



 **Homemade Method™**

SATISFYING SNACK RECIPES, HEALTHY, FAST AND TASTY!

FOR THE LIFE-CHANGING
COOKING PROGRAM

www.homemademethod.com

A MESSAGE FROM OUR FOUNDER, ANNA



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This Recipe Book was created exclusively with love for our **Life-Changing** Cooking Program Members and Success Members. I hope you enjoy it!

A word of warning: The magic is not in the Recipes... If you want to TRANSFORM your health and weight for LIFE, do the Program!! There is no replacement for putting in the work.

You are welcome to share a recipe or two with your friends and family.

We even have a special friends & family discount offer ([click here to learn more](#)). That's because you're more likely to succeed with your health and weight loss goals when you do healthy lifestyle changes with your loved ones!

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So please do not copy, sell or share these recipes, to respect our intellectual property and avoid breaching the law.

If you've got any questions, please reach out to our team at member@homemade-cooking.com.

Warmly,
Anna Rakoczy
Founder, Homemade Method
Your Chief Cheerleader

USEFUL LINKS

[CLICK HERE TO ACCESS COMPLETE PROGRAM RECIPES](#)

[CLICK HERE TO ACCESS AUSTRALIAN/CANADIAN VERSION](#)



VOLUME

1 TABLESPOON = 3 TEASPOONS = 15 MILLILITERS

4 TABLESPOONS = 1/4 CUP = 60 MILLILITERS

1 OUNCE = 2 TABLESPOONS = 30 MILLILITERS

1 CUP = 8 OZ = 250 MILLILITERS

1 PINT = 2 CUPS = 500 MILLILITERS

1 QUART = 4 CUPS = 950 MILLILITERS

1 QUART = 2 PINTS = 950 MILLILITERS

1 GALLON = 4 QUARTS = 3800 MILLILITERS = 3.8 LITERS



WEIGHT

1 OUNCE = 28 GRAMS

1 POUND = 16 OUNCES

1 POUND = 454 GRAMS

2.2 POUNDS = 1 KILOGRAM



TEMPERATURE

350 F = 177 C

375 F = 190 C

400 F = 204 C

425 F = 218 C

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GUACAMOLE WITH BAKED TORTILLA CHIPS

This is a healthy twist on a classic favorite: Homemade Guacamole with Baked Tortilla Chips. Avocados are full of healthy fats that are **essential to losing excess weight or have inflammation issues**. The oils in avocados include oleic acid and linoleic acid, and both can **help balance cholesterol levels**.

Avocados are also rich in potassium (2-3 times more than bananas!) which is a **key regulator of heart function and fluid balance**, and also **essential for the conversion of blood sugar into glycogen**. The healthy fats also signal the satiety receptors in the body, which tell you when you are full and satisfied.

The baked tortilla chips **reduce unhealthy added fats** found in commercial varieties, while **bringing fiber, sustaining energy**, and a delicious crunch!

Serves: 2-3

Prep time: 10 minutes

Cook time: 5-7 minutes

INGREDIENTS (GUACAMOLE)

QTY

LINKS TO BUY

Avocado, ripe
Red onion, finely minced
Garlic, finely minced
Jalapeno, finely minced
Cilantro, finely minced
Lime juice, freshly squeezed

1 ea
2 tbsp
1 clove
½ tsp
2 tbsp
2 tbsp

[Avocado](#)

[Cilantro](#)
[Lime Juice](#)

INGREDIENTS (TORTILLA CHIPS)

QTY

LINKS TO BUY

Small Corn tortillas
Olive oil
Paprika (optional)
Salt

4 ea
1 tbsp
¼ tsp
½ tsp

[Corn Tortillas](#)
[Olive Oil](#)
[Smoked paprika](#)
[Salt](#)

INSTRUCTIONS

- For the chips: Preheat the oven to 350°F.
- Cut each tortilla into 8 chip-sized triangles and arrange them in a single layer on a sheet pan. Make sure they are well spaced out.
- Brush on both sides with oil.
- Sprinkle paprika and salt on the chips.
- Bake for about 7 minutes, keeping a close watch, because they burn easily!
- For the guacamole: Combine the onion, garlic, jalapeno, and cilantro together. Set aside.
- Place lime juice in a separate bowl. Open and chop the avocado. Place in a bowl with lime juice, blend and mash together to desired consistency.
- Mash the avocado/lime mixture with the onion/cilantro mixture.
- Serve the guacamole with baked tortilla chips and a refreshing drink!



