



Cooking Class

1. ***Magic Formula for Low/Carb Ketogenic Cooking:***

Protein + Vegetable= MEAL

Simple and Sustainable

2. ***Simple Cooking Techniques***

- a. Bake: Preheat oven, and slide oven-proof dish in.
- b. Boil: Add water to a pot and bring to a boil. Or, in the case of corn on the cob, bring water to a boil first, then add the corn.
- c. Braise: Preheat a non-stick skillet. Add cooking fat, and brown or sear food over medium high heat. Add a liquid, like broth, wine or water. (It may splatter, so add a little at a time.) Reduce heat and simmer until liquid evaporates or add more liquid until food is done.
- d. Broil: Place an oven-proof dish in a hot oven set to broil. Move the oven rack close to the top element and keep the oven door open (unless your style of oven requires that you close the door).
- e. Dry sauté: Preheat a non-stick skillet. Then add food (with no added fat or liquid) and stir.
- f. Grill: Cook on a gas or charcoal grill. (Frying or broiling are good substitutes.)
- g. Roast: Preheat oven and add food that has been coated with fat or oil. If you have a convection oven, it can be nice to use, but reduce heat about 25°F.
- h. Pan-fry: Preheat either a non-stick skillet or a cast-iron skillet and fry food. Usually fat is added, but that is not necessary for chops and steaks. Not much stirring is needed; just flip once or twice.
- a. Sauté: Preheat a non-stick skillet. Add cooking fat and allow it to get hot. Add food and stir frequently, ensuring all sides and pieces cook evenly

3. ***Selecting a cookbook: If you can follow directions, you can cook!***

- a. Look for
- b. Few ingredients
- c. Nutrition Information Calculated
- d. Avoid ones filled with sweets and desserts
- e. Allergy Free Options
- f. Pictures



- g. Additional helpful tips
- h. Eating Low carb but love a keto cookbook? Its ok! Use it.

4. Cooking Tools:

Having the following on hand can help

- | | |
|--------------------------|-----------------------------|
| a. Measuring cups/spoons | Grater |
| b. Rubber spatula | Food Processor |
| c. Wooden spoons | Tongs |
| d. Skillet (cast iron) | Good Knives |
| e. Set of pots | Cutting boards |
| f. Steamer basket | Instant Cooking Thermometer |
| g. Parchment Paper | Sheet Pan |
| h. Casserole Dish | Mixing bowls |
| i. Crock pot | |

5. Food Safety

a. The USDA advises the following minimum internal temperatures:

- i. Solid cuts of beef, pork, veal, and lamb — 145°F (63°C)
- ii. Ground beef, pork, veal, or lamb — 160°F (71°C)
- iii. Poultry (solid or ground) — 165°F (74°C)
- iv. Fish and shellfish — 145°F (63°C)
- v. Eggs — 160°F (71°C)



