

# GROCERY STORE TOOL-KIT



# Pumpkin Spice No-Bake Bites



## Ingredients

- 1  $\frac{3}{4}$  cups old-fashioned rolled oats
- $\frac{1}{4}$  cup sorghum flour
- 2 Tablespoons coconut palm sugar
- 1 Tablespoon pumpkin spice
- $\frac{1}{2}$  cup pumpkin puree
- 1 tsp vanilla extract
- $\frac{1}{4}$  cup peanut butter
- $\frac{1}{4}$  cup honey
- $\frac{1}{2}$  teaspoon cinnamon
- Cinnamon-sugar for topping

## Preparation

1. In a food processor or blender, grind  $1 \frac{3}{4}$  cups old-fashioned oats until it becomes a powder.
2. Combine oats, flour, sugar, pumpkin puree and spices into large mixing bowl.
3. In a small, microwave-safe bowl, combine peanut butter, honey and vanilla.
4. Microwave the small bowl mixture for 30 seconds or until slightly melted.
5. Pour small bowl mixture into large bowl and stir until mixture becomes a thick dough.
6. Roll into bite-sized pieces. (Makes about 14 bite-sized balls)
7. Sprinkle bites with a dusting of cinnamon-sugar.
8. Refrigerate for 10 minutes to set and enjoy.

# Overnight Pumpkin Oats

## Ingredients

- 2 C steel cut oat
- 1 15 oz can of pumpkin
- 1 14 oz can full fat coconut milk
- 2 cups water
- 1 tbsp vanilla
- 1 tbsp + 1 tsp pumpkin pie spice
- 1/2 C honey or maple syrup(or leave unsweetened and add after it's been cooked)

## Preparation

1. Put all ingredients in your crockpot. Mix well and set to cook for 5-6 hours on low. Serve hot with milk or a dollop of greek yogurt, extra honey or maple syrup and a sprinkle of cinnamon.



When I make this recipe, I scoop the oatmeal and portion out into mini mason jars (pictured left). The jar holds just about one cup of oats, which is a great portion size and the jars can be used to re-heat the oatmeal in. I always have enough for a full week which is awesome! I just pack them for work.....pop them in the microwave when I get there.....add a side of blueberries or strawberries and BAM!

# Almost Cookie Dough Bites

## Ingredients

- 1 Cup Raw Cashews
- ½ Cup Rolled Oats
- 2 Tablespoons Maple Syrup
- 3 Tablespoons Honey
- 1 Handful Mini Chocolate Chips
- Sprinkles (for fun DUH)

## Preparation

1. In a blender or food processor, mix cashews and oats until mixture becomes fine and powdery.
2. Add in syrup and honey. Mixture will form a ball. (It will be sticky!)
3. Remove mixture, and refrigerate for 5 minutes.
4. Add sprinkles and chocolate chips to mixture.
5. Roll into small balls and serve.



# Skinny-Mini Maple Muffins

## Ingredients

- ½ cup water
- 1 egg
- 1 cup gluten-free flour
- ¾ cup old fashioned rolled oats
- ¼ cup sugar-free maple syrup
- ¼ cup honey
- ¼ cup light brown sugar
- ¼ cup plain greek yogurt
- 1 teaspoon baking powder
- ½ teaspoon xanthan gum
- 1 teaspoon vanilla

## Preparation

1. Preheat oven to 350 degrees.
2. Spray mini muffin tray with non-stick spray.
3. In large mixing bowl, mix all ingredients (except for the cinnamon sugar).
4. Fill muffin tray cups ¾ full.
5. Bake for 20 minutes.
6. Sprinkle top with cinnamon sugar and let muffins cool.



# Quinoa Chili

## Ingredients

- 1 cup quinoa
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 1 onion, diced
- 2 (14.5-ounce) cans diced tomatoes
- 1 (15-ounce) can tomato sauce
- 1 (4.5-ounce) can diced green chiles
- 1 1/2 tablespoons chili powder, or more, to taste
- 2 teaspoons ground cumin
- 1 1/2 teaspoons paprika
- 1/2 teaspoon cayenne pepper
- Kosher salt and freshly ground black pepper, to taste
- 1 (15-ounce) can garbanzo beans, drained and rinsed
- 1 (15-ounce) can black beans, drained and rinsed
- 1 1/2 cups corn kernels, frozen, canned or roasted
- 3 tablespoons chopped fresh cilantro leaves
- Juice of 1 lime
- 1 avocado, halved, seeded, peeled and diced



## Preparation

1. Cook quinoa according to package instructions; set aside.
2. In large pot, heat olive oil over medium high heat. Add garlic and onion and cook, stirring frequently, until onions have become translucent (about 2-3 minutes).
3. Stir in quinoa, diced tomatoes, tomato sauce, green chiles, chili powder, cumin, paprika, cayenne pepper and 1-2 cups water, making sure to cover most of the ingredients; season with salt and pepper, to taste.
4. Reduce heat to low; simmer, covered, until thickened, about 30 minutes. Stir in beans, corn, cilantro and lime juice until heated through (about 2 minutes).
5. Serve immediately and top with avocado.

