

Gain REAL Health - Eating REAL Food

GF

EAT REAL COOKBOOK

28-Day KickStart

Four-Day Trial



Krista Sanderson
REAL Food Champion



Zonya Foco, RDN
America's Nutrition Leader

Say Hello to 4 Simplified Days of Eating REAL!

Adapted from our co-authored [Eat REAL Cookbook](#), enjoy 4 days (Monday-Thursday) of our Week 2 Menu!

Get Started Today! Grab your grocery list and get ready for a simply sensational 4 days of REAL food!

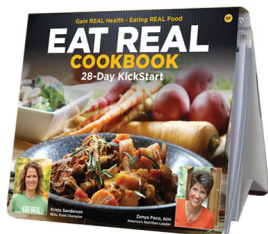
What's NEXT?

After your success with these 4 meals, say yes to more! Here's 3 ways:

On the pages following, you'll find:

1. The full menu for Week 2 of the KickStart
2. Recipes for the Monday - Thursday entrees and sides
3. A Week 2 shopping list (that even teenagers can manage, really!).

Use the list for the FIRST HALF of the week (Monday-Thursday).



Eat REAL Cookbook

Continue your delicious dinner bliss and create a “delicious meets healthy” lifestyle that sticks with 28 days of menus.. plus breakfast, lunch, snacks, desserts and beverages too!

Learn More:

zonya.com/product/eat-real-cookbook/



Eat REAL America Online Membership

Enjoy over one thousand recipes, twice-weekly coaching emails, and a library of articles and videos that will help keep you on the path to good health... all in an ad-free environment!

Learn More:

eatrealamerica.com/how-it-works/

EAT REAL
for Your Health!

Eat REAL for Your Health Kitchen Master Class

Get it all, the cookbook, online membership AND eight core videos that will skyrocket your kitchen confidence and nutrition know-how. Use coupon code **EVENTEATREAL** to drop the price from \$129 to \$89!

Learn More:

zonya.com/product/eat-real-for-your-health-kitchen-master-class/

Week 2 Menu

Shopping list on page 238 or at EatRealAmerica.com

MONDAY

Slow Cooker
Balsamic Pork
Stuffed Potatoes



Crunchy Coleslaw
(first half)



TUESDAY

Southwest
Quinoa with Simple
Guacamole



Massaged
Kale Salad



WEDNESDAY

Encore Balsamic
Pork and Pepper
Quesadillas



Crunchy Coleslaw
(second half)



THURSDAY

Baked Salmon
Patties with Spicy
Tartar Sauce



Curry Roasted
Cauliflower and
Carrots



FRIDAY

Spinach Artichoke
Pesto Pizza



Everyday Hummus
with Veggies



SATURDAY

Zesty Shrimp and
Broccoli Stir Fry
over Rice



Super Cinnamon
Applesauce



SUNDAY

Baked Chicken
Parmesan over
Spaghetti Squash



Roasted Brussels
Sprouts



Week 2 Shopping List

Divided into two easy trips. Print at EatRealAmerica.com.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entree	Slow Cooker Balsamic Pork Stuffed Potatoes p.65	Southwest Quinoa with Simple Guacamole p.67	Encore Balsamic Pork and Pepper Quesadillas p.69	Baked Salmon Patties with Spicy Tartar Sauce p.71	Spinach Artichoke Pesto Pizza p.73	Zesty Shrimp and Broccoli Stir Fry over Rice p.75	Baked Chicken Parmesan over Spaghetti Squash p.77
Side	Crunchy Coleslaw (first half) p.115	Massaged Kale Salad p.119	Crunchy Coleslaw (second half) p.115	Curry Roasted Cauliflower and Carrots p.139	Everyday Hummus with Veggies p.197	Super Cinnamon Applesauce p.74	Roasted Brussels Sprouts p.139

First Half of Week (Mon-Thurs)

Second Half of Week (Fri-Sun)

Produce

- ☐ **garlic** (2 bulb or garlic powder)
- ☐ **sweet potatoes** (4)
- ☐ **bell peppers** (all colors, 5)
- ☐ **jalapénos** (2)
- ☐ **onion** (red or white, 1)
- ☐ **mushrooms**, sliced (8 oz)
- ☐ **cauliflower** (1 head)
- ☐ **baby carrots** (petite, 12 oz)
- ☐ **shredded cabbage and carrots** (coleslaw mix, 8 cups)
- ☐ **salad greens** (8 cups, if serving salmon patties on greens)
- ☐ **kale** (1 bunch)
- ☐ **avocados** (2)
- ☐ **citrus fruit**: lemons (2), lime (1)
- ☐ **fresh cilantro** (1 bunch), opt