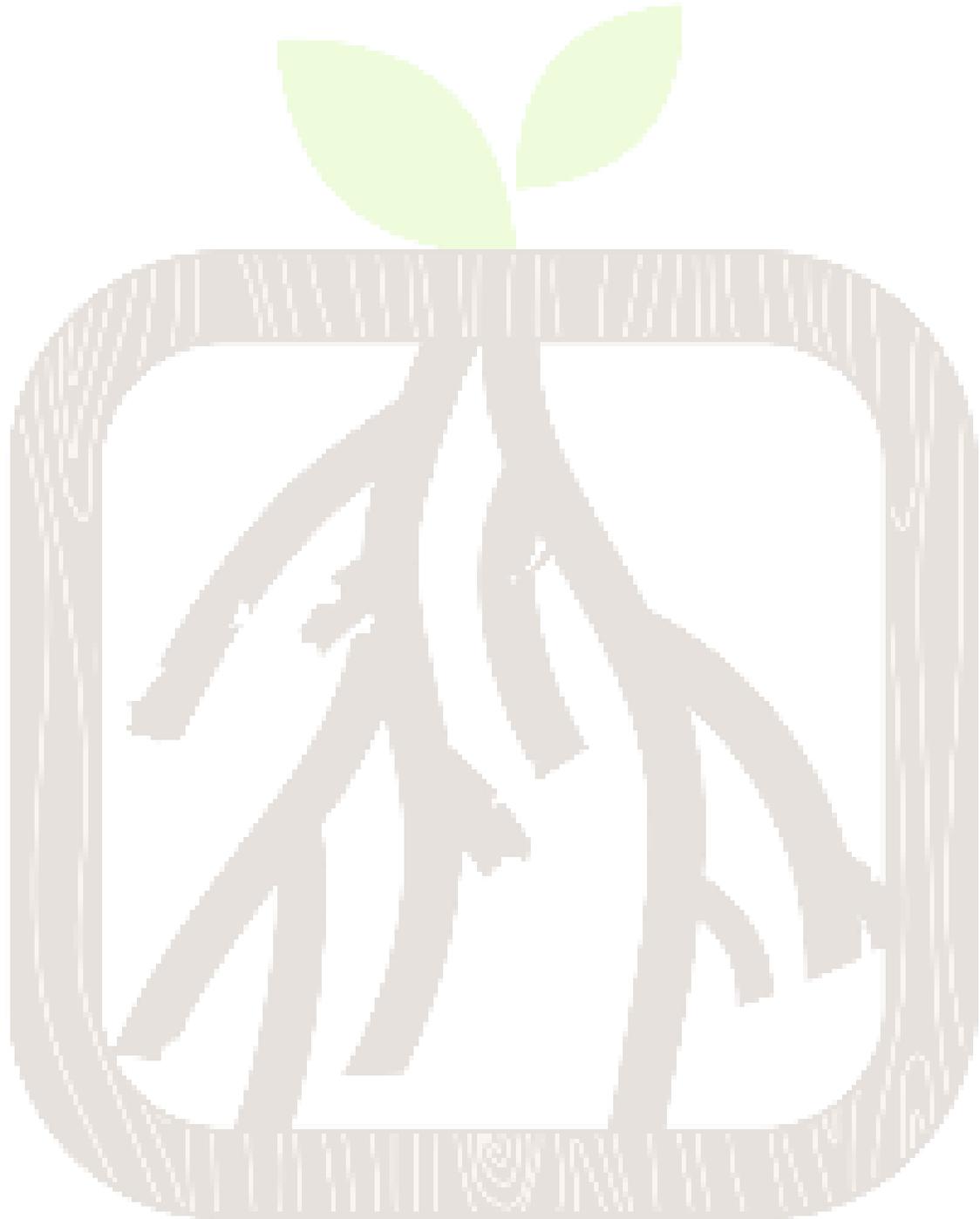
6. This week's **NUTRITIONAL** homework:

- a. **Keep on your Keto or Low-Carb path!**
- b. **Weigh, Count, Measure, and Track!**
- c. **Fast minimum of 16 hours daily and push to 24 hours if you feel ready! (If you are diabetic and taking insulin, please do not exceed 14 hours of fasting without discussing with your physician)**
- d. **Drink 80-100 oz of water daily**
- e. **Supplement your Salt- 1 cup chicken or vegetable broth daily!**
- f. **Supplement with Magnesium Citrate 400-800 mg daily!**
- g. **Make sure you are consuming foods high in Potassium (greens, avocado, walnuts)!**
- h. **Low-Carb Path- Check your blood glucose levels fasting and non-fasting (post prandial)**
 - i. Normal Fasting Glucose – 60-99 mg/dl
 - ii. Best if Fasting Glucose 70-95 mg/dl
 - iii. After Eating Glucose – 170-200 mg/dl
 - iv. 1-2 hours After Eating Glucose - 120-140 mg/dl
- i. **Keto Path: Check your Blood Glucose levels and check to see if you are in ketosis.**
 - i. Glucose as above
 - ii. Blood Ketone goal of 1-3.5 mmol/liter
- j. **Fast for minimum of 16 hours**
 - i. Do not eat past dinner
 - ii. Try to eat dinner at least 2-3 hours before going to bed.

***If you are diabetic and require insulin, please do not exceed 12 hours of fasting at this time.
***Remember... If you are on BP reducing medications or diabetes medications, please monitor your BP and BG levels closely and communicate with your physician if dosing changes are needed.

7. This week's **COGNITIVE** homework:

- a. Choose 1 food and eat it **MINDFULLY** for 5 minutes.
- b. Notice the **flavor, texture, and temperature** of the FOOD as you eat it
- c. Think about the **life-giving nutrition** you are consuming and **connect it with your WHY!**



Easy ACV Dressing

¼ Cup apple cider vinegar

½ Cup olive oil

2 Tsp Dijon mustard

1 Tbs minced garlic

1 Tsp salt

½ Tsp black pepper

Mix it all up in a mason jar and serve.

