

Quick and Easy Part 1  
*Speeding Up Your Recipes*

—  
*Always Hungry?* Book Meal Planning Presentation

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*Always Hungry Solution Presentation: Quick and Easy Basics  
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# Meet Your Instructor

Chef Kenzie has been working with Chef Dawn since 2019 developing recipes and classes for the AH community

She previously developed recipes for Canada-wide cookbooks as well as team Canada Olympic athletes

Kenzie is currently a body positivity/mental health advocate and anorexia survivor

Favorite quote from Dawn - "If it's not delicious, it's not worth it!"



**Chef Kenzie Osborne**

*Chef, AH Program Developer, AH Recipe Developer, AH Coach*

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# Quick-and-Easy Kitchen Hacks

## Prep Ahead

- Prepare some recipes, or parts of recipes, ahead of time and refrigerate or freeze for later use
- Try to have a carbohydrate, protein, and a fat source frozen for days when you are in a rush

## Use Canned

- Canned fish, in particular, is a great no-cook protein option
- Canned beans and vegetables can also be great quick-and-easy options for slow carbs

## Be Resourceful

- Prepare mini meatballs using a muffin tin for individual serving sizes
- Omit spices and herbs so proteins can be used in many recipes
- Prepare neutral-flavored sauces and soups ahead of time, then add spices or sauces when reheating
- Use a sheet pan or baking dish to cook an entire meal all-at-once

# Quick-and-Easy Kitchen Hacks

## **Blend it Out**

- Blend bean-based soups to be served as a dip for lunch the next day
- Blend leftover vegetables with beans, herbs, and spices for interesting dips or soups

## **Use Pre-Frozen Ingredients**

- Fruit/vegetables
- Shrimp, seafood, or shrimp
- Plain meat products

## **Slow Cook**

- Prepare soups, stews, and meats in the slow cooker during the day or overnight

## **Have Flavor on Hand**

- Spices, herb-infused oils, sauces, salt/fat/acid

# 5-Step Build-Your-Own Dinner Guide

**Step 1:** Choose a protein

- **Shredded Chicken** (AD pg. 110) or 4-5 ounces chicken thighs

**Step 2:** Determine the fat content - use page 49 of *Always Delicious* to determine the fat content of your protein

- Moderate Fat Protein

**Step 3:** Add fat based on your protein choice

- Phase 1: 2-2 ½ tbsp **Lemon Olive Oil Dressing** (AH pg. 269)
- Phase 2: 1 ½ - 2 tbsp **Lemon Olive Oil Dressing** (AH pg. 269)

**Step 4:** Add slow carbs (½ cup for P1, ½ - 1 cup for P2)

- White beans or chickpeas

**Step 5:** Add non-starchy vegetables (tomatoes, asparagus, cauliflower, basil)

*Amounts listed are per serving. Using this “formula”, I can make: a fresh shredded chicken salad; lettuce wraps with Lemon Olive Oil Bean Dip; roasted lemon and garlic chicken sheet pan; shredded chicken stir fry with cauliflower rice.*

# 5-Step Sheet-Pan Dinner Guide

**Step 1:** Preheat oven to 425°F. Mix together non-starchy vegetables, oil, and spices and/or herbs. Place in a single layer on a roasting tray.

- Tomatoes, asparagus, cauliflower tossed in **Lemon Olive Oil Dressing** (AH pg. 269) and dried basil

**Step 2:** Choose a P1 or P2 slow carb (ie: beans, diced sweet potato or winter squash, corn kernels, cooked whole grains, etc.). Place on top of the vegetables, mix with the vegetables, or cook separately and serve on the side.

- White beans or chickpeas

**Step 3:** Choose a protein. Place on top of the vegetables and slow carb.

- **Shredded Chicken** (AD pg. 110) or chicken thighs

**Step 4:** Add additional flavorings (ie: herbs, spices, red wine, soy sauce, balsamic vinegar, etc.)

- Fresh basil, garlic

**Step 5:** Roast until protein is cooked through and vegetables are tender.

# 5-Step Stuffed Meat Dinner Guide (P1)

**Step 1:** Choose a protein to stuff

- 4 ounces pork tenderloin per serving

**Step 2:** Determine the fat content - use page 49 of *Always Delicious* to determine the fat content of your protein

- Low Fat Protein

**Step 3:** Add fat based on your protein choice

- Phase 1: 1-2 tbsp olive oil per serving
- Phase 2: 1 tbsp olive oil per serving

**Step 4:** Choose slow carbs - add to a bowl with the fat

- 1 apple per serving

**Step 5:** Add non-starchy vegetables to the bowl (brussel sprouts, onions, garlic)

*Mix together oil, apple, and non-starchy vegetables. Stuff the protein with the mix. Roast at 425°F until the protein is cooked through (cooking times will vary based on protein size and type)*



