

# Nutrition Branched



# About

## Nutrition Branched

Nutrition Branched is an organization aiming to make healthy eating possible. It is no secret that healthy food is expensive and knowing how to actually eat healthily can be a challenge. Nutrition Branched aims to conquer those two hurdles by providing cost-effective recipes, grocery lists, tips approved by a nutritionist, and inspiration (to you and others) on how to eat and enjoy healthy food!

## Our Goals

In this booklet, we hope to provide

- Recipes that taste GOOD
- Grocery lists
- Tips for “healthy eating on a budget”
- Nutrition knowledge
- Meal plans

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## Important:

- When making the recipes in this booklet try to include **kids**! Many of these recipes are fun to make. Involving kids in the kitchen can educate future generations on how to eat "healthy on a budget", and can make the kitchen the happiest part of the house! :)
- The pricing estimate of each recipe is according to its ingredients, many of which are organic, 'local', etc. Remember that if possible we highly recommend using these quality ingredients, however, **you can achieve even cheaper prices** if you use conventional ingredients.



# A Guide to a Healthy Diet

## Quality not Quantity

A calorie count matters the extent that you shouldn't be consuming more than you burn off during the day, but the numbers can be distracting from what is more important; what you are eating. Instead of eating a low-calorie diet that may as well consist of diet soda (completely devoid of nutritional value), focus on eating real, nutritiously packed, filling food. Just because something has few calories does not mean it is healthy. What defines whether a certain food is healthy is its nutrients. When you get the nutrients you need from your food, you will finish your meal feeling full and satisfied, which in turn will result in you not feeling the need to consume more calories. Eat 'real' food that is minimally processed and closely similar to its original form. 'Real' food looks like it came from the earth or has minimal processing and few added ingredients (such as plain yogurt, extra virgin olive oil, etc.)

## The Essential Food Groups

The media gives mixed messages and is constantly advertising various new diets. In reality, these diets are often poorly researched. While certain diets may be beneficial to select individuals, it is important for all of us to get the nutrients we need from the following food groups.

### ***Carbohydrates ("Carbs"):***

Carbohydrates are the sugars, fibers, and starches found in pasta, bread, fruits, vegetables, and milk products. They can be divided into groups of Simple Carbohydrates and Complex Carbohydrates. Simple Carbs are broken down more quickly by your digestive system and give you more immediate energy. Simple Carbs are found naturally in fruits, veggies, and milk, but are also in refined sugar products and items like cake, cookies, and candy. These refined sugar simple carbs should be consumed only occasionally. They lack important vitamins, minerals, and fibers, and are therefore unhealthy. Complex carbs take longer to digest and are found in legumes, whole grains, brown rice, etc. Your main sources of carbohydrates should be complex carbs, fruit, and dairy products. Hone in on these complex carbs as they are super good for you. Complex 'Carbs' provide your body and brain with important fuel and energy, and are very important for daily bodily function.

### ***Fats / Lipids:***

Fats are an essential part of the human diet as they store energy, provide insulation, protect vital organs, aid immune function, and aid metabolism. Fats can be divided into different groups including unsaturated fats, saturated fats, and trans fats. Unsaturated Fats can reduce the risk of heart disease and provide important nutrients. These fats are found in fish, olive oil, avocados, and certain nuts including cashews,



almonds, and brazil nuts. Saturated Fats are not always negative, but can be if too many are consumed. Saturated Fats are found in fatty meats and dairy products, and often in processed snack foods including chips, cakes, and muffins. Trans Fats are highly processed fats that are found in packaged foods and margarine and are best not consumed.

### ***Proteins:***

Protein is needed in your diet to help your body repair and form cells, build muscle, maintain energy, and to ensure a proper balance of amino acids, vitamins and minerals. It is difficult to receive adequate, nutritious protein without eating animal products. It can be achieved, but it requires creativity, focus, and dedication to incorporating complement proteins. Proteins are found in foods including meat, milk, eggs, cheese, plain greek yogurt, beans, seeds, many legumes, and nut butters. Main sources of meat proteins include beef, pork, poultry, and fish (ideally all pasture raised or wild caught). Protein powders can be used, but please do research on which powder you choose. A powder should not be your only source of protein.

### ***Vitamins & Minerals:***

A diet rich in 'real' foods will allow you to fulfil your need for vitamins and minerals. Vitamins and minerals do not provide energy (like carbs, proteins and fats), but they provide essential functions and are found in the various food groups. For example, vitamin A supports eyesight, and immune function and is found in foods such as carrots and fish. Vitamin C helps with the absorption of the mineral iron, promotes healthy tissue, and immune protection. Iron is found in red meat, and greens such as kale and spinach, and is needed to create oxygen carrying proteins in blood. Vitamin C is found in oranges, broccoli, strawberries, etc. Calcium is an important mineral that is found in milk and other dairy products. Not only does it strengthen your bones and teeth, but also affects your muscles, nervous system, hormones, and ability to form blood clots. This list only includes some of the important vitamin and mineral benefits. Make sure you incorporate various 'real' foods in your diet to be feeling your best!

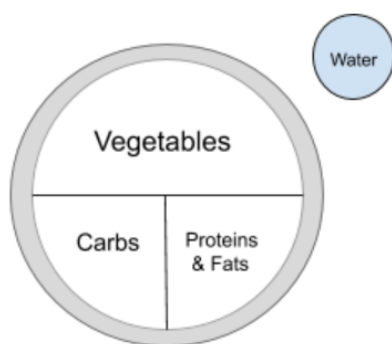
A complete chart of the purpose, source, and recommended daily value of vitamins and minerals is linked on **Page 42**.

### ***Water:***

Water is a critical part of the human diet. Staying well hydrated has lots of positive effects including improved physical performance, energy levels, brain function, and the offset of the negative effects from dehydration. You may have heard the universal recommendation to drink at least eight glasses of water a day, which is a goal you should aim to achieve. However, if you have any questions, or are on a fluid restriction, advise your doctor. Try not to wait until you are thirsty to drink water.

## Preparing your Plate

Aim to have at least half of your plate non-starchy vegetables (lettuce, tomato, broccoli, cucumber, etc.), one quarter of your plate proteins and fats, and the final quarter carbohydrates (fruit, whole grains, milk, etc.). This system will visually and rationally incorporate nutrients into your daily diet without strictly measuring proportions.



## Avoid Processed Foods

Excessive consumption of processed foods is a major contributor to health issues in America. They have little nutritional value, empty calories, and lots of refined sugar and salt. Cutting out processed foods is certainly difficult, but is made possible with the recipes and tips of this booklet.