RECIPE NOTES

- *These chips and guacamole could easily become nachos by adding a little cheese, beans, sauteed bell peppers, and onions.*
- *You could also substitute jicama, carrot, and celery sticks for the tortilla chips to really maximise the nutritional value of this recipe.*



HUMMUS WITH BAKED PITA CHIPS AND VEGGIE STICKS

Here is a snack that satisfies the afternoon energy dip and awakens the taste buds! It's an amazing blend that combines the **antibiotic, anti-bacterial, anti-viral powers** of garlic with **nutrient-dense** tahini and **fiber-rich** garbanzo beans.

As far as **weight loss goals**, this hummus is on your side. This snack will **naturally soothe sugar and carb cravings** and create natural and **healthy satiety** with the help of the fiber in the beans and the tahini that is **rich in monounsaturated fats**. This is a snack to enjoy with pleasure!

Serves: 2-3

Prep time: 10 minutes

Cook time: 5-7 minutes

INGREDIENTS (PITA CHIPS)

Pitas
Olive oil
Cumin or Cayenne (optional)
Salt

QTY

2-3 ea
2 tbsp
½ tsp
1 tsp

LINKS TO BUY

[Olive Oil](#)
[Cayenne pepper](#)
[Salt](#)

INGREDIENTS (HUMMUS)

Garlic
Garbanzo beans
Tahini
Lemon juice
Olive oil

QTY

½ clove
1 cup
2 tbsp
1 tbsp
1 ½ tbsp

LINKS TO BUY

[Garbanzo beans](#)
[Tahini](#)
[Lemon Juice](#)
[Olive Oil](#)

INSTRUCTIONS

For the Pita Chips:

- Preheat the oven to 375°F and line a baking sheet with parchment paper.
- Cut the pitas into 6 equal triangles.
- Brush with olive oil and place in a single layer on the baking sheet, with some room around each one so the heat can circulate.
- Combine the cumin, salt, and cayenne and sprinkle over the pitas.
- Bake in the oven for 5-10 minutes, checking now and then and moving the pan around to ensure even cooking.

For the Hummus:

- In a food processor or blender, add the tahini, olive oil, and lemon juice, and then the garlic and the garbanzo beans in that order.
- Process until the mixture is well combined and smooth, about 1 minute. Add more lemon juice, or water, if needed.
- If the hummus is too thick, add more water, 1 tablespoon at a time.
- Add salt and pepper, lemon juice, or other ingredients to taste!
- TO SERVE: arrange some veggies sticks and pita chips on a plate, a bowl of hummus in the middle. Relax and enjoy each flavorful bite!



RECIPE NOTES

- *To change up the flavors, try adding sun-dried tomatoes or roasted red bell peppers!*
- *You could also serve this dip with veggie sticks, like carrots, jicama, celery, or radishes.*



SPANISH TOMATO GAZPACHO SOUP

This Spanish-inspired snack is perfect for a hot summer day or refreshing pick me up. This 'soup' is served raw and cold - meaning you get ALL of the **health properties in a vibrant, living, concentrated form!**

Tomatoes are packed with **vitamin C, fiber, and antioxidants**. Cilantro, like any fresh green leafy herb, helps cleanse and detoxify. Garlic **stimulates the immune system**, supports cardiovascular health, and **improves flora in the intestines**.

Bell peppers are packed with nutrients that provide benefits including **heart health, anti-cancer protection, and cholesterol-lowering**. Altogether, this snack is very **alkalizing, immune-boosting**, and loaded with amazing flavors, nutrients, and benefits!

