



International Association
of Wellness Professionals

The Holistic Cookbook & Lifestyle Guide

12 WEEKS TO A HEALTHIER, HAPPIER YOU

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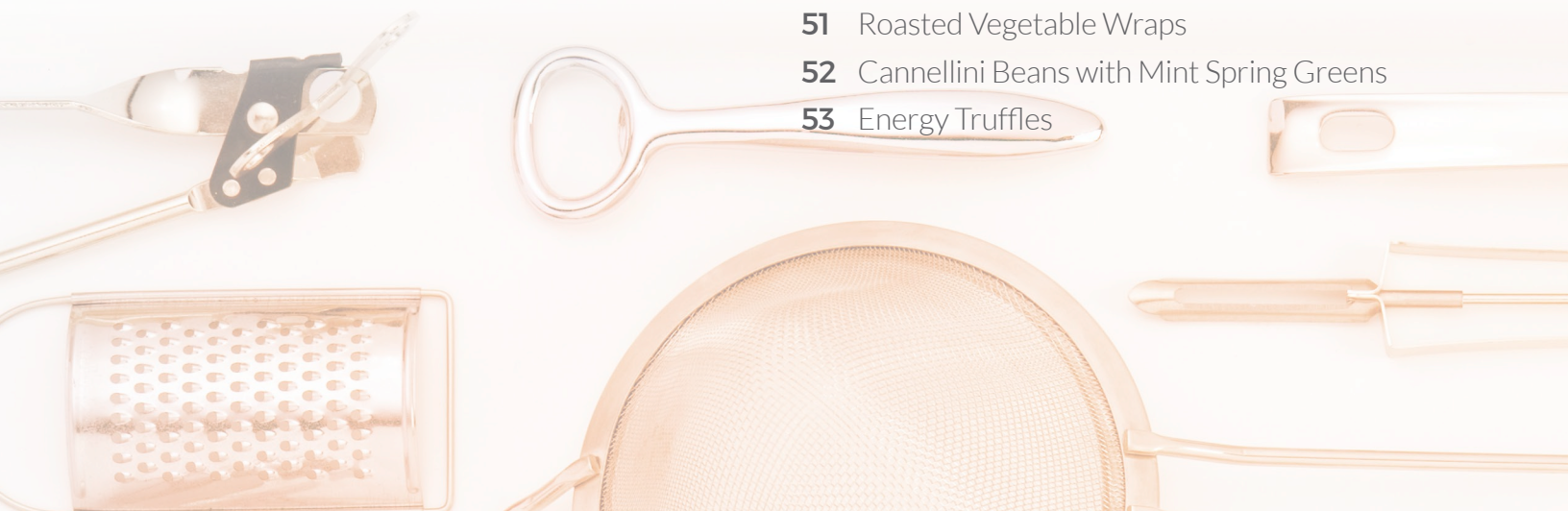


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Introduction

Welcome to The International Association of Wellness Professionals Cookbook and Lifestyle Guide!

If you've purchased this cookbook, you're probably hoping to find some easy, healthy recipes that won't take hours to prepare. Your time is limited but you're interested in staying healthy. This cookbook will definitely help you be healthy while maintaining your busy lifestyle. But it will also do much more than that. The International Association of Wellness Professionals Cookbook is more than just a compilation of healthy recipes. It's a course in healthy eating and cooking, including shopping lists, a pantry makeover and seasonal eating tips, to name just a few of the unique attributes. You'll stay on track with the Get Going Exercises and the International Association of Wellness Professionals Journal. Using this cookbook will help you learn how to create healthy meals while creating more balance in your life. You'll learn what foods give you energy and how to stay healthy all year long by incorporating whole foods into your diet.



Before we go any further, let me introduce myself to you.

I am Suzanne Monroe, founder of The International Association of Wellness Professionals. You may have heard about this book from one of our Certified Wellness Coaches and Leaders. All Certified Wellness Coaches have received their education through The International Association of Wellness Professionals where they were trained in holistic health and nutrition, wellness and lifestyle coaching. They are further accredited through the American Association of Drugless Practitioners as a Holistic Health Practitioner. Certified Wellness Coaches work with both individuals and groups to help people achieve their health goals in a natural way. Their goal is to help you create a personalized Wellness Roadmap so you can be the healthiest, happiest version of yourself!

I'm glad you've downloaded this book and are jumpstarting your health! I know how important it is for you to feel your very best. Maybe you feel like how I used to. I thought how I used to feel everyday was completely normal.

Do you have low energy crashes everyday? Like clock work, everyday at 3pm, I was out of energy. I was afraid I might fall asleep at my desk or drive off the side of the road if I didn't find a pick me up. Do you feel like you've tried everything to lose those last 10 lbs., but they never go away? I used to think that I just hadn't found the right diet yet or that my metabolism was slower than other people's.

I was also a sugar addict, but didn't even know it. I loved sugar, every form, from chocolate covered peanuts to gummie bears to soda. I would blame myself, thinking I just didn't have enough willpower. Like most people, I thought it was just my own control that wasn't strong enough. Now I know that sugar cravings have nothing, let me repeat, NOTHING, to do with willpower.

Other people seemed to be healthy and happy. I would look at other people and wonder why life seemed so much easier for them. I would do what they did if I could, but I didn't have time or energy to figure it out.

Do you notice how when you're not feeling your best, other areas of your life seem to be out of balance, too? I couldn't figure out why I didn't like my job and I always felt like something was missing. I had no idea what I ate everyday affected the rest of my life, too. Maybe you can relate to all this and have your own health story. What I have found over the years working with 100s of people from all walks of life, is that everyone has a personal health journey. Some have more serious stories than others, but no matter your path, you still have a desire deep down to feel and live your best life. What's so exciting about your journey, is that it's possible to reclaim your health at any point, no matter where you are. And you are starting right now with the International Association of Wellness Professionals Cookbook & Lifestyle Guide. Congratulations!!

I want you to know that this is not about another diet. I promise you, you won't have to scrutinize over every ounce, calorie or fat gram. Those things make me cringe! One of the things that makes the IAWP Cookbook & Lifestyle Guide a little bit different than your traditional diet is that, well, we don't believe in diets! What good is healthy eating if you can't enjoy life? Nutrition can be pretty dry, especially if you spend a lot of time eating fat-free, flavorless rice cakes! If you've been on a diet before (who hasn't!?) then you know how incredibly boring that can be. Interestingly enough, diets usually end up failing, so what's it all worth anyway? My goal is to help you get rid of the diet mentality and move into a lifestyle that is vibrant with health, energy and happiness.

Keep in mind as you journey through this book that YOU are your best guide to healthy eating. Who knows better than you how you feel each day, what makes your stomach churn, and what foods you can't stand? Nobody! There is so much nutritional information out there, and so many talking heads telling you what to eat. Keep in mind that you have access to the best source of nutritional information that you could ever have and the most sophisticated laboratory known to man – your own body. I invite you to start thinking of your body as your personal 24-hour laboratory, where you can conduct all kinds of experiments to determine what makes it run best. So while I'll be sharing with you what I think are some great tips and tools for getting healthy while leading a busy life, I encourage you to try these tips out for yourself. Consider each tip as a real opportunity for you to do an experiment in your laboratory to see what's going on in there.

Here we go!

Purpose

The purpose of the IAWP Cookbook & Lifestyle Guide is to inspire you to find your way back to the foods that truly nourish you. Because when you eat food that nourishes you, it's the start of the rest of your life falling into place. What good is being happy or successful if you aren't healthy enough to enjoy it? Exactly. My intention is for you to begin to incorporate simple, easy steps in cooking and preparing food – not so that you are spending hours in the kitchen (who has time?!) but so that you can fuel yourself so that you have the most energy everyday to do everything else in life you desire. Too often we put food and our health on the back burner as we plan to take care of it later. But we don't always get a second chance.

So, start now with me. I am excited to be on this journey with you.

Overcoming Common Pitfalls

Let's first identify some common pitfalls to healthy eating. We can't get there if we don't know what's standing in our way, right? Identifying your own obstacles to staying healthy is an important step in using this cookbook. One of the biggest mistakes you can make is not planning ahead. You know the old adage "failing to plan is planning to fail." Ideally, you want to plan 24 hours in advance. Now I know what you're thinking – who wants to be thinking about what to have for breakfast tomorrow when you can't even figure out what to eat today. But when we fail to plan, we end up reaching for things that are readily available. What's the problem with that? For starters, this is where you'll find all of those unwanted ingredients hiding. You know, the added sugar, preservatives, artificial sweeteners, and trans fats to name just a few.

Planning ahead is absolutely essential. When I mention this to people, I can tell they want to roll their eyes. Who hasn't heard this before? It's not that this is necessarily anything new, but ask yourself, are you doing it?

Planning ahead consists not just of thinking ahead, but engaging in the following activities:

- Shopping ahead
- Spending one hour/week planning the week ahead: when will you shop, what days will you be too busy to cook, what days will you eat out if necessary, etc.
- Cooking ahead
- Using quick cook-for-you appliances like rice cookers and crock pots is a great way to have a "live-in cook" who prepares for you while you're busy.

GET GOING EXERCISE

Consider what is your biggest challenge to healthy eating. We all have roadblocks (driving the kids everywhere, long hours at the office, not enough energy, overstressed, etc.) but identifying them is the first step to figuring out how to work around them.

Calorie Counting & Dieting

How many times have you thought, “If I stay within a certain calorie limit, I’ll be just fine.” Sounds easy, but it doesn’t always work. Either we give up or just go crazy from crunching numbers while we try to digest. Counting calories is what I refer to as the “Old Way of Eating.” There’s a much better way to figuring out what your body needs, and it’s much more fun and less restrictive. Let’s take a look at the Old Way of Eating vs. the IAWP Way of Eating.

The Old Way of Eating:

- Counting calories
- Restricting ourselves
- Dieting
- Guilt
- Willpower
- “no pain, no gain” mentality
- Starvation then binging
- Ups and downs
- Negative relationship with food

The IAWP Way of Eating:

- Energy eating
- Asking: What will fuel me? What satiates me? What satisfies me?
- Freedom and flexibility with food
- Empowerment with eating
- Health over disease
- Natural weight loss
- Balance
- A lifestyle plan that fits with your life
- Positive relationship with food as nourishment

Many people get a little nervous at the thought of stopping their practice of calorie counting. They wonder how they will know what to eat and how much. Most of all, they fear they will eat the whole bag of cookies if they allow themselves to. This may happen once, but I guarantee that you if begin to listen to your own body when it comes to eating, you will be able to follow your hunger and eat sensibly. In fact, with a little practice, most people discover that their body is talking to them. Once they hear this “voice”, they are guided to eating healthy. Is it actually a voice? Well, it’s your inner voice, that part of you that instinctively knows what’s best for you. It may come in the form of your intuition, your gut reaction, or even your cravings.

If you’re wondering how your cravings could possibly be your inner voice telling you to eat that candy bar, keep looking further. Cravings are not a bad thing. They are simply your body’s way of talking to you, but it may be your body asking for something else. It could be you need more protein or more complex carbohydrates for energy. It may be an indication that you are not eating a diet that is right for your body type. Cravings can also be a sign that something else is out of balance in our life. You may be lacking nourishment in one of your “Core Foods”. Core Foods are other areas in your life that affect your well-being, the things in life that you “eat” but don’t come served on your plate. Core Foods are your career, relationship, finances, physical activity, and spirituality. If any of these areas are out of balance, you may develop food cravings.

A Certified Wellness Coach can help you balance your food cravings and discover what Core Foods may need more nourishment.

Eating for Energy

Most likely you wish you had more energy, right? Energy levels are usually the first to go when we overload our lives. Let's take a look at your energy levels. Because energy is really what everyone wants more of. When we focus on eating for energy instead of dieting, our relationship with food changes from despair to empowerment.

Consider that your energy is like toothpaste. Have you ever run out of toothpaste? You squeeze the tube from every angle, roll it up from the bottom, just trying to pinch the last bit out. The amount of energy you have each day is a lot like your toothpaste: it's an essential part of taking care of yourself. With toothpaste, though, if you run out, you know how to get more. When you run out of energy, it's hard to know what to do. Many people try to restock their energy by reaching for a mid-morning sweet or an afternoon latte, but what they don't realize is that learning to eat for energy can radically change how they feel each day.

Energy can be purchased at the grocery store, if we know what we are looking for. Without a doubt, we are searching for it in many of our purchases. Americans spend millions of dollars each year on energy drinks and energy bars. While these quick fixes give us a temporary lift, lasting energy comes from real nourishment.

What is real nourishment exactly? Real nourishment comes from foods and activities that feed our body and soul in a way that creates more energy. Many foods do the opposite. Sugar and caffeine, the two most common culprits, decrease our energy. We use them as a quick "pick me up," although they may give us an initial burst of energy, they are nothing more than "fake fuel". The sugar and caffeine send us soaring for a little while, but as they are processed in the body, they send us crashing. Ouch! It doesn't feel too good down there, so we reach for more sugar and caffeine to temporarily solve the dilemma. This constant up and down is an energy roller coaster. I rode that roller coaster until I decided it was time to get off.

GET GOING EXERCISE

What do you usually go for when you crash? At what time do you experience your energy crashes? What might give you more energy than a quick pick-me-up? The goal is for you to avoid "emergency energy moments" when you become so hungry you eat anything. What can you prepare ahead for a healthy energy snack?

(I'll share many ideas here in this cookbook.)

Eating on-the-go

When we eat on-the-go, it's easy to miss important nutrients. Probably one of the main food categories missed are fruits and vegetables. We're supposed to get in nine servings of fruits and veggies per day. Most Americans are hovering at about 2.5! Fruits and vegetables are antioxidant powerhouses, so make sure to include them as often as possible. Eating fruits and vegetables on-the-go are actually the fastest of fast foods. There's not much to crunching into an apple, peeling an orange or even tossing a salad with your favorite dressing. There's no cooking involved, yet on-the-goers tend to skimp on the fruits and veggies. Bring some veggies sticks along for the ride or find stores that carry grab 'n go salads. And keep planning ahead and preparing the recipes from the IAWP Cookbook as often as you can.

When it comes to carbohydrates, it's easier to eat processed carbohydrates on-the-go, because that's what's available in most convenience stores and restaurants. But whole grains are essential for lasting energy. Most fast food restaurants and grab-n-go snacks are full of processed, "white" carbohydrates. These foods give a quick energy boost that is short-lived and detract from our health. All of the recipes in this cookbook use whole grains. We'll take a closer look at how to prepare whole grains in the next section.

Another common ingredient in fast food is unhealthy fat, namely trans fats. It's important to focus on healthy fats because they help reduce inflammation in the body, improve brain health and mood, while satiating us so that we feel full rather than famished. We'll look at healthy fats in more detail shortly.

Finally, if you eat on-the-run, you may find yourself filling up with empty-calorie snacks that provide you short-term boosts of energy and few nutrients. Avoid fake fuel snacks that deplete your energy like caffeine, sugar and processed foods. Caffeine may seem like it gives you an energy boost, but it doesn't last long. It also taxes your adrenal system. Your adrenal glands run throughout your entire body and when you use fake stimulants to excite them, they get dependent on that and don't do as good of a job in giving you natural energy. Adrenal fatigue is something that we are seeing in more and more people. Adrenals can become fatigued from too much caffeine and sugar, too. We'll look at some great alternatives to refined sugar in an upcoming section.

Eating on-the-go

For now, try these simple energy snacks as well as the Snack of the Week listed in each week of the cookbook:

- Almond butter spread on an apple or banana
- Hard boiled eggs – the most portable food on earth, it comes in it's own travel case!
- Trail Mix – buy raw almonds, walnuts, dried fruit, pumpkin seeds and mix together in a bag before you go out the door. Keep in your car or purse for emergency snacking.
- Veggie sticks – add hummus or salsa
- Whole grain crackers – try the 'Kashi' brand or 'Mary's Gone Crackers'
- Organic yogurt with granola or fresh fruit – make your own Granola or try the Bear Naked Brand. Make sure your yogurt doesn't have artificial sweeteners added.
- Energy Bars – make sure it's not loaded with 'fake energy' such as sugar or high fructose corn syrup. Try Lara Bars, ProBars, the Organic Food Bar and other natural energy bars.
- Grape tomatoes - sprinkle with feta cheese and drizzle with olive oil, balsamic vinegar and sea salt
- Baked sweet potato – Bake ahead of time and drizzle with agave nectar for a sweet treat.
- Avocado – if you are going to be traveling and not able to get a healthy meal, avocados have GOOD fat and will satisfy you so you don't eat airport food. Just grab a plastic knife and spoon at a fast food counter in the airport, and cut the avocado in half. Next, cut the avocado by making a 'checkerboard' of small squares. Now, while the pieces are in each shell half, you can easily eat them with a fork or spoon.

GET GOING EXERCISE

What food groups are you missing with your busy lifestyle?

What energy snacks could you begin to bring along with you starting tomorrow?

Shopping for Food & Label-Reading

We are inundated today with the amount of products and choices we have when we go to the grocery store. While some products that come in packages are healthy, the easiest, fastest way to get through the store is to avoid the packaged foods altogether. This is called “Perimeter Shopping” because you don’t spend too much time in the inner aisles where you generally find the processed, packaged foods. But if you have more time or interest in understanding food ingredients, learning to read labels can be very helpful in discerning what to eat.

Here are a few tips for label reading:

1. If a package has more than 7 ingredients, it probably contains a lot of additives and artificial ingredients.
Put it back on the shelf!
2. If the first word on the package is not a clear indicator of what the food is, it probably is not 100% made from that food. There are always exceptions.
3. When choosing bread or grain products, make sure the first word isn’t “enriched”. Enriched products have been stripped of mineral and nutrients and the product has been enriched with synthetic additives.
4. Keep in mind that there are 40 different names for sugar. The two most common sugars found in products today are high fructose corn syrup and evaporate cane juice. Both of these are forms of sugar. (See the section below on sugar for more names).
5. Always ask yourself how far would you have to go to find this product. Is it grown on a farm or made in a laboratory? Is it a local product or was it shipped in from miles away. Choosing fresh, local, natural foods is a great start to eating healthy.

Think and Eat Green

Dark leafy greens are absolutely vital to optimum health. When you add ample amounts of greens to your diet, they simply crowd out all the overprocessed, nutrient devoid foods that make you sick. Nutrition is the number one foundation for vibrant health.

Dark leafy greens are much more delicious and nutritious than iceberg lettuce, which contains very few nutrients. Rather, dark leafy greens include succulent specimens such as broccoli, broccoli rabe, bok choy, collards, green cabbage, kale, nappa cabbage, mustard greens and watercress. Greens that are commonly enjoyed raw in salads include arugula, chicory, endive, varieties of dark lettuce, mesculun and various wild greens.

Greens are brimming with vitamins A, C, E and K. They are also chocked full of calcium, magnesium, iron, potassium, phosphorous and zinc. As a matter of fact, your body absorbs more calcium from dark leafy greens than it does from drinking a glass of milk! Drinking milk actually creates a calcium deficit, as the body flushes out the excess protein. Dark leafy greens are also high in fiber, folic acid and beneficial phytochemicals.

It's important to note that you should enjoy beet greens, spinach and Swiss chard in moderation because they're high in oxalic acid. Oxalic acid depletes calcium from the body, increasing the risk of osteoporosis. To lessen the effect of oxalic acid, cook these greens with protein-rich foods such as beans, tofu, nuts or seeds.

Additional health benefits of eating dark leafy greens include:

- Reducing mucous and clearing congestion
- Encouraging healthy intestinal flora
- Improving circulation
- Strengthening the respiratory system
- Purifying the blood
- Preventing cancer
- Boosting the immune system
- Increasing liver, kidney and gall bladder functioning

There are so many ways to enjoy dark leafy greens! Cooking and preparation methods include:

- Raw in salads or with dips—this imparts the most nutrients and live enzymes, plus it reduces the amount of time spent in the kitchen!
- Boiling – this method plumps and relaxes greens. Boiling for less than one minute will retain the most nutrients. Use the cooking water as a nutrient-rich broth for soup stock or even to drink as tea!
- Steaming – this renders greens more tight and fibrous. An excellent method if you're following a weight-loss diet
- Sauteing – in oil or water
- Sweating – cooked over very low heat with no water or oil, with the lid on to bring out natural juices

Not only do dark leafy greens nourish our bodies, but they nourish our souls as well. Consider these intriguing points:

- Green is likened to spring, renewal, rejuvenation and vital life force energy
- Greens boost the spirit and help prevent depression
- In traditional Chinese medicine, green is associated with the liver, creativity and emotional stability
- Broccoli resembles a tree, imparting strength and grounded energy
- Greens are your internal rain forest, strengthening the respiratory system and blood
- Greens are particularly uplifting for urban dwellers who rarely see countryside scenes of pastoral green fields

GET GOING EXERCISE

What is your favorite green vegetable? How can you get more of it in on a daily basis? What new green vegetable would be interesting for you to try? What recipe with green vegetables in this cookbook sounds good to you? Give it a try!

