



Getting Started Health-e-Solutions Lifestyle Recipe E-Book

Charts & Lists

1. Food Response Chart
2. HeS Lifestyle Common Alkaline Grocery List
3. Egg Substitutes
4. HeS Lifestyle Ingredient Substitutes & Meal Suggestions
5. U.S. to Metric Measurement Conversion Chart

Recipe List

1. Almond Bread w/Egg (transition)
2. Almond Meal Tortillas
3. Cauliflower and Tomato Soup
4. Cauliflower Fried Rice
5. Cauliflower Rice
6. Cheesy Tater Tots
7. Coconut Jell-O
8. Cole Slaw
9. Creamy Mustard Dressing
10. Diabetic Friendly Pancakes
11. Diabetic Friendly Zucchini Muffins
12. Eggplant Parmesan
13. Grace's Great Granola
14. Grapefruit Salad w/Lemon Poppy Seed Dressing
15. Greek Salad
16. Green Beans with Almonds
17. Irish Cabbage Soup
18. Italian Dressing
19. Italian Zucchini Noodles
20. Kale Antipasto Salad
21. Nathan's Brownies
22. pH Almond and Flax Bread
23. Potato Salad
24. Quinoa Stuffed Peppers (transition)
25. Refreshing Mint Ice Cream
26. Spinach Salad w/Creamy Mustard Dressing
27. Tofu Coconut Nuggets with Gourmet Lemon Sauce
28. Tofu Croutons
29. Tofu Nuggets with Barbecue Sauce
30. Zesty Salsa Crackers