

Cooking with Flow

Beta Version
For Dr. Clyde Wilson's Class
Stanford C. Ed.

By Patricia McCasland-Gallo, CCP





Hope you enjoy it,

chef Pachi

Chef Patricia McCausland-Gallo, CCP

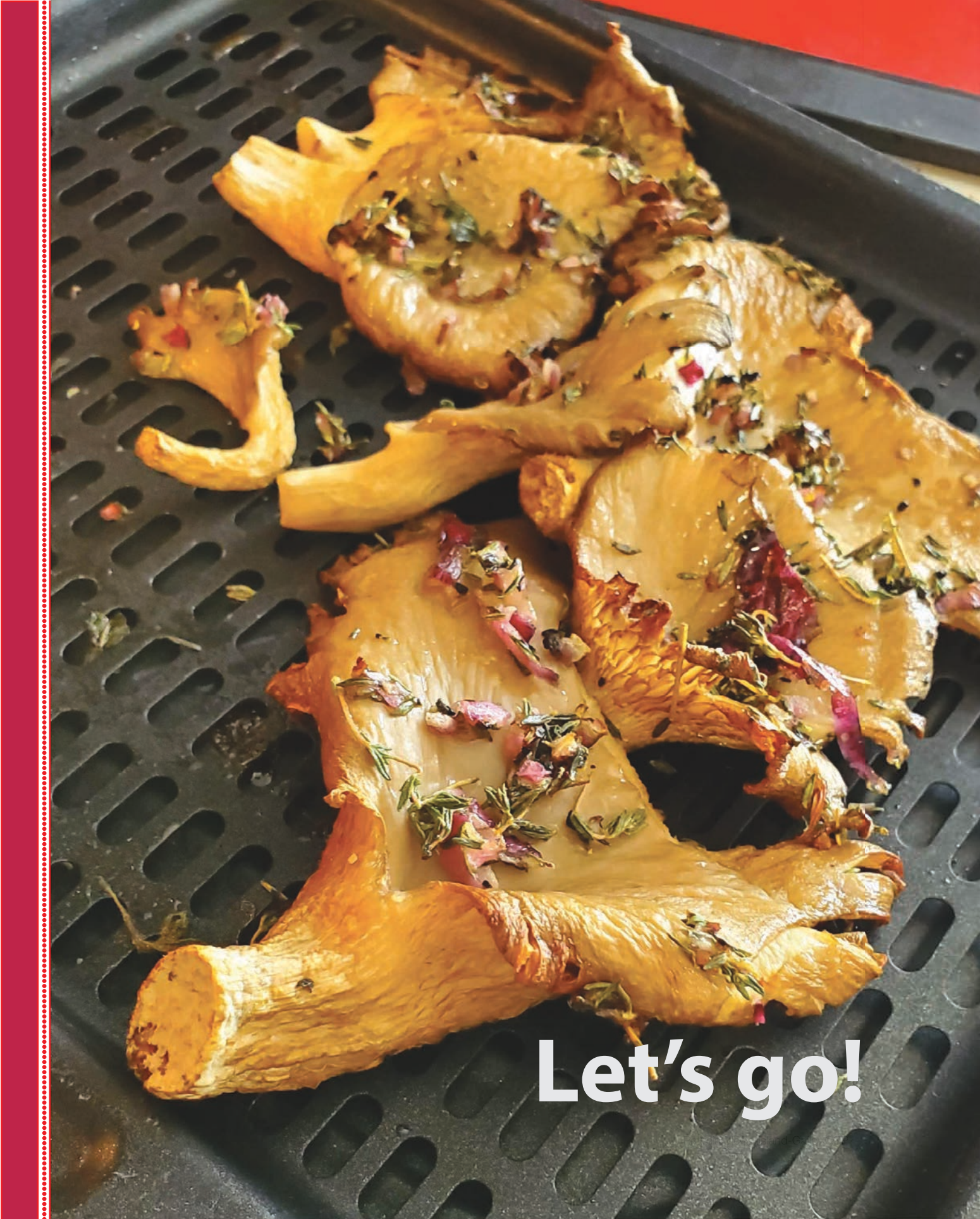
Patricia McCausland-Gallo is an internationally six times published Chef. Pachi, as she is called, was born in the Caribbean town of Barranquilla, Colombia. She has a B.S. in Foods and Nutrition from Louisiana State University, attended a School for Retort Operations, and completed courses of instruction prescribed by the Food and Drug Administration. She has attended the American Institute of Baking in Kansas as well as the École Lenôtre in Paris.

Pachi's work since 2013 to date is working with Dr. Clyde Wilson in creating an invaluable recipe resource for Americans to raise their metabolic rate and lose weight for life. Pachi, has been a food writer for local and national newspapers in Colombia and Panama City where she lives now. She has published cookbooks in English, Spanish and Portuguese: *Secrets of Colombian Cooking* (Hippocrene Books, 2004), Second Edition May 2012. *Pasión por el Café* (Editorial Norma 2006, FRP 2008, Circulo de Leitores 2009; IPPY Silver Award 2008 and Gourmand Best Single Subject Food Book in Latin America, 2006. (sold over 65,000 books worldwide). *Juangui Goes to College*, 2007. Coauthored Williams Sonoma's *Essentials of Latin Cooking* 2009, *The Foods of Colombia and Venezuela*, 2010, Anness Publishing UK. *Cómetelo Flaca*, 2011, self-published, Panama.

She has been an executive pastry chef, a manager, and an owner of bakeries in Barranquilla and Cali. She also develops recipes and taught cooking for parents, teens and special needs children as well as healthy cooking to all the later. Pachi was invited to be part of Michelle Obama's Chef's Move! To Schools. Has been a speaker in several cities in the United States and Colombia. She has been interviewed in CNN en Español, ABC y NBC.

Socially Pachi's work is geared in two ways. The first through lectures and through the sales of books she donates to be sold by the institutions. Pachi has spoken in schools, medical recovery and social institutions to help educate families in cooking in a delicious yet healthy way. She has taught cooking classes for children of Special Olympics, allowing them to read and make the foods.

Pachi is a founding member of Nutrir Barranquilla-2006, now NU-3, which currently feeds more than 13,000 children each day in Colombia. She has donated time and books to Casita de Mausí and Fanlyc in Panamá and Conexión Colombia in Colombia. Also schooling in several indigenous communities in Panama's Darien Province; of Panama's most remote rainforest. She helped create one self-sustainable mini market that feeds 90-children in Cabo Verde, Panama.



Let's go!

Hope you enjoyed this workbook and feel feedback through these recipes.
If you have any questions, comments or ideas email me at: pachigallo@mac.com

For additional information, recipes, and tips check out:

<https://metabolize-it.com/recipes/>

chef Pachi



Author Page
<https://amzn.to/3nx7Ovh>



 <https://bit.ly/ChefPachiEnglish>

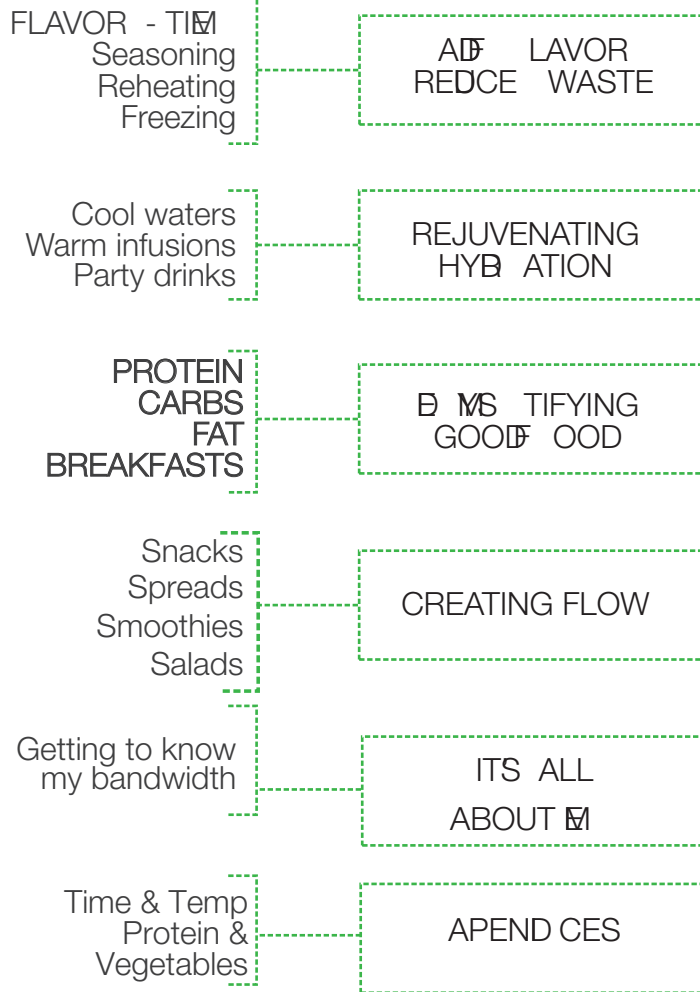
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IN THE BOOK





**“Delicious Diets
are Sustainable”**

Chef Pachí, CCP

chef Pachí [®]