- ☐ **garlic** (1 bulb or garlic powder)
- ☐ **spaghetti squash** (1, or 6 oz whole-grain pasta*)
- ☐ **red bell pepper** (1)
- ☐ **cucumber** (1)
- ☐ **onion** (white or yellow, 1)
- ☐ **mushrooms**, sliced (4 oz), opt
- ☐ **broccoli** (2 crowns)
- ☐ **baby carrots** (40 or 2 cups)
- ☐ **celery** (2 stalks), opt
- ☐ **radishes** (8)
- ☐ **spinach** (4 cups)
- ☐ **Brussels sprouts** (1.5 lb)
- ☐ **citrus fruit**: lemon (1)
- ☐ **pineapple** (1)
- ☐ **fresh ginger** (or ground ginger)

Meat / Seafood

- ☐ **boneless pork tenderloin** (2.5 lbs)

- ☐ **raw shrimp** (peeled, deveined, 1 lb)
- ☐ **chicken breasts** (skinless, boneless, 1.5 lbs)

Bakery

- ☐ whole-grain buns* (4, if serving salmon patties on buns)
- ☐ corn tortillas (16) or whole wheat flour tortillas (8)

- ☐ whole-grain pitas (4, or 1 whole-grain pizza crust)*

Dairy

- ☐ shredded Parmesan cheese (1/4 cup)
- ☐ shredded part-skim mozzarella cheese (3/4 cup)
- ☐ eggs (2)
- ☐ plain nonfat Greek yogurt (1/2 cup)

- ☐ shredded Parmesan cheese (1/4 cup)
- ☐ shredded part-skim mozzarella cheese (1 3/4 cup)
- ☐ egg (1)
- ☐ plain nonfat Greek yogurt (2 Tbsp)
- ☐ milk (skim, almond or soy, 1/4 cup)

Dry / Canned

- ☐ pecans (1/4 cup)
- ☐ silvered almonds (1/2 cup)
- ☐ dried tomatoes (1 can, 14.5 oz)
- ☐ dried cranberries (1/4 cup)
- ☐ quinoa (uncooked, 1 cup)
- ☐ salsa (1/2 cup), opt
- ☐ black beans (1 can, 14.5 oz)
- ☐ capers (or dill pickle relish, 1 Tbsp)
- ☐ black olives (1 can, 4 oz)
- ☐ canned salmon (boneless, skinless, 3 cans, 5 oz each)
- ☐ low-sodium vegetable or chicken broth (1 3/4 cup)
- ☐ almond flour (1/4 cup), or oat or whole wheat flour

- ☐ ground flax seed (2 Tbsp)
- ☐ brown or black rice (uncooked, 1 cup)
- ☐ sun-dried tomatoes (8), opt
- ☐ marinara sauce (1 jar, 24 oz)
- ☐ tahini (1/4 cup, Asian section of store)
- ☐ applesauce (no sugar added, 2 cups)
- ☐ garbanzo beans (1 can, 14.5 oz)
- ☐ panko bread crumbs* (1 cup)
- ☐ basil pesto (from a jar, 6 Tbsp)
- ☐ artichoke hearts (can or jar, quartered, 1 cup)
- ☐ low-sodium vegetable or chicken broth (1/2 cup)
- ☐ whole wheat flour* (1/2 cup)

Frozen

- ☐ frozen veggies: corn (1 cup)

