

My Favorite SANE Foods

Hi everyone! This is Alia Perry, and my mom and I thought that it would be helpful if we outlined some of the SANE foods that we eat and incorporate into our meals each day. These are mostly *my* favorite foods, but my mom and I like a lot of the same things.

Mealtimes can be tricky—especially if you are brand new to SANE! I hope these details and recipes will help.

For more specific information about what SANE means, recommended servings and serving sizes, which foods are optimal for your health, what the science says about our food choices, and “official” SANE recipes, please visit SANESolution.com. The purpose of this document is to simply share how we’ve personally applied SANE to our lives. (We are not doctors or nutritionists or experts, but this is what works for us!)

Breakfast

I have to be out the door pretty early most mornings, so my breakfasts tend to be really quick and easy.

- **Spinach Smoothies** - Spinach Smoothies are one of my go-to breakfasts if I am short on time. When I first started to go SANE, I used this simple recipe:

Fill the blender with spinach, add enough apple juice to be able to completely blend up the spinach (not too much, not too little...I just wanted the spinach to be liquefied...), blend the spinach and juice together, add a little more juice after that is done, add frozen mixed berries, add a cup of Greek yogurt, and add 2-3 big spoonfuls of flax seed. I would make a ton of these each Sunday night (probably 3-4 blenders’ worth of smoothies, which filled about 20-25 cups each week), and then I would freeze them in disposable plastic cups, microwave them for 45 seconds, and be able to enjoy a nice smoothie without having to make one each day. I would eat these not only for breakfast, but all throughout the day. As I have learned more about SANE, I have cut down a lot on the apple juice and juices in general. I will replace most of the juice with water or almond milk. It definitely takes time to adjust to the flavors, but give it a try! You can also add several other kinds of greens/vegetables to your smoothies, but it’s up to you, and there are more “official SANE smoothie recipes” in Jonathan’s book.

- **Eggs** - Eggs are great because they can be made in so many different ways. On a typical morning, I will usually make 5 egg whites and 1 whole egg. My mom likes to add vegetables into hers like Brussels sprouts, kale, peppers, mushrooms, onions,



and zucchini. I personally don't like vegetables in my eggs, and that's why I will have a spinach smoothie or other raw vegetables to go along with my eggs. (I'll snack on green beans or carrots while I'm getting ready in the morning). You can also find ways to incorporate other meats/proteins into your eggs.

- **Greek Yogurt** - Greek yogurt can be eaten with so many different toppings/things put into it. It's not boring, and I can change it up each day. I am not a huge fan of plain Greek yogurt, and that's why my mom buys Dannon's vanilla Greek yogurt for me (though it's not as SANE). I mix the plain and the vanilla yogurt together so that they last longer. Some of my favorite things to put into my yogurt are frozen blueberries, fresh strawberries, and flaxseed. We also really like to mix chocolate protein powder with our yogurt (we use UMP protein powder, and this is my favorite way to eat Greek Yogurt). Again, I don't just eat Greek yogurt by itself for breakfast, I either eat it with a spinach smoothie or eat a bunch of vegetables while I am getting ready for school.
- **Salmon/Turkey Burgers** - I am the kind of person that doesn't really care about eating 'breakfast' foods for breakfast. A great way to get some of your vegetables and protein is with salmon or turkey burgers. I like to cook mine with the generic meat seasonings from the grocery store, and then I wrap the burgers (I typically have 2) in romaine lettuce instead of a bun. I like to add red onions, tomatoes, mustard, and any other vegetables that we have on hand.
- **Trail Mix** - I won't eat this by itself, but if I'm trying to get some of my fats in, I'll have a handful of trail mix with my breakfast. We normally mix together raw sunflower seeds, pumpkin seeds, and slivered almonds—combined with a little bit of dried fruit and some mini-chocolate chips (the chocolate chips are not SANE, but they make the trail mix taste better).

Lunch

I bring my own lunch to school each day because there really aren't any SANE options sold there. I have also found that making my lunch at night before I go to bed is easiest. Then I don't need to rush as much in the morning, and I can put more thought into the kinds of foods that I am putting into my lunch. It is also really helpful to make school lunches at night because I can take leftovers right from our dinner pots/pans, and I don't need to spend a long time getting the leftovers ready.

Helpful Tip Invest in some waterproof containers. These will make your life SO much easier! I can't tell you how many times I have brought SANE foods to school and then they leaked all over my backpack and school work. There are so many great styles and kinds to choose from!



