



**Find
YOUR
STRONG**

FOOD IS MEDICINE





THANKS FOR JOINING US! ♥

After our family was rocked by a life-threatening diagnosis in early 2014, we quickly went from "Wellness Enthusiasts" to "Wellness Warriors". Our integrative/holistic approach to wellness taught us one thing for sure: Food Heals! In fact, we have all been blessed with an amazing body that has a remarkable capacity to self-heal (when kept in balance; nutrition, rest, etc.).

After our diagnosis, the stakes were high and I often felt overwhelmed (and exhausted) when trying to find a healthy existence in a toxic world. What foods should we eat? How can I get my kids to eat these nutritious gems? Are eggs good or bad? What about meat? Where do I buy the healthy stuff? How do I make time for this new healthy lifestyle? How do I not break the bank in the process? And what about Vegan? Paleo? Juicing? Ketogenic? Gluten & GMO's? (OMG!)

I'm sure many of you can relate to my story, which is why I want to share what we learned while taking every logical step to save the life of someone we love. I designed this booklet to be the guide I wish I had the day we were diagnosed:

- Essential Information Only-when searching for answers, the last thing anyone needs is a long, drawn-out, jumbo sized book.
- Reliable data- influenced by some of the world's leading researchers, authors, naturopathic doctors, alternative medicine experts, etc.
- Formatted with Convenient "Clickable Links"-that quickly connect you to additional information (educational info, healthy products, where to buy, etc.).
- Tools to Save Time/Energy- like **meal planners**, **grocery lists** & my "go to" **recipes**.

It has taken a lot of man-hours for us to figure out this "wellness thing"—and we are still a work in progress! Health & Wellness is a very private journey and there is not one right path (there's no pressure to incorporate our practices)--always do what feels aligned for you. That said, just as families tackle a diagnosis together--they should also eat in solidarity!

It is our hope that this booklet helps you to fast-track your wellness plan & to transform your health (with food).



May this book speak to you! Enjoy!

Wishing You
Peace + Health
Kelly

All Rights reserved. No portion of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, except by the inclusion of brief quotations, without the express written consent of McClintock Corp.

DISCLAIMER

We have designed our materials (website, ebooks, courses, etc.) to provide the guidance we wish we had the day we were diagnosed. It is our hope that this information helps you to fast-track your wellness plan.

But before we give you the lowdown, we first like to begin all of our books/trainings/articles/etc. with a brief disclaimer. So don't say you weren't warned. Ha!

The information that we provide is not medical advice and is not intended to take the place of advice from a qualified medical professional. This information is not intended to diagnose, treat, cure, or prevent any illness. The contents of this publication are for informational purposes only and are not intended to be a substitute for medical advice, diagnosis, or treatment. Any action you take with regards to your personal health is solely at your own risk and expense. Always check with your doctor before changing things like diet/exercise/supplement routines/or anything else that may impact your health.

That said, at no time will we apologize for the content of our material, as it contains the reality of what we learned while taking every logical step to save the life of someone we love. Our materials are influenced by some of the world's leading researchers, authors, naturopaths, alternative medicine experts, etc.

Our materials focus on integrative/holistic care and outlines what worked for us. This information was gathered during a time in our lives when the stakes couldn't have been any higher. There is no pressure to incorporate the practices outlined, as we understand and respect the fact that health/wellness is a very private journey.

Wishing you Peace & Health,

The Find Your Strong Team



HOLISTIC WELLNESS

We have all been blessed with an amazing body that has an innate ability to heal itself when kept in balance. Disease is merely a sign that the body is out of balance.

Holistic Wellness focuses on fixing the body's terrain. In other words, give your body what it needs and it knows what to do. This process all comes down to what we call "The Big Six", (Yes, this is a sports reference and a play on the "Big Ten"—which is easy for my kids to remember).

Memorize the **BIG SIX**, live the **BIG SIX**, ❤️ it, teach it to your kids, your friends...you get the picture.



1. **DIET; FOOD IS MEDICINE**
2. **SUPPLEMENTS** (VITAMINS, HERBS, ESSENTIAL OILS, ETC.)
3. **EXERCISE**
4. **REST**
5. **RID TOXINS**
6. **HAPPINESS** (SPIRITUALITY, STRESS REDUCTION, LOVE, ETC.)

OUR BOOKS, WEBSITE, ETC.

Trying to find a healthy existence in a toxic world can be overwhelming.

People often ask:

- Who is your doctor? (we have a "dream team" by the way)
- What brand of vitamins do you use? (we rotate a few high quality brands)
- Where do you buy your herbs?
- What juicer do you use?
- Etc. Etc.

So we decided to address **BIG SIX** questions by designing a few interactive resources (with clickable links—how convenient!). We designed our website, ebooks, etc. to provide the guidance we wish we had the day we were diagnosed—so you can fast-track your wellness plan.

FOR MORE ON THE THE **BIG SIX**
CHECK OUT OUR OTHER EBOOKS

TABLE OF CONTENTS

I. FOOD IS MEDICINE; WHAT YOU REALLY NEED TO KNOW

What's the Scoop?

 Food; Mind, Body, Spirit	 Organic/Local	 Juicing & Blending
 Gratitude & The Sacred	Grown	 Sprouts & Wheatgrass
Table	-Where to Buy	 Water
 God's Food	-Saving \$\$\$	 Sugar
 To Fruit or Not to Fruit?	 Anti-angiogenic	 White Flour
 Animal Products	Foods	 Soy
 Non-GMO	 Herbs	 Dairy

II. MEAL PLANNER

II. GROCERY LIST

III. "GO TO" RECIPES

yum!

1. Morning Green Juice
2. Detox Juice
3. Smoothie "Bullet" Shots
4. Nut Milks
5. Holy Omega Nut & Seed Mixture
6. Acai Bowls
7. Kale Salad
8. Veggie Burgers
9. Sweet Potato Chili
10. Fudgy Black Bean Brownies
11. Vegan, Gluten Free & Totally Awesome Chocolate Chip Cookies
12. Chocolate Avocado Pudding

EAT GOD'S FOOD

BUY ORGANIC OR LOCAL GROWN

NON-GMO

LIMIT MEAT, DAIRY, & GLUTEN

PLANT-BASED & ANTI-INFLAMMATORY

SHOP THE PERIMETER OF STORE

FOOD: MIND, BODY, SPIRIT

FOOD IS MEDICINE

90% of disease is related to lifestyle, not genetics. This is great news because we control our lifestyle (diet, rest, stress level, exercise, etc.). This means that our genes are not our destiny and that we can turn-off “disease genes” by our lifestyle and largely by what we put in our mouth. Food changes us at a cellular level, with the potential to effect gene expression and heal the body. Food is medicine and the grocery store is our pharmacy.

FOOD IS DEVINE

Consuming food is truly a spiritual practice. “You are what you eat” and maintaining good nutrition is part of showing reverence for your Devine body. Realize that everything you eat becomes part of your body, mind, and spirit. Food affects every cell in our body, prevents disease, and heals us.

GRATITUDE

One of the most spiritually profound things we can do is to be present and grateful. Meal time is a great reminder to get still and be present; “right here, right now”. Use meals as a time to reflect and have gratitude for the smallest of things; a beating heart, a safe home, etc. Take time to bless your food before consuming it, with gratitude for the people who planted the seed and harvested the crops, all the way to the person who cooked and prepared the meal. Food’s journey to our tummies is quite amazing—really take that in, give thanks, and enjoy the feeling of peace.



Side note for those trying to watch their waistline or meet health goals: When you commit to praying every time you eat (even when placing a teeny tiny morsel in your mouth), you will become more mindful of all you consume.

THE SACRED TABLE

At first glance our dinner table may look like any other kitchen table in America—distressed wood, 4 legs, with seating for 8, (but always room for more), and a few scratches from lots of use. But for me, our table represents so much more. In fact, I think of our table as a sacred place, where my family comes together for some stillness (no phones, iPad, etc.), to join in prayer, and to enjoy food from mother earth (that was prepared with lots of TLC!). For me, food (and the family table) = love.

GOSH IF THAT TABLE COULD TALK!

