

Gain REAL Health - Eating REAL Food



# EAT REAL COOKBOOK

28-Day KickStart

ORDER  
NOW!



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## Stuck in a mealtime rut?

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Want to slim down and get healthy for good?

Wish your family was more adventurous with new and healthy foods?

**Then join us...** on a “nothing processed” journey that challenges you to kick health-meddling processed food ingredients to the curb, and instead focuses on wholesome and delicious REAL food, with its variety of health-boosting nutrients.

This REAL Food Kickstart is just the thing to step you – and your family – into a healthy (and waist-whittling!) REAL food eating lifestyle that is so crazy delicious, **you will feel like the family meal hero of the decade!**

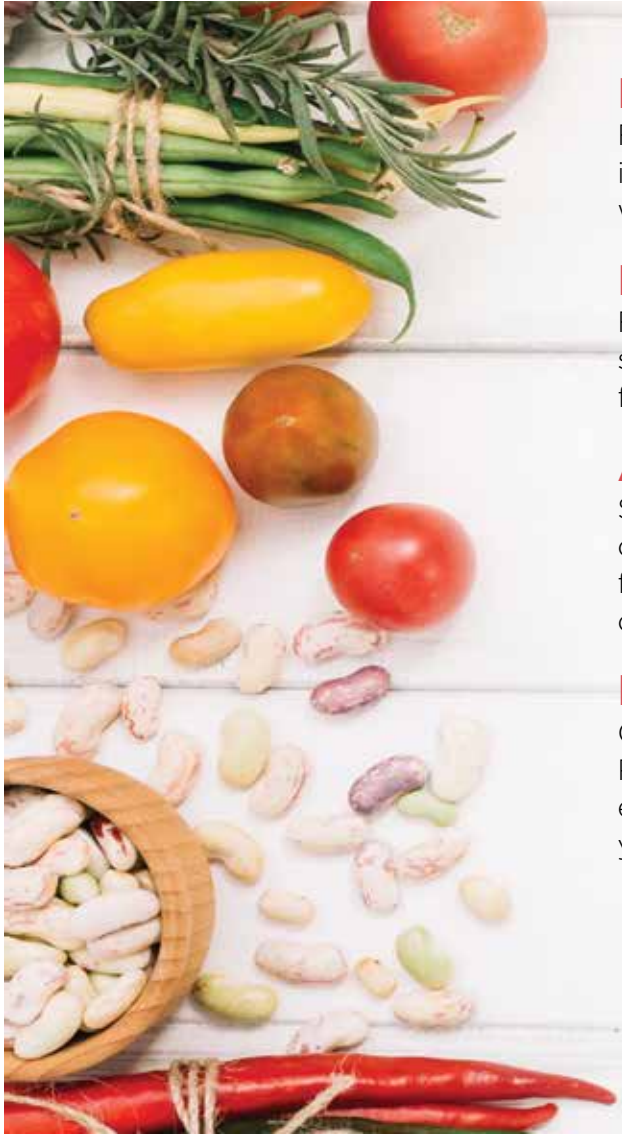
### What if I'm gluten-free?

Never fear, this book is for you! All of our recipes are either naturally gluten-free, or we suggest the gluten-free alternative you need. Learn more on page 250.



# Win with REAL Food

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## **R**ead it Before You Eat It

Favor foods with short lists of ingredients, and those you can easily identify as REAL food. In fact, as often as possible, choose foods with no label at all, found primarily in the perimeter of the store.

## **E**mbrace Superfoods

From salmon to quinoa, ramp up your menu with nutritional superstars of all kinds. Put veggies in the spotlight for “vegetable forward” meals, while meats and grains take supporting roles.

## **A**ctivate Flavor

Season your meals with herbs, spices, vinegars, oils, citrus, capers, olives, mustards and hot sauces to achieve “fine restaurant” flavors. This will help you shake the hijacking flavor concoctions of ultra-processed foods.

## **L**isten to Your Gut Feelings

Once free from processed foods and their addictive effects, REAL foods will fill you up before they fill you out. You can now easily listen to when you are physically hungry (eat) and when you are satiated (stop)... for lifelong, diet-free weight control!

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**Eating REAL food skyrockets disease-fighting nutrients while trimming away unnecessary calories, resulting in effortless control of your weight, blood sugar, blood pressure and cholesterol!**

# About the 28-Day Kickstart Challenge

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**This book challenges you to prepare great-tasting dinner entrees with side dishes for 28 days.**

The pairings are strategically matched so the entree and side together are perfectly satiating - no more roaming the kitchen two hours after dinner because your meal left you wanting! These meals are supercharged with the balance of foods recommended for ideal health. **Each week you will see:**

- **Vegetable-rich dishes**, including one cancer-fighting cabbage family vegetable every single day.
- **Beef, chicken and pork** dishes included on the menu, but in moderate amounts. (Just like the experts tell us to do.)
- **Two fantastic vegetarian dinners & two sensational fish dinners.** (Two more recommendations that even the experts find tricky to pull off!)
- **Two to four beans dishes**, since beans are “cholesterol sponges” that help reduce heart disease by up to 22%. (Get even more servings in your lunches.)
- **Up to four dishes that contain mushrooms**, since mushrooms have been shown to reduce breast cancer by 64%!
- **Properly balanced servings of whole grains**, in the form of quinoa, rice, pasta and whole-grain breads.

