

1. EAT THE RAINBOW

The more color on your plate at each meal, the better. This way, you know you are getting a variety of vitamins and minerals that keep your body working to its best ability.

Find out more at:
www.cookingforahealthylife.com

FRESH SALAD

INGREDIENTS

2 large tomatoes
1 English cucumber
1/2 medium red onion
1 red bell pepper
1 yellow bell pepper
1/4 cup mint
1/4 cup cilantro
1/4 cup parsley
Zest from 1 lemon
Lemon juice from previous lemon
4 Tbsp. olive oil



DIRECTIONS

1. Finely dice the ingredients.
2. Toss with lemon zest, lemon juice, and olive oil.
3. Serve with pita chips or as a topping to grilled lean meats or salads.



2. FRUITS ARE GOOD FOR YOU

Fruits contain fiber and entirely too many healthy nutrients to list. Fruits are a whole food and a natural source of energy.

Find out more at:
www.cookingforahealthylife.com

CRUNCHY BANANA ROLL

INGREDIENTS

1 cup low-fat granola
1 Tbsp. toasted flaxseed
4 Tbsp. unsalted almond butter
2 tsp. honey
4 DOLE® Bananas, peeled
4 Tbsp. fat-free Greek yogurt
1/2 cup DOLE Blueberries
1/4 cup DOLE Raspberries
1/4 cup DOLE Blackberries
4 mint sprigs



DIRECTIONS

1. Toss granola with flaxseed and set aside. Combine almond butter with honey, mixing until creamy; set aside.
2. Spread bananas with almond butter mixture and roll in granola mixture. Arrange each on a serving plate with a dollop of yogurt, adding berries and mint.



3. ADD EXTRA VEGETABLES

Most of us can benefit from adding a few more vegetables to our plates. To avoid getting bored with your vegetable choices, eat what is in season and choose from a local farmers' market.

Find out more at:
www.cookingforahealthylife.com

EGGPLANT CRUST PIZZA

DIRECTIONS

1. Preheat oven to 350 degrees and line a baking sheet with parchment paper.
2. Peel and grate eggplant into a bowl and let sit for a few minutes. Then, wrap grated eggplant in a cheesecloth and squeeze to remove excess water.
3. Put eggplant back in the bowl and add the rest of the ingredients and mix until well combined.
4. Place pizza dough on the baking sheet and roll out. Bake for 15 minutes.
5. Pull another sheet of parchment paper, lay over the top of the dough and flip it, then bake for another 10-15 minutes.
6. Add toppings of choice and place back in oven and broil on high for 5 minutes.



INGREDIENTS

- 1 large eggplant, peeled and grated
- 1/2 cup whole wheat
- 2 Tbsp. ground flaxseed
- 1-2 eggs (depends on amount of eggplant/flour)
- 1 tsp. Italian seasoning
- 1/2 tsp. salt
- 1/4 tsp. red pepper
- Toppings: tomato sauce, pesto, grilled chicken, spinach, onion, basil, cheese



4. CHOOSE WHOLE GRAINS

The more grams of fiber per serving, the better it is. Compare products at the grocery store to find your favorite whole grain.

Find out more at:
www.cookingforahealthylife.com

SWEET POTATO, BLACK BEAN AND QUINOA SALAD

INGREDIENTS

1 cup Water or broth
1/2 cup Quinoa
1 cup Sweet potato, cubed
1 Tbsp. Olive oil
1 tsp. Paprika
15 oz. Black beans, drained and rinsed
1 tsp. Sea salt
1 tsp. Cinnamon
1/4 tsp. Garlic, minced



DIRECTIONS

1. Preheat oven to 350°F. Boil water (or broth) and add quinoa. Boil until soft; 10-15 minutes, stirring often.
2. Cube sweet potatoes and coat with olive oil and paprika. Bake for 15-20 minutes, until soft.
3. Stir together sweet potatoes, quinoa, black beans, sea salt, cinnamon, and garlic. Serve immediately or chilled.



5. CHOOSE LEAN PROTEINS OR PLANT ALTERNATIVES

Pay attention to your protein portion sizes and learn how much protein your body actually needs for top performance. Keep your plate balanced.

Find out more at:
www.cookingforahealthylife.com

GREENS & BEANS FIESTA BURRITO BOWL

DIRECTIONS

1. Heat oil over medium-high heat, stir in rice and turkey, cook for 2 minutes. Stir in taco seasoning until well combined. Pour in broth, heat to boiling, reduce heat and cook 20 minutes or until broth is almost absorbed.
2. Meanwhile stir together yogurt and hot sauce. Set aside.
3. Stir kale mix, black beans and pineapple into skillet. Heat 3 to 4 minutes until heated through and broth is completely absorbed.
4. Divide rice mixture among serving bowls, top with avocado and cherry tomatoes. Drizzle with spicy yogurt. Serve with lime wedges, if desired.



