



 **Homemade Method™**

7-DAY WEIGHT LOSS WITHOUT DIETING CHALLENGE

FOR WOMEN OVER 50

CONTENTS & KEY

| | |
|--|----|
| Welcome | 4 |
| Got a bestie who'd love to join you? (Free Gift) | 5 |
| Join the party in our Free Facebook Group | 6 |
| Meet the Coaches | 7 |
| Results Tracker: Pre-Challenge | 11 |
| Results Tracker: Post-Challenge | 12 |
| Your BIG Why & Commitment | 13 |
| Checklists | 14 |
| How The Challenge Works | 16 |
| Prep For Your 7 Day Challenge | 17 |
| 7-Day Challenge Day By Day | 18 |
| Get Your Ingredients | 21 |
| Personalized Support (Get Help) | 22 |
| Member Love | 23 |
| How to Get Bigger, Faster Results | 24 |

CONTENTS & KEY

| | |
|---|----|
| The Recipes | 25 |
| Chocolate Peanut Butter Overnight Oats | 26 |
| Green Machine Smoothie | 28 |
| Healthy Turkey Bacon Egg Muffins | 30 |
| Chicken Burrito Bowl | 32 |
| Healthy Avocado BLT Salad with Massaged Kale | 34 |
| Plant-Based Burgers with Tomato Salsa | 36 |
| Teriyaki Salmon with Mango Salsa & Brown Rice | 38 |
| Lemon & Ginger Chicken Soup | 40 |
| Crispy Wholewheat Pizza | 42 |
| Heart-Healthy Chocolate Bark | 45 |
| Raspberry Yogurt Parfait | 47 |
| Chocolate Nice Cream | 49 |
| Notes | 52 |
| Copyright Notice | 55 |
| Legal stuff | 56 |



WELCOME!

I'm so thrilled to welcome you to the 7 Day Weight Loss Without Dieting Challenge! Losing weight over 50 and lowering your high blood sugar, pressure and cholesterol is TOTALLY doable.

With the "Reset Response", you can fix all nine of your body's most important hunger and fat burning hormones. I stumbled upon this simple system for losing weight when I was on my own journey to losing over 30lbs. Since then, we've helped +21,000 women over 50 get incredible results too.

In this Challenge, you'll get a small taste of that system, so you can experience BIG results in the next 7 Days! And I'll share how you can continue after your 7 days is up, so you can keep the momentum going.

Are you ready to look and feel better in 7 days - WITHOUT dieting?

Let's do this!

xo Anna

GOT A BESTIE, SISTER OR MOM WHO'D LOVE TO JOIN YOU?

Studies show you're more likely to succeed at your health and weight loss goals when you do it with a friend or loved one!

Send her information about how she can join you in the 7-Day Weight Loss Without Dieting Challenge.

You'll get 6 of Your Favorite Comfort Foods Reinvented as a Free Gift, for helping us spread the word!

[Click here to share the Challenge and claim your Bonus Recipes.](#)



JOIN THE PARTY IN OUR FREE FACEBOOK GROUP

Join over 100,000 women over 50 getting healthy and doing it the right way - WITHOUT dieting - in our [free Facebook Community Group](#).

We'll be doing daily posts and videos in there throughout your 7-Day Challenge.

[So be sure to follow this link and ask to join.](#)



MEET THE COACHES



ANNA RAKOCZY

FOUNDER OF HOMEMADE METHOD

Anna has Masters Degrees from Stanford & UC Berkeley. Anna is a Fulbright Scholar, was the Australian Young Lawyer of the Year in 2008 and competed in National Ice Skating Championships for 4 years. Anna is a health coach, an author and a cooking instructor. She Founded the Homemade Method, and has led workshops for Google Employees, Stanford Hospital & University Employees. Anna presented at the Food Summit in 2013, the Food@Work Conference in 2014 and the Berkeley Food

Innovation Lab. Her work has been featured in Forbes and in Edible Silicon Valley. Anna has 2 young children and loves spending time hiking, in nature, doing yoga, surfing.. Or hosting dinners with friends where everyone brings ingredients for a theme dinner and we all cook together!

ASK ME ABOUT:

- Our Reset Response method to lose weight without dieting.
- What to do if you're not losing weight.
- Best foods to balance and reduce high blood sugars, pressure & cholesterol.
- How to change your relationship with food to one based on Nourishment & Satisfaction.



MADDY KUHN

FUNCTIONAL NUTRITIONAL THERAPIST

Maddy has been with Homemade since 2014 and she is our Lead Coach. She hosts our monthly Nutrition Live series for Success and Success Plus+ members. She is a Certified Functional Nutritional Therapist and received her certification from the Nutritional Therapy Association in 2018. She has also taught cooking classes to the young and young at heart across the San Francisco Bay Area and she enjoys dancing and spending quality time with friends and family out in nature.

ASK ME ABOUT:

- Nutrition to help you break through all the misinformation & confusion!
- How different foods affect your body when it comes to blood sugars, weight loss and inflammation.
- How to make your meals more plant based (but still easy & yummy) to help you improve your cholesterol.



LIZZIE STEWART

REGISTERED DIETITIAN & PROFESSIONAL CHEF

Originally from Halifax, Nova Scotia, Lizzie is a Registered Dietitian with over a decade of experience as a certified professional Chef. Holding a Bachelor of Science in Applied Human Nutrition and a Culinary Arts diploma, Lizzie believes everyone deserves a sustainable and joyful relationship with food and strives to help you live deliciously. As a Chef, Lizzie is able to provide practical tips and ideas allowing you to easily incorporate healthy practices into your busy daily life. Due to her culinary background, Lizzie approaches food not only scientifically – as nutrients for the body – but also as a source of pleasure and entertainment.

When she's not cooking or eating, Lizzie can be found at the local library. She is a compulsive reader of novels, recipes, and the latest nutrition research. Lizzie is also a devoted cat-mom and art enthusiast who loves sharp knives, butchery, and the smell of rosemary.

ASK ME ABOUT:

- How to substitute ingredients, master cooking techniques, and tweak recipes.
- Inspiration and ideas for quick healthy meals using what you have at home.
- Any and all nutrition questions - especially around weight loss, gut health, and digestive issues.



