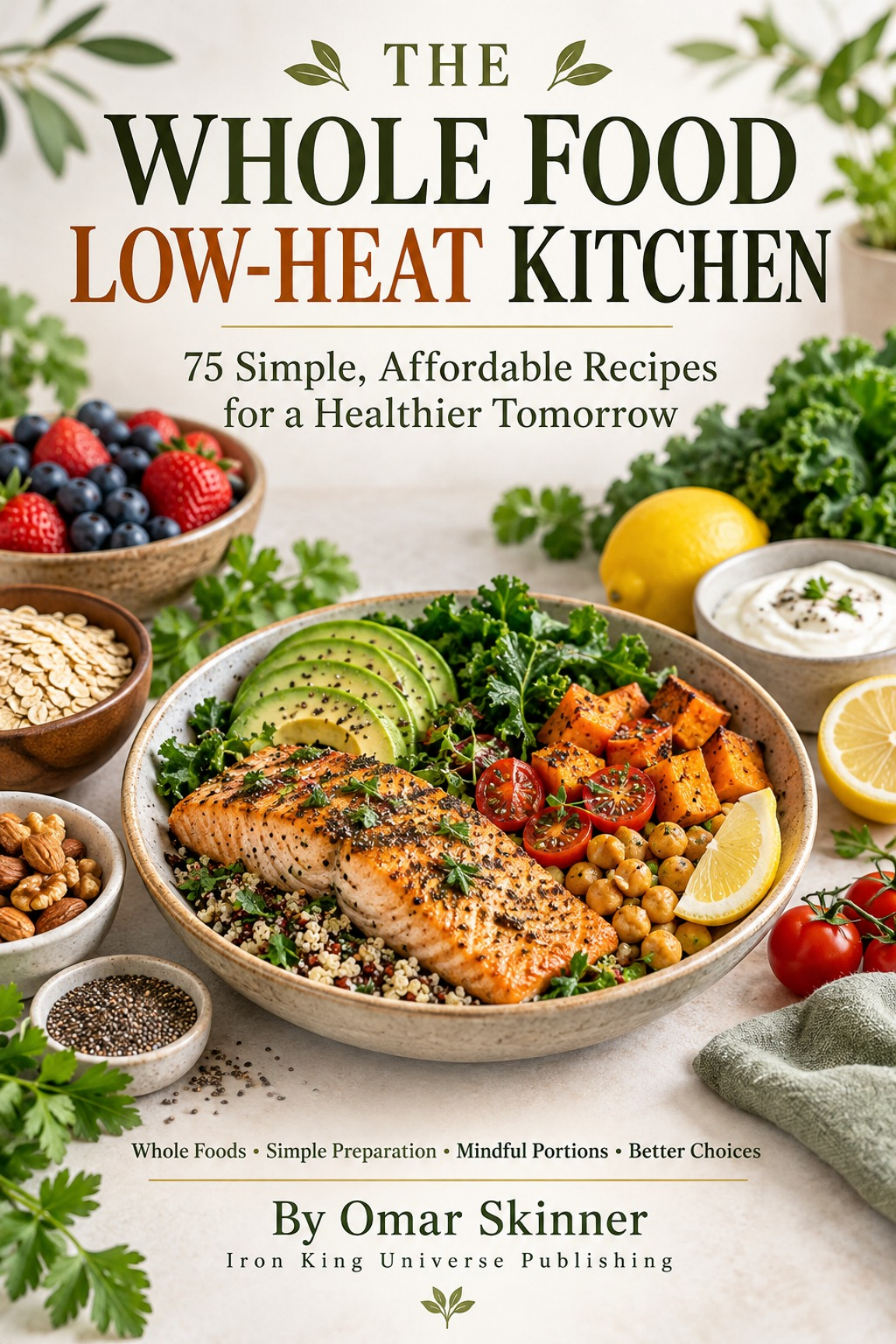

THE
WHOLE FOOD
LOW-HEAT KITCHEN
75 Simple, Affordable Recipes
for a Healthier Tomorrow
Whole Foods • Simple Preparation • Mindful Portions • Better Choices
By Omar Skinner
Iron King Universe Publishing

THE WHOLE FOOD LOW-HEAT KITCHEN

75 Simple, Affordable Recipes for a Healthier Tomorrow

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Whole Foods • Simple Preparation • Mindful Portions • Better Choices

Breakfast • Lunch • Dinner • Desserts • Snacks & Drinks

By Omar Skinner

Published by

IRON KING UNIVERSE PUBLISHING

“Good food does not have to be complicated. Healthy eating does not have to be expensive. Taking care of yourself can begin with something as simple as your next meal.”

A NOTE FROM THE AUTHOR

I did not create this cookbook because I believe food has to be perfect. I created it because I believe we have made eating far more complicated than it needs to be.

For many of us, the modern Western diet has become a routine of convenience: highly processed foods, oversized portions, sugary drinks, refined carbohydrates, excessive sodium, fast food, packaged snacks, and meals designed to be eaten quickly rather than thoughtfully.

Over time, that way of eating can push real food further and further away from the center of our lives. Fresh vegetables become the side dish. Fruit becomes something we occasionally remember to buy. Beans, lentils, nuts, seeds, whole grains, fish, and other simple foods are replaced by products built for convenience and easy overconsumption.

I wanted this cookbook to move in the opposite direction.

The recipes in these pages are centered on recognizable ingredients and simple preparation. You will find vegetables, fruit, beans, lentils, nuts, seeds, eggs, yogurt, whole grains, fish, chicken, lamb, grass-fed beef, and other foods that can become part of an everyday way of eating.

You will also notice an emphasis on gentle cooking, mindful portions, and keeping added sugar low. That is intentional.

Healthy eating does not mean you can never enjoy something sweet, never eat meat, or never enjoy a favorite meal again. It means learning to build most of what you eat around foods that nourish you rather than foods that simply stimulate your appetite.

It also means remembering that portions matter. Even nutritious foods can become excessive when we stop paying attention to how much we are eating. The goal of this cookbook is not deprivation. It is balance.

SIMPLE FOOD. PRACTICAL CHOICES.

Throughout these recipes, I tried to keep another reality in mind: healthy food has to be practical.

A recipe is not very useful if it requires twenty expensive ingredients, hours in the kitchen, or specialty foods that most families cannot easily find. That is why you will see inexpensive staples such as beans, lentils, eggs, vegetables, sweet potatoes, chickpeas, yogurt, nuts, seeds, and simple soups alongside salmon, chicken, lamb, beef, and other proteins.

Some meals contain meat. Some do not. Some require a little cooking. Others can be put together in five or ten minutes.

The common thread is simple:

Start with real food. Keep it simple. Watch the portions. Limit unnecessary sugar. And make choices you can continue making tomorrow.

I believe one of the greatest mistakes we make with healthy living is believing everything has to change at once. It does not.

You do not have to become a completely different person overnight. You can start by drinking water instead of soda. You can add vegetables to dinner. You can prepare oatmeal instead of reaching for a sugary breakfast. You can eat beans or lentils for lunch. You can choose berries and yogurt when you want something sweet. You can cook one more meal at home this week than you did last week.

Small decisions may not feel dramatic, but repeated over months and years, they can become a completely different lifestyle.

That is what this cookbook is really about: not perfection, not punishment, and not fear of food. It is about returning to something we have always known: food should nourish us.

My hope is that these recipes help make that a little easier for you and your family. Start where you are. Use what you have. Make the next meal a little better. Then do it again tomorrow.

Omar Skinner

A GIFT TO THE COMMUNITY

WHY THIS COOKBOOK IS FREE

This cookbook was created to be shared.

There is already enough standing between people and healthier eating. Food prices are high. Families are busy. Many people work long hours. Healthy choices are often presented as expensive, complicated, or available only to people who can afford specialty foods, meal subscriptions, supplements, or expensive diet programs.

I do not believe basic information about preparing wholesome food should become another barrier.

That is why this cookbook is free.

No membership is required. No expensive program is required. There is no expectation that you buy every ingredient in this book or completely change the way you eat overnight.

Take the recipes that work for you. Adjust them for your budget. Use frozen vegetables when fresh ones are too expensive. Use beans and lentils when meat does not fit the grocery budget. Choose seasonal produce when possible. Prepare larger batches and use leftovers.

Most importantly, understand that improving the way you eat does not require perfection. It requires better choices made consistently.

If this cookbook helps one person prepare more meals at home, reduce added sugar, discover a new vegetable, become more mindful of portions, or realize that healthy food can actually taste good, then it has accomplished what it was created to do.

Please use it. Share it. Cook from it. Make the recipes your own. And pass it along to someone who might benefit from it.

Because healthier communities begin with healthier households, and sometimes a better tomorrow really can begin with something as simple as dinner tonight.

• • •

Whole Foods. Simple Preparation. Mindful Portions. Better Choices.

Nourish today. Build a healthier tomorrow.

COMMUNITY KITCHEN

SHARE YOUR RECIPES & YOUR STORY

Food has always been more than ingredients. It carries memories, reflects family traditions, and sometimes tells the story of how we began taking better care of ourselves.

That is why I want this cookbook to be more than a collection of recipes. I want it to become a place where people can share what is working in their own kitchens.

If you have a favorite whole-food meal, low-sugar dessert, simple soup, healthy snack, plant-based dish, family recipe, or practical way of making healthier food more affordable, I would love for you to share it. If there is a story behind the recipe, share that too.

Maybe you changed the way you eat because of your health, found a healthier way to prepare a family favorite, reduced your reliance on fast food, or learned how to feed your family better on a tight grocery budget. Your experience may help someone else realize that healthy eating does not have to be boring, complicated, or expensive.

WHAT YOU CAN SHARE

- Whole-food recipes
- Healthy snacks
- Soups & one-pot meals
- Affordable family meals
- Meal-preparation ideas
- Low-sugar desserts
- Breakfast, lunch & dinner ideas
- Meatless meals
- Healthier traditional recipes
- Your healthy-eating story

TELL US THE STORY BEHIND THE FOOD

What inspired it? Is it connected to your family or culture? Did you improve the ingredients? Did it help you or your family eat differently? What would you tell someone making it for the first time?

JOIN THE COMMUNITY

Visit my website to submit your recipe and story:

www.iron-king-universe.com

Your kitchen. Your recipe. Your story.

Share what is working for you and help someone else take another step toward a healthier tomorrow.

IRON KING UNIVERSE PUBLISHING

IMPORTANT HEALTH & ALLERGY DISCLAIMER

Please read before using the recipes in this cookbook.

The information and recipes in The Whole Food Low-Heat Kitchen are provided for general educational and informational purposes only. They are not intended to diagnose, treat, cure, or prevent any disease or medical condition, and they are not a substitute for individualized medical advice from a physician, registered dietitian, or other qualified healthcare professional.

MEDICAL DISCLAIMER

Every person's nutritional needs are different. Readers with diabetes, kidney disease, heart disease, food intolerances, digestive conditions, metabolic disorders, pregnancy-related nutritional needs, or other medical concerns should consult a qualified healthcare professional before making significant dietary changes. Do not discontinue medications, delay medical treatment, or replace professional medical care based on information in this cookbook.

FOOD ALLERGY DISCLAIMER

Recipes may contain or come into contact with common food allergens, including:

- Milk and dairy products
- Eggs
- Peanuts and tree nuts
- Wheat and gluten-containing grains
- Soy
- Fish and shellfish
- Sesame

Ingredient brands, manufacturing practices, and preparation environments vary. Readers with food allergies or sensitivities should review labels carefully, verify that products are appropriate for their needs, and take precautions to prevent cross-contact. Substituting one ingredient for another does not guarantee that a recipe will be allergen-free.

NUTRITION, COST & PORTION ESTIMATES

Nutrition values, serving sizes, sugar estimates, costs, and preparation times are approximate. Actual values may vary by brand, portion size, substitutions, location, and preparation method. Readers who require precise nutritional information for medical reasons should calculate values using the exact ingredients and quantities they use.

FOOD SAFETY & PERSONAL RESPONSIBILITY

Use good judgment when preparing, storing, and consuming food. Follow recognized food-safety practices, avoid cross-contamination, refrigerate perishable foods promptly, and cook meat, poultry, fish, and eggs to safe internal temperatures. By using this cookbook, readers accept responsibility for adapting recipes to their own health needs, allergies, dietary restrictions, and professional medical guidance when appropriate.

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THE WHOLE FOOD LOW-HEAT KITCHEN

TABLE OF CONTENTS



SECTION 1 — BREAKFAST

Cinnamon Apple Overnight Steel-Cut Oats 12
Warm Blueberry Walnut Steel-Cut Oatmeal 13
Spinach and Pepper Eggs 14
Berry Chia Breakfast Bowl 15
Sweet Potato Breakfast Bowl 16
Avocado and Egg Breakfast Plate 17
Greek Yogurt Berry Bowl 18
Banana Walnut Steel-Cut Oat Bowl 19
Vegetable Sweet Potato Hash 20
Apple Walnut Yogurt Bowl 21
Warm Pear and Cinnamon Quinoa Bowl 22
Mushroom Spinach Egg Bowl 23
Peach and Cinnamon Yogurt Bowl 24
Egg and Avocado Sweet Potato 25
Fruit, Nut, and Seed Breakfast Bowl 26

SECTION 2 — LUNCH

Mediterranean Chickpea Salad 28
White Bean Cucumber Salad 29
Simple Lentil Vegetable Bowl 30
Avocado Chickpea Mash Sandwich 31
Hummus and Veggie Whole-Grain Sandwich 32
Hearty Vegetable Bean Soup 33
Easy Lentil Vegetable Soup 34
Tomato White Bean Spinach Soup 35
Sweet Potato Black Bean Lunch Bowl 36
Strawberry Walnut Spinach Salad 37
Southwest Black Bean Salad 38
Lentil Cucumber Tomato Salad 39
Chicken Garden Salad 40
White Bean Arugula Salad 41
Tuna White Bean Salad 42

SECTION 3 — DINNER

Organic Lemon Herb Chicken Plate 44
Grass-Fed Beef and Mushroom Bowl 45
Rosemary Garlic Lamb with Carrots and Cauliflower 46
Wild Salmon with Sweet Potato and Broccoli 47
Mediterranean White Fish with Tomatoes and Olives 48
Lentil Vegetable Stew 49
Chickpea Zucchini Tomato Skillet 50
Stuffed Bell Peppers with Black Beans and Quinoa 51
Garlic Chicken Spinach Brown Rice Bowl 52
Cod with White Beans and Greens 53
Turkey Sweet Potato Skillet 54
Herb Chicken with Brussels Sprouts and Quinoa 55
Lemon Dill Salmon with Asparagus and Brown Rice 56
White Bean Kale Tomato Skillet 57
Cauliflower Chickpea Curry Bowl 58

SECTION 4 — DESSERTS

Berry Greek Yogurt Parfait 60
Dark Chocolate Avocado Mousse 61
Chia Cinnamon Pudding 62
Lemon Ricotta Cups 63
Frozen Yogurt Berry Bark 64
Cottage Cheese Berry Bowl 65
Dark Chocolate Almond Clusters 66
Vanilla Almond Chia Pudding 67
Coconut Yogurt Berry Cups 68
Strawberry Chia Cheesecake Cups 69
Mini Key Lime Yogurt Cups 70
Cocoa Ricotta Cups 71
No-Bake Nut Butter Chia Bites 72
Raspberry Coconut Bites 73
Peanut Butter Greek Yogurt Dip 74

SECTION 5 — SNACKS & DRINKS

DRINKS

Lemon Ginger Detox Water 76
Berry Green Smoothie 77
Cinnamon Apple Infusion 78
Tropical Green Refresher 79
Iced Herbal Tea 80
Chocolate Protein Shake 81
Cucumber Mint Cooler 82
Golden Turmeric Latte 83

SNACKS

Apple Almond Snack 84
Greek Yogurt with Berries 85
Veggie & Hummus Cup 86
Roasted Chickpeas 87
Mixed Nuts & Seeds 88
Frozen Berry Bites 89
Hard-Boiled Eggs 90

75 WHOLE-FOOD RECIPES

15 Breakfast • 15 Lunch • 15 Dinner • 15 Desserts • 15 Snacks & Drinks

Whole Foods. Simple Preparation. Mindful Portions. Better Choices.