Pantry Checklist

Full Week

Vinegars / Oils	Condiments	Herbs / Spices		Baking / Other
<input type="checkbox"/> apple cider vinegar <input type="checkbox"/> balsamic vinegar <input type="checkbox"/> rice wine vinegar <input type="checkbox"/> olive oil <input type="checkbox"/> toasted sesame oil	<input type="checkbox"/> honey <input type="checkbox"/> hot sauce <input type="checkbox"/> light mayonnaise <input type="checkbox"/> low-sodium soy sauce (or tamari) <input type="checkbox"/> pure maple syrup <input type="checkbox"/> stone ground mustard <input type="checkbox"/> Worcestershire sauce	<input type="checkbox"/> crushed red pepper flakes <input type="checkbox"/> curry powder <input type="checkbox"/> dried dill weed <input type="checkbox"/> dried oregano <input type="checkbox"/> garlic powder <input type="checkbox"/> ground cinnamon	<input type="checkbox"/> ground cumin <input type="checkbox"/> ground ginger <input type="checkbox"/> ground turmeric <input type="checkbox"/> paprika <input type="checkbox"/> sesame seeds (4 Tbsp)	<input type="checkbox"/> cornstarch (or arrowroot) <input type="checkbox"/> salt <input type="checkbox"/> black pepper

Slow Cooker Balsamic Pork Tenderloin and Veggie Stuffed Sweet Potatoes with Crunchy Coleslaw (page 115)

This week's "Hello Monday" slow cooker dish creates a savory balsamic pork served atop a sweet potato. Yes, stuffing sweet potatoes will soon be as second nature as putting pork on a bun. (Which is fine for some, but we want to show you groundbreaking alternatives to eat nutritiously!)

The accompanying sweet and tangy coleslaw brings it all home with your daily serving of nutrient-boosting cruciferous!



Slow Cooker Balsamic Pork Tenderloin and Veggie Stuffed Sweet Potatoes

Serves: 4*

*This recipe serves 4 tonight, plus provides 2 cups each of planned-over pork and sauteed veggies for Encore Balsamic Pork and Pepper Quesadillas (page 69) later in the week.

2.5 lbs	boneless pork tenderloin	4-8 hours before serving: Place in the slow cooker.
1/2 cup	low-sodium vegetable or chicken broth	Add to a small bowl and stir to combine.
1/2 cup	balsamic vinegar	Pour mixture over the pork. Stir slightly.
1 Tbsp	Worcestershire sauce	
1 Tbsp	low-sodium soy sauce (or tamari)	
1 Tbsp	honey	
1/2 tsp	crushed red pepper flakes	
2	garlic cloves , minced (or 1/2 tsp garlic powder)	
4 small	sweet potatoes (or regular baking potatoes), left whole	After scrubbing the potatoes clean, place on top of the pork in the slow cooker. Cook on low for 6-8 hours (or on high for 4 hours). <i>To serve with Crunchy Coleslaw (page 115), make and dress that now, as it tastes better after marinating for several hours.</i>
1 Tbsp	olive oil	20 minutes before serving: Add oil to a large skillet over medium-high heat.
1	garlic clove , minced (or 1/4 tsp garlic powder)	Add vegetables and saute for 5 minutes or until slightly tender. (Save half of these sauteed vegetables for Encore Balsamic Pork and Pepper Quesadillas.)
3	bell peppers (any color or variety), seeded and cut into strips	.
1	onion (red or white), thinly sliced	Remove the potatoes from the slow cooker and transfer to a serving platter or individual plates. With the pork still in the slow cooker, shred with 2 forks and allow the pork to soak up the juices momentarily. (Set aside two cups of pork for Encore Balsamic Pork and Pepper Quesadillas.)
8 oz	white mushrooms , sliced	Slice and fluff the sweet potatoes, then top with pork, some of the juice and sauteed vegetables. Serve with Crunchy Coleslaw and enjoy!

Nutrition Information for 3/4 cup pork and 1/2 cup veggies over 1 sweet potato:

Calories: 410 • Fat: 8 g • Sat Fat: 1.9 g • Chol: 123 mg • Fiber: 5.5 g • Protein: 44 g • Total Carb: 40 g • Sugars: 15 g • Sodium: 305 mg

