

TROPICAL BEAUTY SMOOTHIE

Almond Milk

Almonds are packed with Vitamin E & are full of healthy fats that help absorb Vitamin E. A half-cup (roughly 46 almonds) supplies around 100% of your daily Vitamin E intake.

Kiwi

Kiwis are full of folate, potassium, Vitamin K, & C. Vitamin C boosts white blood cells to fight infection in the body; kiwis are also high in fiber, helping to aid the digestion process.

Cashew Yogurt

Yogurt with "live & active cultures" stimulate the immune system & help fight disease. Cashew yogurt is also dairy, soy, & gluten-free. Plus, it's a great source of Vitamin D.

Coconut Water

Coconut water has properties that can lower blood pressure & cholesterol. Studies have also shown that coconut water can restore hydration lost during exercise faster than water.

Turmeric

Turmeric has a main active ingredient of Curcumin, which helps decrease exercise-induced muscle damage. Curcumin is also an immune booster & antiviral.

Papaya

Papayas have a digestive enzyme called papain that has anti-inflammatory effects on the body. It is also packed with potassium, magnesium, & folate.

Collagen

Collagen is a key ingredient in keeping every joint, tendon, bone, & ligament in the body healthy. It is found in all of these tissues & improves skin health, nail strength & slows the effects of aging.

Avocado

Avocados are full of Vitamin K & folate, which is known to help prevent stroke. Aside from also boosting memory & concentration, they have a high dose of lutein, improving brain function.

TROPICAL BEAUTY SMOOTHIE

Makes 2 Servings

Instructions

Combine in Blender:

- ¼ of **papaya**, peeled; remove the seeds
- 2 **kiwis**, peeled
- 1 fresh **coconut**, drained of coconut water
- 1 hand-full of fresh **coconut meat** (from the coconut)
- 1 **avocado**, peeled; remove the seed
- 1 cup of **almond milk**
- ½ cup of **organic dairy-free (unsweetened, vanilla bean) cashew-milk yogurt**
- 2 scoops of **vanilla collagen**
- ½ a pinky-length of **turmeric root**, peeled
- 1 tbsp of **raw honey**
- 1 cup of **ice**

Sprinkle with organic coconut flakes & enjoy!

Recipe

- Forager Project: Organic Dairy-Free (Unsweetened, Vanilla Bean) Cashew-Milk Yogurt - ½ cup
- Ora Organics: Vanilla Plant-Based Collagen-Boosting Powder - 2 scoops
- Elmhurst: Almond Milk - 1 cup
- **Avocado** - 1
- **Kiwi** - 2
- **Papaya** - ¼
- **Coconut Water** - 1 coconut
- **Coconut Meat** - 1 hand-full
- **Turmeric** - 1 root
- Australian Manuka Raw Honey - 1 tbsp
- **Ice** - 1 cup
- Organic Coconut Flakes

TROPICAL BEAUTY SMOOTHIE

Substitutions

- Customize & substitute any of your favorite wild berries! I use a variety of natural smoothing agents like avocado & yogurt to create a nice creamy blend in this smoothie! If you're not a fan of papaya, feel free to decrease the suggested amount by half or add a banana; you could even try a mango which has a similar consistency to the papaya fruit! Make sure whatever items you swap out are equivalent to the amounts provided in the recipe above!
- I chose to use Forager Project: (Unsweetened, Vanilla Bean) Cashew-Milk Yogurt because it is entirely plant-based, organic, vegan, gluten, dairy, & soy-free (it also includes probiotics). If you decide to use another type of yogurt, always check the ingredients before choosing a 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!*
- Most flavored powders contain gums, natural flavors, and artificial sweeteners that harm the microbiome + negatively affect gut health! I use Ora Organics: Vanilla Plant-Based Collagen-Boosting Powder, which includes aloe vera, Vitamin C + E, silica, and pea protein. If you choose a different product, make sure to dissect the nutrition labels for any harmful ingredients!
- Elmhurst: Almond Milk is a dairy & gluten-free milk alternative with just two ingredients: almonds & water. Elmhurst also sells various other types of nut milk that you can swap out in this recipe! If you have a nut allergy, feel free to substitute this for pasteurized goat's milk! Again, *a good rule of thumb is to look for products typically with five ingredients or less, or if you can't say or spell the ingredient listed on the label, you probably shouldn't be putting it into your body!*
- If you're not up for cracking a fresh coconut, you can sub it out for some coconut water! My go-to is Harmless Harvest Coconut Water, with only one ingredient: organic coconut water! The taste is super refreshing in this smoothie!
- 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! I ordered both organic coconut flakes & Australian manuka, raw honey, which both come in BPA-free containers!