INGREDIENTS

- 2 Tbsp. olive oil
- 1 cup brown jasmine rice, uncooked
- 6 oz. ground turkey or chicken
- 1 to 2 Tbsp. taco seasoning mix
- 2 cups low-sodium vegetable broth
- 1/3 cup plain low-fat Greek yogurt
- 2 tsp. hot sauce
- 6 cups DOLE® Organic Kale Mix
- 1 can (15 oz.) black beans, drained and rinsed
- 2 cups fresh DOLE Tropical Gold® Pineapple, finely chopped
- 1 avocado, peeled and cut into slices
- 1/2 cup cherry tomatoes, cut in half



6. SKIP THE SALT SHAKER

Use herbs and spices in place of salt.
Taste your food before salting.

Find out more at:
www.cookingforahealthylife.com

CAULIFLOWER STUFFING

INGREDIENTS

1 onion, chopped
2 large carrots, chopped
2 celery stalks, chopped
1 small cauliflower, chopped
1 cup mushrooms, chopped
1/4 cup fresh parsley, chopped
2 Tbsp. fresh rosemary
1 Tbsp. fresh sage
1/2 cup vegetable broth
Olive oil



DIRECTIONS

1. In a large skillet, add onion, carrot and celery with olive oil and sauté until soft.
2. Add cauliflower and mushrooms, cook until tender.
3. Add parsley, rosemary, and sage and pour broth over and cover with a lid. Cook until totally tender and liquid absorbed (usually 15 minutes).



7. EAT NATURAL INGREDIENTS

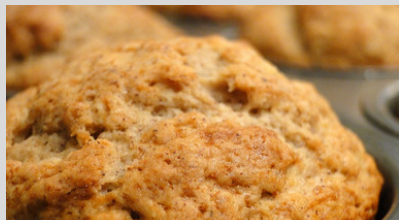
When looking at a food label, the ingredient list will tell you what is in the food item. Try to find foods that contain ingredients that you know, and opt for foods that do not list sugar or salt as first ingredients.

Find out more at:
www.cookingforahealthylife.com

FLOURLESS BANANA & PEANUT BUTTER MUFFINS

INGREDIENTS

1 banana
1 egg
1/2 cup peanut butter
3 Tbsp. honey
1/2 tsp. baking soda
1 Tbsp. vanilla
1/2 cup mini chocolate chips (optional)



DIRECTIONS

1. Preheat oven to 400 degrees and prepare a muffin tin by spraying with cooking spray.
2. In a blender or mixer, add all ingredients except chocolate chips (if using them). Blend until smooth.
3. Hand mix in chocolate chips.
4. Fill each muffin tin $\frac{3}{4}$ full.
5. Bake for 8-10 minutes.



8. THERE ARE HEALTHY FATS

Healthy fats can include unsalted nuts and seeds, fish and even some fruits like avocado and olives. A little goes a long way, but healthy fat is necessary for your body.

Find out more at:
www.cookingforahealthylife.com

AVOCADO CHICKEN SALAD

INGREDIENTS

1 cup cooked chicken breast, shredded
2 Tbsp. plain Greek yogurt
2 Tbsp. parsley
1 lemon, juiced
1 avocado, mashed
1 tsp. garlic powder
2 Tbsp. chopped Dill pickle (optional)



DIRECTIONS

1. Combine shredded chicken breast plain Greek yogurt, parsley, lemon juice, 1 mashed avocado, garlic powder and Dill pickle (optional) into a large bowl.
2. Enjoy as is or place half of mixture into two whole-wheat wraps.



9. DRINK WATER

Staying hydrated throughout the day is so important and can make a difference in your energy levels.

Find out more at:
www.cookingforahealthylife.com

FRUIT INFUSED WATER

INGREDIENTS

Strawberry Lemon Basil: 3 sprigs fresh Basil (about 10 leaves), 1 pint strawberries sliced or bag of frozen strawberries, 2 lemons sliced, juice of 2 lemons

Raspberry Lime: 4 limes sliced, juice of 2 limes, bag of frozen raspberries

Pomegranate Apple Lime: Seeds of 1 pomegranate, 2 apples sliced, 4 limes sliced, juice of 2 limes

Cucumber Lemon: 3 lemons sliced, juice of 2 lemons, 2 large cucumbers sliced



DIRECTIONS

1. Combine the ingredients in a pitcher and keep in fridge for about 2 hours prior to serving for best results. Amount of ingredients will vary based on pitcher size.



10. LISTEN TO YOUR BODY

We are all different, and nutrition is not one size fits all. You know your body best, so listen to what it is telling you. Remember, you are what you eat.

Find out more at:
www.cookingforahealthylife.com

SWEET POTATO BROWNIE BITES

INGREDIENTS

1 cup mashed/pureed sweet potato
1/2 cup nut butter
2 Tbsp. maple syrup
1/4 cup cocoa powder
Chocolate chips (optional)



DIRECTIONS

1. Preheat oven to 350 degrees and grease a loaf pan.
2. Melt nut butter and maple syrup.
3. Add to mashed sweet potato and cocoa powder. If using chocolate chips, add and mix well.
4. Pour into pan, bake for 20 minutes.