



LIGHT, FIT AND FREE

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# FOOD FORMULAS

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# Make Healthy Easy AND Delicious...

A client once said to me: “Krissy, I actually *like* eating healthy food, it’s just when I’m standing in front of the fridge with the door open and I’m starving...I get stuck. How do you make a meal quickly when you have a bunch of seemingly random stuff in the fridge?”

I realized I was doing something special that made it look like meals were appearing like magic in just a few minutes. I saw my mom do it too. She could create epic appetizers and memorable meals from a fridge that had barely anything in it.

This is the magic of a Food Formula.

This guide was born from the realization that once you know how to cook based on a “formula,” it doesn’t matter what you have in the fridge, how savvy you are in the kitchen, hell you don’t even need a recipe!

A drawer full of wilting greens becomes a savory soup that feeds the entire family. A few \*key\* ingredients from the store turn into an array of breakfasts, lunches and dinners to enjoy the whole week.

You get to make incredible food appear on the table almost like magic. It gets to be easy, fun, and effortless. **You get to put healthy on autopilot.**

I truly hope this guide shows you how simple it can be to eat beautiful, slimming meals that dazzle your imagination, impress your friends and help you reclaim your radiance.

xo Krissy



# The Light, Fit and Free 4-Part Food Formula

How to...  
CREATE YOUR PLATE



Fill 1/2 your plate with VEGGIES



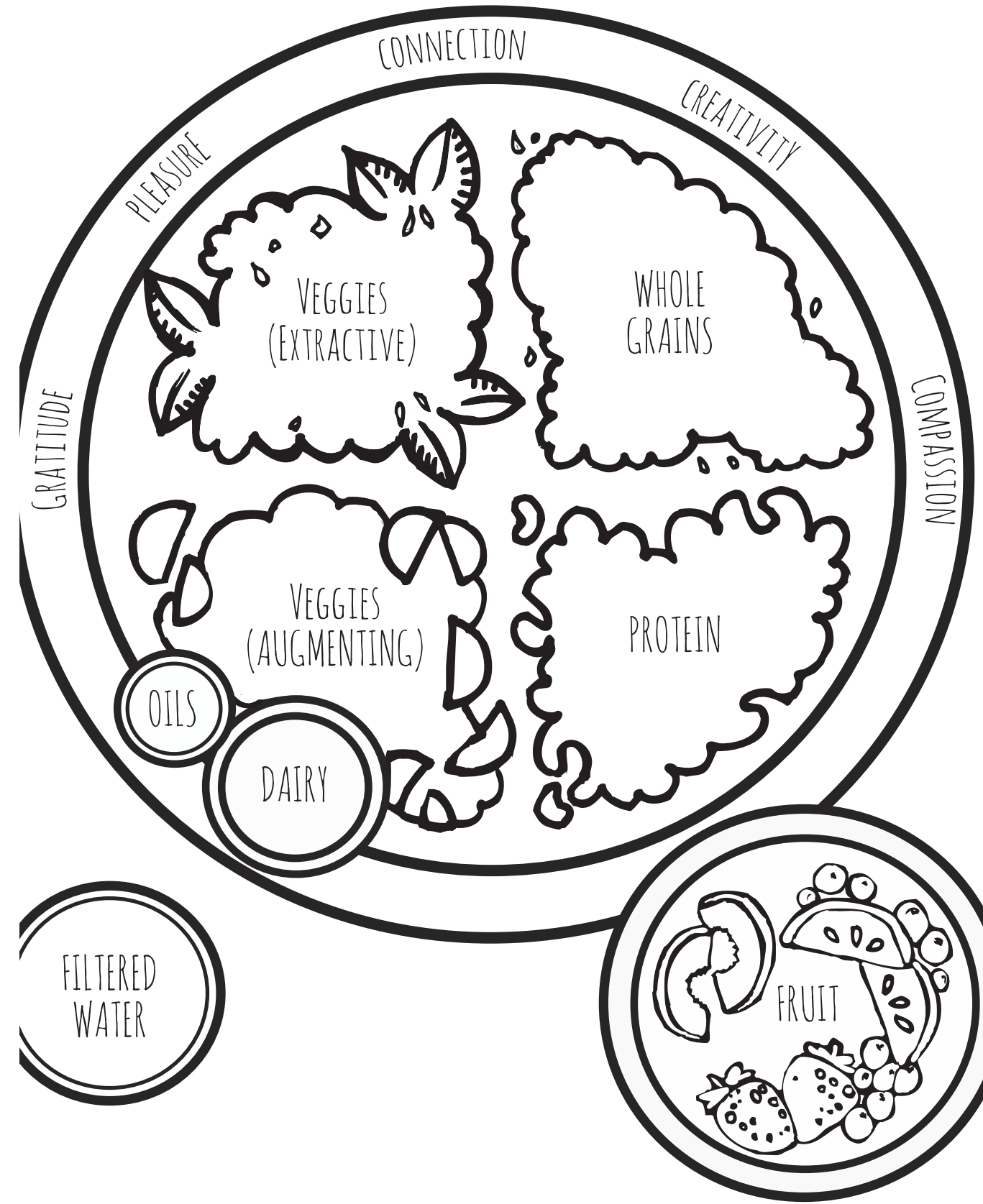
Fill 1/4 with with PROTEIN



Fill up to 1/4 with CARBS



Use 1-2 teaspoons FAT



## Other Considerations:



Use Dairy as a condiment not the main event.



Reduce gluten and processed grains.



Eliminate refined sugar and use honey, maple syrup, stevia, monkfruit, and coconut palm sugar instead.



Eat local/fresh/seasonal and organic as much as possible.







## Eggs and Greens

Light, Fit and Free Signature Breakfast!!

1. **VEGGIES:** spinach, kale, baby chard, cabbage, broccoli, etc.
2. **PROTEIN:** eggs or egg whites.
3. **CARB:** optional addition of sweet potato, squash, etc.
4. **FAT:** olive oil, coconut oil, ghee, etc.
5. **FLAVOR BURST:** fresh herbs, toasted sesame seeds, fresh chèvre, sprinkle of feta, black beans, salsa, etc.

**DIRECTIONS:** Cook eggs. Cook Greens. Enjoy! Mix it up with Mediterranean flavors or Mexican, or Indian with turmeric or curry.

Photo: [Juliesjazz.com](http://Juliesjazz.com)





