

The image is a vertical collage. At the top, there are several pink and white tulips with green leaves on a white wooden surface. Below the tulips, a semi-transparent white rectangular box contains the text 'Wellness Boost Recipe Guide' in a black, cursive font. The background behind the text is a blurred image of a bowl filled with various fruits like strawberries, kiwi, and blueberries. To the left of the text box, there is a bowl of fresh fruit including red cherries, watermelon slices, kiwi, and orange slices. To the right, there is a bowl of acai or yogurt topped with sliced kiwi, blueberries, blackberries, and granola. At the bottom right, a wooden cutting board is visible with a few cherries scattered on it.

*Wellness Boost
Recipe Guide*

Food Preparation

1. Take time to prepare some things in advance. Watch the video for meal prepping in a block of time. This helps if you're rushed during the week.
2. Wash all your vegetables for the week so they are ready to use, saving time.
3. Cut up enough veggies to last a few days, both for snacking and cooking. Or make several salads in jars so it's ready to pour and eat.
4. Cook a large batch of quinoa. This way it is ready, and you just need to reheat as needed.
5. Use fresh or frozen organic vegetables and fruit.
6. If using canned beans, or tomatoes, rinse the beans well. Look for cans that are BPA free. Eden organic is a good brand.
7. Double one of the smoothie recipes in the morning and have it as a snack or make smoothie bags so they take less time to make.

Cooking Tips & Techniques

1. Vegetables: Steam, water sauté, or roast your vegetables.
2. Spice up your food with herbs and spices. Adding fresh rosemary, chopped cilantro, chives, or parsley helps enhance the flavor, boosts the nutrients and reduces the need to add fat.
3. Roast a bulb of garlic and use it like you would butter. Garlic is super for reducing inflammation.
4. Use aromatics – scallions, bulb onions, ginger, garlic and lemongrass. They add flavor, beneficial anti-inflammatory nutrients and appealing aroma to foods.
5. Choose vegetables from all categories – eat the ones you like and try some new.
6. Use extra virgin olive oil, cider vinegar and salt and pepper for dressings whenever possible

Boost Daily Protocol

Upon Rising

Stretch, sigh, deep breathing

8-12 ounces purified water with juice of ½ lemon or 1 tbsp. cider vinegar

Dry brush or hot towel scrub to stimulate circulation and lymph

Take a probiotic

Breakfast

Water with lemon or Herbal tea (Tulsi, dandelion, cinnamon, ginger) or green tea (limit two cups per day, if caffeinated green)

Breakfast option of your choice

Mid-morning

Hydrate with purified water, infused with fruit or juice of ½ lemon

If possible, do some gentle movement or walk

Smoothie or snack of your choice (if needed)

Lunch

Water with lemon juice

Lunch option of your choice

Take a walk or standing forward bend break if at work

Afternoon

Smoothie or snack of your choice (if needed)

Pick and do one of the daily practices or exercise

Herbal tea

Dinner

15 minutes before eating, hydrate with water and lemon juice

Dinner option of your choice, remember no corn or night shades

Before Bed

Elimination Bath or calming daily practice

Take 1 tbsp. ground flax or chia seeds in 6 oz. water to help stimulate morning elimination.

Do some light stretching, twist and deep breathing

Journal about your energy level/notes.

BREAKFAST, LUNCH & DINNER

You Choose

CHOOSE WHAT LOOKS GOOD TO YOU!



BALANCED BERRY SMOOTHIE

INGREDIENTS: COCONUT MILK, PROTEIN POWDER, SPINACH, MIXED BERRIES, FLAXSEED.



CHIA SEED PUDDING WITH BERRIES, KIWI, HEMP SEEDS, AND COCONUT.

INGREDIENTS: CHIA SEEDS, NON DAIRY MILK, VANILLA EXTRACT, KIWI, BERRIES, HEMP SEEDS, UNSWEETENED COCONUT FLAKES.



GREEN SMOOTHIE

INGREDIENTS: COCONUT MILK, SPINACH, FROZEN MANGO, FLAXSEED, HEMP SEEDS, GREEN APPLE, MINT.



