



Healthy Cooking, Healthy Eating

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RR TAMPA
REJUVENATION

eBook

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FROM THE AUTHOR



I have a real passion for healthy eating and smart food choices. We all do at Tampa Rejuvenation.

What we love so much about it is how simple and wonderfully effective it is as a tool for healthy living.

Our bodies need nutrition. It's what keeps us fueled and energized throughout the day. And it's that increased energy that leads us to engage in more activities throughout the day, burning more calories than we would otherwise.

And if we eat right, the results are even better. By eating a balanced diet that's rich in fruits and vegetables, lean proteins and whole grains, we're helping our bodies reach their optimal energy levels, while maintaining a strong immune system. Eating right can help us fight diseases and preventing serious illnesses like diabetes. And we all know the risks and problems associated with going in the opposite direction, including the fact that unhealthy eating habits have contributed to the obesity epidemic in the United States.

That love I have for healthy meals is one of the main reasons I wrote this eBook. Another is my hope that I can develop within all of you a similar passion for something as simple, but wonderfully effective, as a healthy diet. Enjoy these recipes, and this eBook.

Dr. Johanna deVryer



INTRO

Here at Tampa Rejuvenation our mission is to help you achieve your health and wellness goals through proper nutrition, guidance, and education. By making a series of lifestyle choices, we help you to attain and maintain your fitness, health, and happiness.

There are many different sources of information or individuals who think they know what to do to get healthy -- and yes, some of the advice we learned growing up from parents and teachers still rings true today. For example, a study published in *Stroke: Journal of the American Heart Association* in October 2011, performed by Dutch researchers on consumption of fruits and vegetables, indicated that people are able to cut their risk for stroke in half by consuming white fruits like apples and pears. So the age-old saying “An apple a day keeps the doctor away” does have some fact behind it.

On the other hand, our bodies are extremely complex – and many do not come close to understanding why their bodies respond in certain ways to particular foods. If you get frequent headaches, do you know if your diet is causing it? If you find yourself experiencing irritability or anxiety, have you ever stopped to question if what you’re eating may be affecting your mood?

One of the most difficult challenges we face is changing the way we eat. We know what we like, and we stick to it. Many of us have been eating this way for years and have created some habits that are hard to break.

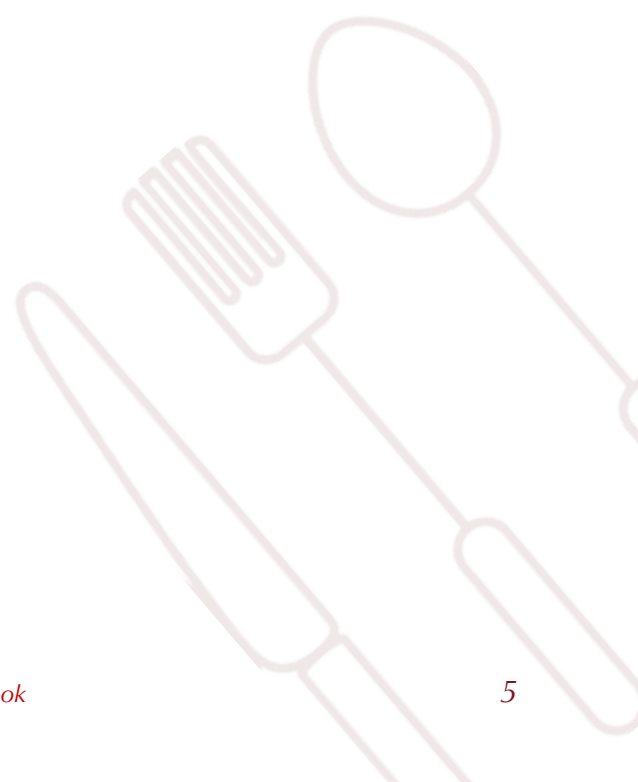


INTRO

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When it turns out that our diet is causing us to gain weight, feel weak and lethargic all day, become irritable or impacting how we handle our daily stress, it's equally amazing to consider how much better we look and feel if only we could fuel our bodies with proper nutrition. Yes, it takes willpower and determination to break poor eating habits, and it's far too easy to pick the poor habits back up again if we don't see quick results. However, it is a proven fact that improving our eating habits leads to a healthier lifestyle.

Anyone is capable of improving their health, regardless of age and medical condition - it all begins with educating yourself about healthy foods. A great place to begin would be to book a free consultation with Tampa Rejuvenation to talk with us about healthy eating. In the meantime, the staff at Tampa Rejuvenation has put together this book containing some of our favorite delicious and healthy recipes. Using any one of them is a great first step toward eliminating the foods that will do you the most harm, and instead discover the joys of food that will make you feel a whole lot better. Bon Appetit!