## Elevated Smoothie

Light, Fit and Free Signature Breakfast!!

1. **VEGGIES:** handful of spinach, or sprig of kale.
2. **PROTEIN:** protein powder (I like Vega or Garden of Life)
3. **CARB:** 1/4-1/2 cup frozen fruit aim for blueberries, strawberries or raspberries (lower sugar content).
4. **FAT:** 1-2 tsp coconut oil, flax oil, MCT oil, almond butter or peanut butter.
5. **FLAVOR BURSTS and SUPERFOODS:** chia seeds, cacao nibs, spices such as cinnamon and nutmeg, fresh herbs like mint, maca, bee pollen, shredded unsweetened coconut, etc.

**DIRECTIONS:** Blend it all with a little ice in the blender (high-speed blender for best results).





## Elevated Oatmeal

Light, Fit and Free Signature Breakfast!

1. **VEGGIES:** none.
2. **PROTEIN:** protein here comes from the grain and a little from a nut butter. Optional to add a little yogurt.
3. **CARB:** choose grain: quick oats, steel cut oats, quinoa, rice, millet, etc. Optional: top with fresh or frozen fruit.
4. **FAT:** peanut or almond butter, or a little ghee or coconut oil.
5. **FLAVOR BURST:** shredded coconut, cacao nibs, chia seeds, a little honey or maple syrup or maple monk fruit sweetener. Cinnamon, nutmeg or other spices. Optional add a splash of homemade nut milk.

**DIRECTIONS:** Cook grains. Add to bowl and top with whatever you like!

Photo: Little Broken - <https://www.littlebroken.com/2018/02/02/vanilla-coconut-oatmeal-bowl/>





## No-Fail Frittata

The fall-back meal that looks fancier than it is. Easy breakfast, lunch or dinner. Great as is or with toast/salad.

1. **VEGGIES:** kale, mushrooms, roasted red peppers, anything really.
2. **PROTEIN:** 2 large eggs, optional addition of meat or beans.
3. **CARB:** sweet veggies, slice of GF toast or omit.
4. **FAT:** olive oil or ghee etc
5. **FLAVOR BURST:** fresh herbs, salt and pepper, optional cheese or olives.

**DIRECTIONS:** Preheat broiler to high, set a rack 6 inches from heat. Break eggs into a small bowl with a little salt and pepper, beat. Heat 2 tsp oil in an 8-inch cast-iron skillet over medium-high heat. Add veggies to pan; sauté 4 minutes. Stir in quick cooking greens/veggies, sauté until barely wilted. Add eggs; and tilt the skillet a few times so runny parts hit the pan. After about 2 minutes, when the eggs are lightly browned on the bottom with a few shiny spots still on top, sprinkle with cheese and place under broiler; broil 1 minute or until golden-brown. Slide frittata onto a plate.





## The “EPIC Salad”

A salad that’s actually satisfying.

