

DR. KEOUGH'S GUIDE TO
**RESTORATIVE
EATING**
FOR THE WHOLE FAMILY



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Dr. Keough's Guide to Restorative Eating for the Whole Family
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Dr. Keough's Guide to Restorative Eating for the Whole Family

I was inspired to write this simple Restorative Eating Guidebook to bring light to the joys of healthy eating. Healthy eating can sometimes be looked at as boring, bland and uninteresting but my goal is to inspire you with some healthy recipes that are easy and full of flavor! I have also experienced firsthand how common it is to live off junk food from the time we are children and continuing this habit throughout adulthood. Why is it, when someone decides to make the shift to feeding their body with healthy, restorative, nourishing foods, you are automatically labeled as being on a diet? This has baffled me for years and has created a fire in me to bring light to eating in a healthy restorative way, without being “on a diet.” Throughout my journey to regaining and restoring my health I tried every diet there ever was. I counted every single calorie, carb, protein and fat. I also fasted incorrectly which had large repercussions on my health. I wanted so badly to love my body and feel good in my own skin but once I reached my teenage years, everything I ever ate made me feel awful. It wasn't until I began eating foods that Restored my body back to health and removed all the foods that were labeled as health foods but were nothing more than junk being marketed as health food, that I began to heal.

In the pages to follow, you will find simple recipes that I've discovered over the years. These recipes have been inspired by all the foods that fed my body and soul and made me feel my best and have more energy than I ever thought possible. These are the recipes that helped heal my digestive and immune system which lead me to a healthy, vibrant life. Some of these meals could be labeled as anti-inflammatory, ketogenic, Mediterranean, etc.. but I prefer not to label them at all and call this type of eating what it is: Restorative Eating. I encourage you to try out each recipe and see what works best for you and your family. There is no one size fits all when it comes to a healthy diet. You may find that you tweak each recipe to better suite you and your family's needs.

One question I get often is should I buy organic or conventional produce, meat and eggs. While I do my best to buy organic as much as possible, I'm not 100%. If you haven't heard of the clean 15 and the dirty dozen (I go more in dept about these in my book, *Healing from Within*) I encourage you to read about these groups of foods that explains which should be purchased organic and which aren't as important to buy organic. This is

helpful when beginning your journey to healthier eating while trying not to break the bank. All in all, I would much rather someone buy conventional produce, meat and eggs than continue eating the standard American Diet (SAD). Non-organic, conventional bought foods are a very healthy upgrade when you've been accustomed to our standard American diet.

Lastly, I want to add that I despise cooking, however, meal prepping once per week has saved my life. Each of these recipes can be doubled, tripled or more to feed a family. My secret is to take 2 hours on a Sunday afternoon (more like 3-4 hours until you get used to meal prepping) and make several meals for the week. Once the food is cooked you can store in glass (Pyrex) containers appropriately and have healthy, ready made meals in minutes for you and your family. This way of preparing meals not only saves you a ton of money but it also saves you hours in precious time each week, not to mention your sanity when you're trying to figure out what to feed your family last minute.

Here's to you and your family's health! Enjoy!

BREAKFAST

Easy Over Eggs with Kale & Pancetta

1-2 large eggs

1/8 cup of chopped pancetta (alternative: good quality gluten-free sausage. I prefer Whole 30 compliant ground breakfast sausage roll)

1 cup chopped kale

Celtic sea salt and pepper (Pink Himalayan Sea salt is a good alternative to Celtic)

1. Add pancetta to pan and gently sauté on a medium heat until cooked thoroughly. Add the kale sauté for 1 further minute.
2. Remove kale and pancetta and use remaining oil in pan to cook egg(s) over easy.
3. Heat pan, making sure it's not too hot.
4. Add a teaspoon of olive oil or ghee
5. Crack egg(s) on dull surface and empty contents into pan.
6. Cook slowly and jiggle pan to make sure egg(s) aren't sticking.
7. Flip over as carefully as possible, then serve.

Super Food Smoothie

¼ cup coconut cream
½ avocado
½ banana
½ cup frozen berries (or frozen fruit of choice)
½ cup beet juice
1 tbsp coco powder
1 scoop green food
1 tbsp chia seeds
2 scoops collagen powder (I love Designs for Health Chocolate Bone Broth protein powder)
Optional- 1 cube frozen chicken stock made from left over chick carcass for extra nutrients (see bone broth recipe)



1. In your favorite blender, blend all ingredients until mixture is smooth. For a creamier smoothie, add more coconut cream and avocado. For a thinner, more drinkable smoothie add more beet juice. This smoothie is so delicious that your kids will love it too!

Super Food Drinks for the Kids

1 cup chocolate pea protein (Ripple makes a delicious dairy, nut, soy, gluten carrageenan free milk made from Non-GMO pea's that is naturally low in sugar and high in protein)
1 scoop of chocolate bone broth protein

Use frother to blend in protein for a smooth, protein packed chocolate milk for the kids.

