

Wallah!

Easy Healthy Recipes



Simple, delicious and nutritious dishes
that make cooking enjoyable!

Cindy Olejar

This book is dedicated to people
who have an aversion or fear of cooking.

You've got this!

Special thank you to Jennifer Kochheiser for
inspiring me to create this recipe booklet.

Let's get
COOKing

**Have fun learning and discovering the
creative art of cooking!**

Copyright 2022

Edmonds, WA

Table of Contents

Health Benefits of Eating Whole Foods - 5

Beginner Cooking Tips - 6

Food Staples - 7

Cooking Supplies - 9

Breakfast - 12

Drinks / Smoothie - 21

Vegetable Dishes - 24

Salad Dressings and Condiments - 35

Soups - 39

Lunch or Dinner - 45

Snacks - 52

Packaged Foods - 53

Dirty Dozen / Clean 15 Foods - 54

Sugar Names - 55

Health Benefits of Eating Whole Foods

The ingredients in these recipes list whole foods. The recipes do not include dairy, wheat, soy or sugar but are very versatile and can be easily adapted to your needs. I recommend organic, grass fed foods, but I know that not everyone's budget allows for this. See the recommended list of organic versus conventional foods in the Dirty Dozen / Clean 15 Foods section.

Processed foods and sugar can imbalance one's blood sugar and wreak havoc on the body. There are many different names for sugar. See a list of 56 different sugar names in the last section.

The good news is you can balance your blood sugar with nutrient dense whole foods, one factor that can greatly increase your wellness by creating a healing environment that can restore balance and vitality.

There are many health benefits with having balanced blood sugar. Just a few of the benefits are: it can help reverse insulin resistance, improve hormone health, stabilize energy and mood, decrease inflammation, create less cravings, support nutrient absorption and improve risk factors for cardiovascular disease, high cholesterol and cancer.

Everyone is different with what type and quantity of whole foods is best. Tracking what you eat can bring insight to which foods affect your blood sugar.

If you have any questions you can email me at wholefoodsnutrition@gmail.com.

Beginner Cooking Tips

- Start small! I began cooking recipes with 5 ingredients or less and as I became comfortable with those recipes I increased to 6 and 7 ingredients and then more over time.
 - I then started substituting and adding ingredients I liked and I keep on exploring and growing with my cooking.
-

- Have someone you can call, or access to search Google or YouTube if you have cooking questions.
-

- Do a little cooking each day. Some days could just be prepping food like cutting vegetables a day ahead, or shopping for ingredients, or reading a recipe beforehand.
 - Other days may be looking for a recipe or doing some research on how to store and chop certain foods, etc.
-

- Cook with a friend. This can make cooking fun as you explore learning how to cook and find the humor in deciphering recipes and more!
-

- Cook to music, a podcast or cooking tv show! Dance and twirl while you retrieve cooking items.
-

- Have a fun outfit to cook in!

Food Staples

These food items are nice to have on hand if they suit your nutritional needs:

- Sea salt
 - Black pepper
 - Garlic powder
 - Onion powder
 - Rosemary
 - Thyme
 - Oregano
 - Cinnamon
 - Pumpkin Pie Spice
 - Nutmeg
-
- Eggs - raw and hard boiled
-
- Coconut milk
 - Almond milk
-
- Coconut aminos - a soy free soy sauce
-
- Apple cider vinegar
 - Balsamic vinegar
 - Pure lemon juice
 - Pure lime juice
-
- Chicken, vegetable and or bone broth
-
- Dijon Mustard
 - Ketchup - many ketchups have added sugar, I like the Primal Kitchen organic unsweetened brand
 - Aioli - Primal Kitchen has sugar free options
 - Humus - there are brands out there with whole food ingredients and no sugar

- Organic tomato sauce
- Organic diced tomatoes
- Gluten free quick cooking oats - I like Bob's Red Mill
- Organic potatoes
- Extra virgin olive oil - 400 degrees F smoke point*
- Coconut oil - unrefined 350 degrees F and refined 400 degrees F smoke point*
- Avocado oil - 500 degrees F smoke point*
- Avocado oil spray
- Ghee - 480 degrees F smoke point*

***The cook or smoke point of cooking oils means the highest temperature before it starts to burn, smell and taste bad, and may have negative effects on health.**

Freezer Foods to have on hand if they suit your nutritional needs:

- Organic blueberries
- Organic mango, banana, pineapple mix
- Organic plain cauliflower rice
- Organic cauliflower rice with kale and sweet potatoes
- Organic corn
- Chicken breasts
- Sausage
- Bacon

***Some of the meat sold in grocery stores have a 1 to 5 step rating system, 5 being the best. The rating is based on how it is grown - organic, grass fed, etc.**

Cooking Supplies

Here is some helpful cookware for the recipes listed here. For some of these items you can use another means, such as using a fork for tongs, etc.