# 5-Step Build-Your-Own Salad Guide (P1)

**Step 1:** Choose a protein.

- 4 ounce smoked salmon or canned salmon/tuna per serving

**Step 2:** Determine the fat content - use page 49 of *Always Delicious* to determine fat content of your protein.

- Low Fat Protein

**Step 3:** Add fat based on your protein choice

- Phase 1: 2-4 tbsp **Basic Mayonnaise** (AH pg. 259) per serving
- Phase 2: 1-2 tbsp **Basic Mayonnaise** (AH pg. 259) per serving

**Step 4:** Add slow carbs

- ½ cup white beans, ½ cup chickpeas, or one apple per serving

**Step 5:** Add non-starchy vegetables (lettuce, shredded carrots, pickles, shredded cabbage)

# 5-Step Build-Your-Own Sandwich Guide

**Step 1:** Choose a protein.

- ½ serving meatballs (or ground turkey, ground buffalo, or 90% lean ground beef)

**Step 2:** Determine the fat content - use page 49 of *Always Delicious* to determine fat content of your protein.

- Moderate Fat Protein

**Step 3:** Add fat based on your protein choice

- Phase 1: 1 - 1 ½ tbsp **Chipotle Mayonnaise** (AH pg. 268) per serving
- Phase 2: ½ - 1 tbsp **Chipotle Mayonnaise** (AH pg. 268) per serving

**Step 4:** Add slow carbs (note: these are higher-fat, higher-protein slow carb options - so, the protein and fat in steps 1 and 3 are reduced and you'll need to add slightly more slow carbs)

- [Grain-Free Waffle](#) or [Light and Fluffy Hot Dog Buns](#) PLUS ¼ cup beans

**Step 5:** Add non-starchy vegetables (lettuce, shredded carrots, pickles, shredded cabbage)

# 5-Step Build-Your-Own Stir-Fry Guide

**Step 1:** Choose a protein.

- 1 serving Shredded Beef (AD pg. 148) or 4-6 ounces ground beef (85% lean) per serving

**Step 2:** Determine the fat content - use page 49 of *Always Delicious* to determine fat content of your protein.

- High Fat Protein

**Step 3:** Add fat based on your protein choice

- Phase 1: 0-1 tbsp olive oil per serving
- Phase 2: 0-1 tbsp olive oil per serving

**Step 4:** Add slow carbs

- ½ cup black beans per serving

**Step 5:** Add non-starchy vegetables or spices (green tomatoes, red pepper, onions, mushrooms, salsa, chili powder, oregano, and/or cumin)

# 5-Step Build-Your-Own Dip

**Step 1:** Choose a protein.

- 3 eggs per serving

**Step 2:** Determine the fat content - use page 49 of *Always Delicious* to determine fat content of your protein.

- High Fat Protein

**Step 3:** Add fat based on your protein choice

- Phase 1: 1-2 tbsp **Basic Mayonnaise** (AH pg. 259) per serving
- Phase 2: ½ - 1 ½ tbsp **Basic Mayonnaise** (AH pg. 259) per serving

**Step 4:** Add slow carbs

- ½ cup white beans per serving

**Step 5:** Add non-starchy vegetables or spices (roasted garlic, roasted onion, curry powder, turmeric, etc.)

# 4-Step Build-Your-Own Parfait

## Step 1: Choose one base

- 1 cup plain whole-milk Greek yogurt or 4% cottage cheese
- ½ cup coconut yogurt mixed with protein powder (20 grams protein) and 2 tbsp nuts/seeds OR 1 tbsp nut butter

## Step 2: Add a slow carb

- 1 cup berries
- 1 apple, pear, peach, tangerine
- Phase 2: ½ cup pomegranate, banana slices, mango chunks, etc.

## Step 3: Add one fat (or mix-and-match half portions of two options)

- 2 tbsp nut butter, seed butter, or coconut oil
- ¼ cup nuts/seeds
- 1 ounce dark chocolate, melted

## Step 4: Add flavor (cinnamon, cardamom, lemon juice, food-grade essential oils/extracts, etc.)

# Adding Quick Bursts of Flavor

Long cooking times allow flavors to further develop. When cooking quick meals, it is important to add ingredients that have naturally strong flavors. Three ingredients that are known to enhance the natural flavors of a meal are: salt, acid, and fat. Adding these components to your quick and easy meals will help to boost the flavor, without long cooking times.

In addition to finishing a dish with salt, acid, and fat, you may also consider letting recipes sit overnight in the fridge. This will have a similar result to longer cooking times, as the flavors will have time to further develop and “meld together” overnight. Preparing recipes such as sauces, soups, and stews ahead of time allows the flavors to further develop AND provides a quick-and-easy meal (because you only need to re-heat and serve).

