



The goal of this program is to keep you energized throughout your week through mind-set, mindfulness, fuel, movement and rest. Here's how it works:

Mind-set-Start your day by choosing a mind-set mantra. Write down the thoughts you have about yourself during the day. Evaluate those thoughts. Keep the ones that serve you, dismiss or reframe those that do not.

Mindfulness-Be mindful of your SHMEC throughout the day. At the end of the day, record your SHMEC numbers and total. Is it lower or higher than yesterday? What did you do that made it better or worse? What things can you do better? What things are you going to do again?

Fuel-Plan what you will eat. Choose meals with lots of fruits and vegetables, whole grains, lean meats and healthy fats. Go easy on sugar and processed foods. Eat intentionally and slowly. Enjoy your food. Drink 16 ounces of water at breakfast, lunch and dinner and one other time during the day. Write down what you ate.

Movement-In the morning, choose how many times and when you will do the daily 5 minute exercise. Throughout the day, add movement whenever possible. Vary your movement to include all forms. Plan and do your daily exercise. 20-minutes of getting your heart rate and breathing up. Write down what you did.

Rest-. Plan one thing that will bring some stress relief: deep breathing, meditation, study, reading, a nap, hobby, service, connect with others. Write down what you did.

Take 5 Movement

Challenge: Do this at least once mid-morning and once in the afternoon to increase your energy level. Up the energy level by increasing the number of times a day you repeat.

Monday

- Chin to chest and hold for 5 sec. Deep inhale then exhale rolling the head to one side and hold for 5 sec., then to the middle, and then to the other side and hold for 5 sec.
- Raise your arms up to the sky, gradually lowering them as you roll your wrists in full circles.
- Raise your arms out to the side, and squeeze your shoulder blades together x10.
- Close hand wall push-ups x10
- Reach both arms up diagonally to one side, then pull down towards the opposite side, raising the opposite leg x10, each side. - Air squats x10

Lunchtime Challenge: Choose one of the following

- Walk outside for 5 minutes.
- Find a staircase and do a few flights for 5 minutes.

Tuesday

- Shoulder Rolls
 - Forward x5
 - Back x5
- Chin to chest and hold for 5 sec.
- Deep inhale then exhale rolling the head to one side and hold for 5 sec., then to the middle, and then to the other side and hold for 5 sec. - Stand behind your chair, and place one hand up on the back. Roll forward, hinging at the waist, and slight bend in the knees x5. Repeat on the other side. Keep your core tight, no sagging in the middle. -
- Wall push-ups x15
- Rocky air punches, alternating side to side for 30 sec. or 30 punches standing in a slight squat position

Lunchtime Break: Choose one of the following

- Walk outside for 5 minutes.
- Find a staircase and do a few flights for 5 minutes.

Wednesday

- Chin to chest and hold for 5 sec. Deep inhale then exhale rolling the head to one side and hold for 5 sec., then to the middle, and then to the other side and hold for 5 sec.
- Cross one arm across your chest, and pull and stretch with the other arm, hold for 5 sec. Repeat on the other side.
- Sitting in a chair, turn head and shoulders to one side at the waist, keeping your legs forward and hold for 5 sec. Repeat on the other side.
- In your chair, turn to one side, drop your front knee towards the floor, tucking your feet back, and hold for 5 sec. Repeat on the other side. - Stand behind your chair, in a split stance, back heel up and toes down, then press the heel down, stretching the calf for 5 sec. Repeat on the other side.
- Calf raises x10
- Single leg knee raises x10, holding the last raise for 10 sec. Each side.
- Overhead shoulder presses x10, raising your arms above your head.

Lunchtime Challenge: Choose one of the following

- Walk outside around the building for 5 minutes.
- Find a staircase and do a few flights for 5 minutes.

