

13 REASONS WHY TO EAT HEALTHY

TAPE 1, SIDE A:
THE LAST COOKBOOK

by
Brooklyn
Niro



13 Reasons Why to Eat Healthy

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BY: Brooklyn Niro



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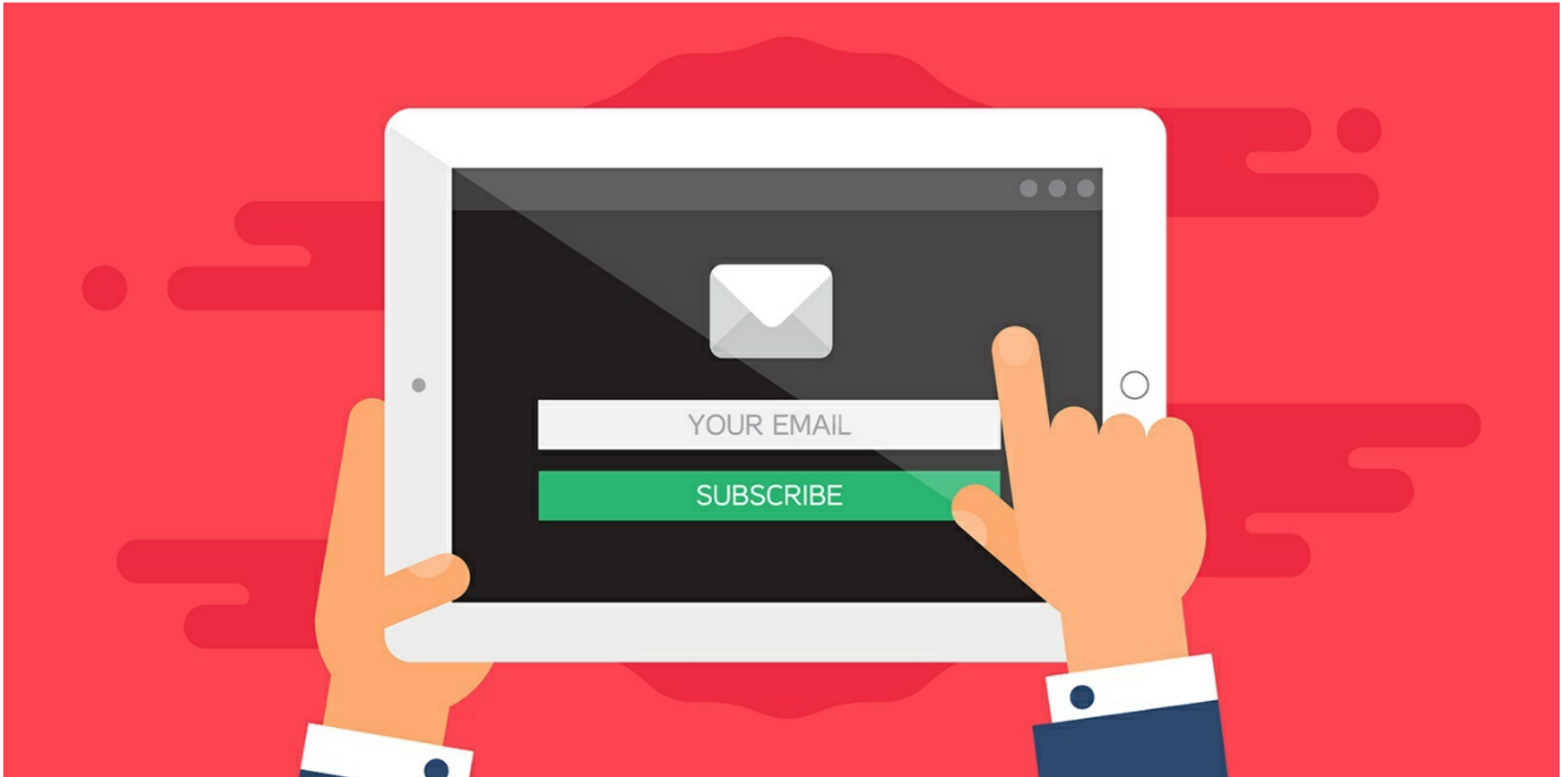
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Gift's Page

My! oh my! I have a surprise for you!! I've been thinking about different ways to show you how much you are valued from my end. Could it be freebies or gifts, I wasn't sure... until I had an epiphany, why not give you both. So after many souls searching, I now have a surprise package, a special offer for you and yourself alone. I will send some notifications on our latest giveaways, discounts on books that you will undoubtedly cherish and love, all you have to do is drop your details in the subscription box below. And you don't have to worry about spam messages.... we don't do that here.



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Introduction:



One might say what Hannah Baker went through encompasses a lot of what other young girls her age go through. Whether we like to admit it or not, high school isn't a place where students see themselves as the kids they are. We can all attest to it. Whatever terrible experience we may have had in high school—we either forget it, need therapy for it, or worse, it takes years to realize that maybe it was not our fault.

Much like the series, *13 Reasons Why* is a 13-tape long message that all boils down to the message: “be kind to others.” This recipe book is a 30-recipe rendition that can be interpreted as being kind to others and yourself. Your gut health is connected to your mental health; this book will provide fantastic and easy recipes anyone can do as the first step on your journey to developing mental fortitude—all while getting down to the nitty-gritty of reflecting if you would ever be a part of someone's 13 reasons; and how you can avoid it.

Tape 1, Side B: The Seedy Suburbia Green Shakes

On the subject of what betters our mental health, is there ever a correct answer? The simplest answers are the ones that incite anger among everyone who struggles— simple answers oversimplify what they're going through. On days where even brushing hair is a challenging task, is it right to tell someone all they need to do is exercise?

But if there's something we can admit, it's that there is truth to simplicity. In times where you find yourself able, make one of these recipes. Simple, easy, and most importantly, good for you.

