

A photograph of a residential canal at sunset. The sky is a gradient of blue and orange, with the sun low on the horizon. The houses are silhouetted against the bright light, and palm trees are visible in the background. The water in the canal reflects the light from the sky.

THE JOY FACTOR

By Kelly Kainer Billington



SIMPLE, CLEAN, AND BALANCED

Keeping life simple is the essence of finding JOY in a balanced lifestyle! Maybe you remember the acronym, K.I.S.S. from back in the day! For most people it stands for Keep It Simple Silly, which, in my opinion, is always a good thing to do. That being said, in keeping life simple, this book offers a few helpful ideas for a balanced and healthy lifestyle. And it is broken down in simple terms to better understand and appreciate.

Quite simply, it is believed that a balanced life begins with making good choices every day for key areas in life such as better health, organization, and spirituality. And it makes sense that clean living offers good habits and a great balance in life which ultimately plays a part in shaping our body, mind, soul, and spirit. And let it be known that the earlier in life you gain good habits, the better and more JOY-filled life you will experience, not to mention the positive influence you may have on those around you. What a blessing you can be!

Useful tips and ideas are shared in this book to help with making good choices in these key areas of life. And you will find a few good healthy and clean recipes to add to your repertoire as well! Gotta love that!

So, as we all strive to balance our lives, simply remember that the POWER is indeed in our CHOICES! And I believe wholeheartedly that choosing to live a clean

life and achieving that balance simply opens the JOY door, if you will! And who wouldn't love that?!

In moving forward with these ideas, consider the following:

- Health - Your health is of the utmost importance to a happy and JOY-filled life. Because, without it, what do you really have? Simply being mindful of what goes into your body, about how much you move your body, and, in general, simply maintaining a healthy body is certainly something to seriously consider! That's for sure!
- Organization - I believe wholeheartedly that organization is half the battle in most everything you do in life. It is a "preventative measures" concept that keeps the stress levels down and offers peace of mind which makes for a happier life. And it is easy to do and simply makes good sense.
- Spirituality – Without your spirit and soul, you are simply a body of bones. So, it is very important to maintain a healthy spiritual life. Have you ever heard it said that cleanliness is next to Godliness? Well, I believe the more quality time we spend with God, the more we want to live a clean, JOY-filled life. And to be honest with you, beginning your day with God makes for a great start to a simply fabulous day!

Mastering these key areas of life simply makes good sense in creating and maintaining a more JOYful and happier life! That being said, here are a few useful tips for you to add to your repertoire! Hope it is helpful!

HEALTH TIPS

There are so many products and foods on the market today. In a perfect world, they would all be considered clean and healthy for all of us. However, the reality is that so many of them are loaded with preservatives, metals, and chemicals that are so detrimental to our health. Simple awareness and selecting all natural and organic as possible products is an excellent choice to a cleaner and healthier lifestyle.

All natural choices are plain and simple foods that have not been processed and have no preservatives, no added hormones, no metals, no dyes, etc... When shopping, a very simple concept to follow is to just think “no prepackaged foods” and “as fresh as you can get it!” Always read the labels and become aware of the ingredients that are detrimental and simply avoid them. Through my experiences of caring for my mother with Alzheimer’s for 12 years, I found that aluminum, in my opinion, is the absolute worst metal and wreaks havoc in our bodies! And it is in so many products. In the 11th year of mother’s experiences, I administered an aluminum treatment which cleansed her body of aluminums, and we were able to take her off all drugs and bring her home from the Alzheimer’s unit at the assisted living facility! And in my opinion, this simply speaks volumes regarding the detrimental effects of

aluminum in the body. I have written and copyrighted a documentary about it as well as authored a book that tells our personal journey and reflects my mother to be the warrior and true hero she was! JOY was my mother's middle name, and this story was a labor of love and is titled, JOY Comes in the Morning! A Personal Journey with My Mother, Alzheimer's, and God. And it can be purchased online at liferichpublishing.com, amazon.com, barnesandnoble.com, kellykainerbillington.com, and more... Please know that all proceeds go to Alzheimer's research and support.

So, choosing all natural products is definitely one plan of action that simply leads to a clean life and ultimately adds more JOY! And I advocate, who wouldn't want that?!

Organic choices are simply foods and products that are pesticide free, and it is a big part of clean living. I had my own experiences with pesticides which were somewhat life changing for me. Allow me to share a story or two about it, if you will.

One day, I was in my house in the bathroom minding my own business, if you will, when a dust cropper plane flew over our home and shook the windows because apparently it was a little too close for comfort. They must have dropped some pesticides on our homes, because within 10 seconds, my eyes were swollen shut, and I was struggling to breath. I miraculously drove myself to the emergency room since I was, in fact, home alone. The emergency personnel popped me with epinephrine to reverse the reaction that I had to the pesticides. When I realized what actually

happened to me, it became clear to me that I needed to make some changes to a more organic lifestyle. When I did, I lost 20 pounds and a lot of the swelling that was in my body. It was quite amazing how good I felt. And I have been choosing organic products as often as possible ever since and will continue to do so. I simply feel much better and, in my opinion, you can taste the difference in the food as well.

Through the years of researching, studying, and experimenting with healthy organic and aluminum-free lifestyles as well as various weight loss methods, I somehow managed to lose 45 lbs over 5 years or so and have maintained it well for about 5 or 6 more years. I know I feel good, and my quality of life is much better! I am a bottom-line person, and I believe the two pictures below reflect very well the difference a clean and balanced lifestyle can make. Goodness gracious, look at me back in the day! My hubby, Tommy, is sitting next to a big momma in that first picture! And he loved me all the same! Gotta love a man that can do that for 40+ years!



My second story was about, believe it or not, a lizard that was on my back porch. The poor thing was accidentally sprayed by a pesticide by the pest control company. I saw the lizard struggling and knew exactly what had happened to it. And I wanted to help the little guy in some way. So, I went inside the house and got my apple cider vinegar that I keep in a spray bottle. I sprayed the lizard 4 times with the organic ACV. He just looked up at me like I was crazy. I picked him up and put him in the flower bed. I kept checking on him. And about the 3rd time I checked on him, he was slowly moving into the bush. The next morning, he was on my table on my porch alive and well! In my opinion, this is proof that it is indeed worth the trouble to spray those veggies and fruits that you sometimes cannot find in organic form with the ACV! Why?! Because it works very well to deter the effects of the pesticides. In fact, I take organic ACV gummies every day! I believe wholeheartedly that it helps clean your system.

The unfortunate thing about organic products is that they are more expensive. In my opinion, they should be the norm for all of us to enjoy. But that may take a trip to Capital Hill to make a difference in that regard. So, if you are susceptible to pesticides, then I believe it would benefit your health to choose organic as often as possible and keep some organic apple cider vinegar in a spray bottle for cleaning veggies and fruits simply because it works! And you are worth it!

Eating clean with greens is another topic that I believe we should discuss! I believe wholeheartedly that it helps keep your system clean! So, eating as many

greens as you can on a regular basis is an excellent choice! Leafy greens are the best, but all green veggies are good for you! I have really gotten creative with adding greens to many of my dishes. You don't even know it is there, yet you are getting the benefit of eating it. For instance, I put greens such as spinach in soups, chilis, stews, lasagna, spaghetti, and of course salads. And I love it!

And here is a tip for when you cannot or have not eaten greens the way you should. Simply have a green drink. One of my favorites is the Clean Juice Sweet Green drink. I also like the RAW Generation Sweet Green drink. The only way to purchase the Clean Juice products is from a Clean Juice store. However, the RAW generation products can be found online and are delivered to your door frozen. You thaw them out as you need them. There are other online green drink companies that I am sure are quite good as well, but I have not tried them yet. And there are many green juice drinks in the grocery stores now. So, you can simply pick and choose. Another way to have a green drink is to juice it yourself. Although I have become accustomed to simply purchasing the bottled green drinks, here are the ingredients to one of my favorite homemade green drinks: Apple, Spinach, Cucumber, and Lemon. Just juice it! Good stuff!

In my opinion, juicing simply gives your digestive track a break. And it allows the greens to help clean your system. Some people juice for three days or longer. I tend to believe that three days may be too long, because I believe it somewhat jeopardizes the immune system. I say this simply based on my own experience. So,

what I choose to do is simply juice in the evening for dinner when I'm wanting to green clean, if you will. Or juicing for one day is not bad, but I still prefer to simply juice in the evening for dinner. And sometimes I do that several evenings in a row. I can actually feel that my body really appreciates it! And quite simply the bottom line is it helps with fasting which is a really good thing to do for your body and soul! Maintaining mindfulness about your body is really the whole point of clean living! And greens are definitely a good, clean choice! So be creative, get your greens, and be clean!

Have we talked about diet pills yet?! They are a big NO in my book. Why?! Well, I tried that method when I was much younger. I actually went to a doctor who prescribed Adipex. I found myself not eating much but exercising like crazy. And I remember staying up all night one time when I was working on wallpapering my walls in the house. (That is when wallpaper décor was all the rage. 😊) I lost a lot of weight fast and got down to a size 5! My cheekbones were visible. My normal or average size is generally a size 10. So, I was too small for my frame. And when I got off the Adipex, I went back to eating like I did before. Needless to say, I gained all the weight back AND MORE! And the muscle did NOT come back! One day I was playing baseball with my son and the other kids and parents in our neighborhood. And I have forever been an athletic and stocky person and baseball was always my thing! But I can recall hitting the ball and running to first base. I fell right before I got to first base because my legs gave out on me! I did not have enough muscle in my

legs to carry my fat to the base! I had to shed a few tears that evening when I contemplated what happened and why I could not make it to the base! I was fatter than ever before. And I have struggled ever since to lose those pounds. It took years of muscle building to be able to drop some of the weight. I believe it almost ruined my health and my life. I had anxiety issues afterward, and the nurse told me that it was from the Adipex. Needless to say, I DO NOT believe in diet pills!

As time has passed and life has moved on, I have found that the older you get, the harder it is to lose weight. And I have also found that there are so many diets out there that are effective but not sustainable, if you will. As mentioned before, what seems to work for me is simply a balanced lifestyle which works at a slower pace, but it is a more permanent way to lose weight and to stay healthier. We must be patient and steadfast as it is not a diet! It is a lifestyle! And it is a choice we each need to make for ourselves!

So, basically, portion control with balanced nutrition, stay hydrated by drinking plenty of water daily, and making sure you move your body is the best way to be healthy and happy at the same time! And choosing to make it a lifestyle is the best way to maintain your health. And if you are like me, you need a little help keeping track of what you have eaten and the exercise you have completed each day. So, I have used a couple of online apps that have helped me keep track of it all and basically keeps it real, if you will! The *My Fitness Pal App* is great and is definitely one of my favorites! It displays the actual nutrition numbers and better helps you

balance your food choices. It also keeps track of water intake which is so important! And it keeps up with exercise as well. I believe it is free, but it includes the ads. You can opt to purchase the premium version to skip the ads and receive added features, but I have not done that yet. The *Weight Watchers app* works pretty well too! But you must trust their number system. And it seems to fall in line with the My Fitness Pal App system pretty well. It keeps track of exercise as well. However, there is a monthly fee for the WW program. The third program that I thought was worth trying was the GOLO program. It is not an app, but is basically a balanced eating lifestyle. And it offers an all-natural release supplement that helps with your weight loss efforts. And I know that there are many more apps or programs out there, but none that I have explored. I just wanted to share these apps with you so you can make your own decision should you desire to use an app to keep track of your information. These apps are a tremendous help, but here is the kicker! *Consistency is the key to success!* And honestly, that is my challenge! But I keep working at it and I NEVER GIVE UP! Another thing you might consider is simply visiting with your doctor about a healthy weight loss program. That way if you have any health issues, the doctor can monitor you and your progress safely.