Serves: 2-3

Prep time: 10 minutes

Cook time: 0 minutes

INGREDIENTS

QTY

LINKS TO BUY

Tomatoes	3 lb	
Cucumber, coarsely chopped	½ ea	
Bell peppers	1 ea	
Garlic clove	1 ea	
Sherry vinegar	¼ cup	Sherry Vinegar
Extra-virgin olive oil	3 tbsp	Olive Oil
Salt and freshly ground pepper	To taste	Salt & Ground Black Pepper
Cilantro, for garnish, chopped	¼ bunch	Cilantro

INSTRUCTIONS

- Coarsely chop the tomatoes, cucumber, bell peppers and garlic.
- In a food processor, puree the coarsely chopped vegetables. Transfer the cold soup to a large bowl. Stir in the vinegar and 1 tablespoon of olive oil and season with salt and pepper.
- Refrigerate until chilled, at least 1 hour if possible.
- Ladle the soup into bowls, drizzle with the remaining 2 tablespoons of olive oil and garnish with the cilantro.



RECIPE NOTES

- *Serve with croutons or a piece of toast*
- *The KEY to a great gazpacho is to use delicious, fresh, seasonal ingredients and a good quality olive oil*
- *This is even better when allowed to sit overnight*



SPICY NORI POPCORN

Homemade popcorn is a classic example of celebrating a delicious snack and enjoying its full health benefits by making it yourself! Popcorn is naturally high in fiber, providing you with **slow-release energy**. It's a whole grain containing beneficial nutrients such as B vitamins, minerals, and proteins. Popcorn is even a surprisingly good source of **antioxidant, polyphenol**!

Microwave popcorn is usually coated in unhealthy oils, known to contribute to chronic diseases, like heart disease and obesity, and artificial preservatives, colors and flavors. When you make it yourself at home, you control the amount of added oils and you can use natural, extra virgin olive oil, which is **beneficial to your health**.

The addition of Nori seaweed pumps up the nutrition profile as nori is the only vegetable that's been studies that contain **vitamin B12, a nutrient essential for good health** - in a form available to humans.

As always, with calorie-dense snacks like this, it is important to watch your serving sizes - and save it for your treat days!

Serves: 2-3

Prep time: 10 minutes

Cook time: 0 minutes

INGREDIENTS (POPCORN)

Corn kernels
Sesame seeds
Olive oil

QTY

¼ cup
1 tbsp
3 tbsp

LINKS TO BUY

[Corn Kernels](#)
[Black Sesame Seeds](#)
[Olive Oil](#)

INGREDIENTS (TOPPING)

Salt
Sriracha
Sesame oil
Olive oil
Red chili (optional)
Roasted Nori seaweed sheets,
chopped

QTY

1 tsp
1 tsp
1 tsp
1 Tbs
½ tsp
1 sheet

LINKS TO BUY

[Salt](#)
[Sriracha](#)
[Sesame Oil](#)
[Olive Oil](#)

INSTRUCTIONS

- Popcorn: Place 3 tbsp olive oil and corn kernels in a pot and combine well. Place the lid firmly on top
- Turn heat to high. As the pot heats up, shake vigorously and constantly. You will soon hear a popping sound, keep shaking until the popping peaks and drops off. When you hear only a few pops per second, remove the pot from heat. It is important to hold the lid on tight and continue to shake throughout to avoid burning the popcorn (or yourself).
- Remove from heat and pour into a bowl.
- Topping: In a small bowl combine the salt, sriracha, sesame oil, and remainder of the olive oil. Pour onto the popcorn and stir thoroughly.
- Place the nori seaweed on a chopping board and slice it into very small pieces. Stir chopped nori seaweed and sesame seeds through the popcorn. Serve immediately while it's still warm!



AVOCADO MINT SHOOTERS

Ever had avocado blended into a smoothie or soup? If not, you're missing out on a delicious, creamy, and nutritious addition to your repertoire!

Avocados are called “nature’s butter” as they are high in fats. But unlike butter, avocados contain **healthy monounsaturated fats** called oleic acids that have been shown to **decrease the risk of heart disease, control levels of LDL (‘bad’) cholesterol, and increase metabolism.**

The cucumbers provide this shooter with a **refreshing flavor**, but also lots of **liver and kidney cleansing nutrients**, like vitamins A and K.

Mint and garlic are included for added flavor, as well as **anti-inflammatory, antioxidant, and cleansing components.** So, next time you feel a little sluggish, a shot of this cleansing and refreshing shooter will give you a great boost!