SEEDY OVERNIGHT OATS

INGREDIENTS: OATS, TAHINI, CHIA SEEDS, PUMPKIN SEEDS, GOJI BERRIES, OAT OR COCONUT MILK



GRAIN FREE PORRIDGE

INGREDIENTS: COCONUT, FLAX, PUMPKIN SEEDS, CHIA SEEDS, WALNUTS OR ALMONDS, CINNAMON, DATES, BERRIES



MISO BOWL

INGREDIENTS: MISO, AMINOS, SESAME OIL, CABBAGE, SWEET POTATO MODLES, ZUCCHINI, BOK CHOY, MUSHROOMS, PEAS, CARROTS, RADISH



CHICKPEA SALAD

INGREDIENTS: CHICKPEAS, ONION, CELERY, DILL, LEMON JUICE, OLIVE OIL



SALAD IN A JAR

INGREDIENTS: MIXED GREENS, CHOPPED VEGETABLES, CHICKPEAS, NUTS OR SEEDS, OLIVE OIL, LEMON, DIJON

You Choose



APPLE SQUASH SOUP

INGREDIENTS: BROTH, ONION, CELERY, BUTTERNUT, APPLES,



QUINOA BOWL

INGREDIENTS: SAUTÉED CARROTS, BRUSSEL SPROUTS, BROCCOLI, ZUCCHINI, AND ONION WITH OLIVE OIL AND LEMON OVER COOKED QUINOA.



STUFFED SWEET POTATO

INGREDIENTS: SWEET POTATOES, APPLES, CHICKPEAS, GARLIC, ONION, CILANTRO, SCALLIONS, YOGURT, SPICES



PORTABELLA STACK

INGREDIENTS: ROASTED OR GRILLED PORTABELLA, HUMMUS, RED ONION, CUCUMBER, MIXED GREENS AND KALAMATA OLIVES



VEGETABLE CURRY

INGREDIENTS: CAULIFLOWER, CHICKPEAS, CARROTS, ONION, GARLIC, GINGER, KALE, COCONUT MILK



LENTIL SOUP

INGREDIENTS: OLIVE OIL, ONION, CARROTS, PARSNIP, CELERY, GARLIC, CUMIN, CORIANDER, SALT, PEPPER, VEGETABLE BROTH, BROWN LENTILS, KALE, LEMON.



SHEET PAN MEAL

INGREDIENTS: BLACK BEANS, SWEET POTATO, SQUASH, BRUSSEL SPROUTS OR BEANS, ONION, GREENS, QUINOA



SHREDDED ROOT SALAD

INGREDIENTS: BEET, SWEET POTATO, TURNIP, CARROT, RADISH, ONION, BROCCOLI STEM, COCONUT, LIME, GARLIC

DRINKS & SNACKS

You Choose



HERBAL TEA

*OPTIONS: CHAMOMILE, TULSI,
GINGER, CINNAMON, MINT,
DANDELION, GREEN*



GOLDEN MILK

*INGREDIENTS: DAIRY FREE MILK,
GINGER, TURMERIC, CINNAMON,
CARDAMOM, PEPPER*



BLUEBERRY BELLY TONIC

*INGREDIENTS: KEVITA,
BLUEBERRIES, CUCUMBER,
LEMON*



BASIL LEMONADE

*INGREDIENTS: LEMON, WATER,
BASIL, DATES*



BERRY BLISS BITES

*INGREDIENTS: BERRIES, DATES,
SEEDS, COCONUT*



KALE CHIPS

*INGREDIENTS: KALE, OLIVE OIL,
SALT, SPICES*



CHOCOLATE FRO-YO

*INGREDIENTS: FROZEN
BANANAS, CACAO POWDER,
ALMOND MILK, VANILLA.*



CINNAMON APPLE SNACK

*INGREDIENTS: APPLES,
COCONUT BUTTER,
CINNAMON, HONEY*

Berry Smoothie

1/2 cup coconut or almond milk
1 tablespoon flax seeds
1/2 cup frozen berries or cherries
1 tablespoon almond butter, optional
2 handfuls of spinach
1/2 cup water or ice
1 scoop protein powder, optional

Add everything to a blender and blend until creamy.

Green Smoothie

1/2 cup coconut or almond milk
1 cup fresh or frozen mango
1/2 green apple
1 tablespoon ground flax seeds
1 tablespoon hemp seeds
2 handfuls of spinach
4 mint leaves
1/2 cup water or ice

Add everything to a blender and blend until creamy.

Kiwi Chia Pudding

1/4 cup chia seeds
1 cup unsweetened almond or coconut milk
1 teaspoon vanilla bean paste from pod, or 1 teaspoon vanilla extract
3 kiwi, peeled and chopped
fresh blueberries
fresh blackberries
hemp seeds
unsweetened coconut flakes

Combine chia seeds, milk, vanilla and one kiwi in a blender and blend.