STEPHANIE RODI-FRANTZ

REGISTERED DIETITIAN

Stephanie has over 30 years experience as a registered dietitian. She earned her bachelor's degree at the University of Maryland and her Master's in Public Health at the University of North Carolina-Chapel Hill. She's worked in a clinical setting, long term care management and as an Outpatient Dietitian in a hospital setting. Stephanie was part of the "lifestyle" center that focused on Diabetes, Cardiac Rehab, Pulmonary Rehab and Bariatrics using one on one counseling and group nutrition coaching. In her spare time she enjoys spending time with her growing family, hanging out with her girlfriends and biking.

ASK ME ABOUT:

- What to eat and do if you have blood sugar spikes, high cholesterol and blood pressure.
- How to get a healthy heart through lifestyle and food.
- Helping you to understand your meds, their side effects and how to navigate what you can eat with your specific situation.



KATY GRAHAM

REGISTERED DIETITIAN NUTRITIONIST

Katy has been with Homemade since 2018. She hosts our Live Q&A Office twice per month for our Life-Changing Cooking Program Members. Katy has been a Registered Dietitian Nutritionist for 7 years in the Nashville, TN area with degrees in both psychology and nutrition and food science. She's worked as a clinical dietitian and food service supervisor in a local hospital, consultant dietitian for long term care facilities, and has even seen clients for things like weight loss, diabetes management, meal planning and grocery store tours. In her spare time she enjoys walking outdoors, spending time with family and personal finance.

ASK ME ABOUT:

- How to make the program work for you (especially if you're new!) so you can lose weight and keep it off.
- How to make adjustments to recipe and meal planning to stay on a budget.
- Problem solving your biggest obstacles using nutrition science and behavioural change to help you reduce your blood numbers and chronic pain associated with arthritis.



IRENE MOLINA

CERTIFIED HOLISTIC HEALTH COACH

Irene has been with Homemade since 2019. She hosts our monthly Cooking & Meal Prep Parties and is a Certified Holistic Health Coach. She received her training from the Institute of Integrative Nutrition, where she received in-depth knowledge of nutrition, health & wellness, and coaching. Irene dealt with a lot of her own health struggles - and was able to find healing through nutrition and mindful eating. Once she learned the secret to health - she wanted to share it with the world. In her spare time, she enjoys traveling with her husband and spending time with family & friends.

ASK ME ABOUT:

- IBS or other digestive issues and how to make the program work for you.
- Foods that will support your gut health and also help you reach your health & weight loss goals.
- How to make tweaks and adjustments to recipes - especially if you suffer from food sensitivities or allergies.



MERYLL HELDEROP

CERTIFIED NUTRITIONIST

Meryll is a Certified Nutritionist with a Master's Degree in Nutrition from Bastyr University in 2014 and an undergrad degree in Psychology from University of Washington. Meryll taught group exercise classes at a studio gym where she created a 3-month nutrition program for members with a focus on mindful eating and is currently working on a ME certificate program. She's dealt first hand with weight gain, chronic heartburn, inflammation & all over body pain and she decided to heal her body through food and movement. All of that has made her extremely passionate about mindful and intuitive eating practices.

In her spare time she enjoys chasing after her two small boys and breaking bread with friends.

ASK ME ABOUT:

- The mindset piece of the program & intuitive eating for weight loss.
- How to listen to your body & give it the proper nourishment in any given situation.
- How to create healthy new habits for weight loss and inflammation reduction.



SAMANTHA TEMPLE

NUTRITIONIST

Samantha is an Associate Nutritionist who graduated with a Bachelor of Food and Nutrition from LaTrobe University in 2020. She became a Nutritionist because she battled Fibromyalgia and Chronic Fatigue Syndrome throughout her teenage years and into her 20's and saw the healing power of nourishing foods first hand. Simply by making small swaps, she was able to reduce the chronic pain she experienced and start to regain her energy! She would not let these illnesses define her life and was determined to help others do the same. She is passionate about using the most up-to-date nutrition research to help women reduce inflammation, heal their bodies and feel their best.

In her spare time she enjoys camping with her husband and friends, riding and training a friend's young quarter horse and learning all about gardening.

ASK ME ABOUT:

- Fibromyalgia and how to reduce body wide inflammation.
- Chronic Fatigue Syndrome and how to increase your energy levels for years to come.
- Nutrition Research and the scientific evidence behind the nutrition, food recommendations and behavior change.

RESULTS TRACKER: PRE-CHALLENGE

Complete before you start your 7-Day Challenge

Date:

Weight _____

Blood Numbers _____

Eating Healthy



Feeling Satisfied



No Cravings



Great Energy



Excellent Sleep



Pain Free



Happy Mood



Other



RESULTS TRACKER: POST-CHALLENGE

Complete after you finish your 7-Day Challenge

Date:

Weight _____

Blood Numbers _____

Eating Healthy



Feeling Satisfied



No Cravings



Great Energy



Excellent Sleep



Pain Free



Happy Mood



Other



YOUR BIG WHY & COMMITMENT

Know your big why and commit to taking action

Question 1: What is your goal weight?

What is your current weight?

What have you tried before to lose weight? What happened?

Question 2: What is your BIG WHY?

Why do you want to lose weight and get healthy? Dig deep here!

Return to your Big Why whenever you lose motivation.

Question 3: Do you commit to take action?

Big results are possible. But ONLY if you make the commitment to do the steps and follow the challenge.

Write your commitment below, then add your signature.

CHECKLISTS

"Success is where preparation and opportunity meet"

QUICK CHECKLIST

- [Download the App - click here and follow the instructions.](#)
- [Invite your friends to join you and get 5 Recipes - click here.](#)
- [Join the Free Facebook Group - click here and ask to join](#)

GETTING STARTED

- Complete your Pre-Challenge Results Tracker (in this book)
- Write your Big Why and Commit (in this book)
- Clean our your fridge and pantry - prepare to succeed!

