

Breakthrough Results: Ultra – Simple Healthy Cooking

To succeed in transforming your eating habits you have to find a way of making healthy eating easy, enjoyable, and realistic for your budget. With this in mind, I recommend a very simple cooking system. The homework for our class this week is to give this system a try. It's based on preparing a number of simple, healthy dishes from the same basic starting ingredients like beans, rice, vegetables, and chicken. The idea is to cook in bulk one day a week to prepare food for the whole week. We'll expand this system as we go. This week we'll just get started.

So for this week, read through the recipes attached separately and pick out 3 or 4 you like. Then on a day or night you have free get together everything you need to make these. Prepare everything at once. Cut all the veggies, cook the grains, cook the beans (beans have to soak for 8 hours before cooking, so put these in to soak the night before), etc....

Make enough of everything for 3 or 4 servings (depending on how much you want of each dish). At the same time make a healthy salad dressing and cut up veggies for salads. You should aim to eat a salad at least every other day, and if everything is cut and ready in the fridge this is very easy. You can also make cooked chicken, seafood, beans, or anything else you like as a salad topper. When you're done with all of your food prep simply store everything in the fridge, and you'll have 12-15 healthy meals for your week.

By doing all the prep work at once and using the same ingredients for several dishes you'll save yourself lots of time and set yourself up for success all week long. When you're hungry all you have to do is open the fridge and portion out a serving of whatever you've prepared. The most you'll have to do is throw ingredients together in a salad. This really couldn't be simpler! Have fun and experiment. Find your own recipes on the internet and improvise. You can even make larger portions and freeze part of what you make. The 3-4 hours you spend doing this will be well worth it.

Enjoy!