“Don’t ever skip breakfast, it’s the most important meal of the day!” Has this always been true, or is it just something Grandma would say to get you to eat the breakfast she cooked?

As it turns out, Grandma was right – and guess what else is true? Eating a good breakfast kickstarts your metabolism and helps you lose weight! Researchers have found that by skipping breakfast you are often hungrier throughout the day, increasing the likelihood that once we do eat we are more likely to consume larger portions, often with low nutritional value. This tendency results in a surge in blood sugar, which can lead to high blood pressure, diabetes, and even the risk of heart attack. There is also a direct correlation between skipping breakfast and obesity, as those who skip tend to have a higher body fat than their breakfast eating counterparts.

We have known for a long time that our food is our fuel, meaning that it is important to consume the proper nutrition to fuel our bodies with the energy necessary to perform day to day tasks. Starting the day off right by giving our body the food containing necessary vitamins and nutrients that we need for the long day ahead is crucial for maintaining good health. Take a look at these excellent choices for breakfast that are high in protein and fiber, with a lower fat content.



LOW CARB BREAKFAST: CHEDDAR EGG WHITE OMELETTE



Serving suggestion

Ingredients:

- 1 oz Cheese: Cheddar, Low Fat
- 1 large [2 oz with shell] (1.8 oz) Eggs: Whole, raw, fresh
- 3 large (1.2 oz) Eggs: Chicken Egg, egg white, raw, fresh

Instructions:

- Scramble up three egg whites and one whole egg with a dash of skim milk
- Pour into a skillet on medium heat.
- Cook one side and push the edges gently to allow the excess uncooked whites to cook around the edges until most of the whites are nearly cooked.
- Flip the omelet. Let sit in pan for 10-15 seconds, then sprinkle a small portion of cheddar on top.
- Fold the omelet in half over the cheese and place on plate.



LOW CARB BREAKFAST: CHICKEN SCRAMBLE



Serving suggestion

Ingredients:

- 4 large (1.2 oz) Eggs: Chicken Egg, egg white, raw
- 2 oz Chicken: Broilers or Fryers, Breast, roasted, meat only without skin
- 1 oz Cheese: Parmesan, grated
- 1 serving (0.5 oz) JennieO Turkey
- Meat: Turkey Bacon, fully cooked

Instructions:

- Coat a nonstick skillet with cooking spray and place over medium heat.
- Lightly beat the egg whites with a fork and add to the pan. Cook, stirring, until halfway set.
- Add the diced chicken and cook through.
- Add salt and pepper to taste, and parmesan cheese.
- Garnish with 1/2 tablespoon fresh basil.
- Serve with 2 slices of turkey bacon.



That frustrating feeling we all experience from time to time, often around mid-afternoon when our cortisol drops and our energy starts to slump, is known simply as “the munchies.” For many of us, craving food throughout the day is an ongoing irritant, and can become especially tempting around this time of day. Before you get up from your desk and roam over to the snack machine in your break room perusing the shelves for candy bars and potato chips waiting to be purchased, consider this: You need to control your cravings before they control you. Every time we give into these temptations, we are in the process of forming a habit.

So put the quarters back in your pocket and return to your desk -- we all need food to fuel our bodies, but we need to do it with the right foods.

According to a study performed by Interactive Psychiatry, cravings do not exist in a vacuum, they are often a result of a neurotransmitter imbalance. There are reasons we crave certain foods. For example, if you are craving foods like breads or chips, you could be experiencing a dopamine imbalance. Low dopamine can result in increased food cravings as they affect our emotional responses and can cause addictive tendencies.

These neurotransmitter imbalances can be created or exacerbated by unhealthy eating habits, so by following the guidelines given here at Tampa Rejuvenation, we can alleviate diet as a source of imbalance. We have come up with some healthy snacks to keep handy at your desk, they won't play into your addiction center and will help you make better choices when the “The Munchies” hit! Take a look at this fun option!

