

Energize Your Life: 5 Day Health Transformation



Natural Wellness Healthcare

Hey there! I'm Dr. May **Holistic and Wellness Expert**



Hello, I'm Dr. Patricia May, and I've been on quite the health adventure myself.

Ever battled relentless pain, unshakable fatigue, and health puzzles that seem straight out of a mystery novel? I've been there, felt that! But guess what?

Those struggles propelled me to become a Chiropractor, and into the realm of Functional Medicine and holistic healthcare.

Navigating my own journey through migraines, digestive mysteries, and hormonal roller coasters led me to create Natural Wellness Healthcare.

It's not just a practice; it's a place where I blend my years of medical expertise with the wonders of holistic remedies and sprinkle in some mindfulness magic.

Working closely with clients, I craft personalized health programs that encompass their unique needs.

Collaboratively we carve a journey towards optimal health and create a transformation for a long and healthy life.

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Introduction

Day 1

Living a healthy, balanced and happy life is not as difficult as it may seem. Everyone has the capacity to make small and simple lifestyle changes towards better health and overall wellbeing. Everyone deserves a life full of abundance, health, happiness and joy – so do you!

Over the next 5 days I will show you how easy it can be to change unhealthy habits into healthy habits and to incorporate simple and easy exercises with huge health benefits into your everyday life.

Are you ready to transform your life and become a healthier version of yourself?

Let's get started!

This is a layered program which means that each day there is a new task for you to try out. Make sure you still continue everything you have learned each day and continue the next day to form positive changes that will turn into healthy habits without even realizing it.

But before you get started, always **remember to listen to your body and to only do what feels right and good for you**. We are all such incredible but different individual human beings, and there is no “one size fits all health program”. Use the following steps in a way that feels good for you, because then you are able to create positive lifestyle changes!

5 Day Health Transformation

Deep Breathing

Day 1

DAY 1 is all about Deep Breathing

You may wonder why the first step of this program is deep breathing.

Breathing is something we do subconsciously, yet it is the most essential thing in our life.

Think about it: You can go without food for days, even weeks if necessary, and you can survive without water for more than a week. But how long can you survive without breathing? How long can your body work properly without getting oxygen? Not long. Holding your breath for more than 20 seconds can be difficult for some!

This simple fact proves how important breathing is. Unfortunately, we have forgotten what it means to breathe properly - to breathe on a deeper level and, therefore, nourish our whole body with fresh oxygen. Deep conscious breathing can help your body to get rid of toxins, releases tension on a deep level, can relieve emotional problems and even pain.

This is why on the first day of this program it's all about breathing.

So how can you actually work on your breathing technique? The following tips and exercises will help you to get the most out of every breath and transform the way you are breathing forever.

Are you ready for this?

Deep Breathing

Day 1

In the morning:

When you wake up in the morning, pause for a moment. Instead of grabbing your phone and checking your emails stay in bed for only 3 more minutes and observe your breath. Observe it without judgment. Tune into your body and notice if your breath is very short and superficial or slow and deep. When you focus on your breath you are immediately relaxing.

This is a great start to the day, without rush, at ease and calm. See how this simple change influences your whole day in a positive way.

Middle of the day:

Sit comfortably in a chair or cross-legged on the floor and put one hand on your chest and your other hand on your belly. Take a deep breath in through your nose and make sure the diaphragm (and not only the chest) inflates with air so you are stretching your lungs.

Try to count to 5 while inhaling, stop for 2 seconds holding your breath, slowly start exhaling while counting to 10. When you inhale your belly rises, when you exhale your belly falls.

Repeat 5-10 times.

In the evening:

Try to end the day exactly how you have started it. Switch off your mobile phone and all other electronic devices and focus on your breath without judgment like you did in the morning. Try to not think about anything else except for your breath. This will slow down your heart rate, relax your whole body and mind, and prepare you for a good night of rest.

5 Day Health Transformation

Deep Breathing

Day 1

How to incorporate it into your everyday life:

Whenever you have 2 free minutes during the day, close your eyes and take a few deep breaths (like described above). Especially when you feel stressed or overwhelmed this simple exercise will calm you down and you will notice soon how much more energy you have during the day and how much more stress-resistant you become.

There are no excuses, you can incorporate this exercise into your day no matter how busy you are. A few examples are when you are in the car and have to wait at a red light, in the queue at the grocery store, when you are waiting for a friend at the coffee shop, or when you are waiting for your lunch to arrive.

The opportunities are endless. Be creative.



Hydration

Day 2

Day 2: Cheers to good health with hydration!

How is your deep breathing going? Are you feeling less stressed, more relaxed and clear-headed? Continue to do the deep breathing each morning, day and night to really oxygenate your body on a cellular level to help clear out negative energy, emotions and toxins.

So what is today's Better Health tip?

How many times did you hear celebrities share their most effective secret for weight loss, glowing skin and stunning beauty? The number one thing they always say is: WATER.

