

follow your
Cravings
guide book



NOURISH WITH HEATHER

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Welcome to Conscious Nutrition's Cravings Guide Book.

We have been taught that cravings are a bad thing. Suppress them, more discipline, you are weak. However, we feel a craving is your body sending you a message. Instead of ignoring it, let's use it as a tool to add more nourishment and support.

What should I eat?

This age old question has caused heaps of confusion and conflicting information.

Media, the Diet Industry and society focuses on health through television, magazines, and the internet all day long.

So, why is obesity and disease at the highest incidence in history? Why is everyone starting a new diet on Monday? Why do we continue to look for the "right" way to eat?

The Industrial revolution led to more packaged and convenience foods, instead of whole foods that took more time to prepare. This technology offered us many advances for food not to spoil, more convenience and preservatives to our food.

After this era, we headed into the 1960's to 1980's, and everyone was looking for the quick fix diet. The big diets, like the grapefruit diet, the cabbage soup diet, and Weight Watchers were the quick fads which were usually highlighted by a celebrity.

Are we eating real food? Remember, it was just 1991 when we started to completely label packaged foods.

Food additives, preservatives, marketing and technology try to make you want more and more of their food. These chemically throw off of your hormones, nervous system and cell function. So even when you "start" a diet it is difficult and you feel like you are going upstream and fail. And when human's fail, the instinct of all or none programming takes over and replaces what your body truly needs, —gentle, subtle changes.



HOW TO MENTALLY APPROACH WHAT TO EAT?

When I first starting teaching nutrition, I was very logical, scientific and black and white. Eat this not that, calorie counting, journal your food and you will be successful. Well, a couple of years into my career, people were not following what I told them, they sometimes did and didn't lose weight, and people would fall of their diet. So why were they paying me and not doing the program? Life is not black and white, you need to learn how to adjust to life and PRACTICE to help you be successful.

“ I fear not the man who has practiced ten thousand kicks once. But I fear the man who has practiced one kick ten thousand times. — Bruce Lee ”

As for nutrition, it takes practice, consistency, and mindful observation to understand what to feed your body. Some people can do a structured program every day. However how about the rest of us who want to break the rules and hit a tailgate party once in awhile?

Do not approach your cravings with perfectionism and using just your logical mind. Rather, lead with your common sense, instinct, intuition and you will begin trusting yourself as you learn how your body feels. When you approach your nutrition program with the all or none mindset on Monday morning, you have a high percentage of failure. Instead try to implement changes gradually.

Think of the art of sailing. You plot your course as best as you can to sail from A to B. Then the winds and the elements change. You have to adjust otherwise you are doomed. When we try to control our cravings and diet from a place of control and fear, we will not win. Instead, learning to adjust to the elements of life will help you become empowered to make the necessary changes to feel more nourished and develop an amazing relationship with food and your body.

We tend to judge our cravings and justify why we “shouldn’t” eat this.

“**Stop shoulding on yourself.**”

I hope we have conscious healthy cravings our entire life. This connection with food and your taste buds is essential. Our taste buds offer us a variety of flavors. We crave sweet, savory, salty, bitter, sour, spicy, and umami (texture). These flavors help keep our body in balance. Balancing our electrolytes, pH, kidney cleansing, brain health and satiety.

Most of us know the sweet craving very well. Sweet is very instinctual to us for knowing the food has nutrients and energy in it. Let’s look at this example:

I want chocolate for breakfast. Logically this doesn’t fit into a standard diet practice, and feelings of guilt and failure may come up if you choose the chocolate.

What if before you judge the innocent food, you ask yourself some questions? Am I tired? Do I need some water? How about I make a balanced breakfast first and then see if I want chocolate? Or can I have a bite of dark chocolate with my tea and feel satiated and content?

We tend to bully and justify ourselves to choose how we should eat. What if we add a side of compassion and self care to feel more connected to food and our bodies versus sheer force. We need to be cautious of the rebellious side that resides in all of us, and know when it is best to be empowered over the fear.

“**What we RESIST, persists**”

WHAT TO CHANGE FIRST?

YOUR BRAIN: Try observing and changing your mind set and perspective first before you force your body to make other changes.

Ask yourself:

- Why?
- What is important to you?
- What are your true values?

If your answers do not align with your health, making changes are going to be quite difficult.

If we try to make changes from just one side of the brain, it can leave us feeling like we are spinning our wheels. Use both logic and intuition to set your goals.

Generally speaking, the left brain is associated with logic, analytics and rationale. The right brain is associated with creativity, intuition and subjectivity.

Right Brain Definition: The right cerebral hemisphere of the human brain, which includes areas associated with abstraction, artistic ability, and emotional response: popularly regarded as the center of creativity and imagination.

“ **Energy is your body's magic! It is your life force. You keep it healthy and it keeps you healthy. If you are sick or sad, shifting your energies feels good. When you care for these invisible energies, it makes your heart sing and your cells happy!**

— Donna Eden ”

In the context of cravings. The right brain is the emotional and intuitive side. Instead of shutting this part down, use it to help you feel supported.

Food is part of comfort, celebration and connection. If we choose to eat food as part of an experience, the goal is to enjoy it with both feet in. Not half in and half out where it leaves you feeling guilty or shame. Make sure you are all in and own the experience. Physically, you will have less resistance and conflict in your body by not releasing the stress hormones caused by the emotional struggle.

Left Brain Definition: The left cerebral hemisphere of the human brain, which includes areas associated with logical thinking, numerical calculation, and language skills: popularly regarded as the center of rational thought. If you try to learn and study every nutrition theory, research article and philosophy, you can become overwhelmed and confused. Use your logic as a tool for knowledge as you explore more of what your body truly needs.

