



REVAMP YOUR KITCHEN

W I T H
H E A L T H Y
M E A L
P R E P S



Presented by:



BENEFITS OF COOKING AT HOME



1 SAVES MONEY

On average, eating food not cooked at home costs at least 3 times more money than cooking at home. Don't forget to also add cost for tips and drinks.

2 FASTER TO WARM FOOD ONCE IT'S MEAL PREPPED

3 CONNECTION & FOCUS

Many family memories are made in the kitchen and at shared meal times.

4 HEALTHIER



LESS SODIUM.

The majority of sodium in our diets come from restaurant meals and packaged foods.

LESS FAT.

Restaurant meals commonly have 2 – 3 days worth of fat, in just one meal!

NO TRANS FATS.

Primarily found in fried foods and hydrogenated oils, these are strongly linked to heart disease and Alzheimer's disease.

EAT SMALLER PORTIONS.

Less likely to crave sugary drinks and desserts.

HEALTHIER COOKWARE.

Common restaurant cooking surfaces like aluminum, cast iron, and nonstick surfaces can have negative health implications when they release into the food as its cooking.

FIBER



Fiber is beneficial for disease prevention because it helps to:

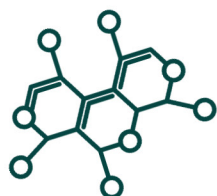


Regulate Blood Sugar

Remove Excess Cholesterol



Remove Excess Hormones



Remove Carcinogens & Toxins

Shuttle Waste Out of the Body



Aid in Digestion



Aid in Weight Loss & Provide “Full” Feeling



Builds Gut Microbiome

Goal >40 Grams per Day

Fiber is only found in plants or supplements from plants.



Fiber Estimate in Common Foods:

1 c. Beans ~ 14 g.

1 c. Whole Grains ~ 5 g.

1/2 c. Nuts ~ 5 g.

1 c. Vegetables ~ 4 g.

1 pc. Fruit ~ 3 g.



***Beans are a fiber powerhouse!**

They are also rich in protein, iron, calcium and folate.

FOOD GROUPS TO INCREASE



Whole Grains



Whole grains, not processed, are a great source of fiber, protein, selenium (protects the brain) and magnesium (heart and bone health).

Beans, Peas & Lentils

These legumes are among the most versatile and nutritious foods available. Legumes are typically low in fat and high in fiber, protein, calcium, folate, potassium, iron and magnesium.



Vegetables



Vegetables are an amazing, beautiful mix of vitamins & minerals filled with antioxidants, low in fat, cholesterol free, have fiber and have shown to extend life-span and reduce risk of all major diseases: heart disease, cancer and diabetes.

Fruit

Fruits are a great source of vitamin C and multiple anti-oxidants. Eating fruit daily can help reduce inflammation, boost our natural killer cells, protect our cells against DNA damage & aging, protect our memory, boost our mood and help with depression.



Fermented Foods



Fermented foods bolster the gut microbiome creating a healthier mix of microbes, strengthen the walls of the intestines avoiding leaky gut, are antioxidants, anti-microbial, anti-fungal, anti-inflammatory, anti-diabetic and anti-atherosclerotic activity. They help foster the growth of good gut bacteria, which is protective.

Nuts & Seeds

Nuts and seeds are good sources of protein, healthy fats, fiber, vitamins, and minerals, regulate body weight and food intake as their fats are not fully absorbed, and help burn energy.



FOOD GROUPS TO LIMIT



Meat & Eggs

Meat and eggs are high in saturated fats linked to breast cancer, colon cancer, heart disease and Alzheimer's disease. They contain cholesterol, can raise blood pressure and have no fiber. They also create carcinogenic heterocyclic amines when cooked.



Seafood

Fish and seafood are one of the highest sources of heavy metals and BPA contamination found in any food. These toxins accumulate as you move up the food chain: bioaccumulation.

Dairy Products

Dairy is the top source of saturated fat in the American diet, contributing to heart disease, type 2 diabetes, and Alzheimer's disease. It has been linked to acne and eczema, autoimmune allergic reactions, can exacerbate asthma symptoms, and causes brittle bones.



Alcohol

Alcohol is toxic at every step of conversion and breaks down in the body. Feeling intoxicated is a poison-induced disruption in the way our brain works and just 2-4 servings per week can alter the way our adrenals work making us feel more stressed. New research is showing a link between alcohol consumption and breast and colon cancers.



