



active | mind+body
Making Healthy Taste Good

Culinary nutrition class

**Purpose Driven Ingredients
& Cleaned up versions of:**

Citrus & Herb Baked Salmon over fennel & arugula

Cauliflower and parsnip rice

Fat Burning Ice Cream (PB Cookie Dough)
Blueberry Soft serve

Thin Mints

Purpose-driven ingredients: Eat with purpose. Does this food offer me anything beyond instant gratification? Aim for nutrient dense ingredients that contribute to your health – make them taste good with citrus, herbs, spices, and healthy fats (nut oils). Try cooking, making sauces, and smoothies with tea for example. Take pride in knowing that your ingredients have something to offer.

Cooking without recipes:

This is a concept about making dishes that you love without obsessing over the little details. Swap out spices and ingredients for your preference. This might get you uncomfortable at first but that's a good thing. Use the tools that you have; if a food processor is out, what else can you chop up to add into your dish?

Use your palate to lead you down a journey of deliciousness. Taste as you go and layer with flavor. This works great with one-pot dishes, stir-fry, chopped salads, and dessert-like smoothies.

Significant Ingredients:

Coconut Aminos (& Coconut Garlic sauce): Low sodium soy sauce alternative that is versatile for sauces and stir-fry cooking. Bi-product of coconut without the salt and sodium of a soy sauce or tamari.

Nutritional Yeast: “nooch”. Natural inactive yeast that substitutes cheese and provides a savory/nutty flavor that is great as a combining agent. It is high in B-vitamins and protein while no sodium and low carbohydrates. Use it to thicken sauces, create a cheese substitute with cashews, or topping similar to parmesan.

Liquid Stevia: Low Glycemic natural sweetener that will not affect blood sugar. Use in drinks and desserts. KAL is the brand that I prefer. Link at the end in resources.

My favorite: Caramel cream, Vanilla, Chocolate

Chia Seeds: Have been used for more than 200 years to help with endurance, hydration, digestion, and energy. Chia seeds are high in Omega 3's, ALA, Fiber, and Protein. Easy to use in cold drinks, smoothies, and recipes to add energy boost while improving consistency and satiety.

Fennel (ansise): Not the most common vegetable, part of the bulb family – similar appearance to an onion. Eaten raw – it has a “black-licorice like taste. When roasted or grilled it brings out some sweetness. Fennel supports easy digestion, provides fiber and vitamin C. It's a nice addition for some extra volume to a dish.

Blueberries: Ultimate antioxidant and brain food. Shown to reverse brain deterioration. Plus they taste great and set you up with sustained blood sugar.

Plant Based Protein Powder: Nutrasomma vanilla protein is a great low-sugar base that can be used as a mix for baked goods or a thickener and sweetener in ice creams and smoothies.

RECIPES

Citrus & Herb Baked Salmon

2 or more Salmon fillets

½ tsp salt

1 lemon (juice of lemon about 4 tbsp)

2 tbsp coconut aminos (soy alternative)

Italian herbs blend or seasoning of choice

PREHEAT the oven to 400 degrees. Line a baking sheet with foil and cover with a sheet of parchment paper. Drizzle 1 tablespoon of melted coconut oil or macadamia nut oil over the parchment paper.

PLACE the salmon skin-side down on the lined baking sheet. Season the salmon evenly.

Bake for 10-15 mins

Optional: 1 Cup of julienne peeled vegetables over the salmon drizzled with oil of choice

NOTE: You want to pull the fish out of the oven when the white parts of the salmon begin to show. The fish continues to cook after taken out of the oven. Medium to slightly undercooked is better than an overcooked salmon.

Cauliflower Rice (or Parsnip rice)

1 large head fresh cauliflower or 1-2 Parsnips

1 tbsp coconut oil

1 clove garlic, minced (about 1 tsp)

Salt & pepper to taste

Extra seasonings & garnish of your choice (turmeric, cumin, cayenne, pumpkin seeds)

Directions

Break the cauliflower into "florets, removing the stems.

