

THE ULTIMATE COOKBOOK
TO AID

Healthy Living

by
AVA
ARCHER



DELICIOUS RECIPES THAT YOUR DIET
WILL THANK YOU FOR!

The Ultimate Cookbook to Aid Healthy Living

Delicious Recipes that Your Diet will Thank You
For!

Ava Archer

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Introduction



In this recipe book, you'd find meals and drinks that look/taste decadent but, if prepared well, will help boost your health and aid your healthy lifestyle.

Stop running around searching for boring healthy recipes. Let's prove to you that delicious recipes can be beneficial to your health too!

Grab a copy of this cookbook now!

1. Chicken Quinoa Casserole



This comfort meal is a huge big bowl of nutritious goodness!

Prep time: 05 minutes

Cooking time: 35 minutes

Servings: 3

Ingredients

- 4 tablespoons flour
- 1 cup beef stock
- 1 dash seasoning
- 8 tablespoons raw quinoa
- 8 tablespoons milk
- 1 cup water
- 3 cups sliced chicken breast (skinless, boneless)
- 3 tablespoons shredded parmesan cheese
- 2 tablespoons butter
- 1 cup blanched broccoli florets

Directions

Preheat your oven to 400°F.

Rub butter inside the casserole dish very well. Set aside.

Combine the milk, stock, flour, and seasoning in a pan overheat.

Cook-stir till you get a thick creamy mixture.

Transfer the mixture to a big bowl. Toss in the water and quinoa. Mix well.

Pour the mixture into your casserole dish.

Scatter the sliced chicken all over the mixture in the casserole dish.

Top with the broccoli.

Bake till done.

Before you remove it from the oven, scatter the cheese all over. Bake for 4 minutes more till cheese melts.

2. Fruity Green Juice



This combo of fruits and veggies has to be one of the coolest and satisfactory recipes we have tasted in a long time!

Prep time: 04 minutes

Cooking time:

Servings: 2

Ingredients

- 1 kiwi
- 150ml apple juice
- 1 handful chopped mint
- 1 handful chopped spinach
- 150ml orange juice
- 1 chopped medium banana
- 1 handful ice cubes

Directions

Throw all into your juicer or a food processor.

Proceed till smooth.

3. Lemony Green Soup



When you get to combine veggies with yogurt to make a soup, just know that what you are about to create is MAGIC!

Prep time: 07 minutes

Cooking time: 16 minutes

Servings: 2

Ingredients

- 1 cup water
- 2 chopped spring onions
- 70g butter
- 1 diced yellow onion
- 1 cup vegetable broth
- 1 minced garlic clove
- 1 tablespoon ground coriander
- 100g chopped spinach
- 200g chopped broccoli florets

- 20g toasted sesame seeds
- 1 tablespoon chopped cashews
- 1 pinch ground cumin
- 2 tablespoons lemon juice
- 1 cup yogurt, to serve

Directions

Sauté the garlic, onions, and spring onion in a pan of melted butter.

Cook-stir till fragrant.

Add the broth and water

Cook for 6 minutes. Then, add everything else except for the lemon juice.

Cook for 4 minutes.

Pour everything into your food processor.

Blitz till smooth.

Pour back into the pan.

Cook for 2 minutes.

Turn off the heat and stir in the lemon juice.

Serve and garnish with yogurt.

4. Pink Lemon Water



Now you didn't think this possible, right?!

Prep time: 06 minutes

Cooking time: nil

Servings: 3

Ingredients

- 1 handful ice cubes
- 6 tablespoons lemon juice
- 2 cups water
- 4 tablespoons sugar
- 1 handful raspberries
- 3 lemon wheels
- 1 teaspoon grenadine

Directions

Combine all except for the raspberries in a blender.

Process till well combined.

Garnish with raspberries and lemon wheels. Enjoy.

5. Curry Cauliflower Soup



This delicious bowl of sunshine will have you wondering, “When did Summer Come In?!”

Prep time: 06 minutes

Cooking time: 15 minutes

Servings: 2

Ingredients

- 1 cup toasted coconut flakes
- 6 tablespoons coconut milk
- 1 tablespoon coconut oil
- 1 small chopped cauliflower
- 1 sliced yellow onion
- 1 pinch salt
- 1 chopped small honey crisp apple
- 1 chopped small ginger
- 2 minced garlic cloves

- 1 pinch ground coriander
- 1 cup beef broth
- 1 pinch ground turmeric
- 1 dash orange juice
- 1 teaspoon yellow curry powder

Directions

Sauté the ginger, garlic, and onion in a pan of oil.

