

# **PAIN-FREE** **IN 1 DAY**

***Great Taste No Pain!***

**Quick-Start Guide**

To Delicious Mouth-Watering  
Food *Anyone* Can Eat  
(and Loves!) With  
No Digestive Pain  
— Guaranteed

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**Sherry Brescia**



Congratulations. You are about to enjoy a LOT of delicious food AND feel a whole lot better in the next four days.

If you didn't think that eating tasty food and feeling good at the same time was possible, you're not alone. Most people with any kind of "stomach problem" think they have to either eat bland, boring, tasteless food to keep their stomach from roaring. Most believe that if they eat what they like, they will "pay the price" afterwards—and need to take Tums, Pepto-Bismol, Zantac, Alka-Seltzer, Pepcid, Kaopectate, Roloids, Maalox, Gaviscon, or any number of other prescription and over the counter stomach meds on the market today.

## **4 Day Test Drive**

This 4-day test drive will show you that you can eat most or all of the foods you currently love and still feel great. You can eat spicy food without feeling like a fire-breathing dragon. You can eat fruit without getting gas or flying to the bathroom afterwards. You can eat enough to be content and full without having a rock in your stomach. You can enjoy delicious meals without having to take a nap when you're done. And you can look forward to getting rid of all of your stomach medicines...for good.

I can show you how.

## **Who am I and why should you listen to me?**

I'm someone who suffered for 20 years with stomach problems. From childhood into my teen years, I had frequent stomachaches. By the time I hit my 20's, I suffered from cramping, bloating, gas, diarrhea or constipation every single day, even though:

- I cooked low-fat meals every day—broiled meat, vegetables, pasta, and salad
- I rarely ate fast food, processed food or vending machine garbage of any kind
- I exercised regularly, doing aerobics 3 to 5 times per week
- I didn't smoke or do drugs, and drank wine only occasionally

**None of that mattered.** And my condition affected every area of my life because I could get an "attack" at any time—at work, in church, out with friends, on a date, even grocery shopping.

## **The Last Straw**

The bomb hit when I was 28. It was a Saturday evening. I had cramps and gas after dinner, which was not unusual, but it progressed into diarrhea every hour. By Sunday morning, I had rectal bleeding and was doubled over with pain. I rolled out of bed onto my knees, crawled to the phone and called my sister to come take me to the hospital.

**I was in the hospital for a week,** fed by IV because I couldn't keep any solid food in me. I had a GI series, an ultrasound, a barium enema and a colonoscopy.

My gastroenterologist diagnosed me with IBS, gave me a prescription for an anti-spasmodic medication (Donnatal) to take before each meal and sent me on my merry way.

## **Drugs, drugs and more drugs**

After my hospital stay, I started getting regular migraines and allergies. For both I was given more medications—a pain reliever (Fiorecet) for the headaches and a steroidal inhaler (Vancenase) for the allergies. I was now up to three meds with very limited relief. I still had the same stomach symptoms with the Donnatal—I just felt tired on top of all my other problems. The Fiorecet did help reduce the pain from the migraines and the Vancenase somewhat improved my congestion, but they didn't address the root causes of anything...

...It wasn't until I learned a very specific way to eat that anything changed at all.

Yes, just an ever so slight modification to how I was eating completely changed my health...and my life. To this day (over 16 years since my hospitalization), I remain symptom-free and medication-free. No stomach problems, migraines or allergies.

What I am about to guide you through is a “4-Day Test-Drive” of the way of eating that changed my life. This has helped thousands of people all over the world to end their agony forever, no matter how bad their problem was or how long they suffered!

### **No “weird” foods**

The best part about this way of eating is that you can continue to eat most or all of the foods you love. There are no shakes, no powdered drinks and no packaged foods to buy. You won't need to eliminate whole food groups from your meals, take any supplements or eat only “light”, “low fat” or “no carb” foods.

### **A happy tummy = a happy body**

Because you'll be eating in the way that helps your body more easily digest your food over the next four days, here are some changes you may notice as soon as the first day:

1. Having more energy after eating, instead of looking for the nearest place to sleep
2. An end to cramps, gas, flatulence, bloating, heartburn, acid-reflux symptoms, belching, sour burps, diarrhea and constipation
3. Weight loss! Anywhere from a pound to 10 pounds, depending on where you're starting from and/or how overweight you may be
4. No constant hunger because your body will be able to absorb nutrients from you food better
5. No feeling deprived—you'll still be eating plenty and enjoy most of your favorite foods

### **And even greater changes!**

Depending on your situation, here are even more changes you could see in the next 4 days:

- Lessening in the frequency or severity of migraines
- Decreased allergy symptoms
- Less nasal or chest congestion
- Reduced number of breakouts/acne

## Over the long haul

Here are more of the benefits of eating the Great Taste No Pain way:

