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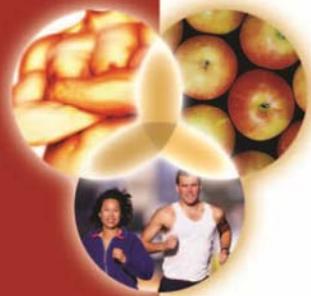
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# GOURMET NUTRITION

*Recipes,  
cooking tips and  
strategies for  
a winning body*

*Dr. John M. Berardi  
Dr. John K. Williams*



## TABLE OF CONTENTS:

GOURMET NUTRITION –  
CHANGING THE RULES 10-14

### SECTION I:

Building Your Gourmet Kitchen	16-41
Step #1 – A Safe Home Base	17
Step #2 – The Appliances	19
Step #3 – The Fridge	24
Step #4 – The Cupboards	32
Step #5 – The Spice Rack	33
Step #6 – The Supplement Shelf	36
Step #7 – Homework!	40

### SECTION II:

Gourmet Recipes	43-187
Breakfast Meals	44-65
Chicken and Poultry Recipes	66-98
Seafood Recipes	100-115
Beef and Lamb Recipes	117-133
Soup and Stew Recipes	134-142
Side Dishes	144-159
Bars and Snacks	160-179
Shakes	178-189

### SECTION III:

What's Next	191-194
Setting the Record Straight	192
The Next Step to Optimal Nutrition	193



## GOURMET RECIPES INDEX

<b>BREAKFAST (13 RECIPES)</b>	44-65		
<b>Eggs</b>			
Spinach and Cheese	46	Turkey Sausage Casserole	92
Denver Omelet	49	Hawaiian Pizza	93
Bulker's Omelet	51	Asparagus Quiche	94
Asian Scrambled Eggs	52	Apple Mushroom Turkey Burgers	95
Mexican Frittata	53	Turkey Meatballs	96
Suakshuka	54	Baked Yam with Turkey Meatball Marinara	97
		Falafel Platter	98
<b>Oatmeal and Pancakes</b>			
Basic Oatmeal	56	<b>SEAFOOD (9 RECIPES)</b>	100-115
Reeses Oatmeal	58	Seared Sea Scallops in Spinach Cream Sauce	101
Muscle Gruel	59	Pecan-Crusted Salmon	102
Bran Porridge	61	Sesame-Crusted Salmon with Sautéed Peppers	104
Oatmeal Apple Pie	63	Salmon in Basil Cream Sauce	106
Muesli	64	Rosemary Salmon and Asparagus on the Grill	107
Protein Pancakes	65	Striped Bass with Artichokes and Asparagus	109
		Almond-Crusted Sea Scallops with Tomato-Onion Gratin	111
<b>CHICKEN AND POULTRY (22 RECIPES)</b>	66-98	Tuna Burgers	112
Moroccan Chicken	69	Salmon Burger Stroganoff	115
Citrus Chicken-Stuffed Acorn Squash	71		
Curried Split Peas and Roasted Chicken	72	<b>BEEF AND LAMB (14 RECIPES)</b>	117-133
Oat Salad with Grilled Chicken Breast	74	Seared Ground Beef with Zucchini and Tomatoes	118
Tex-Mex Chicken and Rice	75	Thai Ground Beef	119
Chicken with Squash in Cream Sauce	77	Sauteed Beef in Indian Spinach Sauce	120
Kung Pao Chicken	78	Beef Stroganoff	121
Chicken Fried Rice	80	Peppered Sirloin with Grilled Onions and Balsamic Syrup	122
Fajita Chicken and Rice	82	Greek Burger	123
Peruvian Chicken	83	Broccoli Beef Stir Fry	124
Quick Quinoa and Chicken	87	Roast Beef Hash	125
Chicken with Chick Peas	88	Melanzana Riccha (Eggplant In Meat Sauce)	128
Roasted Chicken with Rosemary Wheat Berries	89	Braised Beef with Wine and Herbs	129
Coconut Chicken	90	Sauteed Herb Beef With Turnips	130
Apple Chicken Casserole	91	Meatloaf	131
		Chicago Deep Dish Pizza	132
		Lamb Kebabs	133

