

Ka Formulas 10 day program recipes

Smoothie Recipes: (using 2 scoops of the natural vanilla/berry flavored Ultimate Supplement Powder)

Organic blueberries (frozen) with 6-8 ounces of Rice milk and flax seed oil
Organic peaches and raspberries with mint along with 6-8 ounces of rice milk
Pina Colada flavored shake – organic pineapple and 6-8 ounces of coconut milk
Mango Coconut - fresh organic mango and 6-8 ounces of coconut milk
Organic papaya and strawberries with 6-8 ounces of rice milk
Organic raspberries, chopped apples with 6-8 ounces of almond milk

Tips:

- 1. To maximize weight loss, used unsweetened versions of non dairy milks or mix with part water (half non dairy milk and half water).**
- 2. You can dilute the above recipes with water to make it the consistency you like**
- 3. It's best to use frozen organic fruits because they are picked when ripe and contain more consistent nutrient content. They give the smoothies the best consistency**
- 4. Experiment with the powder until you find the optimum mix that you like.**

First 5 Days:

Veggie Stir-fry with Quinoa

¼ C dry quinoa
2 T EVOO (extra virgin olive oil)
2 small mushroom such as baby bello, crimini, or shitake, slices
½ zucchini, sliced
2 scallions cut into 2" pieces
1 baby bok choy, sliced
1 clove garlic, minced
1 1" piece peeled, minced ginger
Sea Salt to taste

First, cook the quinoa as per instructions on the box. It helps if you add a little sea salt to the cooking water. While the quinoa is cooking, get your pan really hot for the stir-fry. Add the EVOO, and the mushrooms. Stir for about 3 minutes, or until they start to color, before adding the zucchini and scallions. Stir another 2 minutes before adding the bok choy, garlic and ginger. Add sea salt to taste and let cook another minute or two until the garlic is cooked but not browned. Top the hot quinoa with the veggies and enjoy with chopsticks!

Coconut-Curry Mushroom and Spinach with Quinoa

2 T EVOO (extra virgin olive oil)
½ small red onion sliced ½" thick
½ C sliced mushrooms of choice
½ C light coconut milk/water

2 t your favorite curry spice blend.
1 handful spinach
Sea Salt TT

First, cook the quinoa as instructed on the box. It helps if you add a little sea salt to the cooking water. While the quinoa is cooking, heat your pan over med-high heat with the EVOO. Once it's hot, add the mushrooms and red onions together. Cook them, stirring occasionally, until they are good and browned, maybe 7 minutes. Add the coconut milk and curry powder and reduce the heat to medium. Add the spinach and stir until it is well wilted. If you like it a little soupier, add a bit of water. Salt to taste and pour over quinoa.

Risotto-style Quinoa with Mushrooms and Truffle Oil

2 T EVOO (extra virgin olive oil)
¼ small red onion, diced
½ C sliced mushrooms of choice
1 clove garlic, minced
½ C dry quinoa
1 ¼ C water
Sea Salt TT
Drizzle truffle oil

Sautee the onions and mushrooms together until brown. Add the garlic and cook until just before brown. Add the quinoa and ½ C water. Cover and bring to a boil then drop to a simmer. Stir occasionally. When the water is mostly absorbed, add the remaining water and salt. Continue to simmer until the quinoa is cooked through but is still juicy. Drizzle with truffle oil after the quinoa has been plated.

Roasted Asparagus with Mushrooms:

1¼ # asparagus, tough stem ends trimmed away,
½ # button mushrooms, stemmed and quartered,
2T extra-virgin olive oil,
sea salt & freshly ground black pepper to taste,
2-3T balsamic vinegar.

Preheat oven to 425F. In a non-stick baking sheet with sides, toss the asparagus and mushrooms with the oil and season with salt and pepper. Spread the vegetables in a single layer. Roast for 10-15 minutes, or until the vegetables are tender and browned, turning once or twice. Transfer the vegetables to a serving platter. Sprinkle with the vinegar, tossing gently to combine. Correct seasoning. Serve warm.

Cauliflower medley: Add any other veggies like zucchini, squash, spinach....

