

Healthy Cooking:

**Healthy Cooking And Baking Recipes For Weight
Loss And A Better Life**

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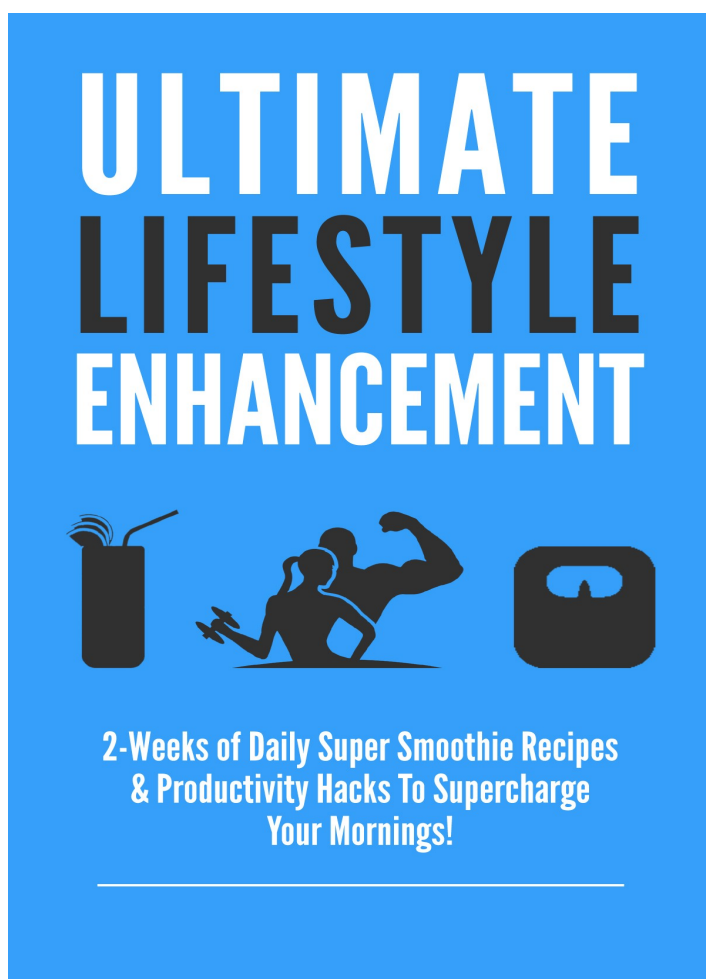
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Introduction

Eating healthy seems much harder than it is. We have multiple meals that we consume each day that require preparation planning. That being said, some individuals shy away from eating healthily due to the amount of time they think it takes to prep meals and cook healthy dinners. It's easy just to grab a few egg sandwiches for breakfast from a local fast food restaurant rather than making your own healthy breakfast sandwich at home. Then, when lunch comes around, you're so stressed from work that you drive to the closest restaurant to grab something quick and satisfying to eat for lunch. Finally, by the time the end of the day rolls around, you're so exhausted from your day that you can't even think about cooking dinner. So what do you do? You drive through and grab a family meal for dinner and bring it home.

Fast food has become a quick and convenient alternative to those who feel as though they do not have enough time to cook a proper meal for themselves and their family. Unfortunately, fast food is not only unhealthy; it can also be very expensive. The more money you spend on fast food restaurants and eating out, the less money you will have overall. With a few tips and a few great recipes, you will soon find that you can not only save money by making your own meals at home but you will also save your waist line from growing as well!

Chapter 1. Breakfast Basics

For some, baking is fun and therapeutic. For others, it can be a miserable experience full of broken eggs on the floor and a sea of flour on the countertops and floors that's almost impossible to cleanup. That being said, there are many ways to make baking fun, especially when you are baking healthy items in order to get fit and live a healthy lifestyle. Baking and cooking in general can be a very fun experience. Throw some music on and dance while you're baking to make the experience more fun than just standing around. Music is everything! When you have great music playing, you literally feel like you can do anything. Find something that fits the mood of what you're baking and get shaking! That way you can shake it and bake it all at the same time! Before that however, you definitely want to make sure that you have everything you need for the baking party ahead of you! The first thing you want to do is make sure you have all of the ingredients that you need for each recipe. Do not get in over your head with this. Start out by going through a few recipes to find things that you want to try. Really sit down and identify what you want to bake! Do you want to make muffins? Breads? A quiche? Once you decide, then you want to start with something basic like breakfast items. Remember that breakfast is in fact the most important meal of the day.

