

# Teaching Your Clients to Prepare Meals that Restore Balance



Soak, Dehydrate and Freeze in Gallon Size Bags

# Greens

- low fat
- high fiber
- folate
- vitamin c
- potassium
- magnesium
- beta carotene





# Pizza



# Quinoa

- a complete protein
- low fat high fiber
- vitamin & mineral packed
- fats don't oxidize from cooking







# Weekly Prep





Pate or Hummus

# Smoothies and Dressings

with ACV, lemon, lime, Ume vinegar or salt, herbs, spices

- zucchini
- cucumber
- tomato
- arugula
- mango
- protein powder
- celery
- nuts and seeds





# Lentils and Beans



# Pressure Cooker

- preserves more heat sensitive nutrients b/c of shorter cooking time
- cooks at lower temp than lowest setting on a crock pot
- preserves moisture in foods
- sweet potatoes and beans





# Steaming



# Water Sauté





# Smoothies & Soups





Eat a Rainbow of Foods