

CHOP, CHOP!

From Shopping to Clean-Up
the fastest way to a super healthy meal

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This cookbook is dedicated to our staff that have been waiting so patiently for it to be published. Thank you for the inspiration for not only the name of the book (Marselina) but also your eagerness to eat better on a daily basis. We have no doubt you all will reach your goals by using this book to guide you!

Thanks for all you do for us on a daily basis – you are an amazing team of hard working women!

Acknowledgements

We would like to thank our children because without them many of the recipes in this book would not exist. It is because of them we had to get creative and resourceful in the kitchen. It is also because of them that we have put so much emphasis on getting back in the kitchen cooking healthy meals again.

We also want to thank our staff who continue to stand with us on our quest to help one patient at a time improve their digestive health forever. We know it has been a crazy journey and we appreciate you continuing to stand by us through it all. It is because of you that we are changing people's lives.

Thanks to our editor, Lynn Trochelman, a woman who has read her fair share of cookbooks. Your extra set of eyes and feedback on the layout was invaluable so thank you!

Above all, we would like to thank God for the ability to persevere through all the challenging times. We will never forget that He has a plan for us – we just have to trust Him!



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Extremely Important Introduction

Before attempting any recipes in this book, read this introduction first – thank you!

First and foremost thank you for taking interest in this cookbook. It only shows you are trying to make an effort with your diet and that is always the first step. Just so you know, this is not your typical cookbook. We suggest you read it cover to cover first just like you would any normal book so you can learn the concepts behind what we are teaching and the stories behind the food. Once you learn these things it makes the mundane details of food so much easier and more fun to understand.

Our goal with this book is twofold, one get you excited to get back in the kitchen again, and two remind you how good it is to eat fresh. So much so, you will never want to eat out of a box, bag or can again.

Many of us have lost the interest or time to cook or prepare meals for ourselves or our family. What you have to understand is all that convenient food that comes from boxes, cans, or bags that we prepare in the microwave or oven is loaded with chemicals, preservatives and sugars and this is wreaking havoc on our health and the health of our children. Yes it takes a little extra effort in the kitchen to prepare an amazingly healthy meal but you have to know why you are doing it to give you purpose.

When we cook dinner we know we are providing ourselves and our kids the nutrients they need to not only grow but also stay healthy. Ever since we started eating healthier we have never had to take our kids to the doctor for an illness. This is a pretty significant statement – we never have to waste time at doctors or money on co-pays or medicines because we take the time in the kitchen each day. That should be your motivation – a healthy you and healthy kids!

For those people that say they just do not have time, we say stop making excuses and start finding a way. We have four children, they are all in activities all over town, we both work and we will always find time

to spend 30 – 40 minutes one time per day to prepare a healthy meal for our family. All it takes is the commitment to do it and a creative spirit. For example if you do not have time in the early evening to prepare dinner what about preparing it the night before or early the morning before? That way when you get home all the hard stuff is done. There is always a way, you just need to figure out what that way is for you.

This book will teach you how to make cooking fun, easy and quick (chop, chop!). The last thing most people think of when looking at cookbook recipes is quick. Once again, this cookbook is different. We want you to put away the measuring cups, the myriad of pots and pans, and the numerous ingredients with really weird names. This is real food, real fast and with the simple stuff you have in your kitchen...or will soon have in your kitchen.

This cookbook will go step-by-step and give you the painstaking details on how to prepare a fast, healthy meal in 30 minutes or less guaranteed. We share what order we prepare, cook and even clean things to help you learn how to be faster and more productive in the kitchen. Isn't that why we left the kitchen in the first place?

We want this cookbook to be a resource for you on a daily basis, not just something you look at occasionally to make one or two meals. What you will find however, is once you make these meals a few times following these instructions, you will find the ones you love, and you will be off and running on your own. Cooking is about being creative with what you have to work with. It is as much of an art as it is a necessity.

So chop, chop, let's not delay, your digestive health is just days away.

Healthy quick food at your fingertips, now let's get it made and on your lips!

Additional Resources for this Book

This cookbook is meant to be used in conjunction with the *DNA for Digestive Health* 3-Step Online Home Study Program that we make available through our website – www.drlizcruz.com.

If you are a visual person and like to watch how to prepare recipes it may be in your best interest to purchase the *DNA for Digestive Health* plan that meets your needs. No matter what plan you purchase it will come with step-by-step videos on how to prepare many of the dishes you will find in this cookbook.

Less is More

We own many cookbooks and we tend to be overwhelmed with the options in most of them. So many recipes, so little time and then after one or two recipes made the cookbook gets put on the shelf and never looked at again.

Over the years as we have worked with patients on their eating habits and everyone always expresses how they want variety in what they eat. They say, “Don’t just give me one thing to eat for breakfast or lunch, I need options.” But then when you look at their food journal you notice something very interesting. They are eating the same foods day in and day out with very little variety.

What we noticed is once you find something you love, you tend to stick with it. So although you will not see a ton of recipes in each section of this book, we have given you enough variety to discover your favorite one, two or three items that you will fall back on time and time again.

We tried to make the cookbook a convenient size to carry with you. Use it as your tool to enhance your digestive health!