HOW TO USE THE MOBILE APP

- Open the Homemade Method App** on your mobile device [Screenshot here.](#)
- Click on **Plans** at the bottom of your phone screen. Your Plan will pop up - Click on it to open. [Screenshot here.](#)
- Click on **Shopping List** to generate your shopping list for the entire week in seconds! Strike off anything you already have.
- Click on **Meal Prep** to watch our Chef-Dietician cooking video, so your meals look and taste great!
- Click on **Daily Plans** to see the delicious breakfast, lunch, dinner, snack and desserts you'll be enjoying for 7 Days!

CHECKLISTS

"Success is where preparation and opportunity meet"

KITCHEN EQUIPMENT CHECKLIST

- Chef's knife
- Cutting boards
- Measuring spoons & cups
- Mixing bowls
- Whisks, Tongs & Wooden Spoons
- Food processor
- Blender
- Skillet pan and pots
- Baking sheets and baking paper
- Spatula
- Cheese grater
- Muffin tin
- Colander or strainer
- Oven mitts
- Food storage containers or mason jars

HOW THE CHALLENGE WORKS

The Process

STEP 1

Buy the ingredients on your shopping list in the App. You can substitute ingredients as needed.

STEP 2

Watch Chef Lizzie's Meal Prep Video. Learn how to cook your meals for the week in less than 1 hr!

STEP 3

Bulk cook your meals as you follow along with Chef Lizzie. Or just cook a few meals for a few days at a time.

STEP 4

Eat as many meals as you can from our 7-Day Challenge recipes.

STEP 5

Our recipes are packed with ingredients that activate your Reset Response, triggering natural fat loss.

STEP 6

Focus on only eating when you are truly hungry. Listen to your body to stop when satisfied (not full).

STEP 7

Enjoy freedom from dieting, delicious food and less cravings! Stay tuned for what's next!

PREP FOR YOUR 7 DAY CHALLENGE

Complete 2 days before your 7-Day Challenge

Prep Day 1: (2 days before your Challenge starts):

Buy your Ingredients

Open the App - Click Plan which is the middle button at the bottom of your screen. Now click on the image that pops up to open your Meal Plan.

Now click on Shopping List to auto-generate your ingredients shopping list for the entire week in seconds!

Strike out anything you already have at home. And substitute any ingredient to address your dietary needs, like using gluten free, non dairy or vegetarian ingredients.

Prep Day 2: (1 day before your Challenge starts):

Watch our Chef-Dietician led Meal Prep Video

Chef Lizzie will guide you through how to slice and dice, cook, prep and even store all of your meals for the week - in under an hour!

Open the App - Click Plan - Click on the image of a Pizza to open your plan.

Now click on Meal Prep to watch Chef Lizzie's class. You can bulk cook your meals for the week alongside Chef Lizzie or cook each meal day by day during your Challenge. It's up to you!

7-DAY CHALLENGE - DAY BY DAY

Here's what you'll be cooking each day!

Day 1 & Day 2 Menu: Monday & Tuesday

Chocolate Peanut Butter Overnight Oats x 2 serves

Enjoy for 2 days of breakfasts, or double the ingredients for 4.

- [Click here to open on an iPhone](#)
- [Click here to open on an Android](#)

Chicken Burrito Bowl x 2 serves

Enjoy for 2 days of lunches or double the ingredients if hubby is joining you.

- [Click here to open on an iPhone](#)
- [Click here to open on an Android](#)

Teriyaki Salmon w/ Mango Salsa and Brown Rice x 2 serves

Enjoy for 2 days of dinners or double the ingredients if hubby is joining you.

- [Click here to open on an iPhone](#)
- [Click here to open on an Android](#)

Heart Healthy Chocolate Bark x 2 serves

This is a tasty, nourishing snack or desert. Enjoy mindfully and in moderation.

- [Click here to open on an iPhone](#)
- [Click here to open on an Android](#)

Printable versions at end of this booklet

7-DAY CHALLENGE - DAY BY DAY

Here's what you'll be cooking each day!

Day 3 & Day 4 Menu: Wednesday & Thursday

Green Machine Smoothie x 2 serves

Enjoy for 2 days of breakfasts, snacks or deserts. Or double the ingredients for 4 serves.

- [Click here to open on an iPhone](#)
- [Click here to open on an Android](#)

Healthy Avocado BLT Salad x 2 serves

Enjoy for 2 days of healthy lunches. Also makes a great dinner!

- [Click here to open on an iPhone](#)
- [Click here to open on an Android](#)

Lemon Ginger Chicken Soup x 2 serves

Enjoy for 2 nights of dinners. Or make in bulk and freeze the extra!

- [Click here to open on an iPhone](#)
- [Click here to open on an Android](#)

Raspberry Yoghurt Parfait x 2 serves

Enjoy for 2 snacks or desserts Or make in bulk for 4 serves.

- [Click here to open on an iPhone](#)
- [Click here to open on an Android](#)

Printable versions at end of this booklet

7-DAY CHALLENGE - DAY BY DAY

Here's what you'll be cooking each day!

Day 5 and Day 6 Menu: Friday and Saturday

Healthy Turkey Bacon Egg Muffins x 2 serves

Enjoy for 2 days of breakfasts or even lunches. Or double the ingredients for 4 serves.

- [Click here to open on an iPhone](#)
- [Click here to open on an Android](#)

Plant Based Burgers with Tomato Salsa x 2 serves

Enjoy for 2 days of healthy lunches. Also makes a great dinner!

- [Click here to open on an iPhone](#)
- [Click here to open on an Android](#)

Crispy Whole Wheat Pizza x 2 serves

Enjoy for 2 nights of dinners. Or make in bulk and freeze the extra!

- [Click here to open on an iPhone](#)
- [Click here to open on an Android](#)

Chocolate Nice Cream x 2 serves

Enjoy for 2 snacks or desserts Or make in bulk for 4 serves.