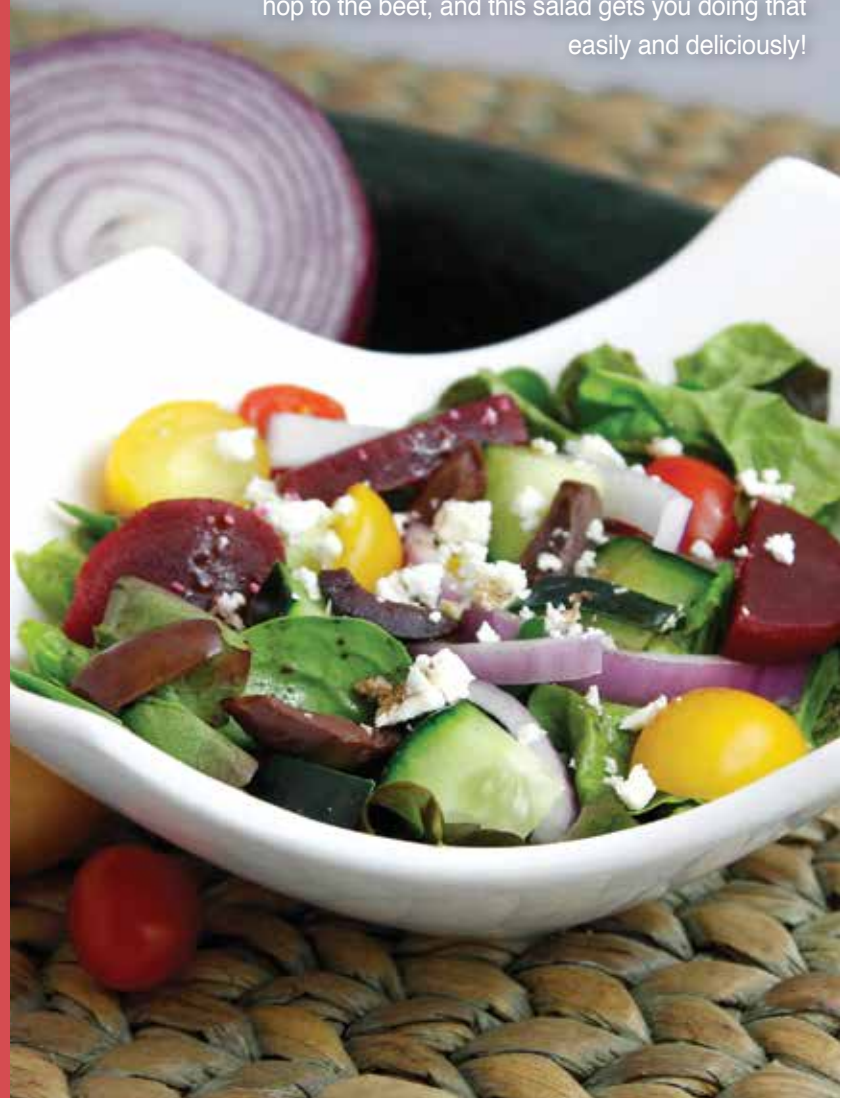


Crunchy Coleslaw

This healthified version of the well-known “Crunchy Ramen Noodle Slaw” is truly crisp and incredibly savory - while omitting questionable ingredients. Plus, you’ll have enough to enjoy for two meals during the week, what a time saver!

Easy Greek Salad

Beets have been found to lower blood pressure and enhance performance in athletes. Fresh or canned, it’s important to hop to the beet, and this salad gets you doing that easily and deliciously!



Crunchy Coleslaw

Serves: 8 (4 today and 4 planned-over for another day)

8 cups	shredded cabbage and carrots (you can use pre-shredded coleslaw with a mixture of green and/or purple cabbage with carrots)	Place one half of the slaw and chopped pepper in a medium bowl for serving tonight, and the other half in an airtight container, stored in the fridge for another night. If you choose to shred your own cabbage and carrots by using a food processor, any combination of each will work as long as it yields 8 cups.
1	red bell pepper , seeded and chopped	
3 Tbsp	apple cider vinegar	In a small bowl or mason jar, whisk or shake to combine. Set aside until ready to serve.
3 Tbsp	rice wine vinegar	
2 Tbsp	olive oil	
2 tsp	toasted sesame oil	
1/4 cup	pure maple syrup	
3/4 tsp	salt	
Dash	black pepper	
1/2 cup	slivered almonds	Add to a small dry skillet over medium heat. Cook for about 3 minutes until toasted and fragrant. Remove from skillet and set aside to halt the cooking and cool. Once cool, stir half into tonight's coleslaw, reserving the rest for the planned-over coleslaw. When ready to serve, pour half of the dressing over tonight's coleslaw and reserve the other half of the dressing for the planned-over coleslaw. Enjoy!
1/4 cup	sesame seeds (or sunflower seeds)	

QUICK TIP: Toasted sesame oil adds excellent flavor. Be sure the label says “toasted,” so it has the flavor you are looking for.