2 tablespoons olive oil
1 garlic clove, minced
1 teaspoon ground ginger

1 teaspoon sea salt
1 teaspoon ground cumin
1/2 teaspoon ground turmeric
1 head cauliflower, trimmed and cut into florets
1/4 cup water

Heat oil in wide skillet. Add garlic, ginger, sea salt, cumin and turmeric. Cook briefly, stirring. Add cauliflower and any other veggies and water, cover tightly, reduce the heat to low and simmer until the veggies are tender, about 10 minutes. Serve immediately.

Vegetable Kebabs:

1 large unpeeled zucchini (about 3/4#), cut into 2 inch cubes,
2 large carrots, cut into 1/2 inch slices,
3 medium yellow squash, cut crosswise into 1-inch slices,
1 large onion cut in wedges and layers separated,
about 16 whole large mushrooms,
Herb marinade (recipe follows).

Cook zucchini in 1 inch boiling water for 3 minutes; drain.
Cook carrots in 1 inch boiling water until crisp-tender (about 6 minutes); drain.
Place zucchini, carrots, yellow squash, onion and mushrooms in a plastic bag. Prepare herb marinade; pour over vegetables.
Seal bag and refrigerate for 2 hours or until next day.
Drain and reserve marinade from vegetables.
Onto 6 sturdy metal skewers, alternately thread vegetables.
Place on a lightly greased grill 4 to 6 inches above a solid bed of low glowing coals.
Cook, turning often and basting with reserved marinade for 10-15 minutes or until vegetables are tender. Sprinkle lightly with sea salt before serving.

Herb marinade: In a bowl combine 3/4 cup olive oil;
1/4 C white wine vinegar; 2 cloves garlic minced or pressed;
1 tsp each Dijon mustard, fresh oregano, Rosemary and basil, and 1/4 tsp pepper.

Crispy Brussels Sprouts

Set oven to 450. Clean sprouts. Put dry sprouts on baking sheet. Add sea salt and EVOO (extra virgin olive oil). Bake until crispy and dark.

Crispy Broccoli and Cauliflower

Set oven to 450. Clean broccoli and cauliflower. Place broccoli and cauliflower on cooking sheet. Add sea salt, EVOO (extra virgin olive oil), and chili powder. Cook until crispy

Yam Fries

1 unpeeled Yam
1 tbsp. olive oil

1 tsp. ground cumin
1 tsp. ground coriander
1/4 tsp. pepper
Vegetable cooking spray

Scrub Yam; cut into thin (4 x 1/4 x 1/4 inch) strips. Combine oil and next 3 ingredients in a large bowl, stir well. Add Yam and toss well. Arrange in single layer on baking sheet coated with cooking spray. Bake at 425 degrees for 25 minutes, turning every 15 minutes. 2 servings

Risotto-style Quinoa (or Brown Rice) “Verde”

2 T EVOO (extra virgin olive oil)
¼ small red onion, diced
½ small zucchini, sliced
2 asparagus, woody ends removed, cut into 2” pieces
½ C dry quinoa or brown rice (use in 2nd half of program)
1 ¼ C water
1/8 C peas
2 basil leaves, torn
3 mint leaves, torn
TT Sea Salt

Sautee the onion, zucchini and asparagus lightly in the EVOO. Add the quinoa (or rice), ½ C of water and salt. Cover and bring to a boil then drop to a simmer stirring occasionally. When the quinoa (or rice) has absorbed most of the water, add the rest. Add the peas, basil and mint for the last one minute of cooking. The final dish should be left a bit soupy.

Quinoa Breakfast Bowl

*serves 4
1 cup of rice milk
1 cup of water
1 cup or red or yellow quinoa, rinsed
1 pint of mixed blackberries and blueberries
1/2 teaspoon of ground cinnamon (more to taste)

1. Pour the rice milk, water and quinoa (stirring to combine) in a medium pot and bring the ingredients to a boil.
2. Reduce the heat to a low simmer, cover and cook for 15 minutes, stirring occasionally, until 3/4ths of the liquid is absorbed by the grains.
3. When the quinoa is done, take the pot off of the heat and let it stand, with the cover on, for about five minutes.
4. Pour in the blackberries, sprinkle with cinnamon.
5. Scoop into bowls and serve with additional berries

Cold Quinoa Salad with Apples, Red Onion, Broccoli and Basil

2 C cooked and cooled quinoa (that's 1 cup dry)
¼ apple

½ C blanched or raw broccoli
½ stalk celery, thinly sliced
2 T red onion, minced
2 T raisins
1 clove garlic, minced
3 basil leaves, torn
3 T vinegar based dressing (try Brianna's Home-style Real French Vinaigrette)

Toss all ingredients together. Let stand for an hour or more (it's better the next day☺).