For good reason, too! If you want to live a healthier lifestyle, it's not just about the food you are eating. It is just as important what and how much you are drinking as what you are eating.

Our bodies are made of 70% water and, therefore, we need water to function properly. Without enough water we have less energy, have more cravings and our bodies age faster. Nobody wants to age faster; right?

Just in case you didn't know, here are just some of the benefits of drinking the right amount of water for your body:

- Detoxification
- Increased energy
- Less fatigue
- Promotes weight loss
- Improves digestion
- Boosts immune system
- Natural headache remedy
- Anti-aging treatment
- Prevents cramps



Hydration

Day 2

The list goes on and on. The benefits of drinking more water are endless. Water also puts you in a good mood because your whole body is functioning better, and due to your increased energy level, you are way more productive and happy.

The amount of water your body needs is very individual. It depends on your age, on your body size, how active you are and what your diet looks like. There are some studies that say that it is best to drink between 2-3 liters of water per day, but the best is if you are listening to your body.

The guidelines for water consumption is based on your body weight. Use this quick calculation to determine your ideal water intake each day!

Take your weight in pounds ÷ 2 = water in oz to drink each day

Tip 1: If you don't like the plain taste of water, put a lemon or orange slice into it or drink herbal tea.

Tip 2: Try to get the best water quality as possible. If you have access to filtered alkaline water, that's great. Make sure your water is filtered, if not look out for the best natural mineral water (make sure it's not sparkling water).

Tip 3: Don't drink anything for at least 30 minutes (better 60 min) after you had a big meal; otherwise, you can't digest it properly.

Be sure to calculate your water intake, do your deep breathing.

Dark Leafy Greens

Day 3

Day 3: It's all about the dark leafy greens

I hope you are drinking some more water today and deep breathing!

It's no secret that eating a lot of fruits and vegetables is a must when you want to live a healthy lifestyle. If you eat at least 3-5 servings of fresh fruits and vegetables a day, you are on the safe side when it comes to nourishing your body with the basic requirement for minerals, vitamins, fiber and antioxidants.

But did you know that the one thing that most people forget about in their diet is dark leafy greens?

How many times a week are you eating spinach, turnip greens, kale, collards, arugala, dandelion greens, turnip greens or chard?

The best answer: EVERY SINGLE DAY.

Why is it so important to increase your intake of greens?

Greens are a nutritional powerhouse. No other fruit or vegetable is so full of minerals, vitamins, antioxidants and protein. They are detoxifying, lower cholesterol, are alkalizing and strengthen your bones. These are only a few of the many amazing health benefits of dark leafy greens.



Dark Leafy Greens

Day 3

So how can you incorporate more greens into your daily lifestyle without having to eat only green salads for the rest of your life?

Easy.

Have a green smoothie or green juice

If you are a smoothie/juice lover, then put a handful of greens into it and have all the benefits without even tasting the greens.

Smuggle greens into your home-cooked meals

You can add spinach to your pasta sauce, put some arugula in your salad, add some chard to your risotto or snack on kale chips instead of potato chips.

You can start your morning with scrambled eggs and sautéed greens or top your avocado toast with fresh spinach. The possibilities are endless.

Eat a salad made out of dark leafy greens as a side dish as often as possible or by all means as an energizing lunch

Just by adding dark leafy greens each day you are increasing your health substantially, even if they need to be hidden! Tip: The darker your greens in color the healthier they are!



5 Day Health Transformation

Home Cooked Meals

Day 4

Today, it's not that easy finding the time to prepare your own meals because we are living in a society where time is money and where stress is driving us to grab something at the take away, warm up frozen fast food or grab a burger on the way home.

But cooking your own meals is the best thing you can do for your health and the wellbeing of your whole family. So why can preparing your own food transform not only your health but also your overall wellbeing?

You are in CONTROL

You decide what goes into your meal and what doesn't. If you start cooking your own dishes you can choose ingredients that are healthy and good quality. You can control the amount of salt and oils you are using and create meals with a balance of carbohydrates, fat and protein.

It SAVES you time

Imagine the following scenario: Driving to a restaurant, order something, wait for your order, return home and then serve the meal. It adds up, you could have easily made a delicious, nutritious and fresh home cooked meal yourself from scratch.

Saves money

You can buy bigger portions of produce, buying on sale, freezing leftovers or bringing leftovers to work so you don't have to buy an overpriced salad which is probably not as healthy as you think.

Weight control

When you go to a restaurant it is easy to overeat because you don't want to pay for something you didn't finish. You are also more likely to eat less sugar, fat and calories in total and choose healthier methods of food preparation if you cook at home.

5 Day Health Transformation

Home Cooked Meals

Day 4

Energy of your food

You may not believe it, but if you cook your own meal, you are not only eating more vitamins, you are also absorbing the love and positive energy you've put into the food while preparing it yourself.

Isn't that great?

The more you enjoy the whole process and the more love you put into preparing your meal, the more nourishing it is for you and your whole family.

If you want to spend more time in the kitchen, start simple and without pressure.

