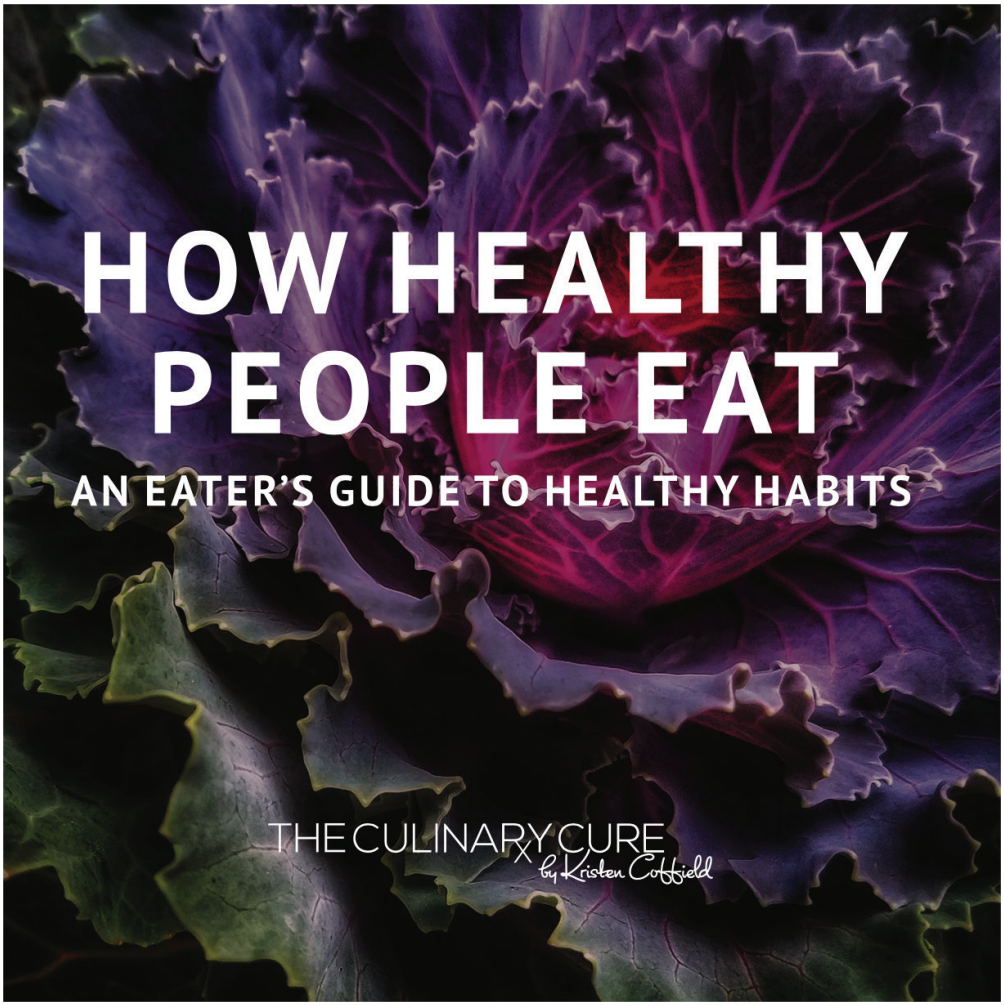
A GIFT FOR YOU

TO: _____ **FROM:** _____



YOUR COPY OF **HOW HEALTHY PEOPLE EAT: AN EATERS GUIDE TO HEALTHY HABITS** IS ON THE WAY!

Here are some tips and recipes to enjoy while you wait for your copy to arrive.

Eat well. Be well.

Kristen

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Wellness Authority & Culinary Coach

3 HABITS TO MAXIMIZE EACH DAY

One of the best-kept secrets for success is learning how to make the first hour of each day count. The first hour should be fiercely guarded, used intentionally, and considered sacred. NEVER let your day get hijacked by somebody else's to-do list. Because that's what happens when you check your computer or phone, BEFORE setting your own priorities.

