

# JUNE 2016 *BodyMindSpirit*<sup>™</sup> MEMBERSHIP

## MENU OF THE MONTH ~ A DAY OF FOOD SASS<sup>™</sup>

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Ta-da! Your **Menu of the Month**, at your service. This feature of your Membership is designed to tee up a day where you get maximum nutrition, with all of the planning & list-making 100% done for you. Your job is to simply implement & enjoy.

I mindfully incorporate some easy, grab-able items, along with items that require some preparation. There is a method to my madness. Eating to Create Vibrant Health<sup>™</sup> and “easy” are not mutually exclusive, and I want to show you how! Hence, my grab-able, low-prep items. The most healing food is food we prepare with love in mind, and many folks love to dabble in the kitchen, so I also make it a point to provide meals that incorporate fantabulous Food Sass<sup>™</sup> recipes!

### You can use this tool in many ways, such as...

- ▶ You can set aside a Create Vibrant Health<sup>™</sup> Day each month, where you follow the menu and recipes to a T. Maybe add in some meditation, a 1+ mile walk outdoors, some light gardening, enjoying a good book, a bath, a round of golf, some tea with a friend...whatever will create a day where you feel content & supported. A self-care day! Ahhh. Buh-bye stress!
- ▶ Another option is to pick out different things on your menu and use them over the course of the month. This is a great way to avoid “the eating rut” where we eat the same foods over and over. “Eating rut” = Boring + Less Nutrients
- ▶ Save your BodyMindSpirit<sup>™</sup> Membership Menus of the Month, and create a binder where they can all gather into a happy book of Food Sass<sup>™</sup>, as you enjoy your membership over time. You will soon find that you have an AWESOME BOOK of meal planning created! Now THAT’s sassy!

There is no “right way” to use this tool, so do what you feel will serve YOU the best.

Of course, if you don’t like a food, or if you are sensitive to a food, please skip that part of your menu and simply substitute something else.

**This month our main topic is ENERGY** so, as you might imagine, I’ve included “energy foods” in your Menu of the Month. You can learn more about eating for energy in your first value-packed email of the month, coming out in a few weeks.



*by Laurie Warren*

# Menu

## Upon waking

2 cups (16 oz.) of warm water with a whole lemon squeezed in

## Breakfast

Splendiferous Scrambles & sautéed broccoli

## Snack

Brazil Nuts

## Lunch

Quinoa Tabouli & Celery Sticks

## Snack

Cup of Green Tea, Organic corn chips and Jammin' Guacamole

*Note:* Corn chips are **not** Food Sass™! Think of them as a crunchy vehicle for the guacamole, so that each chip is loaded with guacamole. Which means a snack would only use about 5-8 chips, depending on your appetite and metabolic needs.

## Dinner

Sweet Potato Pie Smoothie

# Shopping list

## Produce Section

- ▶ Apple, organic (1)
- ▶ Avocado (2)
- ▶ Broccoli (1 bunch)
- ▶ Carrots (1 large)
- ▶ Celery, organic (3 stalks)
- ▶ Chives, optional (enough for 1 tbsp.)
- ▶ Cilantro (1 bunch)
- ▶ Kale (1 bunch)
- ▶ Lemon (3)
- ▶ Mint (1 bunch)
- ▶ Parsley (1 bunch)
- ▶ Scallions (3)
- ▶ Sweet potato (1)
- ▶ Tomato, organic (2 med.)

## Center Aisles

- ▶ Brazil nuts, raw (1/4 c.)
- ▶ Celtic sea salt or Himalayan rock salt
- ▶ Cinnamon
- ▶ Coconut milk, full-fat (need 2/3 cup; love Thai brand in cans)
- ▶ Corn chips, organic
- ▶ Garlic powder
- ▶ Green tea
- ▶ Olive oil, extra-virgin
- ▶ Pepper, black
- ▶ Quinoa, white
- ▶ Stevia, liquid

## Refrigerated or Freezer Sections

- ▶ Butter, organic & pastured
- ▶ Eggs, organic & pastured (need 2)
- ▶ Milk, organic & whole (smallest container available)
- ▶ Parmesan cheese (2 tbsp.)
- ▶ Sour cream, organic

## Health Food Store or Online

- ▶ Whey protein powder, non-denatured (ie: Whey Factors)

# Recipes

## Splendiferous Scrambles

*Serves 1*

### Fixings:

- 2 eggs
- 1 tbsp. whole milk
- 2 tbsp. freshly grated Parmesan cheese
- Pinch of Celtic sea salt
- 1 tbsp. organic, pasture-fed butter
- (optional) 1 tbsp. finely chopped chives

### Prep:

1. Heat pan and butter over moderate heat
2. Simply scramble all of the ingredients together, pour into pan, and stir every 15-20 seconds until cooked through.



# Recipes

## Quinoa Tabouli

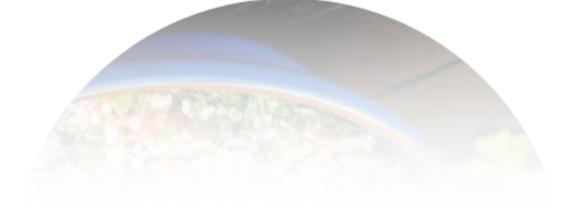
Serves 4-6

### Fixings:

- 1 cup dry quinoa, rinsed and drained
- 1 cup kale, remove center rib and slice very, very thin
- ½ cup chopped parsley
- ¼ cup chopped mint
- ¼ cup scallions, sliced thinly
- ½ cup diced tomatoes
- 3 tbsp. extra-virgin olive oil
- Juice of one lemon
- Salt & pepper to taste

### Prep:

1. Cook the quinoa according to package instructions and then chill in the refrigerator.
2. Combine all ingredients and season to your liking!



# Recipes

## Jammin' Guacamole

### Fixings:

- 2 ripe avocados, peeled and mashed
- ¼ cup sour cream
- ½ tomato, chopped
- 1 tbsp. freshly squeezed lemon
- ½ tsp. celtic sea salt or Himalayan rock salt
- ¼ tsp. garlic powder
- fresh, chopped fresh cilantro to taste (2 tbsp. is a good starting point)

### Prep:

1. Combine all ingredients, stir well, and serve! Great with cut up vegetables for dipping like carrots, cucumbers, tomatoes, and/or sweet bell peppers.  
Mmmmm.



# Recipes

## Sweet Potato Pie Shake

Serves 2

### Fixings:

- ½ cup sweet potatoes, previously cooked and cooled in fridge
- ½ red apple (Fuji, Pink Lady, and Braeburn work well)
- 1 carrot (medium-sized)
- ¾ tsp. cinnamon
- 4 ice cubes (about ¾ cup)
- ¾ cup coconut milk
- ⅓ cup water
- 2 scoops clean whey protein powder
- 5 drops stevia (optional)

### Instructions:

1. Toss all this awesomeness in a blender and spin it up!

