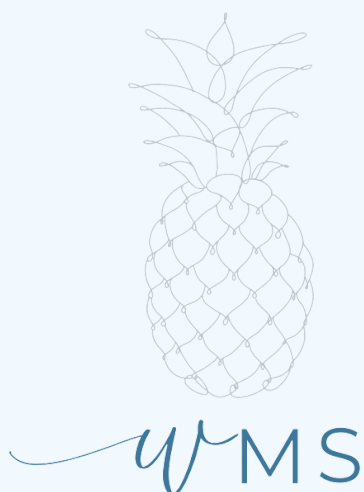




# FAMILY NUTRITION BOOKLET

[www.wellnessmadesimple.info](http://www.wellnessmadesimple.info)



### Family Nutrition Pack

I hope that you find this packet of information helpful as you embark on the journey of taking control of your and your family's health. Only you can make the decision to get healthy because you are the one who chooses what to fuel your body with. Hippocrates said, "Let food be thy medicine", food is fuel it gives you the energy that you need to sustain a long and healthy life (if you are fueling well). As Michael Pollan says in "In Defense of Food" Eat Food. Not too much. Mostly Plants.

Some scientist and doctors will say that upwards of 70% of disease is directly related to what we eat and drink. I believe that more than ever. We are seeing an epidemic of disease in children and teens- diseases that you used to only see in adults. Diseases like cancer, diabetes, arthritis, high blood pressure, high cholesterol, etc... More and more children are also being diagnosed with ADD, ADHD and Autism. Western medicines solution to the problem is DRUGS. Many doctors don't even look at nutrition as playing a role in a child's behavior patterns or brain activity because they haven't been taught about nutrition.

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I am happy to be working with you over the next few weeks/months as your coach- I look forward to walking beside you on the journey to a lifestyle of wellness.  
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## Important Statistics and Quotes

Leading causes of death in the United States:

- Heart Disease (heart attacks and stroke)
- Cancer
- Physician error, medication error, adverse events from drugs (especially vaccines), and surgery
- diabetes

The US Surgeon General now ranks being overweight and obesity as the #1 public health concern. The disease consequences of obesity are greater than those of any infectious disease epidemic (and make your chances of surviving an epidemic very low)

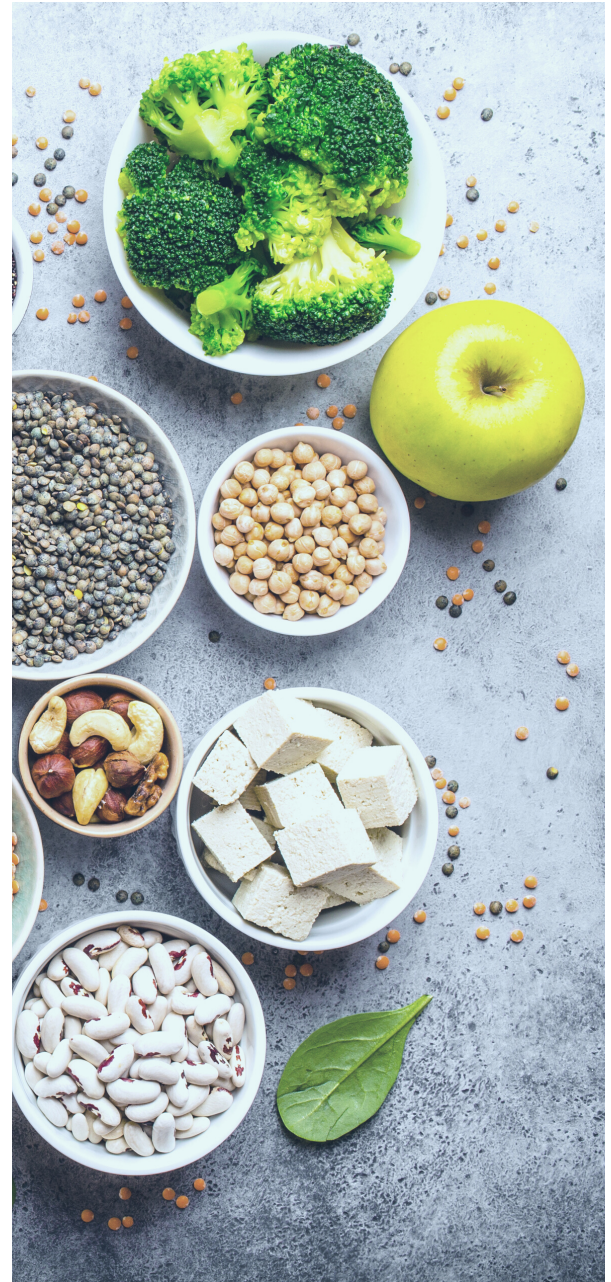
T. Colin Campbell Ph.D: "Both diabetes and obesity are merely symptoms of poor health in general. They rarely exist in isolation of other diseases and often forecast deeper, more serious health problems, such as heart disease, cancer and stroke. Two of the most frightening statistics show that diabetes among people in their 30's has increased 70% in less than 10 years and the percentage of obese people has nearly doubled in the past 30 years."