**Yes, it's an entire month of meals that are strategically disease-fighting and incredibly delicious!**

Plus, we've supplied you with at-the-ready grocery lists (page 234) to make it that much easier!

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# What can I expect after completing the Kickstart?

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And at the end of this Challenge, we are convinced every member of your family will experience a significant change. All in different ways of course.

While not everyone will experience ALL of these, we do guarantee:

- ✓ **The list of vegetables** that most (if not all) family members like, will increase.
- ✓ **Perceptions about what tastes good** will be much wider and deeper, making meal planning a joy instead of drudgery.
- ✓ Family members will note that their **craving for junk food** is significantly reduced.
- ✓ You will be significantly **less dependent on processed food**, causing some in the family to note a difference in the way they look and feel, and that's just after four weeks!
- ✓ You will have a much **improved “innate” ability to get dinner on the table** more often and with less stress... and be able to enjoy the power of family dinner time together!
- ✓ This eating style can absolutely help every member **trim off unwanted weight**, without dieting. Not to mention, **turn around type 2 diabetes, high blood pressure and cholesterol levels**... simply by eating delicious REAL food.



### Welcome to your second week of heavenly dinner bliss!

After your success with Week 1, you probably already have your Week 2 grocery list in hand and are “SOLD!” on what we have planned for you next! (But allow us to prepare you anyway!)

This week introduces you to the timesaving magic of “two-fers” - meals that produce not just one delicious entree or salad, but two. No boring leftovers, just smartly planned two-for-one meals that simplify life!

This week’s Monday morning slow cooker meal takes only five minutes to prepare and brings back the “Stuffed Sweet Potato,” this time stuffed with the most savory and tender Balsamic Pork, then topped with sauteed veggies! Yes, we love our stuffed sweet potatoes and hope this second version instills this simple meal solution solidly into your repertoire.

**The next night begins a series of “Tuesdays with Quinoa,” and this Southwest version topped with Simple Guacamole and served with Massaged Kale Salad will have your family saying, “This vegetarian meal is REALLY GOOD!”**

Wednesday’s Encore Balsamic Pork and Pepper Quesadillas makes perfect use of your planned-over pork (and cleverly planned-over Crunchy Coleslaw), and like last week’s quesadillas, is a great meal to hand off to teenagers.

Thursday is the easiest-to-make and best-tasting Salmon Patty recipe, served with knock-your-socks-off Curry Roasted Cauliflower and Carrots.

You’ll think you hopped a plane to the Mediterranean with Friday’s Spinach Artichoke and Pesto Pizza served with (pat yourself on the back) homemade hummus.

And this meal means you’ve gone tastefully meatless twice this week!

Saturday, you’ll break out your wok and confidently “cook Chinese” with Zesty Shrimp and Broccoli Stir Fry.

Sunday finishes up your weekend with a crazy good Chicken Parmesan with spaghetti squash and Roasted Brussels Sprouts that, believe it or not, the whole family will love!

**So grab your grocery list and get ready for a mind-blowingly sensational Week 2 of REAL food!**

# Week 2 Menu

Shopping list on page 238 or at [EatRealAmerica.com](http://EatRealAmerica.com)

**MONDAY**

Slow Cooker  
Balsamic Pork  
Stuffed Potatoes



Crunchy Coleslaw  
(first half)



**TUESDAY**

Southwest  
Quinoa with Simple  
Guacamole



Massaged  
Kale Salad



**WEDNESDAY**

Encore Balsamic  
Pork and Pepper  
Quesadillas



Crunchy Coleslaw  
(second half)