WORDS OF WISDOM

SECTION 1 — BREAKFAST

DON’T START YOUR DAY ON A SUGAR ROLLER COASTER

Breakfast sets the tone for what comes next.

Many common breakfast foods are really desserts wearing breakfast labels: sugary cereals, pastries, doughnuts, sweetened coffee drinks, flavored oatmeal packets, pancakes covered in syrup, and breakfast bars loaded with added sugar.

When rapidly digested carbohydrates and sugars enter the bloodstream, blood glucose can rise quickly. In response, the pancreas releases insulin to help move glucose from the bloodstream into the cells. That process is normal.

The problem is when breakfast repeatedly delivers large amounts of rapidly absorbed carbohydrate with very little protein, fiber, or healthy fat. You may have started the morning with plenty of calories, yet find yourself hungry again surprisingly soon.

That can begin a cycle: Sugar → rapid rise → insulin response → hunger → cravings → more sugar.

Breakfast does not need to be completely carbohydrate-free. The better question is: What kind of carbohydrate are you eating, and what are you eating with it?

Steel-cut oats, berries, vegetables, beans, and other minimally processed foods behave differently from doughnuts, sweetened cereal, and pastries. Pairing whole-food carbohydrates with protein, fiber, and healthy fats creates a more balanced meal.

Think: Eggs + vegetables + avocado. Plain Greek yogurt + berries + nuts. Steel-cut oats + chia seeds + walnuts. Sweet potato + eggs + greens.

You do not need to fear food. You simply need to understand what food is asking your body to do.

WORDS TO REMEMBER

Do not let sugar make the first decision of your day. Start with real food. Give your body nourishment before you give it sweetness.

NOURISH TODAY. BUILD A HEALTHIER TOMORROW.

Section 1 — Breakfast

Cinnamon Apple Overnight Steel-Cut Oats

A creamy, make-ahead breakfast built on steel-cut oats, apple, chia seeds, walnuts, and cinnamon.



Prep Time	10 minutes	Cook Time	10 minutes	Total Time	20 minutes + overnight chill
Servings	1	Estimated Cost	$1.75 per serving	Cooking Method	Low-heat simmer and overnight rest

Ingredients

- 1/2 cup steel-cut oats
- 1 1/2 cups water
- 1/2 apple, diced
- 1 tablespoon chia seeds
- 1 tablespoon chopped walnuts
- 1/2 teaspoon cinnamon
- Pinch of nutmeg



Preparation

1. Combine steel-cut oats and water in a saucepan.
2. Bring just to a gentle simmer, then reduce heat to low.
3. Cook about 10 minutes, then stir in apple, chia seeds, cinnamon, and nutmeg.
4. Let cool, cover, and refrigerate overnight.
5. Serve chilled or gently warm and top with walnuts.

Nutrition Snapshot

Protein:	7 g
Fiber:	8 g
Whole Grains:	Yes
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Steel-cut oats are used instead of instant or rolled oats because they stay closer to the oat's original form. Apples, walnuts, and chia seeds add fiber, texture, and natural nourishment.

A HEALTHIER TOMORROW
STARTS WITH A NOURISHING BREAKFAST.

Section 1 — Breakfast

Warm Blueberry Walnut Steel-Cut Oatmeal



A hearty, satisfying breakfast made with minimally processed ingredients. Steel-cut oats take a little longer to cook, but the texture, flavor, and nutrition make it worth the wait.

Prep Time	Cook Time	Total Time
5 minutes	25–30 minutes	30–35 minutes

Servings	Estimated Cost	Cooking Method
1	$1.75–$2.25 per serving	Low-heat simmer

Ingredients

- 1/2 cup steel-cut oats
- 1 1/2 cups water
- 1/2 cup blueberries (fresh or frozen)
- 1 tablespoon chopped walnuts
- 1 tablespoon ground flaxseed
- 1/2 teaspoon cinnamon
- Pinch of sea salt (optional)



Preparation

1. Combine the steel-cut oats and water in a saucepan.
2. Bring to a gentle simmer over medium heat.
3. Reduce the heat to low and cook for 25–30 minutes, stirring occasionally, until the oats are tender and creamy.
4. Add the blueberries during the final few minutes of cooking.
5. Remove from the heat and top with walnuts, ground flaxseed, and cinnamon.

Nutrition Snapshot

Protein:	7 g
Fiber:	8 g
Whole Grains:	Yes
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Steel-cut oats are used instead of instant or rolled oats because they remain closer to the oat's original form. Blueberries provide natural sweetness, while walnuts and flaxseed add healthy fats, fiber, and texture without the need for processed toppings.

A HEALTHIER TOMORROW
STARTS WITH A NOURISHING BREAKFAST.

Section 1 — Breakfast

Spinach and Pepper Eggs

A simple, protein-rich breakfast with colorful vegetables and gentle cooking.



Prep Time 5 minutes	Cook Time 10 minutes	Total Time 15 minutes	
Servings 1	Estimated Cost $1.50 – $2.00 per serving	Cooking Method Gentle skillet cooking	

Ingredients

- 2 eggs
- 1/2 cup fresh spinach
- 1/4 cup diced bell pepper
- 2 tablespoons diced onion
- 1 teaspoon extra-virgin olive oil
- Black pepper
- Garlic powder



Preparation

1. Warm the olive oil in a skillet over low heat.
2. Add the onion and bell pepper and cook gently until softened.
3. Add the spinach and allow it to wilt.
4. Whisk the eggs and pour them into the skillet.
5. Cook slowly, stirring occasionally, until the eggs are fully set.
6. Season with black pepper and garlic powder.

Nutrition Snapshot

Protein:	14 g
Fiber:	2 g
Whole Grains:	No
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Eggs provide high-quality protein, while spinach and peppers add vitamins, minerals, and antioxidants. Low-heat cooking helps keep the breakfast tender and satisfying.

A HEALTHIER TOMORROW
STARTS WITH A NOURISHING BREAKFAST.

Section 1 — Breakfast

Berry Chia Breakfast Bowl

A refreshing no-cook breakfast loaded with fiber, healthy fats, and antioxidant-rich berries.



Prep Time 5 minutes	Cook Time 0 minutes	Total Time 5 minutes + chilling time	
Servings 1	Estimated Cost $1.75–$2.25 per serving	Cooking Method No heat / chilled	

Ingredients

- 3 tablespoons chia seeds
- 1 cup unsweetened milk of choice
- 1/2 cup strawberries
- 1/2 cup blueberries
- 1 tablespoon pumpkin seeds
- 1 tablespoon walnuts
- Cinnamon

Preparation

1. Combine the chia seeds and milk in a covered container.
2. Refrigerate for at least 4 hours or overnight.
3. Top with strawberries, blueberries, pumpkin seeds, walnuts, and cinnamon.

Nutrition Snapshot

Protein:	7 g
Fiber:	10 g
Whole Grains:	No
Healthy Fats:	Yes
No Added Sugar:	Yes



Whole-Food Note

Chia seeds are rich in omega-3 fats and fiber, helping create a filling breakfast with no need for refined ingredients. Fresh berries add natural sweetness and bright flavor.

A HEALTHIER TOMORROW
STARTS WITH A NOURISHING BREAKFAST.

Section 1 — Breakfast

Sweet Potato Breakfast Bowl

Naturally sweet, nutrient-dense, and satisfying, this bowl brings together simple whole-food ingredients.



Prep Time	Cook Time	Total Time	Servings	Estimated Cost	Cooking Method
10 minutes	15 minutes	25 minutes	1	$1.75–$2.25 per serving	Steaming

Ingredients

- 1 medium sweet potato
- 1 tablespoon natural almond butter
- 1 tablespoon chopped walnuts
- 1 tablespoon pumpkin seeds
- 1/2 teaspoon cinnamon
- 1/4 cup blueberries

Preparation

1. Steam the sweet potato until completely tender.
2. Allow it to cool slightly.
3. Split it open and gently mash the inside.
4. Top with almond butter, walnuts, pumpkin seeds, cinnamon, and blueberries.

Nutrition Snapshot

Protein:	4 g
Fiber:	6 g
Whole Grains:	No
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Sweet potatoes provide complex carbohydrates, fiber, and beta-carotene, while nuts and seeds add satisfying texture and healthy fats.



A HEALTHIER TOMORROW STARTS WITH A NOURISHING BREAKFAST.

Section 1 — Breakfast

Avocado and Egg Breakfast Plate

A balanced breakfast with protein, healthy fats, and fresh vegetables.



Prep Time 5 minutes	Cook Time 10 minutes	Total Time 15 minutes
Servings 1	Estimated Cost $2.00 – $2.50 per serving	Cooking Method Poaching or gentle boiling

Ingredients

- 2 eggs
- 1/2 avocado
- 1 tomato, sliced
- 1 cup fresh spinach
- black pepper
- paprika
- fresh lemon juice



Preparation

1. Poach or gently boil the eggs until cooked to your preference.
2. Place the avocado, tomato, and spinach on a plate.
3. Add the eggs.
4. Season with black pepper and paprika.
5. Finish the avocado with a squeeze of fresh lemon juice.

Nutrition Snapshot

Protein:	13 g
Fiber:	6 g
Whole Grains:	No
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

This breakfast combines quality protein with healthy fats and fiber-rich produce to create a simple, nourishing start to the day.

A HEALTHIER TOMORROW
STARTS WITH A NOURISHING BREAKFAST.

Section 1 — Breakfast

Greek Yogurt Berry Bowl

Creamy, refreshing, and full of natural nutrients from fruit, seeds, and nuts.



Prep Time 5 minutes	Cook Time 0 minutes	Total Time 5 minutes
Servings 1	Estimated Cost $1.75–$2.25 per serving	Cooking Method No heat

Ingredients

- 1 cup plain Greek yogurt
- 1/2 cup blueberries
- 1/2 cup strawberries
- 1 tablespoon walnuts
- 1 tablespoon chia seeds
- 1 tablespoon ground flaxseed
- Cinnamon

Preparation

1. Place the yogurt in a bowl.
2. Top with blueberries, strawberries, walnuts, chia seeds, flaxseed, and cinnamon.
3. Serve immediately.

Nutrition Snapshot

Protein:	17 g
Fiber:	5 g
Whole Grains:	No
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Plain Greek yogurt provides protein and probiotics, while berries, walnuts, and seeds bring fiber, healthy fats, and natural flavor.



A HEALTHIER TOMORROW STARTS WITH A NOURISHING BREAKFAST.

Section 1 — Breakfast

Banana Walnut Steel-Cut Oat Bowl

Warm, comforting, and naturally sweet, this bowl keeps breakfast simple and nourishing.



Prep Time 5 minutes	Cook Time 25–30 minutes	Total Time 30–35 minutes
Servings 1	Estimated Cost $1.50–$2.00 per serving	Cooking Method Low-heat simmer

Ingredients

- 1/2 cup steel-cut oats
- 1 1/2 cups water
- 1/2 banana, sliced
- 1 tablespoon walnuts
- 1 tablespoon chia seeds
- cinnamon

Preparation

1. Combine the steel-cut oats and water in a saucepan.
2. Bring to a gentle simmer.
3. Reduce the heat to low and cook slowly until tender.
4. Remove from the heat.
5. Top with banana, walnuts, chia seeds, and cinnamon.

Nutrition Snapshot

Protein:	6 g
Fiber:	8 g
Whole Grains:	Yes
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Banana adds natural sweetness and potassium, while walnuts and chia seeds provide healthy fats and texture without the need for processed toppings.



A HEALTHIER TOMORROW
STARTS WITH A NOURISHING BREAKFAST.

Section 1 — Breakfast

Vegetable Sweet Potato Hash

A savory, colorful start to the day built from simple vegetables and gentle cooking.



Prep Time	10 minutes	Cook Time	15 minutes	Total Time	25 minutes
Servings	1	Estimated Cost	$1.75–$2.25 per serving	Cooking Method	Steam and gentle sauté

Ingredients

- 1 small sweet potato, diced
- 1/4 cup bell pepper
- 1/4 cup onion
- 1/2 cup spinach
- 1 teaspoon olive oil
- Paprika
- Garlic powder
- Black pepper



Preparation

1. Steam the diced sweet potato until almost tender.
2. Warm the olive oil in a skillet over low heat.
3. Add the onion and bell pepper and cook gently until softened.
4. Add the sweet potato and spinach.
5. Season with paprika, garlic powder, and black pepper.
6. Cook only until everything is warmed through and tender.

Nutrition Snapshot

Protein:	3 g
Fiber:	6 g
Whole Grains:	No
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

This breakfast relies on colorful vegetables and simple seasoning to provide fiber, vitamins, and satisfying natural flavor.

A HEALTHIER TOMORROW
STARTS WITH A NOURISHING BREAKFAST.

Section 1 — Breakfast

Apple Walnut Yogurt Bowl



Crisp, creamy, and full of natural flavor, this simple bowl comes together in minutes.

Prep Time 5 minutes	Cook Time 0 minutes	Total Time 5 minutes	
Servings 1	Estimated Cost $1.50–$2.00 per serving	Cooking Method No heat	

Ingredients

- 1 cup plain Greek yogurt
- 1 small apple, chopped
- 2 tablespoons walnuts
- 1 tablespoon chia seeds
- Cinnamon
- Pinch of nutmeg

Preparation

1. Place the yogurt in a bowl.
2. Top with chopped apple, walnuts, chia seeds, cinnamon, and nutmeg.
3. Stir just before eating.

Nutrition Snapshot

Protein:	12 g
Fiber:	5 g
Whole Grains:	No
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Crisp apples add natural sweetness and fiber, while yogurt and walnuts provide protein, healthy fats, and a satisfying texture.



A HEALTHIER TOMORROW
STARTS WITH A NOURISHING BREAKFAST.

Section 1 — Breakfast

Warm Pear and Cinnamon Quinoa Bowl



A comforting, nourishing breakfast made with fluffy quinoa, sweet ripe pears, and warm cinnamon. This wholesome bowl is naturally sweet, packed with fiber and plant-based protein, and a delicious way to start your day.

Prep Time 5 minutes	Cook Time 15 minutes	Total Time 20 minutes
Servings 1	Estimated Cost $1.75–$2.25 per serving	Cooking Method Low-heat simmer

Ingredients

- 1/2 cup quinoa
- 1 cup water
- 1 ripe pear, diced
- 1 tablespoon chopped pecans
- 1/2 teaspoon cinnamon
- Pinch of nutmeg



Preparation

1. Rinse the quinoa.
2. Combine quinoa and water in a saucepan.
3. Bring to a gentle simmer over medium heat.
4. Reduce the heat to low and cook until the quinoa is tender and the liquid is absorbed.
5. Stir in half the pear, cinnamon, and nutmeg.
6. Top with the remaining pear and pecans.

Nutrition Snapshot

Protein:	6 g
Fiber:	7 g
Whole Grains:	Yes
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Quinoa offers whole-grain nutrition and protein, while pears and pecans add fiber, natural sweetness, and satisfying texture.

A HEALTHIER TOMORROW
STARTS WITH A NOURISHING BREAKFAST.

Section 1 — Breakfast

Mushroom Spinach Egg Bowl



A nourishing and flavorful breakfast bowl made with softly cooked eggs, sautéed mushrooms and spinach, and creamy avocado. Simple, wholesome ingredients come together for a satisfying start to your day.

Prep Time 5 minutes	Cook Time 10 minutes	Total Time 15 minutes
Servings 1	Estimated Cost $1.75–$2.25 per serving	Cooking Method Gentle sauté

Ingredients

- 2 eggs
- 1/2 cup sliced mushrooms
- 1 cup spinach
- 1/4 avocado
- 1 teaspoon olive oil
- Black pepper (to taste)
- Garlic powder (to taste)



Preparation

1. Warm olive oil over low heat.
2. Add mushrooms and cook gently until tender.
3. Add spinach and let it wilt.
4. Cook the eggs gently to preference.
5. Place the vegetables and eggs in a bowl.
6. Top with avocado and season with black pepper and garlic powder.