Pour some into two glass containers or mason jars and layer with chopped kiwi, berries, seeds and coconut. Repeat layers and let thicken in the fridge overnight.

Seedy Overnight Oats

1 cup unsweetened almond milk or milk of choice
1/2 teaspoon vanilla extract
1 tablespoon tahini, optional
3 tablespoons chia seeds
2 tablespoons pumpkin seeds
1/2 cup gluten-free rolled oats
1/2 teaspoon ground cinnamon
Pinch of salt
Dried fruit and /or fresh berries

In a pint jar or glass container, combine the milk, vanilla, chia and tahini. Stir well, then add, pumpkin seeds, oats, cinnamon, salt and dried fruit and stir again.

Add berries if eating within 24 hours.

Refrigerate at least 3 hours or overnight

Without adding berries, oats will stay good for several days.

Grain-free Porridge

1/2 cup unsweetened coconut flakes
1/4 cup raw pumpkin seeds
1/4 cup flax seeds
3 tablespoons chia seeds
1/4 cup walnuts or almonds
1 tablespoon cinnamon

Place ingredients in a blender and grind into a meal. Store sealed in refrigerator.

When ready to serve, scoop 5 tablespoons of mixture into a bowl, add 1/3 cup hot water and stir. Allow to sit for 5 minutes to thicken.

Top with plant milk and berries. Makes 4 servings.

Miso Bowl (or jar)

1 tablespoon miso paste
1 tablespoon coconut aminos
2 teaspoons sesame oil
1/2 cup red cabbage
1/2 cup sweet potato or zucchini noodles
1/2 cup baby Bok choy
1/4 cup mushrooms, sliced
2 tablespoons red onion, diced
1/4 cup green peas
1/4 cup chickpeas
1/4 cup carrots, sliced
1 radish diced

This is great to make ahead of time in jars. Either grab and go or pour into a pot of water.

Have a jar or container next to your cutting board. As you slice and dice, add everything to the jar.

When ready to serve, add boiling water to jar and let sit for 10 minutes, stir and eat.

To make on the stovetop, Add 3 cups of water to a pan. Add jar ingredients and bring to a simmer. Stir to dissolve the miso. Serve.

Layered Salad in a Jar)

1 tablespoon lemon juice
½ teaspoon Dijon mustard
1 tablespoon olive oil

Chopped veggies of choice – celery, onion, mushrooms, cucumber, carrots, peas, broccoli, cauliflower, radish...

Protein – nuts, seeds, chickpeas

Mixed greens- romaine, spinach, cabbage, red & green lettuces and arugula

Into a quart jar, add the lemon juice, olive oil and Dijon mustard and mix well. Add salt and pepper to taste and any dried herbs you like.

This makes your dressing on the bottom.

Then add your desired veggies and protein.

Then pack in the greens to the top and cover tightly and store in the refrigerator.

Making salads ahead and sealing them is a great way to prepare for the week, as they will stay fresh for 5 days.

When ready to eat, shake the jar to distribute the dressing and eat out of the jar or pour into a bowl.

Portabella Stack

1 large Portobello mushroom, brush with olive oil and grill or sauté until slightly charred. This can be done in advance

1 – 2 tablespoons hummus

4-5 cucumber slices

sliced red onion

chopped kalamata olives

mixed greens

Spread hummus on Portobello mushroom, top with rest of the ingredients and enjoy! Eat like an open-faced sandwich or with a fork and knife

Chickpea Salad

1 can chickpeas

1 stalk of celery, diced

1/4 cup red onion, diced

1 teaspoon dill weed

1 tablespoon olive oil

1 tablespoon lemon juice

salt and pepper

Rinse and drain the chickpeas and pour into a bowl. Use a fork to mash half of them. then add the remaining ingredients and mix well.
Serve over mixed greens or as a sandwich or wrap filling.

Apple Squash Soup

3-4 cups vegetable broth
1 yellow onion, diced
2 celery stalks, sliced
6 cups butternut squash or squash mixture, chopped
2 T coconut oil
2 ½ cups tart apples, peeled, cored, sliced
½ cup apple juice

Add one tablespoon of coconut oil to a soup pot over medium high heat. Add onions and celery, sauté until soft. Add the chopped squash and 1 apple with enough broth to just cover the squash. You may not use all the broth. Bring to a simmer, cover and cook for 30 minutes until squash is soft. Puree the soup in batches using a blender. Add more broth while blending to reach your desired thickness.

