

KEENA'S TOP 10 LISTS

FAVORITE BREAKFASTS:

ALL OF THESE ARE EATEN WITH A BIG GLASS OF WATER PLUS MY VITAMINS
NOTICE THAT EVERY MEAL HAS A LEAN PROTEIN WITH THE COMPLEX CARBS

1. ½ CUP COTTAGE CHEESE W/ FRUIT MIXED IN AND A BOWL OF FIBER CEREAL. (I LIKE FIBER ONE OR FIBER ALL)
2. WHOLE WHEAT BAGEL W/ YOGURT BUTTER SPREAD (BRUMMEL & BROWN), ALMONDS AND A PIECE OF FRUIT
3. PROTEIN SHAKE WITH FRUIT BLENDED IN (BLUEBERRIES, BANANAS OR MIXED FRUIT), AND A PIECE OF TOAST (WHOLE WHEAT).
4. EGG IN A HOLE (WHOLE WHEAT BREAD WITH A HOLE CUT IN AND AN EGG COOKED INSIDE). EATEN WITH AN APPLE, PEAR, PEACH, ETC.
5. OATMEAL WITH PEACHES OR RAISINS THROWN IN (TRY TO FOREGO THE SUGAR). LEAN HAM OR PROTEIN SHAKE
6. EGG WHITE OMELETTE WITH WHOLE WHEAT TORTILLA. IF WANTED ROLL INTO A BURRITO AND TOP WITH SALSA
7. PROTEIN BAR, LIKE A ZONE BAR OR A PROTEIN BAR I LIKE FROM COSTCO CALLED PREMIER PROTEIN. (I EAT A LOT OF THESE BECAUSE OF THEIR CONVENIENCE
8. WHOLE WHEAT PANCAKES. TOP WITH APPLESAUCE. I HAVE A GREAT RECIPE THAT YOU CAN FIND AT THE END OF THIS LITTLE LIST.
9. POPEYE PANCAKES (YOU COOK THEM IN THE OVEN AND THEY GET REALLY FLUFFY....I KNOW THERE IS AN OFFICIAL NAME). I TOP THESE WITH JAM...LOOK AT BOTTOM FOR RECIPE.
10. PEANUT BUTTER WAFFLES. HIGH PROTEIN WITH P-BUTTER AND EGG WHITES. MADE WITH WHOLE WHEAT....GOOD STUFF! RECIPE AT BOTTOM.
11. WHOLE WHEAT CREPES. FILL WITH FRUIT AND COVER WITH APPLESAUCE OR FRUIT TOPPING. (MY KIDS STILL DO THE SYRUP THING...OH WELL.)

FAVORITE DINNERS

*EATEN WITH A LARGE GLASS OF WATER AND MORE VITAMINS

1. FISH (TILAPIA IS MY FAVORITE CAUSE IT IS CHEAP AT WALMART, IN THE FROZEN SECTION, AND VERY GOOD). EAT WITH A BIG GREEN SALAD (ROMAINE, RED LEAF, GREEN LEAF...NO ICEBURG). I THROW IN COTTAGE CHEESE, MANDARIN ORANGES, A FEW CHINESE NOODLES AND MY FAVORITE SALAD DRESSING...GREAT DINNER OR LUNCH. RECIPE FOR SALAD DRESSING AT BOTTOM.
2. CHICKEN NOODLE SOUP. RECIPE AT BOTTOM...(IF YOU CAN CALL IT A RECIPE).
3. TACO SOUP. (RECIPE AT BOTTOM...SAME AS ABOVE. THIS IS VERY HAPHAZOURD COOKING).
4. CHICKEN TORTILLA SOUP (RECIPE AT BOTTOM).
5. BIG CHICKEN SALAD (SIMILAR TO ABOVE SALAD IN #1, BUT WITH CHICKEN INSTEAD OF FISH).
6. HAM OR TURKEY SANDWICH (WHOLE WHEAT BREAD, LIGHT ON THE MAYO, LOTS OF MEAT, LETTUCE, VEGGIES). GRILL IF WANTED. FRUIT OF CHOICE.
7. TUNA FISH SANDWICH WITH GRILLED VEGGIES (I LIKE THE BROCOLLI, CARROT, CAULIFLOWER BLEND, OR PEAS AND CARROTS. (LIGHT MAYO IN THE TUNA AND IF POSSIBLE JUST PUT THE TUNA STRAIGHT ON THE OPEN FACED BREAD, TOP WITH LETTUCE.
8. WHOLE WHEAT TORTILLA WRAP. I USE CHICKEN I HAVE CANNED AND IT SHREDS EASILY ONTO THE TORTILLA. I THEN PUT A SMALL AMOUNT OF SHREDDED CHEESE ON TOP OF THE CHICKEN AND WARM IT. THEN I PUT A VERY GOOD DRESSING FROM LIGHTHOUSE CALLED STUFF IT WITH A TON OF LETTUCE (GREEN!!), AND WRAP. EAT WITH SOME VEGGIES OF CHOICE.
9. GRILLED CHICKEN BREAST WITH STEAMED VEGGIES AND BROWN RICE.
10. LEAN MEATLOAF WITH SOME FIBER CEREAL THROWN IN, (YEP, YOU WON'T EVEN NOTICE), VEGGIES OF CHOICE (GREEN BEANS ARE GREAT).
11. JUST TO LET YOU KNOW, I ACTUALLY EAT A LOT OF MY BREAKFAST AND SNACKS FOR DINNER CAUSE I GET LAZY AND MY KIDS REALLY SEEM TO LIKE THE TOP RAMEN ROUTE. GO FIGURE.

