

# CHERI'S *Nutritious* ARTHRITIS COOKBOOK

BY CHERI SCHULTZ





## A LETTER FROM CHERI

Welcome to my modest recipe collection. I'm so delighted to share these tried and tested nutritious dishes that are enjoyed by my husband and I.

Since being diagnosed with Rheumatoid Arthritis in 2018, food has become my medicine. Currently, I take no medication for my disease, however, I take 9 different vitamins and minerals to control the pain and inflammation. This lifestyle which consists of eating no refined sugar, dairy, processed food or simple carbohydrates has decreased my pain by 80%. To keep my joints mobile, I do yoga, lift weights 6 days a week, walk and hike to try and keep my muscles flexible and joints strong.

The recipes in this book focus on simple yet delicious meals.

I've tweaked, combined and created 39 tried and tested recipes that are quick, easy and yummy to make again and again. These recipes range from snacks, breakfast ideas, to breads, desserts, salads and dinner entrees. My goal is to inspire, encourage and empower others to eat healthy and improve their health and overall well-being.

I can't wait for you to try them and hope they bring smiles to you and your family.

With lots of love,

*Cheri*



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# *Breakfast* RECIPES



# Banana PANCAKES



Enjoy a warm and hearty breakfast without regretting your decision later with these incredible simple banana pancakes. These pancakes are made with wholesome ingredients and are delish!

READY IN 10 MIN

## DIRECTIONS

In a medium bowl combine all the ingredients except coconut oil.

Heat a nonstick skillet over medium heat. Lightly grease the skillet with coconut oil.

Spoon 1/8 cup of the batter onto skillet for each pancake.

Cook until surface of pancakes have some bubbles and sides of the pancake firm up, about 2 minutes.

Carefully flip the pancakes with a spatula, and cook the underside, for another 1-2 minutes.

Transfer the pancakes to a platter and serve with your favorite fruits.

## INGREDIENTS

1 egg  
1 ripe medium banana, mashed  
2 ½ tsp coconut flour  
pinch of baking powder  
pinch of cinnamon (optional)  
¼ tsp coconut oil for greasing

# Raspberry CRUMBLE BREAKFAST BARS



These bars are an incredible blend of sweet and tangy flavors. The filling is made with real raspberries, lemon juice, lemon zest, and honey. There's also an extra serving of chia seeds for some extra fiber and omega-3 fats.

READY IN 35 MIN

## DIRECTIONS

Preheat oven to 350°F.

To make the crust, place the almond flour, coconut oil and honey in a bowl and combine. Transfer to an 8x8 inch baking pan lined with parchment paper. Firmly press the mixture into the pan and level it off with a spoon or a spatula.

Bake in preheated oven 10 minutes. Remove from the oven and set aside.

To make the filling, in a saucepan place all the ingredients and cook over medium heat, stirring occasionally, until juices are reduced by half, 5–10 minutes. Remove from the heat and cool slightly.

To prepare the crumbly topping place the walnuts, shredded coconut, honey and coconut oil and mix with a blender. Process until crumbly, but still coarse in texture.

Spread the filling over the crust and sprinkle the crumble topping over the filling. Bake in preheated oven for 15 minutes. Remove from the oven and cool completely before cutting and serving.

## INGREDIENTS

### For the Crust

- 1  $\frac{3}{4}$  c almond flour
- 2 Tbsp honey
- 4 Tbsp coconut oil

### For the Filling

- 2 cups frozen raspberries
- 1 Tbsp lemon juice
- 3 Tbsp honey
- $\frac{1}{4}$  tsp lemon zest
- 2 Tbsp chia seeds

### For the Crumble Topping

- 1 cup walnuts
- $\frac{1}{2}$  cup unsweetened shredded coconut
- 2 Tbsp honey
- 1 Tbsp coconut oil

# Rainbow ACAI BOWL



Start your day off right with this mixed berry Acai Bowl filled with your favorite fruits, and superfoods for optimal health and wellness. Made in just 5 minutes for a quick, wholesome, and delicious breakfast.

READY IN 5 MIN

## DIRECTIONS

Place all the smoothie ingredients in a blender or food processor and blend until completely smooth. The smoothie should be thick, similar in texture to soft-serve ice cream.

Pour into a bowl and top with desired toppings. Serve immediately.

### TIPS:

Make sure your fruit is completely frozen to ensure the right ice cream-like consistency. To freeze the bananas, peel and chop ripe bananas into 1" pieces. Freeze and store for up to three months. When ready to use, just toss them in your blender with the rest of your smoothie ingredients.

## INGREDIENTS

### Acai Bowl

- ½ cup coconut water
- 1 small frozen banana
- 1 cup frozen berries
- 1 handful fresh spinach
- 1 Tbsp acai powder

### Toppings - optional

- ¼ cup almonds
- ½ small banana, thinly sliced
- 8-10 fresh berries
- fresh mint
- 1 Tbsp unsweetened shredded coconut
- 1 Tbsp hemp hearts



# Honey Nut BREAKFAST BARS



These bars might almost seem like more of a dessert than a breakfast. They are super healthy and packed with energy. The bars also make for a great snack or breakfast on the go!

READY IN 30 MIN

## DIRECTIONS

Preheat oven to 350°F.

Line an 8×8 baking pan with parchment paper. Combine all of the ingredients except the honey in a large bowl. Stir until combined. Slowly drizzle in the honey and mix to coat.

Transfer the nut mixture to the baking dish and spread into an even layer. Bake for 20 minutes. Let them cool on wire rack for 30 minutes.

Remove from the pan and flip over. Cool completely before cutting the bars.

Keep refrigerated.

## INGREDIENTS

1 cup cashews, roughly chopped  
¾ cup walnuts, roughly chopped  
¼ cup pecans, roughly chopped  
¼ cup unsweetened coconut flakes  
1 tsp vanilla extract  
1 tsp cinnamon  
Pinch of nutmeg  
½ tsp salt  
⅓ cup honey

# Mango Raspberry

## CHIA SEED BREAKFAST PUDDING



A healthy, fruity and delicious guilt-free Mango Raspberry Chia Seed Pudding. Free of refined sugar and it's gluten free.

READY IN 10 MIN

### DIRECTIONS

In a measuring bowl, combine milk, maple syrup, salt, vanilla and chia seeds. Stir well and leave to set in the fridge for 4-6 hours, or ideally, overnight.

You may want to stir the pudding halfway through the process to loosen as it will get thicker at the bottom.

Once your pudding is ready and before assembling, purée the flesh of your mango.

Combine raspberries and maple syrup in a bowl and crush lightly with a fork. You want a chunky raspberry consistency.

Layer chia seed pudding, mango mixture and raspberries in a glass. I do 2 layers of each, for a pretty combination.

Enjoy! Leftovers can be kept in the fridge for up to 2 days and it makes a great quick breakfast.