## Sugar

You would be surprised by the incredible amount of sugar there is in the everyday food items of a typical American diet. Items such as barbeque sauce, peanut butter, ketchup, cereal, yogurt, packaged spaghetti sauce, granola, cereal bars, and bottled smoothies contain grams upon grams of sugar. Consuming these foods day by day accumulates and can become extremely unhealthy, increasing risk of cancers, diabetes, obesity, and heart disease. Avoiding processed foods is the best way to avoid consuming too much sugar. When you are eating 'real' foods and recipes, you know where your food is coming from and you can visually see the ingredients you are consuming.

## Hydration / Fluid / Beverage

One of the most important progressive steps to improving health is cutting out sugary drinks. This includes soda, processed juices, energy drinks, and sweetened iced teas. See if instead you enjoy herbal or unsweetened tea, mineral water, etc. Try to drink coffee without added sugar. Drink lots of water. These changes will make a huge difference in your diet for the better.

# Common Healthy Eating Misconceptions

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## Myth

## Truth

“AVOID ALL FAT”

While you should try to limit fat (especially trans fats and saturated fats found in ice cream, butter, and greasy meat), fats or lipids are essential for your nutrition. Unsaturated fats found in avocado, olive oil, salmon, and nuts can reduce blood pressure and improve cholesterol.

“LOW FAT” IS GOOD  
FOR YOU

As stated above, fat is a critical component of the human diet. Low-fat processed foods often have lots of extra sugar, salt, and preservatives to make them taste just as good.

IF SUGAR IS NOT  
ADDED ON THE LABEL  
IT IS NOT IN THE FOOD

Most processed foods contain sugar... and lots of it. Often added sugar will be concealed under other names such as “Barley Malt”, “Corn Syrup”, “Fructose”, and so on. Google “sugar names on food labels” to see just how many alternative names there are.

SALADS ARE ALWAYS  
HEALTHY

Salads are often a great choice when using the right ingredients. However, they can actually be unhealthy when covered with sugary dressings, and fatty toppings. Iceberg lettuce is known to have little nutritional value.

WHEAT BREAD =  
WHOLE WHEAT BREAD

Labels can be confusing or misleading. Look for 100% Whole Wheat to make sure you are getting all the nutritious parts of the grain.

BECAUSE IT IS HEALTHY  
IT WON'T TASTE GOOD

Think again. You can still make your favorite foods healthily. This booklet will share some delicious recipes that are healthy. Healthy eating can taste great!

IF I EXERCISE I CAN EAT  
WHATEVER

Just because you burn calories doesn't mean you should consume extra. What is more important is that you are eating a nutritious diet and replenishing your body with what it really needs.

## IF IT HAS ZERO CALORIES IT IS GOOD FOR ME

As established earlier, quality is better than quantity. In fact “zero calorie” processed foods have little nutrients, and instead, are often loaded with artificial sweeteners, which are linked to weight gain. Your brain is tricked into thinking that your body is going to receive calories when it tastes the sweetener, and when the calories don’t show up it can be problematic.

## MEAT IS BAD FOR YOU

Red meat is often blamed for cases of cardiovascular disease, diabetes, and obesity. There is no one cause. Meat provides important vitamins, essential nutrients, and protein. If you do choose, eat meat in moderation, and instead, stop eating heavily fried, greasy, or processed meats.

## DIET SODAS ARE BETTER FOR YOU THAN REGULAR SODAS

Diet sodas can actually be worse than regular sodas because they have artificial sweeteners instead of real sugar which causes your brain to want more sugar so it can have the real deal. Both are unhealthy, so if you can, it’s best to cut out soda altogether.

## SPORTS DRINKS ARE IMPORTANT AFTER A WORKOUT

While replenishing energy after a strenuous workout is important, it can also be done with water and food. Note that sports drinks such as Gatorade or Powerade often have lots of added sugar.

## STRICT, HIGHLY RESTRICTIVE DIETS ARE BEST

Ideally while most of your diet should be “garden-grown”, it is healthiest to incorporate all of the food groups into your diet, ensuring that you are not left deficient in calories, proteins, and fats.

# Money - Saving Tips

## ***Purchase Seasonally***

You can find what is in-season by doing a quick Google search on seasonal produce in your region. Shopping locally at a farmer's market will also filter out out-of-season produce.

## ***Buy in Bulk + Stock up on Staples***

Goods with a long shelf life, such as dried goods (fruit, flour, grains) are often much cheaper in bulk. Given that you are buying less packaged snack foods, use the extra room in your pantry for critical ingredients. Create an organized system and invest in storage for the ingredients.

## ***Bring a List When Grocery Shopping***

Not only will you save time, but bringing a list will make it difficult for you to impulse buy unhealthy snack foods or things that you won't use. If you plan ahead and figure out what you need before you go to the store, you can avoid mid-week trips and impulse buys. Don't get distracted by what the grocery store is trying to sell and stick to the list.

## ***Is Organic Always Necessary?***

Organic products avoid toxic chemicals found in most other products, often taste better, and are better for your health. However, not everything has to be organic. Do a Google search on the "Dirty Dozen" and "Clean Fifteen". Most often, produce with thicker skin is less vulnerable to pesticides. Pay instead for organic dairy, meat, and eggs, and for the "Dirty Dozen".

## ***Use your Freezer Effectively***

Keep your freezer well stocked, organized, and labeled. By knowing where things are, and having leftovers there to be heated up, you will be less likely to order takeout or to go out for food.

## ***Look for Salvage Grocery Stores***

Save money by choosing where to get your groceries. If you Google "Salvage Grocery Stores" and include your city, you can find stores that sell far cheaper groceries. Salvage Grocery Stores are stores that sell food with some sort of defect that make it unfit for large retail stores. You can still find quality produce, just without the price tag.

## ***Cook from Scratch***

Pre-prepared components of your meal, prepared at the grocery store, are often the most expensive products you buy. Instead of paying nine dollars for a container of pesto sauce, buy the ingredients to make it from scratch, and save significant money.

## ***Community Supported Agriculture (CSA)***

Sign up for subscriptions with a CSA (Community-Supported Agriculture) to receive weekly deliveries of produce that is fresher and cheaper than a farmer's market. Not to mention, it supports local farmers!

## ***Meat***

Meat is expensive but important because of its protein, which allows for muscle growth and long-lasting energy. However, vegetarian meals with beans or whole grains can save you money. Limit your meat dinners to a few times per week if you are on a budget. Buy cheap and nutritious meats such as sardines, ground beef, or chicken thighs when you do. Maybe try something fun like "Meatless Mondays"!

## ***Shop Around***

Know which stores have the best deals on certain items.

# Grocery Lists

The following lists provide groceries that can be used in many healthy recipes, including recipes of this booklet.

