



LIORA WELLNESS

— LOUISVILLE —

Pantry to Plate *workshop*

Building Healthy Meals from 22 Core Ingredients

Objective:

Welcome! Let's get together and learn how to build **nutritionally balanced meals** using a simple system of healthy, core ingredients stored in the **pantry, refrigerator, and freezer** and easy guidelines for **macronutrient** optimization. Fuel for life and longevity!

We will combine foods into balanced plates based on these macronutrient categories:

- **Protein** – supports muscle health and metabolism
- **Fiber-rich vegetables** – supports digestion, elimination and heart health
- **Complex carbohydrates** – sustained energy
- **Healthy fats** – brain and hormone health

Meals are designed to be **quick and approachable**. Less measuring, or relying on recipes... you will find yourself using our attached guide and today's new inspiration and knowledge, to create healthy, balanced:

- ✓ No-cook meals
- ✓ One-pan meals
- ✓ One-pot meals
- ✓ Sheet-pan meals

While we learn, please enjoy your **mineral water** which supports healthy hydration thanks to its naturally-occurring mineral content. And protein-rich Liora-homemade **bone broth** (thank you Ellie!) which contains essential minerals, amino acids and collagen – all of which support hydration, gut health, bones and skin. A SUPER food!

Now, let's get started....

Macronutrients 101- What we should eat at each meal

Protein.

- a. Essential for building and repairing tissues, maintaining muscle mass, preventing muscle loss and supporting immune function.
- b. Promotes satiety; full longer, appetite control.
- c. Can boost metabolism thanks to its high thermic effect
- d. Promotes healthy skin, hair and nails.

Examples: poultry, fish, beef, bison, pork, cottage cheese, black beans, tofu, eggs, tempeh, Greek yogurt, lentils, chickpeas, lamb.

Fiber-Rich Vegetables.

- a. High nutrient density: phytochemicals, vitamins, minerals, packaged by nature, not chemists.
- b. High fiber content supports
 - i. Gut health
 - 1. Microbiome
 - 2. Gut-Brain axis
 - 3. Mental/physical health and wellbeing. Gut production of serotonin and precursor to melatonin; affecting sleep-wake cycle, pain perception.
 - ii. Cardiovascular health, impacting blood fats including helping lower LDL cholesterol.
 - iii. Satiety. Feel full longer and appetite control.

Examples: Broccoli, radishes, green beans, lettuces, cabbage, chard, broccoli rabe, asparagus, cauliflower, spinach, celery, hearts of palm, brussels sprouts.

Complex Carbohydrates.

- a. Sustained energy and blood sugar control thanks to longer molecular chains.
- b. Satiety and prevention of overeating.
- c. Nutrient density. Like high fiber vegetables, and unlike simple carbohydrates, this category packs anti-inflammatory phytonutrients, essential nutrients, antioxidants and minerals.
- d. Fiber. Soluble + insoluble. Aids in elimination, gut health and cardiovascular health.

Examples: Oatmeal, beans, brown rice, quinoa, lentils, sweet potatoes, corn, whole-wheat pasta, whole fruits like berries, citrus, kiwi and apples.

Healthy Fats. Essential Omega 3 fatty acids. Anti-inflammatory

- a. Heart health. Lower the risk of stroke and cardiovascular disease by helping reduce blood pressure and plaque buildup.
- b. Brain function. Mood regulation; potentially protective against age-related cognitive decline.
- c. Satiety and appetite control
- d. Nutrient absorption especially fat-soluble Vitamins A, D, E and K.

Examples: olive oil, ghee, grass-fed butter, walnuts, avocado, almonds, pistachios, pumpkin seeds, flaxseed, fatty fish.

Quality of the foods we eat. Consider:

- a. Farming practices.
 - i. Thinking about *what the food that you eat eats* itself and inflammation
 - 1. Factory-farm conditions. What YOUR FOOD eats. Beef, fish, poultry, and pork. Prophylactic antibiotics/hormones.
 - ii. Pesticides, herbicides, round-up, seed modification
 - 1. Endocrine system alteration
- b. Organic products. "Organic" isn't perfect, but it's definitely better than factory-raised animals and crops.
 - i. Improved soil conditions = improved vitamins/minerals
 - ii. improved animal feed = healthier, less inflamed animals; lamb.
 - iii. no GMOs
 - iv. less pesticide/herbicide residue
- c. Location. Where is our food coming from? Fresh vs. frozen.

