



Balance | Cookbook

Suggested Meal Plans | Recipes | Organizational Tips

By Patti Garland | Healthy Methods Wellness

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GET ORGANIZED

Welcome!

Here's your 5-day plan.

Let's get you ready. The meal plan below is all yours so make it work for you.

All meals are quick, easy, and delicious.

You can be flexible. Do what works for you. Either switch things around, eat the same thing every day or eat exactly according to this plan. Totally your call.

Now let's get you organized. If you anticipate your days are going to be busy, I suggest you spend some time prepping before day one.

For example:

- go grocery shopping;
- make sausage patties in advance;
- make chia seed pudding in advance;
- make smoothies in advance and freeze;
- make dressing in advance.

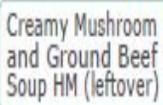
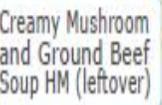
And don't forget to watch for the link to your daily check in by Zoom where I'll give you a quick message, teach you something new, answer your questions and help you stay on track.

Keep me posted how things go.

Hope you enjoy the challenge.

Patti

5-Day Sample Plan

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast  Sausage Patties  Healthy Methods Simple Salad	Breakfast  Almond Butter Banana Smoothie	Breakfast  Detox Smoothie	Breakfast  Coconut Chia Breakfast Pudding	Breakfast  Cherries and Cream Smoothie	Breakfast	Breakfast
Lunch  Healthy Methods Simple Salad  Creamy Mushroom and Ground Beef Soup HM	Lunch  Creamy Mushroom and Ground Beef Soup HM (leftover)  Healthy Methods Simple Salad (leftover)	Lunch  Roasted Beets (leftover)  Rosemary Roast Chicken (leftover)	Lunch  Steamed Green Beans (DF) (leftover)  Creamy Mushroom and Ground Beef Soup HM (leftover)	Lunch  Healthy Methods Simple Salad (leftover)  Sausage Patties (leftover)	Lunch	Lunch
Dinner  Rosemary Roast Chicken  Honeyed Blueberries  Roasted Beets	Dinner  Steamed Green Beans  Balsamic Glazed Pork Chops - HM	Dinner  Grilled Chicken-HM  Steamed Broccoli	Dinner  Creamy Mushroom and Ground Beef Soup HM  Healthy Methods Simple Salad	Dinner  Almond Crusted Salmon  Root Veggie Mash HM	Dinner	Dinner

Meal Plan Summary

Sun

Breakfast

Sausage Patties, Healthy Methods Simple Salad

Lunch

Healthy Methods Simple Salad, Creamy Mushroom and Ground Beef Soup

Dinner

Rosemary Roast Chicken, Honeyed Blueberries, Roasted Beets

Mon

Breakfast

Almond Butter Banana Smoothie

Lunch

Creamy Mushroom and Ground Beef Soup (leftover), Healthy Methods Simple Salad (leftover)

Dinner

Steamed Green Beans, Balsamic Glazed Pork Chops

Tue

Breakfast

Detox Smoothie

Lunch

Roasted Beets (leftover), Rosemary Roast Chicken (leftover)

Dinner

Grilled Chicken, Steamed Broccoli

Wed

Breakfast

Coconut Chia Breakfast Pudding

Lunch

Steamed Green Beans (leftover), Creamy Mushroom and Ground Beef Soup (leftover)

Dinner

Creamy Mushroom and Ground Beef Soup, Healthy Methods Simple Salad

Thu

Breakfast

Cherries and Cream Smoothie

Lunch

Healthy Methods Simple Salad (leftover), Sausage Patties (leftover)

Dinner

Almond Crusted Salmon, Root Veggie Mash

Shopping List

Produce

Refrigerated

- 24 ounces baby salad greens
- 1 head broccoli
- 10 fresh mint
- 3 1/2 pounds green beans
- 4 root vegetables
- 1 handful spinach
- 1-pint blueberries
- 1/4 cucumber
- 2 bunches fresh rosemary
- 4 pounds mushroom
- 20 cups spinach
- 2 tablespoons thyme

