

## EAT YOURSELF HEALTHY

If you change the things you do, you will change the way things are.

It wasn't looking too good at the Wills' household. Taunya Wills decided it was high time she and Bud, her husband, started investing in health. Taunya's determination, and a little bit of help from NUPRO, is changing their lives. Taunya and Bud are in control of their health. Thank You for these wonderful recipes. Healthy food can be delicious!

Here's what Taunya learned: Do the best you can then fill the gap in your diet with supplements.

### Dill Salmon with Brown Rice and Salad

1 palm size Salmon fillet per person  
Lightly coat with olive oil  
sprinkle with dill on both sides.  
Bake in oven preheated at 375 for about 7 minutes on each side.

Make brown rice as package directions. (1/2 cup/person)

Romaine, red and green leaf lettuce, celery, assortment of peppers, cucumbers, red onion and top with a few sunflower seeds.  
Top with Bragg Dressings or Organic Ville Dressings

### White Fish Almondine with Wild Rice and Salad

1 cup almonds, chopped in food processor  
1 palm size fillet per person  
lemon juice  
Dip fillets in lemon juice and then coat with almonds.  
Bake in preheated oven at 375 for about 7 minutes/ side.  
1/2 cup/person of whole grain rice as package directions.

Broccoli, cauliflower, cucumbers, green onions and zucchini with lemon juice and olive oil

### Baked Chicken, Baked Acorn Squash and Salad

1 skinless boneless organic chicken breast/person  
2 lemons  
ground pepper  
salt  
individual pieces of foil for each chicken breast.

Clean chicken breast and remove any fat.  
Grate the rind from both lemons (save lemons for the night you have fish).  
Mix grated lemon rind, pepper and salt.  
Rub into both sides of chicken and wrap in foil.  
Bake in oven at 350 for 45-50 minutes.

1/2 Acorn Squash /person. Halve and clean the squash  
Rub olive oil over the inside of squash  
Sea salt and pepper to taste.  
Bake until tender in 350 degree oven.

Romaine lettuce, fresh grated parmesan cheese and Newman's Creamy Caesar Dressing

### Turkey Cutlets, Fresh Green Beans and Broccoli Slaw

1 turkey cutlet for each person  
1 tsp. olive oil  
6 oz. can tomato paste  
1/2 cup diced zucchini squash  
salt and pepper

Take turkey cutlet, salt and pepper to taste. Grill. Take zucchini, sauté in olive oil. Add tomato paste and 1/2 can of purified water. Serve over cutlet.

Steam fresh green beans. Add a little lemon juice or fresh grate lemon rind with salt and pepper.

Broccoli Slaw with Organic Ville Sun Dried Tomato & Garlic Dressing or Bragg Healthy Organic Vinaigrette

### Baked White Fish and Fresh Spinach and Salad

4-6 White Fish Fillets  
olive oil  
8-12 oz. baby spinach cleaned  
1/4 cup organic range free chicken broth  
1/4 tsp. onion powder  
salt and pepper  
Creole seasoning blend  
1 sm. tomato chopped  
4 green onions, thinly sliced

Thinly coat a baking dish with olive oil and add the spinach. Sprinkle spinach with sea salt, pepper and onion powder. Add the chicken broth.  
Sprinkle fillets lightly with salt and pepper and Creole seasonings  
Arrange the filets over the spinach and sprinkle with chopped tomato and sliced green onion.  
Cover the baking dish and bake 350 for 15 minutes covered.  
Uncovered and cook an additional 5 minutes.  
Serve over Fresh Baby Greens with Olive Oil and Balsamic Vinegar

Its not what you do occasionally  
that hurts (or helps) you  
It is what you do everyday.

Taunya uses a little bit of the no-no's for added flavor. That's OK. Moderation is the key. A little bit of anything won't hurt. CONTROL YOUR URGES TO INDULGE.