Breakfast items are fun and simple and eating a healthy breakfast is incredibly important. At night, your body is fasting and breakfast is the fuel it needs to actually start up again. Think about your body like a car. At night, your body is empty or "out of gas" and when you don't eat

breakfast in the morning, your body is basically running on empty. That being said, you don't want to start each day with something unhealthy, as it will set a bad precedent for the rest of the day. Eating a healthy and balanced breakfast will start your day right and will lead you to healthy decisions throughout the day as well. If you start with something unhealthy, most individuals will just give up and feel like they already started eating unhealthy for the day so they will just continue eating unhealthy foods throughout the day. Healthy alternatives for breakfast are not only important for your body but they're important for your mind as well. When we eat too much sugar, especially in the morning, we will ultimately crash and become very tired as the day goes on. Compare that to eating a healthy breakfast full of whole grain items, protein, fruit and vegetables, you will find yourself having much more energy than you would if you ate a breakfast without these items. With that said, if you're cooking healthy breakfast items for yourself, you'll definitely want to spread the wealth to others and introduce your friends and family members to healthy recipes as well. Now, let's get started with some super yummy recipes that will have your body satisfied, happy and fit all at the same time!

They will also impress your guests if you have them over for brunch! The goal here is to be able to make yummy items with healthy items to eliminate weight gain. There are an immense amount of healthy breakfast food recipes out there but we will start out with a few healthy, easier options to get you started. First, let's start with protein muffins. Now the first thing you're going to need with this is a yummy protein powder. You definitely want to choose a basic flavor like vanilla or strawberry if you want to incorporate protein powder into your baking recipes. Try out a few different flavors and brands until you find one that you really like. Once you've purchased a protein powder, you can identify the type of muffins that you want to make. For example, let's say you

chose vanilla as your protein flavor. Well, your protein muffins will not necessarily have to be that flavor, as vanilla is commonly used in many different recipes. Vanilla is a general flavor that goes well in most recipes for baked goods which makes vanilla protein a great option for recipes.

Keep in mind with protein muffins and any recipe for that matter, you can mix things up as you'd like regarding the ingredients but let's look at a basic recipe to start you off. Protein muffins may seem complicated but with a few rounds of trial and error, you can actually make up your own recipes before you know it! Once you get the basics down, it will become easier to develop your very own creations.

Raspberry Vanilla Protein Muffins

- ½ Cup uncooked oatmeal OR ground oat flour
- ½ Almond flour
- 1 cup of Greek Yogurt (You CAN substitute this for regular yogurt however Greek yogurt not only has more protein than regular yogurt, most brands also have less sugar. The flavor is up to you but considering the raspberry/vanilla flavor, you definitely want to stick with either of the two flavors!)
- 1 tsp Vanilla Extract
- 1/2 cup Raspberries
- 1/2 tsp Baking Powder
- 4 tbsp Egg whites (You can use egg beaters or any other type of egg whites)
- 1 scoop Vanilla Protein Powder
- 6 drops of Liquid Stevia (You may substitute for agave sweetener if you prefer)
- 1 cup Pure Almond Milk - Unsweetened Vanilla

Directions:

1. Preheat your oven to 350.

2. If you are using uncooked oats, you need to grind oats in a food processor until it becomes oat flour, if you're already using oat flour, place in a bowl with the rest of the dry ingredients. Dry ingredients for this recipe simply include: oat flour, protein powder, almond flour, baking powder. Once all dry ingredients are placed in a bowl, mix well with a fork or whisk to combine all ingredients together.

3. Blend together the milk, egg whites and yogurt, stevia, and vanilla extract. If you have a food processor, feel free to use it to mix these ingredients as well, if not, you can mix ingredients in a separate bowl using a whisk.

4. Once all ingredients are mixed together, you then want to combine the wet ingredients with the dry ingredients. These ingredients should be mixed together slowly. Stir very well until all ingredients are combined. Once you've mixed the ingredients well enough (ingredients should not be lumpy) you then want to gently stir in the raspberries.

5. In order to keep the muffins from sticking to the pan, spray a muffin tin with non-stick spray such as PAM or another nonstick spray. Next, add batter to each muffin tin. Be careful not to pour too much batter into each muffin tin, they should be $\frac{1}{4}$ of the way full.

6. Bake for about 15-20 minutes. Your muffins should be golden brown when they're ready. Use a toothpick to check. The toothpick should come out dry after sticking it into one or multiple muffins.

-Nutritional Facts: 9.6 grams of protein and 77 calories per serving (1 muffin)

Keep in mind that any protein muffin recipe can also be a protein "bread" recipe if you do not have muffin tins. All you need is a rectangular pan, spray with nonstick spray and make a loaf of protein bread instead of muffins! The fun part about baking is the creative aspect of it. If you're out of an ingredient, you can easily substitute it for

something else. The same goes for a pan or other items. If you don't have something, find a good substitute for it and go with that! Be creative and have fun with the baking process. That being said, if you're a pancake lover, you're definitely going to be a fan of the next recipe. Unfortunately, as much as we all love pancakes, they definitely aren't the healthiest breakfast option. Luckily, there are many different healthy pancake recipes that can take your morning pancakes from filled with fat, to full of fuel for your body! There's nothing better than starting your day with a healthy breakfast and protein pancakes are a great way to fuel your body for the day while satisfying your sweet tooth as well. Protein pancakes can be made with many different ingredients. As long as you keep the ingredients healthy, you'll have a lot of freedom with your protein pancakes and how you make them. That being said, here are two deliciously healthy pancake recipes that will keep you full until your midmorning snack! First, we're going to start with a very yummy blueberry protein pancake recipe because, well, let's face it, who doesn't love blueberry pancakes?