Processed Food

Processed foods, due to chemicals and alterations, can change the way we feel and cause changes in the brain, which can trigger intense urges or cravings. They are as addictive as cigarettes. This can trigger compulsive use, which may limit someone's ability to reduce their consumption of the food.



Processed Oils

Oils are 100% fat which strips out all of the fiber, protein and most nutrients. Processed oils can suppress the immune system, add extra body weight, stimulate estrogen production, and increase blood pressure.



Must-Have Kitchen & Pantry Staples

BEANS, PEAS & LENTILS

- Dried beans
 - Black
 - Black-Eyed Peas
 - Chickpeas
 - Kidney
 - Pinto
 - Navy/Cannelini
- Lentils
 - Black
 - Green
 - Red
- Split Peas

DRIED, UNCOOKED GRAINS

- Amaranth
- Barley
- Brown Rice (long & short grain)
- Bulgur Wheat
- Farro
- Millet
- Quinoa
- Rolled Oats
- Steel Cut Oats
- Yellow Corn Grits/Polenta
- Wheat Berries
- Wild Rice

NUTS & SEEDS

- Almonds
- Cashews
- Chia Seeds
- Flax Seeds
- Hemp Hearts
- Pecans
- Pistachios
- Pumpkin Seeds
- Sesame Seeds
- Walnuts

DRIED FRUITS

- Cranberries
- Dates
- Gogi berries
- Raisins

VINEGARS & LIQUIDS

- Apple Cider Vinegar
- Balsamic Vinegar (white & black)
- Mirin
- Red Wine Vinegar
- Rice Vinegar
- Tamari or Soy Sauce

PASTAS

- Gnocchi Potato Dumplings
- Lasagna Noodles
- Quinoa or Brown Rice Pasta
- Soba Noodles
- Whole Wheat Pasta

CONDIMENTS

- Almond Butter
- Chili Paste
- Coconut Aminos
- Jams/Jellies that are 100% fruit
- Ketchup (no sugar added)
- Peanut Butter
- Sriracha
- Stone-Ground Yellow Mustard
- Tahini

CANNED GOODS

(Bottles are preferred over cans & make sure to check ingredient labels for excessive amounts of added sugars & sodium)

- Canned Pumpkin
- Curry Paste
- Diced Tomatoes
- Enchilada Sauce
- Fire-roasted green chilis
- Olives
- Salsa
- Spaghetti Sauce
- Sun-Dried Tomatoes (in water preferred, instead of oil)
- Tomato Paste

OTHER PACKAGED FOODS

- Aluminum-Free Baking Powder
- Arrowroot Flour (or a thickener, like corn starch or potato starch)
- Baking soda
- Bouillon Cubes (look for Edward & Sons or another brand that does not use hydrogenated oils)
- Nori Sheets
- Nutritional Yeast
- Semi-Sweet Non-Dairy Chocolate Chips
- Tea
- Tortillas

SWEETENERS

- Coconut Sugar
- Date Sugar
- Maple Syrup (100% pure)
- Monk Fruit



Must-Have Kitchen & Pantry Staples

VEGGIES

Veggies need to be kept in a cool, dry, dark place that last about 2 weeks

- Garlic
- Onions
- Potatoes
- Sweet potatoes
- Hard, Winter Squashes
 - Acorn
 - Butternut
 - Spaghetti Squash

FROZEN

- Frozen Green Beans
- Frozen Peas
- Frozen Corn
- Frozen Combinations of Grains with Veggies
- Frozen Fruit
- Shelled Edamame

Note: While frozen meat substitutes can be highly processed and contain added ingredients, they are sometimes an easy and convenient transition food on the way to more healthful options.

REFRIGERATOR

- Blueberries
- Cassava Tortillas
- Cherries
- Fresh Produce that lasts the longest (at least 2 weeks, typically)
 - Bell Peppers
 - Brussels Sprouts
 - Cabbage
 - Carrots
 - Celery
- Grapes
- Kombucha
- Non-Dairy Milks
- Open Condiments
- Sprouted Bread
- Strawberries
- Tempeh

KEEP OUT ON COUNTER FOR EASY ACCESS

TIP: Leave these out for visibility to encourage eating!

