



FRESH AND HEALTHY EATS

Rheumatoid Arthritis Cookbook
With Over 30 Recipes

CHERI SCHULTZ



Contents

Healthy Snacks

- 8 Almond Butter Bites
- 9 Frozen Yogurt Bark
- 10 Avocado Deviled Eggs
- 11 Oatmeal Banana Cookies
- 12 Chocolate Covered Almonds
- 13 Fig Almond Treats
- 14 Blueberry Almond Butter Dates

Breakfast Ideas

- 16 Egg Whites, Spinach & Avocados
- 17 Breakfast Banana Smoothie
- 18 Almond Flour Pancakes
- 19 Egg White Muffins
- 20 Strawberry Smoothie

Lunch Ideas

- 22 Cucumber Dill Chicken Salad
- 23 Cucumber Carrot Salad
- 24 Shrimp Cucumber Avocado Salad
- 25 Marinated Cucumber Salad
- 26 Chicken Waldorf Salad
- 27 Avocado Dressing



Contents

Dinner Ideas

- 29 Healthy Turkey Lettuce Wraps
- 30 Turkey Spinach Patties
- 31 Chicken Zucchini Enchiladas
- 32 Roasted Butternut Squash Soup
- 33 Salmon & Arugula Avocado Salad
- 34 Shrimp Boat Lettuce Tacos
- 35 Mushroom, Onion, Carrot Pot Roast

Veggie Sides

- 37 Teriyaki Snap Peas & Mushrooms
- 38 Roasted Breaded Cauliflower
- 39 Oven Roasted Balsamic Brussels Sprouts
- 40 Garlic Roasted Broccoli

Breads and Muffins

- 42 Almond Flour & Banana Muffins
- 43 Homemade Almond Flour Bread
- 44 Almond Flour Blueberry Muffins
- 45 Almond Flour Pumpkin Bread



Contents

Lifestyle

- 47 Easy Nightshade Substitutions
- 49 Meal Planner
- 50 Grocery List
- 51 Recipe Card
- 52 Recipe Testing
- 53 Conversion Chart
- 54 My Vitamin List
- 55 My Diet
- 56 Exercise Plan
- 57 Yoga Classes
- 59 Thank You!

ABOUT THE AUTHOR

Hi, I'm Cheri Schultz and in the summer of 2018 I was diagnosed with Rheumatoid Arthritis. When I heard the diagnosis, it initially took my breath away. I was very aware of this auto-immune disorder, the disease's progression and how it affects every joint in your body. My knowledge base came from working in the Medical field as a Respiratory Therapist for over 10 years.

I have always been a very active person and knew I needed to keep my joints moving to prevent them from crystalizing. When your joints crystalize you can lose all mobility. My first rheumatologist was very medication driven and wanted to write me a prescription immediately. I tried to ask her if there was any alternative to taking drugs and she just shrugged her shoulders and handed me the prescription.

I dove deep with my investigative skills, researching and asking everyone I knew if there was an alternative or a physician who believed in holistic methods for healing the body. The universe was on my side and I found the right physician. He believes food can heal your body and alleviate the pain. He was right! My pain has decreased by 80% in 2 1/2 years! The cookbook I have created illustrates the foods I eat every week to improve my health and overall well-being. My goal is to help you resonate with this healing approach to improve you mind, body and soul! Namaste'



INTRODUCTION

I understand staying “healthy” is completely subjective and is different for everyone. When putting together this cookbook, I have tried to keep the ingredients healthy and I will occasionally add ingredients that are not allowed. However, being on this lifestyle for over 2 1/2 years, has enabled me to know where my sensitivity level is for specific foods. For example, if I do eat a specific food where oats are included, I will only allow myself one cookie per day or perhaps only one bite. As your body is cleansed of sugar, carbohydrates, processed food and dairy, you will understand how your body will react, when to pull back or if that food needs to be eliminated from your diet.

The recipes in this book are the exact ones I use to cook my meals. I have tried to be creative so the food is flavorful, appealing and appetizing. This lifestyle change has made a huge impact on my energy level and overall well-being! Thank you for purchasing this book and making this dream a reality! None of this would be possible without all of you. I hope you enjoy all these recipes and my toast to you: “Is For Good Health, A Good Life and May Love and Laughter Brighten Your Days and Warm Your Home”

~ Cheri



Healthy Snacks





ALMOND BUTTER *Bites*

You're simply not going to believe these Almond Butter Bites until you taste them. The best part about these bites is that they are full of healthy ingredients. It is a great comforting snack and extremely delicious. These are my favorite!

.....

Ingredients

1 c old fashion oats
1/3 c honey
1 tsp cinnamon
1 tsp vanilla
1/2 c almond butter
1/2 c dark chocolate baking chips (Lily's brand - no sugar added)

Directions

Place all ingredients in a mixing bowl and blend them all together.

Chill in the refrigerator for at least an hour.

Once chilled, form into bite size balls.

Place them neatly on a plate and store any leftovers in a tightly sealed container.



FROZEN YOGURT *Bark*

If you have a sweet tooth like me, but sugar is taboo for arthritis recipients, then these frozen yogurt bites may be your secret weapon. These are made with SO Delicious Coconut Milk, a dairy free yogurt alternative. With only 1 gram of sugar for an entire cup! They taste as satisfying as they are easy to make!

.....

Ingredients

24 oz So Delicious coconut milk yogurt alternative
1/4 cup agave (honey or maple syrup are also ok)
raspberries
sliced strawberries
blueberries

Directions

Line a baking sheet with parchment paper and set aside.