Stop being busy and start being more productive with simple steps for productivity. And be sure to get out of bed when your alarm goes off. Letting yourself fall back asleep undermines your body's readiness to start the day. Don't let your mind talk you out of getting up, just DO IT!

1. STAY OFF YOUR PHONE AND COMPUTER

This is really hard for most of us. Technology companies have designed their products to be addictive and suck us in. Trust me, and don't take the bait! Create habits that make it easy.

- Keep you phone in sleep mode until a designated time.
- Write a down a to-do list for the day. This is productive, not distracting.
- Set a time for turning on technology and stick with it.
- Schedule time for things like checking email and deleting spam.

2. REHYDRATE WITH WARM LEMON WATER

During sleep our bodies are fasting. The first thing we should consume is water to end the fast and help our bodies rehydrate. 8-10 oz of room temperature or warm water will help rehydrate, flush toxins, and jump-start digestion. Get in the habit of drinking water BEFORE caffeinated beverages.

- Warm Lemon Water
- Juice of 1/2 a fresh squeezed lemon
- 8-10oz filtered water
- Optional: Dash of cayenne pepper

3. FIBER, FAT & PROTEIN

Start each day with the trifecta of a winning breakfast. The first meal of the day is when you fuel up. Be sure to include these three macro nutrients to fill you up, tonight your brain and keep you fuller longer. Get more inspiration at at www.theculinarycure.com.

- Avocado toast
- Chia Pudding
- A scrambled egg with sliced tomato
- Yogurt with fruit and nuts

Maximizing the first hour of each day is its own form of magic. It helps us take back control in a world that can feel out of control, calm our busy brains, and focus on the things that really matter.

Lemon Water Morning Tonic

Ingredients

- 8oz warm filtered water
- Juice of 1/2 a fresh lemon
- Optional – 2 shakes cayenne pepper

Instructions

Combine ingredients and drink* first thing in the morning. *drinking with a straw will help protect tooth enamel

This simple tonic is a great way to start your day right!

WELLNESS BENEFITS OF LEMON WATER

- Rehydrates the body and flushes toxins after the fast during sleep.
- Boosts the immune system with vitamin C.
- Stimulates the digestive system.
- Helps to regulate blood sugar and stimulate circulation.

Quick Chia Breakfast Pudding with Almond Milk

Chia seeds are the highest plant based source of Omega 3, fiber and protein. They are also loaded with antioxidants, vitamins and minerals.

Ingredients

- 2 cups vanilla flavored sweetened almond milk
- 1/2 cup chia seeds

Instructions

1. Combine almond milk and chia seeds in a mason jar with a blender ball from a protein shake jar.
2. Add chia seeds and shake vigorously. You don't want the seeds clumping together.
3. Refrigerate at least 3 hours or overnight.

Recipe Notes

I serve the chia pudding over berries and topped with toasted almonds or a healthy granola.

Almonds provide a whopping 7.4 milligrams of vitamin E per 1oz serving and they are a great source of beneficial monounsaturated fat.

Avocado Breakfast Bowl

Avocados are loaded with fiber, healthy fat, and are low in calories. They make an excellent addition to a power breakfast. All that healthy fat and fiber help us stay fuller longer, supports our gut, and balances blood sugar.

Avocado breakfast bowls are more of an assembly than a recipe. You can follow the guidelines but take liberties to use what you have and suit your mood. I like to keep jars of nuts and seeds on hand to sprinkle on my Avocado Breakfast Bowl, and I always have jars of fermented kraut in my refrigerator. Fermented vegetables give an added probiotic punch. I often use leftover salad from the night before as the base for this breakfast. You can easily use pre-bagged arugula, lettuce, or baby spinach as your base. Avocado bowls are a simple formula for a healthy start of the day.

