



Positive Nutrition: Mind Body Spirit

Functional Nutrition Wellness Coaching

Healing Nourishment for Mind Body Spirit

Hello Lovely!

I'm Jan, a Functional Nutritionist, and Wellness Coach and your guide to a flourishing life. I am absolutely thrilled to share three of my favorite recipes which provide complete mind body spirit nourishment. I've designed the recipes with nutrient density in mind plus a lot of love! Nutrient density means that a food or meal is wonderfully nutritious and has a lot of nourishment packed into each serving, so you can feel great about your food choices!

Experience the power of simple restorative practices to heal your body



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These scrumptious recipes deliver vibrant color and offer delicious, complex flavors with mouth pleasing textures. The colors are beautiful to work with and provide an array of phytonutrients (plant nutrients) that confer health benefits. The recipes also feature heart-healthy fats and fiber to keep inflammation at bay. Plus these recipes satisfy you in a vibrant way, so you feel clear and energized long after the meal is over.

I am so excited for you to try these recipes. They are staples in my home and my family loves them! Please let me know what you think!

Be Well X0



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Grain-Free Morning Crunch

My grain-free granola (minus the grain) is loaded with fiber, vitamins, minerals, and healthy fats. It is a delicious alternative to traditionally sweetened granola, is easy to make and you don't even have to turn the oven on! It contains phytonutrient dense nuts and seeds plus ground flax, cinnamon, unsweetened coconut and cacao nibs for an explosion of flavor. You can be creative and add other yummy additions like currants or figs. Topped with your favorite berries and milk alternative, it offers a variety of health benefits and crunch and will keep you happy and energized until lunch time. Crunchy love!

Ingredients: Organic Preferred

2 tablespoons organic raw or dry roasted almonds

2 tablespoons organic walnuts

1 tablespoon pumpkin seeds

2 tablespoons organic ground flaxseeds

2 teaspoons organic hemp hearts

1 tablespoon organic unsweetened cacao nibs

1 tablespoon unsweetened flaked coconut

1/8 teaspoon cinnamon

1 tablespoon Manitoba Hemp Protein (I like the Smoothie Mix) (optional)

Sprinkle of unsweetened pomegranate powder (I like Navitas Organic Pomegranate Powder)

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Feel free to be creative and add other favorites like pecans and cashews.

Instructions

Chop nuts coarsely

Add to bowl with rest of ingredients

mix thoroughly

Add organic berries fresh or frozen

Eat with milk alternative, yogurt or yogurt alternative

Makes approximately 3— 1/4 cup servings. A little goes a long way! Store in a glass jar in the refrigerator (nuts can spoil) for up to 5-days.



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Rainbow Cabbage Salad

The rainbow salad offers an artful way to provide fiber and contains an amazing array of nutrients all in one dish. It is like an artist's palette full of crunch and flavor. I've been making this salad for years and it is one of those dishes you can get super creative with. Anything goes! Feel free to add some of your favorite seasonal vegetables or fruits plus a protein of your choice. The star of the show is red cabbage, which is a member of the cruciferous vegetable family. It contains compounds that are anti-inflammatory and support your body's natural detoxification process. And, it is a feast for the eyes! Load up your plate and enjoy!

Ingredients: Organic Preferred

1/2 head red cabbage sliced and chopped

1/2 stalk fennel sliced and chopped

1/2 bunch fresh cilantro chopped

2 carrots sliced

1 red or orange pepper thinly sliced

1 cup fresh blueberries or blackberries

1/3 bunch Lacinato kale (Dino Kale)(optional)

Fresh mint or basil (Optional)

Other seasonal fruits/vegetables as desired

1 Meyer lemon or Navel orange (optional)

Olive oil and balsamic vinaigrette with herbs (see below)

Palm-sized portion of organic chicken, wild salmon, chopped egg or tofu

Chopped walnuts, almonds or pistachios

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Sprinkle of hemp seeds

Sea salt and pepper to taste

Instructions

Chop, slice and add all ingredients to a large bowl, mix

Leave fruit and nuts off until you are ready to eat

Squeeze citrus over salad before serving (optional)

Add dressing before serving

Add protein and sprinkle nuts before serving.

Drizzle Dressing over the other thing or add to individual servings. See recipe below

Dressing

1/2 cup cold pressed organic olive oil

1/4 cup balsamic vinegar

1 clove garlic minced

A squeeze of fresh lemon juice

Fresh or dried thyme to taste (about 1 teaspoon)

A drizzle of maple syrup (optional)

Sea salt and pepper to taste

Add to a glass container and shake!

This recipe makes approximately 3 servings and stores well for up to 2 days, so you can have some for lunch the next day! How cool is that!

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Coconutty Butternut Squash Soup with Emerald Greens

Who doesn't love a cup of warm belly love when it's chilly out. This soup is chocked full of nutrition and absolutely delicious flavor. The combination of rich flavor and lovely, buttery texture will leave you feeling happy and satisfied. The main player in the soup is butternut squash which contains potent antioxidants, vitamins, and minerals. The vibrant orange color is pleasing to work with and is packed with vitamin A, an important nutrient for healthy immune function. The added greens offer freshness and a unique flavor to wake up the senses. Altogether, this soup is a perfect mix of sweet, pungent and crunchy! Ladle it up into one of your favorite bowls and enjoy with a simple green salad. Yum!

Ingredients: Organic Preferred

1 medium-size butternut squash or precut butternut squash from Trader Joes—about 6 cups of cubes.

2 carrots chopped

1 red onion sliced

2 turnips cut into chunks

1 orange

1-2 tablespoons organic cold pressed olive oil or avocado oil

1 teaspoon curry powder

1 teaspoon ground ginger or thumb of freshly grated ginger

1/4 teaspoon ground cinnamon

Sea salt and pepper for seasoning

1/2 to 1 can full fat coconut milk

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1/2 to 1 can full fat coconut milk

1 box organic vegetable or chicken broth

1 heaping handful of greens (chard, spinach, kale etc.) per person

For Serving: Choose one or all

Pumpkin seeds, hemp seeds, sesame seeds, chopped walnuts or almonds

Cubed tofu or organic chicken or turkey sausage slices

Instructions

In a large pot, sauté onions, in olive oil over low heat till soft (about 3 minutes)

Add carrots, turnips and sauté another 2 minutes

Add curry powder, ginger, a sprinkle of salt, stir

Add butternut squash cubes, stir for a 1 minute

Add broth and extra water to cover vegetables

Cover and cook until squash is soft and tender, about 20 minutes, cool

Blend or puree in blender in batches until smooth and creamy. You can use an immersion blender

Return to the pot if not using an immersion blender, heat on low and add coconut milk, stir

Add juice of a fresh orange

Add cinnamon and adjust all seasonings. If the soup is too thick, add water or the other 1/2 can of coconut milk.

Sauté greens in olive oil over low heat. Add to the soup before serving

Add a protein and other optional ingredients and enjoy!

Makes approximately 6 servings. You can store remaining soup in glass jars in the refrigerator for up to 4 days.

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Thank you so much for taking some self-care time to dabble in the kitchen and to completely nourish yourself! I hope you will continue to enjoy these dishes regularly!

XO



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