**THURSDAY**

Baked Salmon  
Patties with Spicy  
Tartar Sauce



Curry Roasted  
Cauliflower and  
Carrots



**FRIDAY**

Spinach Artichoke  
Pesto Pizza



Everyday Hummus  
with Veggies



**SATURDAY**

Zesty Shrimp and  
Broccoli Stir Fry  
over Rice



Super Cinnamon  
Applesauce



**SUNDAY**

Baked Chicken  
Parmesan over  
Spaghetti Squash



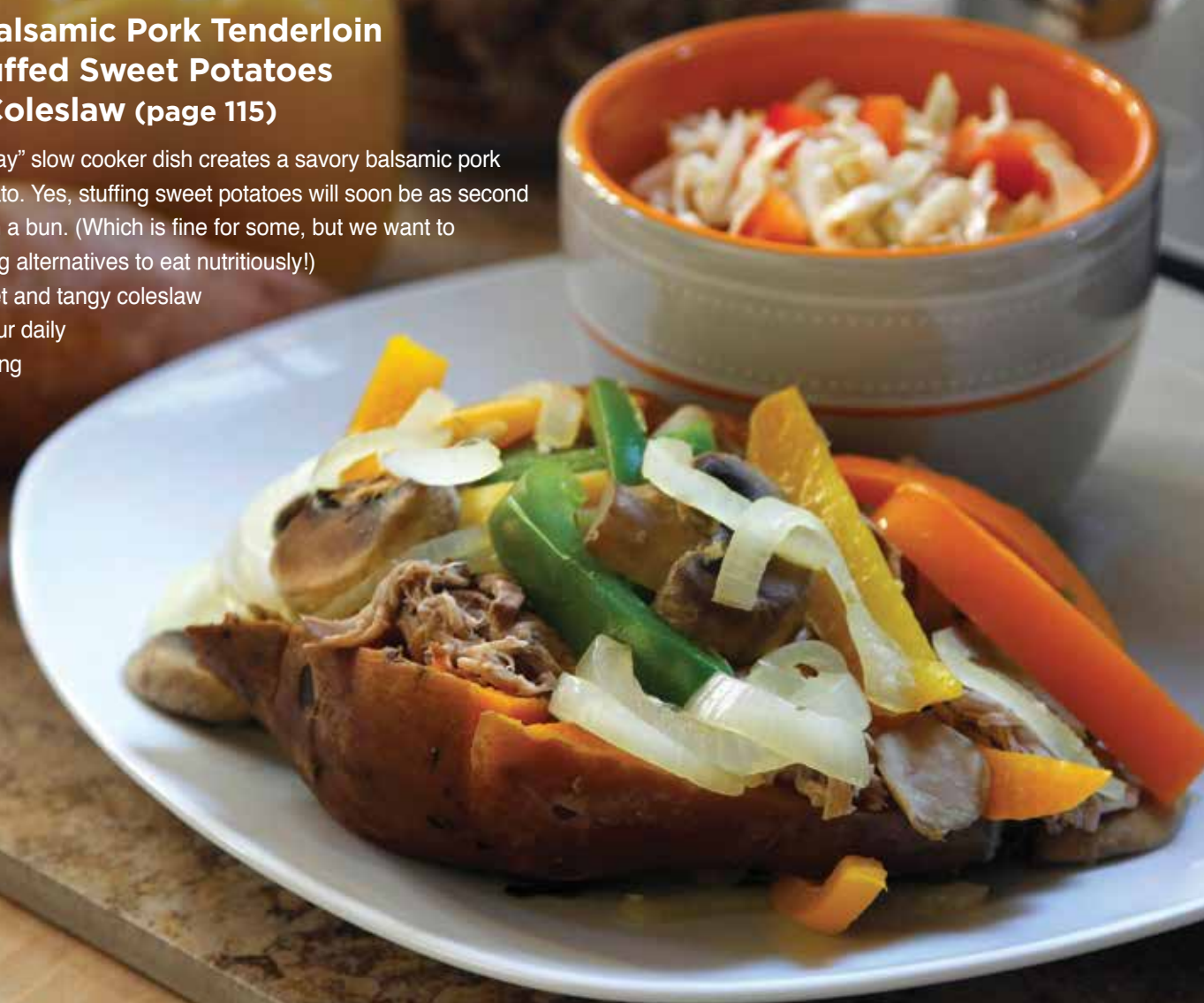
Roasted Brussels  
Sprouts



## **Slow Cooker Balsamic Pork Tenderloin and Veggie Stuffed Sweet Potatoes with Crunchy Coleslaw (page 115)**

This week's "Hello Monday" slow cooker dish creates a savory balsamic pork served atop a sweet potato. Yes, stuffing sweet potatoes will soon be as second nature as putting pork on a bun. (Which is fine for some, but we want to show you groundbreaking alternatives to eat nutritiously!)

The accompanying sweet and tangy coleslaw brings it all home with your daily serving of nutrient-boosting cruciferous!



# Slow Cooker Balsamic Pork Tenderloin and Veggie Stuffed Sweet Potatoes

Serves: 4\*

\*This recipe serves 4 tonight, plus provides 2 cups each of planned-over pork and sauteed veggies for Encore Balsamic Pork and Pepper Quesadillas (page 69) later in the week.

2.5 lbs **boneless pork tenderloin**

**4-8 hours before serving:** Place in the slow cooker.

1/2 cup **low-sodium vegetable or chicken broth**

Add to a small bowl and stir to combine.

1/2 cup **balsamic vinegar**

Pour mixture over the pork. Stir slightly.

1 Tbsp **Worcestershire sauce**

1 Tbsp **low-sodium soy sauce** (or tamari)

1 Tbsp **honey**

1/2 tsp **crushed red pepper flakes**

2 **garlic cloves**, minced (or 1/2 tsp garlic powder)

4 small **sweet potatoes** (or regular baking potatoes),  
left whole

After scrubbing the potatoes clean, place on top of the pork in the slow cooker.  
Cook on low for 6-8 hours (or on high for 4 hours).

*To serve with Crunchy Coleslaw (page 115), make and dress that now, as it tastes better after marinating for several hours.*

1 Tbsp **olive oil**

**20 minutes before serving:** Add oil to a large skillet over medium-high heat.

1 **garlic clove**, minced (or 1/4 tsp garlic powder)

Add vegetables and saute for 5 minutes or until slightly tender. (Save half of these sauteed vegetables for Encore Balsamic Pork and Pepper Quesadillas.)

