

***Breakfast
Edition***

LEARN TRUE HEALTH

THE GOOD FOOD COOKBOOK



ATTENTION

You are now

»»»»» ENTERING »»»»»

a GRAIN free

»»»»» **ZONE** »»»»»

EVERY DAY OUR BODY HAS THE CHANCE
TO GROW HEALTHIER BASED ON THE
CHOICES WE MAKE.

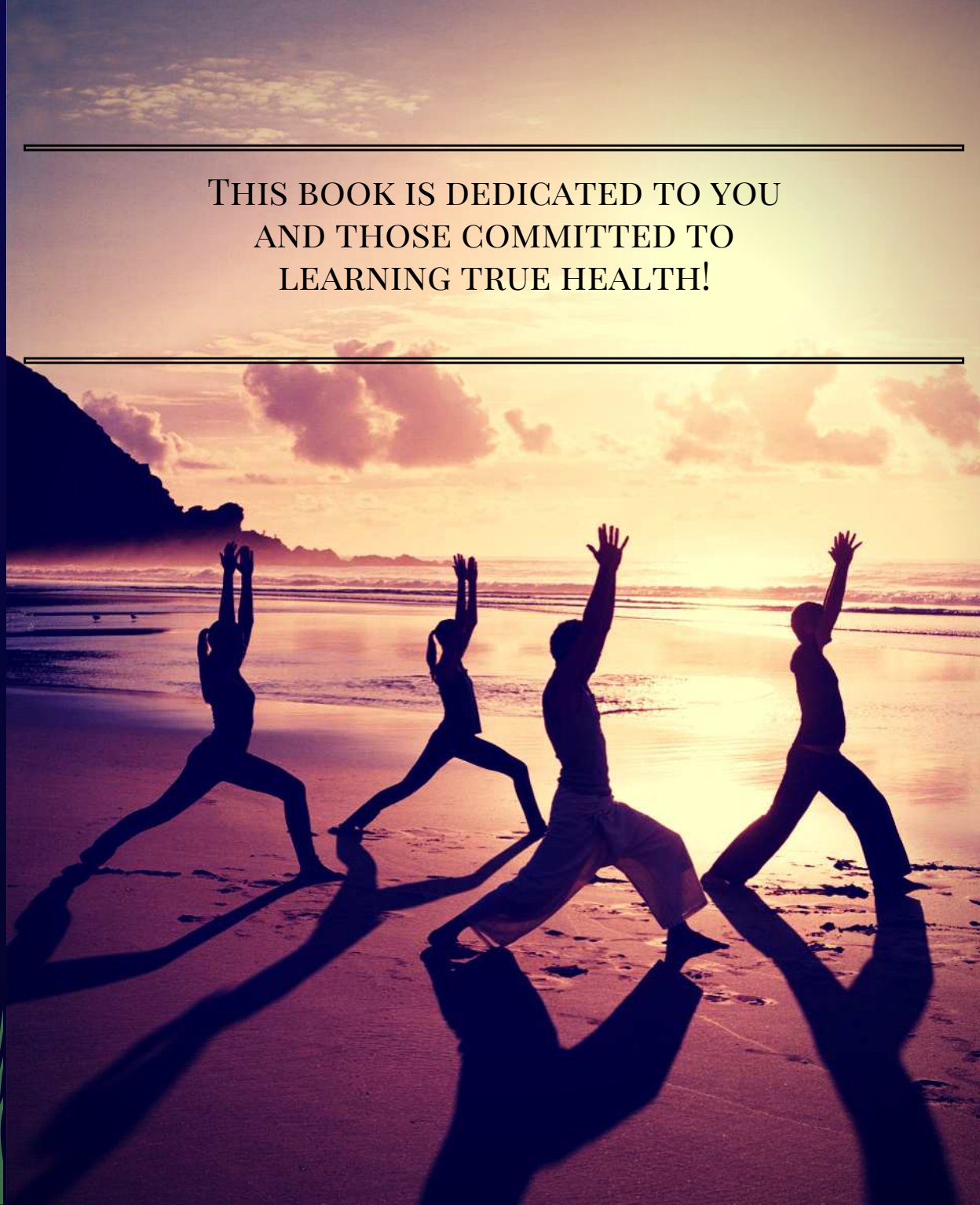
SUPPLEMENTS AND FOOD CHOICES PLAY
A MAJOR ROLE IN PREVENTING DISEASE
AND SUPPORTING OUR BODY'S ABILITY TO
HEAL FROM ILLNESS.

INSPIRED BY **DR. WALLACH'S** RESEARCH
AND HIS "GOOD FOOD / BAD FOOD" LIST,
WE AT LEARN TRUE HEALTH HAVE
COMPILED OUR FAVORITE MEALS TO
SHARE WITH YOU.

WE HOPE THAT YOU ENJOY THEM AS YOU
EMBARK ON YOUR JOURNEY OF HEALTH
AND WELL BEING.

KNOW THAT WHAT YOU PUT INTO YOUR
BODY EVERY DAY CAN FUEL YOU AND
NOURISH YOUR CELLS TO FIGHT DISEASE
AND CREATE ONGOING HEALTH.

THIS BOOK IS DEDICATED TO YOU
AND THOSE COMMITTED TO
LEARNING TRUE HEALTH!