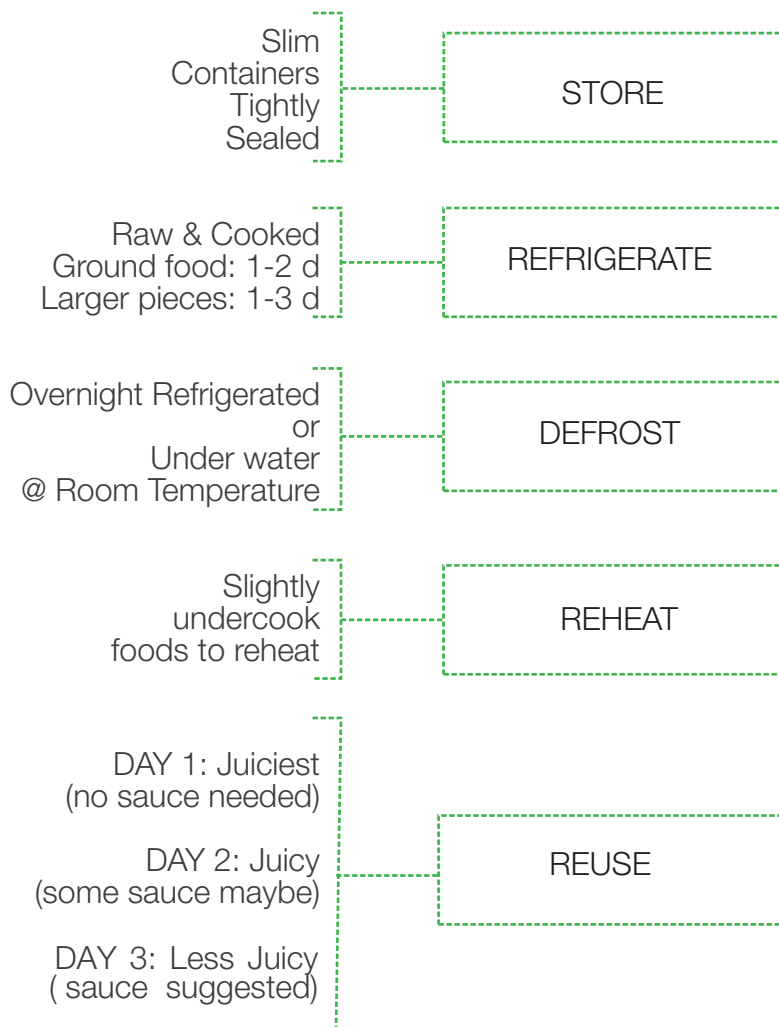


- In from Shopping
- Quick & Easy Cooking
- Small Meals & Snacks
- YOU
- FLOW

COOK AND REACH GOALS

LET'S CREATE FLOW

Simple ways to
stay ahead.



To season, sprinkle & rub:

CHICKEN & PORK

(4-5 servings of chicken or pork)

¼ cup plain or Greek yogurt

1 tablespoon Dijon mustard (or garlic, or herbs)

1 teaspoon salt

½ teaspoon pepper



BEEF PIECES & GAME

(1 lb. beef: steak - flank - skirt - flap)

1 clove of garlic

1 teaspoon fresh herbs - ¼ teaspoon if dry

1 teaspoon olive oil

SALMON & SEAFOOD - TUNA

(1 lb. salmon or white seafood)

½ tablespoon olive oil (sesame oil for TUNA)

½ tablespoon dry herbs (1.5 fresh) (ginger for TUNA)

¼ teaspoon salt

¼ teaspoon pepper

BASICS & SEASONING

#CHEFPACHITIPS Hacks
Season all in one day; eat for the month!



ADD FLAVOR, INCREASE YOUR METABOLISM

How to Freeze BASIC VEGGIES

Bell Pepper
Garlic
Ginger
Green Onions
Onions

Never Spoil Hack BASIC HERBS

Rosemary
Thyme
Sage
Oregano
Dill
(only outdoors) Basil

Place over a pan,
outdoors (if dry),
or refrigerated.
Use as they dry.

COOK CLEAN ~~FOOD WASTE~~

#CHEFPACHI-Hacks

Home dried* herbs tend to be larger in size and volume than store bought.

Chef Pachi's Refried Beans Spread

2 cups

15 oz can black beans

4 oz jar pimentos, drained & minced

2 tablespoons fresh oregano leaves

3 limes small, juice

1/4 teaspoon hot sauce (optional)

<https://youtu.be/IMS03HY7z7g>

Herbed Yogurt Spread for Potatoes

1/2 cup

1/2 cup Plain Yogurt

1/2 tablespoon Minced Thyme leaves

1/2 tablespoon Minced Cilantro

Pinch Salt

Pinch Pepper

<https://youtu.be/aeHjLQp8Af8>

Chipotle Spread

1/2 cup

1/4 cup Plain Yogurt

1/2 cup Greek Yogurt

1/4 cup Grainy Dijon Mustard

1 teaspoon ground chipotle

(1 tablespoon for spicier spread)

https://youtu.be/7Vf-rICQ_f4

Process or Mix & Serve

BASICS SPREADS





RESERVED | FOOD FOR THOUGHT



VIBRANT

HYDRATION

ENERGIZING WATER

1. Place water, ginger and/or quartered lemons or lime, in the bowl of a power blender and blend for 5 seconds at speed 10. Pass through a sieve and discard the pulp and peel.
2. Place the rest of the ingredients in the glass and mix.
3. Serve or refrigerate overnight.

PINEAPPLE GINGER PACHI ANTIOK DANT WATER

Recipe serves 9 Prepared for 4

INGREDIENT	AMOUNT	SCALED AMOUNT
Water	8 cup	4 cup
Chia seeds	2 tbsp	1 tbsp
Diced pineapple	1 cup	1/2 cup
Grated ginger 2	2 tbsp	1 tbsp
Basil leaves	5 ----	2 ----

ORANGE KIWI PACHI ANTIOK DANT WATER

Recipe serves 8 Prepared for 4

INGREDIENT	AMOUNT	SCALED AMOUNT
Water	8 cup	4 cup
Chia seeds	1/4 cup	1/8 cup
Orange	1 cup	1/2 cup
Kiwi	1/2 cup	4 tbsp
Basil leaves	1 tbsp	1/2 tbsp

MANGO LIME ANTIOK DANT WATER

Recipe serves 8 Prepared for 4

INGREDIENT	AMOUNT	SCALED AMOUNT
Water	8 cup	4 cup
Chia seeds	1/4 cup	1/8 cup
Diced mango	1/2 cup	1/4 cup
Key limes	4 oz	2 oz
Basil leaves	1 tbsp	1/2 tbsp

APPLE KIWI PACHI ANTIOK DANT WATER

Recipe serves 9 Prepared for 4

INGREDIENT	AMOUNT	SCALED AMOUNT
Water	8 cup	3 5/9 cup
Chia seeds	2 tbsp	8/9 tbsp
Apple	1 cup	4/9 cup
Limes	2 cup	14 2/9 tbsp
Ginger root	1 tbsp	1 tbsp
Leaves	3 tbsp	1 1/3 tbsp

HYDRATION

HOW TO INFUSIONS

Recipe serves 8

Prepared for 4

INGREDIENT	AMOUNT	SCALED AMOUNT
Water	8 cups	4 cups
Spearmint, mint, basil	1 cup	1/2 cup

Place all ingredients in a pot. Cover. Bring to a boil, simmer for 2 minutes and allow to sit cover for least 5 minutes and up to 1 day.

FRUIT & HERB INFUSIONS

Blend, add chia, and refrigerate.

INGREDIENT	2 LITERS	1 GLASS
1. Strawberries or mixed berries	1 cup	1-2
2. Orange, tangerine or grapefruit pieces	1/2 cup	1
3. Mango, pineapple, Kiwi, or other tropical fruit.	1/2 cup 2 cups	1 1/4
<i>OP: 1/4 cup chia seeds</i>		



ALCOHOLIC BEVERAGE VARIATIONS

ALCOHOLIC BEVERAGE	Per glass with 1 serving	
Sauvignon blanc	1 fl oz	24 Cals
Cabernet sauvignon	1 fl oz	25 Cals
Gin, Vodka, Rum, Whiskey	1/2 fl oz	33 Cals
Beer, lite	1/3 Cup	29 Cals

Place herb or lime slice in the bottom of the glass and mash to extract flavor and aromas. Add carbonated water, alcohol, fruit and the rest of the ice; mix and serve.

HOW TO LOW SUGAR PARTY DRINKS

INGREDIENTS		8 oz
1 serving alcohol (Table on the left)		
Sparkling water	1/4	Cup
Mint - spearmint - basil - lime slice	1	----
Diced or sliced fruit: mango, starfruit, orange, tangerine	1/4	Cup
Ice	1/2	Cup



REAL
MEALS

3

SIMPLIFYING THE CULINARY ART OF GOURMET COOKING

CHEF PACHI'S INITIAL THOUGHTS

Building meals is fun, especially when YOU are in charge. You can put together meals from these recipes to start off, and learn how to balance a metabolized plate. There are recipes for a variety of foods from basics to whole meal dishes.* All recipes are flavorful, amazing, fun and simple. They are all nutritious, full of color, aroma, and taste. Cooking is just like playing; combining ingredients as if you were children preparing imaginary food. There is no wrong. Humans have fed themselves forever; even when there were no fancy stores, ovens, knives and cutting boards. Breads and pasta were prepared by civilizations way back. Many coats of arms show fruit and vegetables overflowing from cornucopia. We are innately good cooks; we know what we like; we are attracted to certain types of flavor, sweet, sour, salty and bitter. Mix what tastes best when you think of those ingredients, stop, and remember their taste and aroma. Let's walk into the kitchen and select foods that you think might be tasty; feel free to add spices and herbs, peppers and oils. Do the same at the market, and remember: food that is in season is the most fresh. Live your creation from the bounty this world has given us all. Before any specific cook-book was written, humans found a way to cook. Let us all do that!

“Building meals is fun, especially when YOU are in charge.”