Thursday

- Shoulder Rolls
 - - Forward x5
 - - Back x5
- Raise your arms above your head, grab your left wrist with your right hand, and stretch your left arm up and slightly to the side and hold for 5 sec. You should feel the stretch just beneath your armpit. Repeat on the other side.
- Sitting in a chair, turn head and shoulders to one side at the waist, keeping your legs forward and hold for 5 sec. Repeat on the other side.
- Cross one leg over the other at the ankle, sitting tall in your chair, chin neutral and hold for 5 sec. Repeat on the other side.

- Air squats x15
- Stand in a split stance, weight in the back leg, and squat x10 on each side. Hold onto a chair if needed.
- Hold arms out to the side, and do forward circles x10 and back x10 - Drop your arms to your side, and laterally raise both arms x10

Lunchtime Challenge: Choose one of the following

- Walk outside around the building for 5 minutes.
- Find a staircase and do some flights for 5 minutes.

Friday

- Shoulder Rolls
 - Forward x5
 - Back x5
- Interlace your fingers, rolling a full circle x5, and then the opposite direction x5.
- Cross one leg over the other at the ankle, sitting tall in your chair, chin neutral and hold for 5 sec. Repeat on the other side.
- Deep breath in as you raise your arms above your head, reaching for the sky, and then exhale audibly, lowering your arms back down. - Stand to one side of your chair, raising the outside leg to the side x10, each side.
- Soccer kick. Turn one foot out, raising that heel up and back down x10, each side.
- Place one leg slightly back, heel up, big toe heavy on the ground, keeping your leg straight, raise it slightly off the ground x10. Repeat on the other side.
- Sitting on the edge of your chair, cross your arms across your chest, move back over 2 sec. and then back up over 2 sec. Keep your chin neutral and abs in.

Lunchtime Challenge: Choose one of the following

- Walk outside around the building for 5 minutes.
- Find a staircase and do some flights for 5 minutes.

Take 5 Fuel

Breakfast

- Overnight Oats
- Chocolate Protein Smoothie
- Egg Muffins
- Chia Seed Peanut Butter Breakfast Bars
- Whole Wheat Banana Pancakes

Lunch

- Mediterranean Quinoa Salad
- Tomato Soup
- Protein Wraps
- Enchilada Quinoa
- Wild Rice and Kale Salad

Dinner

- Beef and Broccoli
- Salmon Sheet Pan and Vegetables
- Roasted Cauliflower and Red Pepper Pasta
- Greek Chicken Sheet Pan
- Vegetable Enchiladas

Snacks

- Lemon Coconut Power Bites
- Hummus and Veggies
- Chia Seed Pudding
- Healthy Trail Mix
- Edamame Guacamole with whole grain chips

Recipes

Overnight Oats

Ingredients:

- ½ cup dairy product (skim/whole milk, nut milk, yogurt)
- ¾ Tablespoon chia seeds
- ½ cup rolled oats

Directions:

Mix all ingredients to a small jar with your preferred add-ins. Overnight oats can be prepared up to 2-3 days in advance, sometimes longer. They can be eaten hot or cold.

Add-Ins & Toppings: nut/seed butter, flaxseed, hemp hearts, berries, apples, protein powder, cacao nibs, honey, maple syrup, cinnamon

Chocolate Protein Smoothie

Ingredients:

- 1 ripe, frozen banana
- 2 Tablespoons hemp seeds
- ¼ cup rolled oats
- 2 Tablespoons nut or seed butter
- 1 Tablespoons chia seeds
- 1-2 Tablespoons cacao powder (to taste)
- 1 ½ - 2 cups almond milk (depending on preferred thickness)
- 1-2 pitted dates or maple syrup (optional, for sweetness)

Directions:

In a high speed blender, combine all ingredients and blend until smooth. Taste and adjust to preference. For creaminess, add more nut or seed butter; for more chocolate flavor, add more cacao powder; for sweetness, add more dates or maple syrup.

Tips:

To make for quick mornings, portion out the solid ingredients in advance and store in the freezer. When needed, pull out a bag, place the contents in a blender and add milk!

