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Her holistic approach treats the body as a whole, creating an environment where the body will naturally thrive, promoting overall health, happiness, and well being.

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Nutrition Tips
Holistic nutrition tips and practices to help you make the most of healthy eating.

Healthy Foods
Choose from this list of healthy vegan foods for nutritious meals & snacks.

Easy Vegan Recipes
Delicious high energy raw vegan recipes for a healthy body and mind.

Sample Menu
Use this one day sample menu as a template to plan your healthy meals.
Nutrition Tips

- Go shopping and prepare yourself and your kitchen to start creating the health and life you want. Plan meals and snacks. Chop and store vegetables in the fridge so you can prepare meals quicker.
- Keep it simple. Just do what you can do. As long as you're working toward eating healthier and making healthier lifestyle choices, that's what matters the most.
- Just because you're embarking on a new, healthier lifestyle doesn't mean you can't enjoy a treat every now and then. Remember, it's what you do every day that makes the difference.
- It's not necessary to eat raw foods 100% of the time to gain benefits. In fact, 80% raw foods should give you amazing benefits and you'll be able to have some cooked food as well. Just make sure your cooked food is healthy and prepared in such a way that doesn't add unnecessary fat and sugar.
- Eat foods that are high in water content, such as raw fruits and vegetables. Their water is highly nutritious and has the ability to help hydrate you in a way that drinking water cannot.
- Always look for and buy organic whenever you can. Shop at local farmers markets, or join a CSA (community supported agriculture) to get good quality local food. While some of these may not be certified organic, they may indeed grow their food using organic methods.
- Eat foods in the Fats group sparingly. Though healthy, they are also very high in calorie per serving.
- Try to avoid eating when stressed or upset, as this interferes with digestion and nutrient absorption.
- Upon waking, drink a large glass of hot lemon water to boost your energy, aid in digestion, and promote weight loss. Add 1 tsp lemon juice to very hot, filtered water.
- Drink 20 oz of room temperature spring water between meals. This will aid in digestion, weight loss, and will help you get the hydration your body needs.
- Keep breakfast light and easily digestible. The body is still in fasting mode from the night before and digestion will be weaker. After hot lemon water, have a piece of fruit or a smoothie. Since your body won't have to work hard digesting a heavy meal, you'll have more energy for your busy day ahead.
- Make lunch the largest meal of the day, as digestion is strongest between the hours of 10am – 2pm. Sit down and relax. Eat mindfully; notice the taste, smell and texture of your food. Take your time, and enjoy this meal.
- Keep dinner light and easily digestible such as soup and/or a salad. Don't eat after 7pm, as the body has cleansing and healing work to do at night without the added job of digesting a heavy meal.
- Sip on room temperature water only as needed during meals, as drinking too much will hinder digestion.
# Healthy Foods

## Fruits
- Apples
- Apricots
- Avocado
- Banana
- Blackberries
- Blueberries
- Cherries
- Dried Fruits
- Fig
- Grapes
- Kiwi
- Mango
- Melon
- Olives
- Oranges
- Peaches
- Pears
- Pineapple
- Plantain
- Pomegranate
- Raspberries
- Strawberries
- Tomatoes
- Watermelon
- Wild Blueberries

## Vegetables
- Asparagus
- Beets
- Bell Peppers
- Broccoli
- Brussels Sprouts
- Carrots
- Cauliflower
- Collard Greens
- Corn
- Cucumbers
- Dandelion Greens
- Garlic
- Green Beans
- Green Peas
- Green Salad
- Kale
- Lettuce
- Mushrooms
- Mustard Greens
- Microgreens
- Onion
- Potatoes
- Squash
- Spinach
- Sprouts
- Sweet Potatoes
- Zucchini

## Grains
- Barley
- Brown Rice
- Brown Rice Noodles
- Corn Tortillas
- Couscous
- English Muffins
- Grits
- Noodles
- Rice (basmati, yellow, jasmine)
- Rolled Oats
- Spaghetti
- Whole Grain Bread
- Whole Grain Pasta
- Whole Wheat Bagel
- Whole Wheat English Muffin
- Whole Wheat Tortilla
- Whole Grain Pita
- Whole Grain Rice
- Wild Rice

## Proteins
- Beans (baked, refried, etc.)
- Chickpeas
- Buckwheat
- Hummus
- Lentils
- Nuts
- Nut Butters
- Quinoa
- Refried Beans (fat free)
- Rice Cakes
- Seeds (flax, chia, hemp, sunflower)
- Seitan
- Soy Milk
- Split Peas
- Tempeh
- Tofu
- Vegan Protein Powders

## Fats
- Avocado
- Nuts
- Nut Butters
- Oils (almond, olive, sunflower, grape seed, coconut)
- Olives
- Seeds (chia, flax, sunflower, hemp)

## Beverages
- Almond Milk (unsweet)
- Cashew Milk (unsweet)
- Coffee (limit 2/day)
- Fresh Vegetable Juices
- Herbal Teas
- Soy Milk (unsweetened)
- Spring Water
The Green Sunshine Smoothie is the perfect refreshing breakfast drink. It's quick, filling, and easy to digest. And, really tasty!