- Reduce/eliminate need for antacids, laxatives, diarrhea medicines, anti-spasmodics, etc.
- Reduce/eliminate symptoms of GERD, acid-reflux, hiatal hernia, IBS, spastic colon, ulcerative colitis and Crohn's Disease (IBD), Diverticulosis, Diverticulitis
- Reduce your risk of getting arthritis, or a lessening in the severity of the symptoms
- Reduce your doctor bills/co-pays because you'll be sick less often
- Reduce your number of sick days from work
- You'll feel better physically, so you'll be happier emotionally
- Eliminate embarrassment that comes with "attacks" of intestinal symptoms in public
- Be able to concentrate better
- Your energy will be way up- because you now need less for digestion
- Better sleep
- Lose weight and/or maintain a healthy weight
- Have more energy, endurance and strength during work-outs (and sex!)
- Your breath will smell better (halitosis typically comes from the gastrointestinal tract)

Wow! You probably never dreamed that only a slight change in your diet could have so many wonderful benefits, but it's true. And if you're wondering why your doctor hasn't told you about this, the answer is this: Doctors are not trained in the *prevention* of disease and maintenance of health. The emphasis of their training is on the *treatment* of disease once it occurs with drugs and surgery. Keep in mind, healthy people don't visit doctors... Healthy people are bad for business. And never forget, like any other business, the doctor business is about making money.

## A Few Basic Rules

There are just a few simple yet important rules you must follow:

### Rule #1

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If you are allergic to any of the foods listed below (or think you are), do NOT eat them. Choose another option instead (there are plenty of choices).

### Rule #2

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Fresh fruit (NOT canned or jarred ) can always be substituted for any breakfast or snack. (When you eat fruit as outlined in this plan, it does not create pain or discomfort).

### Rule #3

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Eat slowly. It takes about 20 minutes for your brain to get the "full" signal from your stomach. Eating fast almost guarantees over-eating and PAIN. So when you feel comfortable, STOP EATING.

### Rule #4

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Believe in yourself. This is easy. Don't quit!

# No Pain Day 1

## No Pain Breakfast Day 1 (Choose 1 option and 1 beverage only):

### **Breakfast Option 1:**

*Breakfast Frittata* (recipe on page 15) or eggs of your choice--scrambled, soft-boiled, etc.  
(No toast or bread)

### **Breakfast Option 2:**

Oatmeal with maple syrup and cinnamon if desired (no milk, cream, fruit or raisins)

### **Breakfast Option 3:**

Whole grain or whole wheat bagel (toasted if desired) with butter, Earth Balance, Smart Balance or similar products without hydrogenated oils. Don't use margarine.

### **Breakfast Option 4:**

Any fresh fruit of your choice (not canned). If you choose this breakfast option, do not have a beverage other than water. And eat nothing else with the fruit-- Just the fruit and nothing else.

### **Breakfast Beverage:**

Tea or herbal tea (with milk or cream if desired), vegetable juice, soy milk, rice milk, almond milk or water (No coffee, alcohol or fruit juice of any kind)

## No Pain Mid-morning snack Day 1 (Choose 1 option. Wait at least 1/2 hour after you finish breakfast unless otherwise specified.):

**Mid-Morning Snack Option 1:** Any fresh fruit of your choice

**Note: Wait at least 3 hours after you finish breakfast if you had Options 1, 2 or 3 for breakfast. If you had fruit for breakfast (Option 4), you can have more fruit for a snack anytime during the morning, no waiting necessary.**

### **Mid-Morning Snack Option 2:**

Carrot and/or celery sticks (with peanut butter or almond butter if desired)

### **Mid-Morning Snack Option 3:**

Raw nuts of your choice (Almonds, cashews, pistachios, pecans, walnuts, etc.)

### **Mid-Morning Snack Option 4:**

Raw vegetable dippers of your choice: Cut-up broccoli, carrots, cauliflower, bell peppers, cucumbers, radishes, celery, summer squash (with salad dressing if desired)

**Mid-Morning Snack Option 5:** Fresh fruit juice of your choice (No Hi-C, Tang, sports drinks, Hawaiian Punch or similar products)

**Note: Wait at least 3 hours after you finish breakfast if you had Options 1, 2 or 3 for breakfast. If you had fruit for breakfast (Option 4), you can have fruit juice in place of a snack food option anytime during the morning, no waiting necessary.**

**Mid-Morning Snack Option 6:** Whole wheat, whole grain or oat bran toast with butter, Earth Balance, Smart Balance or similar products without hydrogenated oils. Don't use margarine.

**Note: Wait at least 3 hours after you finish breakfast if you had Option 1 for breakfast.**

**No Pain Lunch Day 1 (Choose 1 option and 1 beverage only):**

**Lunch Option 1:**

Tomato sandwich on whole-grain bread with mayonnaise, mustard and/or salad dressing and lettuce (no cheese) with pickles of your choice

**Lunch Option 2:**

Tuna, seafood or chicken salad over a large tossed green salad (any kind of lettuce and whatever raw vegetables you desire) with dressing of your choice (no croutons or bread)

**Lunch Beverage:**

Tea or herbal tea (with milk or cream if desired), vegetable juice, soy milk, rice milk, almond milk or water (No coffee, alcohol or fruit juice of any kind)

**No Pain Mid-afternoon snack Day 1 (Choose 1 option. Wait at least 1/2 hour after you finish lunch unless otherwise specified.):**

**Mid-Afternoon Snack Option 1:** Any fresh fruit of your choice

**Note: Wait at least 3 hours after you finish lunch.**

**Mid-Afternoon Snack Option 2:**

Carrot and/or celery sticks (with peanut butter or almond butter if desired)

**Mid-Afternoon Snack Option 3:**

Raw nuts of your choice (Almonds, cashews, pistachios, pecans, walnuts, etc.)