Blueberry Protein Pancakes

Ingredients:

- 1 cup raw oats or oat flour
- 1 Scoop Vanilla protein
- 1 cup egg whites
- 1 whole banana
- 1 cup blueberries (The more blueberries the better!)
- 1 tsp baking powder
- 1 tsp vanilla

Directions:

If you're using raw oats, place in blender until they become fine like flour

Using oat flour or the oats that you turned into flour, place in a blender with the scoop of vanilla protein, banana, baking powder, egg whites and vanilla. Blend until smooth. The mixture should not be lumpy!

Pour mixture into a bowl. Gently mix in blueberries into the batter. Mix blueberries in with a spatula. Be careful not to blend the blueberries in too much.

Once your mixture is complete, spray a skillet with nonstick spray and place skillet on stove and light at medium heat. Be careful not to keep your skillet too hot as the pancake will cook too quickly. You want to keep the heat at medium to cook the pancakes just right.

Try cooking one pancake at a time, depending on the size of the pancake that you would like. The size is completely up to you but note that the larger the pancake, the longer it will take to cook completely. If cooking a

medium size pancake, it should take about 1 minute on each side. After about 45 seconds, begin to flip pancake over to cook on the other side. You may need to adjust the time based on the size of your pancake.

Serve with sugar free maple syrup or honey and top with extra blueberries! Enjoy!

-Nutritional Facts:

Serving Size- 3 medium size pancakes

47 grams protein

577 Calories

Now that we've been introduced to a very yummy blueberry pancake, it's time to explore a different type of pancake. Did you know that adding cottage cheese into your pancakes can double the amount of protein in each pancake? Some individuals who have a hard time eating cottage cheese by itself find it easier to consume when added into a recipe. Now that you know you can increase the amount of protein in your morning pancakes, let's look at a recipe for pancakes that will help you build muscle while satisfying your protein craving at the same time! How much better can that get?

Peaches and Cream High Protein Pancakes

Ingredients:

1 cup of raw oatmeal

1 cup of peeled and chopped peaches (Aim for fresh peaches instead of canned peaches)

1 cup fat free cottage cheese

5 egg white

½ teaspoon baking powder

1 tsp vanilla

1 packet Stevia or 1 teaspoon of agave sweetener

Directions:

1. Blend all ingredients together except the oats and peaches. Blend until smooth
2. Next, gradually blend in the oats. The batter will be a bit lumpy. That's ok!
3. Finally, gradually stir in peaches. Be careful not to mash the peaches into the batter too much as they should be a bit lumpy.
4. Spray your skillet with nonstick spray and pour about 1 cup of batter at a time until you've made the desired amount of pancakes!
5. Pancakes should be cooked for about 45 seconds to 1 minute on each side.
6. Serve with sugar free syrup and extra chopped peaches on top
7. Enjoy!

-Nutritional Facts:

Serving Size 1 pancake

47 calories

5.8 grams of protein

Now that you have a few healthy pancake and muffin recipes under your belt, it's time to move on to some super yummy desserts! If you didn't think that desserts would be allowed into your new healthy and fit diet plan, well, think again. Just about anything can be added into a healthy meal plan if it's done in moderation. That being said, there are also an immense amount of dessert recipes that will not only taste absolutely delicious, but they'll also be great for your health and your waist line. You've got nothing to lose other than pounds and the pounds will be falling off once you incorporate the following desserts into your healthy, well-rounded meal plan.

Chapter 2. Eggcellent Recipes

Now that you have learned some great pancake recipes and protein muffin recipes, there are many other breakfast recipes that will keep you full and satisfied and require only a few steps. Let's look at eggs for example. Eggs are an incredibly important part of a healthy diet. Not only do eggs provide an immense amount of protein to your diet but they also provide a great deal of vitamins as well. When you see body builders and individuals who take a great deal of pride in their healthy bodies, you will notice that most of them consume egg whites each morning and that is due to the great health benefits that are in eggs. There are a great deal of egg recipes that can be made very easily and that are also very healthy! Just remember that when you're living a healthy lifestyle, you want to limit the amount of whole eggs that you consume.