Cook till translucent.

Toss in everything except for the coconut flakes.

Cook-stir for 7 minutes till you have tender cauliflower chops.

Transfer to your food processor.

Blitz till smooth.

Serve and garnish with coconut flakes.

6. Mermaid Smoothie Bowl



Take a trip down the mystical aquatic world with this healthy and smooth delicacy!

Prep time: 08 minutes

Cooking time: nil

Servings: 1

Ingredients

- 1 chopped banana
- 2 handfuls chunked pineapple
- 1 teaspoon blue spirulina powder
- 1 peeled diced kiwi
- 1 handful chopped apple
- 1 handful blueberries
- 8 tablespoons almond milk

Directions

Blitz all except for the blueberries and apples.

Garnish with the apple and blueberries.

7. Chicken Zoodle Soup



There is no better way to battle the chilliness with winter creeping in on you than with this delicious but therapeutic soup!

Prep time: 04 minutes

Cooking time: 20 minutes

Servings: 2

Ingredients

- 2 handfuls diced celery
- 1 tablespoon canola oil
- 1 minced garlic clove
- 2 handfuls sliced onions
- 1 pinch dried basil
- 40 ounce chicken stock
- 1 cup chopped chicken thighs (cooked)
- 2 handfuls chopped carrots
- 1 spiral-sliced zucchini squash

- 1 teaspoon salt
- 1 tablespoon pepper
- 1 pinch ground oregano

Directions

Sauté the onion, garlic, and celery in a pan of oil.

Cook-stir for 4 minutes.

Toss in everything else.

Cook till the veggies are tender and done.

8. Lemon Chicken and Asparagus



This impressive dose of healthy culinary wonder comes on as quickly as you can imagine!!

Prep time: 08 minutes

Cooking time: 20 minutes

Servings: 2

Ingredients

- 1 cup chopped asparagus
- 3 cups crumbled skinless chicken breast (skinless)
- 1 tablespoon ghee
- 1 tablespoon lemon zest
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 cup sliced lemon

Directions

Toss the chicken in a bowl of pepper, lemon zest, and salt.
Marinate for 5 minutes.

Sauté the chicken in a pan of melted ghee till browned.

Add in more lemon zest

Toss in the asparagus, salt, pepper, and lemon slices.

Cook till chicken is well cook and veggie is tender.

9. Corn Chowder



Year in, Year Out, and the awesomeness and deliciousness of this meal remain the same!!

Prep time: 08 minutes

Cooking time: 17 minutes

Servings: 2

Ingredients

- 2 cups diced potatoes
- 2 sliced cooked bacon (into strips).
- 1 cup beef stock
- 1 small chopped yellow onion
- 4 tablespoons heavy cream
- 4 tablespoons almond milk
- 1 tablespoon flour
- 8 tablespoons Cheddar cheese
- 2 cups corn
- 1 teaspoon salt
- 1 teaspoon chopped basil

- 1 tablespoon pepper

Directions

Sauté the onion till fragrant.

Then toss in the stock and potatoes.

Cook for 8 minutes till tender.

Add everything else except for the basil.

Bring to boil.

Garnish with basil.

10. Garlic Mushroom Quinoa



Healthy

Delicious

Appetizing

This meal just ticks all the right boxes!

Prep time: 05 minutes

Cooking time: 10 minutes

Servings: 3

Ingredients

- 1 tablespoon shredded cottage cheese
- 2 handfuls cooked quinoa
- 3 minced garlic cloves
- 1 tablespoon sesame oil
- 1 teaspoon salt
- 1 tablespoon pepper
- 2 cups sliced mushrooms

Directions

Sauté the garlic and mushrooms in a pan of oil.

Cook-stir for 3 minutes.

Add the quinoa, pepper, and salt.

Cook till done.

Garnish with cheese.

11. Coconut Red Curry Soup



If satisfaction were a meal, it would be this one!

Prep time: 04 minutes

Cooking time: 16 minutes

Servings: 1

Ingredients

- 2 minced garlic cloves
- 8 tablespoons beef stock
- 3 tablespoons red curry paste
- 1 medium chopped broccoli florets
- 4 oz. coconut milk
- 1 tablespoon pepper
- 1 teaspoon salt
- 1 handful diced white onion

Directions

Sauté garlic and onion in a pan of oil.

Cook-stir for 3 minutes.

Throw in the remaining ingredients.

Cook for 13 minutes.

12. Creamy Watermelon Smoothie



Lovely slushy!