### **Chicken Stir-fry**

2 Tbl. grapeseed oil  
2 cloves garlic, finely minced  
2 lbs. skinless boneless range free chicken breasts, cut into strips  
1 head of broccoli  
1 dz. sliced mushrooms  
3 carrots, peeled and julienned  
1/4 lb. fresh green beans, sliced  
1 head bok choy, chopped  
2-3 Tablespoons soy sauce

Heat 1 tablespoon oil in a sauté pan over medium heat. Add garlic and stir. Place the chicken in the pan and cook until done. Remove from pan and set aside. Heat remaining oil in a wok over high heat. Add the vegetables and stir-fry quickly until the vegetables begin to soften. Add the chicken strips and stir well for 2-3 minutes.

### **Okra-homa Stir-fry**

1 lbs. fresh okra pods, cut into 1/4 inch rounds  
1/2 lbs. skinless boneless range free chicken, cut into cubes  
1/2 red bell pepper, cut into cubes  
1/2 green pepper, cut into cubes  
Marinade:  
1/4 cup soy sauce  
1 tsp. minced ginger  
splash of balsamic vinegar

Marinate the chicken and peppers in soy sauce, ginger and vinegar. Use 1/2 the oil to stir fry chicken until almost done. Set aside. Stir fry okra in the rest of oil until golden brown. Throw chicken and peppers in with the okra. Stir like crazy. Add 1 t. curry powder and stir. Serve over brown or multigrain rice.

### **Vegetable Lo Mein**

2 Tbs. grapeseed oil  
1 cup snow peas, halved on a diagonal  
1 red bell pepper, cut into match stick pieces  
1/2 lbs. assorted mushrooms, 3 or 4 of your favorite  
4 scallions, thinly sliced on a diagonal  
2 cups fresh bean sprouts  
2 inches fresh ginger root, minced or grated  
4 cloves minced garlic  
1 lb. lo mein noodles or whole wheat thin spaghetti, cooked to al dente' and drained  
1/2 cup aged tamari soy sauce  
1 Tbs. toasted sesame oil

Heat a wok or skillet over high heat. When pan is very hot add oil, then snow peas, peppers, mushrooms, scallions and bean sprouts. Stir fry for 1 minute, then add the ginger and garlic and stir fry for about 2 minutes. Add the cooked noodles and toss. Add the soy sauce and toss to coat all the noodles. Serve on a platter and garnish with a drizzle of the toasted sesame oil.

### **Turkey Burgers, Asparagus Casserole and Fresh Veggies**

1 lb. ground turkey  
Sea salt and pepper to taste  
Grill or Broil  
Top with mustard, a slice of red onion, slice of tomato and lettuce leaf

2 lbs. thin stalked asparagus, trimmed  
2 Tbs. fresh lemon juice  
2 Tbs. garlic flavored olive oil  
1/2 tsp. Sea salt  
1/2 tsp. pepper

Preheat oven to 350.  
Rinse asparagus, drain on paper towels.  
Arrange in ungreased casserole dish.  
In small bowl combine lemon juice, olive oil, salt and pepper. Drizzle over asparagus.  
Cover with foil and bake for 20-25 minutes, or until stalks are tender.

Veggies of sliced zucchini, summer squash, celery and cucumbers

### **Turkey Stew**

1 Tbl. olive oil  
1 med. Onion  
2 skinless, boneless turkey breasts, cut into cubes  
1 clove garlic, minced  
1 stalk celery, sliced  
2 carrots, sliced  
1 c. fresh green beans  
1 Tbs. chili powder  
1 tsp. basil  
3 cup organic range free chicken or vegetable stock

Add the first 3 ingredients to olive oil and sauté until turkey is done.

Add rest of the ingredients and cook until tender.

Thicken with 1 T. cornstarch and 1/2 cup cold purified water.

Serve over brown rice. (for busy Moms--put all ingredients in a crock pot and cook all day)

### **Vegetable Fajitas**

4 Multigrain tortillas  
2 Tbl olive oil  
1/2 cup of the following, sliced or diced  
Zucchini, onion, mushrooms, celery, green, red and yellow peppers, spinach and add any other vegetables you like.  
1 can black beans, drained  
picante sauce

Heat tortillas in microwave. Sauté vegetables in olive oil until almost done, add beans and heat. Pile on tortillas and top with picante sauce.

