

The Wellness Remodel

A GUIDE TO REBOOTING HOW YOU
EAT, MOVE, AND FEED YOUR SOUL

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WITH RACHEL HOLTZMAN

EAT A RAINBOW EVERY DAY!

RED

Beets	Pink and red	Red apples	Red potatoes
Blood oranges	grapefruit	Red bell peppers	Rhubarb
Cherries	Pomegranate	Red chiles	Strawberries
Cranberries	Radicchio	Red grapes	Tomatoes
Guava	Radishes	Red onions	Watermelon
	Raspberries	Red pears	

ORANGE/YELLOW

Apricots	Mango	Rutabaga	Yellow apples
Butternut squash	Nectarines	Summer squash	Yellow pears
Cantaloupe	Oranges	Sweet corn	Yellow peppers
Carrots	Papaya	Sweet potatoes	Yellow potatoes
Golden beets	Peaches	Tangelos	Yellow tomatoes
Golden kiwi	Persimmons	Tangerines/ clementines	Yellow watermelon
Grapefruit	Pineapple	Winter squash	
Lemon	Pumpkin		

GREEN

Artichokes	Brussels sprouts	Green beans	Leafy greens
Arugula	Celery	Green bell peppers	Leeks
Asparagus	Celery root	Green chiles	Limes
Avocado	(celeriac)	Green grapes	Okra
Bok choy	Chayote squash	Green onions	Snow peas
Broccoli	Cucumbers	Green pears	Sugar snap peas
Broccoli rabe	Endive	Honeydew	Watercress
Broccolini	Green apples	Kiwi	Zucchini

BLUE/PURPLE

Blackberries	Plums	Purple carrots	Purple and black figs
Blueberries	Purple and black grapes	Purple cauliflower	Purple grapes
Eggplant	Purple cabbage	Purple endive	Purple potatoes

WHITE/BROWN

Bananas	Jerusalem	Mushrooms	Turnips
Brown pears	artichokes	Onions	White corn
Cauliflower	(sunchokes)	Parsnips	White nectarines
Garlic	Jicama	Potatoes	White peaches
Ginger	Kohlrabi	Shallots	

Getting Started

In the pages that follow, you'll find the day-by-day breakdown of the 14-Day Reset. We've included meal plans, instructions, tips, and even weekly grocery lists to help you get organized. Basically, we've done the legwork for you so all you need to do is shop, eat, and enjoy!

GUIDELINES AND TIPS AT A GLANCE

WHAT TO EAT:

- Whole foods, or foods as close to their natural state as possible: fruits and vegetables, lean animal proteins, nuts, seeds, legumes, and healthy fats. Choose organic whenever possible.
- Carbs from natural sources: fruits, veggies, legumes, and whole grains.
- Fats from healthy oils (coconut, olive), nuts, seeds, dairy, and avocados.
- Lean protein. Think chicken, eggs, fish, and turkey for animal sources, or legumes/beans for vegetarian options.
- Meals including one fat, one protein, and two carbs (perhaps a grain and a veggie).
- A variety of colors (minimum of five per day).
- Spices and fresh herbs to add flavor to foods. If you need a little salt, be sparing and use pink Himalayan salt, as it contains beneficial trace minerals.
- Plenty of water: at least half your body weight in ounces per day. Drink at least 16 ounces before breakfast, with every meal, during and after exercise, and sip throughout the day.

CHRISTINA: *A lot of people struggle to drink enough water—I know I used to. For me, the key is to make it easily accessible all day long. I keep a giant bottle of water with me at all times so I can chug some before I leave for work, while I’m on set, and again on my way home. I also make sure it’s the only thing I’m drinking during the day*

WHAT TO AVOID:

- All alcohol, caffeine, and tobacco. Feel free to replace your coffee with herbal tea or decaffeinated green, white, or rooibos teas. If you absolutely must have coffee, limit it to one cup a day.

CHRISTINA: *I know skipping your morning coffee seems like a nonstarter, but if I can do it, you can do it! By day two or three, I was surprised to find that I wasn’t missing caffeine at all.*

- All dairy, gluten, refined sugar, and processed foods.

WHEN AND HOW TO EAT:

- Eat as many and as much of the Reset-approved foods as you want. It is very difficult to overeat the foods on this plan!
- Begin each day with lemon water. Just add a squeeze of fresh lemon juice to a glass of room-temperature or warm water and drink up.
- Eat your first meal within one hour of waking, then every three to four hours after that—no longer. The actual time you eat your meals is inconsequential as long as you are eating within the three-to-four-hour window.

CHRISTINA: *Having meals ready to go so you can grab them and go is crucial. You can prep most of the smoothies ahead of time by tossing the ingredients in a freezer-safe jar, storing them in the freezer, then simply dumping it all in a blender with some nut milk or coconut water. Done and done.*

- Eat intuitively: Use this time to learn your body's hunger and fullness cues. Eat until you are satisfied (but not stuffed). Pay close attention to how food affects your body and mind, as well as how you feel after each meal.

TIPS:

- Aim to drink two to three cups of tea per day, either herbal or decaffeinated green. Green tea is packed with health-promoting antioxidants, and some studies have found that it increases the body's ability to burn fat for energy.
- Keep healthy snacks like nuts and seeds as well as whole fruit on hand in case of "emergency" hunger attacks.
- Use homemade salad dressings whenever possible. If purchased, look for the shortest, cleanest ingredients list with no added sugar, MSG, or preservatives. You can also use a squeeze of lemon or splash of vinegar with a drizzle of high-quality extra-virgin olive oil for a quick, delicious dressing.
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- Use homemade salad dressings whenever possible. If purchased, look for the shortest, cleanest ingredients list with no added sugar, MSG, or preservatives. You can also use a squeeze of lemon or splash of vinegar with a drizzle of high-quality extra-virgin olive oil for a quick, delicious dressing.
- Use healthy plant oils like olive, avocado, coconut, sunflower, and grapeseed oils for cooking or as a base for dressings.
- Enjoy seeds like chia, flax, and hemp hearts to get a dose of fiber, protein, and healthy omegas. They can be added to smoothies or sprinkled over oatmeal, salads, nut butters, and other dishes.

- Feel free to switch meals around or repeat meals that you like—and it's perfectly fine to eat leftovers for lunch the next day. As long as you're getting in your five colors a day, you're eating enough variety.

CHRISTINA: *Leftovers heaped on top of a bed of greens = best lunch or dinner ever. I'm also all for having smoothies for just about any meal of the day.*

THE 14-DAY RESET MEAL PLAN

WEEK 1

Day 1

UPON WAKING:

16 ounces room-temperature lemon water + probiotic

Drink 16 ounces water with each meal and sip additional water throughout the day.

BREAKFAST (7 AM)

Lemon-Ginger Detox Smoothie (page 56)

SNACK (10 AM)

Hearty Veggie Egg Cups (page 63): Enjoy 2 to 3 with salsa (no sugar added)

½ cup strawberries

LUNCH (1 PM)

Cucumber Ribbon Salad (page 85)

SNACK (4 PM)

Ruby grapefruit

¼ cup nuts of your choice (cashews, pistachios, almonds, walnuts, macadamias, or a mixture)

DINNER (7 PM)

Greek Potato Salad (page 86)

CHRISTINA'S TIP: *Make extra for lunch tomorrow!*

YOUR NEW MORNING RITUAL

You'll notice that we recommend starting your day with 16 ounces (2 cups) of water with lemon and a probiotic. There are a number of reasons why it's a good idea to kick things off with this combo: Your body loses hydration as it sleeps, so it's important to restore that water, especially as your digestion ramps up for the day. Adding lemon juice also stimulates your digestive fire, while contributing enzymes that help break down food, as well as antioxidants and phytonutrients that support your body's natural defense mechanisms. By pairing this simple tonic with a probiotic supplement, you'll also be readying your gut for a day of receiving your food and ensuring that it is broken down and processed effectively. While the beneficial bacteria in your gut will get plenty of nourishment from all the whole-plant fiber you'll be eating during the Reset, taking a probiotic supplement is like an insurance policy that your gut flora stays as robust and diverse as possible. Because optimal gut health doesn't just require having healthy bacteria, it's also about having a wide array of strains. So when choosing a supplement, look for one that offers diversity in types of bacteria.

Day 2

UPON WAKING:

16 ounces room-temperature lemon water + probiotic

Drink 16 ounces water with each meal and sip additional water throughout the day.

BREAKFAST (7 AM)

Lemon-Ginger Detox Smoothie (page 56)

SNACK (10 AM)

2 to 3 leftover Hearty Veggie Egg Cups

½ grapefruit

LUNCH (1 PM)

2 cups spring salad mix topped with 1 serving leftover Greek Potato Salad

SNACK (4 PM)

Hummus Power Bowl (page 82)

DINNER (7 PM)

California Chicken Bowl (page 80)

Day 3

UPON WAKING:

16 ounces room-temperature lemon water + probiotic

Drink 16 ounces water with each meal and sip additional water throughout the day.

BREAKFAST (7 AM)

Lemon-Ginger Detox Smoothie (page 56)

SNACK (10 AM)

Baked Oatmeal Bars (page 71): Enjoy 3 to 4

1 hard-boiled egg

LUNCH (1 PM)

Strawberry Tossed Salad (page 84)

SNACK (4 PM)

Leftover Hummus Power Bowl

DINNER (7 PM)

Pineapple Stir-Fry (page 95)

CHRISTINA'S TIP: *Make PB&J Overnight Oats (page 65) for tomorrow's snack.*

Day 4

UPON WAKING:

16 ounces room-temperature lemon water + probiotic

Drink 16 ounces water with each meal and sip additional water throughout the day.

BREAKFAST (7 AM)

Cherry-Berry Pie Smoothie (page 58)

SNACK (10 AM)

PB&J Overnight Oats (page 65)

LUNCH (1 PM)

Taco Salad (page 88) served over 1 cup mixed shredded cabbage

SNACK (4 PM)

2 hard-boiled eggs

1 cup mixed berries (cherries, blueberries, blackberries, raspberries, strawberries, etc.)

DINNER (7 PM)

Salmon & Veggies (page 96)

CHRISTINA'S TIP: *You can make the Taco Salad the night before, but if you make the guacamole ahead of time, store it with the avocado pit and squeeze extra lime juice over the top to prevent browning.*

Day 5

UPON WAKING:

16 ounces room-temperature lemon water + probiotic

Drink 16 ounces water with each meal and sip additional water throughout the day.

BREAKFAST (7 AM)

Cherry-Berry Pie Smoothie (page 58)

SNACK (10 AM)

Choco Maca Chia Pudding (page 60)

CHRISTINA'S TIP: *Make extra for the family if you don't want them to eat all of yours!*

LUNCH (1 PM)

Fermented Cucumber Salad (page 83)

CHRISTINA'S TIP: *Why fermented veggies? Fermented foods boost healthy gut bacteria, which makes food easier to absorb, slows digestion, and optimizes the nutrients we are eating from superfoods.*

SNACK (4 PM)

2 rice cakes with ½ avocado, smashed, and sliced hard-boiled egg on top

DINNER (7 PM)

Loaded Veggie White Chili (page 101)

Day 6

UPON WAKING:

16 ounces room-temperature lemon water + probiotic

Drink 16 ounces water with each meal and sip additional water throughout the day.

BREAKFAST (7 AM)

Cinnamon-Pear Smoothie (page 57)

SNACK (10 AM)

2 eggs over-easy topped with ½ cup chicken sausage or canned beans

1 grapefruit

LUNCH (1 PM)

Leftover Fermented Cucumber Salad

SNACK (4 PM)

Baked sweet potato topped with ½ cup sliced strawberries, 2 tablespoons peanut or almond butter, and 1 teaspoon hemp seeds

DINNER (7 PM)

Kitchen Sink Salad (page 91)

CHRISTINA'S TIP: *Double the recipe and save enough for tomorrow's lunch!*

Day 7

UPON WAKING:

16 ounces room-temperature lemon water + probiotic

Drink 16 ounces water with each meal and sip additional water throughout the day.

BREAKFAST (7 AM)

Cinnamon-Pear Smoothie (page 57)

SNACK (10 AM)

2 hard-boiled eggs

¾ cup fruit salad (berries, kiwi, pear, nectarine, etc.)

LUNCH (1 PM)

Leftover Kitchen Sink Salad served over 1 cup chopped spinach

SNACK (4 PM)

Craving Crusher Granola (page 72)

DINNER (7 PM)

Chicken Zucchini Burgers (page 93)

Serve with Roasted Veggies: chop sweet potato, onion, and Brussel sprouts; toss on a baking sheet with a drizzle of avocado oil, salt, and pepper to taste; and bake at 425°F for 25 minutes, until tender and slightly caramelized.

or

Store-bought veggie burger—I like Hilary’s brand

or

Skip the burger and serve the roasted veggies over ½ cup wild rice or quinoa, topped with 1 tablespoon of hemp seeds

WEEK 1

HIT THE STORE

RESET SHOPPING LIST

FRUITS

apples (Granny Smith)
avocados
bananas

berries: strawberries,
blueberries, raspberries,
and blackberries
grapefruit

lemons
pears
pineapple

VEGETABLES AND HERBS

asparagus
basil
bell peppers: red, green,
yellow, and orange →
*Yellow and orange tend
to be sweeter—perfect
if you're a bell pepper
skeptic. Kids also love
the bright colors!*
Bibb or Boston lettuce
broccoli
Brussels sprouts
cabbage (green and
purple)
carrots (shredded and
baby)
cauliflower
celery

cilantro → *Did you
know that cilantro helps
the body detoxify while
also keeping your blood
sugar stable?*
corn
cucumber
dill
garlic
ginger root/ginger paste
green beans
green onions
green peas (frozen are
okay)
jicama → *Super-hydrating,
crunchy, and mildly
flavored—perfect for the
kiddos to munch and dip,
too.*

kale
mint → *Awesome if you
need a little help in the
digestion department.*
mixed spring greens
onion: Vidalia, brown, red,
and yellow
parsley
red potatoes
rhubarb (fresh or frozen,
substitute celery if
unavailable)
romaine lettuce
shallots
spinach
sweet potatoes
tomatoes (cherry or grape
and Roma)

PROTEINS

beans: organic black beans
boneless, skinless chicken
breasts
chicken sausage
eggs
hummus → *Keep it clean
with a few ingredients
you recognize and no
soybean oil.*

lean ground turkey breast
(or grass-fed bison)
nuts and seeds: pepitas,
walnuts, cashews,
almonds, pistachios, pine
nuts, sesame seeds

nut/seed butters: almond,
natural peanut, cashew →
*Substitute sunflower seed
butter or tahini if you're
allergic to nuts or just
want to change it up!*
salmon fillets (wild-caught)
seeds: hemp, chia,
sunflower
shrimp (wild)

DRY GOODS

brown rice or wild rice cakes	gluten-free pasta (brown rice and quinoa pasta)	pitted dates
cacao powder → <i>So chocolatey, so good! And it helps control blood sugar, blood pressure, and inflammation.</i>	maca root powder → <i>One of my favorite superfoods because it gently boosts energy, balances hormones, and reduces anxiety. Plus it has a malty sweet taste.</i>	quinoa
flax meal/ground flax seeds	nutritional yeast	rolled oats
		unsweetened dried fruit
		unsweetened shredded coconut
		wild or brown rice

REFRIGERATED AND FROZEN

bag of riced cauliflower	frozen mango
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OILS AND SPICES

black pepper	oils (avocado and extra-virgin olive)	red pepper flakes or cayenne pepper
cinnamon	pink Himalayan sea salt	turmeric
ground ginger	pumpkin pie spice	

PANTRY ITEMS

apple cider vinegar	Dijon mustard	rice vinegar
artichoke hearts	Kalamata olives	salsa → <i>Make sure there are no additives; freshly made is best.</i>
canned coconut cream → <i>Did you ever think a nutritionist would make you buy something so tasty?! This is smoothie gold.</i>	low-sodium Worcestershire sauce	sauerkraut
capers	pickles or other fermented vegetables → <i>Gives your gut a boost of healthy bacteria!</i>	unsweetened coconut water or nut milk
coconut aminos → <i>Same salty zing as soy sauce but without the soy.</i>	pure maple syrup	veggie and/or chicken bone broth
coconut mayo (Primal Kitchen or Chosen Foods brands)	pure vanilla extract	
	raw honey → <i>Should say "raw" on the label, meaning it hasn't been heated and still has all of its good-for-you enzymes and antioxidants.</i>	

Inner Dialogue and Self-Talk Worksheet

Example 1:

SELF-STATEMENT: I'm so lazy! Why can't I just work out and do my meal prep when I get up in the morning? This is too hard.

REFRAME: Change is hard, but I've got this. It's just daily improvements. I can substitute a good, healthy meal even though I didn't meal prep, and I'll walk at lunch and take the stairs. There's always a solution.

Example 2:

INNER DIALOGUE: I can't believe that mom I met at the playground lets her kids get away with such terrible behavior. It's so rude! Why can't she control her kids?

REFRAME: She must be going through a lot. Parenting is tough! I wonder if she has any help or support. I'm so grateful for the support I have.

Your turn!

