



Ten Ten Ten *by Rosie Bank*

Ten Meals* in Under Ten
Minutes for Under Ten
Dollars for two people

*With bonus segment:
All new plant-based meals as well as
non-vegetarian options.

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And now, for the first time, Part One of this fantastic resources contains **BRAND NEW ALL PLANT TEN TEN TEN suggestions!** I am very excited to share this with you.

Introduction to Ten Ten Ten

- Friends, this document was originally published in 2017. The version you are looking at has been upgraded significantly.
- Since creating this resource, my husband and I have moved to a completely *whole foods plant-based diet*. This means that we eat no animal products whatsoever.
- When I first wrote *Ten, Ten, Ten*, I was eating fish and dairy, as you will see in the suggestions below. If you are not a vegan, then you can enjoy these recipes and ideas just as I did before we changed our dietary practice.
- This is one of my favorite tools that I've ever created. It's so important to be able to "eat healthy" and keep it simple. I hope you enjoy.



Part One

Ten Ten Ten All Plant-Based



Eat Your Veggies

You may be new to this way of eating. For me, learning how to make delicious and satisfying meals and snacks that were strictly plant-based has been a lovely adventure. There are all kinds of reasons why people choose to give up animal products. Essentially, I did this for humanitarian, health, and environmental reasons. If you want to learn more about the impact on your body and the planet of eating animal products and switching to a whole foods plant-based diet, I recommend *The World Peace Diet* by Dr. Will Tuttle.

With that, Part One of Ten Ten Ten is based on fruits, veggies, seeds, nuts, and whole grains. If you want to explore eating like this, this can be your starter kit because the suggestions are so simple.

One thing that has been particularly significant to me is learning how to make some simple dishes, rather than buying the store-bought version. I love this recipe:

<https://minimalistbaker.com/easy-vegan-pesto-5-minutes/>

Raw or dry roasted nuts (no added oil, sugar or salt)	Variety of nut butters (no added oil, sugar or salt)	Variety of hummus, store-bought or home-made	Home grown or store-bought sprouts	Pesto and Marinara	Nutritional yeast	Plant milks (almond, hemp, soy, cashew)	Whole sprouted grain bread, tortillas, crackers
Varied fresh and frozen veggies	Raw oats and buckwheat grouts	Canned organic beans (black, kidney, garbanzo)	Seeds (chia, flax, sesame, sunflower, pumpkin, hemp)	Maple syrup and date sugar	Veggie based pastas	Fresh and frozen fruit (I keep frozen blueberries all year round.	Quinoa and brown rice
Tofu and edamame	Fresh salsa	Yams and sweet potatoes	Canned organic beans	Olive oil, lemon juice, variety of vinegars	Edamame and tofu	Dried fruits	Seasonal fruit, including avocado and tomato

Please notice specific brands that I recommend. I suggest getting very familiar with your local market so you can keep these items or similar ones on hand. For example, our local Trader Joe's has an excellent assortment of fresh salads, hummus, and wraps that are economical, all plant-based, and ideal for a quick meal or when you are on the go.



Overnight oats

Meet your new best friend for breakfast. Make this the night before and VOILA! Breakfast is all ready. The variations are practically endless. For two servings, mix together one cup of oats, two tablespoon seed concoction (equal parts chia, hemp hearts, ground flax, make before and store this in the fridge), ½ cup plant milk, 1 cup blueberries, ½ cup walnuts, and a drizzle of maple syrup and a shot of cinnamon. Let sit overnight.

Serve into individual bowls or mason jars.

The main thing about this fantastic no-brainer of a hearty breakfast is to use your imagination and to be creative. It's practically impossible to go wrong. Any fruit, any nuts, adding vanilla, adding nut butter... it's all so yummy.

Homemade Muesli

Don't confuse this with the dry, stale, often overly sweet store-bought variety. This one you get to make any way you want, starting with a base and changing it up as you go along. I saw Dr. Campbell make his in one of those huge pretzel jars. This is a great example of make it once, and eat it over and over. Just make sure to keep it sealed for freshness. Add the plant milk of your choice and you are in business.