### **Pinto Beans and Brown Rice**

16 oz. pinto beans  
purified water  
1/2 cup celery, sliced  
1 med onion, diced  
1 clove garlic, minced  
all natural liquid aminos (I use Braggs)

Sort and soak beans overnight in purified water.  
Rinse, then add about 8 c. purified water, celery, onion,  
garlic and 2 tsp. liquid aminos for seasoning.  
Cook about 4 hours or until beans are done.  
Make brown rice according to package.  
Optional: make cornbread but make sure you use zylitol in  
place of sugar and use unsweetened almond milk in place  
of regular milk.

### **Turkey Chili with Flaxseed Tortilla Chips**

1 T. olive oil  
1 lb. ground turkey  
1 med. onion, diced  
1 clove garlic, minced  
1/2 green pepper, finely diced  
2 cans chili beans, undrained  
2 cans kidney beans, drained  
2 cans diced tomatoes  
1 6 oz. can tomato paste  
3 c. organic range free chicken stock  
1/2 tsp. cumin  
2 tsp. chili powder  
salt and pepper to taste

Combine first 4 ingredients.  
Cook until turkey is done.  
Add rest of ingredients and simmer for 1 hour for flavor.  
Serve with flaxseed tortilla chips.

### **Greg's Texas Salsa**

1/2 large onion  
3 medium tomatoes  
1 carrot  
1/2 mango  
1 15 oz. can black beans  
1 6 oz. can corn  
1 10 oz. can Rotel  
6 oz. chopped jalapeno's  
1 tsp. salt  
1 tsp. pepper  
1 tsp. minced garlic  
1/2 tsp. chili powder

In food processor add first 4 ingredients  
Stir in the rest of ingredients.  
The longer it sets the better it becomes.  
Serve with flaxseed tortilla chips or organic blue corn chips.

### **Broccoli Summer Salad**

1 lg. bunch broccoli  
1 med. cucumber  
1 lg. tomato  
1 med. red onion  
1/2 cup shredded cheddar cheese  
1 tsp. minced garlic  
1/4 cup olive oil  
1/4 cup wine vinegar  
salt and pepper to taste

Cut broccoli into bite size pieces including some of the  
stem.  
Cook in boiling water 2 to 3 minutes.  
Drain and rinse with cold water to stop cooking.  
Peel and slice cucumber, cut tomato into bite size pieces.  
Mix rest of ingredients together and pour over salad  
Add cheese and toss to coat.  
Chill and serve.

### **Grilled Vegetable Salad**

1 zucchini  
1 yellow squash  
2 lg. red peppers  
1 medium red onion  
1 sm. eggplant  
6 c. baby greens  
1/4 cup olive oil  
1/4 cup balsamic vinegar  
1/4 cup fresh basil julienned  
sea salt and fresh cracked pepper to taste

Cut the eggplant into one inch slices. Sprinkle with salt and  
let set. Slice the zucchini and yellow squash lengthwise  
into 1/4 inch slices. Cut red pepper and onion in 3/4 inch  
rings. Brush all the vegetables with olive oil and sprinkle  
with sea salt and pepper. Grill squash for 5 to 6 minutes.  
Grill eggplant, peppers and onions for 8 to 10 minutes  
Arrange grilled veggies on top of the greens and sprinkle  
with the balsamic vinegar and basil.

### **Raspberry Two Bean Salad**

1 can green beans, rinsed and drained  
1 can yellow beans, rinsed and drained  
1/4 cup red onion diced  
1 cup sliced black olives  
1/4 cup red bell pepper diced  
1/2 cup parmesan cheese

#### **Dressing**

1 tsp .Dijon mustard  
3 Tbs. raspberry vinegar  
3 Tbs. olive oil  
1 t. sea salt

Mix all the top ingredients together.  
Mix dressing ingredients and toss.  
Serve chilled