

LIGHTEN UP RECIPES:

LIGHTEN UP SMOOTHIE

One to two cups of dark leafy greens (kale, collards, spinach. May be lightly steamed and chilled if you have thyroid issues)

+

Low Sugar Fruit: 1/4 cup berries OR 1/2 green apple

+

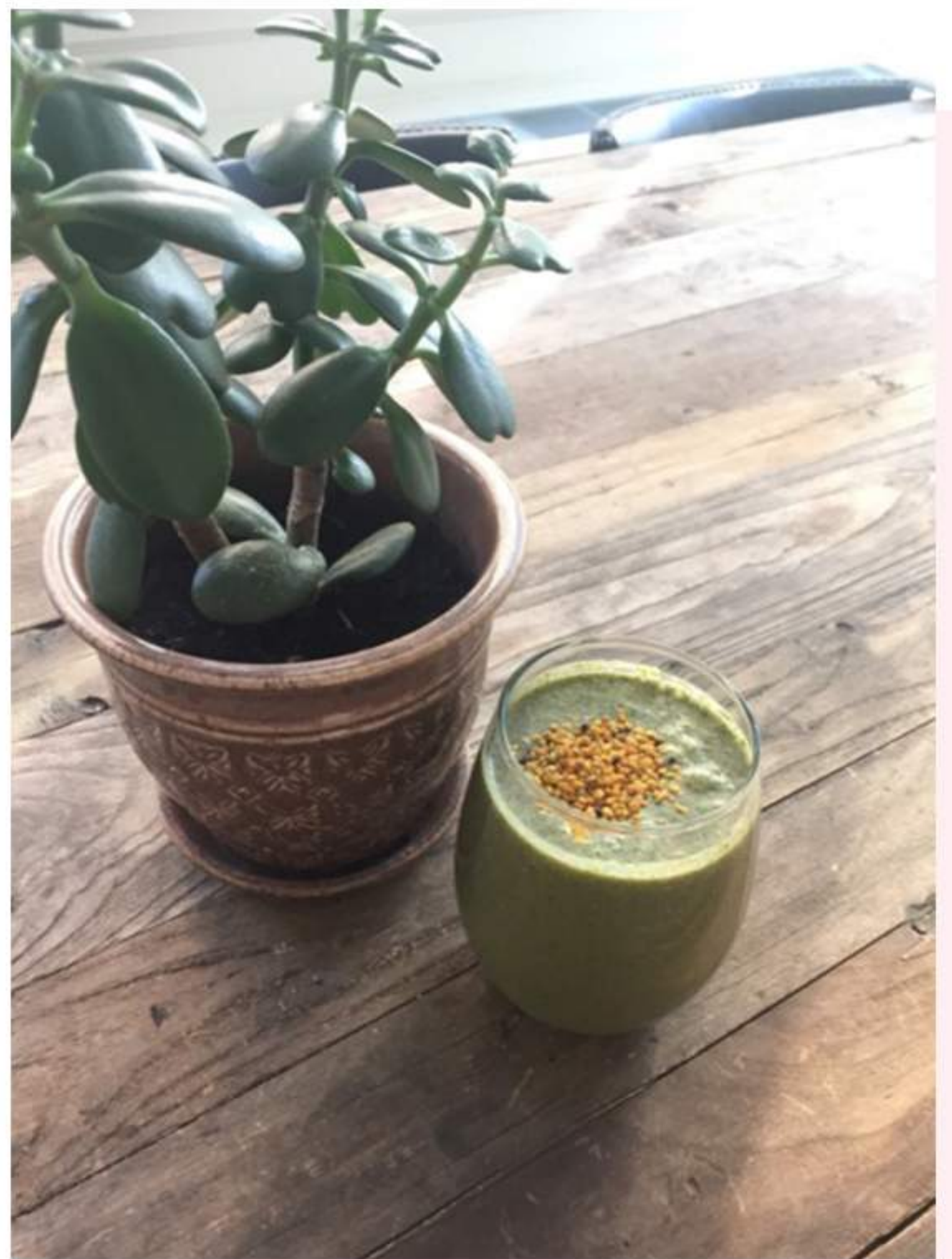
1 scoop of Best Protein Powder

+

Sexy Fat (1 tbs coconut oil OR 1/4 avocado)

+

Water to 1-2 cups water to taste (less water will make a thicker shake)



OPTIONAL ADD INS:

Juice of 1/2 to 1 whole lemon or lime

Greens / Probiotic Blends

1-2 TBS soaked chia seeds

OPTIONAL TOPPINGS:

Shredded unsweetened coconut

Bee Pollen

Cacao Nibs

CHIA PUDDING:



3/4 unsweetened almond milk



A few drops of liquid stevia (to taste)



1 tsp vanilla extract



3-4 tbs chia seeds



Unsweetened finely shredded coconut



Topping: thawed mixed berries

DIRECTIONS:

ADD ALMOND MILK, STEVIA, VANILLA AND CHIA SEEDS TO A GLASS JAR WITH A SECURE LID. GIVE A GOOD SHAKE AND REFRIGERATE FOR 6-8 HOURS OR OVERNIGHT. WHEN READY TO EAT, ADD COCONUT AND THAWED OR WARMED MIXED BERRIES. YOU MAY ADD MORE MILK IF YOU'D LIKE IT THINNER.

