

Fast and Simple Food Ideas for Better Health and More Energy!

Breakfast Ideas:

Good choices for breakfast include:

- Soy Protein Shake
- Scrambled Eggs
- Oatmeal, cream of buckwheat (tastes like tapioca pudding), cream of rice.
Cold cereals, even from the health food section are too refined.

Protein is broken down more slowly than carbohydrates. By eating high quality protein, we can break the downward spiral of carbohydrate cravings. A high quality soy protein is one of the best sources of protein you can choose. Protein is critical for building healthy cells.

It is very important to start the day with a high quality protein and complex carbohydrate. This is going to create stable blood sugar levels for the day. Stable blood sugar will give you long-lasting consistent energy, diminish cravings for refined carbohydrates, and allow for better concentration and more even temperament. By skipping breakfast or eating refined carbohydrates, you are not “fueling” your body’s furnace adequately. Over time this leads to insulin resistance and eventually diabetes, which is soon expected to reach epidemic proportions in this country. Your body breaks down refined carbohydrates into glucose very quickly because it is a short chain carbohydrate. This creates a large pool of glucose, which goes into the bloodstream. Glucose is fuel for the body.

The glucose needs to get out of the blood and into the cells. Think of this process as a door being unlocked and opened, so the glucose may enter the cells. Insulin produced by the pancreas is the key to unlocking the door. Your body will have to produce insulin based on how much glucose is in your body. Our highly refined diet creates excess glucose, which leads to the pancreas making lots of insulin. The cells take into the body only what they need at the time. The excess insulin and glucose, which are left over are stored in the fat cells. As Americans, we have way too much insulin and glucose, which is stored as excess fat. Complex carbohydrates, such as brown rice, steel oats, millet, whole grains, are long chain carbohydrates and broken down slowly, resulting in lower levels of glucose in the blood at any given time. This allows all of the glucose to be handled by the cells and not stored as fat.

Lunch Ideas;

Sandwich made with spelt bread or sprouted grain bread.

Spelt bread is delicious. Tastes much like white bread, but is a whole grain and gluten free. Use antibiotic- hormone free turkey or ham. Tuna fish or egg salad made with fertile eggs and cold pressed mayonnaise is an excellent choice. Add some mixed organic green and sliced tomato for a lunch that is going to stay with you and curb cravings for foods that cause weight gain.

Piece of Organic Fruit

Organic Veggies

Vegetable Soup- Urban Fare Vegetable tortellini Soup is delicious. Just heat and serve! Take it in a thermos to work.

Dinner Ideas:

Include some source of high quality protein, such as poultry, fish, tofu, or lean beef.

Vegetables- this can be a salad, raw veggies and healthy dip. See recipe below for an excellent dip. Steamed Vegetables (fresh is best or Cascadian Farms has wonderful frozen, organic vegetables in a bag. **We need to increase the amount of vegetables we eat, particularly green vegetables. There is more and more evidence that vegetables contain vitamins, and phytonutrients that play an important role in cancer prevention.**

Fresh Organic Fruit