## Breakfast List

- 100% Whole Wheat Bread
- Peanut Butter (brands without added sugar)
- Fruit (in season for money saving)
  - Bananas, Blueberries, Apples, Raspberries, etc.
- Organic Rolled Oats
- Organic &/or Free- Range Eggs
- Plain Yogurt
- Chia Seeds
- Honey
- Organic Milk

## Snack List

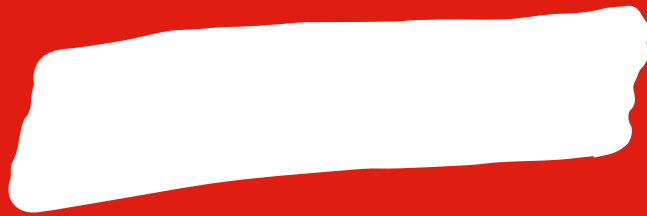
See **page 20** for an extended list & snack shopping tips!

- Fruits and Vegetables
- Hummus (from scratch recipe on page 24)
- Peanut Butter
- Ingredients for homemade granola bars (page 23)
- Un-flavored nuts (Almonds, Peanuts, Cashews)

## Lunch & Dinner List

- Organic Mixed Greens/Kale/Romaine (salad base)
- Extra Virgin Olive Oil
- Salt and Pepper
- Staple Grains: Brown Rice, Quinoa, Farro, Bulgur Wheat, etc.
- Protein: Beans, Chickpeas, Eggs, Ground Beef, Grilled Free Range Chicken, Salmon, Sardines, etc.
- Seasonal Vegetables
  - Tomatoes, Cabbage, Avocado, Zucchini, Cauliflower, Carrots, Kale, Yellow Onion, Brussel Sprouts, Peppers, etc. (depending on the time of year)

# Breakfast Recipes





# OVERNIGHT OATS

Approximately \$ 1.90 per jar

## Ingredients:

- Organic Rolled Oats
- Milk
- Fruit (Banana and Blueberries)
- Chia Seeds (Optional)
- Honey (Optional)
- Other Optional Ideas:
  - Cinnamon / Spices
  - Plain Yogurt (To make it extra creamy)
  - Nut Butters

## Instruction:

- Fill a jar or cup 2/3 full with rolled oats. Add some milk (just enough to make all of the oats rise).
- Add a spoonful of chia seeds (optional).
- Add a tiny drop of honey (optional).
- Add other toppings (fruit, cinnamon, etc.)
- Shake (or stir) the jar very well until everything is perfectly incorporated.
- Add more toppings to the top to make it pretty (fruit, seeds, spices, etc.)!
- Store the jar in the fridge overnight.
- Enjoy the next morning!

*A delicious, quick and easy recipe that prepares your kitchen with healthy, premade breakfasts.*

### **Time:**

5 minutes + overnight in the fridge

### **Tip:**

Make multiple jars at a time as they store very well in the fridge. If you make 3-5 jars you will have plenty of healthy grab-and-go breakfasts that are ready for you throughout the week.



# TOAST

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There are a variety of different and delicious “toasts” you can make without soaking bread in butter and overly sweetened jam.

## #1. Avocado Toast

**About \$0.80 per toast**

Toast your bread, and add ½ of avocado per slice. Either add the avocado in slices or spread it across. Add salt and pepper, and if you choose to, squeeze some lemon (or lime) on the top.

## #2. Peanut Butter Toast

**About \$0.20 per toast**

Simply toast your bread and spread organic, unsweetened peanut butter on top.

## #3. Egg on Toast

**About \$0.45 per toast**

Toast a slice of bread, and separately prepare an egg either fried or poached. Place the egg on top of the toasted bread and add salt and pepper.

## #4. Banana Toast or Peanut Butter Banana Toast

**About \$0.35 to \$0.45 per toast**

Spread a mashed banana on top of the toasted bread, or prepare a slice of peanut butter toast and add sliced banana on top.

**Time:**

1-5 minutes

**Ingredients:**

- **100% whole grain bread**
- **#1** One avocado, salt and pepper, and lemon juice (optional)
- **#2** Organic, unsweetened peanut butter
- **#3** One free range egg, salt & pepper
- **#4** Organic, unsweetened peanut butter and / or 1 banana





# BANANA PANCAKES

Approximately \$ 1.15 per serving

## Ingredients:

- 1 ripe banana (mashed)
- $\frac{3}{4}$  cup whole wheat flour
- 2 free range eggs
- $\frac{1}{4}$  teaspoon cinnamon
- A pinch of table salt
- Olive oil or avocado oil
- + Real Maple Syrup or Fruit

## Serving Size:

1-2 adults OR 3-4 young kids

## Side Note:

Try to cut back on the maple syrup you add to your pancake. Perhaps try your pancake with peanut butter or topped with fruit.

## Instruction:

- Mash the banana in a medium sized bowl.
- In a separate bowl, whisk the eggs thoroughly. Add the eggs to the banana and whisk.
- Add salt, cinnamon, and flour, then whisk.
- Preheat griddle or put large pan on stovetop on medium heat. Add a drop of oil (olive or avocado) to the griddle and allow it to fully spread across the surface.
- Use a tablespoon to pour the pancake batter onto the griddle surface. Flip the pancakes after a few minutes, then cook the remaining sides for a few minutes. Serve and enjoy with fruit and maple syrup!



# SOFT BOILED EGG & SMOOTHIE

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**The perfect breakfast that incorporates both protein, carbohydrates, and many vitamins and minerals!**

## Soft Boiled Egg:

**Around \$0.25 per egg**

- Set a large pot of salted water on the stove to heat until it boils.
- Place eggs carefully into the boiling water. Cover the pot and turn the heat to low. Set a timer for 5–6 minutes (yolk will be slightly thicker with more time).
- Gently remove the eggs, and put them under cold water. Carefully peel the shell and enjoy!

## Smoothie #1 (Coconut Kale) ✳

**Around \$1.35 per person**

- Use either a high speed blender or a food processor to create the smoothie. In a food processor, add all the ingredients in the following order. Begin by adding the greens, add the ice, then the yogurt, peanut butter, and honey, and finally the coconut water. In a smoothie blender, add all of the ingredients with the softer/wet ingredients on the bottom. Blend on high speed until smooth.

## Smoothie #2 (Can't BEET me Smoothie) ✳

**Around \$2.28 per person**

- In a blender, place the ingredients. Blend on high speed until smooth.
  - If the blender is not high speed, pre-prepare the beets by steaming or roasting them. To steam, cut an unpeeled beet into four quarters, and place it in the steamer basket of a pot. Add water to the pot until the bottom of the basket is reached. Cover and boil the water. Once boiling, reduce heat to low for around 20 minutes. Peel once cool, and store in the fridge. If roasting, place the beets individually in foil, and heat in the oven at 400°F for 45min to an hour. Cool and peel and store in the fridge for smoothies or other recipes (up to 5 days).

