



Next Step

ON THE ADHD MENU

A collection of 50+ delicious
and easy-to-make
ADHD-friendly recipes

On the ADHD Menu

A Collection of over 50 Delicious and Easy-to-Make
ADHD-friendly Recipes

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On the ADHD Menu by Pam Valdes

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Introduction

We all know that it's important to eat healthy foods, but did you know that good nutrition can make a huge difference in the management of ADHD symptoms? A poor diet can make anyone feel sluggish, distracted, and even depressed. ^[1] Add ADHD to the mix, and it is easy to see how a low-nutrition diet can intensify the daily challenges of living with ADHD. Many people find that incorporating nutrition-rich foods into their lifestyle greatly improves troublesome symptoms of ADHD.

That's why the [ADHD coaches](#) at Next Step 4 ADHD are happy to help you navigate the challenges of establishing a nutrient-dense ADHD-friendly diet. From creating time-saving meal prep strategies to eliminating unhealthy food choices, our coaches are with you every step of the way.

In the meantime, continue reading to learn more about nutrition and how it affects those living with ADHD.

Why Good Nutrition Matters

You are what you eat. You've heard the saying, but have you ever really thought about it? What you eat can energize, provide essential nutrients, and power all of the major functions of your body.

What you eat and the quality of what you eat has a profound effect on your body. This is why runners often eat a carb-heavy meal before a run; because they know carbohydrates provide energy for the body. The opposite is also true. Poor nutrition impacts the body, too. For example, studies show that diets high in sugar tend to increase cravings and feelings of hunger. [\[2\]](#)

Here are a few benefits of a well-balanced, nutrient dense diet. Good nutrition:

- Can improve brain function
- Can increase energy levels and motivation
- Promotes general good health
- Can enhance your mood

- Can help you maintain a healthy weight
- Can help control symptoms of ADHD ^[3]
- Can improve sleep habits
- Balances blood sugar levels, which affect all of the above

The takeaway: good nutrition is important for a healthy mind and body, and in the next section, we'll explore how ADHD can impact your food habits.

How ADHD Can Impact Food Habits

If you struggle with impulsivity or time blindness, you might be tempted to grab a fast meal, and unfortunately, "fast" isn't always healthy. This isn't the only way that ADHD can impact food habits. Below is a list of common ADHD symptoms and how those untreated symptoms can impact food habits.

Forgetfulness

Forgetfulness is a common ADHD symptom, and it can increase the likelihood that you forget to go shopping for food or even forget to eat. When you realize how hungry you are, you may then make desperate, unhealthy food choices.

Impulsiveness

If you're feeling hungry, you might reach for whatever looks appealing in the moment.

Emotional regulation and stress tolerance

If you're feeling stressed or overwhelmed, you're more likely to engage in emotional or binge eating. According to the [American Psychological Association](#), 38% of adults report stress eating as a way to cope with high stress levels.

Lack of Planning/Prioritization

Planning can be difficult for those with ADHD, and difficulty planning can affect what you eat as well. This may create challenges with:

- Planning shopping trips
- Meal planning
- Setting aside time to prepare healthy meals

In addition, difficulty planning can make it hard to come up with a realistic plan to improve eating habits.

Procrastination

The notion of procrastination is nothing new. It's been discussed in literature dating back to Ancient Greece! However, procrastinating can make it easy to put off the goal of improved nutrition.

Reduced Appetite

Stimulant medication may reduce your appetite. ^[5] While a reduced appetite can help prevent overeating (simply because you're less hungry), a reduced appetite can work against optimal nutrition. If a reduced appetite results in skipping meals, it can make it challenging to consume adequate daily nutrients.

A Balanced ADHD Diet

A balanced ADHD diet looks a lot like a diabetes-friendly diet. Why? Because controlling blood sugar levels is beneficial in countless ways.

Have you ever waited too long between meals and gotten a headache, felt shaky, had brain fog, or become irritable? That's an indication that your blood sugar levels have dropped to the point of causing physical symptoms. Time to listen to your body and eat! Better yet, plan ahead to avoid blood sugar crashes. By the time you experience symptoms, your body is going to crave simple

carbohydrates to quickly raise your blood sugar levels. You likely won't be reaching for broccoli at this point.

Maintaining healthy blood sugar levels helps to stabilize many symptoms of ADHD and can increase the likelihood of sticking with a high-nutrition diet.

A healthy diet is as much about what you eat as what you don't eat. A balanced ADHD diet should include:

- Protein with every meal
- Vegetables and/or fruit with every meal
- Healthy fats like omega 3 fatty acids
- Fiber

It's important to avoid:

- Processed foods
- High-sugar foods
- Artificial sweeteners
- Artificial dyes & preservatives

In addition to avoiding unhealthy additives, avoid an attitude of deprivation – focus on incorporating healthy foods you love!

It may seem like a big task to overhaul your diet, but it can be done. Like all endeavors, remember that all journeys start with just one step.

But How Can You Improve Your Diet?

Keep these tips in mind:

- **Start small.** Consider focusing on one meal of the day. Maybe you want to start eating a healthy breakfast, packing a lunch for work, or learning some healthy recipes for dinner. Whatever it is, decide how many days per week you could do this, and make a plan.
- **Before you start, go shopping.** All the good intentions in the world can't override a hungry stomach and nothing to eat but junk food. Make sure

that you always have healthy food choices on hand, both at home and at work.

- **Consider finding a friend or coworker (or coach!) who will start on a healthy eating plan with you.** This adds in a layer of accountability and encouragement.
- **Don't stress over perceived failures.** Establishing new habits takes time. It's normal to fall back to old, easy eating patterns on your road to healthier eating. Just press restart on your healthier choices that same day. Keep at it, and your "fall-backs" will happen less often.
- **Make it fun!** Find ways to encourage yourself. Research recipes, try new foods, talk with a "foodie" friend who can give you some tips. Make your mealtime aesthetically pleasing – put on some music, clear the table of clutter, sit down and truly enjoy your food.
- **Celebrate every small victory.** Acknowledge your efforts as well as your successes. This not only feels good and encouraging, but it actually increases the chances of repeating the positive behavior. If you want to succeed with your healthy eating plan, be willing to treat yourself like a good friend.

Ready to give your diet a makeover? I hope you enjoy these next 50 recipes!

Breakfast Recipes

We've all heard that breakfast is the most important meal of the day. Think about the word itself: break + fast. Your first meal of the day allows you to break from fasting.

Typically, by the time breakfast rolls around, we have not eaten in 8-10 hours, and it is time to break that fast with a meal that provides fuel for our brains and energy for our day ahead. Blood sugar levels are typically low upon waking, which, if not corrected with a healthy breakfast, can leave us with little energy, poor concentration, and an irritable mood. Sugary cereal is a common breakfast food, but this isn't the breakfast of champions. Sugary breakfast foods can create a spike -- and subsequent crash -- in blood sugar levels. Instead, power your breakfast with healthy protein and fiber.

And, a few suggestions for non-breakfast eaters: Remember that your breakfast doesn't have to be a large meal. Even a small handful of nuts or a piece of fruit is better than nothing. Coffee and stimulant medications can quell the appetite, so try to get a bit of breakfast in before – or with – your morning coffee and/or medications.

OVERNIGHT OATS

Are you a night owl? Use that late-day energy to prepare for the following day. When your breakfast is prepared the night before, you simply grab your yummy protein & fiber-rich breakfast as you head out the door in the morning.

Overnight Oats are traditionally eaten cold but are delicious served hot as well. The following recipe prepares one serving.

1/3 cup old-fashioned (not instant) oats
1 tbs. chia seeds
1 tbs. ground flaxseed
1 tsp. cinnamon
1 tbs. pure maple syrup (more or less to taste)
1/2 large apple, chopped (or any other fruit of your choice)
1 tbs. chopped walnuts
Milk or almond milk (approximately 1/2 cup)

Combine oats, chia, flaxseed, and cinnamon in a 2-cup capacity bowl or container. Mason jars work well, too. Stir well. Add your fruit and stir the mixture gently. Drizzle with maple syrup. Add enough milk to cover the oat mixture and stir gently. Top with walnuts. You can leave the walnuts on top; you don't need to mix them in. Cover the bowl (or place on the mason jar lid), and refrigerate overnight.

When ready to serve, stir well. Add additional milk if desired.

Enjoy!

EASY, HEALTHY BREAKFAST: OATMEAL + TOPPINGS

Oatmeal for breakfast can be a great way to start your day. For optimum nutrition, just make sure you use old-fashioned rolled or steel cut oats, not instant. Your old-fashioned rolled oats will be ready in just 5 minutes!

Add oatmeal & desired ingredients to a microwave-safe bowl. The bowl should be no more than halfway full to avoid boiling over.

Add water to completely cover the oatmeal mixture. Stir well. Micro-cook on high for 1 minute. Stir, adding more water if needed. Micro-cook on 50% power for 3 minutes.

Remove from the microwave and stir. You can add milk to achieve your desired consistency. Mix in other toppings, as desired.

Customize your bowl!

You can add variety to your oatmeal in any number of ways – go sweet or savory. Increase the fiber and protein content with nuts and/or seeds. Amp up vitamins, fiber, and add a touch of sweetness by including fruit. The possibilities are endless!

