

EATING FOR HEALTH 101



A complete, balanced, and proven plan used by thousands to jump start a healthy eating lifestyle.



PRESENTED BY

OPTIMAL HEALTH SYSTEMS
Where Health Comes Naturally

EATING FOR HEALTH 101

Weeks One & Two

NOTES FOR SUCCESS

For the first two weeks follow the Nutrition Plan as closely as possible. While this plan may seem unfamiliar and perhaps a little strict at first, following it to a “T” will ensure you achieve the greatest results possible.

Breakfast, snacks and lunch are the same for the first 14 days. To add variety, you may substitute fruits, veggies and proteins for “like” options. Use organic forms of produce (Grains, Meat, Etc.) whenever possible. Dry seasoning such as seasalt, garlic powder, pepper, etc.

If you are under 155lbs follow the “smaller” amount of food listed. If you are over 155lbs follow the “larger” amount of food listed. (Example: If you weigh 145lbs you would consume 2 cups mixed greens with 3oz chicken at lunch). This plan is 1600-1900 calories.

MEAL PLAN

WATER: Drink a 1/2-1 gallon of water daily

BREAKFAST DAYS 1-14

- 1 serving Raw Cereal Blend (see recipe)
- ½ cup berries OR 1Tbsp raisins
- ½ cup Almond Malk (or like milk)

MORNING SNACK DAYS 1-14

- 1 Apple (or like)
- ½ -1 serving Protein Powder mixed in water + 2 scoops of Fiber GLP1

LUNCH DAYS 1-14

- Large Salad 2-4 cups mixed greens
- Topped with multi colored veggies (raw)
- 2-4 oz chicken breast (organic/antibiotic-free)
- 1 Tbsp Avocado oil (or like)

- Vinegar and seasonings

AFTERNOON SNACK DAYS 1-14

- 1 Banana (or like)
- 1 serving protein powder mixed in 8oz Almond Malk *brand (or like)

DINNER

Day 1, 6 and 11 Dinner:

- Turkey Sandwich on whole grain bread such as *Dave’s Killer Bread, Ezekial* or Sour Dough
- Veggies (all raw–multi color)
- 1-2oz Avocado
- 2oz Turkey Slices (nitrate-free)
- May use mustard, vinegar and seasonings

Day 2, 7 and 12 Dinner:

- 3-4 oz Wild Caught Salmon (baked w/out oil) OR 3-4 oz boneless skinless chicken thighs (organic antibiotic-free)
- ½-1cup cooked quinoa
- 1cup raw green salad
- May use mustard, vinegar, low sodium soy, lemon and dry seasonings. (continued)



Cook quinoa according to package directions. For salmon: Preheat broiler. Season with salt, pepper and herbs such as dill. Broil 10-15 min or until done. For chicken thighs: Preheat oven to 400, season thighs with salt, pepper, and other seasonings (such as Italian herb). Bake for 30 min or until done.

Day 3, 8 and 13 Dinner:

Chicken fajitas

- 3-4 oz chicken breast (organic/antibiotic-free)
- ½ onion (white or yellow)
- ½ green bell pepper
- ½ red or yellow bell pepper
- ½ Tbsp avocado oil
- 2-3 Corn tortillas (steamed) (or Cassava Flour)

Saute onions and bell peppers in avocado oil. Bake chicken at 350 for 30 min or until done or use an air fryer. Place chicken on steamed tortilla and top with vegetables and fresh salsa

Day 4, 9 and 11 Dinner:

- ¾-1 cup cooked whole wheat pasta (organic)
- 2-4oz cooked lean ground turkey (organic/antibiotic-free)
- ½ cup marinara sauce
- ½-1cup lightly steamed broccoli

Boil pasta according to package directions. Cook turkey burger on medium-high heat on stove top with seasonings, may add marinara after turkey burger has browned. May use seasonings and/or herbs to flavor turkey burger and marinara.

Day 5, 10 and 14 Dinner:

- 3-4oz chicken breast (organic/antibiotic-free)
- ½ Tbsp avocado oil
- ½-1cup brown rice
- 1 cup steamed vegetables

Cut chicken into strips and cook on medium-high stove top with ½ Tbsp oil (may add water by Tbsp fulls if chicken starts to stick or add cooking spray). Cook brown rice with water according to package. May use seasonings and low-sodium soy sauce.