Ka "Paella" Veggie (3 servings)

1 C broccoli
1 C carrots
1 C green beans
1 t sweet paprika
1 t dried oregano
2 T EVOO (extra virgin olive oil)
Kosher salt and freshly ground pepper
¼ red onion, diced
1 garlic clove, crushed
½ Bunch flat-leaf parsley leaves, chopped, reserve some for garnish
4 asparagus spears, woody ends removed, cut into 1" pieces
1 ½ cups quinoa
3 cups water
Generous pinch saffron threads
1/2 cup sweet peas, frozen and thawed

Special equipment: Paella pan or wide shallow skillet

Heat oil in a paella pan over medium-high heat. Make a sofrito by sautéing the onions, garlic, and parsley, broccoli, carrots, green beans and asparagus. Cook for 2 or 3 minutes on a medium heat. Fold in the rice and stir-fry to coat the grains. Pour in water and simmer for 10 minutes, gently moving the pan around so the rice cooks evenly and absorbs the liquid. Add the saffron. Give the paella a good shake and let it simmer, without stirring, until the rice is al dente, for about 15 minutes. During the last 5 minutes of cooking, when the rice is filling the pan, add the peas. When the paella is cooked and the rice looks fluffy and moist, turn the heat up for 40 seconds until you can smell the rice toast at the bottom, then it's perfect.

Garnish with parsley.

Mushroom Medley:

Portabello mushroom,
12 Shitake mushrooms,
20-30 Crimini mushrooms,
3 cloves garlic,
3-4T olive oil,

sea salt,
quinoa or brown rice,
2 handfuls of greens (spinach, chard, kale, collards).

Cook quinoa or brown rice. Lightly steam the greens in the water clinging to them after washing. Slice or dice mushrooms. Sauté mushrooms and garlic in olive oil on high heat 5 minutes. Reduce heat, cover. When mushrooms are reduced add a few capfuls of olive oil for taste. Toss in greens, cover. Mix with quinoa or rice, season with sea salt and serve.

Lemon-Herb Quinoa:

1 ½T extra-virgin olive oil,
2T finely chopped onion,
1C quinoa,
2C vegetable broth (low sodium),
2T fresh lemon juice,
1/2 tsp freshly grated lemon peel,
1/4 tsp thyme leaves,
sea salt & freshly ground black pepper, to taste,
2T finely chopped fresh basil, flat-leaf parsley, mint or combo.

In a medium saucepan, heat the oil over medium heat. Add the onion and cook, stirring until translucent, about 3 minutes. Add the quinoa and increase the heat; cook, stirring, for 1 minute. Add the broth, lemon juice, lemon peel, thyme, salt & pepper. Bring to a boil over high heat. Reduce the heat to low, cover and simmer until the liquids have been absorbed and the quinoa is fluffy, 17-20 minutes. Add and stir in the fresh herbs. Let stand, uncovered, for 1 minute. fluff with a fork and serve at once.

Fennel, Apple and Red Onion Salad

1 fennel bulb, sliced, a few fronds reserved
¼ small red onion, thinly sliced
1 small apple, cored/sectioned.
1 T EVOO
2 t red wine vinegar
1 handful watercress

Toss all ingredients together except watercress and let stand. Toss the watercress in a bit of EVOO and salt. Place the fennel mixture on the bed of watercress. Garnish with reserved fennel fronds and a couple turns from your black pepper mill.

5. Zucchini and Apple Salad:

¾ C olive oil,
1T fresh lemon juice,
2T white wine vinegar,
1 tsp basil,
about ¾ tsp sea salt, ¼ tsp pepper,
3 med red or golden delicious apples,

½ med red onion, thinly sliced lengthwise,
1# zucchini, thinly sliced.

In a large salad bowl, combine oil, lemon juice, vinegar, basil, sea salt and pepper. Core and dice unpeeled apples and add to dressing, coating well with dressing. Add onion and zucchini. Stir lightly. Cover and chill. Just before serving, mix salad until well combined. Correct seasoning.