Try to prepare breakfast the night before (bircher muesli, overnight chia pudding or an overnight sweet potato breakfast casserole), buy fresh veggies and keep them in the fridge so you have them handy for a quick stir fry or veggie soup.

Stock up your freezer with frozen fruits, vegetables, leftovers and organic hormone-free meats.

Make sure you always have sweet potatoes, yams, Jicama, Jerusalem Artichokes (Sunchoke) in the pantry and to switch white pasta with zucchini noodles, spaghetti squash to make your 5-minute pesto spaghetti even more nutritious.

It's as easy as that. Try it out and feel the benefits immediately. Get creative, look for easy recipes online or ask friends what their favorite recipes are.

And don't forget, if a meal doesn't turn out the way you wanted it to, take it easy, laugh about it and try it again.

5 Day Health Transformation

Get Moving

Day 5

While you can get rid of a bad diet, it doesn't mean that movement and exercise isn't an important part of a healthy and balanced lifestyle.

Because it is!

The good thing is you don't have to become a professional athlete or run a marathon - it's all about living an ACTIVE lifestyle.

A few examples of bringing more movement into your everyday life are:

- Take the stairs whenever possible
- Start your morning with a few simple stretches
- When you sit/work in front of the computer the whole day – go for a quick and fast walk after lunch
- Don't sit for longer than an hour without getting up (set a timer)
- Instead of meeting your friend for a coffee, go for a walk in the park to move a bit and get some fresh air
- Take the bicycle instead of the car
- Park further away from your destination and walk rest of the way

Find an exercise you LOVE doing and that is fun. Try out new things and never do something you are not enjoying because this creates negativity and stress in your body instead of making you feel better and more vibrant.

Again, you don't have to do 90 minutes of extreme exercise a day (but of course feel free to do so if you feel like an intense workout) to live an active lifestyle. It's all about balance and not extremes. Find a way of exercise that works for you and remember:

As long as you are moving you are already doing something good for your health and wellbeing!

5 Day Health Transformation

Congratulations!

You did it!

You are now healthier in just 5 days by implementing these 5 simple steps in your daily life.

Amazing, you can be so proud of yourself for being open to try out new things and doing something good for your health.

How do you feel? Do you feel any difference now after finishing the program? Was it hard for you to incorporate the tips into your life? Take a few minutes to think about how you are feeling, how it felt to take care of yourself and nourish your body, mind and soul with healthy habits.

When incorporating new things in your life, it's always a good idea to write down how you feel along your journey so that you can look back and see how far you have come or how your body or life has changed. While it may not seem like much, these 5 tips are the basic foundations to living a healthier life, and they aren't complicated, are they?

Just because the 5-day program is over doesn't mean that you have to stop now. It would be amazing to stick with it and maybe even find a daily routine with some of the tips that you incorporate into your daily routine.

I'd like to extend this learning adventure and have you join me for a free 20 minute consult – Here is the link: (<https://drmayconsult.as.me/>)

I would love to hear from you and see how it went for you this week!

Talk to you soon!

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5 Day Health Transformation Recipes

Created by Natural Wellness Healthcare



Air Fryer Sweet Potato & Egg Spinach Salad

7 ingredients · 20 minutes · 2 servings



Directions

1. Preheat your air fryer to 400°F (205°C). Spray the sweet potato with avocado oil. Add to the air fryer and cook for 12 to 15 minutes, or until desired crispiness, tossing halfway through.
2. Meanwhile, heat a pan over medium heat. Spray with oil. In a bowl, whisk the eggs and add them to the pan. Stir the eggs to scramble them for five minutes or until thoroughly cooked. Season with salt and pepper.
3. Divide the spinach, cherry tomatoes, potatoes, eggs, and guacamole evenly between bowls. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Grated cheese and/or add salsa.

Make it Vegan

Use crumbled tofu or chickpeas in place of the eggs.

Avocado Oil Spray

One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.

Ingredients

- 1/2 Sweet Potato (large, cubed)
- 1/16 oz Avocado Oil Spray
- 6 Egg
- Sea Salt & Black Pepper (to taste)
- 4 cups Baby Spinach
- 2/3 cup Cherry Tomatoes (halved)
- 3 tbsps Guacamole



Spinach & Feta Stuffed Mushrooms

6 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking dish with parchment paper.
2. In a bowl, mix together the feta, spinach, lemon juice, garlic, salt, and pepper. Top the mushroom caps with the feta mixture.
3. Bake in the oven for 20 to 25 minutes or until tender. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to one stuffed mushroom.

More Flavor

Add chili flakes and shallot to the spinach mixture.

Dairy-Free

Use plant-based cheese instead of feta.