Here is a list of toppings and some fun combinations:

Chia seeds	Cinnamon	Shredded carrots or
Flaxseeds	Nutmeg	zucchini
Sunflower seeds	Ginger	Peanut butter
Walnuts	Pumpkin pie spice	Milk
Pecans	Cocoa Powder	Almond milk
Almonds	Honey	Coconut milk
Hazelnuts	Maple Syrup	Greek yogurt
Fresh fruit	Vanilla	Egg
Raisins or other dried	Pumpkin or mashed	Cheese
fruit	sweet potato	Scallions
Coconut		Spinach

Tomato

Combination Ideas:

Carrot Cake Oatmeal: Shredded carrots, raisins, cinnamon, nutmeg, Greek yogurt

Pumpkin Pie Oatmeal: 2 spoonfuls of canned pumpkin, a pinch of pumpkin pie spice, milk, maple syrup, pecans

Eggy Oatmeal: Place one soft-cooked egg atop your oatmeal. Season to taste.

Veggie Oats: Cook a small amount of scallions & spinach with oatmeal. When done, top with cheese and tomato.

Berry Good Oats: Cook berries, flaxseed, and chia seeds with oatmeal. When done, top with walnuts and milk.

Chocolate Oats: Cook 1 tsp. cocoa powder with oatmeal. When done, add 1/8 tsp. vanilla, almonds, ½ tsp. honey, and almond milk.

Now, come up with your own unique combinations!

FRUITY YOGURT PARFAIT

The following recipe is my favorite way to start my day. It's quick, healthy, satisfying, and most importantly, delicious! You can change this up by using different fruits or nuts. This parfait is high in both protein and fiber to fuel your morning.

1/2 cup chopped cantaloupe (or fruit of your choice)

1 tbls. ground flaxseed

1 tbls. chia seeds

1/2 cup 2% Plain Greek yogurt

2 tbls. chopped walnuts

1 tbls milk (optional, to thin mixture if desired)

Combine all ingredients in bowl and enjoy! Doesn't get much easier than that!

Tip: Avoid yogurt with artificial flavors. Current ADHD management guidelines recommend avoiding artificial dyes and flavors.



Figure 1 Garden Egg Scramble

GARDEN EGG SCRAMBLE

This dish is great for breakfast, lunch, or dinner. It's a great "no-brainer" recipe that is healthy and ready in no time. This scramble makes for a colorful and delicious meal-in-one.

Substitute any veggies for this recipe. Spinach, tomatoes, broccoli, and zucchini all work great in this recipe. Ingredient amounts provided are for 1 serving; simply increase if serving more people.

1 tbs. olive oil

1 yellow onion, chopped

6 mushrooms, sliced

1/2 yellow pepper, chopped

2 eggs + 1 tbs. water, beaten

1 - 2 tbs. parmesan cheese

Heat oil over medium heat in medium-sized skillet until shimmery. Add onion and sauté for 2 minutes. Add mushroom and yellow pepper, and cook an additional 5 - 8 minutes, until onions are translucent, and mushrooms begin to brown. Pour in beaten eggs, and cook and stir until soft-scrambled, about 2 minutes. Top with cheese. Continue to cook until cheese begins to melt. Season to taste with salt and pepper.

EASY BREAKFAST TACOS

Breakfast tacos are delicious for any meal of the day, and you can include any number of ingredients to add variety. The following recipe is for 3 tacos; simply increase ingredients for a crowd.

3 corn tortillas

2 tsp. olive oil

2 eggs

1 tsp water

Salt & pepper to taste

Topping suggestions:

Cilantro, chopped

Chopped avocado

Salsa

Chopped onion

Chopped tomato

Jalapeño peppers, sliced

Shredded Mexican blend or Monterey Jack cheese

Heat a dry skillet or griddle over medium heat. Place tortillas on skillet. When they begin to “puff,” flip over. When they “puff” again, they are done.

While tortillas are heating, cook eggs:

Heat oil in skillet. Beat eggs; add water and beat well. Pour eggs into hot skillet and scramble.

Load heated tortillas with eggs and the toppings of your choice.

NOTE: If you have time and want to get a bit fancier, you can sauté some onion, potato, or sweet potato. They make great additions to the breakfast tacos.

BLUEBERRY WALNUT OATMEAL MUFFINS

Here's a delightfully sweet yet nutritious way to start your day. You can make these muffins ahead of time and enjoy all them all week – or freeze some for later. Add variety with different types of fruit and nuts.

- 2 large eggs
- 1/4 cup olive oil
- 3/4 cup brown sugar
- 1/2 cup plain Greek yogurt
- 1 1/2 cups milk
- 2 tsp. vanilla extract
- 1/4 tsp. salt
- 3 cups old fashioned oats
- 1 ½ tbsp. ground cinnamon
- 2 tbs. ground flaxseed
- 2 tbs. chia seeds
- 2 tsp. baking powder
- 1 cup blueberries
- 1/2 cup chopped walnuts

Preheat oven to 350 degrees. Line tin with muffin liners.

Mix together the eggs, oil, and brown sugar in a large bowl until sugar is dissolved. Add the yogurt, milk, vanilla, and salt. Whisk

until well combined. In a separate bowl, stir together the oats, ground flaxseed, chia seeds, baking powder, and walnuts. Stir this mixture into the egg mixture; mix well. Gently fold in the blueberries.

Fill the muffin each lined muffin cup approximately 3/4 full with the oatmeal mixture. Sprinkle additional blueberries and walnuts on top if desired.

Bake for 30 minutes, or until a toothpick inserted in the center of a muffin comes out clean.

VEGGIE FRITTATA

Frittatas are similar to a crustless quiche. This frittata is loaded with protein and fiber, courtesy of the eggs and veggies. Get creative with various vegetable combinations to make this recipe your own.

1 tbs. olive oil
1 onion, chopped
1/2 red pepper, chopped
8 oz. mushrooms, sliced
2 cups broccoli florets, roughly chopped
6 eggs
1 tbs. milk
1 tbs. fresh or 1 tsp. dried chives
1 tbs. fresh or 1 tsp. dried basil
Salt and pepper, to taste
1/2 cup shredded Swiss cheese or sharp Cheddar
1/4 cup shredded Parmesan cheese

Preheat oven to 375 degrees.

Heat olive oil in large oven-proof skillet over medium heat. Add onion, red pepper, and mushrooms. Cook, stirring occasionally, until onion is translucent and mushrooms begin to brown, about 8 minutes. Add broccoli, and cook another 4 minutes.

Meanwhile, beat eggs. Add milk, spices, and Swiss cheese, and mix thoroughly. Reduce heat to medium-low. Pour egg

mixture over veggies in skillet. Do not stir. Cook for 1-2 minutes, gently lifting edges as they begin to set and rotating skillet to allow egg mixture to flow underneath. Place skillet in oven. Bake for 10 minutes or until cooked through. Sprinkle Parmesan over frittata and serve.



Figure 2 Veggie Frittata

GRAB & GO EGG MUFFINS

These muffins are a fantastic way to plan ahead for a healthy, on-the-go breakfast. All you need is a muffin tin, eggs, and your favorite toppings. You can mix and match to make a variety of egg muffins.

This recipe makes 12 muffins, which you can refrigerate up to 5 days or freeze up to 2 months. If you want to make fewer muffins, plan on 1 egg per muffin.

12 eggs

2 tbs. water

3 tbs. sliced green onion, both white & green parts
(substitute other onion if desired)

Salt and pepper, to taste

Optional:

Fresh or dried herbs, such as basil or parsley

Minced garlic or garlic powder

Topping Suggestions:

- Spinach or kale, chopped
- Quartered grape tomatoes
- Sliced mushrooms
- Diced red onion
- Diced bell pepper, any color
- Broccoli, chopped
- Cauliflower, chopped
- Asparagus, chopped
- Zucchini, chopped
- Shredded cheese, such as mozzarella, cheddar, feta, or Swiss

Topping Combination Ideas:

- Tomato, spinach, mozzarella, and basil
- Broccoli, mushroom, and Swiss
- Garlic, bell pepper, and red onion

Preheat oven to 350 degrees. Spray muffin tin well with nonstick cooking spray.

Break eggs into a large bowl. Add water, green onion, salt, pepper, and any other spices and herbs you like. Whisk thoroughly.

Fill muffin cups a little more than halfway with egg mixture.

Note: It is easiest to fill muffin cups if you transfer egg mixture to a container with a pouring spout.

Sprinkle with desired toppings. Leave a bit of space at the top of each muffin cup to avoid overflow while baking.

Bake for 20 minutes. Cool 10 minutes. Use knife to loosen edges and remove muffins from tin.

Enjoy!

Tip: If storing muffins, cool completely before wrapping.

Lunch & Dinner Recipes

Whether you prefer your largest meal at noon or in the evening, whether you are in the mood for a hot or cold dish, you will find plenty of options among the following recipes. Many of these recipes are meal-in-one dishes that heat up wonderfully for leftovers.

As with breakfast, emphasizing protein and fiber is a great way to ensure that your lunches and dinners are satisfyingly filling and high in nutrition and flavor. These recipes fill the bill. You'll enjoy full-flavored protein in every recipe, and most incorporate lots of fresh vegetables as well – All designed to optimize brain health and energy levels!

LEMON PEPPER FISH

This dish goes great with the Lemon Pepper Green Beans included in this eBook, and it's equally simple—it uses the same spices, too! It's wonderful served with broccoli and baked sweet potatoes, too.

Don't let the ease of preparation fool you -- this recipe is delicious and is a great "company" dish. Any type of fish will do, but you may need to adjust the cooking time, depending on the thickness of the fillet.

Suggestions: Pollack, Walleye, Orange Roughy, Halibut.

Note: Choose sodium-free lemon pepper for an especially fresh and lemony flavor.

4 fish fillets, preferably wild caught

1 tbs. olive oil

Sodium-free Lemon Pepper

Garlic Salt

Rinse fish fillets & pat dry with paper towels. The secret to perfecting this recipe is to dry the fish fillets thoroughly before cooking. You typically do not have to remove any skin; it will slip off easily after cooking.