Nutrition Information for 1 cup: Calories: 140 • Fat: 8.5 g • Sat Fat: 0.9 g • Chol: 0 • Fiber: 4 g • Protein: 3 g • Total Carb: 15 g • Sugars: 9 g • Sodium: 190 mg

Easy Greek Salad

Serves: 4

6 cups	baby spinach leaves (or romaine)	Add to a large bowl.
1 cup	cherry tomatoes , cut in half	
1/2	cucumber , chopped into bite-sized pieces	
1/2	red onion , thinly sliced into rings, then cut in half	
10	Kalamata olives , drained and sliced (about 1/4 cup)	
1 Tbsp	olive oil	Drizzle over the salad and toss to coat well.
1 Tbsp	balsamic vinegar	
1 can	(8.25 oz) sliced beets , no salt added	Add the beets on top and sprinkle with feta cheese just before serving. Serve and enjoy!
2 Tbsp	crumbled feta cheese	

Nutrition Information for approximately 2 cups: Calories: 110 • Fat: 5.5 g • Sat Fat: 1.3 g • Chol: 4 mg • Fiber: 4 g • Protein: 4 g • Total Carb: 13 g • Sugars: 6 g • Sodium: 185 mg



Southwest Quinoa with Simple Guacamole and Massaged Kale Salad (page 119)

Get ready for your first of three immersions into quinoa. This one-pot vegetarian version, topped with a lazy man's guacamole, blends a fantastic variety of textures, colors and Mexican flavors. Don't omit the side salad if you can – you'll be amazed at the transformation created by "massaging" the kale, and you'll get your cruciferous power punch for the day.

Southwest Quinoa with Simple Guacamole Serves: 4

2	garlic cloves	Mince garlic and set aside. Remove seeds from one jalapeño, then dice both and set aside. (Wash your hands after chopping, to prevent the spice from getting anywhere you don't want it!)
2	jalapeños	
1 Tbsp	olive oil	Heat oil in a large saucepan over medium heat. Add garlic and jalapeños and saute for about one minute.
1 1/4 cups	low-sodium vegetable or chicken broth	Add all to the saucepan.
1 can	(14.5 oz) black beans , no salt added, rinsed and drained	
1 can	(14.5 oz) diced tomatoes (or diced tomatoes with green chilies)	
1 can	(4 oz) black olives , sliced or chopped	
1 cup	frozen corn (or cut fresh from the cob)	
1/4 tsp	salt	
1 cup	quinoa (red, white or mixed), uncooked	Rinse quinoa using a fine wire strainer. Add to the saucepan and bring to a boil. Cover and reduce heat to medium-low and simmer for 20 minutes or until most of the liquid is absorbed.
2	avocados , halved, flesh removed	While the quinoa is simmering, place in a medium-sized bowl and use a fork or potato masher to combine for Simple Guacamole. Set aside.
1 Tbsp	lime juice (juice from half of 1 small lime)	
2	garlic cloves , minced (or 1/2 tsp garlic powder)	<i>To serve with Massaged Kale Salad (page 119), use this time to make that as well.</i>
1/4 tsp	sea salt	
1/4 tsp	black pepper	
OPTIONAL ADDITIONS:		When quinoa is done, serve with Simple Guacamole and any or all of the optional additions, with kale salad on the side. Enjoy!
1/2 cup	salsa (e.g., Simple Salsa Fresca, page 195)	
1/4 cup	chopped fresh cilantro	
1/2 Tbsp	lime juice (juice from half of a small lime)	

QUICK TIP 1: Quinoa is a gluten-free and high protein alternative to rice, and it cooks in only 15 minutes. If your quinoa is not pre-washed, rinse it using a fine wire strainer to remove a natural coating, called saponin, that can taste bitter.


QUICK TIP 2: To learn how to select, slice and store avocados, watch our video at EatRealAmerica.com.

Nutrition Information for 1 1/4 cups of the quinoa mixture with 3 Tbsp Simple Guacamole and no optional additions:

Calories: 515 • Fat: 23.5 g • Sat Fat: 3.1 g • Chol: 0 mg • Fiber: 17 g • Protein: 16 g • Total Carb: 65 g • Sugars: 5 g • Sodium: 475 mg

Massaged Kale Salad

You may think you don't like kale, but you'll change your mind after learning how to "massage" it, which softens the leaves and makes it taste great! This simple and mind-blowingly delicious salad pairs wonderfully with almost any entree, and provides your cancer-fighting cruciferous veggie for the day!