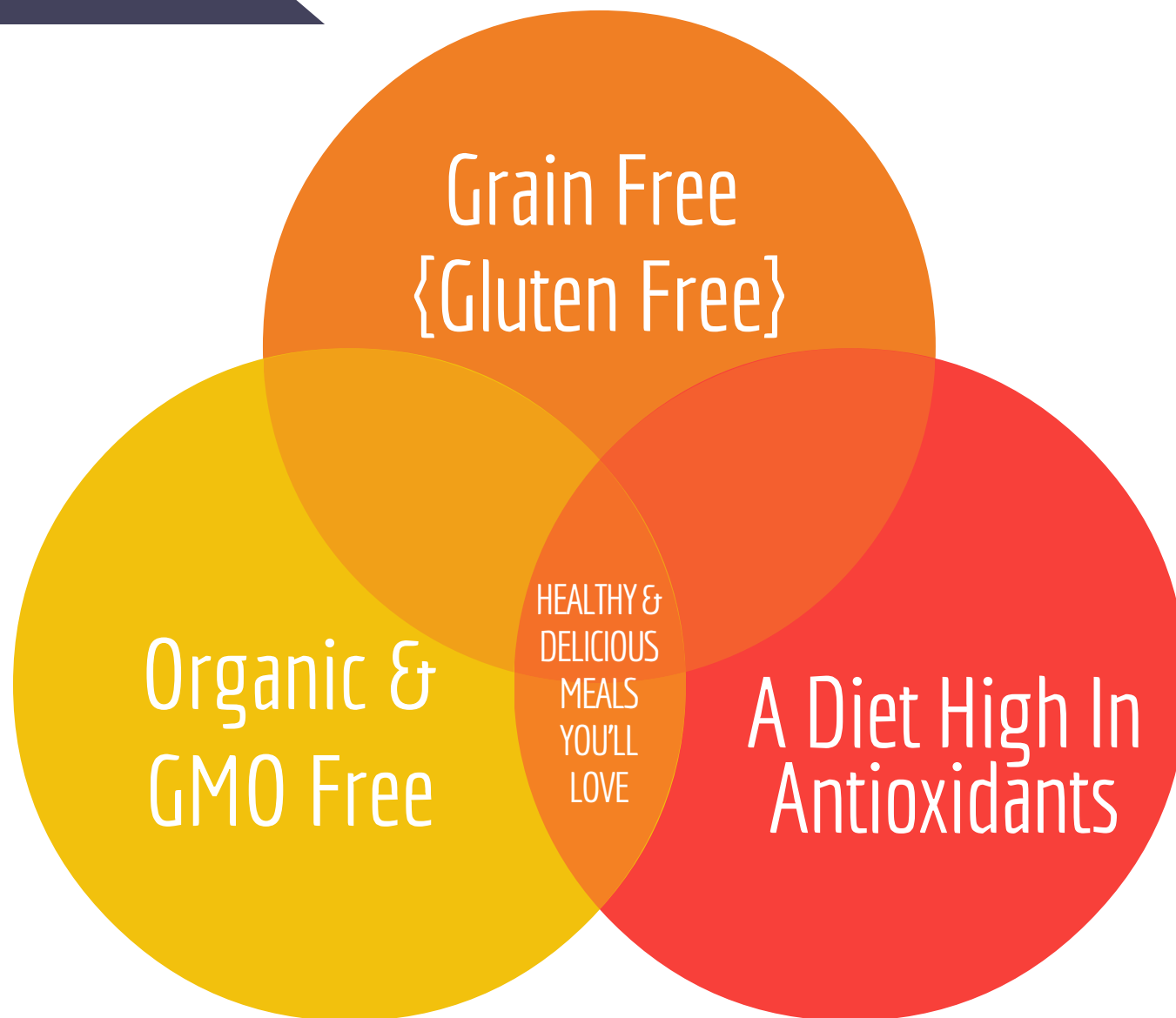
LEARN TRUE HEALTH PRESENTS: THE BAD FOOD LIST

Inspired by Dr. Wallach these are the 12 foods everyone should AVOID to prevent disease and prolong a healthy life.

- Barley
- Wheat
- Rye
- Oats
- Corn
- Soy
- Nitrates or nitrites (found in deli meat)
- Fried food
- Oil in a bottle
- Well done red meat
- Carbonated Beverages during a meal
- Skins of baked root vegetables



OUR COOK BOOK IS...





Learn True Health
Presents:



The Good Food List

- **Vegetables & Fruit** - Eat at least 4 cups of leafy green veggies a day. Instead of junk food eat a bowl of fresh berries!
- **Meat & Fish** - Eat red meat rare or medium rare. Never eat burnt or charred meat or fish.
- **Eggs** - Poached, Soft or Medium boiled, soft scrambled. Don't over cook. Runny yolks preserve the healthy fats.
- **Water** - Drink eight 8oz glasses of water a day. Spring water is best. Avoid added chemicals like fluoride & plastic bottles.
- **Legumes & Beans** - High in fiber and protein!
- **Nuts & Seeds** - High in healthy fats and makes for great snacks!
- **Butter, lard or ghee** - Cook with low or medium heat only to avoid burning your food.
- **Salt** - Salt your food to taste. Your body needs salt to function healthfully!

Always Choose Organic & GMO Free



Start Your Day Right!

Learn True Health
Grain-Free Breakfast Recipes

MINI VEGGIE FRITTATAS!

PREP TIME: 10MIN

COOK TIME 20MIN



Mini Veggie Frittatas

Ingredients:

Choose organic ingredients when possible

Tbsp. organic ghee or butter

6 organic eggs

2 cups baby kale or spinach

½ bunch organic asparagus, sliced in ½" chunks

½ organic head of cauliflower, heads cut off and crumbled

1 cup organic grape tomatoes, quartered

3 organic green onions, chopped

½ tsp organic garlic powder

2 tsp sea salt

Instructions:

Preheat oven to 375 degrees Fahrenheit. Sauté vegetables with ghee and salt for 5 minutes and set aside to cool.

In a small bowl pour eggs, adding in the garlic. Whisk to mix.

In a silicone muffin pan portion equal amounts of sautéed veggies into each muffin cup.

Pour egg mixture to cover each muffin cup, approximately ¾ full.

Bake in the oven for 20 minutes, serve warm or cold.

Store in the refrigerator for up to 4 days for an easy snack or meal.

NO BAKE ALMOND CHAI BREAKFAST BARS!