Egg Muffins

Ingredients:

Egg Base:

- 12 eggs (one egg is required for one muffin, so adjust accordingly) - Salt and freshly ground pepper to taste

Spinach, Tomato and Feta:

- 1 pint grape tomatoes, quartered
- 1 cup (packed) baby spinach, roughly chopped
- 6 ounces Feta cheese
- 1 scallion, thinly sliced

Broccoli, Bacon, and Cheese:

- 4 cups broccoli florets
- 3 slices turkey bacon, roughly chopped
- 1 cup grated cheddar cheese
- ¼ cup chives, finely chopped

Directions:

Whisk together your eggs and salt to pepper to taste. Place your desired fillings into the muffin tin. Fill with the egg mixture about 90% full and bake at 350 °F for 20-25 minutes. Muffins containing tomatoes may take 1-2 minutes longer in the oven. Let the muffins cool slightly before running the knife along the edge of the muffin and releasing it. Store in the fridge for 1-3 days or in the freezer for up to 3 months. To reheat from the refrigerator, microwave for 30 seconds or until warmed through. From the freezer, microwave for 1 minute.

Spinach, Tomato, and Feta:

Add a small handful of roughly chopped spinach to each muffin cup. Add tomato quarters, sprinkle scallions, and feta cheese.

Broccoli, Bacon, and Cheese:

Warm a saute pan over medium heat. Slice the bacon into ½ inch thick pieces, add to the pan and cook until crispy. Steam or saute the broccoli florets for 5-6 minutes. Cool then chop into small pieces. Fill the muffin tin about ½ full with pieces of broccoli, bacon, cheddar cheese, and chives.

Chia Seed Peanut Butter Banana Breakfast Bars

Ingredients:

- 3 small mashed ripe bananas
- 2 cups old fashioned oats
- 1 ½ teaspoon cinnamon
- 3 Tablespoons ground flax seed
- 1 Tablespoons chia seeds
- ¼ teaspoons sea salt
- 1 ½ teaspoon vanilla extract

Optional Peanut Butter Drizzle:

- ½ cup peanut flour or PB2
- ¼ - ½ cup unsweetened almond milk

Directions:

Preheat the oven to 350 °F. Line a baking sheet with a silicon mat or parchment paper. In a large bowl, mash the banana. Stir in remaining ingredients. With a small cookie scoop, scoop the dough into 12 mounds. Press down with a greased glass and flatten cookies to about ¼ inch. Bake cookies for 13-15 minutes or until the cookies are firm, but soft to the touch. Let cookies cool for 5 minutes before transferring to a wire rack. For the peanut butter drizzle, whisk together the peanut flour and almond milk until smooth. Drizzle each cookie. Store in an airtight container in the refrigerator for 3-4 days.

Whole Wheat Banana Pancakes

Ingredients:

- 1 cup whole wheat flour
- 1 tablespoon baking powder
- ½ teaspoon ground cinnamon
- ¼ teaspoon fine sea salt
- ⅔ cup milk of choice
- ½ cup mashed ripe banana (about 1 large banana)
- 1 large egg
- 2 tablespoons sweetener (maple syrup or honey)
- 2 tablespoons melted coconut oil or unsalted butter
- ½ teaspoon vanilla extract
- Optional toppings: sliced fruit, maple syrup, peanut butter, almond butter, sliced almonds, hemp hearts, or pepitas

Directions:

Preheat a skillet over medium heat. In a bowl, combine the flour, baking powder, cinnamon, and salt. Whisk together. In a separate bowl, combine milk, mashed banana, egg, maple syrup, butter and vanilla. Pour the liquid mixture into the flour mixture and mix until just combined. Lightly oil the cooking surface with coconut oil. Using a ⅓-cup measuring cup, scoop batter into the hot skillet. Cook until small bubbles form on the surface, 2 to 3 minutes. Flip the pancakes, then cook until lightly golden on both sides, 1 to 2 minutes more. Repeat with remaining batter, adjusting the heat and adding more oil as needed. Serve immediately or store in the refrigerator for up to 3 days, or in the freezer for up to 3 months. To reheat, pop in the toaster or wrap pancakes in a paper towel before reheating them in the microwave.