## Ingredients:

- **Free Range Egg(s)**
- **Smoothie #1**
  - 4 organic kale leaves (removed stems)
  - 2 cups pure coconut water
  - ½ cup whole milk plain yogurt
  - 2 tablespoons peanut butter
  - 1 to 2 tablespoons of raw honey
  - 1 cup ice
- **Smoothie #2**
  - ½ large organic beet cooked and peeled (if using a high speed blender beet can be raw)
  - 1 cup frozen blueberries
  - 1 banana
  - 1 cup organic unsweetened almond milk
  - 1 cup organic 100% coconut water
  - 1 large spoonful of peanut butter

## Alternative Smoothie

**Around \$1 - \$5 per person**

- Add your choice of fruits and/or vegetables (frozen or fresh), a liquid (water, coconut water, milk, etc.), ice, and possibly a protein such as plain yogurt or nut butter. Steer clear of artificially sweetened ingredients, and ensure all that is added is 'real' and wholesome.

# CAULIFLOWER KALE HASH

16

Approximately \$ 0.95 per serving

## Ingredients:

### ***Prepares 4 servings***

- 8 cage free eggs
- 2 cups chopped organic kale
- 2 cups diced cauliflower
- 2 tablespoons of fresh diced tomato
- Salt and pepper
- Olive oil

## Instruction:

### ***Prepare the hard boiled eggs.***

Fill a pot with three inches of water and bring to a boil. Add eggs to the pot, cover with a lid and leave heat on high for 7 minutes. Afterwards, remove the eggs and cool them in an 'ice bath'. If you want the eggs to be runny you can also cook them soft boiled.

### ***Prepare and season the kale & cauliflower***

- Dice the kale and cauliflower. Add both to a pan (non-stick) with a bit of olive oil, and turn your stove on medium heat. Add a ½ tablespoon of water. Season with salt and pepper. Repeatedly toss/stir the ingredients until soft. Stir in two tablespoons of diced tomato. Continue cooking the hash until the flavors are combined, and the veggies begin to slightly brown.

***Separate the hash into four servings, with two eggs in each container/on each plate. Store in the fridge for up to five days!***



# BREAKFAST BURRITO

Approximately \$ 2.50 per burrito

## Ingredients:

### ***Makes 4 burritos***

- Whole wheat tortillas (4)
- 6 free range eggs
- Salt and pepper
- 2 organic fresh tomatoes
- 1 cup cheddar cheese
- 1 avocado
- 1/3 cup cilantro
- Sour Cream
- \*If you prefer, swap out the vegetables for alternative vegetables such as onions, peppers, etc.



## Instruction:

Add eight eggs to a bowl and whisk them together until evenly mixed. Grate the cheese, and stir it in. Prepare a skillet with a tiny drop of olive oil, and heat on medium heat. Reduce the heat to low and add the egg mixture. Scramble the eggs until they are cooked through (around 3 minutes), adding salt and pepper.

Slice the avocado and chop up the tomatoes and cilantro. Warm up tortillas.

Add an equivalent portion of egg to each tortilla. Add avocado slices, tomato slices, cilantro, and a dollop of sour cream to each burrito. Season with extra salt and pepper. Wrap the burritos up and enjoy!



# GRANOLA & YOGURT ❁

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**Approximately \$ 1.70 per serving**

Plain yogurt topped with this homemade granola incorporates protein and complex carbs/grains into your diet. The granola can work as meal prep and allow for easy, quick and healthy breakfasts throughout the week! Not to mention its delicious!

## Ingredients:

### ***Makes 5 cups***

(\*Serving Size = 1 cup granola & 1 cup yogurt)

- 3 cups old-fashioned rolled oats
- ½ cup of chopped, unseasoned nuts (optional: almonds, pecans, walnuts, etc.)
- ½ cup unsweetened coconut flakes
- 1 teaspoon ground cinnamon
- ½ teaspoon ground cardamom (or substitute ground ginger)
- ½ teaspoon sea salt
- ⅓ cup raw honey
- ⅓ cup extra-virgin-olive oil
- 1 teaspoon vanilla
- Organic plain yogurt

\*Optionally add freeze dried berries once the granola cools

## Instruction:

- Preheat oven to 275°F & line a baking sheet with parchment paper.
- In a large bowl combine nuts, oats, coconut, cinnamon, cardamom and salt. Next, add the honey, oil, and vanilla. Stir until thoroughly combined.
- Spread the mixture across the baking sheet.
- Bake for 40 minutes, stopping to stir at 20 minutes, until lightly brown.
- Let sit and cool.
- Break into clusters and serve on plain yogurt!
  - The granola can also be consumed with skim milk or all by itself as a snack!

# Snack Shopping & Recipes





# A Guide to Snack Shopping

It is easy to get tempted by sweet and salty snacks when moving through grocery aisles. “Don’t shop on an empty stomach,” is advice that you probably have heard. There is truth to this, because you may end up over-spending or spending money on food that could be spent on the nutritious recipes of this booklet. Typically advertised “snack foods” that would not be designated a meal are often processed and unhealthy. They often contain little nutrition and too much salt and sugar. It is difficult to see exactly what you are consuming, and since the snacks have little nutritional value, it is easy to consume more than intended. Especially when these snacks have extra sugar, salt and fat to make them addicting. With all that said, here are a few tips on how to snack shop smart.

1. Plan ahead. With advanced weekly meal prep and planning, it is far easier to save money and avoid extra trips to the grocery store when your pantry is already stocked.
2. Don’t shop on an empty stomach and you can limit impulse buys.
3. Come with a designated list aligned to the ingredients of easy snack recipes.
4. If you don’t have time to meal prep or cook up snacks, stick to healthy grab-and-go snacks such as fresh fruit, vegetables, and nuts.
5. Shop the perimeter of the store, avoiding the “junk food” aisles.
6. Avoid foods with many ingredients (ideally less than 5), artificial ingredients, or unpronounceable ingredients.