Makes 12 Delicious Raw Vegan Power Bars



NO BAKE ALMOND CHAI BREAKFAST BARS

Ingredients:

Choose organic ingredients when possible

1 cup raw organic almonds

1 cup raw organic hazelnuts

1 cup raw organic sunflower seeds

3 teaspoons ground cinnamon

3 teaspoon ground ginger

1 teaspoon ground cardamom

3 teaspoon sea salt

1 cup unsweetened shredded coconut

½ cup raisins or dried currants

½ cup creamy raw organic almond butter (unsweetened)

¼ cup raw organic honey

¼ cup unsweetened applesauce

3 tablespoons raw organic chai seeds

NO BAKE ALMOND CHAI BREAKFAST BARS

Instructions:

Line 12 cups of a standard muffin pan with paper liners. In a food processor fitted with the steel blade, process all of the dry ingredients except for the raisins, chia seeds and coconut until the nuts are finely chopped, about 10-15 seconds. Transfer the mixture to a large bowl and stir in the shredded coconut and raisins.

In a small pot over low heat, whisk together the almond butter, honey, and applesauce. Whisk constantly until the almond butter is melted and the mixture is smooth. Remove from heat and whisk in the chia seeds. Pour over the dry ingredients and stir to combine thoroughly.

Using slightly wet hands, press the mixture firmly into the bottoms of the lined muffin cups to create tightly packed clusters. Freeze until firm, about 30 minutes. Store the clusters in an airtight container in the refrigerator or freezer.



Grain-Free Protein Pancakes!



GRAIN-FREE PROTEIN PANCAKES!

Ingredients: Choose organic ingredients when possible

2 ripe bananas

2 organic farm-fresh eggs

Optional - 1 scoop chocolate or vanilla protein powder {Youngevity's TMR or Slender Fx}

1 1/2 tsp coconut flour

1 tsp vanilla extract

Dash cinnamon and sea salt

1/2 tsp baking powder

Ghee or butter to grease pan

Instructions:

In a food processor mix together all ingredients.

Grease pan (ghee or grass-fed butter) and place on medium heat.

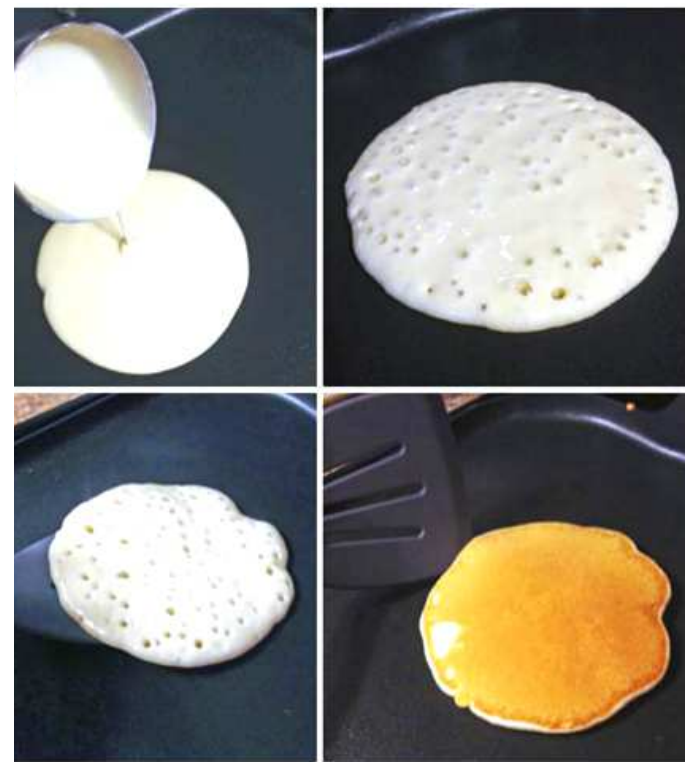
Pour pancake mix into pan, making medium size pancakes.

When pancakes begin bubbling slightly, carefully flip pancakes.

Cook for an additional 2 minutes or until fully cooked through.

Serve with fresh fruit, organic preserves or agave syrup.

Sweet Potato Protein Pancake Wraps!



Sweet Potato Protein Pancake Wraps!

Pancake Ingredients:

2/3 cup sweet potato puree

9 egg whites (save those yolks to add to your morning shake. They are good for you!)

1/4 tsp baking soda

2 tbsp flax meal

3 tsp cinnamon

2 tsp sea salt

Ingredients For The Filling:

1 scoop chocolate or vanilla protein powder

{Youngevity's TMR or Slender Fx}

1 cup yogurt (or for yogurt substitute see our Vegan Yogurt recipe)

½ cup fresh organic fruit, like berries and banana slices

Sweet Potato Protein Pancake Wraps!

Instructions:

In a food processor mix together all ingredients.

Grease pan (ghee or grass-fed butter) and place on medium heat.

Pour pancake mix into pan making thin pancakes.

When pancakes begin slightly bubbling, carefully flip pancakes.