Eat Whole Grains

People associate grains with carbohydrates and therefore with gaining weight. But carbohydrates are one of the body's three primary fuels, along with protein and fats. The body needs whole grain carbohydrates – not refined carbohydrates such as bagels, white bread and doughnuts.

Whole grains have been a vital staple of the human diet since ancient times. Obesity associated with carbohydrates is relatively recent, and it's associated with refined, heavily processed carbs. Different cultures throughout the world have enjoyed the health of strong, fit bodies while luxuriating in diets rich with whole grains. Here are some whole grains dietary staples throughout history and different cultures:

Asia and India – rice

Africa – sorghum

Europe – millet, wheat, dark breads, ales

Middle East – tabouli, couscous and pita bread

North and South America – corn

Russia – buckwheat

Scotland – oats

Not only are these whole grains high in B vitamins and fiber, but they provide sustained energy because the body absorbs them slowly. Also, many of the examples listed above are wonderful alternatives to wheat if you have wheat allergies. If you're thinking you don't have time for eating real whole grains, think again! Purchasing a rice cooker will allow you to cook whole grains easily without being there. A rice cooker is like a crock pot for grains. You can store them for the week and use them in various dishes.

Use the following chart for cooking grains alone or along with one of the recipes in this cookbook.

1 Cup of Grains	Cups of Water to Add	Cooking Time in Minutes
Amaranth	2	20
Barley—hulled	2 to 3	90
Barley—pearled	2 to 3	60
Brown rice	2	60
Buckwheat, or kasha	2	20
Bulgur	2	20
Cornmeal, or polenta	3	15
Couscous	1	5
Kamut	3	90
Millet	2	30
Oats—whole	3	90
Oatmeal—rolled oats	3	20
Quinoa	2	30
Rye berries	3	120
Spelt	3	120
Wheat berries	3	60
Wild rice	2	60

Preparing Whole Grains for Cooking

- Measure and rinse in cold water.
- You can choose to soak the whole grains in water for one to eight hours. Although this is optional, soaking will soften the grains, eliminate phytic acid and render them more digestible.
- Add the recommended amount of water to the grains in a large pot. You can add a pinch of sea salt if you like, which will aid in cooking. However, do not add salt to amaranth, kamut or spelt, as it will impede cooking time. The exception to this is buckwheat, also called kasha; bring the water to a boil before adding the grains. Buckwheat will not cook properly if it is added to cold water.
- Bring the whole grains and water to a boil. Reduce to medium heat, cover and simmer for the recommended cooking time. Stir occasionally.

If you prefer your whole grains al dente, meaning more firm and less mushy, you can boil the water before you add the grains. Boiling the whole grains and water together provides a softer consistency more similar to porridge.

You can store leftover whole grains in the refrigerator for approximately one week. To reheat, just add a little oil or water. When you enjoy whole grains, you enjoy whole health!

Sugar, Sugar

Sugar isn't easy to give up – it's everywhere! The average American consumes 180 pounds of sugar per person annually! You might be wondering how it is even possible to consume that much sugar?!

Whether we are consciously choosing to add sugar to our foods, or to replace sugar with artificial sweeteners, both of them are in many of the products we pull off of our grocery shelves – and we don't even know it. Foods that once never had a sweet taste– like soups, peanut butter, and salad dressing – now are packed with sugar. And if your food doesn't have sugar in it, you can bet there are some artificial sweeteners lurking in there somewhere.

Why is there so much sugar in our food, anyway? It's not that we asked for food companies to "Add more sugar, please.," but in a way we have. We have set an expectation for what our food should taste like with our lifestyles. We're on the go, we've got the kids going from one event to the next, meal times are more like chores than family gatherings, and this all leads us to eat food that is ready-made, processed and packaged. It's these kinds of foods that have preservatives, chemicals and artificial sweeteners added to them so that they taste half-way normal.

So how can we be sure what is in the foods we eat? Reading labels in the middle of a crowded aisle at the grocery store on a busy Saturday morning may not be the answer. But knowing ahead of time what to look for can help.

Here are a list of common names for sugar:

- Barley malt, beet sugar, brown sugar, buttered syrup, cane-juice crystals, cane sugar
- Caramel, carob syrup, corn syrup, corn syrup solids, date sugar, dextran, dextrose
- Diastase, diastatic malt, ethyl maltol, fructose, fruit juice, fruit juice concentrate, glucose, glucose solids, golden sugar, golden syrup, grape sugar, high-fructose corn syrup, honey, invert sugar, lactose, malt syrup, maltodextrin, maltose, mannitol, molasses, raw sugar, refiner's syrup, sorbitol, sorghum syrup, sucrose, sugar, turbinado sugar, xylitol, yellow sugar

You may be wondering "Why would you want to give up sugar, anyway?" or "What fun would life be without sweetness?!" After all, sweetness is how we describe the best events in our life, the happiest moments, and even our sweetest dreams. It conjours up childhood memories of candy canes, Halloween and Easter egg hunts. I am not suggesting that you should give up the sweet in your life, but understanding what's going on in your body when you consume sugar is important.

When you eat the sucrose – the white sugar next to your coffee pot – it's been stripped from all of the fiber, mineral and nutrients that were in the sugar cane plant that it came from. And this highly processed, unnatural state causes an imbalance in your body when you consume too much. Sure, your body can use some of the sugar for energy, but the remaining sugar ends up getting stored as fat.

I'm not just talking about candy and cookies. When it comes to carbohydrates, remember that sugar is the basis for carbohydrates. But different kinds of carbohydrates have different effects on our bodies. Simple carbs like sugar, fructose, lactose, maltose and glucose break down very quickly in our bodies. Complex carbs like beans, legumes, vegetables, and whole grains absorb at a slower rate. Sounds simple, right?

The confusing part is where many complex carbs have been turned into simple carbs, right before our very eyes, and we don't even realize it.

Some examples of these are white pasta, white bread, white rice, bagels, cookies, and crackers. At one time they came from a grain, they were at one time complex, but they have been processed so much so that they can sit on a shelf for years and years, and have become so refined that they act like a simple carb when you eat them – which means they take your blood sugar for a ride. And if this is what makes up the majority of your diet, you will be riding this roller coaster all day long. It's that 10am sugar craving or 3 pm blues when we reach for sugar that tells us we aren't eating the right kinds of foods to give us sustained energy.

So how do we go about reducing sugar and retraining our palattes?

Here are a few simple steps:

Don't reach for artificial sweeteners

While they may not be sugar, they certainly aren't natural. They will not give you lasting energy and you will wind up craving more sugar. Artificial sweeteners are supposedly 500 times sweeter than actual sugar! That means that with every dose, you are getting more and more accustomed to a higher level of sweetness. When you eat foods with natural sweetness like fruit or grains, you may not be satisfied by regular portions of them. Artificial sweeteners can cause intense sugar cravings. Moreover, they were invented to help people lose weight and since their arrival on the market, most Americans have only gotten fatter! While they are calorie-free, they are empty calories that don't provide any nutrition to the body.

Substitute natural sweeteners for sugar

Unrefined, natural sweeteners are much lower on the glycemic index, which means they will have less of an impact on your blood sugar. Because they are minimally processed, they still contain the nutrients and fiber in them. You can find the following natural sweeteners at many health food stores and supermarkets.

Agave Nectar – is made from the juice of the agave cactus. It is about 1.4 times sweeter than refined sugar.

Barley Malt – thick, dark, slow digesting sweetener made from sprouted, roasted barley grain with a nutty, maltlike flavor.

Brown Rice Syrup – made by slow cooking brown rice until it develops thick sweet syrup.

Date Sugar – Made by dehydrating and pulverizing dates. Best for cooking and baking.

Raw honey – unlike regular honey, raw honey still contains its natural enzymes and nutrients as it has been heated at a low temp.

Sorghum – A grain related to millet, Sorghum is processed into a sweetener by crushing the plant stalks and boiling the extracted juice into syrup

GET GOING EXERCISE

What natural sweetener will you trade for refined sugar? How do you think your cravings are related to the rest of your lifestyle? Try one of the naturally sweetened desserts in this cookbook – your tastebuds will be amazed!

Healthy Fats

Fats are important energy sources for the body, assisting in the assimilation of fat-soluble vitamins such as A, D, E and K. Fats also surround nerve tissues with a protective layer, metabolize fluids and just plain keep us warm! Some fats are healthy, while others you should avoid like the plague.

The Good: Monounsaturated and Polyunsaturated

Monounsaturated fats are in liquid form at room temperature but solid in the fridge. Monounsaturated fats actually lower bad cholesterol – and they make delicious salad dressings!

Sources include:

- Almond oil
- Olive oil
- Walnut oil
- Avocados

Polyunsaturated fats are liquid at room temperature. They're rich in essential fatty acids, which facilitate metabolism plus physical and mental pliability. Essential fatty acids compose cell membranes and are the body's first defense against viruses and bacteria. They keep the immune system, digestive system, central nervous system and cardiovascular system all in working order. Essential fatty acids also transport unhealthy fats out of the body! And they themselves are stored directly in cell membranes—not as body fat. There are two types of essential fatty acids: omega 3 and omega 6.

Omega 3 essential fatty acids help regulate hormones, strengthen immunity and ensure communication between cells.

Omega 3 sources include:

- Flax oil
- Chia oil
- Borage oil
- Evening primrose oil
- Pumpkin oil
- Wild salmon and other cold water fish, plus fish oil
- Nuts
- Seeds

Borage, flax and primrose oils are cold pressed and unrefined; they should never be heated, otherwise they will turn rancid. Evening primrose oil jump starts fat burning, and it can tame menstrual cramps. If you don't like fish, fish oil supplements are handy. They also help reduce blood pressure and can even alleviate mild depression.

Omega 6 sources include:

- Sunflower oil
- Safflower oil
- Sesame oil

If essential fatty acids are lacking in your diet, you may experience dry, flaky skin; eczema; arthritis; and inflammation. It's important to note, however, that most Americans get too many omega 6's and not enough omega 3's. This imbalance can increase the risk of heart disease, cancer, plus inflammatory maladies such as arthritis. In other words, reach for the can of sardines instead of the bag of potato chips made with sunflower oil!

The “Bad”?: Saturated

Saturated fats are solid at room temperature. Saturated fats keep the body warm and facilitate nutrient absorption. However, overconsuming saturated fats lowers metabolism. Too many poor quality saturated fats in the diet can slow tissue oxygenation, instigate obesity and lead to heart disease.

Sources include:

- All animal-based foods, including meats, dairy products and eggs
- Peanuts
- Coconut oil
- Cottonseed oil
- Palm kernel oil

It's generally a good idea to minimize saturated fats in the diet; that will help you reap their benefits while minimizing their health risks. You do not want to entirely eliminate them though, as they contain important vitamin and fat sources, like Vitamin B12 and CLA (conjugated linoleic acid) unobtainable in plant-based foods. The types of saturated fats that you want to avoid are those that are poor quality. When choosing saturated fats, think quality over quantity. Organic, cage-free eggs, grass-fed beef, and organic milk are good quality saturated fats.

The Ugly: Trans Fats

Trans fats are the worst fats imaginable. They clog and harden the arteries. You should avoid them like the plague. Trans fats come from hydrogenated oils. A science lab can take any liquid vegetable oil, even a perfectly healthy oil, and add hydrogen to create a solid fat; the chemical constituency is most closely related to plastic! Hydrogenated and partially hydrogenated oils are everywhere in packaged foods; read labels carefully. Hydrogenated oils lower good cholesterol and drastically increase bad cholesterol. They also instigate obesity, diabetes, cancer, birth defects, sterility, sexual dysfunction and compromise the immune system.

Sources of trans fats include:

- Margarine
- Vegetable shortening
- Soybean oil
- Packaged foods
- Fast food, such as french fries and buns

To rap up fats, let's summarize:

- Completely avoid hydrogenated or partially hydrogenated oils
- Minimize saturated fats and choose high quality sources of saturated fats
- Enjoy monounsaturated and polyunsaturated fat whenever you like!

Proteins

Everything you ever wanted to know about protein

Protein is one of the body's three primary nutrients. On a micro level, protein is a primary building block to keep cells and tissues strong. These little building blocks are called amino acids. Amino acids are vital for the body's continual basic functioning and regulation processes. The body produces some of its own amino acids, and it must obtain the remainder from food.

These are common symptoms as a result of having too little protein in the diet:

- Feeling jittery
- Feeling weak
- Inability to concentrate
- Weight loss
- Fatigue
- Sugar cravings
- Pallid complexion
- Anemia
- Changes in hair color or texture
- In severe cases, skin inflammation or distended belly

With today's high-protein, low-carb fad diets, it's also possible to have too much protein in the diet.

Symptoms include:

- Lethargy
- Constipation
- Dehydration
- Weight gain
- Feeling heavy and bloated
- Sugar cravings
- Tight or stiff joints
- Bad breath
- Strong body odor
- Acid imbalance

Decline in kidney function due to stress of processing excess proteins. Not only are there fad diets that encourage excessive protein intake, but there are also fad diets that encourage very little protein intake. Both are extremes, and it's best to find a balance. Listen to your body. Some people may need a little more protein, while others feel best with a little less. But protein is a primary nutrient that should always be included in a healthy diet.

Delicious, lean protein sources include wild Alaskan salmon, grass-fed beef, lentils, beans, hummus, nuts and seeds. Enjoy protein in all manner of hearty soups and snack foods. It's helpful to consider your heritage, blood type and activity levels when choosing the amount of protein in your daily diet that works best for your body's needs. A Certified Wellness Coach can help you determine how much protein is best for you.

Cooking Beans

Beans are a terrific way to include plenty of protein in your diet. Beans are high in B vitamins, iron and fiber.

Here's how to prepare dry beans:

- Soak beans in 4 cups water per 1 cup of beans for 6 hours or overnight.
- Smaller beans may only need to be soaked for 4 hours. Red, brown and French lentils plus split peas do not have to be soaked.
- Drain the beans, and discard any loose skins. Loose skins impede digestion.
- Place the beans in a large pot and add 3 to 4 cups of water.
- Bring to a boil; skim off any foam.
- To improve digestibility, add a few bay leaves, garlic cloves or a piece of seaweed.
- Decrease the heat, cover and simmer for the time recommended in the chart below. Check beans one-half hour before the minimum cooking time listed below. They are done cooking when soft all the way through.
- Add 1 teaspoon of sea salt 10 minutes before end of cooking time.
- If you forget to presoak the beans, just add enough water to cover them and bring them to a boil. Turn off the heat, cover, and let stand for one hour.

We all know the digestive joke about beans! Beans cause flatulence due to their complex sugars. But beans can also cause other intestinal problems, fuzzy thinking and irritability in not properly prepared.

Here are some helpful tips to improve digestibility:

- The easiest beans to digest are aduki, lentils, mung beans and peas. These beans are a little harder to digest: black beans, black-eyed peas, garbanzo beans, kidney beans, lima beans, navy beans and pinto beans. The most difficult to digest are soybeans and black soybeans.
- Combine beans with non-starchy and/or sea vegetables.
- Experiment with combinations and spices.
- If you add miso, unrefined sea salt or soy sauce, do so near the end of cooking; if these ingredients are added at the beginning, the beans will not cook thoroughly. When used properly, salt aids in digestion.
- Add cumin or fennel near the end of cooking.
- Adding kelp or kombu sea vegetables improves digestion, flavor, adds minerals and decreases cooking time.
- Chew thoroughly- at least 50 times.
- Store beans in a cool, dark place.
- Don't use beans that are older than one year because their nutrient levels and digestibility decrease thereafter.

Water

The human body is more than 70 percent water—and more than 70 percent of Americans are chronically dehydrated! All too many people drink coffee, sodas, tea, artificial juices or “high-energy” drinks to quench their thirst – and suffer the health consequences.

Water is crucial to our survival; we can survive for more than one month without food, but no more than three days without water. Water moves nutrients to all areas throughout the body. It also flushes toxins and excess fat out of the body! Many people erroneously believe that drinking water leads to fluid retention, when the exact opposite is true; drinking ample amounts of water throughout the day will help keep you lean. Water is also the number one antidote to wrinkles!

You should drink at least eight 8-ounce glasses of water every day. Eight glasses of water is the bare minimum your body needs for basic hydration. But your goal should be to drink 12 to 16 glasses of water a day for optimum health. Don't wait until you're thirsty to drink water; if you feel thirsty, your body is already dehydrated. Thirst is oftentimes experienced as mild hunger; when you're feeling peckish at 10 a.m., reach for your water bottle instead of a candy bar!

Many people are concerned about contaminants in their tap water—and rightly so. However, purchasing bottled water does not guarantee that the water is contaminant-free. There are no regulations that the bottled water industry must abide by. It's safer to purchase a water filter and attach it to your kitchen tap. Better yet, purchase an entire-home water filtering system.

Then purchase two or three large stainless steel water bottles. Fill them in the morning, and take them to the office with you. As a matter of fact, take them with you everywhere you go! It's important to use stainless steel rather than plastic, because carcinogenic pollutants from plastic can leach into the water. It's also handy to purchase a water bottle carrier with a shoulder strap. This makes it easy to take your water bottle everywhere you go; it will become second nature to you.

Drink as much water as you can several times throughout the day. Many people work at computers in today's world; standing up every one-half hour to chug water gives your eyes and your body a much-needed break. You'll notice that you'll need to urinate more frequently, which is completely normal and healthy. Your goal should be to drink so much water that your urine becomes clear by lunchtime. If you dislike having to get up to go to the bathroom in the middle of the night, stop drinking one hour before bedtime.

Another way to increase your daily intake of water is to eat water-rich foods—namely raw fruits and vegetables. Delicious examples include apples, peaches, strawberries, grapes, watermelon, sugar snap peas and cucumber. Raw fruits and vegetables also provide vital nutrients; and best of all, they're portable and require zero cooking! Try to eat one or two juicy raw fruits or vegetables with every meal and snack.

If you get bored with drinking water, you can try naturally flavored or sparkling waters. Be sure to avoid artificial sweeteners, high sodium, high fructose corn syrup and anything else artificial. Some sparkling waters also provide minerals.

You're body is mostly water, so your daily consumption should be mostly water!

Spike Your Water

If you don't enjoy drinking water or can't remember to drink enough, try one of these steps to give it a little spike:

1. Add fresh lemon or lime – this is a great way to also detoxify the body.
2. Try other additions like cucumbers to add a refreshing flavor or herbs like peppermint for a cooling, calming effect.
3. Put fruit that's on it 's way out to good use. Slice up fruit that is slightly old rather than throwing it away. Immerse in a large pitcher with water and keep in the fridge. The fruit flavors will add a great taste to the water. My favorite is an infusion with pomegranate seeds!
4. Try naturally flavored waters like the brand Hint, which is flavored with natural fruit essences. Make sure to avoid artificially sweetened water.
5. Drink herbal teas with hot water. Because they are caffeine-free, they won't dehydrate you and will add tons of antioxidants to your sipping.
6. Add in sparkling water for a fizzy kick. You can also add fresh orange or lemon slices.
7. Use an eco-friendly water bottle that represents your style.

Herbs and Spices

Before there were prescriptions meds, there were herbs and spices. Both have been used for centuries in cooking as well as in healing. Herbs and spices are potent antioxidants. While often cited as folk medicine, herbs and spices are getting a second look today both from a health prevention outlook and a culinary one. The main reason for the second glance is due to the high antioxidant levels that herbs and spices carry. Most herbs and spices rank high as superfoods with antioxidant properties, delivering a lot of nutrients in small quantities.

Besides promoting health, they add delicious flavor to foods and increase variety. Herbs and spices can also help people who have food cravings for salty and sweet items. Here's just a few to consider adding in:

- **Oregano:** High in the antioxidant phenol, oregano is a potent bacterial agent, studied for its potential to ward off bacteria and boost the immune system.
- **Basil:** Traditionally used in Italian cooking, basil is an international favorite for its taste and versatility. Basil is known for its anti-inflammatory effects.
- **Rosemary:** High in Vitamin A, Rosemary provides antioxidants as well as flavor. Folk medicine claims its good for improving memory!
- **Cinnamon:** Recent studies show the potent effects on cinnamon on lowering blood sugar and cholesterol. Diabetics may benefit by increasing cinnamon in their diet. Delicious on whole grain oatmeal!
- **Ginger:** Ginger is known for reducing nausea, but is also being studied as an anti-inflammatory agent. Delicious as a tea or in stir-frys.
- **Garlic:** One of nature's first medicine, garlic is also known to fight free radicals in the body. Garlic may help with heart health in lowering blood pressure. Enhances flavor in meat and pasta dishes, as well as with vegetables.
- **Turmeric:** The spice of India, where the population has a lower rate of Alzheimer's disease, Turmeric may be linked to improving mental function. Turmeric may also lower cholesterol. Use when a recipe calls for curry!

Tips for using herbs

1. Clean herbs by rubbing gently with a paper towel or cloth.
2. Chop by stacking leaves on top of each other, then cutting into ribbons.
3. Add them into dishes at the end of cooking so as to enhance flavor but not destroy their delicate nutrients during cooking.
4. Use to flavor any dish from pastas to meats to soups to grains.

