

vegan

gluten
free

grain
free

paleo

nut-free

corn
free

egg
free

vegetarian

REAL

RAW

RECIPES BY OUR GLOBAL TEAM OF
HOLISTIC HEALTH WARRIORS,
COMPILED BY KAT GÁL

free

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Real Food

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Created by Katalin Gál, HappyHealthy365 in February 2014
Design by Tina Hutton, <http://huttco.com/>

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Introduction

The idea struck like lightning: why don't I create a recipe book that reflects bio-individuality and spreads the message of health and love?! Without thinking I jumped on Facebook asking my colleagues what they thought about my idea. I expected perhaps a few others interested in it, but never in my dreams thought that I would get some many likes.

A simple little idea turned into an amazing project. 156 holistic health coaches from 5 continents came together to share 155 beautiful recipes.

All of us were trained at the Institute for Integrative Nutrition and we believe that there is no one-size-fits-all diet. We are all unique individuals with unique nutritional needs dictated by our age, gender, metabolic profile, genetics, job, health history, culture, geographic location and a many other factors. This recipe book reflects our belief system that there is no right diet for everyone. I guarantee you that you will find plenty of recipes fitting to your body's unique needs. There is literally everything: **vegan, vegetarian, raw, cooked, low-fat, low-carb, sugar-free, gluten-free, grain-free, corn-free, soy-free, nut-free, Paleo, Zone, Ayurveda, Macrobiotic** and more. This recipe book is also very diverse, international and intercultural: coaches from all over the world sent their recipes, including the United States, Hungary, Mexico, the United Kingdom, the United Arab Emirates, Cambodia, Australia, Germany, Singapore and more.

There is one thing in common among these recipes: they are all healthy. We eat real foods: therefore all of these recipes are made with natural whole-food ingredients helping you create a healthy and happy body.

However, there is much more to health than food. To create health and happiness, you must nourish your body, mind and soul. Therefore there is a short chapter on some easy yet necessary tips to create health, happiness and balance in all areas of your life. Following these steps and eating the delicious foods that are right for your body you will create a beautiful, healthy and happy you in a (w)holistic way.

Jump on board: nourish yourself and eat yourself healthy!!!

Moreover, we are here to support your journey. Health coaches serve as guides empowering their clients to take responsibility for their health. Our job is to listen to you, guide you and support you during your health journey. However, as with diets, there isn't a one-size-fits-all approach. There isn't one coach that is perfect for everyone. To find a holistic health coach that would fit your needs, please, read the bios carefully and set up an appointment with the coach of your choice.

This book could have not been created without all the wonderful health coaches who contributed their wholesome recipes. I have learned so much throughout this process about community, service, health, love, happiness and gratitude. Thank you so much to all of you. Special thanks to the amazing Tina for designing this book for us – it is fabulous. Last, but not least, a special thank you to Joshua Rosenthal, founder of the Institute for Integrative Nutrition – without you, we wouldn't be here to create a healthy planet.

With health, happiness, and love,

Kat

**Kat Gál, The Holistic Health & Happiness Coach
behind HappyHealthy365 and the creator of this book**

The team behind this book

KAT, THE CREATOR OF THIS EBOOK AND

THE COACH BEHIND HAPPYHEALTHY365:

I am a holistic health and happiness coach whose life purpose is to empower others to dare to live a happy and healthy life inside and out. My mission is to guide my clients how to feed their body and soul in order to heal ailments, chronic pain, emotional issues and to live the life of their dreams in health, happiness and love. As a health coach I help my clients to develop a deeper understanding of food and lifestyle choices that work the best for them to create lasting changes to improve their overall health. I guide, empower, and motivate my clients to transform their lives, to make their dreams into reality and to create the life they want to live. I believe in the power of plant-based living foods, unconditional love and positive psychology. I am a runner, traveler, health-maker, happiness-creator, nature-lover, free-hugger, writer, educator and a whole lot more. I dare to be authentically myself. I dare to embrace my own journey. I dare to be happy and healthy. Do you?

ABOUT HAPPYHEALTHY365:

HappyHealthy365 is a supportive and safe place for those women who want to be happy and healthy all 365 days of the year. I believe that everyone should dare to be happy and healthy every day. In today's world there are so many chronic conditions: chronic pain, chronic illnesses, chronic sadness, chronic stress, chronic self-esteem issues and endless chronic problems. The mission of HappyHealthy365 is to empower people to move from chronic emotional and physical pain to chronic happiness and chronic health. I believe that no matter where you are coming from, regardless of your cultural background, financial situation, health history, and other life circumstances, you deserve full health and happiness. I believe that true health and happiness is possible. I believe that health and happiness comes from within. I believe in everyone's personal journey to find their own health and happiness. No matter where you are in your life and healing journey, I can guide you to find your own health and happiness. I believe in you. I believe you should dare to be happy and healthy. www.happyhealthy365.com

HUTTCO, THE CREATIVE MIND BEHIND THIS BOOK

Huttco is a boutique design agency that provides creative direction for clients and their brands. Owner and founder, Tina Hutton, has a comprehensive background in design working with some of the world's leading creative thinkers and brands and art directing fashion magazine titles for over twenty years.

Huttco is a holistic brand encompassing styling, shoot direction, design and look after all the creative aspects of a brand's needs from concept through to print and production, specialising in brand identity/logo creation.

Tina's interest in the quest for living a more pure and holistic lifestyle has led her to cross our paths at IIN and generously offer her support and services to create this wonderful publication free of charge to be shared amongst our community and used as a tool to implement a healthier lifestyle. www.huttco.com

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BANANA COCONUT BALLS (RAW, VEGAN, GLUTEN-FREE) (BY CHAU NGUYEN)

HEALTHY BRAZILIAN BEIJINHO DE CÔCO (VEGAN, GLUTEN-FREE, DAIRY-FREE, EGG-FREE, NUT-FREE, SOY-FREE, CORN-FREE) (BY ANA CLAUDIA GARCIA)

BANANA ICEDREAM (VEGAN, RAW) (BY JAIME KADDATZ)

CHOCOLATE PIE (VEGAN) (BY DANIELLE R)

CHOCOLATE BARK WITH CINNAMON, PUMPKIN SEEDS, ALMONDS AND DATES (VEGAN, VEGETARIAN, PALEO, LOW-CARB, GLUTEN-FREE, EGG-FREE, SOY-FREE, CORN-FREE) (BY VALERIE FIGLIN)

CHILLED DOUBLE CHOCOLATE WALNUT TORTE (VEGAN, GLUTEN-FREE) (BY DIANE CLEAVER HENDERSON)

CHIA CAKES (PALEO, VEGETARIAN) (BY CHRISTY RAY)

DOUBLE CHOCOLATE CHIP COOKIES WITH A HEALTHY TWIST (VEGAN, VEGETARIAN, DAIRY-FREE, EGG-FREE, NUT-FREE, GLUTEN-FREE (IF CERTIFIED OAT FLOUR IS USED), SOY-FREE, CORN-FREE, LOW-CARB) (BY MELINDA GARY)

BANANA COOKIES (VEGAN, VEGETARIAN, GLUTEN-FREE, DAIRY-FREE, EGG-FREE, NUT-FREE) (BY NIKKI CLEARY)

CACAO PUDDING OVER BANANA (VEGAN) (BY CAROLINE PEFLEY)

BANANA POPS (EGG-FREE, NUT-FREE, GLUTEN-FREE, SOY-FREE, CORN-FREE) (BY DEBORAH KEAZER)



juicy & mouthwatering

Pumpkin-Ginger Immunity-Mood Smoothie

VEGETARIAN, SUGAR-FREE, EGG-FREE, NUT-FREE, SOY -FREE, CORN -FREE

INGREDIENTS:

1/2 cup organic pumpkin purée
1 cup almond or nut milk
1/2 banana (frozen or fresh)
1/2 cup gluten-free rolled oats
1-2 tbsp flax seed or ground flax (optional)
1/2" piece fresh ginger (more or less to taste)
1 tbsp maple syrup (or more if you like it sweet)
1 tsp maca powder (optional)
1 tsp camu camu powder (optional)
1 tsp ashwagandha powder
1 tsp bee pollen
Cinnamon & nutmeg to taste
Add ice if you like it super cold

INSTRUCTIONS:

Add all ingredients to a blender & blend until smooth and creamy.
Remove & enjoy!



RECIPE BY:

Jenipher Minnaar, Fort Lauderdale, Florida, USA, Jenipher Minnaar - Wellness Architect, www.JenipherMinnaar.com

Jenipher is a holistic health coach who helps busy women create their own personal "Blueprint for Exceptional Health & Living" so that they can ditch the diet dogma, effortlessly lose those last few pounds, reduce stress and feel energized and balanced.

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Winter smoothie

VEGAN, GLUTEN-FREE

INGREDIENTS:

1 large baked sweet potato without the peel,
1 banana (frozen is best)
1 cup almond milk (maybe more) homemade is best
1/2 cup full fat coconut milk
1/2 cup juice from one orange
1 tablespoon lucuma
1 tablespoon maca
1/2 inch chunk of ginger chopped up - about a teaspoon
1/2 teaspoon nutmeg and 1/2 teaspoon cinnamon
1/4 teaspoon vanilla or vanilla bean powder
1 squirt vanilla stevia (or raw honey)
2 or 3 peppercorns (optional)

INSTRUCTIONS:

Put all ingredients in the vitamix and blend. Add more almond milk if too thick. Sprinkle w/ cinnamon and Have a spoon on hand! Very warming.



RECIPE BY:

Sheridan Bishop, Woodstock, Vermont, Strike True, www.striketrue.net

Sheridan is a holistic health motivator and coach who teaches plant based cooking classes at her home in Woodstock VT.

Raspberry smoothie with home made almond milk

VEGAN

INGREDIENTS:

1.5 Cups of water
Handful of almonds
1 medjool date
Bourbon vanilla
Cinnamon

INSTRUCTIONS:

Put a handful of almond, 1.5 cups of water, 1 medjool date, dash of bourbon vanilla and cinnamon in your high speed blender and blend on high speed for 1-2mins until creamy. Add a handful of frozen raspberries and a banana if you fancy and more water if too thick

FYI: Should you not want to make your own almond milk then just use any non-dairy milk of your choice.



RECIPE BY:

Vera Szutorisz, Madrid,
Spain/South Korea/UK/
Hungary, Apple and Soul,
<http://www.appleand-soul.com/> , <https://www.facebook.com/PageAppleandSoul>

Vera is here to help and inspire you to find your path to genuine health and happiness from a holistic perspective and help you see the beauty in yourself and the world around you.'

[etc...don't have all the recipes, just giving an idea that perhaps have the 'type of recipe' page with a picture then the list of recipes for each section]

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Raw Chocolate Superfood Smoothie.

(WHEAT-FREE, GLUTEN-FREE, DAIRY-FREE)

INGREDIENTS:

1 medium banana (fresh or frozen)

1/16 cup hazelnuts

1/8 cup chia seeds

1/16 cup maca powder

1/16 cup raw Cacao powder (add more/less to taste)

1/16 cup acai powder (optional)

Large handful of kale (washed)

Large handful mixed frozen berries (strawberries, raspberries, blueberries)

1 cup non-dairy milk (hazelnut milk/almond milk/rice milk)

1/5 cup coconut water

Toppings (optional): Cacao nibs/goji berries/bee pollen/mixed seeds/sliced strawberries/fruit/raw honey or stevia to sweeten.

INSTRUCTIONS:

Add all delicious and where possible, organic ingredients (in the order listed) to a high speed blender. Mix until smooth, adding more non-diary milk/coconut water to your desired consistency. Pour into a glass or bowl and sprinkle over extra superfood toppings of your choice.



RECIPE BY:

Katie Hedges, England, UK. Thrive & Shine, your way to wellness, www.facebook.com/thriveshine

Thrive & shine from the inside out with wellness coach Katie, guiding you step by step to increased vitality + vibrancy as we bring your body back into balance.

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Pain Tonic

(VEGAN, ANTI-INFLAMMATORY)

INGREDIENTS:

1" fresh ginger
1" fresh turmeric
½ squeezed lemon
Dash of pepper
1 tablespoon fresh local honey
Water

INSTRUCTIONS:

Grate turmeric and ginger into a pot of water, add pepper and boil for a minute. Strain, add honey and enjoy. You can add a dash of almond milk if you like.



RECIPE BY:

Karen Sasine, Moultrie, GA, USA, Creative Healthy Life, www.creativehealthylife.com

Karen Sasine has been managing a serious disorder called RSD/CRPS for over 4 years, and has dedicated her life to understanding chronic pain, and helping others who struggle with this.

Green Apple Pie Smoothie

(VEGAN)

INGREDIENTS:

2 cups almond milk
2 cups spinach or kale
6 pitted dates
2 apples (sliced and frozen)
1/4 cup rolled oats
1 frozen banana
1 teaspoon pumpkin pie spice

INSTRUCTIONS:

Place almond milk, spinach, dates, and oatmeal together in a blender. Blend well. Then add frozen apples, frozen banana and pumpkin pie spice. Blend until smooth and creamy.



RECIPE BY:

Felicia Smith, Darlington,
SC, USA, www.jugglingapples.com

Felicia is a Registered Nurse and works as a Health and Wellness coach spreading awareness of a healthy lifestyle.

Punkin-nana Spice

(VEGAN, DAIRY-FREE, EGG-FREE, GLUTEN-FREE,
NUT-FREE, CORN-FREE, SOY-FREE)

INGREDIENTS:

- 1 cup almond milk
- 1 banana
- 1/2c pumpkin puree
- 1 tablespoon chia seeds
- 1/2 in freshly peeled ginger
- 1 teaspoon cinnamon
- 1/2 teaspoon pumpkin spice (and some for dusting the top)
- 1 teaspoon vanilla extract
- Ice (optional)

INSTRUCTIONS:

Combine all ingredients in a blender. Sprinkle some pumpkin spice on top.



RECIPE BY:

Jeannie Roth, Working
Virtually, Well-Bean
LLC, www.mywellbean.com, www.facebook.com/mywellbean

Jeannie is helping those
in need of finding their
place in the natural spec-
trum of health & happi-
ness.

Green Machine Smoothie

(VEGAN, RAW)

INGREDIENTS:

- 1 small avocado –pitted & skinned
- 1 ½ cups of frozen pineapple chunks (substitutes: apple or green grapes)
- 1 cup baby spinach or kale
- 8 oz. coconut water
- 2 tablespoons hemp seeds (organic)

INSTRUCTIONS:

Place all ingredients in a blender, blend for 30 seconds or until completely smooth.



RECIPE BY:

Pat Ransom, patricia-ransom.healthcoach.integrativenutrition.com

Pat works with busy professionals, working with medical doctors and corporate wellness programs.

Cacao pudding over banana (VEGAN)

INGREDIENTS:

3 avocados
1 1/2 cups of vanilla almond milk
1 teaspoon vanilla
1/4 -1/2 sweetener of your choice
2- 4 oz. 100% cacao bars
1/2 cup coconut oil or butter

INSTRUCTIONS:

Warm last 3 ingredients over very low heat. Process all other ingredients in blender or food processor just until avocado blends. Finally add melted healthy fat, cacao and sweetener. Refrigerate for 2 hours and enjoy alone or add homemade whip cream or add on top of a banana.



RECIPE BY:

Caroline Pefley,
<https://hisweigh.com/>

Caroline is a health
coach.

Vitality Wake Up Smoothie

(VEGAN, VEGETARIAN, DAIRY-FREE, EGG-FREE, GLUTEN-FREE, SOY-FREE, CORN-FREE, SUGAR-FREE, PALEO)

INGREDIENTS:

- 1 oz coconut water
- 2-3 leaves broken in half or thirds kale
- 1 Tablespoon coconut oil
- 1 tablespoon almond butter 1 Tablespoon
- $\frac{3}{4}$ - 1 cup of frozen berries
- $\frac{1}{2}$ frozen banana
- $\frac{1}{2}$ teaspoon camu camu berry powder
- $\frac{1}{4}$ teaspoon maca
- 2 tablespoon cacao nibs
- 1 tablespoon hia seeds (soak in water for 10 minutes before blending)
- 1 tabelspoon Hemp seeds

INSTRUCTIONS:

Put all ingredients in blender and blend.



RECIPE BY:

Jill Kranitz, Louisville,
CO, USA

Jill's passion is helping people with autoimmune issues and gluten intolerances restore vitality and health to their lives.

Cacao Super Smoothie

(VEGETARIAN, DAIRY -FREE)

INGREDIENTS:

1 frozen, ripe banana (peel & chop banana before freezing)
Handful of spinach or kale
¼ cup blueberries
1 tablespoon.cacao (or more if you desire)
1 tablespoon.chia seeds
1 tablespoon.maca powder
1 cup almond milk (organic or homemade)
Sweetener to taste (raw honey)
1 scoop green super food powder
Cacao nibs (to sprinkle on top)
Hemp seeds (to sprinkle on top)

INGREDIENTS:

Add all ingredients, except for cacao nibs and hemp seeds, to a high speed blender and blend until smooth. Pour into a mason jar and sprinkle cacao nibs and hemp seeds on top. Drink and Enjoy!!



RECIPE BY:

Tara Midwood, Mackay,
Queensland, Australia,
Soulful Spirit [https://
www.facebook.com/soul-
fulspirit](https://www.facebook.com/soulfulspirit), [soulfulspirit01@
gmail.com](mailto:soulfulspirit01@gmail.com)

Tara is a holistic health
and life coach guiding
and supporting people
for optimal health, happi-
ness & relaxation.

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Boost My Immune

(VEGAN, GLUTEN-FREE, SUGAR-FREE, BODY ECOLOGY)

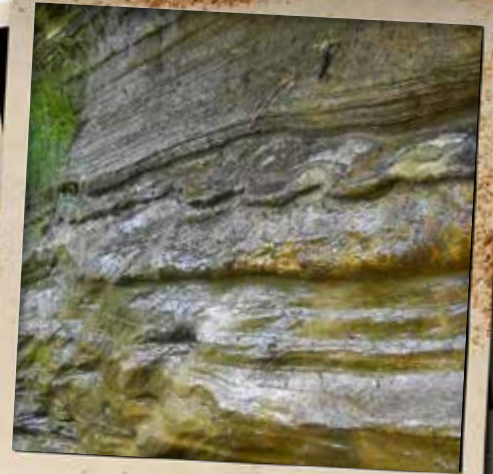
INGREDIENTS:

1 cup of water
Handful of young spinach leaves
3 broccoli florets
10 mint leaves
5 blackberries
15 red currants
15 white currants
1 teaspoon of each seeds and nuts: chia, hemp, pumpkin,
sunflower, ground almond, walnut brazilian nuts
pinch of sea salt and or cayenne pepper

INSTRUCTIONS:

Add all ingredients into the blender and puree until desired consistency.

Pour into your favorite cup and drink up! :)



RECIPE BY:

Jules Sung, Toronto,
Canada / Barcelona,
Spain / London, UK,
Blossom with Brilliance,
www.blossomwithbrilliance.com

Jules is a yoga and holistic health practitioner who specializes in coaching those who suffer from candidiasis (candida overgrowth) and whose bodies require a complete immune and digestive restoration.

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Immunity Support Syrup (VEGETARIAN)

INSTRUCTIONS:

1/2 cup Elderberries
3 cups Water
1/2 cup to 1 cup Honey

INSTRUCTIONS:

Place a half cup of Elderberries into a pan with a tight fitting lid. Add three cups of cold water, cover with lid and bring to a boil. Simmer over low heat for 30 to 45 minutes. Smash berries and strain through a fine mesh strainer. Add Honey. 1/2 cup is plenty sweet for me so start there and add more if needed. Honey is traditionally used because it adds a shelf life to the syrup, but maple syrup or any other sweetener can be used in its place. Store in the refrigerator for up to a month.



RECIPE BY:

Jaime Brennan, Tran-
quility Herbals, [www.
tranquilityherbals.com](http://www.tranquilityherbals.com)

Jaime is passionate about
herbs.

Morning Powder Keg

(VEGAN, LOW-FAT, HIGH-PROTEIN)

INGREDIENTS:

8 oz almond milk (or other non-dairy substitute of your choice)
Handful of spinach
Handful of kale
1 tablespoon chia seeds
1 tablespoon flax seeds
2 tablespoon wheat germ
1 frozen banana
Dash of cinnamon
Pinch of cayenne

INSTRUCTIONS:

Blend everything except for the banana, cinnamon and cayenne, so that shells of seeds and break and spinach and kale are broken. Add the banana, cinnamon and cayenne. Blend again.



RECIPE BY:

Anna Sothen, Virginia
Beach, VA, USA, Fit2Go

Anna Sothen is a bilingual, yoga instructor, and holistic health coach honored to help individuals gracefully intertwine mind, body and soul.

Breakfast Smoothie for Beginners

(VEGAN, RAW, DAIRY-FREE, GLUTEN-FREE)

INGREDIENTS:

1 cup of liquid (water, almond milk, coconut milk etc)
1 cup of greens (packed)
1 banana (peeled)
1 cup of fruit (fresh or frozen):
About 2 tablespoons of protein (hemp seed or powder, nuts, nut butter)
1 tablespoon coconut Oil (optional)
1 tablespoon cacao powder (optional)
½ teaspoon cinnamon (optional)
Vanilla extract (optional)
½" ginger (optional)

INSTRUCTIONS:

Add liquid, green, protein and add-ins to the blender and blend.
Add banana and fruit. Blend until smooth.



RECIPE BY:

Heidi Lapides,
Doylestown, PA, USA,
Simple Balanced Wellness
Health Coaching, [www.
SimpleBalancedWellness.
com](http://www.SimpleBalancedWellness.com)

Heidi is a holistic health coach who works with women who want to eat healthier, lose weight or just feel better, but they can't figure out how to work it into their busy lives.

Chocolate Berry Smoothie

(VEGAN)

INGREDIENTS:

1 avocado
1 cup mixed berries
2 tablespoons cacao (chocolate)
10 ground almonds
2 teaspoon ground chia seeds (substitute ground flax seed)
Low-carb cup coconut milk (optional)
1 cups water
Cinnamon
Vanilla extract
Stevia (optional) for added sweetness

INSTRUCTIONS:

Add all ingredients in a blender and blend until desired consistency is reached.



RECIPE BY:

Allison Tuffs, <http://www.allisontuffs.com/>

Allison helps uber busy working mothers live a balanced healthy lifestyle while they juggle family, work, social lives, meal times and yes alone time: life may not always be perfect, but it is what we make it.

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Carrot Apple Fennel Fusion (VEGAN, RAW)

INGREDIENTS:

1 medium fennel bulb
1 Fuji apple
2 celery stalks
1 carrot
1/4 lemon

INSTRUCTIONS:

Juice all ingredients or blend in a blender with 6-8 ounces of water.



RECIPE BY:

Anissa Michele, Norwalk,
CT, USA, The Juicing
Mama, www.fb.me/the-juicingmama

Anissa helps families
with small children
incorporate juicing into
their lives.

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Pick Me Up Green Juice

(VEGAN, RAW)

INGREDIENTS:

1 cup of kale
1 banana
½ cup mixed berries
1 tablespoon of millet flax seed
1 tablespoon of honey for taste (optional)
Water

INSTRUCTIONS:

Combine all ingredients in a blender. Add enough water to cover ingredients and blend.



RECIPE BY:

Cynthia Marshall,
Indianapolis, IN, USA,
Mindful Physique,
www.mindfulphysique.com

Cynthia is a Health Coach and Certified Pilates, Personal Trainer, and Group Fitness Instructor that focuses on helping others live a healthy lifestyle.

Summer Melonade
Horchata Drink
(Mexican Agua Fresca prepared with melon seeds)
(VEGETARIAN, VEGAN, DAIRY- FREE, RAW)

INGREDIENTS:

1/2 cup of melon seeds (also add the pulp founded around the seeds)
2 cups of water
2 cups of rice milk
1/2 teaspoon of vanilla or 1/2 vanilla bean (the seeds)
1 cinnamon stick or 2 pinches of powder
1/4 cup of agave nectar

INSTRUCTIONS:

Add the melon seeds and water to the blender and blend, then strain this preparation. Again blend the seeds with rice milk, vanilla and cinnamon and strain. Add the nectar and mix. Add ice if you desire. Extra: Serve with small pieces of melon and ground walnuts.



RECIPE BY:

Alexandra Chávez, Morelia, Mexico, Ale Chavez Health Coaching, aleh64@yahoo.com.mx.