Current Self-Statement/Belief: _____

Reframe: _____

Current Self-Statement/Belief: _____

Reframe: _____

THE 14-DAY RESET MEAL PLAN

WEEK 2

Day 8

UPON WAKING:

16 ounces room-temperature lemon water + probiotic

Drink 16 ounces water with each meal and sip additional water throughout the day.

BREAKFAST (7 AM)

Green Mango Blast Smoothie (page 59)

SNACK (10 AM)

2 brown rice cakes topped with:

2 hard-boiled eggs, sliced or chopped, seasoned with black pepper

1/4 avocado, smashed, sprinkled with hemp seeds and red pepper flakes or cayenne pepper

LUNCH (1 PM)

Leftover Chicken Zucchini Burgers or store-bought veggie burger

Serve over a bed of romaine lettuce or mixed greens with 1/4 cup shredded carrots, 5 to 6 cherry tomatoes, sauerkraut, 1/4 avocado, and dressing of choice.

SNACK (4 PM)

2 Harvest Oat Muffins (page 69)

DINNER (7 PM)

Satay Lettuce Wraps (page 107)

CHRISTINA'S TIP: Store leftover Satay Lettuce Wraps filling to enjoy over greens tomorrow.

Day 9

UPON WAKING:

16 ounces room-temperature lemon water + probiotic

Drink 16 ounces water with each meal and sip additional water throughout the day.

BREAKFAST (7 AM)

Green Mango Blast Smoothie (page 59)

SNACK (10 AM)

2 hard-boiled eggs

1/2 cup grapes

1/2 cup berries

LUNCH (1 PM)

Leftover Satay Lettuce Wraps filling over 2 cups of greens

SNACK (4 PM)

Unlimited raw colorful non-starchy veggies (bell peppers, broccoli, celery, cucumber, cauliflower, jicama, sugar snap peas, or cherry/grape tomatoes)

1/4 cup hummus

DINNER (7 PM)

Taco Tuesday! Coconut Shrimp Tacos with Mango Salsa and Avocado Cilantro Sauce (page 98)

Day 10

UPON WAKING:

16 ounces room-temperature lemon water + probiotic

Drink 16 ounces water with each meal and sip additional water throughout the day.

BREAKFAST (7 AM)

Green Mango Blast Smoothie (page 59)

SNACK (10 AM)

Craving Crusher Granola (page 72)

LUNCH (1 PM)

Crunchy Coleslaw (page 87)

SNACK (4 PM)

1 cup herbal/rooibos/white/green tea, served hot or iced—however you like it!

1 medium apple

2 tablespoons natural nut/seed butter (or Justin's nut butter packet)

Sprinkle of cinnamon and hemp seeds

DINNER (7 PM)

BBQ Chicken-Stuffed Peppers (page 109)

CHRISTINA'S TIP: *Those dinner leftovers become lunch tomorrow—pack them up to eat over a bed of greens.*

Day 11

BEGIN TO TRANSITION DAIRY BACK IN

Pay close attention to how you feel as you add dairy back into your diet. Be mindful of side effects (if any), including changes in digestion, bathroom habits, skin and hair, energy level, mental clarity/focus, head or body aches, irritability, or food cravings. Make notes in your food log accordingly.

UPON WAKING:

16 ounces room-temperature lemon water + probiotic

Drink 16 ounces water with each meal and sip additional water throughout the day.

BREAKFAST (7 AM)

Banana-Vanilla-Fig Smoothie (page 55)

SNACK (10 AM)

Scramble 2 eggs and mix with all the veggies you want. Enjoy with fresh fruit.

LUNCH (1 PM)

Leftover BBQ Chicken-Stuffed Peppers over 2 cups of greens

SNACK (4 PM)

Homemade Vanilla-Cinnamon Pecan Butter (page 115)

1 cup fresh fruit of your choice, cut up for dipping (choose multiple colors if possible!)

DINNER (7 PM)

4 to 6 ounces grilled wild white fish (cod, grouper, sole, etc.), seasoned simply with fresh herbs, lemon zest, fresh lemon juice, salt, and pepper

1/2 cup steamed or roasted baby carrots, seasoned with salt and pepper

1/2 cup cooked brown or wild rice, cooked in bone broth for added flavor and nutrients

Serve with Cucumber Ribbon Salad (page 85)

CHRISTINA'S TIP: *Make PB&J Overnight Oats (page 65) for tomorrow's snack.*

Day 12

UPON WAKING:

16 ounces room-temperature lemon water + probiotic

Drink 16 ounces water with each meal and sip additional water throughout the day.

BREAKFAST (7 AM)

Banana-Vanilla-Fig Smoothie (page 55)

SNACK (10 AM)

PB&J Overnight Oats (page 65)

LUNCH (1 PM)

Mexican Caesar Salad (page 89)

SNACK (4 PM)

2 full-fat string cheese sticks

1 kiwi

½ cup berries

DINNER (7 PM)

Chicken Tortilla Soup (page 103)

CHRISTINA'S TIP: *Make a batch of Coconut-Pistachio Chia Pudding (page 60) to have for breakfast tomorrow and on Day 14.*

Day 13

BEGIN TO TRANSITION GLUTEN BACK IN

Pay close attention to how you feel as you add gluten back into your diet. Be mindful of side effects (if any), including changes in digestion, bathroom habits, skin and hair, energy level, mental clarity/focus, head or body aches, irritability, or food cravings. Make notes in your food log accordingly.

UPON WAKING:

16 ounces room-temperature lemon water + probiotic

Drink 16 ounces water with each meal and sip additional water throughout the day.

BREAKFAST (7 AM)

Coconut-Pistachio Chia Pudding (page 60)

SNACK (10 AM)

1 slice sprouted whole grain (or gluten-free) toast topped with:

¼ cup cottage cheese

¼ avocado

Tomato slices sprinkled with salt, pepper, and hemp seeds

LUNCH (1 PM)

Leftover Chicken Tortilla Soup with Cucumber Ribbon Salad (page 85)

SNACK (4 PM)

2 brown or wild rice cakes topped with:

2 tablespoons unsweetened nut/seed butter and a sprinkle of hemp seeds

½ cup berries

DINNER (7 PM)

Quick Cannellini & Spinach Pasta (page 97)

Day 14

UPON WAKING:

16 ounces room-temperature lemon water + probiotic

Drink 16 ounces water with each meal and sip additional water throughout the day.

BREAKFAST (7 AM)

Coconut-Pistachio Chia Pudding (page 60)

SNACK (10 AM)

Pumpkin-Pecan Pancakes (page 62)

CHRISTINA'S TIP: *Double or even triple the recipe and save extras in the fridge or freezer for quick meals throughout the week!*

LUNCH (1 PM)

Leftover Quick Cannellini & Spinach Pasta

SNACK (4 PM)

2 full-fat string cheese sticks

1 cup grapes

DINNER (7 PM)

Campfire Packets (page 108)

WEEK 2

HIT THE STORE

RESET SHOPPING LIST

FRUITS

apples	kiwi	oranges
avocados	lemons	pineapple
bananas	limes	plantains → <i>These cook up just like potatoes but have more vitamins, minerals, and fiber</i>
berries: blackberries, strawberries, blueberries, and raspberries	mangos → <i>Pro tip: If you're too intimidated to peel and pit fresh mangos, buy frozen.</i>	
grapes		

VEGETABLES AND HERBS

bell peppers: red, green, yellow, orange	cucumbers (baby and/or regular)	romaine lettuce
broccoli → <i>Don't underestimate how yummy broccoli can be—when you cook it right and give it lots of flavor with fresh herbs and spices, it's a game-changer.</i>	dill	shallots
cabbage (red)	garlic	spaghetti squash → <i>The insides cook up just like noodles and are perfect for tossing with lots of sauce.</i>
carrots (large and/or baby)	green onions	spinach
cauliflower	jicama	sugar snap peas
celery	mint	tomatoes (cherry or grape and Roma) → <i>We eat small tomatoes like candy in our house!</i>
cilantro	mixed greens	zucchini
corn	mushrooms	
	onions (Vidalia and red)	
	oregano	
	parsley	
	radishes → <i>These add spicy crunch to just about everything, and they have a ton of water content.</i>	

PROTEINS

beans: black, cannellini, pinto	nut/seed butters: almond, natural peanut → <i>Note: You can substitute sunflower seed butter.</i>	salmon fillets (wild-caught)
chicken sausage	nuts: almonds, cashews, walnuts	shrimp (wild)
eggs	nitrate-free turkey breast	skinless chicken tenderloins
hummus (clean with short ingredient list)	seeds: chia, hemp	wild white fish (cod, sole, grouper)
lentils		

DRY GOODS

brown rice or wild rice cakes → <i>The perfect vehicle to get more nut butter or smashed avocado into your mouth</i>	dark chocolate chips → <i>I'm always SO excited to see these back on the list!</i>	pitted dates
cacao powder	flax meal/ground flax seeds	quinoa
corn tortillas	maca root power	rolled oats
	nutritional yeast → <i>A pantry secret weapon— it has a nutty, cheesy flavor, and you can sprinkle it on just about anything, from pasta to popcorn.</i>	unsweetened dried fruit
		whole grain or gluten-free pasta
		whole grain sprouted bread
		wild or brown rice

REFRIGERATED AND FROZEN

bag of cauliflower rice	frozen peas	plain Greek yogurt (2 percent)
cottage cheese	grass-fed butter or ghee	string cheese sticks (full-fat)
frozen fruit: cherries, mangos, mixed berries	Parmesan cheese	
	pico de gallo or fresh salsa	

OILS AND SPICES

black pepper	cayenne	oregano
cardamom → <i>Little-known fact: In addition to having a sweet flavor, cardamom is a natural anti-inflammatory, antioxidant, diuretic, and digestion-soother.</i>	chili powder	paprika
	cinnamon	pink Himalayan sea salt
	cumin	red pepper flakes
	oils: avocado, coconut, extra-virgin olive, sesame	

PANTRY ITEMS

artichoke hearts	crushed tomatoes	peppermint extract
baking soda	diced green chilies	pure maple syrup
black olives	fermented veggies: kimchi and/or sauerkraut → <i>Now's your chance to get adventurous! I love spicy kimchi, especially chopped up in salads.</i>	pure vanilla extract
chicken bone broth (low-sodium)		raw honey
coconut aminos		unsweetened coconut beverage or nut milk
coconut milk (full-fat)		vinegars: apple cider, balsamic, red wine

Chapter 5

POWER TOOLS

UPPER BODY CIRCUIT

EQUIPMENT: 1 or 2 sets of free weights, mat, timer

HOW TO: Warm up with 3 to 5 minutes of cardio of your choice, such as jogging, jumping jacks, or jumping rope.

Once you are warm, set your timer for 2 minutes and complete each exercise in the set, resting for up to 1 minute in between sets. Repeat the circuit 6 times.

BEGINNER'S MODIFICATION: Set your timer for 1 minute and repeat the circuit 3 to 4 times.

Locomotives

Wide Bicep Curls

Chest Flys

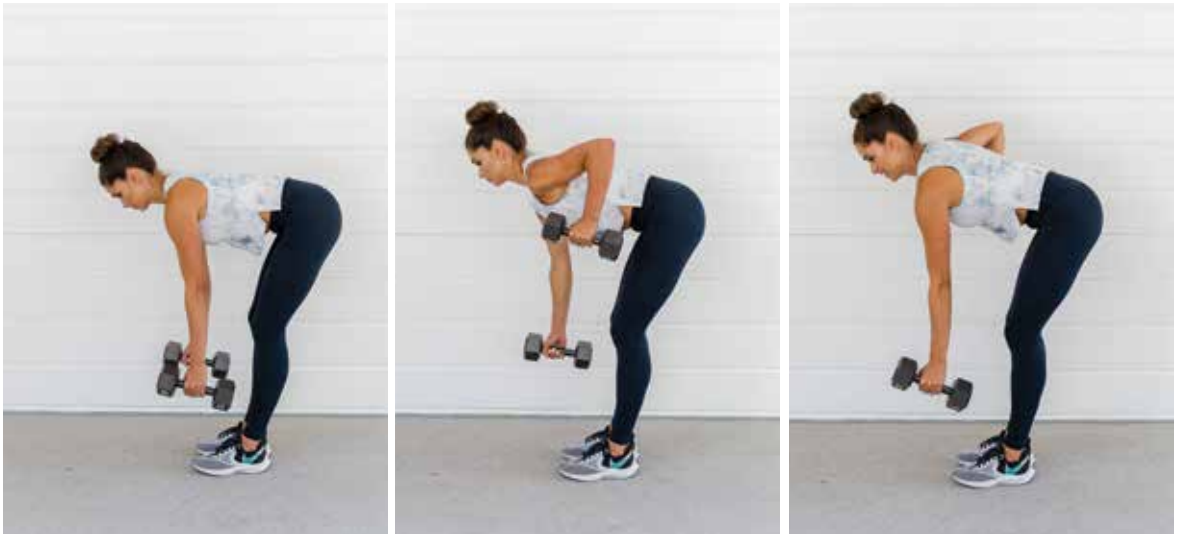
Tricep Push-ups

Mountain Climbers

Alternating Overhead
Presses

LOCOMOTIVES

With your feet hip-width apart and knees slightly bent, hinge at the waist, pushing your hips back toward the wall behind you. You want your chest to be parallel to the ground and your back flat. Hold your weights in each hand, with your palms facing each other. Pull your right elbow back, skimming your body with the weight. As you bring it back down to the starting position, you will pull your left elbow back in the same motion. Continue alternating sides, squeezing in your shoulder blades with each movement.



TRICEP PUSH-UPS

Get into high plank position with your hands right underneath your shoulders and your fingers pointed forward, then lower your knees to the ground. Lower your chest to the ground with your elbows pointing behind you. Slowly push your body back up to starting position with arms extended. Be sure to keep your core and hips in line with your shoulders throughout the movement—avoid letting your back dip or hips stick up in the air.



WIDE BICEP CURLS

Stand with your feet hip-width apart and knees slightly bent, your arms at your sides with weights in your hands. Turn your palms to face forward. Keep your elbows in tight to your body and rotate your forearms and hands 45 degrees outward, curling your weights up to your shoulders and back down again while hinging at your elbows. Do not swing your arms.



MOUNTAIN CLIMBERS

Start in a high plank position with your hands under your shoulders and your back and hips in line with your shoulders. Bring your right knee in to your chest. Push off your left foot to switch feet in the air.



CHEST FLYS

Lie on your back with your knees bent and feet planted on the ground. Begin with your arms extended above your chest, weights in hand, palms facing each other, with a soft bend in your elbows. Bring both arms out to your sides, keeping that soft bend in the elbows. As you exhale, bring your hands back together in starting position. I like to cue this as a big bear hug above your chest.



ALTERNATING OVERHEAD PRESSES

Stand with your feet hip-width apart and your knees slightly bent. Hold a weight in each hand and start with your elbows at a 90-degree angle from shoulder height. Your weights should be directly in line with your elbows. Raise your right arm and press the weight overhead. Slowly release back to starting position, and raise your left arm overhead. Focus on coming back to that 90-degree angle after each rep.



LOWER BODY CIRCUIT

EQUIPMENT: 1 or 2 sets of free weights (I recommend a heavier weight, if you have it), mat

HOW TO: Warm up with 3 to 5 minutes of cardio of your choice, such as jogging, jumping jacks, or jumping rope.

Once you are warm, repeat each set of exercises for 2 to 3 rounds.

BEGINNER'S MODIFICATION: Complete 1 to 2 rounds of each set and use body weight only.

SET 1

10 Squat Jumps	10 Squat Jumps	25 Plié Squats
25 Goblet Squats	25 Deadlifts	10 Squat Jumps
	10 Squat Jumps	

SET 2

20 Jumping Lunges	20 Jumping Lunges	20 Reverse Lunges
20 Curtsy Lunges	20 Squat Jumps	20 Squat Jumps

SQUAT JUMPS

Stand with your feet shoulder-width apart and squat down, sitting into your heels with your chest open and shoulders back. As you squat, bring your arms behind you. Transfer your weight from your heels to your toes and then jump straight up. Your arms will also swing forward with you as you propel your body upward. If you don't want the high impact of the jump, you may finish on your toes, keeping the same form.



GOBLET SQUATS

Stand with your feet shoulder-width apart and a heavier weight in your hands. Hold your weight at chest level with your palms facing each other and elbows in. Begin squatting by bending your knees and pushing your heels into the floor while keeping your chest open, back flat, and your knees in line with your ankles. At the end of the movement, your quadriceps should be parallel to the ground and elbows inside your knees. Push through your heels to return to standing.



DEADLIFTS



Stand with your feet shoulder-width apart and hold a weight in each hand, arms by your sides. Hinge at your hips with a soft bend in your knees, pushing your glutes back and flattening your low back. Once you are in the hinge position, slowly lower your torso with your weights skimming your shins. You should feel a stretch in your hamstrings as you get

lower into the movement. Push through your heels and return to your starting position.

PLIÉ SQUATS

Stand with your feet wider than shoulder-width apart and toes slightly angled out. Lower into a squat, pushing through your heels and ending with your quadriceps parallel to the ground.

ADVANCED VARIATION:

Start from the parallel position and pulse up and down about an inch.