“ **Conventional medicine, at its foundation, focuses on the biochemistry of cells, tissue, and organs. Energy Medicine, at its foundation, focuses on the energy fields of the body that organize and control the growth and repair of cells, tissue, and organs. Changing impaired energy patterns may be the most efficient, least invasive way to improve the vitality of organs, cells, and psyche.**

— *David Feinstein, Ph.D.* ”

Your body has billions of cells and you have your own unique energy and communication with these cells. When we integrate our entire brain with this energy, we will have an easier time making decisions regarding our health and day to day food choices.

Mediation has been scientifically proven to integrate both sides of our brain. This supports stress reduction, healthy communication and observation. Reducing and managing stress is the most important thing you can do for your health.

Related to your cravings, when you integrate both sides of your brain through out the day, you will have more balance, energy, and most likely less cravings that don't rule or disempower you.

Cravings are very important and they constantly giving us messages. Now we are going to use them to guide us.

Listed below are very popular cravings, the why, and suggestions on what to do about it. When you consistently experience these cravings it can be a sign your body is missing essential nutrients. Don't judge and ignore the craving, however use it as information to help restore your body back to balance.

Your digestive process begins with your thoughts. Have you ever thought about food and your mouth watered? Food is a major part of our lives. We incorporate food with celebration, connection, energy, and emotionally eating.

Emotionally eating is part of our lives. It is when judge it and abuse it, is where more issues arise. You are going to integrate your left and right brain when you begin to meal plan and eating meals. For example, if you are craving pizza, instead of pushing that craving down, and trying not to "fail", try applying this information to what your body may need. You may be craving hot, savory food, and the tomatoes contain lycopene and other vitamins. Try this; make a fun sauté with zucchini, onions, tomato sauce, either Gluten-free noodles or a meat sauce, or both if that is what your body needs. Try to let go of all the "rules", and really listen to your body. This craving may be giving you subtle messages on what your body truly needs.

As you begin to observe your mind regarding food, you are going to practice non-judgement. If you start to feel stress and conflict regarding the decision you made. Stop. Don't eat it under these circumstances. Try to relax, take deep breaths and dive a bit deeper. Is the pizza craving from a stressful day or does it just sound good? Release the negative chatter and pay attention to the why's. Also, how does the pizza make you feel? Do you feel energized after? Relaxed? Still craving something else? All of these questions can help you discover more information about your body. This is not exact science, however trial and error, and remember there is no wrong decision, just learning as you go.

WHEN A STRONG CRAVING COMES IN:

Stop, Take 5 Deep breaths and visualize grounding yourself from your core (belly button). This will help your nervous system and body center first before the food or drink attempts too. The emotional suggestions are based on numerous case studies, research and understanding how we manage our emotions with food. Only implement what feels right for you.

Chart:	Why (physically & emotionally)	Suggestions:
Alcohol	Why: Calcium & Glutamine deficiency. Low protein and potassium intake. Avenin Deficiency (Craving of gelatinous substances). Feeling alone and depressed.	What to do: Sesame seeds/ tahini, broccoli, kale, legumes, mustard and turnip greens, Cabbage, beetroot, beans, spinach, parsley, vegetable juice, Green leafy vegetable, nuts, seeds, legumes, grains, beans, Citrus fruits, bitter green leafy veg, banana, plantains, tomato, pineapple, black olives, seaweeds. Increase avenin with chia seed pudding, tapioca, or gluten free oatmeal. Try connecting with something bigger than you.; such as a project, a belief, a child, a cause.
All Sugar	Why: Low blood sugar, tryptophan & chromium deficiency. Lack of sweetness in your life.	What To do: Add in whole Fruit with nuts. Add spirulina, pumpkin/ sesame/sunflower seeds, raw cacao, oatmeal, sweet potato, spinach, raisins, Onion, romaine lettuce, tomato, cinnamon, grapes, apples, sweet potato, carob powder, garlic. Volunteer and do philanthropy work in your community.

Bread & Pasta	<p>Why: Chromium deficiency, lack of sleep and anxiety. Craving more from life, and needing deeper rest while you sleep.</p>	<p>What to do: Add in Onion, romaine lettuce, tomato, cinnamon, grapes, apples, sweet potato. Go to sleep without any electronics, add lavender essential oils into your day.</p>
Cheese	<p>Why: Signs of dehydration and improper absorption of vitamins & minerals. Calcium & Essential Fatty Acids deficiency. A desire for more “highs” in your life. The feeling of contentment and relief.</p>	<p>What to do: Try raw, organic goat cheeses. Try adding in kefir & fermented veggies. Add in Omega 3's (EPA and DHA)- Flax oil, ground flaxseeds, chia seeds, walnuts & calcium rich foods; Sesame seeds/ tahini, broccoli, kale, legumes, swiss chard, mustard and turnip greens. Try a dance class, picnics, long walks, board games, and comedy shows.</p>
Chocolate	<p>Why: Sign of low magnesium, dehydration & lack of essential fatty acids. Craving more mental stimulus in your life.</p>	<p>What to do: Add raw cacao nibs. Add 250mg of Magnesium @ night. Increase Omega 3's through out the day and at evening time. (Chia Seeds, walnuts, flax oil, krill oil.) Take deep breaths. Pick up a good book, go to a museum, a lecture, or try a new body awareness class.</p>

Coffee and Black Tea	<p>Why: Sulphur, Salt & Phosphorus deficiency.</p> <p>Wanting a morning ritual to waken the senses and body.</p>	<p>What To do: Add in Cruciferous vege (kale, cabbage, etc), cranberries, horseradish, asparagus, carob powder, garlic, onion (if you don't have thyroid issues). Beans, legumes, unsulphured prunes, figs+ other dried fruit, seaweed, spinach, cherries, Himalayan or Aztecan sea salt, Organic Apple Cider vinegar, kombucha, pumpkin seeds, brazil nuts, lentils.</p> <p>Drink plain water first and eat before your coffee and tea to ensure hydration.</p> <p>Practice other morning rituals; such as body brushing, stretching, yoga, 3 push-ups.</p>
Crunchy	<p>Why: Chloride deficiency & Essential fatty acid deficiency.</p> <p>Feeling overwhelmed and can't keep up.</p>	<p>What To do: Celery, olives, tomato, kelp, Himalayan sea salt, radishes.</p> <p>Increase Omega 3's (EPA and DHA)- Flax oil, ground flaxseeds, chia seeds, walnuts.</p> <p>Take a time out and prioritize what is really important to you.</p> <p>Drink hydrating tea to support you, such as ginger, chamomile, and lemon flavors.</p>