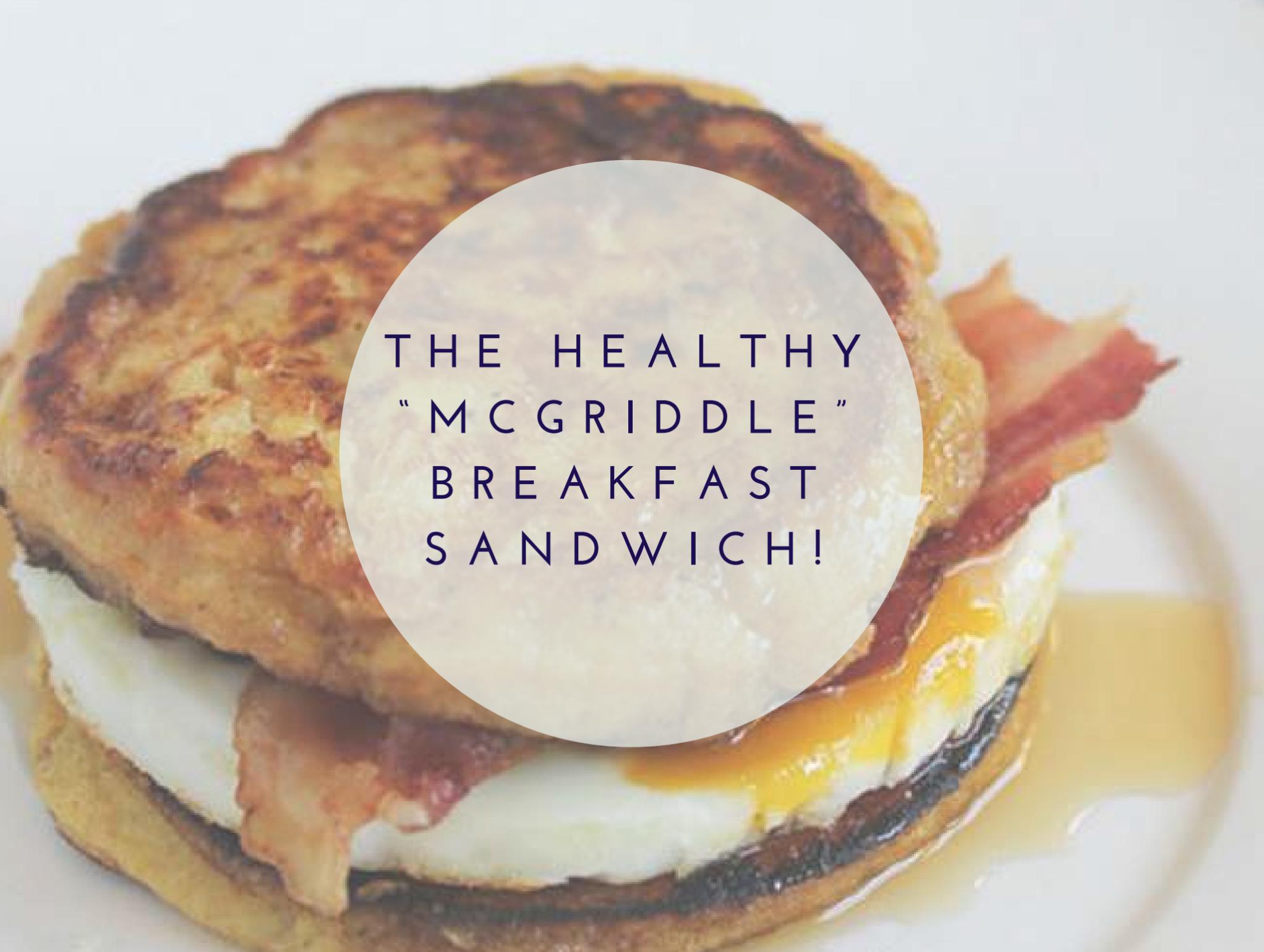
Cook for an additional 2 minutes or until fully cooked through.

Once cooked do not stack pancakes. Set aside each pancake to cool while completing the filling.

Next make your yogurt protein filling:

Mix yogurt with protein powder and fruit. Spread over each pancake and roll. Enjoy!

For a dairy free option see our Vegan Yogurt recipe!



THE HEALTHY
"MCGRIDDLE"
BREAKFAST
SANDWICH!

The Healthy “McGriddle” Breakfast Sandwich!

Ingredients:

For the "bread" make 2 protein pancakes per sandwich (see recipes above)

1 Egg per sandwich

2 slices of nitrate free bacon per sandwich

Optional: Pure maple syrup

Instructions:

Cook bacon on medium heat until done but not crispy. Prepare eggs poached or sunny side up. Using each pancake as the bread, and the bacon and egg as the inside, assemble each sandwich. Optionally, you can use the left over bacon grease to "butter the bread".

Serve plain or with pure maple syrup poured over the sandwich. Enjoy!



Too Good To Be True

BLUEBERRY

SCONES!

Too Good To Be True Blueberry Scones

Ingredients:

Use organic ingredients when possible

1 1/3 cups ground cashews

¼ cup Arrowroot flour {Bob's Red Mill brand is great!}

2 tsp of salt

2 tsp of cinnamon

1 tsp baking powder

1 cup fresh or thawed from frozen organic blueberries

¼ cup ghee or butter – warm until liquid

3 tbsp. maple syrup or agave

2 tbsp. vanilla extract

2 eggs

Too Good To Be True Blueberry Scones

Instructions:

Preheat oven to 350 degrees F.

Line a 9 inch metal pan with baking parchment paper.

Blend the cashews in a food processor until powdered.

Mix all of the dry ingredients together and then stir in the blueberries.

Whisk the wet ingredients together then stir into the dry.

Pour into the baking pan and bake at 350 F for 30 minutes.

Let cool for at least 10 minutes, slice, and enjoy!



Berry Coconut

Protein Bars

Berry Coconut Protein Bars

Ingredients:

¼ cup unsweetened shredded coconut flakes

¼ cup organic dried cranberries or blueberries

¼ cup almond butter

2 tbsp almond meal or arrowroot flour

2 tbsp flax meal

3 tbsp ghee

2 tbsp raw honey

2 eggs

4 scoops chocolate or vanilla protein powder {Youngevity's TMR or Slender Fx}

1 tsp sea salt

¼ cup organic dark chocolate chips

Optional: Drizzle melted dark chocolate over bars or add dark chocolate chips to the mix

Berry Coconut Protein Bars

Instructions

Preheat oven to 350F.

Combine all ingredients into a bowl and mix well until a dough-like consistency has been reached.

Line an 8x8 baking dish with parchment paper.

Roll out dough into a flat and even square.

If you have a bigger baking dish, roll out the dough to fit that dish.

Bake for 15-20 minutes or until slightly hardened.

Let cool and slice into squares.

Optional: Once cooled drizzle with melted dark chocolate.



Homemade BERRY

»»»»»»»»»»»»»»»» Pop Tarts ««««««««««««««««



Homemade Berry Pop Tarts!