Take a minute to think about your own kitchen table—or the one you grew up at. I have realized that every nick in our table contains a memory; from blowing out candles, playdough fun, holiday celebrations, champagne toasts, game nights, belly laughs, and midnight snacks-- to the occasional argument or sharing of tears/heartache—met with supportive hugs. That seemingly ordinary wooden structure with seating for 8, is truly a treasure trove of sacred memories & ♥ (and yours is too!)—with much more to come! So it’s fitting that we take great care in the food that gets placed on our table and in the tummies of those we love!



WELLNESS WARRIOR (BEST HOBBY EVER)

So right about now I hope you are realizing that its not “just food” or “just a kitchen table”—eating is sacred. But if you’re still thinking “I just don’t have time to cook”, I would encourage you to think of being a “Wellness Warrior” as a hobby. And unlike that beer drinking/bowling hobby that yielded a little metal trophy and a bit bigger belly--the fruits of your wellness hobby are going to nourish your family, make you look gorgeous, feel young & prevent disease (totally awesome)!

GET ORGANIZED

Remember, hobbies are fun! And like any hobby, you must invest time, energy, and money to excel and truly enjoy the experience. To help you get started we’ve included [meal plans](#), [grocery lists](#), and a few of our favorite [healthy recipes](#). Additionally, here are some tips to make your new hobby a total success:

- **MEAL PLAN ONCE A WEEK.** I flip through my recipes and do all my meal planning on Sundays (choose the day that works best for you and stick to it).
- **SIMPLICITY IS BLISS.** I recommend having a few “go to meals” that are easy to prepare and please everybody at your table. I have several meals that I serve almost every week. This simplicity makes shopping, meal planning, and cooking a little easier.
- **COOK IN LARGE BATCHES** My family loves veggie burgers ([recipe attached](#)), so I cook in large batches & freeze so they are always on hand for a quick meal.
- **VARIETY BABY!** I try to incorporate 1 new recipe each week, then we vote on whether it’s a keeper. There are many great websites/blogs that offer free healthy recipes. Here’s a few of my favorites: [Find Your Strong](#), [Earth Fare](#), & [Kris Carr](#).
- **USE AN ORGANIZED GROCERY LIST.** Design a list that outlines all the products you use in the order they appear in the store. A list will help you not forget anything so you can avoid having to do a 2nd grocery run (ugh!). We included a [sample grocery list](#) to get you started. Also make sure to designate on this list the items you buy at specialty stores or online for easy re-ordering.
- **DON’T SHOP TIL YOU DROP.** Keep shopping to a minimum. Shop twice a week to conserve time/energy. I tend to shop on Sundays & Wednesdays--do what works best for you.
- **PREP FOODS RIGHT AFTER PURCHASE.** Prepping foods right after shopping will make cooking easier and you will be more likely to stick to your meal plan.
- **CLEAN THAT JUICER-RIGHT NOW!** Keep juicers and blenders clean at all times or have spare parts, so juice and smoothies are always a breeze. If you start to think “hmmm a green juice would be great right now”, but then you realize you will first have to clean the juicer--ahh, you may change your mind & grab the pork rinds instead.
- **GET PASSIONATE.** Get jazzed about your new hobby—explore, get creative, buy a spiffy new apron, research recipes, label your pantry, include friends and family, and get excited about experimenting in the kitchen.
- **SACRED PLACE=SACRED MEMORIES.** Get your family & friends involved and invite them to your sacred table and start making those memories!

WHAT SHOULD WE EAT or NOT EAT?

GOD'S FOOD

Consume an organic, plant-based diet (no processed foods)!! Fruits, vegetables, nuts, seeds, and sprouted grains. If it doesn't grow in nature-or needs an ingredient label--don't eat it! **INFLAMMATION** is the root cause of disease. I'm not talking about the helpful kind of inflammation that occurs to help your body heal after a sprained ankle. I'm talking about chronic inflammation (caused by poor diet, allergens, stress, etc.) that silently wreaks havoc on the body. An organic plant-based diet is one of the most effective ways to quell inflammation and improve health.

VEGGIES (& FRUIT ?)

I think most everyone can agree that the more colorful veggies on your plate—the better! However, fruit is a bit more controversial because of its sugar content. We all know that cancer loves sugar, so fruit can raise concerns especially for people with a history of disease. That said, many cancer survivors embrace both fruit and veggies. Quite honestly, there are studies that support both sides of this debate.

To fruit or not to fruit?

All I can do, is tell you how we approach this issue and encourage you to follow what feels right for you. We try to apply a common sense approach to the things that are controversial and try not to get too hung up on them. Do I think people get cancer from eating too much fruit? (Probably not). Do I think eating pineapple and bananas all day will effect blood sugar? (Uh.. yes). So we attempt to consume fruit that gives us the most bang for our buck, by opting for high antioxidant fruits that have a low glycemic index. Strawberries, blueberries, blackberries, and raspberries are staples in our diet that we consume daily. Also, we do not juice these berries—instead, we eat them! Do we eat an occasional banana you may ask? Yes, we do! And we even throw in a medjool date here and there to sweeten our smoothies—(much better than processed sweeteners)!

NUTS, & SEEDS

Load up on nutrient-dense (anti-oxidants, protein, & omega 3's) flax, chia, walnuts, hemp, sunflower, etc. I keep a jar of mixed nuts and seeds in my fridge—so we can easily scoop into shakes, salads, etc.



ANIMAL PRODUCTS

If you choose to consume animal products, select; organic, grass fed, antibiotic free, nitrate free, humanely raised, free range and wild caught products.

- Make it a side dish (not the main course).
- Limit to 2-3 times a week
- No pork or shrimp (toxins & parasites)
- Use organic bone broths that add healing nutrition to soups, stews, etc.

NON-GMO

90% of corn, soy, and canola grown in the U.S. is GMO and manufacturers do not have to label these products. Genetically modified crops have been engineered (gene addition or subtraction) to resist insects, improve taste/storage, and to resist pesticides (like round-up). Call me crazy—but this already sounds like a recipe for disaster. There are some things that just shouldn't be messed with (like God's food). Farmers can saturate GMO crops with pesticides, killing only the weeds (no waste). Here's the thing, pesticides that kill insects and rodents are also toxic to humans (go figure?) and many cannot be washed off. Bottom line: GMO's are dangerous to humans and animals who eat GMO's are not safe for human consumption. [GMO boycott list](#).

BUY ORGANIC OR LOCAL GROWN

There was a time when eating healthy simply meant filling your plate with fruits & veggies. But now, even fresh produce can be dangerous to our health due to pesticides, GMO's, etc. Buying "certified organic" ensures your veggies haven't been sprayed with dangerous chemicals and that you are buying "Non-GMO". [To be clear, "organic" means the product is also "Non-GMO". However, products marked "Non-GMO" are not organic unless indicated.] Get familiar with the dirty dozen, so that you are aware of the crops that have the most pesticides. Always try to make sure your fruits & veggies from the dirty dozen category have been grown organically to reduce your exposure to toxins.

DIRTY DOZEN

1. Apples
2. Strawberries
3. Grapes
4. Celery
5. Peaches
6. Spinach
7. Sweet Bell Peppers
8. Nectarines- Imported
9. Cucumbers
10. Potatoes
11. Cherry Tomatoes
12. Hot Peppers
13. Kale/Collard Greens
14. Summer Squash



CLEAN FIFTEEN

1. Sweet Corn
2. Onions
3. Pineapples
4. Avocado
5. Cabbage
6. Sweet Peas
7. Papayas
8. Mango
9. Asparagus
10. Eggplant
11. Kiwi
12. Grapefruit
13. Cantaloupe
14. Sweet Potatoes
15. Mushrooms



Buying from local farmers is another great way to get quality products, often at a discounted price. Locally grown crops are picked at peak ripeness and the shorter time between the farm and your table means that less nutrients will be lost. Local farmers also tend to be more concerned with toxic exposure and often farm organically, but can simply not afford to go through the certifying process.