# Adding Quick Bursts of Flavor

## Fat

Infused Oils

Avocado

Nuts/Seeds

Butter

Coconut

Fatty Cheeses

## Acid

Citrus Juice

Vinegar

Tomato

Buttermilk

Yogurt

Salsa (salt & acid)

## Salt

Kosher Salt

Sea Salt

Smoked Salt

Soy Sauce

Salsa (salt & acid)

Umeboshi Vinegar

**Marinade Formula:** 1 part acid + 3 parts oil + salt + herbs/spices

# CHALLENGE!

Taste the difference of adding salt, fat, and acid for yourself!

**Step One:** Cut two slices of tomato OR cucumber.

**Step Two:** Leave one slice plain. On the other slice, drizzle a bit of olive oil, a squeeze of lemon, and a sprinkle of salt.

**Step Three:** Try the plain slice. Take note of what it tastes like.

**Step Four:** Try the slice with the oil, lemon, and salt. What is the difference? What do you notice?



# 6 Tips for Quick-and-Easy Cooking

*We'll discuss each strategy in further detail throughout the presentation.*

- 1. Bake in sheet pans or muffin tins**
- 2. Bake in the oven rather than on the stovetop**
- 3. Use a slow cooker**
- 4. Use an immersion blender**
- 5. Use frozen vegetables in place of fresh**
- 6. Chop ingredients into smaller pieces**

# Tip #1: Bake in Sheet Pans or Muffin Tins

## Why is this tip useful?

- You can bake large batches at the same time rather than cooking individually on the stove top (ie: 24 meatballs, all your pancakes on a sheet pan, etc.)
- You can do other actions while the recipe is baking (no need to stand over the stovetop to cook)
- Great for single serving portions to avoid food waste (freeze and use throughout the week as needed)
- Easy to make variations (ie: bake 6 meatballs spiced with chile, 6 with basil and oregano, 6 with coconut, and 6 plain).

# Tip #1: Bake in Sheet Pans or Muffin Tins

## Recipes to try...

- Grain-Free Waffles or Pancakes (bake in muffin tins or on a sheet pan) - AH pg. 223
  - Sheet pan: 350° F for 10-12 minutes, Muffin tins: 350° F for 15 minutes
- Whole Grain Pancakes (bake in muffin tins or on a sheet pan) - AH pg. 223
  - Sheet pan: 350° F for 10-12 minutes, Muffin tins: 350° F for 15 minutes
- Shepherd's Pie (bake in muffin tins or small ramekins) - AH pg. 238
  - Same temperature as in recipe, however cooking time will be shorter
- Apple Spice Pancakes (bake in muffin tins or on a sheet pan) - AD pg. 96
  - Sheet pan: 350° F for 10-12 minutes, Muffin tins: 350° F for 15 minutes
- Meatballs (bake in muffin tins) - AD pg. 149
  - 425° F for 15-20 minutes (until cooked through)
- Meatloaf (bake in muffin tins or small ramekins) - AD pg. 152
  - 425° F for 15-20 minutes (until cooked through)

# Tip #2: Stovetop to the Oven

## Why is this tip useful?

- Easier to cook large batches at once (use a large sheet pan or roasting tray)
- You can do other activities while recipe is baking (rather than standing over the stovetop)

## How to Do It?

- Mix all ingredients together (except for the sauce).
- Add  $\frac{2}{3}$  of the sauce to the ingredients. Mix together to fully coat.
- Cook at 425° F, until the protein is fully cooked and vegetables are tender.
- Remove from oven and serve with the remaining  $\frac{1}{3}$  of sauce

# Tip #2: Stovetop to the Oven

## Recipes to try (Always Hungry?)

- Thai Peanut Tempeh - AH pg. 258
  - Mix  $\frac{2}{3}$  of the Thai Peanut Sauce with all ingredients.
  - Spread in a single layer on a sheet pan.
  - Cook at 425° F for about 15-20 minutes (until vegetables are tender).
- Ranchero Sauce - AH pg. 272
  - Toss all ingredients together.
  - Cook at 425° F for about 20 minutes, until vegetables are softened.
  - Remove from oven and blend.

## Recipes to try (Always Delicious)

- Citrus Teriyaki Stir Fry or Spicy Asian Stir Fry - AD pp. 120, 122
  - Mix  $\frac{2}{3}$  of the sauce with all ingredients.
  - Spread in a single layer on a sheet pan.
  - Cook at 425° F for about 15-20 minutes (until protein is cooked and vegetables are tender).
- Braised Cabbage and Apples - AD pg. 218
  - Toss all ingredients together.
  - Cook at 425° F for 15 minutes, until apples and cabbage are tender.