**Mid-Afternoon Snack Option 4:**

Raw vegetable dippers of your choice: Cut-up broccoli, carrots, cauliflower, bell peppers, cucumbers, radishes, celery, summer squash (with salad dressing if desired)

**Mid-Afternoon Snack Option 5:** Fresh fruit juice of your choice (No Hi-C, Tang, sports drinks, Hawaiian Punch or similar products)

**Note: Wait at least 3 hours after you finish lunch, and you can have fruit juice in place of a snack food item.**

**Mid-Afternoon Snack Option 6:** Whole wheat, whole grain or oat bran toast with butter, Earth Balance, Smart Balance or similar products without hydrogenated oils. Don't use margarine.

**Note: Wait at least 3 hours after you finish lunch if you had Option 2 for lunch.**

**No Pain Dinner Day 1 (Choose 1 entree, 1 side dish, salad if desired and 1 beverage only):**

**Entrée:**

Beef, chicken or fish of your choice prepared without breading of any kind

**Side Dish Option 1:**

*Sherry's Garlic Green Beans* (recipe on page 15)

**Side Dish Option 2:**

Steamed broccoli with olive oil or with butter, Earth Balance, Smart Balance or similar products without hydrogenated oils. Don't use margarine. Add a sprinkling of Parmesan cheese if desired.

**Salad:**

Tossed salad (any kind of lettuce and whatever raw vegetables you desire) with cheese, olives and dressing of your choice (no croutons)

**Beverage:**

Tea or herbal tea (with milk or cream if desired), vegetable juice, soy milk, rice milk, almond milk or water (No coffee, alcohol or fruit juice of any kind)

## **No Pain Day 2**

**No Pain Breakfast Day 2 (Choose 1 option and 1 beverage only):****Breakfast Option 1:**

Whole wheat, whole grain or oat bran toast with butter, Earth Balance, Smart Balance or similar products without hydrogenated oils. Don't use margarine.

**Breakfast Option 2:**

Whole grain or whole wheat bagel with butter, Earth Balance, Smart Balance or similar products without hydrogenated oils. Don't use margarine.

**Breakfast Option 3:**

Any fresh fruit of your choice (not canned). If you choose this breakfast option, do not have a beverage other than water. And eat nothing else with the fruit. Just the fruit and nothing else.

**Breakfast Beverages:**

Tea or herbal tea (with milk or cream if desired), vegetable juice, soy milk, rice milk, almond milk or water (No coffee, alcohol or fruit juice of any kind)

**No Pain Mid-morning snack Day 2 (Choose 1 option. Wait at least 1/2 hour after you finish breakfast unless otherwise specified.):**

**Mid-Morning Snack Option 1:** Any fresh fruit of your choice

**Note: Wait at least 3 hours after you finish breakfast if you had Options 1 or 2 for breakfast. If you had fruit for breakfast (Option 3), you can have more fruit for a snack anytime during the morning, no waiting necessary.**

**Mid-Morning Snack Option 2:**

Carrot and/or celery sticks (with peanut butter or almond butter if desired)

**Mid-Morning Snack Option 3:**

Raw nuts of your choice (Almonds, cashews, pistachios, pecans, walnuts, etc.)

**Mid-Morning Snack Option 4:**

Raw vegetable dippers of your choice: Cut-up broccoli, carrots, cauliflower, bell peppers, cucumbers, radishes, celery, summer squash (with salad dressing if desired)

**Mid-Morning Snack Option 5:** Fresh fruit juice of your choice (No Hi-C, Tang, sports drinks, Hawaiian Punch or similar products)

**Note: Wait at least 3 hours after you finish breakfast if you had Options 1 or 2 for breakfast. If you had fruit for breakfast (Option 3), you can have fruit juice in place of a snack food option anytime during the morning, no waiting necessary.**

**Mid-Morning Snack Option 6:**

Whole wheat, whole grain or oat bran toast with butter, Earth Balance, Smart Balance or similar products without hydrogenated oils. Don't use margarine.

**No Pain Lunch Day 2 (Choose 1 option, 1 side dish and 1 beverage only):**

**Lunch Option 1:**

*Carrot & Cilantro Soup* (recipe on page 16)

**Lunch Option 2:**

Canned or jarred vegetable or minestrone soup (without meat) of your choice

**Side Dish:**

Whole wheat, whole grain or oat bran bread with butter, Earth Balance, Smart Balance or similar products without hydrogenated oils. Don't use margarine.

**Lunch Beverages:**

Tea or herbal tea (with milk or cream if desired), vegetable juice, soy milk, rice milk, almond milk or water (No coffee, alcohol or fruit juice of any kind)

**No Pain Mid-afternoon snack Day 2 (Choose 1 option. Wait at least 1/2 hour after you finish lunch unless otherwise specified.):**

**Mid-Afternoon Snack Option 1:** Any fresh fruit of your choice

**Note: Wait at least 3 hours after you finish lunch.**

**Mid-Afternoon Snack Option 2:**

Carrot and/or celery sticks (with peanut butter or almond butter if desired)

**Mid-Afternoon Snack Option 3:**

Raw nuts of your choice (Almonds, cashews, pistachios, pecans, walnuts, etc.)

