

Healthy

Lifestyle

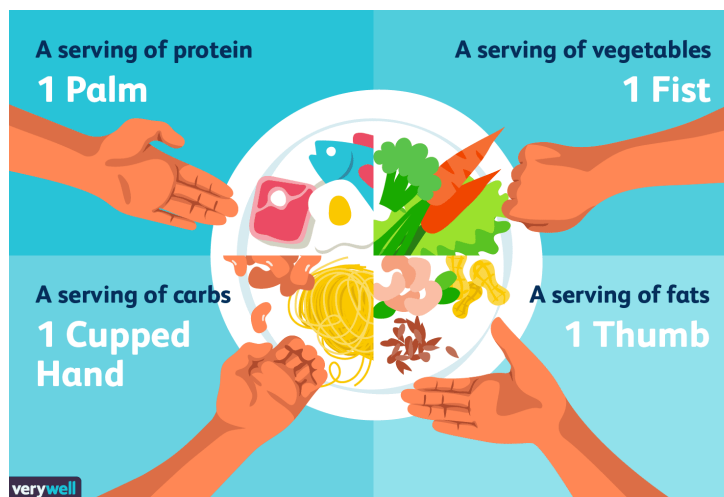
GUIDE

Your
Roadmap to a
Healthier Life!

Overview

This guide is packed with essential tips on portion control, optimal food choices, and smart substitutes for a healthier diet. Learn practical habits for a balanced lifestyle and track your progress with a food diary. Plus, find inspiration with a variety of delicious recipes and a convenient shopping list for your next meal!

Proper Serving Sizes Our infographics offer clear and concise guidance on proper serving sizes, making it easy to maintain a balanced diet.



Hand Symbol	Equivalent	Foods	Calories
	Fist 1 cup	Rice, pasta Fruit Veggies	200 75 40
	Palm 3 ounces	Meat Fish Poultry	160 160 160
	Handful 1 ounce	Nuts Raisins	170 85
	2 Handfuls 1 ounce	Chips Popcorn Pretzels	150 120 100
	Thumb 1 ounce	Peanut butter Hard cheese	170 100
	Thumb tip 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15

Eat the Rainbow! Discover the power of colorful foods with our insightful guide below. Learn which vibrant hues signify nutrient-rich options for a diverse and nourishing diet. From reds to greens, unlock the nutritional benefits of every shade!

Red Include healthy red foods in your diet to combat cancer, reduce the risk of diabetes and heart disease, improve skin quality, and more



Yellow & Orange Incorporate yellow and orange fruits and vegetables into your diet to enhance immune function, lower the risk of heart disease, support eye health, and more.



Green Add green fruits and vegetables to your meals for a stronger immune system, detoxification benefits, restored energy and vitality, and additional health perks.



Purple & Blue Incorporate purple and blue fruits and vegetables into your diet to potentially lower the risk of cancer and heart disease, boost cognition, reduce inflammation, and enhance skin health.



Upgrade Your Plate! Explore our infographic featuring healthy swaps to make every meal a nutritional powerhouse. Discover simple substitutions for a healthier lifestyle without sacrificing flavor or satisfaction. Transform your meals with these smart choices

HEALTHY

Food

SWAPS

For the New Year!

BY ALEXIS KORNBUM · LEXISCLEANKITCHEN.COM

Pasta

Spaghetti Squash, Spiralized Zucchini

Skip the heavy high carb meal and sub in spaghetti squash or zucchini linguine for a guilt-free pasta dish!



Mayo

Avocado

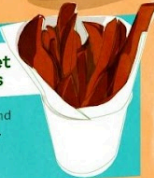
Sub out mayo for avocado in chicken salads and egg salads to add some healthy fats into your diet!



French Fries

Baked Sweet Potato Fries

Sweet Potatoes are a great and healthy option for a side dish.



Mashed Potatoes

Cauliflower Mash

Ditch the heavy cream and potatoes, and sub it for a cauliflower mash! You won't miss those potatoes. Make it creamy with almond milk, grass-fed butter, and season it with Himalyan sea salt!