- Apples
- Avocado
- Bananas
- Cherry Tomatoes
- Kiwi
- Oranges & Baby Oranges
- Pears

Fun Fact: Never refrigerate tomatoes... it causes them to lose their flavor!



Benefits of Common Fruits & Vegetables

Citrus Fruits

Loaded with Vitamin C to boost the immune system.



Berries



High in fiber and their rich colors mean they are also high in antioxidants and disease-fighting nutrients. Berries are also beneficial for brain health and memory.

Cruciferous Vegetables



These include broccoli, brussels sprouts, cabbage, cauliflower, collard greens, kale, kohlrabi, mustard greens, radishes and turnips. They are an excellent source of fiber, vitamins, and phytochemicals including indoles, thiocyanates, and nitriles.

Research shows that cruciferous vegetables can arrest the growth of cancerous cells.

Carrots, Sweet Potato & Pumpkin

Rich source of Vitamin A (Beta-Carotene) which has shown to help prevent breast cancer, improve eye sight, and boost the immune system.



Leafy Greens

Dark, leafy greens are a good source of vitamin A, vitamin C, and calcium, as well as contain several phytochemicals (chemicals made by plants that have a positive effect on your health).



Celery

Lutein promotes colon health.



Apples

Vitamin C & anti-inflammatory.



Tomatoes

These are high in vitamin C and lycopene, which has been shown to reduce the risk of prostate cancer.



Allium Veggies

These include garlic, onions, leeks, scallions, chives and shallots. They have shown to help reduce blood pressure and slow the growth and reproduction of cancer cells.

"Aim for at least 5 servings of fruits and vegetables per day!"

Harvard recommends at least half of our plate be filled with fruits and vegetables!"

Additional Tips to Maximize Your Meal Preps

1 Pre-Cook & Store Beans

Cook your beans at home! Cook large batches of your favorite beans. Don't season. Let cool, then transfer to plastic bags or freezer safe containers & store in the freezer. Store in 1 ½ cup servings at a time, as this equals one can of beans. When needed, thaw them on your kitchen counter or dump frozen beans directly into your soup!

2 Double Cook & Freeze

For any recipe that can be frozen, double it and freeze half. Soups are perfect for this. Every week, make a huge batch of one dish, that you freeze. **At the end of the month, you'll have 4 full meals to defrost!**

3 Salad Every Day

Big Box Salad is a great recipe to make as a staple EVERY week! Different toppings of grains and beans can be added for variety during the week.

4 Pre-Prep Smoothie Bags

Pre-wash & prep ingredients for a single serving smoothie with exception of water or plant milk. Add ingredients to a freezer safe container. When needed, remove from freezer & process in blender with no prep time!

5 Don't Salt Food You Intend to Freeze

The flavor of salt dies in the freezer, but the sodium remains. This is why frozen, processed meals are so high in sodium yet lack actual salt flavor. Wait until heated to serve before you salt.

6 Consider Your Containers

Square containers maximize real estate in a refrigerator & freezer better than round containers. The thickness of the container also contributes to shelf life, so thicker plastic will perform more like glass. The most difference in container quality is seen after the 5-7 day mark, with higher quality containers keeping food fresh for up to 10 days.

What Does a Meal Look Like?

GREEN + GRAIN + BEAN



GREEN =
green vegetables or any vegetable, raw or cooked



GRAIN =
preferably a whole grain, but can be whole grain tortillas or pastas



BEAN =
beans, peas, lentils or tofu/tempeh

When following this approach to meal planning, you'll ensure that you have a variety of nutrients, as well as, an appropriate level of fullness without feeling too heavy.


Examples of GGB Meals

Green Salad	Cooked Brown Rice or Quinoa	Beans & Nuts on Top
Side of Cooked Greens	Cooked Quinoa	Scrambled Tofu Mixed w/ Quinoa
Pasta Fagioli Soup w/ Veggies	Served Over Whole-Wheat Pasta	Beans in Soup
Side of Veggies with Pesto Sauce	Yellow Grits/Polenta	Side of Beans
Vegetables Mixed In Chili	Brown Rice	Bean Chili
Diced Tomatoes, Peppers & Onions	Quinoa Casserole mixed with Veggies & Beans	Pinto & Black Beans
Raw Veggies = Cucumbers, Broccoli & Carrots	Whole Grain/Corn Tortilla	Hummus
Green Smoothie	Brown Rice Saute	Tofu

EASY MEAL PREP STRATEGY



This is a great list to follow when looking to meal prep for the week. The idea is to have multiple dishes that go easily with one another to create variety in nutrition and flavor!