Ale helps people on weight issues to transform their lives as skinny healthy and happy people.



breakfast

Warming Energy Release Wonder

(VEGETARIAN, DAIRY-FREE, EGG-FREE, COY-FREE, CORN-FREE)

INGREDIENTS:

1/2 cup rolled oats
1 cup just boiled hot water
1/4 cup chia seeds
1/4 cup LSA
1 tablespoon chopped dates
1/2 cup organic coconut milk

INSTRUCTIONS:

Put oats and chia seeds into a bowl, add the hot water, leave to soak for 30 minutes (or prepare the night before and leave in the fridge to help for easy digestion). Warm the coconut milk in a separate container. Sprinkle dates and LSA (linseed, sunflower and almond mix) over the oat and chia mix. Then add the warm coconut milk. Let it sit for a few minutes to soften the dates.



RECIPE BY:

Jessica Eastwood, Wana-
ka, New Zealand, Square
One Health, www.square-onehealth.co.nz, <https://www.facebook.com/squareonehealth.co.nz>

Jess is a Holistic Health Coach focusing on children with allergies & skin issues, and their busy, tired mothers who are ready to claim their own lives back.

Swiss Business Bircher (On the Go)

(VEGAN, VEGETARIAN, (CAN BE) DAIRY-FREE, (CAN BE) NUT-FREE, (CAN BE) GLUTEN-FREE, EGG-FREE, SOY-FREE, SUGAR-FREE, RAW, LOW-FAT, ZONE, LOW-CARB, LOW-CALORIE)

INGREDIENTS:

2 x 200g plain low-fat yogurt (soy or other substitution)
2 tablespoons raw oats (or certified gluten-free)
2 whole apples, grated with the skin
1 teaspoon ground almonds (or other nuts – optional)
400 grams fresh seasonal fruit (berries, grapes, apricots...)
1 tablespoon (or to taste) natural sweetener such as honey, maple syrup or agave syrup
Seeds or other flavorings like cinnamon or vanilla as desired

INSTRUCTIONS:

This recipe is a Sunday evening batch creation for on-the-go business people. It can easily be multiplied and gets better with slight fermentation. Breakfast, lunch, snack or late dinner any place, anytime. Inspired by the Swiss physician Maximilian Oskar Bircher-Benner around the turn of the 20th century.

Night before: Mix all ingredients in an airtight container and refrigerate. As desired, portion into "on-the-go" container and go.



RECIPE BY:

Ellen Kocher, Geneva, Switzerland, Wheathness, ekocher@whealthness.ch, www.whealthness.ch

Ellen is an Economist and Health Coach who understands the challenges of a busy working lifestyle for both men and women and is dedicated to promoting health in the workplace through workshops and coaching.

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Brilliant Breakfast Cookies

(VEGAN, GLUTEN-FREE, LOW-FAT, SOY-FREE, CORN-FREE)

INGREDIENTS:

Base:

3 ripe bananas mashed

½ cup peanut or almond butter

¾ cup unsweetened applesauce

1 teaspoon pure vanilla extract

1 tablespoon cinnamon

2 scoops MILA hydrated in 1c water

4 scoops dry MILA

2 cup gluten-free oats

Optional add-ins: 1/2c mix & match- cocoa powder, Raisins or dried cranberries, nuts, blueberries, Chopped dates, dried apricots, vegan chocolate chips

INSTRUCTIONS:

Mix all base ingredients and let rest for 10min or while pre-heating oven at 350*. Stir in any add ins (Divide base in half and make 2 diff types of cookies if you want) Bake for 30 minutes. Makes 24.



RECIPE BY:

Brie Ana Ross, Sandy,
OR, USA, Pure Brilliance
Coaching, www.brieana.com, www.facebook.com/Brie.PureBrilliance

Brie Ana is a Holistic Health Coach and DreamBuilder Coach helping people simplifying the confusing world of healthy eating and supplement choices and empowering them to improve their whole life through better food choices, simple food prep, and creating an Anti-Inflammatory Life.

Banana Bites

(VEGAN, GLUTEN-FREE, RAW)

INGREDIENTS:

- 1 banana
- 2 tablespoon of raw almond butter (or nut/seed butter of choice)
- 1 teaspoon of chia seeds
- 1/8 teaspoon cinnamon

INSTRUCTIONS:

Peel banana. Slice into 1/4 " pieces and arrange on plate. Spread almond butter on the top of each slice. Sprinkle with chia seeds and cinnamon.



RECIPE BY:

Holly Anderton, Laguna Beach, CA, USA www.hollyanderton.com <https://www.facebook.com/hollyanderton.health>

Holly is a holistic health coach dedicated to helping you reach your health and fitness goals so you can get the most out of life.

Grain Free Protein Pancakes with Blueberry Sauce

(PALEO, GRAIN-FREE, DAIRY-FREE, GLUTEN-FREE, HIGH-PROTEIN)

INGREDIENTS:

2 eggs
2 tablespoon chia seeds
1 ripe banana
½ cup almond meal
1 tablespoon LSA
2 tablespoon desiccated coconut
½ cup almond milk
1 teaspoon cinnamon
½ teaspoon vanilla
Optional: 2 teaspoon of your favorite superfood, eg. maca, acai, maqui, mesquite
Coconut oil for frying
1 cup frozen or fresh blueberries

INSTRUCTIONS:

Put all the ingredients (except coconut oil and blueberries) into your food processor or blender and whizz them up into a smooth mixture. For more chunky pancakes you can mash the banana and whisk it together with the other ingredients. Heat the coconut oil in a frying pan on medium heat and add large spoonfuls of the mixture, flipping the pancakes when small bubbles appear on the side facing up. To make the blueberry sauce, put the berries into the hot pan once you have finished cooking the pancakes and turned off the burner. Swish them around for a few minutes until they soften and become juicy, then give them a bit of a squish with your spatula to make them nice and saucy and pour them over the pancakes. If you're feeling fancy, add a dollop of yoghurt (or coyo to keep things Dairy-free), and sprinkle some walnuts or granola and bee pollen and dust with a little cinnamon.



RECIPE BY:

Amelia Harvey,
Perth, Australia,
www.ameliaharvey-health.com, <https://www.facebook.com/ameliaharveyhealth>,
<http://instagram.com/ameliaharveyhealth>,
<https://twitter.com/AmeliaHHealth>

Amelia Harvey is a Holistic Health Coach who is soulfully passionate about helping young women LOVE themselves enough to create their most vibrant and healthy life.

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Glorious Morning Pancake

(VEGETARIAN, SUGAR-FREE)

INGREDIENT:

1 egg
1 tablespoons coconut flour
2 tablespoons almond milk (unsweetened)
2 kalamata olives finely chopped
Black pepper to taste
Coconut oil
Toppings:
1/2 an avocado diced
Fresh za'atar sprinkled (or oregano)

INSTRUCTIONS:

Mix all the ingredients of the pancake batter together. Heat a pan with a bit of coconut oil and put in the whole batter to make a large pancake. Let it cook for a good two minutes before flipping over (make sure its cooked). Assemble the toppings.



RECIPE BY:

Muneera AlMusairee, Kuwait, www.healthy-feast.com

Muneera is a holistic health coach who helps people attain a lifestyle rather than a diet, by creating delicious recipes.

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Best Cereal Ever!

(VEGAN, VEGETARIAN, DAIRY-FREE, EGG-FREE, GLUTEN-FREE, SOY-FREE, CORN-FREE)

INGREDIENTS:

1 tablespoon chia seeds
1 tablespoon ground flax seeds
1 tablespoon hemp seeds
2 tablespoon raisins (or favorite dried fruit)
Almond milk (or favorite "milk product") enough to cover the cereal

INSTRUCTIONS:

Combine all ingredients and let stand until milk is absorbed 5-10 minutes



RECIPE BY:

Amy Baily, Harrisburg, PA, USA, www.Holistic-balance101.com, Amybaily101@gmail.com

Amy works as a Holistic Health Coach specializing in detox diets and breaking sugar addiction.

Overnight Oats and Chia Delight

(VEGAN, VEGETARIAN, DAIRY-FREE, EGG-FREE, NO ADDED SUGAR)

INGREDIENTS:

½ cup organic oats
2T chia seeds
1 cup homemade almond milk
½ cup organic berries
1 tablespoon activated almonds
Organic coconut (preferably fresh)

INSTRUCTIONS:

Place oats and chia seeds in a lidded Mason Jar (or any glass jar). Add almond milk and mix thoroughly. Leave overnight in the fridge. In the morning add berries, almonds and coconut.



RECIPE BY:

Belinda Wilson-Chartres,
Australia The Refresh
Project, www.therefresh-project.com.au , <https://www.facebook.com/pages/The-Refresh-Project/222948447861844>.

Belinda has worked in the food industry in Australia for over 15 years and has created The Refresh Project to work with people to Refresh their journey to health to sustain their busy lives... people looking to thrive not just survive.

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Flax ½ Day Muffin

(VEGAN, VEGETARIAN, DAIRY-FREE, EGG-FREE, GLUTEN-FREE, SOY-FREE, CORN-FREE, SUGAR-FREE)

INGREDIENTS:

1 tablespoon coconut oil
½ banana
¼ cup flax meal
1 tablespoon ground chia seeds
½ teaspoon cinnamon
½ teaspoon baking soda
1 packet stevia
3 tablespoon almond milk
1 tablespoon raisins

INSTRUCTIONS:

In the microwave, melt coconut oil in a small baking bowl. Once melted, add banana and mix well. Add the dry ingredients (flax meal, ground chia, baking soda, and Stevia. After that, incorporate the almond milk and raisins. Once thoroughly mixed, microwave for 1 minute and 20 seconds or bake at 350 degrees for 25 minutes. This little muffin is definitely going to sustain you until lunchtime.



RECIPE BY:

Gina Willis, Seal Beach,
CA, USA

Gina works with women, because when women are happy and healthy they share this with their children, husbands, family, friends, and it has a ripple effect out into the world.

Homemade Cereal

(VEGAN, VEGETARIAN, EGG-FREE, DAIRY-FREE, GLUTEN-FREE, SOY-FREE, SUGAR-FREE)

INGREDIENTS:

½ - 1 cup unsweetened organic corn flakes
1 tablespoon chia seeds
2 teaspoons cinnamon
1 tablespoon maca powder
¼ banana
Unsweetened coconut milk (or dairy-free milk of choice)
Optional:
1 tablespoon hemp hearts
1 tablespoon cacao nibs
1 tablespoon golden flaxmeal
¼ - ½ cup puffed millet
Shredded coconut

INSTRUCTIONS:

Place all ingredients in a bowl, top with banana, drench in milk of choice.



RECIPE BY:

Kailey Donewald, Chicago, IL, USA, Kailey Joy Health Coaching, kailey-joy.com

Kailey is a holistic health coach and private yoga instructor who emphasizes the power of the mind-body connection in coaching others towards optimal wellness.

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Quinoa Breakfast Cereal with Crunchy Pecans

(GLUTEN-FREE, EGG-FREE, DIARY-FREE, SOY-FREE, VEGETARIAN)

INGREDIENTS:

1 cup quinoa flakes (you can also use rolled oats)
1 cup almond milk (or a milk of your choice)
1 boiling water
¼ teaspoon sea salt
½ - 1 banana – cut into slices
½-1 apple – cut into small chunks
4-8 dates – chopped
¼ - ½ cup pecans – chopped
1 teaspoon coconut palm sugar – for extra sweetness

INSTRUCTIONS:

Quinoa flakes, almond milk, water and salt put into a small/medium pot and cook by stove top on medium and stir a little bit. When it starts to bubble take the pot from the stove, put the lid on and let it on the table for 5-10 minutes (you can prepare the other ingredients in the meantime). It will thicken in the meantime. The porridge is then divided to two bowls and the other ingredients are placed on top. If you like more sweetness you can add some coconut palm sugar.



RECIPE BY:

Asthildur Bjorns, From
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Rotterdam in the Nether-
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Asthildur is a holistic
health coach, registered
nurse and a personal
trainer who is work-
ing with busy women,
helping them getting the
balance between work,
family life, exercise and
enjoying life.

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Blueberry Breakfast Waffles

(DAIRY-FREE, GLUTEN-FREE, SOY-FREE)

INGREDIENTS:

Waffle mix:

1/2 cup fresh or frozen blueberries

1/2 cup oat milk

1/2 cup buckwheat flower

1 egg

1 tablespoon of cinnamon

Decoration:

Handful of chopped walnuts

Agave syrup

1 tablespoon of chia seeds

1 banana in pieces

INSTRUCTIONS:

Preheat a waffle iron. Add all ingredients of the waffle mix into a blender and mix it until smooth. Poor your batter in the waffle iron and cook until golden brown. Decorate it with walnuts, chia seeds, agave syrup and the banana pieces. Serve and eat waffles as soon as possible - they are best hot.



RECIPE BY:

Stephanie Mollet, Amsterdam - The Netherlands/Istanbul - Turkey, stephanie_mollet@yahoo.com.

Stephanie Mollet is a Master of Business and Administration graduate, certified NLP Master coach and Health coach who can support you finding your way into a healthy and balanced lifestyle.

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Super Satisfying Quinoa Breakfast Blend (VEGETARIAN)

INGREDIENTS:

1/2 cup quinoa, rinsed
1 cup coconut or almond milk
1/2 teaspoon nutmeg
1/2 teaspoon cinnamon
2 tablespoon almond butter
Handful of coconut flakes
1 tablespoon cacao nibs
Drizzle of honey or agave if desired

INSTRUCTIONS:

Bring the quinoa and non-dairy milk to a boil. Stir in the spices. Cover and simmer on low for about 15 minutes. Remove from heat. Put the quinoa in a bowl and add almond butter and sprinkle coconut and cacao on top.



RECIPE BY:

Lauren Dobey, Vibrant Journey Wellness, www.vibrantjourneywellness.com, www.facebook.com/vibrantjourneywellness

Lauren coaches over-worked corporate goddesses to help them reclaim their bounce-outta-bed energy through high-quality nutrition and top-notch coaching.

Baked Apple and Blueberry Oatmeal

(VEGAN, VEGETARIAN, DAIRY-FREE, NUT-FREE, GLUTEN-FREE, SUGAR-FREE)

INGREDIENTS:

2/3 cup oats (Gluten-free if preferred)
tiny pinch salt
1 1/4 cup apple juice
1 apple- grated
1 tbs ground flax seed
1/2 teaspoon mixed spice or cinnamon
large handful frozen blueberries (I haven't tried with fresh so I am not sure of cooking times)
small handful of pumpkin seeds (or other seeds as preferred)

INSTRUCTIONS:

Mix everything together reserving most of the blueberries and pumpkin seeds to add on the top last. Spoon into a medium oven dish and add the blueberries and pumpkin seeds, pressing them lightly into the top. Bake at 180C for approx. 25 minutes until the topping is golden. Serve immediately. This will also keep in the fridge for up to 2 days and is also nice eaten cold.



RECIPE BY:

Jo Hodson, Including Cake, <http://www.includingcake.com>, <https://www.facebook.com/pages/Including-Cake/163685083724688>,

Jo is the one behind Including Cake- 'where health and indulgence collide'.

Jar of Happiness

(VEGAN)

INGREDIENTS:

1/4 cup of whole oats (soaked for at least 8 hours)

1/4 cup rolled oats or muesli

1/2 cup of water or any nut milk

Choose any combination: 1-2 dates to sweeten, a teaspoon of tahini / nut butter, maca powder, hemp seeds, avocado, banana, berries etc, nuts or seeds

INSTRUCTIONS:

Combined all the above ingredients in a mason jar or any tight lid jar and put in the fridge overnight (except fruits). Add in any fruits before consuming! All the goodness and nutrients in a jar and on the go, anytime anywhere!



RECIPE BY:

Shirly Oh, Singapore,
Inspired Wellness
Yogi, ayshirly@gmail.com

Shirly works with women dealing with emotional eating who want to nourish, nurture and heal themselves through self-love and exploration.

Boosting Breakfast (OVO-VEGETARIAN)

INGREDIENTS:

Broccoli
1 zucchini
1 tomato
1/2 onion
Eggs

INSTRUCTIONS:

Put all vegetables cut in small pieces in a pan, add 3-4 table-
spoons of water, stir, cover and simmer for 3-4 min. Add 1 table-
spoon olive oil, stir and add eggs.



RECIPE BY:

Kenza Bensouda, Orlan-
do, FL, USA

Kenza is a holistic health
coach,, passionate about
helping people with Auto
Immune diseases to gain
control over their anxi-
ety, stress and get their
health back.

Best Granola Ever

(VEGAN, GLUTEN-FREE, DAIRY-FREE, EGG-FREE, SOY-FREE, CORN-FREE)

INGREDIENTS:

3 cups Gluten-free rolled oats
1/2 uncooked quinoa (or flakes if available)
1/2 cup unsalted hulled sunflower seeds
1/4 cup sesame seeds
1/2 cup unsalted hulled pumpkin seeds
1/2 cup flaked coconut
1 1/2 cups chopped unsalted mixed nuts (almonds, hazelnuts, walnuts, Brazil nuts, cashews etc.)
1 teaspoon ground cinnamon
1/2 teaspoon sea salt
1/3 cup pure maple syrup
1 teaspoon pure vanilla extract
1/2 cup dried fruit (cherries, blueberries) - optional

INSTRUCTIONS

Preheat oven to 350°. In a large bowl, mix together the oats, sunflower, sesame and pumpkin seeds, coconut, nuts, cinnamon, and salt. Stir in maple syrup and vanilla. Add 2-3 tablespoons water and stir until well combined. Spread the granola evenly on a large baking sheet. Bake for 20-25 minutes, stir once or twice halfway, until golden brown. When cool, stir in the dried fruits. Store in an airtight container.



RECIPE BY:

Ania Dunlop, Rye, NY, US,
Food For Zen, <http://www.foodforzen.com>

Ania is a holistic health coach helping families with gluten and dairy sensitivities live well.

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Easy Overnight Breakfast Pudding To-go! (VEGAN)

INGREDIENTS:

1- 12oz Jar w/lid
1/4 cup chia seeds
1 cup greek yogurt
1/4 cup almond milk
1 tablespoon honey
Sprinkle cinnamon
1/8 cup raspberries
1/8 cup cashews
Topping:
1 tablespoon shaved coconut
1 tablespoon hemp seeds

INSTRUCTIONS:

Place all the ingredients into the jar and mix well. Sprinkle with shaved coconut and hemp seeds. Place the jar in the refrigerator overnight and your breakfast is ready to go in the morning!



RECIPE BY:

Sarah Birney, Nourish-
HealthCoach.com

Sarah helps women to
find maximum health
and balance in life.

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Chrissy's Everyday Granola Bars

(VEGAN, CORN-FREE, SOY-FREE)

INGREDIENTS:

4 cup old fashioned oats
1 cup whole wheat flour
1 cup dried cranberries
½ cup chopped dates
½ cup chopped dried apricots
¾ cup raw organic honey
½ cup whole or shaved almonds
½ cup ground flax seed
1 teaspoon baking soda
½ teaspoon sea salt
½ cup canola oil
2 egg whites

INSTRUCTIONS:

Heat oven to 325 degrees. Spray a 15x10x1 inch baking pan with non-stick spray. In a large bowl or mixer stir all ingredients together until mixture is completely moist and coated. Use clean hands to press mixture evenly into the greased pan. Bake for 30 minutes or until golden brown. Cool completely. Cut into 18 bars and wrap individually.



RECIPE BY:

Chrissy Davenport,
Hoboken, NJ, USA, CDav-
enportHealthCoach.com

Chrissy is a holistic health coach who works with both new and expectant moms to create happiness and balance from the inside out.

Crockpot Porridge

(GLUTEN-FREE, SOY-FREE, VEGAN)

INGREDIENTS:

1 cup steel cut oats
1/3 cup quinoa
4 cup water
1 medium size sweet potato
1 teaspoon ground cinnamon
1/2 t vanilla extract
1/2 teaspoon ground ginger
1/4 teaspoon ground nutmeg

INSTRUCTIONS:

Dice sweet potato to 1/2 inch cubes. Rinse quinoa. Place all ingredients into a glass bowl that fits inside of a crock pot (lid on). Use a water bath method and pour water around the outside of the glass bowl. This will make clean up a breeze. Cook on low overnight, 8 to 16 hours. The following morning stir in the spices and add toppings of your choice. Topping ideas include: dried fruit, nuts, seeds, maple syrup etc.



RECIPE BY:

Emily Schmidt, Los Alamos, NM, USA, FitFoodie Health Coach, www.fitfoodie-healthcoach.com

Emily is a working mom of 3 who strives to teach her family, friends and community that food isn't the enemy, it is the answer!

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Veggie Egg Scramble.

(GLUTEN-FREE, NUT-FREE, VEGETARIAN, DAIRY-FREE, NUT-FREE,
GLUTEN-FREE, SOY-FREE, SUGAR-FREE, AND LOW-CARB)

INGREDIENTS:

2 eggs
1/3 green pepper
1 small zucchini
1/8 cup diced onion
2 white mushrooms
generous sprinkle turmeric
sprinkle garlic powder or small garlic clove chopped
salt and pepper to taste
1 teaspoon olive oil

INSTRUCTIONS:

Chop pepper, zucchini, onion, and mushrooms. Heat oil in a pan over medium heat, and then add vegetables. Cook vegetables until slightly soft. As the vegetables are cooking beat eggs together. When the vegetables are soft add the eggs and spices and stir all together. Cook until the eggs are no longer runny, string all the while. Helpful Hint: To make preparation easier and faster in the morning pre-chop all of the vegetables in large quantities and have them in a container.



RECIPE BY:

Izzy Avellar, Floyd, VA,
USA, <http://izzy.health-coach.integrativenutrition.com/>

Izzy Avellar helps parents to make time for their health in order for them to better support themselves and their families.

Gluten-free Almond Meal/Zucchini Muffins (GLUTEN-FREE)

INGREDIENTS:

3 cups of zucchini
1 cup of walnuts
2 cups almond meal
½ cup protein powder of your choice
1 teaspoon baking soda
1 tablespoon pumpkin spice blend
¼ teaspoon sea salt
3 eggs, whipped gently
¼ cup maple syrup
1 teaspoon vanilla
1/3 cup coconut oil
¼ cup apple juice (optional)

INSTRUCTIONS:

Preheat oven to 350 degrees F. Grate and set aside 3 cups zucchini. Chop and set aside 1 cup walnuts. Sift into a bowl and then add the grated zucchini and chopped walnuts. Pour wet mixture into dry mixture and mix well. Spoon into muffin tin and bake it for 20-25 minutes.



RECIPE BY:

Kathleen L. Madden,
Greenbeltjourney.com,
facebook.com/greenbelt-journey

Kathleen is a former collegiate and professional athlete and school teacher whose passion for health and wellness has led her into health coaching and teaching yoga and meditation to kids, teens, and adults.

Quinoa & Oat Apple Pie Breakfast Jar

(VEGAN, VEGETARIAN, DAIRY-FREE, GLUTEN-FREE, SOY-FREE, EGG-FREE, NUT-FREE, CORN-FREE)

INGREDIENTS:

2 medium apples (peeled and cored)
1 tablespoon unrefined coconut oil
1 tablespoon cinnamon
1 tablespoon pure maple syrup
1 cup water
1/2 cup gluten-free quick cook oats
1/2 cup pre-cooked quinoa
1/2 cup almond milk
optional: Gluten-free granola, raisins, pear, dates, walnuts.

INSTRUCTIONS:

Peel, core and dice the apples. In a cast iron skillet, heat the coconut oil and add the diced apples. Stir and cook down about 3 minutes. When the apples are warm and slightly soft, add the cinnamon and maple syrup, stir and cook 1 minute. Add water and Gluten-free oats. Stir 2 minutes, then add cooked quinoa and almond milk. stir to combine and heat through. Remove from heat, place in a wide mouth jar, add toppings and enjoy!!

Substitutions:

Maple syrup for:
honey (not vegan), raw stevia, organic cane or coconut sugar

Almond milk for:
coconut milk, organic whole milk (not Dairy-free/vegan)

Gluten-free oats for:
regular quick cook oats (not Gluten-free)



RECIPE BY:

Cinnamon Heitz, DE,
USA, Foodology Health
Coaching, www.FoodologyHC.com,
www.Facebook.com/FoodologyHC

Cinnamon enjoys teaching others the science of food and how to use it to heal the body and specializes in Adrenal Fatigue, clean eating, and food education.