KALE CHIPS



Serving suggestion

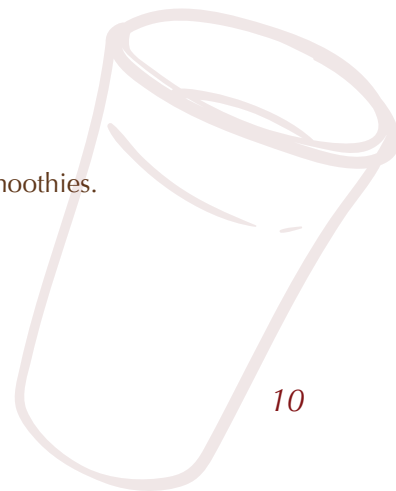
Ingredients:

- 1 head Dinosaur Kale
- Non-stick cooking spray (Spectrum Canola Oil Spray works)
- Sea salt

Instructions:

- Preheat oven to 350F.
- Wash Kale leaves, remove leaves from center rib or stem. You should be left with a pile of leaves and another pile of stems.
- Tear the Kale leaves up in pieces. They shrink just a bit, so don't go too small.
- Place Kale chip pieces in a bowl and lightly coat with non-stick cooking spray. Toss to coat and spray again if needed.
- Lay Kale chips onto a non-stick baking sheet (or baking sheet covered in tin foil) in one layer, very slightly overlapping.
- Sprinkle with sea salt or kosher salt.
- Bake until the edges are brown but are not burnt, 10 to 15 minutes.

Note: If you make smoothies, throw these stems in a freezer bag and save them for smoothies. They are a great addition and mild in taste.



When it comes to healthy eating and watching your weight, we know we have to pay attention to food choices and portion size -- but should we also be watching the clock? Often times when it comes to weight loss or healthy weight maintenance, a schedule can provide a clear advantage.

For example, the best time of day to weigh yourself is first thing in the morning after you wake up – and this also happens to be the best time to exercise. An ideal timeline would consist of waking up, using the restroom, weighing yourself, and then beginning your workout regimen. When you exercise first thing in the morning, your stomach is empty so it's forced to use energy from storage, or fat.

Exercising first and then eating breakfast allows for a better body composition, as you are utilizing your fat stores, then eating right after to fuel your muscles to rebuild. Experts say the best time to eat breakfast is within an hour of waking. For example, if you wake up at 6:30 a.m., you would want to be sitting down for breakfast around 7:30 a.m.

Sequentially, have lunch around noon and dinner around 6:30 p.m., no later than 3 hours prior to your bedtime so you're not going to sleep on a full stomach. The timing of your supplements is also important.

Typically, taking it with food works best, since some supplements can be a bit much on an empty stomach. A fiber supplement is recommended about 15 minutes before a meal as it helps fill your stomach, allowing you to eat less.

LOW CARB MEAL: CHICKEN SOUP



Serving suggestion

Ingredients:

- 6 oz Chicken: Broilers or Fryers, breast, raw, meat only, and without skin
- 1 cup, chopped (3.6 oz) celery, raw
- 2 cup (8.0 fl.oz) Swanson Broth: Soups: Chicken Broth, Certified Organic
- 1 tablespoon, chopped (0.4 oz) onions, raw
- 2 cloves (0.1 oz) garlic, raw, minced
- Cayenne pepper and salt to taste

Instructions:

- Bring chicken stock to a boil.
- Add onion, garlic and spices.
- Add chicken and vegetables.
- Simmer on low heat for 20 minutes or more until chicken and cabbage are tender and fully cooked.
- Serve hot.

Note: Makes 1 serving. This is a great recipe to make several servings at one time and to use for leftovers, or freeze to have on hand for future meals.

LOW CARB MEAL: CHICKEN SOUP

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Serving suggestion

Meal Nutrition Information:

- Calories: 244
- Total Fat: 3g
- Saturated Fat: 1g
- Cholesterol: 99mg
- Sodium: 1293mg
- Total Carbs: 8g
- Dietary Fiber: 2g
- Sugars: 4g
- Protein: 42g
- Calcium: 72g





LOW CARB MEAL: CHICKEN TACO

Serving suggestion

Ingredients:

- 6oz. finely chopped or ground chicken breast
- 1/4 cup low fat shredded Mexican cheese blend
- 1/4 cup chicken broth or water
- 1 tbsp chopped onion
- 1 clove garlic crushed and minced
- 1/8 tsp oregano
- Cayenne pepper to taste
- Pinch of cumin
- Fresh cilantro, chopped
- 24 large lettuce leaves
- Lemon juice

Instructions:

- In a small frying pan, cook chicken in broth.
- Add onion, garlic, and spices.
- Deglaze pan with lemon juice or a little water.
- Serve chicken taco-style in butter.
- Add lettuce or romaine leaves or top with salsa and cheese.