I will give you tips and guidelines on how to cook the way I do. And in the context of what Dr. Clyde says, you can change my recipes, mix them and play around with them until you create your meals. Make them yours, eat your creations and do it by letting yourself go when you walk into the kitchen or outdoors, cook, create, eat and share.

In cooking...“There is no wrong. Humans have fed themselves forever; even when there were no cookbooks, fancy stores, ovens, knives and cutting boards.”

*For more recipes click here: <https://metabolize-it.com/recipes/>

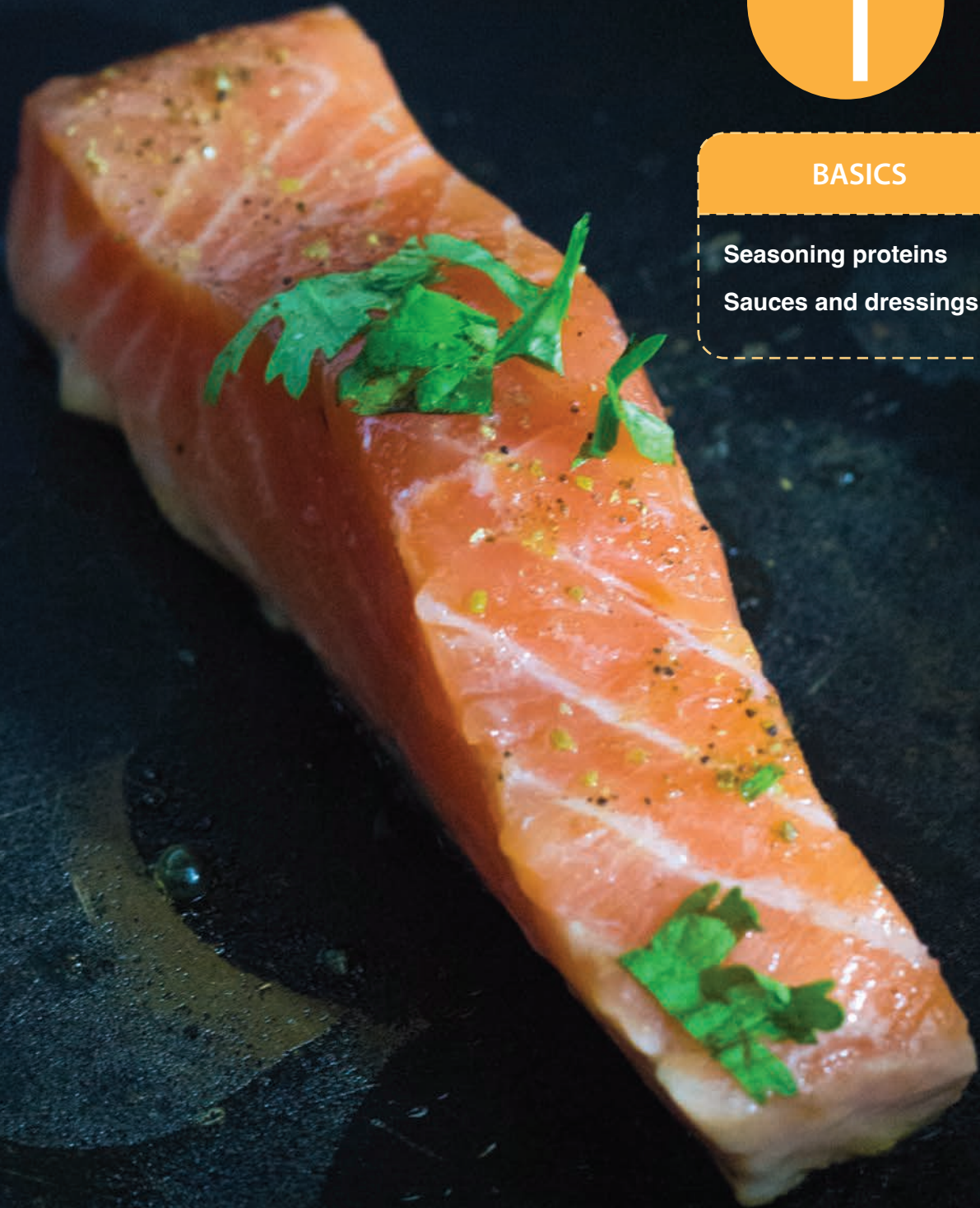


1

BASICS

Seasoning proteins

Sauces and dressings



SEASONINGS THAT GO TOGETHER

- Garlic, Rosemary, Pepper, Lemon Peel, Olive Oil, **Chili Oil**, Sesame Oil
 - Oregano, **Chipotle**, Cumin, Pimentos
 - Pesto, Nuts, **Sundried Tomatoes**
 - Garlic, Thyme, Pepper, **Orange** Peel & Slices
 - Thyme, Pepper, **Lime** or Lemon Peel & Slices
- Garlic, **Herbes De Provence** , Pepper, Dijon Mustard
 - Garlic, Chipotle, Scallions, **Cilantro**
- Onions, Raisins, Pepper, Lemon Juice, **Curry**
 - Scallions, Ciantro, Lime, **Peach**

LATIN MIX: Garlic, Oregano, Onion, Tomatoes, Pepper, Cumin, Peppers Ancho Chilies

- Rice Vinegar, Orange & Peel, **Fennel** & Ginger, Pepper
- Garlic, **Red Onion**, Lime Juice, Pepper, Cilantro, Vinegar
- **Gram Marsala**, Shallots, Garlic, Pepper, Oregano, Tomatoes, **Chimichurri**, Nuts, Olives
 - Garlic, Mustard, Ginger, **Honey**
 - Vinegar, **Passion Fruit**, Honey, Scallions, Red Pepper Flakes
 - Garlic, **Rendered Bacon**, Thyme
 - Lime , Thyme, **Cumin**, Oregano
- Cumin, **Smoked Paprika**, Lemon Peel, Chipotle, Cilantro, Cumin, Rosemary
- Coconut Milk, Dried Coconut, Curry, Raisins, **Almonds**, Garlic & Onions
 - **Sesame Oil**, Lime, Honey, Ginger, Coconut Aminos
 - Garlic, Scallion, **Vinegars**, Cilantro, Tomatoes
- **Coffee**, Port Wine, Balsamic, Shallots, **Red Onion**, Lime, Cilantro, Garlic, Honey
 - **Lemongrass**, Garlic, Ginger, Citrus, Pineapple,

VINAIGRETTES & DRESSINGS

STRAWBERRY VINAIGRETTE

(6 tablespoons)

- 1/4 of cup Strawberry blended, ground or finely chopped
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar or rice or wine
- 1/2 teaspoon honey or maple syrup
- 1/4 teaspoon of salt
- 1/4 tsp chili powder
- 1/8 teaspoon pepper

Blend.

BASIC YOGURT SOUR CREAM SAUCE

(2 cups)

- 16 oz plain yogurt
- 2 teaspoons wasabi
- 1 tablespoon apple cider vinegar
- 1 tablespoon olive oil
- 1 teaspoon honey
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

CHEF PACHI VINAIGRETTE

(2/3 cup)

- 6 tablespoons olive oil
- 5 1/2 tablespoons lime juice
- 1/2 tablespoon Dijon mustard
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 tablespoon maple syrup or honey (optional)

SPREADS PLT



“Keep one at hand each week. If you refrigerate it slightly ajar and it will last up to three weeks in perfect condition; so will yogurt.”

HUMMUS

2 cups cooked Garbanzo
1/4 cup dark Sesame Oil
3/4 cup Greek Yogurt
2 Tbsps. Garbanzo cooking liquid
2 Tbsps. Lemon juice
2 Tbsps. Cilantro
1 clove Garlic
1/2 tsp. roasted cumin seeds
1/2 tsp. smoked paprika

Process all except spices. Heat seeds in a pan for one minute and pour over your hummus. Sprinkle extra Oil.

<https://youtu.be/RT2B2v42XvY>

SUN_DRIED TOMATO

2 cups Greek Yogurt
1/2 cup Sun Dried Tomatoes
1 fresh Rosemary sprigs
1/4 teaspoon Salt & Pepper
10 drops Siracha (optional)

Process.

https://youtube.com/shorts/L6_1H1pXOyo?feature=share

PIZZA BIANCA

2 cups Greek yogurt
1/4 cup Ricotta Cheese
2 whole heads Roasted Garlic (save extra)
Pinch of Salt & Pepper
1 egg if baking in ravioli or other than pizza.

<https://youtu.be/8UbpSuv7Pc8>

2

BY FOOD GROUP

Protein

Vegetables

High Energy Carbs

Fats

+ Breakfast



PROTEIN: AIR FRIED & BAKED

Servings: 1 | Difficulty: Easy | Directions: Mix and serve.

BEEF FILET RIB-EYE – T-BONE

A.F. 4m
400

BK. 13m
375

8 oz Beef Filet (3 pc)*
1 tablespoon dry Spice mix
½ tablespoon of Oil or
½ tablespoon Butter
½ teaspoon coarse Salt
¼ teaspoon Pepper

1. Spread oil or butter over each filet , top side only.
2. Sprinkle with spices, salt and pepper.
3. AIR FRYER on BROIL (400°F) for 3-5 minutes total. No need to turn.

CUBED TOFU

A.F. 7m
400

1/2 tablespoon Dark Sesame Seeds
1/2 tsp Spices (old bay)
1/4 tsp Sesame Oil
1/2 cup Grapefruit Juice
1/4 tsp Maple Syrup
pinch Salt & Pepper

1. Press the Tofu to release any extra water.
2. Pour the rest of the ingredients; set aside 10 minutes.
3. Air Fry @400F for 7 minutes.