Mediterranean Quinoa Salad

Ingredients:

- 1 cup cooked quinoa
- 1 cup chopped baby spinach
- ¼ cup Kalamata Olives
- 1 Tablespoon diced red onions or thinly sliced
- ¼ c sliced cucumber
- ¼ c grape tomatoes, halved
- ¼ c of toasted, chopped walnuts
- 2-3 T of hummus (see 5 Minute Microwave Hummus)

Directions:

Place walnuts in a dry pan and place over medium-low heat for 3-5 minutes or until they're lightly toasting, shaking the pan often to prevent burning. Set aside. Place ½ c of cooked quinoa in a bowl along with the spinach, olives, onions, cucumber, tomatoes, and walnuts. Top with hummus.

Tomato Soup

Ingredients:

- 2 tablespoons olive oil
- 1 medium yellow onion, chopped
- 1 clove garlic
- ½ teaspoon sea salt
- 2 tablespoons tomato paste
- 1 (14 oz) can diced or whole tomatoes
- 1 (14 oz) can tomato sauce (no added sugar)
- 2 cups vegetable broth
- 1 can (14 oz) Great Northern beans or cannellini beans, rinsed and drained
- Freshly ground black pepper, to taste

Directions:

In a soup pot, saute onion and garlic in olive oil until tender. Add tomato paste and cook, stirring constantly for 30 seconds. Add tomatoes, tomato sauce, beans and broth. Stir to combine. Bring to a simmer and simmer for 25-30 minutes, stirring occasionally. Let cool for a few minutes. Very carefully, blend in a blender or use a hand blender.

Tips: Pair with some whole grain crackers or a slice of whole wheat or sourdough bread.

Protein Wraps

To assemble your wraps:

- Choose your base
 - Tortilla (look for whole wheat or tortilla with whole ingredients, Siete is a favorite brand)
 - Lettuce wraps (double up on protein in your wrap if you choose this option)
 - Whole grain pita or flatbread (look for ones with high fiber and without added sugars)
- Add your spread:
 - Hummus
 - Olive oil + balsamic vinegar
 - Guacamole
 - Protein Ranch
- Add your protein:
 - Meat: opt for one you can cook yourself or get it from the deli for freshness
 - Turkey breast or chicken breast are our favorites
 - Cheese
- Add your vegetables:
 - Cucumbers, shredded carrots, microgreens, bell peppers, spinach, cabbage, and tomatoes are great additions

Tips

- Focus on color and crunch
- For high moisture vegetables (tomatoes, cucumbers), scoop and discard the seeds to avoid a soggy wrap

Enchilada Quinoa

Ingredients:

- 1 (15 oz) can black beans, drained and rinsed
- 1 (15 oz) can corn, drained and rinsed
- 2 (15 oz) cans mild or medium red enchilada sauce, divided - 1 (15 oz) can diced fire roasted tomatoes and green chiles - 1 cup uncooked quinoa
- ½ cup water
- 4 ounces plain greek yogurt
- Salt and pepper to taste
- Optional toppings: chopped cilantro, diced tomatoes, sliced avocado, cheese

Directions:

In a slow cooker, add beans, corn, 1 can of enchilada sauce, diced tomatoes and green chiles, quinoa, and water. Stir everything together. Pour enchilada sauce to cover the top (you may have some sauce remaining). Cover and cook for 4-5 hours on high or 5-7 hours on low. Uncover, stir in greek yogurt and top with tomatoes, avocados, sour cream, and chopped cilantro.