The Art of Eating

Now that you've learned about what to eat, it's time to start cooking. But before you eat, consider that there is more to eating than just the food. It's also in how we eat that our health is affected.

The speed of our life has affected us in more ways than we notice. Faster food, faster cars, and faster computers. I used to think that faster machines meant that we would have less work to do as technology would ease our burden. But the faster the world goes, the faster we run.

SLOW DOWN

Take a deep breath. Exhale. What did you notice? Did your sigh come out long and peaceful, or heavy and stressed? That little test can tell you more about where you are right now in your life than blood work! If your sigh is heavy, stressed and near painful, you may want to consider slowing down. The speed of your life plays a role with the stress, anger, depression, and anxiety you may be experiencing. These symptoms can create a disconnection between our mind and our body. This disconnection leads to imbalance and can lead to disease.

How can we possibly slow down if we're so busy? By slowing down, we actually gain more energy to do all the things that keep us busy. And it feels a lot better to go throughout your day in a calm state instead of a crazed frenzy. You might even meet someone new or notice something different!

How can we begin to incorporate slowing down in this fast-paced world?

Here are a few ideas to help you get started:

- Light a candle in the kitchen when cooking
- Set aside one night a week just for you
- Say 'no' to unnecessary obligations that are causing you stress
- Pick one day a week to escape to a park, hiking trail or body of water
- Promise yourself to only eat when you are sitting down at the table
- Hold your fork with your opposite hand
- Close your eyes for a few minutes in the middle of the day
- Take time for deep breathing, meditation and relaxation

When it comes to eating especially, slowing down is very important. The Art of Eating is about slowing down and becoming conscious with our food. Being in the present moment when we eat helps us determine how much to eat and when to stop. We also enjoy what we are eating more, reducing cravings for more food after a meal.

GET GOING EXERCISE

Practice slowing down when eating. Begin with a few deep breaths before beginning to eat. Chew each bite thirty times. Practice this for one whole week. What do you notice? How can you continue to slow down each day, even if for only 5 minutes?

How to use the Recipes Section

You can choose to keep this as a document on your computer, printing out the shopping lists as you go or you may print out this entire document at once.

You will find 6 meals for the week and one snack of the week. The idea is to take one day off from cooking. On this day, find a healthy restaurant or use the tasty leftovers you will have. You will also find two bonus sections, “Eat More Vegetables & Fruits” and “Delicious Desserts” sections.

In the table of contents, you will find a list of all of the recipes for each week. You can stick with each week or you can skip around. You can circle the meals that sound most appealing to you and that you will choose to make in a given week.

If you are using the weekly plan, make sure to go to the Shopping List located at the end of that week. If you plan to make all of the meals listed, this list will include all of the ingredients you will need (not including salt and pepper.) If you are only making some of the recipes, go through and circle what is needed for the recipes you have chosen.

Print out your shopping list and take your shopping list with you to the store.

Plan a time to make the recipes. You can make them each day or you can make a few at a time and have them ready during the week. Most cooking times will take less than 30 minutes.

Portions

Most recipes serve 2 to 4 people, but don't worry if you make too much. Leftovers are great!

My motto: Cook once, eat two or three times...at different meals, that is.

Missing an ingredient?

If you are missing an ingredient, don't let it stop you. Most recipes can be accomplished with a few missing ingredients. As you experiment, you will learn to make substitutions. For example, if you don't have broth, use water. If you don't have fresh herbs, use dried herbs. If you don't have one oil, use another. If you don't have shallots, use onions. Do you see where I'm going with this? With a little practice, you'll be making substitutions all of the time!

More Helpful Tips

- Pick one day to do all of your shopping.
- Wash and chop vegetables all at one time.
- Use a salad spinner to keep lettuce fresh and crisp.
- Save some of the meat you cook to add to a salad the next day.
- Make more than enough to use for leftovers.
- Buy a rice cooker to always have whole grains on hand.
- If you don't have a certain vegetable in a recipe, use what you do have.
- If you don't have a certain grain, use what you do have.
- Consider adding fresh vegetables as a side to any of the meals.
- To cook meat when you are away during the day, use a crock pot.

Week

0

1

Simple Salmon Cakes

Health Benefits

Salmon, Olive oil – chocked full of Omega 3s, Essential Fatty Acids are essential to your health!

Garlic – helps lower blood pressure and prevent the common cold.

Lemon juice – cleansing and good for the respiratory tract.

Basil – good source of magnesium, cardiovascular benefits.

Ingredients

2 fillets wild caught salmon

¼ cup whole grain bread crumbs

½ white or yellow onion, diced

2 cloves garlic, minced

1 tbsp lemon juice

1 tbsp olive oil

few sprigs fresh basil

- 01** Broil salmon for 7 minutes.
- 02** Flake salmon with fork into a bowl. Continue flaking until salmon is in very small, shredded pieces.
- 03** Mix in bread crumbs. Then, mix in all other ingredients.
- 04** Form small patties. Refrigerate for 45 minutes.
- 05** Heat oil in a skillet and quickly fry both sides of each salmon patty for 2 minutes each.
- 06** Serve with brown rice, whole grain pasta or a side of vegetables.

Power Salad

Health Benefits

Omega 3s from walnuts, flax seed, and olive oil.

Chicken – good source of protein.

All the vitamins and minerals you could ask for in dark leafy greens!

Mushrooms – immune support.

Ingredients

mixed leafy greens, arugula,
and/or spinach

¼ cup mushrooms, diced

⅓ red onion, chopped

2 tbsp flax seed, ground

¼ cup feta cheese

¼ cup dried cranberries or raisins

2 tbsp walnuts

2 chicken breasts, optional

½ cup extra virgin olive oil

3 tbsp balsamic vinegar

01 Bake chicken at 350° for 30 minutes.

02 While chicken is baking, place all ingredients in a bowl and toss with ½ cup olive oil and 3 tbsp balsamic vinegar.

03 Slice chicken over top of salad.

Quinoa with Roasted Vegetables

Health Benefits

Quinoa – A whole grain native to South American, quinoa (pronounced Keen-wah) is a high-protein, low-gluten grain.

Red Peppers – full of antioxidants, which protect against free radicals.

Ingredients

quinoa, 2 cups rinsed

1 small eggplant

1 red pepper

1 zucchini

2 tbsp olive oil

sea salt

- 01** Chop eggplant, peppers and zucchini. Coat lightly with olive oil and salt.
- 02** Roast all vegetables at 450° for 25 minutes.
- 03** While veggies are roasting, bring 2 cups quinoa with 4 cups water to boil. Cover and lower heat to low, cooking for 20 minutes.
- 04** Fluff quinoa with a fork and top with roasted veggies.

Chicken Tacos with Swiss Chard

Health Benefits

Swiss Chard is full of magnesium, Calcium, Vitamin C.
Excellent for bone health and a good source of fiber.
Avocados are a healthy source of monounsaturated fats

Ingredients

2 chicken breasts
one bunch of swiss chard
1 ½ tbsp olive oil
1 red onion, sliced into strips
3 garlic cloves
½ cup chicken broth or water
½ tsp salt
½ avocado, cut into chunks
2 tbsp salsa
1 tbsp plain yogurt
whole grain tortillas (sprouted grain tortillas made by Ezekial are great)

- 01** Rinse the chard and dry with a towel or using a salad spinner. Pile the leaves one on top of the other and roll them up.
- 02** Slice them into ribbons, including the bright stems if desired.
- 03** Heat the oil on medium and sauté onion and garlic until light brown, about 3 minutes.
- 04** Slice the chicken into strips and add to pan. Once the chicken is cooked (about 5 minutes), add the chicken broth or water and salt. Add the chard and stems, cooking until tender (another 5 minutes).
- 05** Warm the tortillas in the oven (2 minutes) or by laying them gently over the pan and placing the cover on to steam them (1 minute).
- 06** Serve the dish with avocado and a dollop of salsa and yogurt.

Balsamic Lentils with Grains

Health Benefits

Lentils are a good vegetarian source of protein. They are high in fiber and aid in digestion.

Brown rice is a whole grain that contains more minerals and fiber than refined grains and won't affect your blood sugar levels like white grains.

Ingredients

1 cup lentils, preferably purchased dried and soaked overnight, drained and rinsed, or use canned

1 cup chopped red onion

½ cup chopped fresh basil or parsley

2 garlic cloves, minced

2 tablespoons olive oil

3 tablespoons balsamic vinegar

2 teaspoons stone ground mustard

brown rice or quinoa

- 01** Bring medium saucepan of water to boil. Add onion slice and garlic, then bring to boil.
- 02** Stir in lentils. Reduce heat and simmer uncovered until lentils are just tender, about 10 minutes if pre-soaked, 20 minutes if not, 5 minutes if canned.
- 03** Drain water. Place lentils in a bowl.
- 04** Stir in oil, vinegar, mustard and remaining garlic and heat until warm.
- 05** Add fresh herbs at the very end, stirring, then remove from heat.
- 06** Season with salt and pepper. Serve over brown rice or quinoa.

Bok Choy Sesame Stir Fry

Health Benefits

Bok Choy - Loaded with vitamins A and C. Contains sulforaphane – which helps protect against cancer.

Sesame oil – yummy source of polyunsaturated fat, heart healthy.

Sesame seeds – contain phytosterols which help lower cholesterol.

Ingredients

1 bunch bok choy, washed

2 cups crimini or shiitake mushrooms

1 red pepper

1 yellow or white onion

protein of your choice, chicken, beef or tofu

2 tbsp oil (coconut oil is best for high heat, could also use olive oil)

1 tbsp sesame seeds

2 tbsp cashews

2 tsp tamari sauce (soy sauce)

¼ cup sesame oil

01 Slice all vegetables. Heat oil in pan and sauté onion and pepper.

02 Add meat if using and cook thoroughly.

03 Add mushrooms, then bok choy and ¼ cup water. Cover to steam.

04 Turn off heat. Add 2 tsp tamari, ¼ cup sesame oil.

05 Stir and toss with sesame seeds and cashews.

Snack of the Week: Jumpstart Smoothie

Health Benefits

Berries are chocked full of antioxidants and are the perfect fruit for weight management.

Almond butter adds healthy fat and protein.

Flax seed oil is an essential fatty acid, good for brain health!

Yogurt – contains beneficial bacteria known as probiotics help with digestion.

Ingredients

1 cup frozen berries of
your choice

1 banana

1 tbsp almond butter

½ cup organic plain yogurt

1 tbsp flax seed oil

liquid of your choice
(water or iced tea are best,
can also use juice)

01 Blend together all ingredients.

02 Pour into a luxurious glass or thermo to-go and enjoy!

Week 01 Shopping List

Produce

mixed leafy greens
2 pkg. mushrooms
3 red onions
1 garlic
1 lemon
fresh basil
fresh parsley
eggplant
red peppers
zucchini
1 bunch swiss chard
1 avocado
1 bunch bok choy
1 red pepper
2 yellow or white onions
bananas

Meat/Poultry/Fish

2 fillets wild salmon
4 chicken breasts
1 filet of organic meat

Dairy

feta cheese
organic plain yogurt

Grains

quinoa
whole grain tortillas
brown rice
whole grain bread crumbs

Oils/Vinegars

olive oil
coconut oil (optional)
balsamic vinegar
tamari sauce (soy sauce)
sesame oil
flax seed oil

Condiments

flax seed
dried cranberries or raisins
walnuts
stone ground mustard
sesame seeds
cashews

Frozen Foods

1 bag frozen berries

Other/Dried Goods

chicken broth, preferably organic
almond butter
1 cup lentils
1 jar salsa, no sugar added
sea salt

Week

02

Garlic Shrimp with Spinach, Red Peppers & Basil

Health Benefits

Shrimp – great source of selenium, which has been shown to protect from cancer.

Olive oil – a healthy fat, use liberally!

Garlic – helps lower blood pressure and prevent the common cold.

Basil – good source of magnesium, good for the heart.

Ingredients

30 shrimp, peeled and de-veined

2 tsp spelt flour
(or other non-white flour)

4 tbsp extra virgin olive oil

½ tsp sea salt

5 garlic cloves, minced or sliced
thin

1 onion, sliced into strips

1 red bell pepper, sliced into strips

2 cups organic baby spinach

½ cup white wine

fresh basil

- 01** Mix the flour and sea salt in a bowl. Place the shrimp in the bowl, tossing to coat with flour-salt mixture.
- 02** Next, heat olive oil on low and add in garlic, cooking just until golden.
- 03** Add the onion and pepper, cooking for 2-3 more minutes.
- 04** Add the spinach and white wine. Cover the pan with a lid for approx. 3 minutes or until the spinach has lightly wilted.
- 05** Add the shrimp and sauté until coating is crisp.
- 06** Sprinkle with fresh basil and serve over pasta, rice or enjoy as is!

Baked Chicken with Collard Greens

Health Benefits

Organic chicken– great source of protein.

Butter – get rid of your margarine, butter has essential vitamins and minerals we need, like Vitamin A!

Stable for cooking at high heats, unlike most oils.

Sea salt – contains essential minerals.

Collard greens – full of antioxidants, detoxifying!

Ingredients

1 whole roaster chicken, organic & free-range is best

2 tbsp organic butter, at room temperature

2 tbsp olive oil

1 tbsp fresh rosemary

¼ tsp sea salt

1 onion, chopped

1 bunch collard greens (or dark, leafy green of your choice), rinsed & chopped

¼ cup water

- 01** Preheat oven to 375°. Combine butter, rosemary, and sea salt, mashing with a fork until creamy. Brush this mixture over your chicken and place in oven. Bake for 60 minutes.
- 02** Ten minutes before chicken is done baking, heat a medium pan with 2 tbsp olive oil. Add onion and sauté for 3 minutes.
- 03** Add collard greens and water to pan and cook for 3-4 minutes or until the greens are lightly wilted. Sprinkle with sea salt and serve as a side to your finished chicken.
- 04** Use remaining chicken to top on salads for another meal.
- 05** You may also boil remaining chicken and bones along with any vegetables to make a chicken stock to use in soups or sautéing veggies.

Soba Salad with Spinach

Health Benefits

Soba noodles – A great alternative to white pasta, gluten-free and energy sustaining.

Cilantro – shown to help lower cholesterol and blood sugar in recent research studies.

Ingredients

2 small boneless, skinless chicken breast halves, cut into strips, optional

2 tbsp olive oil

1 garlic clove, minced

½ onion, chopped

1 red pepper, sliced into strips

2 cups spinach

1 small cucumber, diced

3 tbsp chopped cashews

2 tbsp sesame seeds

2 tbsp chopped cilantro

4 ounces dried soba noodles

- 01** In a large sauté pan, heat 2 Tbsp olive oil. Add garlic and onion, sautéing until brown.
- 02** If using chicken, add now and cook evenly on each side, approximately 4 minutes each side.
- 03** Add red peppers and continuing sautéing. Then add spinach along with ¼ cup water, cover and steam.
- 04** Meanwhile, bring a pot of water to boil and cook soba noodles, following package instructions, usually about 6 minutes.
- 05** Prepare dressing in a small dish, whisking together all ingredients.
- 06** Drain pasta and place in a bowl. Pour sautéed vegetable dish over pasta, tossing.
- 07** Add dressing and toss until coated.
- 08** Sprinkle with cashews, cilantro and sesame seeds. Serve warm.

Option: In the summer for a quick dish, simply chop all veggies, trading spinach for cucumber or zucchini. Toss with soba noodles and dressing for a cool, refreshing pasta.

Very Tasty Beef & Veggie Kabobs

Health Benefits

Organic beef – contains CLA (conjugated linoleic acid), a newly discovered “good” fat that may fight against cancer!

Garlic – helps lower blood pressure and prevent the common cold.

Thyme – antioxidant properties.

Ingredients

1 lb. organic sirloin steak, cut into cubes, marinated at least 3 hours

1 green pepper, quartered

1 red onion, quartered

skewers, either metal or bamboo

Herb-garlic marinade:

5 garlic cloves, minced

2 tbsp red wine or balsamic vinegar

1 cup olive oil

½ cup fresh lemon juice

2 tbsp sea salt

1 tbsp pepper

¼ cup fresh thyme

¼ cup fresh basil

- 01** Preheat the broiler (550°). Make sure the top rack is 6 inches from the heat.
- 02** Drain the meat and save the marinade. Insert skewers through meat, green peppers, and onions.
- 03** Place the kabobs on a broiler pan or resting across a baking dish. Broil kabobs for 3 minutes, then turn and broil for another 3 minutes.
- 04** Remove and baste with the reserved marinade.
- 05** Cook an additional 2-4 minutes, depending on how you prefer your meat.
- 06** Serve on a bed of brown rice or with a side of vegetables.

Simple Fish with Pesto Sauce

Health Benefits

Fish – a great source of protein and healthy fats.

Basil – high in Vitamin A and magnesium.

Pine nuts – good source of iron, included as 1 of many nuts to reduce heart disease.

Ingredients

fish of your choice (wild caught salmon or tilapia are both tasty!)

Pesto sauce:

3 cloves garlic, minced

2 cups fresh basil leaves

3 tablespoons pine nuts

1 dash sea salt

½ cup extra virgin olive oil

½ cup parmesan cheese grated (fresh parmesan is best, grated by you)

- 01** Using a food processor (or blender), combine garlic, basil, pine nuts, and sea salt. Slowly add olive oil.
- 02** Finally, add in parmesan cheese.
- 03** With pesto sauce complete, place fish in oven to broil (550°) for 5-7 minutes.
- 04** Drizzle with pesto sauce.
- 05** Serve fish with a side of grain of your choice and a salad or other vegetable.

Red Beans and Brown Rice

Health Benefits

Red beans – high in fiber to control blood sugar and give you energy.

Onion – shown to lower cholesterol and blood pressure.

Cilantro – shown to help lower cholesterol and blood sugar in recent research studies.

Ingredients

2 cups cooked red beans (soaked overnight, drained and cooked or use canned, rinsed drained)
*see introduction on cooking beans

1 red onion, chopped

2 cloves garlic, minced

2 tbsp olive oil

½ jar favorite salsa (no sugar added – I like Amy's Salsa)

sprig of cilantro

01 Saute onion and garlic with olive oil over medium heat. Add beans and salsa.

02 To make brown rice, I prefer using a rice cooker ahead of time. You may also use the following directions to make most grains:
1 cup brown rice
2 cups water

03 Bring water and rice to boil. Reduce heat and simmer for 60 minutes.

04 Serve beans over rice with slices of avocado and a sprig of cilantro.

Snack of the Week: Sweet Potato Fries

Health Benefits

Sweet Potatoes are packed with tons of beta-carotene and Vitamin C – Both are antioxidants that fight free radicals in your body.

High in fiber, sweet potatoes help you to stay full longer and reduce your sugar cravings.

Ingredients

1 large sweet potato

2 tbsp olive oil

1 tsp sea salt

1 tsp natural sweetener
(maple syrup, agave nectar)

01 Preheat oven to 400°. Peel sweet potato and cut into ½ inch strips.

02 Combine olive oil, salt and sweetener in a bowl.
Toss mixture with sweet potatoes.

03 Place in baking pan to roast for 25 minutes.

04 Enjoy as a snack or as a side to any dish.

Week 02 Shopping List

Produce

2 garlic heads
2 red peppers
1 green pepper
3 onions
2 red onion
spinach – 2 small bunches
collard greens – 1 bunch
1 cucumber
basil – 2 bunches or 2 pkgs
rosemary – 1 pkg
cilantro – 1 bunch
thyme – 1 bunch
1 lemon
1 sweet potato

Meat/Poultry/Fish

30 shrimp
1 whole chicken
2 chicken breasts
1 lb. sirloin steak
fish of your choice

Dairy

butter
parmesan cheese – small square

Grains

brown rice

Oils/Vinegars

olive oil
white cooking wine
red wine vinegar

Condiments

sea salt
black pepper
pine nuts – 3 tbsp
sesame seeds
1 jar salsa
natural sweetener of your choice

Other/Dried Goods

spelt or whole grain flour – 2 tsp or more for future use
cashews – 1 pkg
soba noodles
red beans – 2 cups

Week

03

Chicken with Fresh Herbs & Arugula

Health Benefits

Garlic – helps lower blood pressure and prevent the common cold.

Parsley – shown to help protect from carcinogens like cigarette smoke and charcoal grill smoke.

Rosemary – stimulates the immune system and improves digestion.

Thyme – known to help with chest congestion and coughs.

Ingredients

In this recipe, I suggest using a whole roaster chicken so that you can use the leftovers for a second recipe in this week's menu or to add over a salad for lunch.

