SYSTEM STEP 5
REFLUX RECIPES

THE
REFLUX REMEDY REPORT
FAST, SAFE & NATURAL HOME REMEDY INFORMATION

REFLUXREMEDY.COM

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Introduction

Following appropriate nutritional guidelines is very important for people acid reflux. Not only is it important for those who suffer from digestive disorders, but also it is a general ‘medical’ knowledge that a healthy diet, based on the USDA’s food pyramid, can greatly reduce many common disorders.

Eating healthy is a relatively simple idea, but not always easily incorporated. It involves planning, smart shopping, and some sacrifices. Not only that, but it has to taste good, and be made quickly. For acid reflux sufferers it also means some “limitations”.

These limitations are, at first, extremely hard to understand. You may be thinking a few things after reading and research facts about acid reflux. Right?

Q: Why are all my favorite foods on the “avoid” list?
Q: How can I make any meals while still avoiding the common food triggers for acid reflux?
Q: How can I possibly avoid all the foods on the list, it seems that all food types are listed?
Q: What is left for me to eat?

Well, believe it or not, the answer to all these questions is quite simple. It really is I swear!

A: Well simply put, the suggestions are basically covering ALL possible triggers for acid reflux. You, of course, are unique and each person will have a few, or more, triggers. Avoid them and eat everything else that you enjoy. Oh, and MODERATION, I will say this again for the sake of clarification “MODERATION, MODERATION”. Any food can and will cause acid reflux, it just depends on how much you eat of it. You may be able to eat a whole jalapeño and not have it cause any dire consequences, but as soon as you eat a bushel full, you are going to be in pain.
# Acid Reflux: Foods To Avoid

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Foods To Avoid</th>
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<tbody>
<tr>
<td>Fruit</td>
<td>• Orange juice</td>
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<td>• Lemon</td>
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<td>• Lemonade</td>
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<td>• Grapefruit juice</td>
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<td>• Cranberry juice</td>
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<td>• Tomato</td>
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<td>Vegetables</td>
<td>• Mashed potatoes</td>
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<td>• French fries</td>
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<td></td>
<td>• Onion, raw</td>
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<td>• Cabbage</td>
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<td>• Broccoli</td>
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<td>• Brussels Sprouts</td>
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<td>• Cauliflower</td>
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<td></td>
<td>• Pepper, all kinds</td>
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<tr>
<td>Meat</td>
<td>• Ground beef, chuck</td>
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<td></td>
<td>• Marbled sirloin</td>
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<td></td>
<td>• Chicken nuggets</td>
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<td>• Buffalo wings</td>
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<td>Dairy</td>
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<td>• Milk shake</td>
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<td>• Ice cream</td>
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<td>• Cottage cheese, regular</td>
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<td>• Milk</td>
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<td>Grains</td>
<td>• Pastas</td>
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<td>• Croutons</td>
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<td>Beverages</td>
<td>• Liquor</td>
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<td>• Beer</td>
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<td>• Wine</td>
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<td></td>
<td>• Coffee, decaffeinated or regular</td>
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<td></td>
<td>• Soda pop</td>
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<tr>
<td>Fats / Oils</td>
<td>• Salad dressing, creamy</td>
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<td></td>
<td>• Salad dressing, oil &amp; vinegar</td>
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<td></td>
<td>• Potato chips, regular</td>
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<td></td>
<td>• Corn chips</td>
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<tr>
<td>Sweets / Desserts</td>
<td>• Cookie, high-fat</td>
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<td></td>
<td>• Brownie</td>
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<td>• Chocolate</td>
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<td></td>
<td>• Doughnut</td>
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</tbody>
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**Basically try and stay away from crunchy, spicy, dairy, acidic (if acidity is your problem) heavily processed and fatty foods, alcohol, caffeine, and anything that triggers your acid reflux.**
Great and Tasty Recipes

**Breakfast**

*Steel Cut Oatmeal*
- 1/2 tablespoon butter
- 1/2 cup steel cut oats
- 1 1/2 cups boiling water
- 1/2 cup milk
- 1/2 tablespoon light brown sugar
- Dash cinnamon

In a large saucepot, melt the butter and add the oats. Stir for 2 minutes to toast. Add the boiling water and reduce heat to a simmer. Keep at a low simmer for 25 minutes, without stirring.

Combine most of the milk with the oatmeal, set rest aside for topping. Stir gently to combine and cook for an additional 10 minutes. Spoon into a serving bowl and top with remaining milk, brown sugar, and cinnamon.