- [Click here to open on an iPhone](#)
- [Click here to open on an Android](#)

Day 7 Menu: Sunday

Enjoy leftovers or use up what you have on hand :)

Printable versions at end of this booklet

GET YOUR INGREDIENTS

SHOPPING LIST:

Fruits & Veggies

- 4 Bananas
- 1 Mango
- 2½ cups Raspberries
- 1 Lime
- ½ Avocado
- 7 Roma tomatoes
- ¼ cup Zucchini
- 1 Celery stalk
- ½ cup Mushrooms
- ¾ Red pepper
- 8 cups Spinach
- 3½ cup Kale
- 8 Basil leaves
- 6 Tbsp Cilantro, fresh
- 2 Tbsp red Onion, minced
- 1 Green chili
- 4 clove Garlic
- 1 Tbsp fresh Ginger
- 4 Green onions

Dairy & Protein:

- 2 3/8 cups Greek yogurt
- ¼ cup shredded Cheese of choice
- 2 Tbsp Cheddar cheese
- 3 Tbsp Mozzarella cheese
- 3 Eggs
- 2 Chicken breasts (1 + 6oz)
- 8 slices Turkey bacon
- 2 Salmon filets

Grains & Canned Things

- 1 can Black beans
- 2 cup Brown rice, cooked
- 1 cup Passata or tomato sauce
- 1 Tbsp Tomato paste
- 1 cup whole rolled Oats
- 2 Whole wheat burger buns
- 2 Whole wheat wraps, naan breads or pizza bases

Other

- 6 Tbsp Almonds, chopped
- 4 Tbsp Walnuts
- 2 Tbsp Chia seeds
- 2 Tbsp Flaxseeds, ground
- 4 Dates
- 2 Tbsp Almond butter
- 2 2/3 Tbsp Peanut butter
- 1 Tbsp Flour
- 1 tsp Corn starch
- 2 ½ Tbsp Cacao powder
- 1 oz dark Chocolate
- 1 ½ tsp Apple cider vinegar
- 5 Tbsp + 1 tsp Coconut oil
- 2 Tbsp Soy sauce
- 1 ½ Tbsp Maple syrup
- 2 Tbsp Mayonnaise
- 2 cups Chicken stock
- ¾ tsp Chili flakes
- ¾ tsp Chili powder
- ¼ tsp Cumin
- 1½ tsp Garlic powder
- ½ Tbsp ground Ginger
- ¾ tsp dried Oregano

PERSONALIZED SUPPORT (GET HELP)

Did you know that you get personalized support included with your 7-Day Weight Loss Without Dieting Challenge? It's true!

Here are 2 ways you can get help:

- [Visit our Free Facebook Group by clicking here and post your question](#) (you'll need to ask to join the Group first). One of our Expert Coaches or the other Ladies in the Group, will respond.
- **Email our Expert Coaching Team and Support Team at hello@homemademethod.com.** We normally respond in less than 24 hrs (usually much quicker).

Please be sure to add hello@homemademethod.com to your contacts or address book so our emails reach you.

MEMBER LOVE

BEVERLY BURRIS

"#SUCCESS: Dr visit this morning was pretty exciting! I've lost 27.5 lbs, dropped from size 16 to 10 which is already getting loose. And as of today I am OFF BP meds!"



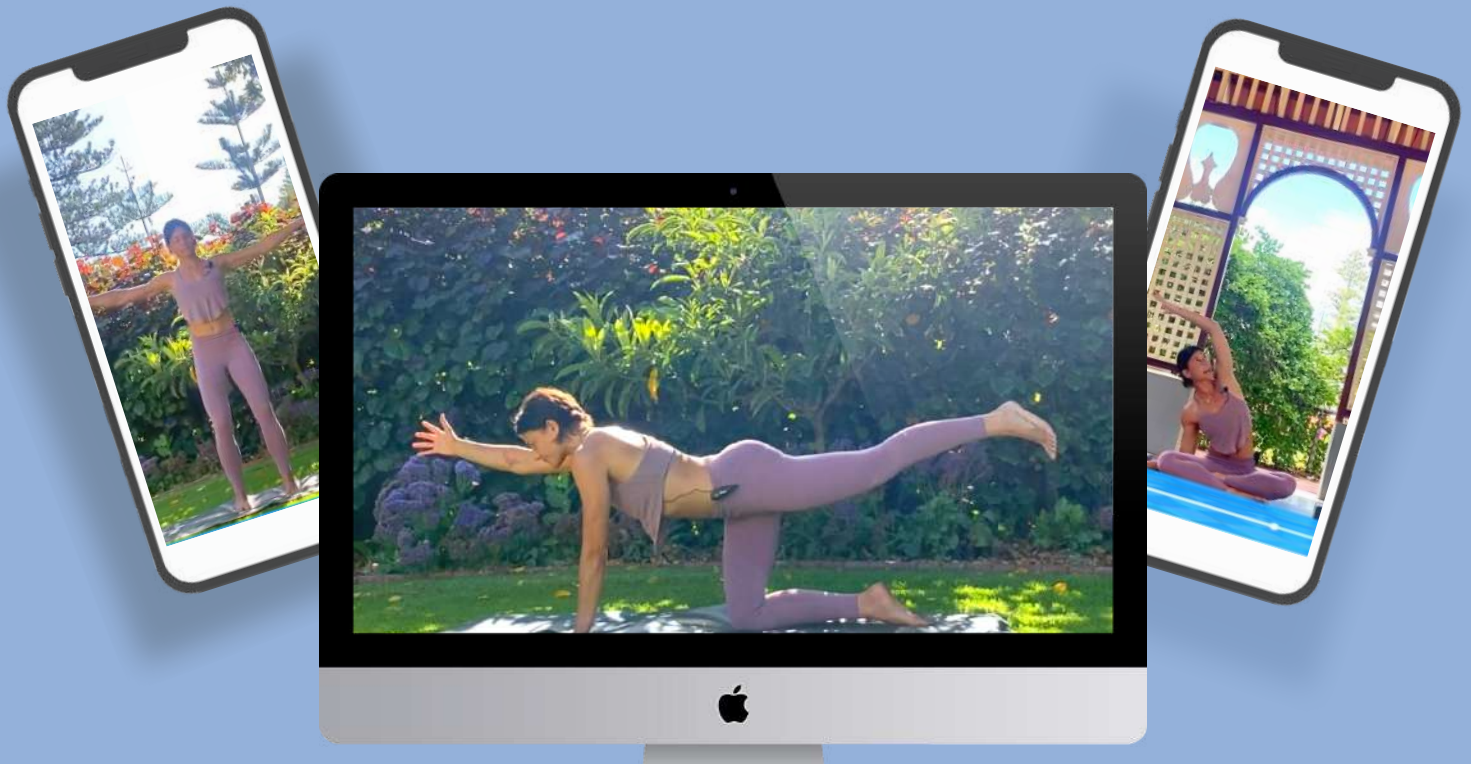
MARGIE FRANKLIN

"I comfortably wore a skirt last week that was waaaay too tight on me 3 months ago. I feel different eating the Homemade Method way. I feel like I am more awake? More alert? More energy!"