It is recommended that you do not consume more than 2 whole eggs each day and if you're trying to lose overall fat, you want to cut that in half and only consume one whole egg each day. If you're eating eggs each day, aim for eating more egg whites than anything else. Most individuals shy away from eating egg whites because they feel it is complicated to separate the egg yolk from the egg when in fact it is very simple. However, if you prefer to not separate your egg yolks from the egg whites, you can purchase liquid egg whites that are already ready to go! Liquid egg whites not only make breakfast recipes easier, but they can also be added into baking recipes as well. Another fun fact about eggs is that they are low in cost. Eggs can actually replace any meat if you'd like as meats such as chicken and red meat can be quite

expensive. Eggs are low cost and provide a great deal of benefits! These egg recipes will have you crackin' in no time!

Basic Egg Sandwich

Ingredients:

1 whole egg

1 egg white

¼ avocado

2 tomato slices

1 whole wheat English muffin

1 oz fat free feta cheese

1 handful of spinach

Directions:

1. Heat a frying pan on medium.
2. In a small frying pan that is sprayed with nonstick spray, crack the one whole egg and one egg white into the pan.
3. While the eggs are cooking, toss in the handful of spinach and let cook with the eggs.
4. After about 2-3 minutes, flip the egg and spinach over to cook on the other side.
5. While the eggs are cooking, place English muffin in the toaster
6. Once the eggs are cooked to your liking, remove from pan.
7. Remember, while the eggs are cooking, you have the option of both poking the yolk and breaking it while in the pan to create a firm consistency, or let the yolk remain whole and enjoy the yumminess when it breaks as you bite

your sandwich. The choice is yours!

8. Once your egg is ready, grab your muffin from the toaster and place it on a plate.
9. Place the egg on your muffin and add sliced tomatoes, avocado and top with feta cheese.
10. Serve with slice fruit and enjoy!

-Nutritional Facts:

Serving Size- 1 sandwich

175 calories

Protein 12 grams

Healthy and Fit Omelet

Ingredients:

- 1 whole egg
- 3 egg whites
- 1 sliced cooked and drained turkey bacon
- 1 handful fresh spinach
- 1 oz chopped tomato
- 1 oz chopped onions
- Salt and pepper for seasoning

Directions:

1. Heat skillet that has been sprayed with nonstick spray to medium heat.
2. Gently pour in onions and cook for 3-5 minutes. You want your onions to cook first because they take a bit longer to cook. Cook onions to your liking and prepare to add in other ingredients.
3. Once onions are cooked, gently add in your whole egg and egg whites, spinach and tomatoes. While these ingredients start to cook, chop your cooked turkey bacon into chunks and add into the egg mixture.
4. Cook eggs and fold over when cooked well enough.
5. Gently flip omelet over and cook on the opposite side for about 2 more minutes.
6. Once eggs are cooked to your liking, remove from skillet and place on a plate.

7. Let cool for a minute, sprinkle with salt and pepper and serve with fruit!
8. Enjoy

-Nutritional Facts:

300 Calories

12 grams of protein

The best part about more simplistic recipes like egg sandwiches and omelets is that you can take a simple recipe and incorporate many different items into each basic recipe. For example, if you're a spice food lover, you can add fresh or jarred jalapenos to egg whites or an omelet while they're cooking for an extra kick. If you aren't a fan of spinach, feel free to add in any other type of vegetable that you would like. Chopped bell peppers, mushrooms and asparagus are a few great options that are not only great for you but they're very filling as well. Try adding more vegetables to your eggs rather than meat. If you're not a fan of turkey bacon, you can also add in turkey sausage or Canadian bacon for extra protein. These ingredients can either be cooked in right away with the eggs or added in after. The choice is yours! The toppings are up to you as well. If you'd like to add a little something extra to your omelet, try low sodium salsa or hot sauce. If you're not a fan of spice, a dollop of fat free, plain Greek yogurt is another great option instead of sour cream and if you want to add a little extra protein! Have fun with these basic recipes. Try different things to see what works best for you. Once you get the hang of cooking a healthy breakfast, you will start to cook more often rather than going to a restaurant each morning to start your day. Now

that we've covered a few basic recipes to get you started, here are a few more recipes that allow you to step out of your comfort zone and into the health world!

Not your Average Breakfast Bowl

Ingredients:

2 large whole eggs

1 cup quinoa

2 egg whites

1 tablespoon olive oil

½ avocado

4 ounces smoked salmon

½ Lemon or lemon juice

Salt and pepper to taste

Directions:

1. Depending on the type of quinoa you purchase, you want to cook the quinoa according to the specific package. While your quinoa is cooking, prepare your eggs and skillet for cooking.
2. Heat skillet on medium heat. Place tablespoon of oil in a large nonstick skillet. Crack two whole eggs and two egg whites into pan to cook. Cover the eggs and cook on medium for 5 minutes. Gently sprinkle with salt and pepper. This should be to taste but remember to go easy on the salt.
3. Once the quinoa is finished. Remove from heat.
4. Layer a bowl with about a cup of the cooked quinoa and top with eggs, salmon and avocado.
5. Squeeze lemon over salmon if desired.
6. Enjoy and serve with fresh fruit!