*Apple Cinnamon Pancakes*
- 1 tablespoon butter
- 1 tablespoon sugar
- 2 eggs
- 1-1/2 cups flour
- 1 teaspoon baking powder
- 1 cup finely diced apples
- 1 teaspoon cinnamon
- Milk

Cream the butter and sugar. Beat eggs then add to butter sugar mixture. Sift flour with the baking powder and cinnamon. Add dry ingredients to butter, sugar, and egg mixture. Stir well. Fold in diced apples. Add milk until you have a nice medium-consistency batter.

Cook on a griddle.
**Fruit Smoothie**
- ¼ cup plain yogurt
- 1 cup fresh strawberries
- ½ cup mango juice
- ½ banana
- 2 teaspoons flax seed oil

Add all ingredients to a blender, making sure to add the flax seed oil last. Blend until smooth and pour into a glass.

**Bran Cereal and Toast**
- 1 cup bran flakes cereal
- 8 oz skim or 1% milk
- 1 english muffin (2 halves)
- 1 tbsp butter
- 1 cup fresh sliced peaches or canned in lite syrup

**Banana Nut Bread**
- 1 large egg yolk
- 1 Tbsp butter
- 1 ⅓ cup Sugar
- 1/2 tsp pure vanilla extract
- 2 medium bananas - a little brown (perfect for those older bananas that you do not want to eat)
- 3 large egg whites
- 1 ¼ cup all purpose white flour
- 3/4 cup whole wheat flour
- 1/4 tsp salt
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 cup wheat germ
- 1/2 cup pecans (coarsely chopped)
- 1/4 cup non-fat buttermilk
- 2 tsp light brown sugar

Preheat oven to 350°F. Line a 1 1/2 quart glass Pyrex oblong loaf pan with foil (non-stick foil works best, or just spray it with a non stick spray).

Whisk the egg yolk until smooth. Add the butter and whisk together until smooth.
Using the whisk, mash the bananas into the mixture until smooth. Add the sugar and vanilla extract and whisk until smooth.

In separate bowl whisk the egg whites until they begin to be very frothy and white. **Do not beat into stiff peaks.**

Place the all-purpose flour, whole wheat flour, salt, baking powder, baking soda, cinnamon, nutmeg and wheat germ in a sifter and sift into the mixing bowl. *(This will help loosen up clumps and it provides for a better bread.)*

Gently fold the creamed mixture together with the flour mixture. As this is blended add the pecans. As soon as the mixture is well blended add the frothed egg whites and fold together until smooth.

Just as the pecans are blended in, add buttermilk and fold until smooth.

Pour the batter into the lined Pyrex dish and sprinkle the light brown sugar evenly over the top. Place the loaf pan in the 350°F preheated oven.

Bake for 55 minutes.

This recipe can be multiplied by 2, but you'll need to use two loaf pans.

Bread will keep for 72 - 96 hours in a plastic bag. 
Or freeze in a tightly sealed plastic bag.

To eat later, preferably for breakfast or a very tasty snack, simply reheat gently and enjoy.
Lunch

**Butternut Squash Soup**

- 2 cups water
- 2 lbs butternut squash
- 1/2 tsp salt
- fresh ground black pepper
- 1/2 tsp dried thyme leaves
- 1/8 tsp ground nutmeg
- 1 cup water

Place the water in a large sauce pan fitted with a steamer basket over high heat. Put the cubed squash in the steamer basket. Steam until tender (20 - 30 minutes).

Let the squash cool and then add it to the remaining steaming water in the bottom of the sauce pan. Using a stick blender or a blender puree the squash and water until smooth.

Place the pan over low heat and add the salt, pepper, thyme leaves and ground nutmeg.

Reheat the soup gently. Stir in the remaining water to the desired consistency. It may take as much as 1 1/2 to 2 cups.

**Stuffed Chicken Pita**

- 1 whole grain pita
- 4 oz diced chicken breast
- 2 tbsp mayonnaise
- 1 cup lettuce
- A few sliced grapes

Combine chicken, mayonnaise, sliced grapes and mix. Open pita and place lettuce on the bottom half, then spoon in the chicken mixture.
**Soup and ½ Sandwich**
- 1 1/2 cups chicken noodle soup
- 1 slice whole grain wheat bread, cut in half, or wheat wrap
- 1 tbsp mayonnaise
- 4oz deli-style sliced chicken, or ham (no fillers or preservative)
- Lettuce

Cook soup according to directions. And combine other ingredients to make the 1/2 sandwich.

**Stuffed Tuna Pocket**
- 1 whole grain pita
- 4 oz water-packed tuna
- 2 tbsp mayonnaise
- 1/4 cup diced cucumber
- 1 cup lettuce

Combine tuna, mayonnaise, diced cucumber and mix. Open pita and place lettuce on the bottom half, then spoon in the tuna mixture.