1 roaster chicken, about 3 lbs.
or 5 chicken breasts

2 tbsp chopped fresh herbs:
rosemary, basil, thyme, parsley

4 garlic cloves, minced

1 cup extra virgin olive oil

2 tbsp sea salt

1 bunch arugula

2 tbsp balsamic vinegar

- 01** Thoroughly rinse and clean chicken.
- 02** In a small bowl or food processor, combine the herbs, garlic, ½ cup of the olive oil and salt. Mix into a paste.
- 03** Coat the chicken with the herb paste and marinate overnight if possible, reserving some of the paste.
- 04** Preheat oven to 350°. Bake for 60 minutes, until skin is golden brown, basting it again with the remaining herb paste 10 minutes before completion.
- 05** Wash and chop arugula. Toss with remaining olive oil and vinegar.
- 06** Slice chicken and serve over bed of arugula.

Chicken Salad with Dried Fruit

Health Benefits

Celery – full of Vitamin C, blood pressure reducing properties, very cleansing.

Arugula – rich in phytonutrients, shown to reduce cancer risk.

Chicken – excellent source of protein.

Ingredients

(Here's where you use that leftover chicken!)

2 chicken breasts,
or leftover chicken

3 stalks celery, sliced thin

3 scallions, chopped into rings

1 cup parmesan cheese, shredded

1 bunch fresh arugula,
cut into pieces

½ cup raisins, cranberries or
dried fruit of choice

½ cup olive oil

3 tbsp red wine vinegar

2 tbsp fresh herbs of your choice,
chopped

sea salt

2 hard boiled eggs, sliced into
circles, optional

01 Cut chicken into chunks (using leftovers or baking at 350° for 40 minutes). Combine chicken in a large bowl with celery, scallions, cheese, dried fruit and eggs.

02 In a separate bowl, combine the oil, vinegar, herbs, and a few dashes of sea salt. Pour the dressing over the chicken mixture and toss until coated.

03 You can eat this as is, over a bed of greens, in a wrap or open-face on a toasted piece of sprouted whole grain bread.

Making extra for lunches during the week is a great idea!

Note: To hard boil eggs, simply place eggs in a pot of water covering the eggs and bring to a boil, simmer for a remaining 12 minutes.

Your Own Spaghetti Sauce Pasta

Health Benefits

Carrots – they really do help your vision!

Tomatoes – contain lycopene, an antioxidant and cancer-preventing.

Bison – usually fed on grass which increases the healthy fat ratio, less likely to have antibiotics and hormones used in processing.

Ingredients

1 package whole grain pasta
(brown rice pasta is my favorite)

¾ cups olive oil

1 medium onion, chopped

2 carrots, chopped

¼ cups basil, chopped

2 cloves garlic, minced

2 lbs. organic ground beef or
bison (found at your local health
food store)

1 cup white wine

1 large can of tomatoes
(or 6 chopped fresh)

sea salt and pepper

Many grocery store pasta sauces have added sugar and artificial ingredients. While you can find healthier choices, it is fun to try your own. If you are in a rush, you may use the grocery store version. I recommend Muir Glen. In this recipe, I use carrots and onion instead of sugar to add a natural sweetness – delicious!

- 01** Boil a large pot of water on the stove and add pasta upon boiling.
- 02** In a large saucepan, sauté the onion and carrots over medium heat for 7 minutes. Add the garlic and sauté for another 2 minutes.
- 03** Add the beef, breaking it up as you go along. Continue cooking for 10 minutes.
- 04** Add the wine and cook until it evaporates down. Add the tomatoes, salt and pepper.
- 05** Cover the pan and reduce the heat to simmer for 20 minutes.
- 06** Add basil at the very end, stir and serve over pasta.

Tilapia with Balsamic Herb Sauce

Health Benefits

Balsamic vinegar – contains antioxidants, improves digestion.

Butter – it's a real food unlike margarine which contains trans fats.

Ingredients

2 – 4 fillets tilapia
(or fish of your choice)

3 tbsp balsamic vinegar

1 clove garlic, minced

2 tbsp fresh basil

1 tbsp fresh thyme

¼ tsp sea salt

⅓ cup extra virgin olive oil

2 tbsp organic butter

- 01** In a small bowl, combine vinegar, garlic, herbs, salt and olive oil. Whisk and set aside.
- 02** Heat one large saucepan and melt 2 tbsp organic butter. Cook filets of tilapia 3 minutes on first side, then flip and cook 3 minutes on the second side.
- 03** Lower heat and pour sauce over fish and simmer for 1 minute.
- 04** Serve with whole grains and a side of greens of your choice.

Roasted Vegetable Wraps

Health Benefits

Eggplant – rich in antioxidant, dubbed a “brain” food.

Zucchini – excellent source of Vitamin C, a disease-fighting food.

Red peppers – contain lycopene, full of Vitamin A – a “lung” health food.

Ingredients

1 eggplant, sliced into chunks
1 zucchini, cut into thin strips
1 red pepper, cut into thin strips
3 tbsp lemon juice
2 tbsp balsamic vinegar
3 tbsp olive oil
1 tsp sea salt
2 cloves garlic, minced
4 leaves basil, chopped
whole grain tortillas
1 package hummus
1 package feta cheese
salsa (optional)

- 01** Mix lemon juice, vinegar, oil and salt in a bowl. Add vegetables and marinade in this for at least 1 hour or as long as overnight.
- 02** Preheat broiler. Put vegetables in a pan. (You may discard the remaining marinade or save it to use as a salad dressing.) Broil the vegetables on the top rack for 12 minutes.
- 03** Warm the tortillas by wrapping them in tin foil and heating them for just a few minutes on the lower rack.
- 04** Spread the hummus on the tortillas, add a serving of veggies, then sprinkle with feta cheese. You can also add chicken strips or cooked beans to make this a heartier meal.
- 05** I recommend adding salsa before closing the wrap. This is a fun dinner or lunch sandwich, too.

Chicken with Fresh Herbs & Arugula

Health Benefits

Beans – High in fiber and cholesterol-lowering.

Lemon juice – creates alkaline environment in the body, high in Vitamin C.

Mustard – anti-inflammatory agent.

Ingredients

You can choose any bean you like in this salad.

Beans:

3 tbsp balsamic vinegar

½ cup olive oil

2 tbsp lemon juice

4 leaves fresh basil, chopped

4 cloves garlic, minced

1 tsp stone ground mustard

1 tsp natural sweetener (agave nectar, raw honey, brown rice syrup)

⅛ tsp sea salt

½ red onion, sliced thin

1 pkg. or 2 cans beans of your choice (if dried, soak overnight, rinsed and cooked. If canned, drained and rinsed)

1 red pepper, diced

Spring Greens:

fresh mixed spring greens

2 tbsp mint, chopped

½ cup olive oil

2 tbsp red wine vinegar

dash of sea salt

01 For beans: Whisk together vinegar, oil, lemon juice, basil, garlic, mustard, natural sweetener, and salt. Add onion, beans and pepper.

02 For salad: Combine greens with mint in a bowl. In a separate bowl, mix oil, vinegar and sea salt. Pour dressing over greens and toss.

03 Serve beans alongside or on top of the greens.

Snack of the Week: Energy Truffles

Health Benefits

Almond butter adds healthy fat and protein.

Flax seed oil is an essential fatty acid, good for brain health!

Raw honey, Coconut, agave nectar – natural sweeteners without added sugar or artificial sweeteners.

Ingredients

1 ½ cups whole oats

16 oz almond butter

½ cup agave nectar

⅓ cup ground flaxseed

1 dark chocolate bar, optional

bowl full of dried coconut or
sesame seeds

- 01** Put oats in a food processor or blender and blend until they assume a powder-like texture.
- 02** Add almond butter and agave nectar and mix well. Adjust consistency if necessary. Add ground flax seed and mix.
- 03** Roll batter into small balls.
- 04** Melt chocolate in saucepan or double boiler. Dip one half of each Energy Truffle in melted chocolate if desired, then in coconut. You can also skip the chocolate and roll balls into coconut or sesame seeds.

Some clients also enjoy pressing the Energy Truffle batter into a pan and creating bars and freezing them to be ready when they need a sweet treat.

Week 03 Shopping List

Produce

1 pkg each of rosemary, thyme, basil
1 pkg. mint
1 bunch parsley
1 garlic
1 celery
1 bunch scallions
2 bunches arugula
1 white onion
1 red onion
2 carrots
1 eggplant
1 zucchini
1 red pepper
1 lemon
fresh mixed spring greens

Meat/Poultry/Fish

1 roaster chicken
2 lbs. organic beef or bison
tilapia – 1 filet per person

Dairy

1 small block parmesan/pecorino
1 carton free-range, organic eggs
1 pkg. organic cultured butter
1 pkg. feta cheese

Grains

1 pkg. whole grain pasta
1 pkg. whole grain tortillas
1 ½ cups whole slow cooking oats
⅓ cup flaxseed, ground

Oils/Vinegars

olive oil
balsamic vinegar
red wine vinegar
white wine

Condiments

sea salt
black pepper
1 pkg. raisins (or other dried fruit)
1 jar stone ground mustard
1 jar natural sweetener of choice
16 oz. almond butter
1 pkg. dried coconut or sesame seeds

Other/Dried Goods

1 lg. can tomatoes
1 pkg. hummus
1 jar salsa (optional)
1 pkg. or 2 cans beans (cannellini or other beans)
1 dark chocolate bar (optional)

Week

04

Tasty Beef Tacos

Health Benefits

Garlic – helps lower blood pressure and prevent the common cold.

Cilantro – helps control blood sugar and cholesterol.

Chili powder – clears congestion, boosts immunity and fights inflammation.

Ingredients

1 pound ground organic beef
(grass-fed if possible)

2 tbsp olive oil

3 garlic cloves, minced

1 tbsp chili powder

1 cup no-sugar added salsa

2 cups chopped mixed greens

1 cup shredded Organic Valley
cheddar cheese

1 avocado, cut into strips

few sprigs of Cilantro

whole wheat tortillas or taco
shells (Ezekial tortillas are great!)

01 Heat the oil on medium and garlic until light brown.

02 Add the beef and once it is cooked (about 4 minutes), then add chili powder and 1 cup salsa. Simmer to keep warm.

03 Warm the tortillas and serve the dish with remaining salsa, mixed greens, avocado strips, and cheese.

04 Sprinkle with cilantro.

Whole Grain Risotto with Healing Shiitakes

Health Benefits

Shiitake mushrooms – a symbol of longevity in Asia, fights flu and has anti-cancer properties.

Barley – a whole grain that will provide long-lasting energy, intestinal protection.

Ingredients

¼ cup (½ stick) organic butter, softened

1 yellow onion, chopped

6 ounces shiitake mushrooms, stems removed, brushed and sliced

1 cup pearled barley or sweet brown rice (both add creamy texture)

⅔ cups dry white wine

1 tbsp garlic, minced

½ tsp sea salt

½ tsp black pepper

4 cups low-sodium chicken or vegetable broth

2 cups filtered water

1 cup fresh grated parmesan

- 01** In a large skillet, heat butter over medium heat until foam subsides. Add onion, cooking for about 7 minutes.
- 02** Add in mushrooms, cook until soft. Next add in grain and stir for one minute.
- 03** Add in wine, garlic, salt, and pepper, cooking until liquid is absorbed.
- 04** Bring to a boil, then reduce the heat to simmer. Add in 2 cups of the broth and cook for 9 minutes until absorbed.
- 05** Add in 2 more cups of broth, cooking for 5 more minutes.
- 06** Add 2 cups water (or broth if remaining), cooking until all liquid is absorbed and grain is soft, about 30 minutes.
- 07** Stir in cheese and serve.

Al Dente Asparagus Pasta

Health Benefits

Asparagus – may be helpful for PMS water-retention, also healthy for gut and heart.

Whole grain pasta – won't spike your blood sugar like white pasta.

Basil – there are 60 types of basil! Full of vitamin C, anti-inflammatory herb.

Ingredients

1 bunch asparagus

1 pkg. whole grain pasta
(spaghetti, soba noodles,
rice pasta)

4 tbsp olive oil

5 garlic cloves, minced

sea salt, pepper

basil, chopped

cheese of your choice, mozzarella
or parmesan work well

- 01** Break asparagus ends off by simply splitting off ends where they naturally break. Chop asparagus into 1 inch pieces.
- 02** Bring a large pot of water to boil and add the pasta, cooking per package instructions.
- 03** Meanwhile, in a medium pan, heat olive oil over medium heat. Add garlic, then asparagus pieces along with salt and pepper, cooking until tender but still crisp, about 5 minutes.
- 04** Drain pasta and add to asparagus and garlic in pan.
- 05** Stir well and sprinkle with basil. Transfer to plates and top with cheese.

Fruit Sweetened Spinach Salad with Chicken

Health Benefits

Apricots – full of fiber, help to protect the heart and the eyes.

Spinach – despite the recent scare, fights prostate and breast cancer!

Balsamic vinegar – contains antioxidants, improves digestion.

Ingredients

2 chicken breasts

½ cup raisins

1 tbsp dried apricots

1 tbsp dried cranberries

½ red onion, sliced thin

1 lemon

½ cup olive oil

1 tbsp balsamic vinegar

5 cups organic spinach

2 tbsp walnuts

- 01** Bake or grill 2 chicken breasts. (If baking, 350° for 35-40 minutes). While chicken is baking, boil 2 cups of water.
- 02** In a small bowl, combine the raisins, apricots and cranberries. Pour the boiling water over the dried fruit, soaking for 10 minutes.
- 03** Drain the dried fruit, reserving 2 tbsp of the sweetened water.
- 04** In a large bowl, add spinach with red onion, walnuts. Squeeze the lemon over the salad, add the soaked fruit.
- 05** Combine the olive oil with 2 tbsp of the reserved fruit-sweetened water, and balsamic vinegar. Whisk, sprinkle in sea salt, then pour over the salad.
- 06** Top with chicken if you desire.

Flaxseed Salmon with Balsamic Herb Sauce

Health Benefits

Salmon – low in bad fat, high in good fat- it's that simple, heart-healthy.

Garlic – helps lower blood pressure and prevent the common cold.

Lemon juice – creates alkaline environment in the body, high in Vitamin C.

Ingredients

2 fillets wild caught salmon

2 tbsp whole flax seed

3 tbsp balsamic vinegar

1 clove garlic, minced

2 tbsp fresh basil

1 tbsp fresh thyme

¼ tsp sea salt

⅓ cup extra virgin olive oil

2 tbsp organic butter,
preferably grass-fed

- 01** In a small bowl, combine vinegar, garlic, herbs, salt and olive oil. Whisk and set aside.
- 02** Put flax seed on a dish and after washing salmon, dip in the seeds, coating the entire flesh side.
- 03** Heat one large saucepan and melt 2 tbsp butter (or oil). Cook filets of salmon 3 minutes on skin side, then flip and cook 4 minutes on the second side with the flax face down.
- 04** Lower heat and pour sauce over fish and simmer for 1 minute.
- 05** Serve with whole grains and/or a side of greens of your choice.

Chicken with Red Beets

Health Benefits

Beets – the bright pink color imparts amazing health benefits such as cancer-fighting, protection against heart disease and birth defects.

Mustard – anti-inflammatory agent.

Ingredients

1 whole roaster chicken

4 large red beets with green stalks

2 tbsp stone ground mustard

¼ cup red wine vinegar

¼ cup olive oil

sea salt, dash

feta cheese

- 01** Roast the chicken in the oven at 350° for 60 minutes or until golden brown. (You may also grill or bake chicken breasts.)
- 02** Bring a large pot of water to boil. Chop the greens from the root of the beets. Reserve the greens to steam at a later date. Add the beets to the boiling water for 20 minutes, or until you can gently push a fork through them.
- 03** Remove from water, strain, and run under cold water.
- 04** Slip the outer skins off of the beet with your hands (as your fingers turn bright pink!! It's worth it, I promise!)
- 05** Cut each beet in half. With the flat side down, cut into smaller chunks.
- 06** In a medium bowl, whisk together mustard, vinegar, oil and salt. Add in the beets and toss.
- 07** When the chicken is done, top with the beets or serve on the side.
- 08** Top beets with crumbled feta cheese.

Snack of the Week: Real Life Food Granola

Health Benefits

Flax seeds –high in omega 3s, brain health, cholesterol-lowering.

Coconut oil – remains stable at high cooking temperatures.

Raw honey, agave nectar – natural sweeteners without added sugar or artificial sweeteners.

Ingredients

5 cups uncooked oats
1 cup almonds
1 cup broken walnut meats
1 cup pumpkin seeds
1 cup shredded coconut
1 cup coconut oil
½ cup brown rice syrup,
raw honey or agave nectar
1 cup flax seed
1 cup raisins

Make this for a healthy snack or a morning breakfast mixed with yogurt.

- 01** Preheat oven to 325°. Combine ingredients in bowl and mix well.
- 02** Heat oil and syrup together in small pan until melted. Pour over dry ingredients and mix well.
- 03** Spread mixture onto cookie sheets and bake for approx. 20 minutes.
- 04** When cool, add flax seed and raisins.

Week 04 Shopping List

Produce

1 garlic head
mixed field greens
1 avocado
cilantro
thyme
basil
1 red onion
1 yellow onion
6 ounces shiitake mushrooms
1 bunch asparagus
1 lemon
spinach, organic, 5 cups
4 red beets

Meat/Poultry/Fish

1 lb. ground beef
1 roaster chicken
2 chicken breasts
salmon, 2 fillets

Dairy

organic valley cheddar cheese
1 small block parmesan cheese
1 stick butter
mozzarella cheese balls
1 pkg. feta cheese

Grains

1 pkg. whole grain tortillas
1 cup pearly barley
1 pkg. whole grain pasta
5 cups whole oats

Oils/Vinegars

olive oil
red wine vinegar
white wine
balsamic vinegar
coconut oil

Condiments

chili powder
8 cups chicken broth
sea salt
black pepper
1 jar stone ground mustard
1 jar honey or agave nectar
1 pkg dried coconut

Other/Dried Goods

1 jar salsa
raisins
apricots
cranberries
walnuts
almonds
pumpkin seeds
flaxseed

Week

05

Roasted Chicken Mexican Style

Health Benefits

Tomatoes - contain lycopene which has been shown to protect from oxidation damage and protect DNA, fight cancer and heart disease!

Garlic – helps lower blood pressure and prevent the common cold.

Cilantro – helps control blood sugar and cholesterol.

Ingredients

2 chicken breasts, baked or grilled

6 medium tomatoes, sliced in half

1 yellow onion, chopped

¼ cup cilantro, chopped

½ lime, squeezed

3 tbsp extra virgin olive oil

3 garlic cloves, chopped

1 tsp ground cumin

sea salt

- 01** Broil tomatoes (oven at 550°, door ajar, use top rack) for 4 minutes. Remove and cool, chop.
- 02** While cooling, reduce oven temperature to 350° and bake chicken or grill.
- 03** Put tomatoes to a bowl and add in remaining ingredients.
- 04** Pour sauce over chicken and serve.

Southwest Steak Salad

Health Benefits

Lime – antioxidant properties, fights cancer and supports immune system.

Chili – fights inflammation and provide natural pain relief.

Greens – The 3 C's: Cleansing, Calcium and Carotenoid (Antioxidant).

Ingredients

2 steak filets, preferably organic, grass-fed

½ cup cilantro, minced

½ lime, squeeze half for juice

1 tsp ground cumin

½ tsp chili powder

¼ cup olive oil

sea salt and pepper

mixed greens

- 01** Grill or broil meat 4-8 minutes, depending on how you prefer. (To check if it is done how you like it, make a small cut in the thickest part of the steak and check the color.)
- 02** In a small bowl, combine all ingredients and add in olive oil slowly while whisking.
- 03** Prepare a salad of mixed greens and other “fixings” you like.
- 04** When steak is done, place on bed of greens and pour dressing over salad.

Quinoa with Pine Nuts and Cranberries

Health Benefits

Quinoa – a good source of magnesium and may help with migraines.

Pine nuts – good source of healthy fat, lower cholesterol.

Yellow pepper – contain Vitamin K, which strengthens bones.

Ingredients

2 cups quinoa

¼ cup pine nuts

1 yellow pepper, chopped

½ cup dried cranberries

2 tbsp chives, chopped

3 tbsp olive oil

sea salt

feta cheese, optional

01 Add quinoa to 4 cups water and bring to a boil. Reduce heat, cover and simmer for 30 minutes.

02 Fluff the quinoa with a fork and add in remaining ingredients.

03 Toss then serve. Sprinkle with feta cheese if desired.

Note: You may use any whole grain you wish in this recipe.

Grilled Tuna over Greens

Health Benefits

Ahi Tuna – high quality source of protein, rich in essential Omega 3 fatty acids.

Orange –Vitamin C of course! A potent antioxidant.

Ingredients

3 tablespoons tamari,
naturally brewed soy sauce

1 orange, squeezed for juice

1 tablespoon natural sweetener
(agave, raw honey, or molasses)

1 tablespoon grated orange peel

1 small clove garlic, minced

1 lb ahi or yellow fin tuna –
wild caught

2 cups mixed greens

basil

lemon, squeezed

2 tomatoes

8 mushrooms

01 In a large bowl, combine the soy sauce, orange juice, sweetener, orange peel, and garlic. Add the tuna to marinade and soak for 15 minutes.