Fresh Vegetable Basil Soup:

3T olive oil,
1 med red onion, 1 celery stalk, 1 carrot, all sliced,
4C veg stock,
3T torn fresh basil,
½ head cauliflower, broken into flowerets,
2 zucchini sliced ¼" thick,
½ # fresh green peas shelled (or frozen),
sea salt and pepper to taste.

In a 5 quart pan heat oil on medium. Add onion, celery and carrot; cook, stirring occasionally, until vegetables are soft but not brown. Add stock and basil to pan. Bring to boil then cover and simmer for 10 min. Add zucchini and simmer for 5 minutes. Add cauliflower, simmer for another 5 min until all vegetables are tender. Correct seasoning

Carrot Ginger Soup

2 T EVOO(extra virgin olive oil)
½ red onion, diced
3 carrots, chopped
1 2" piece ginger, peeled, minced
1 clove garlic, minced
3 C water or homemade vegetable stock
1 T chopped chives
TT sea salt

Sweat the onion and carrots together in EVOO over med-high heat. Add the ginger and garlic and continue to sweat. Add the water or stock and sea salt, cover and cook until carrots are very soft. Puree in a blender until very smooth. Pour into bowls and sprinkle with chives.

Spicy Mango Cucumber Salsa

1 Mango, diced
1 Cucumber, seeded and diced
¼ Red Onion, thinly sliced
2 T Cilantro, chopped
1 T White Wine Vinegar

Combine all ingredients in a bowl and let stand 1 hour. Serve as an accompaniment to grilled fish or chicken.

Kale Chips

1 bunch kale
1 tablespoon olive oil
1 teaspoon sea salt

Preheat an oven to 350 degrees F (175 degrees C). Line a non insulated cookie sheet with parchment paper. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt. Bake until the edges brown but are not burnt, 10 to 15 minutes.

Beet and Apple Salad

1/2 pound uncooked beets peeled and grated
1/2 pound Granny Smith apples peeled and grated
1/4 pound celery root, peeled and grated
1 scallions, diced
2 ounces sherry vinegar
5 ounces olive oil
1 bunches picked watercress
Sea Salt and pepper

Mix beets, apples, celery root and scallions together. Season with sea salt and pepper and set aside. Wisk olive oil into vinegar, slowly. Pour mixture over beets cover tightly and refrigerate for 3 hours. Remove from refrigerator, toss in watercress and serve.

Second 5 Days:

Curried Chicken Salad

2 T EVOO(extra virgin olive oil)
1-3oz piece organic chicken, diced
1/3 (14-ounce) can light coconut milk/water
1 tsp mild curry powder
1/4 small red onion, minced
1 clove garlic, minced
1/4 cup apples, diced
1 tsp chopped cilantro

Sautee the diced chicken in the EVOO until nearly done. Add the coconut milk and curry powder to finish the cooking. When the chicken is done and there is still a bit of the coconut sauce in the pan, remove from the heat and cool completely. Add the rest of the ingredients and mix thoroughly.

*Option- Stuff an avocado with it or use as an addition to an arugula salad.

Seared Curried Fish Filet with Thai-style Quinoa

1 T EVOO (extra virgin olive oil)
1" piece of lemongrass, minced

1 clove of garlic, minced
1 scallion, sliced in rounds, a few reserved for garnish
¼ C dry quinoa
scant ½ C water
1 fish filet of choice (tilapia, flounder/sole, wild salmon,)
1 T curry powder
¼ C light coconut milk/water
2 leaves thai basil

Sweat (sauté just until they begin to release their essence, do not brown) the lemongrass, garlic and scallion in EVOO. Add the water and quinoa. Cover with a lid and bring to a boil, then drop to a simmer. Meanwhile, coat the fish in the curry powder so that it is completely covered and set aside. When the quinoa is about 5 minutes from being done, heat another pan with EVOO for the fish. Just before it starts to smoke, place the fish in the pan. Let sear 1 minute or until golden brown then flip and cover, reducing the heat to medium. Let the fish cook through. While it's cooking, stir the coconut milk into the quinoa and let it absorb a bit until the quinoa is thick and saucy. Gently plate the fish on top of the quinoa and garnish with slivers of extra scallions.

