

Eating Well...Made Easy!

Basic Smoothie Recipe

1 c water
1 c leafy greens (spinach, kale, chard, romaine)
Add-ins:
1/2 inch ginger root
1 apple, orange, or grapefruit
juice of lemon/lime
sliver fresh turmeric
1 c frozen fresh/frozen fruit
raw honey, stevia, agave, dates, or maple syrup to sweeten
sprouts, celery, parsley, basil, avocado, etc.
1 tsp coconut oil

Jessica's Go-to Smoothie

1 c water
2 c greens
1/2 beet
1/2 lime (minus most peeling)
1 inch of ginger root and turmeric root
1 tsp maca powder
1/2 c coconut milk
1 apple
1 c frozen pineapple
raw honey

Chia Porridge

4 TBSP chia seeds
handful of goji berries or raisins
handful of nuts

Soak chia seeds, dried fruit, and nuts overnight in a pot on the stove with water (about 1 1/2 c water per 2 TBSP chia seeds). In the morning add 1/2 tsp cinnamon, 1/4 tsp vanilla extract, 1 tsp agave or maple syrup, and heat on low temp until warm.

Basic Salad

Make a base of greens: Spinach, Romaine, Arugula, Mixed Greens, etc. (alternate the kind you use)

Add-ins:

Colored peppers, sprouts, celery, carrots, beets, sugar snap peas, nuts, tomatoes, cucumbers, herbs, etc.

Simple Salad Dressing

EVOO (extra virgin olive oil), lemon juice, ACV (apple cider vinegar)

Basic Soup

Water and Rapunzel veggie bouillon cube (or bone broth)
onions, garlic, leek, or other yummies for flavor veggies

*Soup can be so simple if you are in a hurry — water, a Rapunzel veggie bouillon cube, and miso paste. If you have time, sauté some onions, carrots, and garlic in olive oil, throw in whatever veggies are in the fridge, broth, and simmer. Add in a touch of canned coconut milk for creaminess.



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Healthy Eating Guidelines

- Only eat if you're hungry.
- When you eat, just eat.
- Eat a simple, nutritious breakfast.
- Only eat during daylight hours.
- Have a delicious, satisfying lunch (with fermented food, if possible) without distractions (and really notice the flavors).
- Drink water between meals.
- **>>>Eat an early, light dinner. <<<**
- Make a meal plan every week, and make time to prep for the week ahead.
- Ask your family/friends for help with your new habits.
- Eat with the seasons.

Meal Ideas

Breakfast

Green juice or green smoothie
Fresh (seasonal) fruit
Chia porridge
Whole grain porridge

Lunch

Roasted vegetables
Green salad
Vegetable wraps
Whole grains, legumes, and animal protein used in lesser quantities

Dinner

Green juice or green smoothie
Green salad, marinated vegetable salad (slaw), roasted vegetable salad
Vegetable soup

*Eating fermented foods, like sauerkraut, with every meal aids digestion and builds healthier gut microbes.



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