GROCERY LIST

Meat: (organic/antibiotic-free)

- 4-5lbs chicken breast
- 9-12oz salmon
- 9-12oz ground turkey (93-97% lean)
- 6 oz sliced turkey (sandwich sliced,)

Produce:

- 7 cups berries
- 14 apples (medium size) OR like fruit
- 14 bananas (medium size) OR like fruit
- 6-8 large containers/bags of mixed greens
- 2 large avocados
- 1-2 heads of broccoli
- 1 bag fresh stir fry vegetables (found in produce section)
- 2-3 yellow or white onion
- 2 green bell pepper
- 2 yellow or red bell pepper
- Plus preferred vegetables for salads/sandwiches such as: tomatoes, lettuce, cucumber, bell pepper, carrots, celery, jicama, sprouts etc.

Dairy/milk:

- Almond Milk or like

Grains:

- whole grain bread (such as Daves Killer Bread thin sliced Ezekiel, or Sour Dough)
- 1 box/bag quinoa
- 1 package corn tortillas (or Cassava Flour)
- 1 box/bag whole wheat pasta
- 1 container rolled oats
- 1 box/bag brown rice
- 1 box Lovebird or Seven Sundays cereal

Other:

- slivered almonds
- flax seed
- honey
- raisins
- Protein Powder*
- vinegar
- liquid amino's
- marinara sauce
- avocado oil OR like
- mustard
- salsa
- dill pickles

Tip - You may prefer to buy half and grocery shop once a week to keep produce as fresh as possible

*Protein powder should contain 20g protein, less than 5g carbohydrates and less than 2g fat per serving.

Weeks Three & Four

MEAL PLAN

WATER: Drink 1/2 gallon - 1 gallon of water daily.

BREAKFAST DAYS 14-28

- 1 serving Raw Cereal Blend (see recipe)
- ½ cup berries OR 1Tbp raisins
- ½ cup Almond Malk (or like milk)
- ¼ cup raw oats

OR

- 1 serving Overnight Oats (see recipe)

OR

- 1 serving Blender Pancakes (see recipe)
- 1-2 Tbsp Pure Maple Syrup or Local Honey
- ½ cup berries

MORNING SNACK DAYS 14-28

- 1 Apple (or like)
- ½ -1 serving Protein Powder mixed in water

LUNCH DAYS 14-28

Sandwich

- 2-4oz Turkey, Chicken or tuna salad
- Whole wheat or whole grain bread
(Dave's Killer Bread thin slices or Ezeikel Bread are good options, or homemade Sour Dough)
- Load sandwiches with all the raw vegetables you want. Limit avocado to ¼-½. You may also use dill pickles and banana peppers.
- You may use mustards and vinegars to flavor.
- NO mayo NO cheese. NO creamy dressings.

OR Salad

- 2-4 cups mixed greens
- Topped with multi colored veggies
- 3-4 oz chicken breast
- 1 Tbsp Avocado oil (or like)
- Vinegar and seasonings

AFTERNOON SNACK DAYS 14-28

- 1 Banana (or like)
- 1 serving Protein Powder mixed in 8oz Almond Malk

DINNER DAYS 14-28

- Follow dinner recommendations for weeks 1 & 2
- Feel free to create your own meal plan for weeks three

and four. ONLY use foods listed for your meal plan. Feel free to use fresh and dried herbs in all of your meals. DO NOT use oil unless it is called for within a meal or recipe. The goal of this program is to learn to love food in its more natural state and clean the cells of overly processed foods, While getting shredded for FHL.

SAMPLE MEAL PLAN

(USING INSTRUCTIONS ABOVE)

DAY 15, 18, 21, 24:

Breakfast:

- Overnight oats

Morning Snack:

- 1 apple (or like)
- ½-1 serving protein powder mixed in water

Lunch:

- Turkey sandwich on whole wheat or sour dough

Afternoon Snack:

- 1 banana (or like)
- 1 serving protein powder mixed in 8 oz Almond Malk (or like)

Dinner:

- 3-4 oz Wild Caught Salmon (baked w/out oil)
- OR 3-4oz boneless skinless chicken thighs
- ½-1 cup cooked quinoa
- 1 cup raw green salad

Cook quinoa according to package directions. For Salmon: Preheat broiler. Season with salt, pepper and herbs such as dill. Broil 10-15 min or until done. For chicken thighs: Preheat oven to 400, season thighs with salt, pepper, and other seasonings (such as italian herb). Bake for 30 min or until done.