Cow's Milk

Almond Milk

Dairy is often a trigger for an upset stomach. Sub your cow's milk for a nut milk like almond milk or coconut milk.



Cocoa Powder

Cacao Powder

Cocoa powder is processed, stripped of nutrients, and contains low levels of cacao. Cacao is high in antioxidants, promotes healthy skin and a healthy heart.



Fruit Juice

Coconut Water

Many fruit juices have electrolytes, but they are also packed with sugar. Try a natural coconut water loaded with potassium and electrolytes!



Canola/Vegetable Oil

Avocado oil, coconut oil, extra-virgin olive oil, ghee, grass-fed butter

It's no secret that we should stay away from vegetable oils. Avocado, coconut, and olive oil are great oil swaps- ghee (clarified butter), and grass-fed butter are also great alternatives!



White Sugar

Raw honey, pure maple syrup, coconut sugar

Stay away from refined white sugar! Go for a natural sweetener.



Table Salt

Himalayan Sea Salt

Table salt is depleted of its natural minerals. Himalayan sea salt contains over 30 essential minerals needed for our body, and is a good source of magnesium!



Ice Cream

Banana Ice Cream

Ditch the sugar-packed ice cream for a frozen banana "ice cream" alternative. Simply blend a frozen banana in your high-speed blender until it reaches the texture of ice cream.



White Rice

Cauliflower Rice

For a lighter meal, sub out white rice for cauliflower rice! Process cauliflower in your food processor until it becomes rice texture.



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Healthy Habits Dive into our pair of infographics showcasing essential healthy habits for a vibrant life. From mindful eating to regular exercise, these visual guides offer actionable tips to cultivate lasting wellness. Take charge of your well-being with these practical insights

10 HEALTH HABITS TO START RIGHT NOW



DRINK WATER



MOVE YOUR BODY



DAILY GREENS



PACK A LUNCH



REDUCE REFINED SUGAR



EAT MORE VEGETABLES



MEAL PREP



EAT HIGH-QUALITY PROTEIN SOURCES



USE UP LEFTOVERS



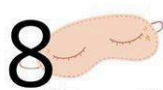
PRACTICE GRATITUDE

Healthy Habits

For Daily countdown



Thousands steps



Hours of sleep



Glasses of water



Minutes of meditation



Serving of fruits and vegetables



Breaks mental and stretching



Healthy meals



Hours without phone before bed



session of exercise

Glow and Grow

Track Your Progress! A food diary is a powerful tool designed to help you monitor your eating habits and nutritional intake. By recording everything you consume throughout the day, you gain valuable insight into your dietary patterns, portion sizes, and overall food choices. This comprehensive record serves as a foundation for assessing your nutritional goals, identifying areas for improvement, and making informed adjustments to support your health and wellness journey.



Date:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mobility Activities <i>(describe all physical activity here)</i>							
Time: Meal: <i>(include quantities)</i>							
Time: Snack: <i>(include quantities)</i>							
Time: Meal: <i>(include quantities)</i>							

Healthy & Flavorful Recipes Get started on your journey to healthier eating with our curated collection of four delicious recipes. Each recipe is thoughtfully crafted to provide nourishing and flavorful meals that support your well-being. Plus, we've made it easy for you by including a convenient shopping list, ensuring you have everything you need to whip up these nutritious dishes in no time. Let's embark on this culinary adventure together!

Quinoa Breakfast Bowl with Crispy Bananas

Ingredients:

For the quinoa:

- 1 cup quinoa
- 2 cup water
- 1 tablespoon of Salt
- 3 tablespoons olive oil

Toppings (customizable):

- 1/2 banana (sliced) Then coated in oat breading (instructions for breading below)
- 1/4 cup berries (blueberries, strawberries, or raspberries)
- Honey or maple syrup
- Cinnamon
- Optional - 1 tbsp nuts or seeds (almonds, walnuts, or chia seeds)
- Optional - 1 tbsp nut butter (almond, peanut, or cashew)
- Optional - 1 tbsp shredded coconut (optional)

