



A NOTE FROM Jessica

Thank you for joining us.

As the founder and CEO of The Integrative Women's Health Institute, I am honored to welcome you to our community of integrative and holistic healers. Our focus is on educating you to provide the best, evidence-based skilled recommendations for women's health issues. And, equally important to us is seeing that you are nourished in your work and in your life.

I believe in healthcare that supports optimal wellness, not just chasing away symptoms. If you're here, it's likely that you do too.

In the pages of this book, I will introduce you to our philosophy and encourage you to continue your education as a women's health professional by taking some time to assess and take care of your own health.

I encourage you to lead and inspire your patients and clients by living a nourished, mindful, and whole life yourself.

Welcome to our table. You will find that our community here at IWHI is bursting with women's health leaders who live vibrantly themselves!

The Integrative Women's Health Institute

THE PROGRAMS

We offer continuing education in functional nutrition and health and wellness coaching skills on a variety of women's health topics.

Our flagship program is The Women's Health Coach Certification. It's the only NCCHWC accredited health coach certification with a specialization in women's health in the world. Our students and graduates hail from over 25 countries and work in fitness centers, wellness centers, have private practices, work in hospitals, and are from disciplines ranging from nutrition to health coaching to physical therapy to fitness to nursing to medicine, and more. In short, the professionals in this program are on the leading edge of women's healthcare globally. But, more importantly, they enjoy their work, value their work, their time and their energy, support each other and seek support, and live lives that are full and nourished.

To learn more, visit our website: http://integrativewomenshealthinstitute.com/ professional-resources/whc/

We also offer a wide variety of women's health continuing education on special topics, including pelvic pain, female athlete wellness, and fertility.

To learn more visit our professional resources page: http://
integrativewomenshealthinstitute.com/professional-resources/

START HERE HOW DO YOU FEEL?

- 60% of healthcare professionals in The United States are burned out. The numbers are similar in other developed nations.
- Are you a burned out healthcare professional?
- Are you worried about the dramatic changes that are going on in the healthcare industry?

Here at IWHI, we understand, and want to support you to take care of yourself so that you can successfully navigate the healthcare revolution and maintain your own health and sanity! It all starts with empowered self-care, and community.

- Do you have a mentor?
- Do you have a community of colleagues and friends who care about you and want to see you succeed?
- Do you have healthy boundaries protecting your time, energy, and resources?
- Do you take care of your own health by eating healthfully, sleeping well, and moving joyfully?

Empowered Self Care

THE EXERCISES

1 I YOUR DAILY JUICE or SIMPLY EAT MORE VEGGIES!

Explore the world of fresh pressed juice.

Fresh pressed vegetable juice or vegetable based smoothies can be a tasty and fun way to add a blast of detoxifying nutrients and hydration to your detox regimen. Wheatgrass shots, beet juices, and green juices are best for deep detoxification and a big blast of micronutrients.

And, simply eating a salad, a vegetable based soup, or more vegetable side dishes are easy ways to add nutrients to your day.

2 I MORNING PAGES

Start the spring with a new journal.

Each morning write three pages of longhand, stream of consciousness writing. Morning Pages can be an ideal tool to clear your mind and create space for any suppressed emotions to flow.

Click here for more information about Morning Pages.

Empowered Self Care

3 I THE LUXURY OF FRESH FLOWERS

THE EXERCISES

Beauty is also nourishing. Consider buying yourself some fresh flowers, or flirt a bit to encourage someone else in your life to buy them for you.

Place them in your home and enjoy them.

Enjoying the simple beauties of life is essential to health.

Flowers are natural art. Delight in the beauty of our world.

How do you bring art and beauty into your daily life? Do you visit art museums, take beautiful photographs and post them on Instagram, or garden?

Assess how much beauty you allow into your life, and notice how beauty, art, and nature affect how you feel.

Spring Cleansing

THE EXERCISES

4 I FOCUS

To be successful during the healthcare revolution, it takes focus.

Taking care of your own health is essential because creating your work and your life is not the easy path.

It would be nice some days for someone else to just tell us what to do, to lay the path neatly before us. But, that holds its own risks.

You have more choices than perhaps any other woman in history. Thus, you must be discerning about what you decide to do and then spend the time and energy to develop your work. Doing so requires focus.

What is just one goal that you can focus on for the next 90 days?

What distractions can you anticipate?

What resources and skills do you have to overcome any distractions or obstacles?

You can do this.

NOURISH YOURSELF

ENJOY MORE NUTRIENT DENSE FOODS

Vegetables

- Mustard greens
- Dandelion greens
- Kale
- Broccoli rabe
- Collard greens
- All Leafy greens
- Broccoli
- Asparagus
- Onions
- Garlic
- Sprouts
- Lettuce
- Carrots
- Beets
- Radishes
- Peas
- Green Beans
- Mushrooms
- Sweet potatoes
- Potatoes
- Butternut squash
- Zucchini

and any other delicious vegetables you can find in your region!

Proteins

- Pastured Lamb
- Pastured Pork
- Organic Poultry
- Low toxin Fish
- · Grass fed beef

Fruits

- Strawberries
- Peaches
- Cherries
- Apples
- Pears
- Blueberries
- Grapes
- Melon

Fats and Oils

- Olive oil
- · Coconut oil
- Avocado
- Ghee and Grassfed butter (if not dairy sensitive)

NOURISH YOURSELF

ENJOY MORE NUTRIENT DENSE FOODS

Nuts and Seeds

- Almonds
- Black Sesame Seeds
- Poppy Seeds
- Walnuts
- Pecans
- Pistachios
- Sunflower seeds
- And all nuts and seeds that you enjoy (Peanuts are not actually nuts.)

Beans

- Pinto
- Black
- Cannellini
- Lentils
- Chickpeas
- Great Northern Beans
- And, all beans that you enjoy

Grains

- Millet
- Sweet Brown or Wild Rice
- Quinoa
- Buckwheat
- Amaranth
- Oats (be sure they're gluten free)

Other

- Basil
- Bay Leaf
- Dill
- Cumin
- Fennel
- Ginger
- Rosemary
- Mint
- Lemon Balm
- Milk Thistle
- Cinnamon
- Nutmeg
- ThymeParsley
- Cilantro
- Oregano
- And, other herbs and spices that you enjoy

Recipes to Enjoy

Healers Need Nourishment too...

