



Unlock Better Health

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Want to take a BAD recipe and make it REALLY GOOD? Let's learn below.

How to Adapt Recipes

*Assume 1:1 Ratio unless otherwise noted.

Recipe Calls For...	Healthy Alternatives	Considerations
Flour	Almond (NUT) Flours/Meal Gluten Free Flour Whole Wheat Flour	Nut flours works for both savory and sweet recipes. Sprouted flours are best.
Cornstarch	Arrowroot (a root vegetable, dehydrated at low temp, then ground to create a binder to hold items together).	Can be purchased in the Whole Food section at your grocery store.
Crisco	Extra Virgin Unrefined Coconut Oil or Lard from Pastured pigs	Lard is the ideal healthy substitute for crisco but since it's hard to come by, use coconut oil.
Milk	Coconut Milk (full fat-can); Almond Milk, Raw Cow's Milk, Goat's Milk * Avoid Carrageenan Ingredient *	Other nut-milks work well, too! Try hazelnut milk or cashew milk for a different flavor profile.
Yogurt	Coconut Milk/Almond Milk Yogurt, Organic Whole Cow's Milk and Goat's Milk	There are many options to choose from.
Heavy Cream	Coconut Milk	Must be full-fat, canned coconut milk.
Recipe Calls For...	Healthy Alternatives	Considerations

Sugar	Unfiltered, Raw Honey, Grade B Maple Syrup, Coconut Palm Sugar (granulated), Sucanat, Stevia	Experiment by reducing the amount of sugar by 50%. For example, if a recipe calls for 1 cup of sugar, try using 1/2 cup honey/maple syrup/ coconut sugar instead. You can always add more.
Salt	Himalayan or Celtic Sea salt	Minimal Needed, use spices
Breadcrumbs	Ground almonds mixed with some Himalayan sea salt and dried herbs (if desired)	Works with other nuts as well. Try pecans for a different flavor!
Vegetable Oil/Canola Oil	Extra Virgin Unrefined Coconut Oil, Pasture Raised Butter, Organic Extra Virgin Cold Pressed Olive Oil; ghee	Coconut Oil or Butter for temp above 250 degrees (sizzle). Olive Oil for below 250 degrees great for salads.
Soy Sauce	Tamari, Coconut Aminos	Tamari is still a soy product but is gluten-free. Coconut Aminos is a soy and gluten-free product which can be found in the Whole Food section near the traditional soy sauce.
Pasta	Steamed or sautéed vegetables, spiral zucchini Gluten Free (brown rice/quinoa) pasta	Try zucchini, yellow squash, carrots or sweet potato. Often what people crave about a pasta dish is the SAUCE, not the pasta noodle itself. So try making your favorite sauce and serve it on seamed or sautéed veggies instead!
Rice	Cauliflower Rice GF Grains: Amaranth, Buckwheat, Millet, Wild Rice, Quinoa	See Healthy Recipe Section attached.
Mashed Potatoes	Mashed Cauliflower	See Healthy Recipe Section attached.
Wine	Stock	Use homemade vegetable, free range chicken, beef, or fish stock.
Cheese Sauce	Nut based cream sauce Nutritional Yeast (B12)	See Healthy Recipe Section attached.
Recipe Calls For...	Healthy Alternatives	Considerations

Grated Cheese	Nutritional Yeast	Grated cheese can very often just be eliminated from the recipe altogether.
Peanut Butter	Almond Butter, Cashew Butter and Hazelnut Butter *Organic if you need Peanut Butter	Prefer Soaked nuts in sea salt overnight to make these nut butters.

FATS AND OILS BEST FOR COOKING

<u>***Best Option***</u>	<u>*Alright to Choose*</u>	<u>AVOID</u>
<p>Healthy fats and oils, which include Cold-Pressed, Extra Virgin, Organic items stored in dark containers. Organic and grass fed pastured Butter, Ghee, Coconut oil, Palm oil, Olive oil, Flax oil (never heat) and Cod liver oil.</p> <p>*Coconut Oil has a melting point around 78 degrees and does not hydrogenate at high temperatures.</p> <p>* Cold-Pressed Organic Extra Virgin Olive Oil to use at low settings with no sizzle and at or below room temp in salad's, it does hydrogenate at high temperatures.</p>	<p>If in a dark container, Cold-Pressed, High oleic safflower or sunflower oils, sesame or peanut oils in low moderation.</p> <p>Also, grocery store butter, vegetable shortening made from palm, coconut or sesame oils, and lard from pastured, organic pigs.</p>	<p>Oils exposed to high heat, pressure, oxygen or light and/or contain chemicals.</p> <p>These include oils in clear bottles such as processed canola oil, commercial vegetable oils (soy, corn, cottonseed, safflower, sunflower), margarine, anything partially hydrogenated, shortening, and any spreads containing vegetable oils or trans fats.</p>

GRAINS

<u>IDEAL</u>	<u>NEUTRAL</u>	<u>AVOID</u>
<p>Gluten-free such as quinoa, millet, amaranth, buckwheat, brown rice, sprouted or sourdough bread, and soaked wheat, spelt, kamut, oats, barley and rye. Heirloom Einkorn and Spelt are great too, although, not Gluten Free.</p>	<p>Stone-ground, organic, 100% whole wheat or sprouted breads, hot breakfast cereals, pasta, crackers, spelt, wheat, kamut, oats, tortillas, and corn chips all that are free of MSG, soy flour, corn syrup or hydrogenated oils.</p>	<p>White flour products including rice, breads and pastas, cold breakfast cereals, instant oatmeal, rice cakes, puffed grains, instant rice, or bread that contains hydrogenated oils or soy flour.</p>

HEALTHY RECIPES:

Cauliflower Rice

Ingredients:

1 head cauliflower
1 tablespoons coconut oil or ghee or butter
Organic Chicken Stock; Sea salt and pepper

Preparation

1. Place the cauliflower into a food processor and pulse until it has a grainy rice-like consistency. Season with sea salt and freshly ground black pepper.
2. Sauté the cauliflower in a pan with oil and add any additional seasonings desired (garlic, ginger, curry, etc) until warm and soft.
3. Add ¼ cup chicken stock or water and cover for 3-4 min. Serve. *If using olive oil, do not bring to a sizzle.