In a mixing bowl combine yogurt and agave.

Transfer yogurt mixture to prepared baking sheet and spread it around until it is even.

Top with berries. Garnish with nuts (optional)

Freeze for 2 to 3 hours, or until firm. Cut into pieces and serve. Keep in the freezer.



AVOCADO DEVEILED

Eggs

This easy recipe could become a regular go to snack, part of your lunch, or it can even be your breakfast! The egg whites and avocados make a tasty, healthy alternative to deviled eggs. They are made without mayo, instead I used avocados to give them the perfect creamy consistency.

.....

Ingredients

6 eggs, hard boiled and peeled
2 avocados mashed
1 Tbsp fresh lime juice
2 Tbsp fresh cilantro, minced
1/4 tsp garlic powder
pinch of salt and pepper
paprika for garnish

Directions

Remove egg yolks from the halved eggs and place the egg whites on a small dish.

In a bowl, add the ripe avocados, lime juice, cilantro, garlic powder and salt and pepper.

Use a fork to mash the guacamole mixture until smooth.

Spoon (or use a frosting bag to pipe) the mixture into the halved eggs. Sprinkle with a dash of paprika, if desired.

Keep stored in an airtight container for up to 2 days.

Enjoy!



OATMEAL BANANA *Cookies*

These Oatmeal Banana Cookies with dairy free chocolate chips are made with just 5 simple ingredients and make healthy, wholesome oatmeal breakfast cookies or a snack everyone will enjoy!

.....

Ingredients

3 - 4 brown bananas, mashed
1 1/2 c old fashioned oats
1/4 c Lily's dark chocolate
baking chips (no sugar added)
1 tsp vanilla
1/2 c walnuts, chopped

Directions

Preheat oven to 350 degrees. Line a baking sheet with parchment paper or a silicone mat.

In a medium size bowl, mash bananas to a fairly smooth consistency. Add oats, vanilla and chocolate chips, mix well. If the mixture is still wet, add a few tablespoons of oats.

Using a tablespoon measuring spoon or trigger scooper, place mixture on cookie sheet 1 to 2 inches apart. Place in the oven on the center rack and bake for 20 minutes. Store in refrigerator.



CHOCOLATE COVERED *Almonds*

Are you a chocolate lover? Then these Chocolate Covered Almonds are the perfect treat when you are craving something sweet. You can now enjoy this guilty pleasure without worrying about joint pain or discomfort. Go ahead indulge and savor the moment!

.....

Ingredients

**7 oz of Lily's dark chocolate baking chips (no sugar added)
1/2 tsp coconut oil
2 c raw almonds (roasted work just as well)**

Directions

Melt chocolate chips and coconut oil in the microwave, stirring frequently until melted.

Carefully remove the bowl from the microwave and stir in the almonds.

Transfer the almonds to a baking tray covered in parchment paper.

You can place the tray in the refrigerator for about 20 minutes so the chocolate can firm up.

Store in the refrigerator to prevent them from melting.



FIG ALMOND *Treats*

If you are a fan of Fig Newtons then you are going to LOVE these Fig Almond Treats. It's so easy to make and only calls for 3 ingredients. This recipe will delight your sweet tooth palate!

.....

Ingredients

**1 c dried figs
1/4 c raw almonds
1 - 1 1/2 tsp water
raspberries for garnish**

Directions

In a food processor, combine figs, almonds and 1 tsp water. Pulse until mixed.

Check consistency and scrape the sides. If needed, add additional water. Mixture will be sticky.

Press the fig and almond mixture into a small dish and pack it tightly. Press until smooth.

Place in the refrigerator for at least an hour and then cut into slices.

Garnish with raspberries and serve.



BLUEBERRY AND ALMOND BUTTER

Dates

Now don't judge a book by it's cover. If you have never tried dates before, then this is the perfect recipe to try these sweet treats. These Almond Butter Dates are the perfect marriage of flavors and make a light and satisfying treat.

.....

Ingredients

**8 - 10 medjool dates
10 -12 blueberries
almond butter or any nut
or seed butter will work**

Directions

Preheat oven to 325 degrees and line a baking sheet with aluminum foil or a silicone mat.

Slice the dates down the middle and remove the pit. Place them on the baking sheet and add blueberries in the middle.

Bake for about 15 minutes.

Remove from the oven and let cool for a few minutes. Then add about 1 tsp of almond butter to each date.

Serve and store in the refrigerator in an air tight container.

Breakfast Ideas





EGG WHITES & SPINACH *Avocado Breakfast*

Scrambled egg whites is a healthy, fluffy, and delicious option for breakfast. This Egg White Scramble is loaded with leafy spinach and a generous amount of avocado. Not to mention, it's easy and quick to make!

.....

Ingredients

4 egg whites
handful of spinach
1/2 avocado
nonstick cooking spray
Everything Bagel seasoning

Alternative: Add a side dish of strawberries, blueberries or raspberries.

Directions

Spray skillet with nonstick cooking spray.

Whisk the egg whites before you place them in the pan. Combine the spinach and egg whites.

Cook the eggs and spinach on low heat and constantly mix so they don't form large lumps.

Remove from skillet and sprinkle with Everything Bagel seasoning. Garnish with avocado.



BREAKFAST BANANA *Smoothie*

This is one of my favorite breakfast meals. If you want to make believe you are eating ice cream for breakfast, then this is the perfect sweet treat. It is so refreshing and tasty. This is one breakfast meal I could eat everyday and never get bored with.