"I sat across the dinner table holding my breath while my self-proclaimed kale-hating husband and our 13-year-old son devoured this salad. When I revealed, 'That's kale,' they both admitted, 'It's really good!'"

-Andrea from Colorado

Massaged Kale Salad

Serves: 6

1/4 cup	chopped pecans (or other nut of your choice, such as sliced almonds)	In a small dry skillet, toast the nuts over medium heat for about 3 minutes until golden brown and fragrant. Set aside.
1 bunch	kale , stems removed and leaves chopped (about 8 cups)	Place in a large bowl.
2 Tbsp	olive oil	Add each ingredient directly to the bowl with the kale. Use your clean hands to “massage” the kale for at least a minute -- you will notice the kale leaves turn a brilliant green and begin to get tender (thanks to the acid in the vinegar and lemon juice, as well as the bit of salt).
1 Tbsp	balsamic vinegar	
1 Tbsp	lemon juice (juice from half of 1 small lemon)	
1/4 tsp	salt	
1/4 tsp	black pepper	Let the salad sit for 5-10 minutes before adding the final toppings and serving.
1/4 cup	dried cranberries (or raisins or dried currants)	Add to the bowl with the kale along with the toasted nuts. Toss to combine.
1/4 cup	shredded Parmesan cheese	Serve and enjoy!

QUICK TIP: If there is salad left over, it will taste even better the next day. Thanks to kale’s sturdiness, it will not wilt on you like other greens.

Nutrition Information for a generous 1 cup serving:

Calories: 150 • Fat: 9.5 g • Sat Fat: 1.6 g • Chol: 2 mg • Fiber: 4 g • Protein: 6 g • Total Carb: 13 g • Sugars: 6 g • Sodium: 155 mg



Encore Balsamic Pork and Pepper Quesadillas with Crunchy Coleslaw (page 115)

Start your day with head-to-toe happiness knowing that the bulk of tonight's dinner is already prepared! This family-friendly meal makes use of planned-over Slow Cooker Balsamic Pork and Veggies (page 65) and Crunchy Coleslaw (page 115) to provide an oh-so-easy veggie-rich feast!



Encore Balsamic Pork and Pepper Quesadillas Serves: 4

This recipe makes use of 2 cups each of planned-over pork and sauteed veggies from the Slow Cooker Balsamic Pork Tenderloin and Veggie Stuffed Sweet Potatoes meal (page 65) made earlier in the week. *To serve with Crunchy Coleslaw (page 115), prepare and dress that now so it has time to marinate.*

2 cups (or more) **planned-over sauteed vegetables** from the Balsamic Pork Tenderloin and Veggie Stuffed Sweet Potatoes meal

Warm up planned-over sauteed vegetables OR if cooking vegetables now, add oil to a large skillet over medium heat, add vegetables and saute for 5 minutes until slightly tender.

OR:

1 Tbsp **olive oil**

1 **garlic clove**, minced (or 1/4 tsp garlic powder)

1 **bell pepper** (any color or variety), seeded and cut into strips

1/2 **onion** (red or white), thinly sliced

4 oz **white mushrooms**, sliced

2 cups **planned-over shredded pork tenderloin** from the Balsamic Pork Tenderloin and Veggie Stuffed Sweet Potatoes meal

Warm up planned-over pork, making sure it is uniformly shredded.

16 **corn tortillas** (or 8 medium whole wheat flour tortillas)


3/4 cup **shredded part-skim mozzarella cheese**

Assemble the quesadillas:

Place one tortilla at a time in a skillet on medium-high heat. (If you have a griddle, you can cook several at a time.) Top with 1/4 cup pork (use 1/2 cup for whole wheat tortilla), then top with sauteed vegetables and then cheese (both evenly divided). Top with another tortilla. Cook until browned, then flip to brown the other side. Repeat for each quesadilla. Cut into triangles (a pizza cutter works great) and serve warm with Crunchy Coleslaw on the side. Enjoy!