## Snack Guideline Grocery List

- Fruits such as oranges, apples, grapes, bananas, apricots, etc.
- Nuts such as almonds, cashews, peanuts, pumpkin seeds, etc. (Lightly salted with few added ingredients.)
- Block of cheddar or Swiss cheese
- Beans or chickpeas
- Organic plain yogurt
- Spices (stock your spice cabinet to season many snacks and meals)
  - Salt & Pepper, Chili Powder, Garlic Powder, Paprika, etc.
- Veggies: carrots, bell peppers, snap peas, cucumber, etc.
- Peanut butter

# Snack Ideas

- ***Homemade Trail Mix:***
  - Create an assortment of nuts and dried fruit, then add a simple seasoning (such as salt, pepper, and chili powder).
- ***Apple & Peanut Butter:***
  - Slice up an apple and dip the slices in unsweetened peanut butter. This snack is a perfect combination of sweet and savory and combines both carbs and protein. If you don't love apples, try carrots, celery, or jicama with peanut butter.
- ***Cheese:***
  - Slice up a block of cheese, or seek out a reliable brand of organic string cheese. This is both a quick, easy, and tasty snack. Cheese is also tasty with fruits and veggies.
- ***Hard Boiled Eggs:***
  - Hard boil some eggs at the beginning of the week and store them in your fridge. When you are ready, enjoy one or two with salt and pepper.
- ***Veggies and Hummus:***
  - Slice up some veggies to dip into a delicious hummus (recipe included in this packet).
- ***Yogurt and Fruit:***
  - Top some plain yogurt with sliced fruit and/or berries.
- ***Fruit:***
  - Simple, easy, and sweet tasting. Grab an apple, orange, banana, or any other fruit of choice.
- ***The following recipes:***



# CRISPY CHICKPEAS ✿

22

Approximately \$ 0.80 per serving

## Instruction:

- Preheat oven to 400° F. Line a baking sheet with parchment paper. Rinse and thoroughly dry the chickpeas with a clean kitchen towel.
- Add the chickpeas to the baking sheet. Toss with olive oil, paprika, garlic powder, and salt. Spread the seasoned chickpeas evenly across the baking sheet.
- Bake in the oven for 20 minutes. Stir the mixture. Return to the oven for 10 more minutes. Bake longer if you want the chickpeas extra crispy.
- Cool prior to serving.

## Ingredients:

**\*Makes 1 cup (½ cup serving size)**

- 15 ounces / 1 can of organic chickpeas (garbanzo beans), rinsed and drained
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon smoked paprika
- ½ teaspoon fine sea salt



# HOMEMADE GRANOLA BARS

Approximately \$ 0.75 per bar

## Instruction:

- Process the dates in a food processor for around 1 minute (forming a “dough” like consistency). If you don’t have a food processor, utilize a high speed blender (until small bits remain and the consistency previously described is found).
- Chop the almonds. Place the oats, almonds, and dates in a large mixing bowl.
- Heat the honey and peanut butter in a small saucepan on low heat. Stir until the mixture is fully combined.
- Pour the liquid over the oat mixture. Mix the ingredients, breaking up the dates and dispersing them throughout.
- After all is thoroughly mixed, transfer the mixture onto an 8x8 baking dish or small pan either lined with plastic wrap or parchment paper.
- Press firmly until the mixture is evenly flattened. Cover with parchment paper or plastic wrap, and let firm in the fridge or freezer for 15-20 minutes. Remove the bars from the pan, and cut into 9 squares or 10 bars. Store in an airtight container or your freezer.

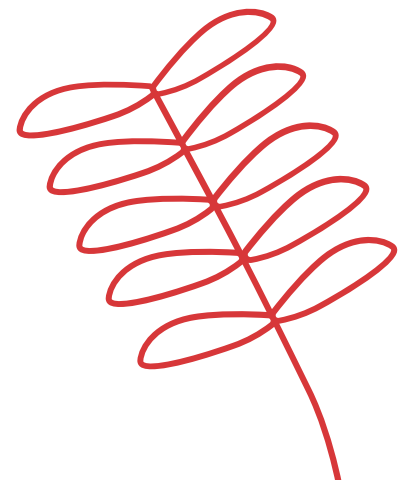
## Ingredients:

### **Serving Size = 10 bars**

- 1 cup pitted dates (deglet noor or medjool)
- ¼ cup raw honey (or substitute real maple syrup)
- ¼ cup creamy unsweetened peanut butter (or almond butter)
- 1 cup roasted and unsalted almonds
- ½ cup rolled oats

\*Optionally add dried fruit, nuts, chocolate chips, vanilla, etc.

***This easy, five ingredient recipe avoids the added sugars found in most processed bars, and will also save you money!***





# VEGGIE & HUMMUS DIP

Approximately \$3.45 for 2-4 servings

## Instruction:

- Slice your veggies (carrots, cucumber, broccoli, celery, etc.) or set out snap peas or cherry tomatoes.
- Blend the can of chickpeas (including the can's liquid) in a food processor until smooth. If you don't have a food processor, you can mash the chickpeas with a fork, but it will be more time consuming.
- Once the consistency of the chickpeas is smooth, sprinkle in chilli powder and lemon juice. Add salt and pepper to taste. Stir in completely.
- Dip the veggies into the hummus and enjoy!

## Ingredients:

### **Serves 3 - 4**

- 1 can or 15 ounces of chickpeas/garbanzo beans
- Salt & pepper
- 3 teaspoons lemon juice
- 2 teaspoons chilli powder
- Veggies:
  - Sliced carrots, cucumber, broccoli, celery, snap peas, or cherry tomatoes.



***A happy, healthy, and colorful snack that is packed with vitamins and protein.***

# ZUCCHINI CHIPS

25

**Approximately \$0.44 per serving (\$2.17 for 100 chips)**

## Instruction:

- Preheat your oven to 225° F. Line two large baking sheets with parchment paper.
- Slice the zucchini very thinly into small circles. Use a mandolin if you own one.
- After the zucchini is sliced, lay the slices out on a paper towel and pat them dry.
- Line the zucchini slices on the prepared baking sheets. Ensure they are lined tightly in straight lines and not overlapping one another.
- Pour the olive oil into a small bowl, dipping in a pastry brush and brushing the oil evenly onto each slice. If you don't have a pastry brush, try using paper towels or your fingers to evenly spread out the oil.
- Sprinkle salt across the baking sheets. Be careful not to over season (as the slices will shrink, over seasoning can quickly make the slices too salty). If you want, you can always add more salt later.
- Bake for two hours, or just until the chips become slightly browned and crispy. Periodically check the chips' progress over baking time.
- Cool and enjoy!

## Ingredients:

***\*Makes around 100 chips (serving size of 20 chips)***

- 2 large organic zucchinis
- 4 tablespoons extra virgin olive oil
- Salt

***If you are craving potato chips this is the perfect savory and irresistible alternative.***



# Lunch & Dinner Recipes



# SARDINE & SPINACH PASTA ❀

27

Approximately \$2.80 per person

## Instruction:

- Begin by preparing the pesto sauce.
  - In a food processor or high speed blender, combine the greens (basil or arugula), Parmesan, garlic, and nuts. Pulse/blend until all is finely ground or mixed. Add the oil, lemon juice, and salt. Completely process until smooth, scraping the sides as needed.
  - Once all is fully blended transfer to a wide mouth jar for storage in the fridge.
- Cook the pasta in generously salted boiling water (according to directions on the pasta's package).
- Before you drain the water, save around ¼ cup of it for later. Strain the pasta.
- Bring the pot back to the stove on low heat. Add olive oil and spinach. Cook until the leaves seem soft and wilted.
- Add 1 cup of pesto, sardines, and the saved pasta cooking water.
- Once the pesto covers the pasta and all ingredients are combined, season to taste with salt and pepper!