### INGREDIENTS

1 ½ cups almond or coconut milk  
1 ½ Tbsp maple syrup or agave nectar  
1 pinch sea salt  
1 tsp vanilla extract  
6 Tbsp chia seeds  
1 large mango  
½ cup raspberries  
2 tsp maple syrup

# Broccoli EGG WHITE BITES



These easy broccoli egg bites are full of healthy protein and fiber. The egg bites puff into a muffin-like shape in the oven, but then flatten out once cooled. The best part is you can make a large batch ahead of time and eat them throughout the week.

READY IN 20 MIN

## DIRECTIONS

Preheat your oven to 350°F.

Use the cooking spray to coat 12 standard-size muffin cups.

Add broccoli, onions and bacon to each muffin cup.

In large bowl whisk the eggs. Add salt, pepper and milk to the eggs. Pour the eggs into each of the muffin cups, about  $\frac{3}{4}$  full.

Sprinkle the cheese on top and bake the eggs for about 18 to 20 minutes.

Cool the eggs for 3 minutes before removing them.

Serve and enjoy.

## INGREDIENTS

5 slices of cooked bacon,  
crumbled  
2 cups of broccoli florets,  
steam until tender  
 $\frac{1}{2}$  c shredded plant based  
cheese  
8 large eggs or egg whites  
 $\frac{1}{2}$  tsp pepper  
 $\frac{1}{2}$  tsp of salt  
 $\frac{1}{4}$  cup of almond milk

Option: carmalized onions

Cooking spray



# *Lunch* DELIGHTS



# Endive TUNA SALAD



Why use bread when there's endive. This makes for a great lunch or you can serve them up as appetizers at your next party. When you stay away from bread, tuna fish makes a great low cal lunch.

READY IN 10 MIN

## DIRECTIONS

Mix the tuna with the parsley, mayonnaise, mustard, lemon juice, salt, garlic powder, onion powder, chili powder, and pepper.

Adjust salt and pepper to taste.

Spoon into the endive spears. Serve cold and garnish with fresh parsley.

## INGREDIENTS

10 oz. canned tuna, drained  
2 Tbsp fresh parsley, chopped  
3 Tbsp veganaise mayonnaise  
2 tsp spicy mustard  
1 tsp lemon juice  
½ tsp salt  
½ tsp garlic powder  
¼ tsp onion powder  
Pinch of chili powder  
Freshly ground pepper, to taste  
3 heads of endive, separated into spears

# *Shrimp* STUFFED AVOCADOS



Healthy shrimp stuffed avocados taste so fresh while being super satisfying. Perfectly seasoned shrimp, nestled up with celery, onions, lime juice and mayo. This is an easy lunch, appetizer or brunch.

READY IN 20 MIN

## DIRECTIONS

Heat the olive oil in a medium-sized pan. Season the shrimp with chili powder, salt and pepper to taste, then add them to the pan.

Cook stirring occasionally, for approximately 3 minutes, or until shrimp are pink and opaque.

Pour the lime juice over the shrimp, toss to coat.

Season the avocado halves with salt and pepper.

Combine the shrimp, celery, red onion, mayo and lime juice. Spoon the shrimp mixture evenly into each avocado half.

Garnish with cilantro (optional) and serve.

## INGREDIENTS

2 avocados  
2 cups medium cooked shrimp, diced  
½ cup celery, finely diced  
½ medium red onion, finely diced  
¼ cup veganaise mayonnaise  
Juice of 1 lime, plus more for drizzling  
Chili powder, salt and freshly ground pepper, to taste

Optional garnish: chopped cilantro

# Avocado ARTICHOKE ARUGULA SALAD



This combination of ingredients creates a fresh, zesty salad combining dark leafy greens, healthy fats, and fiber. In addition to delicious flavors, it's a fiber-rich salad that's super simple to make any time of the year.

READY IN 20 MIN

## DIRECTIONS

Prep all the vegetables by slicing, dicing, or chopping. Slice the avocado in half and simply scoop out the avocado.

Combine all the ingredients in a large salad bowl and drizzle with dressing.

Enjoy!

## INGREDIENTS

2 cups of spinach  
2 cups of arugula  
½ cup fresh sliced cucumber  
¼ - ½ cup artichoke hearts  
½ avocado  
¼ cup diced red onion  
3 Tbsp of hemp seeds  
Fresh black pepper and sea salt to taste

### Dressing

3 Tbsp olive oil  
2 Tbsp rice vinegar  
1 tsp honey mustard  
Season with your heart

# Chicken ARUGULA SALAD



This grilled chicken arugula salad is full of amazing flavor! It's easy to make, delicious and healthy! The green and red grapes add a nice sweetness to this chicken salad combined with the honey and balsamic vinaigrette. I added some chopped walnuts for a little crunch.

READY IN 20 MIN

## DIRECTIONS

### Making the Salad:

Add arugula, grapes and red onion to bowl and toss to combine. Top with the grilled chicken. Sprinkle some walnuts and drizzle with vinaigrette.

Serve immediately.

### Balsamic Vinaigrette

Whisk all ingredients together for about 30 seconds until combined.

## INGREDIENTS

3 cups fresh arugula  
1 cups seedless grapes, halved  
(I used green and red)  
¼ of a large red onion, sliced in thin strips  
Grilled chicken breasts, sliced  
½ cup chopped walnuts

### Honey Balsamic Vinaigrette

⅓ cup olive oil  
2 Tbsp balsamic vinegar  
2 Tbsp honey or maple syrup  
¼ tsp salt  
Freshly ground pepper



# Cucumber Cups WITH TUNA



So simple and tasty! Serve these cool cucumber cups as a snack or enjoy them as a light lunch! They are easy to make and easier to customize with your favorite mix-ins and toppings!

READY IN 25 MIN

## DIRECTIONS

Peel the cucumbers and cut into 2-inch slices.

Scoop out most of the inside of each piece with a melon baller.

Arrange on a plate.

Mix the tuna with the green onions, mayonnaise, mustard, lemon juice, salt, garlic powder, and pepper.

Adjust salt and pepper to taste.

## INGREDIENTS

3 english cucumbers  
10 oz. canned tuna, drained  
3 green onions, chopped  
3 Tbsp vegenaise mayonnaise  
2 tsp spicy mustard  
1 tsp lemon juice  
½ tsp salt  
½ tsp garlic powder  
Freshly ground pepper

Paprika and green onions for garnish

# White Bean and Artichoke

## TUNA or CHICKEN SALAD



This mediterranean inspired salad relies on some canned ingredients and some fresh ingredients to make it all work. This is the kind of salad you can throw together very quickly with pantry staples.

READY IN 15 MIN

### DIRECTIONS

Combine all ingredients in mixing bowl, seasoning to taste with salt and pepper. Toss gently.

Refrigerate for 45 minutes before serving.

