

80% of strokes are preventable.
That's why we've put this booklet
together—to arm you with
knowledge on the importance of
a healthy diet and consistent
workout routine.



EIGHT STEPS TO STROKE PREVENTION

1. Monitor your blood pressure.
2. Control your cholesterol.
3. Keep your blood sugar down.
4. Get active.
5. Eat better.
6. Lose weight if you need to.
7. Don't smoke, period.
8. Talk to your doctor about aspirin or other medications.



B	E	F	A	S	T
BALANCE	EYES	FACE	ARMS	SPEECH	TIME
Sudden Loss of Balance	Sudden Double or Blurred Vision	One Side of Face Drooping	Weak/Numb on One Side	Slurred/Garbled Trouble Repeating	To call 911 Now!

Tips to Reduce Sodium

- When cooking, use alternatives to replace or reduce the amount of salt you use, such as garlic, citrus juice, salt-free seasonings, or spices.
- Prepare rice, pasta, beans, and meats from their most basic forms (dry and fresh) when possible.
- Eat more fruits and vegetables.
- Limit sauces, mixes, and “instant” products, including flavored rice and ready-made pasta.
- Buy fresh, frozen, or canned vegetables with no salt or sauce added.

The American Heart Association recommends no more than 2,300 mg of sodium a day and an ideal limit of less than 1,500 mg per day for most adults, especially for those with high blood pressure.





VEGETABLE STIR FRY

- 1 tablespoon avocado oil
- 1 package frozen stir fry mix, without sauce
- 1 package frozen broccoli, without sauce
- 5 green onions, cut on the bias into thin slices
- 1-inch piece of ginger, peeled and finely grate on a microplaner
- 3 garlic cloves, minced, about 1 tablespoon
- 1/3 cup low sodium soy sauce

- Optional garnish:
- Sesame seeds
 - Cilantro leaves
 - Green onion

In a medium sauté pan over medium-high heat, add 2 tablespoons coconut oil or avocado oil.

Add green onions, ginger and garlic and sauté until fragrant, about 2 minutes.

Add both bags of frozen vegetables and cook until tender. Don't worry about defrosting them, just add them frozen and let the pan do the work.

Once vegetables have softened and thawed, add the tamari or coconut aminos and taste for seasoning.

Garnish with sesame seeds, fresh green onion slices and/or cilantro.

Nutrition Facts

Servings 6.0

Amount Per Serving

calories 65

% Daily Value *

Total Fat 2 g	4 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 460 mg	20 %
Potassium 228 mg	7 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 3 g	12 %
Sugars 3 g	
Protein 2 g	5 %
Vitamin A	16 %
Vitamin C	61 %
Calcium	5 %
Iron	3 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.



CACIO E PEPE SPAGHETTI SQUASH

- 1 medium spaghetti squash, about 3 pounds
- 1 tablespoon olive oil
- 1 cup shredded Pecorino Romano,
plus more for serving
- Fresh ground pepper
- Reduced sodium salt to taste

Pierce the spaghetti squash all over with a fork and place in the microwave. Microwave on high for 10 minutes; check to see if you can easily pierce it with a fork. If not, return the squash to the microwave for 2-minute intervals until cooked.

Let cool for 5 minutes. Cut lengthwise and scoop out the seeds. Use a fork to shred the spaghetti squash into strands and transfer to a bowl. Add olive oil and grated Pecorino Romano and several generous grindings of fresh cracked pepper. Toss well to combine.

Serve warm with extra Pecorino and pepper on the side. Consider adding an H-E-B Meal Simple Greek Salad.

Nutrition Facts

Servings 4.0

Amount Per Serving

Calories 138

% Daily Value *

Total Fat 10 g	15 %
Saturated Fat 4 g	22 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 20 mg	7 %
Sodium 115 mg	5 %
Potassium 51 mg	1 %
Total Carbohydrate 2 g	1 %
Dietary Fiber 0 g	2 %
Sugars 1 g	
Protein 8 g	16 %
Vitamin A	1 %
Vitamin C	1 %
Calcium	25 %
Iron	0 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.



GROUND PORK EGG ROLL BOWLS

- 1 tablespoon avocado oil
- 1/2 small yellow onion, chopped
- 7 ounces ground pork (or ground dark meat chicken)
- 3 tablespoons low-sodium soy sauce
- 2 garlic cloves, minced
- 1/2 teaspoon grated fresh ginger
- 2 1/2 cups finely sliced green cabbage
- 2 cups finely sliced bok choy
- 1 cup shredded carrots
- 1/4 cup finely sliced shiitake mushrooms
- 1/2 teaspoon rice vinegar
- 1/2 teaspoon sesame oil
- 1 medium green onion, sliced

Preheat a large skillet or wok over medium-high heat.

Add the avocado oil to the pan. Once it shimmers, add the onion and cook until it softens and look translucent. Add the pork and 1 tablespoon of soy sauce (or tamari or coconut aminos) and cook, using a spoon to break the meat into small pieces as it browns, about 3 minutes.

Add the garlic and ginger and cook, stirring, until the vegetables are soft, about 2 minutes. Add the cabbage, bok choy, carrots and mushrooms. Pour in the remaining 2 tablespoons of soy sauce (or tamari or coconut aminos), rice vinegar and sesame oil.

Cook on medium-high or high heat, stirring occasionally, until the cabbage and bok choy are wilted but still crunchy, 3 to 4 minutes. Serve warm, garnished with sliced green onion.

Nutrition Facts

Servings 4.0	
Amount Per Serving	
calories 199	
	% Daily Value *
Total Fat 13 g	20 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 36 mg	12 %
Sodium 460 mg	20 %
Potassium 451 mg	13 %
Total Carbohydrate 9 g	3 %
Dietary Fiber 2 g	8 %
Sugars 3 g	
Protein 10 g	21 %
Vitamin A	156 %
Vitamin C	49 %
Calcium	10 %
Iron	9 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.



