

Daily Food

Kitchen Alchemy Well-Balanced Meals

This is what “daily food intake” looks like for us as a family. This is an excellent resource to follow when you are trying to feed your kids. Notice how we do NOT snack all day. There is one snack mid day, and the next snack is fruit. Personally, I am still a fan of Intermittent Fasting, and do not start eating until 11 /12 am each day and finish eating by 7/8pm. Therefore I often combine my breakfast and lunch so I still get the right amount of calories to keep me satiated all through the day. But this is an excellent guideline for those who are not intermittent fasting, and especially excellent to follow for our kiddos.

BREAKFAST	Power pancakes (recipe below), unlimited eggs, one piece GF or sprouted toast with butter from grass-fed cows or coconut oil (<i>I often add sauteed vegetables or salad to go alongside my eggs</i>)
SNACKS	One granola bar and one serving of chips, nuts, popcorn
FRUITS	One seasonal tree fruit and one banana or handful of berries
VEGETABLES	Unlimited. Focus on leafy greens
LUNCH	GF or sprouted bread or Rice Cake sandwich or GF crackers (with lunchmeat, almond butter or hummus) OR leftovers from dinner
DINNER	Family made well-balanced meal (reference dinner ideas)

*Power Pancakes Recipe [packed with fiber and protein!]

(adapted from Whole and Healthy

Family by: Jodi Mockabee)

This recipe is for a Huge batch of pancakes.

I love making them in one morning for breaky, eating them and then saving the rest to add to the toaster later with almond butter or cream cheese or as bread for a sammy. You can even freeze for later, or keep in the fridge until the next day for a “no make” simple breakfast that the whole family will be happy with!

** I buy my chia from costco or bulk barn. You can also use Flax Meal instead of chia... or half and half)

*** Optional: soak oats and chia seeds in 4 cups water with 2 tsp apple cider vinegar for 2 to 24 hours beforehand to activate enzymes and lower phytic acid. Drain oats and seeds prior to making the following ingredients.

INGREDIENTS

1 cup rolled oats or ½ cup steel cut oats

1 cup chia seeds

4 cups GF all-purpose flour

2 cups almond flour

8 eggs

¼ cup maple syrup

¼ coconut sugar

1 tsp baking soda

½ tsp baking powder

2 cups milk (any kind; we use raw or whole fat coconut)

2 tsp cinnamon

2 tbsp vanilla extract

INSTRUCTIONS:

Mix ingredients together. It should be very thick, almost like a muffin batter, but runny enough to pour. Add more milk or flour to adjust thickness, if needed. This will not alter the taste. Keep in the fridge for 2 to 3 days. Freeze them with parchment paper in the middle of each pancake, if needed. Serve with almond butter, maple syrup, butter, wild blueberry jam or berry compote.