My personal goal is to keep life simple and as healthy as possible so I can live my best life to the fullest! And I believe that I am there! Even though I may not be at my dream weight, I will continue working towards that goal as long as it is achievable! But I know that I am happy, healthy, and living my best life in my

retirement years! As I continue to live my best life until I go home to be with the Lord and see my beloved husband and loved ones once again, I want to simply encourage you to be mindful about your health and make good choices and establish better habits for a balanced lifestyle so you can enJOY living your best life ever!



You got this!

Through all my researching of ways to be healthy and clean, I have collected quite a bit of information on balanced eating and have managed to compile a nice collection of natural and organic information/list which is always a work in progress! You can find my current version in Appendix A of this book for easy reference. I hope it is helpful and offers you a good head start on products and foods that are better choices for a cleaner lifestyle! Please don't hesitate to begin your journey today and make good choices for the purpose of better health, a more balanced life, and ultimately more JOY. If you must ask, why are you doing this? Quite simply you are doing it because you are worth it, and you deserve it! Never forget that!

While being selective about what you eat is especially important to a clean and healthy lifestyle, there is one more thing that must be included as it plays an integral part in maintaining your health. And that is to include a healthy and easily incorporated exercise plan or routine. We must keep our bodies moving! It is essential as well to a clean healthy life and should be considered when making good choices for yourself. I am no expert on the subject, but I wanted to include a few simple tips about exercise to share with you that I compiled through my experiences in my aerobic instructor days. You can find it in Appendix B of this book for easy reference. Truthfully, everyone is at a different place in life and has their own exercise needs, and that is okay! I sure hope it is helpful in guiding everyone to find an exercise that works best for them!

Simply being mindful about making good choices for yourself can certainly help keep your body healthier and will make it a little easier to live a cleaner, happier, more JOY-filled life. HAPPY HEALTHY LIVING! 😊

ORGANIZATIONAL TIPS

Have you ever heard the phrase, "organization is half the battle"? I have found this to be true in so many aspects of my life. And it especially seems to apply best in the home. After all, the day begins at home and ends at home. So, it makes sense that it should start organized and end organized. That way, the middle of the

day has more possibility for success. That being said, here are some organizational tips that I consider very helpful in living a cleaner more organized life at home:

- Start each day with God in study and prayer and end each day in reflection!

Because the truth is without Him, we are nothing, and with Him all things are possible. You will never regret the time you spend with God. It seems to start the day in a positive way and keeps things in perspective, believe it or not.

- "Everything has a place and everything in its place." This is another old adage that is a blessing to live by, because it works! This is such a simple concept because if you think about it some of the most common items that need a place are: purse or billfold, keys, cell phone, electronic notebooks, shoes, coats, etc... The idea is that when you get home, put those items where they belong so you know where they will be the next time you need them. And do that consistently each day! In lieu of this concept, here are a few areas that need attention in regard to being organized and functioning successfully and efficiently in the home: pantry, cupboards, refrigerator, freezer, drawers, closets, living space, bedrooms, garage, yard, etc... Get them all organized and let it set the precedent

If you take the time to initially organize all these areas finding a place for everything and striving each day to put things back where they belong especially and very easily at the end of each day, you will see a world of difference in the frustration level in the way you function in the home. I believe

you will experience more JOY, less frustration, and more chance for successful accomplishments in each and every day. Just something simple to be mindful about and implement into your daily routine. And you really shouldn't try to organize all these areas at one time. Take one area at a time. I was always taught that if you take one big job and break it down into small jobs, it is easier to manage and much easier to accomplish!

- Simply clean while you cook! This is something that my son has embraced. And, I have to say that he has encouraged me to include this in my routine as well. If you are like me, I love to cook, but I don't enjoy cleaning the mess. So, it makes sense to be time-efficient by cleaning up the mess you make while you are cooking. So, when you eat, there is no mess in the kitchen. You may find that you enjoy your food much more when the kitchen is already clean. Something that simple can make such a difference in our every day lives.

Now don't let these few suggestions be the only way to be more organized! Be creative and come up with your own ways that work for you! Wait no longer! Simply get it done! You will feel so much better! HAPPY ORGANIZING AND HAPPY HOME!



SPIRITUAL LIFE

Do you remember the days when God was more at the the top of our priority list? I do! And I remember when families went to church every Sunday and ate out

afterwards as a family for a nice treat for the week? This was a fond memory for me! And I remember sitting around the dinner table and saying grace before the meal because we were so thankful to receive it, and we believed that all good things come from God! We were also taught as children to say prayers before going to bed each night! I believe it would be easy to agree that we lived in a better world when God was on our top priority list. It seems to me that we need to make a better effort to bring Him back to the forefront.

So, quite simply make up your mind to:

- Go to church on Sunday with the family and as your budget allows, treat your family to a nice meal at your favorite restaurant afterwards! Seems like a nice habit of making good memories and putting God first!
- And make it a habit to say grace before each meal whether you are by yourself, with family, or with friends! This puts God first as well!
- Start your day off right by spending time with God every morning with bible study and prayers! It is just another simple way of putting God first!
- And end your day in reflection and saying your prayers at night! And pass that habit on to your children so they can pass it on to their children, and so it will be passed on and on and on... This is just one way to keep God in our world!

- Be grateful and thank God regularly and know that all good things come from God! Know and believe that with Him all things are possible and without Him we can do nothing!

I believe if everyone added these few habits to their lives that it would be like a peace blanket and would simply put God on our priority list and would quickly spread across the land and amongst the families and ultimately the world! What are you waiting for?!

The reality is that we are all contributors to society on a daily basis whether we realize it or not. That being said, we can each strive to add a few of these habits to our day as well:

- Smile and perform a random act of kindness. *God's Goodness is seen in you and me!*
- Donate to your favorite charity or church as often as possible.
- Love your neighbor - *This is the one thing God especially wants us to do.*
- Don't be afraid of sacrifice. It is not a bad thing. It builds character.
- Die to selfishness every day! *Selfishness blocks God's goodness and ultimately His best for your life.*
- Practice self-discipline – without discipline, I believe there is chaos. It is one of the best attributes a person can have. And the earlier in life you establish good discipline habits, the better life you will enJOY! This is another one of my challenges! I simply work at it every day! And I advocate to NEVER GIVE UP!

In conclusion, we all have a life that God has given us. And we are faced with choices we must make every day! It is a fact of life, if you will! Life should not be complex or difficult! We should do our best to keep it simple. And honestly, it really is an easy concept of mindfulness on a daily basis to maintain good balance in our habits for better health, better organization, and better spiritual growth. With these 3 key areas of life in balance, it simply opens the door to more JOY in our lives and ultimately a more fulfilling and happier life!

So, what are you waiting for?! Simply get started in the right direction with good choices and get those new habits in place! Go for it! You got this!

I opted to include a few good clean recipes for easy reference. So, below is the JOY Cookbook which offers a few good clean recipes that I simply love, and I believe you will too! I certainly hope it is helpful and believe it is a good place to start a clean and JOYful life adventure! EnJOY!

**MAY THE GRACE AND PEACE OF OUR
LORD JESUS CHRIST BE WITH YOU ALL!**



JOY COOKBOOK

The JOY Cookbook is simply a tool that offers delicious and clean recipes to add to your repertoire and are great for healthy living! And with all this talk of living a clean life for better health, organization, and spiritual life, I wanted to share some of my favorite recipes that I love and that have worked well for me in trying to stay healthy and happy! I thought it would be great to have them at your fingertips! I hope you EnJOY them as much as I do!

APPETIZERS & BEVERAGES

ARTICHOKE SPINACH DIP

- 1 – 8 oz package organic cream cheese, softened
- 1/4 cup mayonnaise or sour cream
- 1/4 cup grated Parmesan cheese
- 1/4 cup grated Romano cheese
- 1/2 teaspoon dried organic basil
- 1/4 teaspoon organic garlic powder
- Sea Salt as desired
- Organic cracked black pepper as desired
- 1 - 14 oz jar artichoke hearts, drained and chopped

1/2 cup or 1 bag of frozen chopped organic spinach, thawed and drained

1/4 cup shredded organic mozzarella cheese

Preheat oven to 350 degrees F. Lightly grease a small glass or ceramic baking pan with organic olive oil spray. Mix cream cheese, mayonnaise or sour cream, Parmesan cheese, Romano cheese, garlic powder, basil, salt, and pepper together in a medium bowl. Gently stir in artichoke hearts and spinach. The mixture to the prepared baking dish; top with mozzarella cheese. Bake in the preheated oven until bubbly and lightly browned, about 25 minutes. *(This dip is generally eaten with tortilla chips, crackers, or pita bread, but try it with one of my favorites, Simple Mill Mediterranean crackers, or simply fresh vegetables. The base of this recipe came from allrecipes.com)*

BEAN DIP

1 can *(bpa free)* ranch style beans blended to a smooth texture

or Organic refried beans

1 handful Organic Mexican Blend Cheese *(You can add as much or as little as you want.)*

1/2 - 1 cup Pace Medium salsa or JOY Homemade Salsa Recipe

Season to taste with:

Sea Salt

Organic Cracked Black Pepper

Organic Garlic Powder

Organic Roasted Cumin Powder *(Prefer roasted as it makes a difference in taste!)*

Stir or blend all ingredients. Place in microwavable bowl. Keep in refrigerator until ready to serve. You can make it the night before if needed. Heat in microwave as desired before serving. *(We enJOY eating it with Late July Organic Sea Salt Tortilla chips. But honestly, the best dipper for this bean dip is organic red, green, yellow, and orange bell peppers! Oh my goodness! Delicious!)*

CAPRESE BITES

Mozzarella balls

Organic Angel Sweet grape tomatoes

Organic fresh basil

Toothpicks

Balsamic vinaigrette or simply balsamic vinegar and organic EVOO (Extra Virgin Olive Oil)

Sea Salt

Organic cracked black pepper

Take one mozzarella ball, one grape tomato, and one big basil leaf. Place the tomato and mozzarella ball next to each other and on top of the basil leaf. Fold the basil leaf up on the tomato and on the mozzarella ball. Poke a toothpick through the basil leaf on one side, the tomato, the mozzarella ball, and then the basil leaf on the other side. Drizzle your choice of balsamic vinaigrette or drizzle with balsamic vinegar and EVOO. Season to taste. Make as many as you want. It makes for such a refreshing snack, finger food, or side dish! EnJOY!

COCONUT LIME DRINK

Simply pour coconut water into a cup and add desired amount of lime juice either by squeezing fresh limes or pouring lime juice in the cup. I like to drop a slice or two of lime in the cup. Mix well and serve on ice.

It is so refreshing and so good for you!

CRAB DIP

2 – 8 oz fresh crab meat in jar

11 oz organic cream cheese, softened

5 T mayonnaise or organic sour cream

1 small organic onion, finely chopped

1/8 t organic garlic powder

Sea Salt as desired

Organic cracked black pepper as desired

Preheat oven to 350°F. Combine crab meat, cream cheese, mayonnaise or sour cream, onion, garlic powder, salt, pepper together in a medium bowl; spread mixture into a 1-quart glass or ceramic baking dish. Bake for 20 minutes. Serve with crackers, pita bread, or your choice of chips. (A common way to present this dish is in a bread bowl. You simply cut a circle in the top of a round loaf of bread and scoop out the inside to create a bread bowl. You can opt to tear the removed bread into pieces. Stir baked crab dip and spoon into bread bowl. Place bread bowl and chunks of bread on a medium baking sheet; bake for an additional 10 minutes. Serve hot.)