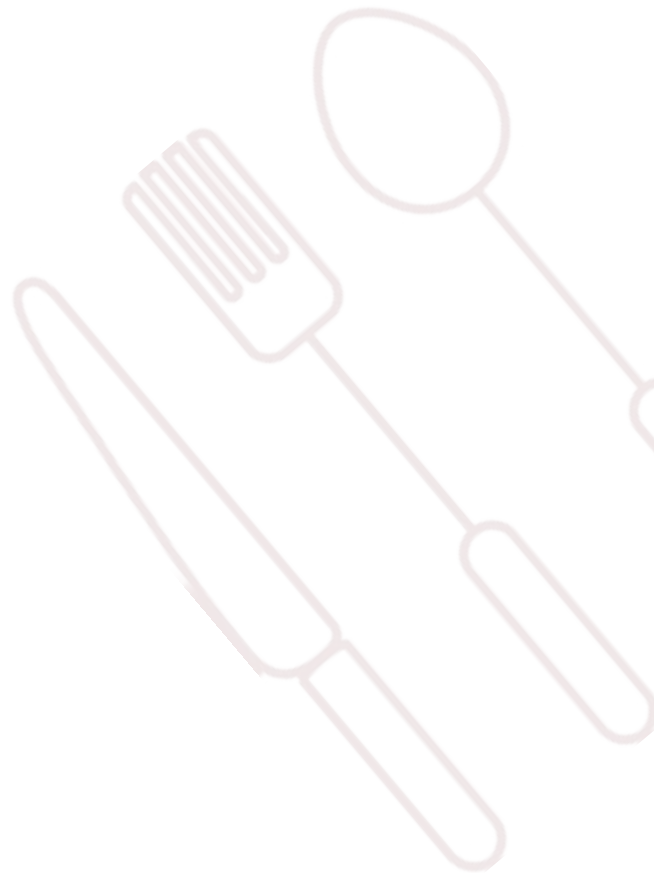
LOW CARB MEAL: CHICKEN TACO

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Serving suggestion

Meal Nutrition Information:

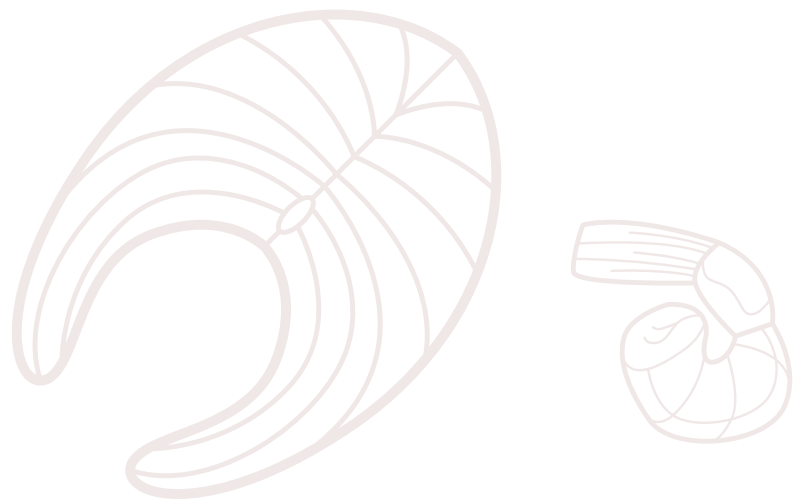
- Makes 1 serving. 3 Carbs - COP
- Calories: 297
- Total Fat: 8g
- Saturated Fat: 5g
- Cholesterol: 119mg
- Sodium: 432mg
- Total Carbs: 5g
- Dietary Fiber: 1g
- Sugars: 1g
- Protein: 49g
- Calcium: 247g



If you love a good seafood restaurant, or if a sale on wild caught salmon makes you brave the grocery store rush, then we have some good, and bad, news for you. The truth is, there are some definite health contradictions when it comes to eating fish. The good news is that what comes out of the ocean is high in protein, low in saturated fat, and contains the valuable omega 3 fatty acids EPA and DHA – both proven to be effective in promoting brain and heart health.

The downside is that fish remains one of the most polluted foods we can possibly eat, containing elevated levels of mercury, which is poisonous to the brain and accumulates in fish when polluted water passes through their gills. The longer a fish lives and the larger it grows, the more mercury accumulates in its body, and consuming too much mercury is unhealthy.

Fish associated with a higher mercury content include shark, swordfish, tuna, grouper, mackerel, and snapper - all of which should be consumed sparingly. On the other hand, there are many fish that come with a lower risk such as flounder, haddock, scallops, squid, trout, sardines, and salmon. Smaller fish typically have a lower risk as mercury is cumulative, making shrimp a great option. So here are two of our favorite healthy recipes for shrimp lovers!