JUMPING LUNGES

Start in lunge position with your right foot forward and right knee bent, keeping your knee above your ankle. Push through your heel and as you jump, switch your lead leg in the air and sink into a lunge with your left foot forward. Continue jumping and switching your lunging leg.



Christina: *You'll notice there's no photo of me switching my feet mid-air; that's because I was still recovering from having Hudson and couldn't get the airtime for the shot! Proof that these exercises mean business—and that you should modify them to suit your body's needs.*

CURTSY LUNGES

Begin standing with your feet hip-width apart. Step your left foot back and to the side as if you were doing a curtsy, keeping your right foot planted on the ground. Bend your right knee until your quadricep is parallel to the ground. Be sure to sit into your right heel and keep your knee in line with your ankle. Return to the starting position and switch sides.



REVERSE LUNGES

Stand with feet shoulder-width apart. Step your right foot straight back and bend your right and left knee while putting your weight into your left heel. Return to starting position by stepping your right foot back to standing and repeat with your left leg.



CARDIO AND CORE CIRCUIT

EQUIPMENT: Mat and timer

HOW TO: Warm up with 3 to 5 minutes of cardio of your choice, such as jogging, jumping jacks, or jumping rope.

Once warm, grab your timer and set it for 3 minutes. You will complete each set of specified exercises as many times as you can before your timer goes off, ideally aiming for the noted number of reps. Rest up to 1 minute between each set and repeat once more all the way through.

All rounds in this workout are 3 minutes in total. You may rest up to 1 minute between rounds.

BEGINNERS' MODIFICATION: Complete two 30/30 rounds with a total of 2 minutes per set.

30/30: Squat Jacks +
Kickouts

50/10 Leg Raise +
Burpees

30/30 Half Burpees +
Double Crunches

50/10 Inchworms +
Plank Reach

30/30 Froggie Jumps +
Bicycle Crunches

50/10/10 Spiderman
Planks + Plank Toe
Taps + Elbow Up-
Downs

ACTIVATING YOUR CORE

Throughout these exercises it's important to keep your core engaged. A common mistake is to think that by sucking in our stomachs we're achieving this. In order to work those deeper abdominal muscles, you need to pull your navel in toward your spine and up toward your rib cage. I tell my clients to pretend someone is trying to punch you in the stomach. If you're lying on the ground, think about pulling your navel to your spine.

If you're postpartum and beginning an exercise regimen, be sure to ask a professional how to reengage your core. Your muscles need to be strengthened more gently than can be accomplished with the exercises in this section. But with some guidance, you'll be ready for mainstream core work in no time!

SQUAT JACKS

Stand with your feet together. Squat before jumping out to a wide jack position and squatting again when you land. Alternate from in and out, always sinking into the squat when your feet hit the ground.



KICKOUTS

Begin from a seated position with your back at a 45-degree angle. Make sure you keep your back flat and your shoulders back. Pick your feet up from the ground and pull your knees into your chest. Push your legs back out to straight and repeat that motion. You may put your hands on the floor behind you for balance.



LEG RAISES

Lying on your back, raise both legs up to the sky and, with control, slowly lower them back to a couple inches off the ground, or whatever point you can keep core control. Keep your low back pushed into the ground.



MODIFICATION: *Place your hands under your hips for core support. You may also keep your legs slightly bent if you are a beginner or need more back support.*

BURPEES

Stand with your feet hip-width apart. Put your hands on the ground and either jump or step both feet back behind you so you are in plank position. You can go all the way down touching your chest to the ground, but you may also stop at plank position. Push off the ground and jump or step up.



HALF BURPEES

Place your hands on the floor and jump your feet back into a high plank position. Jump your feet back up to elbow-width, planting your feet. Sit back into a deep squat with your chest open. Jump back to plank position.



DOUBLE CRUNCHES

Begin by lying on your back with your knees bent and your hands behind your head. Bring your knees to your chest as you lift your shoulders off the ground. Reach your hands toward your knees and then release back to the ground. Keep your back glued to the ground throughout the exercise.



MODIFICATION: *If you have trouble holding the crunch with your feet off the mat or find yourself straining your neck, you can keep your feet on the mat while you reach for your knees.*



INCHWORMS

Stand at one end of your mat with your feet shoulder-width apart. Bend from your waist and put your hands on the mat. Walk your hands forward until your body is flat in plank position. When your hands are under your shoulders, do the plank reach (see opposite page) on each side then walk your hands back to your toes and return to the upright starting position.



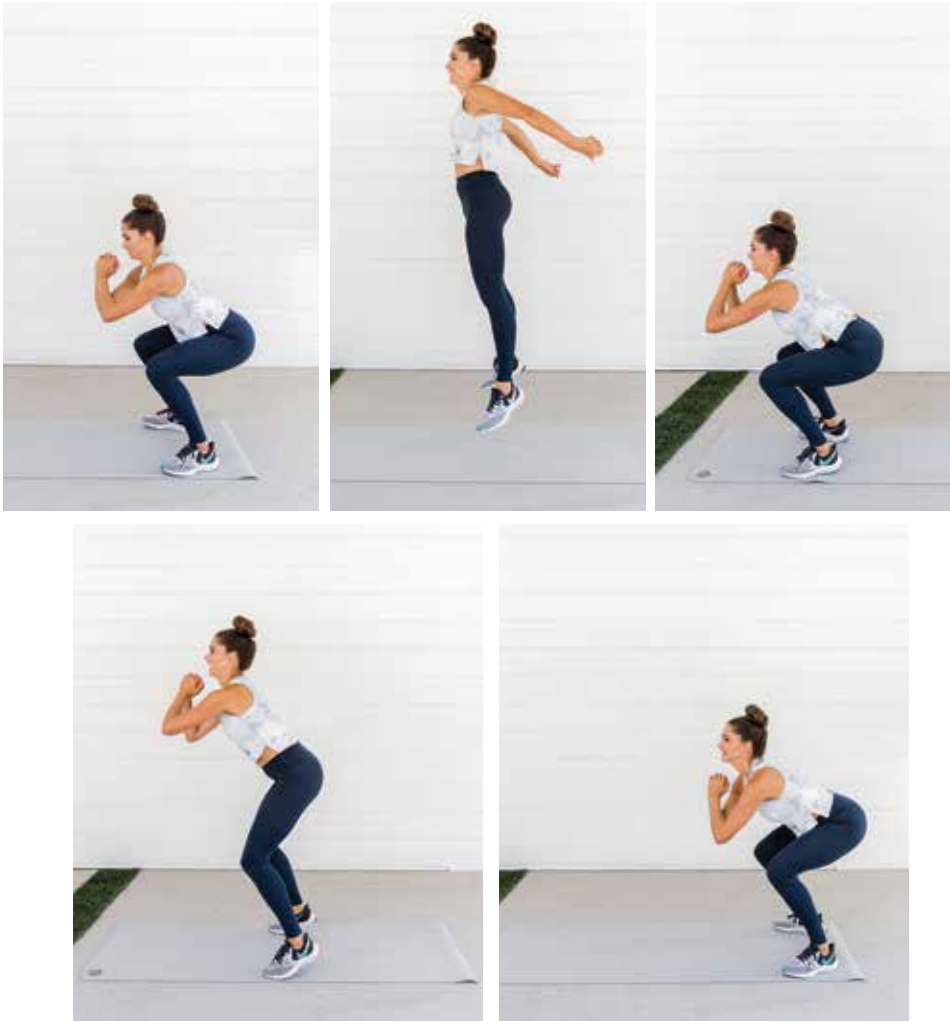
PLANK REACH

Start in a high plank position with your hands under your shoulders and your back and hips in line with your shoulders. Extend one arm straight out and hold for a few seconds before returning to plank. Repeat with the other arm.



FROGGIE JUMPS

Stand with your feet a little wider than shoulder-width apart, knees bent out like a frog. Perform two 2-footed jumps forward, swinging your arms to help with your momentum. You may either jump or jog backward to return to starting position.



BICYCLE CRUNCHES

Start lying on your back with your hands behind your head and your knees in tabletop position (feet elevated, knees bent). Twist your torso to the left while bringing your left knee in to your chest. Think of your right armpit touching your left knee. Return to starting position and switch sides.



SPIDERMAN PLANKS

Start in high plank position with your hands under your shoulders and your back and hips in line with your shoulders. Starting with your right leg, bring your knee in to the outside of your right elbow, while keeping your hips down. This will isolate your obliques. Bring your right leg back to starting position and alternate sides.



PLANK TOE TAPS

Start in high plank position with your hands under your shoulders and your back and hips in line with your shoulders. Keeping your hips as still as possible, step your feet out to the side one at a time. You will go right leg out, left leg out, right leg in, left leg in.



ELBOW UP-DOWNS

Start in a high plank position with your hands under your shoulders and your back and hips in line with your shoulders. Lower your right elbow to the ground followed by your left to put you in a low plank position. Hold for a count or two and then reverse the movement back up to your hands, one arm at a time. Your elbows and hands should stay in line with your shoulders as much as possible.



Our Pantry Staples:

AVOCADOS: Instant snack and super satisfying blended into smoothies, mashed up for dipping veggies, and spread on toast.

BEANS AND LEGUMES: Chickpeas and black beans are Christina's favorites, while Cara has at least four kinds of beans in rotation because they're often a meat stand-in. There's no shame in buying canned instead of dried—they come in handy when the mood strikes for a pot of chili.

BREADS: Whole grain, gluten-free, or both—depending on what works for you and your body.

CHEESE: Christina always has a variety, like mozzarella and goat cheese, plus nondairy options like almond cheese, on hand.

CHICKEN, TURKEY, AND GRASS-FED BEEF: We prefer to buy organic to avoid any hormones or antibiotics that may be have been used when raising the animals. Keep a selection in the freezer and you'll always have a great foundation for dinner, like a stir-fry, soup, or salad.

EGGS: The essential portable protein. Keep a batch of hard-boiled eggs in your fridge to grab as snacks, smash into egg salad, or sprinkle over greens. Eggs take minutes to scramble up in the morning (add a big handful of veggies and a couple slices of avocado you've got yourself a meal!) and are perfect for making ahead in breakfast egg cups or breakfast burritos.

FISH: Wild-caught salmon is in heavy rotation at Christina's house and ends up topping many lunches and dinners.

FLOUR: Cara keeps a stash of almond flour (love the one from Trader Joe's!) and a gluten-free flour blend for all her baking projects.

FRESH AROMATICS: That's fancy talk for onions and garlic. And we buy the pre-chopped versions because who always has the time to mince?!

FRUIT: We keep a variety of frozen fruit for smoothies as well as fresh seasonal fruit. Sticking with seasonal means you'll never get bored and you'll always get the best flavor. Our favorites are bananas, berries, pears, peaches, grapes, and apples. We try to buy organic when we can.

GREEN JUICE: Sometimes it's store- or juice bar-bought because there's not always time to prep a homemade batch, but Christina usually keeps a stash in her fridge so she's sure to get in her five colors a day. Her go-to combo is apples, lemon, cucumber, kale, spinach, carrots, celery, and parsley. Just make sure to enjoy with a protein or fat.

GUACAMOLE, HUMMUS, AND OTHER PREPARED DIPS: Perfect for quick snacks or for dolloping on top of salads. Make sure your hummus is made with no additives and preferably no canola oil. Or, for an even more inexpensive option, make a batch of Cara's favorite hummus (page 74).

KID-FRIENDLY ITEMS: We always have options that can be packed up, like minimally processed chips and crispy things (we love Veggie Straws and Kettle Chips), individual yogurts, applesauce, dried fruit, beef sticks, and a variety of bars (ideally soy-free and low sugar).

KOMBUCHA: Cara loves how this sweet fermented drink improves her digestion. And just like coffee, it's a fun ritual to drink (the bubbles are just like having a soda!). Look for one with no added sugar, preferably organic.

MILK: Almond, coconut, 2 percent—again, whatever works for your body. We both keep a variety on hand and use them for smoothies, overnight oats, and creamy soups.

NUTS: Christina keeps a rotation of nuts in the freezer so she always has a handful nearby for emergency snacking.

NUT BUTTERS: Life-saving as easy snacks (for dipping veggies or fruit), stirred into oats, scooped into smoothies, or eaten by the spoonful. We especially love almond butter and peanut butter.

OATS: What else would you make your overnight oats out of?! Also great served warm, folded into muffins, or tossed into smoothies for the trifecta of carbs, fiber, *and* protein.

OILS AND VINEGARS: Grapeseed oil for cooking and high-quality avocado oil or extra-virgin olive oil for drizzling, plus balsamic vinegar, red and white wine vinegar, brown rice vinegar (great for simple dressings and to add more flavor to a dish without using more salt).

ORGANIC TORTILLA OR RICE CHIPS: For dipping in guacamole and hummus or crumbling into salads or soups.

PASTA: We stock up on a selection of rice, chickpea or legume, and whole wheat pasta for super-quick and easy dinners.

PASTA SAUCE: Simmer with some shredded veggies, add pasta or grains, done.

QUINOA: An all-around go-to, whether it's a base for grain bowls, serving under chicken or fish, tossing into salads, or even making a sweet breakfast porridge.

RICE: Wild, brown, jasmine—mixing it up is always a good idea so you don't get stuck in a flavor or nutrient rut. People are sometimes surprised when we say that we eat jasmine rice, but it has the same nutrient profile and glycemic load as brown!

RICE CAKES: Christina NEVER runs out of these because you don't need more than almond butter and a piece of fruit to make a meal out of them. See if you can find a brown or wild rice version.

SEASONAL VEGGIES: We always have a rotation of fresh veg and lots of it—especially spinach or other leafy greens, mixed greens, carrots, celery, cucumbers, peppers, and sweet potatoes. We also keep a stash in the freezer so we can whip up something with frozen veggies if we've run out of fresh options or we're in the mood for something that's not in season (frozen fruits and veggies are picked at peak seasonality and flash frozen). We are also all about saving time with pre-chopped options!

SEEDS: Hemp, chia, flax—staples for us because they're a great way to add fiber and protein to just about anything.

SPICES AND SEASONINGS: Our essentials are cinnamon, vanilla, sea salt, paprika, and chili powder. If there are other flavors you love, stock up! Dried spices generally stay fresh for up to a year.

SWEETENERS: We choose less-processed sweeteners, especially when baking. Manuka honey or other raw honey is first choice because it has antiviral, anti-inflammatory, and antioxidant benefits. (It's in our first-aid kit, too—it's great for scrapes and sore throats.) Second choice is maple syrup.

UNSWEETENED COCONUT FLAKES: We use these for baking and smoothies.

VEGGIE BURGERS: Cara prefers to not eat beef, so for extra protein variety she keeps these in her freezer. She chooses brands without soy and pea protein and especially loves Hilary's and Dr. Praeger's.

Your New-Normal Life Checklist

To help you put all these pieces together and fit them into your normal (but new-and-improved) life, we came up with this handy checklist. Even if you're not a planner, taking five minutes to go through these items before each new week and each new day is a powerful way to keep yourself moving in a direction that's in line with your goals. After these new habits start to take root, coming back to this list on a regular basis will ensure that you're continuing to grow and flourish.

BEFORE THE NEW WEEK:

- Meal plan and prep (washing and slicing veggies, batch-cooking grains, cooking/baking make-ahead meals).
- Set two new goals for the week (being more present during your nighttime routine with the kids, starting one new mindfulness practice, cooking one more meal at home, etc.).
- Schedule your workouts. Look at the week ahead and choose which days you'll commit to exercising for at least thirty minutes.

BEFORE EACH NEW DAY:

- Prep meals and snacks; pack up anything that might be necessary on the go.
- Game plan when you'll take a moment to enjoy your meals and snacks throughout the day.
- If it's a designated workout day, find one thirty-minute window. Otherwise, think about how you can integrate more movement into other moments of your day—could you stretch during soccer practice? Challenge your kids to a game of after-school tag?

- Find one ten-minute window for mindfulness of choice (stretching, breathing, journaling, meditating).
- Choose (and commit to!) your phone-down, lights-dimmed, jammies-on, butt-in-bed, wind-down time (ideally one hour before you go to bed, which would ideally be seven to nine hours before you'll wake up).

RECIPES

Breakfast

BANANA-VANILLA-FIG SMOOTHIE

We love this smoothie because it finally gives us a reason to use the dried figs we always see at the grocery store. Figs give this blend a hint of sweetness that teams up with the banana, vanilla, and cardamom for a breakfast that's good enough to serve for dessert!

Makes 1 smoothie

Big handful of greens
1 frozen banana, broken in half
4 fresh or dried figs, stemmed
¼ cup raw cashews (soaked in ½
cup filtered water overnight and
drained)

1 tablespoon hemp hearts
½ teaspoon pure vanilla extract
Pinch of ground ginger
Pinch of ground cardamom
1 cup unsweetened almond milk
Ice (optional)

Combine all of the ingredients in a blender and blend until smooth.

LEMON-GINGER DETOX SMOOTHIE

There's something so satisfying and empowering when the foods you choose to eat are actively working toward detoxification. This smoothie is amazing to that end because lemon, ginger, and turmeric are all ideal ingredients for encouraging your body to not only let go of damaging toxins but also heal any inflammation. Black pepper may seem like a strange ingredient for a smoothie, but it delivers health-protecting phytochemicals while it also helps to activate the healing power of turmeric. Turmeric needs black pepper like a Q needs a U!