Return to the pot.

While the soup is cooking, in a sauté pan cook the remaining apple slices over medium high heat with the remaining tablespoon of coconut oil.

Stir to coat the apples with oil, cooking to brown them, about 15 minutes.

Add ½ cup apple juice, cover the pan and let cook until the apples are soft. Uncover the pan and cook to reduce the liquid. Roughly mash the apples so you have a chunky texture. Remove from heat.

Add apples to the blended soup and stir. Serve and enjoy the natural sweetness.

Quinoa Bowl

1 cups quinoa, rinsed and soaked for 20 minutes
2 cups vegetable broth
4 cloves of garlic minced
1/4 cup red onion, diced
½ bunch Swiss chard, cut into ribbons
1 15oz can of white beans (Eden Organics is a great brand)
1 sweet potato, grated
1 beet, grated
1 carrot, grated
sage, cut into ribbons
½ cup almond slivers
zest and juice of one lemon
¼ cup olive oil

In a pot, combine quinoa, vegetable broth, garlic and shallots. Cook on medium heat for 15 – 20 minutes until liquid is absorbed. Stir in the rest of the ingredients and season with salt and pepper.

Stuffed Sweet Potato

2-3 Sweet Potatoes
1 tbsp olive oil
1/2 onion, diced
1/2 apple, diced
4 cloves garlic, minced
1 can chickpeas, drained and rinsed
1 tsp coriander
1 tsp cumin
1/2 tsp salt
1/2 cup cilantro
1/4 cup scallions
1/4 cup dairy free yogurt, optional
1/4 tsp smoked paprika

Preheat oven to 400 degrees.

Cut potatoes in half and place cut side down on parchment lined baking sheet. Roast for 20-30 minutes, until tender.

While potatoes are roasting, make the filling. Saute the onion and apple in olive oil in a skillet over medium heat for 3 minutes. Add garlic and chickpeas, spices, salt and pepper to taste. continue cooking 5 minutes.

When the potatoes are ready, flip them over and slit the center of each with a knife and scoop filling over each one.

Garnish with cilantro and scallions and drizzle with smokey yogurt sauce. To make sauce, mix together yogurt, paprika, 2 tablespoons of water and pinch of salt.

Lentil Soup

2 tbsp olive oil
1 onion, diced
2 carrots, diced
2 celery stalks sliced
1 parsnip, chopped
3-4 cloves of garlic minced
2 tsp each of cumin and coriander
1 tbsp italian seasoning
salt and pepper to taste
4 cups vegetable broth + 2 cups water
1 cup green or brown lentils, rinsed
3 large kale or collard leaves, stemmed and sliced
1 lemon juiced

Heat the oil in a large pot until it shimmers. Add the onion, celery, carrot and parsnip, stir for 5 minutes, or until the onion becomes translucent. Add minced garlic, dried spices, salt and pepper. Stir and toast the spices for 2 minutes.

Add the broth, water and lentils and stir together. Bring that to a boil, then reduce the heat to low, partially cover with a lid, and simmer for 25-30 minutes. You can keep the soup chunky or use an immersion blender to create a more creamy texture, by blending 1/2 for just a few seconds. Stir in the kale and lemon juice, and simmer for an additional minute or two to soften the kale. Taste the soup, and add any additional lemon juice, salt, or pepper before serving.

Vegetable Curry

2 tablespoons coconut oil
1 onion, peeled and diced
1/2 teaspoon cumin
1/2 teaspoon coriander
1/2 teaspoon ginger
1/8 teaspoon cinnamon
2 carrots, peeled and diced
1 medium cauliflower, cut into florets
2 medium sweet potatoes, diced
2 cup green beans
1 can chickpeas
1 15oz can of unsweetened coconut milk
4 cups vegetable broth
1 bunch of kale
Salt and pepper to taste
Fresh basil strips for garnish

In a large pot heat coconut oil and sauté onions and spices until the onions are soft and spices fragrant. Add the vegetables, beans, and coconut milk. Bring to simmer and then add the vegetable broth. Simmer until the sweet potatoes are tender (about 15 minutes). Add the greens, then season with salt and pepper. Cook another 5 minutes until greens are tender.

Serve with brown rice or quinoa. Garnish with basil.

