

The Do's and Don'ts for a healthy happy child

Do's

1. Drink half your body weight in ounces (make sure to have one glass of water first thing in the morning)
2. Sit in a relaxed manner while eating your meals (put relaxing music on or have nice family conversations)
3. Make sure to include protein with every meal, including your snacks
4. Eat every 4-5 hours
5. Eat 3 meals a day and include snacks where necessary
6. Chew your food thoroughly before swallowing
7. Include fiber with every meal
8. Eat organic and hormone free as much as possible
9. Include a variety of color in your meals
10. Use only xylitol, stevia or organic turbano sugar when necessary
11. Dilute all juices 3 parts water to one part juice
12. Eat 5-9 servings of low/non-starchy vegetables and fruits
13. Eat healthy fats with every meal (avocado, nuts, nut butter good oils)
14. Eat only one starchy vegetable at one meal (no beans, rice and tortilla all in the same meal unless you are consuming small amount of beans and rice with another protein source such as eggs, meat or cheese)
15. Sleep a minimum of 8-9 hours a night, light out by 10 pm no exceptions
16. Exercise 5-6 days a week especially outdoors
17. Take your supplements: EFA, vitamins and minerals and a super greens product if child is not consuming enough vegetables.

The Don'ts

1. Avoid all soft drinks and full strength juices of any kind
2. Avoid all white flour, white sugar, processed foods
3. Avoid all diet foods
4. Avoid all Nutrisweet, Aspartame, Splenda, corn syrup, fructose, and other sugars
5. Avoid fried foods
6. Avoid hydrogenated or partially hydrogenated oils
7. Avoid unhealthy fats such as vegetable oils, margarine, bacon; limit your use of butter
8. Avoid skipping meals
9. Stop eating 3 hours before bedtime
10. Stop watching TV an hour before bedtime (read)
11. Stop playing any video games or using the computer 2 hours before bed
12. Limit use of TV, electronic devices such as computers, games
13. Avoid the use of caffeine, especially in energy drinks
14. Avoid listening to disturbing music at night
15. Avoid drinking liquid one hour before bed
16. Avoid talking disrespectfully to others, especially your parents

Nutritious and Healthy Snacks

1. 1 boiled egg or ½ deviled egg sandwich
2. Turkey meat balls with organic ketchup
3. Turkey sausage with a little mustard
4. Rolled up oven baked Boars Head No Nitrate Turkey
5. 1 Organic Turkey or Vegetarian hot Dog with a little fixings
6. ½ sandwich with any protein source: Tuna, chicken, turkey, cheese
7. Hard cheese and crackers
8. Cheese and cut up apple or pear
9. ½ cup plain yogurt with a little strawberries, stevia optional
10. Cut up apple and almond or peanut butter
11. ½ organic peanut or almond butter sandwich or one rice cake
12. Cut up veggies with hummus or guacamole
13. Limit fruit to two servings high fiber, low carbohydrate choices such as apple, pear, peach, plum, grapes etc.
14. Baked apple or pear for a little dessert with a meal
15. ½ serving chocolate protein shake with a touch of whipping cream
16. ¼ cup of raw nuts

Menus For Children

Breakfast

1 cup cooked Old Fashion oatmeal
Mini Protein shake:
1 cup organic or ~~soy~~ milk Almond
1 scoop of Quest Protein Powder
Ice

2 organic scrambled eggs with cheese
1 slice of wheat or Ezekiel bread
Half of an orange

2 organic egg burrito
2 turkey sausage
1 ounce cheese (optional)
1 Ezekiel or 2 corn tortillas

2 poached eggs 1 bowl of rice cereal
1 slice of toast 4 turkey sausages
1 cup of strawberries Organic milk

2 crepes with protein powder
2 tablespoons honey sauce
½ cup plain yogurt
4 strawberries

2 small whole-wheat protein pancakes
1 eggs or mini protein shake (see above)
2 tablespoons honey sauce

Protein shake:
1 scoop of protein powder
1 cup of berries
½ banana
2 tablespoons plain yogurt
½ cup of water, milk or ~~Soya~~ milk Almond

Protein shake:
1 scoop of protein powder
1 cup of berries
1 cup of organic milk, ~~Soya~~ or almond milk
1 slice of wheat or Ezekiel bread
Almond or organic peanut butter

All cereals must be accompanied by a protein, shake, turkey sausage, eggs etc.

Crepe recipe as follows:

1 whole organic egg or 2 egg whites
1 cup of organic milk or ~~Soya~~ *Almond*
4-6 tablespoons organic flour (1/4 – 1/2 cup)
½ scoop protein powder
1 tsp. grape or macadamia nut oil
Oil spray to coat the pan

Pour a small amount of crepe mixture 1/4 cup to coat the pan, when the edges of the crepe begin to curl flip crepe over cook till slightly browned. You can fill the crepes with cottage cheese for extra protein or plain yogurt or a little organic jelly.

Honey sauce:

2 tablespoons of organic honey, 1 tsp of real organic butter, and a dash of water (optional); heat quickly then serve.

Menus For Children

Lunch/Dinner

Soft shell tacos

2 corn tortillas, or one white or whole-wheat
Chicken or beef
Lettuce
Salsa
4 tablespoons guacamole
(No rice or beans)
1 cup of strawberries and a dash of real organic cream

Homemade chicken or turkey nuggets

(Dip in egg slightly dust with flour and sauté or put in oven on a greased pan)
½ to 1 cup of rice, preferably brown
Broccoli
Salad (optional)

Soft shell turkey burrito

Ground turkey
¼ cup of pinto or black beans
1 ounce of cheese or sour cream
4 tablespoons of guacamole
Salsa
1 white or wheat or 2 corn tortillas

Grilled Lamb

4 ounces of baby rack of lamb, cut
1 cup of baby roasted red potatoes
Salad

Mock stir fried rice

½ cup to ¾ cup left over rice
2 eggs, scrambled
Green onions, optional
Veggies, optional (mushrooms, broccoli, mung beans)

Menus for Children

Baked salmon or other fish

4-5 ounces of baked salmon

½ to 1 cup of rice

Veggies

Grilled steak

3-4 ounces organic beef fillet

Broccoli or green beans

Salad or cucumbers

Avocado

1 cup of berries

Grilled organic beef or turkey cheese burger

1 whole wheat bun

Lettuce and tomato

No fries

Chicken breast stuffed with goat cheese (for the sophisticated child)

Steamed green beans/artichoke

Caesar salad

1 cup of berries and cream

Soups are great and good filler

Albondigas soup (Turkey meat ball soup)

Home made chicken soup

Lentil beef or lamb soup

Split pea soup

Spinach and pea soup

Blender soups are a good way to get vegetables such as broccoli, cauliflower, onion, spinach, peas, very small amount of potato into our little one's tummy and be yummy. Put your favorite veggies in chicken broth, cook till tender, blend; add some organic cream and Voila! Great soup! Season with Celtic salt and pepper.