Ingredients

**2 frozen bananas
1/3 c cashew milk
2 tsp cinnamon
1 scoop plant based protein powder
slivered almonds
almond butter
chia seeds - (optional)**

Directions

Mix bananas, cashew milk, cinnamon, chia seeds, and protein powder in a blender until smooth and creamy

Scoop into serving bowl and garnish with slivered almonds and almond butter.

You can also add additional fruits such as strawberries or raspberries.



ALMOND FLOUR *Pancakes*

If you like pancakes that are light, fluffy, moist, and flavorful (who doesn't?), you're going to LOVE these Almond Flour Pancakes. I am so excited! I can now cook a hearty breakfast without worrying about sugar and carbs. I hope you enjoy these pancakes, as much as, I did!

.....

Ingredients

1 1/3 c almond flour
1 tsp baking powder
1/4 tsp salt
1/4 c almond or cashew milk
2 large eggs
1 Tbsp pure maple syrup
1 tsp vanilla
avocado oil for the pan

Directions

In a medium bowl, whisk together the almond flour, baking powder and salt.

In a small bowl, whisk together the almond milk, eggs, maple syrup and vanilla.

Pour the wet ingredients into the dry ingredients and stir.

Heat a skillet over medium-low heat. Brush pan with oil and use 1/4 c measuring cup to pour batter in the pan. Cook the pancakes until light brown (They darken quicker than pancakes used with regular flour.)

Serve with maple syrup and garnish with fruit.



EGG WHITE BREAKFAST

Muffins

Start your day out right with these healthy Egg White Muffin cups! These can be made ahead of time and stored away for tomorrow's breakfast or perhaps an afternoon snack. These egg muffins are versatile and can be changed to please your taste buds.

.....

Ingredients

32 oz egg whites (or eggs)
1 lb of cooked bacon, cubed
6 fully cooked turkey sausage links, cut up
2 c of spinach, cut up
1 c Daiya dairy-free mozzarella shredded cheese
non cooking spray
salt and pepper to taste

Directions

Preheat oven to 350 degrees Grease a standard non stick 12 slot muffin pan with cooking spray, set aside.

In a medium bowl, whisk together the egg whites and set aside.

In a separate bowl, mix together the bacon, turkey sausage, spinach and dairy free shredded cheese.

Scoop the mixture into the prepared muffin pan. Now evenly distribute the egg whites into each muffin pan. Place in oven for approximately 20-22 minutes until brown. Serve warm.

Store in refrigerator and reheat in microwave!



STRAWBERRY BANANA *Smoothie*

This easy Strawberry Banana Smoothie recipe calls for just 4 ingredients. How easy is that? This smoothie is sweet and creamy, with a fresh strawberry banana flavor! Plus this healthy breakfast will be ready in minutes.

.....

Ingredients

2 c frozen strawberries
1 medium frozen banana
3/4 c cashew or almond milk
1 scoop of plant based protein

Directions

Place all ingredients in a blender and blend until smooth.

Add a touch more milk as needed to reach a texture to your liking.

Garnish with strawberries or bananas.

Lunch Ideas





CUCUMBER DILL CHICKEN

Salad

This Cucumber Dill Chicken Salad can come together in less than 15 minutes and tastes delicious thanks to the crisp cucumbers and flavorful herbs. This is made with vegenaïse mayo which is egg free, dairy free and sugar free.

.....

Ingredients

3 cups chopped chicken
1/3 c vegenaïse mayo
1 Tbsp dijon mustard
Juice of 1/2 lemon
1/3 c green onion, chopped
3/4 c seedless cucumber, chopped
1/2 c celery
1/4 c fresh parsley, chopped
1 tsp dill
1 tsp sea salt
1/4 tsp ground black pepper

Directions

Mix all ingredients in a large bowl and stir until completely combined.

This salad can be eaten alone or combined with romaine lettuce.

I would also recommend using rotisserie chicken, the intensity adds extra flavor.

Store any leftovers in an air tight container in the refrigerator.



CUCUMBER CARROT *Salad*

This Cucumber and Carrot Salad is an easy lunch salad or it can also be used as a side dish. It's light, crunchy, refreshing and has a ton of flavor! This is the perfect dish to rally behind clean eating. You will not be disappointed

Ingredients

1 english cucumber, cut up
1 1/2 c shredded carrots
1/4 c green onions, chopped
1/4 c parsley, chopped

Dressing

2 garlic cloves, minced
1/4 tsp ginger paste
1 Tbsp honey
2 tsp soy sauce
1 Tbsp apple cide vinegar
1 Tbsp rice vinegar
2 tsp sesame seed oil
1 1/2 Tbsp sesame seeds
salt and pepper to taste

Directions

Combine the cucumbers, carrots, green onions, and parsley in a bowl. Set aside.

In another bowl, whisk together the garlic, ginger paste, honey, soy sauce, apple cider vinegar, rice vinegar and sesame seed oil. Taste for seasoning and adjust to individual preference.

Toss the cucumbers, green onions, parsley and carrots with the dressing. Fold in the sesame seeds. Chill for 20 minutes and then serve.



SHRIMP CUCUMBER *Avocado Salad*

This Shrimp Cucumber Avocado salad is loaded with flavor! I have used a very light fresh lemon dressing which adds the extra zest to tantalize your taste buds. This dish will thrill your palate and you will come back for more!

.....

Ingredients

For The Shrimp:

**12-14 uncooked extra large shrimp (peeled & deveined)
1 Tbsp butter
avocado or olive oil**

For the Salad:

**10 oz pkg of coleslaw mix
1 1/2 c cucumbers, chopped
1/2 c red onions, chopped
2 avocados, chopped
1 Tbsp fresh cilantro, chopped
2 Tbsp lemon juice
4 Tbsp avocado or olive oil
salt and pepper to taste**

Directions

Pat dry your shrimp.