- 1. Cooked Vegetable**
 - 2. Cooked Green**
 - 3. Cooked Grain**
 - 4. Raw Green or Salad**
 - 5. Breakfast**
 - 6. Main Dish**
 - 7. Bean Dish**
- 

1. Cooked Vegetable: Sweet Potatoes
2. Cooked Green: Sautéed Brussels Sprouts
3. Cooked Grain: Brown Rice
4. Raw Green or Salad: Cabbage Mango Salad
5. Breakfast: Overnight Oats
6. Main Dish: Black Bean Chili
7. Bean Dish: Bean Salad with Veggies & Rice

1. Sweet Potatoes

(Makes 8, 1/2 cup servings depending on size of potatoes)

2 - 4 Sweet Potatoes

Wash, cut off ends and cook in oven at 375 degrees for an hour and half or on the stove top with minimal water.

2. Sautéed Brussels Sprouts

(Makes 6, 1 cup servings)

1 lb. Brussels Sprouts

1 Yellow Onion

1 Red Bell Pepper

Slice onion and allow to caramelize on medium heat while covered (add small amount of water if needed). Once tender, add cut bell pepper and cook on medium-low for 3 - 5 minutes. Add sliced brussels sprouts (and more water if needed) and cook until tender on medium-low for another 5 minutes.

3. Brown Rice

(Makes 8, 1/2 cup servings)

2 Cups Brown Rice

3.5 Cups Water

Place rice and water in a saucepan. Cover and bring to a low boil. Reduce heat to medium and cook 40 - 45 minutes.

4. Mango Cabbage Salad

(Makes 4, 1 cup servings)

1/4 Green Cabbage, sliced

1/8 Purple Cabbage, sliced

1 Green Apple, diced

2 Carrots, grated

1 Orange, zested and juiced

1 Mango, diced small

Combine all ingredients in a large bowl and toss gently.

WEEK 1

EASY MEAL PREP STRATEGY

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5. Overnight Oats

(Makes 1, 2 cup serving per pint jar)

- 1 Mason Jar - Pint
- 1/2 Cup Steel Cut Oats (uncooked)
- 1 Cup Non-Dairy Milk
- 1 tsp. Chia Seeds
- 1 tsp. Flax Seeds
- 1/4 Cup Chopped Fruit (strawberry, apple, pear, or whole blueberries)
- 1/2 Banana, chopped
- 1 Tbsp. Walnuts
- 1 Tbsp. Dried Cranberries

Add to jar in the order listed above. Cover and let sit in fridge overnight.

6. Black Bean Chili

(Makes 8, 1 cup servings)

- 1 Cup Frozen Corn
- 2 Cups Salsa
- 6 Cups Cooked Black Beans
- 1 Yellow Onion
- 5 Cloves Garlic
- Cumin & Chili Powder to Taste
- Lime Juice

Dice onions and mince garlic. Place in saucepan and saute on low heat for 5 - 10 minutes. Add cooked black beans, salsa, corn and spices. Cook on medium heat for 15 minutes and top with lime juice prior to serving.

7. Bean Salad with Veggies & Rice

(Makes 7, 1 cup servings)

- 1 1/2 Cup Cooked Kidney Beans
- 1 1/2 Cup Cooked Pinto Beans
- 1 1/2 Cup Cooked Black-Eyed Peas
- 1 Cup Edamame
- 1 Cup Corn
- 1 Large Bell Pepper, diced
- 3 Celery Stalks, sliced
- 1 Purple or Yellow Onion, diced
- 1 1/2 Cup Cooked Brown Rice
- 1/2 Cup Low-Fat or Fat-Free Italian Dressing
- 1/2 tsp. Salt
- 1/2 tsp. Ground Black Pepper

Rinse and drain all beans. Combine all ingredients in a large bowl and toss gently. Serve chilled or at room temperature.