**Mid-Afternoon Snack Option 4:**

Raw vegetable dippers of your choice: Cut-up broccoli, carrots, cauliflower, bell peppers, cucumbers, radishes, celery, summer squash (with salad dressing if desired)

**Mid-Afternoon Snack Option 5:** Fresh fruit juice of your choice (No Hi-C, Tang, sports drinks, Hawaiian Punch or similar products)

**Note: Wait at least 3 hours after you finish lunch, and you can have fruit juice in place of a snack food item.**

**Mid-Afternoon Snack Option 6:**

Whole wheat, whole grain or oat bran toast with butter, Earth Balance, Smart Balance or similar products without hydrogenated oils. Don't use margarine.

**No Pain Dinner Day 2 (Choose 1 entree, 1 side dish, salad if desired and 1 beverage only):**

**Entrée Option 1:**

*Ratatouille* (recipe on page 16)

**Entrée Option 2:**

Pasta of your choice with marinara (red) sauce or butter and garlic powder

**Side Dish:**

Italian bread with butter, Earth Balance, Smart Balance or similar products without hydrogenated oils. Don't use margarine.

**Salad Option 1:**

*Caesar Salad* (recipe on page 17)

**Salad Option 2:**

Tossed salad (any kind of lettuce and whatever raw vegetables you desire) with dressing of your choice (croutons OK)

**Dinner Beverages:**

Tea or herbal tea (with milk or cream if desired), vegetable juice, soy milk, rice milk, almond milk or water (No coffee, alcohol or fruit juice of any kind)

**No Pain Day 3**

**No Pain Breakfast Day 3 (Choose 1 option and 1 beverage only):**

**Breakfast Option 1:**

*Mom's Buttermilk Pancakes* (recipe on page 17) with maple syrup and butter, Earth Balance, Smart Balance or similar products without hydrogenated oils. Don't use margarine.

**Breakfast Option 2:**

Corn or bran muffins of your choice with butter, Earth Balance, Smart Balance or similar products without hydrogenated oils. Don't use margarine.

**Breakfast Option 3:**

Any fresh fruit of your choice (not canned). If you choose this breakfast option, do not have a beverage other than water. And eat nothing else with the fruit. Just the fruit and nothing else.

**Breakfast Beverages:**

Tea or herbal tea (with milk or cream if desired), vegetable juice, soy milk, rice milk, almond milk or water (no coffee or fruit juice of any kind)

**No Pain Mid-morning snack Day 3 (Choose 1 option. Wait at least 1/2 hour after you finish breakfast unless otherwise specified.):**

**Mid-Morning Snack Option 1:** Any fresh fruit of your choice

**Note:** Wait at least 3 hours after you finish breakfast if you had Options 1 or 2 for breakfast. If you had fruit for breakfast (Option 3), you can have more fruit for a snack anytime during the morning, no waiting necessary.

**Mid-Morning Snack Option 2:** Carrot and/or celery sticks (with peanut butter or almond butter if desired)

**Mid-Morning Snack Option 3:**

Raw nuts of your choice (Almonds, cashews, pistachios, pecans, walnuts, etc.)

**Mid-Morning Snack Option 4:**

Raw vegetable dippers of your choice: Cut-up broccoli, carrots, cauliflower, bell peppers, cucumbers, radishes, celery, summer squash (with salad dressing if desired)

**Mid-Morning Snack Option 5:** Fresh fruit juice of your choice (No Hi-C, Tang, sports drinks, Hawaiian Punch or similar products)

**Note: Wait at least 3 hours after you finish breakfast if you had Options 1 or 2 for breakfast. If you had fruit for breakfast (Option 3), you can have fruit juice in place of a snack food option anytime during the morning, no waiting necessary.**

**Mid-Morning Snack Option 6:**

Whole wheat, whole grain or oat bran toast with butter, Earth Balance, Smart Balance or similar products without hydrogenated oils. Don't use margarine.

**No Pain Lunch Day 3 (Choose 1 option and 1 beverage only):**

**Lunch Option 1:**

*Greek Salad* (recipe on page 18)

**Lunch Option 2:**

Large tossed salad (any kind of lettuce and whatever raw vegetables you desire) with cheese, olives and dressing of your choice (no croutons or bread)

**Lunch Beverages:**

Tea or herbal tea (with milk or cream if desired), vegetable juice, soy milk, rice milk, almond milk or water (no coffee, alcohol or fruit juice of any kind)

**No Pain Mid-afternoon snack Day 3 (Choose 1 option. Wait at least 1/2 hour after you finish lunch unless otherwise specified.):**

**Mid-Afternoon Snack Option 1:** Any fresh fruit of your choice

**Note: Wait at least 3 hours after you finish lunch.**

**Mid-Afternoon Snack Option 2:**

Carrot and/or celery sticks (with peanut butter or almond butter if desired)

**Mid-Afternoon Snack Option 3:**

Raw nuts of your choice (Almonds, cashews, pistachios, pecans, walnuts, etc.)