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Garlic-Olive Herb Bread

(VEGAN, DAIRY-FREE, EGG-FREE, NUT-FREE, SOY-FREE, CORN-FREE, LOW-FAT)

INGREDIENTS:

2 low-carb cup whole wheat pastry flour
½ tablespoon rosemary
½ tablespoon oregano
1 teaspoon thyme
1 teaspoon basil
1 tablespoon onion powder
½ teaspoon sea salt
2 teaspoon instant yeast
1 cup lukewarm water
1 cup green or Greek olives
½ cup fresh garlic

INSTRUCTIONS:

Combine flour, herbs, salt in a large mixing bowl. Stir in yeast. Make a well in center of the flour and pour in water, diced garlic, and diced olives. Mix by hand to make soft dough. Place dough in a small nonstick bread pan (8X4 inch) (Best if the pan is lined with parchment paper for easy removal) and cover it for 1 hour to rise. Preheat oven to 350 F, Bake about 30-35 minutes.



RECIPE BY:

Bernadett Bialach, Gilbert, AZ, USA, Be Well With B, www.bewellwithb.com

<https://www.facebook.com/BeWellWithB>

Bernadett helps people by coaching them to live a well balanced, healthy life incorporating food and exercise.

Mashed Organic Cauliflower

(VEGETARIAN, NUT-FREE, GLUTEN-FREE)

INGREDIENTS:

1 head fresh organic cauliflower
2 tablespoon organic butter
Sea salt/pepper to taste
Milk (if desired, to make smooth like mashed potatoes)

INSTRUCTIONS:

In a large sauce pan bring 1 cup water to a boil. Remove leaves and stem from cauliflower and break into pieces. When water is boiled, add cauliflower to water and cover. Cook for about 2 minutes and then remove from heat. Let stand to simmer about 5 minutes while preparing rest of meal. Drain cauliflower; add butter, salt and pepper to taste and mash to desired consistency. (I used a food mill for a smooth texture.) You may choose to hand mash for a lumpier mix or use a hand mixer and add milk to blend into a mashed "potato-like" consistency.



RECIPE BY:

Kelly Haigh, Boston, MA,
Discover Your Authentic
Health, [Http://www.discoveryourauthentichealth.com](http://www.discoveryourauthentichealth.com)

Kelly Haigh helps moms achieve harmony within their busy lives to maintain balance of a healthy mind in a healthy body.

Roasted Sweet Potatoes and Chickpeas

(VEGAN, HIGH-FIBER, GLUTEN-FREE)

INGREDIENTS:

1 can of chickpeas (rinsed)
2 large sweet potatoes (peeled and diced into 1" chunks)
1 low-carb tablespoon of coconut oil (melted)
2-3 t of turmeric
Salt and pepper to taste

INSTRUCTIONS:

Preheat oven to 400. Peel and dice sweet potatoes into ½ inch cubes. Rinse chickpeas and gently dry with paper towel. Melt coconut oil in a small saucepan over medium heat. Pour into large mixing bowl. Add in diced sweet potatoes and chickpeas, and coat with oil by mixing with fingers or spoon. Spread onto rimmed baking sheet or 9x13 baking dish. Sprinkle generously with turmeric. Add salt and pepper to taste. Bake at 400 for 20 minutes shaking pan or flipping ingredients midway through cooking to roast evenly. Variations: Can add paprika, curry or red pepper flakes for spicier version or cinnamon for a less savory taste.



RECIPE BY:

Karen Azeez, New York, NY, USA, Karen Azeez Wellbeings, karenazeez@msn.com www.karenazeezwellbeings.com

Karen helps busy men and women regain their strength and vitality, manage stress, lose weight and sleep better.

6 Layer Mexican Dip

(NUT-FREE, LOW-CARB, EGG-FREE, GLUTEN-FREE WHEN USING GF CHIPS,
VEGETARIAN – OMIT THE MEAT AND ADD MORE BEANS)

INGREDIENTS:

1-2 lbs of organic ground turkey/ground chicken (can omit if vegetarian)
1 8 oz package of organic cream-cheese
½-1 cup of shredded organic pepper jack cheese mix
1 avocado or home-made guacamole (mash up avocado, add salt, pepper, onion powder, garlic powder, dash of hot sauce and squeeze of lemon)
Organic refried beans
1 small can of sliced black olives
½-1 cup sliced jalapenos
¼-½ cup of hot sauce
½ cup organic salsa (make homemade or use organic store bought. Don't use restaurant style, it's too watery!)
2 tablespoon chili powder
1 teaspoon garlic powder
1 teaspoon onion powder
½ teaspoon cayenne pepper
1 teaspoon paprika
2 teaspoon ground cumin
2 teaspoon each - sea salt and black pepper
2 tablespoon fresh organic cilantro (for garnish on top)
1-2 bags of organic tortilla chips or make your own with Organic Brown Rice Tortillas (cut into triangles, sprinkle with olive oil, seasonings and bake for 10 mins)

INSTRUCTIONS:

In a large skillet, cook meat until no longer pink. Drain if necessary. Add back to pan and add in ¼ cup of hot sauce and ½ cup of salsa with half the measurements of all seasonings (the other half is reserved for the cream cheese). For example, you will use ½ teaspoon garlic powder, ¼ teaspoon onion powder, etc. Let simmer for about a half hour so all the flavors absorb, (can cook longer) Soften cream cheese and mix in remaining seasonings. In a glass casserole dish or aluminum dish (9 x 13 should do the trick), spread cream cheese on bottom. Then spread the beans on top of cream cheese and then the mashed avocado/guacamole on top of that. Sprinkle ¼-½ cup of shredded cheese on top of guacamole. Spread ground turkey on top of cheese. Sprinkle remaining shredded cheese on top of ground turkey. Top with olives and jalapenos. Bake on 375 degrees about 15-20 mins. Garnish with cilantro and serve!



RECIPE BY:

Lisa Laura, Bluepoint,
NY, USA, Logically Lifted,
<http://www.logicallylifted.com/>, www.facebook.com/logicallylifted

Lisa is the owner of Logically Lifted™ where she encourages and guides people to live their happiest, healthiest lives in the most creative, simplest ways possible.

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Judy's Swiss chard with mushrooms and beets

(VEGAN, LOW-FAT, DAIRY-FREE, NUT-FREE, SOY-FREE, CORN-FREE, GLUTEN-FREE, SUGAR-FREE, EGG-FREE)

INGREDIENTS:

Evoo
1 chopped onion
5-6 chopped button mushrooms (can substitute with other varieties)
2-3 small beets or one large beet
Bunch of swiss chard (6-8 large leaves) rinsed and finely chopped
1/8 cup dry white wine
Salt and pepper

INSTRUCTIONS:

Peel and chop the beets into bite size pieces. Toss in olive oil and roast at 400 until soft (10-15 minutes). Sauté onion and mushrooms in olive oil until soft. Add the white wine and continue to deglaze for 3-4 minutes. Add the swiss chard and sauté until desired softness. Add more olive oil if needed. Mix in the roasted beets. Add desired salt and pepper. Serve as a side dish.



RECIPE BY:

Judy Brown, Hillsborough, NC, USA, Judy's Wellness Coaching, jfrances40@earthlink.net

Judy coaches women of all ages and supports them in creating health, balance, and joy in their busy lives.

Awesome Alfredo

(VEGETARIAN)

INGREDIENTS:

1 cup of raw cashews (soaked over-night)
2 tablespoon of raw pine nuts
Juice of one lemon
1 clove of garlic minced
3 tablespoon of parmesan cheese shredded
dash of nutmeg
Salt and pepper to taste
1 cup of water (more if you want it thinner)
cooked pasta of your choice
fresh parsley
dash of hot sauce (optional)

INSTRUCTIONS:

In a blender combine nuts and grind. Add water, lemon juice, garlic, nutmeg and parmesan cheese. Blend until smooth. Add salt and pepper and taste. Depending on consistency you may want to add more water or more cheese. If you want it vegetarian, leave out parmesan. Heat sauce just to a boil, reduce heat and simmer until pasta is ready. Pour sauce over pasta. Top with fresh parsley, dash of hot sauce, and fresh parmesan.



RECIPE BY:

Raeanna Pitzer, Acworth,
GA, USA, Wellness by
Raeanna

Raenna is a health educator whose main goals are teach people how to improve their eating habits, strive for better food choices and focus on providing their families with the best nutrition they are capable of.

Avocado-Spinach Spread/Dip

(RAW, VEGAN, GLUTEN-FREE, DAIRY-FREE, CORN-FREE ,NUT-FREE, EGG-FREE, SOY-FREE, SUGAR-FREE)

INGREDIENTS :

1 ripe avocado
4 handful of spinach
1 handful of parsley
1 garlic clove (2 cloves if you like stronger garlic taste)
2 tablespoon lemon juice
1/4 teaspoon sea salt
1/4 teaspoon ground cumin
1/2 teaspoon red pepper flakes (optional)
1/4 cup sesame paste (or oil if paste is not available)

DIRECTION :

Put all ingredients in a blender and blend until creamy. Serve with a dash of red pepper flakes



RECIPE BY:

Szilvia Nagy, Istanbul, Turkey, Szilvia Nagy Health Coaching

Szilvia is a holistic health coach helping parents to create healthier eating habits for their children and the whole family.

Chermoula Dressing

(VEGETARIAN)

INGREDIENTS:

1 x bunch fresh coriander
1 x bunch fresh parsley
4 x cloves garlic
4cm fresh ginger - roughly chopped
zest of 1 lemon
1 tablespoon whole coriander seeds
1 tablespoon whole cumin seeds
1 tablespoon ground turmeric
1 teaspoon paprika
1-2 red chillies, deseeded
1 tablespoon honey
1/4c olive oil or coconut oil
1/2 teaspoon salt

INSTRUCTIONS:

Combine all of the following in a blender or food processor.
Mix until smooth - smells amazing!

Use this sauce to cover whatever you like! Serve over a mixed salad of your choice - sprinkle with sliced almonds and organic Greek yogurt.

The sauce can also be used over tofu, seafood or your choice of green vegetables.



RECIPE BY:

Arna Craig, USA

Arna is a holistic health coach.

Stuffed Tomatoes

(VEGAN, VEGETARIAN, DAIRY-FREE, EGG-FREE, GLUTEN-FREE, CORN-FREE, SUGAR-FREE, LOW-CARB)

INGREDIENTS:

1 big ripe tomato
100g of firm tofu
1 teaspoon of olive oil
1 teaspoon of sesame seeds
Sea salt and pepper
Herbs de Provence (or any other herbs, like oregano, rosemary, thyme, etc.)
Parsley for decoration

INSTRUCTIONS:

Preheat oven to 375 degrees F. Slice off 1/2 inch of the stem end of the tomato and hollow out the inside, discarding the seeds and reserving the pulp. Be careful not to puncture the outer shell. Slice just a small section off of the bottom of the tomato so that it will sit flat on a baking sheet. Sprinkle salt in the hollow portion of the tomato and place it upside down on a baking sheet to extract juices. Meanwhile, in a medium bowl, scramble the tofu with a fork and mix it together with the tomato pulp, sesame seeds, herbs, olive oil and salt. Stuff the tomato with the filling and bake until tomato is cooked through and top is golden brown, about 20 minutes. If there is some filling left, use it to prepare a delicious and healthy sandwich! And remember, this is a very versatile recipe. You can add different ingredients to this basic filling, like grated carrots, chopped spinach, parsley, chive, leek, other nuts or dried fruits. On top of that, you can replace the tofu by cooked quinoa, brown rice or lentils; canned tuna; minced organic and grass feed meat... the possibilities are endless!



RECIPE BY:

Marcella Chulam, Rio de Janeiro, Brazil, mchulam@gmail.com

Marcella is a Brazilian nutritionist and health coach who can help you find optimal health.

Camila's Kickin' Roasted Vegetables

(VEGAN, GLUTEN-FREE, NUT-FREE, CORN-FREE)

INGREDIENTS:

Two small or medium yellow potatoes, cubed
One large sweet potato, peeled and cubed
One bunch of kale, rinsed and roughly chopped
2 medium red bell peppers, seeded and diced
1/2 lb of button mushrooms, rinsed and sliced
1 small or medium jalapeno pepper, finely chopped
2 tablespoons fresh thyme, finely chopped
2 tablespoons fresh rosemary, finely chopped
1/2 cup olive oil
3 tablespoons balsamic vinegar
2 tablespoons pure maple syrup
Salt and pepper
Parsley for garnish (optional)

INSTRUCTIONS:

Preheat oven to 450 degrees. Combine potatoes, sweet potatoes, kale, red peppers, jalapeno and mushrooms in a large mixing bowl. Mix olive oil, balsamic vinegar, maple syrup, thyme, rosemary, salt and pepper in a small bowl. Coat vegetables evenly with mixture. Transfer vegetables to roasting pan and roast for 45-50 minutes in preheated oven. Stir every 10-15 minutes for even cooking



RECIPE BY:

Camila Fandino, Chicago, IL, Camila Fandino: Wellness and Harmony Designer, www.camilafandino.com

Camila helps her clients reach their fullest potential and heal their bodies and minds by combining personalized nutrition, exercise, and mind-body techniques.

Mediterranean Hummus

(VEGAN, GLUTEN-FREE, LOW-FAT)

INGREDIENTS:

1 can Garbanzo beans
1 cloze garlic
1 lemon
¼ cup tahini
2 tablespoons olive oil
1 teaspoon sea salt (taste dependent)
½ teaspoon cumin
black pepper to taste
¼ teaspoon paprika
1 tablespoon fresh parsley
½ cup roasted red peppers- fresh out of a jar or home roasted
½ cup artichoke hearts

INSTRUCTIONS:

Add the first 5 ingredients and blend until creamy. Then add the spices to taste. Save a pinch of paprika and parsley for garnish. Finally add the peppers and artichokes and pulse, you can leave as chunks or blend until creamy depending on your preference. Add to whole grain/ seeded crackers, your favorite whole grain/ seeded/ sprouted bread, or an assortment of fresh vegetables and enjoy!!



RECIPE BY:

Danielle Menter, Big Sky,
MT, USA, Big Sky Healthy
Living

[www.facebook.com/
danimenter](https://www.facebook.com/danimenter)

Danielle supports people
to reach your fullest po-
tential of balanced living
through healthy eating
and lifestyle choices.

Barbunya - a Turkish dish, served cold (VEGETARIAN, EGG-FREE, NUT-FREE, CORN-FREE, GLUTEN-FREE, DAIRY-FREE)

INGREDIENTS:

2 (small-medium) onions, diced
2 Tablespoon olive oil
2 garlic cloves, sliced
2 carrots, cut in half round (or cut into cubes)
1 can of tomato purée, or (1 can of petite diced tomato), both
are (organic/ low salt)
1 cup dry pinto beans or red beans
1 cup hot water
1 teaspoon sweetener (stevia, chicory rootInulin, agave, xylitol, Erythritol).
organic sea salt + black pepper
1/2 bunch of parsley leaves & lemon slices for garnish

INSTRUCTIONS:

Soak barbunya beans (pinto beans/ red beans) in water over night and before cooking boil until soft, approximately for an hour. If you have a pressure cooker you can cook them for approximately 15-20 min. Then Drain and rinse. Heat oil in a big pot. Add onions, garlic. Stir for 4-5 minutes. Add the carrots and cook until carrots get kind of soft. Add the tomato purée and cook until they turn darker red (basically until they're cooked). Add barbunyas (pinto beans / red beans) and stir for 5 mins. Add salt, sugar, and hot water. Turn down the heat. Cover and cook for another 20-30 minutes. Garnish with parsley and lemon slices.7 Squeeze lemon juice on barbunyas before you eat.



RECIPE BY:

Ayda J. Qasem, Dhahran,
Kingdom of Saudi Arabia,
Nutrigyze your life, www.nutrigyze.com

Ayda is a dietitian & a
health coach advocate,
helping people to create
a healthy balance of their
body, mind, and soul by
embracing their inner
energy.

Easy Kale Pesto

(VEGAN, GLUTEN-FREE, SUGAR-FREE, EGG-FREE)

INGREDIENTS:

1 bunch kale, stems removed
1 cup pistachio nuts
2 green shallots
3 cloves garlic, peeled
4 tablespoons extra virgin olive oil
2 tablespoons tahini
juice of 1 lemon
salt and fresh ground black pepper to taste

INSTRUCTIONS:

Steam kale leaves for 2-3 minutes. Place all ingredients into a food processor and blend until creamy and smooth. Add to your favorite meal for a boost of greens and flavor or serve as a dip. Store in a sealed container in the fridge for up to 1 week or cover with a layer of oil and freeze.



RECIPE BY:

Domonique Young, Darwin, Australia. Living Young, www.livingyoung.com.au

Domonique is a holistic health coach and yoga teacher helping you live young at heart and in body.

Avocado Salad

(VEGAN, NUT-FREE, GLUTEN-FREE, SUGAR-FREE, RAW)

INGREDIENTS:

1 avocado
½ red onion
1 large tomato
¼ cup of cilantro
1 lime
Pepper to taste

INSTRUCTIONS:

Chop all vegetables and combine in bowl. Squeeze lime juice on top of vegetables and mix. Chop cucumber into slices to use as "chips or crackers". Add pepper to taste



RECIPE BY:

Meagan Anne, meagan-anne.com

Meagan is a health coach.

Spicy Papaya Salad

(DAIRY-FREE, EGG-FREE, GLUTEN-FREE, SOY-FREE, CORN-FREE, SUGAR-FREE, LOW-CARB)

INGREDIENTS:

3 cloves garlic, chopped
3-5 green bird's eye chilies (depending on how spicy you like it!)
1 tablespoon roasted peanuts*
1 tablespoon dried shrimps*
1 ½ teaspoon organic coconut sugar
1 ½ teaspoon fish sauce
1 ½ teaspoon freshly squeezed lime juice
2 cherry tomatoes, quartered
½ cup runner / string beans, cut into 1 inch pieces
200 gr shredded green papaya
2 fresh prawns, shelled and blanched*
A few fresh coriander leaves
2 small wedges of cabbage
*optional

INSTRUCTIONS:

Using a pestle and mortar, roughly pound the garlic cloves and chilies. Add the dried shrimps and peanuts (if using) and continue to pound into a rough paste. Stir in the coconut sugar, fish sauce and lime juice. Add the tomatoes and green beans and crush gently. Follow with the green papaya, which you gently bruise. Test and adjust the seasoning as desired. Serve with the prawns. Garnish with a few corianders leaves and wedges of raw cabbage.



RECIPE BY:

Tania Unsworth, originally from London (UK), but currently based in Phnom Penh, Cambodia.
taniauns@yahoo.co.uk

Tania is a holistic health coach and reiki practitioner helping expats and frequent travelers boost their health and wellbeing whilst adjusting to new environments.

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Honey Drenched Figs

(GLUTEN-FREE, VEGETARIAN)

INGREDIENTS:

10 fresh raw figs
2T raw, local honey
1/2 cup chevre
1/4 cup chopped pistachios
sea salt

INSTRUCTIONS:

Rinse figs thoroughly and pat dry, cut in half and remove the small stem. Slice a small x in the center and stuff in a pinch of goat cheese, top with chopped pistachios pushed down a bit into the goat cheese. Drizzle with honey and sprinkle with sea salt.



RECIPE BY:

Cherylyn Petersen,
Redding, CA, USA www.mudbootsandpearls.blogspot.com

Cherylyn focuses her experience on helping children make healthy food choices, creating new recipes, and teaches on how to overcome eating disorders.

The Best Mediterranean Eggplant Dip Ever

(VEGAN, VEGETERIAN, DAIRY-FREE, EGG-FREE, NUT-FREE, GLUTEN-FREE, SOY-FREE, CORN-FREE, SUGAR-FREE)

INGREDIENTS:

3 Chinese eggplants ,(the long skinny ones!) or 1 regular large eggplant
2 red peppers(on dirty dozen list so preferably organic)
1 red onion
2 cloves garlic
2 tablespoon EVOO
1 teaspoon salt and pepper
1 tbs tomato paste

INSTRUCTIONS:

Peel and chop first 3 veggies into 1- 1Low-carb inch cubes, place on a baking sheet, add olive oil, crushed garlic, salt and pepper, and mix to cover all veggies. Roast at 400 F for 40 min or so until veggies are soft. Place the roasted veggies in a food processor and add the tomato paste and blend to your desired softness.



RECIPE BY:

Jaleh Boushehri, Chantilly (Southriding),VA, USA,
Eat2stayhealthy.com,
[Facebook.com/Eat2stayhealthy](https://www.facebook.com/Eat2stayhealthy)

Jaleh is a registered nurse who as a health coach is focusing on helping her clients manage diabetes, pre-diabetes, high cholesterol and high blood pressure and prevent cancer through nutrition.

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Sweet Potato with Walnuts, Almonds and Maple Syrup

(VEGAN, GLUTEN-FREE, CORN-FREE)

INGREDIENTS:

4 sweet potatoes
1/4 cut raw almonds
1/4 cut walnuts
hand full of cranberries
1 tablespoon extra-olive
2 tablespoon maple syrup
Pinch of salt

INSTRUCTIONS

Heat oven to 400 degrees. Prick potatoes all over with a fork and arrange on a baking sheet. Bake potatoes until tender, about 45 minutes. Combine the walnuts, almonds, cranberries, oil and maple syrup. Split the sweet potatoes in half and add the mixture. Bake for another 10 minutes.



RECIPE BY:

Marta Alvarez Kohn, New York City, NY, USA, Live-Beautiful4you.com

Marta works as a Wellness and Health coach helping people 'getting their groove back'.

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Everything Salad for Happiness and Health (VEGAN, VEGETARIAN, DAIRY-FREE, SOY-FREE, SUGAR-FREE)

INGREDIENTS:

Romaine lettuce
Spinach
Alfalfa sprouts
Swiss chards
Celery
Parsley
Cilantro
Orange mini sweet pepper
Yellow mini sweet pepper
Green bell pepper
Cucumber
Peas
Corn
Avocado
Sugar-snap peas
Garbanzo beans
Carrots
Apples
Sunflower seeds
Black olives

INSTRUCTIONS:

Cut all the veggies and fruits into small pieces, except for the carrots, please, shred those. Mix all together and top with olives and the seeds. Serve with: Just as it is; With easy vinaigrette (1/4 cup of evoo, 1/4 cup + 2 tablespoon balsamic vinegar, pinch of salt, little bit of black pepper, rosemary and oregano).



RECIPE BY:

Kat Gál, Worldwide/International (in English and in Hungarian), Happy-Healthy365, www.happy-healthy365.com, happy-healthy365.wordpress.com, facebook.com/happyhealthy365, twitter.com/happyhealthy365

Kat is a holistic health and happiness coach whose life purpose is to empower others to dare to live a happy and healthy life inside and out, with a mission to guide her clients how to feed their body and soul in order to heal ailments, chronic pain, emotional issues and to live the life of their dreams in health, happiness and love.

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Kale Guacamole Salad

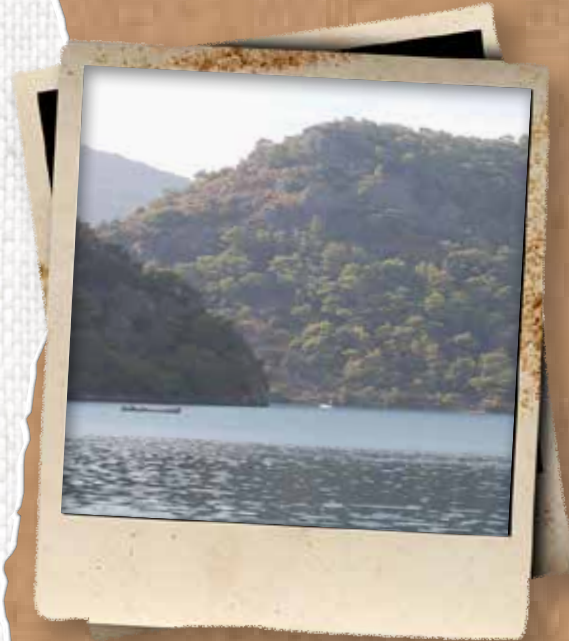
(VEGAN, PALEO, GLUTEN-FREE, NUT-FREE, DAIRY-FREE, SUGAR-FREE)

INGREDIENTS:

1 bunch of kale
1 clove of fresh garlic
1 lemon
1 lime
1/2 red onion
1 large or 2 small avocados
sea salt and pepper to taste

INSTRUCTIONS:

Rinse kale and remove the leaves from the stem into desirable-sized salad leaves. Chop glove of garlic and red onion and combine with mashed avocado. Next, squeeze lemon and lime on top of kale leaves and add the guacamole. Use either your hands or utensils to mix the avocado throughout the salad. Add sea salt and pepper to taste.



RECIPE BY:

Taylor Hohmann, Austin, TX, USA, HappyBeets.net

Taylor is a registered nurse as well as a holistic health and wellness practitioner who is passionate about health promotion and disease prevention and enjoys , educating, encouraging and empowering individuals to look and feel their best.