# Egg Muffins

## Ingredients

- 9 large eggs
- 1 cup shredded cheese
- 1 red, green, or yellow pepper (I like to use a mix of colors)
- ¼ teaspoon pepper
- ¼ teaspoon salt
- ½ cup frozen spinach, chopped
- 8 ounces ground breakfast sausage (optional for meat-lovers)



## Preparation

1. Preheat oven to 350 degrees, spray a muffin tin with non-sticking cooking spray or use coconut oil. (I used coconut oil). Set aside.
2. If using, brown the ground sausage in a medium-sized pan over medium-heat.
3. In a large mixing bowl, whisk the eggs and then add in the sausage, peppers, spinach, cheese, salt and pepper. Pour the batter into the muffin tins, filling ¾ of the way. Bake for 20-25 minutes, (my oven needed 23 minutes).
4. Allow the muffins to cool for 5 minutes, use a knife to loosen from the sides.

\*These are great for reheating during. I usually cook a batch on Sunday and use all week.

# Nutrition 101

## What is a Calorie?

As defined by the National Academy of Sports Medicine, "A calorie is the amount of heat energy required to raise the temperature of 1 gram of water 1 degree Celsius, (p.465)".

Okay...so what the heck is a calorie? Basically, a calorie is a measure of energy we get from food. All of the food we eat has a caloric value. In order for our body to function, we must ingest the six essential nutrients, carbohydrates, proteins, fats, vitamins, minerals and water. The calories in food that provide us energy come from fats, proteins and carbohydrates. These energy providing nutrients all have a caloric value, which is where the USDA gets the information for our food labels.

1 gram of protein = 4 calories  
1 gram of carbohydrates = 4 calories  
1 gram of fat = 9 calories

So instead of giving calories the cold shoulder, remember they are essential for survival. That being said, it is also important to have a basic understanding of how these guys provide energy to the body. Fats and carbohydrates provide quick energy. When not used immediately (aka by being semi-active), they can be stored in the body as fat. This is the case as well if a person is over-consuming quantities of fats. The body takes what fat it needs to function, and then stores the rest. Fats typically are metabolized in the body much slower than carbohydrates or proteins. Proteins are builders. They are always on the job. If there is a shortage in the amount of fats and carbohydrates a person consumes, proteins can also be used for energy.



# Nutrition 101

Before going to the grocery, look over some of the following suggestions:

- 1. Low sugar:** Minimizing sugar is crucial. And sugar is sneaky. Protein bars, drinks and coffee creamers can really pack on the grams of sugar. Make sure to read your labels and choose wisely. Corn syrup, fructose, galactose, glucose, high-fructose corn syrup, lactose, maltose, and sucrose...are all still sugar, and companies love to sneak them into the ingredients list separately.
- 2. Low sodium:** Too much sodium in your diet is unhealthy. Of course, like anything else moderation is key. Sodium is essential in order to maintain fluid balance in your body, especially if you are involved in high intensity workouts. What we know about too much sodium though, is that it is not good for your heart and can cause water retention that leads to water weight gain. Watch out for lunchmeats and pre-packaged meals. Many times the sodium count is super high in order to help preserve the foods.
- 3. Food labels with minimum ingredients:** Natural is better. Foods that have minimal ingredients listed on the label are typically healthier, more natural and have less "junk" added to them during processing.
- 4. Healthy fats:** There are two types of fats (well 3): saturated, unsaturated and trans fats. Just like we did with calories, we have to get used to the fact that fats are essential to our health. Choosing the right fats is where the focus should be. Unsaturated fats are the "healthy" fats. They are typically liquid at room temperature. Adding olive oils, nuts and avocado to your diet are a great way to get your fat calories.

# Nutrition 101

**5. Complex carbohydrates:** When you consider the carbohydrates remember they are great for providing energy. Complex carbohydrates have less sugar and due to the lower glycemic index, the sugars are digested slower and more consistently throughout the day keeping your energy levels up. This is much more beneficial than getting highs and lows from other sources of carbohydrates.