(You might consider adding a little Cajun spice to give it little kick and serve with cajun flavored chips.)

GUACAMOLE

2 Avocados *(Organic preferred)*

2-4 Organic grape tomatoes diced *(Love organic Angel Sweet tomatoes)*

½ Chopped small organic yellow sweet onion *(1015'S are the best)*

Organic cracked black pepper

Sea salt

Organic garlic powder

Organic roasted cumin powder *(Roasted makes a difference in taste.)*

½ - 1 Lemon *(Organic preferred)*

Cut avocado in half, remove seed, and scoop out avocado with a spoon onto a plate. Take a fork and mash the avocado to give it a creamy texture. Add diced tomatoes and chopped onions. Season to taste.

Squeeze ½ - 1 lemon over the guacamole.

We pair this guacamole with several snacks or meals, such as a dip with our favorite chips, on top of a taco salad, as a side of many meals including eggs for breakfast. The sky is the limit with the avocado! It is a good fat! Be creative!

HAM ROLY POLY SNACK

1 package sliced Ham *(Kretschmar or Ham Off the Bone are my favorites.)*

1 package organic cream cheese, softened

Sliced organic green onion or chives as desired

Sliced Organic Mini cucumbers *(Optional)*

Mix cream cheese and green onion or chives in a bowl. Spread as desired on each slice of ham. Roll the ham and slice it into about 12 pinwheels. Eat and enJOY just like that! Or you can opt to place each ham pinwheel on top of the cucumber slices. It makes for a light and refreshing finger food.

LAYERED DIP

Homemade bean dip *(Recipe on Page)*

1 pint organic sour cream

Homemade taco seasoning *

6 - 4 organic avocados, mashed

6 organic tomatoes, diced

1 organic onion, diced

1 organic green bell pepper, diced

1 organic red bell pepper, diced

1 package organic Mexican blend cheese, grated

1 large can *(bpa free preferred)* sliced or chopped black olives

In glass dish, layer ingredients starting with homemade bean dip along bottom of pan, mix homemade taco seasoning and sour cream and spread on top of bean dip, spread mashed avocados on top of sour cream, and layer tomatoes, onion, bell peppers grated cheese and black olives. Serve with chips of your choice.

**Homemade taco seasoning – combine desired equal amount of the following seasonings in a bowl: organic chili powder, organic roasted cumin powder, organic garlic powder, and organic season salt.*

PARMESAN CRUSTED CHICKEN TENDERS

1 Bag Organic Seasoned Croutons

½ Cup Parmesan cheese grated

Parsley flakes as desired

1 Egg, beaten in a bowl

1 Package all natural chicken tenders (*Generally 6-7 tenders*)

Sea Salt

Organic cracked black pepper

Organic garlic powder

Organic Olive Oil Spray

Preheat oven to 425°F. Spray glass or ceramic pan with Organic olive oil spray. Pour bag of croutons into a large ziplock bag. Smash with smooth side of meat cleaver until finely crushed. Pour crushed croutons onto paper plate. Mix parmesan cheese and parsley flakes with crushed croutons. Season chicken tenders with all the seasonings. (*Sometimes I sprinkle the seasonings in the crouton mixture as well.*) Dip chicken tenders in egg mixture. Roll the chicken tender in the crouton mixture until complete covered and place in prepared pan. Lightly spray chicken tenders with olive oil spray. Bake for 20-25 minutes or until crust is desired golden brown color. (*Sometimes I cut them in little pieces and serve as finger food. We always loved to dip them in Honey Mustard Dressing. Delish!*) EnJOY!

PICO DE GALLO

8-10 Organic Angel Sweet grape tomatoes chopped

1/2 Medium Organic Yellow Onion

1/2 Medium Organic Red Bell Pepper Chopped

1/2 Medium Organic Green Bell Pepper Chopped

1/2 Medium Organic Yellow Bell Pepper Chopped

1/2 Medium Organic Orange Bell Pepper Chopped

2 Stalks Organic Green Onion Chopped

1 Handful Organic Cilantro Chopped

3-4 Sliced Jalapeño in Jar Chopped

1 Organic Lemon

Sea Salt

Organic Cracked Black Pepper

Organic Roasted Cumin Powder (*Roasted is preferred as it makes a difference in taste!*)

Organic Garlic Powder

Place all ingredients in a bowl. Season to taste. Squeeze lemon over ingredients. Stir and enJOY!

PROTEIN-PACKED MOCHA CAPPUCCINO

1/4 - 1/2 cup Almond Milk or Half & Half Organic

1 Scoop Protein Powder Organic

1 teaspoon Cocoa Powder Organic

8 oz Coffee Organic

Mix Almond Milk or Half & Half with Protein and Cocoa Powders in the coffee cup. Pour into the frothing machine and froth as desired. Or use a handheld frothing device in the coffee cup. Pour frothed milk back into coffee cup. Add desired coffee to the cup with your coffee maker. *(I prefer 8 oz of coffee.)* Stir and ENJOY!

RANCH DRESSING/DIP

1 c Mayo

1 T Organic Apple Cider Vinegar

Organic Garlic Powder

Organic Onion Powder

Organic Celery Seed

Organic Parsley Flakes

Organic Cracked Black Pepper

Sea Salt

Splash of water *(For dressing)*

Place Mayo and Apple Cider Vinegar in a bowl and whisk to blend. Season to taste.

Makes a great dip for veggies. Add a splash or two of water for the desired consistency for a dressing. Enjoy on a wide variety of salads.

SALSA HOMEMADE

1 can *(BPA free)* Organic chopped tomatoes *

1 can (*BPA free*) Organic green chiles *

½ - 1 Organic small-medium yellow onion

1 handful fresh Organic cilantro

3-4 slices Organic jalapeño peppers from the jar

Sea Salt

Organic Cracked Black Pepper

Organic Garlic Powder

Organic Roasted Cumin Powder (*Prefer roasted as it makes a difference in taste.*)

Place all ingredients in blender. Season to taste. Blend until desired consistency to make a smooth or chunky salsa as desired. We enJOY eating it with Late July Organic Tortilla chips. You might try the organic blue corn tortilla chips. They are good with it as well.

ENJOY YOUR SALSA!

YOGURT AND GREEN ONION DIP

This is the easiest and tastiest dip for veggies ever! Mix organic fat free plain greek yogurt with chopped green onions. Depending on how much dip you need, place enough chopped green onion in the dish to give it the taste you want. Viola! Easy smeasy!

SOUPS, SALADS, & VEGETABLES

ROASTED BABY POTATOES

1 Bag of small red or gold baby potatoes

Organic olive oil spray
Organic parsley flakes
Organic Rosemary seasoning
Organic Oregano seasoning
Organic Basil seasoning
Organic Garlic Powder
Sea Salt
Organic Black Cracked Pepper

Preheat oven to 425°F. Spray glass or ceramic pan with olive oil spray. Place diced baby potatoes in pan and spray with olive oil as well. Season potatoes with all seasonings as desired. Bake for about 20 minutes or until potatoes are tender. *(Sometimes I sprinkle parmesan cheese on these potatoes before baking. It is a nice touch and gives a little variety.)*

BROCCOLI SALAD

1 Bag frozen organic broccoli florets
1 Small organic red bell pepper, chopped
1 Small organic green bell pepper, chopped
1 Medium organic onion, chopped
2 Stalks organic celery
2 Stems organic green onion
½ Cup organic peas
1 Handful grated organic sharp or extra sharp cheddar cheese

½ Cup homemade ranch dressing (Recipe on page) (Add ½ teaspoon of organic cane sugar if desired, optional)

Microwave broccoli to al dente. Place in colander and rinse with cold water or sprinkle ice in it to cool it off. When cooled, mix with all other vegetables in a bowl. Stir in ranch dressing. Stir in cheese. Refrigerate until ready to serve. It is so light and refreshing!

CAPRESE SALAD

1 Handful of Spring mix

7-8 grape tomatoes halved

7-8 balls of fresh mozzarella

1/3 of a bunch of fresh basil

Organic EVOO

Balsamic Vinegar

Sea Salt

Organic Black Cracked Pepper

Place spring mix, tomatoes, mozzarella balls, and fresh basil in a bowl. Drizzle with olive oil and balsamic vinegar as desired. Salt and pepper to taste. ENJOY!

CHEESY POTATOES (Some call it Au Gratin potatoes)

6 Medium organic potatoes, sliced

3 Tablespoon organic flour

¼ Cup organic butter

1 ½ Cup organic milk

¼ Cup organic onion, diced
2 Cups organic sharp cheddar cheese grated
Sea Salt to taste
Organic cracked black pepper to taste
Organic garlic powder to taste
Paprika

Preheat oven to 350°F. Prepare shallow glass pan with organic olive oil spray. Place potatoes and onions evenly in pan. Set aside. Blend flour, butter, salt, pepper, and milk in a bowl. Pour blended mixture over potatoes and onions evenly. Sprinkle cheese on top. Sprinkle paprika on top. Bake for 50 minutes. *(Some people call these au gratin potatoes, but this is my mother's recipe, and she called them Cheesy Potatoes! They are delicious no matter what they are called! And I could never make them as good as she did!)*

CHICKEN SALAD

2 All natural rotisserie chicken breast, diced
½ Medium organic onion, diced
2 Stalks organic celery, sliced or diced
½ Medium organic green bell pepper, diced
½ Medium organic red bell pepper, diced
2 Boiled cage free brown eggs, diced
1 Clausen dill pickle, diced
10 Organic red grapes, halved or fresh cranberries
½ Cup homemade ranch dressing *(Recipe on page)*

½ Teaspoon organic cane sugar

Handful of chopped walnuts *(Optional)*

Mix all ingredients in bowl. Refrigerate until ready to eat. Eat on croissant or favorite bread. Try as a wrap using a spinach tortilla. Try it on lettuce leaf. Try it on crackers. Try it with a spoon. It is delish! EnJOY!

CILANTRO COLE SLAW

1 package shredded Cole Slaw with carrots

½ medium Red Bell Pepper Organic, chopped

½ medium Green Bell Pepper Organic, chopped

1 small Sweet Onion Organic, chopped

3-4 stalks Celery Organic, chopped

½ bunch Green Onion, chopped

Handful Cilantro, chopped

Ranch Dressing *(Recipe on page)*

1T Cane Sugar Organic

Mix all ingredients in a bowl and place in refrigerator until ready to use.

CILANTRO RICE SALAD

1 Cup organic jasmine rice, cooked

1 Small organic onion, chopped

1 Small organic green bell pepper, chopped

1 Small organic red bell pepper, chopped

- 2 Stalks organic green onion, chopped
- 2 Stalks organic celery, chopped
- 1 Clausen dill pickle, chopped
- 2 cage free brown Eggs, chopped
- 1 Handful organic cilantro, chopped
- ½ Cup homemade ranch dressing *(Recipe on page)*

Mix all ingredients in a bowl. Place in refrigerator until ready to eat. *(This dish gets better and seasons as it sits.)* ENJOY!