Nutrition Snapshot

Protein:	14 g
Fiber:	4 g
Whole Grains:	No
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Eggs provide protein, while mushrooms, spinach, and avocado add nutrients, fiber, and healthy fats.

A HEALTHIER TOMORROW STARTS WITH A NOURISHING BREAKFAST.

Section 1 — Breakfast

Peach and Cinnamon Yogurt Bowl



A creamy, refreshing breakfast made with wholesome, minimally processed ingredients. Juicy peaches, crunchy almonds, and a touch of cinnamon add natural sweetness, texture, and nourishment to a protein-rich yogurt base.

Prep Time 5 minutes	Cook Time 0 minutes	Total Time 5 minutes
Servings 1	Estimated Cost $1.75–$2.25 per serving	Cooking Method No heat

Ingredients

1 cup plain Greek yogurt
1 fresh peach, diced or sliced
1 tablespoon chopped almonds
1 tablespoon chia seeds
Cinnamon (to taste)

Preparation

1. Place the yogurt in a bowl.
2. Top with peaches, almonds, chia seeds, and cinnamon.
3. Serve immediately.

Nutrition Snapshot

Protein:	16 g
Fiber:	5 g
Whole Grains:	No
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Plain yogurt provides protein and probiotics, while peaches and almonds add freshness, fiber, and natural sweetness.



A HEALTHIER TOMORROW
STARTS WITH A NOURISHING BREAKFAST.

Section 1 — Breakfast

Egg and Avocado Sweet Potato



A colorful, nourishing breakfast featuring a tender sweet potato topped with fresh greens, creamy avocado, and a gently cooked egg. Simple, wholesome ingredients come together for a satisfying meal that fuels your day.

Prep Time 10 minutes	Cook Time 15 minutes	Total Time 25 minutes
Servings 1	Estimated Cost $2.00–$2.50 per serving	Cooking Method Steaming and poaching

Ingredients

- 1 medium sweet potato
- 1 egg
- 1/2 avocado
- 1 cup fresh spinach
- Black pepper
- Paprika



Preparation

1. Steam or gently bake the sweet potato until tender.
2. Poach or gently boil the egg.
3. Split the sweet potato.
4. Top with spinach, avocado, and the egg.
5. Season with black pepper and paprika.

Nutrition Snapshot

Protein:	8 g
Fiber:	7 g
Whole Grains:	No
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Sweet potato provides complex carbohydrates and fiber, while egg and avocado make the meal satisfying and nourishing.

A HEALTHIER TOMORROW
STARTS WITH A NOURISHING BREAKFAST.

Section 1 — Breakfast

Fruit, Nut, and Seed Breakfast Bowl



A colorful, nourishing breakfast bowl made with fresh fruit, crunchy nuts and seeds, and creamy yogurt (optional). It's simple, wholesome, and full of natural flavor and lasting energy.

Prep Time 10 minutes	Cook Time 0 minutes	Total Time 10 minutes
Servings 1	Estimated Cost $1.75–$2.25 per serving	Cooking Method No heat

Ingredients

- 1/2 banana
- 1/2 apple
- 1/2 cup berries (fresh or frozen)
- 1 tablespoon walnuts
- 1 tablespoon pumpkin seeds
- 1 tablespoon chia seeds
- 1/2 cup plain Greek yogurt (optional)

Preparation

1. Slice the fruit.
2. Arrange the fruit in a bowl.
3. Add walnuts, pumpkin seeds, and chia seeds.
4. Add yogurt if desired.
5. Serve immediately.

Nutrition Snapshot

Protein:	7 g
Fiber:	8 g
Whole Grains:	No
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Fruit offers natural sweetness and antioxidants, while nuts and seeds contribute healthy fats, fiber, and satisfying texture.



A HEALTHIER TOMORROW
STARTS WITH A NOURISHING BREAKFAST.

WORDS OF WISDOM

SECTION 2 — LUNCH

EAT FOR THE AFTERNOON YOU WANT TO HAVE

Lunch is not just the meal between breakfast and dinner. It is fuel for the second half of your day.

A heavy lunch built around refined bread, fried foods, oversized portions, sugary drinks, and highly processed snacks may leave you feeling satisfied for a moment—but it may not give you the kind of nourishment you need for the hours ahead.

A good lunch should do something very simple: Help you keep going.

Build lunch around foods that provide protein, fiber, vegetables, and minimally processed carbohydrates: beans, lentils, chicken, tuna, vegetables, whole grains, healthy fats, soup, and salad.

These foods do not have to be expensive or complicated. A bowl of lentils and vegetables may serve your body better than a meal that costs three times as much. A bean salad can be prepared in minutes. Soup can feed you for several days. Yesterday's vegetables can become today's lunch.

The goal is not to eat until you need a nap. The goal is to eat enough to feel nourished, satisfied, and capable of continuing your day.

When building your plate, think about balance: vegetables provide volume and nutrients; protein provides staying power; fiber helps create fullness; whole-food carbohydrates provide useful energy; and healthy fats add flavor and satisfaction.

Lunch should not make the afternoon harder. It should help carry you through it.

WORDS TO REMEMBER

Eat lunch for the person you still need to be at 3:00 p.m. Choose food that works with your day—not against it.

NOURISH TODAY. BUILD A HEALTHIER TOMORROW.

Section 2 — Lunch

Mediterranean Chickpea Salad



A fresh, colorful, and satisfying lunch made with wholesome, budget-friendly ingredients. Chickpeas, crisp cucumber, juicy tomato, red onion, and fresh parsley come together with lemon and olive oil for a simple, nourishing meal.

Prep Time 10 minutes	Cook Time 0 minutes	Total Time 10 minutes
Servings 1	Estimated Cost $1.75–$2.25 per serving	Cooking Method No heat

Ingredients

- 1 cup cooked chickpeas
- 1/2 cucumber, chopped
- 1 tomato, chopped
- 2 tablespoons red onion, diced
- 1 tablespoon chopped parsley
- 1 tablespoon lemon juice
- 1 teaspoon extra-virgin olive oil
- Black pepper
- Pinch of sea salt (optional)



Preparation

1. In a large bowl, combine the chickpeas, cucumber, tomato, and red onion.
2. Add the chopped parsley.
3. Drizzle with lemon juice and olive oil.
4. Season with black pepper and a pinch of sea salt (if using).
5. Toss gently to combine and serve.

Nutrition Snapshot

Protein:	11 g
Fiber:	9 g
Whole Grains:	No
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Chickpeas provide affordable plant protein and fiber, while fresh vegetables and olive oil keep the meal simple and nourishing.

A HEALTHIER TOMORROW
STARTS WITH A NOURISHING LUNCH.

Section 2 — Lunch

White Bean Cucumber Salad



A refreshing, budget-friendly lunch made with creamy white beans, crisp cucumber, juicy tomato, fresh herbs, lemon, and olive oil. Simple, wholesome ingredients come together for a light and satisfying meal.

Prep Time 10 minutes	Cook Time 0 minutes	Total Time 10 minutes
Servings 1	Estimated Cost $1.75–$2.25 per serving	Cooking Method No heat

Ingredients

1 cup cooked white beans
1/2 cucumber, chopped
1 tomato, chopped
2 tablespoons red onion, diced
1 tablespoon chopped parsley
1 tablespoon lemon juice
1 teaspoon extra-virgin olive oil
black pepper
Pinch of sea salt (optional)



Preparation

1. In a medium bowl, combine the white beans, cucumber, tomato, and red onion.
2. Add the chopped parsley.
3. Drizzle with lemon juice and olive oil.
4. Season with black pepper and a pinch of sea salt (if using).
5. Toss gently to combine.
6. Let the salad rest for 5 minutes to allow the flavors to meld, then serve.

Nutrition Snapshot

Protein:	10 g
Fiber:	8 g
Whole Grains:	No
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

White beans are budget-friendly and fiber-rich, while cucumber and tomato keep the salad light and fresh. This simple combination offers plant-based protein, vibrant flavor, and satisfying nutrition without the need for cooking.

A HEALTHIER TOMORROW
STARTS WITH A NOURISHING LUNCH.

Section 2 — Lunch

Simple Lentil Vegetable Bowl



A wholesome, low-cost lunch filled with protein-rich lentils, fresh spinach, carrots, cucumber, and a bright touch of lemon.

Prep Time	10 minutes	Cook Time	20 minutes	Total Time	30 minutes
Servings	1	Estimated Cost	$1.75–$2.50 per serving	Cooking Method	Low-heat simmer and assembly

Ingredients

- 3/4 cup cooked lentils
- 1 cup spinach
- 1/2 carrot, shredded
- 1/4 cucumber, chopped
- 1 tablespoon lemon juice
- 1 teaspoon olive oil
- black pepper
- pinch of cumin (optional)



Preparation

1. Warm the lentils gently over low heat in a saucepan until heated through.
2. Place the spinach in a serving bowl.
3. Add the warm lentils, carrot, and cucumber to the bowl.
4. Drizzle with lemon juice and olive oil.
5. Season with black pepper and cumin (if using).
6. Toss lightly to combine and enjoy.

Nutrition Snapshot

Protein:	12 g
Fiber:	10 g
Whole Grains:	No
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Lentils are one of the most affordable whole-food protein sources and pair well with simple vegetables. This bowl provides a satisfying, nutrient-rich lunch using real, minimally processed ingredients.

A HEALTHIER TOMORROW
STARTS WITH A NOURISHING LUNCH.

Section 2 — Lunch

Avocado Chickpea Mash Sandwich



A simple, low-cost lunch made with creamy chickpeas, fresh avocado, lemon, and crunchy vegetables, served on wholesome whole-grain fitness-style bread instead of processed crackers.

Prep Time 12 minutes	Cook Time 0 minutes	Total Time 12 minutes
Servings 1	Estimated Cost $2.25 – $3.00 per serving	Cooking Method No heat / assembly

Ingredients

2 slices whole-grain fitness-style bread
3/4 cup chickpeas
1/4 avocado
1 teaspoon lemon juice
1 tablespoon plain Greek yogurt (optional)
1 tablespoon diced celery
black pepper
paprika
pinch of sea salt (optional)
lettuce or spinach



Preparation

1. In a medium bowl, mash the chickpeas and avocado with a fork until mostly smooth but still slightly chunky.
2. Stir in the lemon juice, Greek yogurt (if using), and diced celery.
3. Season with black pepper, paprika, and a pinch of sea salt (if desired).
4. Spread the chickpea mixture evenly on one slice of bread.
5. Top with lettuce or spinach.
6. Close with the second slice of bread, slice if desired, and serve.

Nutrition Snapshot

Protein:	12 g
Fiber:	11 g
Whole Grains:	Yes
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

This sandwich uses whole-grain fitness-style bread instead of processed crackers to provide lasting energy, fiber, and important nutrients. Chickpeas make the creamy, satisfying filling and are an affordable, plant-based source of protein, making this a nourishing and budget-friendly lunch.

A HEALTHIER TOMORROW
STARTS WITH A NOURISHING LUNCH.

Section 2 — Lunch

Hummus and Veggie Whole-Grain Sandwich



A fresh, satisfying, budget-friendly lunch made with whole-grain fitness-style bread, creamy hummus, and crisp vegetables. A nourishing alternative to processed crackers, packed with flavor, fiber, and wholesome ingredients.

Prep Time 10 minutes	Cook Time 0 minutes	Total Time 10 minutes
Servings 1	Estimated Cost $2.25 – $3.00 per serving	Cooking Method No heat / assembly

Ingredients

- 2 slices whole-grain fitness-style bread
- 3 tablespoons hummus
- 1/4 cucumber, sliced
- 1/2 tomato, sliced
- 1/4 cup shredded carrot
- 1/2 cup spinach
- black pepper



Preparation

1. Spread hummus evenly on both slices of whole-grain bread.
2. Layer the cucumber, tomato, shredded carrot, and spinach on one slice of bread.
3. Season lightly with black pepper.
4. Close the sandwich with the second slice of bread.
5. Slice if desired and serve immediately.

Nutrition Snapshot

Protein:	9 g
Fiber:	7 g
Whole Grains:	Yes
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Simple vegetables and creamy hummus create an easy, affordable lunch that's full of flavor, fiber, and nutrients. Whole-grain bread is preferred over processed crackers because it provides more fiber, staying power, and whole-food nutrition.

A HEALTHIER TOMORROW STARTS WITH A NOURISHING LUNCH.

Section 2 — Lunch

Hearty Vegetable Bean Soup



A comforting, easy-to-make, low-cost whole-food soup filled with hearty beans, carrots, celery, tomatoes, and spinach. Simple ingredients, great flavor, and real nourishment in every bowl.

Prep Time	Cook Time	Total Time
10 minutes	25 minutes	35 minutes

Servings	Estimated Cost	Cooking Method
2	$1.75 – $2.50 per serving	Low-heat simmer

Ingredients

- 1 cup cooked white or navy beans
- 1 carrot, chopped
- 1 celery stalk, chopped
- 1/4 onion, diced
- 1 cup chopped tomatoes
- 2 cups spinach
- 3 cups low-sodium broth
- 1 teaspoon olive oil
- 1/2 teaspoon oregano
- black pepper



Preparation

1. Warm the olive oil in a saucepan over medium-low heat.
2. Add the onion, carrot, and celery and cook gently for 5–7 minutes, until softened.
3. Add the tomatoes, beans, and broth.
4. Bring to a gentle simmer and cook for about 20–25 minutes, until the vegetables are tender.
5. Stir in the spinach and cook for 2–3 minutes, until wilted.
6. Season with oregano and black pepper. Serve warm.

Nutrition Snapshot

Protein:	10 g
Fiber:	8 g
Whole Grains:	No
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Bean-based soups are affordable, filling, and easy to prepare in one pot. They deliver plant-based protein, fiber, and a variety of nutrients, making them a simple and satisfying choice for everyday meals.

A HEALTHIER TOMORROW
STARTS WITH A NOURISHING LUNCH.

Section 2 — Lunch

Easy Lentil Vegetable Soup



A comforting, easy-to-make, and affordable whole-food soup with hearty lentils, carrots, celery, tomatoes, and greens. Simple ingredients create a nutritious bowl that warms and nourishes your day.

Prep Time 10 minutes	Cook Time 30 minutes	Total Time 40 minutes
Servings 2	Estimated Cost $1.75–$2.50 per serving	Cooking Method Low-heat simmer

Ingredients

3/4 cup dry lentils or
1 1/2 cups cooked lentils
1 carrot, chopped
1 celery stalk, chopped
1/4 onion, diced
1 cup chopped tomatoes
1 cup spinach or kale
3 cups low-sodium broth or water
1 teaspoon olive oil
1/2 teaspoon cumin
black pepper



Preparation

1. Warm the olive oil in a saucepan over medium-low heat.
2. Add the onion, carrot, and celery. Cook gently for 5–7 minutes, until softened.
3. Stir in the lentils, tomatoes, and broth.
4. Bring to a gentle simmer, reduce the heat to low, and cook for 25–30 minutes, until the lentils are tender.
5. Stir in the spinach or kale and cook for 2–3 minutes, until wilted.
6. Season with cumin and black pepper to taste. Serve warm.

Nutrition Snapshot

Protein:	12 g
Fiber:	10 g
Whole Grains:	No
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Lentil soup is one of the most economical whole-food lunches. It provides fiber, protein, and warmth, making it a simple and satisfying meal that nourishes your body and supports overall health.

A HEALTHIER TOMORROW
STARTS WITH A NOURISHING LUNCH.

Section 2 — Lunch

Tomato White Bean Spinach Soup



A quick, budget-friendly soup made with hearty white beans, tomatoes, spinach, garlic, and herbs. Simple ingredients come together to create a comforting, nourishing lunch in under 30 minutes.

