

the real you



RECIPE COLLECTION

Courtesy of your Real You™ Team

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Oatmeal

Ingredients

Oats
Rice or almond milk
½ mashed banana
1 tsp almond butter
Handful of frozen (thawed) or fresh berries
Sprinkle of cinnamon

Directions

1. Cook oats with rice or almond milk in microwave or on stove.
2. Once oats are cooked, add banana, almond butter, berries and cinnamon.
3. Mix and eat!

Sarah's Favourite Smoothie

Ingredients

1 cup milk or milk alternative
½ banana
½ cup mixed frozen berries
1 tsp almond butter
2 tsp flaxseeds
2 tsp soy lecithin
1 serving protein powder

Directions

1. Blend all ingredients in blender or food processor.

Dr Neda's Wondrous Salad Dressing Formula

Ingredient Formula

Oil (1 or combination) <ul style="list-style-type: none">• Olive Oil• Sesame Oil• Grape seed Oil• Flaxseed Oil	Citrus (1 or combination) <ul style="list-style-type: none">• Lime/Lemon• Apple Cider Vinegar• Balsamic Vinegar• Orange/Apple/Pomegranate• ...any juice!
Fresh/Dried Herbs <ul style="list-style-type: none">• Parsley• Oregano• Basil• Dill, etc.	Sweet <ul style="list-style-type: none">• Honey• Pure Maple Syrup• Agave Nectar

Extras: Crushed fresh garlic or ginger, Dijon Mustard, Sea Salt and Ground Pepper.

Directions

1. Combine your **oil** and **citrus** at a 3:1 ratio, i.e. 3 tsps oil for every 1 tsp vinegar.
2. Add your **fresh/dried herbs** and your **sweet**, tasting as you go to get the desired flavour.
Be mindful when adding the **sweet** part as it should not be overused
3. ENJOY!

Baba's Addasi (Persian style Lentil Soup)

Ingredients

1-2 onions
4-6 cloves of garlic (depending on preference)
Few tablespoons of turmeric
1-2 tbsp curry
1-2 tbsp oil
Salt & pepper to taste
2-3 cups lentils (green or brown variety)
4 cups water

***Tip: You may add any vegetable, or combination of vegetables (i.e. carrots, celery, kale, spinach etc.), to the soup. Simply cut them up and add them during the last 5-10 minutes of cooking to keep them rawer.

Directions

1. Fry the onions, garlic, turmeric and curry in oil until the onions and garlic are light tan/brown. Add salt and pepper to taste.
2. Add your lentils and your water.
3. Bring to a boil then let simmer on low-medium heat with lid covered for about ½ an hour.
4. Serve in bowls, topped with cilantro and a little bit of lime or lemon.

Sarah's Salad Dressing

Ingredients

Juice of 2 lemons

Olive oil (2 parts for amount of lemon juice)

1-2 cloves garlic, crushed

Salt and pepper to taste

Directions

1. Blend all ingredients and serve.

Vegetable Pasta Salad (serves 4-6)

Ingredients

3-4 cups brown rice or brown rice pasta
3 tbsp flaxseed oil
1 small sliced zucchini
4 tbsp lemon juice
1 tbsp olive oil
3 stalks chopped green onion
¾ cup snow peas (chopped in half)
1/3 cup fresh parsley
1 tbsp fresh basil
salt and pepper to taste

Directions

1. Cook brown rice or pasta as per directions. Rinse with cold water to cool. Transfer to a big bowl.
2. In a small bowl, whisk together the flax oil and lemon juice. Stir into pasta (or rice) and set aside.
3. In a large saucepan, sauté the zucchini in oil on medium-low heat for 3 minutes. Add onions, peppers, tomatoes, snow peas, basil, and salt and pepper. Sauté for 3-5 minutes.
4. Add the vegetable mixture to pasta and toss.
5. Chill before serving.

Black Bean Salad

Ingredients

1 can black beans, rinsed
1 whole red pepper, diced
1 red onion, diced
1 cup cilantro leaves
¼ cup fresh lime juice
1 tsp fresh ground pepper
1 whole mango, peeled and sliced
Avocado

***Tip: For added protein, add some cooked, chilled shrimp.

Directions

1. Combine first 7 ingredients in a large bowl and mix gently to combine.
2. Chill until ready to serve.
3. Add avocado before serving. Delicious with corn tortillas (baked) and salsa.