The base: mix together $\frac{1}{2}$ cup of raw oats or buckwheat, or a combination; four tablespoons of your now always available seed concoction (equal parts hemp hearts/ground flax/chia); $\frac{1}{4}$ cup pumpkin seeds; $\frac{1}{4}$ cup shredded coconut (unsweetened); $\frac{1}{4}$ cup chopped dried fruit (unsweetened), $\frac{1}{4}$ cup chopped nuts (Brazil, almond, pistachio, walnuts – you pick!); one tablespoon date sugar (to taste)

You can also serve with fresh fruit, such as chopped berries for more color, nutrition, flavor, and freshness.

Stir and store in an airtight container. YUM!!!



Standard breakfast.

My husband and I have a joke. We have our standard breakfast most mornings and always say how delicious it is – even though we have eaten it more than 1,000 times. (I actually did the math.) There is a bit more to this than meets the eye. The nut butter is a blend of almond and peanut (which is actually a legume) plus my favorite concoction. Take equal parts of hemp hearts/ground flax/chia seeds and store it in your fridge. Then add about ½ cup of the blend to one jar of nut butter. (The trick is to do it in advance so that you don't have to make the combination every time, which is too messy and time-consuming.) Spread this over really high quality multi-grain or seed bread. This is VERY different from white bread that is fluffy and woefully lacking in nutrients. We put all fruit (unsweetened) strawberry spread on top and serve with seasonal fruit. Does it get any simpler than this? And we never tire of it. Obviously, any fresh, seasonal fruit does the trick. You can create ample variety by switching up the nut butters and try walnut, cashew, sunflower, etc. They can be quite pricey so shop around, including online. Yummy way to start the day. One more thing: because Mark is potentially at risk for experiencing low blood sugar a few hours after he eats, he loves this breakfast because it gives him plenty of lasting energy without crashing.



Savory Spice Blend by Dr. Michael Greger

<https://nutritionfacts.org/recipe/savory-spice-blend/>

Dr. Michael Greger is my hero. His *How Not to Die* and *How Not to Die Cookbook* are among my two favorites in the nutrition plant-based world. They are both available at Dr. Greger's wonderful website, www.nutritionfacts.org

I simply had to add the recipe for a combination of tasty herbs called Savory Spice Blend. Since I am committed to inspire you to put nutritious-plus-delicious dishes together in your kitchen, this concoction is so party-in-your-mouth flavorful, I knew I had to add it. Add this to salads, over veggies, in salsa, in wraps, over avocado, over pasta, over roasted veggies, and any where a burst of flavor will enhance your meal. I never let myself run out of this. It is heavenly.

• Ingredients

- 2 tablespoons nutritional yeast *
- 1 tablespoon onion powder
- 1 tablespoon dried parsley
- 1 tablespoon dried basil
- 2 teaspoons dried thyme
- 2 teaspoons garlic powder
- 2 teaspoons dry mustard (mustard powder)
- 2 teaspoons paprika
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon celery seeds



• Instructions

- Combine all the ingredients in a spice grinder or blender to mix well and pulverize the dried herbs and spices. Transfer the blend to a shaker bottle or jar with a tight-fitting lid. Store in a cool, dry place. If you don't have a spice grinder, simply shake it up until it's all blended.

Another fantastic product for spicing up your food is the Mrs. Dash line. They are versatile, economical and very easy to find at most markets.



celery and peanut butter

butter In case you think that this is not a meal, think again. You are looking at an incredibly tasty and complete breakfast or lunch. Obviously this is convenient and inexpensive and super fast to make. Maybe some of you who are questioning whether this can be a meal can compare this to other things that are far less nutritious that you have called a meal. This is what complete looks like, albeit in an incredibly simple form. Veggies are loaded with antioxidants and celery in particular is an excellent source of fiber and carbohydrates. All natural peanut butter is loaded with healthy fats and a good source of protein. You can make these in advance and create zero prep time when you are hungry and it's time to eat. Sure you might want to add to this. You can put some nuts on top, or a hard boiled egg, or some steamed broccoli on the side. As a snack or a light meal, this one is a winner. (PS Don't even think of buying commercial peanut butter that is loaded with unnecessary and unhealthy ingredients.)