***This nutritious and tasty pasta is sure to surpass your expectations and is full of super healthy omega fats.***

## Ingredients:

### \* **Serves 3**

- ½ box or 8 ounces whole wheat spaghetti/penne pasta
- 1 tablespoon extra-virgin olive oil
- 4 cups baby spinach leaves (ideally organic)
- 1 tin or 4.4 ounces sardines in olive oil, drained
- Salt and Pepper
- 1 cup pesto ( recipe below)\*Note that you can purchase pre-made pesto, but it may be less cost effective

## Pesto Ingredients:

**\*Makes 2 cups** while the pasta recipe only requires one

- 2 cups tightly packed basil leaves (or arugula)
- 6-ounce wedge Parmesan, rind removed, quartered
- ½ cup roasted nuts of choice
- 1 clove garlic
- ½ cup extra virgin olive oil
- ¼ cup lemon juice
- ½ teaspoon fine sea salt



# SIMPLE GREEN SALAD

Approximately \$0.90 per serving

## Instruction:

- Add balsamic vinegar, olive oil, and stone ground mustard to a small mason jar with a lid. Seal the lid securely and shake the jar until all is combined. This jar will serve as your salad dressing.
- Add lettuce to a large bowl. Chop up cherry tomatoes and add them to the mix. Add some dressing and toss the salad. Store the rest of the dressing in the fridge for the future. Enjoy!

***A simple and delicious salad to get you your greens. This is the perfect recipe for a simple side salad!***

## Ingredients:

***\* Serves approximately 8 people as a side salad***

- 16 oz Organic "Spring Mix", "Mixed Greens", or Arugula
- Two cups cherry tomatoes
- ¼ cup balsamic vinegar
- ¼ cup olive oil
- 1 tablespoon dijon mustard
- Salt and Pepper



**Estimation price of \$1.90 to \$8.00 per serving (cheaper ingredients = ★)**

*A power bowl is the perfect recipe to fill up on whole grains, colorful veggies, protein, and tasty sauces. There is a lot of flexibility in making these bowls as they can be easy or laborious to make. Try out infinite combos, and discover your own favorite. Get creative and enjoy!*

## Step 1 "Pick a Base" :

- Salad Greens
- Quinoa:
  - Cook in a medium sized saucepan on high heat. Bring to a boil 1 ½ cups of water (for 1 cup of quinoa). Bring the heat to low, allowing all to simmer, and wait for the water to be absorbed. Transfer to a large bowl and fluff with a fork.
- Brown Rice ★
- Other Whole Grains: Farro, Barley, Kamut, Freekah

## Step 2 "Bring in the Veggies" :

Give your bowl a rainbow of colors, including a variety of minerals, vitamins, fiber, etc.

- Sliced Avocado
- Sauteed Greens (such as kale steamed and seasoned)
- Sweet Potato
- Roasted Vegetables (recipe included in this booklet)
- Purple Cabbage
- Sliced or grated carrot ★
- Sauteed Mushrooms
- Cilantro Garlic
- Edamame
- Onion ★
- Asparagus
- Brussel Sprouts
- Leftover veggies ★

## Step 3 "Add some Protein" :

- Beans, Chickpeas, Lentils ★
- Egg (fried egg or hard boiled)
- Grilled Chicken ★
- Meatballs
- Fish
- Roasted Nuts ★

## Step 4 "Add a Sauce" :

- **Guacamole** (Mashed avocado, a drop of lemon juice, and salt and pepper to taste.) ★
- **Tahini Sauce** (In a food processor blend proportions of whole milk plain yogurt, basil leaves, parsley, ground sesame, lemon juice, a garlic clove, and sea salt.)
- **Coconut Curry Sauce** (Combine proportions of olive oil, cooked yellow onion, sea salt, garlic, curry powder, ground turmeric, cayenne, and coconut milk in a blender.)
- **Pesto Yogurt Sauce** (Mix the pesto recipe included in this booklet with an equal proportion of whole milk yogurt.)

# SUPERFOOD SOUP \*

Approximately **\$1.05** per serving

## Instruction:

- Over medium-high heat, heat the oil in a large pot. Add the carrots, onion, celery, and salt. Cook while stirring occasionally, until all is softened but not yet browned (around 5 minutes). Add the curry powder. Stir continuously while cooking for 30 seconds. Be careful to not let the spice brown.
- Add 5 cups water, a chopped sweet potato, coconut milk, diced tomatoes, and chickpeas to the pot. Once boiling, reduce the heat, and simmer ingredients while covered. Stir occasionally, until the sweet potatoes are soft, for around 20 minutes (make sure you do not overcook).
- Finally, stir in the kale and simmer until the leaves appear soft and wilted. Turn off the heat then add the lime juice. Add salt and pepper as needed.

## Ingredients:

### \* **Serves 8**

- 2 tablespoons extra virgin olive oil
- 2 carrots, peeled & diced
- 2 celery stalks, diced
- 1 yellow onion, diced
- 2 teaspoons fine sea salt
- 2 tablespoons curry powder
- 1 sweet potato (yam) unpeeled, cut, ½ - inch dice
- 1 can unsweetened coconut milk (13.5 ounces)
- 1 can diced tomatoes (14.5 ounces)
- 1 can chickpeas/garbanzo beans (15 ounces)
- 3 cups chopped organic kale (stems removed)
- Lime Juice (1 lime)

***An energy replenishing  
superpower soup that is truly  
delicious.***



# CHICKEN SALAD

Approximately **\$2.20** per serving

## Instruction:

- Squeeze  $\frac{1}{3}$  cup of orange juice, and 2 tablespoons of lemon. Blend or whisk the orange juice, lemon juice, cilantro, 2 teaspoons of olive oil, cinnamon, and cayenne. Add salt and pepper to taste. This will serve as the salad dressing.
- Heat two teaspoons of olive oil in a large pan. Cook 2 chicken breasts in the pan while seasoning with salt and pepper. Flip when a side is slightly browned. Cut the chicken into small blocks and add to a large salad bowl along with the rice, carrots, greens, and olives. Toss the salad while adding the dressing. Enjoy!

