

Recipes

Melodi's Cleansing Green Shake

16 oz water

1 lemon peeled or 1/8c lemon juice (or more)

2 handfuls romaine lettuce

1 bunch parsley

Blend until liquid

Add 1 apple

4 stalks celery

Blend...yum!

2 TB chia seed

2 TB Flax

Pulse

I usually make this a day in advance so the chia seeds have time to absorb the water.

Melodi's Building Green Shake

1 container coconut water (the ones you can buy at costco) or water

1/3 frozen banana

2 handfuls spinach or kale. Kale is easier on the thyroid and super good for eye health.

1 cup berries

Blend

Then I add protein, msm, glutamine, flax

Pulse this.

Melodi's Orange Citrus Dressing

1 cup freshly squeezed orange juice

1/3 cup canola oil

1 package dry Italian salad dressing

2 TB red wine vinegar

Zest of 1 orange

Mix, chill and serve. This would be great on a salad with spinach because the vitamin c in the orange juice will assist in your body absorbing the iron in the spinach. Will last in fridge for up to 4 days.

Dr. Christensen's Shake

20 oz. Coconut Milk, Rice Milk, Or Water

1 Handful Kale

1 Handful Spinach

1 TBS Ground Flax Seed

1 TBS Chia Seeds

1 Gram of MSM Powder

28 Grams Pea Protein

3 Grams Glutamine

2 Cups Frozen Berries

3 Bananas

1 tsp Energique Life Choice Green Powder

Parsley Salad Dressing

3 TB apple cider vinegar

3 TB honey

1 TB Dijon mustard

2 TB diced sweet onion (Vidalia)

½ of parsley bunch

½ cup canola oil

Heat the vinegar and honey on the stove until the honey is dissolved. Cool. Pour into blender and add the rest of the ingredients. Blend. Pour into the bottle you want to serve/store the dressing in and place in the fridge to cool. When you are ready to serve, have the dressing at room temperature. Will last in fridge for up to 4 days.

Ways to make eating healthy. Easy. Simple. Smart.™

- Once you get your produce, wash it! Have it ready to eat when you need it.
- Have fruits on hand. I leave mine on the counter so they are room temperature. Ideas for fruit to have on hand...apples, oranges, grapefruit, kiwi, pineapple, watermelon, lemons, bananas. I strive to eat produce when it is in season.
- Slice up carrots and celery. Place them in a container in water in the fridge. That will keep them crisp and delicious!
- Slice up cucumbers, peppers, radishes etc. Ready to be eaten when you are ready for them.

Good Water!! I prefer to drink water that has been run through a reverse osmosis system and then vitalized in a Vitalizer. There are also great natural springs in Centerville (200 S 200 E) and Farmington (700 N 150 E).

Join a produce co-op or create one of your own.

A&Z Produce - <http://azproduce.net/> 801.359.2081

Bountiful Baskets - <http://www.bountifulbaskets.org/>

Casey Feller or Jami Caldwell - pondsparkproduce@gmail.com

Face book - Northern UT Group Buy

Zaycon Foods for Wild Alaskan Salmon - <https://zayconfoods.com/>

Have fun! Make it work! Create your meals with love! Health is a journey, not a destination. Your diet is an experiment. Choose to be easy on yourself. If something isn't working, change it!

If you need any help or have any questions, please feel free to email me at:

melodi@wholehealthharmony.org

Easy. Simple. Smart.™

Eat Well. Feel Well. Move Well. Think Well. Sleep Well. Live Well. Love Well. Be Well.™