CUCUMBER SALAD

- 4 Organic english cucumbers, peeled and sliced
- ½ Medium organic onion, sliced
- ½ Cup white vinegar
- 1 Cup water
- Sea Salt
- Organic cracked black pepper
- Organic garlic powder
- 1 Tablespoons organic cane sugar

Place cucumbers and onions in a bowl. Pour vinegar and water over cucumber and onions. Season to taste. *(If you like the taste of the juice, you will like the taste of the veggies.)*

Place bowl covered in refrigerator. This dish tastes better the longer it sits in the

refrigerator. You can eat on it for a week or possibly two. *(This was my Memmo's recipe!)*

EnJOY!

GERMAN POTATOES

1/2 cup organic yellow onion chopped

1/2 lb central market black pepper bacon chopped

2-3 medium organic potatoes chopped or sliced as desired

Seasonings: Sea Salt, Organic Cracked Black Pepper, and Organic Garlic Powder

Sauté bacon on medium heat in stainless steel pan or green life

pan until slightly browned and season to taste. Add onion and

sauté until bacon is further browned and onion is al dente and

season to taste. Add potatoes and stir until potatoes are coated

with bacon grease and season to taste. Let cook for about 5-10

minutes, add about 1/4 cup of filtered water, then place lid

on top and let simmer stirring occasionally until potatoes are tender as

desired. The potatoes may even get brown and crispy if you like. I

love it like that! Just a tip: Depending on the bacon you use, sometimes I prefer to add a

little extra bacon grease or olive oil as needed for better sautéing. (This was my mother's

recipe!) EnJOY!

GUMBO – Shrimp, Chicken, & Sausage

6-7 Natural Chicken Tenders Sliced or Diced as desired and seasoned with the

seasonings as shown below

1 lb *(no heads)* Large Fresh Shrimp Sliced or Diced as desired and seasoned with the seasonings as shown below

2 Links (6") Andouille Sausage Sliced or Diced as desired

1 medium Organic Yellow Onion Chopped

1 Medium Organic Red Bell Pepper Chopped

1 Medium Organic Green Bell Pepper Chopped

4-5 Stalks Organic Celery Chopped

4-5 c Organic Chicken broth

Organic Extra Virgin Olive Oil

½ c Organic All-Purpose Flour

½ c Organic Jasmine Rice Cooked

1 c Frozen Okra Sliced

Worcestershire Sauce

Seasonings:

Organic All-Season Salt

Organic Cayenne Pepper

Organic Garlic Powder

Organic Parsley Flakes

Organic Cracked Black Pepper

Sea Salt

In stainless steel large pot and on medium heat, sauté veggies in olive oil. *(Just a note of interest: I usually like to make sure that I have an eyeballed view of the same amount of each one of the veggies in my dishes to give it an even flavor.)* Season the veggies while simmering with the

seasonings until al dente. Remove from pan and set aside. Adding more Olive Oil, sauté seasoned chicken until pink is gone. Remove from pan and set aside. To make the rue, combine Olive Oil and flour in pan. Simmer stirring occasionally until you achieve the color you want for the rue. Add olive oil as needed to keep desired texture. While simmering, add Worcestershire sauce as desired which adds a punch of flavor and a little deeper color. *(I like my rue a little on the lighter side.)* Let simmer for a bit, then add about ½ cup of chicken broth. Let simmer for a bit. Add veggies and chicken back to pan. Add rest of chicken broth and season another round with the seasonings. *(Go easy on the cayenne unless you want it to have a big spicy bite!)* Let simmer for a while. Add sausage. Let simmer for a while. Add okra and shrimp and let simmer on low for a bit. Then add rice before serving. It is ready to eat! We love to pair it with shrimp po'boys! Good stuff! But honestly, on a brisk cool day, it is good all by itself! ENJOY!

OKRA AND TOMATOES

½ Lb Central Market black pepper bacon, chopped

1 Small organic onion, diced

1 Bag frozen cut okra *(organic if possible)*

1 Can *(bpa free preferred)* organic diced tomatoes

Saute bacon until browned in stainless steel pot. Add onions and saute to al dente. Add okra and saute until thawed. Add tomatoes and let simmer. *(Sometimes I add a little organic chicken broth if the tomato is too thick.)* ENJOY!

PEA SALAD

- 1 Bag organic peas
- ½ medium organic onion, diced
- 1 Handful grated organic cheddar cheese
- ½ Cup homemade ranch dressing (*Recipe on page*)

Microwave peas for a couple of minutes. Pour them into a colander and rinse them with cold water to cool them off. When cooled, place peas in another bowl and mix the rest of the ingredients with the peas. Optional to add ½ teaspoon organic cane sugar.

Refrigerate until ready to eat.

SAUTÉED GARLIC GREEN BEANS

- 1 Bag fresh organic green beans
- 1 Tablespoon organic minced garlic
- Sea Salt
- Organic cracked black pepper
- Organic garlic powder
- Organic extra virgin olive oil

Blanch fresh green beans to al dente. In pan, drizzle with EVOO. Place minced garlic in pan and let simmer for a bit to flavor the oil. Place lid over pan to keep the oil from popping everywhere. Add drained and dried al dente green beans to pan. Season with all seasonings to taste. Place lid on pan and allow to simmer until green beans are tender. Stir occasionally. Serve warm! EnJOY!

SAUTÉED BABY SPINACH

1 Bag fresh organic baby spinach
1 Tablespoon organic minced garlic
Sea Salt
Organic cracked black pepper
Organic garlic powder
Organic extra virgin olive oil

In pan, drizzle with EVOO. Place minced garlic in pan and let simmer for a bit to flavor the oil. Place lid over pan to keep the oil from popping everywhere. Add baby spinach to pan. Season with all seasonings to taste. Place lid on pan and allow to simmer until spinach is wilted. Stir occasionally. Serve warm! EnJOY! *(It always amazes me how a whole bag of fresh spinach wilts down to very little cooked spinach. But it is so good! And so good for you!)*

SAUTÉED ZUCCHINI SQUASH

½ Lb Central Market black pepper bacon, chopped
1 Small organic onion, diced
1 Organic zucchini, sliced
1 Organic yellow squash, sliced
Sea Salt
Organic cracked black pepper
Organic garlic powder

Saute bacon until browned. Add onion and saute to al dente. Lightly season with all seasonings. Add all squash. Season with all seasonings to taste and saute to tender as desired.

TACO SALAD – Beef & Bean

1lb Hamburger Meat Grass Fed

1 Small Sweet Onion Organic

1 Can Ranch Style Beans

Garlic Powder Organic

Sea Salt

Cracked Black Pepper Organic

Roasted Cumin Organic (*Roasted makes a difference*)

Mexican Style Grated Cheese Organic

Pico de Gallo (*Recipe on page*) Guacamole (*Recipe on page*)

Salsa if desired (*Recipe on page*)

Brown and season meat as desired in stainless pot. Add onions to meat and cook until al dente. Season again as needed. Serve in a bowl and top with desired amount of cheese, Pico de Gallo, and guacamole. DEEELICIOUS! ENJOY! *Tom and I loved to eat this with Organic Tostitos White Cheddar Tortilla Chips.*

TOMATO BASIL SOUP

½ green bell pepper chopped

½ medium onion or 1 small onion chopped

3-4 stalks celery chopped

7-8 mini carrots chopped

½ bunch of fresh basil chopped

1 T dried basil (*You can never have enough basil in my opinion!*)

Olive oil

1 can Organic Fire Roasted Crushed Tomatoes

½ c chicken broth

Salt

Cracked Black Pepper

Garlic Powder

Parmesan Cheese grated

In saucepan, sauté all veggies in olive oil until al dente adding salt, pepper, and garlic powder to taste. Add tomatoes and let simmer on medium heat to infuse flavors. Add chicken broth and let simmer. (*I added a little seasoning to taste at this time.*) Take handheld blending tool and insert in pot to blend veggies as fine as you desire. I like to leave a few small pieces of veggies. That is just my preference. However, you can blend it to a complete liquid soup as you desire. Place in bowl and sprinkle with parmesan cheese as desired. If you want it to be creamier, just add a splash of organic heavy cream or organic sour cream. It is really good with a grilled cheese sandwich! ENJOY!

TUNA SALAD

1 Can Central Market albacore tuna water packed

½ organic onion, diced

2 Stalks organic celery, diced
½ Organic green bell pepper, diced
½ Organic red bell pepper, diced
1 Stalk organic green onion
Handful organic cilantro, chopped *(optional)*
2 Eggs, chopped
½ Cup Mayonnaise
Sea Salt
Organic cracked black pepper
Organic garlic powder

Combine all ingredients in a bowl and season to taste. Refrigerate until ready to serve.
(My homemade ranch dressing is good in this recipe as well in place of mayo and seasonings.)
EnJOY!

TUNA MAC SALAD

1 Can Central Market Albacore Tuna water packed
2 handfuls/1cup Macaroni Organic cooked
Veggies of your choice. Here are mine:
½ each medium Red & Green Bell Peppers Organic Chopped
1 small Sweet Onion Organic chopped
½ bunch Green Onion Organic Chopped
Handful Cilantro Organic Chopped
8 Angel Sweet Grape Tomatoes Chopped

Handful Bread and Butter Pickles Chopped

2 Eggs Cage Free Boiled Chopped

¼ - ½ cup Kelly's Homemade Ranch Dressing *(Recipe on page)*

Mix all ingredients in bowl. Add 1 teaspoon organic cane sugar (optional) EnJOY!

I must thank my oldest sister for this recipe! Tom and I loved eating it at the bay house on a hot, summer day! It is just so easy to make and so refreshing when it is hot outside.

MAIN DISHES & CASSEROLES

BACK TO BASICS BREAKFAST

2-3 Eggs *(Pasture Raised brown or white no hormones or antibiotics ever! I like HEB pasture raised brown or white eggs)*

2-3 slices of bacon *(no nitrates or nitrites and no antibiotics. I like Central Market Black Pepper Bacon! It is delicious!)*

½ Avocado Sliced *(Organic is preferred but not necessary with avocados. They are not as subject to pesticides as other veggies and fruits.)*

Place all these goodies on a plate and enJOY! *(I find that I stay fuller longer when I start the day with this breakfast. And interestingly enough, my blood sugar thanks me as well!)*

BAKED LEMON CHICKEN & VEGETABLES

1 All natural chicken

1 Small organic onion, sliced

3 Stalks organic celery, cut into 2" pieces

1 Small bag organic baby carrots

8-10 small potatoes, cut in quarters

1 Organic lemon

Extra virgin olive oil spray

Sea Salt

Organic cracked black pepper

Organic garlic powder

Preheat oven to 400°F. Prepare glass pan with organic olive oil spray. Place rinsed chicken in prepared glass pan. Spray chicken lightly with EVOO spray and season with all seasonings as desired. Place chicken in hot oven until browned. Remove from oven and reduce heat to 325°F. Place onions, celery, carrots, and potatoes evenly throughout the pan. Season the veggies with all the seasonings. Squeeze lemon all over the dish and place lemon rinds inside the chicken. Bake until tender. *(This was my Memmo's recipe kicked up a bit with more veggies and lemon. Tom and I loved it as it is a very healing and a refreshing change of pace in choice of meals! Definitely a comfort food!) EnJOY!*

BREAKFAST POTATO BOWL

Start with my German potatoes *(Recipe on page.)*

Add organic baby spinach till it wilts

Place potato and spinach mixture in bowl

Add 2 or 3 fried over easy or poached eggs as desired on top

Slice eggs open and let juice of eggs drizzle over potato mixture.

