



Going Strong 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

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|---------------------------------|---------------------------------------|
| 1. Artichoke Hearts | 16. Mediterranean Broccoli Casserole |
| 2. Avocado Sandwich | 17. Mock Tuna Salad |
| 3. Cheese Ball | 18. Mom's Salsa |
| 4. Chia Porridge | 19. Oriental Green Beans |
| 5. Eggplant Dip | 20. Parmesan Cheese |
| 6. Energy Bar | 21. pH Pickles |
| 7. Energy Drink | 22. pH Pop |
| 8. Fantastic Fudge | 23. Piña Colada |
| 9. Fresh Lemonade | 24. Pizza Sauce |
| 10. Gabriel's Sugar Cookies | 25. Quinoa Herb Stuffing (transition) |
| 11. Grilled Vegetable Fajitas | 26. Roasted Broccoli |
| 12. Grilled Veggies | 27. Slushie |
| 13. Health-e-Shake | 28. Tofu Scrambled Eggs |
| 14. Hummus (transition) | 29. Twink-e-Treat |
| 15. Mashed Cauliflower Potatoes | 30. Wilted Savory Spinach |
| | 31. Zucchini Noodles |