The 22 Core Ingredients - Pantry

Ingredient	Category
Quinoa	Complex carb
Brown rice	Complex carb
Lentils (dry)	Plant protein
Chickpeas (canned)	Plant protein
Whole grain pasta	Complex carb
Rolled oats	Complex carb
Extra virgin olive oil	Healthy fat
Vegetable or chicken broth	Flavor booster

The 22 Core Ingredients – Refrigerator

Ingredient	Category
Eggs	Protein
Plain Greek yogurt	Protein
Avocado	Healthy fat
Baby spinach, arugula, lettuces	Fiber-rich vegetable
Cherry tomatoes	Fiber-rich vegetable
Bell peppers	Fiber-rich vegetable
Lemon juice	Flavor booster
Garlic (fresh or jarred)	Flavor booster

The 22 Core Ingredients – Freezer

Ingredient	Category
Frozen salmon fillets	Protein
Frozen chicken breasts	Protein
Frozen shrimp	Protein
Frozen broccoli	Fiber-rich Vegetable
Frozen cauliflower rice	Fiber-rich Vegetable
Frozen mixed berries	Complex carb

Flavor Boosters (optional and encouraged)

These can transform meals!

- Sea salt & pepper
- Smoked paprika
- Italian seasoning
- Chili flakes
- Dijon mustard
- Soy sauce or tamari
- Tahini, nut butters
- Hot sauce
- Italian seasoning
- Garlic powder
- Raw, local honey
- Vinegars, Balsamic Glaze
- Cinnamon
- Salsa
- Sesame oil
- Pesto
- Ginger
- Feta or Parmesan cheese
- Greek yogurt – could be mixed with almost any of the above to create a sauce

Helpful Additions

- Ezekiel or Sourdough bread
- Pre-cooked grains (rice, quinoa)
- Pre-cooked beans (lentils)
- Pre-cooked proteins (bison patties, hard boiled eggs, pulled chicken, chicken sausage, etc)
- Cauliflower crust frozen pizza
- Jarred, minced garlic
- Lemon juice

The Easy-Peasy Meal Formula – Clock Plating

This simple method can alleviate stress or even measuring when making meals!

Let's build meals with our Categories and Core Ingredients:

- A. Protein +**
- B. Fiber Vegetable +**
- C. Complex Carb +**
- D. Healthy Fat +**
- E. (optional) Flavor Boosters**

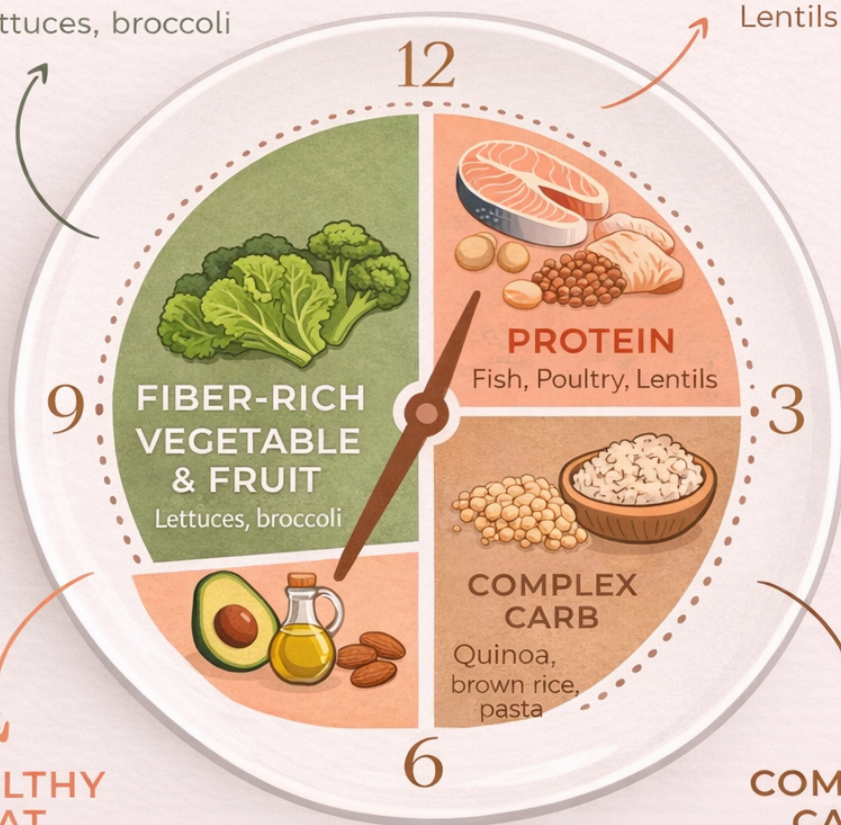
HOW TO PLATE YOUR MEALS?