Serve salad on bed of mixed greens and/or arugula.

Enjoy!

### INGREDIENTS

2 cups (1-15-ounce can) white northern or cannellini beans, drained and rinsed  
1 can (15 ounces) artichoke hearts, drained and quartered  
1 rib celery, finely diced  
2 Tbsp red onion, finely diced  
1 can (6 ounces) tuna, drained and flaked  
3 Tbsp extra-virgin olive oil  
Juice and zest of 1 lemon  
¼ cup chopped fresh parsley  
Salt and Pepper



*Healthy* **SNACKS**

# Onion & Chive MIXED NUTS



These onion and chive mixed nuts are the perfect snack or salad topping option. These crunchy treats are a great wholesome snack and taste similar to the sour cream and onion potato chip.

READY IN 10 MIN

## DIRECTIONS

Preheat oven to 350°F. Line baking sheet with parchment paper.

In a large mixing bowl add 3½ cups of mixed nuts with the olive oil and seasoning. Mix together until evenly combined.

Place the coated mixed nuts on the parchment paper.

Bake 10-12 minutes or until golden brown. All ovens cook differently, so make sure to keep an eye on the mixed nuts so they don't burn.

Remove pan from oven and allow to cool before serving. (If desired, sprinkle a pinch of salt over all the nuts right when they come out of the oven.)

## INGREDIENTS

3 ½ cups mixed unsalted nuts  
(pecans, cashews, pistachios,  
almonds and hazelnuts)  
1 ½ Tbsp olive oil or avocado oil  
1 tsp garlic powder  
1 Tbsp dried chives  
2 tsp onion powder  
1 tsp salt (or more to taste)

# Sea Salt & Dill CRACKERS



These grain free snack crackers are easy to make. The dough is whisked together and then rolled out between two sheets of parchment paper to create these flat crackers. Feel free to swap out the dill for your favorite herb.

READY IN 10 MIN

## DIRECTIONS

Preheat the oven to 325°F. In a large bowl, mix together the almond meal, dill, and salt. In a separate bowl, whisk together the egg, olive oil, and honey. Mix the wet ingredients into the dry and stir well to combine.

Transfer the dough to a sheet of parchment paper. Cover with a second sheet of paper and roll out the dough to 1/8-inch thick. Peel back the top layer of paper and cut the dough into squares. Sprinkle with additional sea salt, if desired.

Place the parchment paper with the squares onto a baking sheet. Bake for 12-15 minutes until lightly browned. Let cool for 15 minutes before serving.

## INGREDIENTS

2 cups almond meal  
1 Tbsp fresh dill, chopped  
½ tsp sea salt  
1 egg  
1 Tbsp extra virgin olive oil  
1 tsp honey

# Chocolate Chip COOKIE DOUGH BITES



When a sweet craving hits, these chocolate chip cookie dough bites make the perfect snack. These healthy bites are made with almond flour and are gluten free, egg free, and free of refined sugars.

READY IN 10 MIN

## DIRECTIONS

Place all of the ingredients into a small bowl and mix well until combined. Use your hands to roll the dough into small balls and then set on a sheet of parchment paper.

Place in the refrigerator for 20 minutes to harden.

Store in the refrigerator. Enjoy!

## INGREDIENTS

1 cup almond meal  
1 Tbsp ghee, melted or coconut oil  
1 Tbsp honey  
1 tsp almond milk  
1 tsp vanilla extract  
¼ tsp salt  
¼ cup Lily's chocolate chips

# Chocolate ALMOND BARS



Almonds and chocolate make a decadent combination. Finely ground almonds, almond butter, and sliced almonds are all used in this healthy snack. These bars make for a great summer snack.

READY IN 10 MIN

## DIRECTIONS

Line an 8×8-inch baking pan with wax paper. Place the almonds in a food processor or blender and pulse until coarsely ground. Add the coconut flakes and pulse again.

Add the almond butter, coconut oil, honey, vanilla and salt. Blend until a paste forms. Pour the mixture into the prepared baking pan and evenly distribute. Place in the refrigerator for 1 hour to set.

For the chocolate layer, melt the chocolate. Evenly spread the melted chocolate over the almond mixture. Top with additional sliced almonds if desired.

Place back in the refrigerator for 30 minutes to harden. Use a sharp knife to cut into bars and store in the refrigerator. Enjoy!

## INGREDIENTS

2 cups almonds, plus more for topping  
1 cup unsweetened coconut flakes  
1/3 cup almond butter  
1/2 cup coconut oil, melted  
1 Tbsp honey  
1 tsp vanilla extract  
1/2 tsp salt  
4 oz. Lily's chocolate chips (melted)

# Apple COOKIE SNACKS



Slices of red delicious apples with a smear of almond butter, topped with a few crushed walnuts, shredded coconut and Lily's chocolate chips. Use your imagination with the toppings!

READY IN 10 MIN

## DIRECTIONS

Wash apples with water. Pat dry with a towel. Slice each apple into thin slices.

Spread almond butter evenly over apple slices. Top with a sprinkling of chopped walnuts, coconut and chocolate chips. Add any toppings to tantalize your taste buds!

Serve immediately and Enjoy!

