



Nourish your day!

Enjoy this sample day of meals (with recipes) that are thoroughly nourishing.

- Start your day with a glass of water.
- It can be room temperature, warm or hot.
- It can have a squirt of lemon in it if you prefer.

The idea is to help your body along with it's night of fasting and flushing out of the previous day's junk.

Make a habit of it.



Nutty Sweet Potato Waffles

Adapted from Alice Keppley in Simply in Season

Add a serving of seasonal fruit to this breakfast, either eating it before the waffles or on top!

If you need extra protein, add a side of organic turkey bacon or sausages.

½ c butter

Melt butter and set aside to cool.

2 c sweet potatoes, cooked and mashed

6 eggs, beaten

2 c milk of choice

Mix, then stir in cooled butter.

1 c flour of choice (whole wheat or to make it gluten free use almond meal)

1 c rolled oats, finely ground

1 c walnuts, pecans or hazelnuts, finely ground

2 T baking powder

1.5 t salt

Mix together into the sweet potato mixture. Mix until combined. Bake in a hot waffle iron.

Note: no need to peel the potatoes – they add nutrients. Simply chop into bite size pieces and steam about 8 minutes followed by mashing.



Quick Quinoa Salad

Serves 4-6

1 c dry quinoa (color options: tan, red or black)
1¾ c water (or you can use veggie or chicken broth)
½ t sea salt

Rinse quinoa and drain (this is a very important step because it neutralizes the saponins that are bitter tasting and disrupts digestion).

Bring rinsed quinoa, salt and water to a boil.

Reduce heat to low, cover and simmer for 15-20 minutes (until water is fully absorbed).

Uncover and fluff with fork.

1 carrot, chopped

½ c parsley, minced

15 oz cooked chickpeas or black beans, drained and rinsed

¼ c combination of toasted sunflower seeds, walnuts and/or pumpkin seeds 2-3 large handfuls of green of choice (for example: spinach, kale, broccoli) Handful dried cherries (no sugar added) OR sun-dried tomatoes, diced.

Add above ingredients to prepared quinoa. Mix well.

3-4 cloves garlic, minced

¼ c freshly squeezed lemon juice

¼ c organic olive oil 1-2 T tamari

Whisk together ingredients and pour dressing over quinoa. Toss well. Serve at room temperature or chilled.



A Soup for All Seasons

Here is the basic soup base that you can add whatever seasonal foods you want. It can be a small, light meal, or a hearty main dish. It can help you alleviate the symptoms of a cold or simply just warm you up when you need it. Here we offer suggestions for what to add to your base



- 1T ghee or coconut oil
- 2 carrots, sliced into ¼ inch disks
- 2 stalks celery, chopped
- 1 dried bay leaf
- 4 c vegetable, chicken, turkey, or beef broth
- 4 c water
- 1 medium to large onion, chopped
- 4 cloves garlic, sliced thinly
- 1 t sea salt
- ¼ t white pepper

Warm the ghee or oil in a soup pot on medium heat. Add the chopped onion and cook until softened. Throw in the chopped garlic, the carrots, celery and a bay leaf and stir for a few minutes. Add the broth and water. (You can also add a fresh ripe chopped tomato or two –in season–, along with a dab of tomato paste, a pinch of crushed red pepper and perhaps a splash of white wine.)

Season this mixture with salt and pepper: It is the essential flavorful base for a quick soup.



Below are items to add to a soup base.

It really is all dependent on your taste. Combine a number of things or make a simple soup with only base and one vegetable and protein. Depending on how many you are serving, add about a handful of the below ingredients for each person. You can also make the base and have several of the ingredients in separate bowls for your family members or guests to make their own custom soups.

Light Soup Ideas

diced tofu and scallions
spinach
corn
parsley
mushrooms
asparagus
peas
sugar snap peas
zucchini
rice noodles
mung beans
miso
peppers
bean sprouts
coconut milk

Hearty Soup Ideas

kale
bok choy
collards
green beans
potatoes
sweet potatoes
hot peppers
beans
lentils
shredded chicken
sausage
beef cubes
shrimp
scallops, clams, mussels
meat balls
rice
quinoa
farro
barley