**Mid-Afternoon Snack Option 4:**

Raw vegetable dippers of your choice: Cut-up broccoli, carrots, cauliflower, bell peppers, cucumbers, radishes, celery, summer squash (with salad dressing if desired)

**Mid-Afternoon Snack Option 5:** Fresh fruit juice of your choice (No Hi-C, Tang, sports drinks, Hawaiian Punch or similar products)

**Note:** Wait at least 3 hours after you finish lunch, and you can have fruit juice in place of a snack food item.

**Mid-Afternoon Snack Option 6:** Whole wheat, whole grain or oat bran toast with butter, Earth Balance, Smart Balance or similar products without hydrogenated oils. Don't use margarine.

**Note:** Wait at least 3 hours after you finish lunch.

**No Pain Dinner Day 3 (Choose 1 entree, 1 side dish, salad if desired and 1 beverage only):**

**Entrée Option 1:**

*Delicious Pan-Fried Fish* (recipe on page 18)

**Entrée Option 2:**

Fish or chicken of your choice prepared without breading of any kind

**Side Dish Option 1:**

*Asparagus with Pine Nuts and Balsamic Vinegar* (recipe on page 19)

**Side Dish Option 2:**

Steamed green beans with olive oil or butter, Earth Balance, Smart Balance or similar products without hydrogenated oils. Don't use margarine.

**Salad Option 1:**

*Spinach and Roasted Garlic Salad* (recipe on page 19)

**Salad Option 2:**

Tossed salad (any kind of lettuce and whatever raw vegetables you desire) with cheese, olives and dressing of your choice (no croutons)

**Beverage Options:**

Tea or herbal tea (with milk or cream if desired), vegetable juice, soy milk, rice milk, almond milk or water (no coffee, alcohol or fruit juice of any kind)

## **No Pain Day 4**

**No Pain Breakfast Day 4 (Choose 1 option and 1 beverage only):**

**Breakfast Option 1:**

*Breakfast Smoothies* (recipe on page 20). If you choose this breakfast option, do not have a beverage other than water. And eat nothing else with the smoothie. Just the smoothie and nothing else.

**Breakfast Option 2:**

Oatmeal with maple syrup or honey and sprinkled with cinnamon (no milk, cream, fruit or raisins)

**Breakfast Option 3:**

Any fresh fruit of your choice (not canned). If you choose this breakfast option, do not have a beverage other than water. And eat nothing else with the fruit. Just the fruit and nothing else.

**Breakfast Beverages:**

Tea or herbal tea (with milk or cream if desired), vegetable juice, soy milk, rice milk, almond milk or water (no coffee or fruit juice of any kind)

**No Pain Mid-morning snack Day 4 (Choose 1 option. Wait at least 1/2 hour after you finish breakfast unless otherwise specified.):**

**Mid-Morning Snack Option 1:** Any fresh fruit of your choice

**Note:** Wait at least 3 hours after you finish breakfast if you had Option 2 for breakfast. If you had Options 1 or 3 for breakfast, you can have fruit for a snack anytime during the morning, no waiting necessary.

**Mid-Morning Snack Option 2:**

Carrot and/or celery sticks (with peanut butter or almond butter if desired)

**Mid-Morning Snack Option 3:**

Raw nuts of your choice (Almonds, cashews, pistachios, pecans, walnuts, etc.)

**Mid-Morning Snack Option 4:**

Raw vegetable dippers of your choice: Cut-up broccoli, carrots, cauliflower, bell peppers, cucumbers, radishes, celery, summer squash (with salad dressing if desired)

**Mid-Morning Snack Option 5:** Fresh fruit juice of your choice (No Hi-C, Tang, sports drinks, Hawaiian Punch or similar products)

**Note:** Wait at least 3 hours after you finish breakfast if you had Option 2 for breakfast. If you had Options 1 or 3 for breakfast, you can have fruit juice in place of a snack food option anytime during the morning, no waiting necessary.

**Mid-Morning Snack Option 6:**

Whole wheat, whole grain or oat bran toast with butter, Earth Balance, Smart Balance or similar products without hydrogenated oils. Don't use margarine.

**No Pain Lunch Day 4 (Choose 1 option, 1 side dish and 1 beverage only):****Lunch Option 1:**

Sliced avocado sandwich on whole-wheat bread with mayonnaise and lettuce (no cheese)

**Lunch Option 2:**

Bean burritos (no meat) with lettuce, tomatoes, olives and salsa

**Lunch Option 3:**

Burger of your choice without bread or a roll

**Side Dish Option 1:**

Carrot and celery sticks with salad dressing if desired

**Side Dish Option 2:**

Large tossed salad (any kind of lettuce and whatever raw vegetables you desire) with olives and dressing of your choice (no croutons)

**Lunch Beverages:**

Tea or herbal tea (with milk or cream if desired), vegetable juice, soy milk, rice milk, almond milk or water (no coffee, alcohol or fruit juice of any kind)

**No Pain Mid-afternoon snack Day 4 (Choose 1 option. Wait at least 1/2 hour after you finish lunch unless otherwise specified.):**

**Mid-Afternoon Snack Option 1:** Any fresh fruit of your choice

**Note:** Wait at least 3 hours after you finish lunch.

**Mid-Afternoon Snack Option 2:**

Carrot and/or celery sticks (with peanut butter or almond butter if desired)

**Mid-Afternoon Snack Option 3:**

Raw nuts of your choice (Almonds, cashews, pistachios, pecans, walnuts, etc.)