1. All Green Smoothie



Green smoothies aren't exactly the most exciting things to drink, much less make. But I promise, starting with a recipe, this basic and delicious will be the gateway to green smoothie goodness. Who says no to avocados?

Yields: 2 servings

Prep time: 5 minutes

Ingredients:

- 2 cups baby spinach
- 2 cups water
- 1 cup avocado, diced
- 2 cups banana, frozen
- Raw honey, to taste

Instructions:

Add the water and half of the spinach into the blender.

Blend until smooth.

Add the avocado, banana, and the remaining spinach.

Blend again until smooth.

Adjust the consistency with more water if needed and the sweetness with raw honey. Blend to combine.

Pour into serving glasses and enjoy! Refrigerate for up to 2 days.

2. Green Tropics Smoothie



When you think of the tropics, the first two things that come into mind are mangos and bananas, which highlight this recipe. No other sip will be as healthy and taste like sunshine at the same time!

Yields: 2 servings

Prep time: 5 minutes

Ingredients:

- 2 cups baby spinach, frozen
- 1 cup pineapple chunks, frozen
- 1 cup mango chunks, frozen
- 1 cup unsweetened coconut milk
- 1 tsp vanilla extract
- 1 cup strawberries
- 1 medium ripe banana
- Raw honey, to taste

Instructions:

Place all of the ingredients in the canister of a Vita-Mix or blender and blend until smooth. Serve.

3. The Vegan Smoothie



Almond butter has a hold in the vegan and even non-vegan community like no other. And on a green smoothie? Absolutely stunning.

Yields: 2 servings

Prep time: 5 minutes

Ingredients:

- 1 banana, frozen
- 2 cups baby spinach
- $\frac{3}{4}$ cup unsweetened almond milk
- 2 large ice cubes
- $\frac{1}{4}$ cup fresh mint
- 2 tablespoons almond butter
- $\frac{1}{4}$ teaspoon vanilla extract
- Raw honey, to taste

Instructions:

Add the spinach, banana, and almond milk into the blender.

Blend until smooth.

Add the ice, mint, almond butter, and vanilla extract.

Blend again.

Adjust the consistency by adding more almond milk as needed and the sweetness with raw honey. Blend again.

Pour into glasses and enjoy! Refrigerate for up to 3 days.

4. Green Protein Smoothie



Exercising is one of the first things any doctor would recommend to help improve one's mental health. This smoothie, guaranteed, will be your next workout companion and will give your mind and your body the extra boost you need.

Yields: 2 servings

Prep time: 5 minutes

Ingredients:

- 1 cup almond milk unsweetened
- ¼ cup water
- 2 cups baby spinach
- ½ scoop protein powder, vanilla-flavored
- 1 ripe banana, frozen
- ½ cup chopped mango, frozen
- ¼ cup pumpkin seeds
- 2 tbsp hemp hearts
- Raw honey

Instructions:

Add the water, almond milk, protein powder, and spinach into the blender.

Blend until it becomes smooth.

Add the banana, mango, hemp hearts, and pumpkin seeds.

Blend again.

Adjust the consistency by adding more almond milk as needed and sweetness with raw honey.

Serve and enjoy! Refrigerate for up to 3 days.

Tape 2, Side A: The Salad Rumors

The actual harm about rumors is the “sticking factor,” which is a fancy way of saying “it’s probably true.” Some, if not most, people are targeted by these rumors not because they’re likely to be true but because most people don’t know any better. Hannah Baker was new, and there was no history to prove rumors untrue. Rumors, no matter how small they started, ultimately led to her undoing. Let that sink in.

The next time you hear someone “spill the tea,” the next time someone talks a little too close to your ear with a voice that’s a little too hushed, we dare you to smile, nod politely, and eat your salad. Rumors can’t spread if they stop at one pair of ears.

5. Quinoa Salad



If drinking green smoothies isn't the first step into clean eating you're willing to take, slowly easing into salads will be best for you. Starting with quinoa salad, not as daunting as all-green salads, but just as healthy.

Yields: 3 servings

Prep time: 15 minutes

For the salad:

- 1 red bell pepper, diced
- 15 oz can chickpeas, rinsed
- 1 cup of quinoa, uncooked and rinsed
- 1 cucumber, seeded and diced
- $\frac{3}{4}$ cup of red onion, finely chopped
- 1 cup of parsley, finely chopped

For the dressing:

- $\frac{1}{4}$ cup of lemon juice
- 2 cloves garlic, finely chopped
- 1 tbsp of red wine vinegar
- $\frac{1}{4}$ cup of olive oil
- Salt and pepper, to taste

Instructions:

Cook the quinoa and set it aside.

Mix the chickpeas, bell pepper, onion, cucumber, and parsley in a bowl.

Whisk the lemon juice, garlic, olive oil, and red wine vinegar for the dressing until combined. Add pepper and salt to taste.

Once fully cooled, toss the quinoa in with the dressing until well combined.

Add more salt and pepper to taste.

Cover the salad and refrigerate it for 2 hours.

Serve chilled and enjoy! Refrigerate for up to 4 days.

6. Summer Salad



For the next ease-my-way-to-clean-eating salads, this recipe is perfect as every bite will remind you of summer and all things fresh, especially with that blood orange dressing Absolutely perfect!

Yields: 6 servings

Prep time: 15 minutes

For the salad:

- 6 cups baby spinach
- 1 cup arugula
- 1 apple, thinly sliced
- 1 carrot, peeled and grated
- $\frac{1}{4}$ red onion, thinly sliced
- 1 thyme sprig, leaves only
- 2 ounces goat cheese, crumbled

For the dressing:

- $\frac{1}{4}$ cup juice of blood orange
- 3 tbsp olive oil
- 2 tsp white vinegar
- Salt, to taste

Instructions:

Mix the arugula, baby spinach, apple, carrot, onion, and thyme in a large salad bowl for the salad.

For the dressing, whisk the blood orange juice, olive oil, and vinegar. Add salt to taste.