Makes 1 smoothie

1 frozen banana, broken in half
Large handful of spinach
¼ cup plus 2 tablespoons
almond milk
¼ cup cashews (soaked in ½ cup
filtered water overnight and
drained)
¼ cup shredded carrots
(or 6 baby carrots)
Juice of 1 small lemon

1 tablespoon flax meal
Zest of ½ small lemon
½-inch slice fresh ginger root
or ¼ teaspoon ground ginger
(or more, to taste)
¼ teaspoon ground turmeric
Sprinkle of freshly ground
black pepper
Ice (optional)

Combine all of the ingredients in a blender and blend until smooth.

CINNAMON-PEAR SMOOTHIE

In addition to being juicy and sweet, pears are loaded with prebiotic fiber, which not only helps your body soak up all the nutrients it needs from your food, but it also keeps you feeling more satisfied after a meal. This smoothie will help power you through the morning and fend off hunger pangs.

Makes 1 smoothie

Big handful of greens

½ frozen banana

1 medium pear, cored, seeded, and
chopped

2 tablespoons unsweetened
almond butter

½ cup unsweetened almond milk

1 teaspoon ground cinnamon

Ice (optional)

Combine all of the ingredients in a blender and blend until smooth.

CHERRY-BERRY PIE SMOOTHIE

One of the really fun things about smoothies is that they combine the flavors and textures of the foods that you love but that don't necessarily love you back. This smoothie scratches the itch for cherry pie, complete with the sweet jammy filling (cherries and berries) and dense, buttery crust (almond butter and oats). Do yourself a favor and give yourself time to sit down and eat this one with a spoon!

Makes 1 smoothie

Big handful of greens	1 teaspoon pure vanilla extract
½ cup frozen cherries	1 tablespoon chia seeds
½ cup mixed berries	(optional)
2 tablespoons rolled oats	1 cup unsweetened almond milk or
1 tablespoon unsweetened	coconut milk
almond butter	Ice (optional)

Combine all of the ingredients in a blender and blend until smooth.

GREEN MANGO BLAST SMOOTHIE

Mango is a smoothie secret weapon. First, it makes smoothies creamy and rich (the only way they should be!). Second, it's the perfect amount of sweet. And third, it contains digestive enzymes, which help break down starchy foods. Basically, you can't go wrong by adding mango, especially when you combine it with celery and spinach.

Makes 1 smoothie

2 large handfuls of baby spinach	¼ cup cashews (soaked in
1 cup frozen mango chunks, plus more for serving	½ cup filtered water overnight and drained)
2 stalks of celery	1 tablespoon hemp hearts
½ cup coconut or nut milk	Squeeze of fresh lemon juice
	Ice (optional)

Combine all of the ingredients in a blender and blend until smooth. Top your smoothie with additional mango, if desired.

COCONUT-PISTACHIO CHIA PUDDING

We love chia pudding because it can be made the night before and grabbed on the way out the door the next morning. This pistachio-coconut combo is to die for!

Serves 2

1 cup unsweetened coconut milk	2 tablespoons unsalted shelled pistachios (soaked overnight in filtered water, if possible)
¼ cup chia seeds	
¼ teaspoon pure vanilla extract	2 tablespoons unsweetened shredded coconut
1 teaspoon pure maple syrup or raw honey (optional)	

In a medium bowl, stir together the coconut milk, chia seeds, vanilla, and maple syrup or honey, if using. Cover, transfer to the fridge, and let the chia set overnight. Divide between two jars and top each with 1 tablespoon of the pistachios and coconut.

CHOCO MACA CHIA PUDDING

Maca is a superfood that is known to boost energy, stabilize hormones, and benefit mood. It has a subtle sweet taste that pairs perfectly with chocolatey cacao powder.

Serves 2

1 cup unsweetened coconut milk or nut milk	2 tablespoons cacao powder
3 pitted dried dates	2 teaspoons maca powder
3 tablespoons chia seeds	Pinch of sea salt
3 tablespoons unsweetened almond butter (or other nut/seed butter)	<i>Optional toppings:</i> cacao nibs, berries, unsweetened coconut flakes, chopped nuts

Combine all of the ingredients in a blender and blend on high speed until smooth. Divide the mixture between two jars and refrigerate for at least 2 hours or overnight. Top as desired and enjoy.

SWEET POTATO AND PECAN WAFFLES

This is a perfect breakfast for those mornings when you want to slow down a little and make a nice, hot meal. And because you can easily freeze these waffles and pop 'em in the toaster to reheat, they're also great for mornings that aren't slow! Our kids love these waffles, which get a bright orange color from the sweet potatoes.

Serves 4

1 medium sweet potato, baked until tender, skin removed, and mashed (about $\frac{3}{4}$ cup)	1 teaspoon pure vanilla extract
1 cup rolled oats	1 teaspoon ground cinnamon
1 cup unsweetened almond, coconut, or cashew milk	Zest of 1 medium clementine
2 eggs or egg replacer equivalent	Pinch of ground cardamom
3 tablespoons unsweetened almond butter	Pinch of ground nutmeg
1 tablespoon flax meal	$\frac{1}{2}$ cup chopped pecans, plus more for topping
2 teaspoons baking powder	Olive oil cooking spray
	Maple syrup, for serving (optional)

Combine all of the ingredients except the pecans in a blender or food processor and blend until relatively smooth (there may still be some lumps; that's okay). Fold in the pecans.

Preheat a waffle iron to medium heat and grease with cooking spray. Pour about $\frac{3}{4}$ cup of the batter into the center of the waffle iron. Press closed and cook until the waffle is golden brown and the edges are slightly crisp, 3 to 4 minutes. Flip and repeat on the other side. Serve warm topped with pecans and a drizzle of maple syrup, if desired.

PUMPKIN-PECAN PANCAKES

This recipe puts to use two ingredients that have been on the no-no list for far too long: whole wheat flour and yogurt. If after performing a detox you've determined that gluten and/or dairy don't disagree with your system, then feel free to enjoy! (Otherwise, just substitute a gluten-free flour blend and nondairy yogurt.) Either way, you still get to reap all the antioxidant and fiber benefits of pumpkin.

Serves 4 to 6

1 cup whole wheat flour or almond flour	½ cup 2 percent plain Greek yogurt or nondairy yogurt
1 tablespoon chia seeds	2 tablespoons pure maple syrup (optional), plus more for serving
1 teaspoon pumpkin pie spice	1 large egg or egg replacer equivalent
1 teaspoon baking powder	1 tablespoon coconut oil
½ teaspoon baking soda	½ cup chopped pecans (optional), plus more for serving
Pinch of salt	
¾ cup pumpkin puree (NOT pumpkin pie filling)	
⅔ cup unsweetened almond, coconut, or cashew milk	

In a medium bowl, whisk together the flour, chia seeds, pumpkin pie spice, baking powder, baking soda, and salt. Set aside.

In a large bowl, whisk together the pumpkin puree, milk, yogurt, maple syrup, egg or egg replacer, and oil. Slowly add the dry ingredients into the mixture and whisk until well combined. Gently fold in the pecans.

Heat a griddle or large skillet over medium heat. Pour the batter on the preheated griddle or pan ¼ cupful at a time. Cook until bubbles appear on the surface of the batter and the edges are lightly browned, 3 to 4 minutes. Flip the pancakes and repeat. Enjoy warm with your favorite toppings.

HEARTY VEGGIE EGG CUPS

These bites are bursting with all the good-for-you colors you need to start your day on the right foot, plus a healthy dose of protein and carbs (the rice makes these super satisfying). Make them in advance, store in the freezer, then pop in the oven or microwave in the morning for a grab-and-go breakfast that gives you the fuel you need to conquer your morning.

Serves 4

Coconut oil cooking spray	Red bell peppers (finely chopped)
8 large eggs	Green bell peppers (finely chopped)
2 cups chopped of any of the following:	Mushrooms (finely chopped)
Kale (chopped)	1 tablespoon finely chopped fresh basil
Baby spinach (finely chopped)	1 cup cooked wild or brown rice
Broccoli (chopped)	Kosher salt and freshly ground black pepper
Onions (finely chopped)	

Preheat the oven to 350°F. Spray a nonstick muffin tin with cooking spray and set aside.

In a large bowl, whisk the eggs. Add your veggies of choice, the basil, and rice and season with salt and pepper. Divide the egg mixture among the muffin wells, leaving ¼ inch at the top. Bake for 20 minutes, or until a toothpick or knife inserted in the center of a muffin comes out clean. Run a knife around the edges of the muffins to release them from the pan and let them cool.

Store the muffins in an airtight container in the fridge for up to 6 days, or freeze for up to 1 month.

BREAKFAST PIZZA

We usually save this “pizza” for special occasions, because we don’t indulge in gluten and dairy every day, but you could swap in cauliflower crust and use nondairy cheese to make this a part of your weekly rotation. We typically whisk the eggs together, but you can also just crack them right on top of the flatbread and then bake them for a crowd-pleasing sunny-side-up option, perfect for wowing your brunch guests.

Serves 4

½ cup shredded mozzarella cheese	1 tablespoon sliced
4 pieces whole grain naan or flatbread, or 1 cauliflower crust	green onions (white and green parts)
1 cup baby spinach	4 large eggs, whisked
1 small tomato, sliced	1 avocado, sliced

Preheat the oven to 450°F.

Divide the cheese evenly among the flatbreads. Top with the spinach, tomato, green onions, and eggs. Bake for 25 minutes, or until the eggs are cooked, the cheese has melted, and the vegetables have softened.

Arrange the avocado slices over each pizza, then cut into slices and serve.

PB&J OVERNIGHT OATS

Peanut butter sometimes gets a bad rap now that other nut butters are widely available, but it is a great source of protein and fat, and unless you are highly sensitive or allergic, there is nothing wrong with enjoying a healthy spoonful. These overnight oats are pretty much the Christina Anstead special. She loves this recipe because it takes minutes to toss together and is super easy to eat on the road—not to mention, it tastes like a grown-up version of PB&J!

Serves 1

½ cup rolled oats	½ banana, sliced
1 tablespoon chia seeds	1 tablespoon unsweetened
½ teaspoon ground cinnamon	peanut butter (or almond
½ teaspoon pure vanilla extract	butter)
½ cup berries (strawberries, blueberries, raspberries, etc.)	1 cup unsweetened almond milk

In a pint-sized jar, combine the oats, chia seeds, cinnamon, and vanilla and mix well. Add the berries, banana, and peanut butter and pour the milk over the top. Close up the jar and store in the fridge to eat in the morning. Enjoy cold or warm.

FIVE REASONS TO EAT BREAKFAST EVERY DAY

Cara: In my job, I hear “I’m not a breakfast person” a lot. And I get it—I didn’t always live for breakfast the way I do now. Like so many of you, I preferred sleep and set aside minimal time to provide myself with the metabolic booster that breakfast contributes to our system. At some point after college, I realized that maybe the reason my body didn’t burn fat properly was because my coffee wasn’t cutting it as a breakfast option. Once I started studying nutrition, I learned more about what I had been depriving myself of. As you now know, restricting calories is not the way to go, especially first thing in the morning. If anything, it’s the best time of day to indulge. And now, with my own family, we try to sit down to breakfast as much as possible, even with the early school schedules. I ask the girls what they want every morning and work with their suggestions and of course their “help.” It’s probably the only meal of the day I get to sit down and eat mindfully with the kids—like the calm before the storm.

If you’re one of those non-breakfast people, hopefully these reasons to eat in the morning will change your mind!

IT BREAKS THE FAST. While you sleep, your body is in a fasting state and your blood sugar is stable. But once you wake up, it’s important to let your blood sugar know that you’re awake—ideally, by eating within an hour of getting up. The only exception is if you’re working out right away; you can wait until after, if you prefer.

IT LOWERS YOUR CHANCES OF OBESITY. Consistently providing your body with fuel throughout the day prevents the end-of-day binging that leads to fat storage. This in turn lowers your risk of heart disease.

IT REVS YOUR SYSTEM. Not only does eating first thing in the morning prevent fat storage, but it also speeds up your metabolism and allows your system to burn at a faster rate.

IT GIVES YOU ENERGY. Eating breakfast fuels your muscles and cells, and it boosts mental clarity, too.

IT’S FUN! I’ve yet to meet someone who doesn’t love a great breakfast. It’s easy to get creative with quick breakfasts or create a more indulgent traditional spread with a healthy twist.

GOOD MORNING MUFFINS

Sometimes you just want a baked treat in the morning, but ideally one that won't send your blood sugar crashing before lunch. With plenty of protein and a serving of both fruit and vegetables, these muffins will do the trick. Like any good recipe, this one is also highly adaptable: You can change up the dried fruit or fold in any kind of shredded vegetable or nut/seed butter that you like.

Makes 15 muffins

Coconut oil, for greasing (if not using muffin cups)	1 teaspoon ground cinnamon
1 large banana	½ teaspoon ground ginger
½ cup rolled oats	¼ teaspoon ground cardamom
⅓ cup unsweetened cashew butter	½ teaspoon sea salt
3 eggs or egg replacer equivalent	2 large carrots, peeled and shredded
¼ cup packed pitted dates	1 medium apple (I like Granny Smith or Braeburn), peeled, cored, and diced
2 tablespoons raw honey or pure maple syrup (optional)	⅓ cup unsweetened dried fruit of your choice (such as raisins, blueberries, cherries, or currants)
2 tablespoons flax meal	⅓ cup chopped walnuts, pecans, or a nut mix
2 tablespoons hemp seeds	
1 teaspoon baking soda	
1 teaspoon pure vanilla extract	

Preheat the oven to 375°F. Line 15 wells of a muffin tin with muffin cups or lightly grease with coconut oil and set aside.

In a blender, combine the banana, oats, cashew butter, eggs or egg replacer, dates, honey or maple syrup (if using), flax meal, hemp seeds, baking soda, vanilla, cinnamon, ginger, cardamom, and salt. Pulse until the mixture is smooth. Transfer the mixture to a large bowl and gently fold in the carrots, apple, dried fruit, and nuts until well mixed.

Divide the batter evenly among the muffin cups, filling them about three-quarters full. Bake until the tops of the muffins are golden brown and a toothpick or knife inserted in the center comes out clean, 15 to 20 minutes. Allow the muffins to cool for at least 10 minutes, then transfer them to a wire rack to cool completely.

Store the muffins in an airtight container at room temperature for up to 1 week, in the fridge for about 2 weeks, or in the freezer for up to 1 month.

Snacks

HARVEST OAT MUFFINS

Christina is always looking for new recipes for muffins, brownies, and bars—things she can take with her as snacks but will also scratch the itch for something sweet. The best thing about these oat muffins—aside from being delicious—is that they also pack a sizable amount of plant-based nutrition (just be sure you’re buying products that include only the pureed apple and pumpkin and not any added sugars!). These muffins can be stored in the fridge for quick bites during the day, and can be frozen and thawed at room temperature the night before you want to enjoy them.

Makes 16 muffins

Olive oil cooking spray	1½ teaspoons pumpkin pie spice
1 cup pumpkin puree (NOT pumpkin pie filling)	1 teaspoon baking soda
½ cup unsweetened applesauce	½ teaspoon sea salt
½ cup pure maple syrup	1 medium sweet/tart apple (such as Golden Delicious, Honeycrisp, or Pink Lady), peeled, cored, and chopped
2 large eggs, beaten	½ cup chopped pecans
½ teaspoon pure vanilla extract	2 tablespoons pepitas
1 cup rolled oats	
½ cup almond flour	
2 tablespoons flax meal	

(cont.)

Preheat the oven to 375°F. Lightly grease a 16-well muffin tin or silicone baking cups with cooking spray and set aside.

In a large bowl, combine the pumpkin puree, applesauce, maple syrup, eggs, and vanilla. Mix well.

In a second large bowl, combine the oats, flour, flax meal, pumpkin pie spice, baking soda, and salt. Mix well.

Working slowly, add the dry ingredients to the wet and mix until fully combined. The batter will be a little lumpy—don't overmix! Gently fold in the chopped apple, pecans, and pepitas. Divide the batter among the prepared muffin cups and bake for 30 to 35 minutes, until the muffins are golden brown around the edges and a toothpick or knife inserted in the center comes out clean. Let them cool for about 10 minutes before transferring to a wire rack to cool completely. Store in the fridge for up to 1 week or in the freezer for up to 1 month.

BAKED OATMEAL BARS

These snacks are a special treat for adults and kids alike. Yes, they contain some sugar in the form of maple syrup and bananas, but they're also loaded with fiber and protein and balanced with fat, in addition to collagen peptides, a source of protein that supports gut health and strengthens your bones, joints, hair, and nails (though you could also use a vegan protein powder). Slice these up and individually wrap them for snacks.

Makes about 12 bars

Coconut oil or coconut oil cooking spray	½ teaspoon kosher salt
2 cups rolled oats	2 cups unsweetened almond milk
2 scoops collagen peptides (or vegan pea protein)	1 ripe banana, mashed
2 tablespoons chia seeds	⅓ cup maple syrup
1 teaspoon baking powder	1 large egg
1 teaspoon ground cinnamon	1 teaspoon pure vanilla extract
	1½ cups blueberries

Preheat the oven to 350°F. Grease a 10-inch casserole dish with coconut oil or cooking spray and set aside.