Heat olive oil in large skillet over medium-high heat. When hot, add fish fillets (skin side down, if fillets have skin). Sprinkle liberally w/lemon pepper & garlic salt (about twice as much lemon pepper as garlic salt) until well-coated. Immediately turn fillets (gently, so as not to break them apart) & sprinkle spices on other side (If fillets have skin, no need to season skin side). Cook for 1-2 minutes, until golden on top, and turn fillets again. Finish cooking on this side until done. Fish should be golden,

opaque & flake easily w/fork. Do not overcook! To test for doneness: Insert a fork into the middle of the fillet & twist slightly. When done, you can see that the fillet is no longer translucent, and it will break apart easily.



Figure 3 Lemon Pepper Fish, with steamed broccoli and a baked sweet potato

BLACK BEAN AND CRUNCHY CABBAGE SOUP

This is a delicious vegetarian soup recipe. Beans provide protein as well as fiber. The cabbage really amps up the nutrition and adds a wonderful crunch & subtle flavor to the soup. This is a very hearty soup -- you could almost use a fork, but you'll want a spoon to enjoy every drop of the yummy broth.

- 1 tbs. olive oil
- 1 large onion, chopped
- 1 32-oz container of low-sodium vegetable (or chicken) broth
- 1 can fire-roasted tomatoes
- 1/2 cup salsa, medium heat
- 1 can black beans, rinsed and drained
- 3-4 cups shredded cabbage or coleslaw mix

Optional toppings:

- cilantro
- diced avocado
- shredded Monterey Jack cheese
- hot pepper sauce, such as Cholula or Tabasco
- sliced jalapeno peppers

Heat oil in a large saucepan over med-high heat. Add onion; sauté 5-10 minutes, or until onion becomes translucent. Add broth, tomatoes, and salsa. Stir and bring to a boil. Reduce heat and simmer, uncovered, for 10 minutes. Add beans. Increase heat slightly, and simmer for an additional 5-10 minutes.

Place 3/4 to 1 cup of uncooked cabbage or coleslaw mix into each of 4 large, shallow soup bowls. Ladle broth/bean mixture

over cabbage. Make sure that broth is very hot, almost boiling; the cabbage will cool it down a bit.

Serve immediately, adding toppings as desired.

NOTE: For a non-vegetarian option, add shredded rotisserie chicken to the soup.

CHICKEN NOODLE SOUP

This is a classic soup recipe. It is absolutely delicious and really easy. The only time-consuming part is chopping the vegetables. I prefer fresh veggies, but pre-chopped frozen vegetables can be used to speed things up.

Any variety of veggies will do. I love to include lots of mushroom and carrots, and about a cup of frozen corn. Then I add any combination of: spinach, broccoli, shredded cabbage, kale, cauliflower, green beans, and/or zucchini. Experiment with spice combinations as well, but definitely include the poultry seasoning – it adds a lot to this recipe.

- 1 tbs. olive oil
- 1 onion, diced
- 2 stalks celery, diced
- 2 cloves garlic, minced or pressed
- 3-4 cups veggies of your choice, cut into bite-size pieces
- 2 tbs. dried parsley or 1/2 cup fresh, chopped
- 1 tbs. dried basil
- 1/4 tsp. tarragon
- 1/2 tsp. lemon pepper
- 1/2 tsp. dried thyme
- 1/2 tsp. poultry seasoning
- 1/2 tsp. white pepper
- 1/2 tsp. garlic salt
- 2 boxes (32 oz each) low-sodium chicken broth
- 2 tbs. chicken broth base or chicken bouillon granules, dissolved in 8 oz. boiling water
- 3 boneless, skinless chicken breasts, diced
- 1 cup (measure uncooked) frozen or dry noodles *

Heat olive oil in stockpot over medium heat. Add onion, celery, and garlic, and sauté until tender but not brown, approximately

10-15 minutes. Reduce heat to medium-low if necessary. If including mushroom or peppers in your soup, cook them with the onion mixture. Add spices/herbs to stockpot.

Add dissolved chicken base/bouillon and boxed broth to stockpot. Heat to boiling, stirring well. Add veggies. Return mixture to a boil, then reduce heat to low. Cover and simmer 10 minutes. Add chicken. Stir and return to a boil. Cook, uncovered, at a low boil 4-5 minutes, stirring occasionally, until chicken is opaque. Add noodles and return to a boil. Reduce to a low boil again. Cook, stirring occasionally, until noodles are done, approximately 5 minutes (check noodle package for correct cooking time.)

This soup reheats nicely, and it is even better the second day. This makes a large pot of soup – about 8 main-dish servings, or approximately 16 cups.

* Important note: Buy noodles that cook in about 5 minutes. If noodles require 20 minutes or more to cook, your chicken & veggies will be overcooked, and the noodles will absorb so much liquid that you'll lose a lot of the rich broth. You can always cook the noodles separately from the soup and add them in at the end if you prefer.

THAI CURRY WITH COCONUT MILK

This is a vegetarian recipe, but it is also delicious with the addition of chicken, shrimp or any protein you choose. Feel free to substitute the vegetables of your choice and make this recipe your own! It's very easy to throw together. I do recommend chopping all of the veggies before you start and timing your rice to be done well before the curry is complete.

1 tbs. coconut oil or olive oil

2 zucchini, halved lengthwise and sliced 1/4 inch thick

1 cup broccoli florets, roughly chopped

8 carrots, peeled and sliced on the diagonal about 1/8 inch thick

8 oz. mushrooms, sliced

1-2 tsp. curry powder (golden or brown, not red)

1 can coconut milk (about 13 oz.)

2 tsp. sugar

1 tbs. low-sodium soy sauce

1/2 lb. chicken, shrimp, or other protein, cut into bite-size pieces – optional

Cooked brown rice

Heat oil in large skillet over medium heat. If using chicken or other protein, heat half the oil, and stir-fry until done. Remove

from skillet and set aside. Add remaining oil and stir-fry veggies approximately 6 minutes or until almost tender. Add curry powder. Stir well and cook an additional 1-2 minutes, until fragrant. Add coconut milk, soy sauce, and sugar. Stir and cook 1 minute. If using chicken or other protein, return it to the skillet. Cook until sauce begins to thicken slightly and bubble at the edge of the pan. Remove from heat and serve over rice. Do not continue cooking, because the coconut milk will thicken quickly, and you will not have much sauce.

Other mix-in ideas:

onion

thinly sliced kale

water chestnuts

sweet bell peppers

bamboo shoots

cauliflower

Tip: I use demerara or turbinado sugar—it's like "sugar in the raw" & adds a slight caramel flavor.

MODERN SHEPHERD'S PIE

This is a yummy take on the traditional Shepherd's pie. It makes use of riced cauliflower instead of mashed potatoes and bagged frozen veggies to speed things up. It's a meal-in-one, but you may enjoy serving it alongside a crisp green salad. Give it a try!

- 1 tbs. olive oil
- 12 oz. frozen riced cauliflower
- 4 cloves garlic, pressed or minced, divided
- 1/2 cup white Cheddar or sharp Cheddar cheese
- 1/2 cup plain Greek yogurt
- 1/2 tsp. dried rosemary
- 1 tsp. dried thyme
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 1/2 lb. ground beef, preferably 80 – 85% lean
- 1 onion, chopped
- 4 tbs. tomato paste
- 2 tbs. unbleached flour
- 2 bags frozen mixed vegetables, approximately 24 oz.
- 1 cup low-sodium beef broth

Preheat oven to 400 degrees. Break cauliflower apart, but do not defrost. Lightly oil a baking sheet, and mound cauliflower rice in the center. Sprinkle 2 cloves garlic over cauliflower, and drizzle with olive oil. Toss gently to combine. Spread cauliflower rice into an even layer. Roast for 10 minutes. Carefully turn rice over with a spatula or toss gently. Spread back into an even layer. Roast another 10 minutes. Turn/toss again. Roast an additional 5 minutes, or until most of the rice is golden brown.

Transfer rice to a large bowl. Add cheese, yogurt, rosemary, thyme, salt, and pepper. Mix thoroughly. If you prefer a more finely-grained topping, mix in a food processor until smooth.

Meanwhile, cook ground beef and onion in a skillet over medium heat, stirring occasionally, for 5-8 minutes, or until beef is browned. Add remaining 2 cloves garlic and cook 1 more minute. Drain any excess drippings.

Stir in tomato paste and flour until blended. Add frozen veggies and beef broth. Lightly season with salt and pepper. Stir well. Cook 1-2 minutes, or until heated through. Transfer mixture to a lightly-oiled 2-quart baking dish. Top with cauliflower mixture. Cover with foil. Bake at 375 degrees for 30 minutes. Uncover and bake 15 minutes more, or until filling is very hot and cauliflower topping is golden brown.

LIME GRILLED CHICKEN (or fish, or beef!)

Here is a very simple recipe for grilled chicken that is tasty & very tender. This recipe is quite versatile – you can use the same ingredients for fish or beef. You can bake it in the oven or cook on the stovetop instead of grilling. Change it up by using lemon or orange juice instead of lime. It is great on its own or chopped and served over a salad.

4 boneless, skinless chicken breasts
olive oil
salt & pepper to taste
3 tbs apple jelly
3 tbs fresh lime juice

Preheat grill over medium heat. If chicken breasts are thick, cut them in half to make them thinner. They cook quickly and evenly.

Heat apple jelly in small saucepan or in microwave until melted. Stir until smooth. Add lime juice & blend well. Heat until just beginning to boil; remove from heat & set aside.