CHICKEN BREAST+ MUSHROOMS

BK. 25m
350

2 Chicken Breasts
1/4 cup Pesto
1/3 cup of Plain Yogurt
1/4 teaspoon of Salt
1/4 teaspoon Pepper
2 cups of sliced Mushrooms

1. Cut each breast horizontally. Season w/ yogurt, S & P.
2. Place into a loaf pan or rectangular pan.
3. Bake at 350°F for 25 minutes; pour mushrooms on top of the chicken; return to the oven and cook 2 minutes. Set aside, covered for 5 minutes, slice and serve.

BREADED SHRIMP

A.F. 7m
400

1 pound Shrimp
1 tablespoon Green Onion
1 tablespoon Cilantro
1 Garlic clove
1/2 teaspoon Salt
1/4 teaspoon Pepper
1/4 teaspoon of Old Bay
1/2 cup corn Masa Flour

1. Season the shrimp and refrigerate or use.
2. Add corn flour and Air Fry @400F for 7 minutes.

PORK CHOPS

A.F. 9m
390

BK. 14m
375

2 Pork Chops (3/4-1 inch thick)*
1/4 cup Plain Yogurt
2 teaspoons dry Thyme
2 teaspoons Lemon Rind
(optional mixed with thyme)
1/8 teaspoon Salt
1/8 teaspoon Pepper

1. Season the pork chops.
2. Air Fry at 390°F for 8 minutes turn 8 min more
3. Bake @375°F for 14 minutes, cover for 5 minutes.

GLAZED SALMON

A.F. 6m
390

BK. 12m
375

3-4 Salmon pieces (1 lb.)
2 tablespoons Balsamic Vinegar
1/4 teaspoon Salt
1/4 teaspoon Pepper

1. Season the salmon.
2. Cook in the Air Fryer @ 390°F for: "5 minutes for rare, 6 medium, and 7 for well done".
3. Bake @375°F for 10 minutes rare, 12 medium 16 for fully cooked.

LEGUMES: UNSUPERVISED

SOAK DRY LEGUMES overnight (or 6 - 8 hours) in water to cover.

CANNELLINI BEANS

1 pound dried Cannellini beans, soaked
 1 teaspoon of GARLIC
 3 sprigs of OREGANO
 1 white ONION
 1 pinch of PEPPER (p/serving)
 1 teaspoon of OLIVE OIL (p/serving)
 1 tablespoon PLAIN YOGURT (p/serving)

RED BEANS

1 pound dried RED BEANS *Soaked
 3 CARROTS, halved lengthwise
 2 TOMATOES, halved
 1 ONION, yellow halved
 1/2 red BELL PEPPER
 2 CILANTRO sprigs
 1 teaspoon SALT

GARBANZO - CHICKPEAS

1 pound of dry CHICKPEAS *Soak
 1 teaspoon of GARLIC
 2 BAY LEAVES
 1 red ONION
 1 tablespoon of OLIVE OIL
 1 tablespoon PLAIN YOGURT
 (p/serving)

LENTILS

2 pounds of dried brown LENTILS
 *Soaked
 3 CARROTS, halved lengthwise
 2 TOMATOES, halved
 2 ONIONS, halved
 2 SCALLIONS, green part too
 2 GARLIC cloves
 1/2 RED BELL PEPPERS
 2 CILANTRO sprigs
 2 teaspoon SALT
 1/2 teaspoon TURMERIC
 1/2 teaspoon PEPPER

BLACK BEANS

1 pound of dry BLACK BEANS
 1 tablespoon of GARLIC
 5 sprigs of CILANTRO
 1 RED ONION
 1 pinch of PEPPER (p/serving)
 1 pinch of TOASTED CUMIN SEEDS
 (p/serving)
 1 tablespoon PLAIN YOGURT (p/serving)

1. Place re-hydrated beans in the Pressure Cooker, slightly covered with water.
2. Pressure cook for 20 min.
3. Add the salt, mix and serve.

Serve with 1 Tbsp of GREEK YOGURT.

1. Place rehydrated beans/lentils in the Pressure Cooker and slightly cover with water.
2. Place a rack over the beans/lentils, add the rest of the ingredients less the salt.
Pressure cook for 20 min for beans and, 8 minutes for lentils.
3. Remove the vegetables and transfer to a blender with 1 cup of cooked liquid and 1/2 cup of beans/lentils.
4. Transfer back to the pot, add the salt, mix and serve.

Serve with 1 Tbsp of GREEK YOGURT.

VEGGIES: Quick, Easy, & Delicious

A.F.: AIR FRYER & **BK.:** CONVECTION OVEN TEMPERATURES in °F - TIME in MIN m

BUTTON MUSHROOMS (2)

1 cup (4 oz) mushrooms
1 t dried herbs (1 tablespoon if home dried*)
¼ teaspoon salt
¼ teaspoon pepper
1 teaspoon olive oil

A.F. 9m
390

BK. 13m
375

SHIITAKES

1 tray of Shiitakes 1/2 lb.
2 tablespoons rice vinegar
1 tablespoon olive oil
1 tablespoon red onion
1 tablespoon of fresh herbs
1/4 teaspoon salt and pepper

A.F. 9m
390

BK. 13m
375

ASPARAGUS (1-2)

1/4 bunch of asparagus*
1 teaspoon of olive oil
1 teaspoon of oregano
Pinch of salt
pinch of pepper

A.F. 4m
390

BK. 6m
350

BRUSSELS SPROUTS (4)

2 cups of Brussels sprouts
3 tablespoons lime juice
1 tablespoon olive oil
Pinch of pepper

A.F. 9m
390

BK. 13m
375

BROCCOLI (2-4)

1 head of broccoli
1 tablespoon coconut aminos
1 tablespoon balsamic vinegar
1/2 tablespoon of ginger
1 clove garlic
1/2 teaspoon of olive oil
1/4 cup orange juice

A.F. 4m
390

BK. 6m
350

ZUCCHINI (4)

2 zucchini
1 tablespoon olive oil
2 sprigs oregano (1/2 teaspoon dry)
Pinch of salt
Pinch of pepper

BK. 15m
325

VEGGIE ROAST (6)

1 onion, quartered
1 bell pepper quartered
1 cup cherry tomatoes
1 whole head of garlic (save rest roasted)
4 sprigs of oregano, rosemary, or thyme
2 tablespoons balsamic vinegar
2 tablespoons olive oil
1/4 teaspoon salt
1/4 teaspoon pepper

BK. 315m
375

1. Mix veggies and all seasonings.
2. Place veggies on an oiled pan or air fryer rack.
3. AIR FRY or BAKE (convection oven)
4. Serve.

SALADS : 3 WAYS

SPINACH SALAD WITH EDAMAME

4-6 servings

2 ounces Spinach
2 cups cooked Edamame
½ ounce Parmesan Cheese
or Nutritional Yeast
1/2 cup Blueberries
1/2 Bell Pepper sliced thin

Dressing (Mix or blend)

2 Tbsps. Olive Oil
3/4 Tbsps Lime Juice
1/2 tsp. Dijon Mustard
pinch Salt
1/4 teaspoon Pepper

WEEK LONG COLE SLAW

8 cups salad

10 ounces (360 grams) of
Green & Red Cabbage

1.- Place all ingredients in a bowl.
2.- Mix and serve.

Dressing (Mix or blend)

peel of 4 Lemons
4 Tbsps. of Lemon Juice
2 Tbsps. of Sesame Oil
1 Tbsp. of Honey
1 Tbsp. of Pickled Ginger

CANNELLINI BEAN SIDE OR SALAD

Option 1

1 cup cooked Cannellini Beans,
washed & drained
1 tablespoon Pesto in olive oil
2 tablespoons toasted Pine Nuts
¼ teaspoon Pepper

Option 2

1 cup cooked Cannellini Beans,
washed & drained
1/2 tablespoon Sun Dried
Tomatoes, minced
1/2 tablespoon of O. Oil

CARBS: Batch Cooking

INSTANT POT & STOVE TOP

BROWN RICE INSTAPOT (8)

4 cups Brown Rice
5 cups Water
1 tablespoon Salt (or less if desired)
1 tablespoon Olive Oil

Place all ingredients on the Instapot and cook for 20 minutes.

Once it says "0" zero minutes left, allow all the steam to go out on its own. Open and serve.

I.P. 20m

TIME in MINUTES

BROWN RICE STOVETOP (8)

4 cups Brown Rice
8 cups Water
1 tablespoon Salt (or less if desired)
1 tablespoon Olive Oil

Place all ingredients in the a pot over medium-high heat and bring to a boil.

As soon as the water boils, cover it and cook for 50 minutes.

<DO NOT OPEN THE COVER WHILST COOKING>

S.T. 50m

POTATOES YAMS PLUS

3 large Potatoes
3 large Yams
3 large, Sweet
Potatoes

Punch holes in all the tubers.

Place them in the INSTANT POT over a rack with 1 cup of water in the bottom.

Cook for 25 minutes; allow the steam to leave on its own.

Serve whole, sliced, or if keep some for the next 2 to 3 days, allow to cool and refrigerate.

I.P. 25m

QUINOA (4)

4 cup Quinoa
5 cups Water
1/2 Tbsp. Coconut
Oil

Place quinoa and water in the INSTANT POT and let it rest for 5 minutes; if it does not hydrate or get larger, it is old.

Add the coconut oil and cook covered for 1 (ONE) minute.

Let the steam come out and serve.

I.P. 1 m

SWEET PLANTAINS (2-3)

1 Plantain (very mature but not mushy)
1 tablespoon Olive Oil, Butter, or Oil Spray.

Peel and slice the plantain.

