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Vegan

Eating Plan

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ACE, CPT, RHN, FIS, OGF3



HOURLASS WORKOUT™ VEGAN EATING PLAN

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A NOTE FROM LYZABETH

Being vegan is not just about following a diet, but living a conscious lifestyle. If you are vegan due to ethical reasons, I applaud you. If you are vegan mainly for health reasons, it is good to know that this style of eating makes it a bit more challenging to add lean muscle and recover properly without making careful food choices and meticulous food combining. Although it is a tougher route to take, it is definitely possible with some coaching and education. If you are struggling with reaching your fitness goals as a vegan, one option is to consider a vegetarian approach and slowly incorporate some fish or eggs if this is an option you are comfortable with.

How it Works

GET STARTED

- 1** Print off your eating plan, grocery list and supplement plan and place on the fridge or in a duo-tang.
- 2** Choose your start date, write in your calendar what your three month end date should be, mark that date on your eating plan and make a note on or near your refrigerator.

- 3** Take your before photos.
 - a.** Put on a bikini or short shorts and a sports top.
 - b.** Have someone take a full-length photo of you (make sure the picture includes your entire body, head to feet).
 - c.** Be sure to take the photo against a blank wall.

- 4** Plan your workout dates in your calendar.
 - d.** Save these photos to your computer and if you like, print them and post them either in your duo-tang with your diet or on your fridge.

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UNDERSTANDING THE PROGRAM

There are three very important factors when it comes to reshaping the body:

Diet

Resistance training

Cardiovascular training



Diet

The eating plan (diet) contains many important factors. It is very important that you are 100% committed to following this plan right from the beginning. There are many tips in the plan on how to make this not only a part of your day, but your lifestyle. Here are some of the roles the diet will play in your transformation:

Fat Loss: Followed properly, this eating plan should provide slow, steady fat loss.

Less Bloating: Bloating is generally caused by your body having a reaction to something inhaled, injected or eaten. If you are eating foods that are causing a sensitivity or minor allergic reaction, bloating can be

just one sign of this. Please do not add any foods listed on this plan for at least the first three weeks, if not longer.

Fewer Cravings: This plan is very low in sugar; because of this, you may find that after following the plan, you may find that you have reduced, or no sugar cravings after the first two to three weeks. This is because your blood sugar is more stable and you are probably reducing the candida and bad bacteria in your intestines.

If you follow the diet correctly, other benefits may be noticed as well, including: increased energy, better attitude, and a better looking body. Give it a try. If anything feels wrong, please contact your physician.

Resistance Training

Resistance training plays important roles in your body transformation as well, including:



TIP: Take 5g of BCAA's with your morning water before and during your fasted cardio session to retain muscle mass.

- **Increasing muscles in the right areas to create sexy curves.**
- **Increased bone density, which will also help with fighting off diseases and disorders.**
- **Increasing metabolism to help you burn more fat all day, even when you're sleeping!**

Cardiovascular Training

Cardiovascular training is essential, not just for fat loss but for heart health and detoxification. It is helpful in:

- **Increased muscular endurance and cardiovascular health**
- **Creating a lean body!**
- **Reducing toxins – cardiovascular activity moves the lymph, which assists the body in moving toxins out of the body.**

Fasted cardio is a tool often used to achieve fat loss. This is done by completing 20-30 minutes of cardiovascular activity on an empty stomach first thing in the morning. To maintain hormonal balance and prevent a big spike in cortisol (stress hormone), do not exceed 30 minutes.



Your Eating Plan

HERE'S HOW IT WORKS.

For each meal of the day, choose one menu option. Ensure that you switch up your choices often!

Additional Tips!