Place the florets in the food processor bowl & pulse until the cauliflower looks like rice. Takes about 10 to 15 one-second pulses. You may need to do this in two batches to avoid overcrowding (which leads to mush).

Heat a large skillet over medium,-high heat, about 3 minutes.

Add the "riced" cauliflower to the heated pan without oil and move around with wooden spoon to allow the cauliflower to caramelize and dry out. Add in 1 tablespoon of coconut oil, garlic, and onion.

NOTE: Some prefer to sauté onions and garlic in a butter or oil and then add the rice. My preference cuts back on some unnecessary calories and still packs a nice flavor.

Parsnip Rice – Delicious flavor boost to this popular favorite. Parsnips have a slightly sweeter taste – chop up parsnip with the same approach you would do cauliflower. Parsnip cooks quicker.

MAKE IT A MEAL: this goes with just about anything; try it with a coconut-curry sauce, Italian tomato sauce, or Moroccan style with pine nuts, cinnamon, cumin, and coconut aminos.

Rocket Fennel Salad

Trim and Shave 1-2 bulbs of fennel into thin slices with mandoline slicer
1 package of organic arugula
squeeze of half a lemon (about 3 tablespoons), plus more if needed
3 tablespoons olive oil, plus more if needed
pinches of salt, to taste
1 tbspc apple cider vinegar
1/4 cup pumpkin seeds or other nut/seed of choice

Directions:

Using a mandolin or sharp knife, slice the fennel and cucumber into thin shavings. Toss with olive oil, lemon, apple cider vinegar, and a pinch of salt and let sit in the fridge for 15-20 minutes.

Meanwhile, toast and chop pine nuts.

Put arugula in a larger bowl and toss with the marinated fennel & cucumbers, pouring most of the lemon dressing on top. Taste and adjust salt, olive oil, lemon juice to your liking.

Top with toasted pine nuts or seeds and basil. I also sometimes add a tiny pinch of red pepper flake, but that's completely optional.

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Cool cucumber refresher salad

This is a great refreshing snack or boost to any meal. It takes hardly any time and had around 100 calories. Plus cucumber is hydrating and great for you skin because of the silica. Your two stars here are a cucumber and some lime juice. A mandolin slicer helps but you can use a large chef knife if you have those chopped skills.

1-2 Cucumbers
1 tsp dill
Lime Juice
2 tbspc yuzu sauce or seasoning booster of choice
Sea Salt to taste

Directions:

Combine all ingredients in a 4-cup capacity bowl and stir to combine evenly.
Cover and store in the refrigerator for 4 hours or overnight. You [i]could[/i] eat this right away but the flavor is immensely better if you let it sit overnight.
Eat within a week.

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Fat Burning Ice Cream

FAT BURNING ICE CREAM – Chocolate-feel good
Plant based & sugar-free
Eat ice cream and get healthier - everything that I'm about - it all comes from upgrading your ingredients.

Peanut Butter cookie Dough

Per serving

6oz Coconut Milk (unsweetened)

1/2 Avocado

1 Scoop of vanilla plant protein powder

2 tbsp powdered Peanut Butter

1-2 squirts chocolate stevia

2 tbsp chocolate chips (stevia-sweetened)

Note: High powered blender recommended to break up ice. Mix should be on the thick side, add milk slowly if needed.

Top with: Frozen blueberries, chocolate chips or nuts

Why this is great: This can be made in under 2 minutes! It curbs cravings and keeps blood sugar stable.

The avocado packs satisfying fiber and brings a rich and creamy texture that compliments chocolate as an alternative to a sugar-rich banana. All ingredients balance out sweetness without a significant spike to blood sugar. Cacao is high in magnesium which helps combat stress while promoting feel-good chemicals in the body similar to the runner's high. Peppermint oil supports energy and digestion. The protein helps build muscle, stabilizes blood sugar and keeps the metabolism burning longer and hotter. Coconut adds extra fiber plus the addition of MCT's which support metabolism and energy.