DAY 16, 19, 22, 25:

Breakfast:

- 1 serving Blender Pancakes (See recipe)
- 1-2 Tbsp Pure Maple Syrup or Local Honey
- ½ cup berries

Morning Snack:

- 1 apple (or like)
- ½-1 serving protein powder mixed in water

Lunch Salad:

- 2-4 cups mixed greens
- Multi colored veggies

- 3-4 oz chicken breast (organic/antibiotic-free)
- 1 Tbsp Avocado oil (or like)
- Vinegar and seasonings

Afternoon Snack:

- 1 banana (or like)
- 1 serving protein powder mixed in 8 oz almond milk (or like)

Dinner: Chicken fajitas

- 3-4 oz chicken breast (organic/antibiotic-free)
- ½ onion (white or yellow)
- ½ green bell pepper
- ½ red or yellow bell pepper
- ½ Tbsp avocado oil
- 2-3 Corn tortillas (steamed) or (Cassava Flour)

Saute onions and bell peppers in avocado oil. Bake chicken at 350 for 30 min or until done, or use an air fryer. Place chicken on steamed tortillas and top with vegetables and fresh salsa.

DAY 17, 20, 23:

Breakfast:

- 1 serving Raw Cereal Blend (See recipe)
- ½ cup berries OR 1Tbp raisins
- ½ cup Almond or (like milk)

Morning Snack:

- 1 apple (or like)
- ½-1 serving protein powder mixed in water

Lunch:

• 2-4oz Tuna or chicken salad (combine tuna or chicken in bowl with chopped celery, red onion, dill pickles and 1tsp grapeseed oil if desired. Season with salt and pepper. Add tomatoes, lettuce sprouts and other vegetables if desired. No more than ¼-½ avocado.

Afternoon Snack:

- 1 banana (or like)
- 1 serving protein powder mixed in 8 oz Almond Milk (or like)

Dinner:

- ¾-1 cup cooked whole wheat pasta (organic)
- 2-4oz cooked lean turkey burger (organic/antibiotic-free)
- ½ cup marinara sauce
- ½-1cup lightly steamed broccoli
- Boil pasta according to package directions

Cook turkey burger on medium-high heat on stove top with seasonings, may add marinara after turkey burger has browned. May use seasonings and/or herbs to flavor turkey burger and marinara.

GROCERY LIST

(USING SAMPLE MEAL PLAN)

Meat: (organic/antibiotic-free)

- 8-16oz sliced turkey for sandwiches
- 12-16oz salmon OR boneless skinless chicken thighs
- 1 ½-2lbs chicken breast
- 6-12oz canned tuna in water (or canned chicken)
- 6-12oz lean ground turkey

Produce:

- 14 apples medium size (or like fruit)
- 14 bananas medium size (or like fruit)
- 7 cups berries
- 4-6 large containers/bags mixed greens
- 2 onions
- 1-2 large avocados
- 2 green bell pepper
- 2 red or yellow bell pepper
- 1 bag broccoli
- Plus preferred vegetables for salads/sandwiches such as: tomatoes, lettuce, cucumber, bell pepper, carrots, celery, jicama, sprouts etc.

Dairy/milk

- Almond milk or like
- 16oz plain fat free greek yogurt (such as Chobani or FASE)

Grains:

- Seven Sundays or Love Bird cereal
- 1 container rolled oats
- 2-3 loaves bread (such as Esekiel or Daves Killer Bread thin sliced or Sour Dough)
- 1 bag/box quinoa
- 1 package corn tortillas or (Cassava Flour)
- 1 bag/box whole wheat pasta

Other:

- 1 container egg whites
- Pure maple syrup
- slivered almonds
- flax seed
- honey
- raisins
- Protein Powder*
- vinegar
- liquid aminos
- marinara sauce
- avocado oil OR like
- mustard
- salsa
- dill pickles

Tip - You may prefer to buy half and grocery shop once a week to keep produce as fresh as possible.