SKINNY SHRIMP SALSA



Serving suggestion

Ingredients:

- 16 oz cooked peeled shrimp, diced fine
- 4 vine ripe tomatoes, diced fine
- 6 tablespoons red onion, finely diced
- 3 tbsp jalapenos, diced fine (more or less to taste)
- 2 tbsp minced cilantro
- 2 limes, juice of (or more to taste)
- 1/2 tsp kosher salt



Instructions:

- Combine diced onions, tomatoes, salt and lime juice in a non-reactive bowl.
- Let it sit about 5 minutes.
- Combine the remaining ingredients in a large bowl.
- Taste for salt and adjust as needed.
- Refrigerate and let the flavors combine at least an hour before serving.



SKINNY SHRIMP SALSA

(continuation)



Serving suggestion

Meal Nutrition Information:

- Makes 8 servings
- Serving Size: a little over 1/2 cup
- Calories: 74.9
- Fat: 0.9 g
- Protein: 12.5 g
- Carb: 4.4 g
- Fiber: 0.9 g
- Sugar: 0.2 g



GRILLED SHRIMP



Serving suggestion

Ingredients:

- 3 cloves garlic, minced
- ¼ cup organic tomato sauce
- 2 tablespoons red wine vinegar
- 2 tablespoons chopped fresh basil
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 2 pounds fresh shrimp, peeled and de-veined skewers



Instructions:

- In a large bowl, stir together the garlic, tomato sauce and red wine vinegar.
- Season with basil, salt, and cayenne pepper.
- Add shrimp to the bowl, and stir until evenly coated.
- Cover, and refrigerate for 30 minutes to 1 hour.
- Stir once or twice. Preheat grill for medium heat.
- Thread shrimp onto skewers, piercing once near the tail and once near the head.
- Discard marinade.
- Lightly oil grill grate.
- Cook shrimp on preheated grill for 2-3 minutes per side, or until opaque.

GRILLED SHRIMP

(continuation)



Serving suggestion

Meal Nutrition Information (per serving):

- Makes 6 servings (1 protein)
- Calories: 166
- Total Fat: 3g
- Cholesterol: 229mg
- Sodium: 883mg
- Potassium: 247mg
- Total Carbohydrate: 3g
- Dietary Fiber: 0g
- Sugars: 0.5g
- Protein: 31g
- Vitamin A: 10%
- Vitamin C: 9%
- Calcium: 4%
- Iron: 17%



How can you find a way to live a longer and healthier life along your journey? According to studies dating back to the 1930s, counting your calories is an excellent place to start.

Research shows that restricting caloric intake can slow the aging process, reduce age-related chronic diseases, and extend your lifespan. Centenarians -- people who live to be more than 100-years-old -- typically consume smaller meals and have a lean body composition, as this eating style allows for lower levels of inflammation. Studies indicate that cutting calories by 1/3rd in adulthood increases your life expectancy by 10 percent -- likely because consuming fewer calories slows the energy production activities in the mitochondria. Fewer free-radicals are created, resulting in less oxidation-causing cell damage within the body.

Of course, reducing your calorie intake is just one aspect of staying healthy, calorie restrictions won't be as effective without proper intake of vitamins, minerals, and other vital nutrients necessary to keep the body functioning optimally. If your goal is to extend your lifespan and the quality of your health throughout it, consider eating nutrient-dense foods and smaller portion sizes. According to Livestrong's website, 3/4 of Americans are overweight and consume an average of 3,900 calories a day.

So start with simple steps. Health is a journey, not something achieved overnight. Begin by removing one soda a day, bringing an apple to work as a snack, or exercising 30 minutes three times a week. Should you choose to monitor your calories and nutrient intake more closely, focus on nutrient-rich food sources. Here is a recipe we love, that also happens to be a healthy snack option.

ZUCCHINI CHIPS



Serving suggestion

Ingredients:

- 1 large zucchini
- 2 tablespoons olive oil
- Kosher salt

Instructions:

- Preheat oven to 225 degrees Fahrenheit.
- Line two large baking sheets (you can also use two 17-inch baking sheets) with silicon baking mats or parchment paper.
- Cut zucchini in relatively thin slices. If using a mandolin, use 2 for thickness.
- After you slice your zucchini, place the slices on a sheet of paper towels and take another paper towel and sandwich the zucchini slices and press on them. This helps draw out the liquid so it will cook a bit faster.
- Line up the zucchini slices on the prepared baking sheet tightly next to each other in a straight line, making sure not to overlap them.
- In a small bowl, pour your olive oil in and take a pastry brush to brush the olive oil on each zucchini slice.