Toss the salad with the dressing.

Top it with the crumbled goat cheese.

Serve and enjoy! Refrigerate for up to 4 days.

7. Honey Lime Fruit Salad



Now for the real treat, the all-fruit salad. Did you know artificial sugars leave you with a bad crash after a sugar rush? This salad treat will give you the same happy feels as any other sweet treat but without the consequences.

Yields: 8 servings

Prep time: 15 minutes

For the salad:

- 2 kiwi fruits, peeled and sliced
- 1 lb. strawberries, stemmed and sliced
- 1 cup halved green grapes
- 2 peeled and cubed mangos
- 10 oz blueberries
- 5 oz raspberries
- 9 oz canned pineapple chunks, drained and rinsed

For the dressing:

- 3 tbsp raw honey
- 1 tbsp lime juice
- 1 tbsp pineapple juice

Instructions:

Mix all of the fruits for the salad in a salad bowl.

In a separate small bowl, whisk the lime juice, pineapple juice, and honey until well combined.

Pour the dressing over the salad and stir to combine.

Cover the salad and refrigerate it for 2 hours.

Serve chilled and enjoy! Refrigerate for up to 4 days.

8. Fusilli Pasta Salad



Have you ever heard of pasta salads? Literally one of the greatest inventions ever done by a chef. See, salads aren't so bad as long as you keep on exploring.

Yields: 6 servings

Prep time: 22 minutes

For the salad:

- 1 tbsp olive oil
- ½ cup fresh parsley, finely chopped
- ½ cup fresh mint, finely chopped
- 1 cup cucumbers, thinly sliced
- 2 cups cherry tomatoes, halved
- 3 cups fusilli pasta, uncooked
- ¼ cup toasted pine nuts
- 1½ cups cooked chickpeas
- 1 cup basil leaves, torn
- 1 cup feta cheese, crumbled
- 2 cups arugula

For the dressing:

- 1 tsp Dijon mustard
- ¼ tsp red pepper flakes
- 3 garlic cloves, finely chopped
- 3 tbsp lemon juice
- ¼ cup olive oil
- 1 tsp herbes de Provence
- Salt and pepper, to taste

Instructions:

Cook the pasta and set it aside.

When cooled, toss the pasta with 1 tbsp olive oil. Set it aside.

Then, mix the remaining salad ingredients in a large salad bowl.

Whisk the mustard, lemon juice, olive oil, garlic, herbes de Provence, and pepper flakes for the dressing until well combined. Add salt and pepper to taste.

Pour the dressing over the salad and toss to combine.

Stir in the cooked pasta.

Cover the salad and refrigerate it for 2 hours.

Serve chilled and enjoy! Refrigerate for up to 3 days.

Tape 2, Side B: The True Friends' Hors d'oeuvre

Stare across the globe, and you think “7 billion people”, but zoom in, zoom closer and closer until you see a high school building, or an office building, maybe even a gated community, and it greatly narrows it down to around what, 500? 700? 1000? That’s what you call narrowing down—significantly.

But you want to know an open secret? Even in a city of 100, that still isn’t a guarantee you can find people you can genuinely call your friends. The next time you make these healthy hors d’oeuvres, pay extra attention to the way your friends talk to you and tell me, are they real?

9. Green Spring Rolls



Spring rolls come in thousands of different forms, and we're not just saying this because this recipe is super healthy. It's hand on heart, one of our favorites. Are our guests coming? We don't mind not sharing this.

Yields: 5 servings

Prep time: 20 minutes

For the sauce:

- 1½ tbsp lime juice
- 1 tbsp rice vinegar
- 1½ tsp soy sauce
- 1 tsp water
- Scallions, thinly sliced
- ½ tsp maple syrup
- ¼ tsp red pepper flakes

For the rolls:

- 8 rice paper wrappers
- 1-2 cups water, warm
- 1½ cups baby spinach
- 1 ripe avocado, sliced
- ¼ pineapple, peeled and cut into thin strips
- ½ cucumber, cut into thin strips
- 4 oz green beans, trimmed and blanched
- ¼ cup fresh mint leaves, finely chopped
- ½ cup pea shoots

Instructions:

Whisk the soy sauce, water, lime juice, rice vinegar, maple syrup, and red pepper flakes for the sauce until well combined. Add scallions to taste.

For the rolls, add about 1-2 cups of water into a large bowl.

Submerge one rice paper wrapper in the water until it softens and is flexible enough to work with.

Place the wrapper on an extended plate and fill the center with spinach, avocado, pineapple, cucumber, green beans, mint, and pea shoots.

Fold the edges inward to seal the roll, and then roll it up like a carpet.

Repeat steps 3-5 for all spring rolls.

Serve with the sauce on the side and enjoy! Refrigerate in an airtight container for up to 4 days.

10. Pistachio Scallops



Nuts are inherently good for your mental health. We're sure everyone grew up with grandmothers handing them nuts while studying because they make you smarter, right? And scallops contain vitamin B-12 and Omega-3, which are amazing for your mind and body as well.

Yields: 4 servings

Prep time: 10 minutes

Ingredients:

- ½ cup unsalted pistachios, peeled and finely chopped
- 2 tbsp chives, finely chopped
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 2 tbsp butter
- 12 sea scallops
- 2 tsp lemon zest
- Salt and pepper, to taste

Instructions:

Mix the pistachios, lemon juice, chives, and olive oil in a small bowl.

Melt the butter in a pan over medium-high heat.

Add the scallops and cook them for 1-2 minutes on each side, or until cooked through.

Season with salt and pepper to taste and set them aside.

Arrange the scallops on a serving plate and spoon a generous amount of the pistachio mixture on top of each one.

Sprinkle the lemon zest on top.

Serve and enjoy! Refrigerate in an airtight container for up to 3 days.

11. Collard Roll-Ups with Coconut Curry Kale



If there's a recipe that we can guarantee will be a surprise hit, it will be this. It's not the most common thing to serve, but ooh, will it be an enjoyable conversation starter. Who would have thought leaves could even taste this good?