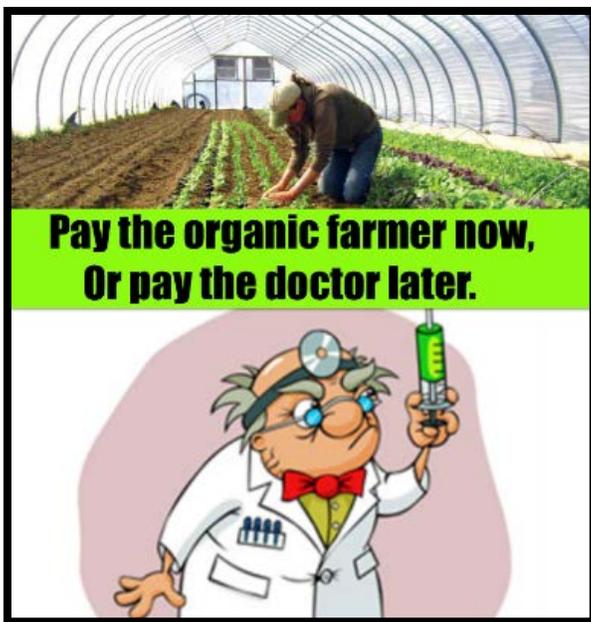
And another alternative, if you have a little space, is to consider growing your own organic garden. ([Growing food in small spaces](#)).

THE GROCERY STORE IS OUR PHARMACY-WHERE TO SHOP?

Food is medicine. Therefore, we should all think of the grocery store as our pharmacy.



Most large grocery store chains now carry a variety of organic/non-GMO items (Publix is great!). I also will occasionally hit up my local [Earth Fare](#) or [Whole Foods](#) (aka “Whole Pay Check”-ha!). These stores can be pricey, but they always have what I need and I love browsing the isles (so fun!). If you're trying to pinch pennies consider buying the “clean 15” conventionally grown, while getting the “dirty dozen” organically/local grown. Remember:



ONLINE & DELIVERY (GOOD DEALS & OH SO CONVENIENT)

I often shop online ([Vitacost](#), [Thrive Market](#), etc.) for quality products, better deals and convenience. These stores are kinda like a Costco/Amazon that specializes in healthy products. There are also services that can help you get your hot little hands on the nutritious foods you need with the added convenience of having it all delivered right to your door. I have sprouts and wheatgrass delivered each week from [Got Sprouts](#). Sprouts & grass are hard to find and these are superior quality (worth every penny)—and it's so convenient to have them sitting on my stoop every Friday. I also sometimes use [Farm Box Direct](#) and

have really enjoyed the quality and convenience. There are also services that shop for you and deliver your groceries right to your front stoop (i.e. [Instacart](#)) and some that send prepared healthy meals to your door (i.e. [22 DAYS Vegan Meal Delivery](#)).

ANTI-ANGIOGENIC FOODS

These foods prevent the formation of blood vessels that tumors need to grow. Incorporate as many antiangiogenic foods as you can into your daily diet. Watch this [Ted Talk](#) for more information on the power of anti-angiogenic foods.



ORGANIC HERBS/SEASONINGS

Add flavor & nutrition by adding healing herbs to foods; basil, ginger, mint, turmeric, etc. These herbs are anti-inflammatory and are fun & easy to grow in small spaces. I love my [Mr. Stacky](#) planters—best Mother's Day gift ever!



JUICING



- ♥ Increases immune function.
- ♥ Alters gene expression (this is profound).
- ♥ Effects us at a cellular level.
- ♥ Quells disease-causing inflammation.
- ♥ Controls blood sugar.
- ♥ Prevents disease.

GET YOUR JUICE ON! (& BLEND BABY BLEND!)

Raw juice & smoothies rock!—and are the centerpiece of our wellness plan. With all the diets out there (Paleo, Vegan, Mediterranean, etc.), sometimes it's difficult to know what we should be eating. But there is one thing that most all wellness gurus can agree on—we should all eat more plants! And no better way to get those green beauties into our bellies than a Green Juice or Smoothie.

Juicing is one of the easiest ways to get the nutrition you need (lots of veggies, sprouts, wheatgrass, & and occasional fruit), as it floods the body with vitamins, enzymes, phytonutrients, and oxygen! I always marvel at my huge pile of veggies (more than most humans could eat in a week) that gets pressed into a beautiful glass of green goodness. I feel great knowing that my kids have ingested a boatload of nutrients before they ever leave the house each morning! We consume at least two large green juices each day ([morning juice recipe](#)). Our standard morning juice is all green, but occasionally we deviate from this recipe and mix up a more fruity/delicious concoction.



SMOOTHIES

Smoothies tend to be a bit higher in calories, sugar, and fat. And although you won't be able to fit the nutrition from quite as many fruits/veggies in the cup—smoothies are full of fiber & a nutritional powerhouse in their own right! With smoothies, you can get creative & they always taste great (it's almost impossible to mess these up)! Smoothies can use items that can't be juiced (like bananas & avocados) and can incorporate lots of flavors/textures (nut milks, kefir, juice, nut butter, cocoa, frozen produce, seeds, vanilla, etc.). I try to use 3 parts veggies and 1 part fruit to keep our smoothies nutritious & delicious! We often serve what we call "[bullet shots](#)" with dinner, these 4oz smoothies are an awesome side dish. Check the Find Your Strong [website](#) for great juice & smoothie recipes!

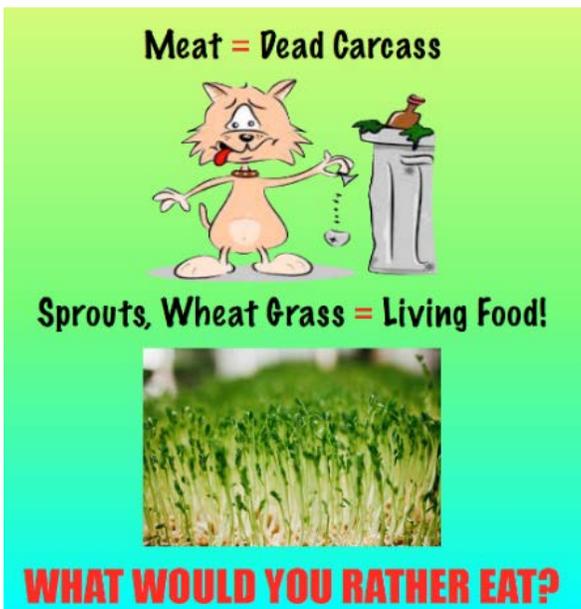
SPROUTS/WHEATGRASS



Juicing is totally awesome—juicing sprouts & wheatgrass is even better!



Sprouts and wheatgrass are “living foods”—think of them as the Babe Ruths of veggies. Wheatgrass contains the highest chlorophyll and phytonutrient content of any food and 2oz of wheatgrass has more nutritional value than 5 lbs. of organic greens. Sprouts also have many times more phytonutrients, enzymes, and antioxidants than non-sprouted varieties and are great in salads.



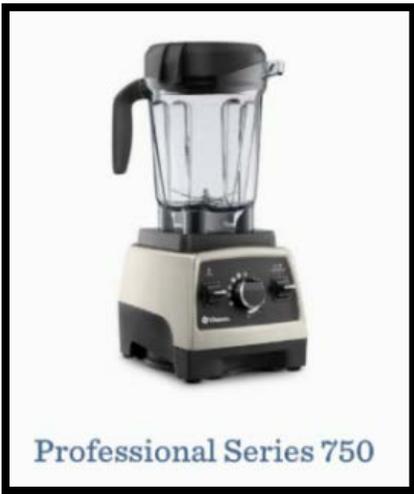
JUICERS & BLENDERS

I am all about pinching pennies, but you just can't skimp on a juicer or blender. Juicing has the power to transform your health, so a good juicer is probably the most important place to invest your money. The truth is, you can get a quality juicer for around \$200 and a Nutribullet blender for about \$100. If you are on a budget,—consider a refurbished model. Start with a juicer—then, while you are mastering the art of professional juicing, you can be saving for the purchase of a spiffy new blender. Or maybe you can save up your birthday tokens or ask Santa for a Vitamix this Christmas!

Centrifuge Juicers: [Omega](#) & [Breville](#)

Masticating Juicers: [Kuvings Whole Slow Juicer](#) (I love mine!)-buy extra parts [here](#) so it's always clean! [Champion Juicer](#) or [Norwalk Juicer](#) (if you're a Rockefeller & \$\$ is no object!)