1. Cooked Vegetable: Cauliflower Rice
2. Cooked Green: Sauteed Spinach & Tomatoes
3. Cooked Grain: Quinoa with Salsa
4. Raw Green or Salad: Salad in a Bowl
5. Breakfast: Tofu Scramble
6. Main Dish: Fagioli Soup
7. Bean Dish: Red Beans with Holy Trinity

1. Cauliflower Rice

(Makes 5, 1 cup servings)

- 2 Large Carrots, julienned
- 3 Celery Stalks, sliced
- 1 Head Cauliflower, riced

- 1 tsp. Soy Sauce
- 1 tsp. Black Pepper

Cook celery and carrots covered over medium-low heat until tender. Then stir in cauliflower, soy sauce and black pepper. Cook for an additional 5 minutes.

2. Sauteed Garlicky Spinach and Tomatoes

(Makes 4, 1 cup servings)

- Cherry Tomatoes, halved
- 5 Cloves Garlic, minced
- 1 Box Fresh Spinach

Place tomatoes and garlic in saucepan and cook on medium-low for 5 minutes. Then add spinach and cook for additional 5 minutes until wilted, stirring occasionally.

3. Quinoa with Salsa

(Makes 4, 1/2 cup servings)

- 1 Cup Quinoa
- 1 Cup Water
- 1 Cup Salsa

Place quinoa, salsa and water in a saucepan. Cover and bring to a low boil. Reduce heat to medium and cook 15 - 20 minutes.

4. Salad in a Bowl (Makes 8, 2 cup servings)

- 1 Box Mixed Springs
- Fresh Arugula
- Broccoli, chopped
- Cauliflower, chopped
- Carrots, waffle cut
- Edamame
- Walnuts, chopped
- Chia Seeds or Flax Seeds
- Sunflower Seeds
- Bell Pepper, diced
- Raw Onion, diced
- Yellow Squash/Zucchini, diced
- English Cucumber, diced
- Cherry Tomatoes, halved
- Beets, shredded

Layer in a bowl, don't toss. Cover and refrigerate.

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5. Tofu Scramble

(Makes 4, 1 cup servings)

- 2 Packages Extra-Firm, Water Packed Tofu
- 1 Bell Pepper, diced
- 1 Onion, diced
- Additional Veggies of Choice
- 1/8 tsp. Turmeric
- 1 Tbsp. Oregano
- Ground Black Pepper to Taste

Chop veggies and saute on low for 10 minutes. Press tofu to remove excess water. Add turmeric and oregano, then begin mashing with a fork. Add tofu to sauteed veggies and cook for 10 - 15 minutes on medium heat or until tofu becomes bright yellow. Goes great with quinoa and salsa.

6. Fagioli Soup

(Makes 8, 2 cup servings)

- 1 Yellow Onion, diced
- 3 Celery Stalks, sliced
- 2 Carrots, sliced
- 3 Garlic Cloves, minced
- 1 1/2 Cups Diced Tomatoes
- 1 1/2 Cups Fire Roasted Diced Tomatoes
- 1 1/2 Cups Cooked White Beans
- 1 1/2 Cups Cooked Kidney Beans
- 1 Cup Low Sodium V8 Juice
- 24 - 40 oz. Spaghetti Sauce
- 4 Cups Vegetable Broth
- 2 tsp. Oregano & Basil
- Crushed Red Pepper to Taste
- Fresh Parsley to Garnish

Saute onion, garlic, carrot and celery until tender on low heat for about 5 minutes. Add all remaining ingredients and simmer for 30 - 40 minutes. Serve over your favorite cooked pasta.

7. Red Beans with Holy Trinity

(Makes 4, 1 cup servings)

- 2 Celery Stalks, chopped fine
- 1 Green Bell Pepper, diced
- 1 Yellow Onion, diced
- 3 Cups Cooked Red Beans
- 1 tsp. Thyme

Preheat saucepan on medium-low. Cook veggies covered until tender for 5 minutes until they sweat. Add beans, thyme and 1/2 cup water or broth and cook for an additional 5 - 10 minutes.

1. Cooked Vegetable: Squash, Corn & Tomatoes
2. Cooked Green: Collard & Turnip Greens
3. Cooked Grain: Grits
4. Raw Green or Salad: Brussels Sprouts Salad
5. Breakfast: Apple Cinnamon Oatmeal
6. Main Dish: Vegetable Lasagna
7. Bean Dish: Pintos with Chilies

1. Squash, Corn & Tomatoes (Makes 4, 1 cup servings)

- | | |
|---------------------------|--------------------------------|
| 1 Yellow Squash, sliced | 1 Tbsp. Poblano Pepper, minced |
| 1 Zucchini, sliced | 1 tsp. Dried Thyme |
| 1 1/2 Cups Diced Tomatoes | 1 Cup Corn |
| 1 Onion, sliced | 1/4 tsp. Black Pepper |

Cut vegetables, then add all ingredients to a saucepan. Cover and cook over medium heat for 5 - 10 minutes.