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Berry Healthy Salad

(NUT-FREE, VEGETARIAN, RAW FOOD, LACTOSE-FREE, GLUTEN-FREE, EGG-FREE, CORN-FREE, SOY-FREE, LOW-CARB)

INGREDIENTS:

Strawberries
Black pepper
Balsamic vinegar
Honey (preferably wild or raw honey)
Mustard greens

INSTRUCTIONS:

Slice the strawberries and leave them marinating in the refrigerator with a few tablespoons of balsamic vinegar and a pinch of black pepper. After one hour, drizzle with honey and mix well. Chop the mustard greens and add the strawberries. Gently toss and let it rest for 5 minutes while the greens absorb the flavor. Serve immediately after.



RECIPE BY:

Gissele Ospina, Dallas, TX, USA, www.synergy-mode.com

Gissele is a bilingual (English/Spanish) Health Coach, blogger and a Reiki Master & Teacher with a mission to show that eating healthy can be easy, affordable and tasty.

Cold Quinoa Mediterranean Salad

(GLUTEN-FREE, LOW-FAT, VEGAN, VEGETARIAN, DAIRY-FREE, EGG-FREE, SOY-FREE, CORN-FREE, NUT-FREE)

INGREDIENTS:

1 ½ cups quinoa, rinsed well and drained
3 cups water
½ cup chopped fresh parsley
2 cups cherry tomatoes halved
1 English or Armenian cucumber, peeled (if not organic) and diced
½ cup sliced green onions
1 small red onion sliced thinly
½ cup rough chopped Kalamata Olives
½ cup organic apple cider or balsamic vinegar
1/3 cup + 1 Tablespoon. extra-virgin olive oil
¼ cup torn basil
Himalayan salt and freshly cracked organic black pepper (to taste)

INSTRUCTIONS:

Toast quinoa with tablespoon. of extra-virgin olive oil in heavy bottomed skillet on medium heat until fragrant and golden brown (roughly 5 minutes). Add water, bring to a boil, reduce heat, and simmer covered until liquid is absorbed and germ has spiraled out (roughly 12-15 minutes). In a large bowl combine, allow to marinate until quinoa is cooled (roughly ½ an hour to 1 hour). Add cooled quinoa to vegetable mixture and thoroughly combine. Adjust seasonings to taste.



RECIPE BY:

Joannie Lumbr, Saint Albans, VT, USA, Soul Stone Wellness, www.soulstonewellness.com

Joannie, a Health Coach and Reiki practitioner, advocates healthful lifestyles to reduce conditions such as obesity, fatigue, and joint pain in her clients.

Massaged Kale & Seaweed Salad

(VEGAN, VEGETARIAN, DAIRY-FREE, EGG-FREE, NUT-FREE, GLUTEN-FREE, SOY-FREE, CORN-FREE, SUGAR-FREE, RAW, LOW-FAT RAW, PALEO, ZONE, LOW-CARB)

INGREDIENTS:

½ cup dry wakame
1 bunch kale, destemmed and chopped
3-4 tablespoon olive oil
1-2 tablespoon balsamic vinegar
1 pear
¼ c goji berries (or currants or raisins)
¼ cup pumpkin seeds

INSTRUCTIONS:

Rinse seaweed, and cover with water 5-10 minutes to soak. Strip the kale leaves off the stems and save the stems for a stir-fry. Rip the kale leaves into bite-sized pieces. Massage the oil into the kale until it wilts and softens. Add the balsamic vinegar and massage a bit more to combine. Drain seaweed and add to kale. Cut up the pear in bite-sized pieces and add to the salad. Sprinkle in the goji berries and pumpkin seeds and toss. (Note: if the goji berries are hard, you can rehydrate them by soaking in a little water, then draining the water before adding them.)



RECIPE BY:

Katy Taylor, St. Paul, MN, USA, Nourishing Wholeness, <https://www.facebook.com/NourishingWholeness-Practice>

Katy supports women who struggle to feel fulfilled in their lives and want to nourish themselves naturally through healthy food and cooking, conscious lifestyle choices, and spiritual growth work.

Chicken Salad Roll Up

(GLUTEN-FREE)

INGREDIENTS:

1/2 cup chopped cooked chicken
3 tablespoon chopped apple
2 tablespoon chopped red grapes
2 tablespoon extra crunchy peanut butter
1 tablespoon mayo
2 teaspoon honey
Lettuce leaf

INSTRUCTIONS:

Combine all ingredients and spoon into lettuce leaf. Roll and serve



RECIPE BY:

Susan Landheer, Caledonia, MI, USA

Susan is a health coach.

Yummy Kale Salad

(PALEO, GLUTEN-FREE, EGG-FREE, SOY-FREE, CORN-FREE, SUGAR-FREE, LOW-CARB)

INGREDIENTS:

1 bunch lacinato kale
1 teaspoon fresh lemon juice
¼ cup marcona almonds
¼ c sunflower seeds
3T pecorino romano cheese (shredded)
Olive oil
Sea salt

INSTRUCTIONS:

Prepare kale by cutting out the center stem and shredding it. Place in bowl and toss with fresh lemon juice. Let sit for 10 minutes (to allow kale to soften in lemon juice). Toast ¼ c sunflower seeds in toaster oven. Assemble kale, almonds, sunflower seeds and cheese in a bowl. Pour olive oil to taste (I use 2 tablespoon but you might want more or less). Finish up with a dash of good quality sea salt and Enjoy the results.



RECIPE BY:

Mary Bennett, Darien, CT, USA, Mary Bennett Wellness, www.marybennettwellness.com

Mary's mission is to help busy people to increase their energy and feel better through simple diet and lifestyle changes, which will allow them to approach their lives with increased clarity and experience more happiness.

Jicama Salad

(VEGAN, RAW, GLUTEN-FREE)

INGREDIENTS :

for the salad:

baby spinach

1 cup grated carrots

1 cup cherry tomatoes

1 cup jicamas cubed

1 cup cucumbers cubed

Peanuts or nuts

Dressing:

1 tablespoon of flaxseed oil

1 lemon (juice)

1chopped garlic

4. 1/3 cup orange juice

5 chopped parsley

INSTRUCTIONS :

Combine baby spinach, grated carrots, cherry tomatoes, jicamas and cucumbers in a large bowl. Whisk together all the ingredients for the dressing in a separate bowl. Toss the salad mixture with the dressing and top with the nuts or peanuts.



RECIPE BY:

Jessica Maldonado,
Querétaro, México, Jessi-cacoach@outlook.com

Jessica is a Holistic
Health Coach specialized
in family wellness.

Spinach and Cabbage Winter Salad (VEGAN)

INGREDIENTS:

4 cups spinach
½ small head red cabbage
1 orange
1 avocado
1 pear
1 carrot

INSTRUCTIONS:

Slice or chop spinach and cabbage. Peel and segment the orange and slice. Peel and slice the pear. Peel and dice the avocado. Wash the carrot (peel if desired) then grate. Combine all ingredients into a bowl. Drizzle a little orange juice over salad and toss.



RECIPE BY:

Birte Haakansson, Escondido, CA, USA, Vitality & Wellness 4 Life, www.vitalityandwellness4life.com, www.facebook.com/vitalityandwellness4life

Birte works as a holistic health coach and guides and supports clients so they can make consistent steps towards a healthier and happier life.

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Tempeh Rueben Salad

(VEGETARIAN, LOW-FAT)

INGREDIENTS:

3-4 romaine leaves (chopped) or handful of baby spinach or mixed greens
1 Kosher dill mini pickle (chopped)
1 Tbs vegetable oil (or any sautéing oil you have on hand, I do not recommend olive oil)
1/4 c. sliced red or vidalia onion
1/4 c. sauerkraut
2-3 oz tempeh
1 slice provolone or swiss cheese
Optional: Feel free to enhance the salad with any other chopped veggies you have on hand, bell peppers, mushrooms, carrots, etc.
Fresh cracked pepper
Thousand Island salad dressing

INSTRUCTIONS:

Heat oil in a small sauté pan. Sauté onions until translucent (approx. 6 min). Season tempeh with a bit of salt and fresh cracked pepper. Add Sauerkraut and Tempeh to pan and sauté with onions until Tempeh is browned on each side and Sauerkraut is heated through (Approx. 4 min) (I mix the Sauerkraut and onions together in the pan and keep the Tempeh separate while it's cooking). Place whatever type of greens you decide to use on a plate. Add chopped Kosher dill mini pickle. Add any additional chopped veggies you decide to include (if you use mushrooms, I suggest sautéing them with the onions and sauerkraut). Add hot sauerkraut, onions and tempeh). Rip slice of cheese into small pieces and place on top of sauté mixture (I like to place it on top of the sauté mixture because it tends to melt and makes the salad that much better). Top with fresh cracked pepper. Add dressing to taste.



RECIPE BY:

Mara Puglisi, Newark, DE, USA, Mara Puglisi Health Coaching, mara.puglisi.healthcoach.integrative-nutrition.com

Mara works with busy women who want to increase their energy, find more balance and adopt healthier eating habits for themselves and their families, she specializes in working with women during their child bearing years from pre-pregnancy through the postpartum stage and beyond.

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Rice Salad

(VEGAN, GLUTEN-FREE)

INGREDIENTS:

1 cup corn
1 cup peas
1 red or yellow paprika
1 cup cherry tomatoes
1 can sliced olives
2 bunches of scallions
1 cucumber
1 cup cooked rice
avocado (optional)
Sauce:
3-4 Tbs olive oil
1 teaspoon mustard
2-3 Tbs white balsamic
2 garlic cloves

INSTRUCTIONS:

Add all ingredients to a large bowl. Pour over the sauce.



RECIPE BY:

Celeste von Boch-Scully,
Munich, Germany, CBS
Health, www.celeste-bochscully.healthcoach.integrativenutrition.com

Celeste uses natural foods in her health coaching practice to help heal people's chronic conditions, to regain energy, lose weight and feel great.

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Baby greens with blue cheese crumbles

(PALEO, GLUTEN-FREE, EGG -FREE, SOY-FREE, CORN-FREE)

Love this salad for lunch. You can skip the cheese and it still tastes great. But a little blue cheese is a nice addition.

INGREDIENTS:

Box of baby lettuces/ spinach
1/2 cup sunflower seeds or walnuts
1/2 cup dried cranberries
whole red pepper
whole avocado
1/2 cup blue cheese crumbles
Dressing:
1 oz Canola oil
3 oz extra virgin olive oil
1 1/2 oz balsamic vinegar
1/2 teaspoon salt
1/4 teaspoon pepper
1 tablespoon Dijon mustard
2 teaspoons real Maple Syrup

INSTRUCTIONS:

Mix salad and add the dressing. You can also make it lighter in calories by adding a tablespoon or two or three of water. Tip: There is a wonderful shaker made by OXO that has ounce and cup measurements and goes in the dishwasher.



RECIPE BY:

Anne Fleming, Duxbury, MA, USA, Fleming Wellness www.Flemingwellness.com

Anne is studying to be a holistic health counselor, her mission is to help people look, feel and be their best while preventing injuries and lifestyle diseases.

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Avocado and Hearts of Palm Salad

(VEGETARIAN, NUT-FREE)

INGREDIENTS:

Mixed Greens
1 Avocado
½ c. garbanzo beans (may use more to suit tastes)
½ jar hearts of palm (approx. 7 oz.)
1/3 c. goat cheese
3 carrots
2 tomatoes
Optional: ½ c. corn (I use one ear of cooked corn on the cob)
Vinaigrette:
1 garlic clove finely chopped
2 tablespoons extra virgin olive oil
1-2 teaspoon red wine vinegar (or more to taste)
1/2 teaspoon Dijon mustard (adjust to taste)
Juice of ½ a lemon
Dash of salt and pepper

INSTRUCTIONS:

Chop avocado, hearts of palm, goat cheese, carrots and tomatoes into bite size pieces. If using corn on the cob, boil in unsalted water (salt would toughen the corn) for approximately 5 minutes. Slice corn off the cob and put it in the salad. For the vinaigrette, combine the above ingredients and whisk together or shake in a mason jar. Drizzle desired amount on salad.



RECIPE BY:

Tracy Nadler, Scottsdale,
AZ, USA

Tracy Nadler is a holistic health coach from Scottsdale, Arizona, U.S.A. who guides others with healthy eating and lifestyle choices to manage weight and help ease stress, anxiety, and depression.

Black Bean and Bok Choy Salad

(VEGAN)

INGREDIENTS:

2 15-ounce cans drained black beans
4 celery stalks, thinly sliced
2 stalks green onions, chopped
3 baby bok choy heads (or two large heads), chopped
3 tablespoons red wine vinegar
1/2 cup olive oil
2 tablespoons mustard
salt and pepper to taste

INSTRUCTIONS:

Mix beans, celery, onions, and bok choy. Whisk together vinegar, oil and mustard. Pour this dressing into bean mixture. Add salt and pepper to taste. Refrigerate at least one hour before serving.



RECIPE BY:

Julie Machakos, Juneau,
Alaska.

Julie is a health coach who works with people whose lives feel out of balance and who want to be healthy in heart, soul, mind, and strength.

Heart Healthy Black Bean Bowl (VEGAN)

INGREDIENTS:

1 cup of black beans
1/2 cup of brown rice
1/3 cup mushrooms
1/3 cup spinach
1/4 cup onions
3 slices jalapeños
Light salt

INSTRUCTIONS:

Mix black beans and brown rice bring to a boil. Then add veggies spinach last.



RECIPE BY:

Melody McClellan, Un-
wrap You Health Coach-
ing, Unwrapu.com

Melody is a health coach.

Smorgasbord Salad

(VEGAN, GLUTEN-FREE, CORN-FREE, SOY-FREE)

INGREDIENTS:

Spiralized zucchini - main ingredient
Kale leaves (massaged in hands first to soften the leaves)
sliced mushrooms
sliced kalamata olives
1/2 avocado sliced
handful of red grapes
topped with hemp hearts
sprig of rosemary on top
drizzled my favorite homemade sweet balsamic dressing
Sweet Balsamic Strawberry Dressing:
1/2 c. extra virgin olive oil
1/2 c. balsamic vinegar
1/4 c. honey (raw)
1/4 t. paprika
2-3 strawberries (you can use frozen strawberries)
1/4 t. basil (or you can use several fresh basil leaves)

INSTRUCTIONS:

Mix all ingredients in a high speed blender.



RECIPE BY:

Stacy Harmer, VibrantLiving101, stacyhamer.com, vibrantlivingblog.com.

Stacy is enthusiastic about helping others live healthy, whole and vibrant lives through her 7 Steps to Vibrant Living Courses, Raw Food Made Easy classes and Weight Loss programs.

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Roasted Beet Salad

(VEGETARIAN, EGG-FREE, SOY-FREE, CORN-FREE, SUGAR-FREE)

INGREDIENTS:

1 ½ pounds beets (about 8 small beets), scrubbed
1/3 cup and 1 Tablespoon extra-virgin olive oil (separated)
Salt and pepper to taste
2 generous handfuls of arugula
1 cup feta cheese
¼ cup chopped walnuts
1/3 cup extra virgin olive oil
2/3 cup apple balsamic vinegar (or your favorite balsamic vinegar)

INSTRUCTIONS:

To prepare beets: Preheat oven to 425 degrees. In medium size baking dish toss beets with the 1 Tablespoon oil. Sprinkle with salt and pepper as desired. Cover dish tightly with foil; roast until tender (easy to stick a fork or knife through), about 45 - 60 minutes depending on size of beets. When cool enough to handle, rub with a paper towel to remove skins. Chop beets into bite size pieces. (Tip: To avoid staining your hands, wear rubber gloves when handling beets.) For Salad: In large bowl layer arugula, beets, feta and walnuts. In small bowl, mix together oil and vinegar. Pour desired amount over salad just before serving.



RECIPE BY:

Diana Redington, Philadelphia, PA, USA <http://dianaredington.health-coach.integrativenutrition.com/>

Diana helps individuals decode cravings, overcome sugar addiction and discover self-love.

Harvest Salad

(VEGAN, GLUTEN-FREE)

INGREDIENTS:

Dressing:

- ¼ cup pomegranate juice
- ¼ cup apple cider vinegar
- 1 tablespoon agave
- ½ teaspoon freshly grated ginger
- ¼ teaspoon freshly cracked pepper
- Pinch of Himalayan sea salt
- 1 tablespoon extra-virgin olive oil

Salad:

- 3 cup peeled, cored & diced butternut squash
- 1 tablespoon coconut oil, melted
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon cumin
- Pinch of Himalayan sea salt
- ½ cup quinoa
- 1 cup water
- 1 avocado, sliced
- 1 pomegranate, arils removed
- ½ cup toasted pepitas or nuts of choice
- 6 cup greens (I used mixed greens because that's what I had on hand but kale or spinach would be delicious as well)
- Juice of half a lime

INSTRUCTIONS:

Combine all of the dressing ingredients, except for olive oil, in a bowl and whisk together. Then gradually pour olive oil into bowl, while constantly whisking, until the dressing comes together. Preheat oven to 400°. Place squash on a large baking sheet lined with parchment or foil. Drizzle squash with coconut oil and sprinkle with cinnamon, nutmeg & salt. Roast for 30 min., stirring once half way, until your fork easily pierces the squash. While the squash cooks, prepare quinoa according to package directions. Once the squash and quinoa are ready, begin to assemble the salad. Divide greens into 4 bowls and top with quinoa, squash, avocado, pomegranate arils & toasted pepitas. Drizzle with dressing and a squeeze of fresh lime juice. Can enjoy warm or chilled.



RECIPE BY:

Hilary Ruiz, Miami, FL,
USA and Atlanta, GA,
USA, Hilary Ruiz Health
Coaching, www.hilaryruiz.com

Hilary Ruiz is a holistic health coach helping women implement healthy lifestyle choices into their busy, everyday lives.

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Simple Summer Salad

(VEGETARIAN, GLUTEN-FREE, LOW-FAT, SOY-FREE, CORN-FREE)

INGREDIENTS:

Greens (mixed lettuce greens)

Fruit (blueberries and/or strawberries, dried cranberries or raisins, grapes)

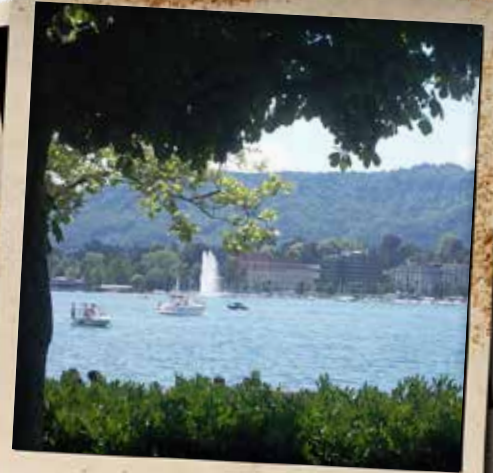
Nuts and seeds (walnuts or slivered almonds, unsalted sunflower seed, or any seed will do. You can also try pumpkin seeds.)

Cheese (herbed goat cheese or you can also opt to use feta cheese or blue cheese instead)

Dressing (olive oil, vinegar of your choice (red wine, white wine, apple cider, rice, etc.)

INSTRUCTIONS:

Set aside a handful of each of the toppings (fruit, nuts, seeds, cheese). Mix your lettuce and remaining toppings in a bowl so that everything is integrated. Transfer to a serving bowl. In the serving bowl, carefully arrange the berries, nuts and cheese so that they are presentable and people know exactly what's in the salad. It will also look picture worthy! To keep it healthy, nix the bottled salad dressing and instead drizzle olive oil and vinegar of your choice after serving.



RECIPE BY:

Candice Bovian, Atlanta, GA, USA, www.wholelifewellness.info

Candice is a Certified Holistic Health Coach supporting busy moms and corporate professionals in feeding their families quick & easy, healthy meals while also ensuring that they take care of themselves with a routine self-care practice.

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downy

Vegan Type A Curried Lentil Soup

(VEGAN, BLOOD-TYPE DIET TYPE A)

INGREDIENTS:

2 tablespoon evoo
4 medium carrots diced
1 medium celeriac knob diced
1 large onion chopped
1 medium apple diced
1 small head of garlic cloves, peeled and chopped
2 tablespoon fresh ginger peeled and chopped
2 teaspoon curry powder
1 teaspoon ground cumin
1 teaspoon ground coriander
2 teaspoon turmeric
1 teaspoon kelp powder
1/2 cup nutritional yeast
4 cup homemade or low sodium vegetable stock
5 cup water
2 cup raw lentils (I like to use a variety of types but you can use just red or green if you like)
1/4 cup chopped cilantro
1/2 teaspoon pink Himalayan salt

INSTRUCTIONS:

In a 5 qt. dutch oven or sauce pot, heat evoo over med. heat Add next 4 ingredients and cook, stirring occasionally for 10-15 minutes till lightly browned. Add next 6 ingredients and cook stirring often for 5 minutes Add nutritional yeast, vegetable broth, lentils, and 5 cups of water; heat to boiling. Reduce heat to low, cover and simmer about 1 hour until lentils and vegetables are tender. Stir in cilantro and salt



RECIPE BY:

Patty Sassone, Kinnelon,
NJ, USA, Holistic Harmony
Health Coaching

Patty helps her clients to
eat right for their blood
type.

Spicy Bok Choy Soup

(VEGAN, PALEO, GLUTEN-FREE, NUT-FREE, VEGETARIAN, LOW-FAT)

INGREDIENTS:

1 quart of broth (chicken or vegetable)
2 tablespoon olive oil
1 teaspoon crushed red pepper flakes (more if spicier flavor is desired)
4 minced garlic cloves
1/2 lb Portobello mushrooms, sliced
1 medium bok choy, sliced (leaves and stems)
1 red bell pepper, sliced
4 scallions, sliced
Himalayan salt to taste
Pepper to taste
1/4 cup fresh cilantro, sliced as garnish
Optional- add shrimp or chicken

INSTRUCTIONS:

Slice all ingredients in to bite sized pieces, add olive oil, crushed red pepper, garlic, salt and black pepper to broth in a large soup pot. Add chicken or shrimp if desired. Bring to boil. Cook 10-15 minutes. Remove from heat. Adjust seasonings to desired preference.



RECIPE BY:

Sharon Kulawiak, Newton
NJ, USA, Sharon Kula-
wiak Health Coaching
www.sharonkulawiak.com
www.facebook.com/sharonkulawiak

Sharon offers online programs and healthful information for busy families that includes fitness, healthy eating and nutritional supplements.

Tomato Fennel Leek Soup

(VEGAN, GLUTEN-FREE, VEGETARIAN)

INGREDIENTS:

2 - 28 oz cans organic diced tomatoes
4 cups organic vegetable broth
3 organic leeks (chopped white stems only)
2 cups fennel (diced)
1 teaspoon fennel thyme
1 tablespoon oregano
1 tablespoon basil
Salt and pepper to taste

INSTRUCTIONS:

Combine fennel, leeks, and seasonings. Simmer until fennel is translucent and soft, add tomatoes and broth. . Simmer another 10 minutes allowing flavor a to mix. Purée 1/2 batch and mix everything together, add salt and pepper to taste.



RECIPE BY:

Jenn Peterson, Mind-
bodybliss.biz

Jen specializes in indi-
vidualized balance.

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Asparagus and Tomato Soup

(VEGAN, DAIRY-FREE, EGG-FREE, NUT-FREE, GLUTEN- FREE, SOY-FREE, CORN-FREE, SUGAR-FREE)

INGREDIENTS:

12 asparagus spears
6 tomatoes
2 avocados
1 stick celery
1 small handful parsley
2 garlic cloves (crushed)
Himalayan salt
Black pepper

INSTRUCTIONS:

Put all the ingredients (except salt and pepper) in to the blender and blend into a puree. Pour in to a large pan and gently heat over a low flame. Serve immediately, season with salt and pepper to taste.



RECIPE BY:

Lee and Gemma Cleasby,
Lake District, England,
Energy & Vitality Ltd,
www.energy-vitality.com

Lee and Gemma are
Holistic Health Coaches
working to help people
regain their health and
increase their energy.