- Take 1-2 digestive enzymes before a large high protein meal. These enzymes can optimize digestion and decrease negative symptoms such as gas and bloating. Other awesome digestive aids include Betaine (HCL – hydrochloric acid), apple cider vinegar and Swedish bitters. See more on our “Digestion” section above..
- Buy an inexpensive food scale to help you measure out food (This should be no more than \$20).
- Try to do all your grocery shopping and cooking one-two times per week. Put all meals in glass Tupperware for easy grab and go meals. This will keep you on track!
- Try this eating plan and stick to it 100% for three weeks (that means no gluten for three weeks and very little sugar). After three weeks, you can start to reintroduce foods one at a time. We are looking for hidden food sensitivities, but it only work if you follow it 100%. When reintroducing foods, start with one food at a time. Have that same food with each of your major meals for the day. If you start to experience any bloating, gas, headaches or other unusual symptoms, remove that food rom your diet, as you may be sensitive to it. Reintroduce a new food the following day. If you feel fine when reintroducing a particular food, keep it in your diet and move on to a new food the following day.
- If you notice new reactions to a food when you bring it back into your diet, you may want to leave it out for a while before bringing it back and check with your ND for food sensitivity testing.
- This plan is a lifestyle plan. After the initial three weeks, continue to work this plan into your lifestyle, but you may be able to be a bit less stringent and start to ‘eyeball’ the serving size rather than measuring everything, and you may have reintroduced a few foods that are not included if you’ve tested found that you are not sensitive to them. If you find that you stop seeing results after becoming less stringent, then go back to measuring everything and sticking closely to the plan again and try following more of the ‘low-carb’ Paleo options again to super-charge the fat burn if and when needed.
- If you are experiencing bloating and continue to experience this even after three weeks of this plan, see your N.D. and request an IGG food sensitivities test. This test can cost anywhere from \$200-\$400, but it should be seen as an investment towards your health and may uncover issues with your digestive system that you may not have been able to fix without this test. A more drawn out, less expensive way to try to pin-point these sensitivities would be to follow a Rotation-Diet. Paul Chek of the Chek Institute offers a good diet to follow and can be found in his book: How to Eat, Move and be Healthy.



No Eating Two-Four Hours Before Bed! Nothing!

Dinner should be your lightest meal!!! If you let your food digest before you go to sleep, your body will thank you and you'll feel great in the morning! (You are more than welcome to sip herbal teas right up to bedtime if you choose).

NOTE: The above is for informational purposes only. It is not intended to be a prescription or recommendation, nor should it substitute the advice and counsel of your personal physician. One should always consult a doctor before starting any diet plan

Pre-breakfast Meal

*Choose ONE of the columns from the list below to create your meal.

Lemon Water

Glass of warm water with 1/4 of a freshly squeezed lemon - preferably organic, another good option to try are Meyer lemons. Having lemon water upon waking kick starts your digestive system and also helps to detoxify your liver and kidneys and promotes alkalinity.

TIP: If drinking more than 1 glass per day, it is recommended to drink lemon water through a glass straw to protect tooth enamel

Filtered water

Filtered water upon waking in itself has many benefits - it helps to rehydrate your body after sleep, fires up your metabolism for the day and also helps to promote regular bowel movements.

Chlorophyll water

Adding 1-2 tsp of liquid chlorophyll to warm or room temperature has endless health benefits. It is a fantastic addition which is known to promote the health of the circulatory, digestive and immune systems!

Apple Cider Vinegar water

Adding 1-2 tsp of apple cider Vinegar is a great digestive stimulant that boosts immune function also helps to promote alkalinity.

Meal 2 OPTIONS - A.M. Snack

*Choose ONE of the columns from the list below to create your meal.

Protein Shake

- 1 scoop (25-30g) Protein powder
- 1/2 cup leafy green (ie. Spinach)
- 1/4 cup fruit (ie. Berries) or 1 apple or pear
- liquid (ie. Water, ice, unsweetened non-dairy milk and or tea, chilled herbal or green tea)
- Boosters (ie. Spirulina, maca, camu camu, cinnamon etc.)

Fruit, Veggies & Nuts

- Fresh fruit and veggie juice
- 2 celery stalks
- 1 tbsp of organic nut butter OR 8-10 (preferably soaked) nuts such as almonds, walnuts, brazil nuts, pecans

Protein Bar

- Some options include Vega, Cliff, Simply, Quest, Lara Protein Bar

Power Balls

- Up to 4 of Lyza's own famous recipe

Seaweed, Veggies & Hummus

- 1/2 cucumber with 1 tbsp hummus
- 4 strips of toasted seaweed (kelp, dulse, wakame) with glass of fresh veggie/fruit juice

Unlimited Kimchi

- 1 tbsl nut butter
- OR
- Olives, 7 gluten free small cracker (1 like Mary's) w 1-2 tbsl humus

Meal 1 Options - Breakfast

*Choose ONE of the columns from the list below to create your meal.

Protein Shake

- 1 scoop (25-30g) Protein powder
- 1 cup leafy green (ie. Spinach)
- 1/2 cup fruit (ie. Berries)
- Healthy fat (ie. 1tbsp nut butter)
- Fibre (ie. 2 tbsp ground chia)
- Liquid (ie. Water, ice, unsweetened non-dairy milk, chilled herbal or green tea)
- Optional boosters (ie. Spirulina, maca, camu camu, cinnamon etc.)

Tofu Scramble & Fibrous Veggies

- 1 cup organic sprouted tofu scramble with unlimited green veggie such as broccoli, spinach, asparagus etc. Booster option: sprouts, and/or a side of E3Live

Chia Cereal

- 1/3 cup of chia cereal with non-dairy milk i.e. almond milk, hemp milk, rice milk etc (not soy milk)- good brands of chia cereal include Ruth's Chia Goodness and Qi'a by Nature's Path or chia based cereal
- Plain protein shake (1 scoop vegan protein powder w water & ice - best in the blender).