Wild Rice and Kale Salad

Ingredients:

- 1 bunch kale, finely chopped
- ½ lemon
- 1 cup cooked sprouted or wild rice
- 1 apple, diced
- - ⅓ cup dried cranberries (no sugar added)
- - ⅓ cup sliced almonds
- - ¼ cup goat cheese
- - 2-3 chicken breast
- - Salt to taste
- - Freshly ground black pepper to taste

Dressing:

- ¼ cup balsamic vinegar
- ½ cup olive oil
- ⅓ cup red onion, minced
- 1-2 cloves garlic, minced
- 2 teaspoon Dijon mustard
- 1 tablespoon honey
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper

Directions:

Heat a skillet or grill to medium-high heat. Massage chicken breasts with olive oil and season with salt and pepper. Cook until chicken has reached an internal temperature of 165 °F. Let rest for at least 5 minutes. Meanwhile, cook wild rice according to package directions. In a large bowl, massage the lemon juice into the kale until the kale is a darker green, about five minutes. Add the rest of the salad ingredients. In a shaker bottle or mason jar, add the dressing ingredients and shake until combined. Just before serving, chop the chicken breast and add to kale. Then add dressing to desired taste.

Beef and Broccoli

Ingredients:

- 2 pounds flank, tri-tip or sirloin steak, thinly sliced across the grain
- 2 pounds broccoli florets
- 1 cup frozen peas (optional)
- 1 cup thick shredded carrots (optional)
- 1 can water chestnuts (optional)
- 2 Tablespoons sesame oil, divided
- 1 cup water, divided
- ¼ cup soy sauce (Braggs liquid aminos recommended)
- 3 tablespoons maple syrup or liquid raw honey
- 2 tablespoons cornstarch or arrowroot starch
- 2 tablespoon garlic, minced
- 1 tablespoon sesame seeds, for garnish (optional)
- 3 cups brown, wild rice, or quinoa cooked to instructions

Directions:

In a small bowl, whisk together ¾ cup water, soy sauce, maple syrup, cornstarch, and set aside. Preheat a wok or skillet over high heat and swirl 1 tablespoon of sesame oil to coat. Add beef and cook for 7 minutes or until browned a bit, stirring occasionally. Transfer to a large bowl and set aside. Return wok or skillet to high heat and swirl remaining 1 tablespoon of sesame oil. Add garlic and ginger; cook until fragrant or for 30 seconds stirring occasionally. Add ¼ cup water and broccoli (and carrots, peas, and water chestnuts if desired), stir quickly. Cook for 2 minutes, stirring occasionally. Stir the sauce really well (cornstarch tends to settle) and add to the wok along with cooked beef. Reduce heat to medium-low and cook for a few minutes or until sauce thickens, stirring. Garnish with green onion and sesame seeds. Serve hot over brown or wild rice or quinoa.

Salmon Sheet Pan and Vegetables

Ingredients:

- 4 salmon filets
- 1 pound asparagus, ends trimmed
- 1 pound carrots, chopped
- 1 pound baby red or gold potatoes, quartered
- 3 tablespoons olive oil
- Salt, to taste
- Freshly ground pepper, to taste
- 2 teaspoons Italian herb blend
- 1 teaspoon garlic powder
- 2 tablespoons olive oil
- 2 tablespoons honey
- 1 teaspoon dijon mustard
- ½ lemon, thinly sliced

Directions:

Preheat the oven to 400°F. Toss potatoes with olive oil, salt, pepper, garlic powder, and 2 teaspoons Italian herb blend. Arrange on a large sheet pan and bake in a preheated oven for 10 minutes. Arrange salmon filets, asparagus, and carrots on a sheet pan. Whisk together olive oil, honey, dijon mustard, and ½ teaspoon Italian herb blend. Brush onto salmon filets. Drizzle asparagus and carrots with olive oil and season with salt and pepper. Place lemon slices between the asparagus spears. Bake for 15 minutes until asparagus, carrots, and potatoes are fork-tender and salmon is cooked through.