Instructions

1. **Cook the quinoa:** In a saucepan, bring water, salt, & oil to a boil. Add quinoa. Stir constantly for one minute on high heat. Reduce heat, cover, and simmer for about 12-15 minutes until quinoa is fluffy and liquid is absorbed. If quinoa is not fluffy enough add another half cup of water, then cover and sit.
2. **Banana Coating and crisping :** Add a 1/2 cup of oats, 1 teaspoon of sugar, and a pinch of salt to a blender or food processor, then pulse till mixture resembles flour. Put sliced banana's in a bowl, add the crushed oats and coat all banana's. Then use a little oil or spray oil to pan fry till golden brown. You can also use your air fryer.
3. **Assemble the bowl:** Transfer cooked quinoa to a bowl. Mix in Maple Syrup and Cinnamon. Then top with banana slices, berries and other options like nuts/seeds, nut butter, and coconut if desired.
4. **Serve warm** and enjoy your nourishing **Quinoa Breakfast Bowl!**

💡 *Pro Tip:* You can make a batch of quinoa ahead of time and store it in the fridge for quick breakfast prep during the week! 😊🍷

Crispy Carrot Bacon

Ingredients:

- 1 large carrot
- 1 tbsp olive oil
- 1 tbsp soy sauce (or liquid aminos for a gluten-free option)
- 1/2 tsp smoked paprika
- 1/2 tsp maple syrup
- 1/4 tsp garlic powder
- 1/4 tsp black pepper

Instructions:

1. **Peel the carrot** into thin strips using a vegetable peeler or mandoline.
2. **Mix the marinade** by combining olive oil, soy sauce, smoked paprika, maple syrup, garlic powder, and black pepper in a bowl.
3. **Coat the carrot strips** in the marinade and let them sit for 5-10 minutes.
4. **Preheat Griddle or Frying pan** to medium high heat or set your air fryer to 350°F (175°C).
5. **Pan Fry or Air Fry:**
 - **Pan Fry:** Once hot add oil then spread the strips on griddle or frying pan. cook for 3-7 minutes on each side.
 - **Air Fryer:** Cook for 5-7 minutes, shaking the basket halfway through.
6. **Cool & Crisp Up** – Let them rest for a minute to crisp up before serving.

Enjoy your crispy, smoky, and healthy **Carrot Bacon!** 🥕👩🍳😊

CBLT - Carrot Bacon, Lettuce, & Tomato on Whole Wheat Toast

Ingredients:

- 1 large carrot - sliced and cooked as carrot bacon

- Sliced plum or Cherry tomatoes
- Iceberg, romaine, or Bib lettuce leaves
- Whole wheat bread
- 1 Orange, juiced
- 1 tbsp soy sauce (or liquid aminos for a gluten-free option)
- 1/2 tsp smoked paprika
- 1/2 tsp maple syrup
- 1/2 tsp Seasoned rice wine vinegar
- 1/4 tsp garlic powder
- 1/4 tsp black pepper

Instructions:

1. **Make the Carrot Bacon** using above recipe.
2. **Slice the Tomatoes** into thin strips or bitesize pieces.
3. **Mix the marinade** by combining juice from squeezed orange, Soy or Amino, vinegar, smoked paprika, maple syrup, garlic powder, and black pepper in a bowl. Whisk all ingredients together.
4. **Soak the tomatoes** in the marinade and let them sit for 5-10 minutes.
5. **Assemble the sandwich** Layout bread slices, place lettuce, then tomatoes, then carrots.