Deeeelicious! EnJOY!

(It is my policy to give credit where credit is due! I got this idea from Mosquito Cafe in Galveston. They have the best breakfast bowl! Love it! And their turkey burger is to die for! It was always one of our favorite places to eat.)

CHICKEN SPAGHETTI

1 c. chopped onions

1 c. chopped celery

1 c. chopped bell peppers

1 can organic cream of chicken soup

1 can small organic tomato sauce

1 package chicken thighs stewed and cut in bite size chunks

1 package organic spaghetti cooked in organic chicken broth

½ - 1 c. broth from cooked spaghetti

Grated Mexican blend organic cheese

Seasonings: Sea Salt, Organic Cracked black pepper, Organic Garlic Powder, Organic Oregano, Organic Basil, and Organic Rosemary

Cook spaghetti in chicken broth from Seasoned stewed chicken. And you might want to add organic chicken broth to add more liquid to cook spaghetti. Sauté seasoned onions, celery, and peppers in olive oil until al dente. Add soups and broth from cooked spaghetti. Season and Simmer for a while. Add stewed chicken chunks in soup mixture. Drain spaghetti and pour soup mixture over the spaghetti. Stir and mix well. Place spaghetti mixture in a glass baking pan that has been sprayed with organic olive oil. Sprinkle a generous amount of grated cheese over the top of the spaghetti until it is

covered. Bake in 350° oven for 45 minutes or until cheese is melted and center is warm when fork is inserted. EnJOY! *(This was my Memmo's recipe! I tweaked it a bit. It is great comfort food! My family loves it!*

CHILI – Simple Beef & Bean

1 lb Grass Fed Ground Hamburger Meat
1 small-medium Organic yellow onion, chopped
1 15 oz can Organic Diced Tomatoes
1 15 oz can Ranch Style Beans
1 8 oz can Organic Tomato Sauce
¼ c Chicken broth
Organic Chili Powder
Organic Garlic Powder
Organic Parsley Flakes
Organic Cracked Black Pepper
Sea Salt

In stainless steel pot and on medium heat, brown meat. As the meat is browning, add onions and all the seasonings for desired smell and taste. Add canned tomatoes, beans, and tomato sauce and stir. Add chicken broth and stir. Season the sauce and meat mixture with all the seasonings again to desired smell and taste. Let simmer on low for a while. I usually simmer it for about 15-20 minutes and then I serve it hot! Serve in bowl and sprinkle cheese on top, or not!

(We like to pair it with an old fashion side, the corn chip. We love it with the chili cheese corn chip. Gives it a level up in flavor. You can get blue corn chips which are known to be better for blood sugar. Or, if you want a little crunch with less carbs, try the Cheddar flavored Whisps Cheese Crisps. They are quite good with the Chili flavor as well. Chili is simply good old comfort food! This was one of my husband's favorites of my dishes. We always looked forward to it on the first cold snap! He would walk in the door on the first cold snap and ask if we are having chili! I loved hearing him ask about it! And I loved telling him that we sure were having chili! He would say, WELL ALRIGHT!! Always warmed my heart!)

ENCHILADA CASSEROLE

12 Mixla corn and flour tortillas

1 Lb grass fed hamburger

1 Bag Organic Mexican blend grated cheese

1 Can organic enchilada sauce

1 Medium organic onion, diced

Sea Salt

Organic cracked black pepper

Organic garlic powder

Organic roasted cumin powder

Extra virgin olive oil spray

Preheat oven to 350°F. Brown hamburger in stainless steel or aluminum-free pan seasoned with all seasonings to taste. Spray glass pan with EVOO spray. Place 4 tortillas as bottom layer in prepared pan. Sprinkle half the meat mixture as the next layer. Sprinkle half the cheese as the next layer. Place 4 tortillas as next layer. Sprinkle 2/3 of the remaining meat mixture as next layer. Sprinkle 2/3 of the remaining cheese as next

layer. Place remaining tortillas on top. Poke holes in each tortilla with a fork. Pour enchilada sauce on top. Sprinkle with remaining meat mixture on top, and then sprinkle the remaining cheese on top as final layer. Place in oven and bake until cheese is melted, and a fork comes out clean and warm. Usually takes about 20-30 minutes. Serve hot. We always enjoyed this dish with a side salad, tortilla chips, and salsa! Delish! ENJOY!

FIESTA SHRIMP BOWL

½ organic yellow onion julienned

½ organic medium red bell pepper julienned

½ organic medium green bell pepper julienned

2 organic limes

Handful of fresh organic cilantro

1 lb peeled and deveined fresh shrimp

Bragg's coconut liquid aminos

Cooked Organic Jasmine Rice

Sea Salt

Organic Cracked Black Pepper

Organic Garlic Powder

Organic roasted cumin powder (roasted cumin makes the difference)

Organic Olive oil

Sauté onions and bell peppers in olive oil in stainless steel pan and season to taste with seasonings. Sauté till al dente. Remove veggies from pan. Add a little more EVOO. Saute seasoned shrimp in pan until pink. Mix veggies back into the dish. Add cilantro. Mix well. Squeeze 1 lime into dish. Season a little more to taste as needed. Place desired

amount of rice in a bowl and add the meat and veggie mixture to the top as desired. Squeeze some lime over the top!! I just threw this one together and it really turned out good! EnJOY!

HOPPIN' JOHN NEW YEAR

1 cup Organic Jasmine Rice cooked as directed

2 cans black-eye peas (*in bpa free cans*)

3/4 medium or 1 small organic green bell pepper diced

3/4 medium or 1 small organic red bell pepper diced

3/4 medium or 1 small organic yellow sweet onion diced

1/2 lb of Central Market Black Pepper bacon sliced in bite size pieces

Sea Salt

Organic Cracked Black Pepper

Organic Garlic Powder

Organic Olive Oil

Prepare rice as directed. Sauté bacon for a bit then add onions, red, and green bell peppers until bacon is browned and vegetables are al dente. Season with garlic powder, salt, and cracked black pepper to taste. Depending on the bacon you use, you may need to drizzle a little olive oil or bacon grease in the pan to help sauté a little better. Drain black-eye peas and pour them in the pan with the bacon and vegetables. Stir them around a bit and season with the same seasonings to taste. Let it simmer while your rice is cooking. Stir occasionally. When rice is done, pour into black-eye pea mixture. Let it simmer for just a bit, then place in desired glass dish for serving. You may opt to spray glass pan with organic olive oil spray. (I have never cared for black-eyed peas, but I

absolutely love them in this recipe. Tom and I enJOYed this dish every New Year's Day!)

Hope you EnJOY it as well!

LASAGNA with zucchini and spinach

1 Lb grass fed ground beef

1 Cup organic onion, diced

Handful of organic baby spinach

2 Organic zucchini, sliced on angle

1 Can diced tomatoes

1 Can tomato sauce

¼ Cup chicken stock

1 Cup cottage cheese mixed with parsley flakes, salt, pepper, and a splash of parmesan cheese as desired

2 Cups mozzarella cheese

1 Cup parmesan cheese

Organic parsley flakes

Organic basil

Organic oregano

Organic crushed rosemary

Organic garlic powder

Organic cracked black pepper

Sea Salt

Preheat oven to 350°F. Saute ground burger with onions until browned. Season with all seasonings to taste while browning. Add baby spinach and let wilt. Add diced tomatoes,

tomato sauce, and chicken stock. Season again with all seasonings. Let simmer until thickens up. In glass pan, spray organic olive oil to prepare pan. Start with ¼ of meat mixture as first layer in pan. Place noodles to cover the meat mixture as next layer. Place ½ of cottage mixture as next layer. Place 1 zucchini in slices as next layer. Place ½ of meat mixture as next layer. Sprinkle ½ of mozzarella and parmesan cheese as next layer. Place noodles as next layer. Place ½ of cottage mixture as next layer. Place other zucchini in slices as next layer. Place ¼ meat mixture as next layer. Place ½ of mozzarella and parmesan cheese as final layer. Place in oven and bake for 45-50 minutes. Serve warm. (*I like to cut into squares so leftovers can be frozen in freezer baggies individually for easier access. Just something to think about!*) EnJOY!

MEXICAN MIGAS

1 can (*bpa free*) Organic Pinto Beans (*or Organic Refried Beans, or my homemade bean dip recipe, or leftover pinto beans which my husband preferred*)

6 Eggs Cage free hormone free white or brown

1 bag Organic Tortilla Chips

6 Tortillas

6 slices of Central Market Black Pepper Bacon

½ Sweet Yellow Onion Organic preferred chopped

Sea Salt

Organic Cracked Black Pepper

Organic Garlic Powder

Organic Olive Oil or bacon grease

Homemade Salsa or Pico de Gallo (*Recipes on page*)

Fry bacon slices in cast iron pan until done, remove from pan. Place beans in pan with bacon grease and re-fry them. Season to taste. Saute the onions in bacon grease till soft. Scramble and season eggs in a bowl then place them in the pan with the onions. When eggs are about half done, place crumbled chips in the pan and cook until the chips are soft, and the eggs are firm. Place one tortilla at a time in a buttered small cast iron skillet or tortilla flat iron to heat them. *(Tom's favorite way to eat the tortillas.)* Spread refried beans on tortilla. Top with egg mixture. Place strip of bacon on top. Top with salsa or Pico de Gallo as desired. Roll it up like a taco! *(In giving credit where credit is deserved, we got this idea from our hometown Diamond S Restaurant years ago. This is the breakfast that my husband liked to make occasionally. And it was always so good and such a treat when he would cook breakfast!)* EnJOY!

OMELET

3 Eggs beaten

Handful organic onion, diced

Handful organic green, red, yellow, and orange bell peppers

Handful organic baby spinach, torn or cut into smaller pieces

Handful organic Mexican blend grated cheese

Organic Extra Virgin Olive Oil

Sea Salt

Organic cracked black pepper

Organic garlic powder

Organic parsley flakes

Season beaten eggs with all seasonings. Drizzle pan with EVOO on medium to low heat. Add onions and bell peppers. Season with all seasonings as desired. Saute to al dente. Add spinach and let wilt. Place sautéed veggies on a dish and put it to the side. Add a touch more EVOO to the pan and add egg mixture. Allow the egg mixture to show consistency around edge while poking holes and lifting the sides to pour the extra egg juice on the the pan until it looks like the middle is almost done. Sprinkle cheese all over the egg mixture evenly and add veggies. Flip one side of the egg into a foldover. If you can flip it fine, if not, just slide it out of the pan and on to a plate for serving. *(Great served with salsa or pico de gallo on top, bacon on the side, or you can saute chopped ham with the vegetables to go inside the omelet.)* ENJOY!

SHRIMP TACO

Shrimp deveined and peeled

Corn and Flour Tortillas *(HEB Mixta tortillas are good.)*

Cole slaw *(Recipe on page)*

Limes

Sea salt

Organic Cracked black pepper

Organic Garlic powder

Organic Cayenne Pepper

Season as desired and saute shrimp in olive oil or butter until pink or as desired.

Make cole slaw. Cut limes in quarters. Warm tortillas in microwave or using a cast iron comal with butter *(My husband loved warming the tortillas this way! You could taste the*

difference!) Place desired number of shrimp on taco. Add cole slaw on top of the shrimp. Squeeze desired amount of lime juice all over it. *(Never too much lime juice. It makes the dish to me. YUM! Easy! Delicious! And so refreshing! Great summertime food!)* ENJOY!