In a large bowl, combine the oats, collagen peptides, chia seeds, baking powder, cinnamon, and salt.

In another large bowl, mix together the almond milk, banana, maple syrup, egg, and vanilla. Add the wet ingredients to the dry and mix to combine. Gently fold in the blueberries.

Pour the mixture into the prepared casserole dish to create an even layer. Bake for 30 minutes, or until the edges are golden and the middle has set. Allow the baked oatmeal to cool for 10 minutes, then slice into roughly 2-inch x 2-inch squares. Cool completely and store in a covered container in the fridge for up to 5 days.

CRAVING CRUSHER GRANOLA

It's always a good idea to have nuts, trail mix, or granola on hand for when we need to sneak in a snack but don't have time to prep anything in advance. While this version of granola has a fall feel to it, thanks to the pumpkin, hazelnut, and maple, it tastes divine all year long. Keep it stashed in your bag for emergencies or add it to your yogurt parfaits in the morning.

Makes 1¼ cups

¼ cup pepitas or roasted
pumpkin squash seeds

¼ cup walnuts

¼ cup pecans

¼ cup hazelnuts

¼ cup pumpkin puree
(NOT pumpkin pie filling)

2 tablespoons pure maple syrup

½ teaspoon pure vanilla extract

¼ teaspoon sea salt

Preheat the oven to 450°F.

Combine all of the ingredients in a large bowl and mix well. Spread over a baking sheet and bake for 15 minutes, or until the nuts are golden and fragrant. Allow the mixture to cool before storing in an airtight container for up to 2 weeks. Enjoy with a small piece of fruit, such as an apple or orange, if you want to add more color to your meal.

BERRY COCONUT CHIA PUDDING PARFAIT

Chia seeds are all the rage right now, and for good reason: These small but mighty seeds are packed with protein and when combined with liquid, they expand twenty-five times their weight to create a gel-like consistency that's perfect for giving your digestive system a clean sweep (which is amazing news for your gut). This creamy pudding also layers in fruit, yogurt, nuts, and hemp seeds for a snack that will give you a turbo boost of energy.

Serves 1

½ cup 2 percent plain Greek yogurt
or nondairy yogurt

¼ cup unsweetened coconut milk
or nut milk

1 tablespoon chia seeds

1 teaspoon pure maple syrup or
raw honey

½ teaspoon pure vanilla extract

½ cup raspberries

¼ cup blackberries

¼ cup low-sugar, whole grain
granola (such as Trail Mix
Granola on page 77)

2 tablespoons pistachios

1 tablespoon hemp seeds

In a medium bowl, mix together the yogurt, milk, chia seeds, maple syrup or honey, and vanilla.

In a parfait glass or jar, layer the chia pudding with the fruit, granola, pistachios, and hemp seeds.

HOMEMADE HUMMUS

Chickpeas are a great source of plant protein, and this satisfying dip can be whipped up in minutes. If you're like our kids, you might find yourself eating it by the spoonful, but if you're adulting, then you'll love to pair it with raw veggies like cucumbers, bell peppers, carrots, cauliflower, jicama, sugar snap peas, and broccoli. Think of this as your hummus foundation and then doctor it up with any seasonings or flavors that bring you joy, such as some sautéed jalapeño peppers or a nice sprinkle of smoky paprika or cumin.

Makes 1½ cups

2 (15-ounce) cans chickpeas,
drained and rinsed

3 to 4 garlic cloves, depending on
how garlicky you like your hummus

¼ cup tahini

¼ cup fresh lemon juice

1½ tablespoons extra-virgin
olive oil

Sea salt and freshly ground
black pepper to taste

Unlimited colorful raw veggies,
for serving

Combine all of the ingredients in a blender or food processor and blend until smooth. Store in an airtight container in the refrigerator for up to 1 week or freeze for up to 1 month.

COWBOY CAVIAR

This easy-to-throw-together dip is super versatile—pack it up and take it to a party with a bag of chips, scoop it on top of your favorite salad, or serve with fresh veggies. Thanks to the protein and carbs from the legumes and the fat from the oil, this could also serve as a balanced meal on its own if all you had was a spoon!

Serves 6 to 8

1 (15-ounce) can black beans, rinsed and drained	2 garlic cloves, minced
1 (15-ounce) can black-eyed peas, rinsed and drained	¼ cup roughly chopped fresh cilantro
1 cup frozen sweet corn, thawed	¼ cup avocado oil
3 Roma tomatoes, diced	¼ cup apple cider vinegar
2 bell peppers (two different colors of your choice), cored, seeded, and diced	1 teaspoon ground cumin
½ small red onion, diced	¼ teaspoon cayenne
	½ teaspoon sea salt
	¼ teaspoon freshly ground black pepper

Place all of the ingredients in a large bowl and mix gently until combined. Store in the fridge for up to 3 days.

SUPER EGG SALAD

We are all about taking classic, comfort-food favorites and making them “super,” or healthier, than the originals. In this case, we lightened things up by swapping out mayo for avocado and using more egg whites than yolks for an egg salad that’s even more delicious than your standard variety. We love heaping this salad onto rice cakes, sprouted grain toast, or crackers.

Serves 2

4 hard-boiled eggs, chopped	2 green onions (white and green parts), chopped
2 hard-boiled egg whites, chopped	1 tablespoon chopped fresh dill
3 celery stalks, chopped	1 teaspoon Dijon mustard
½ avocado, diced	2 brown or wild rice cakes or
1 Roma tomato, diced	2 pieces sprouted grain toast

In a large bowl, combine all of the ingredients except the rice cakes and mix well. Serve over the rice cakes or toast.

TRAIL MIX GRANOLA

This is somewhat of a spin-off from the Craving Crusher Granola (page 72), with the addition of a healthy grain to show you how much more delicious homemade granola is than store-bought (not to mention lower in sugar and way less expensive). Adding oats to the mix also means that this granola is a complete meal with a well-rounded combination of carbohydrates, fat, and protein—plus two colors from the pumpkin and dried berries.

Makes 8 to 10 ($\frac{1}{3}$ -cup) servings

1 cup rolled oats	$\frac{1}{2}$ can pumpkin puree (NOT pumpkin pie filling)
1 cup raw pecan halves or pieces	$\frac{1}{4}$ cup unsweetened dried berries
1 cup unsalted sunflower seeds	1 tablespoon raw honey
$\frac{1}{2}$ cup raw almonds	1 teaspoon pumpkin pie spice

Preheat the oven to 350°F. Line a large baking sheet with parchment paper or a silicone baking mat and set aside.

Combine all of the ingredients in a large bowl and mix well. Spread the mixture over the prepared baking sheet and bake for 20 minutes, or until the nuts are golden brown. Let the granola cool completely, then store in an airtight container at room temperature for up to 2 weeks.

APPLE NACHOS

This is a naturally sweet snack that our kids love to have after school—and so do we! If you don't have homemade granola on hand, feel free to use a lower-sugar store-bought version, like Purely Elizabeth.

Serves 1 to 2

1 apple, peeled, cored, and thinly sliced	$\frac{1}{4}$ cup granola, preferably homemade (page 77)
2 tablespoons unsweetened almond butter, ideally slightly warmed	

Arrange the apple slices on a plate, drizzle with the almond butter, and sprinkle with the granola.

PEANUT BUTTER CHIA CHOCOLATE CHIP MUFFINS

Peanut butter and chocolate chips?! Don't worry, there's nothing naughty about these bite-sized snacks, which are perfect for eating on the run. Chia seeds and flax meal are not only fat and protein powerhouses that balance the sugar and carbs, but they're also loaded with omega-3s, which can be harder to get from plant-based foods. These fatty acids are what I like to call "brain food" and are also really beneficial for your digestive system.

Makes 12 to 16 muffins

2 frozen bananas, thawed and mashed (with liquid)	¼ cup coconut sugar
1 cup unsweetened peanut butter	2 tablespoons chia seeds
3 large eggs, beaten	1 tablespoon flax meal
¼ cup unsweetened almond milk	1 teaspoon ground cinnamon
1 teaspoon pure vanilla extract	1 teaspoon baking soda
⅓ cup coconut flour	⅓ cup dark chocolate chips

Preheat the oven to 350°F. Line 12 to 16 wells of a muffin tin with paper cups and set aside.

In a large bowl, combine the bananas, peanut butter, eggs, almond milk, and vanilla. Mix well.

In a second large bowl, combine the flour, sugar, chia seeds, flax meal, cinnamon, and baking soda. Mix well.

Gradually add the dry ingredients to the wet and mix until well combined. Fold in the chocolate chips. Divide the batter among the muffin cups, filling them three-quarters full. Bake for 20 to 25 minutes, until a toothpick or knife inserted in the center comes out clean. Cool completely and store in the fridge for up to 5 days.

Lunch

CALIFORNIA CHICKEN BOWL

As you know by now, we both are creatures of habit and happily eat the same things over and over, and this salad is frequently in rotation at both of our houses. It's hearty and filling, thanks to marinated chicken and brown rice, plus tons of cooked veggies and lots of colors. If you don't eat animal protein, feel free to sub in lentils or beans.

Serves 4

For the grilled chicken:

¼ cup extra-virgin olive oil
¼ cup chopped fresh parsley or 1
tablespoon dried
¼ cup chopped fresh basil or 1
tablespoon dried
4 garlic cloves, minced
½ teaspoon onion powder
½ teaspoon smoked paprika
½ teaspoon freshly ground black
pepper, plus more to taste
¼ teaspoon cayenne pepper
1 pound boneless skinless chicken
breast or tenders, cubed if using
skewers

To assemble:

1½ cups uncooked brown rice
2 red bell peppers, cored, seeded,
and quartered
1 medium zucchini, sliced into
¾-inch rounds
1 tablespoon extra-virgin olive oil
Sea salt and freshly ground black
pepper
2 avocados, mashed well
Juice of 1 lemon
½ cup chopped fresh parsley
1 garlic clove, minced
1 pint grape tomatoes, halved, for
serving
Walnut pieces, for serving

(cont.)

If using bamboo skewers, let them soak in water for at least 30 minutes before grilling the chicken. (This will prevent them from charring.)

TO MARINATE THE CHICKEN: In a large bowl, combine the olive oil, parsley, basil, garlic, onion powder, paprika, black pepper, and cayenne. Add the chicken and toss well. Cover the bowl with plastic wrap and refrigerate while you prepare the rest of the meal.

Fill a medium pot with 3 cups of filtered water and bring to a boil. Reduce the heat to medium and add the rice. Stir to combine, cover the pot with a lid, and reduce the heat to the lowest setting possible. Cook for 10 minutes, then turn off the heat. Let the rice sit, covered, for 20 minutes. (Don't take any peeks inside!) Remove the lid and fluff the rice with a fork. Cover to keep warm and set aside.

Preheat a grill, grill pan, or large sauté pan to medium-high heat. Place the red peppers and zucchini in a gallon-sized zip-top bag. Add 1 tablespoon of the olive oil plus a pinch of salt and pepper. Seal the bag and shake well so the veggies are well coated. Set aside.

Divide the chicken among the skewers and lay them on the grill or pan. If not using skewers, lay the whole breasts on the grill. Cook for 3 to 4 minutes per side, carefully flipping 2 or 3 times, until the chicken is cooked through and has light char marks.

While the chicken is cooking, add the zucchini and red peppers to the grill or pan. Cook for 4 to 5 minutes on each side, until the veggies are tender.

Remove everything from the grill or pan and let cool for 5 minutes. Meanwhile, in a large bowl, combine the mashed avocados with the lemon juice, parsley, and garlic. Season with salt and pepper.

Slice the peppers into thin strips, and if you left the chicken breasts whole, cut them into cubes. Assemble the bowls by dividing the rice among 4 bowls. Top the rice with equal amounts of chicken, grilled veggies, and a large dollop of the avocado mixture. Serve warm with tomatoes and walnuts.

HUMMUS POWER BOWL

We're all used to eating hummus as a dip, but this nutrient-packed lunch is the perfect way to incorporate a favorite food in a whole new way—it's basically like transforming veggies and dip into a salad bowl. We like to use our Homemade Hummus (page 74) in this lunch, but if you are buying your hummus, be sure to read the label carefully. You want to choose a brand made with olive, sunflower seed, or sesame oil, not canola oil. You also want to make sure there aren't any ingredients you don't recognize or can't pronounce!

Serves 2

½ cup cauliflower rice

½ cup shredded carrots

1 cup chopped cucumber

½ cup hummus

4 tablespoons pepitas

Cayenne pepper, for serving
(optional)

Chopped fresh parsley,
for serving (optional)

Make a bed of the cauliflower rice, carrots, and cucumber in the bottom of two bowls. Top each with half of the hummus and the pepitas. Sprinkle with a pinch of cayenne pepper and parsley, if desired.

FERMENTED CUCUMBER SALAD

This salad is not only delicious, but it also delivers lots of fermented goodness to your gut. Fermented foods—or foods whose carbohydrates have been broken down by beneficial bacteria—supply your microbiome with good-for-you flora and enzymes, strengthening your digestive system and making your food and its nutrients more readily absorbed. This salad makes a great lunch (feel free to top with a protein of your choice) or a side dish for dinner.

Serves 4

1 medium cucumber, sliced or
chopped

½ cup sauerkraut or kimchi

1 medium tomato, diced

¼ cup diced red onion

½ cup corn kernels

1 tablespoon extra-virgin
olive oil

Sea salt and black pepper,
to taste

2 tablespoons nutritional yeast

1 teaspoon hemp seeds

In a large bowl, toss together all of the salad ingredients. Top with the protein of your choice, if desired, and enjoy.

STRAWBERRY TOSSED SALAD

This is a not-to-be-missed salad during fresh strawberry season, between late spring and early summer. You hardly need to dress the berries because they're so sweet and juicy, and as far as macros go, you're all set, even if you don't add the chicken. Plus, it's packed with fiber, which will help keep you feeling satisfied between meals. Feel free to get creative on greens—spinach or arugula would also be delicious here!

Serves 1

For the dressing:

Juice of 1 lemon

1 tablespoon extra-virgin olive oil

1 teaspoon honey (preferably raw or Manuka)

Sea salt and freshly ground black pepper to taste

For the salad:

1 cup romaine lettuce

1 cup spring mix

½ cup diced cucumber

½ cup sliced strawberries

¼ cup shredded carrots

¼ cup corn kernels

¼ cup slivered almonds
(toasted, if desired)

4 ounces cooked chicken
breast (optional)

TO MAKE THE DRESSING: In a small bowl, whisk together the lemon juice, oil, honey, salt, and pepper.

In a large bowl, toss together all of the salad ingredients. Drizzle with the dressing and enjoy.

CUCUMBER RIBBON SALAD

After you finish the Reset and your skin is radiant with renewed health, people are going to be asking you all the time what your secret is. We suggest sharing this simple yet impressive-looking dish made with hydrating cucumber. Besides spiralizing or thinly shaving the cucumber, there's nothing more to it than tossing the ingredients together, but your friends will be wowed!

Serves 4

¼ cup apple cider vinegar	1 cup sliced bell pepper (colors of your choice)
2 tablespoons extra-virgin olive oil	
1 teaspoon raw honey or pure maple syrup	¼ cup finely sliced green onion (white and green parts)
1 teaspoon chopped fresh dill	Sea salt and freshly ground black pepper, to taste
2 cups radishes, thinly sliced	
1 English cucumber, spiralized using the ribbon blade (or peeled into "noodles" with a flat peeler)	

In a large bowl, whisk together the vinegar, oil, honey or maple syrup, and dill. Add the veggies and toss gently to coat. Season with salt and pepper to taste.

GREEK POTATO SALAD

People are always surprised to learn that they can eat potatoes on Cara's program. First of all, the Wellness Remodel doesn't exclude any foods unless they don't make you feel good. Second, potatoes are a great source of the starches and carbohydrates that your body needs to thrive. And they, like all other plants, have their own unique benefits like vitamins C and B₆, potassium, and magnesium, plus lots of fiber.

This recipe is a remodeled version of the classic summer favorite. We added fresh herbs and fresh greens, as well as a handful of Kalamata olives (or chopped avocado, if you prefer), which are a great source of healthy fat and will keep the carbohydrate-rich potatoes from spiking your blood sugar.

Serves 4

12 small red potatoes, halved	¼ cup minced fresh dill
2 cups cherry tomatoes, halved	¼ cup minced fresh parsley
1 cup finely chopped red onion	¼ cup fresh lemon juice
¼ cup nutritional yeast	2 tablespoons extra-virgin olive oil
15 pitted Kalamata olives or 1 large avocado, chopped	Sea salt and freshly ground black pepper
1 cup spinach, chopped	2 tablespoons toasted pine nuts, for garnish

Place the potatoes in a large pot and add enough cold water just to cover. Bring to a boil, reduce to a simmer, and cook until fork-tender, about 15 minutes. Strain and let the potatoes cool slightly.

While potatoes are cooking, combine the tomatoes, red onion, nutritional yeast, and olives or avocado in a large bowl. Add the cooked potatoes and fold in the spinach, dill, parsley, lemon juice, and oil. Toss well, season with salt and pepper, and sprinkle with the pine nuts before serving.