-Nutritional Ingredients:

500 Calories

37 grams of protein

Frittata Fun

Ingredients:

2 small red potatoes

½ small onion

4 whole eggs

6 egg whites

2 tablespoons olive oil

3 handfuls fresh spinach

8 oz feta cheese

4 ounces chopped turkey bacon (You may substitute for Canadian bacon)

1 tablespoon red wine vinegar

1 teaspoon Spicy mustard

6 cups of romaine lettuce

Directions

1. Chop onion to fine squares set aside
2. Peel and slice red potatoes set aside
3. Heat oven to 375° F.
4. In a medium skillet on medium heat, heat oil in a medium nonstick ovenproof skillet.
5. First add chopped onions and sliced potatoes to pan. Cook for 13 minutes.

6. While the onions and potatoes are cooking, stir/whisk eggs with salt, pepper, spinach, and turkey bacon.
7. Once your onions and potatoes are ready, add the egg mixture to the skillet and stir. Make sure to spread out to potatoes and onions in the pan.
8. Cook for 12 minutes or until the eggs are completely set.
9. In a separate bowl, mix vinegar, mustard a dash of oil, and salt and pepper. Whisk all ingredients together and gently add chopped lettuce. Coat the lettuce with the mixture.
10. Once the frittata is finished, serve the lettuce mixture with the frittata and enjoy!

-Nutritional Facts:

Serving size 1 slice

20 grams of protein

195 calories

Chapter 3. Desserts for your Diet

Who doesn't love dessert? Every now and then, we all want something sweet to satisfy our cravings. While anything and everything can be consumed in moderation, there are a great deal of healthy dessert recipes that are not only guilt-free but they're actually good for you! Shocking isn't it? These recipes are super healthy and will have you putting down the Ben and Jerry's ice cream tubs and whipping up your own, healthy and satisfying desserts in no time! Most healthy recipes are fairly easy to make and require little time to make each item, which is great for individuals who are busy and often on the go! The most important thing is to identify healthy items that not only taste delicious but that are good for you as well. For example, dark chocolate, peanut butter and fruit are all items that have some sugar in them but they are also healthy items when incorporated into our meal-plan correctly. Peanut butter for example is actually good for you! Keeping that in mind however, you do not want to overindulge on peanut butter as it can cause havoc on your waistline. When eaten correctly, peanut is a healthy fat that provides a great deal of protein. Eating peanut butter before your workout is a healthy choice and will not only provide much needed protein to get you through your exercise session, but it will also provide a great deal of energy as well. First, let's look at a few dessert recipes that involve a few of these items such as peanut butter for all of you peanut butter lovers out there!

Peanut Butter and Banana Oatmeal Cookies

Ingredients:

2 very ripe bananas (Not too ripe, you do not want them runny)

1/3 cup peanut butter (Aim for natural peanut butter without the hydrogenated oils!)

1/2 cup unsweetened applesauce

1 tablespoon vanilla

1/4 teaspoon salt

1 teaspoon cinnamon

1 1/2 cups raw oats

1/4 cup shredded coconut

Directions:

1. The first thing you want to do is preheat your oven to 350.
2. Peel bananas and place in a bowl. With a fork, mash bananas and gently mix in peanut butter. Mix in the peanut butter slowly as it has a thick consistency and it will stick to the bowl. Next, mix in apple sauce, cinnamon, salt and vanilla.
3. Once you have your mixture blended well, stir in the coconut and oats. Make sure to stir in the oats and coconut well as you don't want dry coconut or oats.
4. Start by using a table spoon to measure out scoops of the mixture and place on a cookie sheet. The cookie sheet needs to be

sprayed with a non-stick spray or lined with wax paper.

5. When placing tablespoon scoops onto the cookie sheet, use the back of the spoon to flatten the cookie onto the tray.
6. Set your timer and bake for around 12 minutes. The top of the cookies will be golden brown when finished. Make sure you rotate your cookie sheet at 6 minutes.
7. Once their done, allow the cookies to cook and enjoy!

-Nutritional Facts:

Serving size- 1 cookie

49 calories

1.4 grams of protein

Now that you've tried one yummy peanut butter cookie recipe, here's a peanut butter and chocolate cookie recipe. Below you will find a delicious combination of peanut and chocolate that will fulfill your sweet tooth and your soul! You really can't get much better than peanuts and chocolate together. Better yet, you can't get better than chocolate and peanut butter mixed together into a cookie! Double yum! Now, let's get baking those healthy cookies.

