

HEALTHY

HOMEMADE MEALS

the Fast and Simple Way

Tips and Recipe Ideas for Exhausted Overachievers



Keiko Takimoto-Makarczyk



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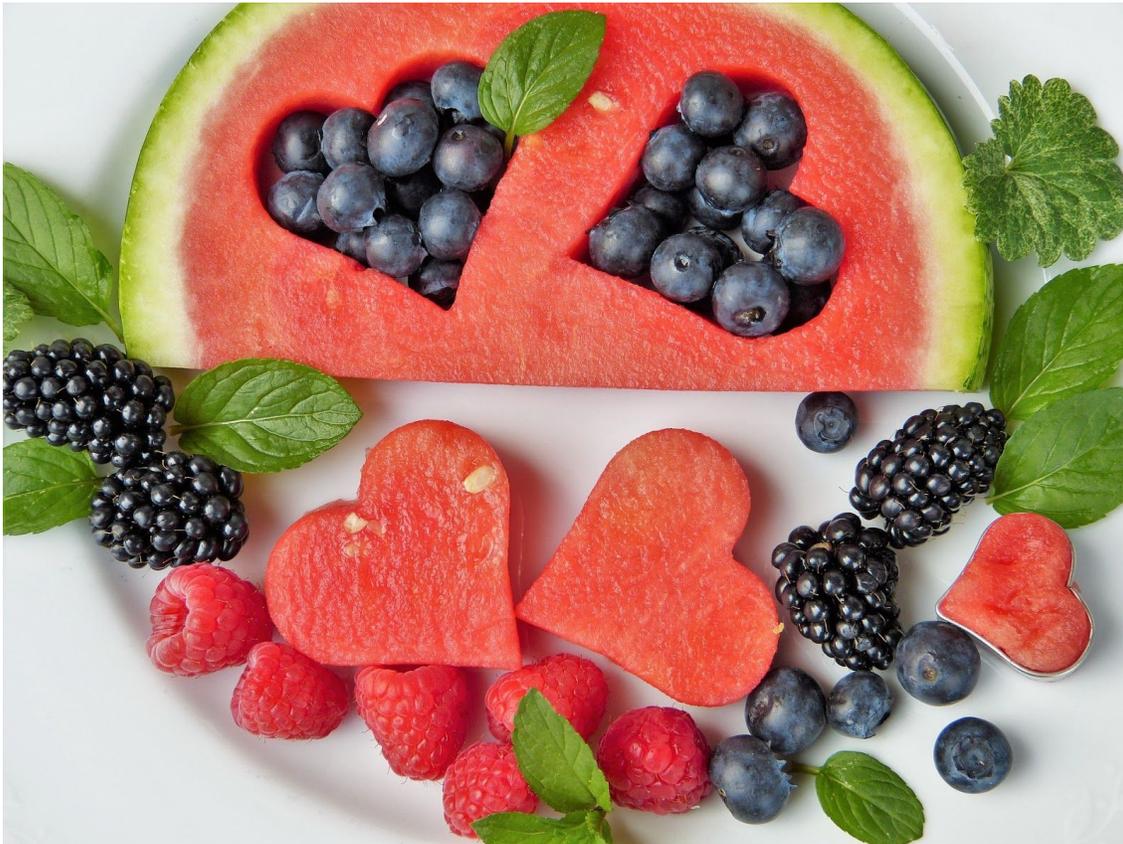
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Introduction



I want to help you achieve optimal health so you can live a happy and fulfilled life.

I struggled with my health for over 20 years. Because of that, I committed to finding a way to live a healthy life without being constantly exhausted and sick. It's been a long and interesting journey. While the journey never really ends, I feel that by sharing the knowledge I have gained through this experience, I can offer hope and encouragement to those facing similar challenges. You can learn more about me at the end of the ebook.

Why This Ebook Will Help You Achieve Better Health

I know how it feels to be too exhausted to do anything- let alone cook from scratch daily! But clean, healthy, home-cooked meals are a cornerstone to re-building your health. It needs to be a top priority.

I'm going back to the basics in this guide so you can start cooking right away without feeling overwhelmed. None of these recipes have any added sugars or gluten. They use whole, natural unprocessed foods.

Please remember, we are all different and have varying dietary needs, food sensitivities and preferences. Please adjust the recipes to accommodate your needs.