In a skillet, heat butter with a little oil over medium heat. Add the shrimp and salt and pepper. Saute' until they are thoroughly cooked.

In a large salad bowl combine slaw, cucumbers, red onions, avocados, cilantro and shrimp.

In another bowl, pour the lemon juice, oil and add salt and pepper to your taste. Whisk everything together until blended. Pour over the salad.

Toss to combine and enjoy!



MARINATED CUCUMBER

Salad

Mix up your luncheon salads and try a Marinated Cucumber salad. The combination of the tangy and sweet flavors is a classic salad. Light, cooling, and oh-so refreshing. This easy salad is made with sliced cucumbers and enhanced with slivers of sweet onion with a tangy vinaigrette dressing.

Ingredients

1 large english (seedless) cucumber, thinly sliced
1/4 c sweet onion, thinly sliced
1/3 c rice vinegar
1 Tbsp sesame seeds
1/2 tsp dried dill
3/4 tsp salt
3/4 tsp honey

Directions

Place the thinly sliced cucumbers in a bowl.

Combine all the remaining ingredients and gently toss in the cucumbers until they are evenly coated.

Place in a tight fitting container with a lid and refrigerate for at least an hour before serving. This will allow the cucumber and onions to marinate and improve the overall flavor.

Gently toss before serving and enjoy!



CHICKEN WALDORF *Salad*

What do you get when you combine diced apples, celery, grapes, walnuts and chicken? A scrumptious and healthy Chicken Waldorf Salad. This salad is a sweet/savory dish, light on its feet but filling enough to be an entrée. Its all about the flavors and texture combinations in this dish.

.....

Ingredients

1 medium apple, chopped
2 Tbsp fresh lemon juice
2 c diced cooked chicken
1 c seedless grapes, halved
1 stalk celery
1/2 walnuts, chopped

Dressing

2/3 c vegenaïse mayo
½ small lemon, juiced
salt, black pepper to taste

Directions

In a medium sized bowl, whisk together the vegenaïse lemon juice, salt and pepper.

Stir in the apples, lemon juice, chicken, grapes, celery, and walnuts.

Serve on a bed of fresh lettuce.



AVOCADO *Dressing*

This delicious creamy avocado dressing is the perfect dressing for all salads. It's incredibly versatile and can be made thick like mayo or thin like vinaigrette, depending on your needs.

.....

Ingredients

1 avocado
1/4 c olive or avocado oil
1/4 c water or more for a thinner consistency
1/4 c cilantro or basil
1 lime juiced
2 garlic cloves, minced
salt and pepper to taste

Directions

Cut the avocado in half and remove the pit. Scoop the flesh out and place in food processor or blender.

Add all the remaining ingredients to the food processor or blender. Blend until creamy and feel free to add more water for a thinner consistency.

You can store the avocado salad dressing in a airtight storage container for up to 5 days in the refrigerator.

Dinner Ideas





HEALTHY TURKEY LETTUCE

Wraps

If you are a fan of P.F. Chang's lettuce wraps then you will LOVE this quick, easy recipe. Not only are the flavors in this dish delectable, but the entire recipe only takes about 15 minutes from start to finish!

Ingredients

1 ¼ lb. lean ground turkey
3 cloves garlic minced
4 green onions, chopped
1/2 c water chestnuts, chopped

5 Tbsp hoisin sauce
1 tsp rice vinegar
2 tsp soy sauce
1 Tbsp ginger paste

Directions

Add turkey and garlic to the pan and cook for about 6 minutes or until turkey is browned.

Combine turkey mixture, onions and water chestnuts in a large bowl stirring well. Set aside.

In a small bowl, whisk together hoisin sauce, rice vinegar, soy sauce and ginger paste. Drizzle over the turkey mixture to coat completely.

Add about ¼ cup turkey mixture to each lettuce leaf, serve and enjoy. Garnish with green onions.



TURKEY SPINACH *Patties*

These tender Turkey Spinach Patties are the perfect lean alternative to cook for dinner. It's a fun way to liven up the boring old classic turkey burger. They are flavorful, tender and it just might become your favorite recipe for supper.

.....

Ingredients

1.5 lbs of ground turkey
3/4 c bread crumbs
2 cloves garlic, minced
1 large egg
1 small onion, chopped
1 tsp garlic salt
12 oz bag of frozen chopped spinach
salt and pepper to taste
G Hughes sugar free bbq sauce for garnish

Directions

In a large bowl, mix the ground turkey, bread crumbs, garlic, egg, onions, garlic salt, chopped spinach and salt and pepper to taste. Knead with your hands until well blended.

To make the perfect circles, I used a 3" round cookie cutter. I placed the cookie cutter on a silicone mat which was located on a cookie sheet.

I placed the turkey mixture into the cookie cutter and pulled the cookie cutter off to reveal a perfect circle.

Bake at 350 for 20 minutes. Garnish with sugar free bbq sauce. Side dishes could include a salad or vegetable.



CHICKEN ZUCCHINI *Enchiladas*

Swap out those tortillas for thinly sliced zucchini and try these low carb, tasty Zucchini Enchiladas. They're made with shredded chicken, green enchilada sauce and two types of cheeses. One side is non-dairy and the other side is with dairy shredded cheese. Can you guess what side is mine?

.....