FAVORITE SNACKS

I TRY TO ALWAYS EAT THESE WITH WATER

1. APPLES
2. STRING CHEESE (SOMETIMES I COMBINE WITH APPLE)
3. ALMONDS
4. PROTEIN BAR (CAREFUL OF SUGAR CONTENT)
5. PROTEIN SHAKE (JUST MIX IN A WATER BOTTLE)
6. YOGURT WITH COTTAGE CHEESE (CAREFUL OF SUGAR CONTENT IN YOGURT)
7. HUMMUS WITH WHOLE WHEAT PITA (OR SOMETIMES NORMAL OLD TORTILLA CHIPS). RECIPE ON BOTTOM.
8. BANANA WITH A REASONABLE AMOUNT OF PEANUT BUTTER.
9. ACTUALLY MAKE THAT ANY PIECE OF FRUIT OR VEGETABLE...LIKE CARROTS, CELERY, PEAR, ORANGE ETC. COMBINE WITH SOME SORT OF PROTEIN LIKE A SLICE OF LUNCH MEAT, SOME ALMONDS, OR A PROTEIN BAR.
10. BOILED EGGS.
11. POPCORN (LOW FAT VARIETY)

A FEW NOTES

1. I TRY TO STEER CLEAR OF ANYTHING CONTAINING HIGH FRUCTOSE CORN SYRUP, ESPECIALLY POP.....BAD STUFF.
2. I TRY TO DRINK AT LEAST ½ GALLON TO A GALLON OF WATER A DAY. I ALWAYS HAVE WATER IN MY CAR SO THAT I CAN SIP ALL DAY LONG!!
3. I ALSO HAVE HEALTHY SNACKS IN MY CAR AT ALL TIMES. ALMONDS, APPLES, PROTEIN BARS, STRING CHEESE. IF I GET SNACKY I ALREADY HAVE A GOOD CHOICE WAITING FOR ME.
4. I TRY TO PLAN AHEAD. IF I GET HUNGRY, I ALREADY HAVE A PLAN IN MY HEAD AS TO WHAT I WILL EAT...AND HAVE IT AVAILABLE. EX. I COOK A BOAT LOAD OF SOUPS AND THEN FREEZE THEM IN INDIVIDUAL SINGLE SERVING CONTAINERS. WHENEVER I WANT A SNACK OR MEAL I CAN PULL ONE OUT AND HAVE IT READY IN 5 MINUTES. (GOOD FOR MY KIDS TOO!)
5. I DO NOT FORBID ANYTHING FROM MY DIET (WELL, ALMOST ANYTHING). I JUST MAKE SURE THAT I HAVE HAD ALL OF MY HEALTHY FOODS FIRST AND THEN IF I REALLY WANT THE TREAT, I WILL DO THE FOLLOWING TEST:
*I PICTURE WHAT I WANT AND THEN ASK MYSELF IF I WILL FEEL BETTER OR WORSE AFTER EATING IT (BOTH

MENTALLY AND PHYSICALLY). IF I CAN HONESTLY TELL MYSELF THAT EATING THE TREAT WILL MAKE ME FEEL BETTER (AS IT SOMETIMES DOES), THEN I WILL EAT IT AND ENJOY! OFT TIMES I WILL PICTURE MYSELF AS I WILL FEEL AFTER I HAVE EATEN THE TREAT AND KNOW THAT MY HEAD WILL ACHE, OR MY STOMACH WILL FEEL BLOATED OR WHATEVER WILL BE THE NEGATIVE RESULT AND IT KEEPS ME FROM WANTING IT. I WILL ALSO TRY AND WAIT 5-10 MINUTES AFTER WANTING THE TREAT AND SEE IF I STILL WANT IT. SOMETIMES IT'S JUST HABIT THAT MAKES US WANT A TREAT AFTER A MEAL.