Yields: 4 servings

Prep time: 25 minutes

Ingredients:

- 4 large collard leaves
- 2 tbsp garlic, finely chopped
- 1 tbsp orange juice
- 1 tbsp maple syrup
- 5 cups purple kale, shredded
- 2 tbsp coconut oil
- ½ tsp curry powder
- ¼ tsp orange zest
- 1 avocado, sliced
- 1 carrot, cut into ribbons
- Salt, to taste

Instructions:

Fill a saucepan with water and bring it to a boil.

Place one collard leaf at a time into the boiling water and blanch it for 10-14 seconds on each side, or until it has turned bright green. Set it aside and repeat this for the remaining collard leaves.

Once they have cooled, remove the spines, making sure to leave at least 8" of each leaf to fill. Set them aside.

Melt the coconut oil in a large pan over medium heat.

Add the garlic and sauté it for 2-3 minutes, or until fragrant.

Pour the orange juice and maple syrup in. Stir to combine.

Add the zest, curry powder, and season with salt to taste.

Let the mixture simmer for 2-3 minutes.

Stir the kale in and mix to combine. Cook everything for 4-6 minutes, or until the kale wilts. Remove from the heat and set aside.

Then, place a collard leaf with the top facing down.

Spread about one-quarter of the cooked kale mixture in the center.

Add avocado and carrots.

Roll the collard up like a carpet or a sushi roll.

Remove any excess leaf and use a knife to cut your roll into 5-7 pieces.

Serve and enjoy! Refrigerate in an airtight container for up to 4 days.

Tape 3, Side A: The Treacherous soup

When we were 6, our grandma always, and we mean always, tried her best to make us eat carrots. “It’s good for your skin,” “It’s good for your eyes!” But we always hated it. One fateful dinner, she set an orange soup in front of us beside our grilled cheese sandwich. What can we say? Sometimes the best lies hide in plain sight.

12. Roasted Carrot Soup



Carrot soups are very underrated. Here's a recipe that, although it may need a little bit of extra TLC, every second is going to be worth it once you take your first spoonful.

Yields: 4 servings

Prep time: 1 hour

Ingredients:

- 2 lb. carrots, peeled and chopped
- 3 tbsp olive oil, divided
- 1 medium yellow onion, chopped
- 2 cloves garlic, finely chopped
- 1 tsp ground coriander
- ½ tsp ground cumin
- 4 cups vegetable broth
- 2 cups water
- 2 tsp unsalted butter
- Salt and pepper, to taste

Instructions:

Preheat the oven to 400°F.

Line a baking sheet with parchment paper.

Spread the carrots out on the baking sheet.

Drizzle them with 2 tbsp of olive oil and season with salt and pepper to taste.

Bake for 30-45 minutes, flipping them halfway through. They are ready once they soften and have caramelized around the edges.

About 5 minutes before the carrots are done, add the remaining olive oil into a stockpot over medium heat.

Add the onion and garlic. Sauté them for 5-7 minutes, or until the onion is soft and fragrant.

Add the coriander and cumin. Stir to combine and cook for another minute.

Pour the vegetable broth in and let it simmer for 10-15 minutes.

Once the carrots are done, add them to the stockpot.

Bring the mixture to a boil and then reduce the heat to let the soup simmer for another 10 minutes.

Then, carefully pour the ingredients into the blender. Blend until you get a smooth, creamy mixture.

Add the butter and season with salt and pepper to taste. Blend again to combine.
Serve hot and enjoy! Refrigerate in an airtight container for up to 4 days.

13. Onion Cream Soup



This recipe is perfect for rainy days when you feel like no take-out is going to cut it. It's the ideal level of creamy and rich, and it's a hug in a bowl!

Yields: 4 servings

Prep Time: 30 minutes

Ingredients:

- 2 cups onions, finely chopped
- 3 cups of water
- 2 cups heavy cream
- 1 cup sweet pepper, finely chopped
- 2 tbsp olive oil
- 1 tbsp dried dill
- 1 tsp ground paprika
- 2 oz parmesan cheese, grated
- Salt and pepper, to taste

Instructions:

Add the olive oil to a stockpot and heat it over a medium flame.

Add the onions and sauté them for 5 minutes, or until soft and translucent.

Then, add water and heavy cream.

Add the sweet pepper, paprika, and dill. Stir to combine.

Close the lid and cook for another 15 minutes.

Blend the soup, making sure to leave it a little bit chunky if you like.

Add salt and pepper to taste

Top with parmesan cheese and serve. Enjoy! Refrigerate in an airtight container for up to 4 days.

14. Kimchi Bean Soup



You can never mention the words gut health without someone bringing up kimchi. It's tangy and umami and one of the best things that Korean cuisine has to offer.

Yields: 4 servings

Prep time: 20 minutes

Ingredients:

- 1 ¼ lb. acorn squash, seeded and cut into 1" chunks
- 2 cups chopped kimchi with liquid
- 2 scallions, thinly sliced
- 6 garlic cloves, thinly sliced
- 1 medium onion, thinly sliced
- 3" piece of ginger, peeled and thinly sliced
- 6 cups chicken stock
- 2 tbsp gochujang sauce
- 30 oz white kidney beans, drained and rinsed
- Poached eggs, to serve
- Salt and pepper, to taste

Instructions:

Add the squash, kimchi with liquid, onion, ginger, garlic, and gochujang into a stockpot over medium heat. Stir to combine and season with salt to taste.

Pour the chicken stock in. Stir to combine.

Bring the soup to a boil and then reduce the heat to let it simmer for 25-35 minutes.

Add the white kidney beans into the soup and continue cooking until the squash has softened.

Season with salt and pepper to taste.

Serve hot and top with a poached egg and scallions. Enjoy! Refrigerate in an airtight container for up to 4 days.