Spread olive oil, butter or spray.

BK.375
12 m

A.F. 8m

GOOD FAT: HEALTHY ADD-ONS

SPREADS

ANCHOVY (1/4 cup)

One 2 oz. can of anchovies,
drained
1 teaspoon lemon peel
1 tablespoon lemon juice
1 tablespoon roasted garlic
1 tablespoon pesto
2 tablespoons olive oil

OLIVE (1 cup)

3 tablespoons minced green olives
2 tablespoons minced black olives
2 tablespoons red wine vinegar
1 tablespoon pesto
1 tablespoon minced pickled
ginger
3 tablespoons olive oil

SNACKS

PACHI CRUNCHIES (1.3 cups)

1 cup coconut (dry unsweetened)
1 cup pecans, toasted
1 cup 90% dark chocolate chips

COFFEE CHOCO PECANS (22)

½ pound of DARK CHOCOLATE
(70%)
1 teaspoon of freeze-dried coffee
1 teaspoon of cinnamon
2 cups of pecans

BREADING & GUAC

GF BREADING (1.25 cups)

1 cup ground cashews
1 ½ tablespoons sesame seeds
2 tablespoons lemon peel
1 tablespoon home dried oregano-
(1/4 teaspoon store bought)

MIX.

SIMPLE GUAC (1.5 cups)

2 or 3 AVOCADOS
juice of 3 LIMES
½ cup of CILANTRO
a pinch of SALT & PEPPER

Process, and keep the pit to store
it together; keeps 3+ days.



Day or Night
BREAKFAST

BREAKFAST

OMELETTE

1 SERVING

- 2 to 3 Egg Whites •
- 2 to 3 Egg Yolks •
- 1 cup Roasted Veggies •
- 1/4 teaspoon Butter •
- pinch Salt & Pepper •

Mix eggs, salt and pepper in a bowl.
Place a nonstick pan over medium heat, when hot,
add the butter and spread.
Pour the egg mixture; let it set a little on the sides
and with a spatula, move the egg to the center of the
pan so the uncooked rest of the egg mixture flows to
the pan.
Add veggies, fold and cook for 30 seconds more.

BREAKFAST ON THE RUN

1 SERVING

- 1/2 cup cashew milk •
- 4 oz. plain unsweetened Greek Yogurt •
- 2 tablespoons gluten free Oats •
- 2 tablespoons Chia Seeds •
- 1 teaspoon Honey or Maple Syrup •
- 1/2 cup Mixed Berries •

Plate and enjoy!

HUEVOS RANCHEROS

1 SERVING

- 2 Eggs •
- 1/4 cup Pico de Gallo •
- 2 Tbsps. Black Bean Spread •
- 1 Tbsp. Chipotle Spread **Optional** •
- 1 Whole Grain Toast •

Place a nonstick pan over medium heat, when hot,
add the butter or oil and spread.
Pour your eggs and cover for 2 minutes.
Uncover and add salsa and spreads.

FLOURLESS PANCAKES

1-2 SERVINGS

- 6 egg whites •
- 1/2 cup almonds, ground •
- 2 tablespoons flaxseed •
- 2 tablespoons chia •
- 1 tablespoon honey •
- 1/4 to 1/2 cup milk •
- (depends on desired pancakes thickness) •

In a large bowl, mix egg whites, almonds, flax, chia, honey
and milk. Pour or scoop 1/4 cup batter over a non-stick or
lightly oiled pan. Flatten with a metal spatula if too thick.
Cook until lightly golden, turn and cook 30 seconds more.
Serve with berries and yogurt.



TWO FREEZABLE VEGAN SIDES "Portion & Freeze"

CURRIED MUNG BEAN RICE

4-8 servings

- 1 pound dried MUNG beans, rehydrated
- 2 cups brown rice
- 3 cups of water
- 2 bay leaves
- 1 teaspoon minced garlic
- 1 teaspoon of turmeric
- 4 tablespoons fresh long onion or 2 if frozen
- 1 tablespoon of ginger
- 1 tablespoon of curry
- 2 teaspoons of salt

Optional: replace 1 cup of water with coconut milk

Place all ingredients in the pressure cooker.

Cook 18 minutes over medium heat.

Mix and serve.

<https://youtu.be/X301sisHUHE>

BROCCOLI & LEEK SOUP

2-4 servings

- 1 broccoli head
- 1 leek
- 1 tablespoon of ground basil
- 1/2 tablespoon of olive oil
- 1 teaspoon garlic, crushed
- 1/4 teaspoon salt & pepper
- 2 chopped cilantro leaves (at serving time)

Cut the leek and broccoli.

Place in the pressure cooker with the rest of ingredient and water to cover.

Cook under pressure for 5 minutes.

Open the pot, add the cilantro and blend.

https://youtu.be/bSHlpU_g





3

PACHI HACKS

Sandwiches

Snacks

Smoothies

Veggie Hacks

SANDWICHES

BLACK BEAN

1 SERVING

- 1 cup Black Beans •
- 1 tablespoon Sunflower Seeds, toasted •
- 4 Artichoke Hearts chopped •
- 1 teaspoon minced Sun-Dried Tomatoes •
- 1 teaspoon Pesto sauce •
- 10 Spinach leaves •
- 2 slices Whole-Grain Bread •
- 1/8 th avocado •

Mix black beans and sunflower seeds and press them to form a paste.
Add sun dried tomatoes and pesto to the artichoke hearts; place them on the bread.
Add spinach and finally the black beans.
Cut and Serve with the avocado.

ASPARAGUS & TUNA

1 SERVING

- 1 slice seeded or sourdough nut Bread •
- 3 oz Tuna •
- 10 Asparagus, cooked •
- 1/2 tablespoon Balsamic Vinegar •
- 1 teaspoon Olive Oil •
- 1 cup baby Arugula •
- 1/2 Tomato •

Make it in less than a minute:
Take a slice of sourdough bread if it's too big you can cut it in half.
Mix the balsamic and oil with arugula, add the tuna, and tomatoes.

TUNA & PEAR

1 SERVING

- 1 slice seeded or sourdough nut Bread •
- 3oz Tuna •
- 1 tablespoon Dijon Mustard •
- 1/2 cup of Pears •
- 1/2 tablespoon Balsamic Vinegar •
- 6 Mustard Green leaves •

Place a nonstick pan over medium heat, when hot, add the butter or oil and spread.
Pour your eggs and cover for 2 minutes.
Uncover and add salsa and spreads.

QUICK SALMON

1 SERVING

- 1 whole wheat pita •
 - 2 - 3 oz smoked salmon •
 - 3-4 tablespoons Herbed Yogurt Sauce •
 - handful of arugula •
 - 1/4 cup blackberries •
-
- 1 whole wheat pita •
 - 2 - 3 oz smoked salmon •
 - 3-4 tablespoons Herbed Yogurt Sauce •
 - handful of arugula •
 - 1/4 cup blackberries •

COFFEE SNACKS

1 SERVING

- 6 oz Dairy or Soy latte
- 1 tablespoon Almonds covered in Chocolate

1 SERVING

- 6 oz Dairy or Soy capuccino
- 1/2 oz Chocolate
- dash Cinnamon (MIX)

FRUIT & CHEESE SNACK WITH NUTS

1 SERVING

- 2 oz white Farmer's Cheese
- 1/2 Banana
- 1 tablespoon Cashews

2 SERVINGS

- 1 Apple
- 2-3 oz. blue cheese
- 1/2 tsp Honey or Maple Syrup
- pinch Cinnamon

1 SERVING

- 3 oz Ricotta Cheese
- 1 oz Blue Cheese
- 1 tablespoon Walnuts
- 1/4 teaspoon Maple Syrup

1 SERVING

- 2 oz Brie
- 1 Pear

CEREAL SNACKS

1 SERVING

- 4 oz dairy or soy Milk
- 1/2 Banana
- 1/2 cup Oats
- 1/2 teaspoon Honey
- 1/2 teaspoon Cinnamon

1 SERVING

- 4 oz Greek Yogurt
- 4 oz almond milk
- 1/2 cup peach slices
- 1/2 cup granola
- 1 tablespoon Chia seeds



OCASIONAL

MEALS

PICKLED VEGGIES

4 SERVINGS

- 2 red onions, cut into 8ths .
- 2 red bell peppers, sliced .

- 2 lb. quartered mushrooms .

- 1 cauliflower, cut into pieces .
- 1 broccoli, cut into pieces .

- 3 sprigs fresh rosemary and thyme each
- 2 garlic cloves, mashed
- 1/4 cup lime juice
- 1/4 cup rice vinegar
- 1/4 cup water
- 1 tablespoon honey or maple syrup
- 1/8 teaspoon salt
- 1/4 teaspoon pepper
- two 2 tablespoons olive oil

Bring a large pot of water to a boil. Take a large bowl and add water with ice to it.

Place the selected vegetables in a colander and into the boiling water, wait 10 seconds, remove them from the water and immediately dunk them all into the iced water. Again, remove them from the iced water and set aside.

Mix the herbs, garlic, lime juice, vinegar, water, salt, pepper, & pour over the veggies.

Add olive oil and mix and refrigerate in a sterile jar until ready to use. Keeps for approx. 21 days.

FENNEL GRAPEFRUIT SIDE

2 - 4 SERVINGS

- 1 fennel bulb, thinly sliced
- 2 cups shredded cabbage
- 2 cups shredded purple cauliflower
- 1 grapefruit slices
- 1/4 cup minced red onion
- 1/4 cup minced cilantro
- 2 Tbsp. lime juice, 1 lime
- 1/2 TBsp. olive oil
- 1/4 tsp pepper

In a bowl place onion, cilantro, grapefruit, lime juice, salt and pepper. Mix, and set aside for 5 minutes. Add the rest of the ingredients, pour olive oil, mix and enjoy!

