

FOOD FOR THOUGHT: CONSCIOUS CONNECTION

There are so many ways to take control of your health. Here is a recipe and a health tip to help inspire you!

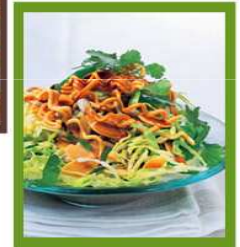
SALMON FILLETS WITH NECTARINE SALSA

This recipe is not only delicious, it also helps you reach your Omega 3 intake goals!

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| 4 Tbsp minced fresh cilantro | 4 wild salmon filets |
| 4 Tbsp minced red onion | 2 Tbsp extra version olive oil |
| 4 Tbsp fresh squeezed lime juice | 1 large nectarine, chopped |
| | ½ tsp raw, local honey |

Preheat oven to 425 degrees. Combine cilantro, red onion and lime juice in a small bowl. Brush skin of salmon filets with 1 Tbsp of the olive oil and place fish, skin side down, on a wire rack that is placed on a cookie sheet. Sprinkle fish with sea salt and pepper & press ½ of the cilantro mixture onto the top of the fish filets. Drizzle with the remaining Tbsp of olive oil and bake for 15 minutes.

Add chopped nectarine & honey to the remaining cilantro mixture, season with sea salt & pepper, if needed, and serve with fish. Enjoy!



SET WEEKLY GOALS FOR YOURSELF!

If you are anything like me, you have a long list of “things you want to accomplish” and that list keeps growing and growing! One way to start checking things off your list, is to set a goal for yourself each week. Pick a new goal each week or continue practicing an existing goal.

Try adding 2 additional servings of green vegetables, 4 days this week or exercising 2 additional times this week for at least 30 minutes or organizing the kitchen pantry this week.

Set a weekly goal for whatever you would like to achieve and then practice that action until it is completed or until it becomes part of your lifestyle. Just make sure your goals are **SMART!**

Specific, Measurable, Achievable, Relevant, Time-framed