Tape 3, Side B: The Stolen Main Dish

What we deserve and what we don't, who's to decide that? We get things we didn't earn without trying while we watch others die trying. We go through things we thought good people didn't deserve.

This chapter is for all those times we downplayed someone's achievement because we thought it wasn't what they deserved. And as they say, those who serve arrogance as their main course eat humble pie for dessert—and mind

you, this book won't have a gut-enriching recipe for that.

15. Honey Garlic Salmon



It's garlicky and sweet and rich in Omega-3. A feast in your mouth, and your brain will thank you. Basically, an unwrapped present on a pretty plate.

Yields: 4 servings

Prep time: 15 minutes

Ingredients:

- 4 salmon fillets
- ½ tbsp paprika
- 2 tbsp butter
- 4 cloves garlic, finely chopped
- 4 tbsp raw honey
- 1 tbsp water
- 2 tbsp soy sauce
- Salt and pepper, to taste

Instructions:

Preheat the oven to 400°F.

Grease a baking dish and set it aside.

Rub the paprika onto the salmon.

Season with salt and pepper to taste. Set aside.

Melt the butter in a large pan over medium-high heat.

Add the garlic and sauté it for 3-4 minutes, or until fragrant.

Add the water, honey, and soy sauce. Stir to combine and let the sauce cook for 2-3 more minutes.

Place the salmon in the pan and cook it for 3-4 minutes on each side, basting continuously not to dry out.

Season with salt and pepper to taste.

Carefully transfer the salmon into the baking dish and pour in all of the cooking juices.

Bake for 6-10 minutes, or until the tops of the salmon are nicely charred. You can also broil them instead for 5-6 minutes.

Serve warm and enjoy! Refrigerate in an airtight container for up to 4 days.

16. Firecracker Salmon



Here's the thing. Omega-3 is good for your mental health and your wellbeing as a whole. If honey garlic can't convince you, maybe sriracha will.

Yields: 4 servings

Prep time: 35 minutes

Ingredients:

- 1 tbsp vegetable oil
- 1 tbsp soy sauce
- 1 tsp gochujang
- 1 tsp brown sugar
- 2 teaspoons Sriracha
- 2 tsp garlic, finely chopped
- ½ tsp ginger, finely chopped
- 4 salmon fillets
- ½ teaspoon cayenne pepper
- Cooking spray
- Salt and pepper, to taste
- Red chili flakes, to taste

Instructions:

Whisk the vegetable oil, soy sauce, gochujang, brown sugar, ginger, garlic, and sriracha in a large bowl until well combined. Add red chili flakes to taste.

Rub the salmon with cayenne pepper and season it with salt and pepper to taste.

Add the salmon into the marinade and combine everything until the salmon is completely coated.

Cover the bowl and refrigerate it overnight.

The next day, preheat the oven to 360°F and coat a cast-iron skillet with cooking spray over medium-high heat.

Cook the salmon for 2 minutes on each side.

Transfer the skillet into the oven and bake for 7-11 minutes, or until done to your liking.

Serve hot and enjoy! Refrigerate in an airtight container for up to 3 days.

17. Roasted Mackerel



Omega-3 (yes, Omega-3 again) is associated with the improvement of mental health and cognitive health. Mackerel just so happens to have the highest content—bonus: very delicious.

Yields: 2 servings

Prep time: 20 minutes

Ingredients:

- 2 medium-sized mackerels, gutted
- 1½ tbsp ginger-garlic paste
- 1½ tsp red chili powder
- 1 tsp turmeric powder
- 1 tbsp lemon juice
- 2 tbsp vegetable oil, for frying
- Salt and pepper, to taste

Instructions:

Whisk the chili powder, turmeric powder, lemon juice, and ginger-garlic paste until well combined. Add salt and pepper to taste.

Rub the marinade into the mackerels and place them in a large bowl.

Cover the bowl and pour in any remaining marinade. Refrigerate it for 2 hours.

Add the oil into a pan over medium-high heat.

Add the fish into the pan and cook it for 3-4 minutes on each side or cooked through.

Season with salt and pepper to taste.

Serve hot and enjoy! Refrigerate in an airtight container for up to 4 days.

18. Lime Cod



Iron is another common nutrient deficiency that impacts mental health, and it just so happens that cod is an excellent source of iron. Enjoy!

Yields: 4 servings

Prep Time: 25 minutes

Ingredients:

- 4 cod fillets
- 4 spring onions, finely chopped
- 1 tbsp lemon juice
- 1 red bell pepper, julienned
- 1 green bell pepper, julienned
- 2 tsp. fresh parsley, chopped
- Pepper and salt, to taste
- 2 tbsp olive oil

Instructions:

Over medium heat, warm the oil in a pan.

Add the red and green bell peppers.

Add the spring onions.

Sauté everything for 5 minutes until the bell peppers soften.

Add the fresh parsley and stir.

Place the fish on the pan. Cook for 5 minutes, and then use your spatula to flip the fish. Cook for another 5 minutes.

Add salt, pepper, and lemon juice to taste.

Serve warm and enjoy! Refrigerate in an airtight container for up to 4 days.

19. Crispy Cod



The best of both worlds: iron and Omega-3, all in the form of crispy cod. It also has quinoa, which means an extra protein punch!

Yields: 2 servings

Prep Time: 25 minutes

Ingredients:

- 2 black cod fillets, skinless
- ½ cup red quinoa, cooked according to package instructions
- 1 egg white
- 2 tbsp all-purpose flour
- 4 tsp lemon juice
- ½ tsp smoked paprika
- 3 tbsp olive oil
- 1 red plum, pitted and chopped
- 2 tsp raw honey
- ¼ tsp black peppercorns, crushed
- 2 tsp fresh parsley, finely chopped
- ¼ cup water
- Salt and pepper, to taste

Instructions:

Preheat your oven to 400°F.

In a bowl, whisk together 1 tsp of lemon juice with the egg white, flour, and ¼ tsp of paprika.

