

WHERE NATURE AND FITNESS COLLIDE



ELEMENTAL

Real Food Supplements



[SHOP](#) | [BLOG](#) | [RECIPIES](#)

WHY?

THE MAJORITY OF MOST FITNESS PLANS REVOLVE AROUND THE IDEA OF NUTRITION. IT IS SHOWN THAT EATING **REAL FOODS** AND STAYING AWAY FROM THE HEAVILY PROCESSED ITEMS IS THE MOST **BENEFICIAL** FOR YOU. THERE IS ALWAYS A PRODUCT OUT THERE FOR YOU TO TRY BUT IT DOES NOT ALWAYS MIRROR THE NUTRITIONAL TACTICS. ELEMENTAL REAL FOOD SUPPLEMENTS BRIDGE THAT GAP.

Real Food simply means pure. No junk, no additives, no fake components. It is whole food that has been minimally processed to keep the integrity and benefits while making it easier to incorporate into daily life.

There are many benefits to eating real foods. They provide a nutrient rich diet which leads to many healthy effects such as a healthy heart, lower sugar levels and controlled blood sugar just to quickly name a few.

BLOG



NUTRITION
FOR MUSCLE
GROWTH



GET THE BEST
FROM YOUR
CARDIO
ROUTINE



FITNESS
TIPS FOR
BEGINNER
ATHLETES

SHOP

BEST SELLING



PEAK - Protein Mix

NEWEST



SPINE - Tank Top

RECIPIES

BREAKFAST



SOUP/SALAD



SHAREABLE



ENTRÉE



DESSERT





IT ALL STARTS IN THE KITCHEN

BREAKFAST



MAKE-AHEAD DIY BREAKFAST BOWLS

Super easy to prep and highly personalizable to eat what you want.
(Depends on ingredients used) gluten, dairy, egg, mayo, nut and grain free.
paleo and whole30 friendly
recipe and photo from [www.realfoodwholelife.com](#)



WHOLE-WHEAT CEREAL BARS (WITH BLACK WALNUTS)

A super easy, protein packed on-the-go breakfast.
egg free
vegetarian friendly
recipe and photo from [www.100daysofrealfood.com](#)

SOUP/SALAD



GOLDEN GLOW RED LENTIL SOUP

Easy one-pot meal able to be made in the crock pot or on stove top.
gluten, dairy, egg, mayo, nut, grain and soy free.
vegetarian friendly
recipe and photo from [www.realfoodwholelife.com](#)



TURMERIC TAHINI LOADED CHICKEN SALAD

A nourishing dish good for lunch at home or to take on-the-go.
gluten, dairy, egg, mayo, nut, grain and soy free.
paleo and whole30 friendly
recipe and photo from [www.realfoodwholelife.com](#)

SHAREABLE



ROASTED EGGPLANT CHIPS

Not as crispy as deep-fried chips but still packs a flavorful punch.
gluten, egg and nut free.
paleo and vegetarian friendly
recipe from [www.100daysofrealfood.com](#), photo from [healthyrecipesblogs.com](#)



REAL FOOD 7-LAYER DIP

A simple, one-pan recipe packing flavor in every bite.
gluten, dairy, egg and soy free.
vegan friendly
recipe and photo from [www.realfoodwholelife.com](#)

ENTRÉE



20-MINUTE SOUTHWEST BEEF & SWEET POTATO SKILLET

A simple, one-pan recipe packing flavor in every bite.
gluten, dairy, egg, mayo, nut, grain and soy free.
paleo and whole30 friendly
recipe and photo from [www.realfoodwholelife.com](#)



BBQ RANCH TURKEY VEGGIE SKILLET

A delicious “clean out the fridge” recipe deserving of a spot on the menu.
gluten, dairy, nut and grain free.
paleo and whole30 friendly
recipe and photo from [www.therealfoodrds.com](#)

DESSERT




HEALTHY BUCKEYES (PEANUT BUTTER BALLS)

A delicious addition to any cookie or dessert tray.
gluten, dairy, egg and grain free.
paleo and vegan friendly
recipe and photo from [www.therealfoodrds.com](#)




AGAINST ALL GRAIN MAPLE PUMPKIN PIE

A new spin on a classic recipe that's sure to hit the spot.
gluten, dairy and grain free.
paleo and vegetarian friendly
recipe and photo from [www.realfoodwholelife.com](#)

SHOP | BLOG | RECIPIES

X



20-MINUTE SOUTHWEST BEEF & SWEET POTATO SKILLET

☆☆☆☆☆
A simple, one-pan recipe packing flavor in every bite.
gluten, dairy, egg, mayo, nut, grain and soy free. paleo and whole30 friendly

RECIPE ADAPTATIONS:

Beef can be changed out for ground turkey or chicken.
Adjust the chili powder to your liking.