Ingredients

1 Tbsp olive or avocado oil
1 medium onion, chopped
2 cloves garlic, minced
1 tsp chili powder
salt and pepper to taste
3 c shredded chicken
1 1/2 c green enchilada sauce
2 large zucchinis
1 cup shredded cheese
2 slices Daiya cheddar dairy-free cheese
cilantro and avocado for garnish

Directions

Preheat oven to 350 degrees. In a skillet, with a little oil saute' onions over medium heat. Then add the garlic, chili powder and salt and pepper. Add the cooked shredded chicken and a 1/2 cup of the green enchilada sauce and stir until coated.

On a cutting board, use a Y-shaped vegetable peeler to peel thin slices of zucchini. This takes precision so go slowly. Lay out 3 slices, slightly overlapping, and top with a spoonful of chicken mixture. Roll up and transfer to a baking dish. Repeat with remaining zucchini and chicken mixture.

Pour the remaining enchilada sauce over the enchiladas and top with shredded cheese and/or dairy-free cheese. Bake for 20 minutes. Garnish with avocados and cilantro.



ROASTED BUTTERNUT SQUASH

Soup

Butternut squash is something I didn't appreciate until I was an adult. This delicious, creamy and savory squash soup is just what you need for a quick, cozy dinner at home. Pair this soup with some homemade almond bread (recipe below) and once you make it, I just know you'll be hooked on this flavorful soup.

.....

Ingredients

1 butternut squash, chopped
1 small yellow onion, chopped
2 carrots, chopped
3 Tbsp olive oil or avocado oil
2 tsp cinnamon
1 1/2 tsp salt
1/2 tsp cumin
3 cups chicken broth
2 Tbsp butter
1 tsp chili powder
Garnish with green onions

Directions

Preheat oven to 400 degrees.

In a large bowl, combine the butternut squash, onions, carrots, olive oil, cinnamon, salt and cumin coating the squash well. Spread out on a baking sheet with aluminum foil or a silicone mat and roast for 35-40 minutes until soft.

In a large pot add the chicken broth, butter, chili powder and roasted vegetables. Bring to a boil, reduce heat to low and allow to simmer for 20 minutes.

I use my Vitamix blender and I pour the entire pot into the blender and puree all the ingredients until smooth.

Serve warm - Delish!!



SALMON AND ARUGULA

Avocado Salad

Salmon is a perfect protein for busy nights. It can be cooked in about 15 minutes and served warm, room temperature or cold. This easy Salmon Arugula Salad highlights the flavor of salmon with its richness and buttery texture.

.....

Ingredients

1 lb salmon fillet
2 Tbsp softened butter
salt and pepper to taste
6 c baby arugula
1 avocado, diced

Lemon Vinaigrette
2 Tbsp lemon juice
1 Tbsp rice vinegar
3 Tbsp olive or avocado oil
1 large shallot thinly sliced
salt and pepper to taste

Directions

Preheat oven to 350 degrees. Line a baking sheet with aluminum foil or a silicone mat.

Place the salmon on the baking sheet and spread with butter. Season to your liking and bake for 15-20 minutes. Let it cool on the baking sheet.

Place the arugula and avocado in a large bowl. In a small sealed container combine the lemon juice, rice vinegar, olive oil, shallots and salt and pepper. Shake to blend. Pour most of the dressing on the salad and toss to combine.

Drizzle the remaining vinaigrette on the salmon and serve.



SHRIMP BOAT LETTUCE

Tacos

These Shrimp Lettuce Wraps pack a flawless combination of flavors and textures. The lettuce leaves add a delicious crunch and freshness to the tacos and you will likely not miss the tortillas. These shrimp tacos make an amazing lunch or dinner.

.....

Ingredients

8 ounces (½ pound) shrimp
1½ Tbsp chili powder
garlic salt to taste

Slaw:

10oz pkg green cabbage slaw
¾ c veganaise mayo
small red onion, diced
1 medium lime, juiced
¼ c cilantro, chopped
1 medium avocado
6 large romaine lettuce leaves

Directions

Saute' the shrimp, chili powder, and garlic salt until the shrimp is cooked thoroughly.

Slaw: In a medium bowl, mix together coleslaw, veganaise, red onion, ¼ of the lime juice and cilantro. Mix together and season with garlic salt to taste.

To assemble the tacos, start with the lettuce cup base. To make the lettuce cups stronger, stack two leaves of romaine lettuce on top of each other. Fill each lettuce cup with ⅛ of the slaw, add three shrimp, and then garnish to your liking.

Garnish with guacamole, cilantro, lime juice or avocados. Serve warm.



MUSHROOM, ONION, CARROT *Pot Roast*

Tender and juicy, this Pot Roast transforms an affordable cut of meat into a delicious and flavorful dinner. The beef slowly bakes with the mushrooms, onions and carrots for an easy one pot meal, which is healthy and very appetizing.

.....

Ingredients

3-5 lbs chuck roast
olive or avocado oil
1 medium onion, chopped
16 oz mushrooms, quartered
4 large carrots, sliced
3 beef bouillon cubes
salt and pepper to taste

Directions

Place chuck roast in a pan with a small amount of olive oil, season to your liking and sear both sides for approximately 5 minutes to seal in juices.

In a separate skillet saute onions and mushrooms until tender.

Place pot roast, onions, mushrooms, carrots and beef bouillon in a crockpot for approximately 6 hours on low.

Serve warm with a side of your homemade almond flour bread. (recipe below)

Veggie Sides





AIR FRYER TERIYAKI

Snap Peas & Mushrooms

Snap Peas & Mushrooms are one of our favorite weeknight side dishes, so I am always looking for new ways to prepare them. These make the perfect healthy side dish that is ready in minutes. Plus they are so flavorful - YUM! Sometimes I double the recipe so we have leftovers during the week.