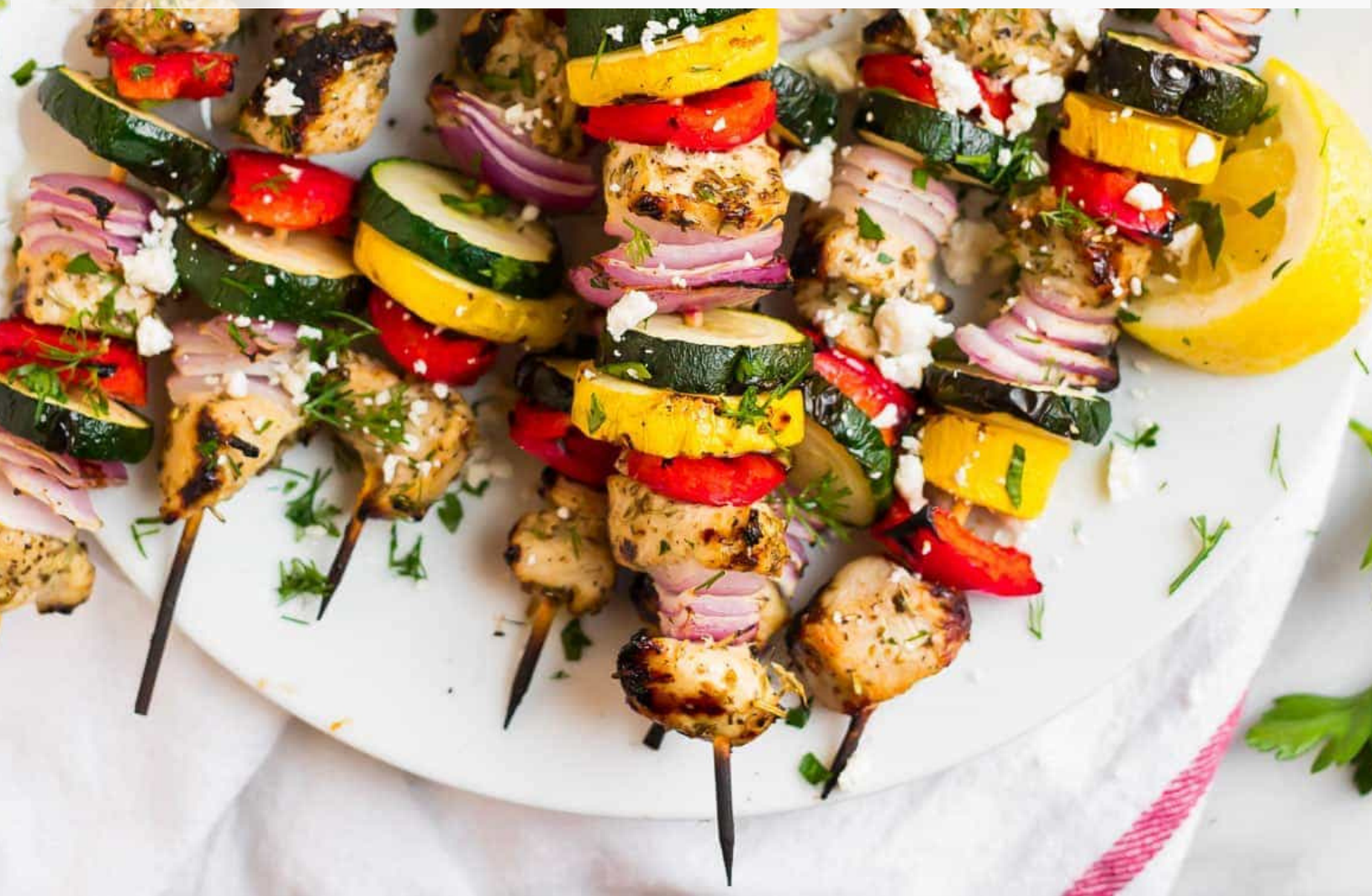
## INGREDIENTS

2 medium red delicious apples  
½ cup almond butter  
¼ cup chopped walnuts  
¼ cup shredded sweetened coconut  
½ cup Lily's chocolate chips





*Delicious* **DINNERS**



# Turkey Taco LETTUCE WRAPS



If you are trying to cut down on your carbs for lunch, try these lettuce wraps. These are made with no bread and very delicious. Doubling up on romaine leaves insures a mess free lunch. They are very light, yet filling.

READY IN 20 MIN

## DIRECTIONS

Heat oil in a large skillet. Add onion and cook until soft, about 5 minutes.

Add turkey and season with salt. Stir until meat is cooked through, 4 minutes.

Stir in your favorite seasonings, chili powder and cook for 1 minute.

Add broth and simmer, stirring occasionally, until thickened, about 2 minutes more.

Double up lettuce leaves. Divide meat mixture among leaves.

Sprinkle with plant based cheese, onions, avocado, and cilantro. Serve.

## INGREDIENTS

2 Tbsp olive oil  
1 small onion, diced  
1 lb. ground turkey  
1 tsp salt  
1 Tbsp chili powder  
1 cup chicken broth  
2 heads romaine lettuce

Optional for serving: diced avocados, red onions, plant based cheese or cilantro

# Pumpkin CAULIFLOWER SOUP



This thick, creamy and healthy pumpkin and cauliflower soup is perfect for those damp, rainy days. The vegetables are roasted first to bring out the maximum flavor. Serve this hearty soup with the sea salt and dill crackers.

READY IN 45 MIN

## DIRECTIONS

Heat oil in a large pot over medium heat. Add onion and sauté until soft and translucent (about 5-10 minutes). Add garlic, cook for about 1 minute and keep stirring.

Add cauliflower, broth, and pumpkin. Turn heat to high, bring to a boil and cover. Reduce heat to low and simmer covered for about 20-30 minutes or until cauliflower is tender.

Stir in maple syrup, salt and coconut milk.

Remove from heat and transfer to a blender to puree the soup until smooth.

Serve and enjoy!

## INGREDIENTS

1½ Tbsp olive oil  
1 onion, diced  
1 Tbsp minced garlic  
4 cups cauliflower, florets diced  
4 cups chicken broth  
1 (15 ounce) can unsweetened pumpkin puree  
1 Tbsp maple syrup  
1 tsp salt  
½ cup canned coconut milk

Optional garnish: sliced green onions or chives

# Prosciutto WRAPPED SHRIMP



Simple and delicious. Wrapping the shrimp in prosciutto gives them a wonderful smoky flavor. The juices from the prosciutto seeps into the shrimp to give them a delectable taste!

READY IN 20 MIN

## DIRECTIONS

Preheat the oven to 425°F.

Line a baking sheet with parchment paper.

Slice each piece of prosciutto into three long strips.

Wrap 1 strip around the center of each shrimp.

In a shallow bowl, stir together oil, pepper and garlic.

Add shrimp, turning to coat evenly.

Cover and marinate in refrigerator for at least 1 hour.

Cook shrimp for about 3 minutes per side or until pink and firm. Serve and enjoy!

## INGREDIENTS

6 thin slices prosciutto

½ lb. jumbo shrimp, peeled and deveined

2 garlic cloves, finely minced

1 Tbsp olive oil or avocado oil

Freshly ground pepper

# Chicken PICCATA



This chicken piccata could become a crowd favorite with its golden-browned chicken breasts and a delicious sauce combining lemon juice, butter and capers.

READY IN **20 MIN**

## DIRECTIONS

Season the chicken with salt and pepper.

Combine the almond flour and arrowroot flour in a shallow plate. Dredge the chicken in the almond flour mixture and shake off the excess.

In a large skillet, melt 2 Tbsp of ghee/butter with the olive oil, over medium heat. Cook the chicken until golden brown, 3 to 4 minutes per side. Transfer the chicken to a platter.

In the same skillet add the lemon juice, chicken stock and capers scraping up any browned bits from the bottom of the pan with a wooden spoon. Cook over medium heat until the liquid is slightly reduced, about 5 minutes.

Season to taste with salt and black pepper. Add the remaining ghee/butter and whisk for about a minute.

Return the chicken and any juices to the skillet and simmer for about 1 minute. Sprinkle with parsley and serve.

## INGREDIENTS

2 boneless, skinless chicken breast halves (each 8 to 9 oz.), cut in half horizontally and pound to ¼ inch thick

½ cup almond flour  
¼ cup arrowroot flour  
4 Tbsp ghee or butter  
2 Tbsp olive oil  
3 Tbsp fresh lemon juice  
½ cup chicken stock  
3 Tbsp drained capers  
3 Tbsp chopped fresh parsley  
Salt and pepper to taste

# Steamed MUSSELS



It's very easy to make steamed mussels at home by using shallots, butter, garlic, and chicken broth. As the mussels steam, the broth gets trapped inside the shells. It's delish!