CINDY SCHMELTZ

"OMG! OMG! OMG! I was newly diagnosed with Type 2 DM in Feb. I was in a panic, when I found and started this program! My A1c was 7.4 and weighed 227 lbs. I now weigh 197 and my A1c... was 5.4! I went from a sense of urgency and panic to a feeling of confidence and control!"



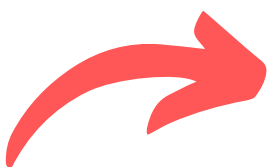


WANT BIGGER FASTER RESULTS?

When we go through menopause, our estrogen levels decline. And that can cause weight gain...especially around the mid-section!

Adding safe and gentle workouts specifically designed to increase metabolism and build muscle mass in women over 50...will improve your results compared to just doing the Challenge alone.

That's why when you add the Complete Fitness System for Women over 50 to your order today, you'll save a whopping 70% off our regular pricing. The best bit: Every workout can be done at home in 15 mins or less :)



[YES! GET THE OFFER](#)



THE RECIPES (PRINT VERSION)

If you would like to print off a copy of your recipes, this is for you :)



Chocolate Peanut Butter Overnight Oats

Looking for a quick and easy breakfast that will keep you going all morning? Make these peanut butter overnight oats with chia for a quick high fiber, ready-to-go breakfast.

This jar of goodness **packs a big hit of fiber which is such a great way to start your day.** Fiber helps us **maintain a healthy weight and lowers the risk of both diabetes and heart disease.**

The protein from the yogurt, chia, and peanut butter will also **make us feel full for longer which means it's also good news for weight loss....**

Such a great, healthy yet absolutely YUM breakfast!

CHOCOLATE PEANUT BUTTER OVERNIGHT OATS

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Prep 5 minutes **Cook** 8 hours to set or overnight

Serves 2

- 1 cup whole rolled oats
- 1 Tbsp chia seeds
- 1 cup milk of choice
(almond or coconut are fantastic)
- $\frac{3}{4}$ cup plain Greek yogurt
- 2 Tbsp peanut butter
- 1 $\frac{1}{2}$ Tbsp maple syrup

Toppings:

- 2 tsp peanut butter, for swirling
- 1 oz dark chocolate, chopped
- 1 tsp coconut oil

Directions:

- Place oats, chia seeds, milk, yogurt, peanut butter, and maple syrup in a bowl. Stir to combine.
- Divide mixture among 2 mason jars or bowls. Stir through with a swirl of peanut butter; 1 tsp per serving.
- In a small microwave safe bowl, combine chopped dark chocolate and coconut oil. Microwave in 15 second bursts, stirring each time, until melted and smooth.
- Drizzle each portion with melted dark chocolate and cover tightly. Refrigerate overnight.
- Enjoy as is, or topped with $\frac{1}{2}$ a sliced banana!

Recipe Note: If you are unable to have peanuts, simply swap for sunflower seed butter. You may be able to find this at some health stores and supermarkets, If not, it is really easy to make. Lightly roast 2 cups of sunflower seeds in the oven until golden. Transfer to a high-speed blender and blitz the seeds on high for 2 minutes, scraping down the sides as you go. Add $\frac{1}{4}$ cup coconut sugar, $\frac{1}{4}$ coconut butter, and 2 Tbsp of coconut oil. Blitz again on high for a further 2 minutes or until the mixture is nice and creamy and resembles a nut butter.



Green Machine Smoothie

Best for: **Complete health reboot.**

This smoothie contains dark leafy greens and potassium-rich bananas, making it a **powerful health tonic that can fight heart disease, high blood pressure, and cholesterol.**

It is extremely high in phytonutrients and antioxidants, which have **powerful health-protective properties (especially against various cancers)**. It is also high in fiber to **help you feel full, and low in calories.**

GREEN MACHINE SMOOTHIE

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Prep 5 minutes **Cook** 0 minutes

Serves 2

- 2 bananas
- 2 cups spinach
- 2 Tbsp flaxseeds, ground
- 2 Tbsp almond butter
- 2 dates, pitted
- 2 cups milk of choice
- 4 Ice cubes, to serve

Directions:

- Place all ingredients into a high-speed blender, with the bananas on the bottom.
- Blend on high until mixture is smooth and consistent; about 1 minute.
- Serve immediately, or pour into a mason jar for easy transport to enjoy later.



Healthy Turkey Bacon Egg Muffins

These **grab-and-go breakfast** muffins are packed with veggies and feature a special treat: turkey bacon! Turkey bacon has all the smoky flavor of pork bacon with **less saturated fat**. And it's the perfect balance of flavor with hearty kale and sweet bell pepper.

Enjoying a protein-rich breakfast like this one has been shown to help **promote weight loss**. The combination of healthy fats, fiber, and protein helps you to feel fuller for longer, naturally **suppressing your appetite**.

Go ahead and get creative with different types of cheese and a variety of veg! These egg cups are so delicious - and **freezer-friendly** - you might want to make it a double batch.

HEALTHY TURKEY BACON EGG MUFFINS

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Prep 10 minutes **Cook** 20 minutes

Serves 2

- 4 slices turkey bacon
- 3 eggs
- ¼ tsp dried oregano
- Salt & pepper, to taste
- ¼ red pepper, finely diced
- ½ cup kale, finely chopped
- ¼ cup shredded cheese of choice (we like cheddar or mozzarella)

Directions:

- Preheat oven to 350°F/175°C and prepare 4 sections of a muffin tin with liners. Line each cup with one slice of turkey bacon.
- In a medium bowl, beat eggs with Italian seasoning, salt, and pepper. Stir in finely chopped vegetables and divide mixture between prepared egg cups.
- Sprinkle tops with shredded cheese and bake for 20 minutes.
- Enjoy hot, or allow to cool before freezing or refrigerating for up to 5 days.