TIP 1: Use the highest quality ingredients you can afford and/or find



It's much easier to cook great tasting meals if you use high quality ingredients. They offer wonderful natural flavor with less work on your part.

Simple salt, pepper, and a few herbs and spices will be more than enough to enhance any natural flavor.

It might take a gradual adjustment for anyone's taste buds to recognize the new "taste" if they're used to heavy flavorings that compensate for lower quality meats and produce.

Fresher is better and organic is always preferable (to avoid as many pesticides and toxic chemicals as possible.)

What are high quality ingredients?

- Meats that are grass-fed and pasture raised
- Wild fish (not farm-raised fish)

- Free range chicken eggs from farmers markets
- Fresh local vegetables from farmers markets
- Organic grains and legumes
- Dairy products from grass-fed pasture raised animals

TIP 2: Stock Your Freezer, Fridge, and Pantry

One of the keys to successful cooking is being well stocked at all times.

Meals don't need to be perfect. Some days, the best option may be to sauté some frozen spinach and heat up some clean sausages.

Make sure you have plenty of healthy food options on hand.

Here are some ideas. Since we all have different preferences, customize to fit your needs and start building up your healthy stash!

Freezer/Deep Freezers:

- Half/quarter hog/steer. If possible, buy in bulk or on sale and stock up,
- Chicken, turkey, salmon, lamb
- Frozen vegetables and fruits
- Frozen sausages, bacon, bread, pre-cooked grains and legumes, nut flours
- Grass-fed pastured butter (freezes well)

Refrigerator:

- Fresh salad greens (eat quickly and restock often)
- Vegetables that last longer (carrots, cabbage, cauliflower, broccoli, etc.)
- Nut flours/nut butters
- Farm fresh eggs

Pantry Items:

- Tomato puree/paste/diced
- Coconut milk/coconut butter
- Coconut aminos (similar to soy sauce)
- Tamari (soy, no wheat)
- Spices/Herbs
- Seeds (some need to be refrigerated after opening)
- Dry grains and legumes
- Herbal teas
- Clean BBQ/hot sauces

One other helpful tip- there are subscription services that can keep you stocked up if you don't have room in your house to store extra food.

ButcherBox.com (meats)

Vitacost.com

Thrivemarket.com (membership)

Amazon.com (Subscribe and Save program)



TIP 3: Keep Your Meals Simple by Rotating Proteins and Vegetables



I can't meal plan at all. I can barely grocery shop from a list. But I need to cook every day for my family.

My simple method is to pick a main protein from the deep freezer to defrost, a vegetable to cook, and add a fresh vegetable dish like a salad.

I just rotate the protein and vegetables. That's it.

I personally struggle with digesting grains but my family can eat them- so I will add in a grain dish every few days.

Adjust as needed, but keep it really simple by figuring out your family's favorite mix.

Don't try to make a perfect meal every time, it's ok- you are on your way to homemade meals!

TIP 4: Use Tools that Speed Up or Make Cooking Easier

Cooking at home requires you to have tools to make it easier and faster.

Consider them an investment in your health. They are much cheaper than eating out all the time! You don't need them all-just start with the ones that you need most and add when you can.

My go-to kitchen tools and appliances:

Toaster Oven

I never use the big oven because it is too cumbersome for me. Instead, I use a counter top toaster oven. You can easily bake everything from a whole chicken to cookies. It's a convenient little appliance that I use it multiple times a day.

Steamer Pot

I use these all the time to quickly steam vegetables.

Pots and Pans

I use the stove top a lot to stir fry, steam, and simmer things up. You need a few good basic pots and pans. I use stainless steel since

they are most affordable and generally considered safe. I normally avoid Teflon products.

Good Knives, Kitchen Shears and Cutting Boards

Nothing will get you more frustrated than dull knives and shears. Get yourself a good set. I use kitchen shears a lot and I keep going back to Henkel for more.

Blender

I go through blenders pretty quickly so I don't buy expensive ones. I like the ones that have glass jars. I make mayonnaise, nut butters, coconut milk, smoothies, and instant ice cream. Now you know why mine don't last too long...

Glass Pyrex Cookware (Storage)

I can't live without these. I bake, serve, and store food in them. Did I mention I have every size and shape they sell?