Serves: 2

Prep time: 5 minutes

Cook time: 0 minutes

INGREDIENTS

QTY

LINKS TO BUY

Medium english cucumber,
peeled and cut into four pieces

½ each

Avocado, ripe, cut in half
and scoop out flesh

1 each

[Avocado](#)

Scallion or green onion,
cut into large pieces

1 each

Garlic, chopped

1 clove

Mint leaves, chopped with
some reserved for garnish

¼ bunch

Lime, zested, and juiced

1 - 2 each

[Lime Juice](#)

Greek yogurt

½ cup

Cold water

½ cup

Ice cubes

½ cup

Kosher salt and black pepper

To taste

[Kosher salt](#) and [Ground Black Pepper](#)

INSTRUCTIONS

- Add cucumber pieces, avocado, scallion, garlic, half of the mint leaves, lime juice, yogurt, and cold water in a blender. Blend until smooth. Season to taste with salt and pepper.
- Add ice cubes to the blender and blend to make it instantly cold. Can also chill in the refrigerator. Serve shooters garnished with mint and lime zest.



RECIPE NOTES

- *This could also be garnished with minced chives or other herbs, as well as with a drizzle of vinegar and oil or yogurt.*



ENDIVE SPOONS WITH OLIVE WALNUT TAPENADE

This Olive Walnut tapenade is an incredible option for a snack or appetizer! Not only is it rich in flavor, but it also packs in an incredible amount of **energy and nutritional benefits**.

Walnuts are known to **fight certain types of cancer**, as well as **boost heart health**. They are also fantastic for **supporting brain and joint health** thanks to their high levels of folate, omega 3s, and Vitamin E.

The olives in this dish add an incredible amount of health benefits too! They are a great source of **dietary fiber and act as an antioxidant, protecting cells**. They also **promote healthy, young-looking skin and increase fat burning**. Endives contain 8 different minerals, 3 vitamins and add lots of fiber.

Serves: 2 cups

Prep time: 10 minutes

Cook time: 0 minutes

INGREDIENTS

QTY

LINKS TO BUY

Olives, pitted

½ cup

[Olives, pitted](#)

Walnuts, roasted

½ cup

[Walnuts](#)

Artichoke hearts (from a jar)

½ cup

[Artichoke hearts](#)

Extra Virgin Olive Oil

2 tbsp

[Extra Virgin Olive Oil](#)

Balsamic Vinegar

2 tsp

[Balsamic Vinegar](#)

Parsley minced

¼ cup

[Parsley](#)

Salt and freshly ground pepper

to taste

[Salt](#) and [Ground Black Pepper](#)

Endives

2 heads

INSTRUCTIONS

- Add the olive, walnuts, artichoke hearts, olive oil, and balsamic vinegar to your food processor.
- Process until combined, and season to taste with salt and pepper
- Garnish with parsley.
- Pull each leaf off of the head of the endive, and rinse.
- Serve the tapenade surrounded by the endive leaves, and dig in!



RECIPE NOTES

- You could exchange the walnuts in this recipe for other nuts, like pine nuts or cashews.
- You could also serve this tapenade on crostini or crackers or even use it as a stuffing for mushrooms!



HERBED FRESH CHEESE PATTIES ON A BED OF GREENS

The blend of fresh cheeses makes this a snack that's really satisfying. Meanwhile, the protein and essential fatty acids combine with the fresh oregano, basil, and spring greens, to make this a meal that is also **sustaining, nourishing and fiber-rich**.

Oregano is a **powerful antifungal, antibacterial and antioxidant** herb. It helps **improve intestinal flora**, something which often becomes compromised after periods of consuming high amounts of refined carbs and sugars.

Basil, too, is a powerhouse of antioxidants and has been attributed to **relieving upper respiratory conditions and kidney issues**. Since these can be areas that become overwhelmed or stagnant after periods of eating refined sugars and flours, this snack can be quite healing.

