carrots and cook until a toothpick can pierce through it easily.
2. Serve carrots drizzled with some olive oil and chopped parsley and season with salt and pepper.



How to...

Chimichurri Sauce

1. Combine all ingredients in blender and blend.
2. Adjust seasoning according to taste.

Roasted Potato Crisp Garnish

1. Drizzle slices with a little olive oil and some salt and lay out crisps on a lined parchment on a baking tray.
2. Bake in oven at 350 Fahrenheit or 180 celsius till crisp.
3. Use as garnish

ph360 tips...

- You can easily switch the fish to one of your ph360 smiley choices or change the protein to other white meats such as turkey or chicken.
- One key point in cooking fish is in selecting fish that is fresh. Frozen fish is also an option. Just make sure it is completely defrosted (in the fridge) before you start seasoning or cooking.
- Always make sure to wash fish fillets and dry them well with absorbent paper before seasoning or cooking to prevent oil spattering when pan frying.

Thank You!

Stay Tuned for More Taste Sensations..

We hope you enjoyed this taste of the FoodMadeEasy Series! Join us as we delve deeper into all aspects of food: shopping, preparation, plating, garnish, ambiance and of course, cooking with intention! Enjoy our upcoming video courses, interactive workshops, eBooks, recipe selections and, of course, to experience it all in person, join us on a Personal Health Retreat! You can find out much more at www.ph360.me/retreats

We look forward to sharing meals with you soon! :)