Flourless Chocolate and Peanut Butter Cookies

Ingredients:

1 1/2 cups Natural creamy peanut butter

1/4 cup honey

1 tablespoon vanilla

2 eggs or 4 egg whites

½ teaspoon baking soda

4 oz dark chocolate chunks

Directions:

1. Like most of our other recipes, you must first preheat your oven to 350 degrees.
2. With a large mixing bowl, mix together all ingredients except for the chocolate chunks. Mix together peanut butter, honey, eggs, vanilla and baking soda. Blend very well together. The consistency should be creamy!
3. Finally, gently mix in the dark chocolate chunks!
4. Lay out a cookie sheet. With clean hands, gently form 2 inch balls and gently place on the cookie sheet. Make sure the balls are not too close together. Each cookie dough ball should be about 2 inches apart from each other so they do not bake into each other. Once you have about 12 cookies on each cookie tray, use your thumb to push down a bit on each cookie to flatten. Remember, you do not want to completely flatten each cookie, you are gently placing your thumb on each cookie to ensure they do not rise too

much.

5. If making cookie dough balls seems a bit difficult due to the sticky consistency of the dough, you can use a tablespoon to scoop out the dough for each cookie as well.
6. Place in oven and cook for about 9 minutes. When the cookies are finished, they will be slightly brown on the outer edges.
7. Take the tray out of the oven and let cool on a wire rack if you have one available.
8. Enjoy!

The next recipe involves oats. There are many different recipes that can be made from the inexpensive, old fashioned oats that can be found in your cupboard. You can incorporate oats in different casserole recipes, meatloaf recipes and even smoothie recipes. Oats are an excellent addition to any healthy diet as they not only keep you full longer than many other foods, but they also provide a wealth of nutritional components as well. You will often see many body builders eating a cup of cooked oats with their egg whites each morning for a healthy and satisfying breakfast to get the day started right. Oats are not only full of fiber but they're also great for lowering cholesterol levels. If you suffer from heart disease, or you'd like to try and prevent heart disease, incorporate oats into your diet to lower your cholesterol and keep your health on track. Oats are easy to use and they're also very low in cost, which makes them affordable for any family. Whether you're using oats for baking purposes, cookies, breads, or muffins, or you're simply eating them for breakfast, oats are great anytime of the day!

One good thing about oats is that they can be made ahead of

time and consumed the next morning. Overnight oats are not only popular but they can be mixed with many different ingredients, mixed together and placed in the fridge overnight. Come the next morning, grab your bowl or your jar and go on your way. Oats can make your life easier and help you shed the pounds all with a spoon and a bowl. If you find that your oats are not sweet enough for your liking, try adding a dash of honey and cinnamon to sweeten them up. Oatmeal also tastes delicious with toppings! Try adding sliced almonds, dried or fresh cranberries, fresh fruit or a dollop of Greek yogurt on top and enjoy! Some may even like to add a tablespoon of peanut butter to their oats. The option is yours. Have fun with your oats and try different things. You never know what you'll start to like if you just step outside of your comfort zone and try different things.

Here is a great recipe that can be used ahead of time to prepare for breakfast the next morning. You won't feel like you're missing out on dessert if you have this recipe in your life. You can consume healthy ingredients all while feeling like you're actually eating a slice of pie! If you're not a fan of the lemon ingredients below, remember that you can swap any flavor out for something else. For example, feel free to swap the lemon ingredients for strawberry, or even banana and get cooking!

Overnight Lemon Pie

- ½ old fashioned rolled oats
- ½ cup unsweetened almond milk (vanilla flavor) or fat free milk
- 1 tablespoon coconut flour
- 1 teaspoon lemon juice
- 1 scoop vanilla protein powder
- ½ banana
- 1 teaspoon vanilla extract
- 4 oz Greek yogurt (Lemon flavor)
- ½ cup sugar free lemon pudding

Directions:

1. Mix all ingredients together in a bowl or Mason jar.
2. Cover over night and enjoy the next morning! Mixture will need at least 3 hours in the fridge.
3. Serve with fresh fruit!

Chapter 4. I Scream, You Scream, we all scream for Ice Cream!

One of the most popular comfort foods is ice cream. There's something about the cold, sweet and icy texture that will put anyone's tummy and soul at ease. Ice cream can be served in many different ways, with many different toppings and not to mention the huge amount of ice cream flavors out there. When you're dieting however, it's definitely difficult to incorporate ice cream into your meal-plan without bulging over your belt. Now, that being said, a small amount of regular ice cream is fine every now and then but if you're like most individuals, you want ice cream more often than just once in a while. Well, you're in luck! You can actually make your own ice cream, save money and save yourself from all the extra fat and calories that are in regular ice cream. There's nothing really nothing better than a few scoops of cold ice cream on a warm day or even a cold day at home under a blanket. At any time of the day, there's nothing better than ice cream. Ice cream soothes the soul and makes everything better. Why not make everything better with a healthy serving of ice cream instead of ice cream full of sugar? Instead of grabbing a tub of ice cream, grab a blender, some fruit and possibly a few other ingredients and get going!