Ingredients: Use organic ingredients when possible

Dough:

¼ cup of purified or spring water

¼ cup of melted ghee

¼ cup of maple syrup

2 tsp vanilla

1 tsp of sea salt

½ cup of tapioca flour

1 medium ripe banana, mashed

½ cup of coconut flour

Raspberry Filling:

1½ cup of fresh raspberries

¼ cup of purified or spring water

½ tsp of vanilla

¼ tsp of sea salt

3 tbsp. of maple syrup

Homemade Berry Pop Tarts!

INSTRUCTIONS

For the dough: In a medium sauce pan, add the water, ghee, maple syrup, vanilla and sea salt.

Bring to a boil. Remove from the stove top.

Add in the tapioca flour and mix with a spoon until combined.

Add the mashed banana and coconut flour and mix until you have a dough.

Set aside.

For the raspberry filling:

In a medium sauce pan add the raspberries, water, vanilla, sea salt and maple syrup and cook on medium heat for 35 - 40 minutes stirring regularly. It should reduce by half. Set aside and let cool.

Take the dough and roll it out between two sheets of parchment paper until the dough is ¼". Cut into rectangles and spoon 2 tbsps of raspberry filling onto one rectangle and cover with another rectangle. You should have 12 rectangles - roughly 2" - 3".

Bake on a piece of parchment paper in the oven for 25 minutes at 350 F degrees. Enjoy!

Almond Flour Cinnamon Rolls



Almond Flour Cinnamon Rolls

Ingredients (Use organic ingredients when possible):

For the biscuit rolls:

3 cups fine ground blanched almond flour. For best results use a high quality very fine ground almond flour.

1 tsp salt

¼ tsp baking soda

¼ cup ghee

4 tbsp pure honey

2 large room temperature eggs

For the filling:

½ cup pure honey

½ cup pecans/walnuts, finely chopped

½ cup raisins

2 tbsp. ground cinnamon

For the icing:

Use your favorite icing or use honey or agave mixed with warmed ghee

Almond Flour Cinnamon Rolls

Instructions:

Preheat the oven to 350F degrees

In a large bowl, combine the almond flour, salt and baking soda.

In a separate bowl, gently beat together the melted ghee, honey and eggs.

Add the egg mixture to the almond flour mixture and mix until it comes together and a smooth dough is formed. Scoop up into a ball let rest in the fridge for 10 min.

Lightly grease the outside of the ball of dough using ghee. Using a rolling pin roll the dough out between two sheets of parchment paper into 9×13 rectangle (approx.) and between 1/4" 1/8" thick. Take your time and get a good uniform rectangle.

Drizzle the 1/2 cup of honey (or an even spread with ghee and coat generously with maple sugar) evenly over the dough, then carefully spread it around to cover the whole surface.

Sprinkle the raisins, ground pecans and cinnamon over the surface of the dough. Try to keep the filling additions finely chopped so they do not tear through the dough when you start rolling.

Almond Flour Cinnamon Rolls

Instructions Continued:

Now they are ready to roll! Turn the dough so that the short end is facing you.

Starting at that end, begin to roll the edge of the dough away from you. Try to start a tight roll from the beginning. Continue rolling until you have a nice uniform log.

Cut right away or chill if needed for smoother cutting. With a good bread knife, cut the roll into about 9-10 thick slices. Use the width of two to three fingers (depending on how thick the roll is) as your guide. Shape them a bit if needed.

Lay the rolls cut side down on to a parchment lined cookie sheet. Bake 10-15 min.

They should be golden with some browning. The dough toward the center of the roll should be soft but not too doughy and not hard.

When ready, remove from the oven and let cool for about 10 min. If you try to move them before then, they will fall apart.

Drizzle your warmed icing of choice over the rolls and serve.

Makes about 9-10 small cinnamon roll biscuits.



Sugar Free
Lemon
Poppy Seed
Grain Free
Granola
Clusters

Sugar Free Lemon Poppy Seed Grain Free Granola Clusters!

Ingredients

2 ¼ cups of cashews and walnuts mixed

1 banana

¾ cup blanched almond flour

1 ½ tbsp. poppy seeds

1 tbsp. lemon Juice

1 tsp salt

Zest of 2 organic lemons

Sugar Free Lemon Poppy Seed Grain Free Granola Clusters!

Instructions

Preheat oven to 350F.

In a food processor mix the nuts until they are ground. They should be a mix of small grounds and small chunks.

Put nuts in a bowl, and set aside

In the food processor, puree the banana.

Combine nuts, pureed banana, almond flour, poppy seeds, lemon juice, salt, and lemon zest.

Crumble mix on a baking sheet lined with parchment paper.

Place in oven for 15 minutes.

Rotate crumbles and lower oven to 300 degrees.

Cook an additional 15-17 minutes. Granola should be lightly golden and crisp.

BREADLESS

SAUSAGE EGG

“MCMUFFIN”!



BREAD-LESS SAUSAGE EGG “MCMUFFIN”!

Ingredients to make one “McMuffin”:

3 tablespoons ghee

¼ pound of nitrate-free raw ground pork breakfast sausage

2 large eggs

Kosher salt

Freshly ground black pepper

¼ cup water

Optional garnish: Sriracha, guacamole, shredded cheddar cheese, organic catsup (ketchup) or slices of tomato

BREAD-LESS SAUSAGE EGG “MCMUFFIN”!

Instructions:

You will need two stainless steel 3½-inch biscuit cutters to use as molds. Grease the insides well with melted ghee. Place one cutter on a plate and fill it with the sausage meat.

Gently press the meat down to uniformly shape a sausage patty.

Heat a skillet over medium heat and add a tablespoon of ghee. When the fat is shimmering, add the patty to the pan. Keep the mold on until the cooked patty shrinks away from the sides.

Clean the biscuit cutter and grease it again.

Cook the sausage about 2 to 3 minutes on each side or until done.

For the eggs, grab two small bowls and crack one egg into each.

Pierce the yolks with a fork.

BREAD-LESS SAUSAGE EGG “MCMUFFIN”!

