

REAL FOOD TIME SAVING TIPS...

Our real problem is that we have to eat so much more nutrient dense food than the previous generations, because the nutrient value of our food has significantly decreased over the past 50 years. Eating nutrient dense food in our modern era is time consuming or expensive. If you don't have oodles of time and money, here are some time saving tips. Mostly because, no matter how much time/money consuming real food is, diet related illness is exponentially more.

Freezer: Double Dinner & freeze (or eat for lunch next day)

Double your dinner ingredients and freeze a leftover dinner.

Freezer Smoothies Complicated smoothie recipes can be assembled ahead of time and frozen separately.

Crockpot: Two Day, Hands-off Bone Broth Soups

Day one: make amazing broth: Roast 2 lb grass fed bones on 350 for 30 min. Place into a large Crockpot. Add 1 Tbsp Apple Cider Vinegar, 1 Tbsp Himalayan salt, 1 handful sliced astragalus roots (optional), 1 sliced unpeeled lg. onion, and fill to the top with water. Cook for 18-24 hours (chicken needs less time, beef needs more; the smaller the bone, the shorter the time). When done strain out bones and hard things, add back into the pot soft connective tissue such as skin/gelatinous material/marrow, and blend broth until smooth (use a stick blender).

Day two: Make soup: whatever vegetables and meat you have in the refrigerator is great. You should have enough broth for two soups. Save the broth you don't use in the refrigerator. At the end of day two you should come home to a piping hot dinner. Here is a real recipe to get started. I have other recipes in my book and there are many on the internet.

Norma's Hunter Stew:

- ¾ gallon Bone Broth (depends on your Crockpot size) (In book, bonus bone broth, [Mission Nutrition](#))
- 1 large onion, chopped
- 2 green peppers
- 1 c parsley, chopped
- 1 fennel bulb, chopped
- 4 carrots, chopped
- 2 celery, chopped
- 2 c olives, sliced
- 1 Tbsp of thyme
- 2 c tomato sauce (optional)
- 1 lb meat (grass-fed beef, grass-fed hot dogs, wild caught fish, pastured chicken) or three c red lentil (not a complete protein, needs more protein/serving plus a grain to make it complete)
- Optional: after cooked, add 1/3 c marshmallow root powder to thicken and improve digestive health (not for those on a SIBO diet)

Multi-Cooker: 8 hour roast in 2 hours

*must sear meat first for best flavor

Paleo: [instant pot cookbook](#)

[Free kindle instapot beginners book](#)

This thing is great for traveling. Cook dinner in your hotel room while you have fun.

Immersion Blender: This saves oodles of time with washing dishes. My homemade mayo is made in the same jar I store it in. Warm frothy drinks can be made quickly and easily in your drinking container.

Hot butter tea: [Recipe here](#)

Watch me make Healthful Mayo: [here](#)

Large Cast Iron Frying Pan: Fry up all ground meat at once

Almost every ground beef recipe includes onions, garlic, salt, and pepper so why get out all of the stuff to process the meat more than once. Less dishes/less time. Think like a restaurant, because over a week or two you may make as much food as in one day. You misewell save yourself time. After your meat is cooked and seasoned, place it in recipe size containers and freeze.

Food processor: Chop and slice things all at once

This on my list of things that are a pain to clean, so just get your work done and only clean it once.

Chop all garlic and store submerged in olive oil. Olive oil is a great preservative. Keep one jar beside your stove and rest in the refrigerator for later.

Other time savers (what works for you?)

- Salad Jars for on-the-go lunches
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