**Mid-Afternoon Snack Option 4:**

Raw vegetable dippers of your choice: Cut-up broccoli, carrots, cauliflower, bell peppers, cucumbers, radishes, celery, summer squash (with salad dressing if desired)

**Mid-Afternoon Snack Option 5:** Fresh fruit juice of your choice (No Hi-C, Tang, sports drinks, Hawaiian Punch or similar products)

**Note:** Wait at least 3 hours after you finish lunch, and you can have fruit juice in place of a snack food item.

**Mid-Afternoon Snack Option 6:** Whole wheat, whole grain or oat bran toast with butter, Earth Balance, Smart Balance or similar products without hydrogenated oils. Don't use margarine.

**Note:** Wait at least 3 hours after you finish lunch if you had Option 3 for lunch.

**No Pain Dinner Day 4 (Choose 1 entree, 1 side dish, salad if desired and 1 beverage only:****Entrée Option 1:**

*Seafood Stew* (recipe on page 20)

**Entrée Option 2:**

Beef, chicken or pork of your choice prepared without breading of any kind

**Side Dish Option 1:**

*Not the Spinach You Grew Up With* (recipe on page 21)

**Side Dish Option 2:**

Steamed broccoli and/or cauliflower with olive oil or butter, Earth Balance, Smart Balance or similar products without hydrogenated oils. Don't use margarine. Add a sprinkle of parmesan cheese if desired.

**Salad Option 1:**

*Caesar Salad* (recipe on page 17)

**Salad Option 2:**

Tossed salad (any kind of lettuce and whatever raw vegetables you desire) with cheese, olives and dressing of your choice (no croutons)

**Dinner Beverages:**

Tea or herbal tea (with milk or cream if desired), vegetable juice, soy milk, rice milk, almond milk or water (no coffee, alcohol or fruit juice of any kind)

**Congratulations!**

In just 4 days you are, no doubt, feeling much better than you have felt in a long time, possibly years. You've got more energy and you may have even lost some weight! And you were probably able to reduce and even eliminate some or all of your stomach medications.

I'm thrilled, because those were all my wishes for you and more.

But don't feel too satisfied. You haven't yet learned how to do this on your own... You need to know what to eat and when to eat it so you can stay pain-free and healthy. Eating the foods suggested in this 4 Day Plan day in, day out, year in, year out would get pretty boring and be difficult to stick with. No worries!

If you haven't already, go to <http://www.GreatTasteNoPain.com> and order NOW.

It is your game plan for glowing good health. Using the simple plan, living a life free of stomach pain is not only possible... it is a certainty.

## The Recipes

### Breakfast Frittata

Serves: 2-3

6 large eggs (preferably organic brown eggs)  
1/3 cup milk or half-and-half  
1/2 cup crumbled feta cheese  
1/2 of a red bell pepper, diced  
1/2 of a green bell pepper, diced  
1/4 cup diced onion  
1 cup broccoli florets, steamed until tender  
1/2 cup white or baby Bella mushrooms, sliced  
1/4 cup sliced black olives  
Olive oil  
Salt and pepper to taste  
2 tablespoons grated Parmesan or Romano cheese for topping

Prepare all vegetables and have them ready.

In a deep mixing bowl, beat together eggs and milk or half-and-half. Stir in feta cheese.

Coat the bottom of a 10 inch skillet with olive oil and heat over medium heat. Add peppers and onions and sauté until they soften, about 5 minutes. Add broccoli, mushrooms and olives and sauté another 3 minutes.

Pour egg mixture evenly onto vegetables and cook, lifting up cooked egg around edge occasionally to let raw egg flow underneath, for about 3 minutes. Reduce heat to low and cook until underside is golden, about another 5 minutes.

The next step is up to you. If you want a “picture perfect” frittata, slide the frittata onto a plate, invert the pan onto the plate (using oven mitts) and flip the frittata over into the skillet. Or, if you don’t care about being neat, break the frittata up into 5-6 manageable pieces with a spatula and flip them over individually in the pan. Continue cooking over low heat until the underside is golden, about 5 minutes. Sprinkle with Parmesan or Romano cheese and serve.

Variations:

- Substitute pitted kalamata olives for black olives
  - Use whatever vegetables are your favorites—spinach, zucchini and escarole all work well
- Use shredded cheddar or Swiss cheese in place of the feta

### Sherry’s Garlic Green Beans

Serves: 8-10

2 1/2 lbs. fresh green beans, trimmed, washed and broken into 2” pieces  
8 cloves garlic, minced  
1/2 cup olive oil, plus more for drizzling  
Garlic salt and pepper to taste

Steam green beans in a large saucepot or Dutch over just until tender; drain and return to pan.

Sauté garlic in olive oil until fragrant but not browned. Remove from heat; pour garlic and oil from pan over green beans and stir well to combine. Season with garlic salt and pepper to taste, and drizzle with additional olive oil if needed.