Vegetable Rice Soup with a Kick

(VEGAN, VEGETARIAN, SOY-FREE, NUT-FREE, SUGAR-FREE)

INGREDIENTS:

2 stalks celery, diced
1 large onion, diced or 2 large stalks of leeks (or combo them)
2 cloves garlic, diced
2 Tablespoon avocado oil (or olive or whatever quality oil you may have)
2 cups of chopped mushrooms, any type is fine (I like portabellas for a meatier texture.)
3 large carrots, sliced
1 cup of peas or corn (or both!)
4 leaves of kale, chopped (you can also substitute spinach)
4 cups vegetable broth
1 cup of water
1 Tablespoon cumin
1 large handful of cilantro, chopped
2 teaspoon black pepper
Salt as needed or wanted
2 or 3 cups cooked brown rice (black rice works great too!)
Optional: 1 or 2 sliced jalapenos to add when served.
Optional: fresh sliced avocado for top

INSTRUCTIONS:

In large pot, use oil to sauté onion and celery for several minutes until soft and then add in garlic and cook for a couple more minutes. Be careful not to burn the garlic. For the last minute, add in kale and sauté with other ingredients to warm and soften the leaves. Next, add in the broth and water with the other veggies (carrots, mushrooms, peas/corn). Add in all seasonings and cilantro. Bring to a boil and then simmer for about 15 minutes. Next, add in rice and simmer for another 5 – 10 minutes. Check to see that mushrooms and carrots are a soft texture. When ready to serve, take 2 -3 sliced jalapenos and place in each bowl of hot soup. The flavor will permeate into each bowl without overwhelming the entire pot. This allows each person to make the flavor as strong or as subtle as they like. Garnish with fresh avocado slices.



RECIPE BY:

Tusdi Vopat, Newport Beach, CA, www.happy-healthyharmony.com, @veganhealing

Through her own battle of living with lupus, Tusdi is a crusader to educate and help others about the healing power of food.

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Paula's Thyroid Liquid Gold Beef Broth (GLUTEN-FREE)

INGREDIENTS

3 to 4 pounds of 100% grass feed, grain free bones
One handful of Dulse (sea vegetable) from Maine
1/2 organic large white onion
2 organic medium carrots
2 organic celery stocks
1 table spoon of fresh rosemary or thyme
Salt, your choice how much.
1/2 organic lemon juice

INSTRUCTIONS:

First roast bones for half an hour at 400. While bones are roasting chop onion, carrots and celery. Place vegetables in the bottom of the crock pot (6 1/2 quarts). Add roasted bones. Add sea vegetables. Add rosemary or thyme. Fill up the crock pot with water, enough to cover all ingredients. Set crock pot on high for 2 hours after that removed sea vegetables. Add 1/2 of fresh organic lemon juice. Set crock pot for 24 hours on low. After that, add more water and salt. Set crock pot for on low for 24 hours. Strain liquid and fill up mason yards (not too full) . Let broth cool down. Please mason yard in the refrigerator for 24 hours. After that, remove fat from the top and you are done. You can freeze broth for months. I recommend up to 3 months.



RECIPE BY:

Paula Walsh, Portland,
Oregon, [paulamassage1@
gmail.com](mailto:paulamassage1@gmail.com)

Paula specializes in
Thyroid/autoimmune
problems.

Middle Eastern Red Lentil Soup

(VEGAN, DAIRY-FREE, GLUTEN-FREE, CORN-FREE, COY-FREE)

INGREDIENTS:

3 tablespoons olive oil
1 large onion, diced
1 cup celery, diced
1/2 teaspoon. cumin
7 cups water or vegetable stock or a mix of both
2 cups red lentils, rinsed
1 medium sweet potato or yam, diced small
salt and pepper to taste
Juice of one lemon

INGREDIENTS:

In large stockpot heat oil and sauté onions and celery until soft. Add garlic and stir for 1 minute. Add cumin and sauté for additional minute. Add water or broth, lentils, potato, salt and pepper. Bring to a boil, lower heat, cover and simmer for 1 hour, stirring occasionally to avoid sticking. Add lemon juice for last 5 minutes of simmer time.



RECIPE BY:

Shelly Metzger, Farmington Hills, MI, USA, Super Foodie Girl <https://www.facebook.com/superfoodiegirl>

Shelly Metzger is a Holistic Health coach who counsels others to achieve Super Health, Super Beauty and a Super Life.

Miso Soup with Salmon (PESCATERIAN)

INGREDIENTS:

5 cups veggie broth
4 tablespoons of fresh dark red miso or your favorite brand – use the Refrigerated brand rather than the dried brands on the supermarket shelves.
4 sheets Seaweed tear into small squares
3 scallions thinly sliced
¼ block of firm tofu cut into small cubes (optional as extra protein)
½ cup chopped mushrooms – use a variety of your favorites; Shitake, Baby Bellas, Oyster Mushrooms
2 pieces of Sockeye Salmon left whole – you can use King or Coho Salmon but it isn't as dense as Sockeye and may flake and fall apart
Dash of Dulce (optional)

INSTRUCTIONS:

Bring veggie broth to a boil over medium heat and add seaweed and mushrooms. Reduce heat and simmer for 4-5 minutes. The less you simmer the seaweed the stronger the flavor. Reduce heat and add the Salmon, Miso and tofu and simmer on very low for 4-5 minutes until Salmon is cooked through. It's important not to boil the Miso or it will lose its health benefits. Remove from heat and ladle into bowls and garnish with scallions and add a dash of dulce.



RECIPE BY:

Christine Porter, Health and Wellness Coach,
[facebook/peaceandpear](https://www.facebook.com/peaceandpear),
www.peaceandpear.com

Christine is a health and wellness coach.

Zesty Spinach Soup

(VEGAN)

INGREDIENTS:

1./2 bunch coriander/cilantro
2 tablespoon coconut oil
Spinach, green part only
½ cup water
1 tablespoon tamari
4 lemons juiced
2 Garlic Cloves crushed
Himalayan salt
Black Pepper to taste or 1 drop Pure Essential Oil Black Pepper

INSTRUCTIONS:

Place each ingredient in a saucepan in order. Simmer on medium heat for 10 minutes (or until soft). Blend ingredients until smooth consistency. Serve.



RECIPE BY:

Simone Reitberger, Melbourne, Australia, www.thearomatherapist.com.au

Simone works with women to improve their health and vitality in a fun and inspirational way and specializes in hormonal balance, depression and pre-diabetes.

Asparagus Soup

(VEGAN)

INGREDIENTS:

32 oz. vegetable broth
1 onion diced
1 clove garlic minced
1 to 2 tablespoons olive oil
1 lb. asparagus-cut in 1 inch pieces
Dill weed -fresh, dried or paste
Salt and pepper to taste

INSTRUCTIONS:

Sauté onion and garlic in olive oil on low heat. Just until onions begin to become opaque. Add asparagus and sauté till the color changes to the bright green (just a minute or two). Remove from heat. In a blender add the broth, dill weed and half the asparagus mixture and blend till smooth and warm (i use a vita mix). Add blended mixture and asparagus mixture together and serve. Season with salt and pepper to taste.



RECIPE BY:

Linda Shaw, USA

Linda is a health coach.

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Fish Soup

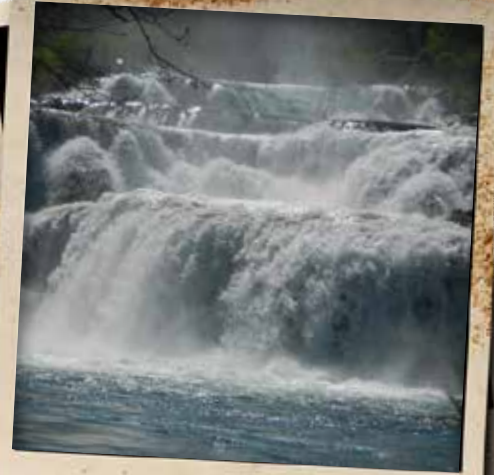
(GLUTEN-FREE, DAIRY-FREE, SOY-FREE, CORN-FREE, EGG-FREE)

INGREDIENTS:

1 tablespoon olive oil
1, 5b fish (fresh or frozen, e.g. salmon and/or cod) cut into 1 inch size pieces
1/2 lb shrimp (fresh or frozen) optional
4 large tomatoes, diced
1 yellow, or sweet, onion, minced
4 celery stalks, cut into 1/2 inch pieces
4 carrots, cut into 1/2 inch pieces
2 garlic cloves, minced
1/8 teaspoon saffron
salt and fresh crushed pepper (to taste, we like about 1 teaspoon each)
5 cups seafood stock

INSTRUCTIONS:

Heat olive oil on medium heat. Sauté vegetables, onion, garlic and saffron, and stir for about 5 minutes or until tender. Add seafood stock, salt and pepper to taste, bring to boil. Add fish, return to boil and cook 3 minutes. Add shrimp, return to boil, reduce heat to low and cook 3 more minutes.



RECIPE BY:

Camilla Bjoerkman, St
Louis, MO, USA, Health
Blissfully LLC, [www.
healthblissfully.com](http://www.healthblissfully.com)

Camilla is a health and
lifestyle coach, helping
moms and families create
a healthy and whole
foods eating lifestyle.

Carrot Parsnip Miso Soup

(VEGAN, DAIRY-FREE, EGG-FREE, GLUTEN-FREE, NUT-FREE)

INGREDIENTS:

2 tablespoon of olive oil
1 onion
5 cloves of garlic
4 lbs of carrots chopped
3 parsnips chopped
1 big piece of ginger
10 cups of vegetable broth
4 tablespoon of miso paste

INSTRUCTIONS:

Heat oil in big stock pot, add onion and garlic until translucent. Add chopped carrots, parsnips and ginger cook for 10 min. Add Vegetable broth bring to a boil then reduce heat and simmer for 40 min or until carrots and parsnips are tender Blend with emersion blender or small batches in counter top blender until smooth. Mix 4 Tbs. of Miso Paste with broth in small bowl then add to pot and stir. Enjoy soup topped with sesame oil, sriracha, or green onions.



RECIPE BY:

Jaime Nolan, Miami, FL,
USA, Time to be you

Jaime is a Health Coach
and Personal Trainer
guiding people to be-
come the healthiest ver-
sions of themselves.

Hearty Potato and Corn Chowder

(GLUTEN -FREE, DAIRY-FREE, NUT-FREE, EGG-FREE)

INGREDIENTS:

2 tablespoons grape seed oil (or other mild oil)
1 small onion, chopped
1/2 cup chopped celery
2 garlic cloves, chopped
8 small or 5-6 medium organic Yukon Gold potatoes, cut into small chunks
2 cups organic corn, fresh or frozen
1 jalapeno, diced small (flesh/seeds removed, unless you like a lot of spice!)
4 cups organic chicken broth (or veggie broth, to make vegan)
1/8 teaspoon dried thyme, or 2 sprigs fresh
1/8 teaspoon dried dill
2 cups organic soy milk
1 tablespoon gluten-free all-purpose flour
3 tablespoons water
1 teaspoon sea salt, plus more to taste, if needed
white pepper, to taste (use fresh black as substitute)

INSTRUCTIONS:

In large saucepan or dutch oven, heat the oil over medium heat and sauté the onion and celery until soft, about 5 minutes. Add the garlic and sauté 30 seconds. Add the potatoes, corn, jalapeno, broth, thyme, dill, and soy milk. Simmer 15-20 minutes, or until the potatoes are tender. In a separate small bowl, whisk together the flour and water until smooth. Add to the soup, and simmer an additional 5 minutes. Using an immersion blender (or by ladling soup into a regular blender), puree about 1/4 of the soup to a thick, lumpy texture. Stir to combine. Add the salt and pepper.



RECIPE BY:

Sarah Bramstedt, Grand Rapids, MI, USA, www.sarahbramstedt.com

Sarah is a whole-foods advocate who is passionate about helping busy women [and their families] on the journey to optimal wellness.

Creamy Butternut Squash Soup

(VEGETARIAN, GLUTEN-FREE, NUT-FREE)

INGREDIENTS:

2 medium butternut squash, peeled and cubed
1 large onion, chopped
3-4 carrots, chopped
3 medium potatoes, cubed
2 tart apples, peeled, cored, & chopped
3 tablespoon olive oil
2 quarts vegetable broth (or enough to cover vegetables in the pot) (you can use chicken stock if you aren't vegetarian)
2 cloves garlic
1 1/2 teaspoon each of salt and black pepper
1 teaspoon fresh ginger (if you don't have any ground works as well)
1 teaspoon cinnamon
1/2 teaspoon each of cumin and ground nutmeg
a small sprinkle of cayenne pepper (optional)
sour cream and apple or pumpkin butter to garnish (optional)

INSTRUCTION:

Chop squash, onion, carrots, potatoes, and apples into pieces 1-2 inches in size. To peel the squash, chop off 1/2 of the bottom and 1/2 of the top. Use a vegetable peeler to peel away the skin until the pale skin has been removed. Then, stand the squash on its end and slice it down the middle, leaving two halves. Scoop out the seeds on each half before slicing the halves into strips and ultimately into cubes. In a large pot, heat olive oil over medium heat. If you add about half of the spices into the oil and give them a couple of quick stirs, they will open up add more flavor and depth to the soup. Add all chopped ingredients to the pot and cook for 5-6 minutes, stirring regularly. Pour in the stock, using enough to cover the vegetables. Increase heat to high until the mixture comes to a boil, then cover and reduce to medium. Allow to simmer for about 40 minutes or until the vegetables are tender. If you have an immersion blender, blend the mixture until it is smooth and creamy. If you don't, ladle it in batches into a blender or food processor, making sure that you have a couple of good ladles full of liquid in each batch. Blend until smooth and pour into a second pot until the whole mixture has been blended. Add as much of the remaining broth as you like to reach your desired consistency (I used about a cup). Add the seasonings to the pot and adjust to taste. I recommend starting with about half of all the measurements and adding more as desired. The measurements above reflect what I use and love. Optional: Spoon one dollop of sour cream and some apple or pumpkin butter onto the top of each bowl just before serving. This soup makes fabulous leftovers and freezes well.



RECIPE BY:

Monica Barco, Durham, NC, USA Nourish Health Coaching, www.nourish-healthcoaching.com

Monica's health coaching focuses on women's health, including PCOS, endometriosis, and infertility as well as on thyroid issues and autoimmune diseases.

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Easy Gazpacho

(VEGAN, VEGETARIAN, RAW, GLUTEN-FREE, NUT-FREE, SOY-FREE, DAIRY-FREE, EGG-FREE)

INGREDIENTS:

15 tomatoes, chopped
1/2 onion, chopped
1/3 of a small cucumber, chopped
1/4 of a green or red paprika, chopped
1/3 medium cup of vinegar
1 medium cup of extra virgin olive oil
2 teaspoons of salt

INSTRUCTIONS:

Remove the skin from the tomatoes by placing them into a bowl of hot boiled water, until the skin comes off. Remove skin. Add tomatoes, onion, cucumber, paprika, vinegar, salt and oil in a large mixing bowl or blender. Mix with a stick blender or blender until the mixture looks smooth. Keep refrigerated for 1-2 hours. It should be served cold. Serve in small soup bowls or small glasses. Garnish with a few separate pieces of cucumber and paprika. Lovely and refreshing on hot summer days.



RECIPE BY:

Barbara Ireland, Amsterdam, Health Sense, www.health-sense.net.

Barbara is a Holistic Health and counselor teaching people to eat and live healthily using easy, practical and time saving methods.

Real Simple ~ Kale and White Bean Soup

(VEGAN, GLUTEN-FREE)

INGREDIENTS:

2 medium onions, chopped or 2 TABLESPOON of dried onion or 2 leeks (white and light green parts only)
3 large carrots, peeled and sliced
2 cups cubed peeled sweet potatoes or butternut squash
1 tablespoon olive oil
4 garlic cloves, minced
1 bunch kale, trimmed and coarsely chopped
3-1/2 cups vegetable broth
1 can (28 ounces) diced tomatoes, undrained
1-1/2 cups water
1 teaspoon Italian seasoning
1/4 teaspoon Thyme
1 teaspoon paprika
1/2 teaspoon pepper
1 bay leaf
1 can (15 ounces) white kidney or cannellini beans, rinsed and drained

INSTRUCTIONS:

In a Dutch oven, sauté onions/leeks and carrots in oil about 10 minutes. Add garlic; cook 1 minute longer. Stir in the potatoes and/or squash, kale, broth, tomatoes, water, Italian seasoning, Thyme, paprika, pepper and bay leaf. Bring to a boil. Add cooked beans. Reduce heat; cover and simmer for 50-60 minutes or until kale is tender. Cool slightly. Discard bay leaf.



RECIPE BY:

Vivian Fleitstra, ACE-GFI,
Health Coach, Well Cared
4 Body, Inc, www.Well-Cared4Body.com

Vivian is a Certified ACE-GFI and Health Coach.

Chicken Soup for the Body and Soul

(DAIRY-FREE, EGG-FREE, NUT-FREE, GLUTEN-FREE, SOY-FREE, CORN-FREE, SUGAR-FREE)

INGREDIENTS:

½ whole cooked chicken, skin removed and chopped
8 cloves fresh garlic, minced
½ bag of coleslaw mix
1 green pepper, cored, seeded and chopped
2 sweet potatoes, peeled and chopped
2 zucchini squash, chopped
½ jalapeno pepper, chopped
1 teaspoon each: dried sage, basil, oregano, and parsley
1 teaspoon hot red pepper flakes
1 14 oz can diced tomatoes
4 cups organic chicken broth
A dash of balsamic vinegar
Salt and pepper to taste

INSTRUCTIONS:

Add all ingredients to a crock pot and cook for 5 hours.



RECIPE BY:

Jen Feeny, Ottawa,
Ontario, Canada, Pep
In Your Step Wellness,
[http://www.pepinyour-
step.ca](http://www.pepinyour-step.ca)

Jen is a holistic health
coach and reiki practi-
tioner who specializes
in helping clients to
manage stress, maintain
their target weight and
increase energy.

Scrumptiously Roasted Butternut Squash Soup

(VEGAN, VEGETARIAN, DAIRY-FREE, GLUTEN-FREE,
SUGAR-FREE, LOW-FAT)

INGREDIENTS:

2 medium size butternut squash
1-2 medium size yellow onions
6-8 cloves of garlic (skin on)
1-2 tablespoon coconut oil
¼ teaspoon cayenne pepper
¼ teaspoon red chili flakes
¼ teaspoon oregano
¼ basil
¼ thyme
¼ rosemary
1 quart low sodium vegetable broth
Salt and pepper to taste
Gluten-free croutons (optional)
Sprig of rosemary (for topping, optional)
Cups and cups and cups of love

INSTRUCTIONS:

Preheat oven to 400 degrees. Peel and cut butternut squash into chunks. Cut onion into chunks, a little smaller than squash. In a medium bowl mix the squash and onions and add coconut oil, garlic and spices. Place mixture onto baking sheet and let bake for 30-45 minutes, until soft. Let cool for 15-20 minutes. Peel garlic from skin. Scoop one-third of the squash mixture into blender with 1/3 veggie broth; blend. Repeat with other 2/3 of squash and broth. Puree until smooth and creamy (consistency should be thick and velvety). Place in sauce pan on stove and heat until desired temperature. Taste, and add salt and pepper to your liking. Serve with sautéed homemade gluten free croutons and a sprig of rosemary for garnish



RECIPE BY:

Cassidy Meehan, Studio
City, CA, USA, hungerfor-
wellness. www.facebook.com/hungerforwellness

Cassidy is using her
hunger for wellness to
influence and encourage
everyone to live a happier
and healthier life.



entrapped

Roasted Sprouts, Spears & Shallots

(GLUTEN-FREE, DAIRY-FREE)

INGREDIENTS:

16 oz Brussels Sprouts end trimmed and halved
12 oz Asparagus Spears end trimmed
16 oz Mushrooms any variety sliced
1 Shallot sliced thin
3 Scallions sliced
1/2 cup EVOO
Rosemary fresh springs
3 garlic cloves minced
1 teaspoon crushed red peppers

INSTRUCTIONS:

Heat oven on "roasting" setting at 375. Add ingredients 1-8 into a large bowl and toss coating in EVOO. Pour onto a baking sheet and roast for 20 minutes. Serve with pinches of crush red peppers. Serve over soaked brown rice & beans or washed quinoa.



RECIPE BY:

Amy Mosca, Charlotte,
NC, USA, Back To Basics

Amy is making our
complex food simple and
healthy again.

Vegetarian Quinoa Stir Fry

(VEGAN, VEGETARIAN, DAIRY-FREE, EGG-FREE, GLUTEN-FREE, SOY-FREE, CORN-FREE, SUGAR-FREE)

INGREDIENTS :

½ cup dried, sprouted, organic quinoa
1 cup vegetable stock
½ large onion
1 cup butternut squash, cubed
½ can navy beans, drained, rinsed
¼ cup mushrooms, diced
¼ cup almonds, diced
2 tablespoon nutritional yeast
1 tablespoon ghee
1 tablespoon coconut oil
1 garlic clove, finely diced
1 avocado, diced
½ cup romaine, finely chopped

INSTRUCTIONS :

Salt and pepper to taste. Cook the quinoa per package instructions in the vegetable stock. In a large skillet on medium, add the coconut oil and garlic, and cook until fragrant, stirring occasionally. Add the butternut squash and the onion and cook approximately 8 minutes, stirring occasionally, until squash is almost cooked through. Add the mushrooms and cook an additional 3-5 minutes, until they are soft. Add the beans, almonds, nutritional yeast, and ghee, and cook/stir for a couple of minutes, until everything is well combined and heated through. Season with salt and pepper to taste. Split between 2 bowls, and top with romaine and avocado.



RECIPE BY :

Samantha Eaton, MA,
USA, Health Eaton, www.healthyeaton.com

Samantha helps you to
upgrade your lifestyle
and nutrition choices to
live a happier, healthier,
and longer life.

Vegetarian Garbanzo and Posole Chili

(VEGETARIAN, DAIRY-FREE, SOY-FREE, LOW-FAT, HIGH-CARB, NUT-FREE)

INGREDIENTS:

Two 15 Low-carb oz. cans of hominy – rinsed
Two 15 Low-carb oz. cans of organic garbanzo beans
One 15 Low-carb oz. can of organic diced tomatoes
4 cups organic vegetable stock
3 tablespoons canola oil
1.25 cups chopped onion
1 tablespoon minced garlic
2 tablespoons ground red chili powder
1 teaspoon toasted and ground coriander seed
½ cup coarsely chopped fresh cilantro (optional)
Salt to taste
Optional:
Serve over healthy tortilla chips
For those who eat dairy – sprinkle some Monterey jack cheese over the individual servings
Sprinkle with red pepper flakes or hot sauce on the side

INSTRUCTIONS:

Heat oils in a large pot and sauté the onions until golden. Add the garlic and sauté for 1 minute. Add the posole and garbanzo beans (both rinsed and drained), diced tomatoes, vegetable stock, chili powder, coriander and ¼ c of cilantro and simmer for 30 minutes. Add the salt and continue cooking for 30 minutes. Stir in cilantro, taste and adjust seasonings.



RECIPE BY:

Terry Spaeth,
Central OH, USA,
Spaeth Wellness Solutions, tesspaeth@gmail.com

Terry will build a positive partnership with you through education and motivation to achieve your health goals by adopting and maintaining diet and lifestyle adjustments.

Salmon with Brown Rice

(EGG-FREE, SUGAR-FREE)

INGREDIENTS:

2 cups organic vegetable broth
1 (8 ounce) wild salmon fillet, skinned
1 cup uncooked organic brown rice
1 medium organic sweet onion finely chopped
1 large organic carrot finely chopped
1 tablespoon unsalted butter
1 tablespoon freshly squeezed lemon juice
1 cup of water

INSTRUCTIONS:

In a large saucepan, bring broth to a boil. Reduce heat to simmer, add salmon to broth, cover, and poach until cooked through (approximately 10 minutes). Remove salmon with a slotted spoon and transfer to a plate. Cover the plate with foil. Return broth to a boil and stir in remaining ingredients. Cover and simmer over low heat until rice is cooked (approximately 40 minutes). Check occasionally and add more water as needed. Break up the salmon into pieces and add to rice mixture. Continue to cook over medium heat until salmon is thoroughly heated (approximately 4 minutes).



RECIPE BY:

Tacy Singleterry, Houston TX, USA, www.tacysingleterry.com, www.facebook.com/tacy.singleterry, @TacySingleterry

Tacy is a personal health & wellness coach who helps women kick their sugar habit and reclaim their health with her holistic lifestyle programs.

TrueGlutenFree Stir Fry

(GLUTEN-FREE, SOY-FEE, CORN-FREE, *PALEO)

INGREDIENTS:

Tablespoon of coconut oil
5 handfuls of kale
2 carrots
1 parsnip
½ sweet onion
1 pepper; any color will do
½ avocado
~ 1 teaspoon raw coconut aminos.
~ 1 teaspoon dulse flakes
~ 1 teaspoon Sesame Oil
Optional: wild rice
*Paleo option: toss in your favorite chicken or beef leftovers
Beets
Celery
Spinach
1" Raw ginger – helps aid in digestion
Turmeric spice – another great spice to help with digestion

INSTRUCTIONS:

In skillet over medium heat, melt your coconut oil. Toss in your vegetables and cover for about 5 minutes. I prefer my vegetables more crunchy and its best not to overcook them. If you are suffering from IBS or digestive issues it also helps to cook your vegetables to make the digestion process easier. Lastly, sprinkle with your dulse flakes and drizzle with your coconut aminos and/or sesame oil.