Basic Smoothie Mix and Match Formula

INGREDIENTS

8 oz. liquid from Liquid Column 2-3 items from Bulk + Nutrition Column 1-3 items from Sweetener + Flavor Column 1-3 items from Superfoods Column

TOOLS Blender

Liquid measuring cup

The Formula

LIQUID	BULK +	SWEETNER +	SUPERFOOD +	
water	1/2 cup cooked oatmeal	1/2 banana (frozen is better)	2 tbsp ground flaxseeds	
coconut water	1/2 cup	1/2 cup	2 tbsp	
unsweetened almond milk	pureed pumpkin	frozen berries	chia seeds	
coconut milk	1/2 cucumber	1/4 cup	powdered greens	
ooomat miik	3-4 leaves kale,	frozen mango		
rice milk	spinach, collard greens	1 tsp vanilla extract	2 tbsp raw cacao	
	protein/meal replacement powder	1/2 tsp ginger	2 tbsp psyllium husks	
	1/2 avocado	1/2 tsp cinnamon	1/4 cup fresh herbs	
	1 - 2 tbspnatural peanutor almond butter	1/4 tsp nutmeg	1 tbsp fresh grated ginger root	
		1/2 pear or apple		
		lemon slice		

^{*} certified gluten free oats

Berry Green Smoothie

(using Mix and Match Smoothie Formula)

INGREDIENTS

1.5 cups of unsweetened almond milk or water

1 scoop of <u>protein powder</u>

2 tbsp ground flax seeds

1 cup baby spinach or kale (torn off the stems)

1/4 cup blueberries, frozen or fresh

1/2 cup strawberries, frozen or fresh

TOOLS

Blender Measuring spoons Dry measuring cup

DIRECTIONS

Place all ingredients in blender and blend until smooth and enjoy.



Chia Cherry Smoothie

(using Mix and Match Smoothie Formula)

INGREDIENTS

1.5 cups of unsweetened almond milk or water1 scoop of <u>protein powder</u>

2 tbsp chia seeds

½ frozen banana

1/3 cup frozen cherries

TOOLS

Blender Measuring spoons Dry measuring cup

DIRECTIONS

Place all ingredients in blender and blend until smooth and enjoy.

Basic Breakfast Porridge Mix and Match Formula

Made too much quinoa or brown rice for dinner?
Leverage those leftovers by enjoying them in a tasty breakfast porridge! It couldn't be easier.

INGREDIENTS

1 cup grain from Grain Column (See Note below) 1-3 tbsp of items from Sweetness Column 1-2 tbsp of items from Nuts + Seeds Column 0-2 items from Extra Oomph Column 1-4 items from Seasonings Column (just a dash less than 1/4 tsp) 1/4 cup of item from Creaminess Column (optional)

TOOLS

Measuring spoons
Dry measuring cup
Liquid measuring cup
Medium saucepan
Wooden spoon

DIRECTIONS

- 1. Bring water and grain to a boil. (See Note below).
- 2. Add fruit/dried fruit, Nuts+Seeds, "Extra Oomph."
- 3. Lower heat to low and cook for 5-7 minutes, or until creamy. Stir in "Creaminess" component if desired.
- 4. Add sweeteners like raw honey or maple syrup to taste.

NOTE: WATER TO GRAIN RATIOS

If using uncooked grain, ratio of water to grain is generally 2 to 1. If using cooked grain, ratio is 1:1. Except for Irish/steel cut oats:

- Cooked/leftover brown rice: 1 cup of water for 1 cup of cooked brown rice.
- Cooked/leftover quinoa: 1 cup of water for 1 cup of cooked quinoa...
- Rolled oats (uncooked): 2 cups water for 1 cup rolled oats (uncooked).
- Irish oats, the ratio is 4 to 1. So 4 cups of water for 1 cup of Irish/steel cut oats.

The Formula

GRAIN SWEETNESS SEEDS	OOMPH	SEASONING	CREAMINESS
oats apple slices chopped not quinoa banana slices toasted not rice dried coconut dried cranberries maple syrup raisins	ginger root	cinnamon ginger nutmeg sea salt	almond milk coconut milk

^{*} certified gluten free oats

Warm Irish Oats (Steel Cut Oats)

(using Mix and Match Breakfast Formula)

INGREDIENTS

1 cup gluten-free steel cut Irish oats (such as McCann's)
4 cups water
1/4 cup chopped nuts of your choice (walnuts, pecans, hazelnuts, almonds)
1/4 cup dried cherries or raisins
Sprinkle of cinnamon and/or ginger

TOOLS

Liquid measuring cup
Measuring spoons
Dry measuring cup
Chef's knife
Cutting board
Medium saucepan
Wooden spoon

THE SHORTCUT METHOD

Steel cut oats take longer to cook than regular oatmeal (about 30 minutes) but, there's a trick.

Night before:

Bring water to a boil, add oats and stir. Turn off the heat and cover. Go to bed!

Next morning:

When you get up the oats will have been slowly cooking all night – all you have to do is heat it up!

Add a cup of cooked oats to a bowl (or Tupperware to bring to work). Mix in any toppings you desire.

THE TRADITIONAL METHOD

If you don't want to take the shortcut (sucker), here's what you do:

- 1. Bring water to a boil.
- 2. Add oats to the boiling water, stirring well.
- 3. When porridge is smooth and starting to thicken, reduce the heat to a simmer for 30 minutes, stirring occasionally.

Add toppings and serve!

Oatmeal with Fresh Berries and Toasted Almonds

(using Mix and Match Breakfast Formula)

INGREDIENTS

1 cup rolled oats
(or leftover brown rice or quinoa)
1 cup water or almond milk
1 tbsp ground flax seeds
1/2 cup fresh blueberries
1/2 cup fresh strawberries, sliced
1/4 cup sliced almonds, toasted

TOOLS

Liquid measuring cup
Measuring spoons
Dry measuring cup
Chef's knife
Cutting board
Medium saucepan
Wooden spoon

- 1. Bring oats and water to a boil.
- 2. Place almonds on baking sheet and toast in toaster oven or oven at 350 degrees until golden brown.
- 3. Lower heat to medium, add flaxseeds, and cook for 5 minutes, or until creamy.
- 4. Serve topped with berries and toasted almonds.