1. **VEGGIES:** romaine, mesclun, kale, baby chard, cabbage, arugula, etc.
2. **PROTEIN:** hard boiled egg, lentils, beans, hummus, chicken, turkey, shrimp, fish, etc.
3. **CARB:** roasted sweet potatoes or squash, carrots, beets, quinoa, tabouleh, a couple stuffed grape leaves, some gluten-free croutons.
4. **FAT:** avocado, olives, salad dressing or just use a salsa or hummus with oil already in it.
5. **FLAVOR BURST:** fresh herbs, toasted sesame seeds, fresh chèvre, sprinkle of feta, toasted nuts, Kite Hill, balsamic reduction, pickled veggies, salt and pepper.

**DIRECTIONS:** Have your way with it, anything goes, just stick with the basic Light, Fit and Free Formula.





## Salad In a Jar

Perfect for making in advance for grab-and-go lunches!

1. **VEGGIES:** romaine, mesclun, kale, baby chard, cabbage, etc.
2. **PROTEIN:** hard boiled egg, lentils, beans, hummus, chicken, turkey, shrimp, fish, etc.
3. **CARB:** roasted sweet potatoes or squash, carrots, beets, quinoa, tomato, tabouleh, a couple stuffed grape leaves, some gluten-free croutons.
4. **FAT:** salad dressing, or avocado, olives, or just use a salsa or hummus with oil already in it.
5. **FLAVOR BURST:** fresh herbs, toasted sesame seeds, fresh chèvre, sprinkle of feta, toasted nuts, Kite Hill, balsamic reduction, pickled veggies, salt and pepper.

**DIRECTIONS:** Have your way with it, anything goes, just stick with the basic Light, Fit and Free Formula and the layering guide to the left.

Photo: Janette's Healthy Living





## Fresh & Quick Spring Rolls

SO EASY. Perfect snack, light meal, or app for a last-minute dinner party.

1. **VEGGIES:** lettuce, red pepper, carrot, cabbage (purple looks prettiest), or other mild greens.
2. **PROTEIN:** sliced tofu or shrimp are traditional, feel free to choose your fav.
3. **CARB:** rice spring roll wrapper.
4. **FAT:** avocado or peanut or almond butter dipping sauce.
5. **FLAVOR BURST:** fresh herbs like cilantro, mint, basil or all three, toasted sesame seeds, mango.

**DIRECTIONS:** Slice/prep all fillings, run rice paper wrapper under warm water or soak it for 30 seconds. Place on flat surface, put filling in middle, fold in ends and roll.





## DIY Sushi Rolls

These are so ridiculously easy and yet always impressive. Perfect snack, light meal, or app for a last-minute dinner party, cooking for your first date or having a fun night in.

1. **VEGGIES:** lettuce, red pepper, carrot, cucumber, pickled veggies, cabbage (purple looks prettiest), or other greens.
2. **PROTEIN:** sliced tofu, crab meat, sushi grade fish, or shrimp, etc
3. **CARB:** white or brown sushi rice or quinoa
4. **FAT:** avocado or fat from fish nothing additional needed.
5. **FLAVOR BURST:** nori wrapper, sesame seeds, wasabi, pickled ginger.

**DIRECTIONS:** Slice/prep all fillings, cook and cool rice. place nori on sushi mat, pat down a thin layer of rice, lay small amount of fillings along horizontal end and roll. (google for a quick how-to video)





## The Simple Stir-Fry

Super easy dinner option that makes great leftovers for the following day's lunch.

1. **VEGGIES:** red peppers, carrots, cabbage, onion, mushrooms, snow peas, kale, spinach, boy choy, etc.
2. **PROTEIN:** Add *cooked* protein like chicken, tofu, tempeh, or grass-fed steak.
3. **CARB:** serve with rice or soba or rice noodles.
4. **FAT:** Put a couple teaspoons of coconut oil, ghee, peanut oil or sesame oil in a pan on medium-high heat.
5. **FLAVOR BURST:** toasted sesame seeds, a few toasted cashews or almonds, ginger, garlic, fresh cilantro, fresh basil, tamari, soy sauce, coconut aminos, a little lime or ume plumb, drizzle of toasted sesame oil salt and pepper.

**DIRECTIONS:** Add aromatics like onion, garlic, and/or ginger first and cook until onions are soft. Add hard veggies (that take longer to cook like carrots), then soft (like red peppers and zucchini), add some water, soy sauce or tamari and cover. Add quick cooking greens like spinach at the end.





## The Easiest Soup Ever

SO much flavor and so.freaking.EASY. A hit at dinner parties or just for blowing your own damn mind.