- Stove top large frying pan
- Stove top small frying pan
- Stove top soup pot
- Lipped baking pan
- Vegetable steamer
- Knife to cut vegetables
- Measuring cups and spoons
- Spatula
- Aluminum foil
- Parchment paper
- Large mixing bowl
- Blender
- Whisk
- 9 x 12 inch glass baking dish
- Wooden or safe stirring spoon
- Tongs
- Toaster
- Microwave
- Deep soup pot
- Toothpicks
- Oven mitt
- Storage containers for leftover food
- Cutting board
- Strainer





Vegetable Steamer



Vegetable Steamer
and the bottom of this
can be used as a soup
pot



Whisk



Deep soup / potato pot



9 x 12 glass baking pan



Frying pans



Large mixing bowl



Cutting knife



Lipped baking sheet



Tongs

Breakfast



Oatmeal

Serves 1

Ingredients

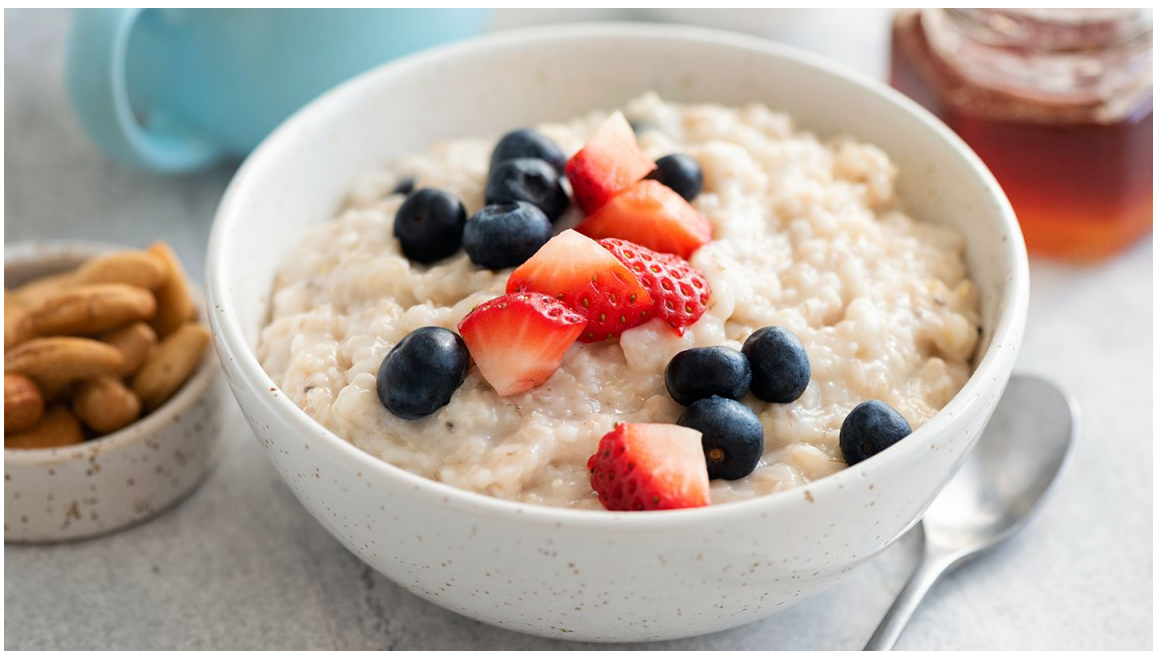
1/2 cup gluten free quick oats - I like Bob's Red Mill
1 cup water

Optional

1/2 to 1 cup fresh or frozen organic blueberries
1/2 or 1 whole banana
1/4 cup mix of sunflower and pumpkin seeds
Sea salt
Cinnamon
Pumpkin Pie Spice
Nutmeg

Directions

1. In a microwave safe bowl add the oatmeal and water and any frozen fruit and microwave for 90 seconds or until oats have become soft - be careful if cooked too long the oats can rise and spill over the bowl.
2. Let cool slightly and add your favorite toppings and enjoy!



Easy 3 Ingredient Paleo Pancakes

Serves 1

Ingredients

- 1 banana
- 2 eggs
- 1 T pumpkin pie spice, cinnamon or nutmeg

Optional Toppings

Blueberries, ghee, pumpkin pie spice, peanut butter, banana

Directions

1. On medium low, heat a small pan with oil or butter, see note below.*
2. Place ingredients in a blender and mix well.
3. Pour the mixture into the heated pan and cook for about 2 to 4 minutes or until the pancake can be flipped and the bottom is golden brown or to your desired color.
4. Flip when ready and cook for another 2 to 4 minutes or until desired color.
5. Transfer to a plate and eat plain or add your favorite toppings.

***Note: this batter can burn quickly so start the heat low and then increase as needed.**



Easy Versatile Egg Frittata

Serves 2 to 4 people

This dish is easy to make and very versatile. You can easily create this dish to fit your nutritional needs whether it be vegetarian, paleo, keto, dairy free, vegan and more! And this dish is great for using leftovers you do not know what to do with.

Don't get overwhelmed by all the text with this recipe, it is easier than it looks and is fun to discover other ingredients with it.