BLT FRITATTA

3 slices sugar-free bacon
 12 large eggs, whisked well
 Freshly grated pepper
 ½ onion, diced
 1 tablespoon chopped garlic
 8 cherry tomatoes, halved
 1 cup fresh spinach leaves, chopped
 Kosher salt

Preheat oven to 350° F.

In a 10- to 11-inch oven-proof sauté or cast iron pan, fry the bacon over medium-high heat until crispy. Remove bacon, leaving bacon fat in the pan, and roughly chop and set aside.

In a large bowl, whisk together the eggs and a few grinds of black pepper; set aside.

In the same pan, warm the bacon fat over medium-high heat and add the onion. Sauté the onions for about 2 minutes over medium-high heat until lightly browned. Add the garlic, cherry tomatoes and spinach leaves and stir.

Add the whisked eggs, don't stir and let set for about 30 seconds over medium-high heat.

Transfer the pan to the preheated oven and let the frittata cook until the eggs are just set, about 25 minutes. Remove from the oven and turn the frittata out with a rubber spatula onto a serving platter. Cut into wedges and serve.

Serve with H-E-B side salad.

Nutrition Facts

Servings 6.0

Amount Per Serving

calories 170

% Daily Value *

Total Fat 11 g **16%**

Saturated Fat 4 g **18%**

Monounsaturated Fat 4 g

Polyunsaturated Fat 2 g

Trans Fat 0 g

Cholesterol 375 mg **125%**

Sodium 451 mg **19%**

Potassium 243 mg **7%**

Total Carbohydrate 3 g **1%**

Dietary Fiber 1 g **3%**

Sugars 1 g

Protein 14 g **28%**

Vitamin A **28%**

Vitamin C **10%**

Calcium **6%**

Iron **11%**

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.



TUSCAN BARLEY SOUP

- 1 cup barley
- 2 tablespoons extra virgin olive oil
- 1 pound mild Italian sausage
- 1 medium leek, cut in half, washed well, and thinly sliced
- 1 fennel bulb, cut in half and thinly sliced
- 1 stalk celery, sliced thin
- 2 medium carrots, peeled and thinly sliced
- 2 medium parsnips, peeled and thinly sliced
- 8 cups low-sodium vegetable or chicken broth
- One 12-ounce bunch Swiss or Rainbow chard, center stem removed, leaves chopped into 1-inch pieces
- 1 Parmesan cheese rind (optional)
- 1 bay leaf
- ¼ cup chopped flat-leaf parsley
- ¼ cup grated Parmesan
- Coarse salt

Preheat oven to 350° F.

Spread the barley on a roasting pan and toast for 10 minutes in preheated oven.

In a 5-quart saucepan, heat the oil over medium-high heat. Add the sausage and cook until brown, about 4 minutes, breaking up the meat into small pieces. Add the leeks and fennel and saute until slightly caramelized and browned, about 2 more minutes. Add the celery, carrots, parsnips, stock, chard, cheese rind (if using), bay leaf, salt and pepper. Bring to a boil. Reduce heat to a simmer and cook, uncovered, until the barley is tender, about 35 minutes.

After the 35 minutes, remove the bay leaf and Parmesan rind and discard. Taste and adjust the seasoning of salt and pepper. Garnish with minced parsley, grated parmesan, a drizzle of extra virgin olive oil and coarse salt.

Nutrition Facts

Servings 8.0

Amount Per Serving

calories 381

% Daily Value *

Total Fat 17 g **26 %**

Saturated Fat 4 g **21 %**

Monounsaturated Fat 3 g

Polyunsaturated Fat 1 g

Trans Fat 0 g

Cholesterol 36 mg **12 %**

Sodium 845 mg **35 %**

Potassium 1138 mg **33 %**

Total Carbohydrate 39 g **13 %**

Dietary Fiber 7 g **30 %**

Sugars 14 g

Protein 20 g **39 %**

Vitamin A **135 %**

Vitamin C **142 %**

Calcium **8 %**

Iron **15 %**

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

BASIC Workout

SQUAT JUMPS



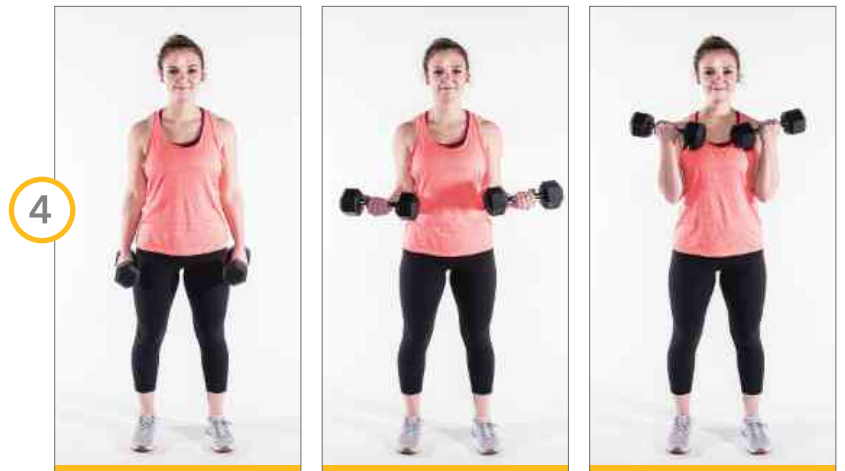
PUSH UPS



RDLs



CURLS



PLANKS



PER
EXERCISE

5X DAY ONE

6X DAY TWO

7X DAY THREE

REST 2 DAYS A WEEK