3 **bell peppers** (any color or variety),  
seeded and cut into strips

1 **onion** (red or white), thinly sliced

8 oz **white mushrooms**, sliced

Remove the potatoes from the slow cooker and transfer to a serving platter or individual plates. With the pork still in the slow cooker, shred with 2 forks and allow the pork to soak up the juices momentarily. (Set aside two cups of pork for Encore Balsamic Pork and Pepper Quesadillas.)

Slice and fluff the sweet potatoes, then top with pork, some of the juice and sauteed vegetables. Serve with Crunchy Coleslaw and enjoy!

**Nutrition Information for 3/4 cup pork and 1/2 cup veggies over 1 sweet potato:**

Calories: 410 • Fat: 8 g • Sat Fat: 1.9 g • Chol: 123 mg • Fiber: 5.5 g • Protein: 44 g • Total Carb: 40 g • Sugars: 15 g • Sodium: 305 mg





## **Southwest Quinoa with Simple Guacamole and Massaged Kale Salad (page 119)**

Get ready for your first of three immersions into quinoa. This one-pot vegetarian version, topped with a lazy man's guacamole, blends a fantastic variety of textures, colors and Mexican flavors. Don't omit the side salad if you can – you'll be amazed at the transformation created by "massaging" the kale, and you'll get your cruciferous power punch for the day.



# Southwest Quinoa with Simple Guacamole Serves: 4

2	<b>garlic cloves</b>	Mince garlic and set aside. Remove seeds from one jalapeño, then dice both and set aside. (Wash your hands after chopping, to prevent the spice from getting anywhere you don't want it!)
2	<b>jalapeños</b>	
1 Tbsp	<b>olive oil</b>	Heat oil in a large saucepan over medium heat. Add garlic and jalapeños and saute for about one minute.
1 1/4 cups	<b>low-sodium vegetable or chicken broth</b>	Add all to the saucepan.
1 can	(14.5 oz) <b>black beans</b> , no salt added, rinsed and drained	
1 can	(14.5 oz) <b>diced tomatoes</b> (or diced tomatoes with green chilies)	
1 can	(4 oz) <b>black olives</b> , sliced or chopped	
1 cup	<b>frozen corn</b> (or cut fresh from the cob)	
1/4 tsp	<b>salt</b>	
1 cup	<b>quinoa</b> (red, white or mixed), uncooked	Rinse quinoa using a fine wire strainer. Add to the saucepan and bring to a boil. Cover and reduce heat to medium-low and simmer for 20 minutes or until most of the liquid is absorbed.
2	<b>avocados</b> , halved, flesh removed	While the quinoa is simmering, place in a medium-sized bowl and use a fork or potato masher to combine for Simple Guacamole. Set aside.
1 Tbsp	<b>lime juice</b> (juice from half of 1 small lime)	
2	<b>garlic cloves</b> , minced (or 1/2 tsp garlic powder)	<i>To serve with Massaged Kale Salad (page 119), use this time to make that as well.</i>
1/4 tsp	<b>sea salt</b>	
1/4 tsp	<b>black pepper</b>	
OPTIONAL ADDITIONS:		When quinoa is done, serve with Simple Guacamole and any or all of the optional additions, with kale salad on the side. Enjoy!
1/2 cup	<b>salsa</b> (e.g., Simple Salsa Fresca, page 195)	
1/4 cup	<b>chopped fresh cilantro</b>	
1/2 Tbsp	<b>lime juice</b> (juice from half of a small lime)	

**QUICK TIP 1:** Quinoa is a gluten-free and high protein alternative to rice, and it cooks in only 15 minutes. If your quinoa is not pre-washed, rinse it using a fine wire strainer to remove a natural coating, called saponin, that can taste bitter.

**QUICK TIP 2:** To learn how to select, slice and store avocados, watch our video at [EatRealAmerica.com](http://EatRealAmerica.com).

**Nutrition Information for 1 1/4 cups of the quinoa mixture with 3 Tbsp Simple Guacamole and no optional additions:**

Calories: 515 • Fat: 23.5 g • Sat Fat: 3.1 g • Chol: 0 mg • Fiber: 17 g • Protein: 16 g • Total Carb: 65 g • Sugars: 5 g • Sodium: 475 mg



## **Encore Balsamic Pork and Pepper Quesadillas with Crunchy Coleslaw (page 115)**

Start your day with head-to-toe happiness knowing that the bulk of tonight's dinner is already prepared! This family-friendly meal makes use of planned-over Slow Cooker Balsamic Pork and Veggies (page 65) and Crunchy Coleslaw (page 115) to provide an oh-so-easy veggie-rich feast!



# Encore Balsamic Pork and Pepper Quesadillas Serves: 4

This recipe makes use of 2 cups each of planned-over pork and sauteed veggies from the Slow Cooker Balsamic Pork Tenderloin and Veggie Stuffed Sweet Potatoes meal (page 65) made earlier in the week. *To serve with Crunchy Coleslaw (page 115), prepare and dress that now so it has time to marinate.*

2 cups (or more) **planned-over sauteed vegetables** from the Balsamic Pork Tenderloin and Veggie Stuffed Sweet Potatoes meal

Warm up planned-over sauteed vegetables OR if cooking vegetables now, add oil to a large skillet over medium heat, add vegetables and saute for 5 minutes until slightly tender.