Prep Time 8 minutes	Cook Time 20 minutes	Total Time 28 minutes	
Servings 2	Estimated Cost $1.75–$2.50 per serving	Cooking Method Low-heat simmer	

Ingredients

- 1 cup cooked white beans
- 1 1/2 cups chopped tomatoes
- 2 cups spinach
- 1 clove garlic, minced
- 1/4 onion, diced
- 2 1/2 cups low-sodium broth
- 1 teaspoon olive oil
- 1/2 teaspoon thyme
- black pepper



Preparation

1. Heat the olive oil in a saucepan over low to medium heat. Add the onion and cook gently for 3–4 minutes, until softened. Stir in the garlic and cook for 1 minute, until fragrant.
2. Add the chopped tomatoes, white beans, and broth to the saucepan.
3. Bring to a gentle simmer over medium-low heat and cook for 15 minutes, allowing the flavors to blend.
4. Stir in the spinach and cook for 1–2 minutes, until wilted.
5. Season with thyme and black pepper to taste. Serve warm.

Nutrition Snapshot

Protein:	9 g
Fiber:	7 g
Whole Grains:	No
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Pantry staples like beans and tomatoes can become a fast, inexpensive, and incredibly satisfying lunch soup. With a handful of fresh ingredients like spinach, garlic, and herbs, this simple recipe turns everyday foods into a nourishing meal.

A HEALTHIER TOMORROW
STARTS WITH A NOURISHING LUNCH.

Section 2 — Lunch

Sweet Potato Black Bean Lunch Bowl



A satisfying, low-cost whole-food meal with roasted-steamed sweet potato, protein-rich black beans, fresh spinach, creamy avocado, and a bright squeeze of lime.

Prep Time 10 minutes	Cook Time 15 minutes	Total Time 25 minutes
Servings 1	Estimated Cost $2.00 – $2.75 per serving	Cooking Method Steaming and assembly

Ingredients

1 small sweet potato, cubed
3/4 cup black beans
1 cup spinach
1/4 avocado, sliced
1 tablespoon lime juice
1 teaspoon olive oil
black pepper
paprika



Preparation

1. Steam the sweet potato cubes until tender (about 10–15 minutes).
2. While the sweet potato cooks, warm the black beans gently in a saucepan over low heat.
3. Place the fresh spinach in a bowl.
4. Add the steamed sweet potato and warm black beans to the bowl.
5. Top with sliced avocado.
6. Drizzle with lime juice and olive oil.
7. Season with black pepper and paprika, and serve.

Nutrition Snapshot

Protein:	10 g
Fiber:	11 g
Whole Grains:	No
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Sweet potato and beans are affordable staples that create a filling lunch with fiber and plant protein. Paired with fresh spinach, avocado, and lime, this bowl provides lasting energy and essential nutrients using simple, whole ingredients.

A HEALTHIER TOMORROW
STARTS WITH A NOURISHING LUNCH.

Section 2 — Lunch

Strawberry Walnut Spinach Salad



A budget-friendly, refreshing whole-food lunch salad that's bursting with color, flavor, and nutrition. Sweet strawberries, crisp cucumber, crunchy walnuts, and red onion are layered over fresh spinach for a simple, satisfying meal that's as good for you as it is delicious.

Prep Time 10 minutes	Cook Time 0 minutes	Total Time 10 minutes
Servings 1	Estimated Cost $2.25–$3.00 per serving	Cooking Method No heat

Ingredients

- 3 cups spinach
- 1/2 cup sliced strawberries
- 2 tablespoons walnuts
- 1/4 cucumber, sliced
- 2 tablespoons thinly sliced red onion
- 1 tablespoon sunflower seeds (optional)



Preparation

1. Add spinach to a large bowl.
2. Top with strawberries, cucumber, red onion, walnuts, and sunflower seeds.
3. Toss lightly before serving.

Pair It With

- Skinnygirl Poppyseed Dressing
- Quick Balsamic Dressing: 1 tablespoon balsamic vinegar + 1 teaspoon olive oil + pinch black pepper.

Nutrition Snapshot

Protein:	5 g
Fiber:	6 g
Whole Grains:	No
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Leafy greens provide essential vitamins, minerals, and fiber, while fruit adds natural sweetness and antioxidants. Nuts and seeds deliver healthy fats, plant protein, and satisfying crunch, making this salad a nourishing, balanced lunch choice.

A HEALTHIER TOMORROW STARTS WITH A NOURISHING LUNCH.

Section 2 — Lunch

Southwest Black Bean Salad



A vibrant, low-cost, fiber-rich whole-food lunch salad packed with black beans, crisp greens, sweet corn, fresh vegetables, and creamy avocado. It's hearty, colorful, and easy to make — a nourishing meal that fuels your day.

Prep Time 12 minutes	Cook Time 0 minutes	Total Time 12 minutes	
Servings 1	Estimated Cost $2.25–$3.00 per serving	Cooking Method No heat	

Ingredients

1 cup romaine or mixed greens
3/4 cup black beans
1/3 cup corn
1/4 avocado, diced
1/4 red bell pepper, chopped
1/4 cup diced tomato
1 tablespoon chopped cilantro



Preparation

1. Add the greens to a bowl.
2. Top with black beans, corn, avocado, tomato, and red pepper.
3. Sprinkle with cilantro and toss lightly.

Nutrition Snapshot

Protein:	10 g
Fiber:	11 g
Whole Grains:	No
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Beans, vegetables, and avocado make a filling, affordable meal that's rich in fiber, plant protein, and healthy fats. Simple ingredients. Real nourishment.

Pair It With

- Skinnygirl Chipotle Ranch Dressing
- Quick Lime Dressing: 1 tablespoon lime juice + 1 teaspoon olive oil + pinch cumin and black pepper.

Section 2 — Lunch

Lentil Cucumber Tomato Salad



An affordable, protein-packed salad lunch made with wholesome, plant-based ingredients. Hearty lentils, crisp cucumber, juicy tomatoes, and fresh greens come together with parsley and a bright lemon dressing for a simple, satisfying meal.

Prep Time 12 minutes	Cook Time 0 minutes (if using cooked lentils)	Total Time 12 minutes
Servings 1	Estimated Cost $2.00–$2.75 per serving	Cooking Method No heat / assembly

Ingredients

- 3/4 cup cooked lentils
- 1/2 cucumber, chopped
- 1 tomato, chopped
- 1 cup arugula or spinach
- 1 tablespoon parsley
- 1 tablespoon lemon juice
- 1 teaspoon olive oil



Preparation

1. Place the greens in a bowl.
2. Add lentils, cucumber, tomato, and parsley.
3. Drizzle with lemon juice and olive oil.
4. Toss gently and serve.

Nutrition Snapshot

Protein:	11 g
Fiber:	10 g
Whole Grains:	No
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Lentils are an economical whole-food protein source, providing fiber, nutrients, and lasting energy to keep you full and nourished.

Pair It With

- Skinnygirl Balsamic Vinaigrette
- Quick Lemon Herb Dressing: 1 tablespoon lemon juice + 1 teaspoon olive oil + dried oregano + black pepper.

Section 2 — Lunch

Chicken Garden Salad



A simple, protein-rich lunch salad made with real ingredients. Tender chicken, crisp vegetables, creamy avocado, and fresh greens come together for a colorful, nourishing meal that's easy to make and satisfying.

Prep Time 12 minutes	Cook Time 0 minutes (if using cooked chicken)	Total Time 12 minutes
Servings 1	Estimated Cost $3.00–$4.00 per serving	Cooking Method No heat / assembly

Ingredients

- 2 cups mixed greens
- 3 ounces cooked chicken breast, sliced
- 1/2 cucumber, sliced
- 1/2 tomato, chopped
- 1/4 avocado, sliced
- 1/4 cup shredded carrots

Preparation

1. Add greens to a serving bowl.
2. Top with chicken, cucumber, tomato, carrots, and avocado.
3. Serve with dressing on top or on the side.

Nutrition Snapshot

Protein:	23 g
Fiber:	6 g
Whole Grains:	No
Healthy Fats:	Yes
No Added Sugar:	Yes



Pair It With

Try one of these simple dressing options:

- Skinnygirl Honey Dijon Dressing
- Quick Greek Yogurt Ranch: 2 tablespoons plain Greek yogurt + 1 teaspoon lemon juice + dried dill + black pepper.

Whole-Food Note

Pairing lean protein with a variety of fresh produce gives you lasting energy, essential nutrients, and satisfying flavor, making lunch both simple and nourishing.

A HEALTHIER TOMORROW
STARTS WITH A NOURISHING LUNCH.

Section 2 — Lunch

White Bean Arugula Salad



A fresh, peppery, and satisfying lunch salad made with wholesome, budget-friendly ingredients. Creamy white beans, crisp vegetables, and peppery arugula come together with a simple lemon dressing for a low-cost, nutrient-rich meal.

Prep Time 10 minutes	Cook Time 0 minutes	Total Time 10 minutes
Servings 1	Estimated Cost $2.00–$2.75 per serving	Cooking Method No heat

Ingredients

- 2 cups arugula
- 3/4 cup white beans
- 1/2 cup cherry tomatoes, halved
- 1/3 cucumber, chopped
- 2 tablespoons thinly sliced red onion
- 1 teaspoon olive oil
- 1 tablespoon lemon juice



Preparation

1. Add arugula to a bowl.
2. Top with white beans, tomatoes, cucumber, and red onion.
3. Drizzle with lemon juice and olive oil.
4. Toss and serve.

Nutrition Snapshot

Protein:	10 g
Fiber:	9 g
Whole Grains:	No
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Peppery arugula and creamy white beans create a simple, nutrient-rich meal that's full of plant protein, fiber, and vibrant flavor.

Pair It With

- Skinnygirl Italian Dressing
- Quick Red Wine Dressing: 1 tablespoon red wine vinegar + 1 teaspoon olive oil + garlic powder + black pepper.

Section 2 — Lunch

Tuna White Bean Salad



A fresh, hearty, and affordable high-protein lunch salad made with simple, wholesome ingredients. Tender tuna, creamy white beans, crisp vegetables, and a bright lemon dressing come together for a satisfying meal that fuels your day.

Prep Time 10 minutes	Cook Time 0 minutes	Total Time 10 minutes
Servings 1	Estimated Cost $2.50–$3.50 per serving	Cooking Method No heat / assembly

Ingredients

2 cups mixed greens
1/2 can tuna, drained
1/2 cup white beans
1/3 cucumber, chopped
1/2 tomato, chopped
1 teaspoon olive oil
1 tablespoon lemon juice
Black pepper



Preparation

1. Place the greens in a bowl.
2. Add tuna, white beans, cucumber, and tomato.
3. Drizzle with lemon juice and olive oil.
4. Season with black pepper and serve.

Nutrition Snapshot

Protein:	22 g
Fiber:	7 g
Whole Grains:	No
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Combining pantry staples like tuna and white beans with fresh produce makes for a practical, affordable lunch that's rich in protein and nourishing nutrients.

Pair It With

- Skinnygirl Poppyseed Dressing
- **Quick Lemon Pepper Dressing:** 1 tablespoon lemon juice + 1 teaspoon olive oil + black pepper.

A HEALTHIER TOMORROW STARTS WITH A NOURISHING LUNCH.

LEAVE THE TABLE SATISFIED, NOT STUFFED

There is a traditional Okinawan expression from Japan: Hara hachi bu. It is commonly understood as eating until you are about 80 percent full.

The idea is not to measure your stomach with mathematical precision. The lesson is much simpler: stop before you become uncomfortably full.

Many of us were taught to finish everything on our plates. Restaurants often serve portions far larger than we need. At home, we may continue eating simply because food remains in front of us.

But there is a difference between “I am no longer hungry” and “I cannot eat another bite.” Those are not the same signal.

Eating more slowly gives you an opportunity to notice the difference. Enjoy the meal. Chew. Talk. Put the fork down occasionally. Give your body time to recognize that nourishment has arrived.

Then ask yourself: Am I still hungry—or am I simply still eating?

You do not have to leave dinner feeling deprived. But you also do not need to leave the table feeling physically overwhelmed. One of the simplest ways to manage portions is to stop chasing the sensation of being completely full. Try chasing satisfied instead.

A modest serving of salmon, chicken, lamb, beef, beans, or lentils surrounded by vegetables can still be a beautiful dinner. More food does not automatically create a better meal.

WORDS TO REMEMBER

The goal of dinner is nourishment, not surrender. Eat slowly. Enjoy deeply. Stop when hunger has quieted. Leave a little room. Tomorrow will have another meal.

NOURISH TODAY. BUILD A HEALTHIER TOMORROW.

Section 3 — Dinner

Organic Lemon Herb Chicken Plate



A balanced, portion-aware dinner made with tender organic chicken breast, fluffy quinoa, crisp green beans, and bright lemon-herb flavor. This simple whole-food plate is satisfying, nourishing, and easy to prepare without heavy sauces or oversized portions.

Prep Time 12 minutes	Cook Time 22 minutes	Total Time 34 minutes
Servings 1	Estimated Cost $3.50–$4.50 per serving	Cooking Method Gentle bake and low-heat simmer

Ingredients

- 4 ounces organic chicken breast
- 1/2 cup cooked quinoa
- 1 cup green beans
- 1 teaspoon olive oil
- 1 tablespoon lemon juice
- 1/2 teaspoon dried oregano
- Black pepper



Preparation

1. Season the chicken with oregano and black pepper.
2. Bake or gently cook the chicken until fully cooked.
3. Simmer the quinoa if needed and steam the green beans until tender-crisp.
4. Slice the chicken and plate with quinoa and green beans.
5. Drizzle lightly with olive oil and lemon juice before serving.

Nutrition Snapshot

Protein:	32 g
Fiber:	5 g
Whole Grains:	Yes
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Using a modest portion of organic chicken with vegetables and whole grains creates a satisfying dinner that supports energy and portion awareness without excess.

A HEALTHIER TOMORROW
STARTS WITH A NOURISHING DINNER.

Section 3 — Dinner

Grass-Fed Beef and Mushroom Bowl



A hearty but portion-conscious dinner built around lean grass-fed beef, mushrooms, broccoli, and brown rice. This flavorful bowl offers richness and comfort while keeping the meal grounded in simple whole-food ingredients.

Prep Time 12 minutes	Cook Time 18 minutes	Total Time 30 minutes
Servings 1	Estimated Cost $4.00–$5.25 per serving	Cooking Method Medium-low skillet

Ingredients

- 4 ounces grass-fed lean beef strips
- 1 cup sliced mushrooms
- 1/2 cup broccoli florets
- 1/2 cup cooked brown rice
- 1 teaspoon olive oil
- garlic powder
- black pepper



Preparation

1. Warm olive oil in a skillet over medium-low heat.
2. Add the beef and cook gently until browned and cooked through.
3. Add mushrooms and broccoli and cook until tender.
4. Warm the brown rice and place it in a bowl.
5. Top with the beef and vegetables and season with garlic powder and black pepper.

Nutrition Snapshot

Protein:	29 g
Fiber:	6 g
Whole Grains:	Yes
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

A moderate serving of grass-fed beef paired with vegetables and brown rice makes this dinner satisfying while still mindful of portion size and overall balance.

GOOD FOOD TONIGHT
BRIGHTER TOMORROWS.

Section 3 — Dinner

Rosemary Garlic Lamb with Carrots and Cauliflower



A flavorful dinner featuring a modest portion of grass-fed lamb with tender carrots and cauliflower. Rosemary, garlic, and lemon bring brightness to this comforting whole-food plate without overpowering the natural ingredients.

Prep Time 15 minutes	Cook Time 25 minutes	Total Time 40 minutes
Servings 1	Estimated Cost $4.50–$5.75 per serving	Cooking Method Gentle roast

Ingredients

4 ounces grass-fed lamb
1 cup carrots
1 cup cauliflower
1 teaspoon olive oil
1 teaspoon lemon juice
rosemary
garlic powder
black pepper



Preparation

1. Toss the carrots and cauliflower with olive oil, rosemary, and black pepper.
2. Season the lamb lightly with garlic and rosemary.
3. Roast or gently cook the lamb and vegetables until tender and fully cooked.
4. Plate the lamb with the carrots and cauliflower.
5. Finish with a light squeeze of lemon juice before serving.