Ice cream & Creamy	<p>Why: Dehydration and malabsorption of vitamins and minerals.</p> <p>Wanting to “cool” down an emotion, usually anger.</p>	<p>What To do: Add in probiotics, fermented veggies, kombucha, chia seed pudding, substitute for coconut ice cream.</p> <p>Journal regarding why you are feeling angry. The ice cream can’t always fix it, however observing and honoring the emotion can.</p>
Pastries	<p>Why: Sign of low & improper absorption of essential fatty acids. Craving more connection and nurturing.</p>	<p>What To do: Drink lemon water. Add sweet potato with ghee (clarified butter) or quinoa drizzled with avocado oil. Try our gluten free pancake recipe. Make a relaxing brunch for your friends.</p>
Peanut butter	<p>Why: low amino acids and vitamin B. Wanting a quick fix in your life. Lack of self nurturing.</p>	<p>What to do: Eat organic, non-GMO peanut butter, try almond butter for variety, and increase your Omega 3’s. Take time daily to nurture yourself, even if it is 5 minutes to watch and listen to the birds.</p>
Pizza	<p>Why: Imbalanced macronutrients and minerals: Not enough of the protein, fat and veggie side of the tree. Stress hormones are high.</p>	<p>What To do: Add in cooked tomatoes. Try our pizza recipe below. Take deep breaths and add in Omega 3’s. Implement visualization and meditation practices to lower your stress levels.</p>

Salty	Why: Stress hormone fluctuations, Chloride deficiency & low electrolytes and minerals. Feeling depleted and unsupported.	What To do: Celery, olives, tomato, kelp, Himalayan sea salt. Meditation & breathing exercises. Take an Epsom Salt bath and light some candles.
Soda & Diet Soda & Fizzy Drinks	Why: Calcium deficiency, lack of essential fatty acids, and nervous system stress. Lack of feeling inspired or passionate about something.	What To do: Sesame seeds/ tahini, broccoli, kale, legumes, mustard and turnip greens, Omega 3's & Try 100 mg of 5HTP daily. Eat a bowl of strawberries with your eyes closed. Savor each bite and really take the time to enjoy it.
Toast	Why: Nitrogen deficiency, dehydration. Feeling depleted and lack in your life.	What To do: Add in Green leafy vegetables, Brazil nuts, sesame seeds, and legumes. Drink water between meals vs heaps of water with ice during meal times. Write down 3 things you are grateful for and 5 reasons why for each one.

A-Z Other cravings with more of a physical component & less of an emotional component.

Apples:

Why: If you are dehydrated these quick snacks offer fiber and antioxidants. Make sure to eat the skin, it has more nutrients than the flesh. If you get constipated easily, an apple a day may help you.

What to do: If you experience blood sugar issues, add a handful of nuts with it to balance your blood sugar. Also, do not over fruit during the day. Fruit alone and often can challenge your blood sugar.

Artichokes:

Why: Artichokes have been used for centuries to help jaundice and liver problems. Now they have been shown to support irritable stomach, nervous gastropathy, flatulence, irritable bowel, and high cholesterol. Also, artichokes can help release excess heat and mucus from the body.

What to do: Eat the hearts on salads, or make a Ghee/Garlic dip and have steamed artichokes as an appetizer.

Bananas:

Why: Bananas contain folic acid, and amino acids that can help the brain produce 5-HTP, which helps calms the nerves and helps dispel irritable emotions and pessimism. .

What to do: Eat them with nut butters, and make sure if you add them to your smoothies not to over eat them through out the day. They can challenge fat loss and blood sugar balancing for some people.

Beef or red meat:

Why: Iron deficiency & lack of absorption of vitamins. Emotionally meat cravings can help you feel grounded and supported.

What to do: Add in Beans, legumes, unsulphured prunes, figs, mango, seaweed, spinach, cherries, Portobello mushrooms for texture. Add in 1,000 mg of Vitamin C daily for iron absorption. Try to ground yourself first. Walk barefoot in the grass, lay on the ground, or try tree pose in yoga.

Burnt Food:

Why: Carbon & magnesium deficiency

What to do: Add in more fresh fruits, raw cacao nibs

Chicken Noodle Soup:

Why: This cold and flu remedy has been handed down from generation to generation. This broth contains Vitamin A, and Selenium that can help the body promote new red cell growth.

What to do: If you want a thicker soup, add in a blended sweet potato and it can give the soup a gravy consistency.

Hot soups are wonderful when we are sick or feeling low in energy to revive our immune system to do more detoxifying. Also, try bone broth and pho soup options.

If you are gluten free, try taking out the noodles and add brown rice glass noodles.

Corn chips:

Why: Lack of serotonin and amino acids. Lack of healthy bacteria in the gut. Feeling depleted and that you give too much of yourself.

What to do: Add in a protein shake with chia seeds during the day. Increase fermented vegetables. Also, ask yourself how can you receive more joy from life.

Mac-n-Cheese:

Signs of dehydration, and improper absorption of vitamins & minerals. Also can be from calcium & an Essential Fatty Acids deficiency.

What to do: Try raw, organic goat cheeses. Try adding in kefir & fermented veggies

Add in Omega 3's (EPA and DHA) Flax oil, ground flaxseeds, chia seeds, walnuts & calcium rich foods; Sesame seeds/tahini, broccoli, kale, legumes, swiss chard, mustard and turnip greens.