Instructions continued:

Heat a skillet over medium-high heat with the remaining tablespoon of ghee. (Make sure you’ve got a tight-fitting lid for this skillet.)

When the ghee’s shimmering, place the two greased biscuit cutters in the pan and pour an egg into each mold.

Season the eggs with salt and pepper to taste.

Add ¼ cup water to the skillet (outside of the egg molds), making sure not to splash the eggs.

Turn down the heat to low and cover the pan.

Cook the eggs, covered, for about 3 minutes.

Assemble the “McMuffin” by sandwiching the sausage patty in between the two egg rounds.

Add your favorite garnish and enjoy!



Honey Nut Bars!

Honey Nut Bars

Ingredients: Choose organic ingredients when possible

Crust:

1½ cups almond flour

7 tablespoons melted ghee

1 tablespoon raw honey

Pinch of salt

Topping:

1 cup raw organic almonds

½ cup raw organic cashews

½ cup raw organic macadamia nuts

½ cup raw hazel nuts

⅓ cup raw organic cacao nibs

4 tablespoons raw honey

3 tablespoons butter or ghee

3 tablespoons coconut milk, full fat

2 teaspoons vanilla extract

1 teaspoon ground cinnamon

Pinch of salt

Honey Nut Bars

Instructions:

Mix the ingredients for the crust till a dough is formed. Press the dough into the bottom of an 8x8-inch pan lined with parchment paper.

Heat the honey, butter and coconut milk in a saucepan over medium heat until the butter melts, stirring frequently.

Remove from heat and mix in the vanilla extract and ground cinnamon.

Add the nuts and cacao nibs to the honey mixture and stir together until fully coated.

Refrigerate mixture for 20 minutes, stirring once after 10 minutes.

Spread the nut mixture evenly on top of the crust and bake at 350°F for 20 minutes or until nuts start to turn golden on the edges.

Allow pan to cool on a wire rack and refrigerate until set.

Store in an airtight container in the fridge.

Sriracha Sweet Potato Hash With A Poached Egg



Sriracha Sweet Potato Hash With A Poached Egg

Ingredients For One Serving:

Choose organic ingredients when possible

1 medium sweet potato

1 tbsp honey

2 tsp sriracha

1 tsp salt

1 tsp apple cider vinegar

1 tbsp ghee or butter

1 pinch ground cumin

1 poached egg - Or as many as you desire

Sriracha Sweet Potato Hash With A Poached Egg

Instructions:

Grate sweet potato with a food processor or hand grater.

Whisk together the sriracha, honey, apple cider vinegar, cumin and salt in a small bowl. Toss the sweet potato grates with the sriracha mixture. Set aside.

In a medium saute pan, heat the ghee on medium. Add the sweet potato grates in two patties. Let cook for 2-3 minutes, then flip. In grated form, sweet potatoes cook very quickly - just 5 to 7 minutes total. They'll go from salmony-pink-orange to a bright orange, with just a touch of golden brown sear when cooked.

Top with a poached egg and serve immediately. Enjoy!



Bacon, Blueberry & Ginger
Breakfast Meatballs

Bacon, Blueberry & Ginger Breakfast Meatballs

Ingredients-Choose organic ingredients when possible

1 tbsp ghee for greasing

4 slices of nitrate free bacon

½ thumb-sized piece of ginger, peeled and minced

½ medium shallot, peeled and minced

2 tbsp minced cilantro

1 cup fresh blueberries

1 lb ground beef

¼ tsp crushed red pepper flakes

½ tbsp balsamic vinegar

2 tsp salt

1 tsp Ground black pepper

Bacon, Blueberry & Ginger Breakfast Meatballs

Instructions

Preheat the oven to 375 degrees F.

Line a baking sheet with aluminum foil. Melt the ghee, and brush it onto the foil.

In a medium size skillet over medium heat, cook your bacon until done. Save left over bacon grease. Transfer to a paper towel on a plate when finished, and set aside.

Mince the ginger, shallot, and cilantro; add all three to a large mixing bowl.

Put the blueberries in a mini food processor/chopper and pulse 5 to 8 times in 1 second bursts, just enough to break open the blueberries a bit. Add the chopped blueberries to the mixing bowl.

Finally, add the ground meat, crushed red pepper flakes, balsamic vinegar, and salt and pepper. Crumble the bacon slices with your fingers over the top of all the other ingredients in the bowl.

Thoroughly mix everything together with your fingers, including bacon grease. Do not densely pack the meat or overwork it.

Form 18 small meatballs with your hands. Arrange them on the baking sheet as you go.

Bake for 15 to 18 minutes. At the halfway point (somewhere around 8 minutes), rotate the tray in the oven to help the meatballs cook more evenly.

Remove from oven, and serve immediately!



Basic Breakfast Casserole



Basic Breakfast Casserole

Ingredients:

Choose organic ingredients when possible

1 pound organic ground breakfast sausage or other organic ground meat

3 turnips, peeled and grated (a food processor works well for this)

4 eggs, beaten

3 scallions, chopped

A generous dash of salt, pepper and garlic powder

Basic Breakfast Casserole

Instructions:

Preheat oven to 400 degrees.

Sauté sausage, breaking it up into small pieces with a spoon or spatula, until almost cooked through.

Mix the sausage with the rest of the ingredients.

Spoon into a 8×8 baking pan.

Bake for 45 minutes then cover the pan and bake for 25 minutes.

Let cool 15 minutes so the casserole sets before cutting into it.



sausage & sweet potato
breakfast casserole

Sausage & Sweet Potato Breakfast Casserole

Ingredients:

Choose organic ingredients when possible

1 1/2 lbs ground breakfast sausage

1/2 tbl ghee

12 eggs

2 sweet potatoes, peeled

1/2 large sweet onion, diced

1 tbsp garlic powder

1/2 tsp nutmeg

1/2 tsp cinnamon

3 tsp sea salt

2 tsp pepper

1/4 cup coconut milk

6 cups power greens (kale, spinach, arugula)

Sausage & Sweet Potato Breakfast Casserole

Instructions:

Heat oven to 375 degrees.

