



# STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF CHEF DR. MIKE: THE FOOD SHAMAN  
"CREATING CURES, NOT CUSTOMERS"

IN THIS ISSUE: CULINARY CPR: JERK  
CHICKEN

## Culinary CPR: Jerk Chicken

*"Living systems are either in a  
state of evolution or dissolution."*

*-Chef Dr. Mike, The Food Shaman*

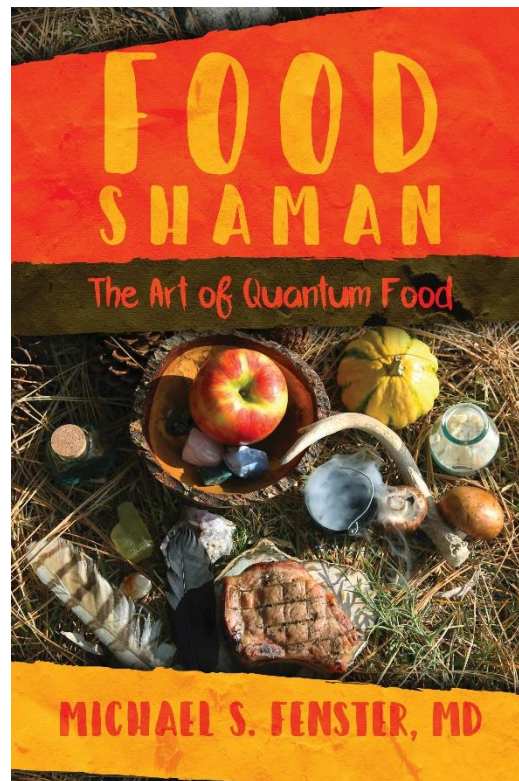
This week Chef Luca Paris and I find our inner jerk; spice that is! Join us, for a tutorial on the warm island spice blend that will chase away the last of winter's doldrums. While the recipe is chicken, it works wonders on pork or fish as well.

### Jerk Chicken Kabobs

Presented by Chef Luca Paris,  
Co Owner & Executive Chef  
Luca's Mediterranean Café

#### Ingredients:

- 1 tablespoon ground nutmeg
- 1 tablespoon ground allspice
- 1 tablespoon cinnamon stick
- 1 red onion, chopped
- 3 green onions, chopped



*The NEW groundbreaking book on The Food  
Experience available from Post Hill Press June 12<sup>th</sup>,  
2018! Pre-order now by clicking*

- 1/4 cup extra-virgin olive oil
- 1 cup freshly squeezed orange juice
- 1/4 cup soy sauce
- 1/4 cup fresh thyme sprigs
- 1 lime, juiced
- 3 garlic cloves
- 1 Scotch bonnet pepper
- 1 (2-inch) piece fresh ginger, peeled
- Salt
- Pepper
- 2 pounds boneless skinless chicken breasts, cut into 1 1/2-inch pieces
- Mango Salsa, recipe follows



*Culinary CPR with Chef Dr. Mike & Chef Luca  
Paris this week!*

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THE NEW SHOW IS HERE!!!



## Journeys into Quantum Food (Continued from Page 1)



Join us each Wednesday morning as we launch a new *Journey into Quantum Food* with Chef Dr. Mike, The Food Shaman. Download the podcast at [chefdrmike.com](http://chefdrmike.com) or iTunes

### Directions:

In a food processor, combine all ingredients except chicken; puree until smooth. Add all but 1/4 cup of the mixture in a 1 gallon plastic sealable bag. Add the chicken to the bag and let marinate in the refrigerator for 1 to 2 hours.

Heat grill to medium-high. Skewer chicken pieces and grill on 1 side for about 5 minutes. Flip and grill the other side until cooked through and grill marks appear.

Top with the Mango Salsa and serve with 1/4 cup reserved (unused) marinade as a dipping sauce.