Chicken Burrito Bowl

Supercharge your lunch break with this bowl that is **bursting with protein, fiber, and complex carbohydrates...** everything you need to fill you up, fuel your body and keep you going. There is no wonder this dish deserves an entire bowl rather than a wrap!

Black beans add an extra protein hit to this delicious meal. Not only do beans provide an **excellent source of protein for vegetarians and vegans**, but they are also a nutrient-dense food. Some important nutrients that can be found in beans are folate, iron, magnesium, zinc, and not to mention fiber!

Fiber helps **provide slow-release energy for stabilized blood sugar and helps reduce insulin resistance in the body**. Including plant-based proteins as part of your meals will certainly go a long way to maintaining your overall health, and they are super budget-friendly!

CHICKEN BURRITO BOWL

GF

Prep 10 minutes **Cook** 15 minutes

Serves 2

- 1 Tbsp olive oil
- 1 chicken breast, diced into ½-inch pieces
- ½ tsp chili powder
- ½ tsp dried oregano
- Salt & pepper, to taste
- ½ (15 oz) can black beans, drained and rinsed

For the salsa:

- 2 tomatoes, diced
- ½ red bell pepper, chopped
- 2 green onions, sliced
- 2 tsp lime juice
- 1 clove garlic, minced

To serve:

- 4 cups spinach
- 1 cup cooked brown rice
- 2 Tbsp Greek yogurt
- 2 Tbsp cheddar cheese, grated
- Optional: 1 sliced green onion

Directions:

- In a small pan, heat olive oil over medium-high heat.
- Add diced chicken breast, chili powder, oregano, salt, and pepper. Cook, stirring occasionally, until fully cooked, about 7 minutes.
- Add the black beans and mix with the chicken. Continue to cook until beans are heated through, 1–2 minutes.
- Meanwhile, combine all the salsa ingredients in a small bowl and mix together. Season to taste with salt and pepper.
- To serve, divide the spinach between two bowls. Layer the bowls with brown rice, salsa, and chicken and bean mixture.
- Top with a dollop of Greek yogurt, a sprinkle of grated cheese, and the green onion, if using.

Recipe Note: For a vegetarian option, omit the chicken and double the amount of black beans. Cook the beans as you would the chicken (with the oil and spices) however, reduce cooking time by at least half and only use enough oil to evenly coat the beans.



Healthy Avocado BLT Salad with Massaged Kale

Who doesn't love a classic BLT? This vibrant salad has all the flavors you love from the sandwich, only it's much **lighter and absolutely packed with refreshing veggies!**

Anti-inflammatory, crispy, and full of slow-digesting fiber, it really doesn't get any better than this salad for a simple lunch or dinner that will help with **natural weight loss.**

Quick and easy to make, this craveable salad can be made with any type of leafy greens you enjoy. But if you think you're not a fan of kale, give this technique a try! **Massaging completely changes the texture and flavor** of our favorite green superfood!

HEALTHY AVOCADO BLT SALAD WITH MASSAGED KALE

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Prep 12 minutes **Cook** 0 minutes

Serves 2

- 2 tomatoes, diced
- 2 Tbsp mayonnaise
- 1 ½ tsp apple cider vinegar
- 3 cups kale, spines removed and chopped
- 1 tsp olive oil
- Salt & pepper, to taste
- ½ medium avocado, sliced
- 4 slices turkey bacon, cooked until crispy then crumbled or chopped finely

Directions:

- In a medium bowl, combine chopped tomatoes with mayonnaise, and apple cider vinegar. Set aside for 5 minutes to allow the tomatoes to soften and become juicy.
- In the meantime, in a large bowl, drizzle the chopped kale with 1 tsp olive oil and season with salt and pepper. Massage firmly with your hands until dark green and softened; about 5 minutes.
- Add tomato mixture to massaged kale and mix thoroughly.
- Divide onto two plates and garnish with sliced avocado and crispy bacon bits. Enjoy immediately.



Plant-Based Burgers with Tomato Salsa

These plant-based burgers are filled with nutritious legumes and veggies. **Plant-based burgers have the potential to nourish your body in every way possible!** They're not only a fantastic option to use in place of a traditional burger, but you can also use this recipe for veggie crumbles in place of ground meat, for burritos, wraps, and pies!

Consuming high-quality plant-based proteins, like the black beans in this recipe, is a fantastic way to improve your heart health and lower your cholesterol and blood pressure. Plant-based proteins are free from saturated and trans-fats in comparison to meat-based options, so they should be a large part of your everyday eating.

A diet rich in plants will help you maintain an ideal weight and feel energized.

PLANT-BASED BURGERS WITH TOMATO SALSA

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Prep 20 minutes **Cook** 20 minutes

Serves 2

For the burgers:

- ½ (15 oz) can of black beans, drained and rinsed
- 2 tsp olive oil, divided
- ¼ cup grated zucchini
- 1 clove garlic, minced
- 1 Tbsp flour of choice (AP, coconut flour, oat flour, rice flour)
- 1 Tbsp tomato paste
- Salt & pepper, to taste

For the salsa

- 2 Roma tomatoes, seeded and finely diced
- 1 tsp lime or lemon juice
- ¼ tsp cumin
- 1 tsp honey
- 2 Tbsp red onion, minced
- Salt & pepper, to taste

To serve:

- 2 whole wheat burger buns
- 2 cups spinach

Directions:

- Place drained and rinsed beans into a medium-sized bowl and smash roughly with a potato masher, or use your hands.
- In a small skillet, heat olive oil over medium heat. Cook grated zucchini and minced garlic for 5 minutes, stirring occasionally.
- Add cooked zucchini mixture to smashed black beans, along with flour and tomato paste. Season with salt and pepper and combine well.
- Form into 2 patties and fry in the skillet for 3 minutes per side, or until nicely browned.
- In the meantime, combine salsa ingredients in a small bowl.
- Serve burgers hot on a whole wheat bun with spinach and tomato salsa.