Onions:

Why: I have been craving these like crazy, sautéing them in coconut oil and adding them to everything. Leeks, like garlic and onions, belong to a vegetable family called Allium vegetables.

Leeks contain the flavonoid kaempferol, which has repeatedly been shown to help protect our blood vessels linings from damage.

What to do: Saute these with any other veggies you are cooking up with either a side of protein or starch.

Popcorn:

Why: Stress hormone fluctuations, anxiety & oral fixation.

What to do: Increase green leafy vegetables, add in kale chips, seaweed crackers or nori sheets. Add in more Vitamins B & C.

Implement Meditation and breathing exercises. Up your exercise intensity for short duration periods.

Potatoes, chips & French fries

Why you can't eat just one potato chip?

The chemicals are called "endocannabinoids," which is a chemical that influences appetite and are part of a cycle that keeps you coming back for more.

What to do: Eat a quality sweet potato and combine it with healthy fat, such as ghee, almond butter, or olive oil. Top with sea salt and enjoy.

Pickles & Fermented Vegetables:

Why: If you are low in amino acids or if they are not functioning properly in your body, you can crave these foods.

What to do: Add in homemade sauerkraut and pickles are good probiotic foods. They help keep in check the bad bacteria that can cause cravings.

HOW TO EAT?

In one word, “mindfully”.

I had an eye opening experience with a woman from Italy. As a child, during meals she was taught to set down her fork after each bite and as people were speaking. Meals were part of her culture for connection and contribution, not just to feed. Her skin glowed, she had a super healthy relationship with food, and of course she was very fit.

As you practice the Food Tree and implement new foods and recipes, take time after meals to see how you feel. If you crave sugar after meals, feel tired or bloated, what you ate did not fully support you.

How to eat:

1. 5 deep breaths before you eat.
2. Deep breaths between each bite while you eat.
3. Rest & Digest: Rest for 5 minutes after meals, either lay on your side, sit in the sun, read, and relax your nervous system.

EXPERIMENT

- ~ Take 5 deep breaths,
- ~ Ask yourself if you want hot or cold food and sweet or savory food.
- ~ Then check in 30 minutes after you eat to see how you feel.

30 MINUTES AFTER MEALS:

How do I feel? Did I eat enough of the Food Tree exchanges? Did I eat a supportive combination of the Food Tree exchanges?

If you crave sugar, have low energy or bloated, what you ate wasn't as supportive. Practice different food combining plans for the next meal.