OR:

1 Tbsp **olive oil**

1 **garlic clove**, minced (or 1/4 tsp garlic powder)

1 **bell pepper** (any color or variety), seeded and cut into strips

1/2 **onion** (red or white), thinly sliced

4 oz **white mushrooms**, sliced

2 cups **planned-over shredded pork tenderloin** from the Balsamic Pork Tenderloin and Veggie Stuffed Sweet Potatoes meal

Warm up planned-over pork, making sure it is uniformly shredded.

16 **corn tortillas** (or 8 medium whole wheat flour tortillas)

3/4 cup **shredded part-skim mozzarella cheese**


Assemble the quesadillas:

Place one tortilla at a time in a skillet on medium-high heat. (If you have a griddle, you can cook several at a time.) Top with 1/4 cup pork (use 1/2 cup for whole wheat tortilla), then top with sauteed vegetables and then cheese (both evenly divided). Top with another tortilla. Cook until browned, then flip to brown the other side. Repeat for each quesadilla. Cut into triangles (a pizza cutter works great) and serve warm with Crunchy Coleslaw on the side. Enjoy!

**Nutrition Information for 1/2 cup shredded pork and vegetables using 4 corn tortillas:**

Calories: 345 • Fat: 11 g • Sat Fat: 3.3 g • Chol: 75 mg • Fiber: 3 g • Protein: 29 g • Total Carb: 32 g • Sugars: 6 g • Sodium: 250 mg



A photograph of a meal. In the foreground, a white rectangular plate holds a baked salmon patty topped with a dollop of white sauce, resting on a bed of fresh green arugula. To the left, a white round bowl is filled with roasted cauliflower florets and carrot pieces. Behind the bowl, a clear glass contains a creamy white sauce. In the background, a whole red bell pepper and another plate with a burger are partially visible.

## **Baked Salmon Patties with Spicy Tartar Sauce and Curry Roasted Cauliflower and Carrots (page 139)**

Made with ingredients that are both convenient and wholesome, these moist patties serve up beautifully on greens or as a burger, and the homemade tartar sauce adds a fantastic kick! If our suggested serving size for this roasted side dish seems like more vegetables than you eat in a week, have faith! You're on your way to reaching the daily recommendation in a delicious and exciting way!

# Baked Salmon Patties with Spicy Tartar Sauce Serves: 6

To serve with Curry Roasted Cauliflower and Carrots (page 139), get that into the oven first. You will be adding the Salmon Patties to the oven when the roasted vegetables are half-done, so it all comes out at the same time.

**Preheat oven to 400 degrees. Grease a baking sheet.**

3 cans (5 oz each) **salmon**, boneless, skinless, drained\*  
2 **eggs**  
1/4 tsp **black pepper**  
3 **garlic cloves**, minced (or 3/4 tsp garlic powder)  
1/2 tsp **dried dill weed**  
1 Tbsp **stone ground mustard**  
1/2 **red bell pepper**, seeded and finely diced  
1/4 cup **almond flour** (or oat or whole wheat flour)

Add to a large bowl and stir to combine. Form into six 3-inch patties (or four 5-inch patties), and place on the greased baking sheet.

Place in oven and bake for 12-15 minutes.

(This would be the same time you are tossing the roasted cauliflower and carrots).

1/2 cup (5.3 oz) **plain nonfat Greek yogurt**  
1 1/2 Tbsp **light mayonnaise**  
1 Tbsp **capers**, drained (or dill pickle relish)  
1-2 tsp **hot sauce** (or Sriracha)

Meanwhile, stir together in a small bowl to make Spicy Tartar Sauce.

8 cups **fresh greens** (such as arugula) plus salad vegetables of your choice (for a gluten-free option)  
OR  
4 **whole-grain buns**

If serving as a salad, place greens on individual plates, or if serving with buns, toast the buns within the last few minutes of baking time. Serve with Spicy Tartar Sauce and enjoy!

**QUICK TIP:** Capers are like tiny pickles and can be found in a jar near the pickles and olives at the store.

\*Substituting with “no salt added” canned salmon saves 230 mg of sodium per serving.

**Nutrition Information for one 3-inch patty with 3 Tbsp Spicy Tartar Sauce over 2 cups greens:**

Calories: 225 • Fat: 11 g • Sat Fat: 2 g • Chol: 111 mg • Fiber: 3 g • Protein: 26 g • Total Carb: 7 g • Sugars: 2 g • Sodium: 435 mg



# Week 2 Shopping List Divided into two easy trips. Print at [EatRealAmerica.com](http://EatRealAmerica.com).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Entree</b>	Slow Cooker Balsamic Pork Stuffed Potatoes <b>p.65</b>	Southwest Quinoa with Simple Guacamole <b>p.67</b>	Encore Balsamic Pork and Pepper Quesadillas <b>p.69</b>	Baked Salmon Patties with Spicy Tartar Sauce <b>p.71</b>	Spinach Artichoke Pesto Pizza <b>p.73</b>	Zesty Shrimp and Broccoli Stir Fry over Rice <b>p.75</b>	Baked Chicken Parmesan over Spaghetti Squash <b>p.77</b>
<b>Side</b>	Crunchy Coleslaw (first half) <b>p.115</b>	Massaged Kale Salad <b>p.119</b>	Crunchy Coleslaw (second half) <b>p.115</b>	Curry Roasted Cauliflower and Carrots <b>p.139</b>	Everyday Hummus with Veggies <b>p.197</b>	Super Cinnamon Applesauce <b>p.74</b>	Roasted Brussels Sprouts <b>p.139</b>