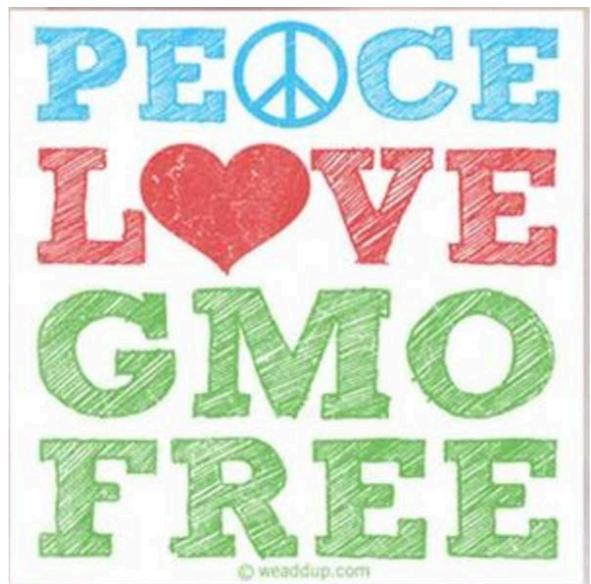
Blenders: [Bullet](#) (awesome for the price!)
[Vitamix](#) (the granddaddy of all blenders-it even "self-cleans")



Vitamix



My Kuvings Juicer



Juicing Tips

Watch our juicing video [here](#).

1. **USE THE RIGHT JUICER-** The right juicer is the one you will use. Think about what best fits your needs.
 - Centrifuge Juicers** [Omega](#) & [Breville](#)
 - Spinning blade creates fast juice.
 - Faster juicing & easier to clean.
 - Adds a bit of heat & generally can't handle grasses/sprouts.
 - Masticating Juicer** [Champion, Kuvings](#) (love mine!)-extra parts [here!](#) [Norwalk](#) (if you're a Rockefeller & \$\$ is no object!)
 - Slowly chew & press out juice.
 - Doesn't create heat, so it keeps more nutrients intact & juice lasts longer.
 - Capable of handling grasses and sprouts.
 - Slower juicing & harder to clean.
2. **USE ORGANIC OR LOCAL GROWN, ESPECIALLY WHEN DEALING WITH THE DIRTY DOZEN.**
3. **GIVE THEM A BATH (WASH RIGHT)-**Lemon juice, vinegar, & baking soda are all good for washing fruits/veggies.
4. **PREPARE THEM FOR THE JOURNEY-**You can't wait to shove those bad boys (aka fruits & veggies) into your sparkly new juicer. But then you start to wonder..Can I juice a whole apple? What about the doohickey on the celery? Should I peel cucumbers? What about oranges? Here's the simple lowdown:
 - Cut fruits/veggies so they fit easily in juicer
 - Peel non-organic produce & citrus fruits like oranges, lemons, etc.
 - Remove cores/seeds/pits. Some seeds/cores (like pineapple) are full of nutrition (but hard to juice), while others can reportedly contain toxins (apples). So, we remove all of them!
 - Seeds that are inside/part of fruits/veggies (oranges, cucumbers, etc.) are fine to juice!
 - The doohickey on the top of the celery turns into beautiful juice/carrot tops should be cut off (no need to peel if organic).
5. **USE NUTRIENT DENSE VEGGIES; LEAFY GREENS, SPROUTS & WHEATGRASS-**
We love [Got Sprouts](#)-they offer quality organic sprouts/grass delivered right to your door!
6. **LIMIT FRUIT & SOME MIXTURES**
 - Cancer loves sugar. Even sugar from natural sources may need monitoring (depending on your health concerns).
 - We choose fruits that are high antioxidant, but low glycemic index (berries & apples!).
 - Those with thyroid issues should consult their doctor before juicing cruciferous veggies (like kale).
7. **RID FOAM (NO ONE LIKES FOAMY JUICE) WITH A SMALL KITCHEN STRAINER**
8. **RE-JUICE THE PULP-**Conserve those pricey organic veggies by putting the pulp through the juicer a second time.
9. **LET TASTE BUDS ADJUST & POUR ON THE LEMON/LIME-**
 - At first green juice may taste a bit like grass clippings
 - Over time taste buds will change & you may even (dare I say) begin to ENJOY the earthy flavor.
 - Mask the taste by dousing with a little (or a lot) of lemon/lime juice, which is alkalizing without adding unwanted sugar.
 - If you're not concerned about sugar, add some fruit.
10. **CHUG IT**
Don't savor sprout/wheatgrass juice like a fine wine-- "shot-gun" (chug) it while focusing on what it's doing for your body!
11. **MAKE BIG BATCHES, STORE RIGHT, & CONSUME ANYTIME WITHIN 24 HOURS**
 - You're busy, so make a big batch in the morning to be drank throughout the day
 - Nutrients are quickly lost when exposed to oxygen, air-seal by filling glass jars to the tippy top (so there's no room for air) and air-seal with a tight lid (regular mason jars lids rust--we love [Jervis & George](#) & [Ecojarz](#)).
 - Add lemon juice to help fill jars clear to the top, improve taste & prevent oxidation.
 - Juice will keep for a couple of days. We drink within 24 hours to ensure it still has nutrients intact & no bacteria (yuck!).
 - Drink wheatgrass within 15 minutes or freeze. Try making wheatgrass cubes to throw into drinks, smoothies, etc.
 - Some say drink juice on an empty stomach-some with food, etc. I say "who cares"--there is never a bad time for juice. So, get your juice on anytime, anywhere, day or night!
12. **KEEP JUICER CLEAN OR HAVE SPARE PARTS**
Nothing is worse than craving a green juice but realizing you must first clean the juicer (ugh).

WATER

Our water supply is contaminated with many disease-causing pesticides, prescription pills, lead, mercury, chlorine, fluoride, etc. To assure you have sparkling clean H₂O, install a reverse osmosis filtering system or try a [Berkey](#) portable system. Drink 8-10 glasses (8oz each) of filtered water per day or half your body weight in ounces (if you weigh 150lbs; drink 75 oz). Water can get boring, so get creative--increase flavor & nutrition by adding lemon, lime, fruit (oranges & raspberries rock!), ginger, mint, etc.



NO WHITE SUGAR

I for one, love sugar! Well, I love chocolate to be exact. Milk chocolate—not the dark 70% cocoa kind that's loaded with antioxidants. But, sugar is the enemy! Sugar is highly inflammatory and cancer loves it. So, go to your pantry and get rid of the white stuff NOW--and dry your tears & never look back!

Sugar is sugar. That said, there are many alternatives to white sugar that are far healthier, but these should still be used in moderation; stevia, maple syrup (grade B), coconut palm, date sugar, brown rice syrup, agave, honey, etc. Also try fruit to sweeten recipes (apples, dates, banana, goji, etc.). Experiment with what works best for you!

PITCH THE WHITE FLOUR TOO!

Your body recognizes this refined carbohydrate as SUGAR—you know, the enemy we just talked about. It also contains gluten (a common allergen)--so toss the white flour & replace with organic sprouted whole grains and/or gluten-free.

SOY

Soy is controversial, so we tend to steer clear of it (we do eat Tofutti!). For starters, 90 percent of soy is genetically modified (no thanks!). And soy contains phytoestrogens that mimic estrogen, which can increase risks of certain cancers. That said, I know many vegans (and doctors) who swear by organic tofu—and it tastes delicious!--so know the facts & do what feels right for you.

DAIRY

I will never forget hearing Brian Clement from the [Hippocrates Health Institute](#) say that “the only one who should ever drink cow’s milk is a baby cow”. I have since read the research and am convinced that conventional dairy causes inflammation/disease. Additionally, an average glass of cow’s milk contains 20+ different chemicals [antibiotics, growth hormones (IGF-1)], which can promote cancer.

So with all that said, at our house we limit our dairy intake and have sworn off all conventional dairy products. As for cow’s milk—we don’t miss it a bit because there are so many delicious alternatives (nut milks, hemp milk, coconut milk, etc.). Make sure to purchase only nut milks without [carrageenan](#) or make your own. Try these easy & delicious [nut milk recipes](#).

We also enjoy some of the non-dairy cheese alternatives, like [Go Veggie](#), Chao and [Follow Your Heart](#). But, there is one place that we just can’t seem to embrace dairy free—and that’s on pizza. (I think my kids would revolt if I put non-dairy shreds on our pizza). So we do cheat a little on “pizza night” with some fresh mozzarella & basil on our pie!! That’s Amore!