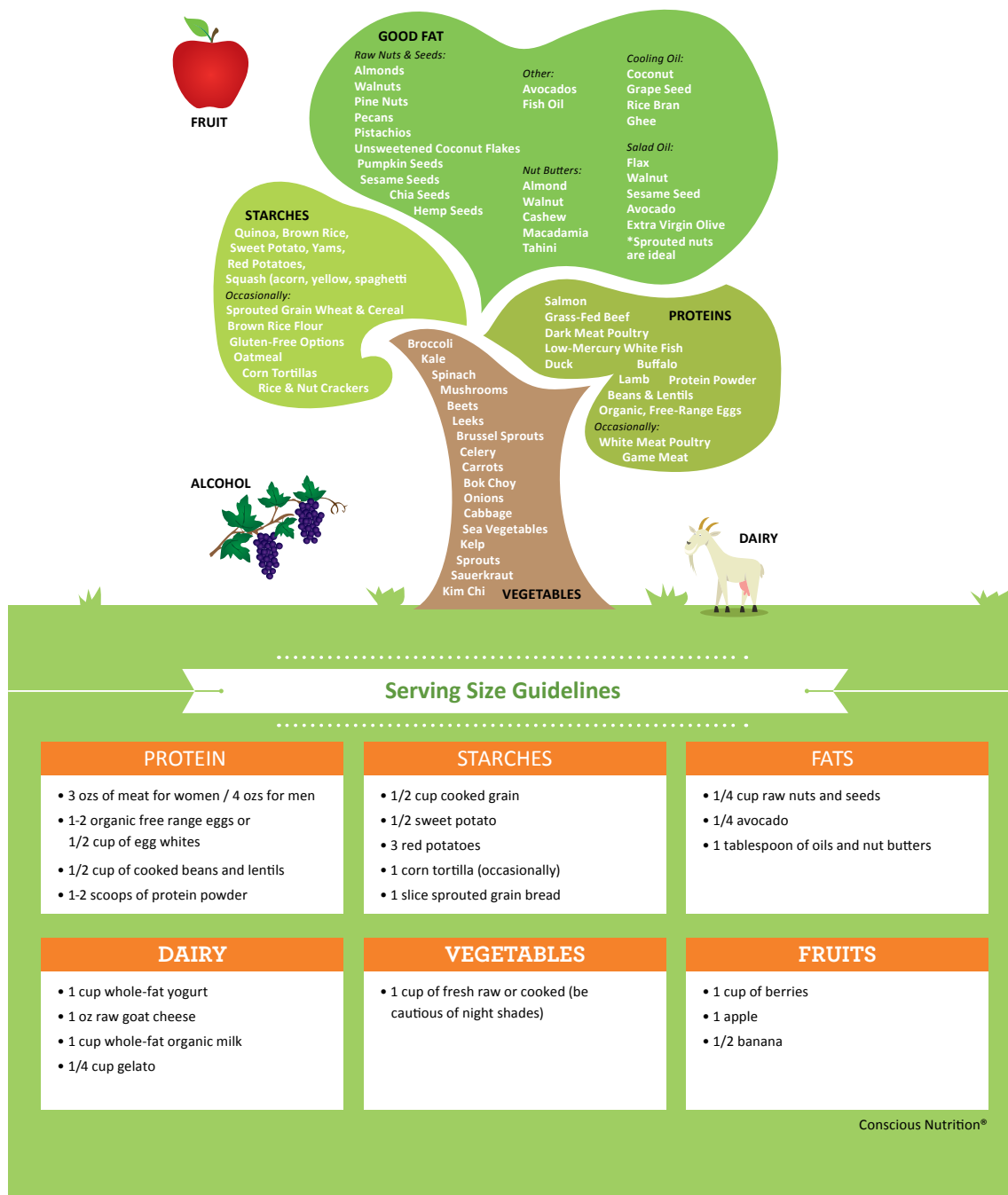
WHAT TO EAT? CONSCIOUS NUTRITION FOOD TREE - BASIC GUIDELINES

As you begin to understand your body's cravings, we have designed The Conscious Nutrition Food Tree as a visual to assist you in daily meal planning. The CN Food Tree integrated a variety of healing modalities to support optimal digestion, reduce inflammation, and enhance overall well being. Use this as a tool to help guide you to listen deeper to your body. When we take out foods that can cause inflammation and replace them with higher quality foods, this will help you feel more supported.

1. Vegetables are the foundation of your daily program.
2. Eat one side of the Conscious Nutrition Food Tree or the other as OFTEN as possible. This will ensure you are separating your starches and proteins at meals. Protein Meals are: Protein-fat-vegetable. Starch Meals are starch-fat-vegetable and Combined Meals are the Protein-starch-fat-vegetable.
3. Eat 1-2 servings of healthy fat with both sides of the food tree and with fruit.
4. You may combine protein and starches more often once you get closer to your goal and increase the amount of daily physical activity.
5. Fruit: Eat fruit with nuts as a snack, e.g., an apple with almond butter, not with meals. Fruit is best combined with fat. This includes all fruit except for melons and cantaloupe, which can be eaten alone and separate from other foods.
6. Dairy: Dairy is for fun, not always for optimal health! If you eat dairy, use organic, whole, raw dairy products, or substitute for almond milk, coconut milk and goat dairy products. Dairy is best with the protein side of the tree.
7. If you are drinking alcohol, try to eat less starch and fruit during that day and/or the next.
8. Drink all liquids 30-60 minutes prior to or post meals. Don't chug or choke, just casually sip if needed.
9. Every morning, eat food or have a shake before any hot or cold beverages (minus water) and supplements.
10. Don't forget the protein shake. It falls under the protein side of the tree.

WHAT TO EAT & FOOD TREE:

Conscious Nutrition Food Tree



FLOW CHART DAY

Practice Food Combining:

Try the flow below, or change them around to support your exercise routine, lifestyle, dining out, celebration or just how you feel. Monitor combined meals if you have digestive difficulties, weight issues, blood sugar imbalances and low energy. Also, journal what emotion was coming up with the craving. This will help you become more aware with emotional connection to your food. This is very important if you are constantly feeling resistance in your life.



Breakfast:
Protein Meal



Lunch:
Protein or
Starch Meal



Dinner:
Protein or
Combined Meal.

7 DAYS OF MEAL IDEAS & RECIPES

	Breakfast	Lunch	Dinner
Day 1	Berry Coconut Smoothie PROTEIN	Organic Egg Salad PROTEIN	Grilled Salmon with herbed Lentils and Salsa Verde COMBINED
Day 2	2 Eggs Sunny Side Up over Spinach PROTEIN	Vegetable Risotto STARCH	Salt and Pepper Prawns PROTEIN
Day 3	Omelet with Your Favorite Veggies PROTEIN	Quinoa and Beet Salad STARCH	Mussels with Broth and a bit of Garlic Lemon Butter or Ghee PROTEIN
Day 4	THE Protein Shake PROTEIN	Creamy Butternut Squash Soup STARCH	Dark Meat Chicken and Shredded Carrot Salad PROTEIN
Day 5	Chicken Sausage Frittata PROTEIN	Artichoke and Tuna Salad PROTEIN	Sushi Rolls COMBINED
Day 6	Heather's Healthy Pancakes STARCH	Tuna Nicoise Salad with Capers and Red Potatoes COMBINED	Thai Food: Spicy Shrimp with Coconut Rice COMBINED
Day 7	Egg White Scramble PROTEIN	Greek Salad with Zucchini FREE	Pesto Pizza STARCH

PROTEIN SHAKES

Use Blender for optimal absorption of nutrients from protein, vegetables and fruit. Even though we recommend minimal fruit with protein, we want you to enjoy your food and make this a life time plan.

BERRY COCONUT SMOOTHIE

Ingredients

- 1 cup mixed berries
- 2 scoops of Protein Powder
- 1 cup coconut milk
- 2 tablespoons unsweetened cocoa powder
- 1 tablespoon honey
- Blend and enjoy!

ORGANIC FREE RANGE EGG SALAD

This is a great meal for either breakfast or lunch. Top on greens for a protein salad meal.

Ingredients

- 6 large organic eggs
- 2 tablespoons make your own mayonnaise (see our mayo recipe on page 105)
- 1 tablespoon organic whole-grain mustard
- 2 stalks organic celery, washed and chopped
- 1 small organic dill pickle, washed and chopped
- 1/4 organic red onion, washed and chopped
- 1 tablespoon lemon juice
- 1/4 teaspoon garlic powder
- Sea salt and pepper to taste

Directions

1. Place organic free range eggs in a large saucepan and cover with cold water by about an inch. Close the pot tight with a lid.
2. Bring to a boil and let boil for one minute. Cover; remove from heat, and let sit for 8 minutes.
3. Prepare a large bowl with ice water, and after the 8 minutes are over, place the organic free range eggs inside of it and let sit for 3 minutes. Now you can peel the organic free range eggs into a large bowl, and if they're difficult to peel, don't worry – that just means they are very fresh!
4. In the large bowl, add the mayonnaise, mustard, sea salt, pepper, garlic powder and lemon juice. Chop it all together with your fork, but don't mush it up too much — you want there to be chunks of organic free range eggs.
5. Add the onion, celery and pickle. Mix it all together lightly and enjoy!