RECIPE BY:

Jennifer Gebbie, Boston,
MA, TrueGlutenFree,
www.trueglutenfree.com,
[www.facebook.com/
trueGFsisters](https://www.facebook.com/trueGFsisters)

Jennifer and the The
TrueGlutenFree Sister's
provide health coaching
to people looking to go
Gluten-free.

Spicy Satay Stir-fry

(VEGETARIAN, EGG-FREE, DAIRY-FREE*)

INGREDIENTS:

A selection of your favorite vegetables
2 tablespoons of good quality peanut butter
1 tablespoon of honey / agave syrup
1 tablespoon of soy sauce
The juice of half a lime
1 teaspoon of garlic
1 teaspoon of ginger
A pinch of chili
Boiling water
*check ingredients of peanut butter / soy sauce brands, some can contain dairy products

INSTRUCTIONS:

Chop up a selection of your favorite vegetables and stir fry in good quality oil such as coconut for around 5 minutes. Whilst the vegetables are cooking, mix all the other sauce ingredients together, and then add as much hot water as you like to reach the desired sauce consistency. Add the sauce to the vegetables for a couple of minutes whilst they are still in the pan to heat it through, then serve and enjoy! It can also be accompanied by your favorite grain such as quinoa, brown rice etc. Try to ensure all ingredients are good quality organic products to reap the best health benefits.



RECIPE BY:

Lucy Turner, United Kingdom / Abu Dhabi

Lucy is training as a holistic health coach with IIN and is improving her diet and lifestyle one step at a time.

Vegan anti-inflammatory recipe

(VEGAN, GLUTEN-FREE, SOY-FREE, SUGAR-FREE)

INGREDIENTS:

2 large egg plants (skinned & cut to the thick round layers)
3 large tomatoes (cut them to thick round layers)
1 small onion (chopped)
2 leaves of kales (stem out & finely shredded)
2 tablespoon of chopped fresh parsley
1 tablespoon turmeric
3 tablespoonn coconut oil
salt & pepper for seasoning

INSTRUCTIONS:

Use a small amount of coconut oil to make a tray greasy then layer the round big thick pieces of eggplant in it and pour a little bit more of the coconut oil on the egg plants the seasoned with salt and put it in the grille for 2-3 mints each side till soft and golden, then take them out and gently layer them into the pot or fry pan and put it aside. Then in the oven tray layer all the tomatoes, season them with salt and pepper then put them in the grill till golden and soft, then gently take them out and put them on top of the eggplant and add turmeric to a half a glass of water and mix well then pour it on top of the eggplant and tomatoes, add chopped onions in, put the lead on and simmer for 5 to 7 mints in a medium heat then, meanwhile add all the shredded kales in a bowl add some turmeric, salt and left over coconut oil and put it in the grille for few mints till crispy the when the meal is ready put it in a lovely dish then garnish with fresh chopped parsley then all around the dish garnish with lovely yummy crispy kales then add some love to it.



RECIPE BY:

Parvin Rezarie, Australia
<http://www.cureyourlife.com/>

Parvin is a nurse, a life coach and holistic health coach for many years.

Easy Slow Cooker Salsa Chicken

(LOW-FAT, DAIRY-FREE)

INGREDIENTS:

1 pound boneless, skinless chicken breasts
1 large onion, chopped
1 green bell pepper, chopped
1 red bell pepper, chopped
1 yellow bell pepper, chopped
2 cloves garlic, minced
2 cups all-natural salsa
1 tablespoon red wine vinegar
2 teaspoon cumin
1 teaspoon dried oregano
½ teaspoon salt
¼ teaspoon black pepper

INSTRUCTIONS:

Arrange chopped onions, peppers, and garlic at the bottom of a slow cooker. Place whole chicken breasts on top of the vegetables. Add the rest of the ingredients. Cover and cook on low for 6-8 hours. Take cooked chicken out and shred. Return to slow cooker and mix to combine. Delicious served over brown rice, in tortillas as tacos, or wrapped in lettuce cups.



RECIPE BY:

Jocelyn Doddridge, Wray,
CO, USA, Healthy You
Healthy Family, www.jocelyn-t-doddridge.healthcoach.integrativenutrition.com, www.healthyyou-healthyfamily.com

Loving Lentil Patties

(VEGAN, VEGETARIAN, DAIRY-FREE, EGG-FREE, NUT-FREE, GLUTEN-FREE, SOY-FREE, CORN-FREE, SUGAR-FREE)

INGREDIENTS:

250g punnet cherry tomatoes, halved
500g sweet potato, peeled, diced
1 small onion, finely chopped
4-5 small button mushrooms, sliced
1 garlic clove, crushed
2 small red chili peppers, finely chopped (optional)
1 teaspoon ground cumin
1 teaspoon ground coriander (cilantro)
2 x 400g cans brown lentils, rinsed, drained
2 stalks coriander (cilantro), finely shredded
Olive oil, for cooking
Salt and pepper
Baby rocket leaves and sliced avocado dressed with lemon juice, to serve.

INSTRUCTIONS:

Preheat oven to 180°C / 350°F. Arrange tomatoes, cut side up, on an oven tray. Roast for 30 minutes or until soft and lightly browned. While tomatoes are roasting, dice the sweet potato, bring to the boil over a stovetop and cook for 10 minutes or until tender. Drain, transfer into a bowl and mash roughly with a fork. Heat oil in a saucepan over medium heat. Add onion and cook for 5 minutes or until light golden. Add sliced mushrooms and cook a further 3 minutes. Add garlic, chili, ground cumin and ground coriander and cook, stirring, for 1 minute. Using a fork, combine sweet potato, onion and mushroom mixture, lentils, fresh coriander and salt and pepper. Shape into 8 patties. Heat oil in a frying pan over medium heat. Cook patties, in batches, for 2 minutes each side or until golden. Place patties on plates. Serve with rocket, avocado and roasted tomatoes.



RECIPE BY:

Bianca MacLachlan, Kar-ratha, Western Australia, Australia. Vitality Health Coaching, www.vitalityhealthcoaching.com.au, www.facebook.com/vitalityhc

Bianca is a holistic health coach and personal trainer who helps people find their own unique path to health and happiness.

The Skinny Buffalo

(GLUTEN-FREE, PALEO)

INGREDIENTS:

2 boneless, skinless chicken breasts
1/4-1/2 cup cider vinegar (I like Braggs)
1/4-1/2 cup water
1-2 tablespoon cayenne pepper
1-2 tablespoon chipotle chili pepper
1-2 tablespoon smoked paprika
Extra-virgin olive oil
Dried oregano
Granulated garlic powder
Ground cumin
Chili powder
Crushed red pepper flakes (be careful not to go overboard if you don't like very spicy food)
*Raw cashews - handful (optional)
*1 1/2 teaspoon grass fed butter or EVOO (optional)

INSTRUCTIONS:

Cut the chicken lengthwise into medium sized pieces. If the breasts are large cut the strips in half. In a rectangular dish add the vinegar, water, cayenne pepper, chipotle chili pepper and smoked paprika. mix well and add chicken strips. You decide how much spicy you want by the amount of each spice you add to the marinade. Place in the refrigerator for about 30-60 minutes, the longer it sets in the marinade the more flavor the chicken will have. Preheat oven to 350F. Place the strips on a large baking sheet with sides. Drizzle with EVOO and sprinkle the other seasonings liberally over the chicken pieces. Be sure to coat both side with the seasonings. Depending on the thickness of the chicken bake for about 20-25 minutes or until done. (*This step is completely optional. I do this because I love the outside of the chicken to be crispy.) Melt butter or heat EVOO in a skillet. Add oven baked chicken strips and cook until crispy on the outside. Add raw cashews while strips are crisping up. **Serving suggestion: Serve over quinoa pasta with sautéed zucchini. Please note that when serving this over the quinoa pasta it is not considered Paleo.**



RECIPE BY:

Renee Arnott, Nashville, TN, USA Certified Holistic Health Coach www.AnchorYourSoul.com

Renee works with maturing women to help them regain their individuality and reclaim their form.

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I Can't Believe It's Not Alfredo Sauce with Pasta (DAIRY-FREE, VEGETARIAN,)

INGREDIENTS:

3 cups pasta of choice cooked according to package (I like Soba noodles)
1 bunch asparagus
Handful sliced variety of mushrooms
2-3 leaves fresh basil, sliced
1-2 tablespoon olive oil or coconut oil
pinch of salt and pepper to taste
1-2 cups prepared Alfredo sauce
For the sauce:
1 cup raw cashews
2 1/2 cups water
2 tablespoon flour
1/2 teaspoon garlic powder or granules
1 teaspoon salt
1/2 tablespoon olive oil 1 teaspoon dried basil

INSTRUCTIONS:

Boil water for pasta and cook according to package. For the sauce blend all ingredients together in a blender. You can then heat the sauce or just leave as is. Be sure not to boil or it may burn. Toss asparagus with 1 tablespoon Olive Oil and bake in oven at 350 F for 15 minutes. Then slice into small pieces when cooked. Sauté Mushrooms with coconut oil or Olive oil until soft. Add pepper if desired. Place cooked pasta on plate. toss in mushrooms and sliced asparagus, sliced basil and top with salt and pepper if desired.



RECIPE BY:

Tina Palm, Whistler,
British Columbia, Canada, Tina Palm Health
Coach, www.tina-palm-healthcoach.integrative-nutrition.com

Tina is currently helping people who are interested in disease prevention and have the desire to achieve optimal health.

Black Bean and Sweet Potato "Burgers"

(VEGAN, NUT-FREE, ELIMINATION DIET-FRIENDLY)

INGREDIENTS:

1 can black beans rinsed and drained
1 medium sweet potato
1/3 cup cilantro
1 small onion
1-2 cloves garlic
1/2 lemon or lime
1 t cumin
1 t cayenne
salt and pepper to taste
1 tablespoon chia seed
3 tablespoon water

INSTRUCTIONS:

In a food processor or coffee grinder grind 1 tablespoon of chia seed. In a small bowl combine with 3 tablespoon warm water and set aside to form gel. This is an egg replacement to act as a binding agent for your patties. Peel and chop sweet potato into 1 inch chunks. Steam until tender. Combine all ingredients in a food processor until chunky. Do not over blend. When you have the desired meaty texture form patties with your hands. I would usually make 4-5 patties with this amount of beans. You can easily cook in a frying pan on medium heat with a tiny dab of coconut oil 2-3 mins on each side.



RECIPE BY:

Kirsten Janzen, k.janzen@live.ca

Kirsten is a Health Coach on a mission to inspire others to change the way we live and eat, to love and respect ourselves, to find balance and peace in order to live happy and healthy, to motivate and support others on their unique journey."

Mediterranean Turkey Burgers

(GLUTEN-FREE)

INGREDIENTS:

1-1/2 lbs. ground turkey
4-8 oz feta cheese
4 oz. sun-dried tomatoes
1/8 cup balsamic vinaigrette
1/4 cup olive oil
1 to 1-1/2 teaspoon minced garlic
Handful torn basil
Salt & pepper

INSTRUCTIONS:

Form into patties. Grill on your favorite grill. I like to use a counter style electric grill at 400 degrees. Cook approximately 10 minutes on 1st side, flip and cook approximately 8 minutes on 2nd side. Serve on Gluten-free bun.



RECIPE BY:

Michele Feltz, Holistic Health Coach, Vibrant Health ~ Vibrant Life, Oconomowoc, Wisconsin, www.michelefeltz.com, <https://www.facebook.com/pages/Vibrant-HealthVibrant-Life/518266018249073?ref=hl>

Michele assists women in reaching their health & wellness goals which empowers them to live the most energetic and vibrant life possible!

Kale Stir Fry

(VEGAN, VEGETARIAN, NUT-FREE, GLUTEN-FREE)

INGREDIENTS:

2 teaspoons of olive oil
1 tablespoon of minced garlic
1 small yellow onion chopped or diced
1 red bell pepper
5 stalks of celery chopped
5 leaves of kale removed from the stem and chopped
Leaves from 8 stems of Italian parsley chopped finely
1 teaspoon of cumin
1 teaspoon of coriander
1 or 2 teaspoons of crushed red pepper (optional)
2/3 teaspoon of rice vinegar
1 cup of cooked brown rice

INSTRUCTIONS:

Heat the olive oil in a frying pan (no smaller than a deep 13 inch pan). Add the garlic, onion, cumin and coriander and stir. After three minutes, add the bell pepper, and celery. Continue to stir to prevent sticking for about 4 minutes. Add the parsley and stir for about 2 min. Place the kale on top of the mixture and cover with a lid until kale is bright green and wilted. This will usually take about 1-2 minutes. Add the vinegar and stir all ingredients for 1 minute and remove from the heat and let stand covered for another minute. Mix the stir-fry with the prepared brown rice.



RECIPE BY:

Megan N. Murden, Fort Worth, Texas, www.happynessxwellness.com, www.facebook.com/HappyxWell

Megan is a career coach, health coach and fitness instructor partnering with new friends to end emotional eating and discover true happiness.

Beef and Potato Scallop

(GLUTEN-FREE, CORN-FREE, EGG-FREE, LOW-CARB, BLOOD TYPE O)

INGREDIENTS:

2 ½ lbs ground beef
2 teaspoon salt
1 ½ teaspoon paprika
¼ teaspoon pepper
1/8 teaspoon poultry seasoning
1 ¼ cup chopped onion
1 cup water
1 cup sliced carrots
½ cup sliced celery
¼ cup packed spinach
1 cup sliced potatoes
1 cup cheese

INSTRUCTIONS:

Mix beef, salt, paprika, pepper, and poultry seasoning. Shape into large patty in frying pan; brown 5 minutes on each side, then break into chunks. Sprinkle onion over beef; pour water into pan. Heat to boiling, stirring constantly. Stir in vegetables. Spoon 1/3 mixture into a greased 8-cup baking dish; top with half of potatoes. Repeat layers; then spoon remaining meat mixture on top; cover. Bake at 375 for about 45 minutes; uncover; sprinkle with cheese. Bake 10 minutes longer, or until cheese is golden brown.



RECIPE BY:

Lenora Koopmeiners; CA, USA; Claim Your Health and Vibrancy; www.claimyourhealthandvibrancy.com

Lenora wants to help people dealing with pain and other health issues know they are not alone, and a healthy, vibrant life can be possible.

Coconut Sauce and Vegetables (VEGAN)

INGREDIENTS:

2 tablespoon olive oil
1 red pepper, sliced
1 yellow pepper, sliced
2 medium carrots, sliced
1/2 cup of onion, chopped
1 small head of broccoli chopped
8 oz package of mushrooms sliced
4-5 oz. of sugar snap peas
1/2 teaspoon of kosher salt

Sauce:

2 cans of coconut milk
2 tablespoon. green curry paste
1/2 cup vegetable broth
1 1/2 teaspoon. grated ginger

INSTRUCTIONS:

Heat olive oil in a large skillet. Sauté the peppers, carrots, and onion for 5 minutes. Add all of the other vegetables and sauté for another 5-7 minutes or until vegetables are tender. In a large saucepan, combine the coconut milk, green curry paste, vegetable broth, ginger, and salt. Bring to a boil over medium high heat. Combine the vegetables and coconut sauce. Also great over tofu, pasta, or rice.



RECIPE BY:

Alexa Inman, Smack-
over, AR, USA, Fit body
Lit Mind Coaching, [www.
fitbodylitmind.com](http://www.fitbodylitmind.com)

Alexa is a teacher who
leads online nutritional
and fitness challenges,
and offers health coach-
ing to busy moms who
want to achieve an en-
lightened and balanced
family life.

Yam & Salmon

INGREDIENTS:

Yams
Kale
Oil
Onions
Garlic
Turmeric
Canned Salmon

INSTRUCTIONS

Throw yams into oven and roast at 425 for 30-45 minutes
Sauté in coconut oil kale, peppers and onions with garlic and turmeric. I use home canned BC coastal salmon or use (store canned salmon) toss on top if yam with sautéed veggies.



RECIPE BY:

Amanda Bors, BC, Canada,
www.intuitivelongevity.com

Amanda is a holistic
health coach.

Chhole

(AYURVEDA, VEGETARIAN)

INGREDIENTS:

1-2 tablespoon coconut oil (or any oil)
1 teaspoon of each mustard seeds, Cumin seeds
3/4 teaspoon asafoetida powder
1" ginger minced
2 clove garlic minced
1 cup onion chopped (or 1 medium)
1-2 teaspoon turmeric powder
1 tomato medium to large chopped (or 1 cup sweet pepper chopped)
2 tablespoon yogurt or kefir plain (optional)
3 cups garbanzo beans (or 2 cans drain and rinsed)
1 +/- cup Water
1 ½ t.s. chhole masala
Salt
Cilantro or parsley for garnish (optional)

INSTRUCTIONS:

Heat the oil in a 3-4 quart sauce pot over medium heat. Add the mustard seeds, cumin seeds and asafetida - let it pop. Add the ginger, garlic, onion and turmeric - let the onion go brown. Add the tomato - cook to soft. Add the yogurt - mix, bring to a gentle simmer. Add the garbanzo beans, water, and chhole masala and salt - mix, cook for 5-7 min. Garnish with cilantro. This is a simple Indian dish that is easy to prepare and can be served with any grain such as rice, quinoa, buckwheat or Indian breads (a finished dish should be consistency of chili).



RECIPE BY:

Lucy Piper, Clifton
Springs, NY, USA, The
Health You Say, www.The-HealthYouSay.com

Lucy helps female baby boomers and people with active schedules to create a healthy life (specializing in digestive, food allergy and autoimmune disease).

Cauliflower Curry

(LOW-FAT, RAW, VEGAN)

INGREDIENTS:

1 head of cauliflower
1 squash
1 apple
1 /2 red onion
1/2 cup raisins
1/2 cup raw cashews
1 tablespoon curry powder
1 tablespoon cardamom
2 tablespoon apple cider vinegar

INSTRUCTIONS:

Steam the cauliflower for about 4-5 minutes. Add in the other ingredients and mix it well.



RECIPE BY:

Lisa Weber, Upper Montclair, NJ, USA, Lisa Weber Health Coach, weber12@yahoo.com

Lisa is a holistic health coach who supports people in reducing weight and feeling great.

Zundel Chicken

(GLUTEN-FREE)

INGREDIENTS:

8-10 boneless, skinless chicken thighs
3/4 cup honey
1/2 cup ground flax seed (healthy and it really helps the marinade to stick!)
2 tablespoon each ground cumin and chili powder
1 tablespoon garlic powder or fresh garlic
Coarse sea salt and ground pepper

INSTRUCTIONS:

Mix ingredients in a bowl and let marinate for at least 1 hour. Grill until cooked through or bake at 375 degrees for 30-35 minutes.



RECIPE BY:

Heather Zundel, Holistic Health Counselor, happierhealthierheather.com

Heather helps people identify food sensitivities and build a strong healthy immune system.

Healthy Pizza

(GLUTEN-FREE, VEGETARIAN)

INSTRUCTIONS:

1 Gluten-free tortilla (or tortilla of your choice)
Natural pizza sauce (find one with natural ingredients that you like)
Cheese of your choice
Toppings of your choice (spinach, mushrooms, olives, meat, onions, peppers, pineapples) pick your favorites

INSTRUCTIONS:

Put pizza sauce, toppings and cheese on tortilla and bake for 5 to 10 minutes at 350 degrees. Let cool a couple minutes.



RECIPE BY:

Kim Laine, Columbia Heights, MN, USA, Kimberly Laine LLC, www.kimlaine.lifemasteryinstitute.com

Kim is a Dream Builder Whole Life Coach and Transformational Speaker helping people say "I love my life".

Risotto with Pesto, Asparagus and Mushroom

(VEGAN, VEGETARIAN, DAIRY-FREE, EGG-FREE, GLUTEN-FREE, SOY-FREE, CORN-FREE, SUGAR-FREE)

INGREDIENTS:

Risotto:

6 cups of vegetable broth
3 tablespoons olive oil, divided
1 pound cremini mushrooms,
cleaned and halved
1 bunch fresh asparagus, trimmed
and cut into 1 inch pieces
1 onion, chopped
2 cups Arborio rice
1 1/3 cup dry white cooking wine
Sea salt (optional) and freshly
ground black pepper

Pesto:

1/4 cup walnut halves
1/4 cup pine nuts
2 large cloves garlic
2 1/2 cups fresh basil
1/2 cup fresh cilantro
2 tablespoons fresh thyme
2 tablespoons nutritional yeast flakes
1 teaspoon salt
1/4 cup water
1/4 cup olive oil
fresh lemon juice (1 teaspoon)

INSTRUCTIONS:

Prepare the pesto by toasting the walnuts in a heavy skillet for about 5 minutes over medium heat; add the pine nuts and toast for an additional 5 minutes until they turn a dark golden color. In a food processor, combine nuts with other ingredients and pulse until desired consistency. Refrigerate until ready to use. Warm the vegetable broth in a large saucepan, medium-low to medium heat. Heat 2 tablespoons olive oil in a large skillet over medium high heat. Add the mushrooms and cook, stirring often until golden brown, about 3 minutes. Add the asparagus and stir for another 2 to 3 minutes. Remove from heat and set mushrooms and asparagus aside. In the same skillet, heat 1 tablespoon of olive oil and sauté the onion until translucent for about 5 minutes. Add the rice and stir to coat with oil. Add the white wine and stir occasionally until the wine is mostly absorbed, about 4 minutes. Add a few pinches of black pepper and a dash of salt. Reduce the heat to medium low. Add the warm broth, one and a half cups at a time, stirring frequently after each addition until the broth is mostly absorbed (approx. 6 minutes each time). The whole key is to add the broth slowly! The risotto is ready when the broth is fully absorbed and the rice is soft and creamy. Add 2/3 cup of the pesto, the mushrooms and asparagus, stir well.



RECIPE BY:

Julene Andrews, Boise,
Idaho, USA, Julene An-
drews Health Coaching,
www.designinghealthylife-styles.com

Julene works Designing
Healthy Lifestyles to help
others live their life with
joy and passion, special-
izing in Cancer Pre-
vention and Nutrition/
Fitness.

A Healthy Taste of Mexico

(VEGAN, GLUTEN-FREE, NUT-FREE)

INGREDIENTS:

4 cups cooked organic brown rice.
1 large organic bell pepper chopped (color of choice)
1/2 organic seedless cucumber chopped
1 cup organic chopped tomatoes
1/4 cup organic chopped red onion
1 can organic black beans or kidney beans
1 bunch organic fresh chopped cilantro
1 organic ripe avocado chopped
Fresh lime juice
Salt and pepper to taste

INSTRUCTIONS:

Wash and soak brown rice. Cook as directed (I use vegetable broth w/ cumin, paprika, and garlic powder for added flavor instead of water). Chop all fresh ingredients in bite sized pieces and place on top of rice. Add beans, avocado and cilantro with a squeeze of lime juice. For added flavor and fun, you can add regular or vegan shredded cheese, sour cream and hot sauce.



RECIPE BY:

Somie Robles, North-
ern Virginia, Va. USA,
Livelifepure.net

Somie, is a Health Coach
and Master Esthetician.

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Chicken and Dumplings

(DAIRY-FREE)

INGREDIENTS :

Stew:

6 cups chicken broth (low sodium, no sugar added)

1 tablespoon marjoram

1 tablespoon garlic powder

4 boneless, skinless chicken breasts

2 tablespoon olive oil

1 large onion, diced

4 large carrots, sliced

4 stalks of celery, sliced

Dumpling:

2 cups whole wheat pastry flour

1 tablespoon baking soda

1/2 teaspoon salt

3 tablespoon olive oil

1 cup unsweetened almond milk

INSTRUCTIONS :

This can be made in your crockpot or on the stove top. Add the broth, marjoram, and garlic to your pot of choice. Bring to a slow boil if using a soup pot.

In a separate pan, sauté onion, carrots and celery in olive oil until the onion is translucent. Add the veggies and cut up chicken to your soup or crock pot. Dumpling: Mix together the flour, baking soda and salt. Add the oil and milk and stir with a wooden spoon until well blended. Once the broth is hot, add the dumplings using two teaspoons Stove top directions: Boil until the dumplings and the chicken are cooked through. Slow cooker instructions: cook on high for 3 1/2 hours or on low for 6. The dumplings will form a crust on the top.