Recipes and Guidelines

BREAKFAST

Raw Cereal Blend

- ½ Cup Love Bird, Seven Sundays or other Non-GMO Low Sugar Cereal
- 1 Tbsp nuts or seeds (slivered almonds)
- 1 Tbsp of flax seeds
- Organic honey or Stevia to taste (optional)
- 1/3 cup of raw organic oats

1. Mix all ingredients together (makes 1 serving).
2. Serve with ½ cup almond milk or water.
3. Top with ½ C berries or 1 Tbsp raisins.

Overnight Oats

- 5oz Plain Greek yogurt (Chobani or FASE are good options)
- ½ cup raw organic oats
- Pinch of flax seeds
- ½ Tbsp raw slivered almonds
- ½ cup fruit of your choice (such as berries, bananas, apples) feel free to add multiple
- Organic honey or Stevia to taste

Mix all ingredients together and store in the refrigerator (overnight) with a tight fitting lid. Note: some people prefer to add their fruit right before serving.



Blender Pancakes

- ½ cup raw oats
- ½ cup egg whites
- ½ medium banana

- ¼ cup Almond Milk
- Pinch flax seeds

Toppings

- 1-2 Tbsp organic low-cal honey OR maple syrup (natural, without high fructose corn syrup)
- Stevia
- ½ cup berries

Combine all ingredients (except toppings) in a blender. Blend until smooth. Heat skillet and cook as one large pancake or 3 smaller pancakes using cooking spray. Top with pure maple syrup and berries.

HEALTHY BREAKFAST ALTERNATIVES

Pancakes

- Swap white flour for whole wheat.
- Use egg whites in place of oil.
- Add 1 tsp flax seeds per cup of batter for healthy fats and a nutty flavor.

French Toast

- Swap white bread for whole wheat or sour dough
- Use egg whites in place of whole eggs.

Scrambled Eggs/Omelets

- Use egg whites in place of whole eggs (leave in part of the yolk if desired).

Cereal

- Opt for low fat, low sugar, Non-GMO varieties.
- Add raw old fashioned oats.

Oatmeal

- Sweeten with Stevia instead of sugar or artificial sweeteners. Organic oats are the best

Juice Drinks

- Either make your own with a juicing machine or choose juices NOT from concentrate.
- Choose raw over pasteurized if you can. Otherwise use skim or milk alternatives such as almond or flax milk

Toast

- Use whole grain or sour dough instead of white.
- Use 100% fruit jams or jellies.

Hash Browns

- Make your own and use non-stick cooking spray.

LUNCH & DINNER



Versatile Chicken/Turkey

- 1 lb ground chicken or ground turkey (use lean or extra lean varieties) (organic/antibiotic-free)

Seasoning Option 1

- 1 garlic clove, minced
- 1 tsp salt
- 1 tsp Italian seasoning
- ¼ tsp ground pepper
- ¼ tsp Lawry's seasoned salt (no MSG)

Seasoning Option 2

- 1 garlic clove, minced
- 1 pkg. taco or chili mix (no MSG)

Seasoning Option 3

- 1 garlic clove, minced
- 1 tbsp fresh lemon or lime juice
- 1 tbsp fresh cilantro or parsley, chopped
- 1 tsp salt
- ¼ tsp Lawry's seasoned salt (no MSG)
- 1/8 tsp ground pepper
- 1/8 tsp cayenne pepper

1. Preheat skillet over medium-high heat.
2. Place ground meat in skillet, break up, and cook until lightly browned.
3. Add seasoning and cook thoroughly.

Browned Chicken

(Makes five 3-oz Servings)

- 1 lb chicken tenders (organic/antibiotic-free)
OR 1 lb boneless, skinless chicken breast (organic/antibiotic-free)
- 1 clove garlic, minced
- non-stick cooking spray

1. Preheat skillet over medium-high heat.
2. Apply a generous coat of non-stick cooking spray and add chicken & garlic to skillet.
3. Cook one side until golden brown. Add water if chicken starts to stick.
3. Flip and repeat until there is no pink in the middle.

Quick Pan-Steamed Vegetables

- Vegetables
- Hot water (as needed)

1. Preheat pan on high heat.
2. Apply a light coating of non-stick cooking spray and add vegetables.
3. Stir continuously for approximately 3 minutes, or until vegetables are tender. While stirring add hot water 1 tbsp at a time as needed to keep moisture in the pan.
4. Remove from heat and add seasoning or a small amount of Better Spread (see recipe).