CRUNCHY COLESLAW

This is one of our favorite salads to bring to summer barbecues—it's always a hit. But it's easy enough to make that you don't need to wait for a special occasion . . . you can enjoy it any day of the week. The biggest bonus is that you're getting all five colors at once, especially if you can find a shredded cabbage or coleslaw mix that has both green and red cabbage (or you shred them yourself).

Serves 6

2 (12-ounce) bags shredded cabbage or coleslaw mix	½ cup slivered almonds (toasted for deeper flavor)
1 (12-ounce) bag shredded carrots	¼ cup balsamic vinegar
8 green onions, sliced (white and greens parts)	¼ cup extra-virgin olive oil
1 large green bell pepper, cored, seeded, and diced	Kosher salt and freshly ground black pepper

In a large bowl, combine the cabbage, carrots, green onions, bell pepper, and almonds. Give everything a toss and drizzle with the vinegar and olive oil to coat everything well. Season to taste with salt and pepper.

TACO SALAD

Getting your taco fix doesn't mean you need to eat a greasy meal that leaves you feeling heavy and bloated. This single-serving salad scratches the itch and fills you up with a rainbow of nutrients. It's also a great way to use up any leftover mango salsa from a dinner of Coconut Shrimp Tacos (page 98) the next day!

Serves 1

4 ounces cooked chicken or ½ cup cooked pinto beans	¼ cup mango salsa (page 98) or store-bought salsa
2 cups chopped romaine lettuce	¼ avocado, chopped
¼ cup sweet corn kernels	Lime wedge, for serving
5 to 6 grape or cherry tomatoes	

Layer the ingredients in a bowl, top with a squeeze of lime, and dig in.

MEXICAN CAESAR SALAD

This twist on the classic Caesar borrows bright flavors from Mexican cooking. The perfectly creamy avocado-lime dressing is to die for, and gets topped with a sprinkle of nutritional yeast, which has a salty, cheese-like flavor and is packed with vitamins and minerals that help strengthen your immune system. If you want to make this vegetarian, just leave off the chicken and double the amount of black beans.

Serves 1

For the avocado-lime dressing:

½ avocado
Juice of 1 lime, plus more if needed
1 tablespoon nutritional yeast
Sea salt and freshly ground black pepper

For the salad:

2 cups chopped romaine lettuce
4 ounces shredded chicken breast
½ cup chopped fresh cilantro
¼ cup cooked black beans
1 small Roma tomato, chopped
2 tablespoons pepitas (toast for more flavor)
1 to 2 tablespoons nutritional yeast

In a blender, combine the avocado, lime juice, and nutritional yeast and blend until smooth. Season with salt and pepper. If you need to thin the dressing, add a touch more lime juice or water.

In a large bowl, toss together the salad ingredients and drizzle with the dressing.

LOADED DELI SANDWICH

We're not here to act like we never eat a sammy! We just do it a little differently. Healthy fat, protein, and plenty of veggies are piled onto sprouted grain bread with a little hit of something salty-sweet, like sauerkraut, pickles, or even kimchi if you like some heat. Feel free to customize with any lean protein you have on hand—sliced chicken breast or even a veggie burger patty would work well, too.

Serves 1

2 slices Ezekiel or other sprouted
wheat bread, or gluten-free bread

1 tablespoon yellow mustard

¼ avocado, sliced or mashed

4 ounces turkey breast

¼ cup sprouts

2 romaine lettuce leaves

¼ cup sauerkraut or pickles
of choice

1 slice tomato

1 tablespoon sunflower seeds

Spread the mustard over one slice of bread and the avocado over the other. Layer one slice with the turkey, sprouts, lettuce, sauerkraut or pickles, tomato, and sunflower seeds, then close that baby up and enjoy!

KITCHEN SINK SALAD

This is one of those “everybody in the pool” kinda deals—it’s a great way to use up any produce left in the crisper at the end of the week and it’s always satisfying. Plus you won’t have to worry about getting in your five colors! Done and done. To keep things easy, we used lemon juice plus salt and pepper as a light dressing, but if you have any extra lemon-tahini dressing (see page 92) on hand, it also works well here.

Serves 1

2 cups mixed greens	¼ cup diced strawberries
3 to 4 ounces cooked chicken breast or ½ cup cooked beans	Unlimited chopped cucumber, bell pepper, and tomato
½ cup chopped or shredded cabbage	2 tablespoons chopped walnuts
¼ cup shredded carrot	Fresh lemon juice
¼ avocado, diced	Sea salt and freshly ground black pepper
¼ cup corn kernels	

In a large bowl, combine the salad ingredients. Sprinkle with the lemon juice and a pinch of salt and pepper and toss to combine.

QUINOA BOWL

When it comes to grains, many nutritionists recommend enjoying $\frac{1}{2}$ to $\frac{3}{4}$ cup at a meal. But when it comes to quinoa, which is actually a seed, that serving increases to 1 cup, if you like. A cup of quinoa packs close to 9 grams of protein—about as much as a cup of yogurt. The lemon-tahini dressing we drizzle on this bowl is super delicious, but if you're pressed for time, you can skip it—a good, creamy avocado will also do the trick!

Serves 1

1 cup cooked quinoa	2 tablespoons pepitas or sunflower seeds (toasted for best flavor)
Handful of spinach or kale leaves	
Handful of sliced cabbage or slaw mix (bonus points for carrots or broccoli in there!)	<i>For the lemon-tahini dressing (optional):</i>
$\frac{1}{4}$ avocado, diced	$\frac{1}{2}$ tablespoon tahini
$\frac{1}{4}$ cup diced bell pepper (color of your choice)	1 tablespoon fresh lemon juice
5 cherry or grape tomatoes	$\frac{1}{4}$ teaspoon garlic powder
$\frac{1}{4}$ cup cooked black beans, lightly seasoned with salt	$\frac{1}{4}$ to $\frac{1}{2}$ teaspoon hot sauce (optional)
Handful of sprouts (optional)	Dash of ground turmeric
	Sea salt and freshly ground black pepper to taste

Layer the ingredients in a large bowl and enjoy! If making the dressing, combine the ingredients in a medium bowl and whisk with 1 tablespoon of water. Toss with the salad.

Dinner

CHICKEN ZUCCHINI BURGERS

The all-American burger dinner is one of our favorites, but that doesn't mean it has to include beef, which is high in saturated fat and often contains added hormones, thanks to unhealthy farming practices. We'll enjoy a nice serving of grass-fed beef every once in a while, but when it comes to everyday dinners, chicken makes a great alternative for a thick, juicy burger. Add some shredded veggies (the kids'll never know they're there!) and a tangy Greek yogurt sauce, and you've got a dinner the whole family will get excited about!

Serves 4

For the Greek yogurt sauce:

1 cup 2 percent plain Greek yogurt
2 teaspoons lemon zest
2 tablespoons fresh lemon juice
2 garlic cloves, minced
1 tablespoon extra-virgin olive oil
½ teaspoon sea salt

For the burgers:

1 pound ground chicken or turkey breast

1 medium zucchini, shredded,
excess water squeezed out with a
clean kitchen towel or cheesecloth
½ cup corn kernels
½ medium red bell pepper, cored,
seeded, and finely chopped
3 green onions (white and green
parts), thinly sliced
1 large egg, lightly beaten
½ cup whole wheat panko bread
crumbs or almond flour
2 tablespoons chopped
fresh cilantro

(cont.)

3 garlic cloves, finely chopped
1 teaspoon ground cumin
1 teaspoon kosher salt
½ teaspoon freshly ground black pepper
2 tablespoons avocado oil

For serving:

2 whole grain pitas, halved into pockets
¼ cup hummus, homemade (page 74) or store-bought
Romaine lettuce or spinach
Chopped cucumber
Sliced tomatoes

Make the Greek yogurt sauce by mixing together all of the ingredients in a small bowl. Place in the fridge until ready to serve.

Preheat the oven to 425°F.

In a large bowl, combine all of the burger ingredients except the oil. Use your hands to mix well and form 4 patties.

Heat the oil in a large ovenproof skillet over medium heat, swirling to coat the bottom of the pan. Add the patties and sear for about 2 minutes on each side until golden brown. Carefully transfer the pan to the oven and bake for 7 to 10 minutes, until cooked through.

While the burgers are baking, smear about a tablespoon of hummus inside each pita pocket. Stuff with the veggies and top with the cooked burgers. Either drizzle the Greek yogurt sauce inside or serve it as a dip.

PINEAPPLE STIR-FRY

This dish definitely falls in the don't-knock-it-'til-you've-tried-it category. I know adding pineapple to a savory dish can seem strange—though I'm no stranger than Hawaiian pizza—but when the fruit heats through, its sweetness gets much more mellow and deepens the savory flavors of the vegetables. All those complex notes plus lots of fresh herbs (you can choose your favorite) makes for a restaurant-caliber dish.

Serves 4

1 tablespoon coconut oil	2 cups cooked chicken or turkey breast, diced into 1-inch pieces, or 1 pound cooked medium wild shrimp
¼ teaspoon crushed red pepper flakes	¼ cup fresh leafy herbs of your choice (parsley, cilantro, basil)
1 medium pineapple, cored and diced	2 tablespoons toasted sesame seeds, for garnish (optional)
1 head of broccoli, chopped into small florets	½ cup cooked wild rice or quinoa, for serving (optional)
1 medium red bell pepper, cored, seeded, and sliced	
1 small onion, sliced	
Sea salt and freshly ground black pepper, to taste	

In a large skillet over medium-high heat, melt the coconut oil. Add the crushed red pepper flakes and sauté for about 1 minute before adding the pineapple, broccoli, bell pepper, and onion. Season with salt and pepper and cook until the veggies are tender and most of the pineapple juice has cooked off, 5 to 6 minutes. Stir in the chicken or turkey or shrimp and the herbs and cook until heated through, about 2 minutes. Taste and adjust the seasoning with more salt and pepper, if desired. Top with toasted sesame seeds, if desired, and serve with rice or quinoa.

SALMON & VEGGIES

We all need a little more basic in our lives—things that are unfussy and dependably deliver without being overcomplicated. This dish is just that. It's a great weeknight meal because it comes together so easily (wrapping the salmon in parchment with basil and lemon guarantees that the fish will be perfectly cooked and flavorful every time) and kids love it, too.

Serves 4

4 (4-ounce) salmon fillets	2 lemons, thinly sliced
Sea salt and freshly ground black pepper to taste	3 cups cauliflower florets, chopped
¼ cup chopped fresh basil	¼ cup diced red onion
2 tablespoons avocado oil	1¼ cup pistachios
	3 tablespoons nutritional yeast

Preheat the oven to 350°F. Cut 4 15-inch by 15-inch square pieces of parchment and set aside.

Season the salmon with salt and pepper. Use a knife to slice 2½-inch slices into the flesh of each piece of salmon, taking care not to cut all the way through the fish. Tuck the basil into each of the slits. Place one piece of salmon on each of the parchment squares. Drizzle each piece of salmon with 1 teaspoon of the avocado oil and place the lemon slices on top.

Gather up the sides of the parchment over the fish to form a pouch with no openings. Place the packets on a baking sheet and cook for 20 minutes.

While the salmon cooks, heat a skillet over medium heat. Add the remaining 2 teaspoons of the avocado oil and sauté the cauliflower until tender, about 20 minutes. Add the onion and season with salt and pepper. Continue cooking until the onions begin to brown, about 10 minutes. Remove the pan from the heat and toss with the pistachios and nutritional yeast.

QUICK CANNELLINI & SPINACH PASTA

The best thing about this meal is how quickly it can be put together and yet how polished it is when it's done. Not to mention the fact that the beans pack close to 10 grams of fiber per serving and about 7 grams of protein—awesome news for our plant-based friends.

Serves 4

8 ounces whole grain penne or rotini pasta	1 (15-ounce) can of cannellini beans, rinsed and drained
1 tablespoon avocado oil	1 (6.5-ounce) jar of marinated artichokes, drained and roughly chopped
8 ounces baby spinach	1 (2.25-ounce) can of sliced black olives, rinsed and drained
3 garlic cloves, chopped	Freshly grated Parmesan cheese or nutritional yeast, for serving (optional)
1 to 2 teaspoons red pepper flakes (depending on how much heat you like)	
1 (28-ounce) can crushed tomatoes	
Sea salt and freshly ground black pepper to taste	

In a medium pot, bring 5 cups of water to a boil over medium-high heat. Add the pasta and cook for 2 minutes less than the package instructions advise (it will continue to cook once it's added to the sauce). Drain and set aside.

In a large pan over medium heat, add the avocado oil and sauté the spinach until just wilted, about 2 minutes. Transfer the spinach to a bowl and add the garlic and red pepper flakes to the pan. Cook until fragrant, about 1 minute, then add the tomatoes. Season with salt and pepper, reduce the heat to medium, and simmer for 15 to 20 minutes, until the flavors have come together and the sauce has thickened slightly.

Add the pasta to the pan, along with the sautéed spinach, beans, artichokes, and olives. Cook for another 1 to 2 minutes until everything is warmed through and the pasta is al dente. Serve sprinkled with the Parmesan or nutritional yeast, if desired.

COCONUT SHRIMP TACOS WITH MANGO SALSA AND AVOCADO CILANTRO SAUCE

This dish is so easy to make and yet looks and tastes impressive enough to serve for a dinner party. The salsa is really what makes the dish sing—you might want to double the recipe so you have leftovers for dipping with chips or using in our Taco Salad (page 88).

Serves 4

For the shrimp:

Coconut or avocado oil cooking spray

1 cup unsweetened shredded coconut

½ teaspoon paprika

Sea salt and freshly ground black pepper

1 egg

1 pound medium wild shrimp, peeled, deveined, and tails removed

For the salsa:

1 cup diced mango or pineapple

½ cup diced red bell pepper

¼ cup diced red onion

Zest and juice of 1 medium lime

2 tablespoons chopped fresh cilantro or mint

For the sauce:

1 cup loosely packed fresh cilantro

1 medium avocado

Juice of 1 medium lime

1 garlic clove

½ teaspoon ground cumin

Pinch of cayenne

Sea salt and freshly ground black pepper

For serving:

Small (gluten-free) corn tortillas or lettuce cups, finely shredded purple cabbage, avocado slices

Preheat the oven to 400°F. Place a wire rack on top of a large baking sheet, coat with cooking spray, and set aside.

(cont.)

In a medium bowl, mix together the coconut and paprika and season with salt and pepper. In a small bowl, whisk the egg with 1 tablespoon water.

Make an assembly line with the shrimp, egg wash, coconut mixture, and prepared baking sheet. Dip the shrimp in the egg wash, then dredge in the coconut, lightly shaking off any excess, then place the coated shrimp on the baking rack. Repeat with the remaining shrimp, spacing them out evenly on the baking rack so they will get crispy instead of steaming.

Bake for 12 to 14 minutes, until the shrimp are cooked through and the coconut has started to brown.

While the shrimp are cooking, make the salsa and sauce. In a medium bowl, toss together the salsa ingredients and set aside.

In a food processor or high-powered blender, add the sauce ingredients and $\frac{1}{3}$ cup water. Pulse until smooth, adjusting the seasonings to your taste. If desired, spoon the sauce into a small zip-top bag and cut the tip off of one of the bottom corners (like you would to make a piping bag for icing), just enough to make a small hole. This will make it easier to drizzle your sauce more evenly, but you could also just use a spoon.

To assemble the tacos, place 3 to 4 shrimp on a tortilla or lettuce cup, top with shredded cabbage, a spoonful of salsa, and an avocado slice. Pipe or drizzle the sauce over the top.

SUMMER LOVIN' QUINOA BOWLS

You might be inclined to think that coconut, raisins, and mango have no place in a savory salad, but let us be the first to tell you just how deliciously satisfying the sweet-savory combo is here. It keeps this protein-packed meal feeling nice and light, while providing a hefty dose of macronutrients.

Serves 4

¼ cup balsamic vinegar	1 bell pepper (color of your choice), cored, seeded, and diced
Zest and juice of 1 lime	
2 cups cooked quinoa	⅓ cup chopped green onion (white and green parts)
1 cup cooked black beans	¼ cup raisins
2 to 3 ounces cooked chicken (optional)	3 tablespoons unsweetened coconut flakes
1 mango, peeled and diced	Sea salt and freshly ground black pepper
	Fresh cilantro, for garnish

In a small bowl, whisk together the balsamic vinegar, lime zest, and lime juice.

In a large bowl, combine the quinoa, black beans, chicken (if using), mango, bell pepper, green onion, raisins, and coconut flakes. Pour over the balsamic mixture and gently toss to combine. Season with salt and pepper and garnish with cilantro.

LOADED VEGGIE WHITE CHILI

This (shockingly) quick and easy meal—which you could also make in a slow cooker—is perfect for cooler days. The chili gets amazing depth of flavor from all the different vegetables and spices (without being spicy, per se), and always keeps you wanting more because it’s so hearty that it’s almost impossible to eat too much of it. We like to serve it with a variety of toppings—diced avocado, crushed corn tortilla chips, chopped fresh cilantro, lime wedges, pickled jalapeño slices—and let every member of the family pick their favorites or “decorate” their bowls.