In a large skillet over medium heat, melt ghee and add in sausage.

Brown and break apart with a wooden spoon.


Beat eggs in extra large bowl.

Shred sweet potatoes and onion in your food processor. Mix into eggs with seasoning, coconut milk and power greens.

Grease 9x13 casserole dish with more ghee.

Pour in egg mixture and stir in sausage.

Cook for 45 minutes. Cover with foil and cook for 10 more minutes or until center is set.



**LEARN TRUE
HEALTH
GRAIN FREE
BREAD!**

Learn True Health Grain Free Bread!

Instructions:

Choose organic ingredients when possible

4 cups sunflower seeds

2 cups flax seed

2 cups hazelnuts

1 cup of almonds

2 cups cooked drained quinoa

8 tablespoons chia seeds

8 tablespoons psyllium, seed husks (6 Tbsp. if using psyllium husk powder)

4 teaspoons fine grain sea salt

4 tablespoons maple syrup (for sugar-free diets, use a pinch of stevia)

6 tablespoons melted ghee

2 cups dried fruit of choice (cranberries, blueberries, ginger, etc)

1 cup water

Learn True Health Grain Free Bread!

Instructions:

Preheat oven to 350°F.

Combine and stir all dry ingredients.

Whisk maple syrup, ghee and water together in a measuring cup. Add to dry ingredients. Mix very well. Add quinoa and mix until everything is completely soaked and dough becomes very thick (if the dough is too thick to stir, add one or two teaspoons of water and mix. Repeat until the dough is manageable).

Add mix to flexible, silicon loaf pans.

Smooth out the top with the back of a spoon. Let sit out on the counter for at least 2 hours to ensure the dough is ready, it should retain its shape even when you pull the sides of the loaf pan away from it. If using a metal loaf pan, line it with parchment paper before adding the ingredients. The loaf will come out easily when it's time to take it out to turn it.

Place loaf pan in the oven on the middle rack, and bake for 30 minutes. Do not let burn.

Remove bread from loaf pan, place it upside down directly on the rack and bake for another 45 minutes. Bread is done when it sounds hollow when tapped. Let cool completely before slicing.

Store bread in a tightly sealed container for up to five days. Freezes well too – slice before freezing for quick and easy toast!

Dairy Free

Chile Relleno Breakfast Casserole



Chile Relleno Breakfast Casserole

Ingredients:

Choose organic ingredients when possible

12 oz ground pork

12 button mushrooms, sliced

½ large white onion, diced

10 eggs

1 tsp smoked paprika

1 tsp ground coriander

3 tsp kosher salt

1 tsp black pepper

3 tsp granulated garlic

1 tsp cayenne pepper or ground chipotle pepper

3 - 4oz cans of whole green chiles (9 to 10 total)

Chile Relleno Breakfast Casserole

Instructions:

Preheat the oven to 350°F.

Preheat a skillet to medium-high.

Combine the ground pork and dry spices together, then brown in the preheated pan for about 5 minutes.

While the ground pork is cooking, slice the mushrooms and dice the onions. Add them to the pan.

Allow those items to cook together for an additional five minutes, while 10 eggs are cracked and whisked.

Remove the pork mixture from the heat and open the cans of whole green chilies.

Slice the whole chile down one side so it is able to lay flat.

Layer 4 or 5 whole, flat chiles in the bottom of a baking dish.

Then layer half of the pork mixture. Place the remaining chilies next, and then finally cover with the last of the pork, mushrooms and onions.

Now slowly pour the whisked eggs over the entire casserole, ensuring it's evenly distributed. Do not mix or disturb the layers.

Cover the dish and bake for 40 minutes in the preheated oven.

Serve warm with some fresh cilantro, guacamole and hot sauce!

THE BIG QUESTION IS

WHY GO ORGANIC?

SOME FUN FACTS ABOUT WHY YOUR
FAMILY SHOULD CHOOSE ORGANIC.





5. No GMOs.

Genetically engineered crops are a relatively recent technology with potentially devastating impacts on ecosystems and human and animal health. Organic regulations forbid the use of genetically engineered seeds or animals (including clones).

6. Animal care.

Organic philosophy means raising animals in harmony with nature. Quality animal care keeps animals healthy and productive, naturally.

Fast Facts

- More than one billion pounds of pesticides are used annually in the U.S.
- Public health costs associated with pesticide-related **acute poisonings and cancer** alone, add up to an estimated \$1.1 billion dollars per year.
- About 70 percent of conventionally grown fresh fruits and vegetables contain pesticide residues.
- 82 percent of U.S. households use pesticides, with an average of 3-4 different pesticide products used per home.
- The majority of the U.S. population has detectable concentrations of multiple pesticide residues in their bodies.
- Switching children to organic food dramatically reduces their pesticide exposure and risk.

1. Nutrient density.

Organic farmers nourish the soil that feeds our food.

Research shows that organically-produced foods are higher in antioxidants and other nutrients than their conventional counterparts.

2. No persistent pesticides or synthetic fertilizers.

Designed by intent to kill living organisms, persistent pesticides can be harmful to wildlife and human health, especially as they contaminate our food, air and water or accumulate in our cells. Synthetic fertilizers require large quantities of fossil fuels to produce, and contribute to soil degradation and ocean dead zones.

3. No synthetic growth or breeding hormones.

Avoiding synthetic hormones (which are frequently given to conventional dairy and meat animals to alter reproductive cycles and speed up growth) means less stress for animals, and reduced human exposure to endocrine-disrupting chemicals.

4. No antibiotics.

Overuse of antibiotics in farm animals leads to the development of dangerous antibiotic-resistant infections. Organic farmers instead rely on natural measures to promote and maintain animal health.



Spinach

WHY: A USDA study found 58 pesticide residues are usually contained in spinach.



Apple

WHY: Pesticides accumulate on the peel, putting apples at the top of the organic foods priority list.