WINNER-WINNER CHICKEN DINNER

Organic Pasture-Raised Chicken

Organic chicken is an excellent source of vitamin B5 & tryptophan, which helps relieve stress. Chicken is also very high in magnesium, which can help to alleviate PMS symptoms.

Broccoli

Broccoli is a good source of fiber, aiding in digestion & helping in the slowing of mental decline in older adults. It is also shown to support brain & nervous tissue function & can even help lower cholesterol.

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.

Ginger

Ginger improves memory & attention, acts as a natural antidepressant, & calms anxiety. It is also an anti-inflammatory making it popular for treating the inflammation caused by arthritis.

Turmeric

Turmeric has a main active ingredient of Curcumin, which helps decrease exercise-induced muscle damage. Curcumin is also an immune booster & antiviral.

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.

Lemon

Lemons contain lots of Vitamin C, known to lower stress hormones, also helping to keep free radicals in the body in control. Vitamin C also helps in the recovery of the adrenal gland that is impacted by stress.

Avocado

Avocados are full of Vitamin K & folate, which is known to help prevent stroke. Aside from also boosting memory & concentration, they have a high dose of lutein, improving brain function.

Instructions

- Melt 1 tbsp of **original grass-fed ghee butter** in a large pan on medium-high heat
- Season one side of the **organic, pasture-raised chicken breast** with ½ tsp of **Himalayan pink salt**, ½ tsp of **black pepper**, ½ tsp of **rosemary**, & ¼ tsp of **cayenne pepper**
- At this point, the pan should be ready to sear the chicken breasts; reduce heat & pan-fry the chicken (seasoned side down) in the melted ghee butter - If butter seems to be disappearing out of the pan at any time, add ½ tbsp of ghee & lower heat.
- Season the other side of the chicken breast with ½ tsp of **Himalayan pink salt**, ½ tsp of **black pepper**, & ½ tsp of **rosemary**
- Chop 1 head of **broccoli** without the stems, & set aside.
- Chop ½ an **organic red bell pepper** into good bite-size pieces, & set aside
- Peel & dice 3 **garlic cloves**, 1" of **turmeric root**, & 1" of **ginger**, then set aside
- In a separate pan, heat 1 tbsp of **cold-pressed, extra virgin olive oil** for one minute, on low-medium heat - If the oil starts to diminish or vegetables seem to be burning at any time, add ½ tbsp of oil & lower heat.
- Check on the chicken; the end result should be a nice crispy brown. When this has been obtained, flip to the other side to cook.
- In the separate pan:
 - Add 1 **broccoli** head, chopped without stems.
 - Add ½ an **organic red bell pepper**, chopped, then cover with a lid & saute.
- Add an additional 1 tbsp of **original grass-fed ghee butter** to the first pan & flip the chicken to the other side (if you haven't already)
- Peel & dice 3 **garlic cloves**,
- Stir the vegetables & add:
 - ½ tbsp of **toasted sesame oil**
 - 3 diced **garlic cloves**
 - 1 peeled & diced **turmeric root** about ½ the length of a pinky
 - 1" of peeled, diced **ginger**
 - ¼ - ½ of freshly squeezed **lemon** juice
 - Stir & cover
- Cook 1 pack of **basmati & lentil rice** in the microwave for 90 seconds
- Slice 7 whole **organic cherry tomatoes** in half & add to the vegetable pan, then cover
- Check the chicken with a knife to make sure it's cooked thoroughly through & there is no pink.
- Remove chicken to plates once cooked & has a nice crispy brown layer.
- Add 1 pack of **basmati & lentil rice** to the vegetable pan & stir.
- Add ½ tbsp of **toasted sesame oil** to rice.
- Add ½ tbsp of **coconut aminos** to rice, stir, & cook for 1 minute.
- Remove vegetables onto plates with chicken.
- Add ½ an **avocado** to each plate.

Combine your bites & eat up!

FAST5 RECIPES TO BOOST YOUR
IMMUNE SYSTEM & MENTAL HEALTH

WINNER - WINNER CHICKEN DINNER

Makes 2 Servings

Recipe

- **Broccoli** - 1 head
- **Organic Red Bell Pepper** - ½
- **Garlic Cloves** - 3
- **Turmeric** - 1 root
- **Ginger** - 1"
- **Lemon** - ¼ - ½
- **Village Harvest: Basmati & Lentil Rice** - 1 pack
- **Organic Cherry Tomatoes** - 7 whole
- **Avocado** - 1

Thrive Market:

- **4th & Heart: Original Grass-Fed Ghee Clarified Butter** - approximately 2 tbsp
- **Organic, Pasture-Raised Chicken Breast** - 1 package
- **Himalayan Pink Salt** - 1 tsp
- **Black Pepper** - 1 tsp
- **Rosemary** - 1 tsp
- **Cayenne Pepper** - ¼ tsp
- **Cold-Pressed, Extra Virgin Olive Oil** - 1 tbsp
- **Toasted Sesame Oil** - 1 tbsp
- **Coconut Aminos** - ½ tbsp

WINNER - WINNER CHICKEN DINNER

Substitutions

- Thrive Market has a variety of healthy alternatives. I ordered Himalayan pink salt, black pepper, rosemary, cayenne pepper, coconut aminos, extra virgin, & toasted sesame oil for this recipe; 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! I do most of my general shopping for seasonings, etc., here & get my fresh produce at the local farmers' markets!
- 4th & Heart: Original Grass-Fed Ghee Clarified Butter is one of my favorite items to keep stocked; it is grass-fed, free of lactose, & includes healthy fats & nutrients that are essential to overall health & digestion. There are various flavors the company sells, but I use the original blend for this recipe. Ghee also adds an excellent flavor to foods & helps to absorb more nutrients when combined. If you choose another product, remember to check the ingredient label before purchasing! *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!*
- Village Harvest: Basmati & Lentil Rice is one of my favorite quick meals that I can incorporate into any dish in 90 seconds. If you're crunched for time, this rice is an excellent option with exceptional ingredients! If you decide to use a different whole grain for your dish, always double-check the ingredient label! Again, *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!*

DAIRY-FREE PROBIOTIC PARFAIT

Sunflower Seeds

Packed with Vitamin E, Phosphorous, Magnesium, & Vitamin B-6; sunflower seeds help maintain immune system function. Studies have shown that sunflower seeds have the potential to combat swine flu.

Kiwi

Kiwis are full of folate, potassium, Vitamin K, & Vitamin C. Vitamin C boosts white blood cells to fight infection in the body. Kiwis are also high in fiber, helping to aid the digestion process.

Cashew Yogurt

Yogurt with "live & active cultures" stimulate the immune system & help fight disease. Cashew yogurt is also dairy, soy, & gluten-free & is an excellent source of Vitamin D.

Dark Chocolate

Containing high levels of flavonoids, a type of antioxidant, dark chocolate has been shown to boost attention & memory. Studies have also shown that it can enhance mood & fight off cognitive decline.

Almonds

Almonds are packed with Vitamin E & loads of healthy fats that help to absorb more Vitamin E. A half-cup (roughly 46 almonds) supplies around 100% of your daily Vitamin E intake.

Banana

Bananas contain tryptophan, a protein type that the body converts into mood-lifting serotonin in the body. They also have Vitamin B-6 that promotes the production of serotonin & dopamine, helping with concentration.

Cinnamon

Studies suggest that the scent of cinnamon can improve performance in several types of memory tasks. Cinnamon is also a good source of manganese, an antioxidant crucial for brain & body health.

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.



DAIRY-FREE PROBIOTIC PARFAIT

Makes 1 Serving

Instructions

In a medium-sized bowl, combine:

- 1 container of **organic dairy-free (vanilla) cashew-milk yogurt** as your base
- 1 tsp of **cold-pressed, extra virgin olive oil** & stir
- ¼ tsp of **cinnamon** & stir
- 1 tbsp of **raw, unsalted, sliced almonds** & mix
- ⅓ cup of **chocolate sea salt + probiotics granola** & mix
- ½ - 1 (small) **banana**, peeled & sliced
- ½ a **kiwi**, peeled & sliced into quads

Stir, scoop, & enjoy!

Recipe

- **Forager Project: Organic Dairy-Free (Vanilla) Cashew-Milk Yogurt** - 1 container (24 oz)
- **Cold-Pressed, Extra Virgin Olive Oil** - 1 tsp
- **Cinnamon** - ¼ tsp
- **Raw, Unsalted, Sliced Almonds** - 1 tbsp
- **Purely Elizabeth: Chocolate Sea Salt + Probiotics Granola** - ⅓ cup
- **Banana** ½ - 1 (small)
- **Kiwi** - ½

DAIRY-FREE PROBIOTIC PARFAIT

Substitutions

- Customize & substitute any of your favorite wild berries! - Blueberries, organic strawberries, raspberries, etc. Frozen berries are an excellent option & taste AMAZING parfaits! Make sure whatever items you swap out are equivalent to the amounts provided in the recipe above!
- 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!
- I chose Purely Elizabeth: Chocolate Sea Salt + Probiotics Granola for this recipe because it is gluten-free (it also includes probiotics) & already has a variety of pure ingredients mixed & combined; however, you may opt-out & create your blend! The two main ingredients to substitute in this parfait are 1) HU: Dark Chocolate, 2) Raw, Unsalted Sunflower Seeds (combined should = 1/3 cup). If you decide to go with another product, always check the ingredients; *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!*
- I use Forager Project: Organic Dairy-Free (Vanilla) Cashew-Milk Yogurt as a base for this recipe; this yogurt is entirely plant-based, organic, vegan, gluten, dairy, & soy-free (it also includes probiotics). If you decide to use another base for your parfait, always check the ingredients before choosing a product. Again, *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!*