FIBER-RICH VEGETABLE & FRUIT

Lettuces, broccoli

PROTEIN

Fish, Poultry,
Lentils



9

FIBER-RICH VEGETABLE & FRUIT

Lettuces, broccoli

12



PROTEIN

Fish, Poultry,
Lentils

3



COMPLEX CARB

Quinoa,
brown rice,
pasta

6

HEALTHY FAT

Olive oil,
avocado, nuts

COMPLEX CARB

Quinoa, brown
rice, pasta



Example:

Salmon (protein)+ broccoli (fiber-rich vegetable) + quinoa (complex carb) + olive oil (healthy fat) + lemon (flavor booster)

Balanced plates support our:

- ✓ blood sugar control
- ✓ muscle maintenance
- ✓ heart health
- ✓ sustained energy

Recipes and Details – Dinner Ideas Using the Core Ingredients

Easy-Peasy Pantry-to-Plate Dinners

Four servings per recipe may allow for leftovers. Feel free to double recipes to create even more servings. We love to cook once and eat twice!

Always feel free to adjust or enhance flavorings to suit your desires.

1. **Lemon-Garlic Salmon, Broccoli & Quinoa**

Serves 4

Ingredients

Salmon fillets – 4, defrosted

Broccoli florets - 4 cups (fresh or frozen)

Quinoa (dry) - 1 cup

Olive oil - 3 tbsp

Garlic cloves – 4, minced (or use minced garlic from a jar)

Lemon – 1, juiced

Sea salt - 1 tsp

Black pepper - ½ tsp

Preparation: Rinse quinoa.

Cooking: Cook quinoa in 2 cups water or broth for 15 minutes or according to package directions. On a sheet pan, drizzle salmon, garlic and broccoli with olive oil and lemon juice, sprinkle sea salt and pepper and roast all together at 400°F for 15 minutes.

Serving: Divide portions. Add extra lemon juice and serve salmon and broccoli over quinoa.

2. Mediterranean Chickpea Spinach Bowls

Serves 4

Ingredients

Chickpeas - 2 cans drained

Spinach, arugula or lettuces - 4 cups

Cherry tomatoes - 2 cups

Brown rice (dry) - 1 cup

Olive oil - 3 tbsp

Garlic 2 - cloves

Lemon juice - 2 tbsp

Sea salt - 1 tsp

Oregano - 1 tsp

Preparation: Cook rice according to package instructions. Mince garlic.

Cooking: Warm chickpeas with olive oil and garlic 5 minutes on stovetop or 2-3 minutes in microwave

Seasoning: Add oregano, sea salt and lemon juice.

Serving: Divide portions. Serve chickpeas over rice topped with spinach and tomatoes.

3. Shrimp Cauliflower Rice Skillet

Serves 4

Ingredients

Shrimp - 1 lb defrosted

Cauliflower rice - 4 cups

Bell peppers - 2 sliced

Garlic 3 - cloves

Olive oil - 2 tbsp

Soy sauce - 2 tbsp

Ginger - 1 tsp

Preparation: Slice peppers and mince garlic.

Cooking: In a large nonstick skillet, sauté shrimp 2 minutes. Add peppers and cauliflower rice and cook 4 more minutes until all tender.

Seasoning: Add soy sauce and ginger. Stir to combine.

Serving: Divide portions. Serve hot.

4. Sheet Pan Chicken & Vegetables

Serves 4

Ingredients

Chicken breasts - 4

Broccoli - 3 cups large chop

Bell peppers - 2 sliced

Olive oil - 3 tbsp

Garlic - 3 cloves (or use jarred garlic)

Paprika - 1 tsp

Sea salt - 1 tsp

Fresh ground pepper - ½ tsp or to taste

Preparation: Slice peppers and mince garlic.

Cooking: Drizzle chicken and garlic with olive oil and seasonings and roast at 400°F for 15 minutes. Add broccoli and peppers, and roast another 10 minutes.

Seasoning: Season paprika, sea salt and pepper.

Serving: Divide portions. Serve with quinoa, rice, Ezekiel or sourdough toast, or potatoes.