02 Heat grill or broiler. Place the tuna on grill (or 6 inches beneath broiler). Cover and cook 7 minutes or until the tuna is down to your liking.

03 Combine the mixed greens and basil on a platter.

04 Chop tomatoes and mushrooms. Sprinkle with the olive oil, lemon juice, salt, and pepper.

05 Toss and Serve.

Olive Chicken with Brown Rice

Health Benefits

Ginger – Helps with heartburn, nausea and abdominal bloating.

Cumin – helps digestion.

Ingredients

2-4 chicken breasts or thighs

2 cups cooked brown rice

Marinade:

2 garlic cloves, minced

3 tbsp olive oil

½ tsp ginger, freshly chopped

½ tsp black pepper

½ tsp ground cumin

1 tsp salt

2 tbsp olive oil

1 bunch of scallions, chopped

1 cup kalamata olives, chopped

- 01** Cook brown rice ahead of time in a rice cooker or following cooking directions in Grains section (this will greatly reduce your time in front of the stove.)
- 02** Prepare marinade in a large bowl and then add chicken. Refrigerate for 45 minutes if possible.
- 03** Heat 2 tbsp olive oil in a large pan, add chicken and remaining marinade, and sauté for 5 minutes each side. Add scallions and olives, and continue to cook until chicken is tender.
- 04** Add brown rice to pan and stir. Serve and enjoy!

Breakfast for Dinner Frittata

Health Benefits

Spinach – calcium rich, anti-cancer properties.

Eggs – contain omega 3 fatty acids, and lutein – essential for eye health.

Ingredients

1 red pepper

1 clove garlic, minced

2 cups spinach

6 eggs – (organic, cage-free eggs)

olive oil

feta or parmesan cheese,
shredded or crumbled

- 01** Preheat oven to 350°. In large sauté pan on the stove, heat olive oil. Add in red peppers and garlic and cook for 5 minutes.
- 02** Add in spinach, cover and steam until wilted.
- 03** In a medium bowl, whisk 6 eggs. Pour in spinach-pepper mixture to eggs in the bowl, sprinkle with salt and pepper.
- 04** Whisk then pour into a 12 inch pan (greased lightly with olive oil) and sprinkle with parmesan or feta cheese.
- 05** Bake 35 minutes.

Snack of the Week: Veggie Muffins

Health Benefits

Spelt flour – great alternative to refined, white flour. A whole grain packed with nutrients.

Ingredients

½ cup zucchini, grated

½ cup carrots, grated

2 cage-free eggs, beaten

2 cups spelt flour

½ cup basil or thyme,
finely chopped

1 cup organic milk

pinch of sea salt

- 01** Preheat oven to 325°.
- 02** Mix all dry goods into a bowl. Next, add eggs and veggies.
- 03** Mix lightly and gradually add milk. (This is supposed to be lumpy so don't work too hard!) Scrape into muffin tray that is lightly oiled.
- 04** Bake for 12-15 minutes.
- 05** Remove and allow to set for 10 minutes, then serve.

Week 05 Shopping List

Produce

8 tomatoes
1 yellow onion
1 bunch cilantro
1 lime
1 garlic
1 yellow pepper
chives
1 orange
1 bunch mixed greens
basil
1 lemon
1 pkg mushrooms
1 piece ginger
1 red pepper
1 bunch spinach
2 carrots
1 zucchini
kalamata olives
1 bunch scallions

Meat/Poultry/Fish

4-6 chicken breasts
2 steak filets
1 lb. wild ahi tuna

Dairy

feta cheese
8 eggs
parmesan cheese (optional)
organic milk

Oils/Vinegars

olive oil
soy sauce

Condiments

chili powder
cumin
sea salt
black pepper
1 jar honey or agave nectar
orange peel
grains
quinoa
brown rice
spelt flour (try Bob's Red Mill brand)

Other/Dried Goods

cranberries
pine nuts

W 01
W 02
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Week

A week of Salads!

I don't recommend just eating salads the entire week, but increasing your intake of greens for a whole week along with other healthy, whole foods is a great way to detoxify and increase energy.

Spinach Salad with Creamy Herb Dressing

Health Benefits

Spinach – full of vitamin K for bone health.

Pumpkin seeds – full of zinc and healthy monounsaturated fats.

Tomatoes – contain lycopene which has been shown to protect from oxidation damage and protect DNA, fight cancer and heart disease!

Ingredients

7 cups spinach

1 red onion, sliced

grape or cherry tomatoes

1 avocado, cut into small square cubes

¼ cup pumpkin seeds

Dressing:

3 tbsp white wine vinegar

2 tbsp organic heavy whipping cream

1 tsp stone ground mustard (dijon)

2 tbsp real mayonnaise or vegan mayo

½ teaspoon garlic, minced

½ cup olive oil

1 tbsp fresh chives, minced

01 Thoroughly wash and dry spinach. In a large salad bowl, add spinach, onions, tomatoes.

02 In a glass jar, combine all dressing ingredients and shake vigorously. Pour over salad and toss.

03 Add avocado cubes and pumpkin seeds, tossing lightly.

Arugula with Toasted Walnuts & Goat Cheese

Health Benefits

Arugula – rich in phytonutrients, shown to reduce risk of several types of cancer.

Oranges – Vitamin C – which means antioxidant support and reduced inflammation.

Walnuts – ½ cup provides the Omega 3s for your day!

Ingredients

7 cups arugula, rinsed and dried
(or other mixed greens)

2 oranges

½ cup goat (or feta) cheese,
crumbled and organic if possible

½ cup walnuts

Dressing:

¾ cup walnut oil or olive oil

¼ cup balsamic vinegar

sea salt and pepper to taste

- 01** Preheat the oven to 350°. Spread walnuts on a baking sheet and place on a middle rack. Bake for 8 minutes for lightly toasted walnuts.
- 02** Peel an orange, and section it into small pieces.
- 03** Combine arugula, oranges, cheese and toasted walnuts in a bowl.
- 04** Pour dressing over salad and toss.

Asian Salad with Sesame Dressing

Health Benefits

Carrots – Great for night vision, really! Beta-carotene travels to your retina.

Zucchini – rich in fiber, fights disease.

Sesame oil – cholesterol lowering effects, fabulous!

Ingredients

1 romaine lettuce head,
washed and chopped

2 cups mixed greens

12 cherry tomatoes

1 carrot, peeled and grated

1 zucchini, peeled and grated

3 tsp sesame seeds

Dressing:

½ cup tamari sauce (soy sauce)

¼ cup rice vinegar

¼ cup sesame oil

2 tbsp agave nectar
(or other natural sweetener)

01 Combine romaine with mixed greens. Add the tomatoes, carrots and zucchini, toss.

02 Combine all dressing ingredients in a jar and shake vigorously.

03 Pour over salad and toss. Sprinkle with sesame seeds.

Mixed Greens with Pomegranate Vinaigrette

Health Benefits

Pomegranate juice – higher in antioxidants than red wine!

Flax seed – omega 3s, cholesterol lowering, great to get these in your food!

Ingredients

1 bunch of your favorite mixed greens (or ready-made salad bag)

5 mushrooms, brushed and sliced thin

½ cup pine nuts

3 tbsp flax seed, ground

Dressing:

¼ cup pomegranate juice

1 shallot, minced

2 tbsp white wine vinegar

1 lemon, ½ squeezed

½ cup olive oil

sea salt

01 Top greens with mushrooms and pine nuts.

02 Combine all dressing ingredients in a jar and shake vigorously (or dance a little jig in your kitchen if your in the mood!)

03 Pour dressing lightly over greens and toss. Sprinkle with flax seed.

Mozzarella, Tomato & Basil Salad over Greens

Health Benefits

Basil – anti-bacterial and anti-inflammatory, add to any Italian dish.

Balsamic vinegar – suppresses appetite naturally and may slow aging!

Ingredients

12 baby mozzarella balls

cherry tomatoes

1 bunch basil

mixed greens

Dressing:

¾ cup olive oil

¼ cup balsamic vinegar

dash of sea salt

- 01** Drain mozzarella balls. Chop basil by layering leaves one on top of another, rolling them up, and then cutting them into thin ribbons.
- 02** Combine mozzarella with tomatoes and basil in a bowl, tossing.
- 03** Combine dressing in a jar and shake. Pour dressing over tomatoes, mozzarella and basil until coated.
- 04** Serve over a bed of mixed greens. Ciao bella!

Rainbow Chard with Golden Raisins and Pine Nuts

Health Benefits

Swiss chard – top of the vegetable list for vitamins and minerals.

Garlic – can help to lower blood pressure.

Ingredients

1 bunch swiss chard,
rainbow if desired

¼ cups red onion

2 tbsp garlic, minced

3 tbsp olive oil

¼ cup golden raisins

½ cups pine nuts

sea salt

- 01** After washing, stack the chard leaves one on top of the other. Roll and then slice into strips. Slice the colorful ribs into small pieces.
- 02** Heat the olive oil over medium heat (under the smoking point – that is, don't let it smoke!) Add the red onion, garlic, and colored ribs, cooking for 3 minutes.
- 03** Add the chard leaves and 3 tbsp of water. Cover the pan and cook for 5 minutes.
- 04** Remove the chard. Sprinkle with raisins, pine nuts and sea salt.
- 05** Serve warm or cool. Sprinkle with cheese if desired.

Snack of the Week: Real Life Food Energy Bars

Health Benefits

Cranberries are chocked full of antioxidants and are the perfect fruit for weight management
Raw honey, Coconut, agave nectar – natural sweeteners without added sugar or artificial sweeteners.
Walnuts – ½ cup provides the Omega 3s for your day!

Ingredients

1 tbsp dates, pureed
1 tbsp oats, whole oats, ground
1 tbsp dried cranberries
or fruit of choice
1 tbsp coconut, unsweetened
1 tbsp walnuts, finely chopped
1 tbsp dark chocolate chips
or carob chips, optional
1 tbsp agave nectar

- 01** Pit dates and use food processor to puree or mash by hand. Add 1 tbsp of remaining ingredients and spin briefly.
- 02** Using hands, mix into a tight ball. Roll ball out into a rope and flatten into a large square.
- 03** Wrap in plastic wrap, chill and cut into desired bar shapes with a sharp knife.
- 04** This recipe makes one bar. If you make a larger batch, use a pan to form mold and cut into squares after refrigerating.

Note: Makes one bar – For larger batch of 12 servings, use ¾ cups of each ingredient.

Week 06 Shopping List

Produce

2 bunches spinach
2 red onions
cherry tomatoes, 2 pkg.
1 avocado
1 bunch arugula
2 oranges
1 garlic
1 bunch chives
romaine lettuce, 1 head
mixed greens, 2 meals worth
1 carrot
1 zucchini
mushrooms, 1 pkg.
1 shallot
1 lemon
basil, 1 bunch
swiss chard, 1 bunch
pomegranate juice

Dairy

goat or feta cheese
heavy whipping cream
mozzarella balls, 1 jar

Oils/Vinegars

olive oil
walnut oil (optional)
white wine vinegar
balsamic vinegar
soy sauce or tamari
stone ground mustard
sesame oil
rice vinegar
mayonnaise

Condiments

sesame seeds
agave nectar
sea salt
black pepper

Other/Dried Goods

raisins, golden
pine nuts
flax seed
pumpkin seeds
walnuts
dates
dried cranberries
dried coconut
whole oats
dark chocolate or carob chips (optional)

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Week

07

Pesto Quinoa with Chicken and Red Peppers

Health Benefits

Quinoa – Whole grain with the highest protein. Cooks quickly.

Look for it in bulk or try Bob's Red Mill brand.

Basil – high in Vitamin A and magnesium.

Pine nuts – good source of iron, included as 1 of many nuts to reduce heart disease.

Ingredients

1 cup quinoa (Sufficient for 2 people. Use more if for a family or group, use 1 cup grain to 2 cups water)

2 chicken breasts, cut into strips

1 red bell pepper, chopped

5 scallions, chopped

2 cloves garlic, minced

Sea salt to taste

2 tbsp olive oil

Pesto Sauce:

3 cloves garlic

2 cups fresh basil leaves

3 tablespoons pine nuts

1 dash sea salt

½ cup extra virgin olive oil

½ cup fresh parmesan cheese, grated

- 01** Add quinoa to 2 cups water and bring to a boil. Reduce heat, cover and simmer for 30 minutes.
- 02** While quinoa is cooking, heat olive oil in a pan. Sauté chicken until cooked thoroughly.
- 03** Add red pepper and scallions to pan for 5 minutes, add garlic and cook for 3 more minutes. Keep on low while proceeding to pesto sauce.
- 04** For pesto sauce, use a food processor (or blender), mince garlic. Next add basil, pine nuts, and sea salt.
- 05** Slowly add olive oil. Finally, add in parmesan cheese.
- 06** Return to stove and combine finished quinoa with chicken and red peppers in pan.
- 07** Pour pesto sauce over mixture and stir.

Shrimp with Cilantro Lime Vinaigrette

Health Benefits

Shrimp – great source of selenium, which has been shown to protect from cancer.

Olive oil – shown to raise good cholesterol and lower bad cholesterol.

Cilantro – anti-diabetic, anti-cholesterol, and anti-inflammatory – wow!

Ingredients

12 large frozen shrimp (or more if two or more are eating), thawed in cool water for 10 minutes

Cilantro Lime Vinaigrette:

$\frac{2}{3}$ cups lime juice,
approx 3 fresh limes squeezed

$\frac{1}{8}$ cup apple cider vinegar

sea salt, pinch

$\frac{2}{3}$ cups cilantro leaves, packed

1 tbsp. cumin

$\frac{1}{4}$ cup olive oil

- 01** While shrimp is draining in a colander, place all ingredients except oil in a blender. Blend and then add oil in slowly.
- 02** To enjoy shrimp cool, simply toss in the vinaigrette and serve. To enjoy warm, heat 1 tbsp olive oil in a pan and lightly sauté shrimp.
- 03** Pour in vinaigrette and warm for 5 minutes. Can be served over pasta or a salad.

Picnic Panini

Health Benefits

Eggplant – shown to protect the fat in brain cells.

Zucchini – fiber rich, helps to keep cancer-causing toxins away from colon.

Hummus – garbanzo beans help to detoxify sulfite preservatives in foods.

Ingredients

1 eggplant,
cut into ½ inch thick circles

1 zucchini, cut into ¼ inch circles

1 red pepper,
cut into ½ inch strips

1 red onion, sliced into circle rings

¼ cup olive oil

½ cup hummus

2 tomatoes, sliced into circles

1 medium mozzarella ball,
purchased in water and drained,
sliced into ½ inch circles

basil, approx. 7 leaves

whole grain baguette or
bread of choice

01 You can choose to use the grill or your oven for this recipe. Brush all vegetables with olive oil and sea salt.

02 If using a grill, use a grill pan and grill veggies until grill marks are visible. If using oven, heat to 450° and roast veggies on a baking sheet for 20 minutes. Let veggies cool.

03 Spread hummus on bread. Place the mozzarella pieces over the hummus, then the tomatoes and basil. Add the veggies over the tomatoes.

04 Cut sandwich into smaller sections. You're ready to eat!

Brown Rice with Garbanzo Beans & Mint

Health Benefits

Brown rice – unlike white rice, minerals & nutrients of the whole grain.

Mint – Settles a nervous stomach and soothes your digestive tract.

Chicken broth – still helps the common cold.

Ingredients

2 cups brown rice

4 cups organic chicken broth

15 ounces garbanzo beans,
1 can drained and rinsed or
dried and soaked

2 cups grape tomatoes

1/2 red onion, chopped

1/2 cups fresh mint, chopped

1 cup olive oil

1/2 cup red wine vinegar

3 tsp sea salt

- 01** Heat a large saucepan and boil chicken broth. Cook brown rice in broth, approximately 60 minutes. (Alternately, prepare brown rice ahead of time by cooking in a rice cooker.)
- 02** Add the beans, tomatoes, onion, and mint to the rice and toss.
- 03** In a small bowl, whisk together oil, vinegar and salt.
- 04** Pour over rice and toss.

Grilled Chicken with Tomato Herb Salad

Health Benefits

Tomatoes – contains lycopene which fights several types of cancer.

Parsley – powerhouse of nutrients, including Vitamin C.

Garlic – helps lower blood pressure and prevent the common cold.

Ingredients

2-4 chicken breasts*

2 tomatoes, sliced

¼ cup fresh parsley, chopped

4 tbsp extra virgin,
cold-pressed olive oil

1 tsp oregano, chopped

2 cloves garlic, minced

¼ cup fresh lemon juice

2 tsp sea salt

- 01** Whisk together parsley, olive oil, oregano, garlic, lemon juice and sea salt in a small bowl. Add tomato slices and toss.
- 02** Prepare your grill and rub additional olive oil and sea salt over chicken breasts. Grill about 5 minutes per side.
- 03** Pour tomato salad over chicken.

**I always make extra chicken
to have as leftovers to top on salads.*

Beef, Broccoli & Bok Choy Stir Fry

Health Benefits

Broccoli – full of phytonutrients, helps the body detoxify.

Bok choy – aids in digestion.

Sesame oil – contains healthy fats and powerful antioxidants, do not heat.

Ingredients

½ lb. organic steak, cut into strips about 1/8 inch thick (or chicken)

1 large head of broccoli, cut into small florets

1 bunch of bok choy, chopped

3 garlic cloves, chopped

3 tbsp olive oil

2 tbsp tamari, natural soy sauce

¼ tsp sea salt

⅓ cup water

2 tbsp sesame oil

- 01** Heat 2 tbsp olive oil in a large pan or wok on medium high heat. Add beef and cook about 2 minutes. Remove and transfer to a plate.
- 02** Add 1 Tbsp olive oil, broccoli, bok choy and garlic, cooking for another 2 minutes.
- 03** Return meat to pan with soy sauce, salt and water. Stir thoroughly and cook for 2 more minutes. Turn off heat.
- 04** Drizzle sesame oil and remove to serve promptly. Can be served over brown rice or whole grain of your choice.

Snack of the Week: On-the-Go Trail Mix

Health Benefits

Walnuts – ½ cup provides the Omega 3s for your day!

Carob - Contains vitamins A, B1, B2, and potassium as well as containing less calories than chocolate.

Sea salt – contains essential minerals.

Ingredients

1 cup walnuts

1 cup almonds

1 cup raisins
(or dried cranberries)

1 cup sunflower seeds

1 cup pumpkin seeds

1 cup carob chips (optional)

1 tsp sea salt

01 Mix all ingredients together.

02 Fill small bags to grab for healthy eating on-the-go.

Week 07 Shopping List

Produce

2 red bell peppers
1 bunch scallions
garlic, 2 heads
1 bunch basil
1 small bunch fresh mint
1 bunch parsley
1 small bunch fresh oregano
1 eggplant
1 zucchini
2 red onion
4 tomatoes
1 pkg. grape tomatoes
1 lemon
1 large head broccoli
bok choy, 1 bunch

Meat/Poultry/Fish

4-6 chicken breasts
½ lb. organic steak

Dairy

parmesan cheese
1 medium mozzarella ball

Grains

1 baguette or bread of choice
quinoa
brown rice

Oils/Vinegars

olive oil
soy sauce
sesame oil
red wine vinegar

Condiments

sea salt
hummus, 1 jar
chicken broth, look for low sodium, organic
garbanzo beans, 15 oz.

Other/Dried Goods

pine nuts
walnuts
almonds
raisins
sunflower seeds
6 oz. carob chips (optional)

Week

08

Kale & Portabella Stir Fry

Health Benefits

Kale – chocked full of antioxidants and calcium.

Onion – lowers blood sugar and helps with gastrointestinal health.

Brown rice – won't raise your blood sugar like white rice, lasting energy.

Ingredients

2 cups brown rice

2 tbsp extra virgin olive oil

1 medium bunch kale,
rinsed & chopped

1 portabella mushroom, sliced

½ onion, chopped

2 cloves garlic, minced

¼ cup sliced almonds

3 tbsp tamari, natural soy sauce

01 Prepare brown rice in rice cooker or on stove (see Grains section).

02 Heat oil in pan on stove. Add onion and garlic and sauté until light brown. Add kale and portabellas.

03 Cover pan to produce steam. Add soy sauce and stir.

04 Top with sliced almonds and serve over brown rice or other whole grain.

Warm White Beans & Mixed Greens

Health Benefits

Chicken broth – traditional healing food.

Beans – full of fiber, easy source of protein, cholesterol-lowering properties.

Basil – high in Vitamin A and magnesium, add great flavor.

Ingredients

½ cup extra virgin olive oil

1 red onion, chopped

2 garlic cloves, minced

1 15 ounce can white beans,
drained

¼ cup chicken broth*

¼ cup lemon juice

¼ cup fresh basil, chopped

mixed salad greens,
washed and dried

- 01** Heat oil in a pan. Sauté onion and garlic, approx. 4 minutes.
- 02** Stir in beans and broth, cooking 3 minutes.
- 03** Add lemon and basil.
- 04** Arrange mixed greens in a bowl and top with white bean dish.