BUSY BABES BEAUTY BOWL



DIRECTIONS:

TAKE INGREDIENTS OF LIGHTEN UP SMOOTHIE AND ADD VERY LITTLE WATER, SO THE CONSISTENCY IS MUCH THICKER. (ABOUT ¼ CUP USUALLY) TOP WITH YOUR FAVORITE LIGHTEN UP TOPPINGS (UNSWEETENED COCONUT, NUTS, SEEDS, BERRIES, GREEN APPLE ARE OPTIONS)

EGGS AND YUCA



DIRECTIONS:

PEEL YUCA AND CUT INTO 3 INCH PIECES REMOVE LARGE INNER THREAD. BOIL TILL FORK TENDER. MEANWHILE, COOK TWO EGGS TO YOUR DESIRED FINISH. MASH THE YUCA WITH A FORK AND SEASON WITH SALT, PEPPER AND A DASH OF VINEGAR. TOP WITH EGGS.

BLUEBERRY LIGHTEN UP PANCAKES



4 eggs
+
1 cup almond milk
+
2 tbs melted coconut oil
+
stevia to taste
+
2 tsp vanilla extract
+
1/2 coconut flour
+
1 tsp baking soda
+
1/2 tsp salt
+
thawed frozen blueberries
+
coconut oil for cooking

DIRECTIONS:

WHISK EGGS, MILK, STEVIA, OIL AND VANILLA UNTIL COMBINED.

IN A SEPARATE BOWL MIX FLOUR, BAKING SODA AND SALT UNTIL COMBINED.

MIX DRY INGREDIENTS WITH WET INGREDIENTS.

LET BATTER SIT FOR 10-15 MINUTES

HEAT PAN TO MEDIUM AND GREASE WITH COCONUT OIL.

SPOON BATTER ONTO PAN AND SHAPE THE PANCAKES. KEEP THEM SOMEWHAT SMALLER THAN TRADITIONAL PANCAKES.

ADD SMALL SPOON OF BLUEBERRIES ONTO EACH PANCAKE.

COOK UNTIL LIGHTLY BROWNED, THEN FLIP AND COOK OTHER SIDE FOR A MINUTE OR UNTIL COOKED THROUGH. THESE CAN BROWN VERY QUICKLY SO PAY ATTENTION.

CRUNCHY KALE SALAD

2 cups kale (washed and chopped)



1 persian cucumber



1 handful snow peas



1 grated carrot



1 tbs raw pepitas



sea salt



2 tsp vinegar



1 tsp olive oil



TURKEY NO-TACOS



DIRECTIONS:

HEAT OLIVE OIL IN PAN AT MEDIUM

ADD DICED ONION AND GARLIC, COOK UNTIL ONION IS TRANSLUCENT

ADD GROUND TURKEY AND USE WOODEN SPOON TO BREAK INTO CHUNKS WHILE COOKING. SEASON WITH SALT, PEPPER AND PAPRIKA. WHEN FULLY COOKED, REMOVE FROM HEAT.

MASH ½ AVOCADO WITH LEMON JUICE AND ADD SALT TO TASTE (EASY GUACAMOLE!)

ASSEMBLE YOUR NOT-ACOS IN LETTUCE LEAVES (I LIKE TO DOUBLE THEM UP) AS YOU WOULD A TACO. ADDING GUACAMOLE, TOMATOES, JALAPENOS, HOT SAUCE AND THE LETTUCE IS YOUR TACO SHELL.

olive oil



1 lb organic ground turkey



1/2 onion diced



2 garlic cloves finely chopped



salt / pepper to taste



1/2 tps paprika



1/2 ripe avocado



juice of half lime or lemon



1 cup grape tomatoes sliced in half



jalapenos (optional)



hot sauce (optional)



boston lettuce leaves (washed, not chopped)

BEAUTY WRAPS



DIRECTIONS:

{THIS IS MORE OF A METHOD THAN A "RECIPE"
YOUR FAVE VEGGIES (I LOVE AVOCADO, CUKES, KIMCHI, CARROT)
PROTEIN OF CHOICE (I OFTEN USE SALMON, TEMPEH OR TUNA MIXED WITH MUSTARD)
WRAP OF CHOICE (I USE NORI, OR GEM WRAPS WHICH ARE MADE FROM VEGGIES)

TAKE YOUR WRAP, USE "GLUE" AVOCADO OR HUMMUS, AND THIN SLICED VEGGIES. PROTEIN OF CHOICE AND WRAP LIKE A SUSHI ROLL ADDING A TINY BIT OF WATER (THINK OF SEALING AN ENVELOPE) AT THE END.

