

CRUNCHY ITALIAN SALAD

Arugula

Arugula is rich in Vitamin B & Folate. Folate is essential because it aids in the production of red blood cells & serotonin. This nutrient also helps prevent diseases such as diabetes, depression, & heart disease.

Spinach

Spinach is full of nutrients like iron, folate, calcium, & Vitamins E & K. These are all extremely good for brain health & offer protection from things like dementia in older adults.

Organic Cherry Tomatoes

A higher intake of tomatoes has shown a decrease in many cancers, prostate cancer in particular. Tomatoes are also full of lycopene, a compound that helps with inflammation & blood clotting.

Broccoli

Raw or steamed broccoli are the best ways to attain all or most of the nutrients. It is a good source of fiber aiding in digestion & is shown to help slow mental decline in older adults.

Nuts

Nuts are a good source of heart-healthy monounsaturated fats as well as protein. It has been shown that by swapping typical snacks for nuts, you can improve how your heart responds to mental stress.

Garlic Cloves

Garlic can enhance the production of serotonin, a brain chemical responsible for signal transmission & mood regulation. Raw garlic also contains allicin, which is believed to have antibacterial & anti-fungal properties.

Distilled Vinegar

Vinegar could be a potential treatment to slow the progression of diabetes. Vinegar also helps with weight control by increasing satiety, a sense of fullness & satisfaction: the opposite of hunger.

Extra Virgin Olive Oil

Pure olive oil contains Polyphenols that help remove the effects of proteins linked to Alzheimer's disease & have also been shown to help with learning & memory. Make sure the olive oil is pure & has not been cut with any other oils.

FAST5 RECIPES TO BOOST YOUR
IMMUNE SYSTEM & MENTAL HEALTH

CRUNCHY ITALIAN SALAD

Makes Multiple Servings

Instructions

Combine in a large bowl:

- ½ container (2.5 oz) of **arugula**
- ½ container (2.5 oz) of **organic spinach**
- 1 head of **broccoli**, chopped without stems
- 6 sliced halves of **cherry tomatoes**
- 3 **garlic cloves**, peeled & diced
- 1 tbsp of **hemp seed hearts**
- 1 tbsp of **sunflower seeds**
- 1 tbsp of **chia seeds**
- ¼ cup of **raw, unsalted, sliced almonds**
- ¼ cup of **raw, unsalted walnuts**
- ¼ cup of **raw, unsalted pecans**
- ½ tsp of **garlic powder**
- ½ tsp of **Himalayan pink salt**
- ½ tsp of **ground black pepper**
- 1-2 tbsp of **distilled vinegar**
- 1 tbsp of **cold-pressed, extra virgin olive oil**
- ¼ cup of **plant-based parmesan cheese**

Mix with CLEAN, WASHED hands!

Munch, crunch, & enjoy!

Recipe

- **Arugula** - ½ container (2.5 oz)
- **Organic Spinach** - ½ container (2.5 oz)
- **Broccoli** - 1 head
- **Organic Cherry Tomatoes** - 6 whole
- **Garlic Cloves** - 3
- **GOOD PLANeT: Plant-Based Parmesan Cheese** - ¼ cup
- **Raw, Unsalted, Sliced Almonds** - ¼ cup
- **Distilled Vinegar** - 1-2 tbsp

Thrive Market:

- **Hemp Seed Hearts** - 1 tbsp
- **Sunflower Seeds** - 1 tbsp
- **Chia Seeds** - 1 tbsp
- **Raw, Unsalted, Walnuts** - ¼ cup
- **Raw, Unsalted, Pecans** - ¼ cup
- **Garlic Powder** - ½ tsp
- **Himalayan Pink Salt** - ½ tsp
- **Black Pepper** - ½ tsp
- **Cold-Pressed, Extra Virgin Olive Oil** - 1 tbsp

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Substitutions

- Nuts (optional) - If you have a nut allergy, feel free to eliminate this ingredient or substitute it with another variety of seeds! If you would prefer a different type of nut as opposed to almonds, try swapping them for raw, unsalted walnuts, cashews, or pecans! Again, make sure whatever items you swap out are equivalent to the amounts provided in the recipe above!
- For this recipe, I use GOOD PLANeT: Plant-Based Parmesan Cheese, which is dairy, gluten, & soy-free, + more! If you prefer another type of cheese, GOOD PLANeT has other options including mozzarella, & cheddar; you could even use pasteurized goat cheese! Before choosing any product, *a good rule of thumb is to look for products with five ingredients or less; if you can't say or spell the ingredient listed on the label, you probably shouldn't be putting it into your body!*
- For this recipe, I use hemp seed hearts, sunflower, & chia seeds, raw, unsalted walnuts, & pecans, garlic powder, Himalayan pink salt, black pepper, & cold-pressed, extra virgin olive oil from Thrive Market. Thrive Market has a variety of healthy alternatives. I order a bulk of seasonings, dressings, snacks, & other healthy options; they also have a membership that helps save money on each item by providing them at discounted prices! The best part? It's delivered right to your door!
- Are you craving something else? Try mixing different dressings; some other great oils are avocado, toasted sesame, sesame, virgin coconut, & peanut oil!
- Feel free to swap to an all arugula or spinach base, or even try some kale! Keep in mind, the darker the leaf, the better!
- Add in a protein like an organic, pasture-raised chicken breast!
- *Ladies!!* Have you heard of seed cycling? Try swapping out sunflower seeds for flax & pumpkin seeds throughout your cycle! Click the link to learn more!