We also occasionally enjoy fermented dairy products like organic kefir or organic Greek yogurt, as they contain vitamins, enzymes, and probiotics for gut health and strong immune function. We also use organic ghee (clarified butter), which is rich in vitamins A, C, E, & K, without lactose or casein.

GLUTEN

Gluten is a protein found in common grains (i.e. wheat, rye and barley) that gives breads/baked goods an elastic texture. Gluten has been found to be a common inflammatory/allergen. Approximately 2.5 million Americans suffer from Celiac Disease (*an autoimmune condition* in response to the presence of gluten) and some doctors estimate that as many as 20 million people are gluten sensitive. Gluten has been linked to autoimmune disease, depression, arthritis, lupus, cancer, etc. The problem is that while some people notice immediate symptoms when eating gluten (diarrhea, bloating, abdominal pain, joint pain, skin rash, fatigue, etc.), many (about 75%) notice no symptoms, which allows it to silently wreak havoc on the body.

How do you know if you are gluten sensitive?

You can eliminate all gluten from your diet (not a morsel) for one month. Then reintroduce gluten by eating it with 3 meals and 2 snacks in a 24 hour period and see what happens. Generally speaking, symptoms will develop within 48 hours (rash, bloat, diarrhea, etc.). There are also blood tests (often not covered by insurance) available to detect whether you are sensitive to gluten.

Healthy & gluten-free?

Since gluten sensitivity is so common, it makes sense (to me at least) to limit gluten consumption and/or choose sprouted grains. But here’s the struggle, “gluten-free” does not mean “healthy”. In fact most commercial products lack nutrition because they are frequently made with starches (corn starch, potato starch, etc.), which are nutritionally empty and processed by the body as a sugar.

It’s worth noting that many people with gluten sensitivity can tolerate sprouted grains, like the ones found in Ezekiel products, which are nutritional powerhouses and more digestible. Most everyone in my house has been tested and found to be “gluten sensitive”, but no one has ever been symptomatic. That said, we have found that we are better off baking at home. But when it comes to store-bought baked goods, we generally choose sprouted grain products over gluten-free (starch-filled) refined carbs. Based on our medical history, we view sugar as our biggest enemy—then dairy & gluten. Also, we try to prioritize getting maximum nutrition. It makes sense for everyone to choose foods based on individual health concerns and what’s most important to you.

Gluten-free baking can be tricky. I have pitched many a baked good directly from the oven into the trash (sandy & dry). But after some experimenting, gluten-free actually tastes best when made at home. Homemade products also let you control the goodness that goes into every bite! Our favorite gluten free flours are oat, sprouted brown rice, almond, coconut, quinoa, & sorghum. Spelt does in fact have gluten,

but many people report being able to tolerate it well. It's also worth noting that some sourdoughs are gluten free or very low gluten (depending on how they are prepared). Check the [Find Your Strong website](#) for great gluten-free recipes! Also check our [grocery lists](#) for some of our favorite store-bought gluten-free products.

TAILGATING & TAHITI

I always get asked if we ever cheat on our diet.

Ah Heck yeah! Sometimes we cheat with a little bite, and sometimes we go off the rails (like on vacation, or while at the stadium). But after the wings & beer or poolside daiquiris, we make a U-turn and get back on the green juice bandwagon.

We don't strive for total perfection because a rigid attitude has a way of making us crazy with cravings. The moment you tell me I can't have something—I want it more! And being too hard on ourselves is stressful (and stress causes disease!). So we apply the 90/10 rule (sometimes it's more like 80/20—but who's counting-ha!). We strive to eat healthy 90% of the time and allow ourselves some wiggle room the rest of the time. I would encourage you to apply the numeric formula that works for you, enjoy yourself and realize that your body is a reflection of your norm.



POTS, PANS, KNIVES, CUPS, ETC.

In the kitchen, there isn't always a perfect choice when it comes to stocking the cupboards with all we need to prepare & enjoy a healthy meal. And replacing items like pots/pans can be expensive, so I have slowly phased out the old and replaced with non-toxic versions. Here are some practical guidelines that I try to employ:

- Steer clear of BPA (found in plastics)
- Don't use microwaves
- Avoid Teflon, non-stick cookware, aluminum, copper, and nickel, as they contain toxins that can leach into food

Instead use cookware made of:

- Stainless steel (shop [The Ultimate Green Store](#) pans & I love these [stainless cups](#))
- Ceramic (I love my [Xtrema](#) skillet (it's a baking dish too) and [Mercola ceramic knives](#))
- Cast iron is tried & true
- Glass bakeware
- [Bamboo Utensils](#)



LET'S GET COOKING

Attached are a few of my favorite tools that help me make healthy eating a bit easier; meal planner, grocery list, & some of my "go to" healthy recipes.

TIPS FOR SUCCESS

GET ORGANIZED & PLAN 1 DAY A WEEK. Pick one day each week to go through recipes, meal plan ([sample planner](#)), construct grocery lists ([sample list](#)), etc.

HAVE A FEW "GO TO MEALS" that are easy to prepare and please everyone at your table.

VARIETY BABY! Incorporate 1 new recipe each week.

COOK IN LARGE BATCHES & freeze for a quick/easy meals.

DON'T SHOP TIL YOU DROP. Shop twice a week to conserve time/energy.

PREP FOODS RIGHT AFTER PURCHASE to make cooking easier and you will be more likely to stick to your meal plan.

KEEP JUICER/BLENDER CLEAN or have spare parts, so juice and smoothies are always a breeze.

We've experimented with lots of combinations (so you don't have to) to come up with healthy, great-tasting dishes.



Veggie Burger Taste Test- *yum!*

Look for these symbols specific dietary needs.



to help you navigate for your

For more healthy recipes or to contact us, go to the FindYourStrong.info.

Happy Cooking!

Wishing You
Peace + Health
 Kelly

WEEKLY LOVE MEAL PLANNER

	GREEN JUICE & GREEN TEA	BREAKFAST	LUNCH	SNACK	DINNER	2ND JUICE OR SMOOTHIE	GROCERIES NEEDED
MON DATE: _____							
TUES DATE: _____							
WED DATE: _____							
THURS DATE: _____							
FRI DATE: _____							
SAT DATE: _____							
SUN DATE: _____							

REALITY JOURNAL

WHAT I ACTUALLY ATE	GREEN JUICE & GREEN TEA	BREAKFAST	LUNCH	SNACK	DINNER	2ND JUICE OR SMOOTHIE	REMARKS
MON							<input type="checkbox"/> Yep! took vitamins <input type="checkbox"/> Meditated/exercised
TUES							<input type="checkbox"/> Yep! took vitamins <input type="checkbox"/> Meditated/exercised
WED							<input type="checkbox"/> Yep! took vitamins <input type="checkbox"/> Meditated/exercised
THURS							<input type="checkbox"/> Yep! took vitamins <input type="checkbox"/> Meditated/exercised
FRI							<input type="checkbox"/> Yep! took vitamins <input type="checkbox"/> Meditated/exercised
SAT							<input type="checkbox"/> Yep! took vitamins <input type="checkbox"/> Meditated/exercised
SUN							<input type="checkbox"/> Yep! took vitamins <input type="checkbox"/> Meditated/exercised

GROcery LIST

FRUIT & VEGGIES

- | | |
|---|--|
| <input type="checkbox"/> Apple | <input type="checkbox"/> Mango |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Beet | <input type="checkbox"/> Oranges/Nectarine |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Pea Spouts |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Peaches |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Pears |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Peppers |
| <input type="checkbox"/> Broccoli Sprouts | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Pomegranate |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Potatoes |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Romaine |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Slaw |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Coconut | <input type="checkbox"/> Squash |
| <input type="checkbox"/> Collards | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Sunflower Sprouts |
| <input type="checkbox"/> Goji Berries | <input type="checkbox"/> Sweet Potato |
| <input type="checkbox"/> Grapes | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Green Beans | <input type="checkbox"/> Watermelon |
| <input type="checkbox"/> Kale | <input type="checkbox"/> Wheat Grass |
| <input type="checkbox"/> Lemons | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Limes | <input type="checkbox"/> _____ |



This list is meant as a guide to help you shop with ease



We included many of our favorite brands & where to buy.