Roasted Cauliflower and Red Pepper Pasta

Ingredients:

Cauliflower:

- 2 heads of cauliflower, cut into florets
- 2 tablespoons olive oil
- Salt and freshly ground pepper to taste

Sauce:

- $\frac{3}{4}$ cup cashews
- $\frac{3}{4}$ cup water
- 1 teaspoon salt
- 1 (25-ounce) jar pasta sauce (use one with no added sugar like DeLallo or Primal Kitchen)
- 1 (16-ounce) jar roasted red peppers, drained
- 1 pound of legume pasta

Directions:

Preheat the oven to 425°F. Toss the cauliflower florets with olive oil and seasoning. Spread on a foil-lined baking sheet and roast for about 30 minutes, stirring occasionally until nice and browned. Meanwhile, blend together the cashews, water, salt, pasta sauce, and red peppers together until smooth. Cook pasta according to package directions. Toss cooked pasta with some of the sauce (you'll have leftovers) and the roasted cauliflower.

Greek Chicken Sheet Pans

Ingredients:

- 1 pound boneless, skinless chicken breasts, cut into thin strips
- 2-4 cloves garlic, minced
- Olive oil
- 2 lemons, juice and zest
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- Kosher salt, to taste
- Freshly ground black pepper, to taste
- 3-4 bell peppers, sliced
- $\frac{3}{4}$ cup Greek yogurt
- $\frac{1}{2}$ cup grated cucumber (about $\frac{1}{2}$ of a large cucumber)
- 1 teaspoon dill
- Diced cucumbers
- Diced red onion
- Kalamata olives
- Feta cheese
- Some kind of flatbread or grain base (quinoa)

Directions:

Preheat the oven to 425°F. Mix chicken with garlic, a tablespoon of olive oil, 1-2 tablespoons lemon juice, cumin, smoked paprika, a teaspoon of kosher salt, and black pepper. Let marinate for at least 30 minutes. Meanwhile, mix together the greek yogurt, grated cucumber, 1-2 tablespoons lemon juice, 1-2 tablespoons olive oil, 1 small clove garlic (minced), 1 teaspoon dried dill, $\frac{1}{2}$ teaspoon of kosher salt and pepper into a tzatziki sauce. On a sheet pan, toss the peppers with olive oil and salt. On a second sheet pan, place chicken strips. Roast both for 10-15 minutes, until chicken is fully cooked and peppers are browned. Prepare other toppings. Leave ingredients separated so everyone can build their own pitas, bowls, and or salads.

Vegetable Enchiladas

Ingredients:

- 1 head of broccoli, cut into florets
- 1 small sweet potato, peeled and diced
- 1 red bell pepper, sliced
- 1 onion, diced
- Olive oil
- Salt, to taste
- 1 (14-ounce) can black beans, rinsed and drained
- 2 cups shredded cheese
- 1-3 cups enchilada sauce
- 10-12 corn tortillas
- Avocado, cilantro, lime for serving

Directions:

Preheat the oven to 425 °F. Arrange vegetables on a large sheet pan. Toss with olive oil and salt. Roast for 25-30 minutes. In a large bowl, combine roasted vegetables with black bean, 1 cup shredded cheese, and 1 cup enchilada sauce. Stir to make the filling. Spread some enchilada sauce on the bottom of a 9x13 pan. Roll filling into tortillas and place them seam-side down in the pan. Cover with remaining sauce and cheese. Cover with foil and bake for 15 to 20 minutes until bubbly. Serve with avocado slices, cilantro, and a squeeze of lime.

