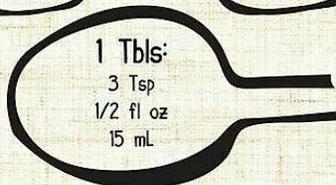
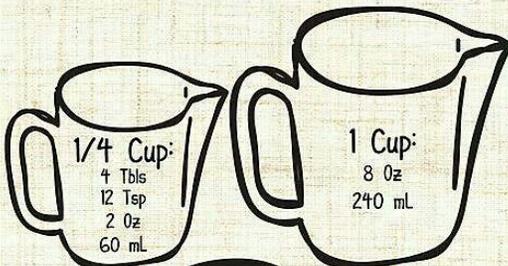




## Kitchen Measurements Cheat Sheet



12 Tomatoes

## SOURCES OF Plant PROTEINS

GET HEALTHY 10

### PINTO BEANS

1 cup  
15.51 grams



### BLACK BEANS

1 cup  
15.24 grams

### PEAS

1 cup  
16.35 grams



### BROCCOLI

1 cup  
2.6 grams

### WILD RICE

1 cup  
6.54 grams



### ALMONDS

1/4 cup  
7.56 grams

### WALNUTS

1/4 cup  
4.45 grams



### EDAMAME

1 cup  
18.46 grams

### FLAX SEED

1 tablespoon  
1.88 grams



### AVOCADO

1/2 avocado  
3.5 grams

### DRIED APRICOTS

1/2 cup  
3 grams



### SPINACH

1 cup  
5.3 grams

### CHIA SEEDS

1 ounce  
4.7 grams



### OAT BRAN

1 cup  
7.03 grams

### QUINOA

1 cup  
8.14 grams



NOTES:



Tiffany Dotson – Just using food as a means to love and serve others.

**EAT GOOD FOOD!!**

Just a few recipes from me and mine to you and yours!

The Seasoned Pan

@TheSeasonedPan

### Morning Sunrise

2 whole oranges – segmented or peeled  
1 granny smith apple  
½ Banana  
8 Chunks Pineapple  
10 Chunks Mango  
1 lemon Juiced  
1 teaspoon honey (optional)  
1.5 -2 Cups coconut water – preferably “Young Coconut” water  
Handful of Ice  
-Blend until smooth yield 3-4 one cup servings

### Banana Seed

1 Ripe Banana  
1 cup of Almond Milk (Vanilla or Chocolate) \* Any Milk you like can be substituted  
¼ tea Vanilla Extract  
1 teaspoon flax seeds  
1 teaspoon hemp seeds  
¼ cup frozen yogurt (optional if making for a sweet snack 😊)  
Handful of Ice

### Dinosaur Juice

1 cup of kale  
1 cup Spinach  
½ cup watercress  
½ lemon juiced  
1 orange, peeled  
1 banana  
1.5 Tablespoons Flaxseed  
1 teaspoon Hemp seeds  
½ cup frozen Pineapple  
½ - 1 cup of water (Or Coconut water, or apple juice)  
Handful of ice  
-Blend until smooth- Serves 2  
\* For extra fun you can sub the water for coconut milk!

Note: The beauty of smoothies is you can play with your ingredients anyway you wish. **GET CREATIVE!**

### Bacon & Cheese Quiche

#### The Goods:

1 (9 inch) refrigerated pie crust – or make your own!  
5 large eggs, beaten \* try to use Organic if you can \*  
1 cup heavy cream  
1 cups chopped baby spinach  
½ cup chopped Kale  
1 small tomato diced  
4-6 strips thick cut bacon, cooked and chopped  
¾ cup shredded cheddar cheese  
¼ cup shredded gruyere cheese  
½ teaspoon onion powder  
1/2 teaspoon pepper  
1/4 teaspoon salt

#### How to:

Preheat oven to 375 degrees F.  
Beat eggs with whisk until blended. Combine cheese in a small bowl remove 2 tablespoons & set aside. Add cream, onion powder, salt, and pepper. In the bottom of your pie crust layer chopped spinach, kale, tomato, then layer chopped cooked bacon, and then layer shredded cheese. Layer once more, spinach, kale, tomato, bacon, and cheese. Pour egg and cream mixture into the pie crust. Bake for 35 to 45 minutes until egg mixture is firm. During the last minute or so top with 2 tablespoons of cheese and bake until the top is golden. Cut into wedges and serve warm.



### Good Chicken Nuggets

#### The Goods:

1 pound organic skinless, boneless chicken breast, cut into bite size pieces  
¾ cup ground flax seed  
¼ cup chia seeds  
1/3 cup panko bread crumbs  
1/4 freshly grated Parmesan cheese  
1 teaspoon salt  
1/4 teaspoon onion powder  
1 teaspoon oregano  
1/2 teaspoon basil  
2 cloves minced garlic  
2 eggs

#### How to:

Preheat oven to 400 degrees.  
Lightly grease a baking sheet or baking pan.  
In a medium bowl, place flax seed, panko, chia seeds, Parmesan cheese, salt, onion powder, oregano, basil and garlic. Mix well.  
In another separate medium bowl, place eggs and mix well.  
Line up the bowls and place each piece of chicken into egg mixture, then flax/chia mixture. Lay onto prepared baking sheet until all the chicken is used. Discard any remaining egg or flax mixtures.  
Cook chicken for 25 minutes or until cooked through, making sure to turn over once halfway through. Serve immediately.

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