Dr. William Sears: "We are eating factory processed nutrition which is genetically unknown food to our bodies"

Dr. David Katz: This generation of kids growing up today will be the first generation to have a shorter life span than their parents."

Dr. Lydia Hazan: "Childhood obesity is already the leading cause of sustained high blood pressure in children"

- 1 out of 2 children will develop heart disease. Gale encyclopedia of Children and adolescents.
- Cancer kills more children than any other disease.
- 1 in 3 children born in the year 2020 will develop diabetes
- Children at the age of 3 have fatty deposits in the arteries. Bogalusa Heart Study
- By the age 12, 70% of all American children have developed beginning stages of hardening of the arteries. Bogalusa Heart Study






## How to encourage your kids to eat more fruits and veggies

- Have fruit washed and easily available. Cut up veggies and have them ready to eat.
- Use fruit for a sweet snack.
- blend them up into a smoothie
- puree them and hide in their favorite foods.
- Send fruits and veggies as a snack in packed lunches.
- Serve fruits and veggies as a snack at home.
- Serve salad first at dinnertime, when kids are hungrier.
- Try new fruits and veggies- don't assume your kids won't like them.  
(Sometimes a child needs to be exposed to a new food 14 times before they'll eat it.)
- Give your kids concentrated fruits and veggies as snack food. (Juice plus chewables)

## Why are fruits and veggies so important? Here are just a few reasons-

- -Raw fruits and veggies are the building blocks for healthy bodies. You are what you eat.
- -All people, including children, manufacture free radicals as a by-product of metabolism. These free radicals cause destruction (disease) and aging of the cells and body, including cancer. The more active a child is the more free-radicals are created! The antioxidants in raw fruits and veggie neutralize free radicals.
- -The fiber in raw plant foods can lower cholesterol, scrub the intestinal walls, reduce the risk of diabetes by slowing carbohydrate absorption and reduce the risk of many types of cancer. Phytochemicals found in raw fruits and veggies fight disease and reduce the risk of many diseases.
- -Did you know that there are over 10.000 phytochemicals in a single tomato?
- -Minerals in plant food, like calcium, sodium, magnesium, and potassium are all vital for proper body function.





The  
Preservation of  
health is easier  
than the cure of  
the disease

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## WHY MY FAMILY TAKES JUICE PLUS

MEDICAL SCIENCE REMINDS US EVERY DAY THAT GOOD NUTRITION AND GOOD HEALTH GO HAND IN HAND, ESPECIALLY WHEN IT COMES TO THE HEALTHY BENEFITS OF EATING FRESH FRUITS AND VEGGIES. RESEARCHERS CONTINUE TO FIND PHYTONUTRIENTS IN FRUITS AND VEGGIES THAT SUPPORT OUT IMMUNE SYSTEM, IMPEDE THE DEVELOPMENT OF DEGENERATIVE DISEASES, AND CONTRIBUTE TO GOOD HEALTH IN MANY WAYS. MANY PEOPLE FIND FRUITS AND VEGGIES TOO INCONVENIENT AND TOO EXPENSIVE AND FAIL TO GET THE RECOMMENDED 9-16 (OR MORE IS BETTER) SERVINGS EVERY DAY.