Snacks

When the midafternoon craving hits, aim to nourish your body with whole foods instead of highly processed, fattening options. Always have a healthy, nutritious snack within reach to curb cravings and give yourself more energy. Try to have some protein with every snack to stay fuller for longer. Some ideas include:

- Mixed nuts
- Greek yogurt and berries
- Apple slices with nut or seed butter or cheese
- Cottage cheese with fruit or vegetables
- Dark chocolate and almonds
- Cherry tomatoes and mozzarella cheese
- Hard boiled eggs with seasoning
- Baby carrots with hummus or protein ranch
- Healthy beef or turkey jerky (grass-fed beef with as few added ingredients as possible, low sugar)
- Whey protein shake
- Tuna in a pouch with multi-grain crackers

Lemon Coconut Power Bites

Ingredients:

- 8 Medjool dates, pitted
- ½ cup unsweetened applesauce
- Zest and juice of 1 large lemon
- ½ teaspoon vanilla extract
- ½ cup coconut flour
- 1 scoop (30 grams) vanilla protein powder
- Pinch of sea salt
- ¼ cup almond milk
- Unsweetened shredded coconut, for rolling

Directions:

Place dates, applesauce, lemon juice, lemon zest, and vanilla in a large food processor. Process until dates look nearly pureed and the mixture is well combined. Add coconut flour, protein powder, and salt. Process until a smooth ball of “dough” forms. If the mixture is too wet, add more coconut flour. If too dry, add almond milk. Roll into 12 balls. Place about ½ cup shredded coconut in a small bowl and roll balls into the coconut. Store in an airtight container in the refrigerator.

5 Minute Microwave Hummus

Ingredients:

- 1 (14 oz) can of chickpeas (liquid reserved)
- 1 lemon
- ½ cup tahini (ground sesame seeds)
- 2-4 garlic cloves (depending on preference)
- Salt and freshly ground pepper to taste
- 1-2 tablespoons of olive oil
 - Optional toppings: paprika, cumin, toasted sesame seeds, pine nuts

Directions:

In a microwave safe bowl, pour the entire can of chickpeas (liquid and all) and add garlic cloves. Microwave for 5 minutes. Let sit in the microwave until the bowl is cooled. Reserving the liquid, drain the chickpeas and add to a blender or food processor. Add the tahini and lemon juice and blend until combined. Once combined, drizzle in olive oil as the hummus is being blended. For thinner hummus, add in a tablespoon of the reserved chickpea liquid at a time. Then season to preference.

Tips:

Pair this hummus with your favorite vegetables or use it as a spread on wraps or sandwiches for added protein!

Chia Seed Pudding

Ingredients:

- 1 tablespoon chia seeds
- ⅓ cup water
- 1 tablespoon cocoa powder
- 1 tablespoon peanut butter or almond butter
 - Optional toppings: berries, sliced almonds, unsweetened dried coconut flakes, nut or seed butter drizzle

Directions:

In a small bowl, combine chia seeds and water. Cover and refrigerate for at least 30 minutes. Stir in cocoa powder, peanut butter, and top with desired toppings.

Healthy Trail Mix

Ingredients:

- 1 cup almonds
- 1vcup raw cashews
- 1 cup raw almonds
- 1/2 cup raw pine nuts
- 1/4 cup raw brazil nuts
- 1 cup raw sunflower seeds
- 1 cup raw pumpkin seeds
- 1 cup unsweetened dried cherries, cranberries, or raisins
- 1/4 cup raw coconut chips
- 1/4 cup mini dark chocolate chips

Directions:

Combine all ingredients and enjoy! ¼ cup is one serving and includes all of your nuts and seeds for the day!

Edamame Guacamole

Ingredients:

- 1 cup frozen, shelled edamame, thawed
 - 1 ripe avocado, peeled and pitted
 - 1 Roma tomato, finely chopped
 - 2 t lime juice
 - 1 teaspoon each of garlic salt, onion powder
 - 1 tablespoon each of minced red onion and minced jalapeno -
- Fresh cilantro to taste and garnish

Directions:

Cook the edamame until tender and cool. Combine the edamame, avocado, lime and spices in a food processor until smooth. Transfer to a bowl and fold in the tomato, cilantro, onion and jalapeno. Top with cilantro.

Tips:

Serve as a vegetable dip. Especially good on asparagus or with healthy grain chips or crackers.