.....

Ingredients

1 (8 ounce) package fresh sugar snap peas
1 (8 ounce) package mushrooms, sliced
3 Tbsp teriyaki sauce (low sugar)
2 tsp avocado oil (or olive oil)
salt and pepper to your taste

Directions

Preheat air fryer to 400 degrees

Combine snap peas, mushrooms, teriyaki sauce and olive in a large bowl; stir until combined.

Transfer vegetable mixture to the air fryer. Air fry for 12 minutes, shaking halfway through cook time.

OR

Cook them in a skillet. Stir-fry the snap peas, mushrooms and teriyaki sauce in the oil until crisp and tender.



ROASTED BREADED *Cauliflower*

Roasted Breaded Cauliflower is a healthy, quick and easy dinner side that is extremely versatile and can be very addictive. It is the answer to all your side dish dilemmas made with minimal effort and with a huge flavor. It can also be customizable with your own favorite seasonings. This is my favorite veggie dish!

.....

Ingredients

1 medium head of cauliflower, cut into florets
3-4 Tbsp olive or avocado oil
1/2 c italian bread crumbs
1 tsp garlic salt
large ziploc bag
salt and pepper to taste

Directions

Preheat oven to 350 degrees. Place cauliflower florets into a gallon size ziploc bag.

Add oil to cauliflower florets and shake the bag until the florets are coated.

Now add the bread crumbs to the bag and shake once again until the florets are coated with the bread crumbs.

Spread out on a baking sheet. I always use a silicone baking mat. Sprinkle with garlic salt.

Bake for about 30 minutes until golden brown.



OVEN ROASTED BALSAMIC *Brussels Sprouts*

These Roasted Brussels Sprouts are a favorite of mine and is one of my husband's favorite side dishes. These vegetables are roasted with oil, balsamic vinegar, seasoning, and provide a simple side dish you'll love.

.....

Ingredients

2 lbs of brussels sprouts, halved
1/3 c olive or almond oil
2 Tbsp balsamic vinegar
2 cloves garlic, minced
garlic salt to taste

Directions

Preheat oven to 425 degrees. Line a baking sheet with aluminum foil or a silicone baking mat and spread a small amount of oil to the surface of the baking pan.

In a large bowl combine the brussels sprouts, oil, vinegar and garlic. Toss thoroughly to ensure they are coated.

Place brussels sprouts face down and spread evenly in the baking pan.

Roast for 20-25 minutes or until the sprouts are tender and crisp on the outside. Remove from oven. Drizzle with a little balsamic vinegar and sprinkle with a little garlic salt to taste.



GARLIC ROASTED *Broccoli*

Here's a great way to make broccoli if you are tired of making it the same old way. Roasting broccoli with garlic creates a sweet, nutty delicious flavor and the aroma makes for a tasty side dish.

.....

Ingredients

2 heads of broccoli, cut into florets
3 Tbsp coconut oil, melted
5 cloves garlic, minced
1 tsp salt
1/2 tsp pepper
1 tsp lemon juice

Directions

Preheat oven to 400 degrees. Line a baking sheet with a aluminum foil or a silicone mat.

In a large bowl combine the broccoli, oil, garlic, salt and pepper. Toss thoroughly to ensure they are coated.

Place broccoli evenly in the baking pan.

Roast for 15-20 minutes or until the broccoli is tender and the edges are brown. Turn half way through the baking process. Remove from oven. Drizzle with a little lemon juice before serving.



Bread & Muffins



ALMOND FLOUR & BANANA *Muffins*

These Almond Flour Banana Muffins are easy to make and they make the perfect addition to a healthy breakfast. I usually pair this muffin with a side of berries. Be sure to use ripe bananas. It will provide that extra sweetness to this recipe.

.....

Ingredients

3 very ripe bananas
3 large eggs
1 tsp vanilla
1 Tbsp honey
1 tsp cinnamon
1 tsp baking soda
1/2 tsp baking powder
1/4 tsp salt
3 cups almond flour
1/4 cup Lily's chocolate chips
(no sugar added)
cooking spray

Directions

Preheat oven to 350 degrees. Spray muffin pan with cooking spray.

With a mixer add bananas, eggs, vanilla, honey, cinnamon, baking soda, baking powder, salt and blend until smooth.

Add almond flour to combine and then add the chocolate chips.

Divide batter into 12 prepared muffin tin and bake for 30 minutes, until golden brown or toothpick inserted comes out clean.

Remove from oven and let cool for 20 minutes.



HOMEMADE ALMOND BUTTER

Bread

This delicious bread comes together very quickly and it's made with almond flour and smells so good when it bakes. It has a pleasant neutral taste, making it the perfect canvas for fruit or savory toppings. It is also very filling!

Ingredients

3/4 c almond butter
5 eggs (or egg whites equivalent)
1/4 c coconut oil, melted
1 Tbsp honey
1 tsp apple cider vinegar
1/4c flaxseed meal
3 Tbsp coconut flour
1 tsp baking soda
1/2 tsp salt

Directions

Preheat oven to 350 degrees. Line a loaf pan with parchment paper. In a large bowl, blend the almond butter, eggs, coconut oil, honey and apple cider vinegar together with a hand mixer.

In a separate bowl, mix together the flaxseed meal, coconut flour, baking soda and salt. Now mix the dry ingredients into the wet ingredients.