Tip - An air fryer is also a great option to cook veggies or meat without oil

MEXICAN STYLE

Tortillas

- 1-2 tortillas, whole wheat corn or (Cassava Flour)
- Non-stick cooking spray

1. Preheat skillet over medium-high heat.
2. Lightly spray non-stick cooking spray and place tortilla on skillet for 30 seconds.
3. Spray tortilla, turn it over, and cook for another 30 seconds. Serve immediately as either a side or part of the main course.

MEXICAN STYLE (CONT)

Soft Chicken Tacos

- Versatile Chicken (organic/antibiotic-free)
- Whole wheat or corn tortillas
- Raw vegetables of choice
- Salsa, if desired (see recipe)

1. Follow instructions for both Versatile Chicken and Tortillas recipes.
2. Top with vegetables of choice.
3. If desired, grate 1 tbsp of raw cheese on top, or try adding 1 tbsp of plain/greek yogurt.

Easy Spanish Rice

- Brown or jasmine rice
- ½ tomato, diced
- ¼ tsp salt
- ¼ tsp Lawry's seasoned salt



- 1/8 tsp cayenne pepper
- 1 tsp finely minced jalapeno (optional)

1. Cook rice as directed on the package.
2. Add rest of ingredients and stir until evenly mixed.

Chicken Burritos

- Whole wheat tortilla
- Black or pinto beans
- Versatile Chicken (organic/antibiotic-free)
- Easy Spanish Rice
- Raw vegetables of choice
- Non-stick cooking spray

1. Add ingredients to bottom half of tortilla, leaving at least one inch of free space on other three sides.
2. Lift bottom flap of tortilla and press and hold against ingredients.

3. Fold one side, and then the other of the tortilla over so tortilla begins to look a bit like an envelope.
4. Keeping mild downward pressure, roll tortilla from bottom to top.

Build-Your-Own Nachos

- Baked tortilla chips
- Chicken (organic/antibiotic-free)
- Whole pinto beans
- Raw grated cheese
- Vegetables of your choice
- Plain Greek Yogurt

1. Set oven to broil.

1. Evenly spread tortilla chips on a foil-covered cookie sheet.
2. Sprinkle cheese evenly over tortillas and place sheet in oven for approximately one minute, or until cheese is melted (watch very closely).
3. Top with Versatile Chicken and pinto beans, and serve.

Taco Salad

- Romaine lettuce
- Chili (see recipe)
- Diced tomatoes
- Avocado
- Yellow or green onions
- Sliced black or green olives
- Raw grated cheese
- Salsa

1. Add all ingredients together and serve. Use plain yogurt as a substitute for sour cream.

ITALIAN STYLE

Oh-So-Healthy Spaghetti

- Whole wheat or spinach noodles
- Low-sugar spaghetti sauce
- Versatile Chicken (optional)

1. Follow package directions to cook noodles, then cook for an extra 1-3 min to reduce the strong wheat flavor
2. Strain and add rest of ingredients, then serve.

Garlic & Mushroom Spaghetti

- Whole wheat or spinach noodles
- Low-sugar spaghetti sauce
- Sliced mushrooms

- Garlic, minced

1. Follow package directions to cook noodles, then cook for an extra 1-3 min to reduce the strong wheat flavor
2. Meanwhile, preheat skillet over medium heat and coat with non-stick cooking spray. Sauté mushrooms and garlic until tender and lightly browned.
3. Strain and add rest of ingredients, then serve.



Quick Pizza

- Whole grain bagel OR whole grain bread
- Marinara sauce
- Chopped vegetables of your choice
- Low fat mozerella cheese (optional)
- Versatile Chicken (optional) (organic/antibiotic-free)

1. Preheat oven to 400o F.
2. Spread sauce over bread/bagel, then add toppings and sprinkle cheese on last, if desired.
3. Place on baking sheet in oven and cook for 5 minutes.