This entry came from the original non-vegetarian Ten Ten Ten that you will find in Part Two, although of course it is a plant-based mini-meal. You can change this to any nut butter you want. In our kitchen, crunchy almond butter is the most popular. For variety, also try sesame tahini and sunflower butter.



Quinoa, broccoli rice, and Savory Spice Blend

Three ingredients. Quinoa, broccoli rice, and Savory Spice Blend. I think my life changed when I discovered broccoli rice and cauliflower rice. So easy to work with. I always have the organic variety in my freezer. Simply take the thawed broccoli and stir it into the quinoa. Take a few hearty shakes of the spice blend and you have yourself a real meal. Broccoli and cauliflower are part of the cruciferous family. Among many general benefits, broccoli in particular contains sulforaphane, a cancer-fighting agent that helps your body ward off unwanted cell growth. All cruciferous veggies help reduce inflammation in our bodies. This tasty dish can be made the same ways with English peas, artichoke hearts, and any super-simple frozen veggies that you find in your market. It is usually enough to add the thawed veggies right into the pot when the quinoa is ready. Stir until the heat is distributed. Delicious hot or cold. So, so yummy! Bonus item: home-grown sprouts don't actually qualify for Ten Ten Ten because they take some time over days to grow. However they are a first-prize winner for versatility, super-nutrition, and to enhance pretty much any veggie-based meal, including the quinoa one here and pasta on a later page. If you want to grow them check out www.Sproutpeople.org. You can also buy them at your local market. Do not cook with them because they are living food. Keep them fresh, but don't expect to keep them for more than a few days in the fridge.

Whole grain wraps.

The only limitation to this eater-friendly dish is your imagination. Start off simply by having sprouted grain tortillas in your fridge. They freeze nicely for a back-up. My favorite brand are Ezekiel but I'm noticing that our local Sprouts Market has several other brands as well. I like the Ezekiel ones because they have no oil and no refined flour. Sprouted grains means it is more of a *living food* product rather than an overly processed one. The ones pictured have spinach, cucumbers, and hummus. You can sprinkle some Mexican spice from Mrs. Dash. When we make wraps here – which we have at least weekly – my favorite things to add include avocado, cooked and cubed sweet potatoes, any and all veggies, black beans, salsa, curry powder, cubed sriracha tofu... and the list goes on. When you make these according to your own taste and they are incredibly fresh, you will never need to run out to get a wrap or burrito again. The homemade ones are the BEST!



Hummus and veggies, hummus and seed crackers, hummus on a salad instead of dressing, hummus in sprouted grain tortillas, hummus in wraps, and the list goes on.

Fresh hummus will become one of the easiest things you ever make. All you need is a food processor, some fresh veggies, herbs, and garlic. Like the previous suggestion of the wraps, let your imagination go wild. Here is what I made recently and it was spectacular. I can say that because I'm raving about the flavors. And I wanted to make an oil-free hummus and it turned out GREAT! I put in the food processor the following (all organic of course) one can of garbanzo beans with the aquafaba (the liquid in the can), one entire package of thawed broccoli rice, one entire thawed package of English peas, four tablespoons of tahini, two teaspoons of lemon juice, a few garlic cloves, and two tablespoon of curry powder. Hummus is a very nutrient-dense food. The beans, seed butter (tahini) veggies, garlic, spices add up to one of the easiest, versatile, tastiest, and nutritious foods you will ever prepare and eat. It's worth it.





Pasta and just about anything.