Put quinoa in a bowl and mix it with a third of the egg white mixture.

Pass the cod fillets through the remaining egg white mix.

Then, pass the cod fillets through the quinoa mix. Make sure they are evenly coated.

Heat a pan with 1 tsp oil over medium heat and add the peppercorns, honey, and plum.

Cook for about 1 minute, stirring occasionally.

Add the remaining lemon juice, the remaining paprika, and the water to the pan. Stir well and simmer for 5 minutes.

Add the parsley, stir, and remove the sauce from the heat. Set it aside.

Add the remaining olive oil to a pan and heat it over a medium flame. Cook the cod fillets for about 3 minutes.

Then, transfer them to a baking tray lined with parchment paper and bake them for 10 more minutes.

Heat a pan with the rest of the olive oil over medium heat, add the coated fish and cook for 3 minutes.

When ready to serve, drizzle with the plum sauce and enjoy! Refrigerate in an airtight container for up to 4 days.

20. Tuscan Chicken



Tryptophan, an essential amino acid that our body does not naturally produce. Another common nutrient people are commonly deficient in. And, coincidentally, it is one of the main nutrients known to improve mental health. This recipe will be your tryptophan-express in a Tuscan dress.

Yields: 4 servings

Prep time: 40 minutes

Ingredients:

- 4 boneless chicken breasts, skinless
- 2 tbsp olive oil
- 1 tsp dried oregano
- 3 tbsp butter
- 4 cloves garlic, finely chopped
- ½ cup heavy cream
- 1½ cups halved cherry tomatoes
- 3 cups baby spinach
- ¼ cup parmesan, grated
- Pepper and salt

Instructions:

Add the olive oil in a pan (medium heat).

Add the chicken and season it with oregano. Cook it for 5-6 minutes on each side, or until golden brown and cooked through.

Add pepper and salt. Put it aside.

In the pan, melt the butter.

Add the garlic and sauté it for 1-2 minutes, or until fragrant.

Add the cherry tomatoes and cook them for 5-6 minutes, or until they start to release their juices.

Stir the spinach in and cook it until the spinach wilts.

Add the parmesan and pour in the heavy cream. Stir to combine and bring everything to simmer.

Let the sauce cook for 3-4 minutes.

Add the chicken into the sauce and cook for another 5-6 minutes.

Serve warm and enjoy! Refrigerate in an airtight container for up to 4 days.

Tape 4, Side A: The Daily Bread

“Maybe there aren’t any good kids.”

Good people surround themselves with good people. No one can call themselves good when they fall silent in the face of an injustice done to a friend. The thing about this show is, it isn’t kind—nor does it pretend to be.

A wise woman once said, “better bread with water than cake with trouble.”

21. Banana Bread



Sometimes, the key to a better day is something so classic and simplistic. That's a vast possibility—a possibility which surely includes a slice of banana bread.

Yield: 1 loaf

Prep Time: 1 hour 30 minutes

Ingredients:

- 2 bananas, ripe
- $\frac{1}{3}$ cup of oil
- 1 cup of sugar
- 1 egg
- $\frac{1}{2}$ teaspoon of baking powder
- $\frac{1}{2}$ teaspoon of baking soda
- $\frac{1}{2}$ teaspoon of vanilla extract
- $1\frac{1}{2}$ cups of flour
- $\frac{1}{2}$ teaspoon of salt
- $\frac{1}{4}$ cup of unsweetened plain yogurt
- $\frac{1}{4}$ cup of whole milk
- Non-stick spray

Instructions:

Preheat oven (350°F).

Coat your loaf pan with non-stick spray.

Combine the bananas and oil in a bowl.

Beat the ingredients using a hand mixer until you get a fairly even mixture, with no huge lumps of banana in it.

Add the sugar and vanilla extract. Beat again.

Add the egg, baking powder, baking soda, and salt. Beat on low to combine.

Fold in the flour.

Then, add the yogurt and milk. Use a spatula to fold these ingredients into the batter. Don't over mix.

Pour the batter into the pan.

Bake for 1 hour or until a toothpick inserted in the center comes out clean.

Serve warm and enjoy! Refrigerate for up to 4 days.

22. Olive Bread



When all else seems a little too pretentious, there's nothing like munching on a simple olive bread drizzled with a bit of olive oil. Sometimes you have to keep things simple, even when they're not.

Yields: 6

Prep time: 50 minutes

Ingredients:

- 1 cup black olives, pitted and chopped
- 1 tbsp olive oil
- ½ tbsp instant dry yeast
- ½ cup milk, warm
- ½ tsp salt
- 1 tsp baking powder
- 2 cups whole-grain wheat flour
- 2 eggs, whisked
- 1 tbsp butter, melted
- 1 tsp sugar

Instructions:

Combine the yeast, sugar, and milk in a large bowl. Stir well and let it rest for 10 minutes.

Add the baking powder, butter, and eggs. Whisk to combine.

Add the salt and olives.

Add 1 cup of flour at a time and use a spatula to help you mix the dough together. If the dough is too sticky, add ¼ cup of flour at a time.

Remove it from the bowl and transfer it onto a lightly floured surface.

Knead the bread for 8-10 minutes.

Place it back into the bowl, cover a clean towel on it, and let it rest for 1 hour.

Preheat the oven to 350° F.

Remove the dough from the bowl and punch out any air.

Knead it for 1-2 minutes.

Place it inside a loaf pan and let it rise for 15 minutes.

Bake for 50 minutes.

Serve warm and enjoy! Store in an airtight container for up to 6 days.

Tape 4, Side B: The Truth Serum

What's your truth serum? What drink do you blame your mistakes on? Beer: classic, alcohol-induced, I didn't mean to. Or is it a milkshake: it's the sugar rush; I can't help it! Perhaps you even blame it on fizzy water: the truth just bubbles up!