Non-refrigerated

- 1/4 avocado
- 7 beet
- 1 3/4 lemon
- 1/2 onion
- 2 banana
- 3 heads garlic
- 1 teaspoon minced garlic

Meat/Seafood

- 16 cups beef bone broth
- 1/2-pound chicken leg quarters
- 1 3/4 pounds ground pork
- 2 salmon fillet
- 1/2-pound bone-in chicken breast
- 2 pounds ground beef
- 1-pound pork chops
- 5 1/4 pounds whole chicken

Eggs & Dairy

Spices

- 1 3/4 pinches cayenne pepper
- 1/8 cup dried parsley
- 1 teaspoon dried thyme
- 2 1/4 teaspoons garlic powder
- 1/4 teaspoon ground ginger
- 1 teaspoon ground sage
- 1/2 teaspoon onion powder
- pepper
- 4 salt
- sea salt and ground black pepper
- 3 tablespoons coarse sea salt
- 1 1/2 teaspoons dried sage
- 1 3/4 teaspoons fennel seeds
- 1 1/2 teaspoons ground black pepper
- 1 teaspoon ground mustard
- 3/4 teaspoon Italian seasoning
- 2 1/4 teaspoons paprika
- 1/8 teaspoon red pepper flakes
- 1/8 teaspoon salt

Grains, Legumes & Flours

- 1 tablespoon ground flaxseed

Alternative Flours

- 1/4 cup ground almonds

Sweeteners & Baking Supplies

- 1/2 teaspoon almond extract
- 3 1/2 tablespoons honey

pure maple syrup

Vinegar and Oils

1/8 cup balsamic vinegar

4 extra virgin olive oil

4 vinegar

Canned/Jarred Goods

1 tablespoon almond butter

5 cups full fat coconut milk

Frozen Foods

2 cups frozen cherries

Supplements

Drinks

1/2 cup water

Bulk

5 tablespoons chia seeds

1 tablespoon walnuts

1 1/2 teaspoons vanilla extract

1 1/2 cups coconut oil

4 1/2 tablespoons extra virgin olive oil

3 tablespoons almond butter

2 teaspoons mustard

1/2 cup hemp seeds

Timeline

Sat	Morning	Hit your local farmer's markets and shops to pick up necessary ingredients for the week. Defrost the ground pork, if frozen.
	Afternoon	Defrost the ground beef, if frozen.
	Evening	Defrost the whole chicken, if frozen.
Sun	Morning	Prepare the Healthy Methods Simple Salad and Sausage Patties.
	Afternoon	Prepare the Creamy Mushroom and Ground Beef Soup HM and Healthy Methods Simple Salad.
	Evening	Prepare the Honeyed Blueberries, Roasted Beets and Rosemary Roast Chicken.
Mon	Morning	Prepare the Almond Butter Banana Smoothie.
	Evening	Defrost the chicken leg quarters and bone-in chicken breast, if frozen. Prepare the Balsamic Glazed Pork Chops - HM and Steamed Green Beans.
Tue	Morning	Prepare the Detox Smoothie.
	Evening	Prepare the Grilled Chicken-HM and Steamed Broccoli. Defrost the ground beef, if frozen.
	Night	Prepare Coconut Chia Pudding and refrigerate overnight.
Wed	Morning	Prepare the Coconut Chia Breakfast Pudding.
	Evening	Defrost the salmon fillet, if frozen. Prepare the Creamy Mushroom and Ground Beef Soup HM and Healthy Methods Simple Salad.
Thu	Morning	Prepare the Cherries and Cream Smoothie.
	Evening	Prepare the Almond Crusted Salmon and Root Veggie Mash HM.