Enjoy your crispy, smoky, and healthy **Carrot Bacon BLT!** 🥕🥬😊

Vegan Chili

Ingredients:

- 1 tbsp olive oil
- 1 onion (chopped)
- 3 cloves garlic (minced)
- 1 bell pepper (chopped)
- 2 carrots (chopped)
- 1 zucchini (chopped) (*optional*)
- 1 can (15 oz) black beans (drained & rinsed)
- 1 can (15 oz) kidney beans (drained & rinsed)
- Marinated diced tomatoes from Carrot bacon BLT or 1 can (15 oz) diced tomatoes
- 1 cup vegetable broth
- 2 tbsp tomato paste
- 1 cup corn (fresh or frozen)
- 1 tsp cumin
- 1 tsp smoked paprika
- 1 tbsp chili powder
- 1/2 tsp oregano
- Salt & pepper to taste
- Hot Sauce

Instructions:

1. **Sauté the vegetables** – Heat Avocado or canola oil in a pot over medium heat. Add onion, garlic (can use garlic powder as a substitute if you don't have fresh garlic) , and bell pepper. Cook for 3-5 minutes until softened.
2. **Pan Fry the Broccoli** – in a separate pan on high heat pan fry and lightly char the broccoli.
3. **Season & add beans** – In the pot with the vegetables add, smoked paprika, chili powder, oregano, salt, pepper, and hot sauce. Stir in black beans, kidney beans, red beans, marinated tomatoes from your carrot bacon BLT (if you don't have those use diced tomatoes) , tomato paste, and Garbanzo Beans. You can also use the single can chili bean mix from Walmart.
4. **Simmer** – On Medium heat for **20-30 minutes**, stirring occasionally. Add corn in the last 5 minutes.
5. **Taste & adjust** – Add more seasoning if needed. You should do this every at the ten minute mark and again before you serve.
6. **Serve hot** – Top with avocado, cilantro, lime juice, organic vegan cheese, or dairy-free sour cream!

This chili is even **better the next day** as flavors meld. Serve with brown rice, Quinoa, or Vegan Cornbread. 🌿🔥😊

Cucumber Chips

Shopping List/ Ingredients:

- 1 English cucumber
- Seasoning blend of your choice (e.g., salt, pepper, garlic powder, paprika)

Instructions:

Wash the cucumber thoroughly under cold running water. Using a sharp knife or a mandoline slicer, slice the cucumber into thin rounds. Aim for slices about 1/8 inch thick. Arrange the cucumber slices in a single layer on a plate or a serving platter.

Sprinkle your desired seasoning blend over the cucumber slices. You can use a simple combination of salt and pepper, or get creative with other seasonings like garlic powder, paprika, or even a ranch seasoning blend.

Serve immediately as a refreshing and crunchy snack! Enjoy your healthy and flavorful cucumber chips! Adjust the seasoning to your taste preferences, and feel free to experiment with different flavor combinations.

Bean Salad

Shopping List/Ingredients

- 1 can (15 ounces) Organic tricolor blend beans
- 1 can (15 ounces) Garbanzo beans (chickpeas)
- 1 can (15 ounces) Red beans
- 1 lime
- 1 small red onion
- 1 small bunch of cilantro

- 1 cucumber
- 1 can (15 ounces) corn kernels (optional)

Instructions:

Rinse and drain the tricolor blend beans, garbanzo beans, and red beans in a colander. Transfer them to a large mixing bowl. If using corn kernels, rinse and drain them as well, then add them to the bowl.

Chop the cucumber into small pieces and add them to the bowl. Finely dice the red onion and add it to the bowl. Chop the cilantro leaves and stems and add them to the bowl. Squeeze the juice of one lime over the ingredients in the bowl.

Gently toss all the ingredients together until well combined and evenly coated with lime juice. Cover the bowl with plastic wrap or transfer the salad to an airtight container. Refrigerate the three bean and corn salad for at least 1 hour to allow the flavors to meld before serving.

Serve chilled as a refreshing and nutritious side dish or light meal option. Enjoy your flavorful and protein-packed three bean and corn salad! Adjust the ingredients and seasonings to your taste preferences for a personalized touch.

Roasted Garlic Cauliflower Mash

Shopping List/Ingredients:

- 1 head of cauliflower (approximately 3-4 pounds)
- 2-3 pounds of red potatoes
- 1 can (13.5 ounces) coconut milk
- Roasted garlic (homemade or store-bought)

Instructions:

Preheat your oven to 400°F (200°C). Rinse the cauliflower and chop it into florets, discarding the tough stem. Place the cauliflower florets on a baking sheet lined with parchment paper. Wash and scrub the red potatoes, then cut them into chunks. Add the potato chunks to the same baking sheet as the cauliflower.