1 orange, peeled & quartered
1 handful baby spinach
1 Tbsp chia seeds
1 Tbsp coconut flakes
1 cup coconut water

Add all ingredients, except coconut flakes, to blender. Process on high until smooth. Pour into your favorite glass, and top with coconut flakes. Serves 1. Enjoy!

**VARIATIONS:**
- Add 3/4 cup wild blueberries or 1 banana
- Replace chia seeds with 1 Tbsp hemp seeds
- Replace coconut water with spring water
Raw Veggie Salad makes a great lunch by itself or with a broth-based soup.

1/2 cup raw sweet corn
1/2 cup raw green peas
1 Tbsp hemp seeds
2 Tbsp red bell pepper, chopped
1/2 Tbsp sweet onion, chopped
1 tsp minced garlic
Sea salt to taste
Black pepper to taste

For this recipe I use organic frozen corn and peas, thawed.

Add corn and peas to a large bowl. Chop pepper and onion, then toss with veggies. Add garlic and mix well. Sprinkle with hemp seeds. Add salt and pepper to taste. Serves 1.
Green Alkaline Salad

Tomato and avocado is a classic combo -- delicious on a sandwich, toast, or in this case, a salad! Green Alkaline Salad makes a wonderful and satisfying lunch or dinner, by itself or paired with soup.

1/2 large tomato sliced into large chunks
1/2 avocado sliced into large chunks
1 Tbsp sweet onion, chopped
1-2 Tbsp sprouts
1/2 cup organic baby spinach, chopped
Sea salt
Black pepper
Almond oil

Combine everything, except last 3 ingredients, into a bowl and mix well. Transfer to a plate, and drizzle with almond oil. Salt and pepper to taste. Serves 1.
Cheezy Zucchini Noodles is one of my favorite raw food recipes! It's so good and rich, however a little high calorie due to the cashews.

**Noodles:**
1-2 zucchini, peeled
1/2 cup grape tomatoes

**Cheezy Sauce:**
Handful raw cashews
2 tsp nutritional yeast
1/2 tsp turmeric
1 Tbsp olive oil
Sea salt to taste
Black pepper to taste

Use a spiralizer or vegetable peeler to make spaghetti-like zucchini noodles. Transfer to a plate and set aside.

Cheezy Sauce: Add first 4 ingredients to a blender, plus just enough water for processing. Process on high. Add salt and pepper to taste. Pour over noodles and top with tomatoes. Serves 1.
Apple Raisin Crunch serves as a great breakfast or afternoon snack option to get you through a long day.

1 apple, cut into chunks
1/4 cup raisins
1/4 tsp cinnamon
1 tsp real maple syrup

Add first three ingredients to a bowl, then stir in maple syrup. Serves 1.

VARIATIONS:
• Add 1 Tbsp hemp or chia seeds
• Add 1 Tbsp raw organic rolled oats
• Replace raisins with chopped dates
We all need decadent sweets every now and then, and raw chocolate is actually very good for you. This Chocolate Nut Butter Fudge recipe will rock your world!

1 cup maple syrup
1 cup raw cacao powder
1 cup cacao butter
1/4 cup organic nut butter (peanut, almond, or cashew)
Large pinch of sea salt

Slowly melt cacao butter in double boiler. Add all ingredients to blender, and process on medium high until well-blended. Pour mixture into 8 x 8 glass baking dish greased with coconut oil. Place in freezer for 45 minutes or until firm. Store in refrigerator or freezer.
Sample Menu

F O R  A  D A Y

Upon Waking
Drink an 8-12 oz glass of hot lemon water. Wait 20 minutes before eating or drinking anything else.

Breakfast
Green Sunshine Smoothie
Organic coffee or herbal tea

20 oz water between breakfast & mid-morning snack

Mid-Morning Snack
1 cup white grapes
8 raw almonds

20 oz water between mid-morning snack & lunch.

Lunch
Green Alkaline Salad
1 1/2 cups homemade vegetable soup
1 small square of Chocolate Nut Butter Fudge
Organic coffee or herbal tea

20 oz spring water between lunch & dinner

Dinner
Raw Veggie Salad

20 oz spring water between dinner & 9pm.