*In the winter, I warm up the milk on a stove top and then blend in the bone broth protein for a warm and delicious hot chocolate.

LUNCH

Tuna Stuffed Avocado & Side Salad

1 can tuna of your choice (or chicken- see whole roasted chicken recipe)

3 tbsp mayonnaise (see home-made mayo recipe)

Celtic sea salt and pepper to taste

1 large avocado

1. In a bowl combine tuna and mayonnaise and mix well.
2. Cut large avocado in half lengthwise and remove the pit
3. Add a scoop of the tuna salad into the avocado.
4. Add side of arugula (or your choice of greens) and top it with Herbed Balsamic Dressing (recipe below)



Avocado Toast with Smoked Salmon & Side Salad with Herbed Balsamic Dressing

2 medium slices of gluten free bread (my favorite brands are Carbonaut and Udi's brand)

½ medium Avocado

2 oz Smoked Salmon

Celtic sea salt

Pepper

1. Toast both slices of gluten free bread
2. After finishing toasting, scoop out avocado onto each slice of bread and mash with a fork. Sprinkle with salt and pepper.
3. Add smoked salmon

Optional additional toppings: capers, thinly slides red onion or cucumber.

4. Add side of arugula (or your choice of greens) and top it with Herbed Balsamic Dressing (recipe below)



SNACK

Roasted Almonds

- 8 oz. almonds
- 1 tsp Celtic sea salt
- 1 tbsp olive oil or coconut oil
- 1 tsp ground cumin
- 1 tsp paprika powder or chili powder

1. Mix all ingredients in a medium frying map and cook on medium heat until the almonds are warm.
2. Let cook and serve.

Keto Cauliflower Hummus

- 1 medium cauliflower
- 2 tbsp olive oil
- ½ cup tahini
- 2 large garlic cloves
- 1/3 cup lemon juice
- 1 tsp Celtic sea salt
- ½ tsp black pepper
- Olive oil for garnish

1. Preheat oven to 425°F and line baking sheet with parchment paper
2. Remove florets from cauliflower and toss in a small amount of olive oil.
3. Roast for 15 mins
4. Add cauliflower, tahini, olive oil, garlic, lemon juice, salt, and pepper to food processor puree until smooth.
5. Refrigerate until cold, then top with olive oil before serving. Enjoy with cucumbers and celery.



Hard Boiled Eggs with Sea Salt & Cracked Pepper

2 Eggs

Water

1. Bring water to boil (you can also use your Instant-Pot)
2. Add eggs to boiling water for 11-13 mins
3. Remove eggs from water and place in bowl of cold water
4. Peel eggs and cut them in half
5. Sprinkle with sea salt and cracked pepper



DINNER

Lemon Garlic Salmon with Sautéed Asparagus

- 4 cloves garlic (small, minced)
- 4 tablespoons extra-virgin olive oil
- Dash Celtic sea salt
- Dash black pepper
- 4 salmon fillets (about 4 to 6 ounces each)
- 3 lemons (divided)

1. Heat oven 375°F.
2. Lightly grease a 9x13x2 inch baking pan or cast-iron skillet, line the pan with foil and lightly oil the foil
3. In a small bowl, combine the minced garlic and olive oil; blend well.
4. Arrange the salmon fillets in the prepared baking pan/skillet and spread the garlic mixture evenly over them. Sprinkle the fillets lightly with salt and freshly ground black pepper.
5. Bake the salmon for about 20 minutes or until the fillets register 145°F or flake easily with a fork.
6. Meanwhile, juice one of the lemons.
7. Drizzle the baked salmon fillets with two tablespoons of lemon juice.
8. Slice the remaining lemon into wedges and serve them with the salmon.



Roasted Whole Chickens

(This recipe was inspired by my friend Kelly Warner who is a Whole 30 coach)

Special kitchen items needed:

Clarified butter or ghee

Roasting pan large enough to fit an entire whole chicken in

Foil

2 whole chickens (remove giblets and drain juices)

Ghee

Celtic sea salt and pepper

Carrots, celery, onions, apples, potatoes and other root vegetables

1. Preheat oven to 425 (can also use an InstaPot (see InstaPot manual for recipe)
2. Place chicken breast side up in roasting pan (place potatoes and root vegetables down in the bottom of the pan and place chick on top)
3. Chop up the apples, celery and onions and place some inside the chicken and around the pain.
4. Top each chicken with a generous amount of ghee and rub into skin. If skin allows, rub ghee under skin and on top of breast meat as well.
5. Sprinkle salt and pepper over chickens and place them in oven.
6. Once chicken is in oven lower temp to 375.
7. Bake chickens for 1 hour and 30 minutes.
8. Once done, use a meat thermometer to make sure the chickens are fully cooked (insert thermometer in between thigh and body). Then cover with foil.
9. Leave the chickens covered with foil for 30 minutes before serving.
10. Be sure to eat the skin right away (yummy!) Save left-over meat for stuffed avocado and side salad (see recipe).