## First Half of Week (Mon-Thurs)

## Second Half of Week (Fri-Sun)

### Produce

- ☐ **garlic** (2 bulb or garlic powder)
- ☐ **sweet potatoes** (4)
- ☐ **bell peppers** (all colors, 5)
- ☐ **jalapénos** (2)
- ☐ **onion** (red or white, 1)
- ☐ **mushrooms**, sliced (8 oz)
- ☐ **cauliflower** (1 head)
- ☐ **baby carrots** (petite, 12 oz)
- ☐ **shredded cabbage and carrots** (coleslaw mix, 8 cups)
- ☐ **salad greens** (8 cups, if serving salmon patties on greens)
- ☐ **kale** (1 bunch)
- ☐ **avocados** (2)
- ☐ **citrus fruit**: lemons (2), lime (1)
- ☐ **fresh cilantro** (1 bunch), opt

- ☐ **garlic** (1 bulb or garlic powder)
- ☐ **spaghetti squash** (1, or 6 oz whole-grain pasta\*)
- ☐ **red bell pepper** (1)
- ☐ **cucumber** (1)
- ☐ **onion** (white or yellow, 1)
- ☐ **mushrooms**, sliced (4 oz), opt
- ☐ **broccoli** (2 crowns)
- ☐ **baby carrots** (40 or 2 cups)
- ☐ **celery** (2 stalks), opt
- ☐ **radishes** (8)
- ☐ **spinach** (4 cups)
- ☐ **Brussels sprouts** (1.5 lb)
- ☐ **citrus fruit**: lemon (1)
- ☐ **pineapple** (1)
- ☐ **fresh ginger** (or ground ginger)

### Meat / Seafood

- ☐ **boneless pork tenderloin** (2.5 lbs)

- ☐ **raw shrimp** (peeled, deveined, 1 lb)
- ☐ **chicken breasts** (skinless, boneless, 1.5 lbs)

## Bakery

- ☐ whole-grain buns\* (4, if serving salmon patties on buns)
- ☐ corn tortillas (16) or whole wheat flour tortillas (8)

- ☐ whole-grain pitas (4, or 1 whole-grain pizza crust)\*

## Dairy

- ☐ shredded Parmesan cheese (1/4 cup)
- ☐ shredded part-skim mozzarella cheese (3/4 cup)
- ☐ eggs (2)
- ☐ plain nonfat Greek yogurt (1/2 cup)

- ☐ shredded Parmesan cheese (1/4 cup)
- ☐ shredded part-skim mozzarella cheese (1 3/4 cup)
- ☐ egg (1)
- ☐ plain nonfat Greek yogurt (2 Tbsp)
- ☐ milk (skim, almond or soy, 1/4 cup)

## Dry / Canned

- ☐ pecans (1/4 cup)
- ☐ silvered almonds (1/2 cup)
- ☐ dried tomatoes (1 can, 14.5 oz)
- ☐ dried cranberries (1/4 cup)
- ☐ quinoa (uncooked, 1 cup)
- ☐ salsa (1/2 cup), opt
- ☐ black beans (1 can, 14.5 oz)
- ☐ capers (or dill pickle relish, 1 Tbsp)
- ☐ black olives (1 can, 4 oz)
- ☐ canned salmon (boneless, skinless, 3 cans, 5 oz each)
- ☐ low-sodium vegetable or chicken broth (1 3/4 cup)
- ☐ almond flour (1/4 cup), or oat or whole wheat flour

- ☐ ground flax seed (2 Tbsp)
- ☐ brown or black rice (uncooked, 1 cup)
- ☐ sun-dried tomatoes (8), opt
- ☐ marinara sauce (1 jar, 24 oz)
- ☐ tahini (1/4 cup, Asian section of store)
- ☐ applesauce (no sugar added, 2 cups)
- ☐ garbanzo beans (1 can, 14.5 oz)
- ☐ panko bread crumbs\* (1 cup)
- ☐ basil pesto (from a jar, 6 Tbsp)
- ☐ artichoke hearts (can or jar, quartered, 1 cup)
- ☐ low-sodium vegetable or chicken broth (1/2 cup)
- ☐ whole wheat flour\* (1/2 cup)

## Frozen

- ☐ frozen veggies: corn (1 cup)