Nutrition Snapshot

Protein:	28 g
Fiber:	7 g
Whole Grains:	No
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

A smaller serving of lamb paired with vegetables creates a rich and satisfying dinner while keeping the overall plate balanced and portion-aware.

GOOD FOOD TONIGHT
BRIGHTER TOMORROWS.

Section 3 — Dinner

Wild Salmon with Sweet Potato and Broccoli



A colorful dinner plate built around wild salmon, naturally sweet sweet potato, and steamed broccoli. This balanced meal delivers protein, fiber, and healthy fats in a simple, portion-conscious way.

Prep Time 10 minutes	Cook Time 20 minutes	Total Time 30 minutes
Servings 1	Estimated Cost $4.50–$6.00 per serving	Cooking Method Gentle bake and steam

Ingredients

4 ounces wild salmon
1 small sweet potato
1 cup broccoli florets
1 teaspoon olive oil
1 tablespoon lemon juice
dried dill
black pepper



Preparation

1. Season the salmon with dill and black pepper.
2. Bake or gently cook the salmon until flaky.
3. Steam the sweet potato and broccoli until tender.
4. Plate the salmon with sweet potato and broccoli.
5. Drizzle lightly with olive oil and lemon juice before serving.

Nutrition Snapshot

Protein:	27 g
Fiber:	8 g
Whole Grains:	No
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Wild salmon provides omega-3 fats and protein, while sweet potato and broccoli add fiber and nutrients to create a wholesome, well-balanced dinner.

A HEALTHIER TOMORROW
STARTS WITH A NOURISHING DINNER.

Section 3 — Dinner

Mediterranean White Fish with Tomatoes and Olives



A light, elegant dinner made with flaky white fish, juicy tomatoes, spinach, and a touch of olive. This Mediterranean-inspired meal feels fresh and flavorful while staying true to simple whole-food ingredients and moderate portions.

Prep Time 12 minutes	Cook Time 18 minutes	Total Time 30 minutes
Servings 1	Estimated Cost $4.00–$5.50 per serving	Cooking Method Gentle bake

Ingredients

- 4 ounces white fish
- 1 cup cherry tomatoes
- 6 olives, sliced
- 1 cup spinach
- 1/2 cup cooked quinoa
- 1 teaspoon olive oil
- 1 tablespoon lemon juice
- Oregano
- Black pepper



Preparation

1. Place the fish in a baking dish and season with oregano and black pepper.
2. Add tomatoes and olives around the fish.
3. Bake gently until the fish is cooked through.
4. Serve over spinach and alongside cooked quinoa.
5. Finish with olive oil and lemon juice before serving.

Nutrition Snapshot

Protein:	26 g
Fiber:	5 g
Whole Grains:	Yes
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

White fish provides lean protein while tomatoes, greens, and quinoa round out the meal with color, texture, and balanced nutrition.

NOURISHING DINNERS
FOR A BRIGHTER TOMORROW.

Section 3 — Dinner

Lentil Vegetable Stew



A hearty meatless dinner made with lentils, tomatoes, carrots, celery, and greens. This comforting stew is economical, satisfying, and packed with plant-based nourishment for an easy weeknight meal.

Prep Time 10 minutes	Cook Time 30 minutes	Total Time 40 minutes
Servings 2	Estimated Cost $1.75–$2.50 per serving	Cooking Method Low-heat simmer

Ingredients

- 3/4 cup dry lentils
- 1 carrot, chopped
- 1 celery stalk, chopped
- 1/4 onion, diced
- 1 cup chopped tomatoes
- 2 cups spinach
- 3 cups low-sodium broth
- 1 teaspoon olive oil
- 1/2 teaspoon cumin
- Black pepper



Preparation

1. Warm olive oil in a saucepan over medium-low heat.
2. Add carrot, celery, and onion and cook gently until softened.
3. Stir in lentils, tomatoes, and broth.
4. Bring to a gentle simmer and cook until the lentils are tender.
5. Stir in the spinach and season with cumin and black pepper before serving.

Nutrition Snapshot

Protein:	14 g
Fiber:	12 g
Whole Grains:	No
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Lentils are one of the most affordable whole-food staples and create a deeply satisfying dinner when paired with vegetables and simple seasonings.

A HEALTHIER TOMORROW
STARTS WITH A NOURISHING DINNER.

Section 3 — Dinner

Chickpea Zucchini Tomato Skillet



A simple meatless dinner with chickpeas, zucchini, tomatoes, spinach, and herbs cooked together in one skillet. This budget-friendly recipe is light, nourishing, and easy to make on a busy evening.

Prep Time 10 minutes	Cook Time 18 minutes	Total Time 28 minutes	
Servings 2	Estimated Cost $1.75–$2.50 per serving	Cooking Method Gentle skillet	

Ingredients

- 1 can chickpeas, drained
- 1 zucchini, chopped
- 1 cup tomatoes
- 1/2 onion, diced
- 2 cups spinach
- 1 teaspoon olive oil
- Dried basil
- Black pepper



Preparation

1. Warm olive oil in a skillet over medium-low heat.
2. Add onion and zucchini and cook gently until tender.
3. Stir in chickpeas and tomatoes.
4. Add spinach and cook until wilted.
5. Season with basil and black pepper and serve warm.

Nutrition Snapshot

Protein:	10 g
Fiber:	9 g
Whole Grains:	No
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Chickpeas and vegetables make a satisfying plant-based dinner that is easy on the budget while still rich in fiber and everyday nutrition.

GOOD FOOD
BRIGHTER EVENINGS
A HEALTHIER TOMORROW.

Section 3 — Dinner

Stuffed Bell Peppers with Black Beans and Quinoa



A colorful meatless dinner featuring bell peppers filled with black beans, quinoa, tomatoes, and herbs. This whole-food recipe is hearty, satisfying, and a fun way to enjoy an easy portion-controlled dinner.

Prep Time 15 minutes	Cook Time 25 minutes	Total Time 40 minutes
Servings 2	Estimated Cost $2.00–$2.75 per serving	Cooking Method Gentle bake

Ingredients

- 2 bell peppers, halved
- 1 cup black beans
- 1/2 cup cooked quinoa
- 1/2 cup diced tomatoes
- 1/4 onion, diced
- 1 teaspoon olive oil
- 1 teaspoon cumin
- 1 teaspoon paprika
- Black pepper



Preparation

1. Combine black beans, quinoa, tomatoes, onion, and seasonings in a bowl.
2. Fill the bell pepper halves with the mixture.
3. Place the peppers in a baking dish and drizzle lightly with olive oil.
4. Bake gently until the peppers are tender.
5. Serve warm.

Nutrition Snapshot

Protein:	11 g
Fiber:	11 g
Whole Grains:	Yes
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Beans and quinoa create plant-based protein and fiber, while the peppers naturally shape the portion into a satisfying and visually appealing dinner.

A HEALTHIER TOMORROW
STARTS WITH A NOURISHING DINNER.

Section 3 — Dinner

Garlic Chicken Spinach Brown Rice Bowl



A practical dinner made with organic chicken, brown rice, spinach, and carrots. This warm bowl is simple, balanced, and ideal for a portion-aware dinner built from everyday whole-food ingredients.

Prep Time 12 minutes	Cook Time 20 minutes	Total Time 32 minutes
Servings 1	Estimated Cost $3.50–$4.50 per serving	Cooking Method Gentle skillet

Ingredients

- 4 ounces organic chicken breast
- 1/2 cup cooked brown rice
- 1 cup spinach
- 1/2 cup shredded carrots
- 1 teaspoon olive oil
- 1 teaspoon lemon juice
- garlic powder
- black pepper



Preparation

1. Warm olive oil in a skillet over medium-low heat.
2. Cook the chicken gently with garlic powder and black pepper until done.
3. Add spinach and carrots and cook briefly until the spinach wilts.
4. Place the brown rice in a serving bowl.
5. Top with the chicken and vegetables and finish with lemon juice.

Nutrition Snapshot

Protein:	30 g
Fiber:	6 g
Whole Grains:	Yes
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Chicken, greens, and brown rice create a balanced plate with satisfying protein, fiber, and moderate portions for an easy dinner routine.

A HEALTHIER TOMORROW
STARTS WITH A NOURISHING DINNER.

Section 3 — Dinner

Cod with White Beans and Greens



A light but satisfying dinner featuring flaky cod, white beans, and tender greens. This meal brings together lean protein, fiber-rich beans, and simple seasonings for a clean, balanced evening plate.

Prep Time 10 minutes	Cook Time 18 minutes	Total Time 28 minutes
Servings 1	Estimated Cost $3.50–$4.75 per serving	Cooking Method Gentle bake and sauté

Ingredients

4 ounces cod
3/4 cup white beans
2 cups spinach or kale
1 teaspoon olive oil
1 tablespoon lemon juice
garlic powder
black pepper



Preparation

1. Season the cod with garlic powder and black pepper.
2. Bake or gently cook the cod until flaky.
3. Warm the white beans and wilt the greens in a skillet with olive oil.
4. Plate the beans and greens and top with the cod.
5. Finish with lemon juice and serve.

Nutrition Snapshot

Protein:	29 g
Fiber:	8 g
Whole Grains:	No
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Pairing cod with beans and greens creates a simple, nourishing dinner that feels elegant while staying grounded in affordable whole-food staples.

A BRIGHTER EVENING
STARTS WITH NOURISHING FOOD.

Section 3 — Dinner

Turkey Sweet Potato Skillet



A simple, nourishing dinner made with lean turkey, sweet potato, spinach, and simple seasonings. This one-pan meal is satisfying, packed with whole-food nutrition, and easy to prepare for a wholesome, portion-aware dinner.

Prep Time 12 minutes	Cook Time 20 minutes	Total Time 32 minutes
Servings 1	Estimated Cost $3.25–$4.25 per serving	Cooking Method Gentle skillet

Ingredients

- 4 ounces lean ground turkey
- 1 small sweet potato, cubed
- 2 cups spinach
- 1/4 onion, diced
- 1 teaspoon olive oil
- 1/2 teaspoon paprika
- Black pepper



Preparation

1. Warm olive oil in a skillet over medium-low heat.
2. Add sweet potato and onion; cook gently until tender.
3. Add the turkey and cook until fully done.
4. Stir in spinach and cook until wilted.
5. Season with paprika and black pepper, then serve.

Nutrition Snapshot

Protein:	28 g
Fiber:	7 g
Whole Grains:	No
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Lean turkey and sweet potato create a satisfying balance of protein and fiber while keeping dinner simple and portion-conscious.

A HEALTHIER TOMORROW
STARTS WITH A NOURISHING DINNER.

Section 3 — Dinner

Herb Chicken with Brussels Sprouts and Quinoa



A wholesome dinner made with tender organic chicken, Brussels sprouts, and quinoa. This simple, balanced meal delivers lean protein, fiber, and bright herb flavor — a nourishing way to enjoy a satisfying evening meal.

Prep Time 12 minutes	Cook Time 22 minutes	Total Time 34 minutes
Servings 1	Estimated Cost $3.75–$4.75 per serving	Cooking Method Gentle bake and simmer

Ingredients

- 4 ounces organic chicken breast
- 1 cup Brussels sprouts, halved
- 1/2 cup cooked quinoa
- 1 teaspoon olive oil
- 1 tablespoon lemon juice
- 1/2 teaspoon dried thyme
- Black pepper



Preparation

1. Season the chicken with thyme and black pepper.
2. Bake or gently cook the chicken until fully cooked.
3. Steam or roast the Brussels sprouts until tender.
4. Warm the quinoa and plate with the chicken and sprouts.
5. Finish with olive oil and lemon juice before serving.

Nutrition Snapshot

Protein:	31 g
Fiber:	6 g
Whole Grains:	Yes
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Chicken, vegetables, and quinoa make a practical whole-food dinner that supports portion awareness and steady energy.

A HEALTHIER TOMORROW
STARTS WITH A NOURISHING DINNER.

Dinner

Lemon Dill Salmon with Asparagus and Brown Rice



Wild salmon paired with tender asparagus and hearty brown rice makes a simple, nourishing dinner. This balanced meal delivers lean protein, fiber, and healthy fats with fresh, bright flavors.

Prep Time 10 minutes	Cook Time 20 minutes	Total Time 30 minutes
Servings 1	Estimated Cost $4.50–$6.00 per serving	Cooking Method Gentle bake and steam

Ingredients

4 ounces wild salmon
1 cup asparagus
1/2 cup cooked brown rice
1 teaspoon olive oil
1 tablespoon lemon juice
dried dill
black pepper



Preparation

1. Season the salmon with dill and black pepper.
2. Bake or gently cook until flaky.
3. Steam the asparagus until tender-crisp.
4. Warm the brown rice and plate with the salmon and asparagus.
5. Finish with olive oil and lemon juice before serving.

Nutrition Snapshot

Protein:	28 g
Fiber:	5 g
Whole Grains:	Yes
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Salmon offers protein and healthy fats, while asparagus and brown rice round out the meal with fiber and steady energy.

A HEALTHIER TOMORROW
STARTS WITH A NOURISHING DINNER.

Meatless Dinner

White Bean Kale Tomato Skillet



An easy, budget-friendly meatless dinner made from white beans, kale, tomatoes, and simple pantry ingredients. This wholesome skillet meal is hearty, flavorful, and packed with plant-based nutrition for a satisfying weeknight dinner.

Prep Time 10 minutes	Cook Time 18 minutes	Total Time 28 minutes
Servings 2	Estimated Cost $1.75–$2.50 per serving	Cooking Method Gentle skillet

Ingredients

- 1 can white beans, drained
- 2 cups kale
- 1 cup chopped tomatoes
- 1/4 onion, diced
- 1 teaspoon olive oil
- 1/2 teaspoon oregano
- Black pepper



Preparation

1. Warm olive oil in a skillet over medium-low heat.
2. Add onion and cook gently until softened.
3. Stir in tomatoes and white beans and cook until heated through.
4. Add kale and cook until wilted.
5. Season with oregano and black pepper and serve warm.

Nutrition Snapshot

Protein:	10 g
Fiber:	9 g
Whole Grains:	No
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Beans and greens create an affordable, deeply nourishing dinner that is simple enough for any weeknight.

A HEALTHIER TOMORROW
STARTS WITH A NOURISHING DINNER.

Section 3 — Dinner

Cauliflower Chickpea Curry Bowl



A comforting plant-based dinner made with chickpeas, cauliflower, spinach, and simple spices. This warm and flavorful curry is nourishing, satisfying, and easy to make with everyday ingredients.

Prep Time 12 minutes	Cook Time 22 minutes	Total Time 34 minutes
Servings 2	Estimated Cost $2.00–$2.75 per serving	Cooking Method Gentle simmer

Ingredients

- 1 can chickpeas, drained
- 2 cups cauliflower florets
- 2 cups spinach
- 1/4 onion, diced
- 1 teaspoon olive oil
- 1/2 teaspoon curry powder
- 1/2 cup light coconut milk
- Black pepper



Preparation

1. Warm olive oil in a saucepan over medium-low heat.
2. Add onion and cauliflower and cook gently for several minutes.
3. Stir in chickpeas, curry powder, and coconut milk.
4. Simmer until the cauliflower is tender.
5. Stir in spinach and cook until wilted, then serve warm.

Nutrition Snapshot

Protein:	10 g
Fiber:	10 g
Whole Grains:	No
Healthy Fats:	Yes
No Added Sugar:	Yes

Whole-Food Note

Cauliflower and chickpeas create a satisfying plant-based dinner with fiber, flavor, and pantry-friendly simplicity.

A HEALTHIER TOMORROW
STARTS WITH A NOURISHING DINNER.

CHANGE YOUR RELATIONSHIP WITH SWEETNESS

Dessert should be something you enjoy. It does not need to become something you fear.

But there is an important difference between occasionally enjoying something sweet and surrounding yourself with sweetness all day long.