Spinach and Shallot Frittata

INGREDIENTS

2 shallots, peeled and thinly sliced 2 cups spinach or baby spinach 1/4 cup extra-virgin olive oil Sea salt Freshly ground pepper 6 large organic eggs*

TOOLS

Liquid measuring cup
Medium bowl
Dry measuring cup
Whisk
Chef's knife
Medium nonstick skillet
Cutting board
Wooden spoon

- 1. Preheat the broiler.
- 2. Peel and mince the shallots.
- 3. Heat olive oil in a nonstick skillet over medium heat. Add shallots and saute until soft. Add spinach and stir until it begins to cook down. (Or just add leftover steamed or sautéed greens to the pan).
- 4. Break eggs into a medium bowl, season with salt and pepper lightly, and whisk with a fork until yolks are broken up.
- 5. Pour egg mixture over the veggies in the skillet. Lift pan and swirl the mixture so it spreads out evenly in the pan. Cook over low heat until eggs are set on the bottom.
- 6. Transfer to the oven to broil until the top sets and turns golden brown, about 5 minutes.
- * Skip if this is your first time cleansing or if you already know you are sensitive to eggs.



Garlicky Tahini Dressing

INGREDIENTS

1 cup tahini (sesame seed paste)
1/2 cup lemon juice
1 clove garlic
Water (just enough to thin it out and create desired consistency)
Salt and pepper to taste

TOOLS

Liquid measuring cup
Dry measuring cup
Chef's knife
Cutting board
Small bowl
Fork (or small whisk)

DIRECTIONS

Blend all ingredients in a bowl with a whisk (or blender) until combined. Serve over brown rice, quinoa, steamed vegetables, or in a wrap with chicken and veggies.



Mint-Pistachio Pesto

INGREDIENTS

1/2 cup fresh mint leaves3 cup fresh parsley1 clove garlic, peeled1/4 cup shelled pistachios(toasted, optional)1/4 cup extra virgin olive oil sea salt

DIRECTIONS

- 1. In a food processor or Vitamix blender, place mint, parsley, garlic, and pistachios and pulse until roughly chopped.
- 2. Slowly pour in olive oil as you pulse, until it turns into a paste. Add sea salt to taste.

Enjoy with lamb chops, over pasta, or store in an air-tight jar for future use.

Chopped Spring Detox Salad

(Inspired by the "Use a Spoon" Chopped Salad at The Dressing Room Restaurant (RIP!) in Westport, CT)

INGREDIENTS

1 cup sugar snap peas, trimmed 5 radishes, trimmed and thinly sliced ½ cup sliced fresh strawberries or whole fresh blueberries

1 cup sliced radicchio

1 cup sliced endive

1 cup baby spinach

1/2 cup almond slivers

TOOLS

Chef's knife Cutting board Medium bowl Tongs

DIRECTIONS

Mix together celery, carrots, apple, lettuces in a large bolw. Add 1/4 cup of simple vinaigrette. Toss to coat and serve.

Make it a heartier meal by adding white beans or topping with basic broiled chicken.