Recipes

Sausage Patties

Active time: 25 minutes Total time: 25 minutes Servings: 7 patties



Ingredients

1 3/4 pounds ground pork
1 3/4 teaspoons garlic powder
1 3/4 teaspoons fennel seeds
1 3/4 teaspoons paprika
1 teaspoon ground black pepper
1 teaspoon ground sage
1 teaspoon coarse sea salt
1 3/4 pinches cayenne pepper
3 1/2 tablespoons coconut oil

How to prepare

1. Combine pork, garlic powder, and all spices in a large bowl. Mix until uniform.
2. Using clean hands, form pork mixture into 2-ounce patties (golf ball sized).
3. Place coconut oil in a heavy bottomed pan over medium heat. Cook the patties for approximately 3–4 minutes per side until lightly browned and cooked through.

Healthy Methods Simple Salad

Active time: 5 minutes Total time: 5 minutes Servings: 2



Ingredients

10 ounces baby salad greens
Drizzle of Healthy Methods Dressing
1/4 cup extra virgin olive oil 1 each
3 tablespoons of vinegar
1 teaspoon Janes Crazy Mixed-up salt

How to prepare

1. In a small jar with a lid, combine all ingredients except for the greens.
2. Shake well.
3. Place greens in a large bowl and add dressing to your taste.
4. Toss and serve.

Creamy Mushroom and Ground Beef Soup

Active time: 10 minutes Total time: 10 minutes Servings: 4



Ingredients

3 pounds mushrooms, cleaned stemmed and quartered
3 tablespoons coconut oil or butter
1 tablespoon thyme, chopped
1-pound ground beef
2 cups beef broth
2 large cloves garlic crushed
1 package spinach, chopped
2 cups full fat coconut milk
sea salt and ground black pepper, to taste

How to prepare

1. Melt the butter or coconut oil in a soup pan. Add the onion, mushrooms, and thyme. Cook until onion is translucent. Add ground beef and brown in large chunks. Once beef is cooked add in broth, crushed garlic, and greens. Cook the greens down and bring to a boil. Take off the heat and add in the coconut milk and salt and pepper to taste.

Rosemary Roast Chicken

Active time: 15 minutes Total time: 2 hours Servings: 7



Ingredients

1/2 cup coconut oil
5 1/4 pounds whole chicken
1 3/4 lemons
1 3/4 bunches fresh rosemary
1 3/4 teaspoons coarse sea salt, plus more to taste
ground black pepper, to taste

How to prepare

1. Preheat the oven to 375F and soften the coconut oil.
2. Remove chicken from package, remove giblet bag from chicken cavity, rinse well, and pat dry.
3. Place chicken in a shallow baking dish with legs under.
4. Slice lemon in half and shove the halves and half of the rosemary into the chicken cavity.
5. Rub softened coconut oil over chicken skin.
6. Chop the remaining rosemary. Sprinkle chicken generously with half of the sea salt, pepper, and rosemary.
7. Bake for 30 minutes, then using tongs and/or potholders, gently flip the chicken so that the legs are up.
8. Sprinkle the flip side of the chicken with the rest of the rosemary and the remaining salt and pepper and bake for an additional 20 minutes per pound. The chicken is done when a meat thermometer inserted into the leg or inner thigh (avoiding the bone) reads 165F and the skin is nicely browned and crisp.

Honeyed Blueberries

Active time: 5 minutes Total time: 5 minutes Servings: 2



Ingredients

1 pint blueberries
2 tablespoons local honey

How to prepare

1. Wash and clean blueberries
2. Divide into two bowls
3. Drizzle each bowl with a tablespoon of honey

Roasted Beets

Active time: 20 minutes Total time: 1 hour 30 minutes Servings: 4



Ingredients

4 large beets
3 1/2 tablespoons extra virgin olive oil
1 teaspoons coarse sea salt

How to prepare

1. Preheat oven to 375F. Scrub and trim beets. Chop into one-inch chunks by first halving and quartering. No need to peel yet.
2. Place beets in baking dish in a single layer. Toss with most of the olive oil and roast in the oven until cooked through, approximately 45-60 minutes or until beets are tender when pierced with a fork.
3. Remove from the oven, let cool for 10 minutes. The peels should slip off easily with your hands. Use a sharp knife or vegetable peeler if you need extra help.
4. Place peeled beets back in baking dish or a serving bowl. Toss with salt and the remaining olive oil and serve.