READY IN 30 MIN

## DIRECTIONS

Melt butter in a large pot with a lid over medium heat.

When the butter begins to bubble, stir in the shallot and garlic. Cook until softened, about 5 minutes.

Add the chicken stock, white wine, and mussels then give them a good toss. Cover the pot with a lid and cook until all the mussels have opened; 6 to 10 minutes.

If any mussels do not open, discard them.

Remove the pot from the heat and stir in parsley. Taste the broth, and then adjust to taste with salt or pepper.

Serve in big bowls with lemon wedges and serve with a hearty salad.

## INGREDIENTS

2 pounds mussels, cleaned  
1 Tbsp butter  
2 small shallots, thinly sliced  
2 garlic cloves, finely chopped  
1 cup low-sodium chicken stock  
½ cup dry white wine  
(optional)  
¼ cup roughly chopped fresh parsley  
Salt and pepper, to taste  
Lemon wedges, for serving

# Garlic Salmon

## WITH ROASTED ASPARAGUS



Whip up this quick and easy salmon recipe tonight! The mixture of fresh dill, lemon juice olive oil and garlic really bring out the flavors in the fish without overpowering the texture and flavor.

READY IN 15 MIN

### DIRECTIONS

Preheat oven broiler to high heat.

Place the salmon fillets on a baking sheet. Arrange the asparagus around the salmon fillets in a single layer.

Season the salmon and asparagus with salt and black pepper. Sprinkle the dill over the salmon fillets.

In a small bowl combine the lemon juice and zest, olive oil and garlic and pour the mixture over the salmon and asparagus.

Arrange the lemon slices over the salmon and asparagus.

Broil for 8-10 minutes. Serve immediately.

### INGREDIENTS

2 (6 oz each) salmon fillets  
1 ½ pound asparagus, trimmed  
½ tsp salt  
½ tsp black pepper  
1 Tbsp chopped fresh dill  
2 garlic cloves, minced  
2 Tbsp olive oil  
½ lemon, juiced and zested  
1 lemon, sliced

# Herbalicious KEBABS

READY IN 45 MIN

## INGREDIENTS

Zest of 1 lemon  
1 Tbsp lemon juice  
1½ Tbsp chopped fresh oregano  
2 cloves garlic, minced  
2 Tbsp olive oil  
1 pound chicken thighs or breasts  
red peppers, red onions, zucchini

## DIRECTIONS

Combine olive oil, lemon juice and zest, crushed garlic and herbs of your choice with salt and pepper. Cube chicken breasts or boneless thighs and place in a large bowl. Pour over the marinade. Allow the chicken to marinate for at least 30 minutes or up to 24 hours covered in the fridge.

Thread the chicken onto soaked bamboo or metal skewers. Soaking wooden skewers prevents them from burning on the grill or in the oven. I added a few sprigs of fresh rosemary in between the chicken pieces to infuse even more flavor into the skewers.

Preheat an outdoor grill or stove-top grill pan for a few minutes. Add the chicken and cook until golden brown. Remove from the heat and allow to rest for 5 minutes before serving.

***P.S. Red Peppers were for my hubby.  
Peppers are a nightshade vegetable I don't eat!***





# Zucchini FRITTERS



Zucchini fritters are like veggie pancakes. Fried until golden brown, these are best served with a dollop of dairy free almond yogurt and fresh herbs. These healthy, crispy fritters make a great meal, appetizer or side dish!

READY IN 20 MIN

## DIRECTIONS

Place the shredded zucchini in a colander and sprinkle with salt. Toss well and let the zucchini drain for 10 minutes.

Squeeze any excess moisture out of the zucchini, either with a dish towel or you can use your hands. Place in a large bowl. Mix in the egg, pepper, chili powder, baking soda, and coconut flour.

Melt the coconut oil in a large skillet over low heat. Form about  $\frac{1}{4}$  cup of the zucchini mixture into a patty and place in the pan. Cook on each side for 4-5 minutes until lightly browned. Repeat with remaining zucchini mixture, adding more coconut oil in the pan for each patty.

Place on a wire rack and allow to cool. Garnish with almond milk yogurt, if desired.

## INGREDIENTS

4 large zucchinis, grated  
1 tsp salt  
1 egg, beaten  
 $\frac{1}{2}$  tsp pepper  
 $\frac{1}{2}$  tsp baking soda  
 $\frac{1}{4}$  tsp chili powder  
 $\frac{1}{4}$  cup coconut flour

Coconut oil, for cooking  
Almond milk yogurt (optional)



*Roasted* **VEGETABLES**



# Roasted BROCCOLI AND MUSHROOMS



This roasted broccoli and mushrooms recipe is an easy side dish seasoned with lemon pepper. It's ready in short order and a perfect side to a weeknight dinner.

READY IN 25 MIN

## DIRECTIONS

Preheat oven to 425°F.

Toss all ingredients together and spread out on a large baking sheet.

Roast for 20 minutes. Best served right away. Enjoy!

## INGREDIENTS

1 lb. broccoli, chopped  
8-10 ounces mushrooms  
2 Tbsp olive oil  
2 Tbsp lemon pepper seasoning (I like Dash Lemon Pepper Seasoning Blend)  
Pinch of salt

# Mashed Cauliflower

## WITH ROASTED GARLIC



Quick and easy to make. This seasoned mashed cauliflower is so versatile and it makes a surprisingly good substitute for potatoes. It is delicious and can easily be made in your food processor or blender!

READY IN 45 MIN

### DIRECTIONS

Slice off the top of a garlic bulb so the inner cloves are exposed. Drizzle with olive oil. Wrap in foil and roast at 400 degrees for 25-30 minutes; set aside to cool.

Wash and cut cauliflower into medium chunks, removing all leaves and green parts.

Place cauliflower in large saucepan; cover with water and bring to a boil. Place lid on saucepan and boil for 8 minutes. Drain cauliflower. Pat cauliflower dry with paper towel.

Place cauliflower, almond milk, salt, and pepper in bowl and blend together in a food processor or blender. Add roasted garlic.

Process until cauliflower is a smooth puree, close to the texture of mashed potatoes. Serve immediately or place in refrigerator to serve later.

To reheat, bake in oven at 375°F for 30 minutes.

### INGREDIENTS

1 large head cauliflower  
1-2 bulbs roasted garlic  
1 Tbsp olive oil  
1/3 cup unsweetened almond milk  
3/4 tsp salt  
Freshly ground pepper

# *Smashed* BRUSSEL SPROUTS



These crispy roasted smashed brussel sprouts are not only quick and easy to make, but they are gluten free and low carb.