Seared Tilapia with Coconut, Lemongrass, Cilantro Pan Sauce

2 T EVOO (extra virgin olive oil)
1 3oz tilapia filet
1 2" piece lemongrass, minced
1 scallion, chopped
¼ C light coconut milk/water
¼ C water
1/8 C cilantro, chopped
TT sea salt and pepper

Season both sides of the tilapia filet with salt and pepper. Heat the EVOO over high heat until almost smoking. Gently lay the fish in the pan while, at the same time, shaking the pan back and forth to insure that it doesn't stick. Let the fish sear until golden brown then carefully flip it over. Reduce the heat to medium, cover and cook until done. Carefully remove the fish to a warmed plate. Add the lemongrass and scallion (and a bit more EVOO if necessary) to the pan and sweat, about 1 minute. Add the coconut milk and water to the pan and let simmer until thickened to desired consistency. Taste and adjust seasoning. Strain the sauce through a fine sieve, taking care to get as much flavor out of the aromatics by pressing it through with the back of a ladle or wooden spoon. Pour the sauce over the fish and sprinkle with chopped cilantro.

Baked Sole with Salsa Verde

1 clove garlic
¼ C parsley
¼ C cilantro
2 anchovy filets
1 T capers
1 T red wine vinegar

¼ C EVOO(extra virgin olive oil)
3 Sole Filets
Sea salt/pepper

First make the Salsa Verde by combining all but the EVOO in a food processor until well chopped. Then drizzle in the EVOO to make a smooth sauce. Salt and pepper the sole and place them in a baking dish. Coat each one with a small amount of salsa verde and roll them up. Spoon some more over the top, cover the dish with foil and bake at 400 degrees until the fish is cooked through, about 10 min.

*Option- Use the Salsa Verde for a dipping sauce for Crudite, or as a dressing for steamed cauliflower.

Ka “Paella” (3 servings)

1 5oz piece chicken breast, cut into 1/2” thick pieces
1 t sweet paprika
1 t dried oregano
2 T EVOO (extra virgin olive oil)
Sea salt and freshly ground pepper
¼ red onion, diced
1 garlic clove, crushed
½ Bunch flat-leaf parsley leaves, chopped, reserve some for garnish
4 asparagus spears, woody ends removed, cut into 1” pieces
1 ½ cups brown rice
3 cups water
Generous pinch saffron threads
1 5oz piece fish like tilapia, sole or flounder, cut into pieces
1/2 cup sweet peas, frozen and thawed
Lemon wedges, for serving

Special equipment: Paella pan or wide shallow skillet

Sprinkle the chicken with paprika and oregano and let stand for 1 hour in the refrigerator. Heat oil in a paella pan over medium-high heat. Add chicken and brown on all sides, turning with tongs. Add salt and freshly ground pepper. Remove from pan and reserve.

In the same pan, make a sofrito by sautéing the onions, garlic, and parsley and asparagus. Cook for 2 or 3 minutes on a medium heat. Fold in the rice and stir-fry to coat the grains. Pour in water and simmer for 10 minutes, gently moving the pan around so the rice cooks evenly and absorbs the liquid. Add chicken and saffron. Add the fish, tucking it into the rice. Give the paella a good shake and let it simmer, without stirring, until the rice is al dente, for about 15 minutes. During the last 5 minutes of cooking, when the rice is filling the pan, add the peas. When the paella is cooked and the rice looks fluffy and moist, turn the heat up for 40 seconds until you can smell the rice toast at the bottom, then it's perfect. Garnish with parsley and lemon wedges.

Avocado Stuffed with Olive Oil Poached Flounder Salad

1/2 cup leftover poaching oil from Oil Poached Flounder, recipe follows
3 tablespoons white wine vinegar
1/8 teaspoon freshly ground black pepper
1/2 teaspoon sea salt
1/4 small red onion, sliced
2 tablespoons chopped scallions
2 tablespoons chopped fresh parsley leaves
1 lemon slice from Oil Poached Flounder, recipe follows, finely minced
16 ounces leftover Oil Poached Flounder, recipe follows, flaked
1 avocado

Whisk together the oil and vinegar in a medium-mixing bowl. Add the black pepper, sea salt, hot sauce, scallions, parsley, and lemon and stir to combine. Cut the avocado in half and remove the pit. Scoop most of the meat out, slice, and add to the salad. Sprinkle the remaining with salt. Add the fish and gently mix to combine. Taste and adjust the seasoning if desired. Scoop desired amount back into the avocado and enjoy.

