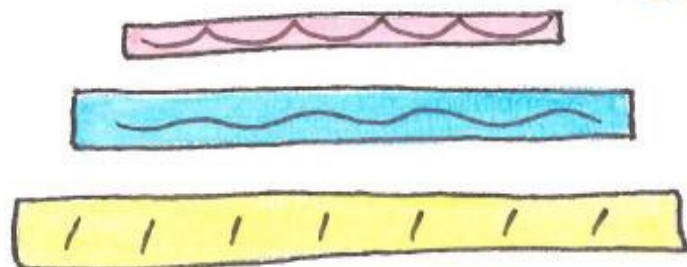


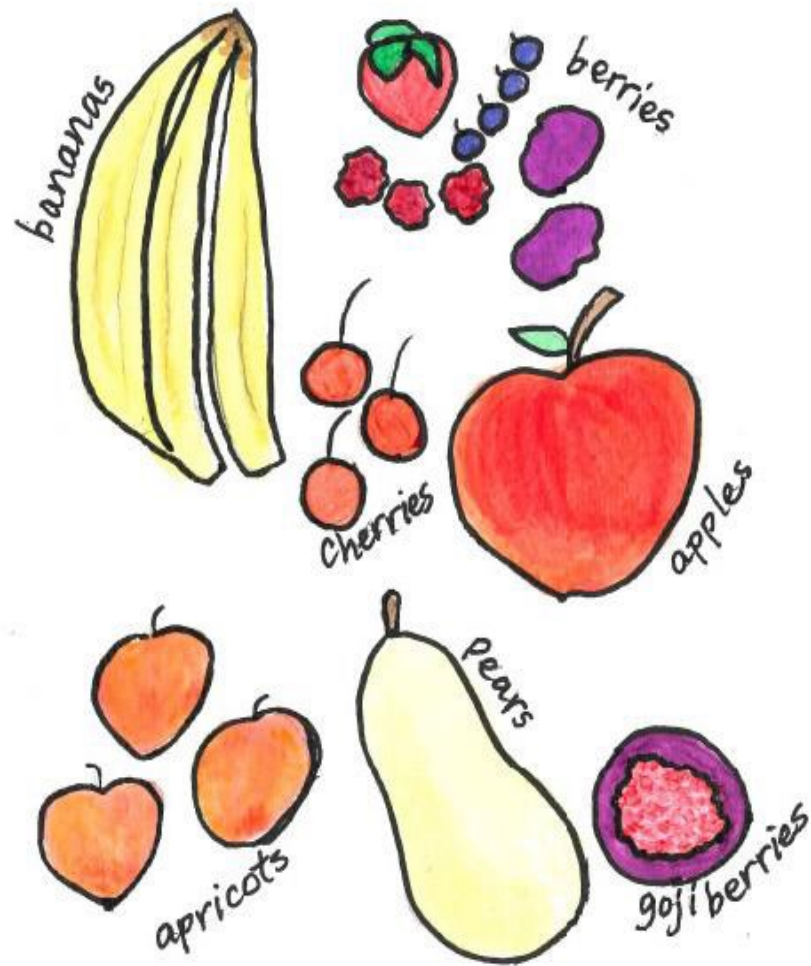


I
CAN
COOK!



SMOOTHIES!

(This is a good place to get your fruits and veggies)



Grilled bread

Turn on broiler in your oven- It's the heating element in the top of the oven.

Put a slice of cheese or spread butter on a piece of bread. (You can sprinkle Parmesan cheese or granulated garlic on buttered bread.)

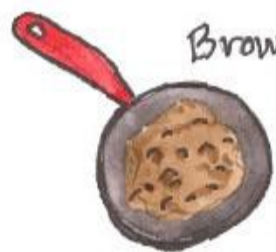
Put the bread on a metal rack and place it on the top rack of your oven.

Let it cook until the cheese melts or the butter begins to brown. Watch it closely, it cooks fast!



Simple Salad

Wash tomatoes, put in a bowl. Chop cheese sticks into 1" pieces add to tomatoes. Shake dried basil over salad and drizzle with olive oil.



Brown 1 pound of hamburger with $\frac{1}{2}$ onion, diced. Sprinkle with salt and pepper. Cook until it is all brown - no more pink!

Open a jar of spaghetti sauce (with no high fructose corn syrup) and add to cooked meat. Cover with a lid and turn off heat.