6. I TRY NOT TO EAT ANYTHING MAJOR AFTER 8 PM. IF I WANT A SNACK I WILL EAT AN APPLE OR A SMALL PROTEIN BAR. HERBAL TEA IS ALSO GOOD.
7. IF YOU MAKE A POOR FOOD CHOICE JUST MAKE A NOTE OF HOW YOU FELT AFTER AND LEARN FROM IT. DON'T GET DOWN ON YOURSELF.
8. USE FOODS THAT ARE AS CLOSE TO THE EARTH AS POSSIBLE. SO, LITTLE TO NO PROCESSING. BROWN IS GOOD. WHITE IS NOT SO GOOD (EXCEPT FOR VEGGIES AND FRUITS).
9. READ LABELS!!!! NOT ALL FOOD IS CREATED EQUAL. I TAKE FOREVER AT THE GROCERY STORE BECAUSE I READ EVERYTHING. IF HIGH FRUCTOSE CORN SYRUP IS IN THE TOP 5 INGREDIENTS, I DON'T BUY IT. I ALSO LOOK AT FAT (SATURATED), SUGAR CONTENT, AND BASIC INGREDIENTS. WATCH FOR "ENRICHED" FLOURS...THEY ARE USELESS. REMEMBER...PURE, UNMESSED WITH FOOD IS BETTER.
10. I EAT ABOUT EVERY 2-3 HOURS. I PREFER TO SNACK. BIG MEALS ARE NOT MY THING...TYPICALLY. I WILL MAKE MEALS FOR MY FAMILY, BUT DO NOT NECESSARILY HAVE TO EAT THE SAME THING. I KNOW WHAT I LIKE AND PRETTY MUCH STICK TO IT.
11. SIMPLICITY IS BEST. DO WHAT WORKS FOR YOU. THIS DOES NOT HAVE TO OVERRUN YOUR LIFE. IT SHOULD MAKE YOU FEEL MORE ENERGETIC AND LESS STRESSED ABOUT YOU NUTRITION.
12. PLAN AHEAD AND THEN FOLLOW THROUGH!!!

RECIPES

*WARNING: I AM NOT A GREAT COOK!! THESE ARE RECIPES THAT WORK FOR ME BECAUSE THEY ARE HARD TO MESS UP AND ARE SIMPLE. GOOD LUCK!

*NOTE: I WILL OFTEN MAKE THESE RECIPES IN EXTREMELY LARGE BATCHES AND THEN FREEZE THEM. I WILL EVEN DO THIS WITH THE PANCAKES, WAFFLES ETC.

OAT AND APPLESAUCE PANCAKES (FROM LION HOUSE LITE)

1 C. QUICK-COOKING ROLLED OATS
½ C. WHOLE WHEAT FLOUR
1 T. BAKING POWDER
1 C. SKIM MILK
2 T. APPLESAUCE
4 EGG WHITES

STIR TOGETHER THE OATS, FLOURS, AND BAKING POWDER. MIX IN MILK AND APPLESAUCE. BLEND WELL. BEAT EGG WHITES UNTIL SOFT PEAKS FORM. FOLD INTO BATTER. MAKE PANCAKES. COVER WITH APPLESAUCE AND ENJOY!

PEANUT BUTTER WHOLE WHEAT WAFFLES

1C. WHOLE WHEAT FLOUR
2TEASPOONS BAKING POWDER
½ CUP PEANUT BUTTER
1¼ C. MILK (SKIM)
2 EGG WHITES
3 T. SUGAR OR HONEY
½ TEASPOON VANILLA

COMBINE ALL THE ABOVE INGREDIENTS AND COOK INTO WAFFLES. THESE FREEZE WELL.

POPEYE PANCAKES

*THESE HAVE BEEN CHANGED TO SUIT MY NEEDS....THE ORIGINAL RECIPE IS PROBABLY MUCH MORE TASTE BUD FRIENDLY (ESPECIALLY FOR KIDS).