## NUTRITION FACTS AND STRATEGIES INDEX

### NUTRITIONAL FACTS AND STRATEGIES

Food Intolerances – We Don't Tolerate Them	15
Green Tea – 1.3 Billion Chinese Can't Be Wrong	34
Swimming Up Stream – Fish Oil Boosts Metabolism	38
Choosing the Right Protein Powders	39
Let Me Buy You Dinner – Choosing Healthy Restaurants	42
Strong to the Finish 'Cause I Eats Me Spinach	47
Covering Your Nutritional Acids	50
An Oat by Any Other Name	55
Oats, Are They in Your Feed Bag?	57
Got Fiber?	62
Don't Spoil Your Oil	67
Beans – No Longer "The Magical Fruit"	73
Food Support Systems – Easy Food Storage and Carrying	76
Of Grains and Men – Farming, Society, and Quinoa	84
Check Out the Big Brain On Cro-Magnon – Fish Oil and Intelligence	103
The Alpha and the Omega of Fats	113

Meal Preparation Strategies – The Breakfast and Sunday Rituals	136
You Are What Your Burger Eats	140
Bean Me Up	143
What's Up Doc – The Myth of Carbs and Carrots	147
Hummus – Guilt Free Dipping	149
Now You're Cooking with Protein	161
There Is No Such Thing as a Bad Food	180
Berries – Small Fruit, Big Benefits	186
Have Others Cook For You – Food Preparation Services	190



SECTION I –  
BUILDING YOUR  
GOURMET KITCHEN

## SECTION I: BUILDING YOUR GOURMET KITCHEN

**“If most people chose to spend extra money on better foods today they’d be spending less money on managed care later!”**

### STEP 3 – THE FRIDGE FOODS

Now it’s time to round up the food!

Let’s start with a trip to the grocery store.

We’ll be completely up front here and tell you the honest truth – when it comes to food you do get what you pay for. That’s why we prefer sending you to whole foods-type specialty markets for fresher lean meat and produce. But don’t worry – if you can’t find one or the local one is out of your price range, you can still shop healthy at the local Piggly Wiggly.

(Just make sure you’re not copping out here on price and convenience – if most people chose to spend extra money on better foods today they’d be spending less money on managed care later!)

First step – make a grocery list and stick to it. None of this browsing through the store – picking up all sorts of products you don’t really want or need simply because they looked interesting or you were hungry. Make grocery shopping a quick and easy event by toting your list and shopping with blinders on.

One interesting thing you’ll quickly realize is that the best foods (the healthy ones) are located around the periphery of the store, in the produce and refrigerated sections. The aisles are typically full of pre-packaged, processed carbs, sugar, and bad fats. Leave the aisle-browsing to the hordes of physique-challenged individuals. Only quick forays should be made into these regions with a specific purpose. Find that can of chick peas quickly and get back to the ‘safe zone’. Just be sure not to knock over any children or elderly in your haste.

And here’s a great money saving tip for you. Shop at a local farmer’s market. Farmer’s markets in cities across the world provide the freshest produce with the most variety. Make it a point to visit one of these about once a week to stock up on essential vegetables and fruits. Fresh fruits and vegetables taste 100% better when they are harvested ripe and eaten shortly thereafter. They’re healthier too – packed with more vitamins and minerals than the chain store varieties.

If that’s not enough incentive to go ten or even thirty minutes out of your way, perhaps the price will change your mind. Where else can you buy eight fresh grapefruit for \$3, or a giant bag of washed spinach for \$1? If you live near the coast you may be able to stock up on seafood here also.

## SECTION II – GOURMET RECIPES

## OMELET FLIPPING



This is one of those flashy cooking techniques that involves some skill and dexterity. In the beginning, it will probably result in a lot of egg matter on the stovetop and floor, and even the ceiling for those of you who feel the need to use the same amount of force as a one-arm snatch. So keep those paper towels handy.

Given the sheer mass and quantity of the eggs we use in an omelet, and the vegetables stuffed into them, the traditional method of draining and steaming will not suffice. A 12-inch wide, 1-inch thick omelet will burn on the bottom before it's cooked through and through. Instead, we have to resort to more dramatic means.