***A flavorful main dish salad that incorporates many food groups.***

## Ingredients:

### **\* Serves 5**

- 5 cups organic mixed greens
- 2 cups cooked rice
- 4 cups organic cooked chicken (two chicken breasts)
- 2 cups shredded carrots
- $\frac{1}{4}$  cup chopped Kalamata olives
- $\frac{1}{3}$  cup of squeezed orange juice (2 oranges)
- 2 tablespoons lemon juice (1 lemon)
- 2 tablespoons chopped fresh cilantro
- 4 teaspoons extra-virgin olive oil
- $\frac{1}{2}$  teaspoon ground cinnamon
- $\frac{1}{8}$  teaspoon cayenne pepper
- Salt and Pepper





# BEAN, KALE, & EGG STEW

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Approximately \$2.15 per serving

## Instruction:

- Heat 1 tablespoon of oil in a medium-sized saucepan on medium-high heat. Add the chopped onions to cook and stir for about 4 minutes (until they become soft). Add the beans, the reserved bean liquid, chicken broth, and salt and pepper. Bring to a simmer and then add the kale. Stir until the kale is soft. Cook for about 15 more minutes at a simmer (until the stew slightly thickens). Remove the heat and cover, keeping warm.
- Fry the eggs after heating the remaining olive oil in a nonstick skillet. Season the eggs with salt and pepper.
- Toast four slices of bread and allow cheese to melt on top. Slice the bread into small quarters. Serve the stew with an egg, some cheesy bread, and hot sauce if wanted.

## Ingredients:

### \* Serves 4

- 2 tablespoons olive oil
- ½ small red onion, chopped
- Two 15-ounce cans kidney or black beans, one can drained and rinsed, one can liquid reserved
- 1 ½ cups organic chicken broth
- 1 bunch organic kale, stemmed and torn into 2-inch pieces (about 10 cups)
- 4 large eggs
- 4 slices whole-grain bread
- 2 ounces sharp Cheddar, grated (about 1/3 cup)
- Salt and Pepper
- Hot Sauce / Sriracha Sauce (optional)

***A protein packed hearty dish.***



# ROASTED VEGETABLES \*

33

**Estimation of \$0.60 - \$1.50 per serving  
(depending on vegetable)**

***A well-loved healthy dish. Roasted vegetables work perfectly in bowls, as sides, or paired with a protein for a complete dinner.***

## **Instruction:**

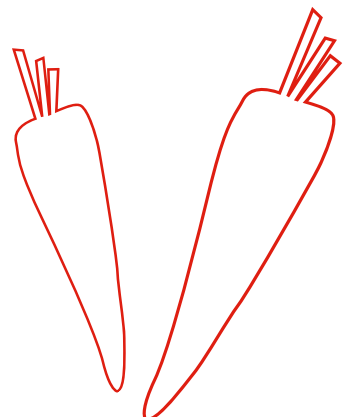
- Preheat the oven to 425°F.
- Line a baking sheet with parchment paper.
- Dry the veggies with a paper towel (pat dry), and place them on the baking sheet.
- Toss them with oil, salt and pepper, and spread them out evenly.
- Place the baking sheet in the center of the oven to roast.
- Toss the veggies after 15 minutes of roasting.
- Roast until soft in the center and beginning to brown (30 to 35 minutes).
- Serve warm out of the oven as a side dish or add it to a bowl.

## **Ingredients:**

**\* Serves 4**

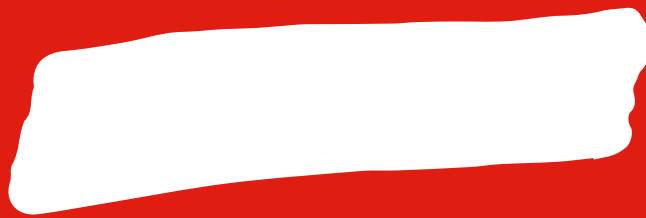
- 2 pounds veggies, chopped into 1 inch pieces, and peeled as needed
  - Bell Peppers, Asparagus, Carrots, Cauliflower, Broccoli, Sweet Potatoes, Butternut Squash, Brussel Sprouts, Beets, Parsnips, Rutabaga, etc.
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon fine sea salt
- ¼ teaspoon freshly ground pepper

**\*Note:** The denser the veggie, the longer it will take to cook. Root vegetables like beets, rutabaga, sweet potato, or parsnips should be cut into smaller pieces.



# Dessert Recipes

Desserts are delicious, and eating healthy should not mean avoiding dessert completely. We do recommend limiting simple sugar desserts such as cakes, cookies, sugary ice creams, brownies, pies, etc. Reducing consumption of these foods can lead to positive changes in your health. We've listed a few tasty desserts that are simple to make! Maybe limit eating dessert to a few times per week, and enjoy these delicious recipes when you do!



# BLACK BEAN BROWNIES

Approximately \$0.40 - \$1 per brownie

***Don't be fooled by the name. These brownies are delicious. Not to mention they're a source of protein!***

## Instruction:

- Drain a can of beans. In a large bowl, add the beans and water or milk (to the level of beans). Add the brownie mix to the bowl and mix thoroughly. Depending on the brownie mix you use, you may need to add more liquid. The batter should be stiff.
- Scoop the batter into a greased baking pan (ideally 9x9). Bake the brownies according to the instructions of the brownie mix. However, check continuously as it may bake faster.
- Allow the brownies to cool. If you choose, add your favorite frosting.

## Ingredients:

### **\* Serving Size Relative to Brownie Mix**

- 1 box of brownie mix (Trader Joe's gluten free recommended)
- 1 can black beans
- 1-2 cups milk or water
- Butter (to grease the baking pan)



# HOMEMADE FROZEN YOGURT

Approximately \$2.50 per serving

*A tasty, creamy, sweet treat!*

## Instruction:

- Whisk together yogurt, honey, lemon juice, and maple syrup. If you have an ice cream maker, freeze the mixture according to the manufacturer's instructions. If not, freeze in a large bowl in your freezer.
- Scoop out bowls of frozen yogurt and top with fresh fruit!

## Ingredients:

*\* Yields 1 quart*

- 2 cups plain whole-milk yogurt
- 2 cups plain greek yogurt
- 2 teaspoons lemon juice
- 3 tablespoons real maple syrup
- ¼ cup honey
- Fruit (for topping)

# FROZEN BANANA TREATS

Approximately \$0.15 per serving

*The perfect bite-sized dessert for a sweet tooth after dinner.*

## Instruction:

- Slice the bananas into individual slices/circles. Lay the slices out on a plate covered in parchment paper. Coat the top of each slice with a drop of peanut butter. Drizzle a few chocolate chips on top of the peanut butter.
- Store the banana slices on the plate in the freezer overnight. Enjoy!