As you plan meals, check off the grocery items you need. Add & subtract items that suit your needs & taste buds.



You may not be familiar with all items on this list-- give them a whirl & see what you like.



Buy organic or local- especially when dealing with the dirty dozen.



To save \$\$, 1st try your local grocer, next look online & lastly try your local health food store.



Designate (on this list) the items you buy at specialty stores or online for easy re- ordering.

[Vitacost](#)
[Thrive](#)
[Amazon](#)



Delivery services can be reasonably priced and oh, so convenient!

[Gotsprouts](#)
[Instacart](#)
[Farm box](#)
[Butcher box](#)

PANTRY STAPLES

- | |
|--|
| <input type="checkbox"/> Apple Cider Vinegar (Bragg) |
| <input type="checkbox"/> Avocado Oil |
| <input type="checkbox"/> Beans (black/white/chickpea) |
| <input type="checkbox"/> Bone Broth |
| <input type="checkbox"/> Brown Rice |
| <input type="checkbox"/> Coconut Aminos (Coconut Secret) |
| <input type="checkbox"/> Coconut Butter/Oil |
| <input type="checkbox"/> EVOO |
| <input type="checkbox"/> Grapeseed Oil |
| <input type="checkbox"/> Humus |
| <input type="checkbox"/> Lentils |
| <input type="checkbox"/> Liquid Aminos (Bragg) |
| <input type="checkbox"/> Nut Butter (almond/cashew) |
| <input type="checkbox"/> Pasta |
| <input type="checkbox"/> Lentil (Tolerant) |
| <input type="checkbox"/> Quinoa (Ancient Harvest) |
| <input type="checkbox"/> Spelt (Eden) |
| <input type="checkbox"/> Sprouted Grain (Ezekiel) |
| <input type="checkbox"/> Pumpkin |
| <input type="checkbox"/> Quinoa |
| <input type="checkbox"/> Sesame Oil |
| <input type="checkbox"/> Soba Noodles |
| <input type="checkbox"/> Tamari |
| <input type="checkbox"/> Tomatos Diced/Paste |
| <input type="checkbox"/> Tomato Sauce |
| <input type="checkbox"/> _____ |

HERBS & SPICES

- | |
|---|
| <input type="checkbox"/> Basil |
| <input type="checkbox"/> Bragg Organic Sprinkle |
| <input type="checkbox"/> Cayenne |
| <input type="checkbox"/> Chili Powder |
| <input type="checkbox"/> Cilantro |
| <input type="checkbox"/> Cinnamon |
| <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Curry |
| <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Ginger |
| <input type="checkbox"/> Mint |
| <input type="checkbox"/> Mustard Seeds |
| <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Pepper |
| <input type="checkbox"/> Pink Salt |
| <input type="checkbox"/> Red Pepper |
| <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Turmeric |

NUTS,SEEDS,etc.

- | |
|---|
| <input type="checkbox"/> Almonds |
| <input type="checkbox"/> Blueberries (dried) |
| <input type="checkbox"/> Cherries (dried) |
| <input type="checkbox"/> Chia Seeds (ground) |
| <input type="checkbox"/> Coconut |
| <input type="checkbox"/> Cranberries (dried) |
| <input type="checkbox"/> Dates |
| <input type="checkbox"/> Flax Seeds (ground) |
| <input type="checkbox"/> Goji Berries (Navitas) |
| <input type="checkbox"/> Hazelnuts |
| <input type="checkbox"/> Hemp Seeds |
| <input type="checkbox"/> Pecans |
| <input type="checkbox"/> Pine Nuts |
| <input type="checkbox"/> Sesame Seeds |
| <input type="checkbox"/> Sunflower Seeds |
| <input type="checkbox"/> Walnuts |
| <input type="checkbox"/> Wheat Germ |
| <input type="checkbox"/> _____ |

M♥RNING GREEN JUICE



- 1 Handful Sunflower Sprouts
- 1 Handful Sprouts
- 1 Handful Pea Sprouts
- Wheatgrass-enough for 2oz juice
- 2 Handfuls Kale
- 2 Handfuls Spinach
- 1 Cucumber
- 1/2 Lemon
- 1/2 Lime
- Ginger

*Put thru masticating juicer & enjoy!



COOL TIP: Make the ok sign & fill the circle with wheatgrass to yield a 2 oz. serving of juice. Whaala!

JUICING TIPS

1. A masticating juicer keeps more nutrients intact (no heat) & can handle sprouts & grasses.
2. Let tastebuds adjust & shotgun it! Add extra lemon/lime to mask the grassy flavor, without adding unwanted sugar. This is not a fine glass of wine meant to be sipped—so chug it before all those amazing nutrients dissipate.
3. Cancer loves sugar, so we limit fruit. If this isn't a concern for you—by all means add some fruity goodness!
4. Use organic or local grown when possible.
5. Lemon juice, vinegar, and baking soda work great for washing fruits/veggies.
6. Use nutrient dense veggies; sprouts, grasses, & green leafy greens! (gotsprouts.com)
7. Use a strainer to rid foam.
8. Re-juice pulp to conserve those precious organic veggies.
9. Store in air-tight, toxic-free containers & consume within 24 hours; wheatgrass with 15 minutes.
10. Enjoy! The more you drink it—the more you'll learn to love the earthy flavor!

DETOX JUICE

- 2 ORGANIC CARROTS
- 2 ORGANIC ORANGES
- 1 ORGANIC CUCUMBER
- 2 HANDFULS ORGANIC KALE
- 1/2 ORGANIC LEMON
- 1/2 ORGANIC LIME
- 1^{TSP} ORGANIC GINGER



Wash produce, peel all citrus, juice & enjoy!

SMOOTHIE “BULLET” SHOT



- 1/4 Cup Frozen Organic Kale
- 1/4 Cup Organic Frozen Spinach
- 3-5 Frozen Organic Strawberries or
- 1/4 Cup Organic Blueberries or Raspberries
- 1/2-1 Organic Frozen Banana
- 2 Wheatgrass Cubes or
- 1 Scoop Green Powder [Garden of Life Raw Perfect Food Green Superfood or Amazing Grass Organic Wheatgrass]
- 1/4 Cup Organic Goji Berries
- Water, Organic Juice, or Nut Milk of choice-
Enough To Cover Ingredients



Not sure what to serve for a side dish??

These, 4oz “bullet” shots (as we call them) are packed with fruits/veggies & make the perfect side dish. & Kids are free to have seconds!

Great anytime; breakfast, snack, etc.

NUT MILKS

SALTED CARAMEL, BERRY, & CHOCOLATE

Nut Milks may sound complicated, but they are actually super easy to make. Play around with different nuts and flavors.

Healthy & Delicious!



STEP 1: COVER 1 CUP OF NUTS WITH FILTERED WATER & SOAK

ALMONDS 8 HOURS/OVERNIGHT

CASHEWS 4 HOURS

BRAZIL 4 HOURS

STEP 2: DRAIN/RINSE YOUR NUT OF CHOICE & DISCARD WATER

STEP 3: ADD 3-4 CUPS FILTERED WATER & MIX IN BLENDER TIL SMOOTH

STEP 4: FILTER THRU NUT BAG

STEP 5: ADD FLAVOR & MIX IN BLENDER AGAIN

STEP 6: CHILL & SERVE

FLAVORS:

SALTED CARAMEL

2-4 ORGANIC MEDJOOOL DATES
2 TBS ORGANIC MAPLE SYRUP
2 TSP ORGANIC VANILLA
1/4-1/2 TSP PINK SALT
ORGANIC CINNAMON

BERRY GOOD

1/2 C. ORGANIC STRAWBERRIES
2-4 ORGANIC MEDJOOOL DATES
2 TSP ORGANIC VANILLA
1/4-1/2 TSP PINK SALT

CHOCOLATE

2-4 ORGANIC MEDJOOOL DATES
1-2 TBS ORGANIC COCOA
1/4-1/2 TSP PINK SALT

H[♥]LY OMEGA NUTS & SEEDS MIXTURE



- Organic cold milled flax seeds
- Organic ground chia seeds
- Organic raw shelled hemp seeds
- Organic raw sunflower seeds
- Organic raw walnuts
- Wheat germ



Mix ingredients into large air-tight container of choice.