Teriyaki Salmon with Mango Salsa & Brown Rice

Sweet, salty, sticky, and savory - teriyaki sauce is a **family favorite** for good reason! Served over fluffy rice, this meal comes together very quickly and makes fabulous leftovers.

Salmon is celebrated for its many health benefits. A great source of **omega-3 fats**, eating this rosy fish helps protect your heart health by **lowering blood pressure and inflammation**. As a high-protein food, salmon can **help you lose weight by reducing appetite and increasing insulin sensitivity**.

Bright and tangy mango is the perfect accompaniment to the rich salmon in this meal. This **antioxidant-rich** tropical fruit is a great source of magnesium and potassium - both of which **help to lower blood pressure**. Mango contains unique enzymes that **help improve your digestion**, as well as **vitamins A and C** which strengthen your immune system.

TERIYAKI SALMON WITH MANGO SALSA & BROWN RICE

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Prep 10 minutes **Cook** 15 minutes

Serves 2

For the teriyaki salmon:

- ¼ cup water
- 1 tsp cornstarch
- 2 Tbsp low-sodium soy sauce
- 2 Tbsp honey
- ½ Tbsp ground ginger
- ½ Tbsp garlic powder
- ½ tsp chili flakes
- 2 salmon filets (about 9 oz total)
- 2 Tbsp olive oil

For the salsa:

- 1 mango, cut into cubes
- 1 lime, zest and juice
- 4 Tbsp fresh cilantro, chopped

To serve:

- 1 cup cooked brown rice

Directions:

- Make the sauce by mixing together the water and cornstarch in a container big enough to fit the salmon filets. Add soy sauce, honey, ginger, garlic powder, and chili flakes and stir together. Add the salmon filets and cover with sauce. Set aside to marinate for a few minutes.
- Meanwhile, combine salsa ingredients in a small bowl.
- Place a nonstick skillet over medium-high heat and add the oil. Add the salmon filets along with half the marinade. Cook the salmon for 4 minutes per side. (Cooking time will depend on the thickness of your fish.)
- Serve the salmon with brown rice and mango salsa. Drizzle over the pan sauce.



Lemon & Ginger Chicken Soup

If you're suffering from inflammation then this is the soup for you! This soup is **full of healing ingredients that target and reduce inflammation**. Ginger, lemon, herbs, and vegetables are all key foods to focus on when adopting an anti-inflammatory diet.

Ginger contains **gingerol**, a bioactive compound that gives ginger its special medicinal properties. Gingerol is powerfully anti-inflammatory and helps to **protect your cells** from damaging free radicals.

There is evidence that eating ginger can even help promote **natural weight loss** and reduce the symptoms of osteoarthritis!

LEMON & GINGER CHICKEN SOUP

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Prep 10 minutes **Cook** 25 minutes

Serves 2

- 1 Tbsp olive oil
- 2 cloves garlic, chopped
- 1 Tbsp fresh ginger, minced
- 6 oz chicken breast, diced
- 1 cup water
- 2 cups chicken stock
- 1 celery stalk, thinly sliced
- ½ cup mushrooms, finely chopped
- 1 Tbsp lemon juice
- 1 green chili, sliced
- 1 green onion, sliced
- 2 Tbsp Cilantro leaves, to serve
- Salt and pepper, to taste

Directions:

- Heat the oil in a saucepan over medium-high heat and fry the garlic and ginger until soft but not brown.
- Add the chicken and stir-fry for 5 minutes.
- Add the water, broth, celery, and mushrooms and bring to a boil. Reduce the heat and simmer for 10 minutes.
- Add the lemon juice, cover, and cook gently at a simmer for a further 10 minutes.
- Add the chili and green onions, remove from the heat, and sprinkle with cilantro leaves before serving. Season with a little salt and pepper if you wish.



Crispy Whole-Wheat Pizza

Whole-wheat and whole grain is all the rage these days. By replacing white flour with whole-wheat or whole grain varieties you add a wealth of nutrients and health benefits. By adding fiber we **help activate your Reset Response**, helping you feel naturally full and satisfied, **supporting natural weight loss**, as well as **managing blood sugar levels**.

We also add **essential minerals, proteins and anti-oxidants** with our colorful toppings. And avoid many of the hidden calories, excessive salt, and processed ingredients found in your average pizza.

So next time you get a pizza craving... put this on the menu and congratulate yourself after :)

CRISPY WHOLE-WHEAT PIZZA

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Prep 15 minutes **Cook** 10 minutes

Serves 2 pizzas

For the crust:

- 2 Wholewheat wraps, naan breads, or pizza base

Margherita pizza topping variation:

- 1 cup tomato paste
- 3 Tbsp mozzarella cheese, sliced or grated (or cheese of choice)
- 1 Roma tomato, chopped
- ¼ tsp red chili flakes (optional)
- Salt & pepper, to taste
- 8 fresh basil leaves

Directions:

Preheat your oven to 400°F/200°C.

For the Margherita Pizza topping variation:

- Simply spread your pizza crusts with sauce, and then evenly distribute the mozzarella cheese and tomato between the two crusts. Sprinkle with chili flakes and season with salt and pepper.
- Place on a baking sheet, and bake for 5-10 minutes, until edges are crispy and cheese is melted.
- Garnish with fresh basil leaves right before eating.

For the Hearty Ham & Mushroom topping variation:

- Simply spread your pizza crusts with sauce, and then evenly distribute the ham, mushrooms, and red onion between the two crusts. Top with cheese and season with salt and pepper.
- Place on a baking sheet, and bake for 5-10 minutes, until edges are crispy and cheese is melted.
- Garnish with baby spinach right before eating.