*See important food safety note below recipe.

Grill directions

Coat grill grates with cooking spray. Brush chicken breasts lightly with olive oil. Sprinkle with salt & pepper as desired. Grill for 3-4 minutes on one side (depending on thickness of chicken), or until lightly browned. Turn chicken, & brush lime glaze over cooked side of breasts. Grill for an additional 2-4 minutes. Turn chicken again & brush lime glaze on other side of chicken. Continue grilling for 30 seconds to 1 minute per side--just long

enough to brown a bit more w/glaze. Watch carefully; the sugar in the glaze can easily cause the chicken to burn. Once chicken is within 1 to 2 minutes of being done, remove chicken from grill & immediately place all 4 breasts on a sheet of aluminum foil. Brush again on both sides with lime glaze. Quickly wrap foil tightly; no need to keep chicken breasts all separate. Keep wrapped for 5 minutes. Meanwhile, reheat remaining lime glaze in microwave until just beginning to boil again. After 5 minutes in foil, test chicken for doneness: Chicken should pierce easily with sharp knife. When done, serve immediately with extra lime glaze.

Oven directions:

Preheat oven to 400 degrees. Coat baking dish with cooking spray. Brush chicken breasts lightly with olive oil. Sprinkle with salt & pepper as desired. Bake for 8 minutes. Turn chicken & brush lime glaze over cooked side of chicken. Bake for approximately 6 minutes, until chicken is lightly browned on both sides. Turn chicken again & brush with glaze. Bake 2 minutes, or until chicken is not quite done. Total cooking time will depend upon the thickness of the chicken breasts but should not exceed 20 minutes. Wrap in foil as described above.

Stovetop directions:

Cook chicken in 1 tbs. olive oil until just starting to brown. Follow recipe as for grilled chicken, adjusting times as needed.

***Important Note:** Do not dip brush back into glaze once the brush has touched any uncooked chicken (or fish, beef, etc.). Pour a small amount of the glaze into a shallow container for each brushing, and wash brush – or use a fresh brush – between glaze applications.

CARROT AND BLACK BEAN SOFT TACOS

Carrots add a subtle sweetness to these savory and mildly spicy vegetarian tacos. They throw together quickly and are quite healthy and satisfying. This recipe serves 4.

- 1 tbs. olive oil
- 4 green onion, white and green parts, sliced thin
- 4 medium carrots, peeled and diced
- 2 cloves garlic, minced
- 1 tbs. cumin
- 1/2 tsp garlic salt
- 1 can black beans, rinsed and drained
- 4 slices jalapeno peppers (optional; jarred is fine)
- 1/2 cup low-sodium chicken broth
- 1/2 cup Monterey Jack cheese, shredded
- 1/2 cup cilantro, chopped
- 8 Tortillas—corn or flour, but corn offers more fiber 😊

Heat olive oil in 2 quart saucepan until shimmering. Add green onion, and cook 1 minute. Add diced carrots, and cook an additional 5 minutes, stirring occasionally. Add minced garlic, and cook 1 minute more. Sprinkle spices over carrot mixture and blend well. Cook 2-4 minutes more, or until spices are fragrant and carrots are tender.

Add black beans, jalapenos, and chicken broth. Simmer, stirring frequently, until liquid is absorbed, about 3 minutes. Remove pan from heat and cover to keep warm.

Meanwhile, heat tortillas on a griddle or dry skillet over medium

heat until puffed and just slightly golden. Spoon about 1/4 cup veggie mixture onto each tortilla. Top with cilantro and approximately 2 tbs Monterey Jack cheese. Fold tortilla in half and serve immediately.

These are great served with a spinach and tomato salad.

GRILLED SHRIMP TWO WAYS

Here's a great use for your grill, but don't despair if you don't have one – you can broil the shrimp indoors. If you like spicy, turn up the heat with the Cajun-seasoned shrimp. But try the herb-seasoned variety, too. Both are scrumptious!

Look for **raw** shrimp that is already peeled; it is a great time-saver.

Notes:

*If you use wooden skewers instead of metal ones, soak them in water for 30 minutes before grilling to prevent burning.

* Experiment with other herbs and spices to make this recipe your own.

*You can mix the ingredients w/the shrimp & even skewer the shrimp ahead of time if desired. Then just pop them on the grill when you're ready to cook.

Keep refrigerated until ready to grill.

BOTH WAYS:

1 to 1 1/2 lbs. raw shrimp, medium to large in size, peeled & deveined, and patted dry

FOR THE HOT:

Cajun-Seasoned Shrimp

1 tbs. olive oil

2 cloves garlic, crushed, or 1 tsp. garlic powder

1 tsp. onion powder

1/2 tsp. coarse-ground black pepper

1/4 tsp. cayenne pepper (more or less to regulate heat)

1 tsp. dried green pepper

1 tsp. dried celery (not celery salt or seed)

1/4 tsp. lemon pepper (preferably salt-free)

1/4 tsp. garlic salt

FOR THE NOT:**Herb-Seasoned Shrimp**

1 tbs. olive oil
1 clove garlic, crushed, or 1/2 tsp. garlic powder
1 tsp. dried basil
1 tsp. dried chives
1 tsp. fresh lemon peel (or 1/4 tsp. dried)
1 tsp. dried parsley
1/2 tsp. onion powder
1/4 tsp. dried dill
1/4 tsp. lemon pepper (preferably salt-free)

Process:

Preheat grill to medium-high. Pour olive oil in large bowl. Add all remaining ingredients, except shrimp. Stir well. Mixture will resemble a paste.

Important: Blot the shrimp dry with paper towels before proceeding.

Add shrimp to bowl & toss well. Thread shrimp onto skewers. Spray grill well with cooking spray, & lay skewers on grill rack. Cover & grill shrimp just until opaque & lightly browned, approximately 3-6 minutes (depending on size of shrimp), turning shrimp once during cooking. (Use a pot holder to grasp skewers to prevent burning your fingers!) Be careful not to overcook, which will result in tough shrimp.

Serve immediately.

LEMON CHICKEN ORZO SOUP

This is the perfect springtime soup – light and fresh, but hearty enough for a meal-in-one. The lemon and oregano bestow a distinctive flavor to this dish.

1 tbs. olive oil
1 onion, diced
4 medium carrots, peeled and diced (about 2 cups)
2 stalks celery, sliced (about 2 cups)
8 cups low-sodium chicken broth
1 1/2 cups fresh spinach, roughly chopped
1/2 tsp. freshly ground black pepper
1/2 tsp. dried oregano
2 tbs. fresh basil, chopped (or 1 tbs. dried basil)
2 boneless, skinless chicken breasts (about 10-12 ounces)
2 oz. whole-grain orzo (about 1/2 cup)
Juice of 2 medium lemons
Salt, to taste
Thinly sliced lemon, for garnish

Heat olive oil in stockpot over medium heat until shimmering. Add onion and cook until transparent, about 5-10 minutes. Add remaining ingredients, except lemon juice. Heat soup over high heat until it just starts to boil. Reduce heat to low. Cover and simmer gently for 30 minutes.

Remove chicken breasts from pot. Shred or chop chicken and return to pot. Add lemon juice and salt, as desired.

Ladle into individual bowls, and garnish each with a very thin slice of lemon.

VEGGIE MARINARA

This is an incredibly delicious way to cut back on carbs: Substitute veggies for your pasta. Make your own marinara for the tastiest version of this recipe. You may never go back to pasta!

Marinara sauce (recipe below)

1 tbs. olive oil

1 onion, coarsely chopped

2 cups sliced mushrooms

4 carrots, peeled and sliced on the diagonal 1/8" thick

1 medium zucchini, halved lengthwise & then sliced 1/8" thick

1 medium yellow squash, halved lengthwise & then sliced 1/8" thick

4 cloves garlic, minced or pressed

Shaved Parmesan cheese

Heat oil in large skillet over med-high heat. Add onion, mushroom, and carrots, and sauté for 5 minutes. Add zucchini & yellow squash, and cook until just tender. Add minced garlic & cook & stir 1-2 minutes more. Spoon sautéed veggies onto plates or bowls, and top with marinara sauce. Sprinkle with Parmesan cheese, if desired.

To store any leftovers, place marinara and veggies in separate containers & refrigerate or freeze. The sauce improves as it "ages".

EASY MARINARA:

2 tsp. olive oil

1/2 small onion, diced

(1) 14.5 oz can tomato puree

(1) 6 oz can tomato paste

(1) 8 oz can tomato sauce

(1) 14.5 oz can petite diced tomatoes
2 cloves garlic, minced or pressed
1 tbls. Italian seasoning
1 tsp. brown sugar
salt to taste

Heat olive oil in 2 qt saucepan. Add onion & sauté until translucent. Add remaining ingredients & stir well. Bring to boil, then reduce heat to low. Simmer at least 10 minutes.
Freezes well.

AVOCADO CHICKEN CHOPPED SALAD

Here's a flavorful meal-in-one salad that has elements of both sweet and savory. It is a nice, cool salad that is also deliciously healthy. The dressing refrigerates nicely, but the salad itself is best served the day you make it, as the apple and avocado will not look so pretty by the second day. For the chicken, you can use store-bought rotisserie chicken or leftover baked or grilled chicken. Serves 2

1 cup cooked chicken, chopped into 1/2" dice
2 medium Roma tomatoes, diced
2 green onion, chopped
1/2 cup red bell pepper, diced
1 apple, cored and diced
1 avocado, diced
Romaine lettuce, roughly chopped
2 slices crisp bacon, crumbled
Honey Mustard Vinaigrette (recipe follows), or dressing of your choice

In medium bowl, combine chicken, tomatoes, green onion, red pepper, and apple. Toss gently. Place generous amount of Romaine in bowls. Top with chicken mixture and then avocado. Sprinkle bacon over salad, and top w/Honey Mustard Vinaigrette, or dressing of your choice.