Ingredients

8 eggs

1/2 to 1 cup spinach chopped or zucchini noodles drained and chopped

1 oz smoked salmon chopped or 2 to 4 slices of prosciutto chopped or 1 to 3 strips of cooked bacon chopped or 1 sausage chopped (no added sugar) or cooked chicken chopped or cooked turkey chopped (if vegetarian omit the meat and add in 3 oz of organic canned or fresh mushrooms, or red, green, or orange bell peppers chopped)

1/2 cup organic sweet peas drained

1/2 teaspoon garlic powder

1/2 teaspoon sea salt - omit if using smoked salmon, prosciutto, bacon or sausage and salt to taste afterwards as these ingredients usually have salt in them and added salt may make it too salty

1 teaspoon dried rosemary (unless your Italian herb blend has rosemary in it)

1 teaspoon dried Italian herb blend

1/2 teaspoon pepper

1/2 teaspoon garlic granules or fresh garlic minced

Optional

1/8 teaspoon turmeric

1/4 teaspoon lemon peel

1/4 teaspoon onion granules or 3 tablespoons fresh onion chopped

1/2 teaspoon dried chives or 1 tablespoon fresh chives

2 oz capers - if using capers these have enough salt taste to them that sea salt is not needed

2 to 4 tablespoons green or kalamata olives, pits removed and chopped

1 to 2 ounces of cheese of your choice shredded

Optional Toppings

Salsa

Diced tomatoes

Ketchup - no added sugar

Melted or shredded cheese - omit if dairy free or use dairy free cheese

Salt and pepper to taste or other herbs

Olive Oil, Flax seed oil, Pumpkin seed oil or Walnut oil

Directions

1. Whisk the eggs in a large bowl.
2. Add the spices and mix until well combined.
3. Add the other ingredients and mix until well combined.
4. Pour mixture into a deep frying pan, put the lid on top and cook on medium heat for 10 to 15 min or until eggs are cooked. Cooking times will vary depending on the ingredients used and stove top heat.
5. Let cool slightly, cut into 4 to 8 slices and enjoy.
6. Store leftovers in the refrigerator for up to one week.

Suggested pairings:

Oven baked or stove cooked potatoes, see recipe in vegetables section

Hard Boiled Eggs

Serves 2 to 4

It is nice to have hard boiled eggs on hand. They can be fun to eat on their own with some sea salt and herbs or aioli, ketchup or in a salad.

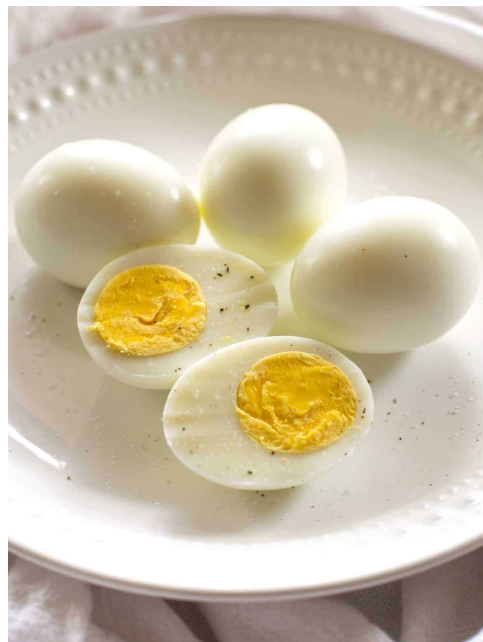
Ingredients

8 eggs or however many you desire

Water

Directions

1. Place the eggs in a medium sized stove top soup pot with 2/3 water with the lid on
2. Boil the water with the eggs in the pot
3. Once the water boils take the lid off and turn the heat down to medium to medium low (making sure the water does not boil over) and cook the eggs for 10 minutes
4. Then immediately drain and place the eggs in a safe storage container in the refrigerator for two hours. This shift from hot to cold helps the shell to be easier to peel off when ready to eat.



Shakshuka Recipe

Serves 2 to 3



**Don't get overwhelmed with the list of ingredients.
This is a fun easy dish to make and
can also be made for lunch or dinner.**

Ingredients

- 1 tbsp olive oil
- 1/2 onion, chopped
- 1/4 cup green onions, chopped
- 1 clove garlic, minced, or 1 tsp minced garlic
- 1/2 tsp onion, minced
- 2 cans organic canned mushrooms, drained
- 2 cans non salt diced tomatoes
- 2 tbsp tomato paste
- 1 cup spinach, chopped
- 1 tsp rosemary
- 1 tsp oregano
- 1 tsp parsley
- 1/2 tsp sea salt
- Additional sea salt and freshly cracked black pepper to taste
- 6 large eggs
- 1/2 tbsp fresh parsley, finely chopped for garnish

Optional

Violife shredded vegan parmesan or mozzarella cheese

Directions

1. Place a large skillet or cast iron over medium heat and add the olive oil to grease the surface of the pan. Add the onions and sauté for two minutes. Mix in the garlic and continue to cook until the onions become tender and slightly golden in color.
2. Add the mushrooms to the skillet and mix well. Sauté for about 2 more minutes.
3. Add the chopped tomatoes and tomato paste to the skillet, followed by the rosemary, oregano, parsley, sea salt, green onions and spinach. Give the mixture a taste and add any additional spices, as well as pepper to your liking. Allow the mixture to simmer. At this point, you may have to lower the heat to prevent the mixture from boiling.
4. Now crack the eggs into the skillet on top of the tomato mixture. Make sure they are spaced evenly. I placed one in the middle and then surrounded it with the rest of the eggs.
5. Cover the skillet and cook anywhere between 10 to 15 minutes.
6. You will know when the dish is ready as the eggs will be white and no clear liquids will run.
7. If using shredded vegan cheese, add it after the eggs are cooked some.
8. Once the eggs have cooked through and the cheese has melted to your liking, garnish with the fresh parsley and enjoy!