Watercress Salad with Grapefruit and Avocado

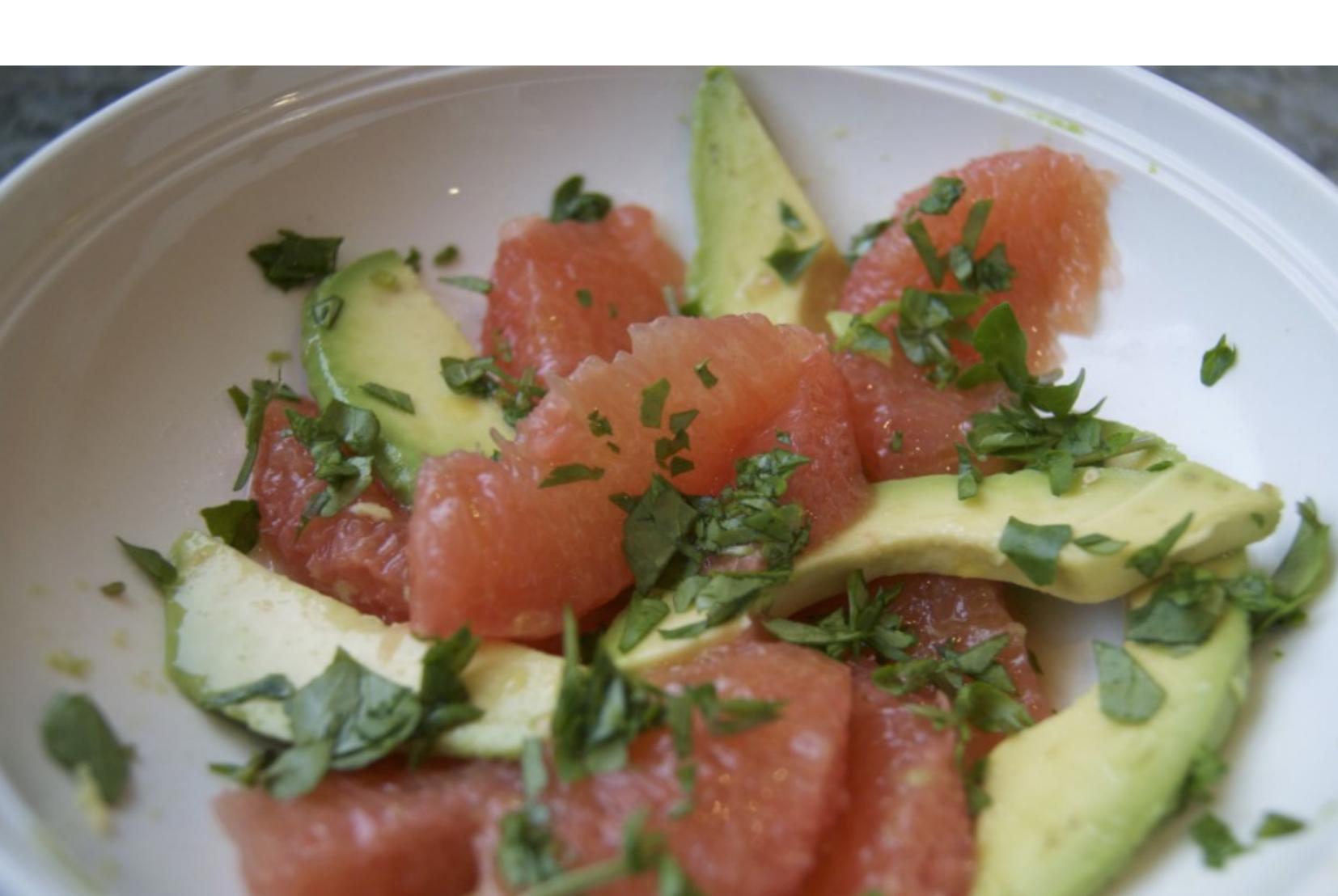
INGREDIENTS

2 ruby red grapefruits2 ripe avocados1 bunch of watercress

TOOLS

Cutting board Chef's or paring knife Serrated knife

- 1. Section 2 grapefruits. Cut off the peel with a serrated knife like a bread knife. Then with a paring knife, gently slice along each section to pull out the sections without any pith. See here for a visual:
- 2. Peel and slice avocados.
- 3. Rinse and dry watercress and roughly chop.
- 4. Arrange watercress on a plate, top with grapefruits and avocado and drizzle with olive oil and sea salt.



Basic Soup Mix and Match Formula

INGREDIENTS

2 tbsp from Fats Column

1-3 items from Aromatics Column, sliced or minced

1-2 items from Accent Veggies Column, thinly sliced

Sea salt and freshly ground black pepper

Any number of items from Main Ingredient Column

1 item from Liquid Column

(amount depends on amount of veggies)

1-3 items from Accent Column

TOOLS

Liquid measuring cup Measuring spoons

Chef's knife

Cutting board

Large saucepan

Wooden spoon

Immersion blender

(or regular blender + slotted spoon)

- 1. Put the olive oil or butter in large pot over medium heat. Let butter melt.
- 2. Add aromatics and cook, stirring occasionally, until they soften, about 5 minutes.
- 3. Add sea salt and pepper and stir.
- 4. Add main ingredient and stir.
- 5. Add enough broth or water to cover the vegetables and bring to a boil.
- 6. Stir, lower the heat to a simmer, and cover until vegetables are tender, 15-25 minutes (depending on the water content of the main ingredients and how small you sliced them).
- 7. Remove pot from heat, puree with an immersion blender or add veggies to a blender/food processor using a slotted spoon.
- 8. Return to pot (if you used the blender/food processor), taste and adjust the salt and add any other spices or herbs that tickle your fancy.

The Formula

FATS	AROMATIC VEGETABLES	ACCENT VEGETABLES	MAIN INGREDIENTS	LIQUID	ACCENT
butter	garlic	carrots	asparagus	beef broth	coconut milk
olive oil	ginger root	celery	broccoli	chicken broth	fresh herbs
	leeks		carrot	vegetable broth	toasted pumpkin seeds
	onions		cauliflower	water	maple syrup
	shallots		tomato kale		spices (curry, cinnamon,
			other root veggies (e.g. parsnips)		ginger, etc.)
			summer squash (e.g. zucchini)		
			winter squash (e.g. butternut)		

Creamy Carrot Soup

(using Mix and Match Soup Formula)

INGREDIENTS

2 shallots
8-10 carrots
2 tbsp olive oil
broth (about 3-4 cups)
salt + pepper

TOOLS

1 large or medium-sized pot with lid Vegetable peeler Good knife Cutting board Wooden spoon Blender or immersion blender

DIRECTIONS

- 1. Slice shallots. Cut off both ends of shallots, peel off the skin, and slice the into thin slices.
- 2. Slice carrots. Peel carrots, slice off the ends, and cut into thin slices, about 1/2-inch thick (don't have to be anal about it). You should have about 3 cups.
- 3. Heat oil. Heat up big pot over medium heat, drizzle in about 2 tablespoons of olive oil (a nice "glug" of the bottle). Swirl pot to get oil to cover entire bottom.
- 4. Add shallots to pot and cook until soft and slightly brown at some edges, stirring every 30 seconds or so.
- 5. Add carrots, 3 grinds of salt and 3 grinds of pepper. Stir.
- 6. Add enough broth to just cover the carrots by an inch.
- 7. Turn heat up to high and bring to a boil.
- 8. Simmer. When carrots come to a boil, turn heat down to low, stir, then cover the pot.
- 9. Carrots are cooked. Check carrots they should be tender, meaning you should be able to easily pierce with a fork. If not, let them cook for another 10 minutes. When tender, turn off heat.

10.Puree soup...

- if you have an immersion blender, just stick it in the pot and blend away until soup is smooth.
- if you don't have an immersion blender, use a slotted spoon to transfer the veggies (cooked carrots and shallots) to a blender (ontly fill 3/4 of blender, do it in batches if you have to).
- DO NOT put top on blender if the soup is still hot, it will freaking explode Put a dish towel over the top of the blender and blend veggies on low until they are smooth (you may need to add some of the liquid from the pot to help it along).
- 11. Return soup to pot, stir, taste, and add more salt if you need to.

Variations

Spice it up with a sprinkle of ground ginger or cardamom when adding the carrots.



Broccoli-Leek Soup

(using Mix and Match Soup Formula)

INGREDIENTS

2 tbsp olive oil
2 leeks, rinsed and thinly sliced
Sea salt
Freshly ground black pepper
5 cups broccoli florets, chopped
4 cups chicken broth or water

TOOLS

Liquid measuring cup
Large saucepan
Measuring spoons
Wooden spoon
Chef's knife
Cutting board
Immersion blender
(or regular blender + slotted spoon)

DIRECTIONS

- 1. Heat the oil in large pot over medium heat.
- 2. Add leeks and cook, stirring occasionally, until they soften, about 5 minutes.
- 3. Add seasonings (salt and pepper) and stir.
- 4. Add broccoli.
- 5. Add the stock enough to cover the vegetables and bring to a boil.
- 6. Stir, lower the heat to a simmer, and cover until vegetables are tender, 15-25 minutes.
- 7. Take soup off heat, puree with an immersion blender or add veggies to a blender/food processor using a slotted spoon.
- 8. Return to pot (if you used the blender/food processor), taste and adjust the salt and add any other spices that tickle your fancy.