Prep time: 07 minutes

Cooking time: nil

Servings: 1

Ingredients

- 8 tablespoons soy milk
- 1 tablespoon honey syrup
- 4 tablespoons vanilla yogurt
- 1 small seedless frozen chopped watermelon
- 1 cup halved raspberries

Directions

Blitz till smooth.

Garnish with halved watermelon and raspberries.

13. Cheesy Brussel Sprout



Looking for something nice that you can entertain your friends with even while you are eating healthy? This is what you should prepare!

Prep time: 08 minutes

Cooking time: 20 minutes

Servings: 2

Ingredients

- 1 halved Brussel sprout
- 2 tablespoons canola oil
- 1 teaspoon salt
- 2 cooked chopped bacon slices
- 4 tablespoons sharp cheddar cheese
- 4 tablespoons heavy cream
- 1 chopped shallot

Directions

Preheat your oven to 375°

Sauté the sprouts and shallots in a pan of oil.

Cook-stir for 8 minutes.

Transfer to a baking dish.

Add the heavy cream, bacon, and cheese. Add salt.

Bake for 12 minutes or till when cheese is bubbly.

14. Fruit and Yogurt Smoothie



The perfect smoothie combination that you can't do without!

Prep time: 04 minutes

Cooking time: nil

Servings: 1

Ingredients

- 2 ounces chopped mixed fruits
- 6 tablespoons fruit juice
- 5 tablespoons yogurt

Directions

Blitz all till smooth.

15. Herb Omelet with Tomatoes



Your breakfast time just got exciting!

Prep time: 07 minutes

Cooking time: 10 minutes

Servings: 1

Ingredients

- 2 beaten large eggs
- 1 teaspoon canola oil
- 1 teaspoon chopped chives
- 1 medium halved tomatoes

Directions

Combine the eggs and chives in a bowl. Toss well.

Cook the tomatoes in a pan of oil.

Cook till softened.

Transfer tomatoes to a plate.

Stir the egg mixture into the pan.

Cook as an omelet.

Serve and garnish with the tomatoes.

16. Banana Smoothie



Creamy delight!

Prep time: 06 minutes

Cooking time: nil

Servings: 1

Ingredients

- 1 handful ice cubes
- 2 tablespoons honey
- 1 cup vanilla yogurt
- 1 large sliced ripe banana (keep some aside for garnish)
- 1 handful toasted sesame seeds
- 6 tablespoons vanilla extract

Directions

Toss all into your food processor.

Blitz till smooth.

17. Walnut Crusted Salmon



This combination of salmon and walnut is a game-changing delicacy that won't only boost your health (courtesy of its Omega 3 fatty acids properties), but it would also delight your palate!

Prep time: 06 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients

- 1 pinch lemon zest
- 1 teaspoon Dijon mustard
- 1 dash lemon juice
- 1 minced garlic clove
- 1 dash salt
- 2 cups salmon fillets
- 1 pinch chopped rosemary
- 1 dash crushed red pepper
- 2 tablespoons chopped walnuts

- 1 dash honey
- 1 tablespoon canola oil
- 2 tablespoons breadcrumbs

Directions

Preheat your oven to 420°

Cover a baking sheet with parchment paper.

Toss salt, red pepper, garlic, lemon juice, zest, mustard, honey, and rosemary in a bowl.

Combine the remaining ingredients except for the fillets in another bowl.

Arrange the salmon on the lined baking sheet.

Then drizzle the garlic mixture all over the fillets.

Then sprinkle the walnut mixture over the fillets.

Bake for 10 minutes till salmon is done

18. Chickpea Soup



Some folks claim Chickpeas are bland food items, but we say not with this recipe!

Prep time: 09 minutes

Cooking time: 20 minutes

Servings: 3

Ingredients

- 1 dash ground cumin
- 1 sliced small white onion
- 2 minced garlic cloves
- 15 ounces rinsed chickpeas
- 1 tablespoon sesame oil
- 1 cup diced carrot
- 2 cups beef broth
- 1 pinch ground cinnamon
- 3 teaspoons tomato paste
- 1 chopped ginger

- 7 ounces roasted diced tomatoes
- 1 cup chopped spinach
- 1 handful chopped kale
- 1 tablespoon pepper
- 1 teaspoon salt

Directions

Sauté the carrot, garlic, ginger, and onion in a pan of oil.

Cook for 4 minutes.

Toss in the cinnamon, cumin, tomatoes, pepper, salt, tomato paste, chickpeas, and broth. Cook for 10 minutes till simmering.