**Healthy Valley or Full Circle
brands are low sodium and organic*

Mustard Vinaigrette Chicken over Greens

Health Benefits

Agave nectar – natural sweetener, gentle on blood sugar.

Apple cider vinegar – very cleansing, fermented food great for digestion.

Mustard – Anti-inflammatory that may help with asthma and arthritis.

Ingredients

2 chicken breasts, organic

1 tomato

½ cup olive oil

⅛ cup agave nectar
(or 100% maple syrup)

¼ cup apple cider vinegar

2 tbsp stone ground mustard

2 tbsp tamari, natural soy sauce

½ tsp sea salt

¼ tsp black pepper, optional

mixed greens, 3 cups or more

01 Bake chicken breasts in a pan at 350° for 35 minutes. Meanwhile, slice tomato into wedges.

02 Combine the rest of the ingredients in a small bowl and whisk.

03 When chicken is finished, cut into strips and toss with half of the vinaigrette.

04 Place mixed greens in a medium bowl, layer with chicken, and add the rest of the vinaigrette, tossing to coat.

Basil Lemon Tilapia

Health Benefits

Tilapia – great source of essential fatty acids.

Olive oil – full of monounsaturated fats crucial for the brain.

Sea salt – contains important minerals not present in most salts.

Ingredients

2 tilapia filets

1 cup fresh basil leaves

½ cup extra virgin olive oil

½ cup fresh lemon juice

½ tsp sea salt

1 clove garlic, minced

01 Bake fish in oven at 350° for 7 minutes (or pan fry on stove with olive oil until flaky).

02 In a blender, mix the remaining ingredients. Pour over fish.

03 Serve with whole grain pasta or a salad.

Eggplant Pizza

Health Benefits

Eggplant – shown to protect the fat in brain cells.

Mushrooms – enhance the immune system.

Cheese – when unprocessed, it is a smart source of calcium and protein.

Ingredients

1-2 pizza crusts, whole wheat, rice or organic sourdough*

1 cup tomato sauce, (Muir Glen - Garlic and Onion is tasty)

1 cup grated mozzarella cheese (try Organic Valley cheese)

6 mushrooms, sliced thin

1 eggplant, sliced into thin rounds

**My favorite pizza crust brands are French Meadow Bakery or Vicolo*

- 01** Preheat oven to indicated time on pizza crust package. Brush tomato sauce on crusts, sprinkle with cheese.
- 02** Next, layer with eggplant and mushrooms. Bake and enjoy!
- 03** You can always add sliced of leftover chicken during the last 5 minutes of baking for a heartier pizza.

Mediterranean Quinoa

Health Benefits

Olives – high in polyphenols and flavonoids, which are natural anti-inflammatories.

Balsamic vinegar – suppresses appetite naturally and may slow aging!

Ingredients

2 cups quinoa

4 cups organic vegetable broth

½ cup toasted pine nuts

4 tbsp basil, chopped

1 cup grape tomatoes, halved

1 cup garbanzo beans,
rinsed and drained

1 cup kalmata olives, pitted

1 cup organic feta cheese,
crumbled

⅓ cup extra virgin olive oil

4 tbsp balsamic vinegar

sea salt, a few dashes

- 01** Rinse quinoa in a fine mesh strainer. In a pot, bring vegetable broth to a boil, then add quinoa. Cover and lower heat to low, cooking for 12 minutes.
- 02** When quinoa is done, remove from heat and let stand 5 minutes. Fluff quinoa with a fork.
- 03** Add in pine nuts, basil, tomatoes, beans, olives and cheese, tossing.
- 04** Drizzle with olive oil, balsamic vinegar and sprinkle with sea salt. Toss and serve.

Snack of the Week: Veggies and Hummus

Health Benefits

Celery – lots of vitamin C, may help lower blood pressure.

Carrots – sweet veggies help reduce sugar cravings.

Red pepper – due to high level of antioxidants, help to reduce heart disease.

Ingredients

1 celery stalk

carrots, baby carrots or regular

red pepper

1 pkg of hummus

**If you're feeling adventurous,
make your own hummus:**

1 clove garlic, minced

1 large can garbanzo beans,
drained rinsed

4 tablespoons lemon juice

2 tablespoons tahini

1 cups water

1 tsp sea salt

4 tablespoons olive oil

½ tsp cayenne pepper, optional

- 01** Slice all vegetables into sticks. Keep in fridge for a handy snack. Combine with hummus for a tasty dip.
- 02** For hummus: Place all ingredients into blender or food processor. Blend until creamy.
- 03** Transfer the mixture to a medium serving bowl. Sprinkle with cayenne pepper if desired.

Week 08 Shopping List

Produce

1 bunch kale
1 large portabella mushroom
1 red onions
1 yellow onion
1 garlic head
3 lemons
2 bunchs basil
mixed salad greens, 2+ meals
1 tomato
1 small pkg. mushrooms
1 eggplant
1 pkg. grape tomatoes
kalmata olives
1 celery
carrots, 1 bag
1 red pepper
2 cans garbanzo beans

Meat/Poultry/Fish

chicken breasts, 2 or more
tilapia filets, 2 or more

Dairy

mozzarella cheese
feta cheese

Grains

brown rice
quinoa
whole grain pizza crusts, 1-2

Oils/Vinegars

extra virgin olive oil
apple cider vinegar

Condiments

soy sauce
agave nectar
stone ground mustard
tomato sauce
sea salt
pepper
cayenne pepper
tahini

Other/Dried Goods

almonds
pine nuts
white beans, 15 oz can
chicken broth, ¼ cup
veggie broth, 4 cups
1 pkg. hummus

W 01
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W 12

Week

09

Ten Minute Tuna

Health Benefits

Tuna – omega 3s and protein in one!

Tamari – comes from fermented soy beans (miso), can purchase wheat free.

Ginger – known for aiding digestion.

Ingredients

2 tuna steaks,
preferably wild caught

1 tbsp olive oil

2 tbsp tamari, natural soy sauce

2 tbsp rice vinegar

1 tbsp fresh ginger, minced

1 tbsp fresh garlic, minced

2 tbsp sesame seeds

sea salt and pepper

- 01** Preheat pan with olive oil. Add ginger and garlic, cooking for 3 minutes but without burning.
- 02** Soak tuna steaks in the bowl, dip in sesame seeds, then add to the pan. Sear tuna for 3 minutes on each side, lightly toasting sesame seeds as the crust.
- 03** Sprinkle with salt and pepper and pour remaining marinade over the steaks.
- 04** Enjoy with greens or brown rice.

Ten Minute Pasta & Greens

Health Benefits

Soba Noodles – made from buckwheat, a true whole grain pasta that won't spike your energy levels like white pasta.

Garlic – heart and cholesterol benefits.

Spinach – good source of calcium, full on antioxidants.

Ingredients

1 package brown rice pasta
or soba noodles

1 jar tomato sauce
(Muir Glen or other low sugar
brand)

1 tbsp olive oil

2 cloves garlic

1 bunch spinach,
washed thoroughly

- 01** Heat pot with water for cooking pasta according to package.
- 02** In a small saucepan, sauté garlic, then add spinach and cook until just wilted.
- 03** Add 1 cup of tomato sauce and heat. Pour spinach sauce over pasta.

Ten Minute Salmon

Health Benefits

Salmon- Omega 3 Fatty Acids are present in salmon, very important for heart health as well as inflammation and brain health.

Tomato – contains lycopene which protects against cancer and heart attack.

Basil – protect cells from damage, reduces bacteria.

Ingredients

2 salmon filets

1 tomato

½ red onion, chopped

¼ cup olive oil

1 tsp sea salt

1 cup fresh basil

2 tbsp balsamic vinegar

01 Broil salmon (550°) for 7 minutes.

02 While salmon is cooking, in a small bowl mix together the remaining ingredients to form a tomato-basil salsa.

03 Top salmon with salsa and serve.

Ten Minute Italian Stir Fry

Health Benefits

Garlic – healthy heart, immune protection.

Eggplant – brain food!

Garbanzo beans – cholesterol-lowering, high in fiber.

Ingredients

1 tbsp vegetable broth

1 red pepper

1 clove garlic, minced

1 small eggplant, chopped

1 cup tomato sauce

1 can garbanzo beans,
rinsed and drained

1 cup fresh basil, chopped

01 In a large pan, heat vegetable broth. Add onion and sauté 1 minute.

02 Next add red peppers, garlic and eggplant, cooking for 7 minutes.

03 Add 1 cup tomato sauce, garbanzo beans and fresh basil. Cook for two more minutes.

04 Season with sea salt and enjoy as is, over rice, or as a side dish.

Ten Minute Mediterranean Salad

Health Benefits

Greens – Just get these in – they are the best thing you can eat!

Kalamata olives – monounsaturated fat source that protects against inflammation of cells...and tasty!

Feta cheese – protein and calcium source.

Ingredients

1 bunch mixed greens

½ cup fresh basil, chopped

1 cup grape tomatoes

½ red onion, chopped

½ cup kalamata olives

½ cup feta cheese, crumbled or sliced

¼ cup olive oil

2 tbsp vinegar
(balsamic or red wine)

01 Add greens to a medium bowl. Top with remaining ingredients and toss.

02 Add leftover chicken or salmon.

Ten Minute Chicken and Zucchini

Health Benefits

Zucchini – high in Vitamin C, disease-fighting food

Spelt flour – a whole grain flour that has many nutritional benefits over white flour.

Ingredients

2 organic chicken breasts,
cut into strips

1 summer zucchini,
cut into circles

1 cup spelt flour
(or other whole grain flour)

3 tbsp olive oil

sea salt, dash

- 01** Heat 2 Tbsp olive oil in skillet. Add chicken strips and cook for 3-4 minutes.
- 02** In a small bowl, dip zucchini rounds in remaining 1 Tbsp olive oil then in spelt flour. Add to pan and lightly pan fry, 3 minutes on each side.
- 03** Sprinkle with sea salt and serve over quinoa, rice or enjoy as is. (Allow extra time for cooking whole grain rice or quinoa, or use a rice cooker ahead of time.)

Snack of the Week:

Banana Energy Sundae

Health Benefits

Banana – high in potassium which maintains blood pressure.

Yogurt – look for yogurt with friendly bacteria, probiotics, to aid digestion.

Flax seed – excellent source of Omega 3 Fatty Acids.

Ingredients

1 ripe banana

2 tbsp almond butter

½ cup yogurt

3 Tbsp flax seed, ground

Carob or dark chocolate chips,
optional

01 Slice banana into rounds and arrange on a small plate.

02 Drizzle with almond butter, yogurt and flax seed.

03 Sprinkle carob chips if desired.

Week 09 Shopping List

Produce

1 garlic
1 small piece of ginger
1 bunch spinach
1 tomato
1 red onion
fresh basil
1 red pepper
1 small eggplant
1 pkg. grape tomatoes
1 zucchini
1 or more bananas
mixed greens

Meat/Poultry/Fish

2 tuna steaks
2 salmon filets
2 chicken breasts

Dairy

feta cheese
1 cup yogurt

Grains

1 pkg. soba noodles
1 pkg. spelt flour

Oils/Vinegars

olive oil
tamari sauce (soy sauce)
rice vinegar or red wine vinegar
balsamic vinegar

Condiments

sea salt
black pepper
kalamata olives
almond butter
flax seed
sesame seeds
carob or dark chocolate chips (optional)

Other/Dried Goods

2 jars tomato sauce
1 can vegetable broth
1 can garbanzo beans, no sodium

W 01
W 02
W 03
W 04
W 05
W 06
W 07
W 08
W 09
W 10
W 11
W 12

Week 10

Chickpea Summer Salad

Health Benefits

Artichoke Hearts - heart healthy and lowers cholesterol.

Onion – lowers blood sugar and helps with gastrointestinal health.

Chickpeas – high in fiber and antioxidants.

Ingredients

2 15 oz. cans chickpeas
(garbanzo beans), drained

2 15 oz. cans artichoke hearts,
drained and quartered

4 large tomatoes, diced

½ large yellow onion, diced

6 cloves garlic, crushed

⅓ cup olive oil

⅓ cup balsamic vinegar

fresh ground black pepper and
sea salt to taste

01 Place drained chickpeas and artichoke hearts into a large bowl.
Add diced tomato, onion and crushed garlic.

02 Whisk olive oil and balsamic vinegar together in a small mixing bowl;
pour over bean mixture. Mix thoroughly with a large spoon until all
ingredients are mixed well and thoroughly coated.

03 Add fresh ground black pepper and sea salt to taste.

This summer bean salad is perfect for those days when it's too hot to
even look at the stove.

Creamy Swiss Chard Quinoa with Roasted Red Peppers

Health Benefits

Swiss chard – top of the vegetable list for vitamins and minerals.

Red pepper – due to high level of antioxidants, help to reduce heart disease.

Ingredients

2 cups quinoa

4 cups organic vegetable broth or water

4 garlic cloves, minced

6 leaves of swiss chard, washed and chopped into ribbons

1 roasted red pepper, sliced

3 tbsp olive oil

Dressing:

3 tbsp white wine vinegar

2 tbsp organic heavy whipping cream

1 tsp stone ground mustard (Dijon)

2 tbsp “healthy” mayo, Lemonaisse or Veganaisse

½ teaspoon garlic, minced

½ cup olive oil

1 tbsp fresh chives, minced

sea salt to taste

01 In a pot, bring vegetable broth to a boil, then add quinoa. Cover and lower heat to low, cooking for 12 minutes.

02 Meanwhile sauté garlic in olive oil, adding swiss chard and cooking until lightly wilted, about 7 minutes.

03 Remove quinoa from heat and let stand 5 minutes. Fluff quinoa with a fork.

04 Combine quinoa with swiss chard and red pepper. Toss with dressing.

Lemon Shrimp over Brown Rice

Health Benefits

Shrimp – Low in Calories, and High in Protein, an all around great meat!

Snow peas – A great source of Vitamins A and C.

Ingredients

2 tablespoons olive oil
1 large leek,
cleaned and thinly sliced
2 cloves garlic, minced
1 cup brown rice
2 cups low-sodium chicken broth,
divided
1 cup dry white wine
½ pound medium shrimp,
peeled and deveined
1 cup fresh snow peas,
trimmed and halved crosswise
1 medium red bell pepper, diced
3 tablespoons grated parmesan
cheese
2 teaspoons basil
2 tablespoons lemon juice
ground black pepper to taste

- 01** Heat olive oil in a large, heavy-bottomed saucepan over medium-low heat. Cook the leek and garlic until soft, about 5 minutes. Stir in the rice, and cook for 5 minutes more, stirring frequently.
- 02** Stir in the rice, and cook for 5 minutes more, stirring frequently. Pour in 1 1/2 cups of the chicken broth, and bring to a boil over high heat, stirring occasionally. Reduce heat to medium-low, and simmer, uncovered for 5 minutes, continuing to stir.
- 03** Pour in the remaining chicken broth and wine, increase heat to medium, and cook for about 5 more minutes, stirring constantly.
- 04** Add the scallops, shrimp, peas, and red pepper. Cook, stirring constantly, until the remaining liquid is almost absorbed, and the seafood has cooked, about 5 minutes.
- 05** When the rice is just tender and slightly creamy, season with Parmesan cheese, basil, lemon juice, and pepper.

Chili Lime Chicken Kabobs

Health Benefits

Lime – high in anti-oxidants and detoxifying properties.

Cayenne pepper – fights inflammation and a natural pain reliever.

Paprika – nine times the vitamin C of a tomato!

Ingredients

3 tbsp olive oil

1½ tbsp red wine vinegar

1 lime, juiced

1 tsp chili powder

½ tsp onion powder

½ tsp garlic, minced

cayenne pepper to taste

sea salt and freshly ground

black pepper to taste

1 pound skinless, boneless

chicken breast halves -

cut into 1½ inch pieces

1 red pepper, cut into square

pieces for skewers

wooden or metal skewers

01 In a small bowl, whisk together the olive oil, vinegar, and lime juice. Season with chili powder, onion powder, garlic, cayenne pepper, salt, and black pepper.

02 Place the chicken in a shallow baking dish with the sauce. Coat chicken with sauce. Cover, and marinate in the refrigerator at least 1 hour.

03 Preheat the grill for medium- high heat. Thread chicken onto skewers, and discard marinade.

04 Lightly oil the grill grate. Grill skewers for 10 to 15 minutes, or until the chicken juices run clear.

Quinoa Stuffed Peppers

Health Benefits

Quinoa – whole grain with highest protein, energy food.

Olive oil – full of monounsaturated fats crucial for the brain.

Sea salt – contains important minerals not present in most salts.

Ingredients

1 cup quinoa

4 peppers, any color

3 tbsp herbs, your choice of basil,
thyme, oregano

1 tbsp olive oil

1 tsp sea salt

2 cloves garlic, minced

1 white onion, chopped

parmesan cheese

- 01** Cook quinoa according to package directions or boil for 1 cup grain with 2 cups water for 25 minutes.
- 02** Heat oven to 350°. Boil a large pot of water on the stove and blanch peppers for 5 minutes. Cool under water, cut off tops and remove seeds.
- 03** Add onion and garlic to olive oil in a pan and sauté, then add tomato sauce.
- 04** Chop herbs and add with onion and garlic to quinoa when finished. Stuff quinoa into peppers, sprinkle with parmesan and place in pan with a little water in the pan.
- 05** Bake for 25 minutes.

Saltana Salad

Health Benefits

Mixed greens – folic acid and potassium, heart healthy food.

Agave nectar – natural sweetener, gentle on blood sugar.

Ingredients

Mixed Greens

1 cucumber, diced

1 cup pumpkin seeds

½ cup saltanas (golden raisins)

½ red onion, chopped

goat cheese, sprinkled (optional)

seared tuna or grilled chicken to top (optional)

Red Wine Vinaigrette:

1 clove garlic, minced

1 tsp oregano

1 tsp thyme

1 tsp sea salt

1 tsp agave nectar (or honey)

¼ cup red wine vinegar

⅔ cup olive oil

- 01** Place mixed greens in a bowl with other ingredients.
- 02** In a jar, combine vinaigrette ingredients and shake vigorously.
- 03** Pour on salad and toss.

Snack of the Week: Sweet Potato Cookies

Health Benefits

Nutmeg - an anti-inflammatory, as well as a natural stress reliever.

Sweet Potatoes are packed with tons of beta-carotene and Vitamin C.

Both are antioxidants that fight free radicals in your body. High in fiber, sweet potatoes help you to stay full longer and reduce your sugar cravings.

Ingredients

1 cup cooked sweet potato

½ cup butter, softened,
preferably organic

¾ cup pure maple syrup

1 egg, preferably cage free

½ tsp sea salt

1 tsp ground nutmeg

1 tsp cinnamon

1 tsp baking soda

2 cups spelt flour

½ cup raisins

½ cup pecans, chopped

- 01** Place all ingredients except pecans and raisins in a food processor and process until well blended. Transfer to a bowl and fold in raisins and nuts.
- 02** Form into half-fist sized clusters and place on buttered cookie sheets.
- 03** In a small bowl, combine ingredients for the topping and mix with a fork, mashing butter. Drizzle over scones.
- 04** Bake at 325 degrees for about 20 minutes. After 5 minutes in the oven, press cookies down lightly with a fork.
- 05** Let cool completely before removing to an airtight container for storage in refrigerator.

Week 10 Shopping List

Produce

4 large tomatoes
1 yellow onion
1 white onion
1 red onion
1 garlic head
swiss chard
3 red peppers
4 peppers any color
1 leek
1 cup snow peas
1 bunch basil
1 lemon
thyme,
oregano
mixed greens
1 cucumber
1 - 2 sweet potatoes

Meat/Poultry/Fish

½ lb. shrimp
1 lb. chicken breasts
1 egg

Dairy

heavy whipping cream
1 small block fresh parmesan cheese
goat cheese (optional)

Grains

quinoa
brown rice
seared tuna or chicken (optional)

Oils/Vinegars

olive oil
balsamic vinegar
white wine vinegar
white wine
red wine vinegar

Condiments

sea salt
black pepper
stone ground mustard
mayonnaise
chili powder
onion powder
cayenne pepper
agave nectar
maple syrup

Other/Dried Goods

2 15 oz. cans chickpeas
2 15 oz. cans artichoke hearts
4 cups vegetable broth
2 cups chicken broth
pumpkin seeds
golden raisins
nutmeg
cinnamon
baking soda
raisins
pecans

Week

11

11

Mexican Bean Salad

Health Benefits

Olive oil – full of monounsaturated fats crucial for the brain.

Onion – lowers blood sugar and helps with gastrointestinal health.

Cilantro – anti-diabetic, anti-cholesterol, and anti-inflammatory.

Ingredients

1 cup black beans

2 tbsp cilantro, chopped

1 tomato chopped

½ red onion, chopped

1 avocado,
sliced into small chunks

½ cup olive oil

⅛ cup red wine vinegar

sea salt to taste

01 Combine all ingredients in a bowl and toss.

Raw Lemon Kale Salad

Health Benefits

Carrots – Great for night vision, really! Beta-carotene travels to your retina.

