

What's For Dinner?

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When cooking dinner, many people think in terms of calorie counting or what they're "craving" at the time. Food can be broken down into basically two categories: Energy (calories from fat, carbohydrates and protein) and Nourishment (the nutrient density of the food; vitamins and minerals contents). When determining your menu plan we recommend first to think of "Nourishment". It's the nourishment aspect of your meal that contains the vitamins and minerals needed for the thousands of metabolic reactions occurring in the body. But, you also need the "energy" portion of this equation so that your cells have the fuel to drive these metabolic reactions.

Keep in mind; foods do not contain ONLY calcium or ONLY carbohydrate or ONLY protein. Foods are a mixture of a little bit of everything. Yet, individual foods are typically known for the largest percentage of energy or nourishment that it provides. For example, when we say "nuts are a great source of quality fats", we are communicating that they contain a large percentage of fat per volume. However, nuts are a good source of protein as well. So, you can use nuts to boost the protein or fat content of your meal.

When choosing what you'll eat for your bigger meals like breakfast, lunch or dinner, we suggest this standard thought process:

1. Nourishment: Choose at least 2 fruits and vegetables. This can be a combo of 1 fruit and 1 vegetable or 2 vegetables. You can choose more vegetables for the meal if you like but your biggest meals need to include at least 2 servings from the fruit/vegetable category. Try to mix it up! Don't eat the same fruits and vegetables all the time.
2. Protein: you must have protein with every meal. 25-35% of the meal needs to be of a protein source. Protein can come from plant based sources like beans, seeds, nut, sprouts, and quinoa or it can come from animal based sources like fish, eggs, chicken, turkey and possibly small amounts of red meat if OK'd by your nutritionist. If you have a normal serum ferritin and normal serum iron, then 4-6oz of red meat should be OK for you to consume on a weekly basis.
3. Carbohydrates: this is your main energy source. It's the primary fuel that your cells prefer. Depending on your activity level and diabetic status, we recommend 40-60%. Carbohydrates come from many food sources but when thinking in terms of a side dish of carbohydrates, we are implying mashed potatoes, pasta, rice, whole grain bread, or couscous. Your fruits and veggies are also a good source of carbohydrates.
4. Fats: there should always be some source of fat in your meal. Fat contains many nutrients such as A, D, E, and K and is required to absorb certain nutrients like CoQ10. Your meal should contain anywhere from 15-25% fat. If your meal contains animal proteins, then there will be some fat consumed from the meat. Other quality sources of fat to consider are raw olive oil (use it to dip your whole grain bread in! Yum!), coconut butter (cook with it, spread on corn on the cob, spread on whole grain bread or crackers), avocados, seeds and nuts.

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Tuna Frittata

Ingredients:
8 eggs
12 oz cooked flaked tuna

Instructions:
Preheat oven on high broil.
On the stove top, heat a deep, oven proof skillet with 2-4 tablespoons of oil on medium. [try using coconut oil!]

Prepare eggs like you would if you were to scramble them.
For example: Break them into a bowl, add about 1/4 cup of water and salt and pepper. Whisk. This is the way we prepare scrambled eggs and they are very good this way. Most people tend to use milk but we like them much better prepared with water, salt and pepper. They are much lighter.

Pour eggs into heated skillet and allow the bottom to cook. Take a spatula and scoop the solid egg in from the edges and allow what's left of the liquid egg to pour down under it so it can become solid [very similar to how you cook an open faced omelet]. Work the spatula all the way around the skillet and do this until you don't have much of the liquid egg left.
Once enough of the egg is cooked, sprinkle the flaked tuna over the top and place in the oven to broil for about 8 minutes or until the top of the egg is cooked [i.e. not runny anymore].

Balancing your meals can be pretty tricky sometimes but if you follow our 4 principles, you'll come pretty close! For those "visual" learners, we've included examples of balanced meals for both energy and nourishment components of the meal. Happy eating!

Tuna Frittata
Helps you meet your protein requirement and some fat requirement. See recipe to the left.

Add salsa to your tuna frittata for an extra kick! Our fav is "Chuck and Dave's".

Serve a mix of raw seeds and nuts from time to time. Pictured are a mix of raw almonds and pecans.



You can add a simple pasta dish to this meal but the tuna frittata is very energy dense and nutrient dense. The nuts, seeds, fruits and vegetables will cover your carbohydrate requirement.

Choose raw vegetables and fruits to accompany your meal. Not only does this help meet your nourishment requirement but it makes for a visually appealing meal! Have your kids help with arranging the serving platters.

Pictured on the vegetable plate are raw cucumbers and yellow bell peppers.

Pictured on the fruit plate are strawberries, blueberries and cherries.

Pictured Right Simple Trout
*2 whole trout fillets [4 halves]
Earth Balance Spread
Salt and pepper, to taste
We know this looks rather bland and simple but you will be amazed at how good this really is. Try to get a really nice and fresh piece of fish.
In a deep skillet, heat about 2 tablespoons of the EB spread on medium heat. Salt and pepper the flesh side of the fish.
Saute, flesh-side down until lightly browned. Turn fish to continue cooking with the skin side down. Cover and cook until the flesh flakes easily with a fork. [about 8 min].*



*Pictured left
Roasted golden beets, carrots and purple onions. Prepare raw vegetables, use just enough oil to coat vegetables, season with salt and pepper. Cook in a covered casserole dish at 400° for 30-40 minutes.*

Broccoli Mashed Potatoes
*4 Idaho Baking potatoes
1 cup raw broccoli
Earth Balance Spread
Sea Salt and Pepper*

Start a pot of water to boil. Add 1/2 teaspoon of salt. Peel skin off potatoes then rinse and chop. Add potatoes and raw broccoli to boiling water. Boil until soft. When done, reserve about a cup of the water for later. Drain off the rest of the water. Add EB spread, salt and pepper to taste. Using an electric mixer or by hand, beat the potatoes and broccoli and add potato water until you get them to your desired consistency.

**Don't Guess About Your Health...
Schedule a Nutritional Consultation Today!**

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Federal Law requires that we warn you of the following:
1. Your individual health status and any required health care treatments can only be properly addressed by a professional healthcare provider of your choice. Remember: There is no adequate substitution for a personal consultation with your chosen health care provider. Therefore, we encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.
2. The Constitution guarantees you the right to be your own physician and to prescribe for your own health.