**Dinner**

**Pork Chops w/ Applesauce**
- 3/4 cup unsweetened applesauce
- 1/4 teaspoon ground ginger
- 1 tablespoon soy sauce
- 1 tablespoon coconut oil
- 4 - 6 oz lean boneless pork chops
- 1 cup long-grain white rice

Cook rice according to directions provided on the box.

In a mixing bowl mix together the applesauce, ginger, and soy sauce. Set Aside.
Add coconut oil to a large skillet or frying pan over medium heat. When the oil is hot add the pork chops and brown both sides (about 7-8 minutes).
Ladle applesauce mixture over the pork chops. Cover, reduce heat to low, and simmer for about 20 minutes, or until pork chops are thoroughly cooked, and are tender. Serve with rice.

**Chicken and Vegetable Stir-Fry**

- 2 tablespoons cornstarch
- 1 tablespoon brown sugar
- 3 tablespoons soy sauce
- 1 cup water
- 1 tablespoon coconut oil, divided
- 1 1/2 lb boneless, skinless chicken breasts, cut into thin strips
- 1 cup thinly sliced carrots
- 2 cups peas
- 2 cups small broccoli florets
- 1 1/2 cups long-grain white rice, cooked without salt or fat

Cook rice according to direction provided on package.

In a medium mixing bowl, combine cornstarch, brown sugar, soy sauce, and water. Set aside.

Add 1/2 tablespoon Coconut oil to a large skillet. When skillet is hot, add chicken strips, and stir-fry for 3 to 5 minutes, or until chicken is thoroughly cooked. Remove chicken strips from skillet and set aside.

Add remaining 1/2 tablespoon Coconut oil, carrots, peas, and broccoli florets to skillet. Stir-fry vegetables for 5 to 6 minutes, making sure that the carrots are soft.

Add 1 to 2 tablespoons of water, and cover, cooking vegetables until they are tender.

Add chicken strips back to the skillet along with the cooked vegetables.

Stir constantly until sauce thickens and the mixture is heated through.

Serve over hot cooked rice.
**Baked Chicken**

- 4 skinless chicken breast with fat trimmed off
- 1 cup flour
- Seasoning salt
- 2 tablespoons coconut oil
- 2 cups small broccoli florets

Wash and pat dry the chicken breasts. Lightly sprinkle seasoning salt over chicken. Coat chicken breasts with flour, and let sit for a few minutes.

Preheat oven to 400 degrees.

Heat coconut oil in a large skillet until hot. Brown both sides of the floured chicken breasts.

Place chicken in an oven safe pan and cover with foil. Cook for 20 to 35 minutes or until cooked throughout. While the chicken is cooking stem the broccoli in a steamer or over boiling water.

Carefully remove chicken and let set (covered) for 5 to 10 minutes. Serve with broccoli.

**Pasta Primavera**

- 1 cup sliced mushrooms
- 1 cup sliced carrots
- 1 cup sliced asparagus spears
- 1 cup snow peas or sugar snaps
- 2 cloves garlic (finely chopped or roasted)
- 1 lb. penne regatta
- 1 tsp. salt
- 3 tbsp extra virgin
- 1/3 to 1/2 cup shredded basil - or parsley
- 1/2 cup Parmigiano-Reggiano cheese - try to get a good hard varity
- 1/2 cup heavy cream (optional: leave out for less fat)
**Try not to use any peppers in this dish.**

Place a steamer basket in a pot with a small amount of water and bring to the boil. Place vegetables in basket, cover and steam until tender (about 4 minutes). Rinse under cold running water to stop the cooking and preserve the color, and drain. (Steaming will help maintain the vegetables nutrients)

To a large pot of boiling water, add salt and the penne regatta. Cook uncovered according to the instructions on box.

While the pasta is cooking: In a large sauté pan, heat the olive oil. Add the garlic and cook at a low flame for a couple of minutes (do not brown, this will make the garlic more bitter).

Add the steamed vegetables and optional heavy cream and raise the heat to medium. Cook just enough to heat.

Drain the pasta and add to the sauté pan and mix well.

Sprinkle with Parmigianino Reggiano, and shredded basil or parsley. Heat the dish thoroughly and serve.

If the dish needs more salt try adding a little more cheese.
Conclusion

Of course there are many more recipes out there for acid reflux sufferers, but I could not possibly mention them all. If you are still interested in more great recipes, try searching around some of your favorite recipe sites or you can try out:
www.drgourmet.com/gerd/index.shtml

Now that you have a few good recipes and some good ideas, you can experiment with your favorite recipes to make them fit your needs.

I love to cook and create new foods. I will either cook with what I have, or I will take a good recipe from my favorite book and change things around.

*Cook with what you have learned*

Now that you are aware of your triggers and what you can and need to do to control your acid reflux, you are free to eat like you want... without the pain!