Sugar can appear at breakfast, in coffee, in drinks, in sauces, in yogurt, in snacks, and then again in dessert. By the time dinner is finished, someone may have consumed added sugar throughout the entire day without ever eating what they would consider “candy.”

That is why the desserts in this cookbook take a different approach. We are not trying to make food unbearably bland. We are teaching ourselves that sweetness does not have to overwhelm everything else.

Berries can taste sweet. Cinnamon can make food feel sweeter. Vanilla can create the perception of richness. Unsweetened cocoa can provide deep chocolate flavor. Nuts add texture and satisfaction. Greek yogurt, ricotta, cottage cheese, chia seeds, and avocado can create creamy desserts without relying on cups of sugar.

Our goal throughout this book has been approximately 3–5 grams of sugar per serving whenever practical, with little or no added sugar.

When sweetness becomes less intense, you may begin noticing the food again —the berry, the cocoa, the cinnamon, the lemon, the nuts, and the texture. Dessert becomes something to experience rather than simply a vehicle for sugar.

WORDS TO REMEMBER

Sweetness should complement food—not control it. Enjoy dessert. Keep the portion reasonable. Let a little sweetness be enough.

THE WHOLE FOOD
LOW-HEAT KITCHEN

Section 4 — Desserts

Berry Greek Yogurt Parfait

Creamy. Fresh. Naturally Sweet.



Layers of creamy Greek yogurt, vibrant berries, crunchy granola and walnuts come together for a simple, nourishing dessert that's as beautiful as it is delicious.

Prep Time	Cook Time	Total Time	Servings	Estimated Cost	Cooking Method
10 minutes	0 minutes	10 minutes	1	$2.25–$3.00	No-heat assembly

Ingredients



1 cup plain Greek yogurt (unsweetened, 0–2%)
1/3 cup mixed berries
1 tablespoon low-sugar granola
1 tablespoon chopped walnuts
1 teaspoon chia seeds (optional)
1/4 teaspoon vanilla extract
pinch of cinnamon

Preparation Steps

1. Add a layer of Greek yogurt to a glass or bowl.
2. Add a layer of berries.
3. Sprinkle granola, walnuts, chia seeds, vanilla, and cinnamon.
4. Repeat light layers if desired.
5. Serve immediately.

Nutrition Snapshot *per serving*

Protein	Fiber	Whole Grains	Healthy Fats	No Added Sugar	Sugar
17 g	3 g	Yes	Yes	Yes	4 g

Whole-Food Note

This parfait uses protein-rich unsweetened yogurt and low-sugar berries to create a dessert that feels indulgent without added sugar.

Good Food Brighter Days

NOURISH TODAY
A SWEETER TOMORROW

Section 4 — Desserts

Dark Chocolate Avocado Mousse

Rich Flavor. Real Ingredients. No Guilt.



Prep Time	Cook Time	Total Time	Servings	Estimated Cost	Cooking Method
10 minutes	0 minutes	40 minutes	2	$2.50–$3.50 per serving	Blend and chill

Ingredients

- 1 ripe avocado
- 3 tablespoons unsweetened cocoa powder
- 2–3 tablespoons unsweetened almond milk
- 1 teaspoon vanilla extract
- 1–2 teaspoons monk fruit sweetener
- pinch sea salt
- optional raspberries and almonds (for topping)

Preparation Steps

1. Scoop avocado into a blender or food processor.
2. Add cocoa powder, almond milk, vanilla, monk fruit, and sea salt.
3. Blend until smooth and creamy.
4. Chill for at least 30 minutes.
5. Spoon into two small bowls and top lightly.



Nutrition Snapshot PER SERVING

Protein	Fiber	Whole Grains	Healthy Fats	No Added Sugar	Sugar
2 g	5 g	No	Yes	Yes	2 g

Whole-Food Note

Avocado creates a creamy dessert texture while cocoa and monk fruit deliver chocolate flavor with almost no sugar.

Nourishing Treats for a Kinder Tomorrow

Section 4 — Desserts

Chia Cinnamon Pudding

Simple. Satisfying. Naturally Sweet.

Creamy, nourishing, and naturally sweet, this chia cinnamon pudding is an effortless dessert that feels indulgent yet wholesome. It's rich in fiber and healthy fats, with warm cinnamon flavor and fresh berries for a naturally sweet finish.



Prep Time	Cook Time	Total Time	Servings	Estimated Cost	Cooking Method
5 minutes	0 minutes	4 hours 5 minutes	2	$1.75–$2.50 per serving	Mix and chill

Ingredients

- 1/4 cup chia seeds
- 1 1/2 cups unsweetened almond milk
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1 teaspoon monk fruit (optional)
- 1/3 cup mixed berries
- 1 tablespoon chopped walnuts (optional)



Preparation Steps

1. Whisk chia seeds, almond milk, vanilla, cinnamon, and monk fruit in a jar or bowl.
2. Let sit 5 minutes, whisk again.
3. Refrigerate at least 4 hours or overnight.
4. Stir before serving.
5. Top lightly with berries and walnuts.

Nutrition Snapshot (per serving)

Protein	Fiber	Whole Grains	Healthy Fats	No Added Sugar	Sugar
5 g	8 g	No	Yes	Yes	4 g

Whole-Food Note

Chia seeds provide fiber and healthy fats, turning a few simple ingredients into a low-sugar dessert that keeps you satisfied.

Small Ingredients Big Wellness ♡

Lemon Ricotta Cups

Light. Creamy. Refreshing.

SIMPLE
INGREDIENTS
SWEET
MOMENTS



Prep Time	Cook Time	Total Time	Servings	Estimated Cost	Cooking Method
10 minutes	0 minutes	10 minutes	2	$2.25–$3.25 *per serving*	Mix and chill *optional*

Ingredients

- **1 cup** part-skim ricotta cheese
- **1 tablespoon** lemon zest
- **1 tablespoon** fresh lemon juice
- **1/2 teaspoon** vanilla extract
- **1 teaspoon** monk fruit (optional)
- **2 tablespoons** blueberries
- **1 tablespoon** chopped pistachios (optional)



Preparation Steps

1. Mix ricotta, lemon zest, lemon juice, vanilla, and monk fruit until smooth.
2. Spoon into small cups.
3. Top with blueberries and pistachios.
4. Chill briefly if desired.
5. Serve cold.

Nutrition Snapshot *per serving*

Protein	Fiber	Whole Grains	Healthy Fats	No Added Sugar	Sugar
10 g	1 g	No	Yes	Yes	3 g

Whole-Food Note

Ricotta gives this dessert a creamy texture while lemon and berries keep the flavor bright without relying on sugar.

Nourishing Treats Happier Days ♡

WHOLE INGREDIENTS
BRIGHTER TOMORROWS

FOOD FUELS
A BRIGHTER YOU

Frozen Yogurt Berry Bark

Cool. Crisp. Portion Friendly.

A simple, refreshing dessert made with wholesome ingredients. Creamy yogurt, juicy berries, and crunchy pistachios come together for a naturally sweet treat that's easy to make and even easier to enjoy.

Good Food Brighter Days



Prep Time	Cook Time	Total Time	Servings	Estimated Cost	Cooking Method
10 minutes	0 minutes	3 hours 10 minutes	8 pieces	$0.75–$1.10 per piece	Spread and freeze

Ingredients

- 1 cup plain Greek yogurt
- 1/4 cup chopped mixed berries
- 1 tablespoon chopped pistachios
- 1/2 teaspoon vanilla extract
- 1 teaspoon monk fruit optional



Preparation Steps

1. Spread yogurt on a parchment-lined tray.
2. Sprinkle berries, pistachios, vanilla, and monk fruit lightly over the top.
3. Freeze at least 3 hours.
4. Break into 8 pieces.
5. Serve immediately from the freezer.

Nutrition Snapshot *per serving*

Protein	Fiber	Whole Grains	Healthy Fats	No Added Sugar	Sugar
5 g	1 g	No	Yes	Yes	3 g

Whole-Food Note

This frozen bark offers a cool dessert option with protein and crunch while keeping sugar low and portions simple.



Cottage Cheese Berry Bowl

High Protein. Naturally Sweet.

Prep Time	Cook Time	Total Time	Servings	Estimated Cost	Cooking Method
5 minutes	0 minutes	5 minutes	1	$2.00–$2.75	No-heat assembly

Ingredients

- 1 cup low-fat cottage cheese
- 1/4 cup mixed berries
- 1 tablespoon sliced almonds
- 1/2 teaspoon chia seeds *optional*
- 1/4 teaspoon cinnamon
- 1/2 teaspoon vanilla extract



Preparation Steps

1. Add cottage cheese to a bowl.
2. Top with berries.
3. Sprinkle almonds, chia seeds, cinnamon, and vanilla.
4. Stir lightly if desired.
5. Serve immediately.

Nutrition Snapshot (per serving)

Protein	Fiber	Whole Grains	Healthy Fats	No Added Sugar	Sugar
14 g	2 g	No	Yes	Yes	4 g

Whole-Food Note

Cottage cheese provides protein and creaminess, making this a simple low-sugar dessert with very little preparation.

A Sweeter Kind of Healthy

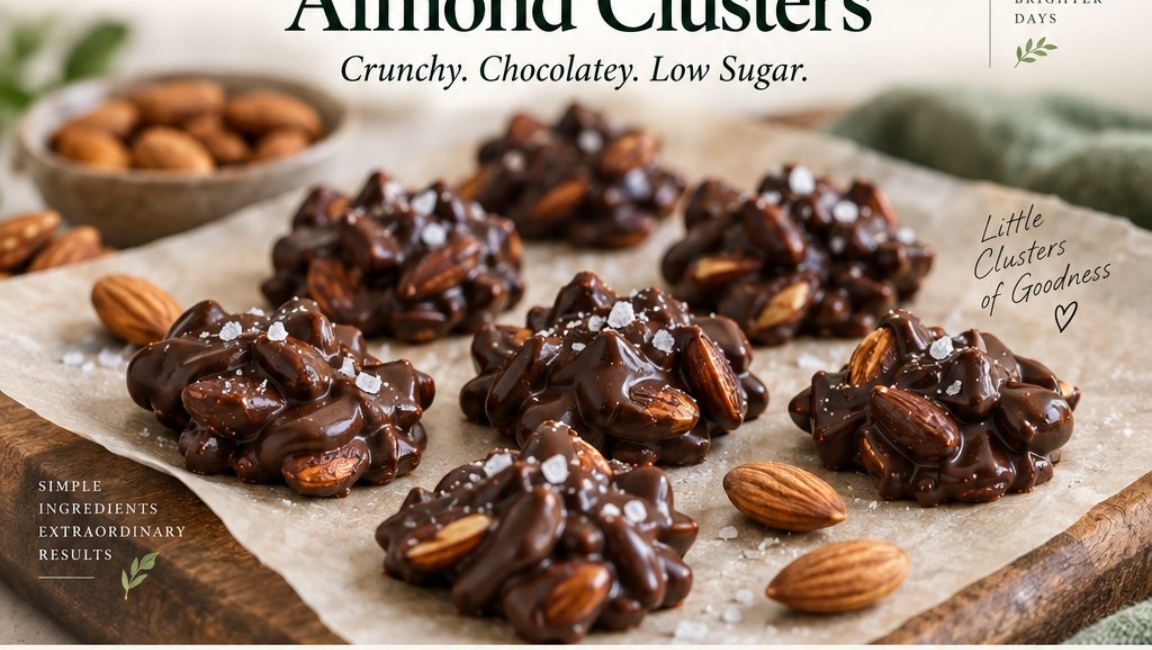
NOURISH
SIMPLY
NATURALLY
ALWAYS

Real Ingredients Brighter Living

Dark Chocolate Almond Clusters

Crunchy. Chocolatey. Low Sugar.

SWEET
FOODS
BRIGHTER
DAYS



SIMPLE
INGREDIENTS
EXTRAORDINARY
RESULTS

Prep Time	Cook Time	Total Time	Servings	Estimated Cost	Cooking Method
10 minutes	0 minutes	30 minutes	8 clusters	$0.70–$1.00 *per cluster*	Melt and chill

Ingredients

- 1/2 cup dark chocolate chips 85% cacao or sugar-free
- 1/2 cup raw almonds
- 1 teaspoon coconut oil
- pinch sea salt



Preparation Steps

1. Melt chocolate with coconut oil.
2. Stir in almonds.
3. Spoon small clusters onto parchment.
4. Sprinkle lightly with sea salt.
5. Chill until firm.

Whole-Food Note

A small portion of dark chocolate paired with almonds creates a satisfying dessert with crunch, healthy fats, and controlled sugar.

Nutrition Snapshot

(per serving)

Protein	3 g
Fiber	2 g
Whole Grains	No
Healthy Fats	Yes
No Added Sugar	Yes if sugar-free chocolate is used
Sugar	3 g

Good Food Sweeter Tomorrows

Vanilla Almond Chia Pudding

Creamy. Gentle. Satisfying.

REAL FOOD BRIGHTER DAYS

GENTLE RECIPES HEALTHY HAPPIER YOU

NOURISHING DESSERTS FOR A BRIGHTER TOMORROW

Simple Ingredients Extraordinary Results



Wholesome Treats Happier You ♡

GOOD INGREDIENTS BRIGHTER TOMORROWS

Prep Time	Cook Time	Total Time	Servings	Estimated Cost	Cooking Method
5 minutes	0 minutes	4 hours 5 minutes	2	$1.75–$2.50 per serving	Mix and chill

Ingredients

- 1/4 cup chia seeds
- 1 1/2 cups unsweetened almond milk
- 1/2 teaspoon vanilla extract
- 1 teaspoon monk fruit (optional)
- 1 tablespoon sliced almonds
- 4 fresh raspberries
- pinch cinnamon (optional)



Preparation Steps

1. Whisk chia seeds, almond milk, vanilla, and monk fruit.
2. Let sit 5 minutes and whisk again.
3. Refrigerate at least 4 hours or overnight.
4. Spoon into serving cups.
5. Top with almonds, raspberries, and optional cinnamon.

Nutrition Snapshot

PER SERVING

Protein	Fiber	Whole Grains	Healthy Fats	No Added Sugar	Sugar
5 g	8 g	No	Yes	Yes	3 g

Whole-Food Note

This pudding uses chia seeds and unsweetened almond milk to create a dessert that is creamy, filling, and very low in sugar.

THE WHOLE FOOD
LOW-HEAT KITCHEN

Section 4 — Desserts

Coconut Yogurt Berry Cups

Light. Creamy. Naturally Sweet.



Silky coconut yogurt, juicy berries, crunchy nuts, and a touch of coconut create a simple, nourishing dessert that feels indulgent without added sugar.

Prep Time	Cook Time	Total Time	Servings	Estimated Cost	Cooking Method
5 minutes	0 minutes	5 minutes	1	$2.00–$2.75	No-heat assembly

Ingredients

- 3/4 cup unsweetened coconut yogurt
- 1/4 cup mixed berries (strawberries, blueberries, raspberries, etc.)
- 1 tablespoon unsweetened shredded coconut
- 1 teaspoon chopped walnuts
- 1/4 teaspoon vanilla extract
- monk fruit sweetener (optional, to taste)



Preparation Steps

1. Add coconut yogurt to a small glass or bowl.
2. Top with mixed berries.
3. Sprinkle with shredded coconut and chopped walnuts.
4. Drizzle with vanilla extract and monk fruit if desired.
5. Serve immediately.

Good Food Brighter Days

Nutrition Snapshot *per serving*

Protein	Fiber	Whole Grains	Healthy Fats	No Added Sugar	Sugar
2 g	3 g	No	Yes	Yes	4 g

Whole-Food Note

Unsweetened coconut yogurt and berries create a simple, low-sugar dessert that's creamy, refreshing, and naturally satisfying.

NOURISH TODAY
A SWEETER TOMORROW

Section 4 — Desserts

Strawberry Chia Cheesecake Cups

Creamy. Fresh. Low Sugar.