Nutrition Information for 1/2 cup shredded pork and vegetables using 4 corn tortillas:

Calories: 345 • Fat: 11 g • Sat Fat: 3.3 g • Chol: 75 mg • Fiber: 3 g • Protein: 29 g • Total Carb: 32 g • Sugars: 6 g • Sodium: 250 mg

A photograph of a meal. In the foreground, a white rectangular plate holds a baked salmon patty topped with a dollop of white sauce, resting on a bed of fresh green arugula. To the left, a white round bowl is filled with roasted cauliflower florets and carrot pieces. Behind the bowl, a clear glass contains a thick, white, creamy sauce. In the background, a whole red bell pepper is visible, and another plate with a burger is partially seen. The entire scene is set on a dark, textured surface.

Baked Salmon Patties with Spicy Tartar Sauce and Curry Roasted Cauliflower and Carrots (page 139)

Made with ingredients that are both convenient and wholesome, these moist patties serve up beautifully on greens or as a burger, and the homemade tartar sauce adds a fantastic kick! If our suggested serving size for this roasted side dish seems like more vegetables than you eat in a week, have faith! You're on your way to reaching the daily recommendation in a delicious and exciting way!

Baked Salmon Patties with Spicy Tartar Sauce Serves: 6

To serve with Curry Roasted Cauliflower and Carrots (page 139), get that into the oven first. You will be adding the Salmon Patties to the oven when the roasted vegetables are half-done, so it all comes out at the same time.

Preheat oven to 400 degrees. Grease a baking sheet.

3 cans (5 oz each) **salmon**, boneless, skinless, drained*
2 **eggs**
1/4 tsp **black pepper**
3 **garlic cloves**, minced (or 3/4 tsp garlic powder)
1/2 tsp **dried dill weed**
1 Tbsp **stone ground mustard**
1/2 **red bell pepper**, seeded and finely diced
1/4 cup **almond flour** (or oat or whole wheat flour)

Add to a large bowl and stir to combine. Form into six 3-inch patties (or four 5-inch patties), and place on the greased baking sheet.

Place in oven and bake for 12-15 minutes.

(This would be the same time you are tossing the roasted cauliflower and carrots).

1/2 cup (5.3 oz) **plain nonfat Greek yogurt**
1 1/2 Tbsp **light mayonnaise**
1 Tbsp **capers**, drained (or dill pickle relish)
1-2 tsp **hot sauce** (or Sriracha)

Meanwhile, stir together in a small bowl to make Spicy Tartar Sauce.

8 cups **fresh greens** (such as arugula) plus salad vegetables of your choice (for a gluten-free option)
OR
4 **whole-grain buns**

If serving as a salad, place greens on individual plates, or if serving with buns, toast the buns within the last few minutes of baking time. Serve with Spicy Tartar Sauce and enjoy!

QUICK TIP: Capers are like tiny pickles and can be found in a jar near the pickles and olives at the store.

*Substituting with “no salt added” canned salmon saves 230 mg of sodium per serving.

Nutrition Information for one 3-inch patty with 3 Tbsp Spicy Tartar Sauce over 2 cups greens:

Calories: 225 • Fat: 11 g • Sat Fat: 2 g • Chol: 111 mg • Fiber: 3 g • Protein: 26 g • Total Carb: 7 g • Sugars: 2 g • Sodium: 435 mg

A photograph showing a white square bowl filled with roasted cauliflower florets and carrot sticks, coated in a yellow curry sauce. The bowl is placed on a wooden surface. In the background, a baking tray with more roasted vegetables and a whole carrot are visible.

Curry Roasted Cauliflower and Carrots

What an excellent way to liven up cauliflower and carrots! You will absolutely love this combination of spices – especially warm right out of the oven! This yummy side goes with almost anything, but is especially fantastic paired with Salmon Patties with Spicy Tartar Sauce (page 71).

A photograph showing a white oval bowl filled with roasted Brussels sprouts, some of which are caramelized and browned. The bowl is placed on a woven placemat. In the background, several fresh Brussels sprouts and a lemon half are visible.

Roasted Brussels Sprouts

If you think you don't like Brussels sprouts, then you must try roasting them. This could be what makes you a believer! Roasting gives them a caramelized flavor with crispy browned outer layers... delicious, and SO simple!