**6. Nutrient-dense:** Look at the nutrients you are getting for the calories you are in taking. The best explanation I give you for this is an apple versus apple juice. The apple has no added sugars, is low in sugar and high in nutritional content (especially fiber). Apple juice has a lot of sugar added, as well as other products for enriching flavor, and is high in calories. Always go for the apple over the apple juice when meal planning.

**7. Lean Meat:** Complete proteins such as chicken or tilapia are going to have less fat than beef or pork while still providing ample amounts of vitamins and minerals the body needs for building and repairing cells in the body.

**8. Whole Grains** Brown rice or wheat breads are always better choices than the white alternatives. White breads are enriched, meaning that some of the good nutrients are removed during processing while other, not so healthy additives are put back in.

# Nutrition 101

9. *Limit sauces, fried foods and pre-packaged meals* (aka TV dinners). All of these options add extra sugars, fats or sodium that are not necessary to a healthy diet.
10. *Remember this doesn't have to be boring*. Obviously eating totally clean and "naturally" is the best answer. But it does NOT mean you can't have fun with this. Experiment. Try some of the recipes on the attached cards! There are so many different ways to spice up your meals! Make it fun for yourself!
11. *Avoid*: artificial colors, bleached white flour, high-fructose corn syrup, partially hydrogenated oil, + MSG.
12. *If all else fails...FOODUCATE!* Fooducate is an amazing app and wonderful grocery store quick-tool. You can scan a food's barcode, and the app grades the food from A to D based on the nutrition facts and ingredient list.



# 15 Substitutes



1. Unsweetened Applesauce for Sugar (substitute at a ratio of 1:1), but reduce other liquids in recipe by 1/4 cup.

2. Almond (or other nut flours) for White Flour: It is best to start by subbing 1/4 C almond flour and 3/4 C wheat flour for 1 cup of white flour. You can solely use almond flour, but it is heavier. You may have to increase the amount of rising agent (by 1/2 teaspoon per cup of almond flour) in the recipe. I usually add about 1 teaspoon of xanthan gum to help with consistency.

3. Avocado (a healthy fat) Puree for Butter: 1 cup of avocado puree is a great substitute for 1 cup of butter. Works wonders in brownies.

4. Natural Peanut Butter for Regular or Reduced-fat Peanut Butter: Less is more ingredient-wise. There are A LOT of artificial ingredients added to many brands of peanut butter. Beware of the ingredient list even in reduced-fat peanut butter.

5. Zucchini Ribbons or Spaghetti Squash for Spaghetti or Other Pastas: Low carb and low calorie.

6. Mashed Cauliflower for Mashed Potatoes.

7. Lettuce Leaves for Tortilla Wraps and Bread for Sandwiches.

8. Quinoa for Beef in Chilli, Quinoa for Oatmeal.

9. Ground Turkey for Ground Beef: Less calories and saturated fat.

10. Avocado, Hummus, or Plain Greek Yogurt for Mayo on Sandwiches.

# 15 Substitutes

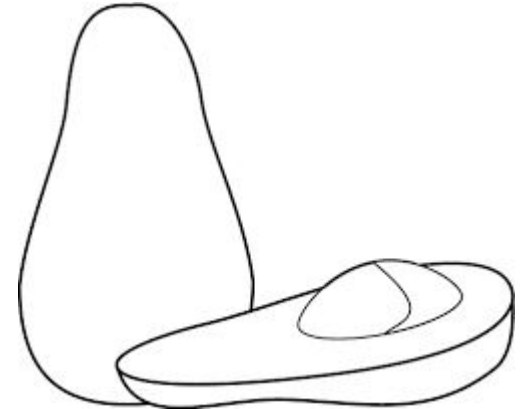
11. Kale Chips or Sweet Potato Fries for Potato Chips: They are easy to season and bake at home!

12. Banana Ice cream for Ice Cream: Simply freeze banana puree. You can add vanilla, peanut butter or even top with dark chocolate shavings for a special treat.

13. Greek Yogurt for Sour Cream: Yummy on baked potatoes and chilli.

14. Homemade Salad Dressing: Mix olive oil, garlic, the zest and juice of one lemon--makes a flavorful and light dressing.

15. Olive Oil Spray for Butter: Especially when cooking eggs. Unsaturated versus saturated fat.



# Worth The Organic Price Tag!

1. Apples
2. Peaches
3. Nectarines
4. Strawberries
5. Grapes
6. Cherry Tomatoes
7. Snap Peas
8. Potatoes

9. Hot Peppers
10. Kale and Collard Greens
11. Celery
12. Beef
13. Milk
14. Spinach

15. Sweet Bell Peppers
16. Cucumbers