These vegetables make a great side dish and can be served with chicken, steak or fish.

READY IN **40 MIN**

## **DIRECTIONS**

Preheat oven to 425°F.

Line a baking sheet with parchment paper and set aside. Bring a large pot of water to a boil; add in the brussels sprouts. Cook the brussels sprouts in boiling water until tender, about 10 to 12 minutes. Drain and rinse with cold water.

Lightly pat dry the brussel sprouts with paper towel and transfer to previously prepared baking sheet. Toss with olive oil and garlic.

Smash each of the brussel sprouts using the bottom of a small jar or glass. Season with salt and pepper. Bake for 20 minutes, or until bottoms are crispy.

### **Balsamic Glaze**

- Add balsamic vinegar to a saucepan and cook over medium heat until bubbling.
- Reduce heat to medium-low and continue to simmer until it is reduced by half and thickened, stirring frequently.

Remove brussel sprouts from oven. Drizzle with prepared balsamic glaze and serve.

## **INGREDIENTS**

2 lbs brussels sprouts  
2 Tbsp olive oil  
3 cloves garlic, minced  
Salt and pepper, to taste  
¼ tsp cayenne pepper, optional

### **Balsamic Glaze**

1 cup of good quality balsamic vinegar

# Garlic MUSHROOMS and CAULIFLOWER



This mushroom and cauliflower recipe is delicious! With minimal ingredients, you can serve this garlic mushroom cauliflower skillet by itself, as a quick lunch, or as a side dish.

READY IN 25 MIN

## DIRECTIONS

Heat the butter and oil in a large pan over medium-high heat. Sauté the onion until softened (about 3 minutes).

Add the mushrooms and cook for about 4-5 minutes on all sides. Make sure the mushrooms render as much moisture as possible. Brown them a little more if necessary, to avoid the side dish becoming soggy at the end.

Once mushrooms are well browned, add cauliflower florets. Cook until golden and crispy on the edges, about 8-10 minutes. Veggies must be well browned.

Pour in the vegetable stock and cook for 2 minutes, to reduce the sauce slightly.

Add thyme, 1 Tbsp of parsley, and garlic. Cook the mushrooms and cauliflower for half a minute, until fragrant. Season generously with salt and pepper and sprinkle with remaining parsley and serve immediately. Enjoy!

## INGREDIENTS

4 Tbsp unsalted butter (or ghee)  
1 Tbsp olive oil  
½ onion, chopped  
½ head cauliflower, cut into florets  
1 pound mushrooms  
2 Tbsp low sodium vegetable stock  
1 tsp fresh thyme leaves, chopped  
2 Tbsp fresh parsley, chopped  
4 cloves garlic, minced  
Salt and pepper, to taste

The image shows four small, round cakes arranged on a white surface. Each cake has a thick, smooth layer of bright pink frosting on top, which is garnished with several dark chocolate chips. The base of each cake is a dense, brown, textured layer, likely made of oats or a similar healthy ingredient. The background is a plain, light color, and the overall lighting is soft and even.

*Healthy* **DESSERTS**

# Almond Butter Caramel Bars



These caramel bars are delectable. Each layer is made with carefully selected ingredients that make for a tasty snack with some great health benefits.

READY IN 25 MIN

## DIRECTIONS

To make the base, place the almonds and flaxseeds in a food processor or blend them until they resemble coarse breadcrumbs.

Add the dates, vanilla and pulse until the mixture comes together. Line an 8x8 inch baking pan with with parchment paper. Firmly press the mixture into the pan and level it with a spatula.

To make the caramel, combine all the ingredients in a food processor or use a blender. Pour the caramel mixture over the base and freeze for minimum of one hour.

To make the chocolate glaze, melt the chocolate and coconut oil in the microwave.

Remove the pan from the freezer and pour the chocolate glaze over the caramel layer. Smooth with a spatula.

Freeze for another hour, then cut into small bars. Store in an airtight container in the refrigerator.

## INGREDIENTS

### For the base

- 1 cup almonds
- ¼ cup flaxseeds
- 10 fresh dates, pitted
- 1 tsp pure vanilla extract

### For the caramel

- ¼ cup almond butter
- ¼ cup tahini (sesame paste)
- 3 Tbsp melted coconut oil
- ½ cup honey

### For the glaze

- 4 oz Lily's sugar free chocolate chips
- 1 Tbsp coconut oil



# Lemon CAKE BALLS



It's light and tart with just enough sweetness to satisfy your sweet tooth. It's made with healthy ingredients to help you maintain a healthy lifestyle.

READY IN 20 MIN

## DIRECTIONS

To make the balls, add all the ingredients and blend until you get a soft dough.

Roll the dough into 14 balls (about 1 tablespoon each).

To make the glaze, add the coconut butter and honey to a small bowl and mix to combine.

Add enough lemon juice until you reach your desired consistency.

Drizzle the glaze over the balls.

Keep in an airtight container in the refrigerator.

## INGREDIENTS

### For the balls:

- 1 cup cashew nuts
- ½ cup unsweetened finely shredded coconut
- 1 Tbsp lemon zest
- 2 Tbsp lemon juice
- 2 Tbsp raw honey
- 1 tsp vanilla extract

### For glaze:

- 2 Tbsp coconut butter, softened
- 1 Tbsp honey
- 1 Tbsp lemon juice or as needed

# Banana CHOCOLATE BITES



You only need three ingredients to make these delicious treats.

Chocolate, almond butter and bananas. They are super easy to make and always a hit with everyone!

READY IN 20 MIN

## DIRECTIONS

Cut banana into slices (about  $\frac{1}{4}$  inch). Set aside half of the slices and arrange the other half on a baking sheet lined with parchment paper.

Heat almond butter in the microwave on low for about 45 seconds until it's smooth.

Spoon one heaped  $\frac{1}{4}$  teaspoon on the banana slices you arranged on the baking sheet. Top with the other half of the banana slices. Freeze for 2 hrs and now prepare the chocolate.

Place chocolate chips with coconut oil in microwave and melt until smooth.

Take two to three bites out of the freezer. One by one, dip them in the melted chocolate to cover  $\frac{1}{2}$  of the banana.

Repeat with remaining frozen sandwiches. Store in the freezer.

## INGREDIENTS

3 ripe bananas, but still firm  
 $\frac{1}{4}$  cup almond butter  
10oz - Lily's sugar free chocolate chips  
2 Tbsp coconut oil

### TIP:

Work with only a few bites at a time so they don't defrost and get mushy. Once they are set, you can transfer them in a container.

# Strawberry CHEESECAKE



This easy strawberry cheesecake recipe is rich, creamy and packed with flavor! The cheesecake filling is flavored with maple syrup, vanilla and lemon. It's the best dairy free cashew cheesecake made with just a handful of all natural ingredients!