This technique presupposes that you have a good nonstick skillet. Here's a rule of thumb: if your eggs are sticking, then don't try flipping! Preferably, use a deep skillet or a wok to prevent any splashing. To flip the omelet, hold the skillet handle with your left hand, pick up the skillet, and slip the spatula under the omelet with your right hand (or vice-versa for lefties). Slide the spatula around the bottom of the omelet; circle the entire perimeter to be sure it won't stick. Then with one fluid movement, bring the skillet up with your left hand while simultaneously flipping the omelet with the spatula. Catch the omelet gently, easing the pan down smoothly as it lands to prevent splatter. Bravo!

Another strategy is to slide the omelet out onto a plate – still face up. Then, bringing the plate over the pan, flip the plate over quickly, allowing the omelet to land face down to complete the cooking process.

If things don't go as planned, don't worry, you can always turn the dish into scrambled eggs. If your flipping attempt ended with an empty skillet, then it's time to get a new prescription for those eyeglasses . . . and a new mop.

## CHICKEN & POULTRY

Chicken breasts are one of the most common sources of protein on the plates of bodybuilders across the globe. The popularity of the chicken breast probably stems from the fact that it is relatively cheap, and very versatile. Chicken complements almost every grain, vegetable, spice, and fruit. One of the quickest and easiest ways to prepare chicken is to roast the breasts in bulk, then add them to dishes later (more on this later in this section). When roasting chicken breasts, a wide variety of spice combinations can be used, such as those outlined in part I.

- Moroccan Chicken
- Citrus Chicken-Stuffed Acorn Squash
- Curried Split Peas and Roasted Chicken
- Oat Salad with Grilled Chicken Breast
- Tex-Mex Chicken and Rice
- Chicken with Squash in Cream Sauce
- Kung Pao Chicken
- Chicken Fried Rice
- Fajita Chicken and Rice
- Peruvian Chicken
- Quick Quinoa and Chicken
- Chicken with Chick Peas
- Roasted Chicken with Rosemary Wheat Berries
- Coconut Chicken
- Apple Chicken Casserole
- Turkey Sausage Casserole
- Hawaiian Pizza
- Asparagus Quiche
- Apple Mushroom Turkey Burgers
- Turkey Meatballs
- Baked Yam with Turkey Meatball Marinara
- Falafel Platter



## MOROCCAN CHICKEN (PW)

### PRELUDE

If you have ever taken a trip to Morocco, then you probably distinctly remember the fragrant foods invading your senses from every corner of the crowded marketplaces. We have recreated one of these basic recipes with a staple carbohydrate source of Morocco: couscous. Get the whole wheat variety in any Whole Foods type market. Follow the path below into a culinary bliss.

### INGREDIENTS

12 oz. grilled chicken breast, cubed

1/2 cup whole wheat couscous, dry

1 cup chicken broth, from bouillon

Sun-dried tomatoes, about 20 pieces, chopped

2 medium tomatoes, chopped

1 medium onion, chopped

2 cloves garlic, finely chopped

1 can green peas, drained

1/3 cup whole plain yogurt

Spices: 1 bay leaf (whole), 4 whole cardamom pods, dash of cinnamon, dash of turmeric, dash of chili powder, 1 teaspoon salt, 1 teaspoon ground coriander

### INSTRUCTIONS

Fry the garlic and onions in a nonstick pan (large enough to hold all the ingredients) coated with olive oil cooking spray for a couple of minutes until they start to brown, then add the chopped tomatoes. Stir until they become fluid, and then add the broth. Bring to a boil and add the spices. Slowly stir in the yogurt, one tablespoon at a time. Add the chicken, sun-dried tomatoes, and peas. Then stir in the dry couscous, cover, reduce the heat and simmer for 5 minutes. Remove from heat, fluff with a fork, cover it again and let it sit for a few minutes before serving.