The thing is, not even barbiturates can conjure the truth in everybody. The last time you drank a little too much of your truth serum, was it the truth? Or was it just your version of the truth? Did it affect you or someone else? Who is suffering from the consequences?

23. Cranberry Muddle



We can always talk about how cranberries effectively lessen *Helicobacter pylori* in the stomach lining, but that's too much science in a cookbook. Let's stop for the day and say cranberries are indeed the smart choice for your brain. Aside from that, this cranberry muddle would be the perfect virgin cocktail substitute for beer.

Yields: 1 serving

Prep time: 5 minutes

Ingredients:

- 3 oz lime soda
- 3 oz Cranberry Juice
- 1 clementine orange, juiced
- 1 oz lime juice
- Cranberry sugar, for garnish
- Ice cubes, crushed

Instructions:

Add ice to taste into a cocktail shaker.

Pour the clementine orange juice, cranberry juice, and lime juice in.

Close the shaker and shake well.

Stir the lime soda in.

Dip your serving glasses in cranberry sugar.

Serve and enjoy!

24. Cake Batter Milkshake



Like we said, truth serums come in a variety of forms. With this super delicious, sugar-free cake batter milkshake, you can never blame your mistakes on the sugar rush again.

Yields: 3 servings

Prep time: 10 minutes

Ingredients:

- 2 cups plain low-fat kefir
- ½ cup old fashioned rolled oats
- 1 tsp vanilla extract
- 1 tsp natural butter flavor
- ½ tsp liquid stevia
- ½ tsp almond extract
- 2 cups ice
- Whipped cream for topping

Instructions:

Add the kefir, ice, and rolled oats into the blender. Blend until smooth.

Then, add the vanilla extract, natural butter flavor, and almond extract. Blend again.

Add liquid stevia to taste and blend to combine.

Serve and top with whipped cream. Enjoy!

25. Matcha Latte



Coffee, we believe, is everyone's morning companion, but we can't sugar-coat the fact that caffeine-induced anxiety is one of the worst things that can happen. This matcha latte can be your perfect day starter minus the anxiety.

Yields: 1 serving

Prep time: 5 minutes

Ingredients:

- 1 tsp of matcha green tea powder
- 3 tbsp of water, hot
- 1¼ cups of whole milk, hot
- Raw honey, to taste

Instructions:

Add the matcha and water into a mug. Whisk until well combined, and no lumps remain.

Pour the hot milk in and stir well.

Add raw honey to taste.

Enjoy! Refrigerate for up to 3 days.

26. Turmeric Hot Chocolate



Turmeric is known to help aid depression and alleviate anxiety too. But let's face it, we need more recipes that call for it! There's no more perfect way to introduce this wonderful ingredient to your diet than through a wonderful steaming mug of hot chocolate.

Yields: 1 serving

Prep time: 5 minutes

Ingredients:

- 1 cup of whole milk
- 1½ tbsp cocoa powder, sifted
- 1 tsp ground turmeric
- 2 tsp coconut oil
- Pinch of cayenne pepper
- Raw honey, to taste

Instructions:

Add the cocoa and turmeric into a saucepan. Whisk to combine.

Then, add the milk and coconut oil. Stir well.

Bring the mixture to a simmer over medium-low heat for 10 minutes.

Adjust sweetness to taste with raw honey. Stir again.

Add a pinch of cayenne pepper.

Serve and enjoy! Refrigerate for up to 4 days.

Tape 5, Side A: The Bittersweet End

There is no ending this recipe book on a positive note. Because out of all the good that may have come after Hannah Baker's early demise, justice wasn't served to her. So, sit back, reflect, and while you're feeling the rush of dopamine as you eat these bittersweet desserts, remind yourself always to treat people with kindness. Even if it's the last thing, they remember about you.

27. Dark Chocolate Ganache Cookie Cups



Going with the theme of bittersweet desserts: this dessert recipe will be just the right amount of sweet and the perfect amount of ganache.

Yields: 2 dozens

Prep time: 40 minutes

Ingredients:

- ½ cup butter, room temperature
- ½ cup granulated sugar
- 1 egg
- 1 tbsp orange juice
- ½ tsp orange extract
- ½ tsp baking powder
- 1½ cups all-purpose flour
- 1 tbsp confectioners' sugar
- ½ cup heavy whipping cream
- 3 oz chocolate, bittersweet, chopped
- Non-stick spray

Instructions:

Use a hand-mixer to cream the sugar and butter on high speed until fluffy.

Add the egg, orange juice, and orange extract. Continue beating.

Then, add the flour and baking powder. Beat them into the mixture until well incorporated.

Cover the bowl and refrigerate it for 2 hours.

Preheat the oven to 350°F.

Use non-stick spray to grease a muffin pan.

Scoop 1-2 tbsp of dough and roll it into a disc.

Press it into a muffin pan cavity, making sure the bottom and sides are completely covered. Repeat steps 7-8 for the remaining dough.

Bake for 8-10 minutes, or until the edges are golden brown.

Remove the muffin pan from the oven. Let it cool down for 5 minutes before carefully transferring the cookie cups onto a wire rack.

Let the cookie cups cool completely, and then dust them with confectioners' sugar.

For the ganache, place the chocolate and heavy cream over a bain-marie. Stir constantly until the chocolate has melted. Set aside.

Cover the ganache and refrigerate it for 3 hours, or until it thickens to a spreadable consistency.

Pipe the chilled ganache onto the cookie cups.

Enjoy! Refrigerate for up to 6 days.

28. Brownies



Our second recipe calls for the use of dark chocolate. We know brownies aren't exactly a somber dessert, but anything with chocolate will hardly ever be sad. What we've tried to do here is use dark chocolate chips and have symbolized them as a moment of silence for those who have left us.