# Tip #3: Use a Slow Cooker

## Why is this tip useful?

- Longer cooking times allow flavors to develop further.
- You can add all ingredients to the slow cooker at once and cook throughout the day (prep it and leave it).
- Great for cooking large batches of sauces, soups, and “stewed” meats.

## Recipes to try...

- [Creamy Cauliflower Soup](#) - AHpg. 280
- Red Lentil Soup - AH pg. 283
- Modern Day Sloppy Joe - AH pg. 239
- Mexican Shredded Chicken - AH pg. 241
- [Melt-in-Your-Mouth Lamb Shanks](#) - AH pg. 233
- Shredded Chicken - AD pg. 110
- No-Fuss Coq Au Vin - AD pg. 130

# Tip #4: Use an Immersion Blender

## Why is this tip useful?

- Make quick dips, pâtés, and sauces (beans + herbs + tofu + avocado)
- Prepare soups in-a-flash (roasted vegetables + firm tofu + coconut milk)
- Can bring an immersion blender on a trip to make quick dips and pâtés while traelling

## Recipes to try...

- [Mashed Fauxtatoes](#) (Shepherd's Pie Topping - AH pg. 258)
- [Basic Mayonnaise](#) (AH pg. 259)
- [Creamy Cauliflower Soup](#) (AH pg. 280)
- Carrot-Ginger Soup (AH pg. 282)
- Basic Hummus (AH pg. 290)
- Cheesy Pinto Bean Dip (AH pg. 290)
- Most power shakes, soups, and sauces in *Always Delicious* and *Always Hungry?* can be blended using an immersion blender

# Tip #5: Use Frozen Vegetables in Place of Fresh

## Why is this tip useful?

- Reduces prep time - less ingredients to chop (chopping ingredients tends to be one of the most time-consuming components of meal prep)
- Frozen vegetables are packaged at their peak ripeness (can be more flavorful and MAY be more nutrient-dense)
- May help reduce food waste due to longer shelf-life of frozen foods

## Recipes to try...

- Shepherd's Pie (use any non-starchy frozen and thawed vegetables in place of fresh) - AH pg. 238
- Thai Peanut Tempeh (use a frozen Asian-vegetable blend) - AH pg. 258
- Citrus Teriyaki Stir Fry or Spicy Asian Stir Fry (use a frozen Asian-vegetable blend) - AD pp. 120, 122
- Most soups and stews in *Always Delicious* and *Always Hungry?* can be prepared using frozen vegetables in place of fresh



# Tip #6: Chop Ingredients into Smaller Pieces

## Why?

- Smaller ingredients cook faster (less surface area to heat)
- Smaller pieces decreases the total cooking time in the oven or on the stovetop (applicable to any ingredient - including meats and vegetables)
- If you are in a pinch, ground meats are great quick alternatives to whole meats. For example, substitute ground chicken for chicken thighs in our **Mediterranean Chicken** (AH pg. 245) to make a quick ground chicken stir fry.

## Recipes to try...

- Guide to Roasting Vegetables - AH pg. 313-316
- Roasted Sweet Potatoes - AH pg. 279
- Any cooked chicken or meat product

# A Few Final Quick Tips

## **Coconut Cashew Clusters (AH pg. 284) and Mint Power Balls (AD pg. 279)**

- Use nut butter in place of nuts (substitute in a 1:2 ratio of nut butter:nuts - for example, 1 tbsp peanut butter = 2 tbsp peanuts)
- Use melted chocolate instead of whole chocolate
- Mix nut butter, melted chocolate, and all other ingredients together. Pour into silicone moulds and let set in the fridge. Then, transfer to an airtight container and store for the week

## **Chickpea Breadcrumbs (AD pg. 196) Replacement**

- Use ¼ cup chickpea flour in place of ½ cup **Chickpea Breadcrumbs** (use half the amount flour to breadcrumbs) when preparing meat loafs, meatballs, or other baked loaf dishes.
- Use 1 cup beans in place of **Chickpea Breadcrumbs** in meatloaf - serve as a stovetop scramble/stir-fry

# A Few Final Quick Tips

## **Sugar-Free Worcestershire Sauce (AD pg. 284) Replacement**

- Replace 2 teaspoons **Sugar-Free Worcestershire Sauce** with  $\frac{1}{2}$  teaspoon salt OR  $\frac{1}{2}$  - 1 teaspoon soy sauce

## **All-Purpose Seasoned Salt (AD pg. 283) Replacement**

- Replace **All-Purpose Seasoned Salt** with equal parts Kosher, Sea, or Himalayan Sea Salt and optional spices/herbs of your choice

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