2. Collard & Turnip Greens (Makes 8, 1 cup servings)

- | | |
|------------------------|----------------------------|
| 1 Bunch Turnip Greens | 2 Large Carrots, julienned |
| 1 Bunch Collard Greens | 1 Large Onion, diced |

De-stem and cut greens into bit-size pieces. Saute carrots and onions on medium-low heat until caramelized. Then, add greens, cover and turn to medium-high for about 5 minutes. Reduce heat to low and cook for about 25 minutes or until wilted.

3. Grits (Makes 8, 1/2 cup servings)

- 2 Cups Corn Grits (Polenta)
- 6 Cups Water

Place grits and water in a saucepan. Cover and bring to a low boil while whisking until lumps are removed. Reduce heat to low and for 25 minutes.

4. Brussels Sprouts Salad (Makes 10, 1 cup servings)

- | | |
|---------------------------------------|------------------------------|
| 3 Dozen Brussels Sprouts, sliced thin | Dressing: |
| 1/2 Red Onion, diced | Juice from 1 - 2 lemons |
| 3 Scallions, chopped | 1 tsp. Dijon Mustard |
| 1 Tbsp. Fresh Basil, chopped | 1 tsp. Maple Syrup |
| 1 Apple, shredded | 1/2 tsp. Ground Black Pepper |
| 1/2 Cup Dried Cranberries or Cherries | 2 Tbsp. Hazelnuts |

Layer salad ingredients in a bowl and refrigerate. Whisk together Dressing ingredients. Cover over salad when ready to eat.

1. Cooked Vegetable: Squash, Corn & Tomatoes
2. Cooked Green: Collard & Turnip Greens
3. Cooked Grain: Grits
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5. Apple Cinnamon Oatmeal

(Makes 5, 1 cup servings)

- 2 Cups Steel Cut Oats
- 4 Cups Water
- 2 Red Apples, julienned
- 1 tsp. Cinnamon

Add all ingredients to a saucepan and bring to a low boil. Reduce heat to low and cook for 30 minutes. To reheat during the week, stir in a little plant-based milk to soften.

6. Vegetable Lasagna

(Makes 8, 1 cup servings)

- 1 - 40 oz. Jar Marinara Sauce
- Lasagna Noodles
- 1 Sweet Potato, shredded
- 1 Squash & Zucchini, julienned
- 1 Carrot, shredded
- 1 1/2 Cups Cooked White Beans
- Spinach
- Mushrooms, sliced

Layer in baking dish as follows:

Sauce, sweet potato, squash, zucchini, noodles, sauce, carrots, spinach, mushrooms, noodles, sauce, white beans. Bake in the oven at 350 degrees for 35 - 40 minutes covered, then uncover and cook an additional 20 - 30 minutes or until tender.

7. Pintos with Chilies

(Makes 6, 1/2 cup servings)

- 3 Cups Cooked Pinto Beans
- 2 Small Jars of Green Chilies

Combine ingredients in a saucepan and cook on medium-low until warm.

- | | |
|----------------------------------------------|----------------------------------------|
| 1. Cooked Vegetable: Pan-Seared Portobellos | 5. Breakfast: Sweet Potato Oatmeal |
| 2. Cooked Green: Kale & Stewed Tomatoes | 6. Main Dish: Easy Enchilada Pie |
| 3. Cooked Grain: Brown Rice & Toasted Pecans | 7. Bean Dish: Mexican Black Bean Salad |
| 4. Raw Green or Salad: Cabbage Cole Slaw | |

1. Pan-Seared Portobellos (Makes 2 servings of 1 cup each)

- | | |
|----------------------------------|-----------------------------------------|
| 2 Large Portobello Mushroom Caps | 1 Tbsp. Balsamic Vinegar |
| 2 Tbsp. Water | 1/2 tsp. Dried Oregano |
| 2 Tbsp. Soy Sauce | 2 Cloves Garlic or Fresh Ginger, minced |

Place mushrooms top-side down. Stir all ingredients together and cover mushrooms with sauce in wide skillet. Cover and cook on medium heat for 8 - 10 minutes or until desired tenderness.