For the Flounder:

3 cups olive oil
1 1/2 to 2 pounds flounder fillets
Sea salt
Freshly ground black pepper
2 lemons, thinly sliced
1 small bunch fresh parsley, thoroughly dried

Preheat the oven to 350 degrees F. In a medium saucepan over low heat, bring the olive oil to 300 to 310 degrees F. While the oil is heating, season the flounder fillets on all sides with sea salt and freshly ground black pepper. Lay half of the sliced lemons and half of the parsley in the bottom of a cast iron skillet large enough to hold the fillets in a single layer without overlapping. Lay the seasoned fillets on top of the lemons. Top with the remaining lemons and parsley. Once the oil has reached temperature, gently pour it over the fillets, and place in the oven and poach for 10 minutes. Allow the fish to cool completely before composing the salad.

*Option- Try a Mexican inspired version by using cilantro instead of scallions and adding a teaspoon each of cumin and coriander. Or, Try a tropical version by using cilantro instead of parsley and adding small diced pineapple.

Chimichurri Sauce

2/3 cup sherry wine vinegar
1 cup flat-leaf parsley
4 tablespoons fresh basil leaves
1 tablespoon fresh oregano leaves
3 tablespoons minced garlic
2 tablespoons minced shallots
3/4 teaspoon fresh cracked black pepper

2 1/2 teaspoons Sea salt
1 cup extra-virgin olive oil

Combine all ingredients in a food processor and pulse to combine but not puree. Let stand at least 1 hr for flavors to meld.

*Option- Use as a sauce for grilled fish or chicken, or as a tangy dip for veggies.

Veggie and Chicken Stir-fry with Quinoa

1/4 C dry quinoa
2 T EVOO (extra virgin olive oil)
3 oz thinly sliced chicken breast (optional)
2 small mushroom such as baby bello, crimini, or shitake, slices
1/2 zucchini, sliced
2 scallions cut into 2" pieces
1 baby bok choy, sliced
1 clove garlic, minced
1 1" piece peeled, minced ginger
Sea salt to taste

First, cook the quinoa as per instructions on the box. It helps if you add a little salt to the cooking water. While the quinoa is cooking, get your pan really hot for the stir-fry. Add the EVOO, the chicken and the mushrooms. Stir for about 3 minutes or until they start to color, before adding the zucchini and scallions. Stir another 2 minutes before adding the bok choy, garlic and ginger. Add salt and chili paste to taste and let cook another minute or two until the garlic is cooked but not browned. Top the hot quinoa with the veggies and enjoy with chopsticks!

Moroccan-Spiced Seared Scallops with Green Grape and Lemon Relish

Serves 4

1 medium lemon
Sea Salt
1-1/2 Cups seedless green grapes, quartered lengthwise and at room temperature
1/4 Cup extra virgin olive oil
2 Scallions, thinly sliced
2 Tbsp fresh cilantro, chopped
2 Tbsp fresh mint, chopped
1 Tsp ground cumin
1 Tsp sweet Hungarian paprika
1 Tsp ground turmeric
1/4 Tsp ground cinnamon
1/4 Tsp ground ginger
1-1/2 lb large, all natural, "dry" sea scallops, side muscles removed
Freshly ground black pepper

Using a vegetable peeler, remove the zest from the lemon in strips (yellow part only) Reserve the lemon. In a small saucepan, combine the lemon zest with ½ cup water and 1 tsp salt. Bring to a simmer over medium-low heat and cook until liquid reduces to about 1 Tbsp. Drain, rinse, drain again, and pat dry. Finely mince the lemon zest and combine with the grapes, 2 Tbsp of the olive oil, scallions, cilantro, and mint in a medium bowl. In a small bowl, combine the cumin, paprika, turmeric, cinnamon and ginger. Pat the scallops dry. Season them liberally with sea salt and pepper and coat them with the spice mixture. Heat 1 Tbsp of the olive oil in a 12 inch non-stick skillet over medium-high heat until shimmering. Add half the scallops and cook, turning once, until seared on the outside but still translucent in the center, 1 to 2 minutes per side. Transfer to a warm plate. Repeat with the remaining 1 Tbsp oil and scallops

Divide the scallops between 4 plates and serve with relish. Cut the reserved lemon into quarters and squeeze over the scallops and relish. Serve immediately.

If you have any questions feel free to call our customer support line at: 888-563-3869 or email us at customerservice@clearthetoxins.com

Ka Formulas
Customer Service