### **Carrot And Cilantro Soup**

**Serves: 6-8**

2 tablespoons canola oil  
3 tablespoons butter or Earth Balance  
1 large Vidalia onion, chopped  
3 stalks celery, sliced  
2 medium potatoes, chopped  
2 pounds carrots, cut into 1 1/2" chunks  
6 cups vegetable broth  
3 teaspoons ground coriander  
1/4 cup chopped fresh cilantro (or 1 tablespoon dried)  
Salt and freshly ground black pepper to taste

Heat oil and butter in a Dutch oven or soup pot over medium heat. Sauté onion for 3-4 minutes until slightly softened. Add celery and potatoes to the onion in the pan, cook for a few minutes and then add the carrots. Sauté for 3-4 minutes, stirring frequently. Cover, reduce heat to low and "sweat" vegetables for 10 minutes. Gently shake the pan or stir occasionally so the vegetables do not stick to the bottom.

Add the broth, bring to a boil and then cover and simmer for 10 minutes, or until the carrots and potato are tender. Remove from heat and cool slightly.

Process the soup in batches in a food processor or blender until smooth. Return soup to pan, stir in coriander, cilantro and salt and pepper to taste. Reheat over low heat and serve immediately.

### **Ratatouille**

**Serves: 4-6**

1/4 cup olive oil  
5 cloves garlic, minced  
1 large Vidalia onion, diced  
1 bay leaf  
1 large eggplant, washed and cubed  
1 teaspoon salt  
1/4 cup chopped fresh basil leaves (or 2 teaspoons dried)  
2 teaspoons dried oregano  
1 teaspoon rosemary leaves  
2 small zucchini, washed and cubed  
2 small yellow summer squash, washed and cubed  
1 red and 1 green bell pepper, seeded and chopped  
1-28 oz. can diced tomatoes  
1/2 cup dry red wine  
8 oz. mushrooms, sliced  
1/4 cup fresh minced parsley  
Grated Parmesan or Romano cheese for garnish (optional)

Heat olive oil in a saucepot or Dutch oven. Add onion, garlic and bay leaf and sauté over medium heat for 5 minutes. Add eggplant, salt, basil, oregano and rosemary; cover and cook over medium heat for 10 minutes, stirring occasionally.

Add zucchini, yellow squash, peppers tomatoes and wine; cover and simmer over low heat for 10 minutes. Add mushrooms and parsley and simmer 5 minutes more, or until all vegetables are tender. Remove bay leaf.

Sprinkle with grated Parmesan or Romano cheese, if desired.

### **Caesar Salad**

**Serves: 4-6**

1 very large head romaine lettuce, washed and torn into bite-sized pieces

Dressing:

3 cloves garlic, minced  
3/4 cup mayonnaise  
1 1/2 teaspoons anchovy paste  
3 tablespoons Parmesan cheese  
1/2 teaspoon Worcestershire sauce  
1/2 teaspoon Dijon mustard  
1 tablespoon fresh lemon juice  
Salt and pepper to taste

Parmesan cheese for topping

Combine dressing ingredients and whisk until well combined.

Place lettuce in a very large bowl. Toss with dressing until well combined; top with additional Parmesan cheese and serve.

### **Mom's Buttermilk Pancakes**

**Serves: 4-6**

2 cups unbleached flour  
1 cup whole wheat flour  
3 tablespoons sugar  
3 teaspoons baking powder  
1 1/2 teaspoons baking soda  
3/4 teaspoon salt  
3 cups buttermilk  
1/2 cup milk  
3 eggs  
1/3 cup butter or Earth Balance, melted

In large mixing bowl, combine dry ingredients. In a separate small bowl, beat together buttermilk, milk, eggs and melted butter.

Heat a lightly oiled griddle or skillet over medium-high heat until a drop of water sizzles.

Add milk mixture to dry ingredients and stir just until moistened.

Drop batter by 1/2 cupfuls onto hot griddle. Fry until air bubbles form on tops of pancakes. Turn pancakes over and fry until brown.

Serve at once with butter and maple syrup, or keep warm in a 200° oven.

### **Greek Salad**

**Serves: 4 generously**

1 small head romaine lettuce, washed and torn into bite-sized pieces  
1 cucumber, sliced  
1 pint cherry tomatoes, halved  
1 green bell pepper, sliced thin  
1 small onion, sliced and separated into rings  
1 cup kalamata olives  
1 1/2 cups crumbled feta cheese

Greek Dressing:

1 cup olive oil  
1/4 cup fresh lemon juice  
2 teaspoons dried oregano  
Salt and pepper to taste

Using a large platter or a very short and wide salad bowl, layer ingredients in order listed.

Whisk together dressing ingredients, and drizzle about 3/4 cup of dressing over salad. Serve and pass additional dressing as desired.

### **Delicious Pan-Fried Fish**

**Serves: 5-6**

2 lbs. firm fish fillets of your choice (salmon and swordfish work very well)

For the marinade:

1 cup soy sauce  
1/2 cup hot water  
1/2 of a vegetable bullion cube  
4 tablespoons olive oil  
2 tablespoons brown sugar  
4 teaspoons minced garlic  
1 teaspoon ginger  
Olive oil for frying

Poke a fork into various areas of each fish fillet to tenderize and make small holes for the marinade to seep into. Dissolve bullion cube half in hot water. Combine with other marinade ingredients and pour over fish. Marinate for at least 1 1/2 hours, turning at least twice and re-poking with a fork.