2. Kale & Stewed Tomatoes (Makes 6, 1 cup servings)

- 2 bunches Kale, lacinato preferred
- 1 1/2 Cups Stewed Tomatoes

Tear kale off stem and into bite-sized pieces. Add tomatoes and cook over medium for 3 - 5 minutes. Reduce heat to low and cook an additional 2 - 3 minutes.

3. Brown Rice & Toasted Pecans (Makes 5, 1 cup servings)

- | | |
|-------------------------------|-----------------------|
| 2 Cups Short-Grain Brown Rice | 1 Cup Pecans |
| 3.5 Cups Water | 2 - 4 Tbsp. Soy Sauce |

Place rice and water in a saucepan. Cover and bring to a low boil. Reduce heat to medium and cook 40 - 45 minutes. During last 5 - 10 minutes of brown rice cooking, preheat oven to 450 degrees. Place pecans on oven safe sheet and cook for 5 - 6 minutes. Watch carefully to make sure they don't burn! Once toasted, stir into brown rice while it is still hot. Transfer pecans to a small bowl and drizzle soy sauce over them while hot. Stir, then pour mixture into brown rice and fold gently until evenly distributed.

4. Cabbage Cole Slaw (Makes 6, 1 cup servings)

- | | |
|----------------------------|--------------------------------|
| 1/4 Green Cabbage, sliced | Dressing: |
| 1/8 Purple Cabbage, sliced | 2 - 3 Tbsp. Low-Fat Vegan Mayo |
| 1 Green Apple, diced | 2 Tbsp. Agave Nectar |
| 1 Cup Strawberries, sliced | 1 Tbsp. Vinegar |
| 2 Tbsp. Walnuts, chopped | |

Layer salad ingredients in a bowl and refrigerate. Whisk together Dressing ingredients. Cover over salad when ready to eat.

1. Cooked Vegetable: Pan-Seared Portobellos
2. Cooked Green: Kale & Stewed Tomatoes
3. Cooked Grain: Brown Rice & Toasted Pecans
4. Raw Green or Salad: Cabbage Cole Slaw
5. Breakfast: Sweet Potato Oatmeal
6. Main Dish: Easy Enchilada Pie
7. Bean Dish: Mexican Black Bean Salad

5. Sweet Potato Oatmeal

(Makes 5, 1 cup servings)

- 1 Large Sweet Potato
- 2 Cups Steel Cut Oats
- 4 Cups Water
- 2 Tbsp. Pecans (optional)

Grate sweet potato. Place in pan with oats and water. Bring to a low boil, then reduce heat and cook for 30 minutes.

6. Easy Enchilada Pie

(Makes 8, 1 cup servings)

- 1 Onion, diced
- 1 Large Zucchini, diced
- 1 Yellow Squash, sliced
- 12 Corn Tortillas
- 2 Carrots, shredded
- 3 Cups Cooked Beans
- 1 Small Can Green Chilies
- 1 - 24 oz. Jar Green Enchilada Sauce
- 1 Small Can Sliced Black Olives
- Cumin, Chili Powder, Garlic Powder

Layer ingredients into a baking dish as follows: 1/3 of sauce, onion, zucchini, yellow squash, tortillas, 1/3 of sauce, carrots, beans, spices, chilies, tortillas, 1/3 of sauce, olives. Cook in the oven at 350 degrees for 35 - 40 minutes.

7. Mexican Black Bean Salad

(Makes 4, 1 cup servings)

- 1 1/2 Cups Cooked Black Beans
- 1 Cup Corn
- 1 Cup Cherry Tomatoes, quartered
- 1/2 tsp. Oregano,
- 1/2 tsp. Chili Powder
- 1/2 tsp. Cumin
- 1/2 Small Yellow Onion
- 1 Yellow Bell Pepper, diced
- 1 Poblano Pepper, chopped
- Lime Juice to Taste
- 1 Avocado, diced.

Gently combine all ingredients in a large bowl.

Food Saved Me Institute inspires, teaches and equips others to bridge the educational gap in nutrition science and disease prevention by teaching others healthy eating habits through local nutrition and cooking classes.



Food Saved Me Institute is an approved 501(c)(3) nonprofit organization.

Nutrition Classes We Offer:



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