

I'D RATHER SCRUB TOILETS THAN COOK!

Tips to Getting In and Out
of the Kitchen Quickly



Plus...
Over 50
Healthy Recipes

Make your life...
Simple
Easy
Delicious!

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Preface

Like many Americans, I grew up on typical American food – pizza, hot dogs, macaroni and cheese, meatloaf, bologna. Oh, and fast food. As a young adult out on my own, I tried cooking food for myself in order to try and be healthy. Unfortunately, I wasn't consistent and had a lot of bad habits.

By age thirty, I already had the beginnings of arthritis and had been suffering since childhood from asthma, allergies, acid reflux, digestive disorders, eczema and female problems. I was physically active and “appeared” to be healthy. But, I wasn't. I was miserable and just learned to live with it.

At age twenty-seven, I was pregnant for the first time and ate better than I had in my entire life. I figured since I was responsible for the growing life inside my body, I better do whatever I could to ensure his or her health. That time was the healthiest time of my life and many of my health issues disappeared. Unfortunately, I reverted back to some of my old habits and my health issues returned.

It was not until about five years later, when my youngest son experienced some health issues that caused me to reflect and connected the dots. It was then that I saw the clear connection between food and health.

From that point on, I was on a quest to eat healthy. But, there was another problem. I stunk in the kitchen. Unfortunately, I did not get my mom's “cooking gene.” I struggled trying to make delicious, healthy food without pulling my hair out and would say, “I'd rather scrub toilets than cook!” Some of you may think I'm crazy to compare cooking to toilet scrubbing. However, I really did feel this way and it was largely due to my lack of skill and the “wall of frustration” I put up for years. But, I was determined to “try.”

After years of “trying,” I came up with ways I could simplify preparation and better tools I could use to make my time in the kitchen more enjoyable. I also learned how to become more connected with the food I was preparing. This allowed me to be more creative in the kitchen.

While I can't say I've “mastered” the kitchen, I've come a long way and feel compelled to pass along my experiences so that others can overcome their frustration in the kitchen.

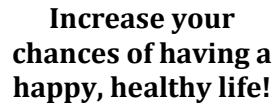
The basis of this book is that almost ANYONE can learn to create delicious, healthy meals in a short period of time! Sure, eating out or from a can may seem easier. But, what price are you paying in the long run with your health? Everyone deserves to be healthy! And, food is a big part of whether or not you are able to sustain good health.

Eating out or eating processed food just doesn't cut it nutrition wise. I'll go into some detail on this in the chapters. Suffice to say, it's better to cook at home and with fresh ingredients. So, how do you make this happen when you don't have time or don't like to cook? Well, keep reading on and find out how YOU can explore your inner chef.

Introduction

WHY BOTHER?

Some of you may wonder why you should bother cooking when you can eat out or eat “already prepared” (processed) meals at home like canned food and TV dinners. Well, I’ll give you the short answer.



Increase your chances of having a happy, healthy life!

Most processed food is not healthy.

Once fruits and vegetables are harvested, they begin to lose nutrients. Because of this, many processed foods are “fortified,” meaning they add back in nutrients. However, these nutrients are made in a laboratory and not from Mother Nature. While eating *some* fortified foods is fine, a diet absent of “real” nutrition from fresh fruits and vegetables ultimately creates an imbalanced body that is more susceptible to sickness and disease.

Additionally, many processed foods contain additives like dyes and preservatives that can wreak havoc on your body. The human body is confused by unnatural substances and has to work much harder to process them. When eating fresh food, you can avoid these potentially harmful additives and your body knows exactly what to do with them.

The bottom line is if you want to **increase your chances of having a happy, healthy life** well into your senior years, you may want to consider preparing at least 80% of your food at home from fresh ingredients. Note that frozen fruits and vegetables are fine, too, as long as you consume them within six months of purchase. However, they will not taste as good as when you buy and eat them fresh. Nevertheless, it

is nice to have some frozen options on hand for when you cannot get to the market.

The thought of preparing your meals at home on your own may seem overwhelming to you. Believe me when I say I can sympathize. Nevertheless, I encourage you to simply take one step at a time. First, read this book. Then start with one recipe and move on from there. Set a goal to try one new recipe every couple of weeks. Plan to make that recipe every week until you are comfortable with it. Once you get really good at that recipe (so that it takes less than fifteen minutes to prepare), move on to another recipe.

Cooking isn't as hard as it seems. If you think about it, most situations in life appear intimidating when you don't know much about them. However, after you get familiar with a situation, it typically gets easier. With cooking, once you get the basics down, you can make just about anything!

I hope you enjoy this book and your journey into the kitchen.

Sample Recipe

Lemon Herb Crusted Salmon



INGREDIENTS (Serves 4)

- 4 salmon steaks or filets
- 3 TBSP olive oil
- 1 TBSP fresh lemon juice
- ½ tsp dried basil
- ½ tsp parsley
- ¼ tsp sea salt
- ¼ tsp granulated garlic
- ¼ cup fresh cilantro (minced)

PREPARATION

1. Rinse fish in fresh water and pat dry.
2. Mix all ingredients (EXCEPT cilantro) together in small glass container.
3. Baste fish with mixture.
4. Sprinkle on cilantro and press into fish.
5. Grill immediately, meat side down first on medium-high heat for about 3-4 minutes per side.

Serve with your favorite grain or potatoes and vegetables. Also good over pasta with a simple garlic, basil, salt and olive oil mixture.

I'm smart, creative, hard working and love to eat!

So, why is it I don't like to cook?

Until a few years ago, I struggled to make good meals without pulling my hair out, and have been known to say, "I'd rather scrub toilets than cook!" I have a history of burning things, including water. I even roasted my first Thanksgiving turkey with the giblets inside! I just flat out had no business being in the kitchen; but had to cook out of necessity.

Since then, I've broken down some of the barriers I had in the kitchen and learned to create delicious, healthy meals in a short period of time. It's really not as difficult as I made it out to be!

So, **how do YOU make delicious meals when you don't have time or don't like to cook?** Well, read this book and I'll share my journey with you and help you **end YOUR frustration in the kitchen.**

I hope to make you laugh a little and inspire you to explore your inner chef!

**Tired of eating the same thing all the time?
Struggling with how to prepare healthy meals?
Lacking the time to cook?**

This book is for YOU!



Gina Van Luven is a Holistic Health Counselor; certified with the American Association of Drugless Practitioners. She provides customized wellness programs with a "whole person" approach (diet, lifestyle and environment) for individuals and groups.

If you would like more information about Gina's products and services, or would like her to come speak to your organization, please contact her at:

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