Maui Chicken Curry (serves 2)

Ingredients

2	Chicken breasts, cubed
1	Red onion, sliced
1 cup	Pineapple, cut into cubes
1 large bunch	Kale, washed, de-veined and cut into bite-sized pieces
2 cups	Low-sodium chicken broth, divided
½ cup	Plain, low-fat yogurt
1 tsp	Sea salt, divided
2 Tbsp	Curry powder, divided
1 Tbsp	Coconut oil
	Pepper to taste

Directions

1. Add cubed chicken to a frying pan and season with 1 Tbsp of curry powder and ½ tsp of sea salt
2. Add 1 cup of the chicken broth, cover and simmer on medium-high until chicken is cooked. Stir occasionally.
3. While chicken is cooking, in a separate pan melt coconut oil over medium-high. Add onion, ¼ cup of chicken broth, ¼ tsp of sea salt and pepper to taste. Cook until onions are translucent. Add pineapple and continue cooking until liquid is absorbed. Add more broth as needed and stir occasionally.
4. In a third pan add kale, ¼ cup of chicken broth, ¼ tsp of sea salt and pepper to taste. Cover and simmer on medium-high until kale has wilted—approximately 5 minutes. Note: kale will lose a lot of water and dramatically shrink in size, so you may need to drain excess liquids.
5. When the chicken has finished cooking, remove from the pan. Add yogurt and 1 Tbsp of curry powder to the pan and warm over low heat.
6. Once everything has finished cooking, place a layer of kale on the plate, followed by a layer of the onion and pineapple mixture, then the chicken. Top with a drizzle of the curry yogurt dressing.

Vegetarian Sheppard's Pie

Ingredients

Layer 1

- 1 tbsp olive oil
- 1 garlic clove
- 1 onion, diced
- 1 zucchini, diced
- 1 red pepper, diced
- 1 block soft or medium tofu (or lean ground turkey)
- ¼ cup tamari sauce
- 1 tsp cumin

Layer 2

- 2 cups corn (frozen or canned)

Layer 3

- 2 cups sweet potatoes
- ¼ cup milk or 2 tbsp olive oil

Directions

1. In a pan, sauté the garlic, onion, zucchini, pepper, and tofu that has been crumbled with a fork in the olive oil and cumin. Place in a square baking pan.
2. Add layer of corn.
3. Boil the sweet potatoes until soft. Drain. Mash with milk or olive oil. Add layer on top of corn. Sprinkle with paprika.
4. Bake at 350F for 30 minutes.

Banana Oat Cookies

Ingredients

- 2 ripe bananas, mashes
- 2 cups rolled oats
- ½ cup chopped almonds
- ½ cup dried cranberries
- ¼ cup dark chocolate chips
- 1/3 cup unsweetened dried coconut (optional)
- ***Tip: You can use any nuts/seeds/dried fruit to suit your taste.

Directions

1. Mash bananas with a fork.
2. Stir in oats, followed by the rest of the ingredients.
3. Use a tablespoon to scoop out dough and form into a ball with your hands. Flatten the ball (as it will not change shape with cooking) and place on cookie sheet.
4. Bake at 375F for 15 minutes.

Granola Bars

Ingredients

- ½ cup Smooth Almond Butter
- ½ cup agave syrup
- ½ cup honey or maple syrup
- 1 tsp vanilla
- ½ cup dried apricots or cranberries
- ½ cup raisins
- ½ cup chopped almonds
- ¼ cup sunflower seeds
- ¼ cup sesame seeds
- 2 ½ cups brown rice crisp or millet puff cereal
- 1 ¼ cup rolled oats

***Tip: You can add ground flax seed to the recipe. Also, you can add any type of fruit, nuts, or seeds, as long as the correct proportions are kept.

Directions

1. In a large saucepan, heat together the nut butter, agave, honey, and vanilla over medium-low heat until blended.
2. Add apricots, raisins, almonds, sunflower, and sesame seeds. Mix well.
3. Add rice crisp cereal and oats. Mix well.
4. Using lightly oiled hands, press mixture evenly into greased 8-inch square cake pan.
5. Let stand for 15 minutes or until firm (you may need to put in fridge for it to get firm).
6. Cut into squares and store in fridge.

Hummus

Ingredients

2 cups cooked or canned chickpeas

3 cloves garlic

2 tbsp tahini or olive oil

4 tbsp lemon juice

½ tsp salt

1 tbsp filtered water

***Tip: Add kale, parsley or fresh basil for added colour and flavour.

Directions

1. Combine all ingredients in a food processor and puree.
2. Add more water if necessary.

Protein Bars (makes 8 servings)

Ingredients

2 cups rolled oats
½ cup sliced almonds
¼ cup ground flaxseeds
2 tablespoons lecithin
5 scoops whey protein powder
¼ cup almond butter
1 tsp cinnamon
1 tsp vanilla extract
½-1 cup water

Directions

1. Combine the oatmeal, almonds, ground flaxseeds, lecithin, cinnamon and protein powder in a large bowl.
2. Mix together the almond butter, vanilla, and water until blended.
3. Combine the almond butter mixture with the dry ingredients and mix well.
4. Place saran wrap at the bottom of an approximately 8-inch square pan, making sure there is enough saran wrap to wrap over the top.
5. Place mixture into the pan and press flat with the overhanging saran.
6. Put in freezer for 1 hour then store in refrigerator.

Recommended Cookbooks

Delicious Detox by Carole Morley www.deliciousdetoxcookbook.com

The Flexitarian Cookbook www.theflexitariancookbook.com

The Biggest Loser Cookbook

Healthy Sin Foods by Joey Shulman