### Mango Salsa:

- 2 tablespoons brown sugar
- 3 tablespoons freshly squeezed lime juice
- 1/2 teaspoon hot sauce
- 1 tablespoon minced ginger
- 1 mango, diced
- 1 English cucumber, diced
- 2 green onions, diced

In a medium bowl, combine sugar, lime juice, hot sauce, and ginger. Mix thoroughly and add the remaining ingredients. Toss and refrigerate for 1 hour.

Only newsletter subscribers will get the absolutely FREE monograph companions to the new book & show.

Get a head start on positive lifestyle choices, delicious food and *The Art of Quantum Food* by checking out this short video series! You can view the videos here: [Dr. Mike Cooks](http://Dr.MikeCooks.com)

HEALTHY BYTES BY THE NUMBERS

46%

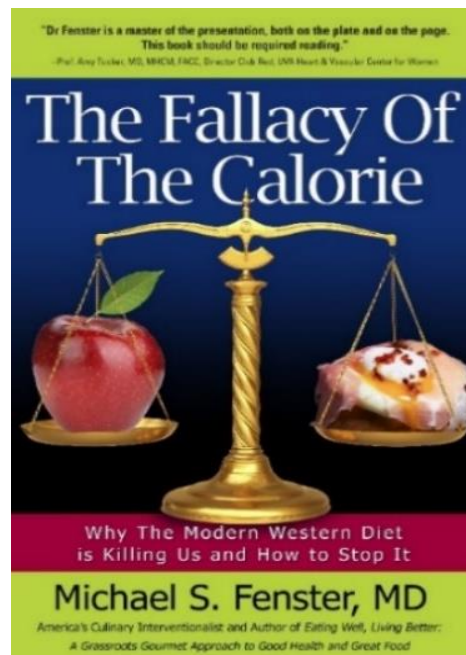
The statistically significant decrease in 13 inflammatory markers following a vegetarian diet

62%

The statistically significant decrease in those same 13 markers following a Mediterranean diet

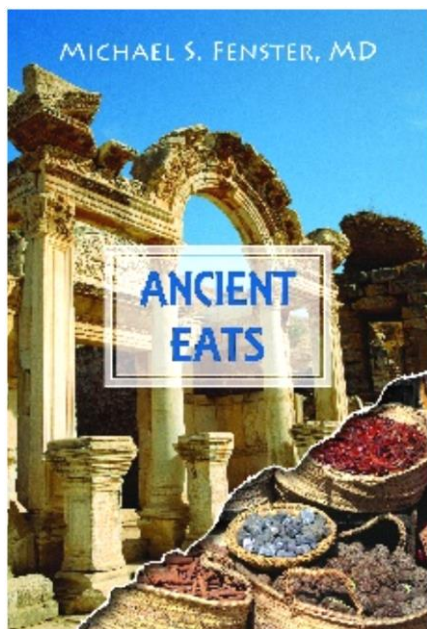
Francesco Sofi, Monica Dinu, Giuditta Pagliai, Francesca Cesari, Anna Maria Gori, et. Low-Calorie Vegetarian Versus Mediterranean Diets for Reducing Body Weight and Improving Cardiovascular Risk Profile: CARDIVEG Study (Cardiovascular Prevention With Vegetarian Diet) <https://doi.org/10.1161/CIRCULATIONAHA.117.030088>

Learn more about salt, sugar, fats and real versus processed foods in the groundbreaking book, *The Fallacy of The Calorie!*



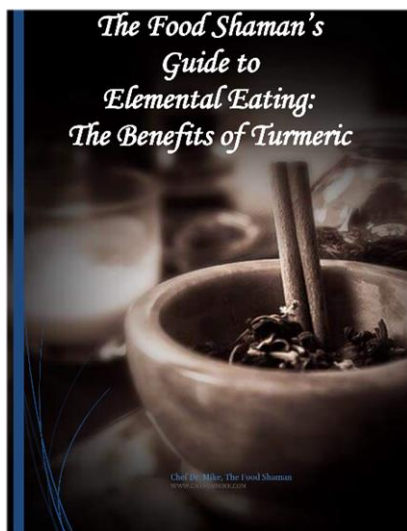
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