

IDEAS FOR HEALTHY FAST MEALS

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Many people enjoy fast food. Some do not have time to cook regular meals, while others just do not enjoy cooking a lot each day. This is understandable. However, it is important to have the right food to nourish the body.

Many people who do not have time or the desire to cook end up eating at standard fast food restaurants. This is not acceptable on a nutritional balancing program at all. The problems with fast food restaurants such as McDonald's, Burger King, Wendy's, In N Out Burger, Jack In The Box, and the rest of them, include:

1. Incorrect food choices. Most simply do not offer the foods that we require such as fresh cooked vegetables, whole grains but not wheat, lamb rather than beef, fresh chicken or turkey, soft-cooked eggs, sardines, blue corn products, sea salt rather than table salt and so on.

2. Cheaper and poorer quality foods, with many chemical additives hidden in the food such as MSG and many others. This is quite a serious problem that may not be obvious because they are often experts at doctoring up and flavoring the food to make it appear and taste fresh and wholesome.

3. They often cut corners to save time on cooking and preparation. Food is partially cooked elsewhere, heated in microwave ovens, and so on.

4. At times, the atmosphere of these place is too noisy, smelly and not conducive to ideal nutrition.

ARE THERE ANY HEALTHFUL FAST FOODS?

In fact, there are many, and you can eat this way most of the time. For those who do not enjoy cooking or don't have a lot of time to cook, nutritional balancing does not require much cooking. In fact, very simple meals are far more healthful. Ideally, meals should include just one or two foods at a meal. More than this tends to stress the digestive system and weaken it, especially if it is already damaged.

Here are suggestions for healthful, quick, easy meals that will satisfy you once you become accustomed to simple eating. They can all be prepared in about as much time as it takes to order and receive your fast food at a restaurant, and they are all far more nutritious and healthful:

1. A bag of frozen peas. Drop the peas into some boiling water and cook for 5 minutes or so. Or you could place them in a food steamer. You can also put the peas in a pan, add a few tablespoons of water and heat them up (this is the fastest way to cook them). Of course, you can put butter and sea salt on them after they are cooked.

2. A large amount of one or two steamed vegetables. These could be carrots, onions, cabbage, turnips, broccoli, cauliflower, spinach, Brussels sprouts, parsnips, bok choy, Chinese cabbage, Swiss chard, other greens, rutabaga, or perhaps daikon radishes.

Cut up the vegetables in large chunks. This takes no more than 5 minutes. Then place in a vegetable steamer and set a timer for 20-40 minutes, depending upon which vegetables you are making. If you don't want to eat them plain, top them off with sea salt, some grated or

other cheese, some yogurt, some raw cream, butter, or mild herbs such as rosemary, oregano, thyme, curry powder, turmeric, a little cayenne pepper or others.

To save time when you buy vegetables, you could wash them off and even cut them up when you buy them, and put them in the refrigerator back in the original bags if they are not dirty to be cooked later. This will save time when you go to cook the vegetables.

3. Two or even three eggs – soft-boiled or poached.

4. A can of sardines (up to 3-4 cans per week). If you don't like the taste, try King Oscar brand, which may be a little less fishy-tasting. Other ideas are to add mustard, relishes, mayonnaise or even a little cayenne pepper to them and mash them up. They are wonderful food for practically everyone.

5. 10-12 ounces of carrot juice, perhaps with a few greens thrown in if you like.

6. Some raw cheese such as 4 to 6 ounces of raw goat or raw cows cheese.

7. A container or even two containers of plain, preferably full-fat, raw milk yogurt or kefir.

8. Eight ounces of raw, full-fat cows or goats milk.

9. A handful or two of organic blue corn tortilla chips. Most brands are fine. This makes a very healthful quick snack or even a small meal.

10. Half a cup or more of organic brown rice, or millet, or quinoa, or perhaps oatmeal.

11. Several lamb chops – steamed or baked/broiled in a toaster oven.

12. Several pieces of fresh chicken or turkey. You can cook the chicken at home, or buy a roasted chicken at the supermarket.

13. Several tablespoons of toasted almond butter on rice crackers or even on blue corn chips. Less often, you may have other nut butters instead of almond butter, but almond butter seems to be the best.

14. Six to eight preferably organic blue or yellow corn tortillas. Steam or warm up on the stove. If you wish, add butter, cooked vegetables, some chicken or lamb, mashed sardines or raw cheese if you like, though you need not make it that fancy. Roll them up, to make enchiladas.

15. A bowl of onion, lentil or other bean soup. It is best to make this fresh with very simple ingredients. However, you could buy bean soups in a mix or can, even, from the health food store. Although not as good, the canned soups at the health food store are not that bad.

16. Some pasta made from rice, corn or quinoa, to eat with your vegetables or perhaps with a protein. While pasta is not as good as whole grains, it is fine now and then.

17. A cooked vegetable salad. Cook a large quantity of steamed vegetables. Place in the refrigerator. Then when you want a salad, just take out some of the cold steamed vegetables. Perhaps chop them up more finely, and if you wish add some blue corn tortilla chips, grated cheese, leftover pieces of chicken, some sardines, or a salad dressing. The toppings are not

necessary, if you don't mind a plain meal, and they make the meal more complex to digest for most people.

18. Vegetable stew. This takes more preparation, but you can make enough to last several days. Steam 3 or 4 vegetables only, or cook vegetables in a crock pot with a piece of chicken, for example. Do not overcook the meat, so cook it only for an hour or an hour and a half, at most. Preferably do not have more than 4 types of the proper vegetables. One to four vegetables are plenty.

When the vegetables are soft and the meat cooked in about 40-60 minutes, the stew is ready. Keep extra in a plastic or glass storage container and pull some out whenever you want a hearty meal.

SECRETS OF FAST FOOD COOKING AND FOOD PREPARATION

1. Keep the ingredients on hand. This way you will never be without plenty of options and tempted to go to a restaurant.

2. Have the right cooking utensils handy such as a food steamer, wok, crock pot and a carrot juicing machine.

3. Relax at home and know that you are feeding yourself much better with the meals above than you can at any fast food restaurant.

IF YOU MUST EAT OUT

1. Preferably eat at East Indian, Chinese, Vietnamese or Thai restaurants. You can patronize others, but only if they serve plenty of fresh vegetables, along with fresh meats and eggs so that you can obtain the right foods.

2. Pick places that have a quiet, relaxed atmosphere.

3. Ask for more vegetables, instead of bread or potatoes, for example. Most restaurants are happy to accommodate their customers, but you must ask for what you want.

4. Bring your own spring water with you rather than drink tap water. Preferably do not drink with meals, except enough to take your supplements.