TOOLS NEEDED:

10-inch skillet

INGREDIENTS:

3x 1 tablespoon olive oil
1 lb ground beef
2x 1/2 teaspoon salt
4 cups chopped sweet potato
1 (15-oz) can petite diced tomatoes
1/4 teaspoon mild chili powder
1/2 teaspoon garlic powder
1/2 teaspoon ground cumin
1/4 cup water
1 cup packed baby spinach
juice of 1 lime

Optional toppings: sliced avocado, cilantro, hot sauce

MAKES 3-4 SERVINGS

INSTRUCTIONS:

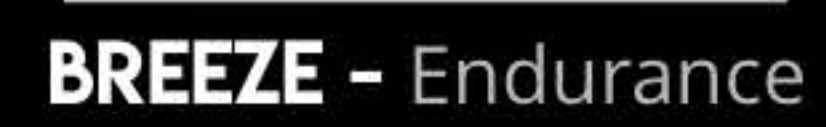
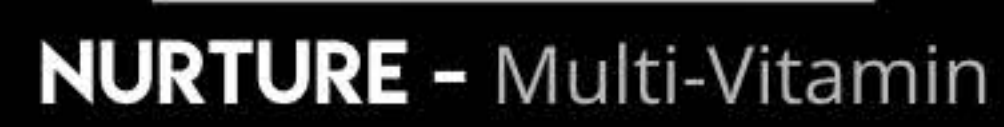
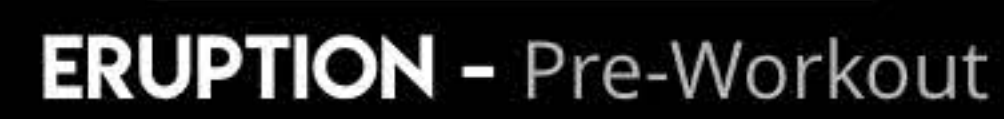
1. In a large, 10” skillet, heat 1 tablespoon of olive oil over medium heat. Add the beef, sprinkle with 1/2 teaspoon salt, and stir to break into small pieces.
2. Cook, stirring beef occasionally, until the beef is browned and cooked through, about 8 minutes. Remove from the pan and set aside.
3. To the same pan, heat 2 tablespoons of olive oil over medium heat, add the sweet potatoes, sprinkle with the chili powder, garlic powder, cumin and 1/2 teaspoon of salt and stir to combine. Add the diced tomatoes and water, stirring to scrape any browned bits from the bottom of the pan.
4. Cover, reduce to a simmer, and cook until the sweet potatoes are tender, about 10-15 minutes, stirring occasionally. Add a splash more of water if the pan starts to dry out.
5. Uncover and add the cooked beef and spinach, cooking until the beef is warmed through and the spinach is wilted, about 1 minute, adding a splash more of water if the pan is dry.
6. Add the lime juice, stirring to combine. Taste and add additional salt if desired. Serve as-is, or with any topping you like.