THIS IS A GREAT FAST AND HEALTHY LUNCH. I EAT THESE ALL THE TIME!

LIGHTEN UP BOWL



DIRECTIONS:

AGAIN THIS IS MORE OF A "METHOD" THAN A RECIPE. I MAKE THESE BOWLS FOR LUNCH OFTEN. TAKE YOUR FAVE FRESH VEGGIES YOU HAVE (IN THIS CASE CABAGE, ARUGULA, TOMATOES) ADD ANY LEFTOVER SALADS YOU MAY HAVE (I HAD A CARROT SALAD) ADD ROASTED VEGGIES (HERE IS SIMPLE ROASTED EGGPLANT) ADD KIMCHI OR FERMENTED VEGGIES. YOU MAY ADD ANY LEAN PROTEIN OR PLANT BASED PROTEIN IF YOU WISH. MAKE IT BEAUTIFUL, SIMPLE, LIVE AND DELICIOUS. SHARE YOUR PICS IN THE GROUP!

MORROCAN SPICED SHRIMP

1 zucchini, chopped



2 organic carrots, chopped



1 tbs olive oil



1 onion, chopped



1 clove garlic, chrushed



1 15oz. can whole peeled tomatoes



1/2 tsp red pepper flakes



1 tsp sea salt



freshly ground pepper



1/2 tsp cinnamon



2 tsp paprika



1/4 tsp turmeric



1/4 tsp cayenne pepper



1 lb shrimp (peeled, devined)

DIRECTIONS:

HEAT OIL AND GARLIC IN A PAN OVER MEDIUM.

ADD IN VEGGIES AND PAPRIKA AND SAUTE UNTIL VEGGIES ARE SOFT.

ADD IN TOMATOES, TURMERIC, CINNAMON, CAYENNE, SALT AND PEPPER.

BRING TO A BOIL, THEN REDUCE AND LET SAUCE SIMMER ABOUT 5 MINUTES.

SPREAD A SPACE FOR THE SHRIMP AND ADD SHRIMP TO SAUCE.

ALLOW THE SHRIMP TO COOK FULLY, UNTIL OPAQUE (JUST A FEW MINUTES)

SERVE AND ENJOY!

LIGHTEN UP LENTIL SOUP

1/4 cup olive oil



1 medium onion, chopped



2 carrots, peeled and chopped



4 cloves garlic, chopped



1 tsp curry powder



1/2 teaspoon dried thyme



1 28oz can of diced tomatoes, drained



1 cup lentils, picked and rinsed



4 cups organic vegetable broth



2 cups water



1 teaspoon salt



pinch red pepper flakes



Freshly ground black pepper



1 cup chopped kale (no center ribs)



juice of 1 lemon or lime

DIRECTIONS:

WARM THE OLIVE OIL IN A LARGE POT OVER MEDIUM HEAT.

ADD CHOPPED ONION AND CARROT, COOK UNTIL ONION IS TRANSLUCENT. ADD GARLIC, CUMIN, CURRY POWDER AND THYME. AFTER ABOUT 30 SECONDS, ADD THE TOMATOES, AND STIR OFTEN.

ADD LENTILS, BROTH AND WATER. ADD SALT AND RED PEPPER. SEASON WITH BLACK PEPPER.

BRING TO BOIL, THEN REDUCE HEAT AND MAINTAIN A LIGHT SIMMER.

COOK FOR 30 MINUTES OR UNTIL LENTILS ARE TENDER.

ADD CHOPPED GREENS, AND COOK FOR ABOUT 5 MINUTES MORE, OR UNTIL GREENS HAVE SOFTENED.

REMOVE FROM HEAT AND ADD LEMON JUICE. TASTE AND ADJUST SEASONINGS TO YOUR LIKING.

CARROT SALAD WITH MORRACAN SPICES

1 lb carrots, chopped in rounds



1/4 cup olive oil



juice of one lemon



1/4 chopped cilantro or parsley



1 clove garlic mashed



1/2 tsp ground cumin



1/4 tsp cinnamon



1 tsp paprika



sea salt to taste



1/2 tsp harissa (optional)

DIRECTIONS:

IN A LARGE BOWL MIX TOGETHER ALL INGREDIENTS. COVER AND LET MAINATE FOR AT LEAST 2 HOURS OR OVERNIGHT. SERVE CHILLED OR ROOM TEMPERATURE.