- **Green Beans** - this is one of the foods where waterproof containers are necessary. I'm pretty picky when it comes to vegetables, but I do love green beans. I'll take an entire can of green beans, drain it, and then take it to school in my containers that don't leak. I'm also the kind of person that doesn't mind cold leftovers/vegetables, and I know that not everybody is like this. You'll just have to figure out what works best in your situation.
- **Carrots** - I bring lots and lots of carrots to school each day. I eat these all throughout the day. I try to bring lots of vegetables each day because I have plenty of passing periods and classes where I am allowed to eat. Instead of bringing chips or other junk food, I bring vegetables! (Or trail mix—described above).
- **Fruit**- If I have a lot of fruit at breakfast in my smoothie or yogurt, I won't bring as much for lunch, but I'll bring more fruit at lunch if I mostly had protein and vegetables at breakfast (salmon/turkey burger days). I typically bring strawberries, an orange, a pear, or blueberries for lunch. Occasionally I'll bring a pre-cut grapefruit and some Stevia. This is really up to you and how much fruit you plan to consume each day.
- **Greek Yogurt and Berries** - I explained this in the breakfast section, but on the days that I don't have Greek yogurt for breakfast, I'll bring it in my special container and have it for lunch.
- **Trail Mix** - I also talked about this in the breakfast section. Trail mix definitely fills me up, and it's quick and easy. My friends like it, too!
- **Leftovers** - I bring leftovers almost every single day. Our dinners consist of a lot of vegetables and some sort of protein. I'll just give a few examples of things that I typically bring. Also, I eat these leftovers cold every day—this may or may not work for you. Eggplant Lasagna - eggplant instead of noodles, ground meat, sugar free pasta sauce, tomatoes, and some cheese. Chicken kebabs-grilled chicken with peppers and red onions (we normally bake ours). Zucchini pasta- we have a special tool called the Spiralizer, and it turns vegetables into long noodle-looking pieces. I usually bring some sort of ground meat and sugar free spaghetti sauce with it. These are my most common leftovers, but I'll take pretty much whatever we were having the night before.
- **Salads** - I use spinach or romaine lettuce. I use pre-cooked chicken, strawberries (occasionally), and usually a homemade dressing—balsamic vinegar and oil. Make sure that you keep the dressing separate, or you'll have a soggy salad!
- **Soup** - this is probably my favorite way to pack in a ton of vegetables. I'll make a simple broth, and I'll add 5 carrots, 5-6 celery stalks, an onion, spinach (optional/occasionally I'll add this, but spinach isn't good for leftovers because it



gets soggy), and I'll add chicken into it as well. I can almost get 10 servings of vegetables into one soup. I actually don't like celery raw, but I love it cooked into soup! You might find that some vegetables that you dislike become your favorite when they are cooked into other things. I love to bring soup in the spill-proof containers, and I also like to eat it cold.

Dinner

Finding SANE dinners can sometimes be hard, but there are so many great options out there! Chances are, you will have to make some substitutions, and your family might not always like what you make, but you have to keep trying! I have found that by searching 'Paleo dinners' on Pinterest, you can find so many interesting recipes that are actually SANE! (SANESolution.com also has a Pinterest board, and they have meal plans available on their site, if you'd like!) You'll want to remember that practice makes perfect. We've had so many dinners flop and turn out really gross, but we just have to keep doing our best! Also, if you are able to, don't forget to take your dinners as leftovers for your lunches!

- **Vegetables** - These are a HUGE part of making our dinners. We try to incorporate as many vegetables as we can into each meal. We make taco/fajita salads, but instead of using tortillas, my mom uses romaine lettuce. Whenever we eat a protein that would usually go on rice, we just serve the meal with a vegetable tray. My family eats so many more vegetables when they are just out sitting on the kitchen counter. My mom also makes a bowl with 3-4 cans of green beans in it. Everyone just takes the amount that they want, and most times, we end up needing more. We also really like making our own vegetable dip with plain Greek yogurt and ranch dressing powder (from our local grocery store).
- **Eggplant Lasagna** - I already wrote the instructions in the lunch section, but this is one of my favorite SANE meals. I don't really know why. I never liked eggplant before going SANE! You can find the recipe for this on CarrieBrown.com.
- **Salads** - When our meals have a lot of protein but not as many vegetables, we have a salad to go along with it. Our salads mostly consist of romaine lettuce, tomatoes, peppers, avocados, etc. It's kind of like build-your-own-salad night. We look for low sugar/sugar-free dressing. It's so hard to find these, so I will often make my own. I just mix equal parts of olive oil and balsamic vinegar. Sometimes I'll just do the vinegar.
- **Plain, Grilled Chicken** - I don't know why, but this is one of our family favorites. We just get normal chicken and grill it with this 'Canadian' seasoning from the grocery store, and it is SO good. I'll eat it for leftovers, in salads, or just by itself.



Snacks

I have mentioned most of my snacks already, but here's a more detailed list. I love to eat, and before SANE, when I was counting calories, I had to limit myself, and I hated that. With SANE, I am constantly snacking and eating (mostly vegetables), but I am seeing so many great results from doing this! If you're someone that likes to eat only three meals a day and that's it, that's totally fine! But if you're like me, use all that snacking to your advantage, and take the time to eat tons more vegetables! I also use "snack times" to eat lots of different, random SANE foods, because I'm normally not hungry for a specific food throughout the day. I kind of just eat whatever I feel like, as long as I am eating the recommended amounts of everything.

- **Spinach Smoothies** - These saved me when I was first going SANE. Whenever I was hungry, I would eat a spinach smoothie. I started going SANE in the summer, and at first, I missed ice cream and typical summer treats/foods. I would just grab a spinach smoothie out of the freezer, and it would take the place of some of the foods that I missed. That's why I started making 20-25 per week. (More about smoothies back in the breakfast section.)
- **Protein Bars** - I wasn't a huge fan of protein bars until just recently when I found some great ones that I actually liked. I only do one protein bar per day, if I even decide to have one. I'll typically eat one at lunchtime if I didn't bring enough protein, but on weekends and school holidays, I eat them sometimes for a snack. My favorite brands are Pure Protein (cheapest ones are at Target online--otherwise you can buy them in bulk on Amazon or at other local stores). I also really like Quest bars (so does Jonathan Bailor), and they fill me up SO much.
- **Trail Mix** - Wow--trail mix is making it into about every meal! Just a handful is enough for me to feel full for a while.
- **"Donuts"** - Jonathan has an AMAZING recipe for "donuts" and "frosting" that is completely SANE, and our family loves them so much. They're not the real thing, but they're close enough!

I hope this is helpful, and if you want to email SANEFamilies@gmail.com and share *your* favorite SANE foods, we would love to hear about them!

(Be sure to check out our SANE Families program at LearnDoBecome.com/SANE!)