FRUIT & VEGGIES

CHEF PACHI SMOOTHIES

BLEND & GO



NLT SMOOTHIE (1 svg)

- 1 cup Kale
- ½ cup Spinach
- 1 cups Berries (frozen)
- 1 tablespoon Cashews

Blend and serve.

PLT SMOOTHIE (1 svg)

- 1 cup Soy Milk
- ¾ cup Kale
- ½ cup Spinach
- ½ Banana (frozen)
- 1 tablespoon Chia Seeds

Blend, then add chia seeds.

NLT SMOOTHIE (1 svg)

- ½ cup Ice
- ½ cup Apple slices
- ½ cup Pear slices
- ½ cup Raspberries
- 1 Tbsp. slivered Almonds

Blend, then add almonds.

Leaves should be measured pressed to secure the correct volume.

CRUNCHY VEGGIE MIXES

Directions: Add Protein, High Energy Carb, & Fat .
Mix and serve.

SLICED

½ cup shredded Red Cabbage
½ cup shredded Cabbage
¼ cup sliced Daikon

Suggestion:

2 Tbsps Lemon Juice, Ginger & Oil

HACK

CRUCIFEROUS LEAVES

½ cup chopped Kale
½ cup chopped Radicchio ½ cup
Cauliflower tops

Suggestion:

½ cup Blueberries &(Pistacchio) Oil

SHREDDED - SLICED

½ cup purple Brussels Sprouts
½ cup Broccoli
¼ cup Radish

Suggestion:



#CHEFPACHI TIPS 🍴 Hacks

Prep veggies only for 3-4 days.

SWEETS

SWEETENED MANGO

2 cups ripe Mango
1/4 teaspoon Coconut Oil
pinch Cinnamon

Place coconut oil in a non-stick pan over medium heat. Add fruit & cinnamon, cover & cook 8-10 minutes.

NO SUGAR JAM

2 cups Blueberries

Place blueberries oil in a non-stick pan over medium heat. Swirl the pan and cook 3-4 minutes.



HOW TO VIDEOS

HOW MUCH is 1 TBSP OIL

Use a small, spouted bottle to spread your oil.

<https://youtu.be/BWc4v7XjTRI>

HOLLOW BREAD (video)

Hollow the top of your bread and avoid your food from spilling out.

<https://youtu.be/vkRRJTLOhXU>

GARLIC, GINGER, TURMERIC & ...

Process and freeze garlic in flattened wax paper or plastic bags.

https://youtu.be/LHIAF_iCNJE

QUICK PLT's

Latte with Fruit & toast
Soy Hot Chocolate
Chocolate Covered Pecans
Greek Yogurt, Ice Cream, Nuts/Berries
Greek Yogurt, Feta & Crackers

4

GETTING TO KNOW MY BANDWIDTH

GETTING TO KNOW OURSELVES

Most of us seem to have a really hard time when asked to ‘describe ourselves’ or to “describe what we’re like”. Even when we look in the mirror it seems hard to describe exactly what we see—without enhancing or diminishing our characteristics.

Nevertheless getting to know ourselves eases when the subject is food. Food we love. Food we smell. Food we taste. Food we can describe. When talking about food we know exactly what we like and dislike. Food is memorable! We can easily recall meals, along with the people, places, and situations in which we enjoyed or disliked them.

DEVELOPING OUR FOOD PROFILE

Now it’s time to identify your food profile. In order to develop our personalized food profile we must start by starts by reviewing our daily routines.

To determine our various routines we elaborate a personal activity log, during the day itself. This way we can associate how it relates with the foods and beverages we’ve had—what we eat, when we eat, and why we eat.

To identify our daily activities we start by charting a log with the tasks and actions accomplished during a typical day from the moment we wake up to the moment we go to bed at night.

The log’s first column determines the specific hour a task is accomplished from the moment we open our eyes (A.M. or P.M.). We log in as HOUR 0 the moment we wake up. The optimal day nowadays consists of 16 awake hours and 8 sleep hours.

The second column is the time of day. It helps us associate time of day with activities to better understand the moment and duration of the accomplishments. Say we wake up at 5:00 AM and go to bed at 9:00 PM; our first task would be logged as HOUR 0 and our last task at 9:00 PM as HOUR 16.

The third column identifies the task/activity accomplished and how our food and beverage intake relates to it. Place a check mark ✓ next to the activity that best describes your activity.

HOUR AWAKE/TIME	FOOD & DRINK	WEEKDAY DAILY ACTIVITY LOG
00:15 A.M.	<input type="checkbox"/> Water Yogurt <input type="checkbox"/> Yoga	UPON WAKING UP <input type="checkbox"/> Drink, nibble, eat <input checked="" type="checkbox"/> Exercise/yoga/other activity
		WAKE UP UPON WAKING UP <input type="checkbox"/> Drink, nibble, eat <input type="checkbox"/> Exercise/yoga/other activity <input type="checkbox"/> Drink, nibble, eat prior to activity <input type="checkbox"/> Drink, nibble, eat during activity <input type="checkbox"/> Drink, nibble, eat after activity <input type="checkbox"/> Organize household and stuff <input type="checkbox"/> Drink, nibble eat during activity <input type="checkbox"/> Prepare/get ready to head out <input type="checkbox"/> Drink, nibble eat during activity <input type="checkbox"/> Cook and have complete breakfast
		COMMUTE <input type="checkbox"/> Nibble, drink during commute <input type="checkbox"/> Eat (breakfast) during commute
		AT HOME/OFFICE MORNING <input type="checkbox"/> Nibble, drinks at office <input type="checkbox"/> Office snack
		LUNCH TIME <input type="checkbox"/> Lunch: eat, drink at office or home <input type="checkbox"/> Lunch: eat, drink traveling or out of office <input type="checkbox"/> Lunch: eat, drink, snack out of office (outdoors) <input type="checkbox"/> Nibble, drink, snack during lunch <input type="checkbox"/> Other activities (exercise, study); <input type="checkbox"/> Nibble, drink <input type="checkbox"/> Do not have lunch
		AT HOME/OFFICE AFTERNOON (beverages, snacks) <input type="checkbox"/> Nibble, drinks at office <input type="checkbox"/> Office snack
		COMMUTE A exercise/yoga/ activity <input type="checkbox"/> Nibble, drink prior to activity <input type="checkbox"/> Drink, nibble, eat DURING activity <input type="checkbox"/> Nibble, drink after activity
		COMMUTE B: home <input type="checkbox"/> Drink, nibble, eat DURING commute <input type="checkbox"/> Drink, nibble, eat DOING TASKS
		DINNER <input type="checkbox"/> Drink, nibble, eat (Where?)
		TASKS AFTER DINNER ACTIVITIES <input type="checkbox"/> Nibble, drink
		IMMEDIATELY BEFORE GOING TO BED <input type="checkbox"/> Nibble, drink
		BED TIME

WHAT I EAT REGULARLY

Continue filling out the form to identify what you eat and drink regularly when accomplishing the different activities of the day. If you do not remember, help your memory and have a little fun taking snapshots of all you eat and drink today or tomorrow with your phone.

	BEVERAGE	NIBBLE	SNACK	MEAL
WAKE UP				
BREAKFAST				
A.M. ACTIVITY Kids, Gym, etc.				
WORK				
LUNCH				
WORK				
P.M. ACTIVITY exercise/social/				
HOME				
DINNER				
AFTER DINNER				
IMMEDIATELY BEFORE GOING TO BED				

After establishing our daily routine and having identified how foods and beverages relate to it, we continue the process of identifying the foods we like to eat, the ones we are not so fond of, and the ones we dislike.

CARBOHYDRATES							
VEGETABLE CARBS				FUEL CARBS			
Cruciferous	Vegetable Soft, Soups or Sauces	Raw Vegetable or lightly cooked with peel	Herbs & Spices	Legumes	Fruit	Whole grains Roots, & Tubers	Processed Carbs
Arrúgula	Beet	Artichoke	Anis seed	ALL BEANS & SOY	Apple	Amaranth	VARIETIES OF Bread
Boc choy	Carrots	Artichokes	Basil	Black beans	Banana	Barley	Bagels
Broccoli, all	Tomatoes	-Jerusalem	Bay leaf	Black-eyed-peas	Blackberry	Black rice	Buns
Brussels-sprouts	Peas	Arugula	Cardamom	Cannellini	Cantaloupe	Boniato	Cereals
Cabbage, all		Asapragus	Chili powder	Chickpeas	Cherry	Brice	Cereal Bars
Cauliflower	Vegetable Soup	Baby greens	Chinese 5 Spice	Fava	Currant	Buckwheat	Chips
Celery	Vegetable Puree	Bell Peppers	Cilantro	Kidney	Dates	Bulgur	Corn-products
Chard	Juice from a Juicer	Capers	Cinnamon	Black	Fig	Cassava, yuca	Grain Flours
Chickory		Chayote	Clove	Red	Gooseberries	Corn	French fries
Collardgreens		Chickory	Garam Marsala	Limas	Grapefruit	Farro	Muffins
Dandelion-Greens		Eggplant	Garlic	Mung	Grapes	Lima beans	Tro
Cress		Endive	Ginger	Navy	Guava	Millet	Pasta, all kinds
Daikon		Garlic	Lemongrass	Piegeon peas	Juniper berries	Oats	Potato products
Horseradish		Ginger	Mint	Pintos	Kiwi	Peas	Quinoa flour and pasta
Kale		Green Beans	Nutmeg	Soy beans	Kumquat	Plantains	Rice products
Kohlarbi		Hearts of palm	Oregano	Lentils	Lemons	Potato	White rice
Mustard-Greens		Jalapeños	Parsley		Lime	Pumpkin	Wraps, all kinds
Radicchio		Jicama	Rosemary		Lindenberries	Quinoa	
Radish		Leek	Saffron		Longan	Red rice	
Rutabaga		Mushrooms, all	Salsify		Loquat	Rye berries	
Swiss chard		Okra	Star anise		Lychee	Spelt	
Turnip		Parsnip	Thyme		Mango	Squash	
Wasabi		Peppers, all	Turmeric		Melon	Sweet corn	
Watercress		Spinach	Verbena		Nectarines	Sweet potato	
		Zucchini	Wasabi		Orange	Teff	
		Lettuce Varieties :			Papaya	Water-chesnuts	
		Red Leaf			Passion fruit	Whole Grain	
		Green Leaf			Peach	Rice	
		Romaine			Pear	Wild Rice	
		Bibb			Persimmom		
		Peas			Pineapple		
		Beet			Pithaya		
		Tomatoes, all			Plum		
		Carrot			Pomegranate		
					Quince		
					Raspberry		
					Starfruit		
					Strawberries		
					Tamarind		
					Tangerine		
					Tomatillo		
					Watermelon		