Variations

Sprinkle with fresh herbs, like chives. Use frozen broccoli instead of fresh. Serve with a dollop of plain Greek yogurt.

Lentil Soup

(using Mix and Match Soup Formula)

INGREDIENTS

1 tbsp olive oil

1 onion, peeled and diced

2 carrots, diced

1 celery stalk, diced

1 tbsp fresh thyme or 1 tsp dried thyme

1 tsp sea salt

2 (15-oz) cans beans, drained and rinsed (lentils, garbanzo, aduki, kidney, cannellini)

4 cups broth or water

1/4 cup minced fresh parsley

TOOLS

Liquid measuring cup
Large saucepan
Measuring spoons
Wooden spoon
Chef's knife
Cutting board
Immersion blender
(or regular blender + slotted spoon)

- 1. Put the olive oil in large pot over medium heat and sauté garlic and onions for 2 minutes.
- 2. Add carrots, celery, thyme, sea salt, beans, and stock.
- 3. Bring to a boil, reduce heat to medium-low, and cook 15-20 minutes.
- 4. Puree with an immersion blender (or remove half of the beans and vegetables and puree in a blender or food processor until smooth). Return to pot.
- 5. Garnish with fresh parsley and eat.

Basic Steamed Broccoli with Roasted Garlic and Toasted Hazelnuts

INGREDIENTS

2 bunches broccoli 1/2 cup olive oil 1/2 cup hazelnuts Sea salt 6 cloves garlic (or Garlic Oil) Fresh lemon

TOOLS

Large saucepan
Baking sheet
Steamer basket
Chef's knife
Cutting board
Small saucepan

DIRECTIONS

- 1. Follow basic directions for steaming broccoli (see Videos tab).
- 2. Meanwhile, toast and skin hazelnuts (see below). Roughly chop.
- 3. Roast garlic: Place olive oil and garlic into a small saucepan and cook over low heat until garlic turns just golden, about 4-5 minutes. Alternative: Use garlic oil you've made earlier.
- 4. Take garlic oil off heat, add chopped hazelnuts, juice from 1 lemon, sea salt, and pepper. Stir to combine.
- 5. Drizzle garlic oil and chopped nuts mixture over the steamed broccoli. Gently toss to coat and serve!

How to Toast and Skin HazeInuts

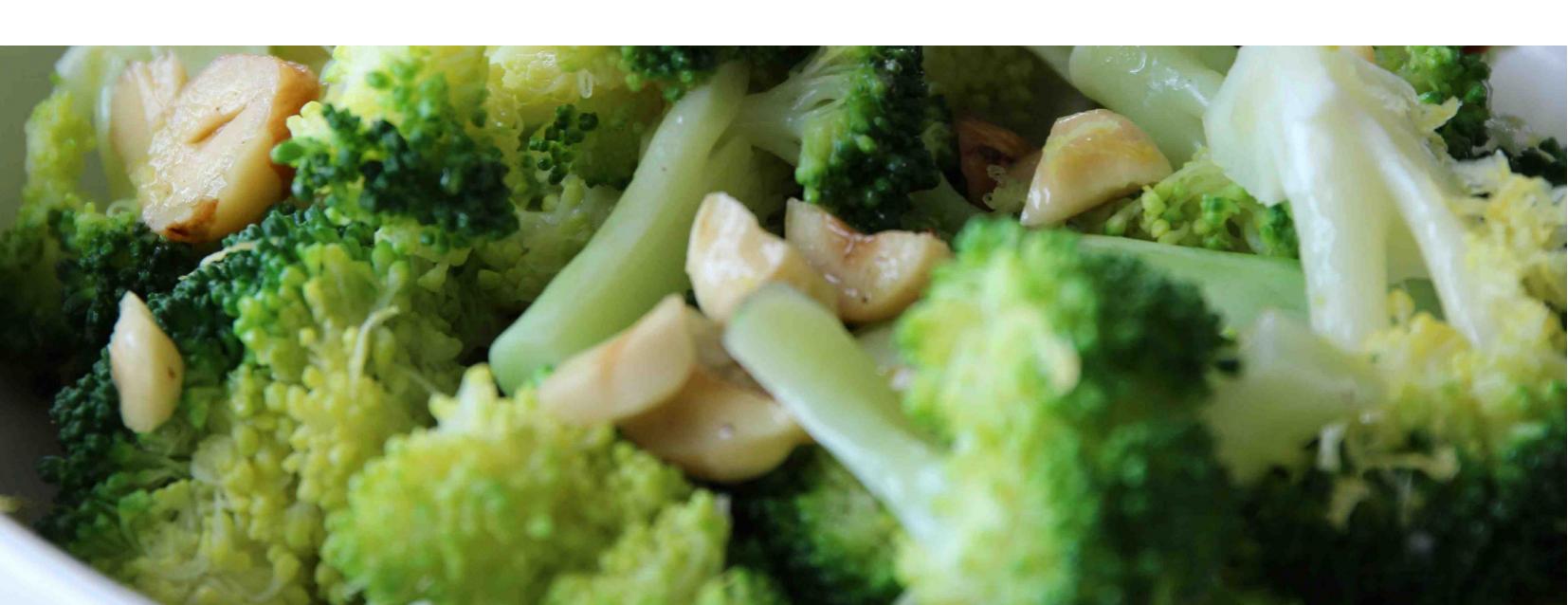
Heat oven or toaster oven to 375 degrees.

Spread the hazelnuts on a rimmed baking sheet and toast, tossing occasionally, until the skins darken and blister a bit, 5 to 6 minutes.

Remove from oven, take a clean dish towel in your hand and pick up a handful of nuts, cover them in the towel and rub your hands together over the towel until most of the skins fall off.

Variations

Replace hazelnuts with walnuts, pecans, or almonds. Replace lemon with lime.



Sauteed Spinach with Garlic and Raisins

INGREDIENTS

1/4 cup olive oil2-5 garlic cloves, peeled2 cups spinach or baby spinach, rinsed1/4 cup golden raisinssea salt

DIRECTIONS

- 1. Heat oil in a pan over medium heat.
- 2. Add the garlic and saute until it's golden brown.
- 3. Slowly add in the spinach, let it wilt and keep adding until it's all in.
- 4. Sprinkle very lightly with sea salt.
- 5. Gently stir to let spinach wilt down more and meld with flavors, then toss in the raisins.
- 6. Stir for a few minutes so the raisins get juicy and plump. Take off heat and enjoy!