## Ingredients:

### **\*Serves 5**

- 2 bananas
- Peanut butter
- Mini semi-sweet chocolate chips



# FROZEN YOGURT BARS

Approximately \$0.30 per serving

## Instruction:

- Lay a sheet of parchment paper over your tray
- Evenly spread yogurt over the sheet of parchment paper
- Add your choice of fruit & drizzle a tiny bit of honey on top
- Store in your freezer overnight
- Cut the tray into twelve squares and enjoy!
- You can continue to store the frozen bars in a storage bag in your freezer

## You'll need:

### ***\*Makes 12 servings***

- 1.5 cups whole milk yogurt / plain greek yogurt
- A handful of your choice of berries (blueberries, sliced strawberries, raspberries, etc.)
- A tiny bit of honey
- A tray
- 1 sheet of parchment paper



# Meal Planners

## Sample Meal Plan

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b><u>Breakfast:</u></b> Banana Pancakes <a href="#">Page 14</a>	<b><u>Breakfast:</u></b> Peanut Butter Toast & an Apple <a href="#">Page 13</a>	<b><u>Breakfast:</u></b> Overnight Oats <a href="#">Page 12</a>	<b><u>Breakfast:</u></b> Smoothie and Soft Boiled Egg <a href="#">Page 15</a>	<b><u>Breakfast:</u></b> Overnight Oats <a href="#">Page 12</a>	<b><u>Breakfast:</u></b> Cauliflower & Kale Hash <a href="#">Page 16</a>	<b><u>Breakfast:</u></b> Breakfast Burrito <a href="#">Page 17</a>
<b><u>Lunch:</u></b> Chicken Salad <a href="#">Page 31</a>	<b><u>Lunch:</u></b> Simple Green Salad & Roasted Vegetables <a href="#">Pages 28 &amp; 33</a>	<b><u>Lunch:</u></b> Veggies & Hummus & Peanut Butter Jelly Sandwich (on whole wheat bread) <a href="#">Page 24</a>	<b><u>Lunch:</u></b> Roasted Vegetables <a href="#">Page 33</a> & Other Meal Leftovers	<b><u>Lunch:</u></b> Sardine Spinach Pasta <a href="#">Page 27</a>	<b><u>Lunch:</u></b> Sandwich on Whole Wheat Bread & Simple Salad <a href="#">Page 28</a>	<b><u>Lunch:</u></b> Avocado Toast <a href="#">Page 13</a> & Veggies & Hummus <a href="#">Page 24</a>
<b><u>Snack:</u></b> Fresh Fruit	<b><u>Snack:</u></b> Homemade Granola Bar <a href="#">Page 23</a>	<b><u>Snack:</u></b> Zucchini Chips <a href="#">Page 25</a>	<b><u>Snack:</u></b> Crispy Chickpeas <a href="#">Page 22</a>	<b><u>Snack:</u></b> Plain Yogurt and Fruit	<b><u>Snack:</u></b> Cheese & Fruit	<b><u>Snack:</u></b> Apple Slices & Peanut Butter
<b><u>Dinner:</u></b> Sardine Spinach Pasta <a href="#">Page 27</a>	<b><u>Dinner:</u></b> Bean, Kale, and Egg Stew <a href="#">Page 32</a>	<b><u>Dinner:</u></b> Superfood Soup <a href="#">Page 30</a>	<b><u>Dinner:</u></b> Power Bowl <a href="#">Page 29</a>	<b><u>Dinner:</u></b> Chicken Salad (chicken optional) <a href="#">Page 31</a>	<b><u>Dinner:</u></b> Roasted Vegetables <a href="#">Page 33</a> & Whole Grain Noodles (served with olive oil & Parmesan)	<b><u>Dinner:</u></b> Power Bowl <a href="#">Page 29</a>
<b><u>Dessert:</u></b> Homemade Frozen Yogurt <a href="#">Page 36</a>				<b><u>Dessert:</u></b> Frozen Banana Treats <a href="#">Page 37</a>	<b><u>Dessert:</u></b> Black Bean Brownies <a href="#">Page 35</a>	

Over the weekend, if possible, we highly suggest pre-preparing foods such as overnight oats, granola, cauliflower & kale hash, zucchini chips, etc. By doing this you will make eating healthy much more convenient throughout the week!

Make it your own! Get creative!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



# Citations & Acknowledgements

- Much of this booklet incorporated recipes from **Shalane Flanagan and Elyse Kopecky's "Run Fast. Cook Fast. Eat Slow."** cookbook. The recipes in this booklet written by them are marked with a "✿"
- The book **"Real Food for Pregnancy"** provided reliable knowledge on nutrition and what it means to have a balanced diet. This publication was written by the author and registered nutritionist **Lily Nichols RDN**.
- Many thanks to nutritionist **Toni M. Toledo, MPH, RDN** who both edited and approved the information of this booklet.
- Certain individual recipes were found on the following websites:
  - <https://www.foodnetwork.com/recipes/food-network-kitchen/bean-kale-and-egg-stew-3362360>
  - <http://www.eatingwell.com/recipe/248335/moroccan-chicken-salad>
  - <https://www.theseasonedmom.com/healthy-banana-pancakes/#wprm-recipe-container-37353>
  - <https://minimalistbaker.com/healthy-5-ingredient-granola-bars/>
  - <https://madaboutfood.co/new-blog/breakfast-meal-prep-on-a-budget>
  - <https://www.tablefortwoblog.com/zucchini-chips/>

# Other Resources

- ***Check out these links / websites for more in-depth knowledge on what was discussed in this booklet:***
  - Health guidelines: <https://health.gov/dietaryguidelines/>
  - EWG's Clean 15: <https://www.ewg.org/foodnews/clean-fifteen.php>
  - EWG's Dirty Dozen: <https://www.ewg.org/foodnews/dirty-dozen.php>
  - Information on Vitamins and Minerals:  
[https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/factsheets/Vitamin\\_and\\_Mineral\\_Chart.pdf](https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/factsheets/Vitamin_and_Mineral_Chart.pdf)
- ***Recommended Recipe Books & Resources:***
  - "Run Fast. Eat Slow." By Shalane Flanagan and Elyse Kopecky
  - "Run Fast. Cook Fast. Eat Slow." By Shalane Flanagan and Elyse Kopecky
  - "Half The Sugar, All The Love." By Anisha Patel and Jennifer Tyler Lee
  - The PATH Podcast: [thepathpod.com](http://thepathpod.com)
- ***Leading Nutrition Educators:***
  - Ellie Krieger Recipes: <https://www.elliekrieger.com/>
  - Andrew Weil: <https://www.drweil.com/>