Onions –kills harmful bacteria in the body.

Ingredients

1 large bunch of curly leaf kale

1 lemon, juiced

2 cloves garlic, minced

¼ cup extra virgin olive oil

1 tsp sea salt

1 medium size carrot

- 01** Pile kale leaves one on top of the other and cut into bite-sized strips. Wash kale leaves thoroughly using a salad spinner to dry.
- 02** In a small food processor or blender, combine lemon juice, garlic, olive oil and sea salt. Blend on high.
- 03** Shred carrot and add to kale leaves. Pour lemon dressing over kale and carrots, tossing until covered.
- 04** Refrigerate and serve when cool. Serve with raw walnuts or choice of protein.

Chicken with Cucumber Greek Yogurt

Health Benefits

Garlic – helps lower blood pressure and prevent the common cold.

Yogurt – contains beneficial bacteria known as probiotics that help with digestion.

Ingredients

2 cups whole grain bread crumbs
or 4 pieces of whole grain bread

1 tsp sea salt

1 tbsp chopped fresh sage

2 to 4 chicken breasts

1 clove garlic, split

2 tsp olive oil

Cucumbers Dipping Sauce:

1 cup low fat Greek-style yogurt

1 small cucumber

- 01** To make your own bread crumbs, Preheat oven to 375°F. Line a rimmed baking sheet with foil. Place 4 pieces of whole grain bread on the foil and bake until dry and crispy, about 7 to 10 minutes. You can also skip this step and buy whole grain bread crumbs.
- 02** When the bread crumbs are cool enough to handle, break them up and grind them into coarse crumbs with a food processor. Stir in salt and fresh sage. Place the seasoned crumbs onto a plate.
- 03** Dry off chicken breasts with a paper towel. Rub split garlic clove all over the meat. Cut the breasts into 1½-inch chunks and place in a bowl. Add olive oil to bowl and, using your hands, mix until the meat is evenly covered with the oil.
- 04** Roll each piece of chicken in the seasoned bread crumbs until well coated and place on the prepared baking sheet. Bake for 15 to 20 minutes until the chicken is cooked through and no pink remains. Serve warm with Cucumbers Dipping Sauce.
- 05** To make dipping sauce: Combine yogurt and cucumber in a food processor and blend until cucumber is finely chopped. Serve with Chicken Breasts.

Chicken Croquettas

Health Benefits

Basil – high in Vitamin A and magnesium.

Olive oil – full of monounsaturated fats crucial for the brain.

Sea salt – contains important minerals not present in most salts.

Ingredients

2 cups already cooked chicken meat, cut into small, shredded pieces

1 cup dried whole grain bread crumbs

2 eggs, beaten, preferably cage-free

1 cup yellow or white onion, diced

1 tbsp chopped fresh basil

1 tsp sea salt

2 tbsp extra virgin olive oil

Living in Spain, one of the favorite dishes was “croquettas”, little fried sticks with creamy centers of chicken or meat. And with all the chicken people eat these days, having a few unique leftover recipes is key.

Here’s my creation for Chicken Croquettas – a little different than the Spanish deep fried version, but just as delicious.

- 01** Heat 1 tbsp olive oil in a pan and sauté onion until lightly brown.
- 02** Meanwhile beat eggs then combine chicken, bread crumbs, eggs, basil and sea salt in a bowl. Add onions when finished.
- 03** Form mixture into 2 inch rolls.
- 04** Heat second tbsp olive oil in pan and lightly fry “croquettas” until brown on all sides.
- 05** Drizzle with olive oil, sea salt and fresh herbs or dollop with a top of homemade mayonnaise.

Homemade Herb Mayonnaise

Health Benefits

Mustard - Anti-inflammatory that may help with asthma and arthritis.

Olive oil – shown to raise good cholesterol and lower bad cholesterol.

Ingredients

1 whole egg, at room temp,
preferably free range, organic

1 egg yolk, at room temp

1 tsp Dijon-type mustard

1 ½ tbsp fresh lemon juice

1 cup extra virgin olive oil or
expeller-pressed sunflower oil

generous pinch of sea salt

¼ cup chopped herbs of choice,
basil/chives etc.

- 01** In your food processor or blender, place egg, egg yolk, mustard, salt, and lemon juice. Blend 30 seconds.
- 02** Using the attachment or opening the blender cover partly, add in olive oil/sunflower oil drop by drop with motor running. Taste and check seasoning.
- 03** You may want to add more salt or lemon juice. Add fresh herbs and spin lightly.
- 04** Mayonnaise will keep for 2 weeks.

Carrot – Ginger Salmon Bites

Health Benefits

Carrots – Great for night vision, really! Beta-carotene travels to your retina.

Ginger – Helps with heartburn, nausea and abdominal bloating.

Salmon – low in bad fat, high in good fat- heart-healthy.

Ingredients

2 fillets wild salmon, skin removed

¼ cup whole grain or panko bread crumbs

¼ medium yellow onion, diced

2 cloves garlic, minced

1 tbsp lemon juice from fresh squeezed lemon

1 egg, beaten

1 tbsp olive oil

1 tsp sea salt

½ cup sesame seeds

few sprigs fresh cilantro

Carrot-Ginger Sauce:

1 medium carrot, peeled and chopped

2 tbsp fresh ginger, minced

2 green scallions, sliced into rings

1 tbsp rice vinegar

2 tsp sesame oil

1 tsp tamari (soy sauce)

4 tbsp olive oil

1 tbsp water

sea salt, dash or two

- 01** Cut raw salmon into small pieces. Add to a food processor and pulse two times. Add bread crumbs, onion, garlic, lemon juice and egg and continue pulsing until mixed lightly together but not mushy.
- 02** Form small patties using hands. Roll each patty in sesame seeds until coated.
- 03** Heat oil in a skillet. Meanwhile, prepare sauce: In a blender, combine all sauce ingredients. Blend until smooth.
- 04** Fry both sides of each patty for 2 minutes each.
- 05** Drizzle each patty with carrot-ginger sauce. Top with fresh sprig cilantro.

Black Bean Quesadillas

Health Benefits

Spinach – fights prostate and breast cancer.

Beans – High in fiber and cholesterol-lowering.

Cheese – when unprocessed, it is a smart source of calcium and protein.

Ingredients

½ cup canned black beans
(mashed with a fork)

2 Ezekiel tortillas

½ cup frozen spinach
(squeezed dry)

½ cup sharp cheddar
(preferably Organic Valley Raw)

sea salt – to taste

black pepper- to taste

½ cup fresh salsa

01 Preheat broiler. Take tortillas and spread beans over it.

02 Add spinach, cheese, salt & pepper and fold it.

03 Place in dish on middle oven rack. Heat for 5 minutes.

04 Serve after topping with salsa.

Snack of the Week:

Guacamole & Chips

Health Benefits

Cilantro – anti-cholesterol, and anti-inflammatory.

Lime – antioxidant properties, fights cancer and supports immune system.

Avocados – a healthy source of monounsaturated fats.

Ingredients

2 ripe avocados

½ red onion, chopped

2 tbsp cilantro leaves, finely chopped

1 tbsp of fresh lime

½ tsp sea salt

½ ripe tomato, seeds and pulp removed, chopped, drain in colander

- 01** Cut avocados in half. Remove seed. Scoop out avocado from the peel, put in a mixing bowl.
- 02** Using a fork, mash the avocado. Add the chopped onion, cilantro, lime or lemon, salt and mash some more. Keep the tomatoes separate until ready to serve.
- 03** Refrigerate until ready. Place large seed back in guacamole to help it from changing color.
- 04** Just before serving, add the chopped tomato to the guacamole and mix. Serve with veggie sticks, veggie chips or whole grain tortillas.

How to make whole grain tortillas chips:

- 05** Cut into triangular pieces. Bake in oven on cookie sheet at 350° until crisp, approximately 7 minutes. Dip and enjoy!

How to make Veggies chips:

- 06** Slice sweet potatoes or other root vegetables as thin as possible. Toss lightly with olive oil, sea salt and herb seasoning if desired. Lay out on a baking sheet in single layers, bake at 350° for 25 minutes or until crisp and light brown.

Week 11 Shopping List

Produce

1 small bunch cilantro
2 tomatoes
2 red onions
1 yellow onion
1 white onion
3 avocado
1 large bunch curly kale
2 lemons
1 garlic head
1 carrot
sage
1 cucumber
basil
chives
cilantro
1 carrot
1 small piece ginger
2 green scallions
frozen spinach
1 lime

Meat/Poultry/Fish

4 – 6 chicken breasts
5 eggs
2 fillets salmon

Dairy

plain greek style yogurt
sharp cheddar

Grains

whole grain bread crumbs
Ezekiel tortillas

Oils/Vinegars

olive oil
red wine vinegar
rice vinegar
sesame oil
soy sauce

Condiments

sea salt
dijon mustard
black pepper
salsa

Other/Dried Goods

2 cans black beans
sesame seeds

Week

12

Asparagus & Shitake Salad

Health Benefits

Shiitake mushrooms – fights flu and has anti-cancer properties.

Asparagus – may be helpful for PMS water-retention, also healthy for gut and heart.

Ingredients

2 tbsp olive oil

5 shallots (sliced lengthwise)

8 ounces shiitake mushroom
(stems removed)

sea salt – to taste

ground pepper- to taste

1½ tsp lemon zest (grated)

2 medium asparagus
(cut 2-inch length)

2 tsp lemon juice

- 01** In a large nonstick pan, add shallots and cook for 3 minutes, until they turn brown. Add mushrooms, salt and black pepper and cook for another 3-5 minutes. Remove from the heat and transfer into a bowl.
- 02** Add lemon zest and mix well.
- 03** In another pan, add water and boil it. Add asparagus and salt and cook for 3-4 minutes until asparagus is tender. Remove from heat and add to bowl.
- 04** Squeeze lemon over the mixture, toss and serve.

Egg & Salmon Sandwich

Health Benefits

Parsley – rich in antioxidants, great source of folic acid.

Butter –has essential vitamins and minerals like Vitamin A.

Ingredients

2 tbsp butter

4 eggs

2 tbsp heavy whipping cream

Salt

black pepper

finely chopped leaf parsley
(20g pack)

5 strips of smoked or previously
cooked salmon, wild caught if
possible

Whole grain toast, Ezekiel bread
is great!

- 01** Over low heat in a medium sized pan, melt the butter.
- 02** Beat eggs, cream salt, pepper in a separate bowl with a whisk, then add to pan.
- 03** Add chopped parsley and smoked salmon. Scramble until fully cooked.
- 04** Serve scrambled eggs on top of toast, open face.

Curry Chicken & Rice

Health Benefits

Garlic – helps lower blood pressure and prevent the common cold.

Brown rice – a whole grain that contains more minerals and fiber than refined grains.

Red pepper – due to high level of antioxidants, helps to reduce heart disease.

Ingredients

2 chicken breasts

1 tbsp olive oil

½ cup chopped onion

2 bell peppers (red & yellow),
chopped

2 cloves garlic, chopped

1½ cup chicken broth

¾ cup brown rice

1 tsp salt & pepper

1 tsp curry powder

- 01** Sprinkle chicken with salt. In a large pan heat oil and curry powder. Sauté chicken in oil and curry powder until brown. Remove chicken.
- 02** In the same pan sauté onion, peppers and garlic until onion is tender.
- 03** Return chicken to skillet. Add broth. Stir in rice. Bring to a boil. Reduce heat, cover and cook over low heat 50 minutes or until rice is tender.
- 04** To save time, cook rice ahead of time in a rice cooker and add to pan at the end.

Roasted Vegetable Pasta

Health Benefits

Tomatoes – contains lycopene which fights several types of cancer.

Zucchini – excellent source of Vitamin C, a disease-fighting food.

Feta cheese – protein and calcium source.

Ingredients

2 tbsp extra-virgin olive oil

1 medium zucchini, diced

1 each red & yellow bell pepper,
seeded and diced

2 large tomatoes, chopped

¼ cup fresh basil, chopped

2 cloves garlic

12 ounces whole wheat pasta

½ cup feta cheese

sea salt - to taste

ground pepper – to taste

01 Preheat oven to 450° F. In a large pan add water and boil it. Then, add pasta and cook for 5-10 minutes.

02 Meanwhile in a large pan add little olive oil; toss onion, bell pepper, and zucchini. Add salt & pepper and roast the vegetables in the oven about 10-15 minutes.

03 In a small bowl, mix tomatoes, basil, and garlic.

04 Drain pasta and transfer to a bowl, adding roasted vegetables when finished and tossing with tomato mixture.

05 Sprinkle with feta cheese and serve.

Warm Kale Salad

Health Benefits

Kale – chocked full of antioxidants and calcium.

Mustard – Anti-inflammatory that may help with asthma and arthritis.

Balsamic vinegar – suppresses appetite naturally and may slow aging!

Ingredients

2 medium red potatoes, diced
2 cups kale, chopped
½ cup sun-dried tomatoes,
rough chopped
1 tbsp capers
1 tbsp Dijon mustard
1 tsp balsamic vinegar
sea salt and fresh cracked
black pepper to taste
2 baked chicken breasts, optional

- 01** Add the cubed potatoes to a steamer; steam for 7 minutes. Add the sun-dried tomatoes and steam for another 3 minutes. Add the kale and steam for 1 more minute.
- 02** Remove all vegetables from the steamer and place them in a large salad bowl.
- 03** Add capers, mustard, balsamic vinegar, salt and pepper, and toss to mix thoroughly.

Great side dish with any meal! Add baked chicken strips and toss for a heartier dish.

Aduki Beans with Millet Mexicana

Health Benefits

Cumin – helps digestion.

Beans – High in fiber and cholesterol-lowering.

Cayenne pepper – fights inflammation and a natural pain reliever.

Ingredients

½ cup olive oil

1 yellow onion, chopped

3 cloves garlic, chopped

¼ cup sun-dried tomatoes, diced

4 cups vegetable broth

1 tsp cumin

¼ tsp cayenne pepper

1 tsp sea salt

2 cups millet

1½ cups aduki beans, soaked/
cooked or rinsed if canned

½ cup fresh cilantro

1 lime, freshly squeezed

1 carrot, shredded

dollop of fresh salsa on each
serving

- 01** Saute onions, garlic and sun dried tomatoes with 2 tbsp olive oil until light brown.
- 02** Add vegetable broth, cumin, cayenne pepper and salt. Bring to a boil, add millet, then reduce to a low simmer, cooking about 20 minutes.
- 03** When liquid is absorbed, remove from heat and let stand 5 minutes.
- 04** Stir in Aduki beans, cilantro and sea salt. Add in lime juice, carrots, and remaining oil. Toss and serve over millet.
- 05** Add a dollop of fresh salsa or a slice of avocado.

Snack of the Week:

Banana Almond Refresher

Health Benefits

Almond butter adds healthy fat and protein.

Bananas are full of potassium found in which helps to promote bone health.

Ingredients

1 banana

1 tbsp almond butter

2½ cups almond milk

01 Blend banana, almond butter and almond milk until smooth. Enjoy!

Week 12 Shopping List

Produce

5 shallots
8 oz. shitake mushrooms
1 lemon
2 asparagus
1 bunch parsley
2 red pepper
2 yellow pepper
1 garlic head
1 zucchini
2 large tomatoes
1 bunch basil
2 red potatoes
kale
capers
1 yellow onion
4 cups vegetable broth
1 bunch cilantro
1 lime
1 carrot
1 or more bananas

Meat/Poultry/Fish

4 eggs
4 strips smoked salmon
4 chicken breasts
chicken broth

Dairy

butter
heavy whipping cream
feta cheese

Grains

whole wheat pasta
brown rice
millet

Oils/Vinegars

olive oil
balsamic vinegar

Condiments

sea salt
black pepper
dijon mustard
cracked black pepper
salsa

Other/Dried Goods

curry powder
sun dried tomatoes
cumin
cayenne pepper
aduki beans
almond butter
almond milk

Eat More Vegetables & Fruits

The “Eat More Vegetables & Fruits” section is where I share more salad, vegetable, and fruit recipes. I always put vegetables before fruits, because it seems to me that most people are eating enough fruits, but they tend to skimp on the vegetables. Vegetables are rich in antioxidants and eating more vegetables is a great way to stay healthy. When you sit down to eat, always ask yourself where the vegetable is and then aim to make this the largest portion of what you are eating on the plate. This is a reversal on the common American plate of large protein, large starch, small vegetable. At the International Association of Wellness Professionals, we recommend to our clients to make vegetables at least 50% of their plate, and protein and grains as the smaller portions. Try this for a week and notice if you feel any different. Enjoy these recipes along with the weekly menus or bring as a dish to your next gathering of family or friends.

Baked Brussels Sprouts

Health Benefits

Brussels Sprouts – Supper high in vitamin K and phytonutrients protect against disease, including cancer.
Butter –has essential vitamins and minerals like Vitamin A!

Ingredients

1 stalk of local brussels sprouts

½ to ¾ cup butter – organic,
grass-fed is best or use
olive oil instead

sea salt

Prep time: 15 minutes / Cook time: 45 minutes / Serves: 4

- 01** Preheat oven to 425 degrees. Cut the Brussels sprouts off the vertical stem. It helps if you break off the stalks that grow outward from beneath the sprouts before cutting off the sprouts; it's easier to get the knife under them.
- 02** Place the butter in a 9 X 12 glass casserole baking dish, depositing it evenly around the dish. Place the cut Brussels sprouts atop the butter. Add a little more butter if necessary to ensure that when it melts, it will create a small, even layer for the sprouts to bubble in. Sprinkle a little sea salt atop all the sprouts.

When you take that first buttery, creamy bite and your eyes widen with delight, you'll discover that you never thought you could feel this way about Brussels sprouts!

Shameless Bruschetta

Health Benefits

Brussels Sprouts – Supper high in vitamin K and phytonutrients protect against disease, including cancer.
Butter –has essential vitamins and minerals like Vitamin A!

Ingredients

1 succulent homegrown tomato,
cut into thick slices

extra virgin olive oil

two thick slabs of your favorite
homemade or local bread

thin hunks of your favorite local,
organic cheese

Prep time: 5 minutes / Broil time: 2 minutes / Serves: 1

- 01** Fire up the broiler. Place the two slabs of bread on a baking sheet. Brush with olive oil.
- 02** Place the sliced tomatoes atop the bread. You may need to cut some of the tomato slices in half to completely cover the bread with tomatoes. Now add slices of your favorite cheese atop the tomatoes.
- 03** Place the baking sheet with your tomato creation in the broiler. Check it every few seconds to prevent the cheese from becoming too blackened. It's done when the cheese is bubbly and golden brown in spots.
- 04** Be careful when eating, as it will be hot.

This recipe is so shamelessly hearty that it shouldn't even be called bruschetta. There is nothing subtle about it! Grab a paper towel to catch all the tomatoey goodness dripping down your chin.

Homemade Salsa

Health Benefits

Onion – lowers blood sugar and helps with gastrointestinal health.

Cilantro – anti-cholesterol, and anti-inflammatory.

Ingredients

10 homegrown tomatoes

½ onion, diced

1 jalapeno pepper,
seeded and sliced into rings

15 sprigs of fresh cilantro

sea salt to taste

fresh cracked black pepper
to taste

Pre-cook time: 20 minutes / Cook time: 45 minutes / Serves: 4

- 01** Place the tomatoes in a large soup pot and cover with water. Bring to a boil. Keep at a hard boil for about 20 minutes, or until the skins on all the tomatoes split and begin to appear somewhat wrinkly.
- 02** Drain the water. Run cold water over the tomatoes until they're cool enough to handle.
- 03** Leaving the tomatoes in the soup pot, cut the cores out of them with a knife. Place the boiled tomatoes over low medium-low heat in the soup pot. Smash them into a pulpy consistency with a potato masher or fork.
- 04** Add diced onion, sliced jalapeno plus salt and pepper. Bring to a soft boil, then reduce to a simmer. Continue to mash and stir the concoction frequently to achieve a salsa consistency. Simmer for about 45 minutes or until the onions have softened but still retain a little crunch.
- 05** Add fresh cilantro leaves about 10 minutes before cooking time ends. If you prefer spicier salsa, add one more jalapeno or experiment with hotter varieties of peppers. Of course, it's always safest to add just a little at a time and adjust to taste.

Maple Squash Salad

Health Benefits

Pumpkin seeds – full of zinc and healthy monounsaturated fats.

Squash – anti-cancer veggie.