HONEY MUSTARD VINAIGRETTE

makes approximately 6 servings

2 tbs honey
2 tbs Dijon or stone-ground mustard
Juice of 1 lemon
1/4 cup olive oil
salt & pepper to taste

Combine all ingredients in a salad dressing cruet or mason jar w/lid. Shake well to combine.

Storage: May be refrigerated for up to 10 days.

CAPRESE SALAD

This is such a great salad, especially good in summer when you can take advantage of the delicious summer tomatoes, cucumbers, & basil. It calls for Balsamic Vinaigrette for the dressing, but feel free to substitute the dressing of your choice. Be sure to use fresh mozzarella cheese. It can be found in ball-shaped packages in the deli section of your grocery store.

This recipe makes 4 main-dish sized salads.

Balsamic Vinaigrette:

1/2 cup Balsamic vinegar
1/4 cup olive oil
2 cloves garlic, pressed or minced
1 tbs. brown sugar (more if dressing is too tart)

Combine all vinaigrette ingredients. Whisk to blend thoroughly. Allow to stand at room temperature until ready to serve.

Salad:

Approximately 6 cups romaine lettuce, chopped into bite-size pieces
4 large tomatoes, chopped into small chunks
4 fresh basil leaves, sliced very thin
1/2 cucumber, cut in half lengthwise, then sliced paper-thin
1/2 red onion, cut in half, then sliced paper-thin
4 oz. fresh mozzarella cheese, diced
Crusty bread, torn into small pieces

Divide all ingredients equally among four salad bowls, layered in order given.

Drizzle Balsamic Vinaigrette over top. Top with bread pieces and serve.

SCRUMPTIOUS SPINACH SALAD

This salad is very versatile; you can substitute any number of ingredients and dressings, but the following recipe is a heavenly melding of flavors and textures. Try the Balsamic vinaigrette – it’s really good and whips up in a snap.

I have provided amounts for one large, meal-sized salad, but you can easily add more or less to suit your needs.

SALAD

Raw spinach, roughly chopped or torn – enough to fill a large bowl or plate

2 tbs. red onion, diced

10 pecan halves, broken

2 tbs. Feta cheese, crumbled

1/4 cup blueberries or blackberries

1/4 cup thinly-sliced cucumbers

1 tbs. pumpkin seeds

1 tbs. shelled sunflower seeds

Combine all of the above ingredients in a large bowl or plate. Top with 1 – 2 tbs. of Balsamic Vinaigrette.

BALSAMIC VINAIGRETTE

1/4 cup good quality Balsamic vinegar

1/4 cup good quality olive oil

2 cloves garlic, pressed or minced

1 tsp. brown sugar

Combine all ingredients & whisk thoroughly. If brown sugar does not dissolve completely, heat dressing in microwave for 10 seconds. Stir again before serving. Store any remaining dressing in refrigerator.



Figure 4 Scrumptious Spinach Salad

SALMON SALAD

Salmon is chock-full of heart and brain-enhancing Omega-3 Fatty Acids. As a bonus, it's as tasty as it is healthy!

This salmon salad is great served all on its own, on a bed of lettuce with some good olive oil and white balsamic vinegar, served as a dip with raw veggies or crackers, or as a sandwich with lettuce, tomato, avocado, and/or cucumber.

12 - 14 oz. cooked or canned salmon (If canned, make sure the salmon is boneless & skinless)

1/2 cup chopped red onion

1/2 cup celery, chopped

1/4 cup parsley, chopped (or 2 tbs. dried parsley)

2 tbs. capers

2 tbs. juice from capers

1 tbs. lemon juice

1/8 cup avocado mayo (or regular mayo)

1/8 cup plain Greek yogurt

1 tsp. lemon pepper (preferably salt-free)

1/2 tsp. dried dill

1 tsp. black pepper

Sea salt, to taste

Drain salmon if using canned; chop cooked salmon. Place salmon in medium serving bowl. Add remaining ingredients and mix well. Serve immediately or cover and chill for a few hours to allow flavors to blend (recommended).

THAI NOODLE BOWL

This yummy dish can be as spicy or mild as you like. You can easily add variety with different vegetables or protein.

1/2 pound whole grain spaghetti
2 tbs. olive oil, divided
3 eggs, lightly beaten
1/2 tsp. crushed red pepper flakes (more or less to taste)
3 carrots, peeled and thinly sliced
1 zucchini, cut in half vertically, then sliced into half circles
8 oz. mushroom, sliced
3 cloves garlic, minced
1 tbs. brown sugar
1/3 cup low-sodium soy sauce
1 tbs. Sriracha hot sauce (reduce this amount if you prefer non-spicy)
2 inches fresh ginger root, grated, or substitute 3/4 tsp. ground ginger
1/2 cup fresh cilantro, roughly chopped
4 green onions, sliced
1/4 cup sliced almonds

In a medium bowl combine brown sugar, soy sauce, sriracha, and ginger; whisk well to combine; set aside.

In large stockpot, cook spaghetti according to directions; drain. Drizzle with 1 tsp. of olive oil. Toss to prevent sticking. Transfer spaghetti to a bowl and set aside.

While spaghetti is cooking, heat 2 tsp. olive oil over medium heat in small skillet. Add beaten eggs and red pepper flakes and stir to scramble the eggs. Once cooked, set eggs in bowl with spaghetti.

Return stockpot to stove. Heat remaining 1 tbs. olive oil over medium heat. Add carrots, zucchini, mushrooms, and garlic. Sauté over medium heat for 5-8 minutes or until veggies are cooked through and tender.

Add pasta and eggs back to stockpot. Toss to combine. Pour sauce mixture over all, and stir well. When heated through, remove from heat and divide into individual bowls. Top with almonds, green onions, and cilantro, as desired. Serve immediately.

Recipe Notes

Feel free to substitute other protein sources for, or in addition to, the eggs. Chicken or shrimp are tasty choices.

It is helpful to have all of the ingredients chopped before beginning this recipe.

COWBOY CHICKEN

Here's a family-friendly dish that's an easy & versatile meal-in-one. You can use any type of veggie, meat, fish, or sauce & change it up completely. While it's cooking, I like to make a fresh fruit salad to accompany. Kids love the adventure of this – it's like eating camp food at home!

(You can cook this in the oven if you prefer.)

Serves 4

1 lb. boneless, skinless chicken breasts, each breast cut into 3 pieces (or more if chicken breasts are very thick)

8 tbs. barbeque sauce

3 small Yukon Gold potatoes, sliced & divided into 4 portions

1/2 medium onion, thinly sliced

4 large carrots, sliced 1/8" thick

1/2 large green pepper, diced

Preheat grill to medium heat. Meanwhile, slightly precook carrots & potatoes: Microwave on high in covered baking dish with 1 tsp. water for approximately 3 minutes. Drain well; blot dry. Lay out 4 sheets of heavy-duty aluminum foil, each approximately 16" long. Spread 1 tbs of BBQ sauce in center of each sheet of foil. Layer potatoes, chicken, onion, carrots, & green pepper on top of sauce. Top with another tbs. BBQ sauce. Lift long sides of foil into center and crimp closed. Then triple-fold each end in. Crimp each end down firmly to avoid leaks. Be sure to leave some space--an air pocket--in each foil packet, but seal tightly. Place a long sheet of foil directly on grill grates, and place all 4 foil packets on grill. Lower grill lid, and cook for approximately 20 mins, turning twice. Note: Cooking time will

vary, depending on how full the packets are. Chicken should be cooked through, and chicken & veggies should be tender. Chicken is done when it can be pierced easily with a steak knife. Be cautious when opening foil packets to avoid a steam burn! Hint: Each cowboy/cowgirl can custom-build their own packet with the ingredients of their choice. (Be sure to label the outside of the foil first w/names in permanent marker.)

VEGETABLE SOUP (Beef optional)

This is a wonderfully flavorful vegetable soup recipe - my absolute favorite vegetable soup ever. It makes a very large pot of soup, so you can share - or enjoy it for days. It is delicious with or without the addition of the beef. There is a fair amount of chopping involved, but I promise you that it's worth it! Try chopping some of the veggies in advance, or recruit a chop partner! The parmesan cheese topping is the perfect complement to this soup.

2 qts. vegetable stock
1 tbs. olive oil
1 onion, chopped
2 stalks celery, chopped
8 medium mushrooms, sliced
2 leeks, white and light green parts only, scrubbed and chopped
4 cloves garlic, minced
2 cans petite-diced tomatoes, with liquid
6 carrots, diced
3-4 small red potatoes, diced
1 medium zucchini, diced
1 cup green beans, cut into 1-inch pieces
1 tbs. dried parsley, or 2 tbs. fresh
1 tsp. dried basil, or 2 tsp. fresh
1 tsp. Herbes de Provence
1/2 tsp. freshly-ground black pepper
1/2 tsp. dried thyme
Salt, to taste
Parmesan cheese for topping, optional
*Optional: 12 oz. beef – tenderloin or top sirloin – See notes below recipe

Heat oil in stockpot over medium heat. Add onion and cook, stirring frequently, for 2 minutes. Add celery, mushroom, and

leeks. Cook 5 minutes more, stirring occasionally. Add garlic; stir and cook 1 minute. Stir in tomatoes and spices. Cook until the tomatoes have reduced slightly and mixture is fragrant, 5-10 minutes. Add vegetable stock, carrots and potatoes. If making vegetable beef soup, add diced, cooked beef now as well. Bring soup to a boil. Reduce heat. Cover and simmer 30 minutes. Add zucchini and green beans. Cover and simmer until done, about 15 minutes.