Yields: 12-16 brownies

Prep time: 1 hour

Ingredients:

- $\frac{3}{4}$ cup unsweetened cocoa powder
- 9 tbsp unsalted butter
- 7 oz granulated sugar
- $\frac{1}{4}$ tsp salt
- 1 tsp vanilla extract
- 2 large eggs, cold
- $\frac{1}{2}$ cup all-purpose flour
- $\frac{2}{3}$ cups dark chocolate chips or chopped dark chocolate
- $\frac{1}{3}$ cup toasted pecans or walnuts

Instructions:

Place the butter, sugar, and cocoa in a heat-resistant bowl and melt over a bain-marie. Stir occasionally to incorporate all of the ingredients. Once all the butter is melted, remove the bowl from the heat.

Mix your ingredients a little bit and then let the mixture cool down for 3-4 minutes or until warm (not hot).

Add the eggs and the vanilla and stir until well combined.

Add the salt and flour and incorporate them into the batter until you get a thick and glossy mixture.

Preheat the oven to 325°F.

Then, add your chocolate chips (or chopped dark chocolate) and toasted pecans or almonds into the batter and mix.

Pour your batter onto an 8x8" baking tray lined with parchment paper. If you don't have parchment paper, make sure your baking tray is well-buttered, so your brownies do not stick.

Pop the tray into the oven and bake for 20-25 minutes or until the top looks crackly and the sides a little bit dry. Remove the pan from the oven and let it cool completely before cutting. If they're too fudgy for your taste, pop them back in the oven for another 5-10 minutes but don't let them overbake!

Serve with a scoop of your favorite ice cream and enjoy! Store at room temperature in an airtight container for up to 4 days.

29. Chocolate Pretzel Fudge



Dessert is supposed to leave us with a good taste of mouth after a full course meal. It's supposed to wrap up the entire evening and send us on our way on a lasting but not overwhelming sweet note. Unfortunately, bittersweet endings are non-negotiable sometimes.

Yields: 25-30 servings

Prep time: 10 minutes

Ingredients:

- 14 oz can sweetened condensed milk
- 2 cups bittersweet chocolate chips
- 1 tsp vanilla extract
- 2 ½ cups mini pretzels
- 1 cup toasted unsalted walnuts, chopped

Instructions:

Heat the condensed milk, vanilla extract, and chocolate chips over a bain-marie.

Mix until all of the chocolate is melted, then remove from the heat.

Crush half of the mini pretzels and add them into the melted chocolate.

Then, add the walnuts and mix to combine.

Line an 8" mold with parchment paper and leave an excess of 1" hanging over the edges.

Pour the chocolate mixture into the mold and use a knife or spoon to smooth the top.

Finally, press the remaining pretzels into the top of the fudge.

Refrigerate overnight and cut the next day. Enjoy! Refrigerate in an airtight container for up to 5 days.

30. Homemade Ice Cream



We know everything we've talked about is extremely serious, but we also don't want you to feel helpless just for reading this. To help pick you up from this emotionally triggering but necessary journey, why not enjoy a scoop of homemade ice cream?

Yields: 5 servings

Prep time: 45 minutes

Ingredients:

- $\frac{3}{4}$ cups whole milk, cold
- $\frac{1}{2}$ cup granulated sugar
- 1 cup heavy cream, cold
- $\frac{1}{2}$ tsp vanilla extract
- $\frac{1}{4}$ cup unsweetened cocoa powder
- Chocolate chip cookies, chopped

Instructions:

Beat the heavy cream in a large bowl until stiff peaks form.

In a separate bowl, mix the milk, sugar, vanilla extract, and cocoa powder. Mix until most of the sugar dissolves.

Fold the chocolate mixture into the whipped cream until completely combined.

Refrigerate the mixture for 40 minutes.

Then, pour the mixture into a freezer-friendly container.

Add the chopped chocolate chip cookies and mix them in using a spoon or fork.

Freeze overnight.

Serve and enjoy! Freeze in an airtight container for up to 2 weeks.

Conclusion

This is a hard show to watch and even harder to finish. It may, at first, seem like it's too dark to be happening in real life. Is it? Is it really? Reality is fickle; we filter out and label what we don't want to see as unreal. 13 Reasons Why is unflinching to anyone's triggers. This show is unforgiving to anyone's taboos. And that's why it needed to be done.

So be kind to others. Go miles and miles out of your way to do so. Be kind to yourself and grab every simple opportunity to help make yourself feel better. If you can't run, walk. If you can't eat healthily, drink healthy. Fortunately, we've just given you more than 13 reasons why to eat healthily, take care of your mental health, and always be kind. We expect you to put our teachings (and recipes) into effective use because we were in high school once too. We know what it's like. We know what it feels like. And whether you're a potential Hannah Baker or anyone else in the series, you need to know you're not alone. Even tasty food can be comforting during a crisis.

Author's Note



Thank you so much for taking the time to download and read this book(and most likely re-read because C'mon, it's awesome). I'm gutted to even dare ask for something else after all you've already done but I still need one more favor from you, reviews and feedback. Your input is important to me and if you have any constructive criticism or new ideas, you'd like me to consider, please don't hesitate to reach out to me, I can't wait.

Thank you,
Brooklyn Niro

About the Author

Brooklyn Niro - The physical manifestation of dedication to craft - has been immersed in cuisines and baked goods for over 20 years. Despite all that she went through, diagnosed with sickle cell anemia at age 2 and losing her father when she was only 4 years old, she always wanted to be the consoler and not the one being consoled. Her mother was a sous chef who cooked whenever she was sad and she cooked even more after the death of her husband.

Niro loved to stay with her mum in the kitchen while she cooked and quickly contracted the contagious hobby, she soon began contesting and winning local bake-offs, and after high school, she attended a culinary academy where she refined her skills. Over two decades, she has worked as a chef at a plethora of restaurants, resorts, cruise boats, and five to seven-star hotels in a wide range of cities and states from Florida to Las Vegas, Chicago, and New York.

Brooklyn is currently the chef de cuisine at one of the most exclusive restaurants in Los Angeles, she has transformed the already profitable business into a bankrolling machine with her unique cooking talents and witty, off-handed comments.