Milk

WHY: Organic milk offers higher levels of Omega 3-s.



Beef

WHY: The hormones and medications fed to conventionally raised animals to fight disease and speed growth end up in our bodies.



Strawberries

WHY: Organic strawberries provide greater concentrations of ascorbic acid.



Potatoes

WHY: The USDA discovered 81 percent of potatoes tested in 2006 contained pesticides even after being washed and peeled.



Peaches

WHY: This juicy fruit is high on the list of tree fruits for being the most susceptible to pesticide residue.



Kale

WHY: Conventional kale is often sprayed with more than 20 kinds of pesticides before being tossed in our salads.

WHAT DOES **ORGANIC** MEAN?



ORGANIC FRUITS, NUTS, VEGETABLES, & GRAINS



no synthetic pesticides



not irradiated



no synthetic fertilizers



not genetically engineered



no sewage sludge



ORGANIC MEAT & POULTRY



access to outdoors



not irradiated



no growth hormones, antibiotics, other drugs



raised on 100% organic feed



not fed animal byproducts



ORGANIC EGGS



hens fed 100% organic feed



no growth hormones, antibiotics, other drugs



not necessarily cage-free or free-range



ORGANIC MILK



cows have access to outdoors



no growth hormones, antibiotics, other drugs



all cows' feed for past 12 months 100% organic



at least 30% of cows' diet from pasture during primary growing season



ORGANIC SEAFOOD



no current official U.S. standards



USDA working on a standard for farm-raised seafood



PACKAGED FOODS

"100% ORGANIC"
all ingredients are organic

"ORGANIC"
at least 95% of ingredients are organic

"MADE WITH ORGANIC INGREDIENTS"
at least 70% of ingredients are organic

**USDA
ORGANIC**

Organic vs. Natural

	Organic	Natural
Toxic persistent pesticides	Not allowed	Allowed
GMOs	Not allowed	Allowed
Antibiotics	Not allowed	Allowed
Growth hormones	Not allowed	Allowed
Sludge & irradiation	Not allowed	Allowed
Animal welfare requirements	Yes	No
Cows required to be on pasture for pasture season	Yes	No
Lower levels of environmental pollution	Yes	Not Necessarily
Audit trail from farm to table	Yes	No
Certification required, including inspections	Yes	No
Legal restrictions on allowable materials	Yes	No



Try Organic Food
...or as your
grandparents
called it,
"Food"



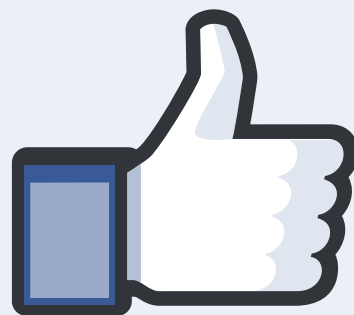


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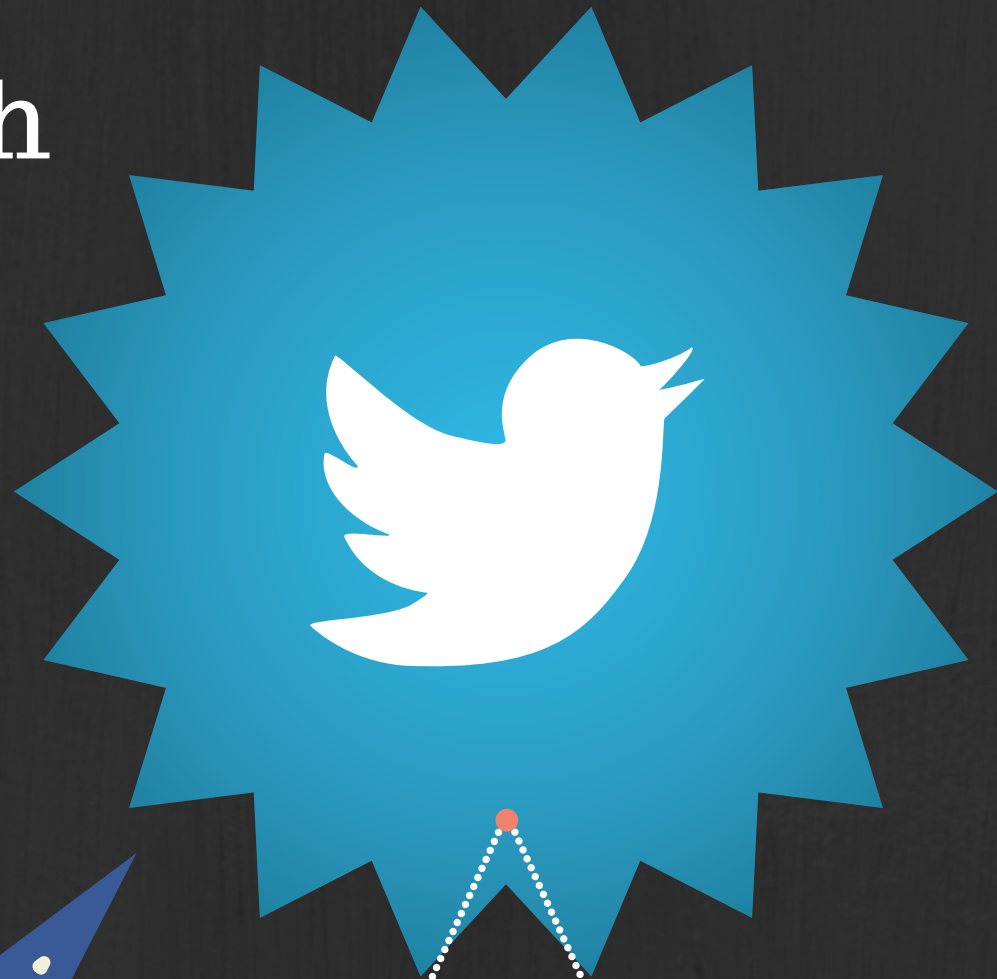
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