Ingredients

- 1/2 cup Feta Cheese (crumbled)
- 2 cups Baby Spinach (finely chopped)
- 1/2 Lemon (juiced)
- 1 Garlic (clove, minced)
- Sea Salt & Black Pepper (to taste)
- 8 ozs Portobello Mushroom Caps



Meatball Spaghetti Squash

8 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (220°C). Line two baking sheets with parchment paper.
2. In a mixing bowl, combine the ground beef, onion, garlic, basil, thyme, and salt. Form the mixture into meatballs and transfer to one of the baking sheets.
3. On a separate baking sheet, place the spaghetti squash flesh-side down. Cook the squash for about 30 to 35 minutes (or until fork tender), and the meatballs for 15 to 20 minutes (or until cooked through).
4. Meanwhile, warm up the tomato sauce in a saucepan over low-medium heat.
5. When cool enough to handle, use a fork to shred the squash into noodles. Top with the meatballs and tomato sauce. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately three to four meatballs and half of a spaghetti squash.

More Flavor

Add dried oregano, dried rosemary, dried parsley, Worcestershire sauce, breadcrumbs and/or egg to the meatball mixture. Use marinara or spaghetti sauce instead of tomato sauce.

Additional Toppings

Fresh basil, parmesan or nutritional yeast.

Save Time

Use store-bought frozen meatballs instead.

Make it Vegan

Use veggie meatballs or falafels instead.

Ingredients

- 1 lb Extra Lean Ground Beef
- 1/2 Yellow Onion (small, finely diced)
- 1 Garlic (clove, minced)
- 1 tsp Dried Basil
- 1 tsp Dried Thyme
- 1/4 tsp Sea Salt
- 2 Spaghetti Squash (medium, halved lengthwise, seeds removed)
- 1/2 cup Tomato Sauce



Meal Prep Spaghetti Squash, Spinach & Beef

5 ingredients · 50 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (205°F) and line a baking sheet with parchment paper.
2. Use half of the oil to coat the inside of both squash halves. Place them flesh-side down on the baking sheet. Cook for 30 to 40 minutes or until the outside is lightly browned and the squash is slightly fork tender.
3. Remove the squash from the oven, flip them over and let them cool. Once cooled, use a fork to scoop out the spaghetti squash into noodles.
4. While the squash is cooking, heat 1/4 of the oil over medium heat. Add the ground beef, breaking it up as it cooks. Cook for seven to 10 minutes or until cooked through. Remove from the pan and set aside.
5. Heat the remaining oil over medium heat and add the spinach. Sauté until slightly wilted, about two minutes. Work in batches if needed.
6. To assemble, divide the ground beef, spaghetti squash, and spinach into bowls or containers. Season with salt and pepper. Enjoy!

Notes

Leftovers

Refrigerate in airtight containers for up to three days.

More Flavor

Add garlic and spices like Italian or Greek seasoning.

Ingredients

- 1 Spaghetti Squash (medium, cut in half lengthwise, seeds removed)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1 lb Lean Ground Beef
- 8 cups Baby Spinach
- Sea Salt & Black Pepper (to taste)



Curried Fried Zucchini

4 ingredients · 15 minutes · 2 servings



Directions

1. Warm the oil in a large pan over medium heat.
2. Add the zucchini and season with half of the curry powder, salt, and pepper. Cook for five minutes, then flip, and season with the remaining curry powder. Cook for another five minutes, or until cooked through. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is equal to approximately one cup.

Ingredients

- 1 **tbsp** Avocado Oil
- 2 Zucchini (medium, thinly sliced lengthwise, halved)
- 1 **tsp** Curry Powder (divided)
- Sea Salt & Black Pepper (to taste)



Coconut Yogurt Mango Chia Pudding

6 ingredients · 40 minutes · 2 servings



Directions

1. In a bowl, combine the yogurt, half of the maple syrup, and chia seeds. Let it thicken for 30 minutes. Keep refrigerated.
2. In a food processor, blend the mangoes with the lime juice and the remaining maple syrup.
3. Layer the chia pudding and the mango coulis in a small glass jar and top with the raspberries. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately one cup.

Additional Toppings

Top with your favorite berries, nuts and/or seeds.

Ingredients

- 1 cup Unsweetened Coconut Yogurt
- 1 1/2 tsps Maple Syrup (divided)
- 3 tbsps Chia Seeds
- 1/2 cup Frozen Mango (thawed, divided)
- 1/2 Lime (medium, juiced)
- 1/3 cup Raspberries



Snap Pea & Radish Arugula Salad

8 ingredients · 10 minutes · 2 servings



Directions

1. Add all of the ingredients to a bowl and mix to combine. Divide evenly between bowls or onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. When ready to eat, add the olive oil and lemon juice.

Serving Size

One serving is approximately two cups.

More Flavor

Add feta or parmesan cheese.

Serve it With

Cooked protein of choice.