This dish will change your life because it meets all of the criteria for Ten Ten Ten: economical, easy, fast, nutritious, and delicious. The only “rule” is to use super-healthy pasta to make sure you get that jolt of good nutrition. Although many brands have come on to the scene, my favorite is at www.ExploreCuisine.com They have what I love to call “one-ingredient” pasta and they use fantastic sources: edamame, mung beans, lentils, etc. And it is very easy to get them online. They even have [recipes](#) on their website. This image is pasta with mushrooms and edamame (soy beans). You can create Italian, Tex-Mex, or Asian flavor with your Mrs. Dash. Another simple dish: try adding a can of drained black beans, some chopped tomato, a handful of spinach and some Savory Blend to the cooked pasta. You don’t even have to cook the veggies, just mix them with the hot pasta. We call this comfort food in our house. You can branch out if you want to make or purchase a variety of sauces and pesto. There is no limit to which veggies you can use. Bonus: this is so simple and tasty you don’t have to think about it before you walk into the kitchen. I love dishes like that, don’t you?





Sweets for the sweet. Did you know that dried fruit is not baked, but rather dehydrated?

Dehydrated food is actually considered “raw” rather than “cooked” This is because the temperature does not damage the cellular structure of the food being dried. It extracts the water. In the case of dried fruit, you can get the vitamins, minerals, anti-oxidants, and fiber of the original fruit. However, since the fruit shrinks considerably in the drying process, the end product is not a low-calorie food and it does have a relatively high sugar content. You do not need to be concerned if you only have a few pieces. Eating a whole bag of raisins, for example would be equivalent to eating several pounds of grapes. Not a very sane thing to do. In the spirit of Ten Ten Ten, I would like to suggest dried fruit along with a handful of nuts to round out this selection. Nuts and dried fruit are super nutritious. They are both energy-dense, so a little bit goes a long way. Please read your labels and select fruit that is unsweetened, contains no additives or salt or oil. Just plain dried fruit, and of course organic. The nuts should be raw or dried roasted with no other ingredients on the bag. Did you know that Brazil nuts are packed with selenium which is a super-food for your brain? If you are hungry, you don't need copious amounts of this fun and delicious food to satisfy you. Plus, they are excellent if you want an energy pick up. And last, they make a fantastic dish to bring to a party to share. You will bring home an empty dish!

Part Two

Ten Ten Ten non-vegetarian



Suggested Ingredients

The following ingredients are a partial list of what you might keep on hand in order to make quick, tasty, convenient, economical, and nutritious meals. Since your preferences are likely different than mine, you will need to adjust this list to suit your and your family's eating and dietary favorites. You won't find meat in my recipes because that is not something I eat or cook with. And although I lean toward vegetarianism, I offer some simple fish options because fish is pretty popular among health advocates. Have fun, be willing to try new things, and make healthy choices.

You can keep these to the level of simplicity that I suggest, or you can add more ingredients since you will have them on hand. Both ways work. Examples of making dishes more complex include adding grated cheese, toasted or raw nuts, seeds, sautéed veggies, and chopped hard-boiled egg. Fresh or dried herbs are easy to cook with and enhance the flavor of simple dishes as well. I have had countless lunches that comprised nothing more than a tofu burger and a slice of cheese, or an apple and a scoop of nut butter. Turning you on to "simple-can-be-delicious" is my purpose here.

Also, I'm not saying that canned salmon (for example) is better than wild caught Alaskan salmon, or that frozen fruit is better than fresh. Rather, I wish to encourage you to have things on hand to make this whole "eat healthy" plan easy.