RECIPE BY:

Megan Sara, Grand Blanc, MI, USA, A Family Food Revolution, www.afamily-foodrevolution.com

Megan is a health coach.

Quinoa and Vegetables Mix

(VEGAN, GLUTEN-FREE, NUT-FREE, SOY-FREE)

INGREDIENTS:

Cooked artichokes;
Green, yellow and red peppers (in slices);
One sliced white onion
Cooked quinoa (your choice, I prefer white)
Olive oil
Turmeric,
sprouted alfalfa,
dill and/or spices
salt of your choice

INSTRUCTIONS:

In a pan heat some olive oil, and place the spices and the sliced onion. Stir for two minutes and add the peppers and the artichokes. Stir for three more minutes. Add the quinoa, and a bit more of olive oil and/or spices. Serve, decorate with the sprouted alfalfa.



RECIPE BY:

Ivonne Peña, Bogotá,
Colombia. Pittsburgh,
U.S. Lisbon, PT Food that
makes you happier, www.facebook.com/foodthat-makesyouhappier

Ivonne wants you to be
happier by choosing
healthy, delicious and
amazing food.

Delicious Quinoa and Black Bean Burgers

(VEGAN, GLUTEN-FREE)

INGREDIENTS:

1 can of organic black beans – drained and rinsed
¼ cup of organic red quinoa – remember to always rinse
¾ cup of vegetable broth
¼ cup minced onion
¼ cup minced red bell pepper
1 large minced garlic clove
1 tablespoon cumin
1 tablespoon turmeric
1 teaspoon pink Himalayan salt
¼ cup chopped fresh basil
½ cup of gluten-free bread crumbs (I like the brown rice option)
1 teaspoon your choice of hot sauce – I used Cholula
1 egg – you can use tomato paste if you want a Vegan burger
3 Tablespoon olive oil
Organic romaine lettuce or other lettuce of choice for burger bun

INSTRUCTIONS:

Bring quinoa and vegetable broth to a boil in a saucepan. Reduce to medium low heat and simmer for about 20 minutes. You can add more broth if needed. Mash the black beans to a paste like mixture leaving a few whole beans. Mix the quinoa, black beans, onion, red bell pepper, garlic, cumin, turmeric, salt, basil, breadcrumbs, hot sauce, and egg (or tomato paste) together in a large bowl. Form 5 burgers by taking portions of the mixture and creating a ball and then slightly flatten to make your patties. Heat olive oil in large skillet. Cook patties in the hot oil until heated through – about 2-3 minutes each side. Serve on your favorite lettuce wrap/bun! **Great options for topping off these burgers include: garlic mustard, caramelized onions, sautéed mushrooms, avocado, and of course sauerkraut.



RECIPE BY:

Becca Greenbaum. Las Vegas, NV, USA

Becca is a holistic health coach and private yoga instructor based out of Las Vegas, NV.

Vegan Stuffed Peppers

(VEGAN)

INGREDIENTS:

1 cup of your favorite whole grain (quinoa, millet, brown rice, etc.)
½ cup dry beans OR 1 can (your choice-I used black beans)
6 bell peppers
1 small onion, diced
2 celery stalks diced
1 carrot, diced
2 tomatoes, diced
2 cups baby spinach
4 cloves garlic, finely chopped (or you can use a garlic press)
½ tablespoon. olive oil
½ tablespoon. cumin
½ tablespoon. chili powder (optional)
Fresh herbs such as cilantro, parsley, etc. (optional)
Hot peppers, diced (optional)

INSTRUCTIONS:

If using dry packaged beans, prepare as per instructions on bag (soak overnight and rinse well). Cook whole grain according to package instructions. Set aside. Preheat oven to 350° F. Heat ½ table-
spoon. olive oil in a dutch oven or large skillet. Add onion, celery and carrots and sauté until soft, about 10 minutes. If using hot peppers, add in now and cook for 3 minutes. Add the finely chopped garlic, or use a garlic press. Cook 1 minute. Add the beans, cumin, and chili powder; stir well. Add tomatoes; stir well. Add spinach and cook until wilted. If using herbs, add now. Add grain to mixture; mix well. Turn off heat. Prepare your peppers: cut off top, seed, derib, and rinse. Let dry. Stuff each pepper with the filling. I like to put the tops back on the peppers while cooking. Place peppers in a baking dish and cover with aluminum foil. Bake for 30 minutes. Uncover, and let cook for another 15-30 minutes. Optional toppings: Fresh, mashed avocado with a sprinkle of sea salt or vegan cheese.



RECIPE BY:

Kerri Kerr-Leto, K&P
Holistic Health & Fitness,
Franklin, NJ, USA, kand-pholistic.com

Kerri works as a holistic health coach helping to promote body, mind, and spiritual wellness.

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Smoky Sweet Potato Burgers with Roasted Garlic Cream and Avocado

(VEGETARIAN)

INGREDIENTS:

2 cups coarsely mashed sweet potatoes (or yams), about 2 large potatoes	1 teaspoon salt
2 bulbs of roasted garlic	1/2 teaspoon pepper
1 cup cannellini beans (rinsed and drained if canned)	1/8 teaspoon cumin
2 garlic cloves, minced	2-3 tablespoons olive oil
1/3 cup panko bread crumbs (or a slice of multi-grain sandwich thins crumbed)	1 avocado, sliced
1/3 cup garbanzo bean flour (or all-purpose, wheat, etc)	2/3 cup plain Greek yogurt or sour cream
1 large egg, lightly beaten (or egg whites)	1 teaspoon maple syrup (I used agave syrup)
1 1/2 teaspoons smoked paprika	extra salt and pepper for seasoning yogurt/cream
1 teaspoon onion powder	4 whole wheat buns (or sandwich thins)

INSTRUCTIONS:

To roast garlic, see this tutorial. I like to roast a few bulbs at once (like 4-5) to have for the week. Pierce potatoes (I used 2 large) all over with a fork and place on a paper towel, setting in the microwave. Microwave for 5 minutes, then flip and cook for 5 minutes more. Remove, slice in half and let cool until you can scoop out the flesh. In a large bowl, coarsely mash beans with a fork. Add in sweet potato and mash together, then add in spices, salt and pepper, minced garlic, egg, panko and flour. Mix together until combined, then place bowl in the fridge for 15-20 minutes. This helps form them into patties, but as a warning they are still somewhat messy. While mixture is chilling, combine yogurt/sour cream with 2 bulbs (squeezed out) of roasted garlic cloves, maple syrup and a sprinkle of salt and pepper in a blender or food processor. Process until smooth then set aside until ready to use. Heat a large skillet over medium heat and add 2 tablespoons olive oil. Remove mixture from fridge and form into 4 equal patties, then place in the skillet once hot. Since the mixture can be wet and messy, do not move until they are fully cooked and golden on one side! This takes about 5-6 minutes. Then, add more oil if needed (this really helps cook them) and flip burgers very gently. Cook for another 5-6 minutes. Toast buns if desired. Assemble by topping burgers with roasted garlic cream and avocado! We also used caramelized red onion one night and it was delicious.



RECIPE BY:

Ashlie Sykora, USA

Ashlie is a health coach.

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White Bean Chicken Chili

(GLUTEN-FREE) MAKES ABOUT 10 SERVINGS

INGREDIENTS:

4 tablespoons extra virgin olive oil	4 cloves garlic minced
2 lb. skinless chicken breasts (omit for vegetarian chili)	2 15oz cans low sodium cannelloni beans (rinsed & drained) if you use dry beans, 4 cups cooked
2 tablespoons chili powder (if you like it hot use 3-4 tablespoons)	2 15oz cans low sodium great Northern beans (rinsed & drained) 4 cups cooked
1 tablespoon ground cumin	1 15oz can low sodium Navy beans (rinsed & drained) 2 cups cooked
Sea salt to taste	1 15oz can low sodium black beans (rinsed & drained) 2 cups cooked
Fresh ground pepper to taste	3-4 14oz cans chicken stock (low sodium) (or make your own like me when you boil chicken (sub vegetable broth for vegetarian chili)
$\frac{3}{4}$ teaspoon cayenne pepper	Shredded Monterey Jack cheese
2 cup diced yellow onion	Salsa (your choice) fresh and simple is always best
1 cup diced green bell pepper	
1 cup diced celery	
2 cup chopped and seeded tomatoes (or 1 can low sodium diced tomatoes rinsed & drained)	
1 medium handful minced cilantro	
1 small/ medium seeded jalapeño minced	
1 green onion diced	

INSTRUCTIONS:

In a large pot boil water and add chicken breasts. Cook 10-12 minutes or until done. Drain and set aside let chicken cool. Heat the oil in a large heavy stockpot over medium heat. Add the minced garlic stir one minute. Add the onions, celery, and bell pepper and cook till they soften about 5 minutes (note: you may need to add a bit more olive oil at this point. Add chicken (tear into small & medium bite size chunks) add chili powder, cumin, salt; pepper and cayenne stir 4-5 minutes. Let the flavors marry here don't get in a hurry. Add the tomatoes, jalapeños, cilantro and let them blend in your chili party. Add the beans and chicken stock (vegetable stock if vegetarian) and bring to a boil over medium-high heat stirring often (add more stock if it looks dry). Reduce the heat to medium-low and simmer uncovered stirring occasionally until it thickens, about 1/2 hour. Serve immediately. Add a smidgen of sour cream, some Jack cheese and then a dab of salsa to top it off. Oh and tomorrow it's even better.



RECIPE BY:

Greg Shaffer, Little Rock, AR, USA, 24healthfitness.com

Greg is the coach behind 24healthfitness.com.

Coconut Ginger Beef

(GLUTEN-FREE, CORN-FREE)

INGREDIENT:

1lb grass-fed organic stew beef (or choice of cuts)
1 can coconut cream
1 teaspoon crushed red pepper
2T worcestershire sauce
Green onion chopped
Cilantro chopped
Minced ginger
Spinach
Sea salt or aminos (optional)
Brown jasmine rice
Cauliflower roasted with turmeric, olive oil, chopped onion and a pinch of salt.

INSTRUCTIONS:

Marinate chunks of stew beef in thick coconut cream, Worcestershire sauce and red pepper flakes. Heat coconut oil in a pan and sear cubed meat, allowing most marinade to drip off before placing in pan. Once all sides are seared add in chopped green onion, chopped cilantro, minced ginger and pour the marinade over, you may need to add more coconut cream. Turn heat to low and slow cook 20min. Taste test and add sea salt or aminos if needed. Toss in a few handfuls of fresh spinach allow to wilt and serve with brown jasmine rice and turmeric roasted cauliflower = amazing dinner!



RECIPE BY:

Layla McGlone, Bend,
OR, USA, OrangEle-
phant, www.orangelephant.co

Layla's goal is to restore optimal energy through nutrition and lifestyle changes to empower you to live life on your terms and to your full potential.

Awesome Veggie Pasta Sauce

(VEGAN, VEGETARIAN, GLUTEN-FREE, DAIRY-FREE, EGG-FREE,
NUT-FREE, SOY-FREE, CORN-FREE, SUGAR-FREE)

INGREDIENTS:

3 x 24 oz bottles of Tomato Puree (I use Bio Naturae in glass bottles)
5 garlic cloves, peeled and finely chopped
1 medium onion, peeled and finely chopped
4 carrots, peeled and finely shredded (about 1Low-carb cups)
1 big zucchini, finely shredded (about 1Low-carb cups)
4 kale leaves, destemmed and finely chopped
3 tablespoon. extra virgin olive oil + 2 tablespoon to mix in after the
sauce has boiled
2 tablespoon. + ½ teaspoon. Himalayan salt (more or less to taste)
1 tablespoon dried basil
½ teaspoon. freshly ground black pepper

INSTRUCTIONS:

Heat 3 tablespoon. of extra virgin olive oil in a pot over low heat.
Stir in garlic and cook until they turn somewhat translucent,
about 2 minutes. Pour in tomato puree then add onions, carrots,
zucchini, and kale. Gently mix all the ingredients. Raise the heat
to medium high. Put the lid back on and bring to boil, stir occa-
sionally. When it reaches a rapid boil, lower the heat and add 2
tablespoon of olive oil. Simmer the sauce with the lid off for 30
minutes. Add salt, dried basil, black pepper and let it simmer for
another 10 minutes.



RECIPE BY:

Anchalee Grinins,
Brooklyn, NY, USA, [www.
healthful-transformations.
com](http://www.healthful-transformations.com)

Anchalee has helped
many people transform
their health, body, and
lifestyle through her
cellular level Nutritional
Cleansing program.

Grilled Fish Tacos with Lime-Cilantro Slaw and Guacamole

(PESCATARIAN, GLUTEN-FREE, NUT-FREE, DAIRY-FREE, EGG-FREE, SOY-FREE)

INGREDIENTS:

Slaw:

4 cups shredded raw cabbage
1 large carrot, grated
3 tablespoon. fresh cilantro
5 tablespoon. fresh lime juice
1 tablespoon. rice vinegar
1 teaspoon. honey or agave
Dash cayenne pepper (to taste, optional)
Salt and pepper to taste
Guacamole:
2 avocados, peeled, pitted and mashed
2 tablespoon. fresh lime juice
2 tablespoon. fresh cilantro
2 Roma tomatoes diced
3 cloves garlic minced
2 tablespoon. onion, finely diced
Dash of cayenne
Salt and pepper to taste

Fish:

24-oz. raw cod (or flounder or fluke), washed and patted dry
1 tablespoon. extra virgin olive oil
¼ teaspoon. Himalayan sea salt
Freshly ground pepper
Molé seasoning or seasoning of choice
1 tablespoon. lime juice
Tortilla:
12 (6-inch) organic corn tortillas

INSTRUCTIONS:

Prepare slaw by shredding lettuce and grating carrots and mix in a medium bowl. Combine lime juice, rice vinegar, honey or agave, and cayenne with a whisk. Add to cabbage and toss to mix. Season with salt and pepper and set aside for 1-2 hours. To prepare guacamole, mash avocados and lime juice in a medium bowl. Add cilantro, tomatoes, garlic and onion, and stir. Season with cayenne, salt and pepper to taste. Refrigerate for 1 hour for best flavor. To prepare the fish, brush both sides with olive oil, sprinkle with salt and pepper and rub with molé seasoning. Grill or broil for 3 to 5 minutes on each side, or until it flakes easily when tested with a fork. Squeeze fresh lime juice over fish and set aside. Warm tortillas on upper rack of grill or in a skillet. Top each tortilla with guacamole, fish and slaw and serve.



RECIPE BY:

Cathy Snyder, Newtown, CT, USA, Cathy Snyder Fit Life, www.cathysnyderfit-life.com

Cathy is a holistic health coach with a mission to help clients eliminate harmful foods and find a path to health and well-being through foods that nourish the body and soul.

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Moroccan Couscous with Saffron

(VEGAN, DAIRY-FREE, EGG-FREE, SOY-FREE, SUGAR-FREE, NUT-FREE)

INGREDIENTS:

2 cups peeled pumpkin, cut into 1/4" to 1/2" cubes
2 cups leaks, large dice
1 1/2 cups carrots, cut into 1/4" to 1/2" cubes
1 1/2 cups zucchini, cut into 3/4" cubes
2 tablespoons extra-virgin olive oil
Fine sea salt
1 1/2 teaspoons freshly ground black pepper
1 1/2 cups vegetable broth
1/4 teaspoon ground cumin
1 teaspoon turmeric
1 teaspoon fresh ginger juice (grate fresh ginger, and squeeze the juice out with your fingertips)
1/2 teaspoon saffron threads
1 1/2 cups whole wheat couscous
2 scallions finely chopped for garnish

INSTRUCTIONS:

Preheat the oven to 375°F. Place the pumpkin, leaks, carrots and zucchini on a baking sheet and toss with the olive oil, 1 teaspoon salt and 1 teaspoon pepper. Roast for 25 to 30 minutes, turning once with a spatula about midway through. While the vegetables roast, bring the vegetable broth to a boil in a saucepan. Remove the pan from the heat, and stir in the remaining 1/2 teaspoon pepper, cumin, turmeric, ginger juice, saffron threads and salt to taste. Cover the pan and steep for 15 minutes.

Scrape the roasted vegetables and their juices into a large bowl, and add the couscous. Bring the vegetable broth back to a boil, and pour over the couscous mixture all at once. Cover tightly with a plate and allow to stand for 15 minutes. Add the scallions, toss the couscous and vegetables with a fork, and serve.



RECIPE BY:

Cayle Ducroq, Healthy-
licious - Cayle Ducroq
Health Coach, Dubai,
United Arab Emir-
ates. www.healthylicious.ae
<<http://www.healthylicious.ae>>

Cayle is working as a
Health Coach to em-
power women, and
teach them to value and
improve their health and
lifestyle.

Oriental Peanut & Vegetable Quinoa (VEGAN)

INGREDIENTS:

1 cup quinoa
1 cup carrots
1 cup broccoli
1 cup snow peas
1/2 cup sesame oil
3/4 cup peanuts
BRAGGS soy sauce (you can use organic soy sauce or tahini)
1 lemon

INSTRUCTIONS:

Boil the quinoa with water until tender. Pour the sesame oil on a separate pan and add the snow peas, cook for approximately 5 minutes and then add the carrots and the broccoli, when all the vegetables are well cooked add the peanuts and cook for 3 more minutes, When the quinoa and the vegetables are ready mix them. Then pour approx 1/3 cup of BRAGGS soy sauce in a small bowl and add the lemon. Serve warm and add soy to taste.



RECIPE BY:

Martha Ramirez Newton,
Mexico

Martha is a health coach.

Quick Easy Delicious Farro & Veggie Stir Fry

(VEGAN, VEGETARIAN, GLUTEN-FREE, DAIRY-FREE)

INGREDIENTS

1 cup farro or grain of choice (brown rice or quinoa will work too)
2 tbs organic toasted sesame oil
1 small onion or 1/2 large (I used a red onion)
4 stalks green onion
3 cloves garlic chopped
1 head fresh broccoli or broccolini
1 red bell pepper
1 zucchini
1 yellow squash
2 large carrots
whatever other veggies you have on hand
2 tbs - organic Tamari soy sauce
optional: 1-2 tbs sesame seeds for added texture (you can lightly toast them first) sea salt, fresh grated ginger and your choice of spices to taste

INSTRUCTIONS:

Clean, chop, or slice and prep all veggies then set aside. Cook farro in 3 cups of boiling salted water and set aside on large serving dish (Can use vegetable broth as well for added flavor) - usually takes about 15min. See package directions for exact cooking times. Heat sesame oil in a large skillet on high. Add in onion and garlic and sauté for a minute or two (be careful not to burn). Add in all other veggies and let cook 4-5m on high heat stirring frequently (You don't want to overcook veggies. you want them to crisp and full of color and nutrients). Season generously with sea salt and fresh grated ginger (himalayan or celtic sea salts r good choices), fresh ground pepper and/or your favorite spice blend. Add a few splashes of Tamari to taste. You can simply plate your veggies over the bed of farro or you can add farro to the skillet and give it a quick toss to blend flavors. Plate up, sprinkle with sesame seeds and enjoy!!!!



RECIPE BY:

Rose Mastrantoni, Se-
tauket, NY, USA [Living-
Nourished.net](http://Living-Nourished.net)

Rose is committed to
educating and assist-
ing others in achieving
their health and wellness
goals.



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Easy Avocado/Cacao Madness

(VEGETARIAN, EGG-FREE, NUT-FREE, GLUTEN-FREE, SOY-FREE, CORN-FREE, AYURVEDIC, PALEO, ZONE)

INGREDIENTS:

2 large avocados
4 tablespoon. honey
1/2 cup cacao powder
1/4 cup whole milk
1 teaspoon. vanilla extract

INSTRUCTIONS

Scoop out avocados into food processor. Add other ingredients and blend completely, stopping to scrape down sides if necessary. Refrigerate until cold, about 30 minutes. Serve and top with anything you want i.e., nuts, citrus zest, etc. Plain is amazing, too!



RECIPE BY:

Frieda Hanlon, Foodlove
Essentials

Frieda is helping people find a path to improve their lives using nutrition and life skill techniques from her holistic health coaching practice.

Nut Butter Energy Drops

(VEGAN, DAIRY-FREE, EGG-FREE, GLUTEN-FREE, SOY-FREE, CORN-FREE, RAW, PALEO)

INGREDIENTS:

- 1 cup raw pecans or Nut of your choice
- 1 cup of medjool dates, pitted and chopped
- 1/4 cup Goji berries or raisins
- 1/2 teaspoon cinnamon
- 1/4 cup raw almond butter
- 1/4 cup shredded organic coconut

INSTRUCTIONS:

In a food processor grind the pecans until finely ground. Add the chopped dates, goji berries and cinnamon. Grind to a fine meal. Add the almond butter, process again until thoroughly mixed. Mix in 1/2 of the coconut flakes. Form into balls with medium size cookie scoop and then roll in the shredded coconut. Store in a sealed container on the counter for up to 3 days, or refrigerate for up to a week.



RECIPE BY:

Martha Hurtado, Houston, TX, USA, Martha Hurtado Health Coaching/Young Living Distributor, Marthahurtado88@yahoo.com

Chocolate Cookie Dough Bites

(VEGAN, GLUTEN-FREE, RAW DAIRY-FREE, SOY-FREE, EGG-FREE, CORN-FREE)

INGREDIENTS:

1 cup almond meal flour
1/2 cup gluten-free oat flour
1/4 cup flaxseed meal
1/4 cup cocoa powder
4 tablespoon coconut oil melted
4 tablespoon pure maple syrup
1/4 cup cocoa nibs or mini chocolate chips
1-2 drops peppermint (optional)
Dash of sea salt

INSTRUCTIONS:

Mix dry ingredients in a bowl, then add wet ingredients. Stir completely. Form into balls and enjoy or put in the freezer for later!



RECIPE BY:

Amy Babb, Richmond,
VA, USA, www.mydoterra.com/amybabb
www.facebook.com/amys-doterra

Amy Babb is a holistic health coach who helps families find natural solutions to ailments through using Essential Oils and whole nutrition.

Raw Cocoa Dusted Truffles

(VEGAN, GLUTEN-FREE, RAW, DAIRY-FREE)

INGREDIENTS:

10 -12 dates, pitted
3 heaped teaspoons of smooth peanut butter
¼ cup of maple syrup/rice syrup
2 tablespoons of raw cacao powder
¾ cup of finely desiccated coconut
Extra cacao powder for rolling

INSTRUCTIONS:

Put all the ingredients in a food processor and mix until thoroughly combined. They should all start to stick together nicely after about 20 seconds. Then, take a small amount of the mixture in your hands and roll into balls. It is entirely up to you how large or small you want to make the truffles, the recipe will make about 30 small balls or just over 20 medium sized ones. Next, roll each ball in the cacao powder and put in the fridge for around 2 hours to set.



RECIPE BY:

Angela Maya Campbell,
Queensland, Australia
and Central Scotland,
Scrumptious Living, <http://www.scrumptiousliving.com>, <http://www.facebook.com/angiesscrumptiousliving>

Angela is a Wellness and Nutrition Coach as well as a Real and Raw food chef, helping women with food allergies and sensitivities discover new and exciting healthy food choices as well as helping women lose weight, gain confidence, and regain energy and balance in their lives.

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Health-tella

(VEGAN, GLUTEN-FREE, NUT-FREE, DAIRY-FREE, SUGAR-FREE, SOY-FREE)

INGREDIENTS:

12 to 15 prunes or dates (add more or less depending on how sweet you want it, preferably previously soaked in ¼ cup hot water)

1 big avocado

¼ cup of unsweetened cacao powder

INSTRUCTIONS:

Once the prunes or dates have soaked up most water (and it's cold) massage them until they break and form a paste. In the food processor, add the avocado, cacao powder, stevia and the prune/date paste and process until it's completely mixed. If it is too thick you can add a couple tablespoons of water. Refrigerate, don't worry about the avocado "browning" because it will not affect the flavor and mostly nobody will be able to see it!



RECIPE BY:

Guille Guzman H, Mexico City, Mexico, Receta24x7, www.receta24x7.com, www.facebook.com/Receta24x7, Receta24x7

Guille is home-chef mom, wife & health coach willing to help you change your life through Trophology and EFTs.