Serves: 2 cups

Prep time: 7 minutes

Cook time: 6 minutes

INGREDIENTS (CHEESE PATTIES)

QTY

LINKS TO BUY

Ricotta

½ cup

Cottage Cheese

1 cup

Onion

2 tbsp

Fresh Oregano

1 tsp

[Oregano](#)

Fresh Basil

2 tbsp

[Basil](#)

Salt and pepper

To taste

[Rice Cracker](#)

Rice Cracker

¼ cup

[Olive Oil](#)

Olive Oil

1 tbsp

Optional Additions:

Add some Olive Tapenade,

Black Olives, Dried Tomato,

Marinated Artichoke

INGREDIENTS (SALAD)

QTY

LINKS TO BUY

Olive oil

2 tbsp

[Olive Oil](#)

Vinegar

2 tbsp

[White vinegar](#)

Garlic (optional)

½ clove

Spring greens

6 cups

INSTRUCTIONS

- Mix the cheeses, and put them onto some paper towels. Press it gently, then let it sit.
- Put the rice crackers into a ziploc bag and crush them into coarse pieces. Alternatively, pulse in a food processor if you have one.
- Chop the onion into tiny pieces. Finely chop the fresh herbs.
- Squeeze all the moisture out of the cheese blend using paper towels.
- Combine the cheese, onion, fresh herbs, salt, and pepper.
- Form the cheese mixture into small patties. Coat with cracker crumbs.
- Grill in a medium pan over medium heat, until brown, turning once and adding more olive oil if needed. (About 3 minutes on each side.)
- In the meantime, mix the oil, garlic, and vinegar in a bowl, toss in the greens to coat well. Place the warmed cheese patties on top. An elegant mid-day snack that is fresh and tasty!



MOROCCAN CARROT APPLE SALAD

As the base for our salad, carrots, and apples are some of the best ingredients possible to use! Both are high in fiber, which will **ensure that this salad sustains you throughout the day and provides your body with slow-burning energy.**

Carrots are also **fantastic for digestion**, as well as **reducing blood pressure and the risk of stroke.** The high levels of vitamin A and C in carrots will **boost your immune system and improve your vision and eye health.** Plus, the beta carotene in carrots will help to prevent many different forms of cancers.

Cumin and Coriander, the other major players in this dish, have an incredible array of health benefits. They **boost metabolism, reduce inflammation, and are loaded with antioxidants.** This is certainly a dish you'll want to make extras of so you can enjoy it all week!

Serves: 2

Prep time: 10 minutes

Cook time: 0 minutes

INGREDIENTS (DRESSING)

QTY

LINKS TO BUY

Extra Virgin Olive Oil

4 tbsp

[Extra Virgin Olive Oil](#)

Lemon juice, freshly squeezed and zest

3 tbsp

[Lemon Juice](#)

Honey

1 tbsp

[Honey](#)

Cumin, ground

1 tsp

Coriander, ground

¼ tsp

[Coriander powder](#)

INGREDIENTS (SALAD)

QTY

LINKS TO BUY

Carrots, coarsely grated

1 lb

Green apple, grated

1 cup

Currants or golden raisins

⅓ cup

[Currants](#)

Slivered almonds, toasted

½ cup

[Toasted Slivered almonds](#)

Fresh mint, coarsely chopped

½ cup

INSTRUCTIONS

- In a large bowl (large enough to mix the entire salad), whisk together all of the ingredients for the dressing.
- To the dressing, add all of the ingredients for the salad and toss well.
- Taste and adjust seasoning if necessary.
- Transfer to a serving dish and garnish with more fresh mint. Serve cold



RECIPE NOTES

- You can also add ½ tsp cayenne to the dressing for a kick! Plus, herbs can be changed out for others like parsley, and toasted almonds can be substituted for other nuts like walnuts.
- You can also add 1 cup of garbanzo beans to make this a more filling, sustaining snack.



ORANGE COUSCOUS SALAD

Couscous is a quick-cooking grain that is great to stock as an ingredient at home, always ready to go when you are in a jam and need a sustaining snack or meal - fast!

Couscous provides great **sustaining and filling energy** and has a short cooking time, and does not even have to stay on the stovetop. As long as you can boil water, you can make couscous! It can be the base for warm or cold salads, so it can last a long time in your fridge as well.

