

FOOD IDEAS FOR KIDS

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Fats

Good Fats: Olive Oil – cold pressed , organic, not refined; use in salad dressings. Do not use for cooking because easily oxidizes and forms free radicals when heated.

Flaxseed Oil – not for cooking for above reason. Keep refrigerated.

Palm Oil and Coconut Oil – virgin unrefined, organic, use for cooking and in place of butter whenever you like; great for brain repair and function because coconut oil is high in medium chain length fatty acids for brain cell production!

Protein

Organic meats when possible (free range and grass fed best); natural meat has no antibiotic or hormones but may still have pesticides and herbicides.

Fish – Wild- caught only (less heavy metals), farm- raised are fed corn and soy.

Poultry –free range if possible, corn and soy in feed.

Red Meats – grass- fed to avoid corn and soy in feed.

Eggs – organic free- range to avoid corn and soy in feed; some companies only let the chickens out into a crowded pen for an hour a day and still call them cage-free.

Beans

Seeds (like tahini)

How much protein per day? Divide body weight in pounds by 2.2 = body weight in kg; multiply body weight in kg x 0.8 = grams of protein required per day.

Healthy Carbohydrates

Vegetables with lots of carbs: Sweet potato, butternut and acorn squashes, beets, carrots, cauliflower, turnips, parsnips.

Green Leafy Vegetables and broccoli and many other veggies have few carbohydrates

Lunch or Dinner Ideas

Homemade soups or stews in a thermos (fish or meat).

Nitrate-free, no-sugar-added lunch meat

Any meat or fish dish

Quiche cupcakes

Chicken fingers – dip chicken pieces into beaten egg then into almond flour and fry in coconut oil

Chicken wings or legs baked

Chicken Satay (Internal Bliss Cookbook) with almond butter blended with thick coconut milk as dip

Meatballs

Eggs (organic and free-range) can be blended in a blender with fruit and veggies in a smoothie

Hot Dogs – organic without nitrates or sugar added (no bun)

Hamburgers - can use almond pancakes as a bun

Meat fixed any way that does not involve using flour or products from cows

Chili

Chicken and hummus salad in lettuce cups

Spaghetti squash with

Mashed cauliflower with coconut oil (add vanilla if desired)

Mashed butternut squash or acorn squash with coconut oil and vanilla and cinnamon

Diced veggies and sea salt

Meat and veggie kabobs

Beverage Ideas

1 apple (peel, cut in slices and remove core) blended with water to make apple juice.

1 orange (peel and seeds removed) blended with water to make orange juice.

Water with any fruit added and blended in a blender

Substitute coconut milk for cow's milk in recipes; substitute goats milk for cow's milk for drinking and for yogurt or kefir

Snacks

Organic popcorn

Nuts

Home baked products using dates, raw honey, or applesauce or banana for sweetening (use almond flour in place of grain flours)

Apple butter on almond flour pancakes or on Gaps almond bread (see recipe below)

Whole Fruit

Baked apple with cinnamon and coconut oil

Avocado – whole or mashed; can make a dip for raw veges or fruit pieces

Whole fruit cut up and blended with filtered water into a smoothie

Almond bread

Almond flour pancakes

Breakfast Brownies

Carrot sticks

Celery sticks with almond butter

Cucumber

Hard Boiled Eggs

Pickles

Olives

Goats milk yogurt

Lara bars

Kit's Fruit and Nut bars

Chick pea hummus on almond and walnut crackers or sesame crackers

Deviled eggs with yolk and guacamole filling

Crispy Nuts Makes 4 cups

4 cups raw nuts such as pecans, walnuts, cashews, macadamia, skinless almonds

1 tbsp sea salt filtered water

Mix nuts with filtered water and leave in a warm place for at least 7 – 8 hours. (Note; Soak cashews only 6 hours) Drain in a colander. Spread nuts on a stainless steel baking pan and place in a warm oven (preferably 150 degrees but no more than 170) for 12 to 24 hours, turning occasionally, until completely dry and crisp. Store in an airtight container in the fridge.

Crispy nut butter - Makes 2 cups

2 cups crispy nuts, such as almonds, cashews

$\frac{3}{4}$ cup coconut oil

2 Tbsp raw honey

1 tsp sea salt

Place nuts, oil and sea salt in a food processor and grind to a fine powder. Add honey and process until "butter" becomes smooth. It will be somewhat liquid but will harden when chilled. Store in air tight container in the fridge. Serve at room temp.

Gaps Almond Bread (from Gut and Psychology Syndrome, Dr. Natasha Campbell-McBride)

2 1/2 cups crispy almonds 3 eggs ¼ cup butter or coconut oil, softened

Use a food processor to process almonds into flour. Preheat oven to 300 degrees. Grease a loaf pan with Butter or coconut oil. Beat the eggs with butter or coconut oil, and gradually add the almond flour. Press the mixture into the loaf greased loaf pan. Bake for about an hour. Test for doneness by inserting a clean knife – it will come out clean when the bread is ready. Let it rest for at least 10 min. before removing from the pan.

You can make variations by adding ingredients such as: sliced olives, dried herbs, sautéed onions, chopped dates, chopped or mashed fruit, or honey. The bread can also be cooked as individual muffins.

Condiments and Sauces

Ketchup, barbecue sauce, pizza sauce

Easier to use canned tomato sauce plus spices you like (plus raw honey as sweetener if desired)

Homemade Mayonnaise

1 organic egg

2 tsp Dijon mustard

1 Tbsp lemon juice

1 cup extra virgin olive oil

sea salt and pepper to taste

In a blender blend the egg. In a thin, very slow stream, add the olive oil. Add all remaining ingredients.

Store refrigerated.

Aoli: Add 5 cloves garlic, mixed or pureed, in first step and continue directions for mayonnaise.