PREHEAT OVEN TO 400. IN BLENDER MIX: 6 EGGS (I DO 12 EGG WHITES)

1¼ C MILK
1 C WHOLE WHEAT FLOUR
½ TEASPOON SALT
APPX. ½ C. FIBER CEREAL

POUR INTO A WELL SPRAYED PIE PAN. BAKE FOR APPX 25-30 MINUTES. VARIES BY MOOD OF MY OVEN. I LIKE TO TOP THESE WITH JAM. VERY FILLING WITH THE WHEAT AND FIBER.

SWEDISH PANCAKES

I TYPICALLY TRIPLE THIS RECIPE FOR MY FAMILY. I USE ANY LEFTOVERS AS A HAM AND CHEESE WRAP LATER.

IN A BLENDER:

BEAT 3 EGGS UNTIL THICK
ADD 1¼ C. MILK (SKIM)
ADD 1½ TB. SUGAR
ADD ½ TEASPOON SALT
ADD ½ C. WHOLE WHEAT FLOUR

BLEND ALL TOGETHER AND THEN POUR LIKE CREPES ON YOUR PANS. I USE PAN SPRAY INSTEAD OF BUTTER OR OIL TO KEEP THE CREPES FROM STICKING.

HUMMUS

2 CANS GARBANZO BEANS OR CHICK PEAS
5 TB. LEMON JUICE
2 CLOVES GARLIC, CRUSHED
3 TB. OLIVE OIL
¼ C. BEAN LIQUID
3 TB. TAHINI (SESAME SEED PASTE-YOU CAN BUY AT GOOD EARTH)
¼ TSP. SALT
18 TSP. PEPPER
½ TSP CUMIN
1 TB. PARSLEY

DRAIN BEANS. RESERVE ¼ CUP OF BEAN LIQUID. COMBINE ALL INGREDIENTS IN BLENDER AND BLEND UNTIL SMOOTH. SERVE WITH PITA BREAD, CHIPS, CRACKERS, ETC.

POPPY SEED SALAD DRESSING

IN A JAR COMBINE

2/3 C. VINEGAR
¼ C. SUGAR
1 TSP. SALT
½ C. DRY MUSTARD

1 1/4 C. OLIVE OIL
1 1/2 TB. POPPY SEEDS

THIS IS A GREAT DRESSING. YOU COULD ALSO THROW IN A COUPLE TABLESPOONS OF FLAX SEED OIL AND GET SOME EXTRA OMEGA 3 AND 6.

CHICKEN NOODLE SOUP

THIS RECIPE IS DEFINITELY A 'WHATEVER YOU HAVE IN THE HOUSE' KIND OF SOUP

FILL YOUR STOCK POT WITH WATER AND ADD:

PEARL BARLEY, OR BROWN RICE

CARROTS

SWEET POTATOES (OR WHITE)

CELERY

LOTS OF DICED CHICKEN (GOOD LEAN PROTEIN)

CHICKEN BOUILLON

WHATEVER ELSE YOU WANT

AFTER EVERYTHING IS COOKED ADD A BAG OF FROZEN PEAS AND CARROTS

MAKE A TON OF THIS SOUP (YOUR ALREADY CUTTING AND COOKING...JUST KEEP IT COMING). YOU CAN THEN FREEZE IT AND HAVE A WEEK OR TWO OF READY MADE, GOOD FOR YOU FOOD.

TACO SOUP

THIS IS A VERY INEXACT RECIPE. FLAVOR TO TASTE AND ADD INGREDIENTS TO TASTE

BROWN A POUND OR TWO OF LEAN GROUND BEEF WITH A COUPLE OF ONIONS;

PUT IN A LARGE STOCK POT AND THEN ADD A COUPLE CANS EACH (INCLUDING LIQUIDS) OF

KIDNEY BEANS

BLACK BEANS

GARBANZO BEANS

PINTO BEANS

CORN

CHOPPED GREEN CHILIES

WHATEVER ELSE MAKES YOU HAPPY

SIMMER FOR AWHILE AND THEN ADD TACO SEASONING (JUST KEEP TASTING),

AND A JAR OR TWO OF SALSA (MILD FOR ME, THANKS).

MANY PEOPLE LIKE TO ADD SOUR CREAM, CHEESE, ETC. I FIND IT TASTES GREAT WITH JUST A COUPLE TORTILLA CHIPS. MAKE A TON AND FREEZE THIS...GREAT STUFF!