Drinks / Smoothie



Warm and Cold Drinks

- Herbal teas
- Water with some pure lemon or lime juice
- Water with some pure ginger juice and pure lemon or lime juice
- Water with some pure ginger juice and pure turmeric juice and either pure lemon or lime juice or cucumber slice
- A cup of chicken, vegetable or desired bone broth heated in a cup in the microwave can feel very nourishing. Check the ingredients with these products as some have sugar in them or ingredients that may not be best for you.
- Warm cup of almond, coconut or oat milk can feel very nourishing. Check the ingredients with these products as some have sugar in them or ingredients that may not be best for you.
- Add desired spices into a warm cup of dairy free milk, such as cinnamon, nutmeg, turmeric, pumpkin pie spice, clovers, cardamom, etc.



Versatile Smoothie

Serves 1

This smoothie is very versatile, just add in a total of 2 cups of desired frozen fruits and 1 cup of desired liquids you like and Wallah!

Ingredients

1 cup water or nut or seed milk of your choice such as coconut, almond, hazelnut or oak milk

1 cup frozen mangoes

1 cup frozen blueberries

Optional

Frozen mango, pineapple, banana mix

Frozen raspberries

Frozen blackberries

Other frozen desired fruit

Handful of spinach or kale

Can add protein powder, cinnamon, nutmeg, pumpkin pie spice or other desired additions

Directions

1. Place the water or milk in a blender.

2. Place the frozen fruit in the blender.

3. Add other desired ingredients .

4. Mix the ingredients until smooth, add more water or milk for a thinner smoothie, add more frozen fruit or ice for thicker smoothie.

5. Pour in a glass and enjoy!

You can use fresh fruit. For every fresh cup of fruit add a cup of ice and then start with 1/4 cup of liquid and add more liquid if needed.

Corn on the Cob

Serves 4

Ingredients

4 ears of corn
Sea salt

Optional

Ghee or grass fed butter, paprika, black pepper, garlic powder

Directions

1. Boil water in a deep cooking pot 3/4 full of water.
2. Shuck the corn - peel all the leaves and strings off the corn.
3. Once the water has boiled add the corn to the pot making sure all the kernels are submerged in the water.
4. Turn the head down to medium and cook the corn for 10 to 15 minutes or until the kernels are plumb and juicy.
5. Drain, place on a plate, eat plain or add your favorite toppings.

Suggested Pairings:

Chicken, see recipe in lunch / dinner section

Salmon, see recipe in lunch / dinner section

Potatoes, see recipe in vegetable section

Cauliflower rice, see in packaged foods section

Chicken pasta dish, see recipe in lunch / dinner section



Baked Potato

Serves 1 to 4

Ingredients

1 to 4 regular russet potato or any sweet potato of your choice

Optional

Sea Salt

Ghee

Chives or green onion, chopped

Directions

1. Heat the oven to 425 degrees F.
2. Poke a fork all around each potato to create venting, about six to eight fork pokes depending on how big the potato is.
3. Wrap each potato in foil and place on a baking sheet and cook for one hour or until the inside is soft. You can also eliminate the foil and just place the potato on a baking pan that has a lip so the juices do not run off.
4. Let cool slightly and enjoy with sea salt, ghee, chives or your favorite toppings.

Suggested pairings:

Chicken, see recipe in lunch / dinner section

Salmon, see recipe in lunch / dinner section

Green salad, see recipe in vegetable section

Steamed or roasted vegetables, see recipe in vegetable section



Oven Baked Potatoes

Serves 2 to 4



Ingredients

2 1/2 pounds potato of choice, washed and dried and then cubed with skin on into desired size

1 1/2 T avocado oil, coconut oil or ghee

1/2 tsp sea salt

1 tsp dried dill

1 tsp onion powder

1 tsp garlic powder

Top with 1/4 cup fresh chives or 1 T dried chives after cooking

Optional

1 tsp cumin, 1 tsp paprika, 1/2 tsp black pepper, 1 tsp rosemary or other desired herbs

Directions

1. Preheat oven to 400 degrees F and place the baking sheet in the oven while preparing the food
2. In a large bowl mix the avocado oil, sea salt, dill, onion powder, garlic powder and other desired herbs

3. Cut the potatoes leaving the skin on unless not preferred into desired cube size
4. Toss the potato cubes into the bowl mixture and toss to coat evenly
5. With an oven mitt (remember the pan will be hot) take out the heated baking sheet and evenly spread out the coated potatoes, then place back into the oven for about 50 minutes.
6. Using tongs turn the potatoes every 20 minutes so they brown more evenly.
7. When they are soft in the middle and brown and crispy on the outside they are done.
8. Add more sea salt to taste if desired
9. Let cool slightly and enjoy plain, with ghee, chives, aioli or your favorite topping.