Drizzle the cauliflower and potatoes with olive oil and sprinkle with salt and pepper to taste. Toss to coat evenly. Roast the cauliflower and potatoes in the preheated oven for about 25-30 minutes, or until they are tender and lightly browned.

While the cauliflower and potatoes are roasting, prepare the roasted garlic if you haven't already. You can roast whole garlic cloves in the oven wrapped in foil until soft and caramelized. Once the cauliflower and potatoes are roasted and tender, transfer them to a large mixing bowl. Add the roasted garlic cloves to the bowl, along with the coconut milk.

Use a potato masher or immersion blender to mash the cauliflower, potatoes, roasted garlic, and coconut milk together until smooth and creamy. Alternatively, you can transfer everything to a food processor and blend until smooth. Season the cauliflower mash with salt and pepper to taste, and adjust the consistency with more coconut milk if desired.

Serve the roasted garlic cauliflower mash hot as a delicious and healthy alternative to traditional mashed potatoes. Enjoy your creamy and flavorful roasted garlic cauliflower mash! Adjust the seasoning and consistency to your taste preferences for a perfect side dish.

Veggie Bites Sauté :

Shopping List/Ingredients:

- 1/2 Cup of Veggie Bites
- 1 onion, finely chopped
- Bell peppers (any color you prefer), finely chopped
- Juice of 1 lime
- 1 squash, grated (optional)
- Vegetable or Avocado oil for frying

Instructions:

In medium sauce pot bring salted water to boil. Add in Veggie Bites and stir. Once Veggie bites are plump and hydrated remove from water and strain. Slice onions & peppers and set aside.

Heat skillet over medium heat. Once the skillet is hot add oil, then onions & peppers. Lightly season your skillet. Once onions and peppers are caramelized add in the veggie bites, season and sauté. Serve hot.

Additional Meal Ideas

Breakfast

- **Tofu Scramble** with whole wheat toast and tomato slices
- **Carrot Bacon & Grits**
- **Breakfast Quinoa Bowls**
- **Overnight Oats** (Almond milk, chia seeds, honey, cinnamon, berries, oats)
- **Pancakes** (made with whole wheat flour and natural sweeteners)

Lunch

- **Roasted Vegetable Wrap** with hummus spread
- **Black Bean Burger** (roast some of the beans for better texture)
- **Black Bean & Sweet Potato Burrito**
- **Grilled Vegetable & Mushroom Fajita**
- **Minestrone Soup** (add whole wheat macaroni and roasted veggies)

- **Mason Jar Vegetable Soup** (roasted veggies, fresh veggies, vegetable broth)
- **Carrot Dogs**

Snacks

- **Carrot Bacon BLT (Carrot Bacon, Lettuce & Tomato)**
- **Roasted Chickpeas** (seasoned, great chip alternative)
- **Hummus & Veggies** (carrots, broccoli, or cucumber chips)
- **Curried Jackfruit & Brown Rice Stuffed Baked Avocados**
- **Banana Fritters** (use blitzed oats as a binder)

Dinner

- **Grilled Mushroom Steaks** with cauliflower mashed potatoes
- **Bean Chili** (add cooked quinoa and sautéed mushrooms for texture)
- **Asian Veggie Bite Stir-Fry** with whole wheat noodles
- **Pesto Pasta Bowl** (pesto made with basil, garlic, lemon juice, salt, nutritional yeast, spinach, and water)
- **Stuffed Boiled Plantains**

Staple Ingredients to Have on Hand

Legumes & Beans

- **Chickpeas** (roasted as a snack or crouton substitute)
- **Black Beans** (for burgers, burritos, or chili)
- **Hummus** (use nut butter instead of tahini)