Serve with parmesan cheese if desired.

*NOTES: If making vegetable beef soup, heat ½ tbs olive in stockpot over medium heat. When hot, add beef to stockpot, and cook beef until browned but not cooked through, about 2 minutes per side. Remove beef and dice. Add remaining ½ tbs. olive oil to stockpot and proceed with recipe. Add beef back to stockpot when vegetable stock is added.

CHICKEN CARBONARA

Chicken Carbonara doesn't have to be loaded with fat to be tasty. Adding small amounts of bacon, for example, adds a lot of flavor.

Pair this dish with a hearty green salad, broccoli, or vegetables of your choice.

2 slices nitrate-free bacon

2 tsp. olive oil

2 boneless, skinless chicken breasts, cut into small chunks

1 large onion, sliced

4 cloves garlic, pressed or minced

1 12-oz. can evaporated skim milk

Approximately 12 black olives, sliced

1/4 cup grated Parmesan cheese

1/2 tsp. white pepper

4 oz. cooked whole-grain pasta

Cook bacon in large skillet until crisp. Remove bacon to paper towels to absorb excess grease. Pour bacon grease out of skillet, leaving a light coating in the skillet. In same skillet, heat oil over medium heat. Add chicken, and cook until lightly browned, 3-4 minutes. Remove chicken to a bowl, and set aside. Add onion to skillet, and sauté until golden, about 4 minutes. Add garlic, and cook 1 minute longer. Add milk, stirring frequently for 3 minutes. Reduce heat to medium – low. Continue cooking and stirring until small bubbles form at edge of skillet. Stir in olives, Parmesan, and pepper. Continue to stir & cook until mixture thickens slightly, 2-3 minutes. Return chicken to skillet, and cook

until heated through, 1-2 minutes. Crumble bacon and sprinkle over chicken; mix well. Serve over hot pasta.

Recipe Notes:

This recipe calls for a can of evaporated milk. If you don't have any, you can make your own by slowly heating milk in a saucepan over medium heat until reduced by 60%. This will take about 10 minutes. Milk will begin to thicken somewhat and turn slightly caramel in color. Stir frequently to avoid burning, adjusting heat as needed. Once milk is reduced, pour it through a strainer to catch any stringy bits.

FOIL-WRAPPED GREEK CHICKEN

Fire up the grill! This is a great recipe for a light summer dinner. There is very little clean-up afterwards, too. It's great year-round cooked in the oven as well.

I pre-cook the carrots, green beans, and potatoes slightly, because the chicken cooks faster. Any vegetables can be substituted to suit your tastes.

These measurements are approximate and are for 1 serving. Simply make as many packets as you need. An easy way to do this is to cut up all of the ingredients and have each person assemble their own packet with the contents of their choice.

Per packet:

Approximately 1/4 lb. boneless, skinless chicken breast, cut into 3 pieces

1 small carrot, sliced 1/8" thick

1/4 cup fresh green beans, rinsed and trimmed

1 small Yukon Gold potato, sliced 1/4" thick

2 tbs. red onion, roughly chopped

2 tsp. olive oil

1/2 tsp. Italian seasoning

1/4 tsp. dried basil

1/4 tsp. lemon pepper

2 tsp. feta cheese

1/2 small tomato, chopped

Preheat grill to medium-low heat. (If using oven, preheat to 400°F)

Pre-cook carrots, green beans, and potatoes by steaming for 3 minutes or microwaving in covered casserole with 1 tsp water for 2-3 minutes, or until tender-crisp. Drain well.

Cut a piece of aluminum foil approximately 18" long for each packet. Rub 1/2 tsp. olive oil in the center of each packet. Sprinkle half of the onion on the foil. Top with chicken. Drizzle with 1/2 tsp olive oil and sprinkle with half of the spices. Top with carrots, green beans, potato slices, and remaining red onion. Drizzle with remaining olive oil and sprinkle with remaining spices. Pull long sides of foil together & fold over 2-3 times, crimping tightly. Triple-fold short ends in next, and crimp tightly, but be sure to leave some room for heat circulation inside the packet.

Place a double thickness of foil on the grill. Place packet on top of foil. Close grill lid, and grill 10-14 minutes. (If cooking in oven, place packet on a cookie sheet, and cook for 20-25 minutes.) To check for doneness, remove packet from grill. Open foil (VERY CAREFULLY to avoid a steam burn) and pierce chicken with sharp knife. Once chicken is cooked through and tender, remove packet from grill.

Top with feta cheese and tomatoes. Loosely close packet again for about 2 minutes to soften cheese and warm tomatoes.

Empty onto plate, or eat right out of the packet (especially fun for kids!).

FRESH VEGGIE SOFT TACOS

These soft tacos are quite yummy and equally healthy. You can substitute flour tortillas, but corn tortillas have almost half the calories and double the fiber content of flour tortillas. They also add a grainy texture and hearty flavor to the dish. These veggie tacos are great for lunch, accompanied by a nice, crunchy apple. The following ingredients make 2 tacos (one serving). Simply increase the ingredients to serve a crowd.

Per serving:

2 corn tortillas

2 thin slice Muenster cheese, torn into 4-5 pieces

Chopped tomato--about 1/2 cup

Chopped avocado--about 1/2 medium avocado

1 large handful spinach, roughly chopped

Salt, optional

Allow griddle or skillet to warm over medium heat. Meanwhile, chop tomato, avocado, & spinach. Place tortillas on griddle. (You can heat the tortillas in a microwave, but I really like the flavor the tortillas acquire when cooked on the griddle. It is less steamed, with a slightly grilled flavor.)

Heat the tortillas for 30 seconds to 1 minute, or until beginning to lightly brown on the underside. The tortilla should puff up a bit. Flip tortilla. Arrange torn cheese slices on one half of each tortilla. Heat another 30 seconds to 1 minute, again until the tortilla is slightly browned. Carefully remove tortilla from the griddle, being careful not to spill cheese. The cheese will not be melted, but it will be soft and warm.

Immediately top tortillas with tomatoes and avocados. Sprinkle with salt if desired. Top with spinach. The tortilla should be quite full at this point.

Fold tortilla in half, and gobble it up! You will want a fork or spoon to scoop up the extra fillings that spill out. This taco is messy, but worth it!



Figure 5 Open-Faced Tuna on Toast

OPEN-FACED TUNA ON TOAST

Here is a quick idea that's especially good for lunch. It's full of protein, healthy fats, fiber, and veggies. Add an apple, and you'll have an appetizing lunch ready in about 5 minutes.

One single-serve package of tuna

1 green onion, sliced – or 2 tbs. red onion

1 stalk celery, chopped fine

1/2 tsp. black pepper

2 tsp. olive oil

1 slice whole-grain bread

2 tbs. shredded Parmesan cheese

1/2 avocado, chopped, optional

Combine tuna, green onion, celery, and pepper in a medium-sized bowl. Mix well. Drizzle with olive oil, and mix again. Toast bread. Top with tuna mixture – you will have more tuna than bread. Add avocado, if desired. Sprinkle with Parmesan and enjoy!

Side Dishes

Many of these side dishes, such as the Acorn Squash recipe, double as vegetarian main dishes. Side dishes are a great way to work in those all-important veggies, and leftovers make it easy to pack veggies in with your lunch.

Plant sourced foods are loaded with immune-boosting polyphenols — naturally occurring micronutrients rich in antioxidants. Vegetable intake has been shown to help with cognition, so aim to fill half your plate with vegetables as often as possible.

If you are not already accustomed to eating a vegetable - rich diet, start gradually. You will be amazed at how your tastes will change over the coming months!

ACORN SQUASH WITH SPINACH STUFFING

1 medium to large acorn squash
1 tbs. olive oil, divided
1 small onion, chopped
2 stalks celery, chopped
2 - 3 cups fresh spinach, chopped
Salt, to taste
2 tbs. chopped pecans
2 tbs. parmesan cheese, shredded

Preheat oven to 400°.

Cut acorn squash in half from end to end. For easier cutting, heat acorn squash in microwave for 3 minutes to soften first. Scrape out and discard seeds; do not worry if some strings remain. Place squash halves cut-side down in baking dish. Add about 1/2 cup of water to the pan. Bake, uncovered, for 30-40 minutes, until just tender when tested with a fork. Add additional water if necessary while baking.

Meanwhile, make stuffing:

In medium skillet, heat 2 tsp. olive oil over medium-low heat. Add onion and celery. Cook until tender, approximately 8-10 minutes, stirring occasionally. Reduce heat if onions begin to brown. Add spinach, and cook until wilted, approximately 3 minutes, stirring frequently. Add salt to taste.

Once squash is tender, carefully pour remaining water out of baking dish. Do not allow cooked squash to sit in water, as this will result in mushy squash.

Invert squash halves. Stuff each squash half with spinach mixture, and top with Parmesan cheese and pecans. Drizzle with remaining olive oil. Return pan to oven and cook for an additional 5 - 10 minutes, or until stuffing is golden brown.

Allow squash to rest for 5 minutes after removing from oven.



Figure 6 Acorn Squash with Spinach Stuffing

PARMESAN ZUCCHINI

This recipe is about as simple as they come. Triple Crown: It's healthy, easy, and tastes great!