Cover the bottom of a large skillet with olive oil and heat over medium-high heat. Remove fish from marinade and place in skillet. Fry over high heat until done, turning once.

Fish should be cooked about 8-9 minutes per inch on medium-high heat. I recommend that you measure the thickness of your fish with a ruler and adjust the timing accordingly. Remember that fish continues to cook even after you remove it from the heat, so be careful not to overcook it. Always err on the side of underdone...you can always return the fish to the pan if it needs a bit more frying, but you can't un-cook dried out fish!

### **Asparagus with Pine Nuts and Balsamic Vinegar**

**Serves: 2-3**

1 lb. fresh asparagus  
2 tablespoons pine nuts, toasted  
3 tablespoons butter or Earth Balance  
1 teaspoon balsamic vinegar  
Salt and pepper to taste

Preheat oven to 350°. Spread pine nuts on a baking sheet and toast in oven for 5-10 minutes or until golden.

Wash the asparagus and trim off the tough end of the stems. Cook spears in a small amount of boiling water for 3-5 minutes, just until tender. Drain asparagus and return to pan. Toss with butter and vinegar, add salt and pepper to taste.

Place in serving bowl, sprinkle pine nuts over and serve.

### **Spinach and Roasted Garlic Salad**

**Serves: 4**

12 garlic cloves, peeled  
1/2 cup plus 2 tablespoons olive oil, divided  
1 lb. baby spinach  
1/2 cup pine nuts  
1 tablespoon fresh lemon juice  
1/2 cup Parmesan or Romano cheese, plus more for sprinkling  
Salt and pepper to taste

Preheat oven to 375°.

Place garlic cloves in a small baking dish or foil packet, drizzle with 2 tablespoons olive oil and sprinkle with salt. Roast for 30-40 minutes until golden brown and soft when pierced with a sharp knife. Remove from oven, pour garlic and oil into a small bowl and mash garlic in oil with a fork. Set aside.

Meanwhile, place pine nuts on a baking sheet and toast in oven for 6-8 minutes until lightly browned. Set aside.

Place spinach in a very large bowl. Add garlic in oil and lemon juice and toss until well-coated. Drizzle remaining 1/2 cup olive oil over spinach and toss until well-mixed and spinach leaves start to wilt a bit. Add pine nuts, Parmesan or Romano cheese and salt and pepper and toss again.

Sprinkle with additional Parmesan or Romano and additional olive oil if desired and serve.

## **Breakfast Smoothies**

**Serves: 2-3**

4 cups fresh fruit of your choice  
1 large banana  
1 cup fruit juice  
1 cup ice cubes

Put all ingredients into a blender; blend on high speed 1 minute until smooth and thoroughly mixed. If mixture is too thick, add fruit juice to desired consistency.

Great fresh fruit and juice combinations include:

- Mixed berries--strawberries, blueberries, blackberries and raspberries with berry juice
- Peaches, mangos, nectarines and pineapple with orange or pineapple juice
- Mixed melons—watermelon, cantaloupe and honeydew with mixed fruit juice
- Apples, pears and grapes with apple or cran-apple juice

## **Seafood Stew**

**Serves: 6**

1 large Vidalia onion, chopped  
1/4 cup olive oil  
3 stalks celery, chopped  
1 green bell pepper, chopped  
1 red bell pepper, chopped  
5 garlic cloves, pressed  
Pinch of crushed red pepper flakes  
2 teaspoons dried oregano  
1 teaspoon dried marjoram  
3 tablespoons chopped fresh basil leaves (or 1 tablespoon dried)  
2 cups bottled clam juice  
1-28 oz. can crushed tomatoes  
2/3 cup dry red wine  
1 lb. firm white fish fillets (such as swordfish or orange roughy), cut into 1” cubes  
1 pound scallops, rinsed and halved if very large  
1 pound extra large shrimp, shelled and deveined  
1 tablespoon fresh lemon juice  
Salt and pepper to taste  
Grated Parmesan or Romano cheese for garnish

Heat olive oil in a Dutch oven or soup pot over medium heat. Add onions and sauté 5 minutes. Add celery and peppers and sauté for 2 more minutes.

Stir in garlic, crushed red pepper flakes, oregano, marjoram and basil. Lower the heat, cover and cook for 2 minutes. Add the clam juice, tomatoes, and wine. Cover and simmer for 15 minutes.

Add the fish, scallops and shrimp, and cook until the seafood is just done—about 4-5 minutes. Stir in lemon juice and season with salt and pepper to taste. Top with grated Parmesan or Romano cheese if desired.

## **Not the Spinach You Grew Up With**

**Serves: 3-4**

1 1/2 lbs. fresh spinach leaves (preferably baby spinach if you can find it)  
3 tablespoons water  
3 tablespoons olive oil  
1/4 cup shredded Parmesan or Romano cheese  
Salt and freshly ground black pepper to taste

Thoroughly wash spinach (if not using pre-washed). Drain thoroughly.

Place water, then spinach into a Dutch oven or large saucepan. Cover and steam over medium heat until just barely wilted, about 2-3 minutes.

Remove from pan with a fork (to drain off excess water) and place in serving bowl. Drizzle with olive oil, sprinkle with cheese and add salt and pepper to taste.