CRISPY WHOLE-WHEAT PIZZA

Ingredients, continued:

Hearty Ham & Mushroom

topping variation:

- 1 cup tomato paste
- ¼ cup smoked ham, chopped finely
- 1 cup mushrooms, sliced
- ¼ cup sliced red onion
- 3 Tbsp Parmesan cheese, grated
- Salt & pepper, to taste
- 1 cup baby spinach, chopped (to garnish, before eating)

OPTIONAL:

Experiment with making your own cauliflower crust:

- 5 Tbsp ground flaxseeds
- ½ cup water
- 1 medium head of cauliflower
- ⅔ cup almond flour
- 2 tsp Italian seasoning
- ½ tsp garlic powder
- 1 tsp salt

Optional Directions (Make your own cauliflower crust)

- Preheat oven to 450°F/230°C. Prepare your ground flaxseeds by mixing with the water and refrigerating for a half hour.
- Using your food processor, break cauliflower down into little pieces.
- Once the cauliflower is in fine crumbles, heat a large sautee pan over medium heat and cook the cauliflower, stirring, until any extra moisture has evaporated (about 6-8 minutes). Remove from heat.
- Stir the flour with the seasonings and set aside. Place the cooked cauliflower in a bowl and mix in the flaxseed mix, stirring well to combine.
- Add the flour mixture and continue stirring until everything is incorporated, then form into two 2 balls.
- Place a dough ball on a parchment sheet, and gently pat out into a round.
- Cover with a second sheet and roll out the round until it's about a ¼ inch thick.
- Using the bottom sheet, (remove the top), transfer your crust onto a baking sheet and bake for 25 minutes. The edges should be lightly browned and crisp.
- Add your favorite toppings, then return to the oven for an additional 5-8 minutes. Enjoy!



Heart-Healthy Chocolate Bark

There has been great debate over whether chocolate is actually good for you or not. We are definitely on the healthy chocolate train, however be sure to only select quality dark chocolate with limited sugar, or better yet, make your own.

Dark chocolate is a **powerful source of antioxidants**, more so than most other foods. It also **contains vitamins and minerals which provide a wide variety of health benefits**. Making your own chocolate like this chocolate bark recipe allows you to control the amount of sugar you are adding and also lets you use quality, natural sweeteners instead of conventional sugar.

Adding other ingredients such as nuts and seeds gives an additional nutrient boost while also **providing a source of protein, and they are generally low GI**. If you are conscious about your blood sugar levels, just ensure you don't go overboard with adding dried fruit.

HEART-HEALTHY CHOCOLATE BARK

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Prep 10 minutes **Cook** 5 minutes

Serves 2-4

- ⅓ cup cocoa powder
- ¼ cup coconut oil
- 1 Tbsp honey

Extras:

- 2 Tbsp almonds, chopped
- 1 Tbsp chia seeds
- ¼ cup raspberries

Directions:

- Line a dinner plate with waxed paper and set aside.
- Add all the chocolate ingredients into a small saucepan. Melt together over low heat, stirring continuously, until well combined and liquid.
- Immediately pour the melted chocolate mixture onto the waxed paper, spreading out to a thin, even layer.
- Immediately scatter all the extras evenly over the top of the melted chocolate.
- Place in the fridge until chocolate is set. Break up into chunks and enjoy!

Recipe Note: Feel free to use whatever nuts, seeds, and dried fruit you have on hand. Be sure though to limit the dry fruit and use mainly nuts and seeds as your “extras”.



Raspberry Yogurt Parfait

This super simple snack is a great example of how you don't need an elaborate recipe to end up with something **beautiful and satisfying** to eat.

A base of gut-healthy Greek yogurt adds a creamy texture as well as **protein and calcium** to promote strong muscles and bones. Raspberries add extra fiber and have also been linked to lower fasting blood sugar levels and **better management of insulin sensitivity**.

Get a little nutty with omega-3 rich walnuts and almonds! These **heart-healthy** nuts help to fight inflammation, **reduce cholesterol levels**, and promote heart and brain health too.

RASPBERRY YOGURT PARFAIT



Prep 5 minutes **Cook** 5 minutes

Serves 2

- 2 Tbsp almonds, chopped
- 2 Tbsp walnuts, chopped
- 1 ½ cups Greek yogurt
- 1 Tbsp honey
- 2 cups raspberries

Directions:

- In a small dry pan over medium heat, toast almonds and walnuts, shuffling them around, until golden and aromatic, about 5 minutes. Remove from pan and set aside.
- In a small bowl, combine yogurt and honey.
- In 2 jars or glasses, layer yogurt, berries, and toasted nuts so that there are two layers of each.
- Wrap tightly and refrigerate; enjoy cold.



Chocolate Nice Cream

Would you believe you can make **delicious ice cream** free of refined sugar with **just two ingredients** and no special equipment? The amazing ingredient that does all this is one you probably have in your house right now: bananas!

All you have to do is peel, freeze, and then blend to create a delicious soft-serve treat that will actually benefit your health rather than damage it. Thanks to the very high levels of pectin in bananas, they create an incredible creaminess when blended that you can add any flavor to.

Besides upping the creamy factor, pectin **helps with digestion and gently removes toxins and heavy metals from the body**. Bananas also **help to regulate blood sugar, strengthen the nervous system, aid in weight loss, and produce stress-relieving relaxation**.

So go ahead- have two scoops!

CHOCOLATE NICE CREAM

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Prep 5 minutes **Cook** 0 minutes

Serves 2

- 2 medium bananas, sliced and frozen
- 1-2 Tbsp milk of choice (if needed)
- 3 tsp cocoa powder
- 2 dates, pitted
- 1 tsp honey (optional)

Possible Toppings:

- chopped almonds and walnuts
- raspberries

Directions:

- Put your frozen banana slices in a food processor or blender and blend until it starts to get creamy and smooth. If you are using a blender, you will have to keep stopping to scrape down the sides with a spatula or spoon. If the bananas are having a very difficult time breaking down, you can add in tiny splashes of milk until they emulsify.
- Once the bananas are creamy, add in the cocoa powder and dates and continue blending until everything is combined and is the consistency of soft-serve ice cream. Taste for sweetness, and if you desire extra sweetness, add in 1 tsp of honey and blend until incorporated.
- Serve immediately with toppings of choice, or put it in the freezer for up to an hour or two, but any longer and it will be too solid and need to be reblended.



“YOU CAN GET A
HEALTHY,
ENERGETIC BODY
OVER 50 AND IT'S
EASIER THAN YOU
MIGHT THINK...

YOU JUST NEED
THE RESET
RESPONSE!

ANNA RAKOCZY, FOUNDER
OF HOMEMADE METHOD

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