4 medium-size zucchini
1 tbs. olive oil
Salt and pepper, to taste
1/4 cup Parmesan cheese

Slice each zucchini in half vertically; then slice horizontally into 1/4"-thick half-moon shapes. Heat oil in large skillet over medium heat until shimmering. Stir-fry zucchini in skillet until tender, 5-8 minutes. Season as desired. Sprinkle with Parmesan cheese. Cook 1 minute more. Serve immediately, passing additional parmesan at table, if desired.

GARLICKY KALE

This is a very different and tasty side dish. Kale is rich in antioxidants and is known to have anti-inflammatory properties, making it perfect brain food.

I recommend gathering, pre-measuring, and chopping all of the ingredients before you begin cooking. It's a snap to prepare.

2 tsp. olive oil

1 onion, chopped

1/4 cup pine nuts (may substitute sliced almonds)

6 cloves garlic, pressed or minced

8 oz. packaged chopped fresh kale (about 5 cups), or 1 fresh bunch, chopped

3/4 cup low-sodium chicken broth

Wash kale and trim off tough stalks. Set kale aside.

In a large nonstick skillet with a lid, heat the oil over medium heat, swirling to coat the pan. Cook the onion for 3 minutes. Add pine nuts, and cook 3 minutes more, or until onions are translucent, stirring frequently. Add the garlic. Cook and stir for 30 seconds. Transfer this mixture to a small bowl.

In the same skillet, stir together the kale and chicken broth. Bring to a boil. Cover pan and reduce heat to medium-low. Cook, covered, for 8 minutes, or until the liquid has been absorbed and the kale is tender and wilted, stirring occasionally.

Stir the onion mixture into the kale and serve.

STIR-FRIED VEGGIES

Whip up a healthy meal in minutes with this colorful, tasty, and simple stir fry recipe. Feel free to add chicken, shrimp, beef, or another protein to make this an entire meal. Substitute the vegetables of your choosing.

Sesame oil adds a distinctive flavor, but feel free to use olive oil instead.

- 1 tbls. sesame oil
- 1 onion, sliced thin
- 3 carrots, diagonally sliced 1/8" thick
- 2 cups broccoli florets
- 2 cups sugar snap peas
- 1 large red bell pepper, cut into strips
- 1 tbls. reduced sodium soy sauce
- 2 cloves garlic, pressed or minced, or 1 tsp. garlic powder
- 3 tsp. minced ginger root, or 1 tsp. ground ginger
- 1 tbls. sesame seeds, toasted

Heat large deep skillet or wok over medium – high heat. Toast sesame seeds in skillet until golden. Watch closely; once they begin to brown, they can easily burn. Set seeds aside.

Heat oil in same skillet until shimmery. Add onion and carrots; stir fry 4 minutes. Add broccoli, snap peas, and red pepper. Stir fry 5 – 8 minutes, or until veggies are tender-crisp and done to your liking.

Add soy sauce, garlic, and ginger. Stir fry 1 minute. Sprinkle with sesame seeds. Enjoy as-is or over rice.

ROASTED CARROTS AND ONION

Roasting carrots and onion bring out their sweetness, and the combination makes for a wonderfully flavorful side dish.

2 lbs carrots, peeled & sliced on diagonal, about 1/4" thick

2 tsp. olive oil

1 tsp. butter, melted

1 tbs. fresh basil leaves, minced, or 1 tsp. dried

Black pepper to taste

Preheat oven to 400°F. Mix olive oil, butter & basil in a large bowl. Add carrots and onion and toss to coat. Spread veggies in a single layer on a large rimmed baking sheet. Season with pepper as desired. Roast until carrots are tender and lightly browned, stirring occasionally, about 40 minutes.

ZUCCHINI-MUSHROOM TOSS

This earthy side dish is warm and hearty. If you like, add nuts and feta cheese to turn it into main dish – or just to add interest!

1 large zucchini, sliced
1 cup mushrooms, sliced
1 can diced tomatoes or approximately 2 cups fresh tomatoes, chopped – include juices
1 tsp. Italian seasoning
1 tbs. olive oil
Garlic salt & pepper, to taste
1/4 cup walnuts or pine nuts, optional
1/4 cup feta cheese, optional

Preheat oven to 350 degrees. Coat shallow 1-qt. casserole with a bit of olive oil. Combine veggies in casserole. Sprinkle with seasonings & toss. Drizzle with olive oil & toss again. Cover & bake 30 – 45 minutes. Top with nuts and feta cheese (if desired) before serving.

Note: I often bake this for an hour to brown the veggies well and to deepen the flavors.

TZATZIKI SALAD

This cucumber salad is simple and refreshingly delicious. It's very easy to make, and it's super-healthy. Cucumbers provide us with valuable antioxidant, anti-inflammatory, and anti-cancer benefits, and yogurt is high in protein and calcium. Best of all, it tastes really good!

Tzatziki is great served as a dip with raw veggies and/or whole grain pita. As a sauce, it's a wonderful complement to meats, fish, and poultry. You can even spread it on sandwiches, wraps, and burgers. Try it on a baked potato, or thin with water for a delicious salad dressing.

2 cucumbers, seeded and finely chopped
1 cup plain Greek yogurt
1 tsp. olive oil
1 teaspoon lemon zest plus 1 teaspoon fresh lemon juice
1/4 cup feta cheese, optional
1 tsp. dried dill, or 1 tbs. Fresh
2 cloves garlic, pressed or minced
Freshly ground black pepper, to taste

Chop cucumbers into 1/2" dice or smaller, as desired. Mix all ingredients except cucumbers in a medium bowl; whisk to thoroughly incorporate olive oil. Stir in cucumbers.

Serve immediately, or chill until ready to serve to enhance the flavors.

SESAME GREEN BEANS

If you're a fan of sesame seeds, as I am, you will love this idea for serving fresh green beans. It's simple and delicious--a great way to savor fresh green beans! This is easiest made in a pot with a steaming insert & lid, but you can steam the green beans however you wish.

1 tbs. sesame seeds

1 lb. fresh green beans, washed and trimmed of stems

1/2 to 1 tbs. Olive oil

Sea salt, to taste

Heat stockpot over medium heat. When hot, add sesame seeds, shaking pot occasionally. Watch seeds carefully to avoid burning; when they turn golden (about 2 -3 minutes), remove from heat. Pour seeds into a small bowl and set aside.

Add about 1" of water to pot and turn heat to high. Place green beans in steamer insert. When water begins to boil, place insert in stockpot, and cover with lid. Steam for 5 – 8 minutes, until green beans are bright green and tender.

Remove steamer insert; set aside. Reduce heat to medium. Carefully pour water out of stockpot. Return stockpot to burner. Shake steamer insert gently over sink to remove moisture from green beans. Pour green beans into stockpot (still on medium heat). Cook and stir briefly, until most of the water has evaporated. Sprinkle green beans with sesame seeds, and drizzle with olive oil. Shake pot vigorously in a circular motion. Green beans will be coated with sesame seeds.

Season with salt as desired, and serve immediately.

LEMON PEPPER GREEN BEANS

This recipe is made in the same manner as the Sesame Green Beans, but the flavor combination is completely different. If possible, use sodium-free Lemon Pepper.

- 1 lb. fresh green beans
- 1/2 to 1 tsp. salt-free lemon pepper
- 1/2 tsp. garlic salt
- 2 tsp. olive oil

Wash & trim green beans. Steam over boiling water, covered, for 5-7 minutes, or until tender. (If you do not have a steamer, cook directly in a small amount of water, covered) Remove from heat & pour off water. Place green beans in bottom of the steamer or saucepan over medium heat. Cook briefly, until most of the water has evaporated. Drizzle olive oil over green beans, and sprinkle spices on top. Toss gently, until green beans are evenly coated with spices, and serve.

ROASTED VEGGIES

Roasting veggies brings out their full flavors & natural sweetness. You can easily add variety by using different vegetables and/or spices.

Some vegetables, such as carrots and potatoes, will take longer to cook. You can either pre-roast those veggies for 20 mins (if you do this, reserve a bit of the oil & spices to coat the veggies added later), or pre-cook them in the microwave for 4-5 minutes. If microwaving, be sure to drain and pat veggies dry before roasting.

4-6 carrots, peeled and sliced to desired thickness (I like them in large chunks, but they will take about an hour to cook this way.)

1 onion, cut into 8 pieces

1 stalk celery, sliced diagonally, about 1/4" thick

1 red pepper, seeded & cut into 1" pieces

1 yellow pepper, seeded & cut into 1" pieces

4 small Yukon Gold or red potatoes, quartered

2 zucchini, sliced diagonally, about 1/2" thick

8 oz. mushrooms, whole or sliced

4 cloves garlic, minced or sliced thin

1 tbs. olive oil

Spices, to taste, such as dried basil, salt, pepper, dried rosemary.

Note: I use approximately 1 tsp. basil, 1 tsp. parsley, 1/2 tsp. French thyme, 1/2 tsp. rosemary, 1/4 tsp. smoked paprika, and 1/2 tsp. pepper.

Serves 8

Preheat oven to 400°.

Wash & dry veggies. Make certain that veggies are dry, or they will not brown properly. In very large bowl, combine olive oil and spices. Break cut onion apart into single layers. Add all

veggies to bowl, and toss gently but thoroughly with hands or 2 large spoons. Spray large pan, such as a rimmed baking sheet or a large, shallow casserole dish, with cooking spray. Spread veggies in pan in a single layer. Roast, uncovered, for about 15 minutes, then gently toss veggies. Continue roasting, gently tossing veggies every 10-15 minutes until nicely browned around some of the edges. Do not overcook, but veggies should pierce easily with a fork when done. If veggies seem to be drying out before they are done, you can spritz them with a bit more cooking spray or olive oil. Total cooking time is usually 30-50 minutes, depending on the thickness of the veggies.



