



My Cookbook

IN THE KITCHEN WITH KRIS



To: Helen

From: Kris

Merry Christmas to you!!! I hope you enjoy these recipes. I will always treasure the fond memories of our time together in the kitchen. Enjoy these recipes and thank you for your original recipe in creating a healthy family. You are an example to me in your commitment to put family first. Merry Christmas, 2017.



Here is a sample of a basic meal plan used for overall health. Everybody is different and foods needs to be rotated for a variety of reasons. In addition, since activities of daily living are different for everyone, meals might be altered based on schedule needs. It is good for the body to eat every 3 to 4 hours.

Sample Meal Plan

Meal one: (heading to gym at 4:45 am) one scoop of protein powder (20 gms), one scoop of green powder, and one scoop of red powder from Trader Joe's.



I mix everything including a handful of ice in a portable blender at home and will carry to the gym. In addition, I will bring a gallon of water filled with some lemon juice, amino acids, 2 tbsp. of Bragg's Apple Cider Vinegar, and mineral drops inside the water. This forces me to drink the gallon of water throughout the day.

I will get my water ready the night before since it involves adding in the above ingredients. If this is overwhelming and seems more like a chore than one gallon of spring water is enough. Remember to keep it simple. Since I will be sipping on this water throughout the day, I enjoy the taste and health benefits of lemon, apple cider, mineral drops, and amino acids inside my water. It's a personal preference based on your lifestyle.

Meal two: (8:30 am) 4 oz. protein, $\frac{1}{4}$ cup of grain, and one fat. The waffle recipe is a great alternative for an easy breakfast and carries well.



Recipe for Waffles

3 egg whites, one whole egg, $\frac{1}{4}$ cup of grain (oatmeal, oat bran, cream of rice, grits-choose one grain), and 5 oz. of your favorite fruit (blueberries, strawberries, banana-choose one fruit), Tbsp. of cinnamon, pinch of baking powder, and one packet of sweetener if you use sweetener. I don't use any kind of sweetener since I avoid sugar. You can mix the batter into a waffle iron, pie pan, or muffin pan at 375 for 15

mins. Make sure you use some kind of Pam spray for your pan. When your waffle is cooled off wrap with aluminum foil and place in your freezer. I like to wrap them as single servings since I will usually bake 5 to 7 at one time. This is called batch cooking.

Lately, I have been following more of a Paleo kind of meal plan and my breakfast will look like: 4 oz. ground turkey with $\frac{1}{4}$ c of tomato sauce, $\frac{1}{2}$ avocado on the turkey after turkey is cooked. 5 oz. of sweet potato mixed with cinnamon. Also, for another fat alternative, you can use 1 tbsp. coconut oil on the sweet potato instead of the avocado.

Meal Three: Noon 4 oz. protein, 1 fat, 2 cups of veggies cooked or uncooked, one grain (optional)

If I am eating grain, I will do fried rice.

Fried Rice Recipe

Preheat skillet with pam spray and Sautee $\frac{1}{2}$ cup of onions. When onions are cooked, add one whole egg. (The yellow yoke is your fat). Mix it all together. Next, add in $\frac{1}{2}$ cup of cooked brown rice and 1 and $\frac{1}{2}$ cups of your favorite raw veggies. I like to use mushrooms and graded/riced broccoli. Mix together and add in 4 oz. of your favorite protein. I will cut into tiny small cubes white chicken. The chicken needs to be cooked ahead of time. I will add 2 tbsp. of "Bragg Liquid Aminos" which is a natural soy sauce alternative. If you don't have wheat or alcohol allergies, soy sauce is a great all purpose seasoning. The fried rice carries very well and is easy to store.



Meal Four: 3:30 pm. I don't wait until dinner time, in order to avoid overeating at dinner, I will eat a snack. The key is to make this easy for on the go activity.

Options

- Ready made protein shake. If I am near in outlet, I will use my portable blender for a shake. If I need energy, I will put one scoop of green tea powder into the shake or some kind of green powder.
- One piece of fruit and a handful of nuts. I don't use nuts since nuts cause cravings for me and can be addictive.
- One portion of Greek yogurt

- Protein bar (Make sure you find one that is low in sugar and carbs-clean eating)
- Handful of carrots or celery with one serving of guacamole or hummus
- One hardboiled egg
- 2 slices of turkey with or without a piece of fruit
- When we were in China, I used 20 gms of Paleo beef/turkey jerky.
- Green drink or smoothie (watch out for high sugar content since this can raise your blood sugar)

Smoothie Recipe

* $\frac{1}{2}$ cup of frozen blueberries

* One cup of milk (almond, soy, coconut, or low-fat milk) I like to get Horizon's milk with Omega added to it.

*Tbsp. of cinnamon (this is optional)

Mix everything together in portable blender and use your blender as the actual cup when mixed. I like to purchase straws and will always use a straw for any kind of drink.

Meal 5: (Dinner time 6 pm) 4 oz. protein, 2 cups of veggies, optional fat and optional starch.

I like to do the following recipes for dinner. Please choose one.

Pizza

***2 cups of rice cauliflower OR 2 cups of shredded zucchini (I use the food processor in order to mix) but you can buy ready made at most grocery stores in produce section.