Cauliflower and Green Beans

INGREDIENTS

1 head of cauliflower1 pound of green beans3-5 peeled garlic cloves1/4 cup olive oil1/3 cup water or brothPinch of sea saltFreshly ground black pepper

- 1. Trim the ends off the green beans if you didn't already get them pre-trimmed.
- 2. Chop up cauliflower into bite-sized pieces (watch the <u>video</u> for this awesome trick I learned from <u>Tim Ferriss's 4 Hour Chef</u>.)
- 3. Put all of the ingredients the cauliflower, green beans, garlic, water, salt, and pepper into a large pot.
- 4. Stir and heat up over medium heat.
- 5. Cover the pot. Stir every 10 minutes or so.
- 6. After 40 minutes...done! Turn off heat and serve or save for later leftovers are good for up to 3 days.
- 7. Enjoy it alone, along with a green salad, or you want a bit more energy and focus, top it with a nice poached egg for some protein.

Asparagus and Cashew Stir-Fry

INGREDIENTS

1 bunch of asparagus

1 tbsp olive oil

1 tbsp toasted sesame oil

1 tbsp grated fresh ginger root

1/3 cup cashews, chopped

2 tbsp coconut aminos

TOOLS

Measuring spoons

Grater

Dry measuring cup

Large skillet

Chef's knife

Wooden spoon

Cutting board

DIRECTIONS

- 1. Snap off the ends of the asparagus. Cut into 1-inch pieces.
- 2. Heat oil in a large pan or wok over medium-high heat. Add the ginger and stir-fry for 1 minute.
- 3. Add the asparagus and stir-fry until crisp-tender, about 4-5 minutes.
- 4. Add chopped cashews, stir in coconut aminos, and serve.

Variations

Replace the cashews with almonds, hazelnuts, walnuts, or pecans. Replace the asparagus with bok choy.

Add diced or shredded chicken or cubed tofu to make it a full meal. Serve over brown rice, quinoa, or soba noodles.



Lentil Salad

INGREDIENTS

2 stalks celery

2 carrots

2 scallions

15 oz can organic lentils, drained and rinsed

3 tbsp olive oil

2 tbsp Dijon mustard

juice of 1 lemon*

1 tbsp lemon zest* sea salt

1 cup baby spinach or mixed greens

TOOLS

Colander or strainer
Cutting board
Chef's knife
Vegetable peeler
Medium bowl
Tongs

DIRECTIONS

- Drain and rinse the lentils.
- 2. Peel carrots.
- 3. Dice carrots and celery. Slice white part of scallions into thin slices.
- 4. Whisk together olive oil, mustard, lemon juice, and zest with a fork.
- 5. Add lentils, carrots, celery and scallions to a bowl. Sprinkle with sea salt and mix with 2/3 of the dressing.
- 6. Arrange mixed greens on a plate or bowl, drizzle with remaining dressing, and top with 1/2 cup of lentil salad.

Save remaining lentil salad for a snack for easy leftovers. Serves 1-2.

*Eliminate if this is your first time cleansing or if you know you are sensitive to citrus.



Gluten Free Pasta with Garlic and Oil and Sautéed Greens

This is a great "end of the week" dish when you've run out of fresh food and are feeling to lazy to run to the store - just leverage what you've got in your pantry and your freezer to whip up a really satisfying meal!

INGREDIENTS

1 pound brown rice pasta

1 tbsp olive oil

1 package frozen spinach or broccoli florets (or 2 cups of fresh)

3 tbsp extra-virgin olive oil

2 garlic cloves (minced if you really love garlic, kept whole if you prefer just a hint of garlic)

1/2 cup frozen peas

Sea salt and freshly ground black pepper

TOOLS

Measuring spoons

Colander

Chef's knife

Large skillet

Cutting board

Medium saucepan fitted with steamer

basket

Wooden spoon

DIRECTIONS

- 1. Cook brown rice pasta according to package directions, but take off 1-2 minutes off cooking time.
- 2. If using frozen peas, place them in the bottom of the colander so when you drain the cooked pasta, they will defrost and combine with the pasta.
- 3. Steam frozen greens to defrost. (Or steam fresh veggies with a sprinkle of sea salt until bright green.)
- 4. Heat olive oil in a large skillet over medium heat. Add garlic and sauté until golden brown (about 2-3 mins).
- 5. Add cooked pasta to the pan and stir to coat with garlic and oil. Add defrosted greens and stir to coat.
- 6. Take off heat, season with salt and pepper, taste and adjust.

Variations

- Stir in 1 (15-oz.) can of cannellini or garbanzo beans.
- Top with sliced broiled chicken.



Black Bean and Spinach Burritos

INGREDIENTS

- 1 tbsp olive oil
- 1 onion, diced
- 1 garlic clove, minced
- 1 tsp ground cumin
- 1 tsp oregano
- 1 tsp chili powder
- 1 cup black beans, cooked
- 2 cups fresh baby spinach (or frozen)

Sea salt

Cilantro, if desired

Gluten-free tortillas (or even large wedges of lettuce as wraps!) Sliced avocado, optional

TOOLS

Measuring spoons
Dry measuring cup
Chef's knife
Cutting board
Large skillet with a lid
Wooden spoon
Small skillet

DIRECTIONS

- 1. Sauté onion and garlic for 1-2 minutes in a large skillet over medium heat.
- 2. Add cumin, oregano, chili powder. Cover and cook for 2-3 minutes.
- 3. Add beans, sea salt, and spinach. Continue cooking until spinach is wilted and beans are heated through. Sprinkle in cilantro if desired.
- 4. Warm the tortilla in a separate skillet over low heat.
- 5. Lay tortilla flat, add bean and spinach mixture, top with avocado, and roll up.

VARIATIONS

Substitute black beans with lentils, garbanzo beans, or pinto beans. Substitute beans with diced chicken breast.