The fresh ingredients here are carrots and red onion: both **provide added fiber to ensure this meal does not spike your energy**. Both onion & carrot are **beneficial for your immune system**, and carrots come packed with vitamins A, K, B6, and C!

Paired with the sweet citrus dressing, this dish can be a healthy snack, a delightful side dish, and reinvented for lunches with an added protein.

Serves: 3-4

Prep time: 10 minutes

Cook time: 10 minutes

INGREDIENTS

QTY

LINKS TO BUY

Couscous, uncooked	1 cup	<u>Couscous</u>
Water	2 cups	
Red Onion, small, minced	½ each	
Almonds, chopped	4 tbsp	<u>Almonds</u>
Orange, chopped in slices,	1 each	
Orange - juiced, plus 1 tsp zest	1 each	
Carrots, thinly sliced	2 each	
Parsley, finely chopped	½ bunch	<u>Parsley</u>
Olive Oil	4 tbsp	<u>Olive Oil</u>
Salt and Pepper	Pinch	<u>Salt & Ground Black Pepper</u>

INSTRUCTIONS

- To cook the couscous: Bring water with a dash of olive oil to a boil on the stove. Once boiling, stir in couscous to a pot and then remove the pot from heat. Cover pot and let sit for 7 minutes. Then fluff with a fork.
- Mix together cooked couscous, sliced carrots, minced red onion, orange slices, almonds, and parsley.
- Mix together orange zest, orange juice, oil, salt, and pepper. Pour over the couscous mixture and mix together.



RECIPE NOTES

- *For more protein, consider adding fresh mozzarella balls or sliced grilled chicken or fish.*
- *If you have fresh herbs on hand like basil, mint, or oregano, tear or mince those and toss them in.*



SOBA NOODLES WITH EDAMAME AND SESAME DRESSING

Soba noodles are a great ingredient to keep on hand in the pantry, because they last for up to 12 months and can be used in so many different ways!

Buckwheat, or soba noodles, are free from fat, cholesterol, and gluten and are a **good source of nutrients like manganese, complex carbohydrates, and thiamine**. They also provide more protein per serving than any other grain except for oats! They make a **complete protein** when paired with the frozen edamame.

Edamame is packed with fiber, as well as protein, and is a powerhouse of nutrition. They are also **high in iron, magnesium, manganese, phosphorus, thiamin, and especially folate**. This is one combo you will want to make sure you always have in stock for your snacking needs!

Serves: 4

Prep time: 5 minutes

Cook time: 7 minutes

INGREDIENTS (NOODLES)

QTY

LINKS TO BUY

Dried soba noodles	6 oz
Carrots, peeled and shredded	1 each
Frozen edamame	1 cup
Cabbage, shredded	1 cup
Green onions, thinly sliced	½ cup
Sesame seeds	1 tbsp
Salt and pepper	to taste

[Soba Noodles](#)

INGREDIENTS (DRESSING)

QTY

LINKS TO BUY

Rice vinegar	4 tbsp
Olive oil	4 tbsp
Reduced-sodium soy sauce or Braggs	1 tbsp
Toasted sesame oil	1 tbsp
Agave or Honey	1 tsp
Fresh ginger, minced	1 ½ tsp

[Rice vinegar](#)

[Olive Oil](#)

[Toasted sesame oil](#)

[Honey or Agave](#)

INSTRUCTIONS

- Bring a large pot of water to boil, and add salt.
- Once boiling, add noodles, and cook until just tender but still firm to bite about 8 minutes.
- Drain and rinse noodles under cold water until cool in order to stop them from cooking further and getting sticky.
- Drain well; transfer to a large bowl and toss with the shredded vegetables.
- Add olive and sesame oils and toss to coat. Mix vinegar and all remaining ingredients into noodles and vegetables.
- Season with salt and pepper, sprinkle with sesame seeds, and serve!



SWEET CORN, JICAMA AND BELL PEPPER SLAW

The corn in this salad is a rich source of **vitamins A, B, E**, as well as multiple minerals. Its high fiber content ensures that it will sustain you, as well as **prevent digestive ailments**. Plus, all the antioxidants present in corn act as anticarcinogenic agents and may help to **prevent Alzheimer's disease**.