SUPERFOOD STIR FRY

½ organic yellow onion sliced

½ organic med or 1 small red bell pepper, julienned

½ organic med or 1 small green bell pepper, julienned

1 organic small to medium zucchini sliced or diced as desired

½ c cooked organic broccoli florets *(cooked to al dente in microwave 2 minutes)*

Handful of fresh organic baby spinach

4 or 5 stalks of asparagus chopped

1 package natural chicken tenders diced

Bragg's alternative soy sauce or Bragg's coconut liquid aminos

Cooked Organic Jasmine Rice or Organic Riced Cauliflower *(for less carbs as desired)*

Salt *(Optional – the soy sauce is salty, so may not need it)*

Organic Cracked Black Pepper

Organic Garlic Powder

Organic Olive oil

Sauté onions and bell peppers in olive oil in stainless steel pan and season to taste with seasonings. Sauté till al dente. Add zucchini and asparagus. And sauté till al dente.

Season a little more to taste. Add soy sauce or coconut liquid aminos as desired and let simmer for a few minutes. Remove from pan. Sauté seasoned chicken in the pan. When

pink is gone, add sautéed veggies back to pan and stir. Then add spinach. Simmer until spinach is wilted. Taste to see if you need more seasonings or possibly more sauce. Place desired amount of rice in a bowl and add the meat and veggie mixture to the top as desired. Sprinkle parmesan cheese on top if desired! Deeeelicious! *(My husband used to say this tasted like candy to him!)* EnJOY!

TURKEY CRUSTED PIZZA

1 pound all natural ground turkey or chicken

1 cup grated mozzarella cheese *(reserve some to sprinkle on top)*

1/4 cup grated Parmesan cheese *(reserve some to sprinkle on top)*

1 egg

Organic Rosemary seasoning

Organic Oregano seasoning

Organic Basil seasoning

Organic Garlic powder

Sea Salt

Organic Cracked black pepper

Pizza toppings as desired:

1/2 small can organic tomato sauce *(with all seasonings generously added)*

Organic Red bell peppers julienned

Organic Green bell peppers julienned

Organic Sweet Yellow Onion julienned

Organic Baby spinach chopped

Fresh organic basil chopped

Add any other toppings you would like (for instance, I add ham and bacon on occasion).

Preheat oven to 400 degrees. In a mixing bowl, combine turkey or chicken, egg, mozzarella cheese, Parmesan cheese, and all seasonings as desired. (I began adding the spinach to the crust and cooked it in the crust. It is delicious and keeps the toppings to a minimum.)

In a cast iron skillet that has been treated with olive oil spray, press meat mixture into bottom of pan to form a pizza crust. Bake for 20-25 minutes. Remove from oven and drain excess juices from pan. Spread seasoned tomato sauce generously on turkey crust leaving edges exposed. Place all veggies on top as desired and sprinkle with cheese. Bake for 20 more minutes. Remove from oven and let sit for 5-10 minutes. Slice and enJOY!

MEAT, POULTRY, & SEAFOOD

CHICKEN BREASTS ON THE GRILL

Natural chicken breasts

Sea Salt

Organic cracked black pepper

Organic garlic powder

Organic EVOO

Bragg's liquid aminos soy alternative or coconut liquid aminos

Season chicken with salt, pepper, and garlic powder as desired. Place chicken in large zip baggie. Drizzle olive oil and liquid aminos over the chicken inside the baggie. Gently

pound the chicken while in the bag to tenderize it and rub the season in a little better. Place in refrigerator for an hour. *(Can leave over night to season if desired.)* When ready to cook, fire up the grill to between 250 and 300 and cook the chicken for about 10 minutes on each side. Be careful not to cook too long as it will dry it out. Serve warm. ENJOY!

LEMON PEPPER CHICKEN BREASTS

Natural chicken breasts

Sea Salt

Organic cracked black pepper

Organic garlic powder

Organic Lemon pepper seasoning

Preheat oven to broil. Spray chicken lightly with Organic EVOO. Season as desired. Place in oven and cook for 10 minutes. Turn over and cook for 10 minutes. Do not overcook.

You can also cook these in the air fryer according to the manufacture instructions. *(This was one of my mother's favs!)*

MEATLOAF

1 Lb grass fed hamburger meat

½ Medium organic red bell pepper diced

½ Medium organic green bell pepper diced

½ Medium organic sweet onion diced

1 Egg

½ can diced to tomatoes

1 Packet organic flaxseed and chia oatmeal

Sea Salt to taste

Organic cracked black pepper to taste

Organic garlic powder to taste

1/3 Cup organic ketchup

2 T organic brown sugar

1 T organic yellow mustard

Preheat oven to 375°F. Spray glass loaf pan with organic olive oil spray. In a bowl, mix hamburger, peppers, onions, egg, diced tomatoes, and oatmeal. Season to taste. Place in loaf pan. Mix ketchup, brown sugar, and mustard and spread over top of meatloaf. Bake for 50 minutes to 1 hour. Serve warm. ENJOY! *(This was my husband's favorite! I cooked it many times for him for his birthday! He simply loved it!)*

FIESTA CHICKEN DISHES

1 Package all natural chicken tenders, chopped

½ Medium red bell pepper, julienned

½ Medium green bell pepper, julienned

½ Medium onion, julienned

Organic EVOO

Sea Salt

Organic cracked black pepper

Organic roasted cumin powder

Organic garlic powder

Bragg's liquid aminos or Bragg's coconut aminos

Saute veggies in EVOO in green or stainless steel pan to al dente. Season with all seasonings to taste. Remove veggies from pan and set aside. Add a little EVOO to the pan and place the chicken bites in the pan. Season with all seasonings to taste. Saute the chicken bites until browned. Add veggies back to the pan and simmer for a bit. Add Bragg's aminos of your choice as desired. Simmer briefly. Ready to serve in several different dishes, such as: on top of lettuce and topped with Mexican Blend cheese and my homemade pico de gallo as a salad, on mixla tortilla topped with pico de gallo and Mexican blend cheese as a taco, and it is perfect in my chicken taco soup just to name a few. Try it in rice with corn and black beans. Delish! It is very versatile! So be creative and enJOY!

RED PEPPER CHICKEN BREAST

Natural chicken breasts

Sea Salt

Organic cracked black pepper

Organic garlic powder

Organic red pepper flakes

Organic cayenne pepper (optional)

Organic EVOO spray

Spray chicken lightly with Organic EVOO. Season as desired. Place in pan with heated olive oil. Pan fry on both sides until tender and done. Do not overcook. You can also cook

these in the air fryer according to the manufacture instructions. *(My husband loved this chicken treatment. He requested it quite often.)*

ROAST

Grass fed roast frozen

½ medium organic sweet onion sliced

1 organic lemon

Sea Salt

Organic cracked black pepper

Organic garlic powder

Place frozen roast in crock pot. Sprinkle onions evenly over the roast. Season as desired.

Cook on high for 4 hours or until roast is so tender it falls apart. Halfway through cooking time, squeeze lemon over the roast. It naturally tenderizes it. And the fact that it is frozen, the juices come from deep within the meat. *(This is the best tasting roast! And so easy! You're gonna love it!)*

SALMON HONEY BALSAMIC

1 Organic salmon filet

½ Cup organic balsamic vinegar

½ Cup organic honey

Organic salmon seasoning *(Trader Joe has a good one!)*

Mix honey and balsamic vinegar together in a bowl. Sprinkle salmon seasoning generously all over the salmon. Place salmon in air fryer. With a spoon, spread the honey balsamic mixture generously all over the salmon. Cook on the manufacture fish setting on the air fryer. *(One of my favorite dishes! I must give credit for this recipe to one of my past educators and colleagues from my school and teaching days. Although he seared it in a pan, but I love it either way! So, thank you Bill! And it is great paired with roasted baby potatoes and sautéed garlic green beans!)* ENJOY!

SALMON OR TUNA PATTIES

1 can albacore tuna in water or 2 packs of salmon

½ small organic red bell pepper diced

½ small organic green bell pepper diced

½ small organic sweet onion diced

1 Egg

1 bag seasoned croutons crushed *(I put them in a large ziplock baggie and crush them with the flat end of a meat cleaver. Works like a charm.)*

Mix all ingredients in a bowl. Shape into patties as desired. Place in air fryer and cook with fish settings. Spray with organic olive oil spray. Turn patties over once halfway through cook time. ENJOY!

SHRIMP BOIL

Peeled and deveined shrimp *(Prefer fresh shrimp)*

Small red potatoes, desired amount

Mini corn on the cob, desired amount

Organic Chicken broth
Organic lemon pepper seasoning
Organic garlic powder
Organic onion powder
Organic cayenne pepper
Organic paprika
Organic parsley
Organic celery seed
Organic Lemon juice
Organic cracked black pepper
Sea salt

Place potatoes and corn in large stainless pot. Pour chicken broth to cover potatoes and corn. Season as desired. Bring to a boil and let cook until potatoes are tender. Add shrimp the last 3-5 minutes of boiling time or cook until the shrimp is pink and floating. Sometimes I squeeze fresh lemon in the dish as I am placing the shrimp in the pot. When ready, remove from heat and drain liquid in colander. Sometimes I pour melted butter over the dish while in the colander. Place shrimp, potatoes, and corn on a big platter. Eat while it is hot! Delish! EnJOY!

TURKEY PATTIES

1lb Ground Turkey All Natural
1 package Mozzarella Organic or Tillamook (*Prefer thick grated cheese.*)
1 egg

Organic Rosemary

Organic Oregano

Organic Basil

Organic Cracked Black Pepper

Sea Salt

Organic Garlic Powder

Mix the turkey, mozzarella, and egg in a bowl. Season as desired. Shape into small balls then flatten into a small meat patty. Place in air fryer and cook according to the air fryer directions for cooking turkey or chicken. You may opt to flip the patties once halfway through the cooking time. EnJOY!

BREADS, DESSERTS, THIS, & THAT

ALKALIZING DATE SNACK

When my body is feeling a little acidic, I eat organic pitted dates. Two is all it takes for me to feel less acidic and more alkaline. I even had a very mild case of acid reflux one night. I got up and ate two organic pitted dates, and the acid reflux stopped. I would imagine everyone is different, but two should be a good starting point for most people. Just wanted to share this natural and easy fix tip! I hope it is helpful!

ANGEL COOKIES

¼ Lb organic unsalted butter

¾ Cup organic cane sugar

1 - 8 oz package organic pitted dates

1 Cup pecans

1 Cup Rice Krispies

1 Teaspoon organic vanilla

Coconut

Cream butter and sugar in pan.

Add dates and boil 3 minutes.

Add nuts, cereal, and vanilla.

Shape into small balls and roll in coconut. Be careful as it is hot. No need to bake.

EnJOY! *(This was my Memmo's recipe! She made it quite often for Christmas gatherings. I always looked forward to them because they are so good! Mine are never as good as hers. Must be that touch of love she puts in them!)* *(Below is my tweaked version of my Memmo's Angel Cookies with no sugar added and protein added.)*

ANGEL COOKIES TWEAKED

¼ Lb organic unsalted butter

1 - 8 oz package organic pitted dates

1 Cup pecans

1 Cup Rice Krispies

1 scoop vanilla flavored protein powder

1 Teaspoon organic vanilla optional

Coconut

Place butter and dates in a microwave safe dish and melt in microwave.

Add nuts, cereal, and protein powder.

Shape into small balls and roll in coconut. Be careful as it is hot. No need to bake.