READY IN 10 MIN

## DIRECTIONS

Soak the cashews for at least 4 hours (or overnight). Add the pecans, dates, coconut, and sea salt to a food processor or blender and process until a slightly sticky, crumbly dough forms.

Press dough into the bottom of a mini cupcake pan using the back of a spoon or your fingertips. This makes the crust for the cheesecakes. Place them in the freezer while you make the strawberry cheesecake filling.

Drain the cashews and add those plus the strawberries, maple syrup, coconut oil, vanilla and lemon juice to the food processor or blender. Blend until a thick, creamy filling forms. (approx. 2 minutes)

Take the muffin tin out of the freezer and fill each with the strawberry cream filling. Sprinkle with a few chocolate chips and freeze for at least an hour. Allow to thaw for 15 minutes before serving.

## INGREDIENTS

- 1 cup raw cashews
- 1 cup pecans
- 6 dates, pitted
- ¼ cup unsweetened shredded coconut
- ¼ tsp sea salt
- ½ tsp vanilla
- ¾ cup strawberries
- 2 Tbsp maple syrup
- 1 Tbsp coconut oil
- Juice from half a lemon (1 Tbsp)
- 2 Tbsp Lily's sugar free chocolate chips

# Carrot Cake CUPCAKES



These carrot cake cupcakes are perfect. They are moist, soft, and flavorful. They are also super easy and quick to pull together. Perfect for a healthy snack or dessert.

READY IN **20 MIN**

## DIRECTIONS

Preheat the oven to 325°F. Line a muffin tin with cups or use a silicone cupcake pan.

Coarsely chop the carrots and dates and place them in a food processor or blender. Pulse until finely chopped. In a large bowl, whisk together the eggs, honey, and coconut oil. Add the carrots and dates and stir well.

In a separate bowl, stir together the almond flour, cinnamon, salt, baking soda, and nutmeg. Mix the dry ingredients into the wet ingredients and stir to combine. Fold in the chopped walnuts.

Divide the batter equally among the muffin cups, filling each cup about  $\frac{3}{4}$  full. Bake for 20-25 minutes or until a toothpick inserted into the center comes out clean. Let cool for 5 minutes.

To make the frosting, blend the chilled coconut cream (spooned from the top of the can), honey, cinnamon and vanilla in a food processor until thoroughly combined. Spread over the cooled cupcakes.

## INGREDIENTS

3 large carrots  
4-5 pitted dates  
3 eggs  
 $\frac{1}{4}$  cup honey  
2 Tbsp coconut oil, melted  
1  $\frac{1}{2}$  cups almond flour  
2 tsp cinnamon  
 $\frac{1}{2}$  tsp salt  
 $\frac{1}{2}$  tsp baking soda  
 $\frac{1}{2}$  tsp nutmeg  
1 cup walnuts, finely chopped

### For the Frosting:

1 14-oz. can coconut milk, chilled  
1 tsp honey  
 $\frac{1}{2}$  tsp cinnamon  
 $\frac{1}{2}$  tsp vanilla extract

*Bread* **WINNERS**



# Apple Cinnamon COFFEE CAKE



This coffee cake bread makes the best snack when you're craving something sweet! Serve it for breakfast or enjoy it as friendly snack with a hot drink for dunking.

READY IN 40 MIN

## DIRECTIONS

Preheat the oven to 350°F. Coat a loaf pan with coconut oil spray. In a medium bowl, blend the eggs, coconut oil, honey, and vanilla together. Add in the cinnamon, baking soda, and salt.

Fold in the grated apple. Sift in the coconut flour and almond flour and blend to combine. Pour the batter into the loaf pan.

To make the crumble topping, stir the walnuts with the coconut oil, honey, and cinnamon. Spread the mixture over the batter in the loaf pan.

Bake for 25-30 minutes, or until a toothpick inserted into the center comes out clean. Let cool for 10 minutes before turning the cake out onto a cooling rack. Serve warm.

## INGREDIENTS

4 eggs  
¼ cup coconut oil, melted  
2 Tbsp honey  
1 tsp vanilla extract  
2 tsp cinnamon  
1 tsp baking soda  
Pinch of salt  
1 medium apple, grated  
½ cup coconut flour  
1 Tbsp almond flour

### For the Crumble Topping:

1 cup walnuts, diced  
2 Tbsp coconut oil, melted  
1 Tbsp honey  
2 tsp cinnamon

# Lemon POPPY SEED BREAD



Lemon Poppy Seed bread has always been my favorite citrus bread. I can now eat it once again by making it with the right ingredients. This bread is perfect for breakfast or a snack.

READY IN 45 MIN

## DIRECTIONS

Preheat oven to 350°F and line a 9x5 loaf pan with parchment paper. Set aside.

In a large bowl, combine almond flour, coconut flour, salt, and baking soda. Stir together.

Add the eggs, honey, coconut oil, lemon juice, lemon zest, and almond milk. Stir until smooth. Add in the poppy seeds and pour into pan.

Bake for 30-35 minutes, or until a toothpick inserted in the center comes out clean. The edges should be slightly brown.

Store in the refrigerator.

## INGREDIENTS

1 ½ cups almond flour  
¼ cup coconut flour  
½ tsp salt  
1 tsp baking soda  
3 large eggs  
¼ cup honey  
¼ cup coconut oil measured as a liquid  
½ cup lemon juice from 3 lemons  
zest of 2 lemons  
¼ cup almond milk  
1 Tbsp poppy seeds

# Sandwich BREAD



If you are tired of going without bread, this may be the perfect replacement. This bread actually tastes like real bread! That's why I love it so much!

READY IN 50 MIN

## DIRECTIONS

Preheat oven to 350°F. Line an 8 x 4" loaf pan with parchment paper, grease well with coconut oil.

In a large bowl, blend the almond butter, eggs, honey, coconut oil and apple cider vinegar.

In a separate bowl, combine the flax, coconut flour, baking soda and sea salt. Mix the dry into the wet, pour into the greased and lined loaf pan and bake for 35-40 minutes.

Remove from oven and allow to cool in pan for 10 minutes. Remove from pan by pulling up on the parchment paper. Set on wire rack to cool completely.

Store in an airtight container at room temperature for 3-4 days or in the fridge for 7-10 days.

## INGREDIENTS

$\frac{3}{4}$  cup almond butter  
6 eggs  
2 Tbsp honey  
 $\frac{1}{4}$  cup coconut oil, melted  
 $\frac{1}{2}$  tsp apple cider vinegar  
 $\frac{1}{4}$  cup ground golden flax  
3 Tbsp coconut flour  
1 tsp baking soda  
 $\frac{1}{2}$  tsp sea salt



# Coconut & Almond Flour Zucchini Bread



One of the biggest myths when it comes to healthy food is that if it's good for you, it can't also be delicious. However, this zucchini bread made with almond flour, coconut flour, and bananas gives it that super moist and delicious flavor!