Immersion Blender

I didn't have one of these until recently. These are great for soups that need to be blended smoothly. It saves you a lot of extra equipment to clean.

Instant Pot

This is one of those tools you'll either use all the time or not have much use for depending on what you like to eat. It's best for cooking tough cuts of meat, legumes and grains. If you love using the slow cooker but want things done faster, the Instant Pot will be your new best friend.

TIP 5: Create Your Family Recipe Binder



When I was sick and realized I had to change my diet completely, I felt overwhelmed about learning to cook new foods.

I figured buying cookbooks would help, so I started collecting a many cookbooks...(tried Vegetarian, Vegan, Raw Food, Paleo) I'd pick a few from each book and try them- but then I could never remember where all the recipes were!

It turns out that we're creatures of habit. We generally rotate only 10 or so of our favorite recipes.

So here's a cheaper shortcut for you!

1. Get your binder supplies: binder, clear sheet protectors, dividers

2. Search for recipes with less than 5 ingredients, less than 30 minutes hands on time, and start collecting them in your binder
3. If you try the recipe and like it, take notes of any adjustments and keep it in your “Favorites” section
4. Start with 3-5 recipes and continually build your binder of family favorites over time
5. You're in luck! I have some simple recipe ideas you can start with! Print out the ones you like and add them to your binder.



17 Recipe Ideas: 5 Ingredients in 5 Steps

A few quick notes on the following recipe ideas I am providing. I am not a chef or recipe developer so I rarely ever use exact measurements. I cook simple foods for my family so we can eat homemade meals every day (while taking care of the family, farm, and other businesses).

Be confident and creative when cooking. Cooking, in my opinion, is more of an art... baking on the other hand is more of a science- so don't mess around with baking recipes unless you know what you are doing. I don't have any baking recipes in here because I just follow other people's recipes when I need to bake.

“Almost” Fail Proof Experimentation Tips:

Start with small amounts of salt, spices, flavorings of any kind and increase as needed. It's hard to undo too much salt...

Use lower heat when in question and raise as needed.

Use shorter cook time and increase as needed.

Pay attention and don't multi-task when you are starting out in the kitchen.

Tips on Herbs and Spices:

If you don't have much experience using herbs and spices, go to the store and buy a few herb/spice blends that appeal to you. It's best to get blends that do not already have salt in the blend.

Another option is to go to a natural grocer that sells herbs and spices in bulk and buy a little of everything to try out. This is a lot of fun.

A few ideas to get you started: powdered/granulated garlic, granulated onions, lemon pepper, basil, italian blend, and curry blend.

Note on Fats- Oils and Butters

Fats enhance the flavor of your dish, so don't be afraid to use them. I personally only use a limited number and type of oils.

I like using Kerrygold butter for many things. Ghee is clarified butter and another option, but it is expensive.

For cooking at slightly higher temperature, I use almost exclusively coconut oil. For lower temperature or to add to cooked foods on the table, I use olive and/or avocado oil.

Mayonnaise

I make my own because I have chickens and can get fresh safe eggs. I put the following in a blender- 1 egg, 2 TBSP of apple cider vinegar, ½ tsp salt, ¼ cup avocado oil (all must be room temperature) and blend. Then I slowly drizzle 1 cup of avocado oil into this mixture and wait for the magic to happen. Please do some research before attempting this because you will be using raw eggs.

Simple Oven Baked Chicken



Ingredients:

1. Chicken (can use drumsticks, thighs, leg quarters, or whole chicken minus back bone*)
2. Salt/pepper/spices and/or herbs of choice
3. Oil- butter, coconut oil, avocado oil, ghee of choice

Instructions:

1. Preheat oven to 350* degrees
2. Rinse chicken, pat dry, and put in an oven safe Pyrex dish
3. Sprinkle salt, pepper, and any spice mixes you enjoy
4. Cut up butter or drizzle oil and put it on the chicken
5. Put it in the oven for 45 minutes to an hour depending on size. Check to make sure it is completely cooked.

*To cut the back out of a whole chicken, carefully use kitchen shears and cut along both sides of the back.