Ingredients

- Avocado: Half a fresh avocado, removed from skin and sliced
- Greens: Baby spinach, arugula, spring mix, salad of choice
- Protein: 1/2 cup organic tofu, hard-boiled egg, nuts, seeds
- Dressing: Good quality olive oil, Himalayan sea salt, fresh pepper
- Topper: Fermented slaw or kraut. These can be homemade or purchased near the dairy section in the grocery store.

Instructions

1. Choose a bowl big enough to hold your ingredients.
2. Place a layer of greens at the bottom of your bowl.
3. Add avocado, and protein if desired
4. Top with olive oil, salt, pepper, and sprinkle with nuts or seeds.
5. Enjoy!

Buddha Bowl Master Recipe

Ingredients

- Greens: Use baby spinach arugula, spring mix, or salad of choice
- Grains: Use cooked farrow quinoa, amaranth or grain of choice
- Protein: Use 1/2 cup organic tofu hard boiled egg, avocado, organic poultry, or wild seafood
- Colorful Vegetables: Use lots of sliced and diced colorful vegetables
- Dressing: Use your favorite dressing made with heart healthy fats.* My avocado dressing or basic vinaigrette are both delicious.
- Toppers: Toasted nuts and seeds

Instructions

1. Choose a bowl big enough to hold your ingredients.
2. Place a layer of greens in the bottom of your bowl.
3. Add colorful vegetables, grains and protein.
4. Top with your favorite dressing and sprinkle with nuts or seeds.
5. Enjoy!

Super Smoothie Master Recipe

Ingredients

- 2 cups organic dark leafy greens: Baby kale spinach or mache
- 2 cups liquid: Unsweetened coconut milk coconut water, unsweetened nut milk or water
- 2 cups organic fruit: Berries mango, pineapple, banana, avocado, apple, stone fruit, or melon. (You can make 1 of the cups frozen fruit to make the smoothie it cold and creamy.)e

Instructions

1. Place greens and liquid in a blender and blend until smooth and lump free.
2. Add fruit, blending until smooth and creamy.
3. Add optional boost or two, and blend until creamy.

Lemon & Shallot Vinaigrette With Turmeric

Ingredients

- 1/2 cup extra virgin olive oil
- 1/2 cup fresh lemon juice
- 1 small shallot finely chopped
- tsp thinly sliced fresh turmeric root - optional
- Fresh cracked pepper and natural sea salt to taste

Instructions

1. Put all ingredients in a jar, shake well to combine. Enjoy on everything!

Apple Berry Compote Breakfast

Serves 4-6

When I was a child, my grandparents often ate baked apples for breakfast. Now I know why. This simple recipe supports a healthy gut and fuels our body for a productive day. When the apple skin begins to shimmer during cooking, it is releasing pectin, a super nutrient that benefits and supports a healthy gut. Apple Compote with Berries is a great functional food recipe for healing and main-taining our intestinal microbiome, which is the home of our immune system.

Ingredients

- 4 Organic apples
- Filtered Water
- 1Tablespoon ground cinnamon
- Fresh or frozen blueberries

*optional toppings include walnuts, nut milk yogurt, or kefir.

Instructions

1. Wash apples; don't remove the peel. If using non-organic apples, wash with vinegar and baking soda to remove pesticides.
2. Cut and cube apples, disposing of the core and seeds.
3. Place the apples in a small pot with a lid and add 1/3 cup filtered water
4. Bring it to a boil and simmer for 8-10 mins. Add frozen of fresh berries in for the last 2 minutes of cooking.The skin of the apple should have a shimmer.
5. Mix in ground cinnamon and serve topped with nuts, kefir or yogurt.

LET'S CONTINUE THE CONVERSATION

TAKE ACTION

Get all of my recipes:
theculinarycure.com/recipes

Take The Culinary Cure™ Master Class online:
tabletwise.com/class/4966529328218112/the-culinary-cure-master-class

Personal Consultations with Kristen:
theculinarycure.ck.page/products/consultation

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Detox from commercial wine loaded with added sugar and chemicals:
theculinarycure.com/wine

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