Store in refrigerator and bring to room temp before using.

Nutrition – 2TBS serving

Calories: 163 kcal | Net Carbohydrates: 1g | Protein: 0g

| Fat: 18g

Roasted Foundations (serves 6)

INGREDIENTS

- 3 cups of sliced cauliflower
- 3 cups of sliced broccoli
- ¼ cup of sliced red onion
- 1 Tsp salt
- 1 Tbsp Fresh Thyme (can replace with dry)
- 1 Tbsp Fresh Rosemary (can replace with dry)
- 2 Garlic Cloves minced
- 2 Tbsp Olive Oil

INSTRUCTIONS

1. Preheat your oven to 350°.
2. Wash and slice broccoli and cauliflower. Try to keep pieces similar in size for consistent cooking.
3. Slice red onion into thin ribbons.
4. Place all vegetables in a large bowl.
5. Poor 2 Tbsp of olive oil on top.
6. Add all spices and minced garlic.
7. Mix all ingredients together.
8. Cover roasting pan with parchment paper.
9. Evenly spread out vegetables on roasting pain.
Roast at 350 degrees F x 25 minutes.

NUTRITION – 1 CUP SERVING

Calories: 100kcal | Net Carbohydrates: 6g | Protein: 4g | Fat: 4.5g
|Sodium: 387mg

Tribal Sage with Lemon Roasted Chicken

INGREDIENTS

- 6 Pieces Chicken Thigh bone-in with skin
- 2 Lemons
- 1 bunch of fresh sage (at least 15 leaves)
- 1.5 Tsp of dried sage
- 1.5 Tsp Salt
- 1 Tsp Garlic Powder
- 1 Tsp Pepper
- 1 Tsp Poultry Seasoning
- 1 Tsp Paprika
- 2 Cloves garlic
- 3 Tbsp Olive Oil
- 1 cup of Almond Flour
- 4 Tbsp of water

INSTRUCTIONS

1. Preheat your oven to 350°.
2. Heat a heavy pan on medium heat with two 2 Tbsp of olive oil. Infuse your olive oil with 2 cloves of garlic and 3 sage leaves. I use a cast iron skillet, which can then go in the oven. You can finish this on the stove if you don't have a pan that goes in the oven or transition chicken to baking dish.
3. Make a dredge by mixing almond flour with dry spices in a wide bowl. Save ½ teaspoon of salt and fresh sage leaves for later step.

4. Clean the chicken thighs by removing any skin that hangs over the edge or is tucked under the thigh. Kitchen scissors work best.
5. Dredge the chicken in the seasoned flour.
6. Wash and Cut lemon into thin round slices to place in between skin and meat.
7. Wash and Tear 1 sage leaf. Place next to lemon slice between skin and meat.
8. Lay each piece skin side down in your hot pan.
9. Patiently wait for you chicken to brown. It takes about 5-7 minutes on each side. While it is cooking, chop your remaining sage into ribbons. Slice remaining lemon.
10. Once your chicken is brown on one side, turn and repeat on the underside. (The chicken will not be fully cooked, and must be finished before serving)
11. Set brown chicken on a plate and set aside.
12. Add 1 Tbsp of Olive Oil and add 2 Tbsp of water to deglaze the pan (That means using a spoon to scrape up the burnt on bits. This adds great flavor)
13. Add sage ribbons and squeeze the juice of 1 lemon into the pan. Add 2 more Tbsp of water.
14. Return the chicken to the pan and top with the remaining lemon slices and sage.
15. Cook at 350° oven for 1 hour or until internal chicken temperature reaches 165 degrees F.
16. If you do not have an ovenable pan, cover, turn burner down to low, and keep at a very low simmer for 1 hr.

NUTRITION – CHICKEN THIGH WITH SKIN (6 SERVINGS PER RECIPE)

Calories: 363 kcal | Carbohydrates: 2g | Protein: 28g | Fat: 27g | Sodium:
387mg

Easy ACV dressing

¼ Cup apple cider vinegar

½ Cup olive oil

2 Tsp Dijon mustard

1 Tbs minced garlic

1 Tsp salt

½ Tsp black pepper

Mix it all up in a mason jar and serve. Store in refrigerator and bring to room temp before using.