****Please note some ovens run at different temperatures, so you may need to increase to 375 degrees. If it looks like it will start to burn, lower the temperature. If it is taking too long to cook, raise the temperature in small (25 degree) increments.**

By using different spice mixes, you can have many different flavors. Be creative and don't forget to have fun! Here are some of my favorites:

- Super basic- salt, pepper, butter
- Spicy- salt, cayenne (or other peppers), butter
- Indian style- Curry powder, butter, add salt if curry powder doesn't have any salt listed in the ingredients list
- Italian- Italian spice blend (or mix basil, oregano, rosemary), salt, pepper, olive oil
- Garlic lemon pepper (one of our favorites!)



Oven Baked Wild Salmon



Ingredients:

1. Wild salmon
2. Salt, pepper, herbs and spices of choice
3. Butter/oil of choice

Instructions:

1. Preheat oven to 375 degrees*
2. Rinse, pat dry fish, put in oven-safe Pyrex
3. Sprinkle salt, pepper, and any spice mixes you enjoy
4. Drizzle oil or cut up butter and put it on the fish
5. Put it in the oven for about 15-20 minutes depending on thickness. Make sure it is cooked. The center of the salmon should be a light pink color.

Spice Mix Ideas:

1. Salt, pepper, dried parsley or basil
2. Lemon garlic pepper blend

3. Any invention you can think of!

*Oven temperatures can vary, so please adjust as needed.

If there is skin on the fish, keep the skin side down when baking.

There are many basic salmon recipes you can search online. Look for some inspirations and you'll be surprised at how much variety you can get with minor modifications to a very basic recipe.



Pan Fried Grass-Fed Steak



Ingredients:

1. Grass-fed steak
2. Salt, pepper
3. coconut oil (and butter at the end)

Instructions:

1. Heat up oil in a pan large enough for your steak
2. Salt/pepper both sides of your steak
3. Once the oil is heated, sear both sides on high to lock in the juices. This usually takes on minute per side.
4. Depending on the thickness of your steak, once seared, drop heat to medium/low, cover and cook for another 2-3 minutes per side.
5. Remove from heat, keep covered to let the juices even out for 8-10 minutes.

Grass-fed beef cooks about 30% faster because it is more lean. When overcooked, it gets very tough. It will take some practice to get it just right.

If it is not enough flavor, sprinkle some coconut aminos, tamari/soy sauce or anything you like.

You can use a Jaccard or other meat tenderizer to tenderize tough cuts.



Ultra Basic Baked Meatballs



Ingredients:

1. Ground meat (pork/beef/turkey/combo)
2. Salt, pepper, spices and herbs of choice

(*Don't use more than $\frac{1}{4}$ tsp salt per lb of meat, no more than about $\frac{1}{2}$ to 1 tsp of each herb/spices, adjust/increase with each batch to get your family's perfect meatballs)

Instructions:

1. Preheat oven to 375 degrees
2. Mix meat with spices
3. Roll spiced meat into balls, put in oven safe Pyrex
4. Bake for 20-30 minutes

You can add an egg, some almond flour, fish sauce, coconut aminos, minced onions, minced garlic, or nutritional yeast. The combinations are endless and this is a fun one to experiment with. Check various meatball recipes and try your own combinations in similar portions.

Fun Options:

1. Dip them in various dressing/sauces
2. Simmer these in tomato sauce
3. Change the shape to a hamburger (can pan fry)



Easy Snack- Toasted Cashews



Ingredients:

1. Raw Cashews
2. Salt, butter, herbs if desired

Instructions:

1. Preheat oven to 325 degrees
2. Put parchment paper on oven tray
3. Put cashews on tray
4. Bake for 8 minutes (check often), it may need a few more minutes
5. If you want to flavor your cashews easily, put it in a bowl while hot, add enough butter to coat cashews, salt, herbs as desired and mix with a fork. Let cool. Enjoy!

Easy Snack- Kale Chips



Ingredients:

1. Kale
2. Salt, oil of choice (just enough to lightly coat kale), spices/herbs

Instructions:

1. Preheat oven to 350 degrees
2. Wash and tear kale into smaller pieces
3. Put parchment paper on oven tray
4. Put kale on tray, sprinkle salt, pepper, herbs and oil of choice on the kale
5. Bake for 15 minutes (check often to make sure it doesn't burn, rotate if needed)

My Favorite Topping: Nutritional yeast, salt, very small pinch of cayenne (it's super hot!), olive oil

Steamed Broccoli or Cauliflower



Ingredients:

1. Broccoli or cauliflower florets

Instructions:

1. Get your steamer ready by adding water to the bottom pan
2. Wait for the water to boil before adding the vegetables on top
3. Steam on medium, covered for 4-5 minutes, check. The longer you steam it, the softer it will become. Cauliflower will take a little longer than broccoli.