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ZUCCHINI CHIPS

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Serving suggestion

- Sprinkle salt throughout the baking sheet. Do NOT over-season. In fact, it's better to use less salt initially because the slices will shrink; if you over-season, it will be far too salty! You can always add more later.
- Bake for 2+ hours until they start to brown and aren't soggy and are crisp.
- Let them cool before removing and serving.
- Keep in an airtight container for no more than 3 days.



Are you the type of person who has thrown away your scale or tucked it into a closet, because you're tired of checking it and seeing little to no progress? If so, we've got news for you! At Tampa Rejuvenation, we're here to help by providing assistance in implementing better eating and exercise habits to improve your overall health. By providing a free consultation, we are able to help you determine if eating habits, or other underlying issues, may be to blame for unwanted weight gain.

Your body is a complex system. Different chemical messengers work throughout the body impacting your appetite, mood, and even sleep. The way you eat and the foods you desire are impacted by a variety of factors, such as the amount of sleep you get, your exposure to toxins, hormonal fluctuations -- all of which contribute to how well you can maintain a healthy weight and how easily you're able to shed the pounds when needed.

Bad habits, such as overeating or eating highly processed foods, can quickly result in weight gain. Whenever you start overeating, you offset the balance of hormones responsible for telling your body whether you're still hungry or full, causing your weight to skyrocket and your pants line to tighten. Highly processed foods like refined carbohydrates, artificial sweeteners, and high fructose corn syrup can also cause rapid weight gain.

Bad timing can also influence weight gain: eating while under a great deal of stress or eating while dehydrated can cause an increase in body mass as we are more likely to overindulge and do so on foods low in nutrients, but high in caloric intake.

Eating meals on the run is all too common in society today, and a primary culprit in the overall problem: steering us toward highly processed foods that are not good for us.

A better suggestion is to alter your schedule so you can slow down and prepare healthier foods ahead of time. Preparation is key, as bad choices can be made when we do not have many options. When we prepare meals in advance we guarantee food choices, sources, and portions even while keeping up with a busy schedule.

Here's a great recipe for a healthy family dinner.

STEAK AND TOMATO KABOBS



Serving suggestion

Ingredients:

- 200 grams of extra lean steak, cubed
- ½ pint of grape tomatoes (about 10-12 tomatoes)
- 1 tbsp. fresh lemon juice
- 1 tbsp. garlic, minced
- ¼ tsp. cumin
- ¼ tsp. paprika
- ¼ tsp. fennel seed, crushed
- ¼ tsp. ground pepper
- ¼ tsp. ground coriander

Instructions:

- Combine the spices and lemon juice in a large bowl.
- Put the steak cubes in the bowl and mix to coat.
- Marinate at room temperature for 30 minutes, or 4 hours in the refrigerator.
- Put the meat onto skewers, alternating with the grape tomatoes.
- Cook on high direct heat on a grill with the lid closed.
- Cook about 6-8 minutes for medium rare and turn a few times, and 8-10 minutes for medium.
- Remove from grill, allow to cool for a few minutes and serve.

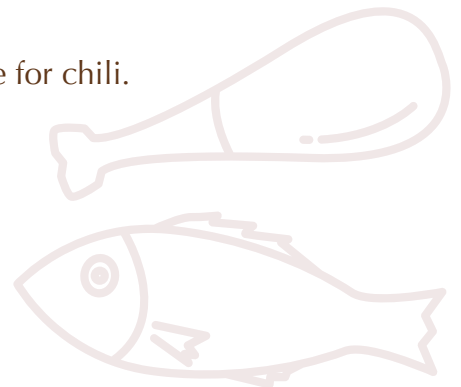
Why is protein so important for healthy body composition? Protein is one of the three “macro-nutrients,” along with carbohydrates and fats. These are nutrients that your body needs a large amount of, as they play a vital role in every one of your organs, tissues, and cells.

There are many different sources of protein -- from meat to fish, beans to eggs, and even dairy such as eggs and milk. Many people associate protein with men and bodybuilding, thinking that eating protein makes you big and bulky. In reality, it's integral to include protein in your diet during the weight loss process, as it helps you to feel fuller longer and has a lower caloric impact than fat and a lower glycemic index than carbs.

Proportionately more energy (calories) are needed to break down protein as well, which aides in calorie burn by creating a thermogenic effect. Protein is beneficial in maintaining and increasing lean muscle even during weight loss, which protects your metabolism from dropping. The more lean muscle you have, the more fat you burn regardless of what you are doing.

Some great sources of protein are poultry, fish, lean beef, protein powder, or Greek yogurt. These, in conjunction with a vegetable serving, are always a great choice for an evening meal. The most important times of the day to consume protein are first thing in the morning to kick start our metabolism and within 20 minutes of a workout to replenish our muscles and keep them burning fat.