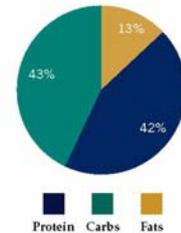
**Prep Time – 15 minutes**

**Difficulty Level – Medium**

**Servings – 2**

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	640
Protein (g)	69
Carbohydrates (g)	71
Fiber (g)	12
sugars (g)	20
Fat (g)	9
SFA (g)	3
MUFA (g)	3
PUFA (g)	3
Omega-3 (g)	0.2
Omega-6 (g)	1.9



## ROASTED CHICKEN WITH ROSEMARY WHEAT BERRIES (PW)

### PRELUDE

Wheat is one of the most widely available & commonly used grains across the world – but most people have never even seen whole wheat. Before it reaches our tables, it's usually processed to the extreme. This recipe, however, includes real wheat – commonly called wheat berries. Wheat berries also have more vitamins, fiber, and micronutrients than other types of wheat. In this dish, the flavor of wheat berries is complemented with fresh rosemary. Together with carrots and broccoli, a flavorful bed is made for a roasted chicken breast.

### INGREDIENTS

1 lb roasted chicken breast  
 1 cup wheat berries  
 4 cups water  
 2 cup broccoli flowerets  
 2 cups (ca. 16) baby carrots  
 2 tbsp fresh rosemary leaves  
 1/2 tsp garlic powder  
 Salt & pepper, to taste

**Prep Time – 1 hour**

**Difficulty Level – Easy**

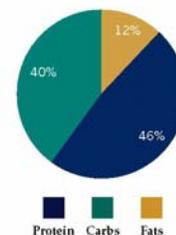
**Servings – 2**

### INSTRUCTIONS

In a pot with a tight-fitting lid, bring the water and a dash of salt to a boil. Add wheat berries, cover and simmer for 45 minutes. Add broccoli, carrots, rosemary, garlic powder, salt and pepper, stir, and simmer for an additional 15 minutes with the lid on. After this final simmering time, remove the lid and boil off any additional liquid. Top with roasted chicken breast to serve. This dish can also be cooked in bulk, refrigerated, and then reheated together with the chicken breast for a quick meal.

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	743
Protein (g)	88
Carbohydrates (g)	76
fiber (g)	13
sugars (g)	6
Fat (g)	10
SFA (g)	3
MUFA (g)	3
PUFA (g)	3
omega-3 (g)	0.2
omega-6 (g)	2.2



## VENISON STEW (PW)

### PRELUDE

If your childhood memory of venison stew involves a huge stinking pot of brown sludge cooked-up by the one of your hermit relatives with a camouflaged hat embroidered with “When guns are outlawed, only outlaws will have guns!” then fret not. Using a harmony of ingredients that serve to complement the taste of venison alleviates the gamey taste and smell in this dish. This recipe makes an enormous amount of hearty stew, so be prepared to share the wealth with hungry friends. Venison is a great source of protein and has a very favorable fatty acid profile.

### INGREDIENTS

3 lbs venison stew meat (1" cubes)  
 1/2 cup whole barley  
 1/2 cup whole wheat berries  
 4 tbsp olive oil  
 1 large onion, chopped into 1" squares  
 2 large chopped carrots  
 2 14-ounce cans (or 8 small fresh or 2 boxes frozen) artichoke hearts  
 4 cloves garlic, chopped fine  
 1/2 cup fresh parsley, chopped  
 2 bay leaves  
 3 cups red wine  
 1 cup beef stock  
 1 tsp salt  
 Pepper, to taste

### INSTRUCTIONS

Brown the meat in the oil and remove from the pan. Sauté the onion, garlic, and carrot in the pan where the meat was. Return the meat to the pan and add the wine and stock to the pot. Bring to a boil and add the bay leaves and parsley. Soak the canned artichoke hearts for a while in cold water to remove the brine taste (this is unnecessary if they are frozen), or cook the fresh artichokes in boiling water for 20 minutes, removing the hearts afterward. Put all of the ingredients together in a Crock Pot and cook at medium or low heat overnight (7-8 hours) or on high for 4 to 5 hours.

**Prep Time – 30 minutes (overnight cooking)**

**Difficulty Level – Easy**

**Servings – 8**

### NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	457
Protein (g)	48
Carbohydrates (g)	37
fiber (g)	12
sugars (g)	6
Fat (g)	13
SFA (g)	2.8
MUFA (g)	6.5
PUFA (g)	2.4
omega-3 (g)	0.73
omega-6 (g)	1.59