Strawberry Chocolate Ice Cream

Ingredients:

- 1 1/2 teaspoons unflavored gelatin
- 1 tablespoon water
- 3 large egg yolks,
- 3 Cups fat free milk
- 1 14-ounce can nonfat condensed milk
- 1 vanilla bean or vanilla extract
- ½ cup fresh strawberries
- 1/3 cup cocoa nibs

Directions:

1. In a small bowl, sprinkle gelatin over water. Pour water and milk into a saucepan.
2. Pour milk into a sauce pan and add vanilla bean scraping. If you don't have a vanilla bean, you can add extract instead.
3. Once milk and vanilla bean scrapings or extract are in the saucepan, turn on medium heat and heat until the combination starts steaming.
4. Next, in a medium bowl, mix together egg yolks and condensed milk. Pour mixture into the saucepan with the milk and vanilla. Slowly whisk to blend all ingredients together. Gradually pour in the hot milk, whisking until blended. Cook and stir until the mixture becomes thick. Do not overcook as the milk will curdle and harden.
5. Let mixture cook for about 1 minute and then use mesh to drain

mixture.

6. Finally, combine milk mixture and strawberries into a blender. Blend until creamy. Once your mixture is blended well, slowly stir in cocoa nibs.

7. Place in a bowl and freeze.

8. Freeze for at least 3 hours, pour into a bowl and enjoy!

-Nutritional Facts:

Serving Size 1 Cup

240 calories

10 grams protein

Now that you've tried an ice cream recipe with a few steps, it's ok if this seemed a bit complicated for you. If you're looking for something with less steps and that's a bit easier, look no further! Check out the recipes below for quick and easy ice cream with only a few ingredients and only a handful of ingredients, if that!

Peanut Butter and Banana Ice Cream

Ingredients:

2 Peeled, frozen banana

1 teaspoon honey

2 tablespoons all natural peanut butter

Directions:

1. Slice bananas and place frozen in freezer. Bananas will need 2 hours to freeze completely.
2. Next, combine frozen banana slices, honey and peanut butter in a food processor or blender. Blend on medium speed until you have a creamy consistency.
3. Scoop into a bowl and enjoy!

-Nutritional Facts:

Serving Size-1 cup

8 grams protein

150 Calories

While it's great to eat healthy to improve your overall health, some individuals choose health as their fulltime life style and are limited to certain ingredients. For example, some individuals may choose to be vegetarian, vegan or they may not eat anything with gluten. Whatever

you choose, you can make exchanges with different recipes to accommodate your individual health and personal needs. Some individuals choose to eliminate certain ingredients from their diet for personal reasons, while others choose this life for healthy reasons. Whatever the reason is, remember that there are many different options out there for you. If you're vegan for example, you can easily find recipes that will accommodate your needs. Below you will find one vegan friendly ice cream recipe that will let vegans enjoy a bowl of delicious ice cream while continuing to stick to their fitness and personal goals.

Avocado and Mint Vegan Ice Cream

Ingredients

- 1 large banana
- 2 large avocados (peeled, remove pit and chop)
- 2 tablespoons honey
- ¼ Cup coconut oil
- 1 tablespoon peppermint extract
- Fresh mint leaves
- 4 tablespoons chopped dark chocolate chunks

Directions

1. Peel, pit and scoop avocados.
2. Peel banana and chop banana into chunks.
3. Cover banana and avocado and place in freezer.
4. Place all ingredients except for the chocolate chunks into a blender or food processor.
5. Once your mixture is creamy, gently stir in chocolate chunks.
6. If the mixture is not frozen enough, cover and place back in the freezer for 30 more minutes
7. Pour into a bowl, top with mint leaves and enjoy!

-Nutritional Facts:

Serving Size 1 cup

10 Grams of protein

135 Calories

Now, mixing different ingredients together may not seem like something you would want to try. Let's take avocados for example. Most of us relate avocados to foods like nachos, burritos, breakfast sandwiches and of course, guacamole! That being said, foods that are high in good fats can actually be added into different recipes to provide extra protein and good fats to the item. Most of us wouldn't think about adding avocado to our ice cream but this recipe is absolutely delicious! You'll never know if you like something unless you try it. Why not have the same taste of mint and chip ice cream with the added nutrients such as good fats and extra protein? Start mixing different items together to see what works for you. If you prefer different flavors, try those too. If you prefer different flavors, incorporate them into your recipe. For example, if you're not a fan of mint, the mint can actually be swapped out with vanilla extract. Vanilla extract is a great ingredient to have because it can be used in many different recipes and it tastes delicious. Vanilla can be added to ice cream flavors, oatmeal and even smoothies if you'd like. It's a quick way to make your recipes sweet and taste delicious. If you're looking for a quick ice cream recipe, try blending a frozen banana with a few drops of vanilla extract and before you know it, you'll have vanilla/banana ice cream that is delicious and incredibly healthy!