Suggested pairings:

Chicken, see recipe in lunch / dinner section

Salmon, see recipe in lunch / dinner section

Green salad, see recipe in vegetable section

Steamed or roasted vegetables, see recipe in vegetable section

Chicken pasta dish, see recipe in lunch / dinner section

Stove Top Pan Cooked Potatoes

Serves 1 to 2

Ingredients

1 large potato of your choice, cubed to your desired size with skin left on (unless you don't like the skin)

Avocado oil or spray

1/2 tsp sea salt

1 tsp garlic powder

1 tsp onion powder

1 tsp dill weed

Optional

1/2 tsp black pepper, cumin, paprika or other desired herbs

Directions

1. Wash and cut the potatoes to desired cubed size and place in a stove top large pan.
2. Either spray or drizzle avocado oil onto the potatoes in the pan so they are coated but not drenched and mix using a wooden spoon or silicon spoon or spatula.
3. Turn heat on to medium or medium low depending on your stove. You want the potatoes to brown and get crispy on the outside and soft in the middle but not too crispy where they burn.
4. Sprinkle the sea salt and other herbs over the potatoes and mix well.
5. Turn the potatoes often to get the brown crispy texture all around and to prevent burning them.
6. Let cool slightly and enjoy!

Suggested pairings:

Chicken pasta dish, see recipe in lunch / dinner section

With cauliflower rice, see recipe in packaged foods section

Steamed Vegetables

Serves 2 to 4 people

Ingredients

1 to 2 cups baby carrots
1 to 2 cups mushrooms whole
1/2 to 1 cup cherry tomatoes
1 to 2 cups Brussel sprouts or other desired vegetable such as cauliflower, asparagus, etc.

Optional

Cubed parsnips, cubed rutabaga, asparagus, sea salt, ghee, black pepper, garlic powder, coconut aminos

Directions

1. Fill up a soup pot with 1 inch of water and place the steamer apparatus inside the pot or if you are using a double boiler fill up the bottom with 1 to 2 inches of water and turn the heat to high until the water boils and then turn down to medium heat.
2. As the water heats up add the vegetables to the steamer or top part of the double boiler and place the lid on.
3. Steam for about 10 to 15 minutes or until all the vegetables are to your desired texture.
4. Let cool slightly and enjoy plain or add your favorite toppings such as sea salt. Ghee, black pepper, garlic powder, coconut aminos, etc.

Suggested pairings:

Chicken, see recipe in lunch / dinner section

Salmon, see recipe in lunch / dinner section

Green salad, see recipe in vegetable section

Steamed or roasted vegetables, see recipe in vegetable section

Chicken pasta dish, see recipe in lunch / dinner section

Butternut Squash Brussels Sprouts Roasted Vegetable Dish

Serves about 4 people



Ingredients

2 cups Brussels sprouts, trimmed and cut in half
2 cups cubed butternut squash
1 cup cherry tomatoes
1 to 2 cups whole mushrooms
Avocado oil spray
Sea salt

Optional ingredients or substitutes

Asparagus, Parsnip, Baby Carrots,
Other squash, cubed
Potatoes, cubed

Directions

1. Preheat the oven to 425 degrees F.
2. Add all of the vegetables to a 9 x 12 glass baking pan.
3. Spray the vegetables generously with the olive oil coating them well.
4. Add 1 to 2 tsp of sea salt or desired amount.
5. Gently mix the vegetables, oil and sea salt.
6. Bake for 1 hour or until vegetables are soft or your desired texture.
7. Let cool slightly and enjoy! Nice with chicken, salmon and baked or stove top potatoes.

Versatile Salad

Serves 1

Ingredients

1 to 2 cups Lettuce, Kale or Spinach or a mix of these or other desired greens

5 to 10 Cherry tomatoes

7 to 14 Sugar snap peas, halved

1/4 cup shredded carrots

1/4 mushrooms, sliced

Desired dressing, see peanut butter dressing in condiment/dressing section

Optional

Radishes, sliced, red, green, yellow or orange peppers, chopped nuts, hard boiled eggs, pickled beets, cut - look for sugar free pickled beets, cucumber slices, avocado slices

Directions

1. In a bowl add the greens.
2. Then add the other desired vegetables and gently toss to mix.
3. Add your desired dressing and enjoy, see peanut butter dressing in condiment/dressing section.



Bacon Wrapped Brussels Sprouts

Serves 2 to 4

Don't fret over the length of this recipe. It is fun and easy to make!

Ingredients

For the Brussels sprouts

3 tbsp balsamic vinegar

1 tbsp coconut aminos

1 tsp garlic powder

1/4 tsp black pepper

1 lb bacon, cooked and cut in half, can cut width in half if wide enough too

1 lb Brussels sprouts, halved

2 tsp thyme

Optional

Can substitute or mix other vinegars in place of or with balsamic vinegar

Oven safe toothpicks if desired about 20 to 30 depending on how many you make

Directions

1. Preheat the oven to 400 F and line a large baking sheet with parchment paper.

2. In a large bowl combine the balsamic vinegar, nettle vinegar, coconut aminos, garlic powder, thyme and black pepper. Whisk together well.

3. Place the halved Brussels sprouts into the bowl with the glaze and toss to coat them all evenly. Set aside.

4. Cut the length of the bacon in half and if thick enough you can cut the width of the bacon in half as well. You want the strip of bacon to easily cover and wrap around a Brussels sprout so that both ends of the bacon meet on the bottom of the flat side of the Brussels sprout. If your Brussels sprouts are

smaller in size, you can slice your bacon into smaller length pieces if desired.

5. Prepare your Brussels sprouts by dipping one strip of bacon at a time in the bowl with remaining glaze amongst the Brussels sprouts to coat the bacon.