1. **VEGGIES:** Choose ONE: a light veggie like: cauliflower, roasted onions, or broccoli OR a root veggie below.
2. **PROTEIN:** No major protein in the soup itself. Serve with a side of protein if you like.
3. **CARB:** CHOOSE ONE: butternut squash, acorn squash, sweet potato, beet, etc.
4. **FAT:** olive oil or ghee for roasting, optional swirl of yogurt or chèvre or oil.
5. **FLAVOR BURST:** fresh herbs like rosemary, thyme or basil.

**DIRECTIONS:** heat oven to 350. Slice or cube veggies about 1/2 inch in diameter. Put on rimmed baking sheet or glass pan and drizzle a little oil and add salt and pepper. Bake until golden brown and starting to caramelize. Add to blender with homemade almond milk, homemade coconut milk or broth and blend on high. Season and you're done! Reheat in a sauce pan on stove top if needed before serving. Top with fresh herbs.





## Abundance Bowl

Great for winter, fall, or when you want to feel cozy and well nourished.

1. **VEGGIES:** literally anything, the more the merrier :)
2. **PROTEIN:** beans, dal, chicken, tofu, tempeh etc.
3. **CARB:** sweet roasted veggies, basmati rice, brown rice, millet, quinoa, etc
4. **FAT:** ghee or olive oil, coconut oil for cooking veggies. Optional: avocado or peanut or almond butter dipping sauce, any creamy homemade sauce really takes it next level.
5. **FLAVOR BURST:** fresh herbs, toasted nuts and seeds, dried fruit, etc.

**DIRECTIONS:** Cook grain (or use from a batch you've already prepped), roast veggies or sauce. Cook beans or meat, combine and top with sauce or flavor bursts.

Photo: Love and Zest - <https://www.loveandzest.com/abundance-bowls-with-almond-butter-lemon-dressing/>





## Romaine Boats

My go-to lunch or simple snack.

1. **VEGGIES:** romaine lettuce leaves, then anything you want inside.
2. **PROTEIN:** chicken salad, chickpea salad, hummus, shredded meat, beans or lentils, etc
3. **CARB:** sweet veggies or omit
4. **FAT:** avocado or olives, a little mayo, dressing or DIY sauce
5. **FLAVOR BURST:** fresh herbs, sauce, mustard, pretty much whatever goes well with your other flavors!

**DIRECTIONS:** Self explanatory :)

Photo: Minimalist Baker, recipe example at <https://minimalistbaker.com/rainbow-raw-maine-taco-boats/>





## Elevated Toast

The possibilities are truly endless. Perfect in-a-pinch snack, light meal, or breakfast. For an up-scale dinner party slice and toast a baguette of fresh-baked bread and top with a savory spread and grilled, roasted, or caramelized veggies.

1. **VEGGIES:** lettuce, red pepper, carrot, cabbage (purple looks prettiest), or other mild greens.
2. **PROTEIN:** egg, meat, hummus, nut butter, smoked salmon, shrimp, etc.
3. **CARB:** slice of gluten-free bread, or 1/4 inch slice of sweet potato popped in the toaster for a round or two.
4. **FAT:** avocado or peanut or almond butter, a little organic ricotta or chèvre or vegan spread, drizzle of olive oil.
5. **FLAVOR BURST:** so make options! Make it your art. Sweet: cacao nibs, cinnamon, chia seeds savory: herbs, garlic, salt and pepper, spices, micro greens, etc.

**DIRECTIONS:** toast bread or sweet potato, and top.





## No-Fail Salad Dressings and Sauces

1. **OIL:** olive oil, flax oil, or even almond butter or tahini.
2. **ACID:** lime, lemon, apple cider vinegar, balsamic vinegar, or red wine vinegar
3. **SWEETNESS:** honey, maple syrup, a drop of stevia, or omit if you like.
4. **FLAVOR BURST:** fresh or dried herbs, Dijon mustard, garlic, minced shallot, or ginger (if making an Asian-influenced dressing).
5. **WATER:** (optional) add just enough for it to spread it out without diluting the flavors.
6. **SALT AND PEPPER:** to taste.

**DIRECTIONS:** The ratio is 3 parts oil to 1 part acid, then season to your liking. Shake in a Ball jar and taste. Adjust seasonings and store in the fridge. Use to top salads and steamed veggies.





## Get to it, Girl!

You're now well equipped with quick, simple, delicious meals that put healthy, balanced nutrition on autopilot.

No more wondering "what to eat..." deal? Now take action!

Which of these Food Formulas are you going to try this week?

Which work best for days at home/the office/in a pinch?

What veggies, protein, fats, flavorings etc do you need to purchase to make this easy?

Use the **Light Fit and Free Meal Planner** and **Shopping List** to set yourself up for inspired follow through this week!

Set your intention. Make a plan. Follow through. That's it!

Enjoy!!

xo Krissy