Options and serving suggestions

- Leave out a few of the yolks to make it lighter and feed yolks to your dog!
- Add a dollop of sweet pickle relish for a sweet and zesty snap.
- Serve organic free range egg salad topped with parsley out of pudding dishes for a light ladies lunch.
- Spread on brown rice toast and top with lettuce and tomato for an all-star sandwich. (Combined Meal)
- Top rice crackers with the salad, then layer with a small slice of avocado. (Combined Snack)
- Add some jalapeño flakes and fresh chopped cilantro and serve with tortilla chips for a little taste of Mexico

GRILLED SALMON WITH HERBED LENTILS AND SALSA VERDE

Another meal with extra high quality protein foods combined to enhance flavor and nutrition.

Ingredients

For the herb lentils

- 7 ounce lentils
- 4 fresh sage leaves
- 3 fresh flat-leaf parsley stems
- 1 celery rib
- Sea salt and freshly ground black pepper
- 4 tablespoons grape seed oil
- 1 tablespoon red wine vinegar
- Grated zest and juice of 1 lemon
- 2 sprigs of fresh dill, chopped
- 3 sprigs of fresh flat-leaf parsley, chopped
- 3 sprigs of fresh basil, chopped

For the salsa verde

- 1 garlic clove
- 2 tablespoons capers, rinsed
- 1 teaspoon Dijon mustard
- 3 sprigs of fresh basil
- 3 sprigs of fresh mint
- Leaves from 3 sprigs of fresh flat-leaf parsley (stems reserved for the herb lentils)
- Juice of 1/2 lemon
- 1 tablespoon red wine vinegar
- 3 tablespoons olive oil
- Grape seed oil, for grilling
- Salmon fillets, 1 portion-sized piece per person, skin on

Directions

First make the herb lentils. In a pan, cover the lentils with cold water and bring to a summer over medium heat. Add the sage leaves, parsley stems, and celery. Simmer until the lentils are *al dente*, and then remove from the heat and drain, reserving a little of the cooking water. Discard the celery and herbs.

Season the lentils while hot with sea salt and black pepper, and add the oil, vinegar, and the lemon juice and zest, so they will better absorb all the flavors. When the lentils have cooled, add the chopped herbs.

For the salsa Verde, place the garlic and capers in Emulsifying Blender until smooth. Add the Dijon mustard and all the herbs, then purée until you have a smooth green paste. Add the lemon juice and red wine vinegar, and then stir in the olive oil. Check the seasoning and add more sea salt, pepper, and lemon juice, if necessary.

Place a lightly oiled, heavy-bottomed griddle pan over medium to high heat. Season the salmon fillets with sea salt and black pepper and place in the pan, skin-side down. Grill the salmon for 4 minutes until crisp. Roll the fish over and cook for 2 minutes on each of the other sides. When cooking salmon you want the flesh to be medium-rare in the center; the residual heat will continue cooking the fish after it has been removed from the heat.

Serve the grilled fish with the herb lentils and the salsa Verde, perhaps alongside some other vegetables or a mixed peppery leaf salad.

COMBINED

VEGETABLE RISOTTO

I make this on special occasions, it is a crowd pleaser.

Ingredients:

- Lots of grape seed oil (1/4 cup-ish)
- 1/2 cup sliced carrots
- 1/2 cup sliced celery
- 8 ounces mushrooms of your choice, sliced
- 1 teaspoon dried thyme
- 1 cup Arborio rice
- 1/2 cup dry white wine
- 2-1/2 cups vegetable broth
- 1/4 cup lemon juice
- 3/4 cup frozen green peas
- 2 tablespoons chopped parsley
- Sea salt and black pepper, to taste

Directions

In a heavy bottomed saucepan, heat half of the oil over medium heat. Add the carrots, celery and cook, stirring occasionally, until the celery is tender, about 6-8 minutes. Add the mushrooms and thyme, and sauté until the mushrooms are soft, about 4 minutes more.

Add almost the remaining of oil (saving about a tablespoon) and the rice, and, stirring constantly, cook until the rice is evenly coated and sounds like crispy rice cereal in the pan, about 4 minutes. Add the wine, stirring constantly, until all of the liquid is completely absorbed.

Begin to ladle the broth into the rice and cook, continuing to stir, until most of the liquid is absorbed. Continue to add the broth in ladleful increments, allowing the liquid to be absorbed before another addition, for about 20 minutes.

Add the peas (you can add them frozen) and cook for just about 2-3 minutes, stirring constantly, or until the peas are tender and bright green. Stir in the remaining olive oil, parsley. Add sea salt and pepper to taste and serve immediately.

SALT AND PEPPER PRAWNS

Wonderful combination of flavors, you may even feel like you are on vacation.

Ingredients

- 1/4 cup lime juice
- 4 teaspoons Braggs Liquid Amino Acids
- 4 teaspoons sesame oil
- 1 teaspoon raw sugar
- 6 cups cabbage, preferably Napa, thinly sliced (about 1/2 head)
- 2 small red or orange bell peppers, very thinly sliced
- 1/4 cup rice flour
- 1/2 teaspoon kosher sea salt
- 1 teaspoon freshly ground pepper
- 1 teaspoon five-spice powder, Chinese flavoring
- 1 1/3 pounds raw shrimp, (21-25 per pound), peeled and deveined
- 2 tablespoons grape seed oil
- 2 jalapeno peppers, seeded and minced

Directions

Whisk lime juice, soy sauce, sesame oil and sugar in a large bowl until the sugar is dissolved. Add cabbage and bell peppers; toss to combine.

Combine rice flour, sea salt, pepper and five-spice powder in a medium bowl. Add shrimp and toss to coat in spice mixture. Heat oil in a large nonstick skillet over medium-high heat. Add the shrimp and cook, stirring often, until pink and curled, 3 to 4 minutes. Add jalapeños and cook until the shrimp are cooked through, about 1 minute more. Serve the slaw topped with the shrimp.