6. Then wrap the bacon around one Brussels sprout and either pierce it with an oven safe bamboo toothpick to hold the bacon in place or just place both ends of the bacon on the flat side of the Brussels sprout and place face down onto the parchment covered baking sheet. Repeat until all the bacon is used.

7. Place any remaining glazed Brussels sprouts in between the bacon wrapped ones on the pan.

8. Transfer the Brussels sprouts to the oven and bake for 30-45 minutes or until the Brussels sprouts are soft and the bacon is cooked and caramelized.

9. When done remove from the oven, let cool slightly and enjoy. If they don't get all eaten, these are tasty the next day too. Just reheat and eat!

Suggested pairings:

Chicken, see recipe in lunch / dinner section

Salmon, see recipe in lunch / dinner section

Chicken pasta dish, see recipe in lunch / dinner section



Salad Dressings and Condiments



Peanut Butter Dressing

Serves 1

Ingredients

Creamy peanut butter or other desired nut butter
1 Tablespoon pure lemon or lime juice
1 Tablespoon water

Optional

Sea salt to taste

Directions

1. Mix all the ingredients in a small microwave safe bowl.
2. You may need to microwave the ingredients to soften the peanut butter for it to mix well. Microwave at 15 second intervals for safety.
3. Can add more water or pure lemon or lime juice to thin it and add more peanut butter to thicken it.
4. Add to a salad or even chicken!



Oil and Vinegar Dressing

Serves 4 to 6

Ingredients

3/4 cup extra virgin olive oil, avocado oil or other desired oil
1/4 cup balsamic vinegar or other desired vinegar
1/2 to 1 tsp sea salt

Directions

1. In a glass jar with lid add the ingredients and shake well.
2. Store in the refrigerator and shake well before each use.



Condiments

Here are a few condiments I like to use. I buy the brands with no sugar and whole food ingredients in them. I like to use these on vegetables, salads, chicken, salmon, eggs and potatoes.



- Primal Kitchen - organic ketchup without sugar
- Dijon mustard - there are a variety of whole food organic ingredient free of sugar options
- Primal Kitchen Aioli has a variety of whole food ingredient aiolis that are also free of sugar and delicious on salads, potatoes, chicken and fish
- Coconut Aminos - a soy free soy sauce
- Humus - there are a variety of whole food organic ingredient options without sugar
- Ghee - grass fed organic clarified butter

Soups



Paleo Egg Drop Soup

Serves 2

Ingredients

1 tsp garlic powder
1 tsp ground ginger
2 2/3 cups chicken broth
2 large eggs
1/3 cup chopped green onions
sea salt
black pepper

Directions

1. In a medium stove top soup pot add the chicken broth, garlic and ginger.
2. Cover the soup and bring it to a simmer.
3. Lightly beat the eggs and add a pinch of salt and black pepper.
4. Add the beaten eggs into hot broth slowly, stirring all the time.
5. Cook until clear and slightly thickened, stirring constantly.
6. Remove from the heat.
7. Top with chopped green onions.
8. Let cool slightly and enjoy!

Suggested pairings:

Chicken, see recipe in lunch / dinner section

Roasted vegetables, see recipe in lunch / dinner section

Cauliflower rice, see recipe in packaged food section

Easy Paleo Tomato Soup

Serves 2 to 4

This is a very versatile recipe. If you are new to playing around with herbs start basic and then add small amounts of herbs and vegetables at time to see if you like the additions.



Ingredients

- 1 15 ounce can organic tomato sauce with sea salt and other herbs or plain
- 2 cups organic vegetable or chicken broth or water
- 1 can to 2 cans (15 ounce each) light or full coconut milk - add more to cut the tomato taste more, start with 1 can and add more as needed
- 3 or 4 tsp garlic powder
- 3 tsp onion powder
- 1/2 to 1 tsp sea salt or more for taste if desired

Optional

- 1 to 2 tsps basil herb
- 1 to 2 tsps oregano
- Other desired herbs

Directions

1. Place all the ingredients in a medium stove top soup pot.
2. Heat the ingredients until it simmers and ingredients have mixed well.
3. Let cool and enjoy!

For a chunkier soup you can add chopped mushrooms, chopped onions instead of onion powder, chopped celery, chopped spinach, 1 inch cut green beans, chopped carrots or cooked chopped chicken.

Suggested pairings:

Chicken, see recipe in lunch / dinner section

Or

Paleo vegan cheese sandwich, see recipe in lunch / dinner section

Or

Artisan rolls, see recipe in packaged foods section

Or

Cauliflower rice, see recipe in packaged foods section

Savory Sweet Potato Paleo Soup

Serves 2 to 4

Ingredients

3 organic Japanese white sweet potatoes, peeled and cubed
2 1/2 cups organic free range chicken stock
1 cup coconut milk
8 strips sugar free, nitrate and msg free bacon, cooked and chopped
1/2 tsp garlic powder
1 tsp sea salt
1/4 cup scallions, thinly sliced

Directions

1. Peel and chop the sweet potatoes.
2. In a large deep soup pot, boil at least 2 quarts of water and add the sweet potatoes.
3. Cook until fork tender, then drain and let cool slightly.
4. Using a blender, hand blender, or food processor, blend the sweet potatoes and chicken stock.
5. Return the blended sweet potatoes to the soup pot and add the coconut milk.
6. In a large skillet, brown the bacon. When cooked chop and add to the pot.
7. Thinly slice the scallions, put them in the skillet used for bacon and cook for several minutes to soften and then add to the pot.
8. Add the garlic powder and sea salt to the soup pot and heat on low until the soup is warmed.
9. To make the soup thinner and richer add in coconut milk a little at a time until desired consistency or to make the soup thinner and less rich add more chicken stock or water a little at a time until desired consistency.

