



Recipes for *Peak Energy*

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BREAKFAST

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ABSOLUTELY DECADENT!

- Hemp Butterscotch Balls

Recipes For Peak Energy

Morning suggestions: By hydrating your body every morning with 16 to 32 ounces of fluid, you'll give yourself the best chance to be healthy.

Drinking freshly squeezed lemon juice in a cup of hot water first thing in the morning helps to cleanse the liver and promote detoxification. It also stimulates bile production, cleanses the stomach and bowel, and stimulates bowel motion.

Some people wait until they've had their first elimination of the day before they eat anything solid. This is a very healthy practice. If you allow the colon to be healthy and run itself, it will signal you when it's ready for the day.

A light morning meal will leave you feeling energized and ready to begin the day. Juices and fruits are perfect for breakfast, since they are high in nutrients yet low in calories and easy to digest. Much healthier than fried eggs and bacon!

Not only that, when you wake in the morning your stomach is empty; an optimal time to cleanse your insides with a smoothie. If you're having trouble with constipation, this will take care of it very quickly.

BREAKFAST

Berry smoothie

- 1 cup of blueberries or raspberries
- 1 cup water
- 1 tsp. flax seed oil
- 2 tbsp. ground flax seed or chia seeds
- 1 scoop of vanilla rice protein (found at the health food store)
- 1/2 cup water (optional)

Blend until smooth. Play with these options:

** Optional: You can replace 1/2 of the almond milk with natural organic yogurt or kefir.

** Optional: You can add almond/rice or hemp milk to your smoothie.

Sweet Almond Milk

- 1 cup dry almonds
- 5 cup filtered water
- Sweetener (your choice of 1-2 tbsp. raw honey or ¼ tsp. stevia)
- 3 dates, pitted

Soak nuts overnight; drain and let sit in colander for 1-3 hours.

Combine ½ cup almonds and sweetener, and blend in food processor or blender.

Add 3 cup water and blend.

Strain milk in a strainer or cheese cloth.

Repeat steps 2 through 4 with remaining almonds and water.

This milk is great for kids of all ages! It can be added to dressings, soup, smoothies, desserts and cereal, or to make milk shakes with frozen bananas, a little carob powder or raw cacao powder, and almond milk.

Hot Quinoa Breakfast Cereal (Gluten FREE)

- 1 cup quinoa
- 2 cups water
- 1/2 cup pear, thinly sliced, or blueberries
- 1/2 tsp cinnamon
- 1 tsp. of flax seed oil
- Sweet Almond milk (homemade or buy at the health food store)

Soak 1 cup quinoa overnight.

Rinse quinoa and add to water; bring to a boil.

Reduce heat; simmer for 5 minutes.

Add remaining ingredients.

Makes 2 servings.

HEALTHY DRESSINGS, SALADS AND MARINADES

Stay away from FAT-FREE on the labels of salad dressings in the grocery store! Fat-free does not mean healthy. When you see fat-free on the label, be assured that the company is trying to deceive you, so don't buy it.

Most fat-free products are simply loaded with unbelievable amounts of sugar and chemicals. If you are looking for a quick, simple, healthy, delicious salad dressing, mix garlic-chili flax oil with freshly squeezed lemon juice.

Here are some other delicious Healthy recipes:

Salad Dressing:

Basic Dressing

- 2 tbsp. extra-virgin olive oil
- 2 tbsp. cold-pressed pumpkin seed oil
- 3 tbsp. freshly squeezed lemon juice
- Celtic salt and freshly ground pepper, to taste

Balsamic vinaigrette

- 6 tbsp. organic extra virgin olive oil
- 3 tbsp. balsamic vinegar
- 1 tbsp. maple syrup or raw honey
- ¼ cup organic apple juice
- ¼ cup water
- 1 tsp. Dijon mustard
- 1-2 cloves of garlic
- ¼ cup chopped parsley
- 2 tsp. oregano
- Celtic salt to taste

In small mixing bowl, whisk all ingredients well, or pour all ingredients into glass jar with sealable lid and shake well.