Pour the dough into the prepared baking pan. Bake for 30-35 minutes until browned and completely set. Remove from the oven and allow the loaf to cool in the pan for 10 minutes, then remove and allow it to cool completely. Store in an airtight container in the refrigerator for one week.



ALMOND FLOUR BLUEBERRY *Muffins*

These Almond Flour Blueberry Muffins are super easy, moist and have delicious blueberry flavor. These muffins make the best breakfast or snack! They freeze well and can easily be defrosted in the microwave, refrigerator or counter.

.....

Ingredients

**2 c almond flour
1/2 tsp baking soda
1/2 tsp baking powder
1/8 tsp salt
2 eggs
2 egg whites
1/4 c honey
2 Tbsp olive oil
1 tsp vanilla
2 Tbsp lemon juice
1 c of blueberries**

Directions

Preheat oven to 350 degrees and line 12 muffin tins with baking cups.

In a medium bowl, whisk together almond flour, baking soda, baking powder and salt. Set aside.

With an electric mixer beat together eggs, egg whites, honey, olive oil, vanilla and lemon juice. Mix until combined.

Slowly add the almond flour mixture into the wet ingredients until fully blended. Now gently fold in the blueberries.

With a large spoon, drop mixture evenly into the 12 lined muffin tins. Bake for 25 minutes and let cool.



ALMOND FLOUR PUMPKIN *Bread*

This healthy Pumpkin Bread is moist and delicious without white flour, sugar, or added oil. Almond flour, made from ground blanched almonds, is the key ingredient that gives this bread its tender crumb, rich flavor and healthy nutritional value.

Ingredients

1 1/2 c almond flour
1/2 c coconut flour
1 1/2 Tbsp cinnamon
1/2 tsp pumpkin pie spice
1 tsp baking soda
pinch of salt
3 eggs
1/2 c pure maple syrup
1 1/4 c pumpkin puree
4 Tbsp coconut oil, melted
2 tsp pure vanilla extract
1/2 c walnuts, chopped

Directions

Preheat oven to 350 degrees. Line a loaf pan with parchment paper. In a large bowl, blend the almond flour, coconut flour, cinnamon, pumpkin pie spice, baking soda and salt. Set aside.

In a separate bowl, place eggs and maple syrup and whisk to combine. Add pumpkin puree, coconut oil and vanilla and whisk to combine. Now add the almond flour mixture and mix until fully blended. Fold in chopped walnuts and then pour batter into the prepared loaf pan.

Sprinkle with extra chopped walnuts over the top, if desired.

Bake 55-65 minute or until toothpick inserted comes out clean. Allow to cool before slicing.



EASY

Nightshade

SUBSTITUTIONS



white potatoes



Sweet potatoes



turnips



parsnips



tomatoes



pumpkin



butternut squash



beets



bell peppers



carrots



radishes



celery



cucumbers



chili and cayenne pepper



black pepper



tumeric



cloves



ginger



garlic powder



egg plant



portobello mushrooms



okra



zucchini



”

**Cooking Is Love
You Can Taste**

Meal Planner

MONDAY

| | | | |
|-----------|-------|--------|--------|
| Breakfast | Lunch | Dinner | Snacks |
|-----------|-------|--------|--------|

TUESDAY

| | | | |
|-----------|-------|--------|--------|
| Breakfast | Lunch | Dinner | Snacks |
|-----------|-------|--------|--------|

WEDNESDAY

| | | | |
|-----------|-------|--------|--------|
| Breakfast | Lunch | Dinner | Snacks |
|-----------|-------|--------|--------|

THURSDAY

| | | | |
|-----------|-------|--------|--------|
| Breakfast | Lunch | Dinner | Snacks |
|-----------|-------|--------|--------|

FRIDAY

| | | | |
|-----------|-------|--------|--------|
| Breakfast | Lunch | Dinner | Snacks |
|-----------|-------|--------|--------|

SATURDAY

| | | | |
|-----------|-------|--------|--------|
| Breakfast | Lunch | Dinner | Snacks |
|-----------|-------|--------|--------|

SUNDAY

| | | | |
|-----------|-------|--------|--------|
| Breakfast | Lunch | Dinner | Snacks |
|-----------|-------|--------|--------|

Grocery List

FRUITS

| | | | |
|--------------------------|-------|--------------------------|-------|
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |

EGGS, ALMOND/ CASHEW MILK

| | | | |
|--------------------------|-------|--------------------------|-------|
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |

CHICKEN AND TURKEY

| | | | |
|--------------------------|-------|--------------------------|-------|
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |

FROZEN FOODS

| | | | |
|--------------------------|-------|--------------------------|-------|
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |

CANNED

| | | | |
|--------------------------|-------|--------------------------|-------|
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |

VEGETABLES

| | | | |
|--------------------------|-------|--------------------------|-------|
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |

FISH / SALMON / SHRIMP

| | | | |
|--------------------------|-------|--------------------------|-------|
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |

GREENS: SPINACH, KALE, BIB, ROMAINE

| | | | |
|--------------------------|-------|--------------------------|-------|
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |

OTHER

| | | | |
|--------------------------|-------|--------------------------|-------|
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |

| | | | |
|--------------------------|-------|--------------------------|-------|
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |
| <input type="checkbox"/> | _____ | <input type="checkbox"/> | _____ |

Recipe Testing

RECIPE

RATING























Conversion Charts

OVEN TEMPERATURES

| gas mark | °C | °F |
|----------|-----|-----|
| 1 | 140 | 284 |
| 2 | 150 | 302 |
| 3 | 160 | 320 |
| 4 | 170 | 338 |
| 5 | 180 | 356 |
| 6 | 190 | 374 |
| 7 | 200 | 392 |
| 8 | 210 | 410 |
| 9 | 220 | 428 |

