

REAL FOOD, REAL SIMPLE:

6 Weeks to More Energy, Less Stress, and Healthy Meals in Minutes

Week #5: Cooking and eating real food, nourishing your body, mind, and spirit

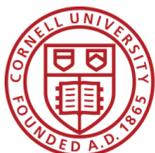
Week #4 action steps check-in:

1. If there is a place you'd like to try shopping for quality real food ingredients, make a plan to go, and go there in the next week. *Did you do this? How did it go?*
2. Peak into your fridge, freezer, pantry, and on your counter and change how you store items as necessary to maximize the freshness of your food. *What did you decide to change?*
3. Find a recipe that uses the cutting technique (ie. chiffonade) or food prep technique (ie. soaking beans) you chose and add it to your meal plan for the week. *What did you make? How did it go?*

Week #5 objectives:

By the end of this webinar, you will have:

1. Identified several different techniques to cook real food.
2. Analyzed the experience of eating from serving food to the anatomy and physiology of digestion.
3. Crafted a “nourishment menu” to nourish your mind, body, and spirit.



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Which whole grain would you like to try cooking?

Which cooking technique would you like to try?

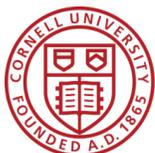
What is ONE thing you learned in the eating real food section, or something you'd like to try?

What ONE way to nourish your body, mind, and spirit would you like to try or do more of?

Week #5 action steps:

1. Find two new recipes and add them to your meal plan for the week- choose one that includes the whole grain you picked and one that includes the cooking technique you picked.
2. Choose one eating tip to implement and start doing it.
3. Choose one strategy to nourish your mind, body, and spirit and start doing it. Also, put your Real Nourishment Menu somewhere you can see it!

* Keep planning meals each week and shopping based on your shopping list.



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Whole Grain Cooking Guide

Whole grains have been a central element of the human diet since early civilization. Humans ceased being hunter-gatherers and settled down into farming communities when they were able to cultivate grain crops. People living in these communities—on all continents—had lean, strong bodies. In the Americas, corn was the staple grain. In India and Asia, it was rice. In Africa, people ate sorghum. In the Middle East, they made pita bread, tabouli and couscous. In Europe, corn, millet, wheat, rice, pasta, dark breads and even beer were considered health-providing foods. In Scotland, oats were a staple food. In Russia, they ate buckwheat or kasha. Whole grains are an excellent source of nutrition, as they contain essential enzymes, iron, dietary fiber, vitamin E and B-complex vitamins. Because the body absorbs grain slowly, they provide sustained and high-quality energy.

The quickest way to create great grains is to experiment and find what works for you. Here are basic directions:

1. Measure the grain then rinse in cold water using a fine mesh strainer.
2. Optional: soak grains for one to eight hours to soften, increase digestibility, and eliminate phytic acid. Drain grains and discard the soaking water.
3. Add grains to recommended amount of water and bring to a boil.
4. Reduce heat, cover and simmer for the suggested amount of time.

1 cup Grain	Water	Cooking Time	Contains Gluten?
Brown rice	2 cups	45-60 minutes	no
Buckwheat (aka kasha)	2 cups	20-30 minutes	no
Oats (whole groats)	3 cups	75-90 minutes	yes, unless certified GF
Oatmeal (rolled oats)	2 cups	20-30 minutes	yes, unless certified GF
Amaranth	3 cups	30 minutes	no
Barley (pearled)	2-3 cups	60 minutes	yes
Barley (hulled)	2-3 cups	90 minutes	yes
Bulgur (cracked wheat)	2 cups	20 minutes	yes
Cornmeal (aka polenta)	3 cups	20 minutes	no
Couscous	1 cup	5 minutes	yes
Kamut	3 cups	90 minutes	yes
Millet	2 cups	30 minutes	no
Quinoa	2 cups	15-20 minutes	no
Rye berries	3 cups	2 hours	yes
Spelt	3 cups	2 hours	yes
Wheat berries	3 cups	60 minutes	yes
Wild rice	4 cups	60 minutes	no



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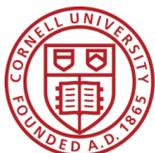
All liquid measures and times are approximate. Cooking length depends on how strong the heat is. It's a good idea, especially for beginners, to lift the lid and check the water level halfway through cooking and toward the end, making sure there is still enough water to not scorch the grains. Be sure to taste the grains to see if they are fully cooked or starting to burn. Cooking larger grains like brown rice, barley and berries in a pressure cooker speeds up cooking time and creates softer grains.

Note that the texture of grains can be changed by boiling the water before adding the grains. This will keep the grains separated and prevent a mushy consistency. For a porridge-like consistency, boil the grain and liquid together.

Bean Cooking Guide

Beans are a great way to add plant-based protein to your diet. They are high in iron, B vitamins and fiber, and are very versatile. Beans stay fresh longer when you store them in a cool, dark place (rather than on your countertop). Don't use beans that are more than a year old, as their nutrient content and digestibility are much lower. Also, old beans will not soften, even with thorough cooking.

1. Check beans for rocks, then rinse in cold water.
2. Soak for six hours or overnight, with water covering a few inches higher than the beans. Note: If you forget to presoak the beans, you can bring them to a boil in water to cover. Turn off the heat, cover the pot and let stand for one hour.
3. Drain and rinse the beans, discarding the soaking water. Always discard any loose skins before cooking, as this will increase digestibility.
4. Place the beans in a heavy pot and add 3 to 4 cups fresh water.
5. Bring to a full boil and skim off the foam.
6. Add a small piece of kombu (seaweed) and a few bay leaves or garlic cloves for flavor and to increase digestibility.
7. Cover, lower the temperature and simmer for the suggested time. Check beans 30 minutes before the minimum cooking time. Beans are done when the middle is soft and easy to squeeze.
8. About 10 minutes before the end of cooking time, add 1 teaspoon of unrefined sea salt.
9. Cook until beans are tender.



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1 cup Dry Beans	Cooking Time
Adzuki	45-60 minutes
Anasazi	60-90 minutes
Black (turtle)	60-90 minutes
Black-eyed peas	60 minutes
Cannellini	90-120 minutes
Chickpeas (garbanzos)	120-180 minutes
Cranberry	60-90 minutes
Fava	60-90 minutes
Great northern	90-120 minutes
Kidney	60-90 minutes
Lentils*	30-45 minutes
Lima beans	60-90 minutes
Mung	60 minutes
Navy	60-90 minutes
Pinto	90 minutes
Split peas	45-60 minutes

*do not require soaking

All cooking times are approximate. In general, small beans cook for approximately 30 minutes, medium beans cook for approximately 60 minutes, and large beans cook for approximately 90 minutes. Be sure to taste the beans to see if they are fully cooked and tender.