*** Add 5 egg whites and one whole egg mixed together in mixing bowl.

*** Pour this batter into a pam spray pan of your choice. I have a circular pan that I will use but any pan will work.

*Cook crust for 10 mins at 350

*After 10 mins or until crust is solid, add one cup of sugar free pizza sauce onto crust. In addition, you can add any other veggies of your choice on top of sauce.

*Cook for 10 to 15 mins.

Note: If you don't like the zucchini or riced cauliflower, you can replace $\frac{1}{2}$ cup cooked brown rice as the crust.

Vegetable Spaghetti

*2 cups of grated veggies of your choice. You can buy ready made veggies that are cut like noodles in your produce section.

Place veggies in a pan. You can add fat by adding one tbsp. coconut oil or just use your pam spray. Add one TSp of the following to veggies while cooking: fresh garlic, ginger, and turmeric. In addition, add a dash of cayenne pepper. Add in 4 oz. of cooked ground turkey or beef. I always use ground turkey. After you add your meat, add $\frac{1}{2}$ cup of sugar free tomato sauce and mix it all together. When food is plated, add $\frac{1}{2}$ cup of avocado on top of pasta. If you don't like avocado try cooking with one tbsp. of coconut oil or olive oil.



Meal 6: Optional Snacks before bedtime. This is optional.

Choose one

*6 cups of cooked popcorn. (no salt-I use an air popper)

*1 cup of Greek yogurt plain, no fat mixed with 6 oz. fruit



*5 egg whites with one whole egg

Recipe

*One cup of organic fat free milk mixed for 2 minutes in a food processor. Add both 5 oz. frozen fruit of your choice and one scoop of protein powder. You don't have to use the protein powder. I like the additional protein from the powder. Mix on high with food processor for 3

minutes. This whips up like a mousse and is delicious. Make sure you are not lactose intolerant.



Apple cobbler Recipe

Heat pan on medium and pam spray the pan until hot. Mince up a whole apple into little pieces. Cook apples on pan until golden brown. When golden brown add one TBS of cinnamon or pumpkin pie spice. Apples are hot and plated. Add one cup of nonfat Greek yogurt on top of hot apples. Eat while hot.



Slow Cooker/Croc Pot Recipe

Tacos

Place one package of ground turkey with one package of taco seasoning into a croc pot. In addition, add one sliced onion and one sliced green or red pepper (into the croc pot). I usually cook for 6 to 8 hours on slow cook if I am away from house.

*I will have side dishes to serve on table during dinner of the following: shredded lettuce, sliced avocados, salsa, sour cream, and black beans.

*Depending on preference use tacos, soft tortillas, or large lettuce leafs as shell. This is a great family dish to make for dinner. It also stores real well for lunch the following day.

Suggested Foods for on the go including overseas traveling

*Turkey, beef, bison jerky-single packs are great for portion control



*salmon, chicken, or tuna in cans. Make sure you get the kind the kind that do not need a can opener. Also, any other kind of protein that do not require refrigeration

*Mustard and Salsa or any kind of condiment- avoid any kind of condiments in glass since you don't want anything breaking in your luggage! I am not particularly fond of dry tuna and like to use the mustard or salsa as a way to moisten the tuna.

*Single packages of protein powder. You can also measure them ahead of time and put one scoop of powder (depending on serving size) into a small zip lock bag. They store very well in luggage.



*Single serving bags of any kinds of nuts. Almonds are a great choice.



*Single serving sizes of peanut butter. If any kinds of nuts or peanut butter are addictive-avoid.

*I don't eat nuts so for fats, I get single serving sizes of coconut oil from Trader Joes and will use the single servings as my fats.

*Rice cakes are a great carry on for travel as well. You can get unsalted brown rice cakes as well for more of a complex carb kind of starch.



*If you are carrying an ice pack you can get single packs of guacamole found in the produce section of stores

*If you like fruit although this is not the healthiest choice in terms of depleting all the nutrients compared to fresh fruit but you can get unsweetened applesauce or plastic containers of fruit. You want to avoid anything needing a can opener and stick to fruits that are easy to open.

*I find protein bars addictive and more like candy bars however, if protein bars work for your body and doesn't set up the phenomenon of craving for more than purchase a box of protein bars. My 16 year old son and husband used the protein bars between meals while we were in China. When Lily joined our family in China she was eating the protein bars as well!



*If you have some kind of ice pack pack the single serving size of mini carrots, celery, and any other veggies that are easy to open. I like to use the plastic bag of beets in the produce section but you have to be careful opening the bag since you don't want purple juice from the beets all over you. I will even use kid's scissors to open the bag in order to avoid making a mess. I love beets but you have to find veggies that you like and there

are so many to choose from but can be limited in single packs so you can always prepare ahead of time by portioning servings into single bags. I like to use green beans or sugar snap peas in zip lock bags. Again, this might not be the tastiest however, if you use the mini serving of guacamole for dipping it works! Also, bring some sea salt with you to help with the taste.

*For travel I like to make waffles and will freeze them ahead of time. You don't need any icepacks since you take them out the day you are traveling while frozen.

Salad

2 cups of raw veggies of your choice (I use spinach, broccoli slaw, and sprouts. 1 tbs flax seed, 1 tsp chia seeds, 1 tsp rice vinegar, 1 tsp of balsamic vinegar (no sugar) and $\frac{1}{2}$ avocado. You can add protein by using 4 oz of your favorite protein. I like to add chicken. Lastly, I like to

squirt a dash of lemon and lime juice on top of the salad.