Snack Bar

(GLUTEN-FREE, DAIRY-FREE, EGG-FREE, SOY-FREE, CORN-FREE)

INGREDIENTS:

- 24 oz. jar unsweetened applesauce
- ½ cup coconut water
- 2 granny smith apples (cored ¼" dice with skin on)
- 3 teaspoons cinnamon powder
- ¼" teaspoon Himalayan salt
- ½ cup coconut palm flower nectar or coconut palm sugar
- ½ cup coconut oil (melted)
- 4 cups oats (rolled quick type)
- ¼ cup chia seeds
- ¼ cup ground flax seeds
- 1 cup chopped walnuts

INSTRUCTIONS:

In a large mixing bowl combine well the first 7 ingredients. In a second large mixing bowl combine well the remaining 4 dry ingredients. Combine well all the wet and dry ingredients (works best to mix by hand). Line a sheet pan or rimmed cookie sheet with parchment paper or foil. Pour mixture into sheet pan. Evenly distribute mix into pan pressing mix to edges of pan. Bake 75 minutes in 350 degree oven or center rack position. Remove from oven and let cool in pan for 45 minutes. To unmold place clean or lined 2nd sheet pan on top of baked bar pan and rotate to invert onto 2nd pan. Remove top pan to unmold. Carefully peel off parchment or foil. Cut into squares.



RECIPE BY:

Debbi Sanzo-Davis,
Castro Valley, CA, USA,
Lifestyle and Wellness
Coaching

www.lifestyleandwellnesscoaching.com and
www.sanzo-davis.com

Debbi works with individuals and corporate clients to improve their overall health and well-being.

Coconut Poundcake with Whipped Cream and Blueberries

(DAIRY-FREE, GLUTEN-FREE, SOY-FREE, CORN-FREE, PALEO)

INGREDIENTS:

Cake:

6 eggs (separate 3 whites)

1 cup and coconut milk

1/2 cup pure maple syrup

1 1/2 tbl. vanilla extract

3/4 cup coconut flour

1/4 teaspoon. baking soda

1/4 teaspoon. cinnamon

2 pinches of sea salt

Coconut oil or parchment paper

Topping:

1 can of coconut milk

1/2 pint of blueberries

Honey (to taste)

INSTRUCTIONS:

Preheat oven to 350 degrees. From the six eggs, put three whole eggs in the main bowl and only the yolks of the remaining three. Keep the whites in a small bowl on the side. Add one cup of coconut milk, maple syrup and vanilla extract to the six eggs and continue to beat until smooth. Add the coconut flour, the baking soda, cinnamon and salt and continue mixing until the lumps are out. Beat the egg whites in a separate container for several minutes until peaks start to form when you pull the mixer away. Fold the egg whites into the main batter. Line a loaf pan with parchment paper or grease and flour a loaf pan with coconut oil. Pour batter into the loaf pan. Bake for about 40-50 minutes, until you can put a toothpick in and it comes out clean. Let cool before removing from the pan. Non-Dairy Whipped Cream: Make a rich cream by refrigerating a can of coconut milk overnight. Take only the cream off the top and leave the water in the can (drink it later or add to a smoothie). Beat the cream until it is the texture you like. You can top the pound cake with the whipped coconut cream, blueberries, and honey if it will be eaten in one go. Or if it is for home, keep the toppings on the side and let everyone top their own to keep from getting soggy.



RECIPE BY:

Christina Smith, Hellertown, PA, USA, Going 'W'holistic Health Coaching, www.goingwholistic.com

Christina helps busy women and men achieve their goals by balancing nutrition and lifestyle.

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Ultimate Guilt Free Chocolate

(SUGAR-FREE, SOY-FREE, DAIRY-FREE, GLUTEN-FREE)

INGREDIENTS:

Unsweetened Chocolate and/or cocoa powder (the higher the quality the better the chocolate but regular baking chocolate works great too!)
Coconut in the form of: butter, cream, milk, oil, fresh blended, manna
Sweetener: stevia, honey or whatever you prefer
Be creative by adding:
Toasted coconut and almonds
Sliced almonds
Sea salt
Curry spice (or fresh ginger and turmeric)
Cayenne pepper
Macadamia nuts
Walnuts
Banana chips
Peppermint
Orange zest
Dates, prunes, figs or other dried fruit
Maca powder or other super food powders

INSTRUCTIONS:

Put all ingredients in a double boiler. Stir till melted. Pour onto pan lined with tinfoil. Place in a cool place like the fridge or freezer.



RECIPE BY:

Jessica Filkins, Block
Island, RI, USA & the Ba-
hamas, [www.mermaid-
food.com](http://www.mermaid-food.com)

Jessica is a Holistic
Health Coach and Energy
Healer who specializes
in digestive wellness (ir-
ritable bowel syndrome,
candida, leaky gut, in-
flammation).

Raw Fudge Brownies

(VEGAN, VEGETARIAN, EGG-FREE, GLUTEN-FREE, SOY-FREE, CORN-FREE, RAW)

INGREDIENTS:

1/2 cup dates
1/2 cup prunes
2/3 cup raw cashews
2/3 cup walnuts or pecans (or your favourite nut)
2 T coconut oil, melted
1 t vanilla
1/4 cup raw cacao or cocoa powder
Pinch of salt

INSTRUCTIONS:

Place the dates, prunes, and cashews in a bowl, cover with water and soak for 1 hour. Strain the dates, prunes, and cashews and add to a food processor along with the remaining ingredients. Process until mixture sticks together, it should be thick and moist. If too dry add extra dates, if too wet add extra nuts. Press into an 8 x 8 inch pan lined with plastic wrap or parchment paper. Chill for 30 minutes.

Optional add ins: Hemp seeds, flax seeds, chia seeds, maca powder, goji berries or whatever else you fancy.



RECIPE BY:

Natalie Sperling, Calgary, AB, Canada, Natalie Sperling Coaching, NatalieSperling.com

Natalie is a holistic health coach focusing on healing hidden inflammation, digestive issues and restoring balance.

Peanut Butter Protein Power

(VEGETARIAN, SUGAR-FREE)

INGREDIENTS:

1 cup plain greek yogurt
1 tablespoon (or less per taste) all natural peanut butter
1 1/2 tablespoons of your favorite chocolate all natural protein powder
Stevia per taste

INSTRUCTIONS:

Get the taste of peanut butter pie without all the junk food! Mix all the ingredients in a bowl and enjoy right away or put in the fridge to let it get a little more dense. This recipe is great with fresh strawberries!



RECIPE BY:

Kate Riley, Kate Riley
Health & Wellness, www.katerileyhealth.com,
www.facebook.com/katerileyhealthwellness

After starting her own health and wellness journey and losing over 110 lbs, Kate Riley helps people take those first steps out of their comfort zone and on their way to meeting their health and wellness goals.

Banana Quinoa Oat Slice

(VEGAN, DAIRY-FREE, EGG-FREE, SOY-FREE, WHEAT-FREE)

INGREDIENTS:

- 4 ripe mashed bananas
- 1 cup chopped dates (or date paste)
- 1 cup almond milk or freshly squeezed orange juice*
- ½ cup coconut oil (melted)*
- 3 cups of steel cut or rolled oats
- 1 cup desiccated/flaked coconut (less if you are adding optional nuts/seeds)
- ½ cup chopped dried cranberries or apricots*
- 1 ½ teaspoon baking soda
- ½ teaspoon salt
- 1/2 cup ground LSA or almond meal
- 1/4 cup ground chia seeds
- 1 tablespoon grated ginger or 1 teaspoon of ground ginger
- 2 cups of cooked, cooled quinoa

INSTRUCTIONS:

Blend the first 4 ingredients and mix well. Add the oats, coconut, dried fruits, baking soda, salt and any optional ingredients. Mix well and add the quinoa. Blend Spread mixture evenly into a lined baking dish approximately 1 inch/2cm deep.

Bake at 180C for 30 – 40 minutes until the top is golden and the center firm to touch.

Cool, cut into generous squares. Delicious warm or store in the fridge for 2-3 days for a hungry family or freeze to defrost for a convenient snack.

*This recipe is very versatile, it can be easily halved and you can experiment with adding your own favorite substitutes.



RECIPE BY:

Sarah Kember, Auckland, New Zealand, Sarah Kember, Holistic Health Coach, www.sarahkember.net

Sarah provides holistic health coaching to women in transition wanting to discover optimum health and balance as they age.

Banana Coconut Balls

(RAW, VEGAN, GLUTEN-FREE)

INGREDIENTS:

2 ripe bananas
½ cup steel cut oats
¼ cup macadamia nuts (crushed)
¼ cup coconut almond butter
1 tablespoon of shredded coconut flakes
½-1 cup of toasted coconut flakes
1 teaspoon cinnamon
Coconut nectar or honey

INGREDIENTS:

Preheat oven to 350 degrees. Mash bananas in a bowl, add oats, crushed nuts, almond butter, untoasted coconut flakes, cinnamon. Mix well, form mixture into balls with your hands, and place in pan coated with coconut oil. Bake for 15-20 minutes. Remove and let cool. (May place in freezer for a few minutes to harden if mushy) Once cool, use coconut nectar or honey as a "glue" coating the balls with a thin layer and then follow with coating of toasted coconut flakes.



RECIPE BY:

Chau Nguyen, Houston, TX, USA, Chau Nguyen Health Coaching, <http://chau-nguyen.health-coach.integrativenutrition.com/>

Chau works as an occupational therapist and holistic health coach with a passion for helping others to increase quality of life through health and wellness.

Healthy Brazilian Beijinho de Côco

(VEGAN, GLUTEN-FREE, DAIRY-FREE, EGG-FREE, NUT-FREE, SOY-FREE, CORN-FREE)

INGREDIENTS:

1 - 1 1/2 cups of organic unsweetened shredded coconut
1/4 cup organic pure maple syrup (or adjust to your taste)
2 tablespoon organic coconut oil
1/2 teaspoon vanilla extract
1/8 teaspoon salt

INSTRUCTIONS:

Mix all ingredients in a food processor until well blended. Place mix in a container or parchment paper and refrigerate until mixture is firm (about an hour). Remove and roll into small balls. You can store them in an airtight container in the refrigerator for about a week. If you are on the go, keep them cold, as they will melt when left at room temperature. You can be creative and add nuts or cacao to the recipe.



RECIPE BY:

Ana Claudia Garcia,
Houston, TX, US-
A,1healthyfithappy@gmail.com

Ana is helping women to live happier and healthier lives through lifestyle changes.

Banana IceDream

(VEGAN, RAW)

INGREDIENTS:

- 1 frozen, ripe banana (peel & chop banana before freezing)
- 1 tablespoon raw nut butter (of your choice, my personal favorite is Cashew Nut butter. You can also use roasted nut butter if you aren't a raw foodie)
- 3 ice cubes

INSTRUCTIONS:

Add all ingredients to a high speed blender and blend until smooth & creamy. This is one serving. There are many delicious variations to this recipe. Feel free to experiment with this one.



RECIPE BY:

Jaime Kaddatz, Mackay, Queensland, Australia, Inspire Health Coaching, https://www.facebook.com/inspire_healthcoaching, inspire_healthcoaching@westnet.com.au

Jaime is a holistic health coach supporting people in rediscovering genuine health & happiness.

Chocolate Pie (VEGAN)

INGREDIENTS:

Crust:

1 cup dates
1/3 cup walnuts
1/3 cup cashews
1/3 cup almonds
1 teaspoon vanilla

Topping:

1 package silken lite tofu
2 tablespoons cacao powder
1 tablespoon vanilla extract
1/3 cup honey or agave

INSTRUCTIONS:

Blend all crust ingredients in food processor, once a sticky consistency is achieved place in bottom of pie plate use spatula to firm down in pie crust. Next, take three ripe bananas cut lengthwise, place on top of crust in pie plate. Blend all topic ingredients in a blender, than pour on top. Refrigerate till chilled . Alternative is to place sliced strawberries or blueberries on top.



RECIPE BY:

Danielle R, www.simply-happyandhealthy.com

Danielle's areas of expertise are gut health, thyroid and adrenal function and anxiety.

Chocolate Bark with Cinnamon, Pumpkin Seeds, Almonds and Dates

(VEGAN, VEGETARIAN, PALEO, LOW-CARB, GLUTEN-FREE, EGG-FREE, SOY-FREE, CORN-FREE)

INGREDIENTS:

1 cup coconut oil
1 cup raw cacao powder
¼ cup pumpkin seeds
¼ cup slivered roasted almonds
¼ cup chopped dates
1 Tbs (or more) of cinnamon
Optional: Sweetener of your choice to taste – liquid stevia, coconut sugar, maple syrup

INSTRUCTIONS:

Melt coconut oil in a small saucepan on very low heat or in microwave. Add in cacao powder and cinnamon, mix well. Pour mixture into a cookie sheet covered in parchment or wax paper. Sprinkle pumpkin seeds, almonds and dates over the mixture. Place in fridge until the bark hardens. Serve chilled, as the coconut oil will melt in room temperature.



RECIPE BY:

Valerie Figlin, Austin, TX, USA, Valerie Figlin Holistic Health, www.valeriefiglin.com

Valerie focuses on workplace wellness and women's health, creating corporate wellness initiatives, consulting on how to make office life more health friendly, helping road warriors regain their vitality and guiding women to overcome PCOS.

Chilled Double Chocolate Walnut Torte

(VEGAN, GLUTEN-FREE)

INGREDIENTS:

Crust:

1 cup 6 tablespoon whole grain spelt
or quinoa flour sifted
1/2 cup cacao
1/2 teaspoon baking powder
3/4 raw sugar or honey
2 tablespoon arrow root powder
1 teaspoon kosher salt
4 tablespoon+ 2 teaspoon canola or
grape seed oil
3/4 cup almond milk
5 tablespoon pure maple syrup
1/2 cup chopped walnuts

Filling:

3 cups avocado flesh (6 med.
avocados pitted and scooped)
1/2 cup almond milk
1 cup pure maple syrup
1/4 cup creamy peanut butter
2 tablespoon arrowroot powder
1/3 teaspoon kosher salt
2 teaspoon pure vanilla
1/3 cup cacao powder sifted
1 1/2 cups chocolate chips melted
3/4 cup chopped walnuts

INSTRUCTIONS:

Preheat oven to 375f. In a large bowl sift together all dry ingredients (flour, cacao, baking powder, arrow root powder, salt, sugar and nuts. In a medium bowl, whisk the wet ingredients (oil, maple syrup, milk). Combine all ingredients. Grease a 10" spring form pan (or any suitable cake pan). Scoop in the crust batter and flatten into a crust. Bake for 20-25 min. At 375 f. Meanwhile, prepare the filling by placing all filling ingredients (except chocolate chips) into the food processor. Process until smooth. Once the crust is done baking remove from the oven and cool for 10 minutes. Now melt your chocolate chips in a double boiler. Place melted chocolate chips into the food processor mixture. Process until smooth. Scoop this filling into the cake pan on top of the crust. Smooth out as much as possible. Now take 3/4 cup of minced walnuts and sprinkle on top of cake. Place in the freezer 1 1/2 to 2 hours to firm up. Remove from the freezer and allow to sit out for 10-15 minutes before serving. Serves 10-13. Must serve chilled.



RECIPE BY:

Diane Cleaver Henderson,
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Organic Awareness,
[www.OrganicAwareness-
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Diane Cleaver Henderson
is empowered by shar-
ing the vital importance
of Organic foods with
busy women and men,
key emphasis on eating
right, exercise and stress
reduction.

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Chia Cakes

(PALEO, VEGETARIAN)

INSTRUCTIONS:

4 eggs
2 tablespoon chia seeds
2 tablespoon of milk (I use hemp milk or cashew milk, although any milk works great)
1 tablespoon of hemp seeds (optional)
1 teaspoon vanilla
1 tablespoon maple syrup (or more according to how sweet you like them)
1/4 cup of coconut milk
Optional add-ins: chocolate chips, cacao nibs, cinnamon, or any fresh fruit

INSTRUCTIONS:

Preheat your griddle or pan to medium heat with 1 tablespoon of coconut oil. Whisk together the eggs, chia seeds, milk, hemp seeds, vanilla, and maple syrup until well blended. Then add the coconut flour and blend well, as the coconut flour may be a little lumpy. Finally, add any additional flavorings or fruit and stir to combine. Spoon about 2 tablespoon of batter on to your hot griddle/pan and cook for 2-3 per side. Cooking times will vary according to the temperature of your griddle/pan, just watch carefully while cooking. Enjoy these yummy cakes topped with coconut oil, or ghee, and honey or maple syrup. Also great with a whipped coconut cream, or any nut butters.

*maple syrup in this recipe can be substituted with stevia, for a sugar-free version



RECIPE BY:

Christy Ray, www.soulfullynourished.com

Christy is a health coach.

Double chocolate chip cookies with a healthy twist

(VEGAN, VEGETARIAN, DAIRY-FREE, EGG-FREE, NUT-FREE, GLUTEN-FREE
(IF CERTIFIED OAT FLOUR IS USED), SOY-FREE, CORN-FREE, LOW-CARB)

INGREDIENTS:

- 1 ½ cup steel cut oat flour (or regular oat flour)
- ½ cup unsweetened cocoa
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ¼ cup coconut sugar
- 2 tablespoon Arrowroot
- 1 teaspoon vanilla
- Dash of salt
- 1 ½ cup cooked black beans or one can (15 oz) rinsed and drained
- 1 tablespoon ground flaxseed mixed with 3 Tablespoon warm water (1 Flaxegg)
- ¾ cup unsweetened nondairy milk (I prefer almond milk)
- ¼ cup maple syrup
- 1 medium zucchini grated and drained
- 1 ½ dark chocolate chips (70% plus cocoa and vegan preferred)

INSTRUCTIONS:

Preheat oven to 350 F. Line cookie sheet with parchment paper. In a large bowl combine dry ingredients (Flour, cocoa, baking powder/soda, coconut sugar, arrowroot, and vanilla, salt). Mix and set aside. In a food processor or a high speed blender combine the wet ingredients (Black beans, flax egg, milk, maple syrup). Pour the liquid to the dry ingredients and mix well with a whisk or spoon. Add grated zucchini and chocolate chips to the mixture and mix until combined. Scoop batter with a lg spoon and drop onto parchment, you can fit approx. 15 cookies on standard cookie sheet. Bake for 10-12 minutes.



RECIPE BY:

Melinda Garry, Tampa,
FL, USA, Rmsorren@hotmail.com

Melinda is an aspiring
Health Coach specialized
in the natural treatment
of female health issues.

Banana Cookies

(VEGAN, VEGETARIAN, GLUTEN-FREE, DAIRY-FREE, EGG-FREE, NUT-FREE)

INGREDIENTS:

2 ripe bananas (mashed)
1 cup old fashioned oats
1 scoop vanilla protein powder
1 teaspoon vanilla
1/3 cup uncooked millet
1/3 cup cacao nibs
1/3 cup dried dates or raisins (or any dried fruit)

INSTRUCTIONS:

Preheat oven to 350 degrees. Mix all the above ingredients. Scoop out 6-8 cookies onto cookie pan. Bake for 12 to 14 min till cookie tops turn light brown. Eat immediately. Any leftovers store in an airtight container and keep in refrigerator for up to one week.



RECIPE BY:

Nikki Cleary, Sarasota, FL, USA, Nikki's Nutrition and Health Coaching, Connect with me: www.nikkicleary.blogspot.com or on FB at <https://www.facebook.com/NikkisNutrition>

Nikki is your connection between food and your health.

Cacao Pudding Over Banana (VEGAN)

INGREDIENTS:

3 avocados
1 1/2 c vanilla almond milk
1 teaspoon vanilla
1/4 -1/2 sweetener of your choice
2- 4 oz. 100% cacao bars
1/2 c coconut oil or butter

INSTRUCTIONS:

Warm last 3 ingredients over very low heat. Process all other ingredients in blender or food processor just until avocado blends. Finally add melted healthy fat, cacao and sweetener. Refrigerate for 2 hours and enjoy alone or add homemade whip cream or add on top of a banana.



RECIPE BY:

Caroline Pefley,
<https://hisweigh.com/>

Caroline is a health
coach.

Banana Pops

(EGG-FREE, NUT-FREE, GLUTEN-FREE, SOY-FREE, CORN-FREE)

INGREDIENTS:

2 bananas
1 cup plain yogurt
1 teaspoon honey
8 wooden popsicle sticks

INSTRUCTIONS:

Peel and cut bananas into eight long pieces. Place quarters on a cookie sheet lined with waxed paper, insert one stick into bottom of each quarter and freeze for 30 minutes or until hard. While bananas are freezing mix together honey and yogurt in a glass or mug. When bananas are hard dip each pop in yogurt mixture and place back on the wax paper lined cookie sheet. Return to the freezer until banana and coating are frozen, about 1 hour. To save for later wrap each pop in waxed paper and freeze in a big zip top bag.



RECIPE BY:

Deborah Keazer, Fayetteville, AR, USA, ROOT Family Health Coaching, www.roothealthcoaching.com

Deborah Keazer specializes in counseling families with food allergies or dietary restrictions, families transitioning to a whole foods diet and busy parents trying to find balance and optimum health for their family.



besides food

Nourish Your Mind, Body and Soul

Michael Pollan's statement "Eat food. Not too much. Mostly plants." sums up for the most part how we should eat. There is no magic formula. Different diets and different ratios work for every individual. But the rule of thumb is to eat real, whole foods and certainly eat plenty of vegetables, especially leafy greens.

But health doesn't stop at your diet. There is so much more that you can and you must do to live a happy, healthy, (w)holistically fulfilling life.

Here are some simple yet essential tips for you to create a healthy, happy, loving, energetic and balanced life: a life you want and deserve.

DRINK MORE WATER.

Hydration is key for our health. Most of our body, 50-65% is made up of water. Drinking water helps you maintain balance in your body, reduce cravings, energize your muscles and detoxify your

body. Make sure to drink 8 – 12 glasses of water a day.

BREATHE DEEP.

Air is essential: we cannot live without air for more than about a minute. Breathing also detoxifies your body; it reduces pain, strengthens the lungs, and improves your immune system among many other health benefits. Deep breathing has also a powerful effect on our emotional health: it clears the mind and relieves emotional problems.

EXERCISE.

Get your heart pumping and your lymphatic system moving. It is the best to mix up cardio with some strengthening. The possibilities are endless: running, biking, hiking, yoga, pilates, tai-chi, kickboxing, aerobics, spinning, lifting, crossfit, TRX, swimming, and so much more. Find what makes you happy.

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PRACTICE SELF-CARE HABITS.

The most important person in your life is you: so take care of that person. Oil-pulling and dry-brushing are great for detoxifying. A relaxing bath or a home-made face mask is better than a day at the spa.

HAVE HEALTHY RELATIONSHIPS.

Relationships nourish our soul and are essential for our happiness and emotional health. Seek positive and supportive relationships. Practice non-violent communication. Be supportive.

EXPRESS YOUR LOVE.

Always, always be kind.

SMILE MORE.

Smiling reduces stress, creates a better mood, reduces pain, produces empathy and has many more health benefits. It shows love and happiness. It creates love and happiness. Smiling is contagious. Don't be afraid to smile.

DEVELOP A SPIRITUAL PRACTICE.

You don't have to be religious or even believe in God to be spiritual. Being spiritual is about connecting with yourself and the world around you. A spiritual practice can be anything from a walk in nature, a quiet meditation to going to church. Find what works for your soul.

JOURNAL.

Journaling is a powerful exercise. Journaling can help you get to know yourself better, release your emotions, express what is going on inside you, solve problems, put things into perspective, express your creativity. Journaling is cheaper than therapy and can be a wonderful friend at times.

PRACTICE GRATITUDE.

Gratitude is important and can change your life. Gratitude helps you to see the bigger picture yet

notice the small things in life. Gratitude allows you to live your life seeing everything as miracle and appreciating the beauty of life. Gratitude creates happiness in life.

BE KIND.

Being kind opens our heart and brightens our world. Being kind feels good. Kindness attracts kindness: the more kind you are the more kindness you receive the more blessed, happier and luckier you will feel. Be kind to yourself. Be kind to others. Be kind to the world around you. If you can choose, always choose kind.

+ 1. LOVE.

This is the most important. Love makes people feel appreciated, valued and cared for. Love is kind. Love creates peace. Love brings us happiness. Love is a universal value that every living being understand on this planet. Therefore love is an unspoken universal language between living being. Love is everywhere. Choose to see love. Choose to feel love. Choose to spread love. Choose to love. Choose to be love. Choose love.

Kat Gál, Worldwide/International (in English and in Hungarian), HappyHealthy365, www.happyhealthy365.com, happyhealthy365.wordpress.com, facebook.com/happyhealthy365, twitter.com/happyhealthy365

Kat is a holistic health and happiness coach whose life purpose is to empower others to dare to live a happy and healthy life inside and out, with a mission to guide her clients how to feed their body and soul in order to heal ailments, chronic pain, emotional issues and to live the life of their dreams in health, happiness and love.

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