

What's in The Silver Cloud Diet e-Book
By Dr. John Salerno and Linda Eckhardt



Silver Cloud Diet eBook

May, 2009

Sustainable Eating for the 21st Century

Whole and Unprocessed Foods

For Health, Weight Control, and Long Life



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Detox Full Fat Fast Recipes

More than 20 yummy egg recipes including:

Perfect Omelets, Frittatas and specialty gourmet treats including Devilled Eggs with Spicy Crab, Easy Bacon and Egg Muffins.

20 or so protein recipes for steaks, pates, lamb and pork chops, fish, scallops and shrimp including:

Sautéed Flank Steak with Anchovy Sauce, Thai Beef Wraps, Bourbon Chicken Liver Pate. Others.

And What about desserts? Full Fat Chocolate Ice Cream, Classic Custard, Cinnamon Soufflé and French Flourless Chocolate Cake. Yum!

Marathon Recipes include:

Chipotle Scallop Lettuce Wraps, Pan Grilled Fish with Chermoula, Gingered Tilapia with Baby Spinach and others. Coq au Vin, Chicken Breast in a Kalamata Caper Sauce, Easy Roast Chicken Thighs and Asparagus, Basil Parsley Chicken Salad, and Feta-Stuffed Chicken.

Hotcha Flank Steak, Beef Pepper Stir Fry, Stilton Beef with Sherry Mushroom Sauce, Roast Pork Loin with Dry Cured Olives, Five Spice Lamb Chops with Raspberry Salsa

Print, Clip, and Save Charts for you to Tape to your Refrigerator

Detox Foods to Adore, Foods to Abhor

Marathon Foods to Adore, Foods to Abhor

Marathon Food Grid

Counterintuitive Food Chart

Five Easy Steps to Success with Dr. Salerno's Silver Cloud Diet

A movement has begun. Farmer's Markets are springing up all over the country. The locavore movement is taking hold. Slow Food Nation is gaining converts by the day. People are beginning to rebel against cruel, inhumane treatment of farm animals. Victory gardens are popping up in people's yards. Artisan farms are springing up growing everything from tomatoes to geese to sheep and hogs and cows. They're making artisan cheeses and sausages and all manner of products the old fashioned way with no chemicals or preservatives

Dr. Salerno's Silver Cloud Diet is a proactive approach to nutrition based on an organic, high protein, high natural fat, and low-carbohydrate, low-glycemic diet, fortified with nutritional supplements targeted to strengthen your immune system, reduce inflammation, and destroy free radicals that cause dangerous oxidization. I also advocate regular detoxification to cleanse your body of accumulated poisons in your liver and kidneys. Of course, to ensure good health and longevity, keep your weight under control, drink plenty of pure water, engage in regular physical activity and find ways to deal with stress.

Sample Silver Cloud Diet Recipes from the 75 delicious choices in the book.

Branzino with Walnut Puree

Recipe courtesy California Walnut Board, Chef Ethan Stowell of Union in Seattle. A quick and satisfying supper.

Makes 4 servings.

1 cup California walnut pieces, toasted a moment in a dry skillet

1/4 cup extra virgin olive oil, plus 2-3 tablespoons

2 tablespoons finely chopped fresh chives

2 whole branzino (or white sea bass) cut into fillets, 4 total

Kosher salt

Freshly ground black pepper

To make the walnut puree, combine the walnuts and 1/4 cup of olive oil in a food processor and process for about 1 minute, or until smooth (add more olive oil if needed). Scrape the walnut puree into a bowl and stir in the chives, and season with salt and pepper to taste. Set aside.

Rub the fish with 2-3 tablespoons of olive oil, and season both sides with salt and pepper. Just before you cook the fish, place about 2 tablespoons of the walnut puree in the center of 4 dinner plates. Grill the fish 2-3 minutes on each side. Place a fish fillet on each plate, over the walnut puree.

482 calories, FAT 36.5 g., PROTEIN 35.8 g., CARB 4.0g. FIBER .6g

Full Fat Chocolate Ice Cream

No doubt, the original REAL ice cream. All we've done is replace sugar with all natural stevia.

Makes 1 quart

15 minutes to cook custard

4 hours + to cure in the refrigerator

20 minutes to freeze in electric ice cream maker

4 large organic egg yolks

4 cups heavy cream

1/4 cup best quality unsweetened cocoa

Pinch salt

8 -10 drop liquid stevia (or to taste)

Whip egg yolks and half the cream in a glass measure or bowl. Pour remaining cream, cocoa and salt in a heavy bottom saucepan and heat until cocoa is completely dissolved. Pour custard and cocoa mixture together and whisk thoroughly. Cook until the custard coats the back of a spoon. Cover and refrigerate at least 4 hours. Pour the mixture into the ice cream canister and freeze in your ice cream maker.

454 calories, FAT 47.3 g., PROTEIN 4.3 g., CARBS 6.2 g., FIBER, 8g