Serves 8

1½ pounds chicken tenderloins (optional)	3 garlic cloves, chopped
2 (15-ounce) cans cannellini beans, rinsed and drained	1 tablespoon chopped fresh oregano
1 (15-ounce) can pinto beans, rinsed and drained	1 tablespoon ground cumin
2 (4-ounce) cans diced green chilies	1 tablespoon chili powder
1 medium white onion, chopped	4 cups low-sodium chicken bone broth (if you can't find bone broth, chicken broth is fine)
1 zucchini, chopped (optional)	Pinch of sea salt and freshly ground black pepper
1 green bell pepper, cored, seeded, and chopped	<i>Optional toppings:</i> diced avocado, crushed corn tortilla chips, chopped fresh cilantro, lime wedges, pickled jalapeño slices
1 poblano pepper, cored, seeded, and chopped (optional)	
2 jalapeños, minced (seeds removed for less spiciness, if desired)	

(cont.)

On the stovetop:

Combine all of the ingredients (except the toppings) in a large pot over medium-high heat. Bring the mixture to a boil and reduce to a simmer. Let the chili cook, uncovered, stirring occasionally, for 30 minutes if you haven't included the chicken, 45 minutes if you have.

In a slow cooker:

Combine all of the ingredients (except the toppings) in a slow cooker and cook on low for 4 to 5 hours, stirring occasionally.

If you've added the chicken, remove the pieces before serving and shred them with two forks. Return the shredded chicken to the chili and stir to combine. You may want to gently mash the beans with a potato masher for a thicker texture. Taste and adjust the seasoning with more salt and pepper if desired. Serve with your favorite toppings.

CHICKEN TORTILLA SOUP

This soup is deliciously fortifying, easy to make, and, best of all, freezes well so you can always have a batch on hand. To save time, you can use already cooked chicken breast and season it with the taco seasoning mix. Taco seasoning is super simple to make at home, but if you pick some up at the store, just make sure you choose a low-sodium version with no preservatives or MSG.

Serves 8 to 10

For the taco seasoning mix:

3 tablespoons ground cumin
1 tablespoon garlic powder
1 tablespoon chili powder
¼ to 1 teaspoon cayenne pepper
(depending on how spicy you like it)
1 teaspoon sea salt
¼ teaspoon ground black pepper

For the soup:

Olive oil cooking spray (optional)
2 boneless skinless chicken breasts,
halved
3 tablespoons taco seasoning mix,
homemade (see above) or store-
bought
5 small corn tortillas, sliced into thin
strips
1 tablespoon avocado oil

3 bell peppers (choose 3 different
colors), cored, seeded, and
chopped
1 Vidalia onion, diced
4 garlic cloves, minced
1 (28-ounce) can no-salt-added
fire-roasted diced tomatoes
3 tablespoons no-salt-added
tomato paste
1 (15-ounce) can black beans,
drained and rinsed
1 cup frozen sweet corn kernels,
thawed
1 cup hominy (rinsed and drained,
if from a can)
2 (4-ounce) cans diced green chilies
8 cups low-sodium chicken broth
Optional toppings: diced avocado,
fresh cilantro, diced red onion,
shredded Monterey Jack cheese,
a squeeze of lime juice

(cont.)

Preheat the oven to 400°F.

In a small bowl, combine all of the spices for the taco seasoning mix and mix together. Set aside.

Spray a rimmed baking sheet with cooking spray or line with parchment paper. Lay the chicken breasts on the baking sheet and sprinkle each side with 2 tablespoons of the taco seasoning mix. Bake for 15 to 20 minutes, until they reach an internal temperature of 165°F. Allow the chicken to cool, then use two forks to shred it. Set aside and reduce the oven temperature to 350°F.

If making your own crispy tortilla strips, arrange the tortilla slices on a large baking sheet sprayed with cooking spray. Bake until the strips are golden and crisp, about 15 minutes.

While the chicken is cooking, heat a large saucepan over medium-high heat. Add the avocado oil and swirl to coat the bottom of the pan. Add the bell peppers, onion, and garlic and sprinkle with the remaining taco seasoning mix. Cook for 3 to 5 minutes, until the onions are translucent.

Add the crushed tomatoes, tomato paste, black beans, corn, hominy, green chilies, chicken broth, and shredded chicken. Bring the mixture to a boil, reduce the heat to a simmer, and cook for 15 to 20 minutes, until the soup is warmed through and the flavors have melded. Serve sprinkled with the toppings of your choice.

TEX-MEX QUINOA BURGERS

So many veggie burgers just don't deliver the taste or texture you're craving in a burger—which is why Cara developed her own recipe! This Tex-Mex veggie burger is perfectly moist thanks to the quinoa and packed with plant-based goodness. It's a balanced meal in a single delicious patty, though feel free to add it to a bun and load it up with all your favorite toppings!

Serves 8

1/3 cup rolled oats	1 1/2 tablespoons taco seasoning mix (see page 251)
1 (15-ounce) can black beans, rinsed and drained	1 large egg, beaten
2 to 3 medium baked sweet potatoes, roughly mashed (about 3 cups)	Sea salt and freshly ground black pepper
1/2 cup cooked quinoa	8 slices of your favorite cheese (optional)
1/2 cup frozen sweet corn kernels, thawed	8 whole grain hamburger buns or 4 pitas, halved, for serving
1/2 cup finely chopped red onion	Spinach, for serving
1 (4-ounce) can diced green chilies	<i>Optional toppings:</i>
2 tablespoons almond meal or flax meal	bean sprouts, sliced tomato, sliced avocado

Preheat the oven to 375°F. Line a large baking sheet with parchment paper and set aside.

In a food processor or high-speed blender, pulse the oats into a flour. Set aside.

In a medium bowl, mash half of the black beans with a fork or potato masher. Add the remainder of the beans and mix to combine. Stir in the mashed sweet potato, quinoa, corn, onion, green chilies, almond meal or

flax meal, taco seasoning, and egg. Fold in the oat flour and season with salt and pepper.

Using your hands, form the mixture into 8 burger patties. Arrange them on the prepared baking sheet, spacing them evenly. Bake for about 30 minutes, flipping them halfway through, until the patties are browned and cooked through. If making cheeseburgers, place a slice of cheese on top of each patty during the last 5 minutes of cooking.

To serve, create a bed of spinach on each bottom bun or in each pita pocket. Top with a burger patty, bean sprouts, tomato and avocado slices, or other favorite toppings.

SATAY LETTUCE WRAPS

This is a dish that everyone in the family enjoys—which is saying a lot! You can use ground turkey or chicken here, or swap in a vegetarian protein of your choice. If there happen to be any leftovers, serve them over a bed of greens for lunch the next day.

Serves 4 to 6

For the satay sauce:

1/3 cup plus 1 tablespoon coconut aminos
3 tablespoons natural almond butter
1 tablespoon raw honey or pure maple syrup
2 teaspoons toasted sesame oil
1/4 to 1/2 teaspoon sriracha hot sauce, to taste

For the filling:

1 pound lean ground chicken or ground turkey breast
1 red bell pepper, cored, seeded, and chopped

1 cup finely chopped broccoli
1 cup chopped purple cabbage
1 cup shredded carrots
8 green onions (white and green parts), chopped
1/2 cup chopped jicama
1/2 cup chopped celery

For serving:

4 to 6 lettuce leaves (Bibb, Boston, or romaine), washed and dried well
1/2 cup unsalted cashew pieces
Toasted sesame seeds or hemp seeds

TO MAKE THE SAUCE: In a small bowl or medium jar, whisk or shake together the sauce ingredients until well combined. Set aside.

TO MAKE THE FILLING: In a large nonstick skillet over medium-high heat, cook the meat until browned and no longer pink, 5 to 10 minutes. Add the vegetables and the sauce mixture and cook until the green onions and red peppers are softened and the meat has soaked up the mixture, about 5 minutes more. Remove the pan from the heat.

Spoon about 1/3 cup of the filling into a lettuce leaf. Sprinkle with the cashews and sesame or hemp seeds and enjoy!

CAMPFIRE PACKETS

This is what we call a win-win for family din din. Just assemble your family's favorite veggies plus a lean protein like chicken, chicken sausage, fish, or even beans; then let everyone assemble their own packets to cook in the oven "campfire"-style. No one can complain because they made their own selections, and there's no cleanup afterward. Does it get any better?!

Serves 4

1 pound skinless, boneless chicken breasts, cut into cubes (or chicken sausage, fish, or chickpeas)	3 red potatoes, diced
1 medium yellow onion, diced	3 sweet potatoes, diced
2 bell peppers (color of your choice), cored, seeded, and diced	Kosher salt and freshly ground black pepper
2 cups cauliflower florets	Herbs and spices for seasoning (I love blends like Trader Joe's 21 Seasoning Salute and Mrs. Dash's Salt-Free Seasoning Blend)
2 medium carrots, chopped	Avocado oil, for drizzling
1 cup snap peas	

Preheat the oven to 400°F.

Tear off four 8-inch x 8-inch pieces of foil. Then tear off equal-sized squares of parchment paper to lay over each piece of foil (to avoid any toxins from the foil getting into your food).

Create an assembly line by placing all the prepped veggies in individual bowls.

Invite everyone to pile up their desired vegetables onto their piece of foil. Lay the proteins over the top, sprinkle everything with salt and pepper and any other seasonings you like, and give it all a drizzle of avocado oil.

Tightly wrap up each foil parcel and bake for 20 minutes. Unwrap the packets and eat directly from them or transfer the contents to plates.

BBQ CHICKEN-STUFFED PEPPERS

Stuffed peppers may seem retro, but we are bringing this week-night staple back into fashion. These peppers are filling, delicious, and packed with all the good things your body needs to thrive. The various colors of bell peppers each have slightly different flavors, with yellow and orange peppers tasting a bit sweeter and red peppers having a little more bite. Choose an array of colors for the prettiest presentation!

Serves 4 to 6

4 bell peppers (red, yellow, or orange), cored and seeded	2 cups chopped spinach or baby spinach leaves
2½ tablespoons avocado oil	1 cup cooked or canned cannellini beans, rinsed and drained
1 cup diced zucchini	2 cups cooked quinoa
1 small yellow onion, chopped	¾ cup clean BBQ sauce, like Primal Kitchen
½ jalapeño, minced (seeds removed if you prefer less heat)	1 cup shredded Mexican cheese blend
3 garlic cloves, minced	
1 pound ground chicken breast	
Kosher salt and freshly ground black pepper	

Preheat the oven to 425°F.

Drizzle the bell peppers with ½ tablespoon of the oil and place them on a baking pan. Roast for 15 minutes, or until the peppers are just tender but not too soft.

Meanwhile, heat the remaining 2 tablespoons oil in a large skillet over medium-high heat. Add the zucchini, onion, jalapeño, and garlic and cook until the zucchini is tender and the onion is translucent, 5 to 6 minutes. Add the chicken, season with salt and pepper, and brown the

meat while breaking it up with a spoon or spatula. Fold in the spinach and the beans and sauté until the spinach is wilted, 2 to 3 minutes. Add the quinoa, season with a bit more salt and pepper, then stir in the BBQ sauce. Remove the pan from the heat.

Generously stuff the peppers with the quinoa filling, top each pepper with cheese, and bake for 15 minutes, or until the peppers are completely soft. Switch the oven to broil and finish the peppers under the broiler until the cheese is bubbly and browned, 1 to 2 minutes.

Desserts

COCONUT-LIME ENERGY BITES

These energy bites not only hit the spot for something sweet, they're also nutrient-dense and hit all your macros, thanks to the healthy fats from the coconut and macadamias or cashews, the carbohydrates from the oats, and the protein of the chia and hemp seeds. If you choose to add an algae powder such as spirulina or chlorella, they become even more supercharged with antioxidant and anti-inflammatory powers.

Makes 28 to 30 bites

1 cup pitted dates	2 tablespoons unsweetened cashew butter
1 cup rolled oats	Zest and juice of 2 limes
1 cup unsweetened shredded coconut or coconut flakes, plus extra for rolling	1 teaspoon pure vanilla extract
½ cup macadamia nuts or cashews	½ teaspoon spirulina or chlorella powder (optional)
¼ cup hemp seeds	½ teaspoon maca powder (optional)
2 tablespoons white chia seeds (black chia are okay, too)	¼ teaspoon kosher salt

In a food processor, combine all of the ingredients and pulse until the mixture is evenly chopped and beginning to stick together and form a

(cont.)

ball. Transfer the “dough” to a medium bowl and chill in the refrigerator for 30 minutes.

Using a small ice cream scoop, or about ½ tablespoon measure, portion the dough into balls. Roll each ball with your hands to make it smooth.

Sprinkle shredded coconut or coconut flakes onto a plate and roll the balls in it to lightly coat. Store the bites in an airtight container in the fridge for up to 2 weeks or the freezer for up to 1 month.

OATMEAL COOKIE ENERGY BITES

These “cookies” are a perfect snack or dessert that are super filling, so you won’t be tempted to overindulge. I especially love the warm spice that the cardamom lends, combined with the subtle sweetness of the raisins. But if you’re really looking for something indulgent, feel free to replace the raisins with dark chocolate chips. Just fold them in after you’ve mixed together the other ingredients.

Makes about 22 bites

¾ cup raisins	2 tablespoons hemp seeds
¾ cup plus 3 tablespoons rolled oats	2 teaspoons ground cinnamon
¼ cup pitted Medjool dates	1 teaspoon ground cardamom
¼ cup unsweetened cashew butter or any other seed/nut butter	1 teaspoon pure vanilla extract
¼ cup unsweetened coconut flakes	¼ cup raw almonds
2 tablespoons flax meal	¼ cup raw walnuts
	¼ teaspoon sea salt

In a food processor, combine all of the ingredients, reserving 3 tablespoons of the oats. Pulse until everything is well mixed and somewhat crumbly. Pour the mixture into a medium bowl and add the reserved oats, stirring until well combined.

Using a small ice cream scoop, or about ½ tablespoon measure, portion the dough into balls. Roll each ball with your hands to make it smooth. Store the bites in an airtight container in the fridge for up to 2 weeks or in the freezer for up to 1 month.

BANANA CHOCO CHIP BLENDER MUFFINS

All of our muffin recipes can be made ahead and stored at room temperature for a week's worth of breakfast and snacks, or frozen and defrosted as desired. These chocolatey muffins satisfy all three macros and deliver two different colors thanks to the banana and zucchini.

Makes about 12 standard-sized muffins or 18 mini muffins

Coconut oil, for greasing (if not using muffin liners)	2 large bananas
1½ cups oat flour	2 eggs (or 2 flax/chia eggs)
2 tablespoons flax meal	2 teaspoons pure vanilla extract
2 tablespoons chia seeds	¼ cup plus 2 tablespoons pure maple syrup
1 teaspoon ground cinnamon	¼ cup plus 2 tablespoons sunflower seed butter
¼ teaspoon ground nutmeg	1 cup shredded and squeezed dry zucchini (about 1/2 large zucchini)
2 teaspoons baking powder	½ cup dark chocolate chips
½ teaspoon baking soda	
¼ teaspoon sea salt	

Preheat the oven to 350°F. Line 1 mini muffin tin or 2 standard muffin tins with muffin liners or lightly grease them with coconut oil. Set aside.

In a food processor or high-speed blender, pulse the oats into a flour. Add the remaining ingredients except the zucchini and chocolate chips. Blend until everything is well mixed. Transfer the mixture to a medium bowl and fold in the zucchini and chocolate chips.

Divide the batter among the prepared muffins cups, filling them about three-quarters full. Bake for 20 to 25 minutes, until a toothpick or knife inserted in the center comes out clean. Allow the muffins to cool for 10 minutes, then transfer them to a wire rack to cool completely. Store the muffins in an airtight container in the fridge for up to 1 week or freeze them for up to 1 month.

HOMEMADE VANILLA-CINNAMON PECAN BUTTER

We'd just like to say two words about this spread: you're welcome. This life-changing sweet dip is perfect for serving with fruit for an after-school snack or packed up in lunches, or hiding away for a rainy day when you just need a scoop of something good. Just remember that nuts are super nutrient-dense, so a little of this goes a long way! A tablespoon is plenty for getting a beneficial boost.

Makes 2 cups

2 cups pecans, raw or lightly toasted
1 teaspoon ground cinnamon, plus
more as needed

½ teaspoon pure vanilla extract
Pinch of sea salt, plus more as
needed

In a food processor or high-speed blender, process the pecans until creamy. Pause periodically to scrape down the sides of the blender with a spatula. The texture will be crumbly at first, but as the natural oils release, the mixture will get smooth. Blending time will depend on your individual machine.

Add the cinnamon, vanilla, and salt. Blend again, taste, and add more salt or cinnamon, if desired. Transfer to a pint-sized mason jar and store in the refrigerator for up to 1 week or the freezer for up to 1 month.

ALMOND BUTTER BROWNIES

This is the treat that Christina used to ask for instead of birthday cake—she loves it that much. These dense, gooey brownies are flourless, with almond butter serving as the binder that holds them together. Feel free to play around with this recipe, swapping in different sweeteners (like maple syrup) or nut butters to create your own must-have favorite!

