

DELAND CHIROPRACTIC & SPINAL DECOMPRESSION  
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*Nutritional Counseling DRX Spinal Decompression Chiropractic Acupuncture Comprehensive Blood Analysis*

## Ideal Protein Recipe of the week: Chicken Fried Rice

If you love fried rice you will love this recipe! It has become an absolute favorite among Ideal Protein Diet lovers.

- 1 lb boneless, skinless chicken breast (cut into small pieces)
- 1 medium head of grated cauliflower
- 4 minced cloves of garlic
- 1 small piece of ginger (minced)
- 2 eggs
- 1 tbsp chili garlic sauce
- 4 tsp soy sauce (or Bragg's Amino Acids)
- 1/2 lemon or lime (juice from either)
- 1 cup sliced mushroom (any variety will do)
- 1/2 cup chopped celery
- 1/2 bunch chopped or sliced green onion
- Small bunch cilantro (chopped)
- Pinch of sea salt
- Black pepper to taste

In a large frying pan or wok, heat 1 tbsp olive oil on high heat until it just begins to smoke. Brown the chicken on both sides, remove from pan and set aside. On high heat, in the same wok or pan, add 1 tbsp olive oil or grape seed oil and brown the mushrooms and celery. Set aside. Still using the same pan, reduce heat to medium, add 1 tsp olive oil or grape seed oil, then add the ginger and garlic. Once lightly browned, add the cauliflower and sauté for 2 minutes. Add the chicken, mushroom, celery and their juices back to the pan. Add chili garlic sauce, soy sauce, salt and pepper.

Taste for seasoning. If no further seasoning is needed, add the eggs and cook for an additional 2 minutes on medium to medium-high heat. Remove pan from burner and add cilantro, green onion as well as the juice from your lemon or lime.

(Serves 4)



ENJOY!