Raw or dry roasted nuts	Organic and Greek yogurt	Natural cheeses	Nut butters assorted	Pesto	Marinara sauce	Olives	Eggs
Varied fresh and frozen veggies	Meal replacement powders	Canned salmon, salmon, patties sardines	Seeds (chia, flax, hemp)	Maple syrup	Veggie based pastas	Hummus and tapenades	Chicken or meat of your choice
Tofu burgers and baked tofu	Fresh salsa	Yams and sweet potatoes	Canned organic beans	Cottage cheese	Edamame and tempeh	Fresh and frozen fruit	Quinoa and brown rice

Also, have on hand olive oil, lemon juice and one or more vinegars for salads and cooking. Balsamic and apple cider are essential for adding flavor. A fantastic alternative to an oil-based dressing is fresh salsa and hummus, both of which are very easy to make and very easy to find at your local market. A variety of vinegars can be used without oil as well.



apple and cheese

I discovered this incredibly delicious combination when in college. An apple is very nutritious. I recommend organic whenever possible for this and for all the meals. The cheese in combination adds healthy fats and some protein. This is what balanced and complete mean. Both foods are nutrient dense. Assuming you get some quality cheese (not the fake stuff) you have a meal that is loaded with nutrients and fiber in addition to the three main food groups. This is one of my favorite lunches. It takes about one minute to prepare! You can even slice the apples in advance and put the slices in a baggy with some lemon juice to eat later. This way, it won't turn brown.

yogurt, seeds, pomegranate, & grapefruit

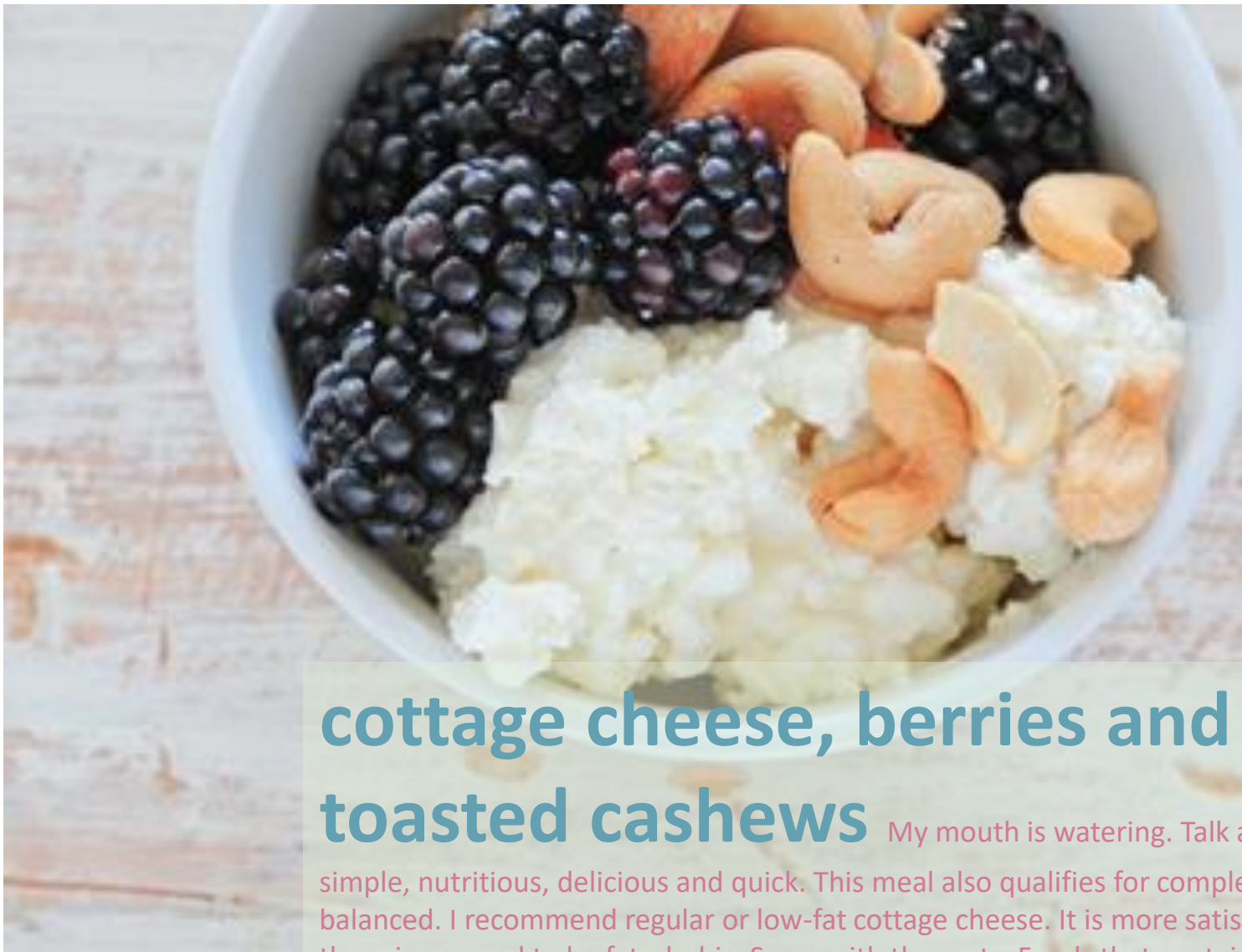
This is breakfast in my home. Have a look at the ingredients on the left. I encourage you to keep these on hand. Flax seeds, pure maple syrup, almonds, chia seeds, and some all natural vanilla can be used in a wide variety of incredibly delicious foods. Here is my recommendation that particularly addresses the 'under ten minutes" I promised you. Take a large plastic or glass container. Dump, literally an entire container of Greek or organic yogurt. Add some berries or pomegranate seeds, plus the other ingredients I just mentioned. You can then have this for several days of breakfast, plus a handful of almonds. Cut some grapefruit on the side and voila! It doesn't get any easier than this. We have this almost every morning. Getting the superfood-ingredients beforehand really helps. This is just as good with fresh or frozen blueberries. Yummy. Definitely fills you up but not out. One additional time saving trick is to premix the seeds in a plastic container. I then use them more readily in the yogurt mix, added to smoothies, in oatmeal, and mixed with nut-butter for added nutrition.