Ingredients

1 butternut squash, peeled/
seeded and cut into small pieces

¼ cup pumpkin seeds

4 tbsp olive oil

6 unpeeled garlic cloves

¼ tsp red pepper flakes

salt – to taste

black pepper – to taste

2½ tbsp maple syrup

3 tbsp lime juice

1 tbsp dijon mustard

2 to 3 bunches arugula,
washed & dried

6 ounces feta cheese

- 01** Pre-heat the oven to 450 degrees. Now take a baking sheet and spread pumpkin seeds on it. Heat until they are brown. Keep it aside.
- 02** Take another baking sheet; toss squash with 2 tbsp oil, red pepper, garlic, salt & black pepper. Roast for about 25- 30 minutes.
- 03** Now, remove garlic from the sheet and add 2 tbsp maple syrup. Cook for another 5 to 10 minutes.
- 04** Squeeze the garlic and make a paste.
- 05** In a bowl, add garlic paste, lime juice, mustard, maple syrup, salt & black pepper. Mix well. Now add arugula, squash and sprinkled with roasted seeds and cheese.

Green Dandelion Salad

Health Benefits

Apple cider vinegar – very cleansing, fermented food great for digestion.

Dandelion greens – High antioxidants and anti-inflammatory.

Ingredients

1 bunch dandelion greens,
washed and chopped

2 green apples, chopped

½ cup dried fruit of choice

¼ cup raw pumpkin seeds

¼ cup olive oil

3 tbsp apple cider vinegar

1 tbsp raw honey

01 Combine greens, apples, dried fruit and pumpkin seeds.

02 In a jar, combine olive oil, vinegar and honey, shaking until combined.

03 Toss on salad until coated. Enjoy!

Spinach Salad with Tomatoes, Walnuts and Onion

Health Benefits

Walnuts – excellent source of omega 3 fatty acids and protein.

Flax seed oil – man essential fatty acid, good for brain health!

Lemon – very cleansing, creates an alkaline environment.

Ingredients

4 cups chilled fresh spinach,
coarsely torn

¼ cup chopped onion,
yellow or red

4 medium tomatoes,
cut in wedges

¼ cup chopped walnuts

2 tbsp flax seed, ground

Vinaigrette:

2 tbsp balsamic vinegar

⅓ cup olive oil

1 tsp sea salt

2 tbsp fresh or dried herbs
of your choice, optional

1 tbsp fresh lemon juice

1 tbsp agave nectar, optional

01 In a large salad bowl, mix the ingredients together.

02 Combine all ingredients for vinaigrette in a jar and shake.

03 Toss with salad and serve.

Sweet Kale Salad

Health Benefits

Pine nuts – good source of iron, included as 1 of many nuts to reduce heart disease.

Garlic – helps lower blood pressure and prevent the common cold.

Kale – chocked full of antioxidants and calcium.

Ingredients

1 large bunch of kale,
sliced into small pieces

½ cup sun dried tomatoes,
chopped

1 clove garlic, minced

1 cup raisins

1 cup pine nuts, toasted

Sweet Balsamic Dressing:

½ cup extra virgin olive oil

¼ cup balsamic vinegar

2 tsp agave nectar, optional

01 Boil water in large pot on stove. Steam greens or drop in boiling water.

02 In a large bowl, combine greens with zucchini, raisins, almonds and cheese.

03 In a small bowl, whisk together oil, vinegar and agave nectar.

04 Pour dressing over greens and toss until coated.

Spicy Swiss Chard

Health Benefits

Swiss Chard is full of magnesium, Calcium, Vitamin C. Excellent for bone health and a good source of fiber.

Olive oil – a healthy fat, use liberally!

Sea salt – contains essential minerals.

Ingredients

1 large bunch fresh swiss chard

2 cloves garlic, sliced

2 tbsp olive oil

2 tbsp water

pinch of crushed red pepper

sea salt

- 01** Rinse the Swiss chard leaves thoroughly and chop them into one inch wide strips.
- 02** In a saucepan on medium heat, add olive oil, garlic slices, red pepper and sauté for a minute.
- 03** Next, add swiss chard leaves and cook for about 5 minutes with lid. You can add $\frac{1}{4}$ cup water if dry, to steam the leaves more.
- 04** Add salt to taste. Mix well and serve.

Simple Grilled Vegetables

Health Benefits

Mushrooms – enhance the immune system.

Zucchini – high in Vitamin C, disease-fighting food.

Carrots – Great for night vision, Beta-carotene travels to your retina.

Ingredients

2 yellow squash,
cut into ¾ inch thick slices

1 zucchini,
cut into ¾ inch thick slices

1 lb mushrooms, cut into halves

1 lb carrots, cut in strips

10 potatoes, cut into halves

½ cup olive oil

2 tsp fresh or dried rosemary

01 Toss all the ingredients together. Next, tear 8 foil sheets measuring 12x 8 inch.

02 Place one-eighth of the vegetable mixture in the center of the sheet.

03 Double fold the foil to form a packet and then grill over medium heat for about 40-45 minutes and serve.

Apples & Greens Salad

Health Benefits

Apples – contains cancer fighting agents.

Pecans – rich in heart- healthy fat.

Onion – lowers blood sugar and helps with gastrointestinal health.

Ingredients

6 ounces pecans,
roughly chopped

1½ pounds mixed greens

3 Gala apples, roughly chopped

1 red onion, roughly chopped

01 Heat oven to 350°. Toast pecans on baking sheet 5 minutes, or until fragrant and lightly toasted.

02 In large serving bowl combine greens, pecans, apples and red onion. Toss to combine.

03 Serve with olive oil and balsamic vinegar as dressing.

Delicious Desserts

Who doesn't love desserts? Eating healthy doesn't mean we can't enjoy something sweet. Most people are eating too much refined sugar, but substituting refined sugar with whole natural sweeteners is an easy way to begin reducing the amount of refined sweeteners you are eating. By switching to natural sweeteners, you are doing your body a big favor. You'll notice you won't have the same blood sugar rush sensation, because natural sweeteners are far more gentle on the body.

Fried Apples

Health Benefits

Cinnamon – lowers cholesterol, fights cancer and infections.

Maple Syrup – an excellent source of manganese and zinc.

Ingredients

4 local apples,
the variety of your choice

2 tablespoons butter,
preferably organic

¼ cup maple syrup, preferably
local, make sure it's 100% maple
syrup and not an imitation

a few pinches of cinnamon

This recipe is very aromatic, so it will naturally encourage you to breathe deeper! Go ahead, inhale the warm scents of fall. Since the recipe includes cinnamon, it will also help raise your body temperature slightly, which is a warm welcome on a chilly fall day. Serves four.

- 01** Cut the apples into bite-sized chunks, leaving the skins on for more flavor, texture and nutrients.
- 02** Melt the butter in a skillet over medium heat. Add apples, maple syrup and cinnamon. Stir thoroughly so mixture coats apples.
- 03** Simmer over medium heat until apples begin to soften, about 20 minutes. Serve hot.

Excellent as a side dish, especially for Thanksgiving, or as a dessert.

Strawberry Chocolate Creme

Health Benefits

Strawberries are high in Vitamin C and protect against Rheumatoid Arthritis and Macular Degeneration. Yogurt – look for yogurt with friendly bacteria, probiotics, to aid digestion.

Ingredients

10 strawberries

1 cup plain or vanilla yogurt

2 oz dark chocolate, the higher the cacao % the better

1 tsp natural sweetener (maple syrup, agave nectar), optional

- 01** Remove stems from strawberries. Add to yogurt and toss. (If you are using plain yogurt and prefer some sweetness, stir in the natural sweetener.)
- 02** Melt the dark chocolate (I prefer to use a double boiler with medium heat over the stove).
- 03** Drizzle the strawberries with dark chocolate.

Superfood Pizza

Health Benefits

Whole grain crust – rich in nutrients and minerals, unlike refined, white dough.

Date sugar – great alternative to refined, white sugar.

Berries – superfood rich in vitamins C, help balance mood, fruit lower in sugar.

Dark Chocolate – considered a superfood when high in cacao.

Ingredients

1 whole grain pizza crust
(Vicolo corn-spelt crust)

2 tbsp date sugar

1 cup ricotta cheese

3 tbsp agave nectar

1 tbsp vanilla extract

3 cups mixed berries
(if frozen, thawed and drained)

1 small dark chocolate bar,
70% cacao or higher

- 01** Preheat oven according to package. Sprinkle date sugar evenly across crust then bake crust according to directions. (approx. 8 minutes). Remove and cool.
- 02** Mix ricotta, agave nectar and vanilla by hand. Spread ricotta mixture on pizza crust.
- 03** Next, neatly arrange berries. Melt dark chocolate in a saucepan or double boiler.
- 04** Drizzle with dark chocolate if desired. Can serve immediately or refrigerate and serve later.

Wheat Berry Bowl

Health Benefits

Berries are chocked full of antioxidants and are the perfect fruit for weight management. Wheat berries give long lasting energy.

Ingredients

1 cup organic plain yogurt

¼ cup maple syrup

1 tbsp olive oil

1 tbsp butter

pears, chopped into ¼ inch thin slices

½ cup fresh berries

2 cups cooked wheat berries

½ cup dried fruits

01 Boil 4 cups water. Cook 2 cups wheat berries for 25 minutes.

02 Meanwhile, whisk yogurt and maple syrup and set aside.

03 In a skillet sauté pear slices over medium heat in olive oil and butter until golden. Add berries and cook for another minute.

04 In a platter or a bowl, serve with generous amount of maple yogurt and cooked wheat berries. Also sprinkle dried fruits.

Peppermint Lemon Granita

Health Benefits

Lemon juice – cleansing and good for the respiratory tract.

Peppermint – calms the stomach and is a pain reliever.

Ingredients

2 cups of water

$\frac{3}{4}$ cups agave nectar

3 tbsp fresh peppermint leaves,
finely chopped

3 lemons

- 01** Bring 2 cups of water to a boil, remove from heat and stir in agave nectar. Set mixture aside to cool.
- 02** Meanwhile, zest 2 lemons. Then juice 3 lemons. Combine juice and zest with peppermint leaves. Add to agave and water mixture.
- 03** Place in freezer-safe container. Freeze for 3 hours, stirring every 30 minutes if possible.
- 04** Enjoy on a hot summer day!

Best Brownies

Health Benefits

Garbanzo beans – cholesterol-lowering, high in fiber.

Chocolate – full of phosphate and many vitamins and minerals.

Ingredients

1½ cup grain-sweetened or dark chocolate chips or equivalent chocolate bar

2 cups garbanzo beans, drained and rinsed

4 eggs, preferably organic

⅔ cup agave nectar

½ teaspoon baking powder

Chocolate Frosting:

½ cup organic butter, softened

½ cup raw honey

½ cup organic dark chocolate cocoa

½ tsp pure vanilla extract

¼ teaspoon sea salt

- 01** Preheat oven to 350°. Melt chocolate chips over stove in a double boiler.
- 02** In a food processor, combine eggs and beans, then adding agave, baking powder, and melted chocolate. Process until smooth.
- 03** Pour batter into a brownie pan, 9-inch square is best. Bake for 45 minutes, testing with a toothpick to make sure it's fully done in the center. If toothpick is still moist, continue baking in 5 minute increments. Allow to cool.
- 04** In food processor, add all frosting ingredients and process until smooth.
- 05** When brownies are cool, spread thinly and serve.

Everyday Energy Muffins

Health Benefits

Ginger – antioxidants, natural anti-inflammatory agent, adds great flavor

Carob - Contains vitamins A, B1, B2, and potassium as well as containing less calories than chocolate.

Yogurt – contains beneficial bacteria known as probiotics help with digestion.

Butter –has essential vitamins like Vitamin A!

Ingredients

3 cups whole grain flour
(spelt, millet or whole wheat)

1 teaspoon sea salt

2 teaspoon baking soda

1 teaspoon ground ginger

1 cup kefir or plain yogurt

2 eggs

½ cup agave nectar

1 teaspoon pure vanilla extract

3 tablespoons melted butter
(organic)

1 cup grated zucchini

1 cup carob chips

Topping:

¼ cup whole grain flour

2 tablespoon date sugar

dash of cinnamon

2 tablespoons soft butter

- 01** In a small bowl, combine the flour, salt, baking soda, and ginger. In a food processor or blender, add kefir (yogurt), eggs, agave nectar, vanilla, and melted butter.
- 02** Add dry ingredients to the food processor, mixing until combined. Add zucchini and blend lightly. Add carob chips and stir by hand.
- 03** Pour mixture into well-buttered muffin tins.
- 04** In a small bowl, combine ingredients for the topping and mix with a fork, mashing butter. Drizzle topping over muffins in the pan.
- 05** Bake at 350° for 25-30 minutes or until toothpick comes out clean.

Makes about 12-15 muffins.

Chocolate Banana Pops

Health Benefits

Walnuts – ½ cup provides the Omega 3s for your day!

Banana – high in potassium which maintains blood pressure.

Ingredients

1 dark chocolate bar

4 ripe bananas

shredded coconut

walnuts, chopped

popsicle sticks

wax paper

- 01** Peel and cut bananas in half, then insert popsicle sticks in them.
- 02** Melt chocolate in double boiler. Dip bananas in melted chocolate, then roll in coconut or walnuts.
- 03** Place on wax paper in freezer safe container or on baking sheet. Freeze for one hour.

Agave Nectar Oatmeal Currant Cookies

Health Benefits

Agave nectar – natural sweetener, gentle on blood sugar.

Eggs – contain omega 3 fatty acids, and lutein-essential for eye health.

Butter – it's a real food unlike margarine, which contains trans fats.

Ingredients

1 cup (½ pound or 2 sticks)
organic unsalted butter, softened

1½ cups agave nectar

1½ cups spelt flour

1 teaspoon sea salt

1 teaspoon baking soda

1 teaspoon cinnamon

2 large cage-free eggs

1 tbsp pure vanilla extract

3 cups whole rolled oats

1½ cups currants

½ cup chopped walnuts (optional)

01 Pre-heat oven to 350 degrees. Line cookies sheets with waxed paper.

02 In a large mixing bowl, beat butter until creamy. Add agave nectar; beat until fluffy. Beat in eggs and vanilla.

03 Mix flour, sea salt, and cinnamon in a separate bowl, then pour slowly into mixing bowl. Stir in oats, currants and walnuts.

04 Spoon large tablespoons of dough onto cookies sheets. Bake for 10 minutes, check with a toothpick, baking for 2 minutes more if necessary.

05 Remove cookies from sheet and place on wired rack to cool.

Makes about 2 dozen cookies.

Pomegranate Green Tea Sparkler

Health Benefits

Pomegranate juice – higher in antioxidants than red wine!

Peppermint – calms the stomach and is a pain reliever.

Green tea – helps healthy weight loss, as well as being chock full of antioxidants!

Ingredients

2 tsp agave nectar

1 cup Pellegrino or
other sparkling water

1 cup pomegranate juice

2 cups ice cubes

6 fresh mint leaves, minced

lemon slices to garnish, optional

- 01** Steep green tea, using 1 tea bag per person, with hot water for approximately 4 minutes.
- 02** Mix warm tea and agave nectar. Allow to cool.
- 03** Add to blender with Pellegrino, pomegranate juice and ice. Blend.
- 04** Stir in mint and serve with lemon slices.

More Tips for Eating Healthy

Grocery Shopping for the Seasons

You may notice that you crave particular foods during particular seasons—and there's a very good reason why! Foods that are in season where we live provide the benefits our bodies need exactly during the time of year we need them. Here are some helpful seasonal shopping guidelines to keep your palate satisfied and to keep you feeling great.

Spring

Spring is a wonderful time to load up on leafy green veggies because they help your body detoxify after a long winter. Leafy green vegetables support the liver, which is the body's number one organ responsible for detoxification. It's the largest gland in the body! Enjoy salads brimming with arugula, endive, bok choy and varieties of dark lettuce. Dive into broccoli, Brussels sprouts, collards, kale, mustard greens, kale and watercress. It's no coincidence that some of the earliest crops to appear in spring include sweet peas and lettuce varieties.

Summer

We crave cooling foods in summer to help keep our body temperature regulated. But instead of reaching for that soft-serve ice cream cone, enjoy some refrigerated fruits and veggies instead. Watermelon and cucumber are particularly cooling, and both are high in water content to help keep you hydrated. Watermelon is also high in vitamin C. If you experience airborne allergies in late summer or early fall, take advantage of that fresh cilantro that's in season. Enjoy its fresh, clean taste in salads or burritos; you may notice that your sniffing and sneezing decrease.

Fall

In fall we're surrounded by bountiful harvests of apples, squash and onions. Squash and onions are grounding foods that help us make the transition from celebratory summer to contemplative winter. If you bake an apple pie, be sure to include cinnamon, as it's a warming spice that helps increase body temperature. You may also notice that your appetite increases in fall; a chemical is released in the human brain that increases appetite so you can put on your winter layer to stay warm in the upcoming cold season. Don't worry, once your system reaches stasis, your appetite will level back out again.

Winter

Is there anything we crave in winter more than mounds of mashed potatoes?

Potatoes are healthy carbohydrates that help alleviate depression; that's why we consider them comfort food. Also be sure to stock up on hearty whole grains such as wild rice. They make an important foundation to hearty soups and stews with plenty of carbohydrates to keep you fueled and warm. It may be difficult to find certain foods that are in season in winter, but it's still important to eat as many fresh fruits and vegetables as possible.

Throughout the year, it's fun and tasty to take advantage of local crops that are in season. Local produce contains more nutrients than regular store-bought produce; that's simply because local produce is fresher, as it doesn't have to travel as far to get to your table. When your local fields are brimming with asparagus, cherries, peaches, corn or apples, go for it! If you can locate organic local foods, that's even better. And you'll be amazed at how much more flavorful and juicy local foods are. Enjoy attending farmers markets in your community.

Pantry Makeover

Stocking the pantry is a one time step that will make each week easier. Here is my list of Pantry Must Haves:

Herbs & Spices

garlic
ginger
turmeric
oregano
cinnamon
curry powder
cayenne pepper
basil
thyme
sea salt
pepper
nuts, seeds and other
nut butters like almond butter, natural peanut butter
seed butter like tahini
flax seed
sesame seeds
nuts like walnuts, almonds, etc.
pumpkin sees
dried fruit like raisins (make sure no added sugar)

Natural Sweeteners

100% pure maple syrup
raw honey
agave nectar
brown rice syrup
stevia

Oils, Vinegar and Sauces

extra virgin olive oil
toasted sesame oil
coconut oil
balsamic vinegar
red wine vinegar
apple cider vinegar
tamari soy sauce
natural, no-sugar ketchup and mustard

Sea Vegetables

Sea vegetable flakes from nori or dulse

Smart Eating Tips

Keep in mind the following smart eating tips for continued success.

- Cook once, eat twice...or three times!
- Set 30 minutes aside each week to plan the week ahead
- What will you eat, when will you shop, what days will you be very busy?
- Keep fresh proteins in the refrigerator
- Fish can be broiled in 5-7 minutes – now that's fast food!
- Use a crock pot
- Cook a whole chicken while you are away at work. This can be combined for up to 5 new meals: Chicken over rice, Chicken and pasta, Chicken on salad, Chicken soup, Chicken burritos!
- Start a Grain Bank
- Use a rice cooker to cook grains. Start a batch on Sunday and add to various dishes throughout the week. The goal is to keep the grains going so you always have a quick meal ready.
- Keep veggies fresh
- Use an Evert Bag or squeeze all the air out of your plastic bag to help vegetables last longer.
- Delegate
- Have each family member choose a night to be "chef".
- Keeping track of your progress

The IAWP Journal

The International Association of Wellness Professionals Journal will help you to account for how many whole foods you are eating each week. Simply print this out and post it on your fridge. If you use the cookbook each week, you will be eating all whole foods. If you are not making all of your meals from the cookbook, you may want to track your eating patterns. This is not to put you in diet-mode. Remember, we got rid of diets at the beginning of this book. Instead, this is a simple way to track yourself if you find yourself going astray.

Week of:					
Green veggies					
Root veggies					
Whole grains					
Fruits					
Nuts and seeds					
Animal protein					
Beans					
Coffee/tea					
Alcohol					
Processed flour products					
Other processed foods/sugar					
Water					
Physical activity					

Conclusion

Congratulations! You've reached the end of the International Association of Wellness Professionals Cookbook & Lifestyle Guide. I hope you have enjoyed the recipes, shopping lists, cooking tips and healthy living advice. Now, the job is up to you! Stay committed and focused to this plan. Stay active! Besides moving and getting exercise, staying active is about active learning.

Active learning is not about reading a book and putting it back on the shelf. It's about how we apply it to our own lives. That's why this book includes exercises and tools to get you in action. Active learning is truly applying it to your life at this moment. It's a step-by-step approach that keeps you in action and reaching your goals. This is how Certified Wellness Coaches work with their clients. Most of us are experiencing information overload in this world we live in. What most people need these days is not some crash diet or overnight makeover, because these things usually fail. You need a step by step approach, with a support system to hold you accountable to what you are working towards. The step by step approach allows you to make changes without overwhelm, see your successes and most of all, notice how the change feels. The support person allows you to be accountable to someone and get to a new level in your life. I encourage you to make these changes in steps and get continued support as you move along your journey to living a life full of health and vitality.

For more information about our training programs, please visit us at www.iawpwellnesscoach.com.

Happy & Healthy Eating,
Suzanne Monroe, The International Association of Wellness Professionals