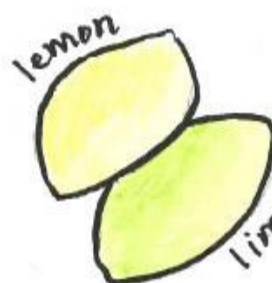
Spaghetti



Bring large pan of water to a boil. Then add pasta noodles and set a timer for the time as given on the directions on the package.

When the timer rings, drain the water from the noodles.

Top noodles with your meat sauce.



SMOOTHIE SECRET:
Freeze your fruit first!
It will taste sweeter!

FRUITY-LICIOUS

- 1 mango-skin removed diced & frozen
- 5 strawberries washed & frozen
- 1 cup diced pineapple frozen
- 1 cup orange juice

SUPER-D-DUPER

- 1 cup spinach
- 2 cups water
- 1 cup mango frozen
- 1 cup pineapple frozen
- 2 bananas frozen
- 1 Tbs chia



PINK CONFETTI

- 1 banana frozen
- 6 strawberries
- 1 kiwi, peeled
- 1/2 cup plain yogurt
- 3/4 cup pineapple juice
- 2 Tbs honey

POPEYE GREEN

- 1 cup apple juice
- 1 pear cut up
- 1 apple, cored
- 1 cup spinach
- 1 tsp cinnamon
- 1/2 cup ice

YUMMY YELLOW

- 2 cups pineapple frozen
- 1 banana frozen
- 1 cup apple juice OR
- 1 cup coconut milk

Gotta ♥ TACOS!



Warm up re-fried beans and fill tortilla with them, along with your favorite toppings!

Brown hamburger with 1/2 diced onion and season with salt and pepper and chili powder.

Fill hard shelled taco shell or soft tortilla.



Crack 2 eggs in a hot skillet and stir while they cook. Wrap inside warm tortilla. Top with sour cream and salsa...yum!

Dinner's Ready!



Baked potato bar

Wash potatoes and wrap in tin foil. Bake in the oven at 400° for 1 1/2 hours.

While the potatoes are baking get your favorite toppings ready—



When potatoes are soft when pierced with a fork, cut open and top with butter, sour cream and the toppings you prepared.

Add liquid first!



PRETTY IN PINK

2 cups frozen berries
1 sliced banana frozen
1 cup almond milk
2 Tbs chia seeds

RAZZY RED

1/2 beet, peeled
1 cup water
1 cup milk
1 cup banana frozen
1 cup pineapple frozen
2 Tbs flax seeds
2 Tbs honey



PURPLE PASSION

1 cup frozen blue berries
1 cup frozen cherries
2 Tbs chia seeds
1 cup almond milk
1 banana frozen

CHOCO-NUT

1 banana frozen
1/2 cup tofu
1/2 cup rice milk
2 Tbs cocoa powder
1 Tbs honey
1 Tbs peanut butter

PEACH PROTIEN

1/2 cup Greek yogurt
1 plum, pitted
1 peach, frozen
1 nectarine
1/2 cup blueberries frozen
2 Tbs flax seeds

HULK GREEN

1/2 cup carrot juice
 1/2 cup orange juice
 1 cup spinach
 1 cup kale
 4 small broccoli florets
 1 banana frozen
 1 apple, cored & chopped
 Juice of 1 lime



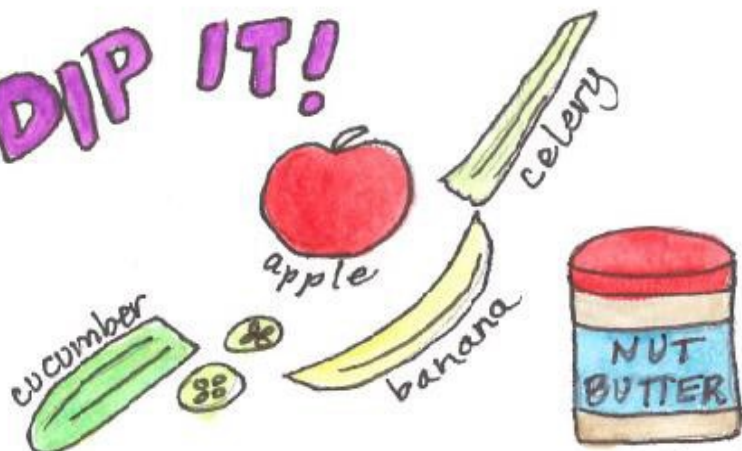
PUMPKIN PIE

1 cup almond milk
 1 Tbs honey
 1 cup pumpkin puree
 2 tsp cinnamon
 1 apple, cored
 dried cranberries



Hint: Buy bananas on sale and
 cut them in chunks and
 freeze in a ziplock bag!