JUICE PLUS IS THE NEXT BEST THING TO FRUITS AND VEGGIES. CERTAINLY, EVERYONE SHOULD BE ENCOURAGED TO EAT MORE FRUITS AND VEGGIES, BUT WE KNOW THAT MOST PEOPLE SIMPLY WON'T DO IT. JUICE PLUS PROVIDES A VITAL NUTRITIONAL SUPPORT SYSTEM TO COMPLEMENT AN INDIVIDUAL'S DIET. WE TAKE IT BECAUSE

-IT BRIDGES THE GAP BETWEEN THE AMOUNT OF PRODUCE WE SHOULD EAT AND THE AMOUNT THAT WE ACTUALLY EAT.

-IT PROVIDES US WITH 17 DIFFERENT FRUITS AND VEGGIES A DAY

-IT IS CONVENIENT

-IT IS INEXPENSIVE

-IT IS THE MOST THOROUGHLY RESEARCHED WHOLE FOOD BASED SUPPLEMENT IN THE WORLD!

### JUICE PLUS ORCHARD AND GARDEN

APPLE

ACEROLA CHERRIES

ORANGES

PAPAYAS

ACIDOPHILUS

PEACHES

CRANBERRIES

PINEAPPLE

BEETS

CARROTS

KALE

PARSLEY

CABBAGE

BROCCOLI

TOMATO

SPINACH

LACTOBACILLUS

GARLIC, OATS & RICE

ENZYME BLEND

### JUICE PLUS VINEYARD BLEND

BLUEBERRIES

BLACKBERRIES

GRAPE SEED

CRANBERRY

ARTICHOKE

COENZYME Q10

GRAPE JUICE POWDER

GINGER ROOT

RASPBERRY

RED CURRANT

ARGININE

GREEN TEA

BILBERRIES

ELDERBERRIES

BLACK CURRANT

L-CARNITINE

NATURAL PLANT

ENZYME BLEND.

## EZ Snack Ideas

Fresh fruit with yogurt dip  
Apples with peanut or almond butter  
Dried fruit  
100% unsweetened apple sauce  
Cut veggies with hummus  
Hard boiled eggs  
Nuts  
Homemade trail mix  
Yogurt parfaits (plain yogurt with fruit, granola, nuts)  
Smoothies  
<https://www.100daysofrealfood.com/85-snacks-for-kids-and-adults>

## Quick Recipes

[Healthy Chocolate Truffles \(makes 12\) \(shape magazine\)](#)

2 cups pitted dates.  
¼ cup raw cacao powder  
1 T coconut oil  
1 t Vanilla extract  
1/8 t salt  
½ cup cacao nibs, crushed freeze-dried raspberries, matcha powder, or coconut flakes or a mix of two or more for coating.  
1-Add dates, cacao powder, coconut oil, vanilla, and salt to a food processor. Blend for 3-5 minutes or until dough is smooth. If necessary, add 1 T of water while processing to help dough come together.  
2-Lightly coat your hands with coconut oil Break off a bite size piece of dough and roll it between your palms into a ball. Repeat with remaining dough.  
3-Roll each ball in coating. Store truffles in the refrigerator for up to 4 weeks.



[Cookie dough energy balls \(beachbody\)](#)

½ cup all natural almond butter  
¼ cups honey  
½ dry roasted almonds, finely chopped  
2 ¼ scoops of a clean vegan vanilla protein powder (I like Juice Plus+ Complete)  
2 T mini semi sweet or dark chocolate chips  
1-Combine almond butter, honey, almonds, protein powder, and chocolate chips in a medium bowl; mix well.  
2-Roll into 13 balls, about 1 inch in diameter each  
3-Store in the refrigerator in an airtight container for up to 3 days.

Healthy Double Chocolate Zucchini Muffins  
(ambitious kitchen).

1 ¼ cup whole wheat pastry or white whole wheat flour (or a measure for measure GF flour)  
1/3 cup unsweetened cocoa powder  
1 t baking soda  
¼ t salt  
2 T coconut oil, melted and cooled  
1/3 cup honey, agave nectar or pure maple syrup  
1 t vanilla  
1 egg  
1 cup shredded zucchini  
1 ripe mashed banana or ¼ cup unsweetened apple sauce  
½ cup unsweetened vanilla almond milk  
½ cup chocolate chips

1-Preheat oven to 350 degrees F line 12 muffin tin with liners and spry liners with a cooking spray.  
2-Squeeze shredded zucchini of excess water with a paper towel. This is important, so don't forget.  
3-In a medium bowl, whisk together flour, cocoa powder, baking soda, and salt; set aside.  
4-In the bowl of an electric mixer, add coconut oil, honey, vanilla, egg; mix together on medium-low until smooth and well combined. Add in zucchini, banana and almond milk; mix again Slowly add in dry ingredients and mix until just combined. Gently fold in chocolate chips.  
5-Evenly divide batter into prepared liners. Bake 22-25 minute or until toothpick inserted into middle comes out clean. After 5 minutes, remove muffins and transfer to wire rack to finish cooling.