READY IN 50 MIN

## DIRECTIONS

Preheat the oven to 350°F. Line a loaf pan with parchment paper.

Squeeze any excess moisture out of the shredded zucchini. Whisk together the almond flour, coconut flour, baking soda, and salt in a medium bowl.

In a separate bowl, add the eggs, honey, banana, coconut oil, almond butter, and cinnamon. Use a hand blender to combine.

Add the dry ingredients into the wet and stir to combine. Fold in the shredded zucchini.

Pour the batter into the loaf pan. Bake for 40-50 minutes or until the loaf is set. Remove from the oven and let cool completely before serving.

## INGREDIENTS

- 1 cup zucchini, grated
- 1 ½ cups almond flour
- ¼ cup coconut flour
- 1 tsp baking soda
- ½ tsp salt
- 3 eggs
- 2 Tbsp honey
- 1 banana, mashed
- ¼ cup coconut oil, melted
- 2 Tbsp almond butter
- ½ tsp cinnamon

# Dinner ROLLS



This recipe is one you will be excited to make. These have a beautiful texture and are crusty on the outside, doughy and chewy inside. You will not be disappointed!

READY IN 50 MIN

## DIRECTIONS

Preheat oven to 350°F. Line a baking sheet with parchment paper and set aside.

In a large bowl, use a wooden spoon to evenly combine the starch, coconut flour, and salt. Slowly pour in water and oil, mixing until blended.

Add the egg and stir until combined. If the mixture is too wet, add more coconut flour as needed, 1 Tbsp at a time, waiting slightly between additions (this will give the coconut flour time to absorb the liquid and you can have a better gauge whether more is needed).

Using a small cookie scoop, place balls of dough on the baking sheet an inch apart. These rolls do not spread.

Bake for 30-35 minutes, or until slightly browned on the bottom. Remove from baking sheet and serve warm. Best if eaten the same day.

## INGREDIENTS

1 cup tapioca or arrowroot starch  
¼ cup coconut flour, plus more as needed  
1 tsp salt  
½ cup warm water  
½ cup avocado oil  
1 large egg, whisked



## PAIRING HERB & SPICES

These are my go-to herb and spice pairings that will transform your meat, vegetable and seafood dishes instantly with no fuss!

### *Basil and chicken*

Sweet, aromatic basil is not just meant for pesto sauce. It pairs beautifully with the naturally sweet and juicy chicken for an easy stir fry dish.

### *Turmeric and stews*

Turmeric has grown in popularity in western cuisine but did you know that it has been around for over 4000 years?! Sprinkle some into your pumpkin or chicken soups for a dash of goodness.

### *Dill and seafood*

From scallops to shrimp and salmon, dill is a fail safe herb that goes well with all kinds of seafood and garlic butter! Sprinkle it towards the end so it doesn't burn from sitting in the pan too long.



# STORING FRUIT & VEGETABLES



## FRESH GREENS

Place the wrapped greens in a glass food storage container in a cooler part of your fridge, like a crisper or towards the back.

This is best for not only preserving your greens but keeping them fresh. Option two:

Place your washed and dried greens in a loosely sealed food storage bag and place paper towel in the bag to absorb the extra moisture.

## FRESH FRUITS

Produce that is kept at room temperature needs air circulation. Plastic bags equal premature spoilage. Even if the bananas or onions you bought came in a perforated plastic bag, they'll last longer if you take them out and let them breathe.



## ROOT VEGETABLES

Root vegetables can help retain a great garden-fresh flavor and prolong the amount of time they will keep, when they are stored in a cool, dark place such as a pantry and away from large appliances which generate heat.





## SUPERFOODS I LOVE

Chia seeds have a high concentration of nutrients, such as essential fatty acids, fiber, protein, minerals, and antioxidants. The health benefits of chia seeds include lowering cholesterol levels, demonstrating anti-inflammatory and anti-diabetic activity and protecting against arthritis.

Almonds contain riboflavin, antioxidants, magnesium and unsaturated fatty acids. Almonds are a healthy and delicious snack that can bring some real benefits to your physical health. Since they are so versatile and convenient, it's easy to fit them into your diet



# EASY

# Nightshade

# SUBSTITUTIONS



white potatoes



Sweet potatoes



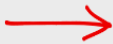
turnips



parsnips



tomatoes



pumpkin



butternut squash



beets



bell peppers



carrots



radishes



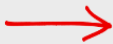
celery



cucumbers



chili and cayenne pepper



black pepper



tumeric



cloves



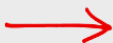
ginger



garlic powder



egg plant



portobello mushrooms



okra



zucchini

# Conversion Charts

## OVEN TEMPERATURES

gas mark	°C	°F
1	140	284
2	150	302
3	160	320
4	170	338
5	180	356
6	190	374
7	200	392
8	210	410
9	220	428

## WEIGHTS

ounces	grams
1	28
2	57
3	85
4	113
5	142
6	170
7	198
8	227
9	255
10	283
11	312
12	340
13	369
14	397
15	425
16/1lb	453

## VOLUMES

fluid ounces	milliliters
1	30
2	59
3	89
4	118
5	148
6	177
7	207
8	237
9	266
10	296
15	444
16	473
1¼ pints	592
1½ pints	709
1¾ pints	828

”

*From My Kitchen To Yours*

I hope you have enjoyed  
these recipes as much as I  
enjoyed making them for  
**YOU!**





# MY CURRENT LIFESTYLE

All these recipes mirror what I eat on a daily basis. I do NOT eat Dairy, Refined Sugar, Carbohydrates, Night Shade Vegetables or Processed Food. So, I am sure you are asking yourself - what does she eat?

I eat fresh fruit, vegetables and protein (fish, chicken, grass fed beef, shrimp and turkey).

My Rheumatologist suggested I only eat 4 pieces of fruit a day, due to the natural sugars and recommended berries of any kind. If I need a crunchy snack, I eat nuts that grow on trees: Pistachios, Almonds, Cashews and occasionally I will eat Walnuts.

For my drinking pleasure; Water, unsweetened tea and coffee with a 1/2 teaspoon of dairy creamer. I cannot drink my coffee black.

Please keep in mind, this lifestyle change was given to me by my Rheumatologist to control the pain. I know it may not be suitable for everyone but it has decreased my pain by 80%. There is no cure for RA but I am trying to control the pain, by eating healthy, exercising and taking vitamins on a regular basis.





## THANK YOU

I hope you've enjoyed my arthritis cookbook and my recipes have brought some joy to you and your family. I hope this cookbook will inspire you to try some healthy alternatives enabling you to improve your overall health. If you have any suggestions or feedback, just drop me a note at [cheri@cherischultz.com](mailto:cheri@cherischultz.com).

In the meantime, enjoy the fabulous cooking, baking and feasting with your loved ones!



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