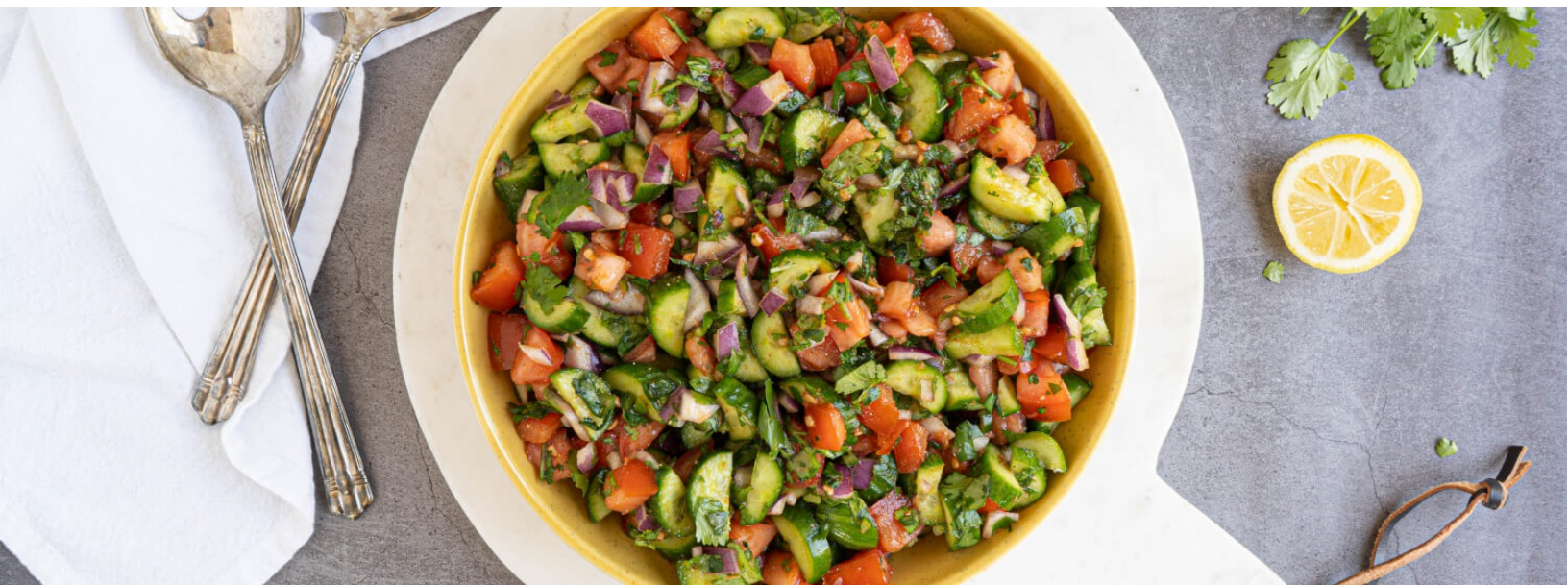
Ingredients

- 4 cups** Arugula
- 1/2 cup** Snap Peas (chopped)
- 1/2 cup** Radishes (thinly sliced)
- 2 stalks** Green Onion (chopped)
- 2 tbsps** Extra Virgin Olive Oil
- 1/2** Lemon (juiced)
- 1/2 tsp** Sea Salt
- 1/4 tsp** Black Pepper



Kachumber Salad

9 ingredients · 10 minutes · 4 servings



Directions

1. Combine all ingredients in a large bowl and mix well to combine. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/4 cup.

Additional Toppings

Feta cheese.

Ingredients

- 1 1/2 Cucumber (medium, diced)
- 3 Tomato (medium, diced)
- 3/4 cup Red Onion (chopped)
- 1 Green Chili Pepper (finely chopped)
- 1/2 cup Cilantro (finely chopped)
- 1 tsp Cumin
- 1 tsp Chili Powder
- 2 tbsps Lemon Juice
- 1/2 tsp Sea Salt



Air Fryer Salt & Vinegar Kale Chips

4 ingredients · 15 minutes · 2 servings



Directions

1. Preheat the air fryer to 375°F (190°C).
2. Add all ingredients to a bowl. Massage the kale with your hands until all of the liquid is absorbed.
3. Add the kale leaves to the air fryer. Cook for seven to 10 minutes, tossing regularly, until completely dried and crispy. Enjoy!

Notes

Leftovers

Keep in a sealed container or bag on the counter for up to three days.

Serving Size

One serving is equal to approximately one cup.

Ingredients

- 7 cups** Kale Leaves (chopped)
- 1/4 cup** White Distilled Vinegar
- 1 tbsp** Extra Virgin Olive Oil
- 1/2 tsp** Sea Salt



Chickpea & Spinach Salad with Strawberry Rhubarb Dressing

10 ingredients · 10 minutes · 3 servings



Directions

1. Add half of the strawberries, half of the rhubarb, balsamic vinegar, oil, honey, and salt to a small blender and blend until smooth.
2. Divide the spinach, remaining strawberries, remaining rhubarb, chickpeas, red onion, and pecans evenly between bowls. Add the dressing on top and enjoy!

Notes

Leftovers

Best enjoyed immediately. Dressing can be refrigerated in an airtight container for up to five days. Store the salad contents separately for up to three days.

Serving Size

One serving is equal to approximately two cups of salad and two tablespoons of dressing.