Tahini Lemon Dressing

- 1/2 cup raw tahini (health food store)
- 1/3 cup water
- 1/4 cup fresh lemon juice
- 1/2 tsp crushed garlic (1 clove)
- 1/4 tsp ground cumin
- 1/4 tsp Celtic salt
- Dash cayenne
- 1 tbs minced fresh parsley

Place the tahini, water, lemon juice, garlic, cumin, Celtic salt, and cayenne in a blender and process until smooth. Add the parsley and pulse briefly, just to mix.

Stored in a sealed container in the refrigerator. The dressing will keep for five days.

Sprouts and Dandelion Sala

Mix together Dandelion, Alfalfa, Sunflower Sprouts, Daikon radish, Arugula add:

- 1 cup red pepper
- 1 cup celery chopped
- 1 cup carrots, grated
- 4 Tbsp. green onion, minced

Serve with Honey/mustard dressing.

- 2 tbsp. olive oil
- 2 tbsp. flax seed oil
- 2 tbsp fresh lemon juice or cider vinegar
- 2 tsp. raw honey or maple syrup
- 2 tsp. organic dijon mustard
- 1 tsp. fresh dill
- 1 tsp. garlic, minced
- Celtic salt and pepper

Shaved Fennel Salad with Lemon Oil

For the Salad:

- 1 ½ Cup fennel bulb shaved thin
- 1 ½ Cup sour green apple shaved into thin batons
- 1 Cup baby arugula
- 1 TB fresh lemon zest
- 3-4 TB lemon oil (see recipe)
- 1 TB thyme, fresh and minced
- 1 TB red jalapeno seeded and finely minced
- Tsp. sea salt, fine

Fresh cracked black pepper to taste

Using a mandolin, slice the fennel bulb and apple into paper thin strips

To ensure the crispness of this salad, right before serving in medium mixing bowl toss all ingredients gently.

A great variation can be by omitting the apples and adding tangerine or Clementine slices.

For the Lemon Oil:

- 1/2 Cup Fresh Lemon Juice
- 1/2 Cup Organic high quality Olive Oil
- 1 Clove Garlic, finely minced
- 1 Tsp. Sea Salt, Fine
- 2 TB Lemon Zest, Fine

In small mixing bowl, whisk all ingredients well. Or pour all ingredients into glass jar with sealable lid and shake well.

This will keep for 1 week in the refrigerator.

Classic Coleslaw

- 2 cups white cabbage, shredded
- 2 cups carrots shredded
- 1 cup organic mayonnaise (I recommend Spectrum brand, found at your health food store)
- 1 apple, freshly grated
- 3 tsp. freshly squeezed lemon juice
- Celtic salt and freshly ground pepper, to taste
- Pumpkin seeds, walnuts, or hemp seeds for garnish

In a bowl, toss the freshly grated apple in 1 tsp. of lemon juice. In a separate large bowl, combine mayonnaise and 2 tsp. of lemon juice. Add apple, cabbage, carrots and season with Celtic salt and pepper; mix thoroughly. Sprinkle with pumpkin seeds, walnuts or hemp seeds.

Note: This simple coleslaw is easy to make and it keeps well for two or three days in the refrigerator.

Keep some on hand to round out a quick and nutritious meal. The grated apple provides crunch and flavor. This will help those with high blood sugar levels.

MARINADE FOR VEGETABLES

Grilled Marinated Vegetables

Vegetables:

- 1 zucchini
- 1 red bell pepper
- 1 white onion
- 1 clove garlic
- 2 stalks celery
- 1/2 cup broccoli
- 1 cup kale cut in small pieces

Pesto marinade:

- 1/2 tbsp ginger
- 3 garlic cloves
- 1/4 cup cilantro
- 1/4 cup mint
- 1/4 cup parsley
- 3–4 limes, juiced
- 1 tbsp. coconut oil
- 1 tsp. olive oil
- 1 tsp. Bragg liquid aminos
- Celtic salt

In food processor, blend pesto ingredients until smooth. Marinate vegetables for 1/2 hour and grill.

HEALTHY DIPS AND SPREADS

Yogurt Cheese

- 4 cups plain organic yogurt
- 2 cloves garlic, minced
- 2 tbsp. sun-dried tomato halves, reconstituted in water (save water for another use.)
- 3 tbsp. Greek olive, sliced
- ½ tsp. Celtic salt

Line a colander with cheesecloth and place it over a bowl.

