

Easy, Whole Food, Quick Meal Ideas

(Serve dinners with mixed green salad, ½ c. mixed berries or fruit, and a little kombucha.)

- **Turkey burger patty** topped with whatever cheese and mustard you like (i.e. Swiss and Dijon mustard, cheddar and regular or spicy brown mustard), **streamed green beans** (frozen beans that you steam in the microwavable bag) tossed with 1 T. butter.
- **Organic Chicken breasts** seasoned with Lowrey's season salt, garlic powder, and pepper. Barely coat bottom of frying pan with olive oil and cook chicken in oil over medium heat 5 minutes. Flip chicken, cover pan and lower temperature a little. Cook another 5 minutes or until juices run clear. Remove lid and top with shredded cheddar or Mexican cheese blend and chopped cooked bacon. Another way to make this is to omit cheese/bacon and sprinkle dried parsley on top, then dip in Paleo Kitchen buffalo ranch. Serve with grilled, buttered sourdough toast.
- **Grass-fed hamburger patty** (Costco) with seasoned salt and pepper, topped with sliced mushrooms and frozen chopped onions sautéed in olive oil. Serve **with roasted veggies**. Thaw a frozen bag of broccoli florets or Brussels sprouts on 50% power for 2 min, then put in a greased, foil-lined jellyroll pan, and blot dry with paper towels. Drizzle with olive oil, coarse sea salt, fresh ground pepper. Roast 25 min. at 425 degrees.
- **Salmon burger patty** cooked in a little olive oil. Or grill a thawed, wild-caught salmon portion brushed with olive oil and seasoned with sea salt and lemon pepper over medium heat 4 minutes per side. Squeeze lemon juice over cooked fish and top with sauce made of ½ T. sugar-free ketchup and 1 T. mayo (preferably mayo made with avocado oil). Serve with microwave-steamed frozen peas and carrots or **sauté fresh sugar snap peas** in a little oil with garlic salt.
- **Turkey tacos** made with organic corn tortillas and Festive taco turkey (in the frozen meat section of Walmart). Brown 2 lbs. of taco turkey and freeze leftover meat for taco salad later in the week, adding a few tablespoons of minced, dried onion to soak up juices and add flavor. For tacos, pour a little olive oil into a large frying pan or skillet and place 2 or 3 tortillas in pan. Flip when it starts to soften. Sprinkle a little cheese on tortillas and put meat on half. Top meat with salsa and thinly sliced green leaf lettuce, and pickled jalapenos, then fold in half.
- **Spaghetti made with 1 lb. grass-fed hamburger** browned with 1 c. frozen, pre-chopped onions, ½ c. finely diced carrots, and a few sliced mushrooms, if desired. Pour a jar of organic basil marinara (with no sugar) over cooked meat and veggies and simmer 30 minutes or until carrots are cooked through (you won't taste them but they add sweetness to the sauce). Serve over palm heart noodles or organic whole wheat or brown rice noodles topped with Romano cheese.
- **McCormick's Montreal Seasoning on turkey burger**, topped with A1 steak sauce. Serve with **roasted sweet potatoes/yams**. Peel 2 or 3 yams and cut into 1/2-in. cubes (you can buy them cubed in the produce section but doing it yourself is cheaper). Grease a 9x13 pan and add yams and about ¼ c. of ½-in. diced red onion, if desired (caramelized onions taste yummy). Drizzle with plenty of olive oil and sprinkle with sea salt and pepper. Roast 30 minutes at 425 degrees until soft and starting to brown, stirring after 20 minutes to loosen from pan. Make **roasted potatoes** the same way sprinkled with seasoned salt, garlic salt, pepper, and parsley.
- **Rotisserie chicken** from Costco served with **sautéed zucchini**. Cut up a zucchini and/or a yellow summer squash in quarters lengthwise, then slice into ¼-in. pieces so you have diced veggies. Sauté in olive oil over medium heat and sprinkle with salt, pepper, garlic powder, and fresh or dried basil. Cook and stir until lightly browned. You can also add chopped onion.

Healthy Breakfasts:

- Eggs, organic sourdough toast with organic cream cheese or grass-fed butter
- Homemade breakfast burrito made with Egglife egg wraps (found in egg section), filled with scrambled eggs, organic cheese, and whatever veggies and meats you like
- Organic sprouted oatmeal sprinkled with a little salt, cinnamon and date sugar, served with eggs
- Leftover roasted potatoes or yams served with all-natural sausage (no funky ingredients), either separate or as a breakfast scramble with scrambled eggs and organic cheese

Lunches:

- Leftovers (so make extra when you cook dinner)
- Grilled chicken with avocado, mayo, sugar-free and nitrate-free bacon on grilled sourdough
- Oven roasted turkey, herbed goat cheese and sugar-free dried cranberries (Trader Joe's) on grilled sourdough, with a side pickled veggies or kimchi for probiotics
- 1 lb. cooked grass-fed ground beef mixed with 1 jar Trader Joe's Garden Vegetable Soup, topped with Romano cheese, served with Norwegian crackers (Trader Joe's) topped with goat cheese and a drizzle of manuka honey

Treats:

- Blueberry smoothie: 1 can Thai Kitchen organic coconut milk, 1 c. frozen blueberries, a handful of kale (stems removed), a splash of vanilla extract and/or stevia sweetener
- Parasite-busting pinacolada smoothie: 1 can Thai Kitchen organic coconut milk, ½ can Dole pineapple chunks with juice, 6 large frozen organic strawberries
- Walmart has Bake Believe sugar-free chocolate chips made with a healthy sugar substitute. We like to snack on a tablespoon of chocolate chips mixed with some macadamia nuts and salted sprouted pumpkin seeds or organic unsweetened coconut chips from Trader Joe's.
- Frozen banana on a stick. Peel banana(s) and cut in half. Poke a craft stick into the cut end if you want to eat it like a popsicle and/or freeze without a stick to use in smoothies. Lay on a wax paper-lined tray and freeze until hard. Store in a freezer bag with the air pressed out. Dip in chocolate chips melted with a sliver of coconut oil, if desired, for a chocolate-covered banana!
- Whole pecans can be toasted in a pan over medium heat, stirring occasionally until fragrant. When just starting to brown, remove from heat and add a sliver of butter to coat, then sprinkle with salt. For a sweet treat, add a little honey and cinnamon with the butter.

Healthy Eating General Tips:

- Read labels. If it's mostly ingredients you can't pronounce or find on a shelf in a store, don't buy.
- Buy organic, sprouted and/or fermented whole grains (like sourdough).
- When you see healthy products on sale, stock up! That's how you eat healthy on a budget.
- Look for condiments without sugar, syrups, sucralose/Splenda. Healthy sweeteners include date sugar, honey, coconut sugar, maple syrup, molasses, monk fruit, erythritol, xylitol, stevia.
- Healthy fats include grass-fed butter, organic cheese, olive oil, avocado oil, coconut oil. When you can, try to avoid canola oil, soybean oil, corn oil – all seed oils cause inflammation.
- Try to include some protein and fat in every meal to satisfy you and keep you from overeating and eat a variety of fruits and veggies you like. The more colors, the more nutrients you'll get.