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Blueberry softserve (instant)

Blueberries have the perfect amount of natural sweetness and provide skin & brain supportive nutrients.

This is as close as you're gonna get to blueberry soft serve ice cream without an ice cream machine. AND it's only gonna take you 2 minutes. This requires a powerful enough blender to break up the ice and puree the berries.

1 Cup frozen blueberries

1 Cup Coconut milk beverage unsweetened

2 tbsp avocado (you will not taste it, it plays a role in keeping it creamy)

1 serving of vanilla protein (or collagen powder)

1 squirt vanilla stevia or 1 tsp monk fruit – optional

1/4 cup frozen blueberries and/or coconut whipped cream, optional

Place all ingredients in the blender and mix. This will be thick and will require a couple of shakes and stirs to get it right. If there is too much liquid, add avocado and ice 1 tablespoon at a time. Have a little patience; it's worth it.

Top it with frozen blueberries and/or coconut whipped cream.

Tip: The magic here is in the thickness. You can always add more liquid, but it's hard to fix if you have too much liquid. A powerful blender helps for breaking up the ice.

REMIX: You can swap out blueberries for strawberries or any other berry you desire

Energy Bites

Vanilla Caramel

Why they are good: Low sugar snack with MCT fat, which converts to energy and prevents your body from accumulating and storing in fat cells. The fat is also anti-microbial, can help keep you full and absorb nutrients. The greens are alkaline forming which keeps cravings at bay and can help reduce inflammation. Add protein in that has a thermic effect on the body, your metabolism will get a boost and supply your body with amino acids necessary for tissue repair. Fat, greens, and protein play a positive role in supporting blood sugar as well.

Caramel Pleasure bites

Brain boosting, metabolism revving super snacks that you will not believe that they can be good for you.

Gluten-Free, Dairy-Free, sugar-free, Soy-Free, Vegan, Vegetarian

1 1/2 – 2 Scoops of Vanilla Protein powder (start with one and add more to reach desired consistency)

3 Large heaping Tablespoons of coconut oil (melted)

2 Tablespoons of Chia Seeds

1-2 squirt vanilla Stevia

1-2 squirt caramel Stevia

Directions:

Melt 3 Tablespoons coconut oil and mix in Protein, Chia seeds, and soft almond or cashew butter. Stir together until in thick liquid consistency. Pour into cookies or flat layer on parchment paper or Silicone baking mat. texture should be similar to a pancake mix or slightly thinner. Add liquid coconut oil if mix becomes too thick.

Place in freezer for 5-10 minutes. Break up in desired shape and store in container.

Makes 4-6 Servings

Try adding in crunchy extras such as: Cacao nibs, pecan or other nut pieces

Other flavor options: let the flavor of your protein make up your flavor (cookies n cream, lemon, etc..)

Thin Mints

Why they are good: Low sugar snack with MCT fat, which converts to energy and prevents your body from accumulating and storing in fat cells.

1 Scoop Chocolate Pea Protein

3 Tbsp Coconut oil

2 Tbsp Chia Seeds

¼ tsp Peppermint Extract

Directions: Melt coconut oil, in a bowl or mug for 30 seconds. Mix dry ingredients in slowly. The mixture should still have a liquid like consistency (think pancake batter). If too thick, add more liquid coconut oil. Pour mixture on parchment paper or silpat and set in freezer for 10 minutes

HOW TO EAT MORE VEGETABLES

(Because this will help you eat less processed foods)

No matter what diet you decide to follow, this should be your top priority. Eating more vegetables is a sure way to provide your body with nutrients that are needed to run at an optimal level. A high consumption of vegetables will keep you satiated, support skin health, immune support, and make fatloss effortless.

Transforming vegetables into more desirable textures has been shown to help people eat more of the food that provides satisfaction in every way. Now, I'm not saying that it's going to taste like your grandma's favorite pasta but we can meet in the middle, even if it takes mix-matching recipes until we find a match that you can feel good about eating every day!