QUINOA AND BEET SALAD

Quality fiber and flavor in this meal idea.

Ingredients

- 1-1/4 cups quinoa
- 1-1/8 teaspoons sea salt, plus more for dressing
- 4 medium beets, trimmed
- 2 tablespoons balsamic vinegar
- 1 tablespoon lemon juice
- Freshly ground pepper, for dressing
- 3 tablespoons extra-virgin olive oil
- 1/2 large, seedless cucumber, chopped
- 1 pint yellow cherry tomatoes, halved
- 1 cup green beans, blanched and cut into 1-inch pieces
- 1/2 cup chopped flat-leaf parsley

Directions

Rinse quinoa thoroughly. Place in a medium saucepan with 2-1/2 cups water. Add 1/8 teaspoon sea salt; bring to a boil. Reduce to a simmer and cover. Cook until quinoa is tender, 12 to 15 minutes. Remove from heat; let stand 10 minutes. Transfer to a bowl. Cover and refrigerate about 2 hours.

Meanwhile, place beets in a large saucepan; cover with cold water (by about an inch). Add 1 teaspoon sea salt; bring to a simmer. Cook until beets are tender when pierced with a paring knife, 35 to 45 minutes. Drain; cover with cold water. Let sit until cool enough to handle. Peel and cut into 1/2-inch cubes.

In a small bowl, mix vinegar, lemon juice and sea salt and pepper to taste. Slowly whisk in oil. In a large bowl, combine quinoa, beets, cucumber, tomatoes, green beans and parsley. Toss in dressing to serve.

PROTEIN SHAKES

Use Emulsifying Blender for optimal absorption of nutrients from protein, vegetables and fruit. Even though we recommend minimal fruit with protein, we want you to enjoy your food and make this a life time plan.

THE PROTEIN SHAKE

Ingredients

- Handful of spinach
- 2 scoops of protein powder
- Unsweetened almond milk
- Ice
- Blend and enjoy!

CREAMY BUTTERNUT SQUASH SOUP

Squashes are my favorite starch for people to consume. I think Mother Nature is smart and we may need more of these during the winter months when they are abundant.

Ingredients

- 2 tablespoons coconut oil
- 1 small onion, chopped
- 1 stalk celery, chopped
- 1 medium carrot, chopped
- 2 medium potatoes, cubed
- 1 medium butternut squash — peeled, seeded, and cubed
- 1 (32 fluid ounce) container chicken stock
- Sea salt and freshly ground black pepper to taste

Directions

Melt coconut oil in a large pot, and cook the onion, celery, carrot, potatoes, and squash 5 minutes, or until lightly browned. Pour in enough of the chicken stock to cover vegetables and bring to a boil. Reduce heat to low, cover pot, and simmer 40 minutes, or until all vegetables are tender. Transfer the soup to an Emulsifying Blender, and blend until smooth. Return to pot and mix in any remaining stock to attain desired consistency. Season with sea salt and pepper.

CHICKEN SAUSAGE FRITTATA

This is one of my favorite meals to make and re-heat through out the week for a quick breakfast.

Ingredients

- 2 tablespoons olive oil
- 1 small yellow onion, peeled and sliced
- 3-4 chicken sausages
- 1 cup of spinach
- Sea salt and freshly ground black pepper
- 3 organic free range eggs
- A large pinch of fresh thyme leaves (optional)

Directions

Preheat the oven to 350° F. Layer in a glass pan, the onions, spinach and sausages, seasoning with sea salt and pepper as you go. Add beaten organic free range eggs. Bake in the oven until the eggs are set, about 45 minutes.

ARTICHOKE AND TUNA SALAD

A great meal for a quick and healthy lunch on a summer day.

Ingredients

- 6 ounces of cooked tuna, flaked
- 1 cup chopped canned artichoke hearts
- 1/2 cup chopped olives
- 2 teaspoons lemon juice
- 2 tablespoons of olive oil based mayonnaise or our own mayo recipe on page 105
- 1-1/2 teaspoons chopped fresh oregano, or 1/2 teaspoon dried

Directions

Combine in bowl and serve.

PROTEIN

MAKE YOUR OWN SUSHI

Add fish and it is a Combined Meal

Ingredients

- 1-1/4 pounds sushi rice (2 3/4 cups)
- 3 cups water
- 1/4 cup mirin, plus additional for moistening nori
- 5 sheets nori (1 package)
- 4 teaspoons wasabi powder, mixed with 2 teaspoons water
- 1/2 cup small-diced red onion
- 1 carrot, julienned
- 1 red bell pepper, julienned
- 1 yellow bell pepper, julienned
- 1 scallion, julienned (green part only)
- 1 hothouse cucumber, seeded and julienned
- 1 (10-ounce) jar pickled ginger

Sushi Dipping Sauce

- 1/2 teaspoon wasabi powder
- 1/4 teaspoon water
- 1/2 teaspoon crushed red pepper flakes
- 1 teaspoon minced pickled ginger
- 1 teaspoon minced scallion (green part only)
- 1/4 cup white wine vinegar
- 3 tablespoons good Bragg's Liquid Aminos
- 1/2 teaspoon dark sesame oil

Directions

Place the rice in a strainer and rinse under cold running water until the water is fairly clear, about 5 minutes. Shake the water out and allow the rice to dry in the strainer for 15 minutes.

Put the rice in a pot with exactly 3 cups of water and cook covered over high heat until it starts to foam, about 5 minutes. Reduce the heat to low

and cook until tender, about 15 minutes. Turn off the heat and sprinkle with 1/4 cup mirin. Replace the lid and allow the rice to steam for 15 minutes. Place in a bowl and cool to room temperature.