From the lists on these two pages, underline the FOODS YOU LIKE TO EAT. Then, review it again and place a *highlight* the foods *you are not particularly fond of* but ARE WILLING to try.

FAT		PROTEIN
Unsat FAT	Sat FAT	PROTEIN
Nuts, seeds & their oils	Visible & Invisible from skin & dark meats	Animals Soy & Legume
<p>Omega Ω3 -PUFA</p> <p>Sardines (3oz) Herring Anchovies Flax Chia (1 Tbsp) Walnuts (10)* Tofu (1.5 cups)** Soy Milk (6 cups)** Edamame (2.5 cups)**</p> <p>Omega Ω6 -PUFA</p> <p>Nuts: (2-3 Tbsps) Cashews Macadamia Peanut Pecan Pine nuts Pistachios Walnuts Almonds Hazelnuts Coconut Cacao</p> <p>Seeds: (2-3 Tbsps) Pumpkin Seeds Sunflower Seeds Sesame Seeds</p> <p>Omega Ω9 -MUFA</p> <p>Olive oil - E-Virgin (1TbsP) Olives (2-4 Tbsp) Avocado (1/4 cup) Hummus (1/4 cup) Macadamia</p> <p>*O-3 & 6; 250 cal for both ** In 1-2 meals / 1-2 days</p>	<p>Beef mixed dishes Burgers Butter Ribs Chicken w skin Pork</p> <p>Cream Dairy Dairy desserts Cheese</p> <p>Traditional desserts Ice cream Latin Rice Dishes Latin Corn Dishes Past Pizza</p> <p>Processed Meats Bacon Bologna Franks Ham Sausage</p>	<p>Anchovies Boar Bottom round Caryfish Catfish Chicken Cornish Hens Crab Crayfish Croaker Eggs and Low Fat Dairy Eye of round Flounder freshwater perch Haddock Hake Herring Jacksmelt Lamb Monnkfish Mullet Oyster Pacific cod Pollok Pork Salmon Sardines Scallop Shrimp Skate Skipjack Snapper Soy products Spiny lobster Squid Tilapia Top round Trout Tuna canned Turkey Venison Whitefish</p>

HAVE FUN CREATING A MENU WITH THE FOODS YOU LIKE

BALANCE is the key concept to enjoy the foods we love in our daily diets. Start by creating a MOCK MENU that includes the foods you like along with the foods you don't like but are willing to try.

Take into consideration your daily log with the schedule and times for meals, snacks, and beverages.

BREAKFAST				
DISH	ADD - EXTRA	HOLD	SID ORDERS	DRINK
Old fashioned pancakes	Roasted blueberries or apples	Syrup	Yogurt, Almonds, Cinnamon	Dairy or Soy Latte or Chai

Notes:

SNACK				
DISH	ADD - EXTRA	HOLD	SID ORDERS	DRINK
Smoothie	Blueberries, nuts, chia seeds	Juice sweetened fruit or yogurt		Soy o Dairy Milk

LUNCH				
DISH	ADD - EXTRA	HOLD	SID ORDERS	DRINK
BBQ pulled pork sandwich on rye	Cole Slaw type Salad	Onion rings, extra sauce	Cole Slaw type Salad	Chia & Lime Water

DINNER				
DISH	ADD - EXTRA	HOLD	SID ORDERS	DRINK
Green Salad with a mix of lettuce, chard, broccoli, spinach	Tuna	Candied Nuts or Sweetened dry fruit	Pico de Gallo	Orange Mint Water

ESTABLISHING YOUR GOALS

Now that you've learned all about food groups, created a list of the foods you find delicious, included them in a personalized menu, and learned how they influence the body it's time to **establish food goals** in relation to your wellness and nutrition.

THERE ARE FOUR GENERAL BODY GOALS RELATED TO OUR WELLNESS & NUTRITION

GENERAL NUTRITION

WEIGHT LOSS

METABOLISM

SPORTS NUTRITION

The question that comes to mind is: WHAT IS MY GOAL & HOW TO ACHIEVE IT?

MY FIRST RECOMMENDATION is to start one step at a time and not try multiple changes at once. Sustainable changes can take longer than expected. Find other goals that lift your spirits and keep you going. Perhaps as part of your plan you can begin making salads from week one. You can also start taking the stairs to work instead of the elevator or engage in some type of active movement. Keep going to the gym or exercising if it's already part of your routine—if not try to start on the second week of your plan.

- Activity goal week 1: Example: 3 days a week make your meal. Or, Make your own salads this week.
- Activity goal week 1: _____
- Activity goal week 2: _____
- Activity goal week 3: _____
- Activity goal week 4: _____

Go back and review your [WEEKDAY ACTIVITY LOG](#) and make any and all necessary adjustments to make sure it reflects your lifestyle. **Then make a monthly chart and commit on making one significant change—say every Wednesday.**

Now go and review your [5-DAY FOOD PREFERENCE CHARTS](#) on pages 23 - 25. Decide which one-thing you can change to jump-start your road to wellness. Make all the necessary changes that will help reach your objectives. I always suggest adding one thing – preferably a green – and reducing one thing—preferably a sweet.

Example: My food goal week 1: Breakfast: Change frosted flakes for yogurt and berries
Example: My food goal week 1: Lunch: Start lunch with a salad all week
Example: My food goal week 1: Snack: 1 tablespoon of nuts & one ounce of dark chocolate
Example: My food goal week 1: Dinner: Drink water with 2-3 pieces of fruit at every dinner.

- Goal week 1: Breakfast: _____
- Goal week 1: Lunch: _____
- Goal week 1: Snack: _____
- Goal week 1: Dinner: _____

- Goal week 2: Breakfast: _____
- Goal week 2: Lunch: _____
- Goal week 2: Snack: _____
- Goal week 2: Dinner: _____

- Goal week 3: Breakfast: _____
- Goal week 3: Lunch: _____
- Goal week 3: Snack: _____
- Goal week 3: Dinner: _____

- Goal week 4: Breakfast: _____
- Goal week 4: L unch: _____
- Goal week 4: Snack: _____
- Goal week 4: Dinner: _____

After determining your goals its time to review and adjust your menu by tweaking your **FOOD PREFERENCES** on page 20 - 21. Ask yourself how to make the meals healthier, better achieve your goals, and taste better.

Q&A

Have you complemented your favorite foods with veggies?
Did you include veggies among the foods you like or are willing to try?

Vegetables allow us to :

- Achieve weight loss goals
- Have a great digestion
- Add flavor to all our meals
- Eat healthy

GROCERY SHOPPING & HELPFUL TIPS

Make a list of the foods you need to purchase. FRESHNESS is the key to nutrition and taste—remember: even spices expire. Specialty oils, nuts, and seeds are best kept in a cool dark place.

TIP

Rub a little bit of spice between your hands and discard them if they do not have their desired aroma or smell strange. Always refrigerate all open spice jars.

Availability and freshness determines your source. Always think of the foods you find in your farmers market and area. The farmers market tends to have the freshest of the freshest products; thus the most nutritious when comparing them to the same food bought packaged.

When you arrive from the market **prepackage the foods** you intend to freeze in flat individual portions. If possible prepare a garlic or herb pesto (blended garlic and herbs you have in hand) and freeze. Add some of these, to yogurt or olive oil and use to season your food. When your seasoned food defrosts it will absorb the flavors. You can also add mustard and other herbs with oil to most food if you are in a rush.

Try to prepare some of your **cruciferous vegetables** before hand—refrigerated will last three days. I normally slice my cruciferous on the mandolin, I place them on sealed glass containers and them—solving my veggie and salad part of my menu for three days. To serve, add a touch of good vinegar and specialty or olive oil, and mix. You can place your broccoli and cauliflower and on a colander and pour boiling water over them killing the surface bacteria so they stay fresh longer.

Begin by using recipes from the book or online. Look for the simple ones you feel confident to prepare, and that include ingredients you like and have. They are all simple and proven. Remember, the recipes in this book are delicious and simple to make; they are healthy and will help you achieve your goals. Many have links to one to three minute videos on youtube.

If you are not an avid cook start by making three easy recipes a week that help you ease into the kitchen and enjoy your time without stress. I suggest you start with the basics like the following one dressings, one legume (you can freeze leftovers for other weeks), and one Poultry. If you are an avid cook go for a complete meal.