Additional Toppings

Goat cheese, slivered almonds, pumpkin seeds, and/or fresh parmesan.

Ingredients

- 1 cup Strawberries (sliced, divided)
- 1 cup Rhubarb (finely chopped, divided)
- 2 tbsps Balsamic Vinegar
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Raw Honey
- 1/2 tsp Sea Salt
- 4 cups Baby Spinach
- 2 cups Chickpeas (cooked)
- 1/2 cup Red Onion (thinly sliced)
- 1/2 cup Pecans



Banana Spinach Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is approximately two cups.

No Soy Milk

Use other milk alternative.

Ingredients

- 1 Banana (frozen)
- 1 cup Baby Spinach
- 4 Ice Cubes
- 1/2 cup Unsweetened Coconut Yogurt
- 1 cup Soy Milk
- 1/4 cup Vanilla Protein Powder



Charred Broccolini with Tahini Dressing

8 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (215°C). Line a baking sheet with parchment paper.
2. Place the broccolini on the baking sheet and toss with the oil, salt, and pepper. Mix well with your hands. Transfer the baking sheet to the oven and cook for 20 to 25 minutes, until charred and crispy.
3. Meanwhile, in a bowl, whisk together the tahini, lemon juice, water, and garlic. Season the sauce with salt and pepper.
4. Transfer the broccolini to a serving dish. Top with the tahini sauce and sesame seeds. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is half a bunch of broccolini.

Additional Toppings

Top with fresh herbs of your choice.

Ingredients

- 8 ozs** Broccolini
- 1 1/2 tsps** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tsps** Tahini
- 1/2** Lemon (juiced)
- 1 tbsp** Water
- 1** Garlic (clove, minced)
- 1 tbsp** Sesame Seeds



Arugula, Kale & Pinto Bean Salad

7 ingredients · 10 minutes · 2 servings



Directions

1. In a large bowl, add the chopped kale and drizzle some of the oil on top. Massage with your hands until the kale softens.
2. Add the remaining ingredients and toss to combine. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

Additional Toppings

Add nuts, seeds, and/or goat cheese.

Ingredients

- 2 cups Kale Leaves (chopped)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 cup Arugula
- 1 1/2 cups Pinto Beans (cooked, rinsed and drained)
- 1 Beet (large, peeled, chopped)
- 1/2 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)



Cabbage & Kale Egg Nests with Grapefruit

6 ingredients · 30 minutes · 1 serving



Directions

1. Heat the oil in a pan over medium heat. Once hot, add the cabbage and kale and cook for eight to 10 minutes, stirring frequently, until softened.
2. Set the cooked cabbage and kale aside in a large bowl and allow to cool for five minutes. Add 1/3 of the eggs to the bowl and mix into the cabbage and kale until fully coated. Season with salt and pepper to taste.
3. Add the cabbage mixture to the pan in four-inch (10 cm) diameter rounds, making one nest per each remaining egg. Hollow out the middle of each nest slightly. Crack the remaining eggs into the center of each kale and cabbage nest.
4. Cover with a lid and cook for eight to 10 minutes or until the whites are set and the yolk is cooked to your desired doneness. Serve the egg nests with grapefruit. Enjoy!

Notes

Leftovers

Best enjoyed immediately. Can be refrigerated in an airtight container for up to three days.

Serving Size

One serving is equal to two egg nests and half of a grapefruit.

More Flavor

Add garlic powder and smoked paprika to the cabbage and kale mixture.

Ingredients

- 2 **tsps** Extra Virgin Olive Oil
- 2 **cups** Green Cabbage (thinly sliced)
- 2 **cups** Kale Leaves (stems removed, thinly sliced)
- 3 Egg (divided)
- Sea Salt & Black Pepper (to taste)
- 1/2 Grapefruit



Garlic & Caper Green Beans

6 ingredients · 15 minutes · 4 servings



Directions

1. Place the green beans in a steamer basket over boiling water and cover. Steam for three to five minutes.
2. Finely chop the garlic, capers, and lemon zest together on a cutting board to make a coarse paste.
3. Preheat the oil in a large skillet over medium-high heat. Add the garlic mixture and cook, stirring constantly for one minute. Add the lemon juice and bring to a boil. Add the beans and toss until coated, for about two minutes.
4. Season with salt and pepper and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is about one cup.

More Flavor

Add crumbled feta and fresh herbs like chives, basil, and parsley.

Ingredients

- 4 cups** Green Beans (trimmed)
- 3** Garlic (clove)
- 2 tbsps** Capers (rinsed)
- 1** Lemon (zest and juice, divided)
- 1 tbsp** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)



Raspberry Pecan Warm Chia Pudding

5 ingredients · 10 minutes · 1 serving



Directions

1. Whisk together the chia seeds and almond milk in a small pot over medium-low heat. Stir until heated through and the mixture has thickened up, about five minutes.
2. Remove from heat and add to a bowl. Top with raspberries, pecans, and almond butter. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately one cup.