Leave a small scoop in the container for convenient adding to smoothies, yogurt, cereal, baked goods, etc.

Enjoy!

ACAI BOWLS

MIX & MATCH



STEP 1: Pick a Base

- ¼ Cup Organic Yogurt (Nut or Greek) or Kefir
- ¼ Cup Nut Milk (More If Desired)
- 1 Avocado or Banana
- ¼ Cup Organic Fruit (Frozen or Fresh)

STEP 2: Pick Flavorful/ Nutritious Add-ins

- 2 tbs Organic Nut Butter
- 1 tbs Organic Cocoa
- 2 tsp Organic Vanilla
- 1 tsp Organic Cinnamon
- 1-2 Scoops Sunwarrior Protein Powder



STEP 3: Add Acai

- Sambazon Acai 1-2 Packs (Variety of Choice)

STEP 4: Pick Sweetener to Taste

- Organic Dates
- Organic Agave, Raw Honey or Organic Maple Syrup (Grade B)
- Stevia

STEP 5 Pick Your Toppings

- Organic Coconut
- Organic Nuts/Seeds of Choice
- Vegan or Organic Dark Chocolate Chips (60% Cocoa or Higher)
- ORGANIC Fruit (Strawberries, Blueberries, Mango, etc.)
- Granola
- Oats

- Mix Ingredients (Steps 1-4) In Blender—Pour In a Bowl
- Top With Toppings of Choice & Enjoy!

KALE YEAH! SALAD



Getting my kids to eat more greens is often a challenge. So when my kids started requesting this salad...my answer was "Kale Yeah"! The sweet/sour dressing is a game changer! So, hide as many nutritious veggies as you can under this tasty dressing.

This salad is a staple for lunch & dinner at our house. I make the salad (with dressing on it) in big batches to serve thru-out week! (keeps 4-5 days).

SALAD

- LOTS** **ORGANIC KALE-FILL YOUR BOWL TO THE BRIM & CUT INTO SMALL PIECES WITH KITCHEN SCISSORS**

- 1 CUP** **ORGANIC BROCCOLINI OR BROCCOLI FLORETS**
CUT REALLY SMALL-LIKE A SPICE-KIDS WILL NEVER KNOW ITS IN THERE

- 1/3 CUP** **ORGANIC DRIED CHERRIES or BLUEBERRIES**

- 1 CUP** **ORGANIC FRESH FRUIT OF CHOICE**
WE LIKE MANGO, STRAWBERRIES, BLUEBERRIES, BLACKBERRIES, & ORANGES

- 1/4 CUP** **HOLY OMEGA MIX OR NUT/SEEDS OF CHOICE**
(SUNFLOWER/FLAX/CHAI, HEMP, ETC.)

- 1-2 TBS** **ORGANIC COCONUT**

DRESSING-This is the secret sauce that really sells this salad!

- 1/4 CUP** **ORGANIC EVOO**

- 1/4 CUP** **ORGANIC MAPLE SYRUP (GRADE B)**

- 2-3 TBS** **ORGANIC LEMON JUICE**

- 2-3 TBS** **ORGANIC LIME JUICE**

- 1/2-1 TSP** **PINK SEA SALT**

- 1/4 TSP** **ORGANIC PEPPER**



- 1. Make the salad in a large bowl & chill.**
- 2. Combine all ingredients for dressing.**
- 3. Pour dressing onto salad and combine well so that all greens are coated.**
- 4. Enjoy!**

SOUTHWEST VEGGIE BURGERS



**A little sweet, with a savory Mexican flare.
Even kids & carnivores will love these!**

STEP 1 BAKE

2 MED ORGANIC SWEET POTATOES
*PEEL & CUT IN 1 INCH PIECES
*COAT IN EVOO & SPRINKLE PINK SALT
*BAKE 375 TIL SOFT-LET COOL

STEP 2 PREPARE IN MED SAUCEPAN

1 CUPS ORGANIC QUINOA
2CUPS FILTERED WATER
*PLACE IN PAN-BRING TO BOIL
*REDUCE HEAT, COVER, SIMMER 12-15MINS TIL
WATER IS ABSORBED & GRAINS ARE TRANSLUCENT
*LET COOL

STEP 3 COVER BOTTOM LARGE POT WITH EVOO & SAUTE

2-3 TSP ORGANIC MINCED GARLIC
1/2 CUP ORGANIC RED ONION CHOPPED SMALL
1/2 CUP ORGANIC WHITE/YELLOW ONION CHOPPED SMALL
1/2 CUP ORGANIC RED PEPPER CHOPPED SMALL
1 CAN/OR FRESH DICED JALAPEÑOS- WE LIKE HOT! USE WHATEVER HEAT YOU LIKE!
*ALLOW TO COOK DOWN

STEP 4 ADD TO ONIONS/PEPPERS & CONTINUE LOW HEAT TIL BEANS ARE A LITTLE SOFT. LET COOL.

2 ORGANIC SWEET POTATOES FROM STEP 1
2 CANS ORGANIC BLACK BEANS (RINSED/DRAINED)
3TBS ORGANIC COCONUT AMINOS
1-2 TSP FRESH ORGANIC BASIL
2 TSP FRESH ORGANIC PARSLEY
2-3 TSP ORGANIC CUMIN
2 -3TSP ORGANIC CHILI POWDER
1TSP ORGANIC GARLIC POWDER
PINK SALT/PEPPER TO TASTE

STEP 5 PUT BEAN MIX IN FOOD PROCESSOR TIL SMOOTH

STEP 6 TRANSFER TO MIXING BOWL & MIX IN

ADD 1.5 CUP COOKED QUINOA FROM STEP 2
1.5-2 CUPS ORGANIC BROWN RICE FLOUR-TIL THEY STICK
TOGETHER GOOD

MIX WELL BY HAND. MEASURE 1/2 CUP OF MIXTURE & FORM INTO PATTIES.

BAKE 400 ON GREASED COOKIE SHEET FOR 30-40 MINUTES (FLIP HALF WAY).

MAKE DOUBLE BATCH & SEPARATE XTRA (UNCOOKED) PATTIES WITH WAX PAPER AND FREEZE FOR A QUICK/EASY MEAL!

**Load on your favorite toppings & enjoy! We top with
avocado on gluten free, whole grain or sprouted buns!**

SWEET POTATO CHIPOTLE CHILI



1/2 ORGANIC RED ONION (CHOPPED)

2-3TSP ORGANIC MINCED GARLIC

1LB GRASS-FED GROUND BEEF

2 ORGANIC SWEET POTATOES
PEELED & CUBED

3 CUPS ORGANIC KALE CHOPPED

1 CAN ORGANIC BLACK BEANS
RINSED/DRAINED

2 CANS ORGANIC TOMATOES

1 CAN ORGANIC TOMATO PASTE

2 CHIPOTLE PEPPERS IN ADOBE SAUCE
THESE ARE SPICY—SO GO EASY!

1TSP ORGANIC FRONTIER ADOBO
SEASONING

1LG/32OZ ORGANIC CHICKEN BONE BROTH

2TSP ORGANIC CUMIN

1TBS ORGANIC MAPLE SYRUP GRADE B

PINK SALT/PEPPER TO TASTE



- SAUTE ONION & GARLIC IN EVOO, THEN ADD BEEF & BROWN. ADD BEEF MIXTURE TO CROCK POT.
- ADD REMAINING INGREDIENTS TO CROCK POT.
- COOK ON HIGH FOR 6-8 HOURS.

SERVE CINCINNATI STYLE OVER NOODLES OF CHOICE OR WITH YOUR FAVORITE TOPPINGS (DAIRY-FREE SOUR CREME, SHREDDED CHEDDAR, CHIVES, AVOCADO, ETC.).



FUDGY BLACK BEAN BROWNIES

The fact that these sweet treats are loaded with nutrient-rich black beans will be your little secret. Trust me, these taste awesome! Try adding nuts & seeds for added nutrition and make in big batches for freezing!