Sheet Pan Meal

1 can chickpeas or black beans
3 cups sweet potato or squash cubes
3 cups halved Brussel sprouts or green beans
1 red onion, chunked
1 tablespoon olive oil
1 tablespoon cumin
2 tablespoons chopped parsley or cilantro
1 tablespoon lemon juice
salt and pepper

Preheat oven to 400 degrees.

Rinse and drain the chickpeas and pour into a bowl. Add vegetables to the bowl along with olive oil and cumin, salt and pepper, toss well.

Pour onto a baking sheet and spread evenly. Cover with foil and roast for 15 minutes. Remove foil and cook for an additional 10 minutes.

Serve with quinoa and chopped greens. Top with a squeeze of lemon and sprinkle with parsley or cilantro.

Shredded Root Salad

This salad will last for about a week, roots are very stable once cut or shredded.

- 4 cups shredded roots of your liking: Beet, sweet potato, turnip, carrot, radish, kohlrabi or parsnip
- Broccoli stem, peeled and shredded
- 3 scallions or ¼ cup yellow onion, chopped
- ¼ c shredded coconut (optional)

Combine shredded vegetables, broccoli stem, onion and coconut if using, in a mixing bowl.

- 2 T Lime juice
- 1/4 c water
- 1 tsp maple syrup
- Pinch of sea salt
- Garlic clove, grated

In a small bowl or jar, whisk or shake dressing ingredients, pour over shredded vegetables and store covered in the refrigerator.

This is great as a stand-alone salad, but also nice added to wraps or sandwiches. Try it mixed in with cooked quinoa.

*This mixture of root vegetables will make a nice skillet hash, just add a little broth or water to a pan over medium heat, stir until softened and season with fresh or dried herbs, salt and pepper.

Golden Milk

2 cups non-dairy milk
1 tsp turmeric, or 2 tsp fresh, grated
2 tsp cinnamon
½ tsp ginger, or 1 tsp fresh, grated
1-2 dates the milk

In a small blender, blend everything until smooth and dates are incorporated.
Warm gently in a pan over med-low heat until warm. Enjoy.

Blueberry Belly Tonic

1 bottle of kefir
1/2 cup blueberries
1/4 cup cucumber
1/2 lemon, juice and zest

Into a jar, add the blueberries, cucumber and lemon.
Use a wooden spoon to muddle and release the liquid from the fruit. Pour in the bottle of Kevita and stir.
Cover and refrigerate.
Drink 1/2 cup at a time.

Basil Lemonade

2 cups filtered water
2 lemons, zest then peel
4 leaves basil
4 dates

Add water, lemon zest and lemon and dates to a blender. Blend until smooth. Add basil leaves and blend just to finely chop the basil throughout. Add ice and enjoy.

Baked Kale Chips

1 head of kale torn into large pieces
2 teaspoons extra virgin olive oil
1/4 teaspoon garlic powder, cumin, smoked paprika or curry (favorite spice)
sea salt and pepper

Toss kale with oil and season with preferred spice and sea salt. Bake for 10 minutes at 325. check and cook another 10 minutes. Careful not to burn.

Berry Bliss Bites

2 cups coconut shreds
1/2 cup pumpkin seeds
3 dates, pitted and soaked 5 minutes to soften
1 cup blueberries or frozen mixed berries
2 tablespoons of raw cacao powder, optional
1 scoop of protein powder, optional
(1/4 cup gluten free oats or hemp seeds if you don't use cacao and protein)

Place coconut and seeds in a food processor and blend to break down the seeds into meal.

Add the dates and pulse to chop. Add the berries and remaining ingredients and mix well until a dough forms.

If it's too wet add more coconut or oats. Roll into balls and then if desired, coat by rolling in more coconut or cacao powder.

Cinnamon Apple Snack

2 apples cut into slices
¼ cup coconut butter
½ teaspoon cinnamon

Put the apples in 2 serving bowls. Warm the coconut butter. Stir and drizzle on the apples. Top with cinnamon.

Chocolate Fro-yo

2 frozen bananas
3 tablespoons raw cacao
¼ cup unsweetened almond milk

Place bananas and cacao into your blender and blend while slowly adding the almond milk until you have the consistency of frozen yogurt. You may not use all ¼ cup of almond milk.

Lime Avocado Pudding

¼ cup dates, softened
¼ cup lime juice and zest
¼ cup lemon juice
2 bananas
2 avocados

Add dates, lemon and lime juice to a blender and blend until smooth.
Add the bananas and avocados and blend until creamy.
Chill for three hours.