No Heat

Mix the chia seeds and almond milk together and let it sit in the fridge for at least 15 to 20 minutes to thicken before adding toppings.

More Flavor

Add a dash of cinnamon.

Ingredients

- 3 tbsps Chia Seeds
- 3/4 cup Unsweetened Almond Milk
- 1/2 cup Raspberries
- 1 tbsp Pecans
- 1 tbsp Almond Butter



Sauteed Kale & Eggplant with Egg

9 ingredients · 20 minutes · 1 serving



Directions

1. Heat the oil in a non-stick pan over medium-high heat. Add the shallot, eggplant, and zucchini. Stir the vegetables constantly and cook until they turn golden brown, approximately five minutes. Season with salt and pepper.
2. Add the kale leaves and lemon juice to the pan. Cook for an additional two minutes. Transfer the cooked vegetables to a plate.
3. In the same pan, cook the egg(s) until the whites are set and the yolks are cooked to your liking. Place the fried egg on top of the vegetables.
4. Top with sunflower seeds and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups of vegetables and one egg.

Additional Toppings

Fresh herbs like basil, parsley, cilantro, or chives.

Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1/4 **cup** Shallot (chopped)
- 1/2 Eggplant (small, diced)
- 1/2 Zucchini (small, diced)
- Sea Salt & Black Pepper (to taste)
- 1 **cup** Kale Leaves (finely chopped)
- 1 1/2 **tsps** Lemon Juice
- 1 Egg
- 1 **tbsp** Sunflower Seeds (toasted)



Chicken & Zucchini Noodles with Pumpkin Seed Pesto

6 ingredients · 25 minutes · 2 servings



Directions

1. Prepare the pesto by blending the basil, oil, half of the salt, and pumpkin seeds in a small food processor or blender. Set aside.
2. Season the chicken with the remaining salt. Heat a large non-stick pan over medium-high heat, and cook the chicken for five to seven minutes, or until cooked through. Set aside.
3. Reduce the heat to low and sauté the zucchini noodles in the same pan for four minutes or until tender-crisp. Remove from the heat, add the pesto and cooked chicken, and toss until well coated.
4. Divide evenly between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

More Flavor

Add garlic and parmesan cheese to the pesto.

Ingredients

- 1 cup Basil Leaves (packed)
- 1/4 cup Avocado Oil
- 1/2 tsp Sea Salt (divided)
- 1 tbsp Pumpkin Seeds
- 8 ozs Chicken Thighs (boneless, skinless, sliced)
- 2 Zucchini (medium, spiralized)



Simple Green Salad with Salmon

9 ingredients · 15 minutes · 3 servings



Directions

1. In a small bowl, whisk together 3/4 of the oil, lemon juice, herbs de Provence, and honey. Season with salt and pepper.
2. Pat the salmon dry with a paper towel and season with salt and pepper.
3. Heat a large pan over medium heat. Once hot, add the remaining oil. Place the salmon in the pan, skin-side down. Cook for about three to five minutes or until the skin is crispy. Flip and cook for one to two minutes more, until the flesh is opaque and the fish is cooked through. Remove and set aside.
4. Place the lettuce, bell peppers, and cucumber in a large bowl. Drizzle the dressing on top and toss to combine.
5. Divide the salad evenly between plates and serve with the salmon. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is about 1 1/2 cups of salad with salmon.

More Flavor

Season the salmon with Greek seasoning blend.

Additional Toppings

Add slivered almonds or seeds to the salad.

Ingredients

- 1/3 cup Extra Virgin Olive Oil (divided)
- 2 tbsps Lemon Juice
- 1/2 tsp Herbes de Provence
- 1/2 tsp Raw Honey
- Sea Salt & Black Pepper (to taste)
- 1 lb Salmon Fillet (skin on)
- 1/2 head Green Lettuce (chopped)
- 1 Red Bell Pepper (medium, sliced)
- 1/2 Cucumber (large, sliced)



Braised Maple Dandelion Greens

7 ingredients · 20 minutes · 2 servings



Directions

1. Heat the oil in a pan over medium-low heat. Add the red onion and cook for two minutes. Add the garlic and continue to cook for another two minutes or until fragrant.
2. Add the dandelion greens, lemon juice, and maple syrup. Cook for 10 minutes, stirring occasionally, until thoroughly wilted and cooked. Season with salt. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is equal to approximately one cup.

More Flavor

Use butter instead of oil. Add freshly ground black pepper.

More Flavor

Add red pepper flakes and crumbled feta.

Ingredients

- 1 **tbsp** Avocado Oil
- 1/2 **cup** Red Onion (thinly sliced)
- 3 **Garlic** (clove, minced)
- 6 **cups** Dandelion Greens (chopped)
- 1 **tbsp** Lemon Juice
- 1 **tbsp** Maple Syrup
- 1/2 **tsp** Sea Salt



One Pan Steak with Broccoli & Green Beans

6 ingredients · 20 minutes · 2 servings



Directions

1. Heat a cast iron pan over high heat. While the pan is heating up, rub the steak spice seasoning all over the steaks.
2. Once the pan is heated, coat the pan with oil. Place the steaks on the pan and cook for five to six minutes per side or until cooked to your liking. Remove the steaks from the pan and rest for five minutes before slicing.
3. Meanwhile, reduce the heat to medium and add more oil if needed. Add the broccoli, green beans, salt, and pepper. Cook for three to four minutes or until tender-crisp. If you prefer softer veggies, add a bit of water and steam.
4. Divide the broccoli, green beans, and steak between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups of vegetables with steak.