WEIGHTS

| ounces | grams |
|--------|-------|
| 1 | 28 |
| 2 | 57 |
| 3 | 85 |
| 4 | 113 |
| 5 | 142 |
| 6 | 170 |
| 7 | 198 |
| 8 | 227 |
| 9 | 255 |
| 10 | 283 |
| 11 | 312 |
| 12 | 340 |
| 13 | 369 |
| 14 | 397 |
| 15 | 425 |
| 16/1lb | 453 |

VOLUMES

| fluid ounces | milliliters |
|--------------|-------------|
| 1 | 30 |
| 2 | 59 |
| 3 | 89 |
| 4 | 118 |
| 5 | 148 |
| 6 | 177 |
| 7 | 207 |
| 8 | 237 |
| 9 | 266 |
| 10 | 296 |
| 15 | 444 |
| 16 | 473 |
| 1¼ pints | 592 |
| 1½ pints | 709 |
| 1¾ pints | 828 |

VITAMINS



These are the vitamins I take on a daily basis. At this moment I do not take any medication for my Rheumatoid Arthritis, however, I do take a variety of vitamins to help control the pain and boost my immune system. I also lift weights and do yoga every day.

I understand this may not be feasible for everyone but I choose to regulate the pain (based on the advice of my Rheumatologist) by using this holistic approach of vitamins, exercising daily and eating specific foods. It's all about controlling the pain. **Food is Medicine**. My goal is to stay clear of medication until the pain becomes intolerable. I may have Rheumatoid Arthritis but Rheumatoid Arthritis does not have ME!

Vitamin C - 500 mg
Calcium - 500 mg
Tumeric with Curcumin - 500 mg
Magnesium Citrate - 250 mg
Krill Oil - 500 mg
Vitamin D3 - 50 mg (2000 IU)
Vitamin B12 - 1000 mg
Glucosamine Chondroitin - 750 mg

All these vitamins and supplements were recommended by my Rheumatologist.

MY DIET / LIFESTYLE



All these recipes mirror what I eat on a daily basis. I do NOT eat **Dairy, Sugar, Carbohydrates, Night Shade Vegetables or Processed Food**. So, I am sure you are asking yourself - what does she eat?

I eat fresh fruit, vegetables and protein (fish, chicken, grass fed beef, shrimp and turkey).

My Rheumatologist suggested I only eat 4 pieces of fruit a day, due to the natural sugars and recommended berries of any kind. If I need a crunchy snack, I eat nuts that grow on trees: **Pistachios, Almonds, Cashews** and occasionally I will eat **Walnuts**.

For my drinking pleasure; Water, unsweetened tea and coffee with a 1/2 teaspoon of dairy creamer. I cannot drink my coffee black.

Please keep in mind, this lifestyle change was given to me by my Rheumatologist to control the pain. I know it may not be suitable for everyone but it has decreased my pain by 80%. There is no cure for RA but I am trying to control the pain, by eating healthy, exercising and taking vitamins on a regular basis.

EXERCISE PLAN



YES, I do yoga every day and I have been a yoga instructor for over 16 years. The very first time I went to my Rheumatologist, who recommended this holistic approach to controlling the pain, informed me there were two exercises I should consider doing today and for the rest of my life. Guess what they were? ***Yoga and Weight Lifting!*** I started to chuckle when he said yoga. I informed him, I was a yoga instructor and have been practicing yoga for over 15 years. The universe and God always know the end before the beginning. I believe NOTHING is a coincidence!

By doing yoga, you keep your muscles flexible, stretched and your joints are moving which prevents them from crystalizing, causing the pain. The weight lifting is always lubricating the joints by lifting and releasing.

YOGA CLASSES



If you are interested in joining any of my Chair Yoga classes, I currently teach Chair Yoga 2x's a week through Zoom. These classes are \$5 per person and we perform all yoga poses sitting in the chair. Click on the "YOGA" photo below to view a list of classes and times.



www.cherischultz.com/yoga-classes

CHAIR YOGA MEMBERSHIP SITE

I also created a Chair Yoga Membership site with contains over 80 Chair Yoga videos. You can do Chair Yoga in the comfort of your own home at your convenience and do a different video each day.

This membership program was designed to help you gain flexibility, improve your balance, strength, and decrease your stress and anxiety. Even if you have never tried Chair Yoga before, these classes are designed for any Body at any Age.

To encourage you to move your muscles and joints, I have also included 2 LIVE Zoom classes each week in the cost of this membership. So not only can you do Chair Yoga in the privacy of your own home, but you can also join me for LIVE sessions twice a week.

The membership is \$22 per month and the 8 LIVE Chair Yoga Sessions each month more than pays for the monthly membership, since each Zoom LIVE session on its own costs \$5.

Let's do this together and begin living a healthy, happy LIFE!! Click on the **photo** below and let's get started!!



<https://www.cherischultz.com/membership-site>

THANK YOU



Thank You! It's easy to say two words, but a real thank you is so much more than two words. **Thank You** has a power that can bind people together, join lasting relationships and increase the mental well-being of both parties.

This cookbook would not be possible without ALL of you encouraging me to bring it to fruition. I never realized my RA could impact the collective the way it has. I hope this cookbook will inspire you to try some healthy alternatives enabling you to improve your overall health. Imagine how energized and alive your body will feel. This can be a gift of love, not only for yourself but also for your family!

Namaste'

Cheri