You can dip your broccoli/cauliflower in mayonnaise or salad dressing, drizzle butter or olive oil and spices, and flavor as you wish.

No steamer? Use less water in the pan, wait for it to start steaming, add broccoli directly to the water, and drain....and then go buy yourself a steamer ;)

Steamed Sweet Potatoes



Ingredients:

1. Sweet potatoes cut into ½ inch rings or thicker depending on your preference.

Instructions:

1. Add water to the bottom of the steamer
2. Put the sweet potatoes in the top part of your steamer
3. Depending on the size of your sweet potatoes, steam for 25-35 minutes. Poke a fork to test for doneness. If you can easily put a fork through the sweet potato slice, then it's done.

Quick Sautéed Spinach



Ingredients

1. Frozen spinach
2. Salted butter

Instructions:

1. Heat up butter in pan. Use low heat to make sure it does not burn. Butter burns easily.
2. Add frozen spinach and saute

You can sprinkle herbs and spices if you want to add some extra flavor. And you can do the same with frozen mixed veggies when you are just too busy and need something fast. If you use oil instead of butter (or unsalted butter), add some salt as it will be very bland.

Tomato Herb Salad



Ingredients:

1. Tomato (sliced in rings)
2. Salt, Pepper, Basil or Cilantro (fresh is awesome, but dry is ok)
3. Balsamic vinegar
4. Olive oil or Avocado oil
5. Sliced fresh mozzarella (if you eat dairy)

Instructions:

1. Line your plate with sliced tomatoes and sliced mozzarella in an alternating fashion.
2. Add basil or cilantro on top (you can tear fresh ones a bit)
3. Drizzle the balsamic vinegar and olive oil/avocado oil
4. Salt/pepper to taste

This makes a great summer salad when your garden or a local farmer's garden is full of tomatoes! This is my family's all time favorite treat!!

Super Quickie Guacamole- Minimalist Version



Ingredients:

1. Ripe avocado
2. Salt, pepper
3. Apple cider vinegar or lemon juice

Instructions:

1. Cut avocado, get rid of pit, and scoop out of peel into a bowl
2. Mash with a fork, add a splash of apple cider vinegar (or lemon juice), salt and pepper to taste

You can get really fancy and have fun with this. Other things you can add: garlic powder (minced garlic), onion powder (minced onions), small pinch of cayenne, ground flaxseeds, nutritional yeast, cumin, oregano

Creamy Cauliflower Soup



Ingredients:

1. Cauliflower
2. Water/ broth
3. Coconut milk/coconut butter
4. Salt/pepper

Instructions:

1. Put cauliflower florets in a pot
2. Add purified water or broth to cover most of the cauliflower, cover and simmer until soft
3. Use the immersion blender to make it creamy (otherwise...you have to put this in a blender and then back into the pot...)
4. Add coconut milk or coconut butter to get desired consistency.
Tip- I use coconut butter and water to make instant coconut milk. It is very easy to control the water content this way to make creamier soup.

5. Salt, pepper to taste and enjoy!

This soup is a great basic cream soup you can be creative with. I have made many variations. You can start with a cauliflower and broccoli base or just add frozen broccoli florets and/or frozen spinach. When I don't have broth on hand, I have added a teaspoon or so of fish sauce for more flavor. You can also add butter to add more creaminess.



Instant Pot Quinoa



Ingredients:

1. 1 cup quinoa
2. 1.25 cups water
3. 1 TBSP butter

Instructions:

1. Rinse and drain quinoa (make sure strainer has very small holes or you will lose your quinoa~~~!)
2. Put quinoa, water, butter in your Instant Pot
3. Select Manual, high, 8 minutes
4. Release pressure, fluff and enjoy

Instant Pot Hard Boiled Eggs



Ingredients:

1. Eggs
2. Water

Instructions:

1. Put a cup of water in the Instant Pot
2. Place eggs on rack inside the Instant Pot or in a steamer basket made for Instant Pots
3. Manual, high, 8 minutes

Deviled Eggs



Ingredients:

1. Peeled hard boiled eggs sliced in half
2. Mayonnaise
3. Salt, pepper, herbs, spices, hot sauce

Instructions:

1. Put all the yolks in a mixing bowl, line the whites on a plate
2. Mix yolks with mayonnaise, salt, pepper, herbs to taste
3. Use a spoon and scoop the yolk mixture into the whites on a plate
4. Sprinkle paprika or parsley for a nice finished look!