No Steak Spice Seasoning

Use garlic powder, onion flakes, or your favorite seasoning blend instead.

Ingredients

- 2 **tbsps** Steak Spice Seasoning
- 10 **ozs** Top Sirloin Steak
- 2 **tbsps** Avocado Oil
- 2 **cups** Broccoli (cut into florets)
- 2 **cups** Green Beans (trimmed)
- Sea Salt & Black Pepper (to taste)



One Pan Paleo Plate

5 ingredients · 35 minutes · 4 servings



Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Brush both sides of the chicken breast with olive oil and season with sea salt. Place on the baking sheet.
3. Toss your brussels sprouts in olive oil. Place on the baking sheet with the chicken.
4. Slice your sweet potatoes in half lengthwise and pierce the flesh multiple times with a fork all over to create holes. Brush the flesh of each half with olive oil. Place these on the baking sheet with the flesh facing up.
5. Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through. (Note: Sweet potato may need longer depending on size.)
6. Remove baking sheet from the oven and divide onto plates. Season with more salt if desired. Enjoy!

Notes

No Brussels Sprouts

Use broccoli, cauliflower or green beans instead. Roasting times will vary.

No Chicken Breast

Use turkey breast.

Vegans and Vegetarians

Replace chicken with roasted chickpeas.

Extra Time

Slice sweet potato into cubes or fries.

Ingredients

1 lb Chicken Breast

1/8 tsp Sea Salt

4 cups Brussels Sprouts (washed, trimmed and halved)

1 tbsp Extra Virgin Olive Oil (plus extra for brushing)

2 Sweet Potato (washed and sliced in half)



Paleo Huevos Rancheros

10 ingredients · 25 minutes · 4 servings



Directions

1. Heat half of the coconut oil in a large skillet over medium heat. Add jalapeno, green pepper and onion. Sautee for 5 minutes or until onion is translucent. Add in tomatoes and stir well. Season with sea salt and pepper to taste. Let simmer for at least 15 minutes or until mixture thickens. Set aside.
2. Heat the remaining coconut oil in a non-stick pan and fry eggs (sunnyside up).
3. Assemble Huevos Rancheros by plating two large romaine leaves and adding some of your homemade salsa ovetop. Add fried eggs and then top with avocado slices and cilantro. You can use the romaine leaves to wrap up the goodness or just eat it as is. Enjoy!

Notes

More Carbs

Serve with brown rice tortillas (not paleo).

More Spicy

Serve with tabasco sauce.

Ingredients

- 1 **tbsp** Coconut Oil (divided)
- 1 Jalapeno Pepper (seeds removed and finely chopped)
- 1 Green Bell Pepper (finely chopped)
- 1 Yellow Onion (finely chopped)
- 2 Tomato (chopped)
- Sea Salt & Black Pepper (to taste)
- 8 Egg
- 2 Avocado (peeled and cut into slices)
- 1/2 **cup** Cilantro (optional)
- 8 **leaves** Romaine (washed)



Paleo Granola

12 ingredients · 40 minutes · 8 servings



Directions

1. Preheat the oven to 300°F (149°C). Line a large baking sheet with parchment paper.
2. Combine all ingredients except the dried cranberries and almond milk together in a large mixing bowl. Mix very well until all ingredients are evenly distributed. Using your hands works best! Spread the mixture evenly across the baking sheet.
3. Bake for 30 minutes, giving a stir at the 15 minute mark.
4. Remove from oven and let cool completely. Once cool, transfer into a mixing bowl and add dried cranberries. Toss well to evenly distribute.
5. Add to a bowl and serve with a bit of almond milk for breakfast or eat dry as a snack. Enjoy!

Notes

Storage

Store in a mason jar or airtight container in the fridge for up to 1 week.

Serving Size

One serving is roughly 3/4 cup of granola.

Nut Allergy

Use sesame seeds instead of slivered almonds.

No Dried Cranberries

Use raisins.

Ingredients

- 1 cup Slivered Almonds
- 1 cup Sunflower Seeds
- 1/2 cup Pumpkin Seeds
- 1 cup Unsweetened Coconut Flakes
- 1/4 cup Ground Flax Seed
- 1/4 cup Coconut Oil (melted)
- 1/2 cup Sunflower Seed Butter
- 1/4 cup Raw Honey
- 1/2 tsp Sea Salt
- 1 tsp Cinnamon
- 1 cup Dried Unsweetened Cranberries
- 2 cups Unsweetened Almond Milk