Grains & Starches

- **Quinoa** (cook with vegetable broth for added flavor)
 - Use for: vegetable fried quinoa, breakfast quinoa bowls, and as a rice substitute
- **Sweet Potatoes** (stuffed with curry chickpeas)
- **Whole Wheat Pasta** (for minestrone soup and pesto pasta)
- **Whole Wheat Wraps** (for vegetable wraps and burritos)
- **Oats** (for overnight oats and banana fritters)

Vegetables & Fruits

- **Mushrooms** (for stir-fries, burgers, and grilling)
- **Onions** (red and/or white)
- **Bell Peppers** (red, yellow, green)
- **Zucchini & Yellow Squash** (great for roasting or stir-frying)
- **Carrots** (for carrot bacon, carrot dogs, soups, and snacking)
- **Kale** (for soups and salads)
- **Bananas & Plantains** (for banana fritters and plantain-based dishes)
- **Blueberries** (for breakfast quinoa and snacking)
- **Lemons** (for dressings and flavoring dishes)

Pantry & Miscellaneous

- **Vegetable Stock & Bouillon** (for soups, grains, and stews)
- **Canned Diced Tomatoes** (for soups and chili)
- **Nut Butter** (for hummus and smoothies)
- **Coconut Milk** (for creamy dishes and curries)
- **Avocado Oil or Canola Oil** (for cooking and roasting)
- **Maple Syrup & Honey** (for natural sweeteners)

Grocery List

- ✓ Chickpeas
- ✓ Black beans
- ✓ Quinoa
- ✓ Sweet potatoes
- ✓ Mushrooms
- ✓ Onions (red &/or white)
- ✓ Bell peppers (assorted colors)
- ✓ Zucchini
- ✓ Yellow squash
- ✓ Carrots
- ✓ Kale
- ✓ Whole wheat macaroni
- ✓ Whole wheat fettuccine or linguine
- ✓ Canned diced tomatoes
- ✓ Nut butter
- ✓ Blueberries (frozen or fresh)
- ✓ Lemons
- ✓ Coconut milk
- ✓ Vegetable stock
- ✓ Vegetable bouillon
- ✓ Whole wheat wraps
- ✓ Oats
- ✓ Bananas
- ✓ Plantains
- ✓ Avocado oil or canola oil
- ✓ Maple syrup
- ✓ Honey

Contact Information

Chef Chad Cherry is the Co-Founder of Refresh Live & Chef Kulture and has been in the restaurant/ food service industry for almost twenty years. His journey in the culinary field began after he was diagnosed with Type 2 Diabetes and spent a month in the hospital on what he calls an “unplanned vacation”. Chef learned, firsthand, the challenges of living with a disease and finding prepared

meals that support healthier eating. His search for better quality food led him to purchase one of the first organic restaurants in Miami's Design District, The "A" Miami Café. Chef became very popular and was awarded numerous accolades, including, the 33 Emerging Creative Minds of Miami Award at Art Basel 2010, the Washington Post "Must Visit" in Miami, and the Best Natural Food Award by New Times Magazine.

After completing a bike tour around the State of Florida, Chef realized how many communities were suffering because of food inequality and founded Bring Organics Back as an answer to the issues he witnessed. He has been a personal chef to a number of celebrities and also had the honor of feeding President Barack & Michelle Obama. He is a regularly featured Chef at the coveted Food Network/ Cooking Channel South Beach Wine and Food Festival every year. Chef is a 2017 Red Bull Amaphiko Fellow, a 2017 BME Genius Fellow, and a Co-Founder of New Leaders Council Black Caucus. Refresh Live is a Food, Education, and lifestyle company, dedicated to refreshing people's relationships, knowledge, and experience with food.

We believe that food is a common connector that brings people and cultures together, and that personal and social victories can be won when we start at the dinner table. Our passion is to educate, inspire, and feed. We change the world, one delicious meal at a time! Chef Kulture is an organized resource hub designed to support and promote culinary professionals across the country. It is a culinary collective of food service and hospitality entrepreneurs and affiliates who have a desire to uplift and share their craft with the world. "Chef Kulture is the preeminent network for urban food and urban food professionals in the country"

For any questions or clarifications, please see below and reach out:



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