DELISH! EnJOY!

APPLE PEANUT BUTTER SNACK

Organic apple sticks

Organic peanut butter (*Try Honey Peanut Butter! It is really good!*)

Dip the apple sticks in the peanut butter and enJOY!

BANANA NUT BREAD

1 $\frac{3}{4}$ cups all-purpose organic flour

1 cup organic cane sugar

2 teaspoons baking powder (*aluminum free*)

$\frac{1}{2}$ teaspoon sea salt

$\frac{1}{4}$ teaspoon baking soda

1 cup mashed organic bananas (*About 3 or 4 ripe bananas.*)

2 large cage free eggs

$\frac{1}{2}$ cup organic EVOO

$\frac{1}{2}$ cup chopped organic pecans

1 teaspoon organic vanilla extract

Preheat the oven to 350°F. Spray two glass loaf pans with EVOO. You can opt to sprinkle with flower or not. Set aside. Sift together flour, sugar, baking powder, salt, and baking

soda. Stir in bananas, eggs, oil, pecans, and vanilla. Pour batter into the prepared pans.

Bake in the preheated oven for 45 to 60 minutes. Cool on a wire rack for 10 minutes

before removing from the pans. Great for the holidays! EnJOY!

CHOCOLATE PEANUT BUTTER CELERY STICKS

1 Stalk organic celery, cut into 3 pieces

Organic peanut butter (*Try Honey Peanut Butter! It is really good!*)

Organic semi-sweet chocolate chips

Spread desired amount of peanut butter onto each piece of celery. Sprinkle chocolate chips on top. EnJOY!

DATE BREAD

1 Cup organic pitted dates, chopped

1 Cup organic walnuts, chopped

1/3 Cups organic extra virgin olive oil

1 Teaspoon baking soda

¾ Cup boiling hot filtered water

Mix well, let stand 15 minutes.

2 Eggs, beaten

1 Teaspoon organic vanilla

1 Cup organic cane sugar

1 ½ Cup Organic flour

¼ Teaspoon Sea salt

Organic extra virgin olive oil spray

Preheat oven to 350°F. Spray glass loaf pan with EVOO spray. Add eggs, sugar, vanilla, flour, and salt to the date mixture. Mix together well. Place in prepared loaf pan and bake 1 hour. Allow to cool in pan. Better served after sitting for 24 hours. EnJOY!

DEVILED EGGS

6 Eggs, hard boiled (*Sprinkle Sea salt in boiling water generously to help peel eggs easier.*)

2 Tablespoons mayonnaise

2 Teaspoons organic mustard

2 Teaspoons sweet relish

Sea Salt

Organic cracked black pepper

Organic garlic powder

Organic parsley flakes (*optional*)

1 Teaspoon organic cane sugar

Paprika

Peel and slice eggs in half lengthwise. Take egg yolks out and put on plate. Place egg whites in deviled egg dish. Mash all yolk with fork. Stir in mayonnaise, mustard, and relish. Season with salt, pepper, garlic powder and parsley flakes. Stir in sugar. With a small spoon, fill each egg white with yolk filling. Sprinkle each egg with paprika. Keep in refrigerator until ready to serve.

MICKEY MOUSE PANCAKES

1 ½ c organic all-purpose flour

3 ½ t baking powder (*aluminum free*)

1 T organic cane sugar

¼ t sea salt

12 shakes of organic cinnamon

7 shakes of organic nutmeg
1 ¼ c organic milk or 1 ½ c organic half n half (You may need a little more half n half for better consistency.)
3 T organic unsalted butter, melted
1 cage free egg
½ bag organic chocolate baking chips *(optional)*
1 Mickey Mouse waffle iron *(or whichever one you choose)*

Spray waffle iron with organic olive oil spray and let it warm up. Mix dry ingredients in bowl. Add wet ingredients and mix well. Add chocolate chips if desired. According to waffle iron instructions pour and cook each waffle/pancake. *(My grands absolutely love these! So does my son! And my husband and I would have them on occasion. You are never too old for waffles!)*

MONKEY BREAD

3 cans organic flaky biscuits, quartered
¾ cup organic brown sugar
1 ½ teaspoon organic cinnamon
1 stick organic unsalted butter
Chopped nuts *(optional)*

Preheat oven to 350°F. Melt butter. Add brown sugar and cinnamon. Heat and stir until sugar is dissolved. Place 1 can quartered biscuits in bottom of bundt pan. Drizzle butter and sugar mixture over them. Sprinkle on a few nuts if desired. Continue layering until

all ingredients are used. Bake for 25 minutes, until brown. Cool and turn out onto plate.

This is a delicious pull apart bread that is perfect as a treat on occasion.

PEACH COBBLER

1 stick organic unsalted butter

1 c organic cane sugar

1 c organic all-purpose flour

2 t baking powder (*aluminum free*)

2/3 c organic milk

1 can peaches in natural juice

Melt butter in 2-quart oblong glass pan in oven at 350°F. Mix all ingredients in a bowl. Pour batter mixture into pan with melted butter. Stir together to incorporate the butter into the batter mixture. Arrange peaches in the batter evenly with the goal of a peach in every bite. Sprinkle with cinnamon and sugar if desired. Put back in oven and bake for about 30 minutes or until done. Let cool a bit before serving. (*I learned this one from my mother. It is easy and good!*)

PATRIOTIC COBBLER

Follow the peach cobbler recipe above but replace peaches with blueberry pie filling in 1/3 of the pan, cherry pie filling in another 1/3 of the pan, and apple pie filling in another 1/3 of the pan. Bake according to recipe above. (*Use a teaspoon to place the pie filling in the batter carefully so it does not overwhelm the batter. Makes for a great dessert at a patriotic gathering! My family loves it!*)

S'MORES CRUNCH

2 cups mini marshmallows *(make sure aluminum free)*

4 cups Golden Graham cereal

1 bag organic chocolate baking chips

In a glass bowl, melt chocolate chips in microwave stirring every 30 seconds until completely melted. Mix cereal and marshmallows in a big bowl. Pour melted chocolate over cereal and marshmallow mixture. On a baking sheet lined with parchment, pour mixture on the paper. Spread it evenly and as flat as possible. Place pan in refrigerator until chocolate hardens. When chocolate has cooled and hardened, break into pieces and place in a bowl to serve. EnJOY! *(This is a family favorite and is so easy!)*

TEXAS TRASH

3 cups Corn Chex

3 cups Cheerios *(Wheat Chex if preferred)*

3 cups Rice Chex

3 cups Organic Pretzel Sticks

3 cups Mixed Nuts

1.5 sticks Butter

3 T Worcestershire Sauce

12 dashes of Tabasco Sauce

1 teaspoon Organic Seasoned Salt

1 t Organic Garlic Powder

¼ t Organic Onion Powder

Organic Cayenne Pepper (as desired)

Preheat oven to 250°F. In a large bowl, mix Corn Chex, Cheerios or Wheat Chex, Rice Chex, pretzel sticks, and mixed nuts. In a glass bowl, combine butter, Worcestershire sauce, Tabasco sauce, garlic powder, seasoned salt, onion powder and Cayenne Pepper. Microwave this mixture until the butter melts. Stir well. Pour butter mixture over cereal mixture and stir together until everything is evenly coated. Pour the mixture on one or two baking sheets. Spread evenly. Bake for 1 hour and 15 minutes stirring every 15 minutes. Let cool and store in airtight container. *(It is a great snack and rings in the holidays quite well!)*

THOUSAND ISLAND DRESSING

½ cup Mayonnaise

¼ cup Organic Mustard

¼ cup Organic Ketchup

1T Sweet Relish

Sea Salt to taste

Organic Cracked Black Pepper to taste

Organic Garlic Powder to taste

Mix all ingredients in a bowl. Keep refrigerator. *(This was my Memmo's version of 1000 Island Dressing! I love it!) ENJOY!*

TURKEY CHEESE VEGGIE SNACK

This is plain and simply taking your favorite slice of cheese with your favorite turkey deli meat with your favorite veggies and stacking them and enjoying them like an open face sandwich. There is just no bread. Great low carb snack!

When I put this snack together for myself, I choose to use the HEB Organic Pepper Jack or Organic Baby Swiss cheese slices. I enjoy either one, but I am a pepper jack kind of person!

I prefer the HEB Organic Cracked Pepper Turkey Breast, because it is quite tasty! But when I cannot get it, I love Oscar Mayer All Natural Turkey Breast as well as Hormel Natural Choice Turkey Breast. They are all good choices to me.

And I enjoy pairing it with organic baby spinach and mini organic cucumbers. I am sure you can get creative on your veggie choices. Variety is the spice of life, you know!

This is indeed a quick easy and satisfying snack! EnJOY!

YOGURT BISCUITS

1 ½ cups All Purpose Organic Flour

1 ½ teaspoon Baking Powder (*Aluminum free*)

1 ½ cups Organic Greek Yogurt w/vanilla

Mix all ingredients well. Scoop out desired size of biscuits and place on baking sheet with parchment paper. You might flatten them a little bit.

Bake in 400 degree oven for 18-20 minutes. EnJOY! (*I like topping them with Organic Valley Cream Cheese spread and sliced organic strawberries. It is a delicious combination.*)

YOGURT PARFAY

1 cup organic plain greek yogurt

1 handful organic blueberries

1 handful organic strawberries diced

2 handfuls organic granola of your choice (*My preference is organic honey almond granola with flaxseed and chia seeds.*)

In small glass of your choice, place ½ of yogurt in bottom of dish, layer with granola, blueberries, strawberries, ½ of yogurt, and sprinkle with granola on top. Simply refreshing! EnJOY!



APPENDIX A

NATURAL AND ORGANIC INFORMATION/LIST

There are many health and beauty products, such as deodorants, toothpastes, and over the counter antacid that have aluminum in them. The only antacid or anti-gas product that I have found without aluminum is Bean-o. And I am happy with this product, so I have not searched for more.

Deodorants are loaded with aluminum. When I first started looking for aluminum free deodorants, there really was not much out there on the market. So, I made my own! And I used it for years. Below is my recipe that you are welcome to use for yourself:

Deodorant

3/4 c jojoba oil or coconut oil

1/4 c cocoa butter or shea butter

1/2 c beeswax beads

1 T zinc oxide

1 t vitamin E Oil *(optional)*

10-20 drops essential oil *(optional for desired fragrance)*

Melt the oil, butter, and beeswax in a double boiler

(This is much easier in the microwave as opposed to a double boiler.)

Allow the mixture to cool for 3 minutes

Stir in the zinc oxide and essential oil

Using a funnel, pour the liquid into the deodorant containers

Allow to cool completely before putting on the lid.

The good news is that more and more aluminum free deodorants are on the market. In fact, I recently discovered and am currently using an Ivory product that is an aluminum free deodorant that I purchased from the grocery store. I was so excited to find it! It appears to be working beautifully and does not upset my system. So, I am bypassing making my own and getting back to buying it from the store.

Toothpastes are another product that have aluminum in them, and you can find a good selection of aluminum free toothpastes at the health food or grocery store as well. I like Xyliwhite Refreshmint and the Hello Mint products. They are just my preference at this time.

Food additives such as flour, baking powder, etc... have aluminums in them. The baking powder will say aluminum free on it. I have found it to work just as well as the baking powder with the aluminum. There is no difference in taste or texture. I use Rumford.

Food Dyes - Blue, Red, and Yellow dyes are in many products. They generally have aluminum in them. You will be surprised how many products contain these dyes. Get in the habit of checking the labels and avoid the dyes.