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SUPPLEMENTS



APPAREIL

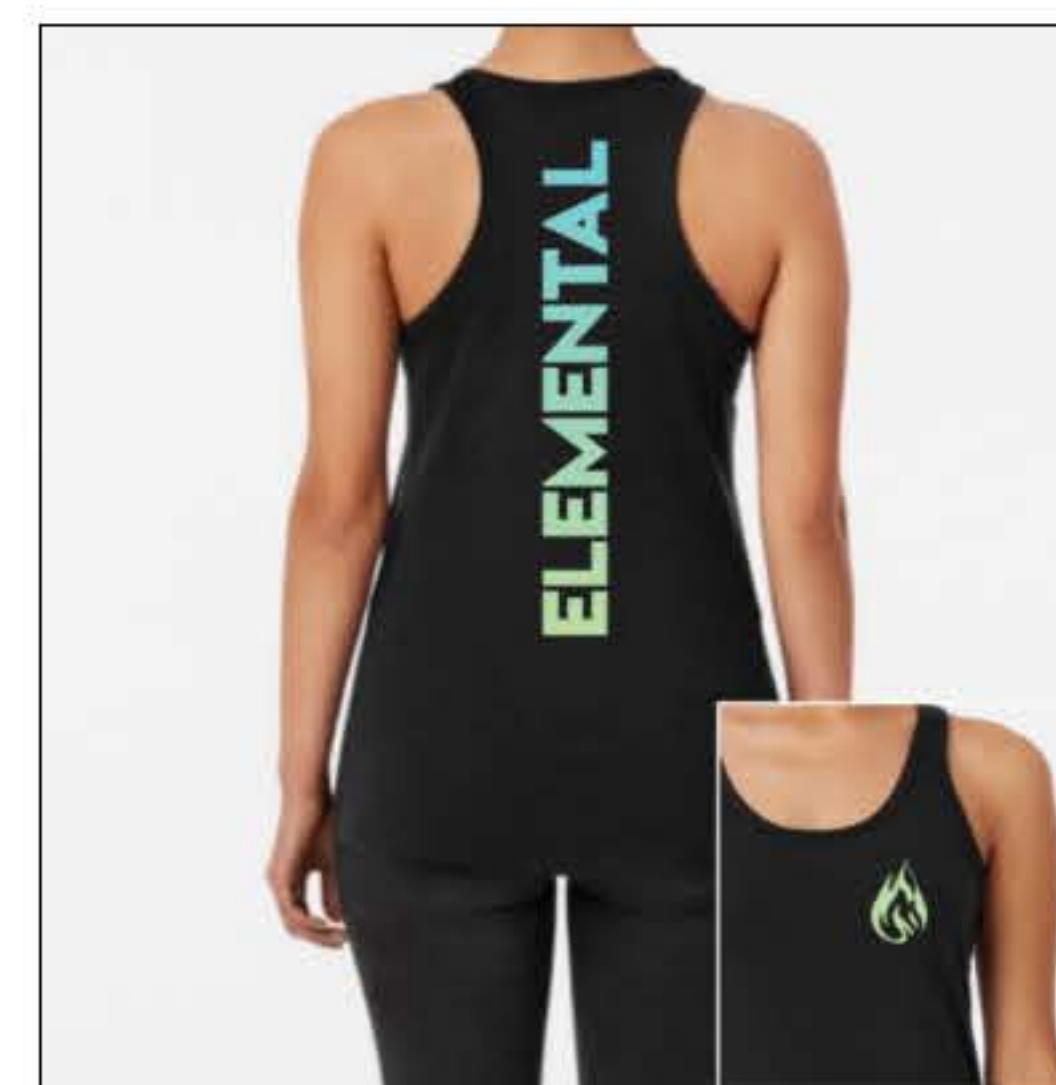
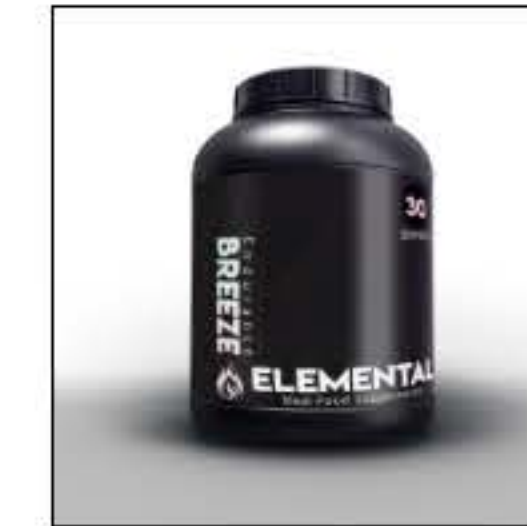


Write a Review

Quantity:

ADD TO CART

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value Not Established.



SPINE - Women's Tank

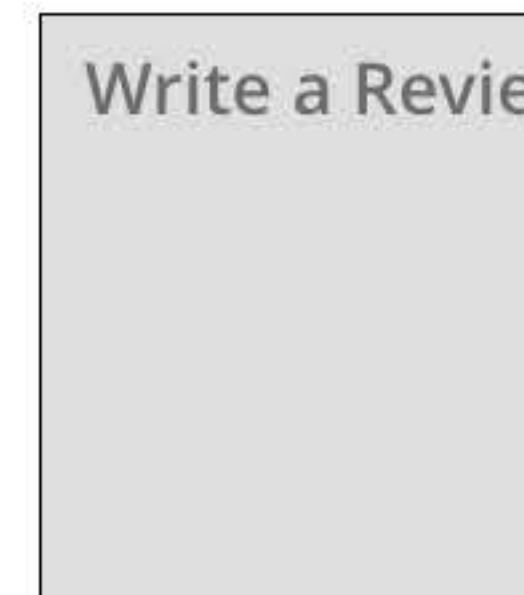
SIZE

COLOR

☐ XS ☐ S ☐ M
☐ L ☐ XL ☐ XXL

Quantity:

ADD TO CART



Write a Review