Pea Garlic Soup

Serves 4



Ingredients

4 tsp garlic powder

6 cups of organic frozen peas or organic fresh peas, or organic canned peas

4 cups of water or vegetable stock

1/4 teaspoon of sea salt

1/4 teaspoon pepper

1/4 cup of extra virgin olive oil

Optional ingredients to blend in or add after on top

You can blend in lemon zest, basil, spinach, turmeric, ginger, mint, additional garlic and more!

A little cumin gives the soup warmth, savory, depth and spice

Pumpkin seeds on top adds texture and protein

Directions

1. Bring the ingredients to a gentle simmer for 5 to 10 minutes, stirring occasionally.

2. Once the peas are soft, remove from the heat, add the extra virgin olive oil and then process to a puree using an immersion blender or high speed blender to make it velvety smooth.

3. Sprinkle with more salt and pepper if desired and splash of olive oil per bowl if desired.

Lunch or Dinner



Stove Top Cooked Chicken

Serves 2

Ingredients

1 pound of chicken
Olive oil or ghee
Sea salt

Optional

Black pepper
Choice of herbs

Directions

1. Heat some oil or ghee in a large oven pan on medium to medium low depending on your stove.
2. Place the chicken breasts in the pan.
3. Sprinkle the top of the chicken with sea salt and other desired herbs.
4. Flip the chicken after about 10 minutes or when the bottom side of the chicken starts to brown .
5. Sprinkle the new top side with sea salt and other desired herbs.
6. Continue to flip the chicken to brown both sides and you can even hold up the chicken with tongs to brown the sides too.
7. Chicken is cooked when the temperature is at least 165 degrees F.

Suggested pairings:

Steamed or roasted vegetables or bacon wrapped Brussels sprouts, see recipe in vegetable section

Soup, see recipe soup section

Cauliflower rice, see recipe packaged section

Pasta sauce, see recipe in lunch / dinner section

Baked Salmon

Serves 2

Ingredients

1 lb of salmon of your choice
Pure lemon juice or one whole lemon
Sea Salt

Optional

1 to 2 tsp rosemary
1/2 tsp black pepper
1 T Dijon Mustard mixed with the lemon juice and herbs, then spread on the top
Aioli dressing is also good, check ingredients for one that does not have sugar, and spread on top of salmon before or after cooking

Directions

1. Heat oven to 425 degrees F.
2. Place the salmon in a glass baking dish.
3. Drizzle lemon juice over the top of the salmon
4. Sprinkle the sea salt and other herbs over the top of the salmon.
5. If using Dijon mustard in a small bowl mix the dijon mustard, lemon juice, sea salt and other decried herbs and spread over the top of the salmon.
6. Bake for 15 minutes or until desired texture, some people like the salmon to have a moist texture and some like it more firm.
7. Let cool slightly and enjoy.

Suggested pairings:

Steamed or roasted vegetables, see recipe in vegetable section
Soup, see recipe soup section
Cauliflower rice, see recipe packaged section
Corn or sweet potato, see recipe vegetable section

Sausage

Serves 1 to 4

- There are a few sausage brands out there that are precooked and sugar free. Having them precooked makes it easy to heat up in a microwave or in a stove top pan on medium heat. Just heat desired amount until the color and temperature are right for you.
- If buying raw sausage, simply heat the amount of sausages you want in a stove top pan on medium heat until the inner temperature is 165 degrees F.
- Then simply eat the sausage plain or see suggested pairings below.

Suggested pairings:

Steamed or roasted vegetables, see recipe in vegetable section

Soup, see recipe soup section

Cauliflower rice, see recipe packaged section



Paleo Vegan Toasted Cheese Tomato Bacon Sandwich

Serves 1

Ingredients

2 slices gluten Free bread toasted
2 or 3 slices Violife mature cheddar or Violife regular cheddar slices
1 slice beefsteak tomato
2 slices sugar free msg / nitrate free bacon, cooked

Optional

Toothpick

Directions

1. Cook the bacon.
2. Toast the two slices of gluten free bread and set on a microwave safe plate with paper towel on the bottom of the plate to absorb any possible moisture from the bread.
3. Add the Violife cheese slices, tomato and bacon in the order preferred on one piece of bread and place the other bread slice on top, can use a toothpick to keep together.
4. Microwave at 30 second intervals until the cheese has melted to your preference.
5. Let cool slightly and enjoy!