SANDWICHES & SIDES

Scrumptious Sandwiches

- Whole grain bread, Sprouted or Sour Dough
- Fresh, raw vegetables of choice
- Stone-ground mustard, vinegar, avocado, raw grated cheese, or mayo made with expeller-pressed safflower

- oil (healthy options to keep sandwich moist)
- Lean meat
- Versatile chicken (optional) (organic/antibiotic-free)

1. Make a sandwich out of the above ingredients.



Tuna Sandwich

- Whole grain bread, Sprouted or Sour Dough
- Water-packed tuna
- ½ tsp mayonnaise (per sandwich)
- ¼ tsp extra virgin olive oil (per sandwich)
- Diced celery, onions, apples, bell peppers, dill pickles, water chestnuts (all optional)
- Slivered almonds (optional)

1. Mix tuna, mayonnaise, and olive oil in a bowl, then add desired diced ingredients & stir until evenly mixed.
2. Make a sandwich out of the above ingredients.

Healthy Hamburgers

- Whole grain bread/buns
- Ground chicken or turkey breast (organic/antibiotic-free)
- Garlic salt or Lawry's Seasoned Salt (optional)
- Barbecue sauce (optional)
- Raw, grated cheese (optional)
- Condiments made without high fructose corn syrup

1. Preheat skillet over medium heat.
2. Press ground meat into 4 oz patties and place on skillet.
3. Add seasoning and cook thoroughly on both sides.
4. Placed cooked patties on buns, add toppings and condiments, if desired, and serve.

Honey Bread

- Whole grain bread
- Raw organic honey or local honey

1. Set oven to broil.

2. Line a cookie sheet with foil and place bread slices on top and broil for 1 minute.
3. Drizzle with honey and serve.



Chili

- 1 lb ground chicken or turkey
- 1 pkg. chili seasoning (suggest Hain)
- 15 oz kidney beans
- Stewed tomatoes
- ¼ tsp raw sugar (optional)

1. Preheat skillet on medium heat.
2. Add ground meat and cook thoroughly.
3. Add rest of ingredients and stir, then let simmer on medium-low for 30 minutes.

Note: Can be slow-cooked in pressure cooker or crockpot



Build-Your-Own Healthy Stacked Potato

- Baked or broiled potato(es)
- Chili (see recipe) or Versatile Chicken (see recipe) (organic/antibiotic-free)
- Quick Pan-Steam Vegetables (see recipe)
- Salsa
- Avocado, sliced
- Plain Greek Yogurt

1. Preheat oven to 350° F
2. Wrap potato in foil and bake for 50-60 minutes, or until easily pierced by fork
3. Remove from oven and foil, cut in half and add rest of ingredients on top, then serve.



SAUCES

Mock 7-up Sauce

- ¾ cup raw sugar
- ½ cup fresh lemon juice
- ¼ cup soy sauce (no MSG, sugars or colorings)
- ¾ cup water

Luau Sauce

- 1 small onion, thinly sliced (optional)
- 1 bell pepper, thinly sliced (optional)
- ¼ cup raw sugar or local raw, organic honey
- ¼ cup soy sauce (no MSG, sugars or colorings)
- 1 tbsp lemon juice
- 1 cup water
- 1 can pineapple chunks in their own juice
OR 1 can apricots in their own juice

Honey Barbecue Sauce

- 1 cup barbecue sauce (with no high fructose corn syrup or additives)
- ¼ cup water
- 1 tbsp raw, organic honey
- 1 tbsp fresh lemon juice

Pacific Sauce

- 1 medium green bell pepper cut into strips
- 1 medium onion cut into strips
- 2 tbsp soy sauce (no MSG, sugars or colorings)
- 1 12-oz jar Heinz Fat-Free Chicken Gravy

- 1 12-oz can mandarin orange segments, drained (optional)
- 1 can pineapple tidbits in own juice, drained (optional)

1. Preheat skillet over medium heat.
2. In medium bowl, mix all ingredients but fruit.
3. Add to skillet and let heat, stirring frequently.
4. Once it starts thickening, add fruit and stir before letting simmer for about 1 minute.
5. If making for Browned Chicken (pg. 4), add to chicken and stir until thoroughly coated in sauce.

CONDIMENTS & COOKING SPRAY

Fresh Salsa

- 1 lb fresh tomatoes, diced
- 2 medium tomatoes, pureed
- 1 medium onion, diced
- 1-2 jalapeños, minced (optional)
- 3 green onions with some chives, chopped
- 2 cloves garlic, minced
- 1 tsp raw apple cider vinegar
- 1 tsp raw lemon or lime juice
- Fresh cilantro to taste (optional)



1. Mix all ingredients together and serve in bowl. Add diced avocado if desired.

Better Spread - Butter

- 1/2 cup raw butter, softened
- 3/8 tsp salt
- 1/2 cup cold-pressed, unrefined oil of choice (extra virgin olive oil, etc.)