celery and peanut butter*

In case you think that this is not a meal, think again. You are looking at an incredibly tasty and complete breakfast or lunch. Obviously this is convenient and inexpensive and super fast to make. Maybe some of you who are questioning whether this can be a meal can compare this to other things that are far less nutritious that you have called a meal. This is what complete looks like, albeit in an incredibly simple form. Veggies are loaded with antioxidants and celery in particular is an excellent source of fiber and carbohydrates. All natural peanut butter is loaded with healthy fats and a good source of protein. You can make these in advance and create zero prep time when you are hungry and it's time to eat. Sure you might want to add to this. You can put some nuts on top, or a hard boiled egg, or some steamed broccoli on the side. As a snack or a light meal, this one is a winner. (PS Don't even think of buying commercial peanut butter that is loaded with unnecessary and unhealthy ingredients.) *This is an all-plant selection.





cottage cheese, berries and toasted cashews

My mouth is watering. Talk about simple, nutritious, delicious and quick. This meal also qualifies for complete and balanced. I recommend regular or low-fat cottage cheese. It is more satisfying, and there is no need to be fat-phobic. Same with the nuts. Foods that contain fat and that you eat in moderation will not make you fat. Select nuts that are raw or dry-roasted. You can toast them in the oven or toaster oven easily. The berries are loaded with anti-oxidants. How long would it take you to make a dish like this? A few minutes perhaps. Get organic berries because they have no skin or casing on them to protect against chemical preservatives.

salmon salad with celery on a bed of spinach

This is an oldie but goodie. To save time, make the salmon salad in advance and keep it in the fridge. The spinach comes in a bag from any well-stocked grocery store and is often already washed. You have the celery from the peanut butter dish. You can dress this up with some lemon wedges, and you are still under budget and under time. See? It does not take a lot of time or cost a lot of money to eat food that is incredibly healthy for you. Look around your local market.