Add the kale and spinach.

Cook for 4 minutes.

19. Banana and Tahini Porridge



There is no way you won't love this combo. It's divine!

Prep time: 06 minutes

Cooking time: 09 minutes

Servings: 1

Ingredients

- 1 teaspoon roasted sesame seeds
- 1 crushed cardamom seeds
- 1 teaspoon tahini
- 70g porridge oats
- 1 teaspoon water
- 100ml almond milk
- 1 sliced medium Banana

Directions

Combine the water and tahini in a bowl. Mix well.

Combine everything else asides from the sesame seeds in a pan.

Cook-stir till creamy.

Garnish with the sesame seeds, tahini mixture, and chopped banana.

20. Berry Kefir Smoothie



Intriguingly delicious! Every taste tastes amazing!

Prep time: 06 minutes

Cooking time: nil

Servings: 1

Ingredients

- 1 teaspoon almond butter
- 2 handfuls kefir
- 1 cup mixed berries
- 1 dash vanilla extract

Directions

Blitz all till smooth.

21. Chicken, Zucchini, and Corn



Everything about this meal feels and tastes just right!

Prep time: 07 minutes

Cooking time: 11 minutes

Servings: 2

Ingredients

- 2 medium minced garlic cloves
- 3 cups chopped chicken thighs
- 1 tablespoon salt (divided)
- 2 tablespoons canola oil
- 1 teaspoon pepper
- 2 tablespoons chopped scallions
- 1 cup corn
- 1 large chopped zucchini

Directions

Marinate the chicken in a bowl of pepper and salt.

Toss well.

Sauté the garlic in a pan of oil.

Cook-stir for 2 minutes. Then add the chicken. Cook till browned.

Add that scallions, zucchini, and corn. Add pepper and salt.

Cook for 8 minutes.

22. Alma Juice



From India with love!

Prep time: 06 minutes

Cooking time: nil

Servings: 1

Ingredients

- 10 tablespoons water
- 2 Indian gooseberries
- 1 pinch crushed pepper
- 1 dash salt
- 1 teaspoon honey

Directions

Combine all in a food processor.

Blitz till smooth.

23. Oat and Chai Porridge



You can never go wrong with this Porridge as breakfast, brunch, or lunch!

Prep time: 05 minutes

Cooking time: 10 minutes

Servings: 1

Ingredients

- 1 dash pepper
- 8 tablespoons rolled oats
- 1 pinch allspice
- 1 cup water
- 1 tablespoon honey
- 1 pinch cinnamon
- 1 dash vanilla extract

Directions

Boil water till it dinnens. Then stir in the oats.

Cook till done and thick.

Add in the rest ingredients.

Stir well.

Drizzle with more honey.

24. Chicken Pot Pie Soup



Classic and easy!

Prep time: 10 minutes

Cooking time: 30 minutes

Servings: 2

Ingredients

- 1 tablespoon salt
- 3 cups sliced potatoes
- 2 tablespoons canola oil
- 1 chopped celery stalk
- 1 teaspoon flour
- 2 tablespoons whipping cream
- 1 sliced carrot
- 1 handful corn
- 1 sliced yellow onion
- 1 sliced mushroom

- 1 pinch pepper
- 2 handfuls peas
- 1 handful chopped parsley
- 1 minced garlic clove
- 1 cup chicken broth
- 1 cup shredded chicken

Directions

Sauté the onion, carrot, garlic, and celery in a pot of oil.

Cook-stir for 5 minutes.

Toss in the mushrooms.

Cook for 4 minutes.

Add the flour. Cook till golden.

Add everything else. Cook for 20 minutes till done.

25. Pineapple and Mango Agua Frescas



Summer afternoon just got cool with a chilled glass of this delicious drink!

Prep time: 07 minutes

Cooking time: nil

Servings: 1

Ingredients

- 1 dash lemon juice
- 1 small pitted diced mango
- 1 tablespoon sugar
- 1 cup pineapple chunks
- 2 pineapple wedges
- 3 lemon wedges

Directions

Combine all except for the lemon and pineapple wedges in a food processor.

Blitz till smooth.

Garnish with lemon and pineapple wedges.

26. Yogurt Lime Smoothie



Perfect for summertime!

Prep time: 04 minutes

Cooking time: nil

Servings: 1

Ingredients

- 2 handfuls blueberries
- 4 tablespoons yogurt
- 1 handful chopped spinach
- 1 tablespoon honey
- 2 tablespoons almond milk
- 1 tablespoon lime juice

Directions

Tops in all and ice cubes in a food processor.