Overnight Soaked Oats with Berries & Protein

- 1/3 cup (dry measure) of organic soaked oats (in water or almond milk)
- 2 tbsp ground flax seed + 1/4 cup berries + 1/2 tsp cinnamon
- 1 tbsp hemp seeds served
- Plain protein shake (1 scoop vegan protein powder w water & ice - best in the blender). Booster: Handful of gogi berries

Adzuki Bean & Avocado Mash

- 1/2 cup (cooked measure), mashed adzuki beans
- 1/4 mashed avocado
- chopped onions
- cracked black pepper, cumin and sea salt to taste.

Leafy Green Wrap

- 1 large collard green
- 2 tbsp hummus
- 2 cups sprouts (your choice: sunflower, alfalfa, pea shoots, broccoli sprouts, other)
- 1/4 avocado
- unlimited veggies such as spinach, onions, peppers etc. Optional: mustard, hot sauce. Boosters: Add hemp seeds and/or dulse.

Big Protein Salad

- (see recipe) your choice of unlimited leafy green (at least 2 cups)
- 1/2 cup (cooked measure) legumes
- veggies
- dressing (1 tbsp olive oil)
- 1 tbsp apple cider vinegar & mustard - add a pinch of sugar optional). A side of Kimchi

Quinoa bowl

- 1 cup cooked quinoa with unlimited sprouts (sunflower, broccoli, alfalfa, etc), 1/3 cup edamame peas, and unlimited spinach salad with (lots of veggies i.e. mushrooms, peppers, cucumber, etc) - mix it all up! Add dressing of choice i.e. Braggs Amino Acids dressing, hot sauce, up to 3 tbsl tahini or humus, or other healthy low sugar dressing.

Tempeh Steak, Fibrous & Starchy Veggie Combo

- includes 1 cup tempeh steak
- 1 cup starchy veggies i.e. sweet potato, turnip, beet, white potato, squash, etc
- unlimited Fibrous veggie (broccoli, cauliflower, zucchini, and or other). Add dressing of choice i.e. Braggs Amino Acids dressing, hot sauce, up to 3 tbsl tahini or humus, or other healthy low sugar dressing.

Tofu Stir-fry

- 1 cup Organic, sprouted tofu
- unlimited Fibrous veggie (onions, garlic, broccoli, cauliflower, zucchini) Add dressing of choice i.e. Braggs Amino Acids dressing, hot sauce, up to 3 tbsl tahini or humus, or other healthy low sugar dressing.

Meal 4 Options- P.M Snack

*Choose ONE of the columns from the list below to create your meal.

Raw veggies with Hummus

- Cucumber, celery, radish with 1 tbsp of hummus

Tip: The above veggies have a high water content which will keep you hydrated and your skin looking great!

3pm Pick Me Up

- Dark chocolate (70% or higher - small bar, should be around 200 calories) with 8-10 nuts (preferably soaked) nuts such as almonds, walnuts, brazil nuts, pecans or other.

Protein Shake

- 1 scoop (25-30g) Protein powder
- 1/2 cup leafy green (ie. Spinach)
- 1/4 cup fruit (ie. Berries) or 1 apple or pear
- liquid (ie. Water, ice, unsweetened non-dairy milk and or tea, chilled herbal or green tea)
- Boosters (ie. Spirulina, maca, camu camu, cinnamon etc.)

Protein Bar

- Some options include Vega, Simply, Quest, Lara Protein Bar

Power Balls

- Up to 4 of Lyza's own famous recipe

Seaweed, Veggies & Hummus

- 1/2 cucumber with 1 tbsp hummus
- 4 strips of toasted seaweed (kelp, dulse, wakame) with glass of fresh veggie/fruit juice (mainly or all Veggie)

Meal 5 Options - Dinner

*Choose ONE of the columns from the list below to create your meal.

Leafy Green Wrap

- 1 large collard green
- 2 tbsp hummus
- 2 cups sprouts (your choice: sunflower, alfalfa, pea shoots, broccoli sprouts, other)
- 1/4 avocado
- unlimited veggies such as spinach, onions, peppers etc. Optional: mustard, hot sauce. Boosters: Add hemp seeds and/or dulse.