The jicama in this salad adds a good amount of vitamin C, which is great for **boosting the immune system, supporting eye and skin health, and providing anti-inflammatory effects**. More importantly, the soluble fiber in jicama is excellent for **lowering cholesterol and helps to stabilize blood sugar levels**.

The bell peppers will increase the **antioxidant and anti-inflammatory benefits** of this recipe, and the capsaicin in them will **reduce cholesterol** and aid in **controlling diabetes**.

Serves: 2

Prep time: 10 minutes

Cook time: 6 minutes

INGREDIENTS

QTY

LINKS TO BUY

Large ear of corn, with the husk removed

1 ea

Jicama, peeled and diced

½ cup

Red bell pepper, diced

½ cup

Green onions, thinly sliced

3 tbsp

Fresh cilantro, chopped

2 tbsp

[Cilantro](#)

Honey

1 tbsp

[Honey](#)

Extra virgin olive oil

1 ½ tbsp

[Extra Virgin Olive Oil](#)

Fresh lemon juice or rice vinegar

1 tbsp

[Lemon Juice](#) or [Rice Vinegar](#)

INSTRUCTIONS

- Boil water and add corn. Cook for about 6 minutes. Then chop the kernels off the cob and allow it to cool. Alternatively, try your corn raw! Place in a large bowl.
- Add diced jicama, red bell pepper, green onions, and cilantro.
- Whisk lemon juice, honey, and olive oil in a small bowl.
- Toss the dressing with the salad and season with salt and pepper before digging in.



RECIPE NOTES

- *This salad can be made up to 4 hours ahead. If doing so, be sure to cover and chill.*
- *This salad can also include a wide variety of vegetables such as various types of peppers, other herbs, or seasonal items like tomatoes.*



WHOLE-GRAIN TOAST WITH LOX AND VEGETABLES

Smoked Salmon is one of the best foods on earth for your **skin and joints** due to the high levels of omega 3 fatty acids it contains. They are essential to your health and also have **potent anti-inflammatory properties** and are great for **brain health and memory**.

Salmon is also a great protein, and the addition of whole-grain toast adds **beneficial fiber** and the combo of slow-release carbs and protein will keep you **satisfied for hours**.

We then add in some vegetables and capers to round out the flavors and sneak in a few vegetables that will make this a **Nourishing and Satisfying** snack or lunch!

Serves: 1-2

Prep time: 5 minutes

Cook time: 2 minutes

INGREDIENTS

QTY

LINKS TO BUY

Whole Grain Toast	2 ea	
Butter	1 tsp	<u>Butter</u>
Gravlax or Smoked Salmon	2 oz.	<u>Smoked Salmon</u>
Sliced Cucumber	¼ cup	
Sliced Red Onion	¼ cup	
Sliced Tomato	¼ cup	
Capers	1 tbsp	
Lemon juice	2 tbsp	<u>Lemon Juice</u>

INSTRUCTIONS

- Toast your bread for a few minutes until browned on both sides. Then spread with butter.
- Top the toast with lox, followed by the cucumber, tomato, and red onion slices, then garnish with capers and a squeeze of lemon juice.
- Enjoy on its own or serve with your favorite style of eggs and some fresh fruit.



RECIPE NOTES

- *You can use any vegetables you like on this toast, and other great options include tomatoes, spinach, and fresh dill.*
- *You could also sub in turkey bacon for the lox for a different source of protein.*

OTHER SNACKS

You've already learned how to make some excellent Homemade snacks throughout the program!!!

For example:

- Any Smoothie from Week 1 is an excellent snack
- A hard-boiled or poached egg from Week 2
- Any roasted vegetable or roasted nuts from Week 3
- A half serving of any salad from Week 4
- There's also a bunch of simple everyday foods that require no preparation at all that make excellent sustaining snacks:
- Any piece of fruit served with a tablespoon of nut butter (or on its own!)
- A handful of nuts and dried fruit
- A plain yogurt served with berries or honey
- A banana
- For those with a sweet tooth: Next week, we will be learning 'Decadent Desserts' - and you can also enjoy any of those recipes as healthy snacks or an occasional treat!



WANT MORE?

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