5. Lentil Vegetable Soup

Serves 4

Ingredients

Lentils, dried - 1½ cups

Broccoli - small chop, 2 cups

Bell pepper – 2, diced

Garlic - 3 cloves, minced

Broth - 6 cups

Olive oil - 1 tbsp

Sea salt - 1 tsp

Cumin - 2 tsp

Cinnamon – 1 tsp

Preparation: Rinse lentils and dice peppers.

Cooking: Simmer lentils in broth 20 minutes then add vegetables. Add more broth if needed.

Seasoning: Season with cumin, cinnamon and sea salt.

Serving: Divide portions. Serve warm.

6. Shrimp Pasta Primavera

Serves 4

Ingredients

Whole grain pasta - 12 oz

Shrimp - 1 lb, defrosted

Cherry tomatoes - 2 cups

Bell peppers - 2

Garlic - 3 cloves

Olive oil - 3 tbsp

Italian seasoning - 1 tsp or to taste

Sea salt - 1 tsp

Preparation: Cook pasta and chop vegetables.

Cooking: Sauté shrimp and garlic in olive oil 2 minutes, and then add vegetables. Saute an additional 2-3 minutes.

Seasoning: Add Italian seasoning and sea salt.

Serving: Toss with pasta. Divide portions and serve. Option: top with grated parmesan.

7. Chicken Lentil Protein Bowl

Serves 4

Ingredients

Chicken breasts - 2 pre-cooked and sliced

Lentils - 2 cups

Spinach, arugula or lettuces - 3 cups

Cherry tomatoes - 1 cup

Olive oil - 2 tbsp

Garlic powder - 1 tsp

Sea salt - ½ tsp

Freshly ground pepper – ½ tsp

Preparation: Cook lentils if using dry

Cooking: Warm lentils with olive oil.

Seasoning: Season with garlic powder and sea salt.

Serving: Divide portions. Top with chicken, greens and tomatoes.

8. Salmon with Greens & Rice Bowl

Ingredients

Serves 4

Salmon - 4 fillets

Spinach, arugula or lettuces - 4 cups

Brown rice - cooked 2 cups

Olive oil - 2 tbsp

Lemon - 1, juiced

Sea salt - 1 tsp

Dill - 1 tsp

Preparation: Cook rice. Or use pre-cooked rice.

Cooking: Drizzle salmon with olive oil and bake at 400°F for 15 minutes.

Seasoning: Season with dill, sea salt and lemon juice.

Serving: Divide portions. Serve salmon over rice with greens.

9. Chicken & Cauliflower Rice Stir Fry

Serves 4

Ingredients

Chicken breasts - 2 diced

Cauliflower rice - 4 cups

Bell peppers – 2 sliced

Garlic - 3 cloves, minced

Soy sauce - 2 tbsp

Olive oil - 2 tbsp

Ginger - 1 tsp

Preparation: Dice chicken and slice peppers.

Cooking: In a large nonstick skillet, cook chicken 6 minutes, stirring, then add vegetables. Cook thru.

Seasoning: Add soy sauce and ginger. Stir to combine.

Serving: Divide portions. Serve hot.

10. Chickpea with Broccoli Quinoa Bowls

Serves 4

Ingredients

Chickpeas - 2 cans

Broccoli - 4 cups, fresh or frozen

Quinoa - cooked 2 cups

Olive oil - 2 tbsp

Garlic - 3 cloves

Paprika - 1 tsp

Sea salt - 1 tsp

Pepper - 1 tsp

Preparation: Rinse and drain chickpeas; large chop broccoli if using fresh.

Cooking: Drizzle chickpeas and broccoli with olive oil and roast 20 minutes in oven at 375

Seasoning: Season with paprika, sea salt and pepper.

Serving: Divide portions. Serve warm over quinoa.

11. Egg & Vegetable Rice Skillet

Ingredients

Serves 4

Eggs - 6

Brown rice - cooked, 3 cups

Bell peppers - 2

Spinach, arugula or other lettuces - 2 cups

Olive oil - 1 tbsp

Soy sauce - 1 tbsp

Preparation: Slice peppers.

Cooking: In a large nonstick skillet add olive oil. Sauté peppers 2 minutes, add eggs, scramble, then add cooked rice and soy sauce until warmed through.