Blitz till smooth.

27. Summer Tomato and Olive Delish



Summer is here! It's time for picnics, road trips, and delicious meals. This salad is your best comfort food in the summertime!

Prep time: 10 minutes

Cooking time: nil

Servings: 1

Ingredients

- 1 diced pitted avocado
- 1 tablespoon sesame oil
- 2 tablespoons corn
- 1 tablespoon lemon juice
- 1 pinch salt
- 1 cup chunked tomatoes
- 1 dash cumin
- 1 tablespoon chunked coriander

- 1 sliced cucumber

Directions

Toss the avocado, coriander, corn, tomatoes, and cucumber in a large bowl.

Toss well.

Combine the remaining ingredients in a bowl.

Serve the vegetables and garnish them with oil.

28. Chicken Coconut Curry Soup



There is no doubt that this soup will have you craving for more!

Prep time: 09 minutes

Cooking time: 25 minutes

Servings: 2

Ingredients

- 1 chopped medium yellow onion
- 2 tablespoons canola oil
- 1 teaspoon yellow curry paste
- 1 teaspoon green curry paste
- 2 cups chicken stock
- 1 minced garlic clove
- 1 tablespoon honey
- 6 ounces coconut milk
- 2 ounces sliced mushrooms

- 1 minced ginger
- 1 tablespoon Worcestershire sauce
- 1 sliced scallion
- 1 dash crushed red pepper flakes
- 1 sliced small red bell pepper
- 1 cup shredded cooked chicken thighs
- 1 dash lemon juice

Directions

Sauté the onion, ginger, and garlic in a pan of oil till fragrant.

Add the mushrooms and red bell pepper.

Cook till veggies are tender.

Add the curry pastes, honey, chicken, coconut milk, stock, red pepper flakes, and sauce.

Cook for 9 minutes.

Garnish with lemon juice and scallion.

29. Porridge Bowl



Perfect for breakfast!

Prep time: 06 minutes

Cooking time: 07 minutes

Servings: 1

Ingredients

- 40g rolled oats
- 180ml milk
- 2 small ripe bananas (mash 1 and slice 1)
- 2 tablespoons toasted walnuts
- 1 pinch ground cumin
- 1 pinch salt
- 1 dash nutmeg
- 1 pinch ground cinnamon
- 60ml water
- 1 teaspoon syrup
- 1 dash vanilla extract

- 1 tablespoon honey
- 1 handful raisins

Directions

Combine the nutmeg, cumin, cinnamon, syrup, salt, water, and milk in a pot.

Cook till boiled.

Then stir in the oats and banana. Cook for 2 minutes till thick.

Garnish with vanilla, sliced banana, walnuts, raisins, and honey.

30. Turmeric Latte



Nothing wishes you a perfect morning than an early bowl of this tantalizing delicacy!

Prep time: 03 minutes

Cooking time: 08 minutes

Servings 1

Ingredients

- 1 dash cinnamon
- 1 dash ground ginger
- 1 dash ground turmeric
- 200ml almond milk
- 1 teaspoon honey

Directions

Combine all except for the cinnamon in a pot.

Cook-stir till done.

Serve with cinnamon.

Conclusion

Say goodbye to eating bland and boring meals in the name of eating healthily. Those days are gone by, and we now welcome you to a dawn of a new date, an era where you can eat appealing meals without any feeling of guilt.

Author's Afterthoughts



I can describe how grateful I am for buying this book. Every book purchased shows me that people are learning from my experience, my content. I become a writer because it is the best way to share my experience and skills.

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Thank you again

Yours Truly

Ava Archer

About the Author

There is no one more interested into gastronomy like Ava Archer is. The first thing that made her fall in love with food and cooking was seeing her grandmother cooking. That was the first time when she saw how can one meal be made perfect if you just do it with love. For her, love is the most important ingredient in one meal.

Trough the years she dedicated her life in traveling in different countries to learn traditional recipes. But also she made sure to learn about modern cuisine too. With a combination of both, she started an experiment with food to create unique and mouthwatering recipes.

In her books, you can find many types of recipes. Traditional, modern and her creations. But most importantly each recipe is explained carefully so that even beginners can start making recipes that everyone will love.

But he is not only focused on sharing her experience with the recipes. She is still researching and traveling so that she can always have something to share with the world.

She believes that everyone can create a masterpiece all that you need is to be willing to make even the weirdest combinations. You never know what can come out, maybe even the next worldwide famous meal.

