



5 Recipes to Kick Your Sugar Addiction



CONTENTS

Hello friend	3
YOUR SIMPLE LIFE.....	4
UPON RISING.....	4
BREAKFAST.....	4
Super Simple Oatmeal (Gluten-Free Oats)	4
Secretly Green Smoothie.....	4
SNACK.....	5
LUNCH.....	5
Kale Power Slaw	5
SNACK.....	5
DINNER.....	6
Crazy Curried Millet.....	6
DESSERT.....	6
Blueberry Chocolate Pudding	6
A Solution for You.....	7

HELLO FRIEND

There are so many ways you can upgrade your wellness and improve your life, but today we want to focus on a specific one: the food on your plate.

We want to share with you simple, easy recipes that can transform your body and your health. And when you do that, you also transform your mind...

Your soul.

Your spirit.

Your life.

And your happiness.

It is time to revolutionize your plate. Eating healthy doesn't have to be hard, and we know from personal experience how much it matters. With our help you will not count calories, you will not dwell on fat, you will not feel deprived, and you will not be on a "diet". Instead, you will glow and feel beautiful, amazing, supported, and more alive than you have ever felt before. Let us take you on this journey to raw vibrancy.

YOUR SIMPLE LIFE

UPON RISING

Drink warm water with lemon

BREAKFAST

SUPER SIMPLE OATMEAL (GLUTEN-FREE OATS)

Serves 2

- 1 cup almond milk
- 1 cup water
- 1/2 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1 cup whole rolled gluten-free oats
- 1/2 cup fruit of your choice to top (apples/pears/berries/etc.)

Pour almond milk, water, and vanilla extract into saucepan over high heat until boiling. Pour in oats, continue to stir. When the ingredients return to a boil, reduce to simmer. Continue to simmer and stir for about 12-15 minutes until oats are of a creamy texture.

OR

SECRETLY GREEN SMOOTHIE

- 1/2 cup of water
- 1 small ripe banana
- 1 chopped and pitted peach
- 1/4 cup of raspberries
- 1 handful of baby spinach

Put all ingredients into blender, and blend until smooth.

SNACK

Raw veggies (celery, red pepper, cucumber) w/ 2tbsp hummus

LUNCH

KALE POWER SLAW

Serves 2

1 bunch kale stems removed and leaves thinly sliced

1 large carrot shredded

1/2 orange juiced

1/2 lemon juiced

1/2 red onion very thinly sliced

2 Tablespoon olive oil

Toss kale with carrot, orange juice, and lemon juice in a large salad bowl, using your hands to rub orange and lemon juice into kale leaves. Let stand a few minutes.

Fill a bowl with ice water. Bring a saucepan of water to a boil and stir onion into boiling water; cook just until starting to soften, 15 to 30 seconds. Drain and immediately immerse onion in ice water. Drain ice water, blot onion dry on paper towels, and add to kale.

Stir olive oil into kale mixture and toss to coat. Can be made several hours ahead of time and refrigerated until ready to serve.

SNACK

Coconut water (4 ounces) & fruit (apple, 1/2 cup berries, 1/2 grapefruit)

DINNER

CRAZY CURRIED MILLET

Serves 4

1 cup dry-roasted millet
1/2 cup crushed almonds
3 tablespoons pumpkin seeds
1 teaspoon curry powder
1 teaspoon grated ginger
2 cups vegetable stock

DIRECTIONS: Boil the vegetable stock in a pot. Add all the ingredients and bring to a boil. Reduce the heat to low and simmer for 20-25 minutes until all liquid is absorbed. Stir ingredients. Serve warm.

DESSERT

BLUEBERRY CHOCOLATE PUDDING

Serves 2

3 tablespoons raw cacao powder
1/4 cup chia seeds
3 ripe avocado
1/4 cup coconut milk
2 teaspoons vanilla extract
1 cup blueberries
Raw cacao nibs (optional topping)

Remove avocados from the skin (and pit) and place in a food processor with blueberries. Blend until combined and creamy. Add in all remaining ingredients, blending until pureed, scraping down the sides when needed to combine. Blend for a good 1-2 minutes until completely cream

A SOLUTION FOR YOU

We find that most clients who come to see us are confused about what to eat. Even though we live in the age of information, the advice that's out there can be overwhelming and often conflicting.

It's time to ditch the information overload and figure out which foods work for your unique body. We have already created the blueprint for you in our Going Vegan 28 Day Program.

<https://www.trueselftotalhealth.com/goingvegan/>

Learn how to tap into the wisdom of your body and achieve endless energy and optimal health. Go Vegan today.

Regards,

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