Be open-minded when it comes to ice cream. Aim for frozen fruit to make your ice cream. Purchase a good food processor, as it will make it easier to try different ice cream recipes because frozen fruit blends very well in a food processor. When you're feeling daring, reach into your pantry and try different things. Frozen yogurt can actually be made by using Greek yogurt and frozen fruit. Greek yogurt is a great source of

protein and it tastes delicious. Freeze a handful of strawberries, bananas and raspberries and throw them all into a food processor with a cup of Greek yogurt. Blend well, add a dash of vanilla extract, or leave as is and there you have it. You've made your own frozen yogurt. Top with nuts, fruit, or honey and enjoy. These healthy items can be enjoyed anytime of the day or night because they're not only guilt free but also they're also good for you. Have fun with these recipes and enjoy! If you're tired of eating ice cream out of a bowl, pour any mixture into large ice cube trays, place wooden Popsicle sticks inside and freeze. After 3 hours, pull out the ice cube trays and you now have popsicles. Give them to adults and children for immediate satisfaction. Children and adults will feel like they're eating something full of bad sugars when in fact, it's a very healthy and satisfying treat!

Conclusion

When we're trying to get healthy and live a healthier lifestyle, we immediately start thinking of what we will be able to eat to keep us on track with our fitness goals. That being said, what you eat is what will fuel your body. From breakfast and lunch all the way to dinner, what you consume will create your body type. If you are constantly eating pizza, pasta and burritos, your body will be a direct reflection of those foods. Now, it's ok to eat these foods once in a while and have your "treat meal" for the week but the majority of your meals should be healthy and well balanced. Luckily, there are many wonderful and delicious recipes that are easy to make and easy to consume. Eating healthy is not only good for your body but it's important for a long life. Once you're able to start following healthy recipes, you will soon find that you want to create your own. Before you know it, you'll be creating your own healthy recipes by mixing healthy ingredients and while using the healthy tips that you learned with the healthy and fit recipes. Remember that eating healthy doesn't have to be boring and it doesn't have to taste bad. Food is what we make it. Find healthy foods that you like and use these ingredients for different recipes. Attitude is everything when it comes to food. If you expand your horizons and step out of your comfort zone, you will soon find that you may actually like many different healthy foods and healthy recipes. You may even find that you start to prefer these healthy recipes over common favorites like pizza and cookies. Have fun, eat healthy and get cooking!

Thank you for reading; I hope you learned a lot of healthy tips and recipes. Continue reading for a sample of one of my other recent books that I think you might like.

KETOGENIC DIET FOR WEIGHT LOSS:

Master The Ketogenic Diet With
This Beginners Guide To Quick
Weight Loss

Ariana Hunter

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Introduction – What is the Ketogenic Diet?

Let me start by saying that this diet can help you shed weight fast! The Ketogenic Diet is a high-fat, low-carb, moderate protein diet that focuses on helping your body reach a metabolic state called ketosis (regulated by blood glucose levels, insulin, and glucagon). This is when the body is in a metabolic state that causes the cells to burn amounts of ketones (fat cells) for energy instead of carbs. When this happens, the body's lipid energy metabolism is intact. This will cause the body to break down body fat to stimulate the body's normal, everyday functions.

The process begins with you consuming a significant amount of fats and a very low amount of carbs. This will cause your glucose levels to fall, and will trigger your pancreas to release lipase. The lipase will begin to break down the body's stored triglycerides, which will cause a release of fatty acids. These fatty acids then travel to the liver, and will cause the liver to produce ketones.

This diet is usually used to help patients that suffer from epilepsy, but has also shown to help those that suffer from various diseases like cancer, Autism, and other diseases. However, many health enthusiasts and fitness experts recommend this diet to individuals looking to shed a significant amount of weight and pack on muscle.

Is this diet right for me?

Even though this diet does have many benefits and perks, there are some individuals that may not benefit from this diet, due to certain metabolic and medical conditions. Consuming a high-fat diet to sustain ketosis can be detrimental to your long-term health.

Moreover, many high-fat foods that tend to be low in protein and carbohydrates, are high in saturated fat, and long-term overconsumption of these foods can increase your risk of heart disease and can cause

damage to the brain cells that play a crucial role in controlling body weight.

You should consult with your doctor before beginning this diet if you have or show signs of the following conditions:

- Difficulty digesting fats
- Malnutrition
- History of kidney failure
- Weakened functioning of the liver
- Stomach tumors
- Recent or past gastric bypass surgery
- Gall bladder disease
- Pancreatitis or history of Pancreatitis
- Impaired gastrointestinal motility

Do not partake in this diet if you have the following medical conditions:

- Porphyria
- Beta-oxidation defects
- Insufficient Medium-chain acyl 3-hydroxyacyl-CoA or Long-chain acyl 3-hydroxyacyl-CoA, or
- Insufficient LCAD (Long-chain acyl dehydrogenase), SCAD (Short-chain acyl dehydrogenase), or MCAD (Medium-chain acyl dehydrogenase)
- Beta-oxidation deficiency
- Pyruvate carboxylase deficiency
- Any form of Carnitine deficiency

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