Silky, protein-rich cheesecake cups made with Greek yogurt and cottage cheese, naturally sweetened with fresh strawberries and a hint of vanilla. Simple, wholesome and absolutely delicious.

Prep Time	Cook Time	Total Time	Servings	Estimated Cost	Cooking Method
10 minutes	0 minutes	1 hour 10 minutes	2	$2.50–$3.50 *per serving*	Blend and chill

Ingredients

1/2 cup	plain Greek yogurt (unsweetened, 0–2%)
1/2 cup	cottage cheese (low-fat or full-fat)
1 cup	fresh strawberries, divided
2 tablespoons	chia seeds
2 tablespoons	rolled oats (optional, for crust)
1 tablespoon	chopped almonds (optional, for crust)
1/2 teaspoon	vanilla extract
1/2 teaspoon	lemon juice
pinch	sea salt



Preparation Steps

1. Make the crust (optional): combine oats and chopped almonds. Divide between two small cups and gently press down.
2. Blend the filling: in a food processor or blender, combine Greek yogurt, cottage cheese, half of the strawberries, vanilla, lemon juice, and salt until smooth and creamy.
3. Stir in chia seeds.
4. Spoon the filling over the crusts.
5. Top with remaining fresh strawberries.
6. Chill for at least 1 hour, or until thickened.
7. Serve cold.

Nutrition Snapshot *per serving*

Protein	Fiber	Whole Grains	Healthy Fats	No Added Sugar	Sugar
12 g	3 g	No	Yes	Yes	4 g

Whole-Food Note

Greek yogurt, cottage cheese, chia seeds, and fresh berries create a creamy, satisfying dessert that's rich in protein and naturally sweet — without refined sugar.

Good Food Brighter Days

NOURISH TODAY
A SWEETER TOMORROW

Section 4 — Desserts

Mini Key Lime Yogurt Cups

Bright. Creamy. Refreshing.

Simple Whole Ingredients Sweet Moments

Real Food Brighter Days



Creamy Greek yogurt, fresh lime juice, and a hint of natural sweetness come together in these delightful mini cups for a refreshing, feel-good dessert that's bright, tangy, and naturally satisfying.

Prep Time	Cook Time	Total Time	Servings	Estimated Cost	Cooking Method
10 minutes	0 minutes	40 minutes	2	$2.25–$3.25 *per serving*	Mix and chill

Ingredients

1 cup	plain Greek yogurt (unsweetened, 0–2%)
1/4 cup	fresh key lime juice (or regular lime juice)
1 tablespoon	lime zest (about 2 limes)
1 tablespoon	maple syrup or monk fruit sweetener (to taste)
1/2 teaspoon	vanilla extract
2 tablespoons	chopped pistachios (plus extra for topping)
2 tablespoons	crushed whole-grain graham crackers or oats (optional, for base)



Preparation Steps

1. In a bowl, whisk together Greek yogurt, lime juice, lime zest, sweetener, and vanilla extract until smooth and creamy.
2. If using, divide crushed graham crackers or oats between two small serving cups.
3. Spoon the lime yogurt mixture into the cups.
4. Top with chopped pistachios and a little extra lime zest.
5. Chill for at least 30 minutes to let the flavors meld.
6. Serve cold and enjoy!

Nutrition Snapshot *per serving*

Protein	Fiber	Whole Grains	Healthy Fats	No Added Sugar	Sugar
10 g	1 g	No	Yes	Yes	3 g

Whole-Food Note

Greek yogurt and fresh lime provide a creamy texture and bright, refreshing flavor with very little sugar, making this a naturally satisfying dessert.

Good Food Brighter Lives

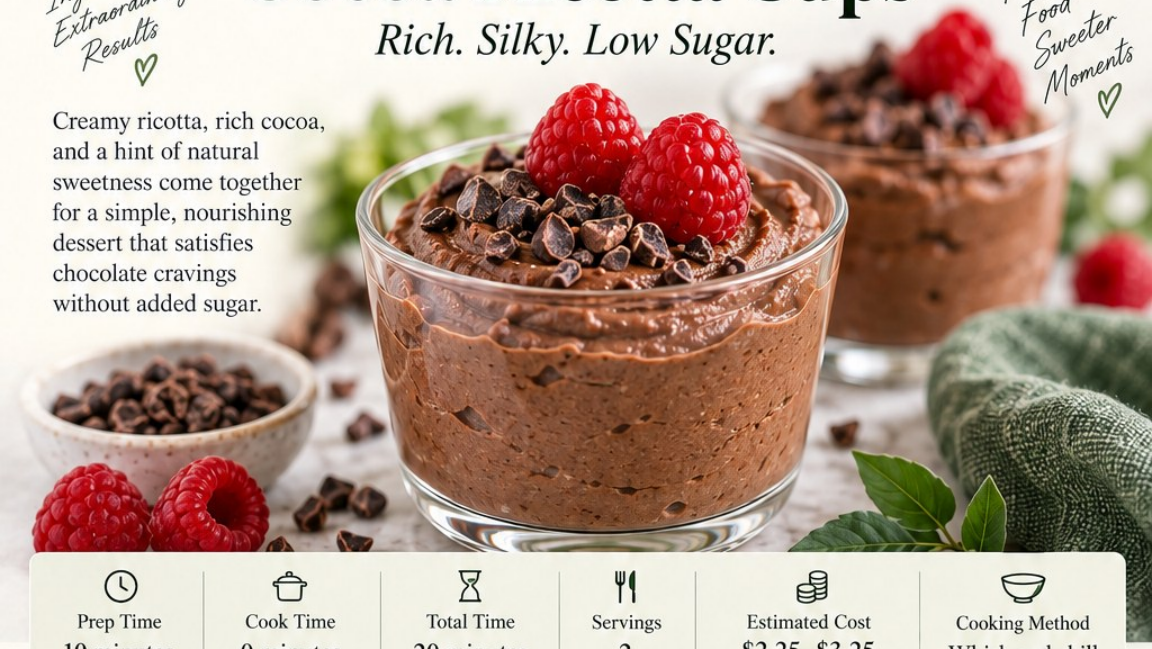
Simple Ingredients Extraordinary Results

Cocoa Ricotta Cups

Rich. Silky. Low Sugar.

Real Food Sweeter Moments

Creamy ricotta, rich cocoa, and a hint of natural sweetness come together for a simple, nourishing dessert that satisfies chocolate cravings without added sugar.



Prep Time	Cook Time	Total Time	Servings	Estimated Cost	Cooking Method
10 minutes	0 minutes	20 minutes	2	$2.25–$3.25 *per serving*	Whisk and chill

Ingredients

1 cup	whole milk ricotta cheese
2 tablespoons	unsweetened cocoa powder
1–2 tablespoons	monk fruit sweetener (or to taste)
1/2 teaspoon	vanilla extract
1/8 teaspoon	sea salt
2 tablespoons	chopped walnuts or almonds (optional)
1 tablespoon	cacao nibs (for topping)
fresh raspberries (for topping)	



Preparation Steps

1. In a medium bowl, whisk ricotta, cocoa powder, monk fruit sweetener, vanilla extract, and sea salt until smooth and creamy.
2. Taste and adjust sweetness if desired.
3. Spoon into two small serving cups.
4. Top with chopped nuts, cacao nibs, and raspberries.
5. Chill for at least 10 minutes before serving.

Nutrition Snapshot *per serving*

Protein	Fiber	Whole Grains	Healthy Fats	No Added Sugar	Sugar
9 g	2 g	No	Yes	Yes	3 g

Whole-Food Note

Ricotta, cocoa, and monk fruit make a dessert that tastes chocolatey with minimal sugar, proving that simple, whole ingredients can create something truly indulgent.

Nourishing Treats Brighter Days

No-Bake Nut Butter Chia Bites

Simple. Satisfying. Portion Friendly.



These no-bake bites combine creamy nut butter, chia seeds, and wholesome ingredients into a naturally sweet, energy-boosting treat that's perfect for a mindful indulgence.

Prep Time	Cook Time	Total Time	Servings	Estimated Cost	Cooking Method
15 minutes	0 minutes	45 minutes	8 bites	$0.45–$0.70 *per bite*	Mix, roll, and chill

Ingredients

1/2 cup	natural nut butter (almond, peanut, or cashew)
1/4 cup	rolled oats (gluten-free, if needed)
2 tablespoons	chia seeds
2 tablespoons	unsweetened shredded coconut (plus more for rolling)
2 tablespoons	ground flaxseed (optional)
1 teaspoon	vanilla extract
1–2 tablespoons	maple syrup or mashed banana (optional, for mild sweetness)
pinch of sea salt	
optional:	mini dark chocolate chips (70% or higher cacao)



Preparation Steps

1. In a medium bowl, mix nut butter, oats, chia seeds, shredded coconut, flaxseed, vanilla, and salt. Add maple syrup or banana if desired.
2. Stir until the mixture holds together.
3. Roll into 8 bite-sized balls (about 1 inch each).
4. Roll in extra shredded coconut, if desired.
5. Chill in the refrigerator for at least 30 minutes to firm up.
6. Store in an airtight container and enjoy!

Nutrition Snapshot *per serving (1 bite)*

Protein	Fiber	Whole Grains	Healthy Fats	No Added Sugar	Sugar
3 g	2 g	No	Yes	Yes	2 g

Whole-Food Note

Nut butter, chia seeds, and coconut flour create a small dessert with controlled portions and very little sugar. It's a satisfying, nutrient-rich treat you can feel good about.

Good Food Brighter Days

NOURISH TODAY
A SWEETER TOMORROW

Section 4 — Desserts

Raspberry Coconut Bites

Tangy. Light. Naturally Sweet.



Bursting with real raspberry flavor, creamy nutty goodness, and a touch of coconut, these no-bake bites are a simple, wholesome treat that feels indulgent without added sugar.

Prep Time	Cook Time	Total Time	Servings	Estimated Cost	Cooking Method
15 minutes	0 minutes	45 minutes	6 bites	$0.50–$0.75 *per bite*	Mix, shape, and chill

Ingredients

1 cup	fresh or frozen raspberries (thawed if frozen)
3/4 cup	unsweetened shredded coconut (plus extra for rolling)
1/2 cup	almond flour
2 tablespoons	almond butter (or cashew butter)
1 tablespoon	chia seeds
1 teaspoon	vanilla extract
1–2 teaspoons	maple syrup (optional, to taste)
pinch of sea salt	



Preparation Steps

1. In a bowl, gently mash the raspberries with a fork.
2. Add almond flour, shredded coconut, almond butter, chia seeds, vanilla, and salt. Mix until well combined.
3. Taste and add maple syrup if desired.
4. Roll into 6 small balls and coat with extra shredded coconut.
5. Chill for at least 30 minutes to firm up.

Nutrition Snapshot *per serving*

Protein	Fiber	Whole Grains	Healthy Fats	No Added Sugar	Sugar
2 g	2 g	No	Yes	Yes	4 g

Whole-Food Note

Unsweetened coconut, almond flour, and raspberries bring natural flavor and texture to these bites, creating a delicious treat without refined sugar.

Good Food Brighter Days

Section 4 — Desserts

Peanut Butter Greek Yogurt Dip

Creamy. Sweet. Better for You.



Rich and creamy with natural peanut butter sweetness, this greek yogurt dip is a satisfying, protein-packed treat that comes together in minutes.

Prep Time	Cook Time	Total Time	Servings	Estimated Cost	Cooking Method
5 minutes	0 minutes	5 minutes	2	$1.75–$2.50 *per serving*	Stir and serve

Ingredients

1 cup	plain Greek yogurt (unsweetened, 0–2%)
1/4 cup	natural peanut butter (unsweetened, no added sugar)
2 teaspoons	honey or pure maple syrup (optional, to taste)
1/2 teaspoon	vanilla extract
1/4 teaspoon	ground cinnamon
pinch	sea salt



Preparation Steps

1. In a medium bowl, add Greek yogurt and peanut butter.
2. Stir in honey (if using), vanilla extract, cinnamon, and sea salt.
3. Mix until smooth and creamy.
4. Taste and adjust sweetness if desired.
5. Transfer to a serving bowl and enjoy with fresh fruit, such as strawberries and apple slices.

Nutrition Snapshot *per serving*

Protein	Fiber	Whole Grains	Healthy Fats	No Added Sugar	Sugar
11 g	1 g	No	Yes	Yes	4 g

Whole-Food Note

Plain Greek yogurt and natural peanut butter create a sweet dessert dip with protein and minimal sugar, making it a nourishing treat you can feel good about.

Nourishing Treats Happier Days

WORDS OF WISDOM

SECTION 5 — SNACKS & DRINKS

DRINK FOR HYDRATION. SNACK FOR HUNGER.

One of the easiest ways for added sugar to enter the diet is through a cup: soda, sweet tea, energy drinks, fruit drinks, sports drinks, sweetened coffee, and flavored beverages.

These drinks can deliver significant amounts of added sugar without providing the same eating experience or fullness that comes from whole food.

Water may not be exciting, but your body does not require excitement every time you drink something. Sometimes water simply needs to be water.

Add lemon. Add cucumber. Add mint. Add ginger. Make unsweetened tea. Create an infused water. Keep it simple.

Snacks deserve the same attention. There is a difference between “I am hungry and need something to carry me to my next meal” and “I saw food, so I started eating.”

A snack should have a purpose. A boiled egg. A small handful of nuts. Vegetables and hummus. Greek yogurt and berries. Apple with almond butter. Roasted chickpeas. These foods can bridge the space between meals without turning snacking into another full meal.

And sometimes the urge to snack is not hunger at all. Sometimes you are thirsty. Sometimes you are bored. Sometimes you are tired. Sometimes eating has simply become automatic.

Before reaching for something, ask: Am I actually hungry? That small question can change a lot.

WORDS TO REMEMBER

Drink for hydration. Snack for hunger. Do not let either become something you do without thinking. Simple choices repeated often become powerful habits.

NOURISH TODAY. BUILD A HEALTHIER TOMORROW.

Lemon Ginger Detox Water

Refreshing. Simple. Cleansing.



A simple, naturally refreshing infused water made with lemon and ginger. Light, crisp, and invigorating, this no-heat drink is a wonderful way to stay hydrated throughout the day.

Prep Time	Cook Time	Total Time	Servings	Estimated Cost	Cooking Method
5 minutes	0 minutes	35 minutes	2	$0.50–$0.75	No-heat infusion

Ingredients



1 liter water



1 lemon, sliced



1 inch fresh ginger, sliced



Fresh mint leaves (optional)



Ice (optional)

Simple Ingredients Extraordinary Benefits

Preparation Steps

1. Add water, lemon, and ginger to a pitcher.
2. Refrigerate for at least 30 minutes.
3. Add mint and ice if desired.
4. Pour and serve.

Nutrition Snapshot *(per serving)*

Calories	Protein	Fiber	Whole Grains	Healthy Fats	No Added Sugar	Sugar
5	0 g	0 g	No	No	Yes	1 g

Whole-Food Note

An easy, naturally flavored water with no refined sugar. A clean and refreshing way to support healthy hydration using simple, whole ingredients.

GOOD FOOD A BRIGHTER YOU

Berry Green Smoothie

Nutrient-Packed. Naturally Sweet.

A simple blended smoothie with berries and greens that's refreshing, nourishing, and naturally sweet. It's an easy way to enjoy a variety of nutrients in one delicious glass — with very little sugar.



REAL INGREDIENTS.
BRIGHTER DAYS.

Prep Time	Cook Time	Total Time	Servings	Estimated Cost	Cooking Method
5 minutes	0 minutes	5 minutes	1	$1.25–$1.75	Blend and serve

Ingredients

1 cup	unsweetened almond milk
1 cup	spinach
1/2 cup	mixed berries, frozen
1/4 small	avocado
1 tablespoon	chia seeds
1–2	ice cubes (optional)

Simple Ingredients Extraordinary Benefits

Preparation Steps

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Add ice if desired.
4. Serve immediately.