Veggies are your secret weapon to promote weight loss and maintenance. Vegetables are mostly light in calories, carbs, fat and sugar. By transforming them into something more desirable, you're naturally eating more vegetables – without even noticing (especially when they are covered in a nourishing pesto sauce).

Adding more quality vegetables:

Volume: Higher intake of fiber that reduces cholesterol and can help prevent heart disease. Also helps provide a feeling of fullness with fewer calories, which promotes overall weight loss and health maintenance including detoxification.

Nourishment: Nutrient density: More of what you need. Vegetables are loaded with nutrients including vitamins A and C that keep your skin healthy and your immune system strong. Vegetables also play a role in providing your body with the raw materials in which it needs to recover and stay energized. More research is constantly coming out to support the benefits of diverse vegetables for improving the micro biome in the gut.

Self-insurance: Disease prevention: Vegetables play a role in regulating your blood sugar, which can lower the risk of diabetes and heart disease. The over consumption of acidic foods including meat can create deficiencies in the body which vegetables can help balance out. Cruciferous vegetables like broccoli, cauliflower and Brussels sprouts have anti-cancer and anti-estrogen properties that increase the perks.

SNEAK VEGGIES IN

It's worth it. One of the biggest causes of diet failure is plain old hunger. Good news is that vegetables provide fiber, volume, and nutrients to keep you satisfied. Your hunger signals are not turned off by calories; your body will be satisfied when it has the nutrients that it needs. Vitamins and minerals play a significant role in our function. Cravings come from deficiencies including emotional and nutritional.

Making vegetables desirable:

Chop, chop, chop – the smaller the better for almost all stir-fry/steam-fry dishes. A cutting board and large chef's knife is all you need.

THINK ABOUT THE BENEFITS OF THE NUTRIENTS YOU ARE CONSUMING. YOU MIGHT HAVE TO BRAINWASH YOURSELF A BIT—BUT IT'S WORTH IT.

Equipment List: Below is a list of the tools you'll need to make the recipes in this packet.

Cookware

Nonstick skillet, large 12"

Cutlery

6-inch chef's knife – Joseph Joseph

Bamboo Cutting board

Hand Tools/Gadgets

Food processor – Ninja Master Prep Professional (target or amazon)

Spiralizer – OXO

Wooden Spoon

Mandoline slicer or Peeler

Small blender/grinder - Nutribullet

Bakeware

Mixing bowls

Aluminum Foil

Parchment Paper

Baking sheets

Food

Coconut oil

Pizza Seasoning

Italian Seasoning

Nutritional yeast

Coconut aminos (soy saucer alternative)

Stevia (kal brand)

INGREDIENTS & SWEETENERS

Stevia - Vanilla - All liquids, desserts, waffles, coffee, etc.. <http://amzn.to/2gWL2YQ>

Stevia Caramel - <http://amzn.to/2gXg8FF>

Chocolate - <http://amzn.to/2gWOyT1>

Monk Fruit (lakanto) <http://amzn.to/2hBG4EM>

Peppermint Oil - <http://amzn.to/2jgW5zY>

Maple syrup from lakanto (sugar-free) - <http://amzn.to/2relLhj>

Vanilla Pea Protein - nutrasumma (waffles, shakes, coffee, etc..) <http://amzn.to/2hrISkG>

SEASONING

Nutritional Yeast (nutty-cheesy seasoning) - <http://amzn.to/2hBC9rw>

Coconut Aminos (soy sauce alternative) - <http://amzn.to/2hiU7OB>

Mexican Seasoning (frontier) - <http://amzn.to/2jF9Q8H>

Pizza Seasoning (frontier) - <http://amzn.to/2jfQR8c>

Pumpkin Pie Spice (frontier) - <http://amzn.to/2it9qV7>

Organic Jalapeno Hot sauce - <http://amzn.to/2iQCIuF>

Lilly's Chocolate Chips (sugar-free - delicious) <http://amzn.to/2hrK87B>