Almond Butter Banana Smoothie

Active time: 10 minutes Total time: 10 minutes Servings: 1



Ingredients

1/2 ea. ripe banana
1 cup water
2 tablespoons hempseeds
3 1 tablespoon almond butter
4 each ice cubes

How to prepare

1. Put everything into a high-speed blender and blend

Steamed Green Beans

Active time: 10 minutes Total time: 20 minutes Servings: 4



Ingredients

2 pounds green beans
coarse sea salt, to taste
4 tablespoons HealthyMethods Dressing

How to prepare

1. Trim the pointy ends off the green beans with a sharp knife.
2. Fill a sauce pan half-way with salted water and bring to a boil.
3. Add green beans and cook until tender, about 10 minutes. Turn off heat. Drain, and return to pan.
4. Toss with dressing. Serve with sea salt to taste.

Balsamic Glazed Pork Chops - HM



Active time: 25 minutes Total time: 25 minutes Servings: 4

Ingredients

1-pound pork chops
coarse sea salt, to taste
ground black pepper, to taste
1 tablespoon coconut oil
1/8 cup balsamic vinegar
1 1/2 tablespoons honey
1 teaspoon minced garlic
3/4 teaspoon Italian seasoning
1/8 teaspoon red pepper flakes, optional

How to prepare

1. Preheat oven to 400F. Season pork chops with salt and pepper.
2. Place pork chops in a roasting pan and place into oven and roast until completely cooked through, reaching an internal temperature of 140F, about 8-10 minutes for 1" pork chops. Thinner chops will need less time; check early and adjust oven time as needed.
3. Meanwhile, to make the glaze, combine balsamic vinegar, honey, garlic, Italian seasoning, and red pepper flakes in a saucepan over medium heat. Season with salt and pepper.
4. Bring to a boil, then reduce heat and simmer about 5 minutes, until balsamic vinegar begins to thicken.
5. Serve pork chops topped with balsamic glaze.

Detox Smoothie



Active time: 10 minutes Total time: 10 minutes Servings: 2

Ingredients

1 cup full fat coconut milk
1 cup water
1 ea. frozen banana
1 tablespoon almond butter
1/4 cup hemp seeds
1 tablespoon chia seeds
1/4 ea. avocado
1 handful generous spinach
1/4 ea. | 0.25 cucumber, cut
up 10 each fresh mint, leaves
1/4 teaspoon ground ginger, or 1 teaspoon peeled ginger

How to prepare

1. Put everything into a highspeed blender and

Grilled Chicken-HM

Active time: 20 minutes Total time: 1 hour 20 minutes Servings: 4



Ingredients

1 teaspoon ground mustard
1/8 cup dried parsley
1 tablespoon coarse sea salt
1 1/2 teaspoons dried sage
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon paprika
1 teaspoon dried thyme
1/4 teaspoon ground black pepper
2 split bone-in chicken breast
2 chicken legs
1 1/2 tablespoons coconut oil