Try **cooking double** the amount needed; you can modify leftover for the following day or freeze them for another week.

DECLUTTER YOUR KITCHEN

Space feels peaceful; store or get rid of most of the kitchen gadgets you have. Keep only knives, cutting boards, a manual mandolin, a small and larger pan with pan covers, and mixing spoons or spatulas. You will benefit from having a mini cutter, blender, processor; a convection toaster oven or an Air Fryer; and a grill (sandwich or panini grill). Reliable heat saves time and brings joy with amazing, consistent meals.

IN THE KITCHEN

HARDWARE

TO: ADD FLAVOR
REDUCE CALORIES
REDUCE TIME

Mandoline
Processor/chopper
Power blender/bullet
Freezer bags

Instant-pot
Panini grill
Air Fryer

1 chef's knife
1 paring or small knife

SOFTWARE

TO: ADD FLAVOR
ADD ANTIOXIDANTS
REDUCE TIME

CUPBOARD

Best quality olive oil,
Coconut oil, butter or ghee;
Dark sesame, pistachio oils;
Balsamic & rice vinegars;
Grainy mustard;
& good quality
salt and pepper

FREEZER

Ginger garlic, turmeric, pesto;
onions & bell peppers.

FRIDGE

Chia seeds, chili powder, curry,
cumin, chipotle, Old Bay,
cinnamon, cocoa

Plain & Greek yogurts

PROTEIN COOKING TIMES & TEMPERATURES

	CAC	TIME	DETAILS	AIR FRY		BAKE		PAN/POT		PANINI GRILL		OUTDOOR GRILL		INSTANT POT
				TIME (MIN)	TEMP (°F)	TIME (MIN)	TEMP (°F)	TIME (MIN)	TEMP (°F)	TIME (MIN)	TEMP (°F)	TIME (MIN)	TEMP (°F)	TIME (MIN)
EDAMAME								5	BOIL	3-5	HIGH Char			
TOFU				5		15	375							
CHICKEN & TURKEY SCALLOPIN				4-6	390	10	425	3 * 3	Med HIGH	2-3	390			
CHICKEN & TURKEY PATTIES				6-8	360	12-15	425	6 (COV) * 6	Med HIGH	4	360	6-8	360 / (COV)	
CHICKEN TENDERS				6-8	360	12-15	425	6 (COV) * 6	Med HIGH	4	360	6-8	360 / (COV)	
CHICKEN BREAST W/BONE		5		10-12	390	20-25	375	6 (SSD) * 6 (COV)	Med HIGH					
CHICKEN BREAST NO BONE		5		14	360	20-25	390	6 (COV) * 6	Med HIGH					
CORNISH HEN		5		35	375	2	390							
3/4" NEW YORK RIB_EYE T-BONE FLANK		5	Rare - M - WD	6: 6 * 3: 6 * 6	400 - BROIL					4 - 6 - 8	400	6 * 4 - 6 * 6 - 6 * 10	400 / Broil	
BEEF - LAMB PATTIES														
FILET 1"		5	Rare - M - WD	6: 8: 10	400 - BROIL					2 - 3 - 4	400	6 * 4 - 6 * 6 - 6 * 10	400 / Broil	
BEEF - LAMB KEBABS			Rare - M - WD	6: 8: 10	400 - BROIL					4 - 6 - 8	400			
SKIRT/FLAP			To Shred											40
SKIRT/FLAP			To Stir Fry	3	400 - BROIL	1	500 Broil			1-2	Highest T			
PORK CHOP 1" (BONE IN)		5		8 * 4	390 - AIR FRY	20-22	425					12 * 12	400 / (COV)	
PORK CHOP 3/4" NO BONE		5		6 * 6	390 - AIR FRY	18	425					10 * 10	400 / (COV)	
PORK FILET			To Shred											30-45
PORK FILET		5	Whole			20 - 25	425							
LAMB CHOPS		5		6: 6 * 3: 6 * 6	400 - BROIL			3 * 3						
TURKEY BREAST WITH BONE		10	3 lb - 5 lb.	40-60	360 / rotisserie	75-120	325							
TURKEY BREAST ROTISSERIE		10	4 lb - 5.5 lb.	50-60	360	90-120	350							
TURKEY BREAST BONED		15	3 lb - 5 lb.	50-75	360 / rotisserie	90-150	325							
HALIBUT & 1" THICK & WHITE FISH FILET				7	390 - AIR FRY									
HALIBUT PATTIES				7	390 - AIR FRY			3 * 3 (COV)						
SALMON 1/2 PIECE & PATTIES			Rare - M - WD	6: 7: 8	390									
SALMON			Fast Cooking			12-14	425							
SALMON			Slow Cooking			22-30	225							
SHRIMP										1-2	360			
TUNA			SEAR					1 * 1	Med HIGH	1	400	2 * 2	400 / Broil	

FOR THE TABLE

TIMES	ALWAYS AFTER PREHEATED: OVEN, AIR FRYER, PAN, PANINI GRILL OR GRILL	TOTAL COOKING TIME	ADD 5-10 MINS OF TIME, COVERED, AWAY FROM THE HEAT FOR PIECES	ADD 30 MINS COVERED POST COOKING TIME FOR WHOLE TURKEY
OVEN IS CONVECTION	ELECTRIC & VERY PRECISE	YELLOW HIGHLIGHTED	I USE MOST	
1 * 1 IN TIME MEANING	TIME PER SIDE; I.E. 1 MINUTE PER SIDE I.E. 3 THEN TURN 1 MINUTES 3 * 1	COV	COVERED	
GRILL BROIL	VERY CLOSE TO THE COALS	SSD	SKIN SIDE DOWN	
GRILL TIMES	ONE TIME IS GENERALLY LONGER SO THE FOOD BROWNS.	CAC	COVERED AFTER COOKING - REST	

CARBS COOKING

TIMES & TEMPERATURES

ITEM	DETAILS	AIR FRY		BAKE		PAN/POT		PANINI GRILL		OUTDOOR GRILL		INSTANT POT
		TIME (MIN)	TEMP (°F)	TIME (MIN)	TEMP (°F)	TIME (MIN)	TEMP (°F)	TIME (MIN)	TEMP (°F)	TIME (MIN)	TEMP (°F)	TIME (MIN)
	Med - Rare - Well Done							3	360			
SLICED ONIONS & BELL PEPPERS	Quick Cooking							4	360			
CAULIFLOWER	Flowerettes : Slices : Whole 5	5 : NA : NA	380	40(F & SL) : 40(WH)	375(F & SL) : 350(WH)							
BROCCOLI	Flowerettes - Slices	5 : 8 (flowerettes)	380 (flowerettes)	5m 8s	375 (F & SL)			5	350 (COV)			
MUSHROOMS	Button Tiny - Small	5 - 8	390									
	Baby Bellas	6-10	390	12	425							
	Shitakes	7-9	390	10	375							
	Portobellos	9 - 11	390	12	375			8-10 (COV)	375			
BRUSSELS SPROUTS		9 - 11	390	12	400							
ZUCCHINI	Very thin	8 : 8 : 10	390	12	400			5 * 5	350			
EGGPLANT, JAPANESE	Thin slices : halved	6 : 8 : 10	390	8m 20s	7h 10m 50s							
GARLIC - ROASTED				30	350							40
TOMATOES - ROASTED	Cherry : Roma : Round			30 : 40 : 60	375							
ONIONS ROASTED	Chunks - Whole			20 : 40	375			3	360			
BELL PEPPERS - ROASTED	Chunks - Whole			15 : 40	425			3	360			
EGGPLANT, BLACK	1/3" thick	12 - 20	390	20m : 40m	425			3-5	390			
EGGPLANT, BLACK	Halved - Whole			25-45	350							
ARTICHOKES	Whole					50	Boil - High					25
POTATOES	Small - Med - Large			45 : 30 : 80	375 /pricked							10 : 20 : 30
YAMS / SW POTATOES	Sliced 3/4" - Whole Pricked			30 : 60	375 /pricked							15 - 30
YUCA - NAME CASSAVA - TARO	Sliced 1" long or thick			30	375							20
PARSNIPS	Sliced - Whole			30 : 60	375							5 : 15
REHYDRATE - SOAK												
BEANS - ALL - DRY	(8h - ON) water to hydrate											25
LENTILS - DRY	15 min in water to rehydrate					15	Med - High					
CHICKPEAS - DRY	(8h - ON) water to hydrate											25
BROWN RICE						50	Simmer					25
WILD RICE						50	Simmer					25
OATS STEEL CUT	No pre soaked											10
OATS - ROLLED	No pre soaked											5
QUINOA	No pre soaked					15	Medium					1

ON COOKING CARBS: MY PREFERENCES

WHEN I CHOSE AIR FRY OVER BAKE	LARGER QUANTITIES I BAKE	YELLOW HIGHLIGHTED	I USE MOST
WHEN I USE INSTANT POT	ALL LEGUMES (EXCEPT LENTILS)	(COV)	COVERED WHILST COOKING
WHEN I CHOSE INSTANT POT FOR	ALMOST ALWAYS; I FREEZE PART.	(F & SL)	FLOWERETTES & SLICES
WHY INSTANT POT FOR WHOLE GRAINS	HANDS OFF BREAKFAST	(WH)	WHOLE
WHY I CHOSE INSTANT POT FOR STARCHES	I COOK VARIETY FOR 3 DAYS	(8H - ON)	8 HOURS TO OVERNIGHT



Thank you, hope
you enjoyed it,

Chef Rachel