How to make Basic Grains

A great base for any salad, porridge, or pilaf. Here are the ratios, cooking times, and basic process for cooking any grains to mix and match use in many of these tasty recipes

	GRAIN: WATER	COOKING TIME
Brown Rice	1 : 2	50 minutes
Quinoa	1:2	15 minutes
Amaranth	1:2	20 - 25 minutes
Millet	1:3	20 minutes
Rolled Oats	1:2	10 minutes
Irish Oats	1:4	30 minutes

- 1. Bring water to a boil in a medium saucepan.
- 2. Add grain, stir, and lower heat to a simmer.
- 3. Cover and cook until water is absorbed and grain is tender. See general cooking times above. For oats, stir occasionally.
- 4. Take off heat, let sit covered for 5 minutes and serve.

Brown Rice or Quinoa Pilaf with Toasted Almonds

INGREDIENTS

1 cup cooked quinoa (or brown rice)

2 cups water

Pinch of sea salt

1 bunch of asparagus or broccoli

1 cup slivered almonds

1 cup grated carrots

zest of 1 lemon

TOOLS

Cutting board

Chef's knife

Baking sheet

Small bowl and fork or whisk

Microplane or grater

Medium bot fitted with steamer basket

DRESSING

1/2 cup extra-virgin olive oil2 tbsp Dijon mustard3 tbsp fresh lemon juice (about 1 lemon)2 tbsp coconut aminos1 tbsp raw honey

- 1. Preheat oven to 350 degrees.
- 2. Snap off ends of asparagus spears and cut into 2-inch pieces.
- 3. Steam asparagus or broccoli until still bright green and crisp-tender, about 5 minutes.
- 4. Toast almonds on a baking sheet in oven or toaster until lightly browned.
- 5. Make Dressing: whisk together olive oil, mustard, lemon juice, coconut aminos, and honey until creamy and well combined.
- 6. Grate carrots and lemon zest.
- 7. Place quinoa, asparagus or broccoli, toasted almonds, zest of 1 lemon, 1 cup of shredded carrots in a large serving bowl. Pour dressing over the pilaf and gently toss.

Super Easy (and Juicy) Broiled Chicken

A great make-ahead dish for adding to protein to stir-fries, salads, burritos, etc! I usually make about 4 or 5 at the beginning of the week to use for several days.

INGREDIENTS

TOOLS

About 1 1/2 pounds boneless, skinlesseasuring spoons

white-meat organic chicken (breasts, cutlets, or tenders)

2 tbsp olive oil

Sea salt and pepper

Chef's knife
Cutting board
Baking sheet

Tongs

- 1. Season both sides of each chicken breast with salt and pepper.
- 2. In a large, airtight, plastic bag place chicken and olive oil. Toast to coat and set aside for 10 minutes or up to 12 hours.
- 3. Preheat the broiler.
- 4. Take chicken out of bag with tongs, shake off excess oil, and place on a baking sheet.
- 5. Broil the chicken very quickly, turning once, cooking no more than 3-5 minutes on each side. To check for doneness, use a thin blade knife and cut through the center should be white or slightly pink.
- 6. Let sit on a cutting board, loosely covered with foil, for about 5 minutes to let the juices settle back into the chicken.
- 7. Serve right away or store in an airtight container for later slicing into a salad, wrap, etc.



Pan-Seared Halibut with Toasted Almonds

INGREDIENTS

TOOLS

1 (4-oz) fillet per person of wild-caughaute pan halibut Spatula
1 tbsp unrefined coconut oil or sesame oil sea salt pepper
1/4 cup slivered almonds

DIRECTIONS

- 1. Heat oil in saute pan over medium heat.
- 2. Sprinkle sea salt and pepper on both sides of each fish fillet.
- 3. Cook fish on first side over medium heat for 4 minutes.
- 4. Flip and cook on other side for 3 minutes. While fish is in pan, sprinkle layer of almonds on top.
- 5. Flip over and cook for 2 minutes. Add almonds on other side.
- 6. Flip again to cook and toast almonds on other side. Halibut is cooked when fish is flaky and no longer translucent.
- 7. Take off heat and serve.

Variations

- Replace almonds with chopped hazelnuts, pecans, or macadamia nuts.



Salmon en Papillote with Asparagus & Sweet Potato Wedges

INGREDIENTS I SWEET POTATO

1 small sweet potato or yam per person 2 tbsp olive oil sea salt

INGREDIENTS I SALMON & ASPARAGUS

1 bunch of asparagus
3 tbsp whole grain or Dijon mustard
(or mixture of the two)
juice from 1 lemon
2 tbsp olive oil
Sea salt
Freshly ground black pepper
1(6-8 oz) salmon fillet per person

TOOLS

Measuring spoons
Baking sheet
Parchment paper
Spoon
Small and medium bowls
Whisk
Cutting board
Chef's knife
Tongs

- 1. Preheat the oven to 450 and line a baking sheet with parchment paper.
- 2. Slice the sweet potato in half, lengthwise. Slice each half into 5-6 wedges.
- Add sweet potatoes to medium sized bowl with two tablespoons of olive oil and a pinch of salt. Toss to coat.
- 4. Lay potatoes in a single layer on the parchment-lined baking sheet and bake for 10 minutes.
- 5. Rinse and dry asparagus and snap off the ends.
- 6. In a small bowl, whisk together mustard, lemon juice, and olive oil.
- 7. Take a second piece of parchment, about 15 inches long, fold in half then unfold.
- 8. In the center of one half, layer about 4-5 asparagus spears and sprinkle with sea salt.
- 9. Place the salmon fillet on top of asparagus, sprinkle with salt and pepper, and spoon on 2 tablespoons of mustard sauce.
- 10. Fold parchment back over to cover salmon. Starting at the right hand crease, fold the parchment over itself to create a small triangle. Fold that piece over itself and continue folding to create small pleats all the way around the parchment. When you're done, you should have a half-moon or "calzone" shape.
- 11. Take out the potato wedges, push them to the perimeter of the baking sheet. Place parchment packet in the middle.
- 12. Lower oven heat to 400 and bake packet and potatoes for another 10 minutes.
- 13. Remove from oven, slice through the packet it's ready! Top with more dijon sauce if you'd like.



Pureed White Bean or Chickpea Dip

Perfect no-fuss party snack that you can quickly whip up with pantry staples.