Nutrition – 2TBS serving

Calories: 163 kcal | Net Carbohydrates: 1g | Protein: 0g
| Fat: 18g

Native Nuts

12 oz walnuts

1 teaspoon vanilla extract

1 teaspoon salt

1 teaspoon of Cinnamon

1 teaspoon pumpkin pie spice

Zest of one orange

2 tablespoons of juice from one orange

Toss everything together and spread out on parchment lined baking sheet.

Bake at 250degrees for 20 minutes.

1oz.

Calories: 185 kcal | Carbohydrates: 4g |

Protein: 4.3g | Fat: 18.5g |Fiber: 1.9g

Tribal Sage and Lemon Chicken

6 Pieces Chicken Thigh bone-in with skin

2 Lemons

1 bunch of fresh sage (at least 15 leaves)

1.5 Tsp of dried sage

1.5 Tsp Salt

1 Tsp Garlic Powder

1 Tsp Pepper

1 Tsp Poultry Seasoning

1 Tsp Paprika

2 Cloves garlic

3 Tbsp Olive Oil

1 cup of Almond Flour

4 Tbsp of water

.

Nutrition – chicken thigh with skin

(6 servings per recipe)

Calories: 363 kcal | Carbohydrates: 2g | Protein: 28g |

Fat: 27g | Sodium: 387mg

Roasted Foundations

3 cups of sliced cauliflower

3 cups of sliced broccoli

¼ cup of sliced red onion

1 Tsp salt

1 Tbsp Fresh Thyme (can replace with dry)

1 Tbsp Fresh Rosemary (can replace with dry)

2 Garlic Cloves minced

2 Tbsp Olive Oil

Nutrition – 1 cup serving

Calories: 60 kcal | Net Carbohydrates: 6g | Protein: 4g
| Fat: 3g | Sodium: 387mg

Olive Oil (California)

- Mono unsaturated fat
 - Raises HDL
 - Prevents oxidation of LDL cholesterol
 - Reduce insulin resistance
 - Anti-inflammatory
 - Antibacterial
 - Adds to our daily fat intake
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Sage

- 160 different polyphenols
 - Stimulates GI and Central Nervous System
 - Reduces sweating and salivation
 - Cognitive enhancement
 - Reduces inflammation
 - Helps with hot flashes
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Garlic

- **Use Fresh**
 - Contains sulfur compounds that bond to heavy metals
 - Contains alliin which binds with alliinase to create allicin, an amino acid.
 - Allicin (Amino Acid) reduces insulin resistance and BP, has antimicrobial benefits.
 - Helps fight atherosclerosis.
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Almonds

- 80mg of magnesium
 - High in antioxidants
 - Vit E 37%
 - 208 mg potassium
 - Prevents oxidation of LDL
 - Raise HDL
 - Only 2.5 net carbs per serving
 - Almond flour is a great substitute for white flour
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Broccoli

- Great source of vitamin C
 - Calcium
 - Vitamin k
 - Phytonutrient – Sulphorafane – heals the endothelial lining of the blood vessels to help prevent the damage of elevated blood glucose.
 - Cancer prevention properties – especially related Prostate Cancer.
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Cauliflower

- Source of vitamin C (77% of daily Vit C)
- Isothiocyanates – phytonutrient show to help reduce cancer cells.
- Choline - necessary for cell membrane production, growth and repair of DNA and enhances cellular metabolism

Onion

- Contains a flavonoid quercetin
 - Similar to garlic
 - Antimicrobial
 - Reduces blood pressure
 - Reduces triglycerides
 - Reduces blood glucose response
 - Stomach and colon cancer benefits
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Salt

Table Salt – Processed food product. Trace minerals are stripped away and then added back in. Added iodine. Anticaking additives. More trace minerals but at the expense of added chemicals. Sometimes also contain flour, starch and dextrose.

Sea Salt – Evaporated sea water. Contains potassium, magnesium and calcium. Also contains heavy metals and microplastics from the sea.

Kosher Salt – Large grain salt. Used to draw out blood in meats. Added caking properties. Similar to table salt.

Himalayan Salt - Mined from Pakistan and the mountains. Gets the pink color from trace iron oxide. Also contains trace minerals potassium, magnesium and calcium. Has 87% sodium chloride.

Redmond Real Salt – Unrefined salt from an ancient seabed found in Utah. Salt deposits start about 30 feet below the surface and have not been impacted by erosion, pollution, or contaminants that are troubling today's oceans. Contains 60+ natural trace minerals.