

*Wellness Boost
Recipe Guide
Week One*

BLAIR CULINARY WELLNESS

Food Preparation Tips

- Watch the video for meal prepping in a block of time. This helps if you're rushed during the week.
- Wash all your vegetables for the week so they are ready to use, saving time.
- Cut up enough veggies to last a few days, both for snacking and adding to recipes. Containers can be taken out for a 'salad bar'.
- Make a large salad or several salads in jars so you have lunch or side ready to go, pour and eat.
- Cook a large batch of quinoa, millet or rice. This way it is ready, and you just need to reheat as needed. Portions can be frozen.
- Use organic vegetables and fruit, if possible. Or refer to Dirty Dozen list to buy organic. Find list at www.ewg.org
- If using canned beans, or tomatoes, rinse the beans well to remove excess salt. Look for cans that are BPA free. Eden organic is a good brand.
- Double one of the smoothie recipes in the morning and have it as a snack in the afternoon, make several smoothie bags when you have a few minutes, so you can save time on rushed mornings.
- Make snacks ahead of time: hummus, veggie chips, protein bites so that when you need one, it's there for you to enjoy.
- Use herbs and spices liberally. Adding fresh rosemary, chopped cilantro, chives, or parsley helps enhance the flavor and immune boosting nutrients.
- Roast a bulb of garlic and use it like you would butter. Garlic is super for reducing inflammation.
- Use scallions, onions, ginger, garlic and lemongrass. They add flavor and beneficial anti-inflammatory nutrients.
- Use extra virgin olive oil, cider vinegar, Dijon and salt and pepper for dressings whenever possible.

Food to Include

- All vegetables except, white potato, iceberg and corn
- Fresh fruit, especially berries, primarily in the morning before noon.
- Plant milk - ideally homemade oat or coconut milk. (recipes provided) Unsweetened canned coconut has the least amount of added ingredients. If buying, watch for gums and added sugars.
- Add plenty of legumes, beans and lentils, but not peanuts.
- Healthy fats are important: avocados, olives, nuts & seeds, and olive oil in small amounts.
- Gluten free whole grains: quinoa, millet, buckwheat, brown rice are good options to add to meals.
- Use dates as primary sweetener with occasional honey or maple syrup in small amounts.
- This program is focused on plant-based nutrition, but if you feel like you can't do it without having some fish or chicken, then go ahead and add some, but in smaller than normal amounts. 4 oz. of organic chicken or wild caught fish are ok to add to a meal a couple times a week.
- If following recipes and planned meals add more stress, focus on eating simply with whole foods - fruit smoothie or porridge, big salad for lunch, steamed or roasted veggies, beans and grain bowl for dinner.
- Staying hydrated is important!!

BREAKFAST, LUNCH, DINNER & SNACKS

You Choose

CHOOSE WHAT LOOKS GOOD TO YOU!



BALANCED BERRY SMOOTHIE

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



CHIA SEED PUDDING

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.



GRAIN FREE PORRIDGE

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



GOLDEN MILK

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



MISO BOWL

INGREDIENTS: MISO, AMINOS, SESAME OIL, CABBAGE, SWEET POTATO, 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



SHEET PAN MEAL

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



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



BLUEBERRY BELLY TONIC

INGREDIENTS: KEVITA OR KEFIR, BLUEBERRIES, CUCUMBER, LEMON



CINNAMON APPLE SNACK

INGREDIENTS: APPLES, COCONUT BUTTER, CINNAMON, HONEY



CHOCOLATE FRO-YO

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



KALE CHIPS

INGREDIENTS: KALE, OLIVE OIL, SALT, SPICES

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 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.

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.

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. Sauté 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. Scoop some filling over each one.

Garnish with cilantro and scallions and drizzle with smokey yogurt sauce.

To make sauce, mix together coconut yogurt, paprika, 2 tablespoons of water and pinch of salt.

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, chopped
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.

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 Kevita kefir or other 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.

*Kevita or kefir drinks can be found in the grocery store near where they sell cold Kombucha.

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.

Cinnamon Apple Snack

2 apples cut into slices

1/4 cup coconut butter

1/2 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

1/4 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 1/4 cup of almond milk.