INGREDIENTS

1 (15 oz.) can cannellini or garbanzo beans, drained and rinsed 1 garlic clove 2 tbsp fresh lemon juice*
1/3 cup olive oil, plus 4 tbsp
1/4 cup fresh Italian flat-leaf parsley leaves salt and pepper

DIRECTIONS

- 1. Place beans, garlic, lemon juice, olive oil, and parsley in food processor.
- 2. Pulse until mixture is coarsely chopped. Season with salt and pepper to taste.
- 3. Transfer puree to a small bowl. Serve with crostini, fresh vegetable sticks (like carrots or celery), or pita chips.

Variations:

- This can also be served in a gluten-free wrap or wrapped in a Collard green leaf with grilled vegetables or with grilled chicken and greens.
 - * Skip if this is your first time cleansing or if you know you are sensitive to citrus.



Refreshing Nori Wraps

INGREDIENTS

Toasted nori sheets (the stuff they wrap sushi rolls in)

TOOLS

Cutting board Chef's knife

ANY COMBINATIONS OF THE FOLLOWING:

2-3 grated carrots leftover brown rice or quinoa sliced avocado sliced cucumber

- 1. Place nori sheet on a flat, dry surface. At the end closest to you, lay the veggies, rice, or any combination of the above ingredients flat along the width of nori sheet.
- 2. Roll up the ingredients. Slice roll in half and enjoy!



Chunky Guacamole

INGREDIENTS

3 avocados 1 large tomato 1/2 red onion Juice of one or two fresh limes Sea salt Fresh cilantro

TOOLS

Chef's knife Cutting board Medium bowl

DIRECTIONS

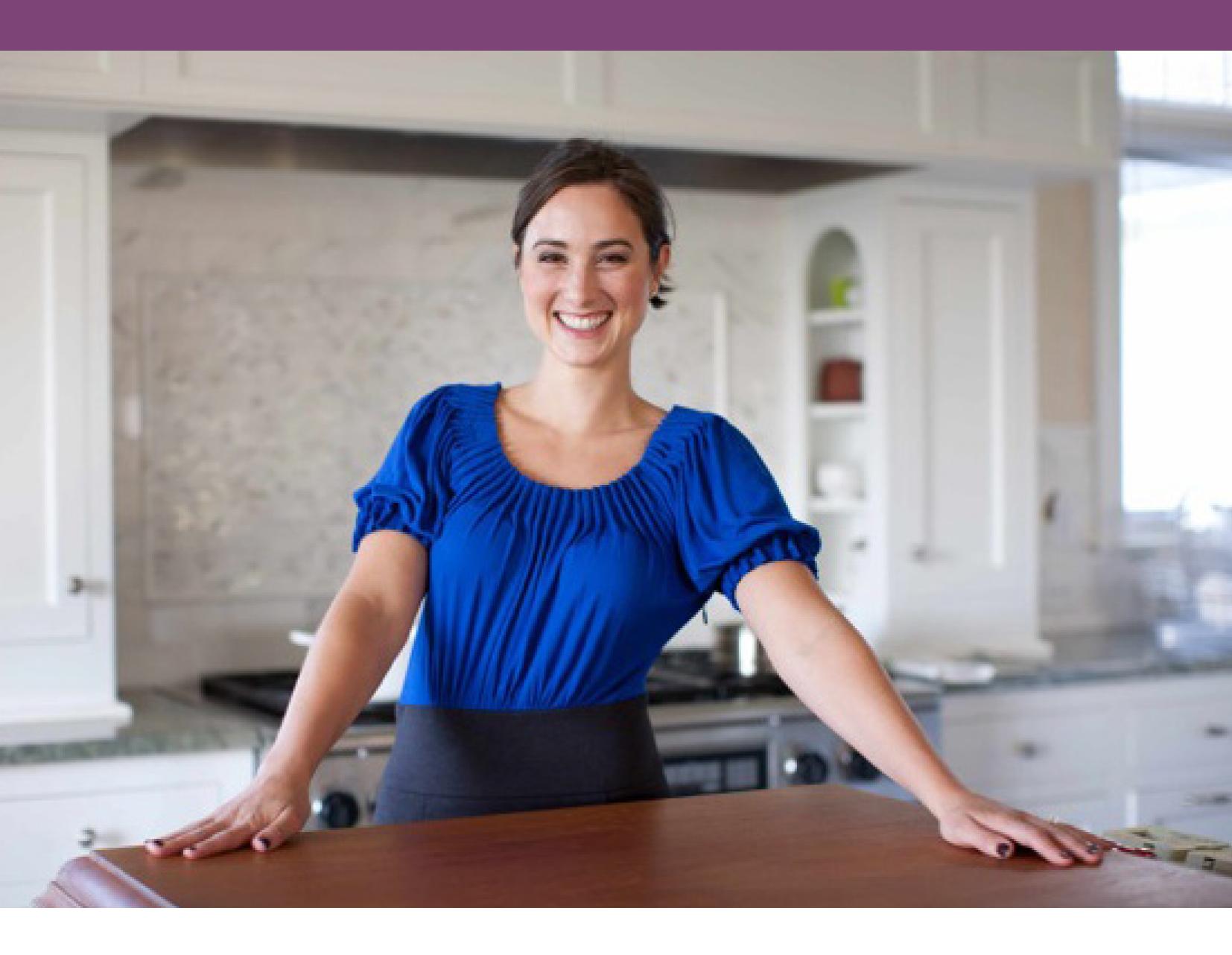
- 1. Slice the avocado, tomato, and onion into equal-sized chunks.
- 2. Gently mix all ingredients into a medium-sized bowl. You want to make almost a salty lemonade/limeade with the lime juice so be generous with it.
- 3. Garnish with extra cilantro and serve with tortilla or multigrain chips (check ingredients for sneaky sugar!)

Variations:

This would also be great in a sprouted grain wrap with chicken, beef, or fresh veggies like romaine, carrots, and peppers and onions.

Substitute lime with fresh lemon.

RECIPES FROM Heather



Heather Pierce Giannone is a certified holistic health coach and Creator of *Go Feed Yourself* - a digital program teaching you how to make fast, healthy meals that keep you focused and productive.

She also shares free recipes and easy cooking how-to videos on her website and on her YouTube show, *The Feed with HPG*.

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