1. Blend all ingredients with a mixer until smooth.

Better Spread - Peanut Butter

- Non-hydrogenated peanut butter

- 3/8 tsp salt
- 1/2 cup cold-pressed, unrefined oil of choice (extra virgin olive oil, etc.)
- 1/2 cup raw almond butter (optional)

1. Blend all ingredients with a mixer until smooth.

Cooking Spray

- 1 cup extra virgin olive oil
- 1/2 cup water
- 1 plastic or glass spray bottle, darkened

1. Add oil and water directly into bottle, shake vigorously, and spray cooking surface.

Note: Keep spray in cupboard, away from light and heat, when not in use. After several uses, you may need to add more water to ensure even application.

HEALTHY LUNCH & DINNER ALTERNATIVES

Rice

- Swap out white rice for brown or jasmine
- Try using fat-free chicken broth in place of water to make rice more tender



Salad Bar

- Opt for dark, leafy greens over iceberg lettuce
- Add boiled egg whites, cooked beans, grilled chicken or tuna for protein
- Add raw vegetables

- Add avocado for healthy fats
- For dressing, use oil & vinegar, or dressings made with cold-pressed oils
- Add salt and pepper to bring out flavors
- Dip each forkful of salad in dressing, instead of pouring it all over

Salad Dressing

- Opt for varieties made with cold-pressed oils or extra virgin olive oil
- Add fresh lemon or lime juice, raw apple cider vinegar, extra virgin olive oil
- Add salt and pepper to bring out flavors
- Add avocado to help with satiety
- Add raw pine nuts, walnuts, or pumpkin seeds for extra flavor and nutrition

Hamburgers

- Make with ground chicken or turkey breast instead of beef (organic/antibiotic-free)
- Use raw, grated cheese over other cheese options
- Substitute bun choice with whole wheat
- Avoid using condiments made with high fructose corn syrup



GUIDELINES FOR EATING OUT

Remember, you want to eat foods as close to their natural state as possible and to eat plenty of raw fruits

and vegetables. At most restaurants and fast food establishments, you can order some kind of fruits or vegetables as part of your meal.

Drink water, lemon water, or herb tea. Stay away from carbonated drinks, coffee, black tea, and alcohol. Order foods the way YOU want them. You will find that restaurants often are accommodating.

MEXICAN

Have

- Chicken soft tacos
- Chicken, fish, shrimp or vegetable fajitas
- Chicken or bean burritos (pinto or black beans)
- Whole black beans or pinto • Salsa

Ordering Tips

- Request corn or wheat tortillas, grilled or steamed with no oil
- Ask to hold the cheese
- Ask for a side of guacamole

Avoid

- Cheese and sour cream (opt for guacamole)
- Refried beans
- Fried sides and entrées, including tortilla chips
- White flour tortillas
- Beef and pork

ASIAN

Have

- Stir-fry dishes with lean meats and vegetables

Ordering Tips

- Choose steamed rice over fried, and brown rice or jasmine if available
- Skim oil floating on top if your order soup

Avoid

- Won tons
- Egg rolls
- Sweet and sour dishes
- Tofu
- Fried sides and entrées

ITALIAN

Have

- Lean meats and seafood
- Marinara or clear white sauces

Ordering Tips

- Request whole wheat or spinach noodles

- Include vegetables with entrée

Avoid

- Cheese or meat-filled pastas
- High-fat meats, including veal
- Sauces made with cream, butter, or cheese
- Beef lasagna

AMERICAN

Have

- Salads
- Lean meats, including seafood, that are grilled, steamed, broiled, or baked
- Whole grains
- Vegetables, raw or steamed
- Baked potatoes
- Non-creamy or whole bean soups (skim off any floating oils)

Ordering Tips

- Opt for salads with lean meats (hold croûtons, bacon bits, and such, but eggs are acceptable)
- Dip each forkful of salad in dressing, instead of pouring it all over
- Ask for vegetables to be steamed plain
- Opt for oil based dressings over cream

Avoid

- Fried food of any sort
- Fatty toppings, gravies, dressings, condiments, etc.

