




PREMIER
HEALTH AND WELLNESS CENTER


Thank You!


Thank you for investing in your health and fighting against diabetes. We welcome you to join the Premier Tribe and reshape how you see healthy eating with the **Wealth of Nature** and the **Wisdom of Science**.

We put **You** and **Nature First**.

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Vegetable Kabobs (Plant Based)

MAKES: 6 KABOBS

9G CARBS PER SERVING: 1 KABOB

3G DIETARY FIBER

Ingredients

18 Extra Firm Tofu Cubes
12 Mushrooms, quartered
12 Squares Red Bell Peppers
12 Thick Slices Zucchini
12 Cherry Tomatoes
12 Red Onion Pieces
Metal or Bamboo Kabob
Skewers

Directions

1. Create the Tofu or Tempeh Marinade - *See the recipe below.*
2. Cut **tofu** into 18 cubes that are each 1 inch/3cm. Marinate the tofu for 6 hours in the refrigerator.
3. Cut **mushrooms** into quarters
4. Cut **red bell pepper** into 12 squares, each 1 inch/3cm
5. Cut **red onions** into 12 pieces, each 1 inch/3cm.
6. Slice the **zucchini** into 12 thick slices of your preference
7. Slicing the **cherry tomatoes** is your preference
8. Thread the **tofu** and **vegetables** tightly on six 10- or 12 inch (25-28 cm) metal or soaked bamboo skewers, alternating each item.
9. Drizzle any extra marinade over the skewers.
10. Cook on an indoor or outdoor grill or put on a baking sheet six inches (15 cm) below the broiler for 10 minutes, turning once. Avoid blackening the food.

*Don't let diabetes control your life any longer. Take charge of your health and reverse diabetes with **Premier Health and Wellness Center's Diabetes Prevention & Reversal Programs**. Our plant-based nutrition and culturally-sensitive solutions will help you to manage your diabetes and live a healthy lifestyle. Join us now to gain access to our popular low-carb favorite recipes. Invest in your health and fight against diabetes today*

- The Wealth of Nature and the Wisdom of Science



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Tofu or Tempeh Marinade

3G CARBS PER SERVING: 2 TABLESPOONS

0G DIETARY FIBER

Ingredients

½ cup (125 ml) of Pureed Fresh Tomatoes or Canned Tomatoes

3 tablespoons (45 ml) Reduced-Sodium Tamari

2 tablespoons (30 ml) Balsamic Vinegar or Apple Cider Vinegar

2 tablespoons (30 ml) Peeled and Grated fresh Ginger

2 cloves Garlic, crushed

1 teaspoon (5 ml) Ground Turmeric

Directions

Put all the ingredients in a blender and process until smooth.

The marinade will be stored in a sealed container in the refrigerator for 3 weeks.

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TO LEARN MORE!

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