Curry Roasted Cauliflower and Carrots

Serves: 4

Preheat oven to 400 degrees. Grease a large baking sheet. (Or line with foil or parchment paper because turmeric can stain.)

3 Tbsp **olive oil**
1/2 tsp **lemon zest** (finely grated lemon peel)
1 Tbsp **curry powder**
2 **garlic cloves**, minced (or 1/2 tsp garlic powder)
1/2 tsp **ground turmeric**
1/2 tsp **salt**
1/2 tsp **black pepper**

Add to a large bowl and stir to combine.

1 head **cauliflower**, cut into bite-sized florets
12 oz **petite baby carrots**, left whole

Add the cauliflower and carrots to the bowl and stir until evenly coated.
Spread the vegetables onto the greased baking sheet in a single layer.

Roast for 15 minutes, then remove from the oven and stir or turn to brown evenly.
Return to the oven and roast 12-15 minutes more, or until slightly tender and browned. Serve and enjoy!

QUICK TIP: To learn more about turmeric, see page 233.

Nutrition Information for a 1 1/2 cup serving:

Calories: 170 • Fat: 11 g • Sat Fat: 1.6 g • Chol: 0 • Fiber: 6 g • Protein: 3 g • Total Carb: 18 g • Sugars: 7 g • Sodium: 305 mg

Roasted Brussels Sprouts

Serves: 4

Preheat oven to 400 degrees. Grease a large baking sheet.

1.5 lbs **fresh Brussels sprouts**, stem ends trimmed and halved lengthwise
2 Tbsp **olive oil**
1 Tbsp **balsamic vinegar**
1/2 tsp **salt**

Add to a large bowl and stir to combine.

Spread onto the greased baking sheet in a single layer.

Roast for 20 minutes, then remove from the oven and stir or turn to brown evenly. Return to the oven and roast 5-10 minutes more, or until slightly tender and browned. Serve and enjoy!

QUICK TIP: Some recipes suggest mixing the vegetables, oil and seasonings directly on the baking sheet prior to roasting. But we like to mix the ingredients in a bowl first, then place on a baking sheet, so that everything is well combined and coated. If you are thinking “one less bowl to clean,” then by all means, just put everything on the baking sheet and mix it up there!

Nutrition Information for 1 cup:

Calories: 135 • Fat: 7.5 g • Sat Fat: 1 g • Chol: 0 mg • Fiber: 6.5 g • Protein: 6 g • Total Carb: 16 g • Sugars: 5 g • Sodium: 240 mg

About the Authors



Registered Dietitian & Nutritionist **Zonya Foco** is a wellness expert, professional speaker and best selling author who presents keynotes and cooking

presentations for association conferences and worksites nationwide. In 1998, Zonya published her kitchen countertop coach cookbook, *Lickety-Split Meals*, which has sold over a quarter-million copies. In 2005, she started her national Public Television series, *Zonya's Health Bites*, which focuses on simple solutions for everyday health and fitness. In 2012, she launched her worksite wellness program, DIET FREE, which has resulted in significant health improvements for thousands of individuals across America, and was chosen by Public Television for a two-hour special.

In 2018, in addition to publishing this book, Zonya and Krista launched their eight-part video-based cooking and nutrition education program, Eat REAL for Your Health, that equips worksites, families and individuals with the skills and inspiration to gain REAL health, eating REAL food. To learn more, visit Zonya.com and EatRealAmerica.com.



Krista Sanderson began her career with a Marketing degree from Missouri State University. After moving to Wichita, Krista found herself deep in

the trials of motherhood, with feeding her family healthfully the biggest challenge of all. In 2013, after experiencing a life-changing transformation made possible by a focus on REAL food, Krista started EatRealAmerica.com to help others experience the same. Krista's passion and talent help a variety of organizations engage and motivate their employees to eat healthfully through entertaining, educational workshops and cooking demonstrations. Countless friends and audience members have been heard to say, "Leave it to Krista to figure out a way to make kale taste delicious!"



**It's time to purge
old boring menus!**

**And discover foods and
flavors that make you ask...**



**"Where has this been
all my life?"**

**Grab the grocery list,
and let's get started!**



COOKING/DIET USA \$27.95

\$27.95
ISBN 978-1-890926-03-8
5 2 7 9 5 >



9 781890 926038

Learn more at EatRealAmerica.com and Zonya.com