Fab 4 smoothie (Kelly LeVeque- Body Love).

1 scoop Vanilla Protein powder  
¼ avocado  
1-2 T Chia seeds  
Juice of 1 lemon  
Handful of spinach  
1 small Persian cucumber  
¼ cup fresh mint leaves  
2 cups unsweetened almond milk  
Blend all ingredients together until very smooth

Dr. Bill's School-Ade Smoothie

Serves 4-5 people  
2 cups organic Greek plain yogurt  
2-3 cups organic milk, or pomegranate or vegetable juice (ie carrot, or greens)  
1 cup frozen blueberries  
1 cup mixed frozen fruit (strawberries, mango, papaya, or pineapple)  
1 banana  
2 T ground flax seed  
4 oz tofu  
1 T cinnamon  
2 T natural peanut butter  
Optional add ins (choose 1 or 2)  
2 scoops plant-based protein powder (juice plus complete, vega, or orgain)  
¼ cup raisins or dates.  
2 kiwis  
2 T wheat germ  
1 cup spinach  
2 T pomegranate seeds  
Combine all the ingredients and blend until smooth, add more liquid to get the desired consistency, blend again, serve immediately, before the air settles and while the mixture has a bubbly milkshake texture.





### Chocolate Chip Chickpea Blondies (DadaEats)

- 1 15.5 oz can chickpeas drained and rinsed well
  - 1/3 Cup creamy almond butter best at room temperature
  - 1/4 cup maple syrup
  - 1/2 cup coconut sugar
  - 2 t vanilla
  - 5 T blanched almond flour
  - 1/4 t salt
  - 1/4 t baking powder
  - 1/4 t baking soda
  - 1/2 cup chocolate chips
- 1-Preheat oven to 350 degrees F and grease an 8x8 pan with coconut oil.
  - 2-Drain can of chickpeas, and rinse them well under cold water for up to 1 minute.
  - 3-Add rinsed chickpeas, almond butter, maple syrup, coconut sugar, vanilla, almond flour, baking soda, baking powder, and salt into a food processor and process until batter is completely smooth.
  - 4-Gently fold chocolate chips into batter.
  - 5-Transfer to greased pan, and spread evenly, press additional chocolate chips in top of batter

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### Baked Oatmeal

- 2 cups GF rolled oats
- 2 T ground flax seed
- 1/2 cup chopped walnuts (or nut of choice) toasted
- 1/3 cup coconut sugar or maple syrup
- 1 t GF baking powder
- 1 1/2 t ground cinnamon
- 1/2 t sea salt
- 2 cups almond milk
- 2 large eggs
- 3 T coconut oil or ghee, melted and cooled slightly
- 2 t pure vanilla extract
- 2 ripe bananas
- 1 1/2 cups berries of choice.

Preheat oven to 375, generously butter the inside of an 8-inch square baking pan.

In a bowl, mix together the oats, flax, 1/2 the nuts, sugar (if using), the baking powder, cinnamon and salt.

In another bowl, whisk together the maple syrup (if using), the milk, eggs, half the oil and the vanilla.

Arrange the bananas in a single layer in the bottom of the prepared dish. Sprinkle two-thirds of the berries over the top. Cover the fruit with the oat mixture. Slowly drizzle the milk mixture over the oats. Gently give the baking dish a couple of thwacks on the countertop to make sure the milk moves through the oats. Scatter the remaining berries and nuts across the top.

Bake for 35-45 minutes, until the top is nicely golden, and the oat mixture has set. Remove from the oven and let cool for a few minutes. Drizzle the remaining melted oil on the top and serve.