Quickie Egg Salad



Ingredients:

1. Peeled hard boiled eggs sliced or diced in egg slicer
2. Mayonnaise (or thicker dressing)
3. Salt, pepper, herbs, spices, hot sauce

Instructions:

1. Mix all to taste and plop it on some greens

Easy Basic Fried Rice



Ingredients:

1. Cooked rice (leftover rice is perfect for this)
2. Coconut oil (or butter)
3. Frozen small vegetable mix
4. Salt, pepper, apple cider vinegar, tamari/coconut aminos

Instructions:

1. Heat up oil/melt butter
2. Add the frozen vegetables and cook on medium for a few minutes
3. Add cooked rice and mix well with the vegetables
4. Flavor with sprinkles of salt, pepper, splash of vinegar, and tamari. Taste and adjust. Always use less first and add as needed.

We usually make fried rice with leftover rice and whatever we have on hand. So sometimes we add leftover meats, eggs, sausages,

bacon and cooked vegetables. It's different every time. But for guests, I have a bag of frozen vegetable mix on hand.

Some other flavor enhancers: fish sauce, balsamic vinegar (for more sweetness), and curry spice mix



About Keiko at KTM Holistic Health LLC



I'm a holistic health coach but consider myself more of a health detective and educator. I utilize various tools to dig deep and investigate contributors to your health challenges.

I focus on you and what makes you unique. I do an in-depth intake through interviews and questionnaires. Then, through functional lab analysis, I identify your healing opportunities.

I believe health building is a partnership. It requires a health coach who is both well trained and someone you trust and connect with.

I received health coach training from the Functional Diagnostic Nutrition Program and the Institute of Integrative Nutrition. In addition, I have been a lifelong student of holistic health to guide myself to wellness.

MY HEALTH STORY

As a child, my family and I moved back and forth between Japan and the US due to my father's job. The constant stress of trying to adapt to different school systems kept me extremely exhausted. I managed to hold myself together but I struggled for years with exhaustion, aches and pains, and increasing food sensitivities.

At 25, I was told by an endocrinologist that I had low thyroid and adrenals. The medication I was put on helped manage my symptoms but lead to heart problems. A cardiologist advised me to figure out a way to get off these medications which I was told I'd be on for the rest of my life.

At 29, I became pregnant and managed to have a very healthy baby. But that also took a huge toll on my body, as well as trigger

postpartum depression, further hormonal imbalances and extreme exhaustion.

I realized if I wanted a healthier future for myself and my family, I had to take a very different approach.

I learned everything I possibly could about natural and holistic health and applied them to my life. I tried multiple different diets such as Paleo, vegetarian, and raw-food vegan. I read through book cases of cooking books and experimented with countless new ingredients. I cleaned out our house and threw away or donated items that weren't contributing to my health. I stopped at nothing and was determined to have the health I always desired so I could do the things I loved.

Using this knowledge, I weaned myself off of all medications. I currently don't have the debilitating symptoms like before. My health isn't perfect as this is a work in progress- but I have gotten strong enough to where I am able to be a mom and wife as well as manage my farm without any days off.

I've always been passionate about helping others and I am so thrilled I have the energy to fulfill my dream as a health coach.

Currently I enjoy health coaching and living on our alpaca farm, Wisteria Suri Ranch, with my husband and son in Austin, Texas. I constantly work on my health so I can take care of my family, our farm, and all of our wonderful animals.



Schedule Your Free Discovery Call

Eating clean homemade meals is an important first step and a foundation in your holistic health building program.

Sometimes that's all we need to get our health back, and I hope you are one of the lucky folks!

If you aren't, don't be discouraged. I may be able to help you!

I offer a free discovery call to see if we would be a good match and whether I think I would be able to help you with your health challenges.

Please go to KTMHolisticHealth.com to schedule your free call. You can also email me at info@KTMHolisticHealth.com.

I look forward to talking with you soon!

