

TIPS + TRICKS... *for a stress-free & nourished week!*

SMOOTHIES	<p>Smoothies can easily be prepared in advance. Store in the refrigerator or freezer for a fabulous and filling meal or snack.</p> <ul style="list-style-type: none"> • Freeze smoothies and place in the fridge the night before. Be sure to give it a good shake before drinking. • Best stored in glass or stainless steel container with a tight-fitting lid. <p>My favorite: Berry Protein, Pineapple & Banana</p>
PREPARE VEGETABLES	<p>Make a salad bar in your fridge.</p> <ul style="list-style-type: none"> • Wash, spin and cut lettuce so it is ready to go • Peel and cut/chop/julienne any variety of vegetables • Store prepped veggies in airtight glass containers
SOUP	<p>Soup is an actual life saver / meal saver! Chock full of amazing nutrition and is very filling. I love to make a freeze soup for when I need a very quick meal!</p> <p>My favorite: Greek Lentil Soup, Carrot Coconut</p>
SALAD DRESSING	<p>Conventional and store-bought salad dressing can be expensive and full of less than sought after ingredients like poor quality oils, thickening agents, preservatives and SUGAR! There is nothing easier than making your own salad dressing. All you need is about 4 ingredients and a glass jar with a tight fitting lid. <i>{Once you discover how simple salad dressing can be, you will never go back!}</i></p> <p>My favorite: Asian Miso , Tangy Vinaigrette</p>
SOAK + COOK GRAINS	<p>Cook a variety of grains to have on hand for a super fast meal. Quinoa and brown rice are versatile options and can easily be added to a quick stir-fry.</p> <p>My favorite: Great Grains, Coconut Brown Rice</p>
DIPS + SPREADS	<p>Who doesn't love dip{s} on cut up raw crudité{s} or crackers? Making homemade dips make great additions into lunches and for a quick snack. Have dips ready to use on sandwiches, wraps or in veggie bowls.</p> <p>My favorite: Homemade Hummus, Zucchini Hummus</p>
SOAK + COOK BEANS	<p>Beans are chockfull of protein and fiber, and a wonderful addition to bulk up a lighter meal such as salad or soup. Soak beans overnight in lemon juice or apple cider vinegar. Cook the following day. Store in an airtight glass container for up to one week.</p> <p>My favorite: Spicy Black Beans</p>
SNACKS	<p>We all get hungry, and we are going to need to eat for energy every single day! Plan for it. Having healthy snacks readily available can change your life when you stop eating processed food.</p> <p>My favorite: Cacao + Cashew Energy Bites, Clif Bar Bites</p>