### Slow Cooker Salsa Verde Chicken

- 6 boneless chix breasts
- 1 medium onion, sliced
- 4 cloves of garlic, minced
- 1 t cumin
- 1 t oregano
- 1 t pepper
- 1 T lime juice
- 1 16 oz jar of salsa Verde (check ingredients)
- 1 can white beans, drained and rinsed
- 1 ½ cup plain Greek yogurt

Place chicken in the slow cooker (frozen or thawed), mix all other ingredients, except yogurt and beans, and pour over chicken, cook on low for 6-8 hours or high for 3-4 hours. Remove chicken and shred, add yogurt and beans into the sauce, stir well. Place chicken back in the slow cooker. When the beans are warm (about 10 minutes), dinner is ready. Serve alone as a soup or over quinoa or brown rice.

### Curry Chicken Salad.

- 4 boneless chicken breasts cooked and diced.
  - ½ c chopped pecans,
  - ½ c chopped grapes,
  - ½ a small onion
  - 2 stalks celery chopped
  - 2 cloves of garlic, minced
  - 3 T yellow curry powder
  - 1 c mayo
- Mix all the ingredients together in a bowl and serve over a bed of lettuce, with organic tortilla chips or in a wrap.

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## CREAMY KALE AND POTATO SOUP

2 T OIL

2 ONIONS, DICED

4 GARLIC CLOVES, MINCED

1 MEDIUM BUNCH OF KALE

1 LB. YUKON GOLD POTATOES,  
CUBED (SKINS ON)

1 PACKAGE OF NITRATE FREE  
CHICKEN SAUSAGE, CUT UP

5 CUPS CHICKEN BONE BROTH

SALT AND PEPPER TO TASTE

$\frac{1}{4}$  FLOUR

$\frac{1}{2}$  CUP UNSWEETENED ALMOND,  
CASHEW OR OAT MILK

HEAT OIL IN A LARGE POT OVER MED/HI HEAT. ADD ONIONS AND GARLIC AND SAUTÉ FOR 5 MINUTES, UNTIL ONIONS ARE SOFT AND TRANSLUCENT. WHILE ONIONS ARE COOKING, RINSE KALE, REMOVE STEMS, AND ROUGHLY CHOP, ADD TO POT WITH POTATOES AND COOK FOR 1-2 MINUTES UNTIL IT SOFTENS A BIT. ADD SAUSAGE, BROTH AND SEASON WITH SALT AND PEPPER. BRING TO BUBBLING, LOWER HEAT, COVER, AND SIMMER FOR 15-20 MINS, UNTIL POTATOES ARE COOKED. MIX FLOUR INTO MILK ( A SHAKER CUP WORKS WELL) AND ADD TO POT. BRING TO A BOIL SO SOUP WITH THICKEN, ADJUST SEASONING TO TASTE AND SERVE.



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## Book Recommendations

- 1) The Family Nutrition Book - Dr William Sears MD
- 2) The Omega-3 Effect - Dr William Sears MD
- 3) The N.D.D Book - Dr William Sears MD
- 4) The China Study - T. Colin Campbell Ph.D
- 5) Food Rules - Michael Pollan
- 6) The Omnivore's Dilemma - Michael Pollan
- 7) In Defense of Food - Michael Pollan
- 8) Eat to Live - Dr Joel Fuhrman MD
- 9) How to Raise a Healthy Child in Spite of Your Doctor - Robert S. Mendelson MD
- 10) Food Saved Me - Danielle Walker

## Cookbooks

- 1) Deceptively Delicious - Jessica Seinfeld
- 2) Double Delicious - Jessica Seinfeld
- 3) Against All Grain - Danielle Walker
- 4) Eat What You Love - Danielle Walker
- 5) Health in a Hurry - Danielle Walker
- 6) Meals Made Simple - Danielle Walker
- 7) Non Non Paleo - Michelle Tam
- 8) Weelicious - Catherine McCord
- 9) 100 Days of Real Food - Lisa Leake
- 10) Body Love Everyday - Kelly Leveque



## Blogs

- 1) [www.chocolatecoveredkatie.com](http://www.chocolatecoveredkatie.com)
- 2) [www.againstallgrain.com](http://www.againstallgrain.com) now [www.daniellewalker.com](http://www.daniellewalker.com)
- 3) [www.dadaeats.com](http://www.dadaeats.com)
- 4) [www.100daysofrealfood.com](http://www.100daysofrealfood.com)
- 5) [www.weelicious.com](http://www.weelicious.com)
- 6) [www.ohsheglows.com](http://www.ohsheglows.com)
- 7) [www.bewellbykelly.com](http://www.bewellbykelly.com)