Bone Broth (can be made from chicken, pork or beef bones)

Bone broth is full of natural collagen, electrolytes and vitamin A, C and calcium. This broth provides a multitude of health benefits!

- 2 ½ pounds of meat bones (organic is best)
- 1 carrot chopped
- 2 celery stalks chopped
- 1 onion chopped
- 1 cloves garlic
- 1 tbsp raw and unfiltered apple cider vinegar
- 1 tsp Celtic sea salt
- 8 cups water (enough to come in inch below max fill line)

1. Place bones in Instant Pot, filling about half way with bones. Add all the veggies, apple cider vinegar and sea salt.
2. Fill the Instant Pot with water to 1 inch below the Max fill line.
3. Lock Instant Pot lid and set steam release to “sealed” position.
4. Press “manual” button and set your Instant Pot for high pressure for 120 minutes. It takes approximately 15-30 minutes for the Instant Pot to reach full pressure, then the display will show a countdown timer.
5. Once the two hours is complete, all the pressure to release naturally. It will take about 15-30 minutes, then the float value will drop.
6. Strain the broth through a strainer or cheese cloth and let cool. You’ll know you have a good broth if you have a nice layer of fat on top and it will gelatinize when cool. Remove the fat with a spoon and discard.

*This bone broth will keep fresh in the refrigerator for up to five days. I like to freeze my bone broth for longer storage like when someone in my family comes down with a cold or if we are needing more dense nutrition. I use ice cube trays to freeze my broth.

* Afterwards you are left with just the delicious fat that you can use for frying, stir-frying, and baking. One of the added benefits of animal fats is that they are highly saturated so they can be used safely in high heat cooking. Pour into a glass jar, and once it cools, screw on the lid and store in the fridge for up to one week.

Chicken Provençale with Garlic Green beans

2 lbs chicken drumsticks or thighs
8 oz. tomatoes
½ cup black olives, pitted
¼ cup olive oil
5 garlic cloves, sliced
1 tbsp dried oregano
150g of green beans
Celtic sea salt and pepper

1. Preheat the oven to 400°F. Place the chicken skin side up in an oven-proof baking dish. Add garlic, olives and tomatoes on top of and around the meat.
2. Drizzle with a generous amount of olive oil. Sprinkle with oregano and season with salt and pepper.
3. Place in the oven and roast until the chicken is fully cooked through. It should take about 45-60 minutes, depending on the size of the pieces. If you feel unsure, check internal temperature with a meat thermometer. The chicken is cooked through when the temperature reaches 180°F.
4. Meanwhile, bring a small saucepan of water to the boil. Cook the beans for 2-3 mins until just tender. Drain, then return to the pan over medium heat. Add 20g ghee, olive or coconut oil, season with Celtic salt and pepper and toss until melted and combined. Remove the pan from the heat. Divide the Provençal chicken among bowls, serve with the delicious beans and enjoy!

Pesto Zucchini Noodle with Herb Kale Pesto

- 4 small zucchini ends trimmed
- $\frac{3}{4}$ cup Herb Kale Pesto
- $\frac{1}{4}$ cup grated or shredded Parmesan cheese

1. With spiralizer or peeler, cut zucchini into “noodles” and place in medium bowl. Add pesto and Parmesan and toss to coat before serving.

Herb Kale Pesto

- 1 cup chopped kale
- 1 cup fresh basil leaves
- 3 cloves garlic
- 2 tsp nutritional yeast
- $\frac{1}{4}$ cup extra virgin olive oil

1. In food processor, pulse kale basil, garlic and yeast until finely chopped, about 3 min.
2. With food processor running, drizzle olive oil into pesto until thick paste forms, scraping down sides of the bowl at least once. Add a little water if pesto is too thick. Store pesto in airtight container in refrigerator up to 1 week.



DRESSING

Herbed Balsamic Dressing (makes 1 cup)

1 cup extra virgin olive oil
¼ cup balsamic vinegar
2 tbsp chopped fresh oregano
1 tsp chopped fresh basil
1 tsp minced garlic
Celtic sea salt
Freshly ground black pepper

1. In small bowl, whisk olive oil and vinegar.
2. Whisk in oregano, basil and garlic until well combined, about 1 min
3. Season dressing with salt and pepper. Transfer to airtight container and store in refrigerator up to 1 week. Shake each time before using.

Homemade Mayo

Special kitchen items needed:

Immersion blender

Wide mason jar or wide cup that immersion blender fits into

1 cup Avocado oil
1 Egg
1 tbsp Lemon juice
Pinch of sea salt
Hot sauce (I prefer Franks or Noble Made Buffalo Sauce), optional if you want a spicy mayo

1. Add all ingredients into mason jar (add hot sauce if making spicy mayo)
2. Place immersion blender into the bottom of your jar and begin blending. After 30 seconds, move the immersion blender up to incorporate more oil. Move the immersion blender around as needed to emulsify all the oil.
3. Store in the mason jar with a lid or an air-tight container in the refrigerator. (Expires within 7 days).