Where I shop they have wild, Pacific salmon in the can that tastes fantastic. It's okay to use some mayo because the ingredients are okay in moderation. Some garlic powder adds some flavor and you are good to go. No excuses that it is hard to eat healthy. This one can become a staple at your home. Chopped red pepper or some tomato, avocado, or toasted nuts really jazz up this beautiful dish. Your mantra: simple and delicious.



pasta, pesto, and kale

Think delicious and nutritious pasta for people who don't like to cook. Three ingredients: pasta, fresh store-bought pesto, and a generous handful of greens (kale, spinach, chard, or a blend). This is a very easy dish to prepare. It's one pot, so easy clean-up. Please read this carefully: instead of processed white flour pasta, look for gluten-free super-all-natural-easy-to-find pasta made from soybeans (edamame) or black beans. There is an excellent selection at Amazon. The difference between these and regular pasta can be summarized in one word: nutritious. The white pasta is stripped of its nutrients then they are added back in. This is called enriched. It is also typically contains gluten. Pasta made from soybeans or black beans is a brilliant alternative. Cook the pasta as instructed on the package. After it is cooked, drain it and put it back in the pot. Add some pesto and the greens. The heat from the pasta will help the pesto mix and will soften the greens. Use way more greens than you think is reasonable because they reduce down considerably. I often throw an entire bag of organic baby kale or spinach into a dish like this. That's it! This is a staple in my family. You can jazz this up with chopped red peppers and mushrooms, but you don't have to. You can add olives, parmesan cheese or fresh herbs. But not necessary. With the soybeans, veggies, cheese from the pesto you are all set for a complete meal that's loaded with flavor and nutrition.



meal replacement shakes

Welcome to my world. My husband said to me

today, "All I want for lunch is my shake because nothing tastes as good to me." Here are a couple of tips about benefitting from these nutrient-dense, convenient, economical, delicious meals. First, when you shop for them, instead of looking for a *protein power*, look for a *meal replacement powder**. Why? Because they are more balanced and you aren't just looking for protein. Next, you can keep it simple and just add water, or you can enhance it with fruit, veggies, yogurt, nut butter, and seeds. This will depend on your caloric need. If you want to lose weight, a shake made with water and some ice is surprisingly satisfying. If you work out every day and can handle the additional calories, a scoop of almond butter or mixing the shake with almond milk is fabulous. It's difficult for me to tell you my favorites, but here are a few: chocolate meal replacement powder blended with hot coffee (be extremely careful when you shake or blend it, make sure the lid is sealed); vanilla meal replacement with frozen pineapple and a small scoop of raw organic coconut (also called a piña colada); chocolate-plus-frozen banana-plus-scoop of almond butter) We live off of these for most lunches at home, and we travel with them with a handy shaker bottle. I prefer a blend that is minimally sweetened, and with quality macro-nutrients. Balanced fats, carbs, and proteins will be more satisfying and provide more sustained energy. Foods like this are not a diet. You can use them for as long as you want, as opposed to foods that you eat when you are dieting, to lose weight, then stop when the diet is over.



The ones I use, recommend, and distribute can be found at
www.RosieHealth.USANA.com

www.RosieBank.com

salad in a bowl

A friend of mine taught me this clever trick. My hope here is to lead you to have no excuses, no resistance, and no reasons why you can't afford time-wise or money-wise to make your nutrition a priority every day. This is also a place where you can use many of the ingredients I suggested in the beginning. You will need at least one air-tight plastic container. I suggest you do this in the beginning of the week to help you prepare for work and evening meals. One shopping trip, one planning session, and you can be set for five days. Simply take all of your favorite salad ingredients. Veggies, olives, cubes of tofu or cheese (chicken or meat if you prefer), beans drained from the can, salmon drained from the can and dump them into a large bowl. Toss and seal. Wait until you are ready to eat before adding olive oil and either lemon, apple cider vinegar, or balsamic vinegar. You can find incredibly tasty flavors of vinegar at most grocery stores, and all specialty shops. Imagine coming home to a salad that has all your favorite ingredients ready to eat. Now you know what I mean by reducing resistance. You will love the convenience of this.



