

The First Five Steps to a Real Food Kitchen – Lesson Two Worksheet



While you are beginning to make changes in your kitchen so that you can start eating more Real Foods, I have found that the best way to help your family appreciate the healthy changes is to make some of their favorite meals and treats – simply using healthier ingredients.

My family loves mac and cheese, pizza, cookies, tacos, and burgers just like most everyone else. All of those foods are what our culture typically deems “unhealthy” – and rightly so in many cases.

But what about when I make these items with wholesome ingredients? Suddenly, pizza becomes a health food - just like that! Chicken nuggets and French fries? Yep, those can be healthy too. (Remember the Oven Baked Chicken Nugget recipe from Lesson One?) My kids are certainly not deprived, and in fact, I believe they are quite spoiled when it comes to delicious meals and snacks. Real food ingredients create real food treats – thousands of them!

~ Your first “assignment” today is to take a look through the dropdown recipe index at the top of HeavenlyHomemakers.com. Find one or two new recipes that you feel may replace some of your family’s favorite treats. Here are some suggestions:

- Replace boxed granola bars by making our Homemade Chewy Granola Bars. They are easy and you can add your favorite goodies.
- Choose a muffin recipe to make. From Pumpkin Chocolate Chip Muffins, to Banana Muffins, to Blueberry Streusel Muffins – I bet you’ll find one your family will like.
- Find our recipe for Homemade Pizza Crust and have a pizza night. Make big pizzas, or put together individual sized pizzas for each person to create their own.
- Homemade Graham Crackers are delicious and easy to make. You can even cut them out with cookie cutters before you bake them for added fun.
- We have a very simple recipe for Chocolate Milk that will replace “the brown bottle that contains not-so-healthy ingredients” that you might otherwise use to make this favorite drink.
- Homemade donuts are always a hit. My kids never complain when I make these for breakfast.
- Our Cheeseburger Macaroni recipe can replace the Hamburger Helper box on the shelf. It’s comfort food at its finest.
- Feeling ambitious? We even have a recipe for homemade Poptarts!

Need more ideas? Don’t feel limited by these few suggestions. There are loads of recipes on our website to pick from that are easy to make and can help your family learn that healthy eating actually tastes really good!



~ Once you've looked through the recipes at HeavenlyHomemakers.com, write a list on the lines below of recipes you think your family would likely enjoy.

Healthy Recipes I'd Like to Try:

If you don't have every single ingredient listed in a recipe, feel free to make tweaks in the recipe based on what you do have. (For instance, if a recipe calls for my favorite unprocessed sugar, sucanat, and you haven't made that change yet – no problem. Simply use brown sugar in the meantime. Even using “regular ol’ brown sugar” to make a homemade food is much better than opening a box of processed snacks from the store that most likely contains many additives and flavorings.)

Note: I don't recommend, however, that you continue using margarine or Crisco in place of real butter or the healthy oils listed in recipes on my website. As soon as possible, I suggest that you begin switching over from unhealthy fats to healthy ones. Yeah, get to know me very well and you'll find that I never can compromise on margarine. I can barely type the word. Eew! 😊

~ Now that you've made a list of the recipes you'd like to try, you've probably discovered a few ingredients that you need to purchase so that you'll be able to make these recipes!

Begin with just one or two of the recipe ideas you listed above. (You *weren't* planning to make all of those recipes in one setting, were you?!) Use the Printable Grocery List download included in Lesson Two to create a grocery list of Real Food Ingredients that you will need to pick up the next time you go to the store.

Based on the commitments you made in Lesson One, you may need to add an item or two to your grocery list to help you achieve that goal as well! Did you commit to eating more fruits and vegetables? Add some of your favorites to the list. Do you only have margarine in your fridge? Put real butter on your list and in your cart. (Sorry, I just can't drop it can I?)

~ If the items you are adding to your list seems to be making stretching your grocery budget too far, this is the time to pare it down. Write it down in order of what you feel is your top priority, and save some of the other “new items” for a later visit to the store. Remember, you're not out to change everything all at once. Each small step you take is a great step toward a Real Food Kitchen!

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