2 CANS	ORGANIC BLACK BEANS RINSED/DRAINED	1 CUPS	GLUTEN FREE OAT FLOUR SIMPLY TAKE THOSE OATS & GIVE THEM A SPIN IN THE BLENDER. WHOALA! GF FLOUR!
1 CUP	ORGANIC COCONUT OIL		
3/4-1 CUP	ORGANIC MAPLE SYRUP <small>GRADE B</small>	1/2-1 TSP	PINK SALT
2TBS	ORGANIC VANILLA VANILLA BEAN POWDER	3/4 CUPS	VEGAN <small>OR</small> DARK CHOCOLATE CHIPS (60% COCOA or higher)
2TBS	ORGANIC COCOA	1/4 CUP	<u>HOLY OMEGA NUT & SEED MIX</u> OR NUTS/SEEDS OF CHOICE
1 TSP	BAKING POWDER (ALUMINUM FREE)		

- COMBINE ALL INGREDIENTS (EXCEPT THE CHIPS) IN BLENDER & MIX UNTIL WELL INCORPORATED.
- SPREAD BATTER INTO A GREASED PAN AND STIR IN CHIPS.
- SPRINKLE WITH HOLY OMEGA NUT & SEED MIXTURE

BAKE 350 12-18 MINS OR UNTIL KNIFE COMES OUT CLEAN.

*These freeze really well & when thrown into a lunch box they thaw in time for lunch.

VEGAN, GLUTEN FREE & TOTALLY AWESOME CHOCOLATE CHIP COOKIES



Everyone needs a sweet treat now & then! These treats are loaded with nutritious nuts, seeds, & dark chocolate.

My kids like these super moist cookies, as they have that just-out-of-oven texture. For a crispier cookie that holds together better try adding an egg/egg substitute.

I make 2 pans of bars and freeze individual servings in zip lock bags to toss in lunches!

1 CUP ORGANIC BUTTER/GHEE/COCONUT BUTTER

USE ANY COMBINATION AT ROOM TEMP

3/4-1 CUP ORGANIC SWEETENER OF CHOICE

MAPLE SYRUP (GRADE B), STEVIA, COCONUT PALM, AGAVE, BROWN RICE SYRUP, DATE SUGAR, ETC. START WITH LESS & TASTE. YOU CAN ALWAYS ADD MORE.

1/2 CUP ORGANIC GREEK OR VEGAN NUT YOGURT

VANILLA, COCONUT, OR PLAIN WORK GREAT!

2 TBS ORGANIC VANILLA OR VANILLA BEAN POWDER

1 TSP PINK SALT

1 TSP

BAKING SODA

1 TSP

BAKING POWDER

(ALUMINUM FREE)

3 CUPS

GLUTEN FREE OAT FLOUR

SIMPLY TAKE THOSE OATS & GIVE THEM A SPIN IN THE BLENDER. WHOALA! DELICIOUS GF FLOUR!

OR

3/4 CUP

VEGAN OR DARK CHIPS

(60% cocoa or higher)

3/4 CUP

NUTS/SEEDS OF CHOICE!

I USE **OH MY OMEGA NUT &**

SEED MIX MIXTURE

- **COMBINE WET INGREDIENTS.**
 - **MIX IN DRY INGREDIENTS.**
 - **DROP ROUNDED SPOONFULS ONTO COOKIE SHEET.**
 - **OR SPREAD INTO A PAN FOR CHOCOLATE CHIP BARS.**
- ADJUST BAKING TIME AS NEEDED.**

BAKE COOKIES 350 DEGREES 7-12 MINUTES

BAKE BARS 12-18 MINS OR UNTIL GOLDEN BROWN

CHOCOLATE AVOCADO PUDDING



- 3 organic avocados
- 2 tbsp organic cocoa powder
- 1/4 cup organic maple syrup (grade B)
- 1/4 cup nut milk of choice
- 1/2 tsp organic vanilla extract or powder
- 1/4 tsp pink salt
- Optional: 1/4 cup organic coconut butter
- Optional add-ins: nut butter, protein powder, etc.



- Mix ingredients in blender
- Put mixture in bowls & chill

- Optional Toppings: Holy Omega Nuts, & Seeds Mix, dark chocolate chips (60% cocoa or higher), coconut, & Cocowhip



A NOTE ABOUT THE AUTHOR

CAREER: Kelly McClintock is a licensed counselor, who has spent the better part of the last 20 years within the walls of the jail/prison system and has (oddly enough) loved every moment of it! Kelly says “it’s easy to enjoy being institutionalized-when you have the keys to the joint”! [So true].

Since 2005, she has served as the CEO of Project Solutions, a social service organization that provides clinical counseling (rehab) services to a criminal population. Kelly has authored numerous professional training manuals and is a sought after speaker/presenter.

FAMILY: Kelly and her husband always wanted a big family and thought that their 3 active boys were a good start. Then in 2011, a mission trip to a South American orphanage resulted in the adoption of 2 girls. Kelly says that her large tribe makes for a very lively—very LOUD house (just ask the neighbors)!



PASSION; FIND YOUR STRONG CAMPAIGN: As a therapist, Kelly often talks to her clients about “rock bottom”. But, in early 2014, it was she who hit rock bottom. It wasn’t from alcohol, drugs, or criminal behavior--it was the result of a life threatening diagnosis.



Like many families facing a health crisis, the McClintock’s wanted to utilize every logical therapy to achieve wellness and chose to utilize an integrative/holistic modality. After 12 months in treatment, which included approximately 60 days in the hospital, the McClintock family is healthy and well! As the doctors were asking “how do we bottle this type of success”, the McClintock’s had already laid the groundwork for the **Find Your Strong Campaign** in an effort to share what they learned with others facing a diagnosis (and with those trying to prevent one from ever occurring).

FOR MORE INFORMATION about the McClintock’s personal wellness story, details about the *Find Your Strong* ebooks, lecture series, and information on **HOLISTIC WELLNESS** go to findyourstrong.info.

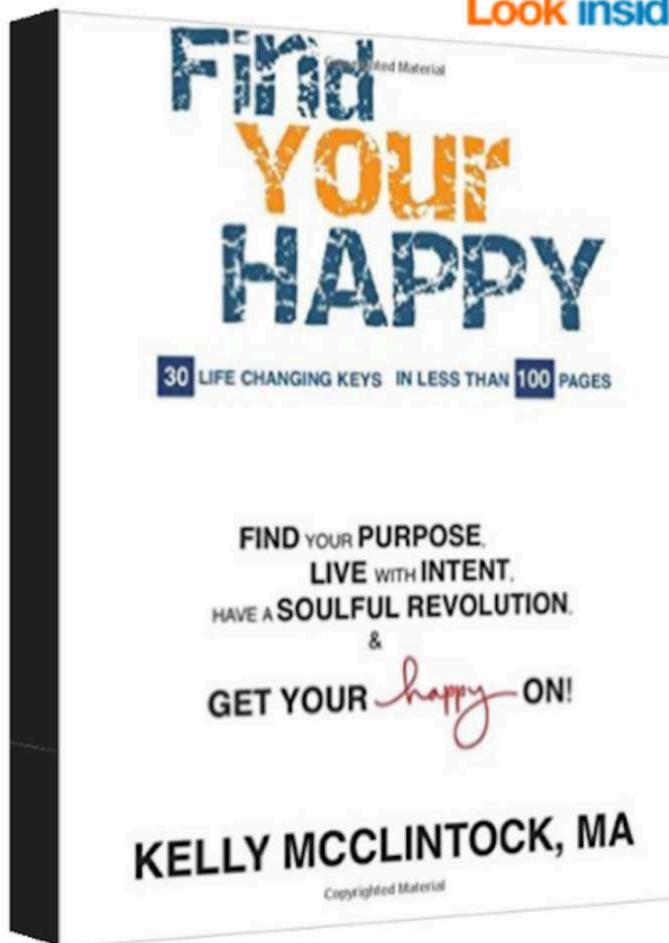


DID YOU ENJOY THIS EBOOK?

YOU MAY ALSO ENJOY OTHER BOOKS BY THIS AUTHOR. [\(click below\)](#)

Check out this author's book

[Look inside](#)



**GET YOUR
STRONG
ON**

**CALLING ALL WELLNESS
WARRIORS! & GREEN JUICE
JUNKIES!**

**JOIN OUR EMAIL LIST & GET THE
LATEST WELLNESS LOWDOWN!**

Name

Email Address

Subscribe

FINDYOURSTRONG.INFO