quinoa, beans, and kale*

Cooking the quinoa in advance takes fifteen minutes. Rinse the quinoa before cooking it. Simply bring to a boil twice as much water as the amount of quinoa you are going to cook. (Two cups water to one cup rinsed uncooked quinoa.) Bring to a boil, then simmer for 15 minutes until you see those little circles around each seed. I recommend that you make it once, and then reuse it for different meals throughout the week. Then you will be under ten minutes in preparing various dishes. This dish has three ingredients and is complete and balanced. The quinoa is actually a seed and is a reliable source of protein. The beans are also good for protein, plus fiber. The kale is a super-food, and rich in anti-oxidants. This meal is extremely low in fat, so I would add some olive oil to toss it at the end. The kale reduces to practically nothing, so you can throw an entire bag of pre-washed organic kale into the cooked quinoa, right in the cooking pot, plus the beans just to heat up the whole thing. It is also tasty room temperature, so you can take it easily for lunch. If you reheat it, don't overcook it to preserve some of the nutrients in the kale.

*This is an all-plant selection.





cooked yams, steamed broccoli, sardines

Sometimes knowing what to prepare is as simple of thinking of nutritious food that goes well together. This plate shows a completely balanced and complete meal. Three ingredients total. Steaming veggies takes about four to six minutes. Opening a can of sardines takes under one minute. Be sure to pour the liquid in your dog's or cat's food bowl. Or you can pour it over the broccoli for added flavor and nourishment. When I look at this plate I can practically feel the vitamins and minerals leaping from these simple yet incredibly delicious foods. The combination is particularly appealing, as well as the colors. This isn't really cooking. It's more like assembling. If you know you are going to take the under-ten minutes to prepare this, and you have shopped in advance, all the resistance is gone and you know you will be well-nourished for this meal.

Rules to live and eat by:

- 1. Keep it simple.** Do not underestimate how delicious an easy-to-prepare meal can be.
- 2. Communicate with the people you serve and prepare food for and with those with whom you share meals.** You may need to get your family or roommates on board. If your goal is to save time, save money, get healthy, lose weight... discuss this at home so you can all be on the same page.
- 3. Plan ahead.** Put time in ahead of when you will be making food. This will help you cut down on your cost and spend way less time in the kitchen.
- 4. Use ingredients over and over.** Examples of items that can be used in many simple dishes are nuts, kale, berries, fresh veggies, cheese, eggs, fruit, olives, edamame pasta, marinara sauce, cooked quinoa.
- 5. Get used to your faves.** Some dishes will become your standards. This is normal. Variety may be the spice of life, but repetition is your friend when saving time and money, and staying healthy.
- 6. Balanced and complete.** This one will change your life. Even for very simple meals, go for a balance of carbs, fats, and proteins, and go for whole food instead of junk food. A bowl of sugary cereal may be simple, fast, and inexpensive, but it is not balanced and complete. The easiest way to create balance is to have a comparable amount of each of the major food groups on your plate per meal or snack. See the meal recommendations for further explanation.
- 7. Try different combinations.** If I recommend an apple and a slice of cheese, and then I recommend berries, cottage cheese and some almonds, you can figure out that apples, cottage cheese and some almonds work just as well. The whole point of this is for you to learn to work with and appreciate simple, inexpensive, readily accessible, versatile healthy ingredients.
- 8. Reduce resistance.** What might stand between you and healthy eating is the effort, cost, time, and decision making. It might be easier to go for fast food, and it might take more time to open a can of salmon and prepare it over a bed of organic greens. But it is so worth it to you to get into the habit. Take my suggestions to make this simpler. Because when you reduce the resistance to feeding you and perhaps your family to eating good nutrition, it will become a habit for life, and possibly a longer and healthier one.

Learn to fall in love with food that
is good for you. #HealthMatters

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