DIP IT!

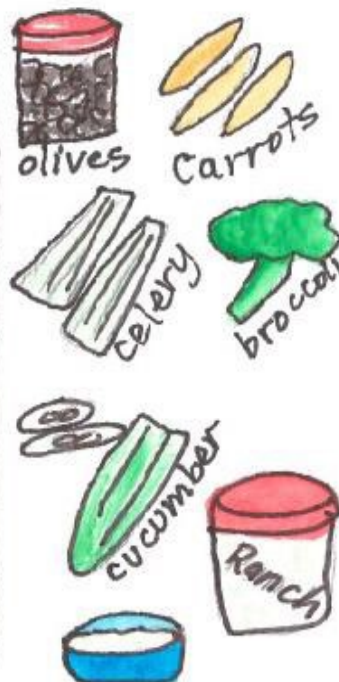
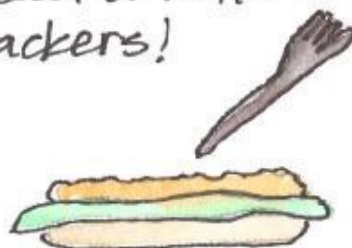


Wash fruit-cut up-dip in nut butter



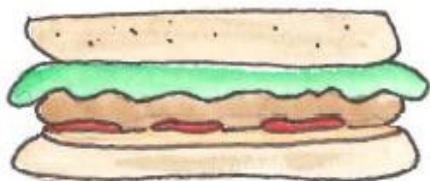
eggs are cool enough
to touch-peel off the
shells.

Rinse peeled eggs.
 Put boiled eggs in a
 bowl and smash them
 with a fork. Add 3-4
 Tbs. of mayonnaise
 and mix. Spread on
 bread or rolls or
 crackers!



DIP IT!

What's for LUNCH?



egg salad



tuna salad



pickles



tomato



cucumber

open two cans of tuna and drain off the water. Then mix it in a bowl with 2-3 Tbs. mayonnaise. Add diced dill pickles or sweet pickle relish. Spread on bread and add lettuce & tomato.

Egg salad: fill pan half full of water.

Gently set 6 eggs in the water. Turn on heat to medium and cook until water boils. Then put lid on the pan and turn off

the heat. Let sit for 15 min. Drain off hot water carefully, leaving the eggs in the pan - then fill pan with cold water. When the

CHOC-A-LOT

2 cups almond milk
1 cup spinach
1 banana frozen
1 kiwi, peeled
1/2 lemon juiced
2 Tbs chia & flax

1/3 cup oatmeal
1/2 tsp cinnamon
1 cup Greek yogurt
1/4 cup cottage cheese
2 Tbs cocoa powder
1/3 cup almond milk
1/2 frozen banana
5 ice cubes

POW!

Freeze fresh spinach and Kale in a ziplock bag!

PROTIEN PUNCH

1 cup milk (any kind)
1 cup spinach
1 large banana frozen
1 Tbs nut butter
1 Tbs chia seeds
1 Tbs honey
1 Tbs maca powder

SUPER HERO START



HOT CEREAL

oatmeal cracked wheat

cream-of-wheat polenta
quinoa grits

Boil 1 cup
of water



Add cereal
(1/2 cup)



Take off heat
cover and wait
10 minutes



Stir in favorite flavors:



honey



peanut
butter



cinnamon



berries

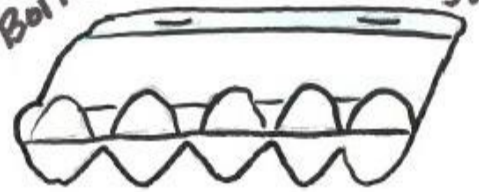


yogurt

Eggs!



Boil OR scramble OR fry!



Pudding:



2 cups milk (any kind)
2 Tbs corn starch
2 eggs
mix together: 3/4 c. honey
in a pan and
stir until thick - then add 1 tsp vanilla

FRUIT GELATIN



2 cups juice
2 Tbs gelatin

Cook on LOW heat for 5 minutes
until the gelatin is dissolved.

Pour into dish and add fruit.
Put dish in refrigerator for
a few hours or until it is set.