Pour the yogurt into the cheesecloth-lined colander.

Bring up the sides of the cheesecloth and put a small bowl on top to act as a weight.

Place in the refrigerator until all the liquid has drained into the bowl, about 24 hours.

Be sure to pour out the liquid occasionally.

When the "cheese" is ready add the remaining ingredients and serve with your favorite Gluten free crackers or as a vegetable dip.

Salsa

- 2 Roma tomatoes, cored, seeded, and quartered
- 1 1/2 tsp minced fresh cilantro
- 1 1/2 tsp minced red or green onion
- 1/2 tsp. fresh limejuice
- 1/4 tsp. crushed garlic (1/2 clove)
- 1/4 tsp. minced jalapeno chili, or dash cayenne
- 1/8 tsp. Celtic salt

Place the tomatoes in a food processor fitted with the S blade and pulse a few times to chop.

Stop occasionally to scrape down the side of the bowl. Do not over process. Add the cilantro, onion, lime juice, garlic, chili and Celtic salt and pulse briefly, just to mix.

Guacamole

- 1 ripe avocado, chopped
- 1 1/2 tsp minced onion
- 1 tsp. fresh lime juice
- 1/2 tsp. crushed garlic (1/2 clove)
- Dash Celtic salt
- Dash cayenne

Place all the ingredients in a small bowl. Mash with a fork, leaving the mixture slightly chunky.

Serve immediately.

HEALTHY SOUP

Lentil Stew

- 1 cup raw lentils
- 2 large carrots, thinly sliced
- 2 stalks celery, chopped
- 1 large onion, chopped
- 3 to 5 cloves garlic, crushed
- 1 tbsp. olive oil
- 1 14-ounce can organic Italian tomatoes
- 1/4 tsp. cumin powder
- 1 tsp. coriander seeds
- 1/2 tsp. Celtic salt
- 1/4 tsp. black pepper
- 3 tbsp. apple cider vinegar
- 2 strips seaweed kombu
- 1 tbsp. miso
- 6 cups of water

In a saucepan over medium heat, combine all the ingredients and cook for 30 minutes, until all the ingredients are soft. Serves 4.

Note: The addition of the seaweed kombu will aid in the digestion of the lentil.

Ginger Miso Soup

- 4 cups water or vegetable broth
- 1 inch fresh ginger, grated or chopped
- 2 cloves fresh garlic, chopped
- 1 ½ cups shitake mushrooms, stems removed and sliced
- 1 cup Chinese cabbage, sliced thinly
- 1 bunch soba noodle or any gluten free noodle
- 2 scallions, chopped
- 2 tbsp. chopped cilantro
- ½ tsp. red chili paste
- Juice of 1 lime
- 2 tbsp. miso

Combine everything but the miso in a stock pot and simmer until the soba noodle and the vegetables are cooked; about 10 minutes.

Stir in the miso, being careful not to let it boil.

Taste for seasonings and if needed, add a splash of rice vinegar.

ABSOLUTELY DECADENT!

Hemp Butterscotch Balls

20 pitted honey dates

1 cup powdered cashews

2-3 tbsp. coconut butter

1/2 cup hemp seeds

Pinch or two of Celtic sea salt

Throw dates, vanilla and Celtic sea salt into food processor and mix thoroughly to a paste. Blend in cashew powder. Add liquefied coconut butter. Roll into small 1-inch round balls and cover with hemp seeds. Place in the freezer until ready to serve.

HOWTO KICK-START A HEALTHY EATING PROGRAM

Eliminating sugar and processed foods from your diet has never been as important as it is today. As you know, our nation is plagued with more illnesses than ever before, like cancer, diabetes and arthritis, just to name a few.

So if you are with me on the fact that you need to start a healthy program right now, go to www.7daysugarfreediet.com for a program that will give you the ultimate tools to stop the sugar and food cravings that you might have had for years.

And we don't have to stop there! Let me give you my personalized support as your virtual nutritionist so that you can keep on a healthy track.

The 7-Day Sugar-Free Plan is laid out for you in an easy-to-use food planner

For more information visit www.7daysugarfreediet.com.

To your health,

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