To prepare the sushi, place a bamboo sushi roller flat on a table with the bamboo reeds horizontal to you. Sprinkle lightly with water. Place 1 nori sheet on top, smooth side down, and moisten lightly with mirin. With damp hands, press 1-1/4 cups rice flat on top of the nori, leaving 1-1/2 inch edges on the top and bottom, but pressing all the way to the sides. Make sure the rice is pressed even and smooth.

Spread 1/4 teaspoon of wasabi paste in a horizontal stripe near the lower edge of the rice. Over the wasabi, lightly sprinkle the red onions in a horizontal stripe. Place strips of carrots in a horizontal stripe, on top of the wasabi and onions, and follow by piling the red and yellow peppers, scallions, and cucumbers on top, making a tight, straight bundle of vegetables. Place 1 layer of pickled ginger slices on top.

To roll the sushi, pick up the near edge of the bamboo roller and hold it with the nori, then pull them up and over the vegetable bundle until the nori reaches the rice on the other side. Press the roller to make a round bundle, then roll the bundle to the far edge of the nori and press again to make a round bundle. To serve, slice off the ends with a very sharp knife and slice each roll into 8 equal pieces. Then dip into sauces.

HEATHER'S HEALTHY PANCAKES

I love pancakes. Some mornings you just need these and the substance will give you the energy you need for the day, and support many cravings.

Ingredients

- 2 cups brown rice flour
- 1/2 tablespoon baking soda
- 1 teaspoon sea salt
- 1 teaspoon cinnamon
- 20 drops vanilla crème stevia
- 3 organic free range eggs
- 1 ripe banana
- 1-3/4 cups rice or almond milk, for more richness add coconut milk

Directions

Heat and oil frying pan with coconut oil on the stove to about 3.5 or halfway between low and medium. Mix wet ingredients together with mashed banana. Add dry ingredients, mixing well. Pour desired amount of batter (more for bigger pancakes, less for smaller) into warmed pan. Let cook for approximately 3-5 minutes or until you can easily stick your spatula underneath the pancake to flip it over. Cook another 2-3 minutes. Repeat for remaining batter. Try topping with almond butter, ghee, maple syrup, honey, and/or fresh fruit.

Makes about 7 large, hearty pancakes — which are very filling.

Enjoy!

THAI FOOD: SPICY SHRIMP AND COCONUT RICE

Have a night in with easy to make Thai food.

Ingredients

- 1 cup unsweetened, shredded coconut
- 2-1/2 cups chicken stock or broth
- 1 cup long grain white rice
- 1 teaspoon sea salt
- 2 tablespoons coconut oil
- 2 pounds jumbo shrimp, peeled and deveined
- 1 red bell pepper, seeded and thinly sliced
- 1 fresh red chili, seeded and thinly sliced or 1/2 teaspoon red pepper flakes
- 3 cloves garlic, finely chopped
- 1 to 1-1/2 teaspoons fish sauce or 2 to 3 tablespoons Bragg's Liquid Amino Acid
- 2 cups (a couple of handfuls) basil, torn
- Zest and juice of 1 lime

Directions

Toast coconut in a saucepan over medium heat until it turns golden brown. Reserve 1/2 cup for garnish. To the remaining coconut in the saucepan, add the chicken stock, rice and sea salt, and bring it to a boil. Once at a boil, reduce the heat to a simmer, place a lid on top and cook for 15 minutes. Let the mixture stand for five minutes off the heat then fluff with a fork.

While the rice is cooking, preheat a large, nonstick skillet over high heat with the coconut oil. When the pan is hot, add the shrimp, red bell peppers, chili (or red pepper flakes) and garlic, stirring frequently for about 3-4 minutes.

Add the fish sauce (or Bragg's Liquid Amino), basil and toss to combine. Serve the shrimp and some of the sauce over the coconut rice and squeeze some lime juice over everything. Garnish with the reserved toasted coconut and the lime zest.

EGG WHITE SCRAMBLE

This meal can be as quick as grab and go, and definitely more supportive to start your day off right.

Ingredients

- 1 cup of organic free range egg whites
- Chopped veggies of your choice
- 1 teaspoon of coconut oil
- Sea salt and pepper

Directions

Heat oil in pan and sauté vegetables. Add organic free range egg whites, scramble and season.

PESTO PIZZA

Pesto is a great alternative to tomato sauce. Pesto has healthy fat to combine with the starch of the crust.

Ingredients

- 2 tablespoons pine nuts, toasted
- 1 large garlic clove, finely chopped
- Kosher salt
- 1/4 cup chopped fresh basil leaves
- 2 tablespoons Parmesan
- 2 tablespoons extra-virgin olive oil
- Freshly ground black pepper
- Arrowhead mills gluten free pizza crust mix
- 1/4 small red onion, thinly sliced
- 1 red ripe tomato, thinly sliced
- 1/4 cup kalamata olives, pitted and chopped
- 4 slices fresh mozzarella

Directions

Make the pesto: place the toasted pine nuts in Emulsifying Blender. Add in the garlic and a pinch of kosher salt and combine. Mix in the basil and Parmesan. Stir in the olive oil and season with pepper.

Follow directions for pizza crust. Spread the pesto over the dough, leaving 1-inch around the edge to form a crust. Top with the onion and tomato slices and season with kosher salt and pepper. Scatter the olives all over the pizza and top with the fresh mozzarella. Slide the pizza onto the stone and bake until the cheese is melted and the crust is golden, about 8 to 10 minutes.

GRATITUDE PAGE

Thank you for your inspiration:

My Mother's Love

Louise Hay

Donna Eden

Many clients who have embraced their cravings.

Thank You!

Thank you for exploring how to eat more consciously with us. Food is meant to give us energy and joy. We hope you enjoy this approach to meal planning and spread more nourishment to your friends and family. You can find more information about nutrition and our philosophy on our website.

Enjoy!

conscious
nutrition
by Heather Fleming