In the meantime, get some great protein by sampling our recipe for chili.



CHILI



Serving suggestion

Ingredients:

- 1 pound 95% or higher lean ground beef
- 2 cloves garlic, minced
- 1 large onion, chopped
- 2 tablespoons chili powder
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon hot pepper sauce
- 1 (28 ounce) can crushed organic tomatoes
- ¼ cup Worcestershire sauce



Instructions:

- Crumble the ground beef into a stockpot or large Dutch oven over medium→ high heat.
- Add the onion and garlic, and cook.
- Stir frequently until beef is evenly browned.
- Drain off excess grease.
- Season with chili powder, oregano, cumin and hot sauce.
- Stir in the tomatoes and Worcestershire sauce.
- Bring to a boil, then reduce heat to low, and simmer for about 1 hour or longer.
- Stir occasionally to prevent burning on the bottom.

CHILI

(continuation)



Serving suggestion

Meal Nutrition Information (per serving):

- Makes 4 servings (1 protein and two vegetables)
- Calories: 248 Total
- Fat: 6g
- Cholesterol: 70mg
- Sodium: 403mg
- Potassium: 1120mg
- Total Carbohydrate: 20g
- Dietary Fiber: 6g
- Sugars: 8g



Although it may be hard to believe - most ancient civilizations, such as the Romans and ancient Egyptians, only ate twice a day. Today, of course, we are more acclimated towards a regimen of 3 meals per day, some recommending as many as 5-6 smaller meals.

Various people respond better to different frequencies of meal times (which is something that can be determined with a nutritionist), but we do know time of day can greatly impact us as well.

Most realize that eating right before bed is counterintuitive as our body is not able to fully rest if it is still busy digesting our stomach's contents. Many who go to bed on a full stomach will experience heartburn as the horizontal movement pushes our acidic stomach contents closer to our esophagus, causing a tightness or burning sensation in that proximity.

Typically, it takes about 3-4 hours for our stomach's contents to empty, so it is recommended we allow at least that long between our last meal and our bedtime. However, this is the most frequent time of day to get the munchies, so we need to prepare for that by having a good dinner. Below are some great suggestions for a healthy dinner that will help to keep you full and allow you to get the most of your sleep and nutrition regimen.



LOW CARB MEAL: GRILLED CHICKEN WITH BASIL DRESSING



Serving suggestion

Ingredients:

- 2.5 fl.oz Bertolli
- Oils: Olive Oil, Extra Virgin
- 2/3 cup extra virgin olive oil
- 3 tablespoons plus 1/4 cup fresh lemon juice
- 1 1/2 teaspoons fennel seeds, coarsely crushed
- 1 1/2 teaspoons salt
- 1 teaspoon freshly ground black pepper
- 6 (4 oz) boneless skinless chicken breasts
- 1 cup lightly packed fresh basil leaves
- 1 large clove garlic
- 1 teaspoon grated lemon zest

Instructions:

- Add the chicken and seal the bag.
- Massage the marinade into the chicken.
- Refrigerate at least 30 minutes and up to 1 day, turning the chicken occasionally.
- Blend the basil, garlic, lemon zest, remaining 1/4 cup lemon juice, 3/4 teaspoon salt, and 1/2 teaspoon pepper in a blender until smooth.



LOW CARB MEAL: GRILLED CHICKEN WITH BASIL DRESSING

(continuation)



Serving suggestion

- Whisk 1/3 cup of oil, 3 tablespoons of lemon juice, fennel seeds, 3/4 teaspoon salt, and 1/2 teaspoon pepper in a heavy-duty re-sealable plastic bag.
- Gradually blend in the remaining 1/3 cup oil.
- Season the basil sauce, to taste, with more salt and pepper, if desired.
- Prepare the barbecue for medium high heat or preheat a grill pan over medium/high heat.
- Grill the chicken until just cooked through, about 5 minutes per side.
- Transfer the chicken to plates.
- Drizzle the basil sauce over and serve.

Meal Nutrition Information:

- Calories per serving: 205
- Total Fat: 81g
- Saturated Fat: 10g
- Cholesterol: 360mg
- Sodium: 1383mg
- Total Carbs: 11g
- Dietary Fiber: 1g
- Sugars: 3g
- Protein: 139g
- Calcium: 50g



Are you tired of feeling down or “off?” The culprit may be sitting right in front of you and you don’t even know it! Imagine there was just one food, or food allergen, causing or aggravating a chronic condition in your body – wouldn’t you want to know about it? The truth is that virtually all of us – up to 95 percent of the population -- regularly eat foods that are toxic to their bodies. Some of them are even foods that we consider healthy.

