



KRISTEN JOHNSON

Registered Dietitian at On Target Living, National Speaker on Health & Peak Performance



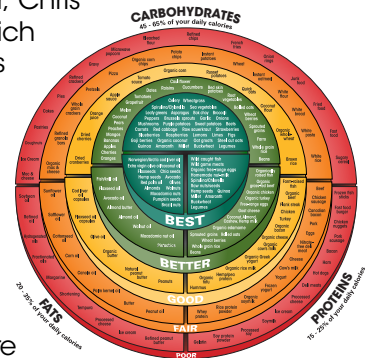
MATT JOHNSON

President at On Target Living, National Speaker on Health & Peak Performance

TARGET TO TABLE

Born one minute apart, we were no ordinary siblings. Our upbringing was no less unusual. Under our father's influence we were weaned on flaxseeds, cod liver oil, and many other freakishly healthy foods. Yuck, right? We didn't know any better. Our mother, however, taught us how to cook. By the time we were eight years old, we were preparing family dinners once a week and "busting suds" on our nights off. Our family bond was forged celebrating tasty creations and fighting over failures.

It was during childhood that our father, Chris Johnson, created the Food Target, which is what our On Target Living brand is based on. The Food Target focuses on a balance of carbohydrates, proteins, and fats while incorporating an assessment of the quality of their nutrients. The lowest nutritional value foods are located on the outside red area of the Food Target. The highest quality foods—foods in their most natural state including many superfoods, are closer to the green center of the Target.



As we grew older, with a refrigerator stocked full of superfoods, we learned how to make food actually taste good and created meals that were healthy and delicious. We started weeding out the less nutritious ingredients from our family's famed recipes and adding one superfood at a time.

Why butter? Why not virgin coconut oil? Why processed sugar? Raw organic honey is plenty sweet. Why chocolate chips? How about cacao nibs?

We wanted to create a cookbook that not only had wonderful recipes to choose from, but also helped educate you the reader along the way—encouraging you to adopt the On Target Living Lifestyle!

In Target to Table, we teamed up to share our culinary repertoire with you. Not all of these recipes call for true superfoods, but they will get you started on your quest to move towards the center of the Food Target.



Who says healthy cooking can't be fun, delicious and easy all at the same time? Heck, we have a 3-ingredient recipe for banana ice cream!

Creating healthy and delicious meals one superfood at a time means taking those small steps at the store and in the kitchen to develop healthy, lifelong eating habits for you and your family.

From Target to Table, we hope you enjoy these recipes as much as we do!

Kristen & Matt Johnson

Available for \$24.95 at www.ontargetliving.com