Figure 7 Shirazi Salad

SHIRAZI SALAD

This Mediterranean salad is perfect in its simplicity. For the tastiest results, make ahead and allow the flavors to blend for a few hours.

1 large or 2 small cucumbers (preferably English or Persian for their thin skins and minimal amount of seeds), cut into 1/8" dice

3 Roma tomatoes, diced

1/2 small red onion, diced

3 tbs. lemon juice

2 tbs. olive oil

2 tbs. fresh or 1 tbs. dried parsley

1 tbs. fresh or 1½ tsp. dried dill

Salt & pepper, to taste

Whisk olive oil, lemon juice, and spices in a large bowl. Add remaining ingredients, and toss well. Serve chilled or at room temperature.

BASQUE SALAD

This refreshing salad is easy to make and loaded with healthy ingredients. It goes with most anything and even makes a delightful afternoon snack.

Salad:

4 Roma tomatoes, cut into chunks

1 yellow onion, cut in half vertically & sliced into thin half-moons

1 red pepper, cut into quarters vertically & cut into 1/4" slices

Dressing:

3 tbs. red wine vinegar

3 tbs. olive oil

2 cloves garlic, pressed or minced

1 tbs. fresh or 1 tsp. dried parsley

1/2 tsp. sugar

Salt and pepper, to taste

Whisk dressing ingredients in large bowl until well-mixed. Add salad ingredients, and toss well. Refrigerate until flavors blend, about 2 hours.

TABBOULEH

Tabbouleh is a classic Middle Eastern salad made with fresh herbs, bulgur wheat, and tomatoes. There are many variations to explore – you can substitute quinoa for the bulgur wheat, for example. I love this particular combination – it doesn't last long at my house!

Tabbouleh makes a wonderful, refreshing vegetarian main course, and it works equally well as a side dish. Try it alongside grilled chicken. Diced avocado makes a wonderful, creamy addition.

- 1 cup bulgur wheat
- 1 1/2 cups boiling water
- 3 Roma tomatoes, diced
- 1 cucumber, peeled, seeded, and diced
- 5 green onion, both green and white parts, thinly sliced
- 1 1/2 cups parsley, finely chopped
- 1/4 cup lemon juice
- 1/4 cup olive oil
- 1 - 2 tsp. ground cumin, to taste
- Sea salt & freshly ground black pepper, to taste
- Chopped avocado, optional

Place bulgur wheat in large bowl. Add boiling water, and cover with tight-fitting lid. Let sit for 15-20 minutes, until bulgur is tender and water is mostly absorbed. Drain any excess liquid. Allow bulgur wheat to cool to room temperature. Add tomatoes, cucumber, green onion, and parsley. Stir gently to combine.

Whisk olive oil, lemon juice, and cumin together in a small bowl until well-emulsified. Stir the dressing into the salad and mix well. Season with salt and pepper to taste.

Chill for 1 hour or serve at room temperature. Top individual servings with avocado, if desired.



Figure 8 Lemon Pepper Fish, served with roasted asparagus and tabbouleh

Snacks & Desserts

Having healthy snack options is very helpful in sticking to your healthy eating goals. Sugary or salty foods without fiber tend to create cravings for more. Most people find that a serving of complex carbs (i.e., carbs rich in fiber) paired with protein makes for a very satisfying snack.

Fruits and veggies, high in fiber, as well as nuts and seeds, high in fiber, protein, and healthy fats, are naturals to fit the bill.

Create a habit of keeping healthy options available, and don't wait until you are starving to eat. It's much easier to control your appetite and to feel full if you listen to your body.

REFRESHING HEALTH DRINKS

Here's a great way to get in some extra veggie servings. All you need are a few veggies, some fruit, and a good blender. Fruit juices, especially processed ones with added sugars, can be high in calories & not filling due to the lack of fiber. But if you use whole fruit and add veggies into the mix, you up the nutrition and fiber content significantly. Wash your produce first, and leave the skins on – you'll have the benefit of even more fiber.

These drinks may look a bit unusual, but they are surprisingly tasty, refreshing, and filling. The following recipes are for single servings; simply add more ingredients to make more.

Sweet Spinach

Combine a handful of spinach, 1/2 apple (seeds removed), 1 carrot (or a handful of baby carrots), and a dash of cinnamon. Blend until smooth, adding water or ice only if needed.

This turns out the color of mashed avocado--It tastes much better than it looks!

Celery Zinger

Combine 1 stalk celery, 1/2 pear or apple, 6 baby carrots & a dash of dried ginger or a bit of ginger root. Blend well, again adding water or ice only if needed.

Ugly Combo

Combine 1 clementine, a handful of blueberries, a handful of baby carrots, a handful of spinach, and a bit of nutmeg. Add 1/8

cup ice water & blend. This one resembles dark algae, BUT it tastes really good!

Get creative and experiment with any combination of fruits & veggies. If you need more sweetness, try adding 1/2 tsp honey or agave nectar to your drink. Before long, you probably won't even need it.

FAVORITE HEALTHY SNACK

Here are some healthy snack ideas:

1. A sliced apple & a tablespoon of peanut or almond butter.
2. 1/2 cup low-fat cottage cheese topped with fruit, such as a fresh peach or fresh blueberries, with a sprinkling of cinnamon sugar if you like.
3. Here's a wonderful summertime favorite: A fresh tomato, chopped & lightly salted. Add 1 oz. fresh mozzarella (the kind that is typically sold by the deli cheeses – looks like a packaged white ball of cheese), cubed. Toss w/the tomato; add a drizzle of balsamic vinegar and fresh basil leaves, if you like.
4. 1 or 2 clementines paired with a small handful of unsalted almonds.
5. Sliced berries topped with milk or almond milk.
6. Grapes with a small handful of pecans. Try heating the pecans before serving with frosty cold grapes – delicious!
7. Any flavor of hummus, served hot or cold, with veggies, such as carrots, bell peppers, cucumbers, broccoli, or celery.
8. A pear served with 1 oz. cheddar cheese.
9. 1 or 2 hard-boiled eggs and fruit of your choice.
10. Half an avocado, plain or topped with hummus or salsa.
11. Half an avocado mashed & spread on a piece of whole grain toast.
12. An oldie but goodie: Ants on a log – Spread peanut butter on celery, and top with a few raisins.
13. Guacamole or salsa served with sliced veggies rather than chips.
14. If you just have to have some chocolate, pair it with something healthy. Almonds and chocolate chips, for

example, or melt some dark chocolate, and use it for a dip for strawberries or oranges.

15. A little bit of dark chocolate can be very satisfying. Try 80% to 85% cocoa. It is only slightly sweet and tends to cause fewer cravings.

AMBROSIA WITH TOASTED ALMONDS AND COCONUT

Serves 4

- 1/4 cup sliced almonds
- 1/4 cup unsweetened flaked coconut
- 4 pineapple rings, preferably fresh, cut into bite-size pieces
- 2 clementines or 1 orange, chopped
- 1 red apple, cored and diced
- 1 banana, peeled & halved lengthwise, then cut into 1/4" slices
- 1 small handful red grapes, halved
- 1 tsp. lime juice
- 1 tsp. honey or agave nectar
- Fresh mint leaves for garnish
- 4 tbsl. half-and-half, optional

Preheat the oven to 325 degrees. Spread the almonds and coconut on a baking sheet. Bake, stirring occasionally, until the almonds are golden and the coconut is lightly browned, about 10 minutes. Watch carefully to avoid burning. Transfer almonds and coconut to a small bowl.

Combine all of the fruit in a large bowl. Toss gently to mix. Mix lime juice with honey. Drizzle over fruit and toss well.

Divide the fruit mixture evenly among individual bowls. Sprinkle each serving with the toasted almonds and coconut and garnish with mint. Serve immediately.

To add richness, spoon 1 tbsl. half-and-half over each serving.

Metric Conversion Chart

Need a quick chart? Use this when converting measurements.

*...and classic style...
Sugar and Charm*

KITCHEN CONVERSIONS

A guide to help you in the kitchen

No. 0001

SPoons & CUPS

tsp	tbsp	fl oz	cup	pint	quart	gallon
3	1	1/2	1/16	1/32	-	-
6	2	1	1/8	1/16	1/32	-
12	4	2	1/4	1/8	1/16	-
18	6	3	3/8	-	-	-
24	8	4	1/2	1/4	1/8	1/32
36	12	6	3/4	-	-	-
48	16	8	1	1/2	1/4	1/16
96	32	16	2	1	1/2	1/8
-	64	32	4	2	1	1/4
-	256	128	16	8	4	1

MILLILITERS
(ROUNDED TO THE CLOSEST EQUIVALENT)

tsp	mL	oz	mL	cup	mL
1/2	2.5	2	60	1/4	60
1	5	4	115	1/2	120
		6	150	2/3	160
tbsp	mL	8	230	3/4	180
		10	285	1	240
1	15	12	340		

GRAMS
(ROUNDED TO THE CLOSEST EQUIVALENT)

oz	g	lb
2	58	-
4	114	-
6	170	-
8	226	1/2
12	340	-
16	454	1

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About the Author

Pam is a certified Health Coach with a background in wellness and counseling. Having several family members with ADHD, Pam is a strong believer in the importance of a holistic approach to ADHD. She loves to support and guide individuals and families through their journey with ADHD to help them become the most fulfilled versions of themselves.

Pam has a Master's degree in Counseling Psychology and a Bachelor of Social Work.

Pam enjoys Pilates, cooking with the music blaring, hiking, and art. She loves her crazy but sweet border collie, Chula!

"One cannot think well, love well,
sleep well, if one has not dined well."

- Virginia Woolf