RAW FOOD SUGGESTIONS

We cannot overstate the advantages of adding more raw fruits and vegetables to your diet. Here are some tips to get you and the rest of your family in the habit of reaching for produce, instead of unhealthy options, when in need of a snack or as part of a balanced meal.

- Select in-season fruit and serve it as the first course. Often children will eat something with the family that they wouldn't eat on their own.
- Serve a dinner salad as a first course, instead of with the meal. Most people will eat a lot more salad if served this way.
- Serve in-season fruits for dessert.

- Have raw vegetables washed and stored in sandwich bags, ready to go. This not only helps you get in the habit of reaching for what's in the fridge when constantly on-the-go, it encourages children to request fruits and vegetables, too.
- Experiment with mixing raw, dry-blended flax seeds with your foods. You'll find in most cases you can't even taste them, yet you'll get the nutritional benefits.
- Fruits and vegetables are high in water and fiber, both of which have no calories, yet help with the sense of feeling full. They require more chewing than cooked foods, so eat slowly and chew thoroughly.
- Experiment with adding garlic to other foods you enjoy to enhance flavoring and your body's immune function.

HEALTHY SNACKS AND DESSERTS

To clean fruits and vegetables, wash them in water with a cap-full of white vinegar and a few drops of Optimal Oxy Pure (available through OHS). Lay them out on a hand towel, cover with paper towels, and let dry. This will wash away any contaminants.

- Frozen fruits (doesn't destroy digestive enzymes).
- 100% fruit rolls.
- Fresh, raw fruits.



- Mix 2 cups frozen fruit with plain yogurt and Stevia, and blend until the consistency of frozen yogurt.
- Fresh, raw vegetables.



- Dilute vegetable dip with lemon juice or raw apple cider vinegar to reduce calories per tablespoon.
- Raw nuts (sparingly if trying to lose weight). To help salt stick to raw nuts, add 1 cup sea salt to a blender and blend on highest speed until salt is a fine powder. Use 1 tsp salt per pound of nuts.
- Yogurt: choose plain Greek or regular (sweetened with fruit juices or Stevia). Add raw, refrigerated flax seeds, pre-soaked wheat berries, or raw rolled oats.
- Trail mix made with raw nuts and seeds, dates, sun dried raisins, etc. Avoid roasted variety.
- Choose baked over fried chips.
- Make banana splits or sundaes with vanilla Greek-style frozen yogurt. Top with fresh or frozen fruit, if desired. Also, look for toppings made without refined sugars or artificial sweeteners. Sprinkle half a handful of raw pecans or almonds on top.
- Cookies: use whole wheat pastry flour or whole wheat white flour (yes, you read that right) in place of white flour. Use stevia in place of sugar. For each 1/2 cup of butter, margarine, or shortening, substitute 2 tsp water with 1 tbsp extra virgin olive oil.
- Snacks like baked potato chips and turkey jerky are

acceptable for picnics or road trips, but should still be consumed in moderation.

- Make a milk shake by blending vanilla Greek frozen yogurt, a small amount of almond milk, and fresh or frozen fruits.



"LIKE" OPTIONS OR SUBSTITUTIONS FOR FRUIT AT SNACKS

- 1 medium apple
- 6" banana
- 1 cup blueberries raspberries or strawberries
- 1 cup cantaloupe or melon
- 1 medium orange
- 1 medium pear
- 1 cup cherries
- 4 prunes
- 1 cup fresh pineapple
- 1 cup sliced mango

- 2 small peaches
- 2 cups of watermelon
- 1 cup kiwi
- 2 miniature boxes of raisins (0.5 oz each)
- 1 grapefruit (3-4" diameter)

VEGETABLE OPTIONS



- Green beans
- Broccoli
- Spinach
- Asparagus
- Cabbage (red/green)
- Red/Orange/Yellow/Green Bell Pepper
- Artichoke
- Kale
- Swiss chard
- Arugula
- Chard
- Turnip greens
- Endive
- Watercress

- Leeks
- Rhubarb
- Ginger
- Radishes
- Rutabagas
- Turnips
- Cucumbers
- Eggplant
- Okra
- Snow Peas
- Brussel Sprouts
- Tomatoes
- Cauliflower
- Mushrooms
- Celery
- Onions
- Zucchini
- Romaine or mixed greens/lettuce
- Squash (green and yellow)





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