Nutrition Snapshot *per serving*

Calories	Protein	Fiber	Whole Grains	Healthy Fats	No Added Sugar	Sugar
150	4 g	7 g	No	Yes	Yes	5 g

Whole-Food Note

Berries and avocado add flavor and creaminess without needing refined sugar.

Cinnamon Apple Infusion

Warm. Comforting. No Added Sugar.



A warm, soothing drink made with simple, wholesome ingredients. This gentle cinnamon apple infusion is naturally sweet, comforting, and perfect for any time of day. It's an easy, practical way to enjoy real ingredients without any refined sugar.

Prep Time	Cook Time	Total Time	Servings	Estimated Cost	Cooking Method
5 minutes	10 minutes	15 minutes	2	$0.75 – $1.00	Simmer and steep

Ingredients

- 2 cups water
- 1 apple, sliced
- 1 cinnamon stick
- 1/2 teaspoon vanilla extract *optional*

Preparation Steps

1. Add water, apple, and cinnamon stick to a small pot.
2. Bring just to a boil, then simmer 10 minutes.
3. Remove from heat and steep briefly.
4. Add vanilla if desired and serve warm.

Nutrition Snapshot per serving

Calories	Protein	Fiber	Whole Grains	Healthy Fats	No Added Sugar	Sugar
15	0 g	1 g	No	No	Yes	4 g

Whole-Food Note

The apple and cinnamon create a naturally sweet flavor without syrups.

REAL INGREDIENTS
BRIGHTER DAYS

Tropical Green Refresher

Light. Refreshing. Naturally Sweet.

A refreshing blended drink made with whole ingredients and kept low in sugar by using only a small amount of fruit. This tropical green refresher is hydrating, nutrient-rich, and the perfect pick-me-up for any time of day.



Prep Time	Cook Time	Total Time	Servings	Estimated Cost	Cooking Method
5 minutes	0 minutes	5 minutes	1	$1.00 – $1.50	Blend and serve

Ingredients

1 cup unsweetened coconut water
1/2 cup spinach
1/4 cup pineapple
1/4 cup cucumber
juice of 1/2 lime
ice (optional)

Preparation Steps

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Pour into a glass.
4. Serve immediately.

Simple Ingredients Big Refreshment

Nutrition Snapshot
(per serving)

Calories	80
Protein	1 g
Fiber	2 g
Whole Grains	No
Healthy Fats	No
No Added Sugar	Yes
Sugar	5 g

Whole-Food Note

This uses a modest amount of fruit for flavor while keeping sugar controlled.

Section 5 — Snacks & Drinks

Iced Herbal Tea

Cool. Calming. Naturally Sweet.

A simple homemade iced tea that's refreshing, naturally flavorful, and made with no refined sugar. It's a wholesome, low-cost drink that brings the goodness of herbs to your everyday routine — cool, calming, and perfect for any time of day.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS	ESTIMATED COST	COOKING METHOD
5 minutes	5 minutes	15 minutes	2	$0.25–$0.50	Brew and chill

Ingredients



2 cups brewed herbal tea (hibiscus, chamomile, or green tea)



ice



lemon slices



fresh mint (optional)

Preparation Steps

1. Brew tea and let it cool slightly.
2. Add ice to serving glasses.
3. Pour tea over ice.
4. Garnish with lemon and mint.

Nutrition Snapshot
(per serving)

CALORIES	PROTEIN	FIBER	WHOLE GRAINS	HEALTHY FATS	NO ADDED SUGAR	SUGAR
2	0 g	0 g	No	No	Yes	0 g

Whole-Food Note

Unsweetened tea is an easy low-cost drink option with clean ingredients.

— DRINK —

Chocolate Protein Shake

Simple. Satisfying. Wholesome.

A creamy, higher-protein drink that delivers rich chocolate flavor while keeping sweetness controlled. It's quick to make, naturally satisfying, and a great option for breakfast, a post-workout refuel, or a wholesome anytime snack.

Real Ingredients Brighter Days



Prep Time	Cook Time	Total Time	Servings	Estimated Cost	Cooking Method
5 minutes	0 minutes	5 minutes	1	$1.50–$2.25	Blend and serve

Ingredients



1 cup unsweetened almond milk



1 scoop low-sugar or unsweetened protein powder



1/4 banana



1 tablespoon unsweetened cocoa powder



1/2 teaspoon vanilla extract



ice, optional

Preparation Steps

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Add ice if desired.
4. Serve immediately.

Good Food Brighter You

Nutrition Snapshot *per serving*

Calories	Protein	Fiber	Whole Grains	Healthy Fats	No Added Sugar	Sugar
170	20 g	3 g	No	Yes	Yes	4 g

Whole-Food Note

A small amount of banana and cocoa create flavor while keeping sugar low.

Simple Ingredients Real Nourishment

GOOD FOOD
A BRIGHTER YOU

Cucumber Mint Cooler

Crisp. Clean. Refreshing.



A simple, refreshing infused drink that brings together cool cucumber, fresh mint, and zesty lime for a naturally flavorful way to hydrate. This practical, no-heat recipe is easy to prepare, naturally delicious, and made without any refined sugar — just real ingredients and clean, crisp flavor.

Prep Time	Cook Time	Total Time	Servings
5 minutes	0 minutes	35 minutes	2

Estimated Cost	Cooking Method
$0.50 – $0.75	No-heat infusion

Ingredients

1 liter water
1/2 cucumber, sliced
fresh mint leaves
juice of 1 lime
ice, optional



Preparation Steps

1. Add cucumber, mint, lime juice, and water to a pitcher.
2. Refrigerate for at least 30 minutes.
3. Add ice if desired.
4. Pour and serve.

Nutrition Snapshot (per serving)

Calories	5	Healthy Fats	No
Protein	0 g	No Added Sugar	Yes
Fiber	0 g	Sugar	1 g
Whole Grains	No		

Whole-Food Note

An easy, low-cost drink for hydration without sugary mixers.

Real Ingredients A Fresher You



HYDRATION SUPPORTS A HAPPIER HEALTHIER YOU

SMALL CHOICES BIG BENEFITS

Golden Turmeric Latte

Warm. Healing. Delicious.

A simple, warming drink made with pantry spices and creamy, unsweetened almond milk. This golden latte is naturally comforting, anti-inflammatory, and full of flavor — with no refined sugar.



Prep Time	Cook Time	Total Time	Servings	Estimated Cost	Cooking Method
5 minutes	5 minutes	10 minutes	1	$0.75 – $1.25	Warm and whisk

Ingredients



- 1 cup unsweetened almond milk
- 1/2 teaspoon turmeric
- 1/4 teaspoon cinnamon
- 1/4 teaspoon ginger
- 1/2 teaspoon vanilla extract
- pinch of black pepper
- monk fruit sweetener optional

SIMPLE INGREDIENTS.
EXTRAORDINARY BENEFITS.

Preparation Steps

1. Add all ingredients to a small pot.
2. Heat over medium-low heat, whisking gently.
3. Do not boil.
4. Pour into a mug and serve warm.

Nutrition Snapshot

PER SERVING

Calories	35
Protein	1 g
Fiber	1 g
Whole Grains	No
Healthy Fats	Yes
No Added Sugar	Yes
Sugar	2 g

Whole-Food Note

Warm spices and unsweetened milk create flavor without relying on sugar.

Apple Almond Snack

Simple. Crunchy. Satisfying.



Crisp apple slices, creamy almond butter, and crunchy almonds come together for a naturally sweet, nourishing snack. It's quick to prepare, full of flavor and texture, and keeps you satisfied with real, wholesome ingredients.

Prep Time	Cook Time	Total Time	Servings	Estimated Cost	Cooking Method
5 minutes	0 minutes	5 minutes	1	$0.75 – $1.25	No-heat assembly

Ingredients



1/2 apple, sliced



1 tablespoon almond butter



8–10 raw almonds



pinch of cinnamon (optional)

Whole Ingredients Happier Days

Preparation Steps

1. Slice the apple.
2. Serve with almond butter.
3. Add almonds on the side.
4. Sprinkle with cinnamon if desired.

Nutrition Snapshot *(per serving)*

Calories	Protein	Fiber	Whole Grains	Healthy Fats	No Added Sugar	Sugar
160	4 g	4 g	No	Yes	Yes	4 g

Whole-Food Note

A small serving of apple paired with almonds and almond butter creates a simple snack with fiber and healthy fats while keeping sugar controlled.

Greek Yogurt with Berries

Creamy. Fresh. Naturally Sweet.



A simple, nourishing snack that combines creamy Greek yogurt with juicy berries and wholesome toppings. It's packed with protein, vitamins, and antioxidants — naturally sweet and satisfying, with no refined sugar.

Prep Time	Cook Time	Total Time	Servings	Estimated Cost	Cooking Method
5 minutes	0 minutes	5 minutes	1	$1.25–$1.75	Assemble and serve

Ingredients



1/2 cup plain Greek yogurt (0–2%)



1/4 cup mixed berries



1 teaspoon chia seeds



Cinnamon (optional)

Nourishing Choices Brighter Tomorrows

Preparation Steps

1. Add yogurt to a bowl.
2. Top with berries.
3. Sprinkle with chia seeds.
4. Add cinnamon if desired and serve.

Nutrition Snapshot *(per serving)*

Calories	Protein	Fiber	Whole Grains	Healthy Fats	No Added Sugar	Sugar
120	12 g	2 g	No	Yes	Yes	4 g

Whole-Food Note

Plain Greek yogurt and a modest amount of berries make a protein-rich snack with natural sweetness and very little sugar.

Veggie & Hummus Cup

Crunchy. Colorful. Nutritious.



A simple, satisfying snack made with fresh vegetables and creamy hummus. Crisp, colorful, and full of nutrients, it's a delicious way to fuel your day — at home, at work, or on the go.

Prep Time	Cook Time	Total Time	Servings	Estimated Cost	Cooking Method
10 minutes	0 minutes	10 minutes	1	$1.00 – $1.50	No-heat assembly

Ingredients



1 carrot, cut into sticks



1 cucumber, sliced



2 celery stalks, cut into sticks



1 bell pepper, sliced into strips



1/4 cup hummus

Fresh Ingredients Brighter Living

Preparation Steps

1. Wash and cut the vegetables.
2. Place hummus in a small cup or bowl.
3. Arrange vegetables around the hummus.
4. Serve immediately or chill until needed.

Nutrition Snapshot *(per serving)*

Calories	Protein	Fiber	Whole Grains	Healthy Fats	No Added Sugar	Sugar
140	4 g	5 g	No	Yes	Yes	3 g

Whole-Food Note

Fresh vegetables and hummus make a practical snack that is portable, filling, and naturally low in sugar.

Roasted Chickpeas

Crispy. Flavorful. Filling.

Simple Ingredients Big Flavor



Crunchy, savory roasted chickpeas are a simple, wholesome snack that's packed with plant protein and fiber. With just a few pantry seasonings, they're easy to make, budget-friendly, and perfect for anytime snacking.

Prep Time	Cook Time	Total Time	Servings	Estimated Cost	Cooking Method
5 minutes	20 minutes	25 minutes	2	$0.75 – $1.25	Roast

Ingredients



- 1 can chickpeas, rinsed and dried
- 1 teaspoon olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- pinch of sea salt

Nourishing Snacks Happier Days

Preparation Steps

1. Preheat oven to 400°F.
2. Toss chickpeas with oil and seasonings.
3. Spread on a baking sheet.
4. Roast 20 minutes, shaking halfway.
5. Cool slightly and serve.

Nutrition Snapshot *(per serving)*

Calories	Protein	Fiber	Whole Grains	Healthy Fats	No Added Sugar	Sugar
120	5 g	4 g	No	Yes	Yes	2 g

Whole-Food Note

Chickpeas become crisp and satisfying with simple seasonings, creating a budget-friendly snack with plant protein and fiber.

REAL INGREDIENTS BRIGHTER YOU

Nourishing Snacks Brighter Days ♡

Mixed Nuts & Seeds

Simple. Portable. Powerful.



A wholesome blend of nuts and seeds that's easy to make, naturally satisfying, and packed with healthy fats, protein, and fiber. This simple snack is perfect for busy days, travel, or anytime you need a nourishing boost.

Prep Time	Cook Time	Total Time	Servings	Estimated Cost	Cooking Method
2 minutes	0 minutes	2 minutes	1	$0.75–$1.25	Portion and serve

Ingredients



1 tablespoon almonds



1 tablespoon walnuts



1 tablespoon pumpkin seeds



1 tablespoon sunflower seeds

Simple Ingredients Extraordinary Benefits

Preparation Steps

1. Measure the nuts and seeds.
2. Mix together in a small bowl or snack container.
3. Serve or store for later.

Nutrition Snapshot *(per serving)*

Calories	Protein	Fiber	Whole Grains	Healthy Fats	No Added Sugar	Sugar
170	6 g	2 g	No	Yes	Yes	2 g

Whole-Food Note

A simple mix of nuts and seeds is one of the easiest whole-food snacks to prepare, offering healthy fats, crunch, and staying power.

GOOD FOOD A BRIGHTER YOU

Real Ingredients Sweeter Days ♡

Frozen Berry Bites

Cool. Sweet. Refreshing.



Naturally sweet and full of flavor, frozen berries make a simple, refreshing snack that's packed with nutrients. With no added sugar and minimal prep, these frozen berry bites are an easy way to enjoy a wholesome treat anytime.

Prep Time	Cook Time	Total Time	Servings	Estimated Cost	Cooking Method
5 minutes	0 minutes	5 minutes	1	$0.75–$1.25	Freeze and serve

Ingredients



3/4 cup mixed berries, fresh or frozen

Preparation Steps

1. If using fresh berries, rinse and dry them.
2. Spread berries on a small tray and freeze until firm.
3. Portion into a bowl.
4. Enjoy frozen as a naturally sweet snack.

Nutrition Snapshot *(per serving)*

Calories	Protein	Fiber	Whole Grains	Healthy Fats	No Added Sugar	Sugar
50	1 g	3 g	No	No	Yes	5 g

Whole-Food Note

Frozen berries are a simple treat that feels like dessert while still fitting the low-sugar whole-food focus of the book.

Simple Ingredients Extraordinary Benefits

GOOD FOOD A BRIGHTER YOU

Simple Nutrition Brighter Days

Hard-Boiled Eggs

Quick. Easy. Protein-Packed.



A simple, nutritious snack that's easy to prepare and perfect for busy days. Hard-boiled eggs are protein-packed, naturally satisfying, and contain no sugar, making them an excellent choice for a balanced, whole-food lifestyle.

Prep Time	Cook Time	Total Time	Servings	Estimated Cost	Cooking Method
2 minutes	10 minutes	12 minutes	2	$0.50 – $1.00	Boil and cool

Ingredients



2 large eggs



pinch of sea salt



paprika (optional)

Wholesome Ingredients Extraordinary Days

Preparation Steps

1. Place eggs in a pot and cover with water.
2. Bring just to a boil, then reduce heat and simmer about 10 minutes.
3. Cool in cold water.
4. Peel, season lightly, and serve.

Nutrition Snapshot *(per serving)*

Calories	Protein	Fiber	Whole Grains	Healthy Fats	No Added Sugar	Sugar
70	6 g	0 g	No	Yes	Yes	0 g

Whole-Food Note

Hard-boiled eggs are one of the easiest make-ahead snacks, offering protein and satisfaction with no sugar at all.

THE WHOLE FOOD LOW-HEAT KITCHEN

Whole Foods • Simple Preparation • Mindful Portions • Better Choices

THANK YOU FOR READING

“Healthy eating does not begin with perfection.
It begins with the next choice.”

SHARE YOUR RECIPES & YOUR STORY

Some of the best ideas begin in ordinary kitchens. If you have a favorite whole-food recipe, a low-sugar dessert, an affordable family meal, or a personal story about making healthier choices, I invite you to share it with our growing community.

Your kitchen. Your recipe. Your story.

Visit our website to submit your recipe and story.

NOURISH TODAY. BUILD A HEALTHIER TOMORROW.

Iron King Universe Publishing

A free digital cookbook created to be used, shared, and passed forward.