

Quick Meal and Snack Ideas

(Emphasizing Wheat-Free and Dairy-Free Choices)

*I refer to *The Joy of Cooking* for specific cooking instructions.*

Roasted Chicken w/Green Beans: Coat a whole chicken with broth and butter and bake in a shallow roasting pan. Add some broth to pan and bake at about 325° for about an hour for a 4 lb. chicken. Add a pan full of string beans coated in olive oil beside the chicken for the last 30 minutes.

Tri-Tip w/Roasted Vegetables: Bake Tri-tip at 425°- 450° for 10 minutes fat-side up; turn and bake at 225° - 250° for 20-40 additional minutes (or follow cookbook instructions). Bake trays of cut vegetables (yams, zucchini, onions, squash, etc.) coated in coconut oil for approximately 20-30 minutes of baking time.

Dover Sole w/Mixed Green Salad: Fry sole on the stove top with butter and sea salt. Toss a mixed green salad (can buy a ready pack of greens) & top salad with this dressing: 1/4 lemon juice, 3/4 olive oil, sea salt to taste.

Stir Fry: Sauté slices of beef, poultry or fish on the stovetop in butter or coconut oil in one pan and a mix of vegetables (greens, mushrooms, red onions, broccoli, bok choy, etc.) in another pan then combine.

Wraps: Using nitrate and sugar-free deli-sliced turkey meat (the only place I know to buy this is Whole Foods), lay out slice and fill with thin tomato slices, mixed greens and avocado (or use your favorite veggies); roll up and enjoy.

Deviled Eggs: Slice hard boiled eggs in half length-wise; scoop out yolk centers and mix with organic mayonnaise, mustard and diced scallions (optional); replace dip in egg center and sprinkle with paprika. (For 4 eggs, use 1tbsp mayo and 1 tsp mustard).

Goolash: Cook up a large batch of wild or brown rice and have it on hand. Add bite-sized pieces of leftover, cooked dinner meat and veggies (ground hamburger, diced chicken breast, chard, kale, spinach and zucchini, for example). Reheat all ingredients in a skillet on the stove top with a generous portion of butter for just a few minutes. You can also prepare a chilled version, using fresh vegetables like tomatoes and avocado, add some goat cheese, sliced olives, walnut pieces or pine nuts (or your favorite salad ingredients), and mix with an olive oil and vinegar or lemon juice salad dressing that includes fresh herbs and sea salt.

Raw Vegetables: Try packing snack bags of organic, raw, sliced bell pepper, jicama, cucumber, cauliflower and sugar-snap peas as to-go snacks in lieu of processed snacks like granola bars.

Other Tips

Butter and Coconut Oil: Organic, raw butter and coconut oil are best for stove-top cooking and sautéing. They are “good” fats that can handle high temperatures without breaking down and becoming rancid (as olive oil does). Avoid hydrogenated and partially hydrogenated oils.

Nuts: Avoid roasted nuts (most often rancid) and select fresh, raw nuts. Soak raw nuts to sprout them before eating (see *Nourishing Traditions* cookbook by Sally Fallon for sprouting instructions).

Bread: Consider minimizing grains; selecting non-gluten grains (rice, wild rice, quinoa, corn, millet, buckwheat, amaranth, oats); selecting Ezekiel and other sprouted grain breads that also do not have added gluten or corn syrup.

Dairy: If you “do” dairy, consider organic, raw products. The pasteurization process depletes dairy of essential vitamins and enzymes. Although synthetic vitamins are added after pasteurization, they lack the necessary co-factors and enzymes to be properly utilized by our bodies. Also consider goat milk and cheese.

Note: We have found the above suggestions to be helpful for most people. However, not every dietary recommendation will apply to everyone. In order to discover each person’s unique dietary needs, food sensitivities and overall health condition, a full examination, consultation and evaluation are necessary.

For more information, contact Swarthout Chiropractic at 559-325-9500.