Suggested pairing:

Tomato Soup, see recipe in soup section

Steamed or roasted vegetables, see recipe in vegetable section



Versatile Paleo Tomato Basil Pasta Dish

Serves 2 to 4



One option for a pasta sauce:

Find a prepared / pre-made sugar free sauce - I like sugar free Organic Tomato Basil and Marinara pasta sauces and Sonoma Gourmet Organic Butternut Squash Pasta Sauce

Or make your own sauce

Ingredients for the sauce

- 1 15 ounce can organic diced tomatoes
- 1 15 ounce can organic tomato sauce
- 2 tsp garlic, minced or 1 garlic clove minced
- 2 T basil herb
- 2 T onion, minced or 1/2 onion, chopped
- 1 cup chopped spinach
- 1 can of organic chopped mushrooms, drained

Add other desired herbs and spices
Sea salt and pepper to taste

Other ingredients

- 1 lb choice of chicken, sausage, ground turkey, beef or other meat or non meat item
- 2 to 4 cups of pasta, cooked

Directions for the sauce

1. Place all the sauce ingredients in a medium stove top soup pot.
2. Heat the ingredients until it simmers and until the garlic and onion soften.
3. Sea salt and black pepper to taste, if needed.
4. Meanwhile see directions below for the meat and pasta.

Other directions:

1. Cook the pasta according to the package, drain and set aside in a large bowl.
2. Cook the chicken or other meat, let cool slightly and cut into bite sized pieces.
3. Add the chicken and sauce to the pasta and enjoy!

Suggested pairings:

Artisan rolls, see item in packaged foods section

Or

Fresh green salad, see recipe in vegetable section

Snacks

- Organic nut mix with or without sea salt, such as almonds, walnuts, cashews, pistachio nuts, peanuts
- Banana with 1 to 2 Tablespoons of organic pure peanut butter or favorite nut or seed butter to spread on, dip in
- Banana dipped in a mix of organic pumpkin and sunflower seeds
- Organic grapes
- Sugar snap peas, baby carrots, radishes, cucumber slices dipped in sugar free Aioli, humus or other desired whole ingredient dip free of sugar
- Avocado



- Violife cheese slices

Packaged and Prepared Foods

Here are some packaged and prepared foods that I like to make to add with some recipes. I do not receive anything from the products/brands I list. I just like them and am sharing them with you in case they are of interest and you like them.

- Simple Mills Artisan Rolls
- Sonoma Gourmet Organic Butternut Squash Pasta Sauce
- Violife cheese - provolone, cheddar, mozzarella, parmesan
- Frozen cauliflower rice plain and you can add whatever vegetables, meat and herbs and spices that you desire
- Frozen cauliflower with kale and sweet potatoes - can add desired herbs and spices, etc.
- PCC said bar and prepared warm food section where they list the ingredients of their dish is great. They have baked chicken and roasted vegetables ready to go as well as other whole food dishes. They are also great at checking ingredients if they are not listed.
- Whole Foods Grocery also has a salad bar and warm food section where they have some dishes that have whole food ingredients. They are also great at checking ingredients if they are not listed.

2022 Dirty Dozen / Clean 15 Foods

The Dirty Dozen foods have pesticides, so organic is recommended to eat for these foods. The Clean 15 foods have less pesticides. This list gets updated each year.

Dirty Dozen

1. Strawberries
2. Spinach
3. Kale, collard and mustard greens
4. Nectarines
5. Apples
6. Grapes
7. Bell and hot peppers
8. Cherries
9. Peaches
10. Pears
11. Celery
12. Tomatoes

Clean 15

1. Avocados
2. Sweet Corn
3. Pineapple
4. Onions
5. Papaya
6. Sweet peas frozen
7. Asparagus
8. Honeydew melon
9. Kiwi
10. Cabbage
11. Mushrooms
12. Cantaloupe
13. Mangoes
14. Watermelon
15. Sweet Potatoes

Different Names and Types of Sugar

This list **excludes** artificial sweeteners and sugar substitutes which can also affect blood sugar and wreak havoc on the systems of the body.

Basic Simple Sugars (monosaccharides and disaccharides):

1. Dextrose
2. Fructose
3. Galactose
4. Glucose
5. Lactose
6. Maltose
7. Sucrose

Solid or Granulated Sugars:

8. Beet sugar
9. Brown sugar
10. Cane juice crystals
11. Cane sugar
12. Castor sugar
13. Coconut sugar
14. Confectioner's sugar (aka, powdered sugar)
15. Corn syrup solids
16. Crystalline fructose
17. Date sugar
18. Demerara sugar
19. Dextrin
20. Diastatic malt
21. Ethyl maltol
22. Florida crystals
23. Golden sugar
24. Glucose syrup solids
25. Grape sugar
26. Icing sugar
27. Maltodextrin
28. Muscovado sugar

29. Panela sugar
30. Raw sugar
31. Sugar (granulated or table)
32. Sucanat
33. Turbinado sugar
34. Yellow sugar

Liquid or Syrup Sugars:

35. Agave Nectar/Syrup
36. Barley malt
37. Blackstrap molasses
38. Brown rice syrup
39. Buttered sugar/buttercream
40. Caramel
41. Carob syrup
42. Corn syrup
43. Evaporated cane juice
44. Fruit juice
45. Fruit juice concentrate
46. Golden syrup
47. High-Fructose Corn Syrup (HFCS)
48. Honey
49. Invert sugar
50. Malt syrup
51. Maple syrup
52. Molasses
53. Rice syrup
54. Refiner's syrup
55. Sorghum syrup
56. Treacle

Whole Foods Nutrition

with

Cindy Olejar

Making Nutrition Enjoyable!

www.wholefoodsnutrition.org