Another thing to consider is your cookware and containers. Aluminum cookware when heated leaches aluminum into the food. It is suggested to use stainless steel or glassware as much as possible. I love my stainless cookware but have discovered Green Life cookware as well that I use for foods that are highly susceptible to sticking such as scrambled eggs. However, if you clean the stainless pans when they are warm, they clean easier. I have even heated the dirty stainless-steel pan and was able to clean it much easier.

Cans and bottles contain aluminum and BPA (Bisphenol-A), which is an industrial chemical that can cause issues with hormones. They can be leached into the drinks or foods as

they are heated in their shipping travels. Avoid using the aluminum cans and try to find BPA free plastic bottles. BPA free bottles are much more abundant than they used to be. And most of them are marked on the bottle as well.

Coffee Creamers can contain aluminum. The only one I have found to be aluminum free is Coffee Mate Natural Bliss, but it has 5 grams of sugar per tablespoon. I prefer using half & half as my creamer. And my favorite is Simple Truth Organic Half & Half, and it only has 1 gram of sugar per serving and is very good in my coffee. I like Central Market Organic Half & Half as well, but Simple Truth is my favorite.

Pickles have aluminum in them. The Clausen pickles are aluminum free. They are my favorite and are refrigerated. There are organic pickles available at your health food and grocery stores as well. Just double check the aluminum factor.

Artificial Sweeteners are generally loaded with preservatives that are harmful. However, Truvia Blend seems to be a descent choice. I used it in my coffee before, but I found that the sugar alcohol does not set well with my system. So, you might try organic natural sugar in moderation in your coffee to give it that little bit of sweet that you may desire. However, I have learned to drink my coffee with no sugar. But I love to froth the half & half, and I use organic breakfast blend and have recently been enjoying French Roast. And I really enjoy a peppermint mocha cappuccino or frappe during the holidays! Such a nice treat! Love my morning coffee!

Most peppermints have aluminum in them. However, I have discovered Ice Chips in the peppermint flavor. You can find them at www.icechips.com. They really help my occasional upset stomach after eating. They are aluminum free and sugar free. They contain xylitol, which is a sugar alcohol that has been reported to be good for your teeth, but you don't want to overdo

the xylitol, because it can be a little hard on the digestive system. These ice chips have never given me a problem though. But it is a trial and error situation because everyone is different. My Memmo was a peppermint lover and so am I!

Many of the chocolates have aluminum in them. I have found Ghirardelli to have no aluminum in most of their chocolates. I always double check it to make sure though because some do and some don't. The Hershey products seem to be okay as well, but I always check it. I love the Organic Chocolate Chips for baking. There are many more out there, but just double check the labels. When you eat the chocolate without the aluminum, you do not miss it in the taste. It is just as good to me. Simply be choosy about your chocolates.

Avoid Fruits and Vegetables that are canned, processed, or stored in aluminum-based packages. The best choices are fresh, frozen, organic, or homegrown fruits or vegetables. Heck! Bring gardening back!! I tried a regular sized garden, and it was a little too much to keep up with. So, I have found that planting a few of my favorite plants in pots on my patio work quite well. I really enjoy the fresh herbs! I have a friend who has planted his garden in elevated boxes. Makes the care much easier on the back. Gardening would give your children or grandchildren something to experience as well. Give it a try! And a tip for cleaning fruits and veggies that are not organic to clean residue of pesticides is to spray them with organic Apple Cider Vinegar and wash them off. I believe wholeheartedly that it effectively works!

Meats and cheeses that are processed and have added preservatives and hormones are the worst. The best choices are Grass fed meats, all natural with no hormones and no additives, and free-range chickens and eggs. Cheeses that are all natural and not processed are preferred. Most of these meat, poultry, and cheese selections can be found at your health food and grocery stores. Meat markets are generally known for the freshness of their

meats, but based on my experience, you need to ask them if they are grass fed, all natural, and free-range selections of meats and poultry before you buy from them. And, finally, I guess if you have some land, you could raise your own meats and poultry. It is all in what you want and what you can do.

When you eat out, you have no idea what ingredients are in the food, how they are prepared and/or processed. It just might be the biggest culprit in our eating habits that play havoc on our bodies. And I must be honest in saying that it has been and still is my biggest challenge! I love to eat out and enjoy good food in good restaurants with great company! While I will not give this up, I have become very choosy about which restaurants I frequent. And I do my best to limit myself on eating out. And everyone is different and might be able to eat out more often without a problem given the selection of restaurants near them as well as their body being able to eliminate the excess elements obtained in dining out. But I have been blessed with about 3 or 4 little restaurants and cafes that serve all natural foods with homemade dressings, etc... By the way my body handles it, I feel comfortable with my choice. Everything is fresh and I enjoy it very much. The good news is that most of the restaurants today are adhering to fresher food policies, but it is your call! Simply make good choices! HAPPY DINING!

Apple Cider Vinegar (ACV) is one of the best things you can do for your body! It helps your blood sugar and cleanses your liver which keeps your body clean from toxins. There are two products that I am currently using. The Liver Cleanse from Complete Natural Products is great! It has ACV and other natural ingredients in it that are good for your liver. This company offers various body cleanses. But I love their liver cleanse! You can find their products on their website at www.completenaturalproducts.com. I have several ACV Gummies that I have found on Amazon or in the grocery store, and I take 2-3 gummies each morning. Nature's Truth Organic

ACV Gummies, Pure Organic ACV Gummies, and ZHOU Organic ACV Gummies. All are good to me. I love my ACV!! In fact, I bathe in it on occasion as well! And NO! You don't smell like vinegar afterwards. Your skin is clean and soft feeling! I can't say it enough! I love my ACV!!!

Below is a list of specific products that I believe to be good clean products, and I use them myself. Hopefully, it will make for a great start in helping you live a cleaner life with more JOY!

- Organic Valley Half and Half - Organic Valley has multiple products. I have not found one that I didn't like!
- Simple Truth Organic Half and Half - This is my favorite! Love it in my coffee!
- Central Market Half and Half (*Their fat free milk is good too!*)
- Horizon Organic Half and Half
- Clausen Pickles - Love the Bread-and-Butter flavor. My hubby loved the dill.
- Nature's Plus Energizing Oatmeal Exfoliating Cleansing Bar
- Grandpa's Oatmeal Soap - This is my all time favorite!
- Ivory Bath Soap - when you really need to get clean! I like to use it in conjunction with Grandpa's Oatmeal Soap. It is very drying but gets you clean. And I believe the oatmeal soap seems to help with the dryness if used together.
- Ivory Dish Washing Liquid
- Ice Chips - Peppermint is my favorite! There are many other flavors though.
- Zuma Soap Products – I don't use them very much, but you might consider them.
- Arm & Hammer Simply Saline - Love my saline!
- Refresh eye drops - For mild to moderate and severe dry eyes respectfully
- NutriCology Buffered Vitamin C - It was recommended by my doctor to begin taking these when a cold or something like it is coming on. It usually nips it in the bud. I found

that my husband used to get upper respiratory infections. And he started taking this product and he stopped having the upper respiratory infections. Good stuff!

- Turmeric and Olive Leaf Extract
- Apple Pectin
- Kelp
- Guaifenesin 400 mg immediate release - Used as a decongestant and available in Mucinex, Equate (*much cheaper and just as good*) and Robitussin. I use this when I have a little congestion in my nasal passage. Takes care of it!
- Ghirardelli Chocolates – always check the label for aluminum.
- Hershey Chocolates – always check the label for aluminum.
- Grass Fed beef - HEB is my favorite. And just so you know, I love my HEB as I am from a small town.
- NATURAL chicken breasts, thighs, and tenders - HEB is my favorite.
- Cage Free Brown or White Eggs (*organic if desired*)- HEB is my favorite.
- Purely All-Natural Harvest Land Chicken products - Found at Walmart
- Fresh Fruits - I prefer organic, but if they are not organic, I wash them with ACV.
- Fresh and Frozen Vegetables - I prefer organic, but if they are not organic, I wash them with ACV.
 - *There are products such as onions and lemons that are not a big concern. But I choose organic not only for the healthier, cleaner reason, I believe you can taste the difference.*
- Central Market (CM) Products - Generally good and free from aluminum. Just double check it.
- Fresh Seafood

- HEB Organic products - I have tried several of the HEB Organic products and cannot think of any that I was not satisfied with. You will need to try them for yourself as you need them. I love their ketchup, honey bbq sauce, mustard, etc...
- Pepperidge Farm Bread and Sliders - There is not one Pepperidge Farm product that I have not liked. They do not hurt my system.
- King Arthur's and HEB Organic Flours – HEB is my favorite.
- 100% Pure Beauty Products at www.100percentpure.com There are more clean beauty products on the market than before. Just shop and check labels.
- Annie's Homegrown Organic Products at www.annies.com – Annie's has a lot of good organic products. You will need to experiment with them to know if you like them or not. You can find them in the stores very easily.
- BabyGanics All Natural Baby Products at www.babyganics.com -You can find these in the grocery stores. And there are a wider variety of organic brands for baby products. Just look for them.

It is true that going as natural as possible and organic as often as you can is a little more expensive, but you are worth it. Never ever forget that!



APPENDIX B

EXERCISE IS ESSENTIAL

Exercise is a crucial part of a healthier, cleaner lifestyle. It stimulates good blood and oxygen flow throughout the body. This immensely helps our bodies to function properly on a more regular basis. Exercising to the point of sweating is important to release all the impurities in your body. I guess you could say that it is much like an internal cleanse. I was a certified aerobics instructor at age 25, if you will. And I collected quite a bit of general knowledge about exercising and would simply like to share it with you. Hopefully, it helps you make a plan to get a good start on gracefully including exercise in your life.

Here you go...

20-30 minutes of cardio

3 or more days a week

Body is burning fat after 30 minutes of aerobic activity

Steady breathing throughout is important

Moving the larger muscles is effective

Stretching is so important *(helps release some of the impurities and protects from injury and soreness)*

Get into the habit of wiping or rinsing your sweat to keep the impurities out of your body.

Stomach needs special attention *(50-100 sit ups a day is effective for most)*

Weights help burn fat *(more weight, less repetition builds muscle, less weight, more repetition slims muscle)*

Consistency is the key to an effective exercise plan

Always drink plenty of water and always wear good supportive shoes

Consider the following common ways to exercise just to share a few:

Walking

Jogging

Bicycling

Yoga

Chair Yoga

Gym workouts

Treadmill

Elliptical

Yard work

Instructor Routines

Dancing

Weightlifting

Sports Activities

Housework

Water Activities

Park the car further away from the store to get more steps

There are many more! Simply be creative and get your body moving!

In an attempt to facilitate the requirement to sweat your impurities out, a 15-30 minute sauna experience helps. It may not replace the effectiveness of activity induced sweat, but it absolutely helps. And always drink plenty of water when you indulge in the sauna experience. I never

profess to be perfect at these endeavors. So, honestly, I love my sauna because as I have gotten older, I am not as good about working out until I sweat every time, and I simply don't sweat as easily anymore. And I can tell when I need to sweat some of those impurities out. The sauna is an excellent tool to assist in this form of cleanse. It simply works for me, because I can feel the difference. So, I will continue with my occasional sauna time.

Whichever form of exercise you decide to include in your daily life, I hope it is effective, exhilarating, and enJOYable for you in its own way. Happy Exercising!!

May God Bless you with a Clean Life and more JOY!!