## Pantry Checklist

Full Week

Vinegars / Oils	Condiments	Herbs / Spices		Baking / Other
<input type="checkbox"/> apple cider vinegar <input type="checkbox"/> balsamic vinegar <input type="checkbox"/> rice wine vinegar <input type="checkbox"/> olive oil <input type="checkbox"/> toasted sesame oil	<input type="checkbox"/> honey <input type="checkbox"/> hot sauce <input type="checkbox"/> light mayonnaise <input type="checkbox"/> low-sodium soy sauce (or tamari) <input type="checkbox"/> pure maple syrup <input type="checkbox"/> stone ground mustard <input type="checkbox"/> Worcestershire sauce	<input type="checkbox"/> crushed red pepper flakes <input type="checkbox"/> curry powder <input type="checkbox"/> dried dill weed <input type="checkbox"/> dried oregano <input type="checkbox"/> garlic powder <input type="checkbox"/> ground cinnamon	<input type="checkbox"/> ground cumin <input type="checkbox"/> ground ginger <input type="checkbox"/> ground turmeric <input type="checkbox"/> paprika <input type="checkbox"/> sesame seeds (4 Tbsp)	<input type="checkbox"/> cornstarch (or arrowroot) <input type="checkbox"/> salt <input type="checkbox"/> black pepper

# Breakfast of Champions

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## Let's face it, mornings can be hectic.

Thankfully, some of the best REAL food breakfasts are the simplest... oatmeal chock full of nuts and fresh fruit, Greek yogurt with granola and berries, eggs made in a microwavable mug, or whole-grain toast smeared with creamy nut butter plus fruit.

While these "go to" staples are ideal, who doesn't want breakfast with more excitement and flavor?

**And, when you realize that a bit of prep on the weekend or the night before turns into a stress-less morning with a breakfast worth waking up for, you'll be sold!**

Now as you walk out the door, you can grab Overnight Oatmeal adorned with berries, almonds and chia seeds, Mini Frittatas that include a morning serving of veggies, or whole-grain Streusel

Berry Muffins that keep you satisfied all morning. You will no doubt be wondering, "Why haven't I been doing this before?!"

Then, when you're ready to "get fancy" on the weekend, you'll love mouthwatering Brussels Sprouts Hash or Power Pancakes, two recipes that prove healthy never tasted so good! We also have you covered when you want to "wow" overnight guests... the Fruit Topped Dutch Baby will definitely impress!

### Stay out of "oxidative debt!"

While oxidation is a natural process, too much can accelerate disease and aging. Did you know that your body is in an oxidative state after eating? That's because of all the work required to digest and metabolize food. Therefore, each and every meal must contain antioxidant foods, in order to keep you out of "oxidative debt." Ate breakfast but didn't include any berries, melons or citrus? You're in oxidative debt! Ate a sandwich and chips for lunch but forgot salad or fruit? You're in oxidative debt! Never fear. This entire book guarantees your meals (and snacks) will be plenty high in antioxidants, giving you the best chance of optimizing your health!



## Breakfast of Champions







## **Fruit-Topped Dutch Baby Pancake**

Best prepared in a cast iron skillet, this German "pizza pancake" – loaded with your choice of fruit and nuts – bakes up light and fluffy, then falls soon after coming out of the oven. (No flipping required!) Perfect for Sunday brunch!



# Fruit-Topped Dutch Baby Pancake Serves: 4

Preheat oven to 425 degrees.

1 **pear or apple**, cored and thinly sliced, unpeeled  
2 cups **berries** of your choice, fresh or frozen & thawed  
(if strawberries, sliced)  
1/4 cup **chopped nuts** (pecans, walnuts or almonds)

Prep the fruit and nuts and set aside.

4 **eggs**  
1 cup **milk** (skim, almond or soy)  
2 Tbsp **sugar** (cane, date or coconut)  
1/2 tsp **ground cinnamon**  
1/2 tsp **baking powder** (aluminum-free)  
1/4 tsp **salt**  
1/2 tsp **vanilla extract**  
3/4 cup **whole wheat pastry flour**  
(or white whole wheat flour or gluten-free flour)

Add to a blender (or use a hand mixer) and blend until smooth. Set aside.

2 Tbsp **unsalted butter**

Place butter in large oven safe skillet (cast iron works great, or 1 - 2 pie plates) and place in oven until butter is melted, about 2-3 minutes. Swirl butter to cover skillet. (If your batter has been sitting for a while, blend again before adding to the skillet.) Pour the batter in the skillet and top with half of the sliced fruit. Add nuts and additional cinnamon if desired. Bake until fruit is tender and the pancake is browned and puffed up, about 15-20 minutes (or until a toothpick inserted in the middle comes out clean).

1/4 cup **pure maple syrup** (or 2 tsp powdered sugar)

Slice into 8 servings and serve 2 slices per person topped with extra fresh fruit, and 1 Tbsp maple syrup (or a sprinkle of powdered sugar). Enjoy!

**Nutrition Information for 2 slices including 1 Tbsp pure maple syrup:**

Calories: 405 • Fat: 16.5 g • Sat Fat: 5.8 g • Chol: 202 mg • Fiber: 7.5 g • Protein: 13 g • Total Carb: 55 g • Sugars: 31 g • Sodium: 260 mg

# Sweet Treats

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## Cookies! Cakes! Mousse! Fruit Crisp! Brownies! Bars! and Chews!

If only you had recipes for ALL of these that used nature's sweeteners and nutrient-rich REAL food dynamos like pumpkin, beans, dates, cocoa powder, nuts, whole grains and flax tucked into each one.

**Then you could feel GREAT about delighting your family with sweet treats that are actually GOOD for them!** Well this chapter proves that you can do all of this, deliciously, without breaking the nutritional bank (like typical sweet treats do)!