Serves 12

Nonstick coconut oil cooking spray	¼ cup plus 2 tablespoons cacao or unsweetened cocoa powder
2 large eggs	
⅓ cup raw honey	½ teaspoon baking soda
2 tablespoons coconut sugar	⅛ teaspoon sea salt
2 teaspoons vanilla extract	⅓ cup dark chocolate chips or chocolate chunks
1 cup unsweetened creamy almond butter	

Preheat the oven to 325°F. Line an 8-inch x 8-inch baking dish with parchment paper and spray with cooking spray. Set aside.

In a stand mixer fitted with the whisk attachment or with a hand blender in a large bowl, whip the eggs, honey, sugar, and vanilla until thick and pale. Beat in the almond butter until well combined and smooth. Stir in the cacao or cocoa powder, baking soda, and salt, then fold in the chocolate chips or chunks.

Spread the brownie batter evenly into the prepared pan. Bake for 30 to 35 minutes, until a toothpick or knife inserted into the center comes out clean. Allow the brownies to cool completely, then slice into squares.

If you have any leftovers: (a) you're our hero, and (b) store them in an airtight container in the fridge for up to 1 week or the freezer for up to 1 month.

CHICKPEA BLONDIES

These blondies are a huge hit among the foodiest of foodies we know. No one who's tasted one of these rich, buttery, chocolate chip-studded treats has believed that the secret ingredient is chickpeas! What's even better is that these seemingly indulgent squares qualify as a balanced snack thanks to their three macros and no blood sugar-spiking sweeteners. So go ahead and enjoy!

Makes 16 bars

Nonstick coconut oil cooking spray	¼ cup unsweetened creamy almond butter
2 (15-ounce) cans chickpeas, drained and rinsed	¼ cup unsweetened creamy peanut butter
¼ cup pure maple syrup	1 teaspoon pure vanilla extract
¼ cup honey	¼ teaspoon sea salt
¼ cup rolled oats	¾ cup dark chocolate chips

Preheat the oven to 325°F. Line an 8-inch x 8-inch baking dish with parchment paper and spray with cooking spray. Set aside.

Combine all of the ingredients except the chocolate chips in a food processor or blender and process until smooth. Use a spoon or spatula to stir in all but 2 tablespoons of the chocolate chips. Pour the batter evenly into the prepared pan and scatter the remaining chocolate chips over the top. Bake for 25 to 30 minutes, until the blondies have just begun to brown around the edges and are set in the middle. Let them cool in the pan for 10 minutes before slicing. They will last in the fridge for up to 1 week.

BLACK BEAN BROWNIES

These insanely luscious brownies are right up there with our Chickpea Blondies—dense, fudgy, sweet, and not even close to resembling an ingredient you’d add to a salad. With a double hit of chocolate in the form of cacao powder and chocolate chips, they satisfy even the most intense chocolate cravings!

Serves 8

Coconut oil cooking spray	¼ teaspoon kosher salt
1½ cups black beans (one 15-ounce can, drained and rinsed very well)	½ cup pure maple syrup
½ cup quick-cooking oats	¼ cup coconut oil
½ teaspoon baking powder	2 teaspoons pure vanilla extract
2 tablespoons cacao powder	⅓ cup dark or semisweet chocolate chips, plus more for sprinkling, if desired

Preheat the oven to 350°F. Line an 8-inch x 8-inch baking dish with parchment paper and spray with cooking spray. Set aside.

In a food processor, combine all of the ingredients except the chocolate chips and process until completely smooth. (A blender will work here if necessary, but the texture and flavor will be better if the mixture gets as smooth and incorporated as possible.)

Transfer the mixture to a medium bowl and fold in the chocolate chips. Pour the batter evenly into the prepared pan and sprinkle with additional chocolate chips, if desired. Bake for 15 to 18 minutes, until the brownies have just begun to brown around the edges and are set in the middle. Let them cool in the pan for 10 minutes, then slice into squares. If they still look a little “fudgy” in the middle, you can place them in the fridge for an hour or up to overnight to firm up. They will last in the fridge for up to 1 week.

PUMPKIN CHOCOLATE CHIP BARS

You don't need to wait until the fall to try these bars, which get their moisture from canned pumpkin—they are delicious all year round. These rich, dense bars are packed with vitamin A, minerals, and fiber from the pumpkin, plus some omega-3s from the chia seeds. This is a go-to recipe for parties and school bake sales—everyone will ask for the recipe!

Serves 12

Coconut oil, for greasing	2 large eggs
1½ cups rolled oats	2 teaspoons pure vanilla extract
1 cup canned pumpkin puree (NOT pumpkin pie filling)	¼ cup coconut flour
¼ cup raw honey	2 tablespoons chia seeds
¼ cup pure maple syrup	1½ teaspoons pumpkin pie spice
¼ cup organic brown sugar	1 teaspoon baking soda
¼ cup organic coconut oil	¼ teaspoon sea salt
¼ cup unsalted butter, softened	⅓ cup chocolate chips
	¼ cup pepitas or hulled pumpkin seeds, crushed

Preheat the oven to 350°F. Lightly grease a 9-inch x 13-inch glass baking dish or roasting pan with the coconut oil and set aside.

In a food processor or high-speed blender, pulse the oats into a flour. Set aside.

In a large bowl, combine the pumpkin, honey, maple syrup, sugar, oil, butter, eggs, and vanilla. Mix until the mixture is smooth and creamy, 1 to 2 minutes.

(cont.)

In a separate large bowl, mix together the oat flour, coconut flour, chia seeds, pumpkin pie spice, baking soda, and salt.

Slowly mix the wet ingredients into the dry, stirring until they're just combined. Fold in the chocolate chips.

Pour the batter into the prepared pan and sprinkle the crushed pumpkin seeds over the top. Bake for 20 minutes, or until a toothpick or knife inserted in the center comes out clean. Allow to cool slightly, transfer to a wire rack to cool completely, then slice into bars. Store the bars in an airtight container in the fridge for up to 1 week or the freezer for up to 1 month.

DARK CHOCOLATE SEA SALT FREEZER FUDGE

This recipe needs no introduction because your mouth is probably watering just from the title. And this super-simple fudge 100 percent lives up to its name! It also delivers healing antioxidant properties thanks to the cacao powder, which is the less processed version of cocoa powder. Cacao powder is made from cold-pressing the unroasted cacao beans, which preserves their living enzymes while also maintaining their deep, chocolate flavor. They're basically interchangeable in most recipes, so if you buy a bag, you'll find plenty of ways to put it to good use.

Makes 16 to 20 (1-inch) pieces

1 cup unsweetened creamy almond
butter

⅓ cup coconut oil

½ cup unsweetened cacao powder

3 tablespoons raw honey

1 teaspoon pure vanilla extract

Coarsely ground pink Himalayan
salt for dusting (try different
gourmet flavor varieties for a
fun twist!)

Line a 9-inch x 5-inch loaf pan with parchment or wax paper.

In a medium bowl, combine the almond butter and coconut oil. Heat in the microwave for about 30 seconds to warm the mixture, then stir until smooth. You could also do this in a heatproof bowl over a small pot of simmering water. Add the cacao powder, honey, and vanilla. Stir until thoroughly mixed and no clumps remain.

Pour the mixture into the prepared pan and dust with salt. Freeze for at least 2 hours, until completely set. Use the edges of the paper to help lift the fudge out of the pan. Transfer the fudge to a cutting board and slice into 1-inch squares. Enjoy immediately—or at least in the next 15 to 20 minutes, before it begins to melt—or store in an airtight container in the freezer for up to 1 month.

GREEK YOGURT PUMPKIN CHEESECAKE

This recipe is perfect for the holidays, when it can be difficult to find healthy yet satisfying treats that are impressive enough for special family gatherings. This cake not only looks beautiful on a desert spread and tastes just as good as it sounds, but it also calls for nutrient-dense ingredients, including pumpkin puree, pecans, and almonds. You can also use the nut-honey crust for another cake or pie recipe, or keep leftovers to crumble over yogurt like granola.

Makes one 9-inch pie (serves 8 to 10)

For the crust:

Nonstick cooking spray

1¼ cups almonds

1¼ cups pecans

2 tablespoons raw honey, warmed

Pinch of sea salt

2 cups pumpkin puree

(NOT pumpkin pie filling)

6 ounces cream cheese,
at room temperature

¼ cup plus 1 tablespoon
raw honey, warmed

2 large eggs

For the filling:

2 cups 2 percent plain Greek yogurt

2 teaspoons pure
vanilla extract

¼ teaspoon ground cinnamon

Preheat the oven to 350°F. Grease a 9-inch pie pan with cooking spray. Set aside.

In a food processor, pulse the almonds and pecans a few times so they are crumbled but not powdery. You could also place them in a plastic zip-top bag and use a mallet or the back of a small pan.

In a medium bowl, combine the crushed nuts with the honey and salt and mix well. Firmly press the mixture into the bottom of the prepared pie pan. It can be helpful to put a piece of wax or parchment paper over the filling to help you get the filling in a nice even layer. (It won't stick to the paper.) Bake for 15 minutes, or until lightly golden. Set aside.

(cont.)

Prepare the filling by first filling a large baking dish or deep-sided pan with water and placing it on the bottom rack of the oven. This will create moisture in the oven, which will prevent the cheesecake from cracking.

In the bowl of a stand mixer fitted with the paddle attachment or in a large bowl with an electric mixer, combine the filling ingredients. Pour the filling over the crust and bake for 50 minutes, or until the edges start to pull away from the sides of the pan and a toothpick or knife inserted into the center comes out clean. Allow the cheesecake to cool at room temperature for at least 30 minutes, then chill in the fridge for 1 hour to set before serving.

Cocktails

SLOW COOKER MULLED WINE

This is a fun batch cocktail that allows you to put your slow cooker to good use (but if you don't have one, no worries, a Dutch oven on the stove works, too). The added bonus of making this festive drink? By the time it's ready your whole house will smell amazing. You can use any red wine blend that's medium dry, though organic versions are best, as they have fewer additives.

Serves 8

1 quart organic unfiltered apple cider	2 clementines, peeled and segmented
1 bottle of your favorite red blend wine	½ apple (any type), cored and diced
Juice of 1 lemon	8 organic mulling spice tea bags
	5 cinnamon sticks

In a slow cooker, combine all of the ingredients and set the machine to low or warm. Let the mixture steep for a few hours (ideal for really infusing the flavors). Or you could do this more quickly by bringing the mixture to a simmer on the stovetop and letting the mulling spices steep for at least 15 minutes.

CRANBERRY LIME MOSCOW MULE

The Moscow Mule is the perfect refreshing summer drink. This version uses a splash of cranberry juice, which when combined with the lime is bright and cool, especially on a hot afternoon. And adding a sprig of fresh rosemary plus a small handful of cranberries as garnish makes this a beautiful cocktail for entertaining, too. It's also just as delicious enjoyed as a mocktail.

Serves 1

2 ounces top-shelf vodka or gin
(omit for mocktail version)
1 ounce cranberry juice
1 (12-ounce) bottle ginger beer
(nonalcoholic for mocktail version)

2 lime wedges
1 sprig rosemary, for garnish
(optional)
Fresh or frozen cranberries,
for garnish (optional)

Fill a copper mug (or a mug of your choice) with ice and top with the vodka or gin and cranberry juice. Top off with the ginger beer and a squeeze of lime. Give the mixture a stir and garnish with the lime wedges and the rosemary and cranberries, if desired.

MANHATTAN

This is our fresh, healthy spin on a classic, to which we've added a little sparkling water to lighten things up. You'll feel city-slick with this cocktail in hand, whether you're hosting company or on your couch waiting for the kids to fall asleep.

Serves 1

1 shot whiskey

½ cup sparkling water

½ shot vermouth

Orange peel

1 to 2 dashes of bitters

Pour the whiskey and vermouth in a glass; add a large ice cube and stir. Add the bitters and sparkling water and stir again. Garnish with the orange peel.

BLACKBERRY BOURBON SMASH

Smashing or muddling fresh fruit into your cocktail is an easy way to infuse fresh flavor into your drinks, plus fruit pulp retains antioxidant properties, which helps ease the toxic load that alcohol creates in the body. And when it comes to supporting immune health, fresh berries and citrus are high on the list. A splash of ginger kombucha adds spicy flavor while delivering a hit of probiotics.

Serves 1

2 lime wedges

1 lemon wedge

6 fresh blackberries

2 sprigs mint or basil

Handful of ice

1½ ounces top-shelf bourbon
(Basil Hayden's is my favorite)

1 (12-ounce) bottle ginger
kombucha or ginger beer

In the bottom of a glass, squeeze 1 of the lime wedges and the lemon wedge. Add 5 of the blackberries and 1 mint or basil sprig and muddle (the handle end of a spatula or wooden spoon works well for this if you don't have a muddler). Fill the glass with ice and pour in the bourbon. Top off with the ginger kombucha or beer. Stir and garnish with a blackberry, lime wedge, and sprig of mint.

TEQUILA CITRUS

While all alcohol is received by the body as a toxin, some spirits are easier to process than others. Clear liquors, like vodka and tequila—which is derived from the agave plant—tends to be the gentlest on your system. It has even been suggested that tequila has healing properties! While I'm not doing a shot of tequila to stay healthy, I am reaching for it when I want to make a fun cocktail that isn't going to slow me down.

Serves 1

1½ ounces clear agave tequila
1 cup sparkling water

Juice of ½ grapefruit
or whole lime

Pour the ingredients over ice and sip.

SPIKED HOT APPLE CIDER

Can't you just see yourself sitting by the fireplace between Thanksgiving and Christmas, reading a good book, and sipping a warm, calming drink? Now you can achieve maximum coziness with this warmly spiced cider, whether you're enjoying a mug on your own or serving it up at your next holiday party.

Serves 6

1 quart unfiltered apple cider	1 teaspoon whole cloves
8 cinnamon sticks	1 teaspoon grated fresh ginger
1 tablespoon orange zest	¼ cup spiced rum or bourbon
1 tablespoon fresh orange juice	Apple slices, for garnish (optional)

In a medium saucepan, combine the apple cider, 2 of the cinnamon sticks, the orange zest, orange juice, cloves, and ginger. Bring the mixture to a boil over high heat, reduce the heat to low, and simmer for 10 minutes. Remove the pot from the heat and strain through a fine-mesh strainer. Discard any solids.

Stir in the rum or bourbon and serve warm, with each mug garnished with the remaining cinnamon sticks and apple slices, if desired.

POMEGRANATE SPRITZER

This pretty pink drink provides inflammation-fighting antioxidants from fresh grapefruit juice and pomegranate arils, which help the body absorb more of what it needs and get rid of what it doesn't. This low-sugar drink is great for those who don't like sweet cocktails—it is refreshingly tart!

Serves 1

¼ cup LaCroix Grapefruit (or other
naturally flavored sparkling water)

1½ ounces vodka

2 tablespoons fresh
grapefruit juice

20 pomegranate arils

4 fresh mint leaves, for garnish

Combine the sparkling water, vodka, grapefruit juice, and pomegranate arils in a glass over ice. Stir, garnish with the mint leaves, and enjoy.

SKINNY MARGARITA

Okay, let's be real: No drink is going to make you skinny. But if you are going to go for a margarita, this lower-calorie, lower-sugar version is a good choice. It's usually on the menu when we get together with girlfriends!

Serves 1

1 lime, sliced into 4 wedges	½ ounce Grand Marnier
1 orange wedge	½ teaspoon pure maple
Handful of ice	syrup (optional)
1½ ounces top-shelf tequila (such as 1800 or El Jimador Reposado)	Lime seltzer

In the bottom of a glass, squeeze 1 of the lime wedges and the orange wedge. Optionally, you could add the entire wedge of each and muddle to release the natural oils from the peels, which have a bright, bitter flavor.

Add ice to fill the glass and pour in the tequila, Grand Marnier, juice of 2 lime wedges, and maple syrup, if using. Stir. Top off with lime seltzer, stir again, and garnish with the remaining lime wedge, and serve.

SUMMER SANGRIA

If you're looking for a festive, refreshing drink to serve at your next barbecue or other warm-weather gathering, this is the perfect fit. Not only is this sangria delicious, it's also loaded with antioxidants to offset the effects of the alcohol. Just don't be fooled by how easy it is to drink!

Serves 6

1 bottle of your favorite pinot noir (or other medium/light-bodied red wine)	1 lemon, sliced 1 lime, sliced 1 orange, sliced
3 ounces top-shelf brandy or spiced rum	4 to 5 strawberries, sliced
1 can LaCroix Orange or Mango	½ small apple, sliced or diced

Combine all of the ingredients in a pitcher and serve.

KOMBUCHA VODKA

This cocktail is one we frequently whip up when we want to celebrate but don't have a lot of ingredients on hand. Since we usually keep kombucha stocked in our fridges, all we need to do is add a shot of vodka and voila. Just remember, when making drinks with kombucha—stir, don't shake!

Serves 1

1 cup Trilogy Synergy Kombucha or
kombucha of your choice

Fresh basil leaf, or other herb, to
garnish (optional)

1 shot vodka

Combine the kombucha and vodka in a glass and stir to combine. Garnish as desired and enjoy.

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