



www.DrGourmet.com

DrGourmet.com is your single best source for diet, weight loss and lifestyle information.

Created by Timothy S. Harlan, M.D., a board certified internist who is also a chef, DrGourmet.com is dedicated to providing you the most up-to-date evidence based information on diet, nutrition and exercise.

## Healthy, Permanent Weight Loss

Dr. Gourmet gives you state-of-the-art information taken from current medical literature, showing what has been proven to work for long-term weight loss and control of diabetes, high blood pressure and cholesterol. Research is presented in easy to understand terms along with information on how to plan, shop, and most importantly, how to cook.

## It's All About the Food: Recipes

Dr. Gourmet includes hundreds of delicious, quick and easy recipes that you know and love. From comfort foods like Mac & Cheese, Fettuccine Alfredo, Oven Fried Chicken and Barbecue Shrimp, to great dinner party dishes like Beef Tenderloin with Blue Cheese Butter. All of the recipes on the website put the food and the flavor first.

## Tools For Planning & Success

Dr. Gourmet's online meal planner allows you to build two week meal plans for one person or the entire family, complete with recipes and weekly shopping lists. Menus can be customized to allow for common food allergies, dislikes, and special dietary needs. Use the calorie tracking feature to track the calories eaten and the calories burned during exercise.

## Exercise Is Key

Exercise is key to being healthy and losing weight. DrGourmet.com has exercise plans for everyone, from beginning exercisers through the more advanced fitness buffs. Even for those with limited mobility or with disabled or weak legs!

Learn about walking plans and aerobic exercise and view dozens of how to videos teaching simple but effective resistance training exercises using both free weights and resistance bands.

## Resources for Specialty Diets

DrGourmet.com is the definitive health and nutrition resource for many with special dietary needs, including:

- Coumadin (warfarin) Users (also available in Spanish)
- Diabetes
- Celiac Disease / Gluten Sensitivity
- GERD / Acid Reflux
- Lactose Intolerance
- Low Sodium Diet
- Gout



Eat well, eat healthy, enjoy life!

## Fettucine Alfredo

Servings: 2 Serving Size: 2 ounces pasta with sauce

Cooking Time: 30 minutes. May be multiplied by 2, 3, 4.

Leftovers are fair at best. Reheat gently. Serve with your favorite vegetable or a side salad for a complete meal.

### Ingredients

1 tsp. extra virgin olive oil  
2 cloves garlic (minced)  
2 tsp. all purpose white flour  
¾ Cup 2% milk  
1 ounce semi-soft goat cheese  
1 ounce Parmigiano-Reggiano (grated)  
4 quarts water  
4 ounces fettuccine  
2 Tbsp. flat leaf parsley (minced)

Heat the olive oil in a ten-inch non-stick skillet over medium heat and add the minced garlic. Cook very slowly and stir frequently. Do not allow the garlic to brown or it will become bitter.

Add the flour slowly and cook for about one minute. Stir continuously to blend the oil and flour. The mixture will be

like coarse corn meal. Cook gently so the mixture doesn't brown.

Slowly add the cold milk whisking to keep the sauce from forming clumps. Blend in all of the milk until the sauce is smooth and begins to thicken.

Add the goat cheese and whisk as it melts. When the sauce is smooth add the Parmigiano-Reggiano and whisk as it melts until the sauce is creamy. Reduce the heat to very low.

In a large pot heat the water to a boil. Add the fettuccine and cook until just tender (about 12 – 15 minutes for dried pasta). Drain well and then add the pasta to the sauce, tossing to coat thoroughly. Sprinkle the minced parsley over the top and serve.

Per serving: 372 Calories, 83 Calories from Fat, 9g Total Fat, 6g Sat. Fat, 0g Trans Fat, 24mg Cholesterol, 341mg Sodium, 51g Total Carbohydrates, 2g Fiber, 6g Sugars, 19g Protein, 10% RDA Vit A, 12% RDA Vit C, 34% RDA Calcium, 16% RDA Iron, 52mcg Vit K, 313mg Potassium, 57mg Magnesium.

## Barbecued Shrimp

Servings: 4 Serving Size: 4 ounces shrimp

Cooking Time: 30 minutes (does not include marinating time). May be multiplied by 2, 3, 4.

Makes great leftovers and is delicious served cold. Keep in the refrigerator no more than 48 hours.

Serve with a side of grits, home fries or mashed potatoes and some cole slaw or a side salad.

### Ingredients

2 cloves garlic (minced)  
1 medium shallot (minced)  
2 tsp. paprika  
1 tsp. chili powder  
1 Tbsp. molasses  
¼ tsp. pure vanilla extract  
½ tsp. ground cumin  
½ tsp. salt  
¼ tsp. fresh ground black pepper  
1 Tbsp. grapeseed or olive oil  
1 lb. large shrimp (peeled and deveined)  
spray olive or grapeseed oil  
4 green onions (chopped)

Combine the garlic, shallot, paprika, chili powder, molasses, vanilla extract, ground cumin, salt, pepper, grapeseed oil and shrimp in a large zipper bag.

Toss the shrimp in the bag until well coated with the spices. This can be done up to 24 hours in advance and kept in the refrigerator. The shrimp will be best if they marinate for at least a few hours.

When you are ready to serve preheat the oven to 400°F. Place a large non-stick skillet in the oven and after the oven is hot spray the hot pan lightly with oil. Add the shrimp and green onions to the pan and return the skillet to the oven.

Cook for 7 - 10 minutes tossing the shrimp in the pan a couple of times. Serve immediately.

Per serving: 181 Calories, 6g Total Fat, 1g Sat. Fat, 0g Trans Fat, 173mg Cholesterol, 471mg Sodium, 8g Total Carbohydrates, 1g Fiber, 3g Sugars, 24g Protein, 22% RDA Vit A, 12% RDA Vit C, 9% RDA Calcium, 21% RDA Iron, 35mcg Vit K, 382mg Potassium, 62mg Magnesium