We admit, these taste good enough to devour in one sitting, so continue to set yourself up for success by enjoying a satiating vegetable-rich meal, then saving a spot for a sensible portion of any one of these treats. We suggest you bake up some love on the weekend, freeze half, then divvy out the remainder throughout the week. ENJOY!

### What are the healthiest sweeteners?

We choose to use natural sugar, such as pure maple syrup, honey, dates, molasses, date sugar, coconut sugar and cane sugar (or even just good old table sugar), but keep it within the recommended 6-9 tsp per day limit. We sometimes choose Stevia, Swerve (erythritol) or Truvia (a blend of both) for use in homemade cakes or cookies that could otherwise easily zoom past the recommended maximum intake. (Rest assured, these sugar replacers are rated by CSPI.net.org as safe.) Just remember, whether you choose table sugar, natural sugars, or sugar replacers, flexing your moderation muscle is best!

When can you scarf down cookies two at a time? After biking over 20 miles of course! (Zonya in the middle with her friends, Mike, Rita, Maria and Jimmy.)





## Sweet Treats





## Half-Naked Almond Joy Cookie Bites (aka Coconut Macaroons)

If you love an Almond Joy® candy bar or coconut macaroons, but are looking for a healthy replacement, well this is it! Although we think they're equally good without the chocolate (naked), we'll leave it up to you to decide!



# Half-Naked Almond Joy Cookie Bites (aka Coconut Macaroons)

Makes 24 cookies

Preheat oven to 325 degrees. Grease two baking sheets.

2 **eggs**  
1/2 cup **pure maple syrup**  
1 Tbsp **honey**  
1/4 tsp **salt**

Get out all ingredients in preparation for speedy work.  
Combine these four items in a saucepan over medium heat, stirring constantly just until warm, about 1 minute.

1 1/2 cups **unsweetened shredded coconut**  
2 Tbsp **whole wheat pastry flour**  
(or white whole wheat flour or gluten-free flour)  
1/2 tsp **vanilla extract**  
1/4 tsp **ground cardamom**, OPTIONAL

Add to the saucepan and continue to heat while stirring constantly until the mixture just begins to sizzle and is slightly dry, about 2 minutes.  
Remove from heat and let cool for a few minutes.  
Using a teaspoon and your fingers, form the dough into 24 small mounds onto the prepared baking sheets.

24 **raw almonds**

Place one almond on top of each cookie and lightly press down.  
Bake for 20-25 minutes, until the cookies are golden brown with crisp edges.  
Remove cookies from the baking sheet and transfer to a wire rack to cool.  
Stop here for “naked” Almond Joy Cookie Bites, OR proceed to the next step to make them “half-naked” by drizzling on chocolate stripes.

## For OPTIONAL Chocolate Stripes:

4 oz **dark chocolate**, 60% or higher cacao,  
crumbled (or chocolate chips)

Add to a glass bowl and microwave 30 seconds. Stir. Continue to microwave 10 seconds at a time, stirring each time until the chocolate is melted. Line cooled cookies in rows, all touching each other (on a cookie sheet, for easy “spill-over” clean up). Using a spoon, drizzle over cookies using a back and forth fashion making “stripes” enough to somewhat hide the almond. Cool and enjoy!

Nutrition Information for 1 cookie bite with optional chocolate drizzled on top:

Calories: 95 • Fat: 6.5 g • Sat Fat: 4.5 g • Chol: 16 mg • Fiber: 1.5 g • Protein: 2 g • Total Carb: 10 g • Sugars: 7 g • Sodium: 25 mg



## About the Authors

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Registered Dietitian & Nutritionist **Zonya Foco** is a wellness expert, professional speaker and best selling author who presents keynotes and cooking

presentations for association conferences and worksites nationwide. In 1998, Zonya published her kitchen countertop coach cookbook, *Lickety-Split Meals*, which has sold over a quarter-million copies. In 2005, she started her national Public Television series, *Zonya's Health Bites*, which focuses on simple solutions for everyday health and fitness. In 2012, she launched her worksite wellness program, DIET FREE, which has resulted in significant health improvements for thousands of individuals across America, and was chosen by Public Television for a two-hour special.

**In 2018, in addition to publishing this book, Zonya and Krista launched their eight-part video-based cooking and nutrition education program, Eat REAL for Your Health, that equips worksites, families and individuals with the skills and inspiration to gain REAL health, eating REAL food. To learn more, visit [Zonya.com](http://Zonya.com) and [EatRealAmerica.com](http://EatRealAmerica.com).**



**Krista Sanderson** began her career with a Marketing degree from Missouri State University. After moving to Wichita, Krista found herself deep in

the trials of motherhood, with feeding her family healthfully the biggest challenge of all. In 2013, after experiencing a life-changing transformation made possible by a focus on REAL food, Krista started [EatRealAmerica.com](http://EatRealAmerica.com) to help others experience the same. Krista's passion and talent help a variety of organizations engage and motivate their employees to eat healthfully through entertaining, educational workshops and cooking demonstrations. Countless friends and audience members have been heard to say, "Leave it to Krista to figure out a way to make kale taste delicious!"

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