

Using Dinner Categories for Planning Wholesome Meals

This is a process I recommend to people as they are getting started in wholesome eating.

Many people find it helpful to just have a few lists of successful dishes to use as a resource.

As these lists lengthen they become encouragement that wholesome eating really can become a lifestyle.

Step 1: Choose a few dinner categories (listed on next page), then head an index card with each one

Step 2: List 3-5 “tried and true” options for each category on the card- only list recipes you’ve found to be successful and worth repeating.

Step 3: When planning your meals for the week, use the cards to select meals that will fit with produce you have on hand, that is in-season or is a particularly good buy at this time.

Step 4: List these meals on a piece of paper to access during week. You don’t need to assign meals to specific days but can if you’d like.

*Making a list of 15-20 dishes that you enjoy
will simply give you a great, reliable selection and variety
to choose from in putting together a repeatable
month of wholesome meals.*

Sample Categories:

Soup/Stew

Beans/Legumes

Steamed Vegetables often served with a sauce and grain

Sautéed Vegetables

Baked/Roasted/Grilled Vegetables

Ethnically-Inspired Dishes

Oats/Breakfast-style Meals/Baked Goods

Prioritizing Your Organic Purchases

These foods are most likely to be contaminated
with pesticides and other chemicals.

Those in **bold** have the highest levels of contaminants.

<i>rice</i>	<i>bananas</i>
<i>wheat (and other grains)</i>	<i>oranges</i>
<i>potatoes</i>	<i>baby food</i>
<i>carrots</i>	<i>strawberries</i>
<i>corn</i>	<i>apples</i>
<i>tomatoes</i>	<i>peaches</i> (US grown)
<i>lettuces</i>	<i>pears</i>
<i>spinach</i>	<i>raisins</i>
<i>winter squash</i>	<i>grapes</i> (from Chili)
<i>green beans</i> (US grown)	

If you are going to use **honey**,
ideally find local, **raw**, unpasteurized honey.

Foods, in particular, to avoid:

Margarine and any other refined/altered fats and oils.

Peanuts- not really a nut (a legume) - hard to digest and often contaminated with
aflatoxin- a carcinogenic mold.

Baking powders with aluminum- *Rumford and*

Featherweight brands are aluminum-free.

Imported bell peppers and green peppers (not ripe).

Isn't it too expensive to eat naturally?

Isn't it too expensive not to?

How much do doctor's appointments, medications and illness cost in lost finances, time and emotions?

If you are truly purchasing and eating whole, natural foods (not just healthy-sounding prepared foods, or nutritious-looking convenience foods) it can be done very reasonably. Grains and beans are incredibly cheap, and in-season fruits and vegetables are very reasonable. Foods poor in nutrition, high in processing and convenience, are pretty expensive (look at the cost per pound of sugary, nutritionally-devoid box cereals).

Thrifty buying tips:

1. Buy produce that is in season (not just out of habit)

Better for you and cheaper!

2. Inquire about local farmer's markets and organic farm co-ops where you can get fresh, local, reasonably-priced produce.

3. Check out local co-op and health food stores- don't assume that they are more expensive, especially check out their bulk sections and organic produce (you might be surprised!)

4. Buy in bulk- grains, beans, nuts, seeds, etc.

Check about a local buying co-op.

5. Buy spices, herbs and seasonings in the bulk sections of natural food, health food or co-op stores.

-fresher and much cheaper than those littlebottles of herbs and spices commonly sold.

-you can try small amounts of unfamiliar ones.

6. Stock up on any packaged foods when on sale

-canned beans, tomatoes, salsa, olive oil, etc.

7. Base your meals upon the week's best buys.

This encourages more seasonal eating- healthy!

8. Buy nutritional value.

\$1.25 may seem too much for a melon, but then you don't give it a second thought when you toss a box of snack cakes in the cart.

9. Retrain yourself- save money normally spent on empty or harmful foods and apply that money to nutrient-dense foods (nuts, dried fruits, special fruits, special salad toppings, etc.).
10. If juicing, locate a produce distributor that will sell organic California carrots directly to you.
11. If you purchase non-organic produce- be certain to wash well and peel.

Make a few months' worth of copies of the shopping list on the following pages. Keep on fridge and circle items as they run out or as they come to mind as a good ingredient in an upcoming recipe.

Stocking a Basic Pantry

vegetables

garlic
onions
carrots
celery
lettuce/greens
potatoes
seasonal produce

fruit

lemons
apples
oranges
bananas
seasonal fresh fruit
raisins
other dried fruits

nuts/seeds

almonds, walnuts
sunflower, pumpkin
flax, sesame seeds
unsweetened coconut

oils

olive oil
coconut oil/butter
flax oil

packaged foods

salsa, prepared mustard

bulk items

dried lentils
split peas
other dried beans
brown rice
rolled oats
cornmeal (yellow or blue)
(quinoa, millet, kasha)

herbs/spices/seasonings

unrefined sea salt
raw apple cider vinegar
cinnamon
parsley
oregano
basil
thyme
chili powder
ground cumin
curry powder
turmeric
ground mustard
paprika
onion powder
garlic powder
arrowroot powder
baking powder
baking soda
canned beans, canned tomatoes
nut butter, tahini

Creamy Lemon Dill Soup

<i>2 cups yellow split peas</i>	<i>juice of 1 lemon (1/4 cup)</i>
<i>or split mung beans</i>	<i>2 tsp. prepared mustard</i>
<i>8 cups water</i>	<i>1 Tbsp. dill</i>
<i>2 Tbsp. olive/coconut oil</i>	<i>1 tsp. unrefined sea salt</i>
<i>1 Tbsp. oregano</i>	<i>4 scallions, chopped</i>

Bring ingredients in left column to a boil, then simmer for 1-1/2 hours. (If using a pressure cooker- reduce water to 6 cups and pressure cook for 8 minutes. On a gas range, be sure to use a flame tamer under cooker). Mix in ingredients in right column when done, then serve.

Optional: Blend for a smoother consistency before adding ingredients in right column.

Fast, simple and tasty.

Roast Red Potatoes

<i>12 small red potatoes,</i>	<i>1/2 tsp. unrefined sea salt</i>
<i>halved</i>	<i>2 Tbsp. prepared mustard</i>
<i>2 cloves garlic</i>	<i>1/2 tsp. oregano</i>
<i>2 Tbsp. olive oil</i>	<i>1/4 tsp. ground rosemary</i>

Mix all but potatoes in a food storage bag. Toss potatoes in bag. Spread on baking sheet and roast at 425 degrees for 35-40 minutes, stirring occasionally.

Hummus

1 can chickpeas (drained)

1-2 cloves of garlic

1/2 tsp. unrefined sea salt

juice of 1 lemon (1/4 cup)

1/8 tsp. ground cumin

2-3 Tbsp. tahini

1 tsp. olive oil

Puree everything in food processor until smooth, adding some liquid from canned beans if too thick. Before serving, drizzle 1 Tbsp. olive oil over top and sprinkle with paprika in serving dish.

Variation: Prepare with 2 cups cooked beans.

Hummus is very personal- adjust lemon, garlic, tahini and salt to taste.

Great dip for pita bread, tortilla chips and vegetables!

Also great to take to parties and potlucks with pita triangles, baby carrots and any other cut veggies.