How to prepare

1. Mix all dry ingredients in a large bowl.
2. Rinse the chicken well and pat dry.
3. Generously coat the chicken with the spice mixture.
4. On the grill: Preheat grill to high heat for about 15 minutes. Leave outer burners on and turn off the burners in the middle.
5. Put chicken on center part of grill grate, skin side down, and cook with the lid closed. Turn skin side up after 20 minutes, or when the skin is browned. Grill times may vary. The chicken is fully cooked when the chicken breasts reach 160F at their thickest part, and the legs quarters reach 170F. This will probably take 40 minutes for the breasts and 50 minutes for the leg quarters.
6. Transfer chicken to a large plate to serve.
7. In the oven: Preheat oven to 425F.
8. Place the spice-rubbed chicken, skin side up in a parchment paper lined roasting pan. Place pan to hot oven, and roast until cooked through, 40-60 minutes.
9. Check the internal temperature of the chicken with a meat thermometer, looking for a minimum reading of 165F. Test the poultry at the thickest part, making sure not to touch the thermometer to a bone. Continue cooking the chicken until it reaches the minimum temperature before removing from the pan.
10. Remove chicken from oven and transfer to a large plate to serve.

Steamed Broccoli

Active time: 15 minutes Total time: 15 minutes Servings: 2



Ingredients

1 head broccoli
1 tablespoon extra-virgin olive oil, or butter
1/8 teaspoon coarse sea salt, plus more to taste

How to prepare

1. Break broccoli into florets.
2. Steam broccoli with a small amount of filtered water in a covered saucepan until bright green and tender, about 2-3 minutes.
3. Strain and toss with olive oil. Sprinkle with sea salt and serve.

Coconut Chia Breakfast Pudding

Active time: 10 minutes Total time: 4 hours 10 minutes Servings: 2



Ingredients

1/2 can full fat coconut milk
4 tablespoons chia seeds
1 ea. ripe banana
4 tablespoons hemp seeds
1 tablespoon walnuts
1 tablespoon ground flaxseed
1/2 cup water
1/2 teaspoon vanilla

How to prepare

1. Whip the coconut milk and banana to emulsify
2. Mix all ingredients together and pour into mason jars.
3. Let sit in the refrigerator overnight and enjoy it the next day

Patti's note

Make this recipe ahead of time for quick grab-and-go breakfasts on busy mornings.

Cherries and Cream Smoothie

Active time: 10 minutes Total time: 10 minutes Servings: 2



Ingredients

1 1/2 cups coconut milk
1/2 cup water
2 tablespoons almond butter
2 cups frozen cherries
3 tablespoons hemp seeds
1/2 teaspoon almond extract
1 teaspoon vanilla extract
1 tablespoon pure maple syrup, optional

How to prepare

1. Place all ingredients in blender and blend until smooth.
2. Serve immediately.

Almond Crusted Salmon

Active time: 10 minutes Total time: 10 minutes Servings: 2



Ingredients

1/4 cup ground almonds, (made from ground almonds in your food processor)
1/8 teaspoon salt
Sprinkle pepper
2 teaspoons mustard
2 salmon fillets, skin removed

How to prepare

1. Preheat over 375 degrees.
2. Line a shallow dish with parchment paper.
3. Add salt and pepper to almond meal and mix.
4. Brush the top of each salmon fillet with mustard
5. Liberally sprinkle almond meal on top of mustard and press to make sure it sticks.
6. Bake until just cooked through and flesh flakes with a fork, about 15 minutes.

Root Veggie Mash

Active time: 45 minutes Total time: 1-hour Servings: 2



Ingredients

1/2 head garlic
4 root vegetables, (sweet potato turnips carrots radishes rutabaga etc.)
1/2 large onion
1/4 cup coconut oil
1/2 teaspoon coarse sea salt, plus more to taste
1/4 teaspoon ground black pepper

How to prepare

1. Preheat oven to 400F.
2. Slice garlic in half to expose the center of the cloves. Peel thick skinned root veggies. Cube all the root veggies and coarsely chop the onion.
3. Place onions, garlic, and root veggies in a baking dish with half of the coconut oil evenly distributed. Sprinkle with sea salt and pepper.
4. Bake for 30-45 minutes, until root veggies are soft when a fork is inserted.
5. When soft, transfer the hot root veggies to the food processor with the pan juices. Once the garlic has cooled enough to touch it, squeeze garlic into the food processor with the veggies.
6. Add the remaining half of the coconut oil and puree until smooth.

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