LEMON-GINGER COLLAGEN GREEN TEA

Water

Water is required by every cell in the body & is vital for all body functions. Water helps transport oxygen & nutrients, crucial for brain function; water also provides cushioning & lubrication to brain tissue.

Ginger

Ginger improves memory & attention, acts as a natural antidepressant, & calms anxiety. It is also an anti-inflammatory making it popular for treating the inflammation caused by arthritis.

Cinnamon

Studies suggest that the scent of cinnamon can improve performance in several types of memory tasks. Cinnamon is also a good source of manganese, an antioxidant crucial for brain & body health.

Honey

Raw honey possesses anticonvulsant & antidepressant effects, as well as having neuroprotective effects. Consumption of honey also prevents metabolic stress & helps to soothe & calm the brain.

Lemon

Lemons contain lots of Vitamin C, known to lower stress hormones, also helping to keep free radicals in the body in control. Vitamin C also helps in the recovery of the adrenal gland that is impacted by stress.

Collagen

Collagen is a key ingredient in keeping every joint, tendon, bone, & ligament in the body healthy. It is found in all of these tissues, & also improves skin health, nail strength, & slows the effects of aging.

Green Tea

Drinking about half a cup of green tea a day seems to lower the risk of developing depression & dementia. Tea is also rich in the antioxidant EGCG, which makes people feel calmer, improves memory & attention.

LEMON-GINGER COLLAGEN GREEN TEA

Makes 1 Serving

Instructions

- Bring 2 cups of **cold water** just under a boil on medium-high heat (As the water boils, some will evaporate, leaving less water than starting; you may also have some extra leftover depending on the size of your cup, that you can reuse later.)
- Add 1" of freshly peeled, sliced **ginger root** to the boiling water.
- Add ⅛ - ¼ tsp of **cinnamon** to the boiling water.
- Add ½ tbsp of **raw honey** to the boiling water & gently whisk.
- Boil mixture for 5-10 minutes, occasionally stirring.
- Place 1 **organic green tea** bag into your cup of choice
- Strain boiled mixture over the tea bags.
- Steep for 3-5 minutes
- Remove tea bag
- Juice ¼ - ½ of a freshly squeezed **lemon**
- Add 1 scoop of **unflavored collagen + derma-Val** & stir
- Let sit for 5-10 minutes, until cooled to a warm temperature.

Sip, & enjoy!

Recipe

- **Water** - 2 cups
- **Ginger** - 1" root
- **Cinnamon** - ¼ tsp
- **Thrive Market: Australian Manuka Raw Honey** - ½ tbsp
- **Organic Green Tea** - 1 tea bag (optional)
- **Lemon** - ¼ - ½
- **Ora Organics: Vanilla Plant-Based Collagen-Boosting Powder** - 1 scoop

LEMON-GINGER
COLLAGEN GREEN
TEA

Substitutions

- Most flavored powders contain gums, natural flavors, and artificial sweeteners that harm the microbiome + negatively affect gut health)! I use Ora Organics: Vanilla Plant-Based Collagen-Boosting Powder, which includes aloe vera, Vitamin C + E, silica, and pea protein. If you choose a different product, make sure to dissect the nutrition labels for any harmful ingredients!
- There are a variety of green teas on the market; however, for this recipe, I use Bigelow: Organic Green Tea. This tea is caffeinated, although feel free to swap it with decaffeinated organic green tea! Whichever tea you decide to use, check the ingredient label for organic green tea. *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!*
- Thrive Market has a variety of healthy alternatives, which is where 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! I ordered Thrive Market: Australian Manuka, Raw Honey for this recipe, which comes in a BPA-free container & has only one ingredient: raw manuka honey! You could also use 100% blue agave instead of raw honey if you prefer. If you pick a different type of natural sweetener, make sure always to check the ingredient label! Again, *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!*
- Spice it up & add a dash of cayenne pepper! This addition is great when you have or feel a cold coming on, although the maximum amount of cayenne I would toss into this recipe is 1/4 tsp (I know it doesn't sound like much, I promise you, that's SPICY!). Experiment & figure out what's a good amount for YOU! After all, it's YOUR journey!

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

CRUNCHY ITALIAN SALAD

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!