Mashed Cauliflower

Ingredients:

1 head cauliflower
2 cloves garlic
2 tablespoons pastured
butter
Coconut milk/water (optional)
Sea salt and pepper

Preparation

1. Chop up the head of cauliflower (florets and stem) and slice the garlic. Steam the cauliflower and garlic for about 10 minutes, or until the cauliflower is very tender.
2. Transfer the cauliflower and garlic to a food processor and add the butter. Process until smooth and creamy. May add some coconut milk and/or water.
3. Season to taste with salt and pepper and serve.

Nut-Based Cream Sauce (similar to Alfredo base)

Ingredients:

1 cup nuts (any kind, soaked in water overnight)
1/4 cup fresh lemon juice
2 tablespoons nutritional yeast
2 tablespoons sesame seeds
1 tablespoon onion powder
1 1/2 teaspoons sea salt
1 teaspoon garlic powder
1 1/2 cups water
1/4 cup olive oil

Preparation

1. Add all of the ingredients, except for the oil, to a blender and puree until smooth.
2. With the motor still on, drizzle in the oil.
3. Transfer to a saucepan and simmer over low heat until thickened and warmed through.
4. Season to taste and serve.

REVIEW RECIPES AND OVERVIEW

" HOW TO EXCHANGE GOOD FOR BAD INGREDIENTS"

LET'S PUT TO PRACTICE WHAT YOU LEARNED IN THE EXAMPLES BELOW:

Potato Gratin

3 pounds russet potatoes*

2 tablespoons margarine*

1 garlic clove, minced

2 cups milk*

salt and pepper, to taste

freshly grated nutmeg, to taste

4 tablespoons crème fraîche, optional*

1/3 cup heavy cream*

1/4 cup parmesan cheese*

(* Fill In Alternate)

Chicken Marsala

1 3/4 cups reduced-sodium chicken broth (14 fl oz)*

2 tablespoons finely chopped shallot

5 tablespoons unsalted pastured butter

10 oz mushrooms, trimmed and thinly sliced

1 1/2 teaspoons finely chopped fresh sage

1/4 teaspoon sea salt

1/8 teaspoon black pepper

1 cup all-purpose flour *

4 skinless boneless chicken breast halves (2 lb total)

2 tablespoons canola oil*

1/2 cup plus 2 tablespoons dry Marsala wine*

2/3 cup heavy cream*

1 teaspoon lemon juice concentrate*

Chocolate Chip Cookies

3 cups all-purpose flour*

1 1/2 teaspoons baking soda*

1 1/2 teaspoons sea salt

2 sticks (1 cup) unsalted butter, melted and cooled slightly

1 1/2 cups packed light brown sugar*

1 cup granulated sugar*

3 large eggs

1 1/2 teaspoons organic vanilla extract

2 1/2 cups semisweet chocolate chips (16 ounces)*

VITACOST.com

I will be referring to the **Vitacost.com** online store throughout the Program as a great online store that offers over 30,000 health and wellness products, organic foods and more; and they offer at a substantial discount over the grocery and health food store.

Spread the word to make eating healthier more accessible to everyone and click the link to get **\$10 off** your first order by visiting <https://www.vitacostrewards.com/3HClyN> and entering my email address (cindysantaana@gmail.com) when it asks did someone refer you!

You can also use this link to get your **\$10 coupon** --->
<https://www.vitacostrewards.com/3HClyN>

Sample VITACOST Shopping List:

- 1.) * Braggs Apple Cider Vinegar Organic Raw
- 2.) * Organic Balsamic Vinegar
- 3.) ** Nutiva Extra Virgin Coconut Oil Organic -54 fl oz
(Best Price for 54 oz.) I will teach you to use it for everything-GREAT Investment!
- 4.) * Organic Grade B Glass Syrup Maple
- 5.) * Organic Red Wine Vinegar
- 6.) *+ Native Forest Organic Coconut Milk (Classic)
- 7.) * Organic Safflower Oil (use in moderation)
- 8.) *+ Coconut Secret Raw Coconut Aminos
- 9.) *+ Certified Organic Raw Honey
- 10.) ** Himalayan Pink Sea Salt
- 11.) ** Organics Olive Oil Extra Virgin
- 12.) * Organic Quinoa
- 13.) * Vitamin D3 (drops for children, caplets for adults)
- 14.) + Supplements and multivitamins, quality fish oil
- 15.) Tongue cleaner!

*** = Discounted price**

****=VERY Discounted price**

+ = Sometimes hard to find in stores

Another online shopping option and personal favorite is AMAZON. I got a Prime membership and you receive FREE 2-day shipping all year on almost everything they sell. I have a list of my favorites here: <http://astore.amazon.com/processedlivi-20>