Serving: Divide portions and serve warm over bed of spinach/greens

12. Mediterranean Shrimp Quinoa

Serves 4

Ingredients

Shrimp - 1 lb., defrosted

Quinoa – cooked, 2 cups

Spinach, arugula or lettuces - 3 cups

Cherry tomatoes - 1 cup

Olive oil - 2 tbsp

Garlic - 3 cloves

Lemon juice - 1 tbsp

Oregano - 1 tsp

Sea salt – 1 tsp

Freshly ground pepper – 1 tsp

Preparation: Mince garlic.

Cooking: Sauté shrimp and garlic in olive oil until just firm, around 3-5 minutes.

Seasoning: Season with oregano, sea salt, pepper and lemon juice.

Serving: Divide portions. Serve warm over quinoa with spinach and tomatoes.

13. Garlicky Chicken Pasta

Ingredients

Chicken breasts - 2, diced

Whole grain pasta - 12 oz

Cherry tomatoes - 1 cup

Garlic - 4 cloves

Olive oil - 3 tbsp

Italian seasoning - 1 tsp

Sea salt - 1 tsp

Preparation: Cook pasta and mince garlic. Reserve ½ C cooking water from pasta.

Cooking: In nonstick skillet, add olive oil. Sauté chicken with garlic 7 minutes or until fully cooked through.

Seasoning: Season with Italian seasoning and sea salt.

Serving: Toss with pasta and tomatoes. Add additional cooking water if needed for consistency. Divide portions and serve.

14. Lentil Spinach Skillet

Serves 4

Ingredients

Cooked lentils - 3 cups (according to package directions)

Spinach - 3 cups

Garlic - 2 cloves

Olive oil - 2 tbsp

Cherry tomatoes - 1 cup

Cumin - 1 tsp

Sea salt - ½ tsp

Preparation: Mince garlic.

Cooking: In a large non-stick skillet, sauté garlic and tomatoes on medium-low for 6 minutes.

Seasoning: Add lentils and spinach and season with cumin and sea salt just until warmed through. Combine.

Serving: Divide portions. Serve warm.

15. Salmon & Roasted Vegetable Bowl

Serves 4

Ingredients

Salmon - 4 fillets, defrosted

Broccoli - 2 cups, large chop

Bell peppers - 2

Quinoa - cooked 2 cups, according to package directions.

Olive oil - 3 tbsp

Garlic - 3 cloves

Paprika - 1 tsp

Sea salt - 1 tsp

Preparation: Slice peppers and mince garlic.

Cooking: On sheet pan, drizzle salmon and vegetables with olive oil and roast 15 minutes at 400°F.

Seasoning: Season with olive oil, garlic, paprika and sea salt.

Serving: Serve over quinoa. Divide portions and serve warm.

LET'S BRAINSTORM

Can you name some other foods which you could include within our main categories? Which are your favorite examples of each category of the following foods? Use these to substitute within the above recipes and to create your own plates!

PROTEINS:

Animal – ex: bison

Vegan – ex: Tofu

FIBER-RICH VEGETABLES:

ex: celery

COMPLEX CARBOHYDRATES:

Grains – ex: barley

Fruit – ex: apples

Root vegetables – ex: sweet potatoes

HEALTHY FATS:

ex: ghee

LET'S BUILD THREE NEW MEALS using our Four Categories + Flavor Boosters

MEAL ONE:

- A. Fiber-Rich Vegetable -
- B. Protein -
- C. Complex Carb -
- D. Healthy Fat -

Flavor booster -

MEAL TWO:

- A. Fiber-Rich Vegetable -
- B. Protein -
- C. Complex Carb -
- D. Healthy Fat -

Flavor booster -

MEAL THREE:

- A. Fiber-Rich Vegetable -
- B. Protein -
- C. Complex Carb -
- D. Healthy Fat -

Flavor booster -

Bonus Time! **How to make your own Sauce or Dressing.** Emulsify:

Base	+	+	+	Equals
½ C Greek yogurt	¼ C balsamic vinegar	1 tsp Dijon 1 tsp Sea salt/pepper	1 tsp honey	Savory sauce
½ C Greek yogurt	¼ C nut butter	1 tbsp cinnamon	1 tbsp honey	Fruit topper
½ C Greek yogurt	¼ C pesto	1 tbsp olive oil		Savory sauce - Italian
½ C Greek yogurt	¼ C red wine vinegar or lemon juice	2 tbsp olive oil	1 tbsp Oregano 1 tsp sea salt 2 tbsp feta	Savory sauce - Greek