We do know that different people react in different ways to certain foods, and we may not be aware that some of those foods lead to adverse reactions – causing some of us to experience headaches, stomach pain, skin problems, mood swings, depression, anxiety, nausea, and unfortunately, weight gain.

Tampa Rejuvenation has a comprehensive Food Sensitivity Test to identify those foods and spices that don’t digest well in your system or cause reactions in your body. The test is performed through bloodwork and involves a detailed report showing the various levels of reaction by analyzing antibody levels for 96 foods in several different categories, including dairy, seafood, poultry, meat, vegetables, fruits, and more.

You will also receive an individualized dietary treatment plan that includes rotation style diet recommendations, and tips about finding the hidden sources of reactive foods. Removing or limiting these foods will not only alleviate those undesirable symptoms accompanied by eating them, but also reduce inflammation, helping you to lose body fat.

This causes your body to function more efficiently - helping you to feel healthier and more vibrant. In the meantime, here’s our recommendations for drinks to both refresh and detox your body and enjoy while you are booking a free consultation with us.

FROZEN STRAWBERRY LEMONADE



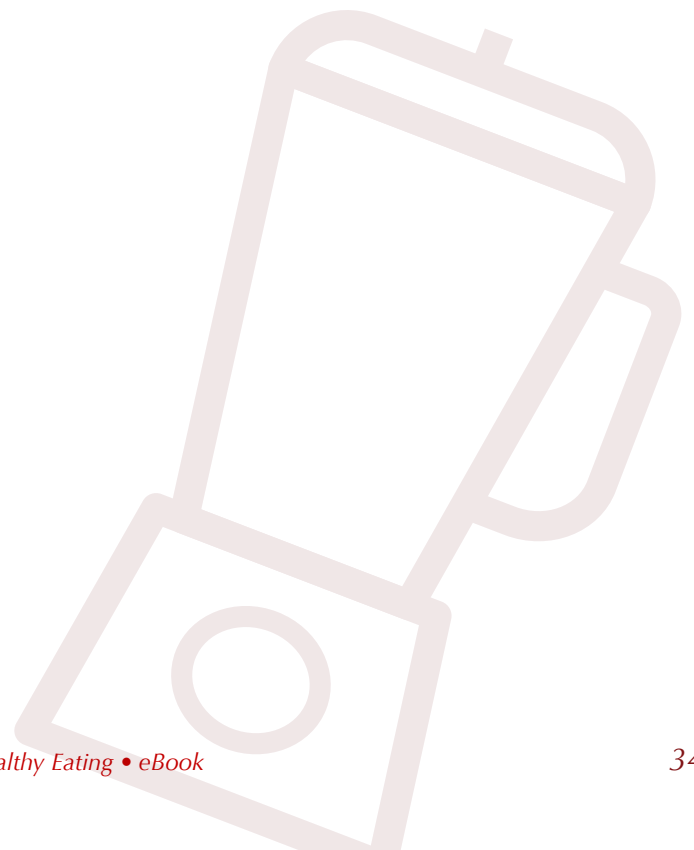
Serving suggestion

Ingredients:

- 1 cup of frozen strawberries
- ¼ cup lemon juice
- 1 cup of ice
- 10 drops of Lemon stevia
- 10 drops of plain stevia

Instructions:

- Blend in blender till smooth
- Enjoy!



There are many unique challenges when it comes to healthy eating. Some people find it difficult to eat “right” when they have a busy daily schedule. Others find it too challenging to cut out foods they love that inconveniently happen to be rich in all of the bad stuff.

However, it’s also impossible to overemphasize how beneficial it is to stick with a healthy diet. There are some tried-and-true concepts all of us should strive for, including limiting your intake of processed sugars or additives, eating in moderation, and giving your body foods rich in essential minerals and vitamins to allow it to perform all of the metabolic functions we desire.

A nutritious and well-balanced diet in combination with regular physical activity, becomes the foundation for maintaining a healthy body and mind.

Good protein sources, healthy fats, and a variety of fruits and vegetables will give your body the fuel it needs to perform optimally. This allows us to maintain a healthy body weight, fight disease, and protect the cells in our bodies from damage and aging.

There are plenty of us who are not used to the idea of eating a healthy diet, but every little bit helps, even if the changes are gradual – something as simple as switching to a glass of water instead of a soda filled with sugar, or an apple instead of reaching into a bag of cookies.

If you are truly serious about a long-term adjustment to your diet to improve and prolong your life, contact Tampa Rejuvenation today for a free consultation by calling 1-888-865-8370.

Enjoy these recipes, which are nutritious, good for you, and fun to eat!