Big Protein Salad

- Your choice of unlimited leafy green (at least 2 cups)
- 1/2 cup (cooked measure) legumes
- veggies
- dressing (1 tbsp olive oil)
- 1 tbsp apple cider vinegar & mustard - add a pinch of sugar optional). A side of Kimchi

Quinoa bowl

- 1 cup cooked quinoa with unlimited sprouts (sunflower, broccoli, alfalfa, etc), 1/3 cup edamame peas, and unlimited spinach salad with (lots of veggies i.e. mushrooms, peppers, cucumber, etc) - mix it all up! Add dressing of choice i.e. Braggs Amino Acids dressing, hot sauce, up to 3 tbs tahini or humus, or other healthy low sugar dressing.

Tempeh Steak, Fibrous & Starchy Veggie Combo

- Includes 1 cup tempeh steak
- 1 cup starchy veggies i.e. sweet potato, turnip, beet, white potato, squash, etc
- unlimited Fibrous veggie (broccoli, cauliflower, zucchini, and or other). Add dressing of choice i.e. Braggs Amino Acids dressing, hot sauce, up to 3 tbs tahini or humus, or other healthy low sugar dressing.

Tofu Stir-fry

- 1 cup Organic, sprouted tofu
- Unlimited Fibrous veggie (onions, garlic, broccoli, cauliflower, zucchini) Add dressing of choice i.e. Braggs Amino Acids dressing, hot sauce, up to 3 tbs tahini or humus, or other healthy low sugar dressing.

Supplement Plan

MULTI-VITAMIN

Choose a good quality brand! Some that I like include: Truostar, Usana, Douglas Laboratories, New Chapter, Nu-Life, Genestra, etc.

- Help ensure you are getting your vitamins/minerals for the day.
- If you are taking bee pollen, sea vegetables, are eating a healthy organic diet, you may not need to take a multi-vitamin. Please check with your doctor before deciding.

SUPER GREENS

use as directed

- Chlorophyll, Spirulina, Barley Grass, Chlorella, E3 Live, Marine Phyto-Plankton

GLUTAMINE

1 tsp. after workout
1 tsp. last meal

- Helps heal intestines
- Helps muscles to repair after workout

GOGI, NONI SEA BUCKTHORN JUICE, ETC. (high antioxidant juice)

1 tbsp. a day - add to shake juice or drink straight

- Super antioxidant!
- Fights free-radicals
- Anti-aging
- Super-food

OMEGA 3

(algae oil, borage, black current): Take approximately 350mg DHA and 160mg EPA daily.

- Promotes healthy hair, skin and nails
- Anti-inflammatory
- Enhances cardiovascular and cognitive health

B-COMPLEX

use as directed

- Increases energy and metabolism
- Promotes stress reduction
- Promotes cardiovascular health

L-CARNITINE

Take 2g pre-workout

- Promotes fat loss
- Increases exercises performance
- L-Carnitine can be found naturally in beans. Look for vegan sourced supplements at your local health food store.

BCAA's

Branched-Chain Amino Acids (BCAA's) Take 15g of vegan-sourced BCAA's (commonly from beets) just prior to and throughout your workout.

- Promotes muscle retention
- Improves muscle energy

IRON (vegan sourced)

If Iron stores are low, use supplementation as directed by your healthcare practitioner. For optimal absorption, take with 500mg vitamin C or vitamin C rich foods.

- Helps transport Oxygen throughout the body
- Helps increase energy when stores are low

VITAMIN B12

Take 25 to 100 micrograms per day or 1,000 micrograms 2-3 times per week. If you have not been taking B12 for a while, start out with 2,000 micrograms daily for several weeks.

- Essential for red blood cell formation
- Boosts mood energy and concentration
- Enhances Immunity

*Check with your doctor and research before trying any of the above supplements.

Sample Meal Plans

PRE-WORKOUT NUTRITION

For intense workouts, we definitely recommend having some pre-workout fuel but timing can sometimes be tricky. The same rules apply whether you are working out at 6am, 12pm or 8pm. If you can spare yourself an hour or more, have a regular meal higher in carbohydrates and moderate protein such as soaked oats, but if you are crunched for time and only have 30 minutes, choose something that will digest easily such as a piece of fruit or protein shake. For example, if your workout is at 6pm, it is a good idea to get that pre-workout meal around 4pm. Following these basic guidelines will allow digestion to be complete and will re-direct much needed oxygen and blood in the body to your hard working muscles. Exercising with partially digested food in your stomach is not only uncomfortable, but may cause cramping and nausea not to mention hinder your ability to kick butt in class.



POST-WORKOUT NUTRITION

Re-fuelling after that final workout is just as crucial as the pre-workout meal as this is the time to start the repair and recovery process. Timing is also critical and most fitness enthusiasts know all about the precious “window” immediately after a workout as the best time to get nutrients into your body. It is suggested to consume your meal within 45 minutes of completing your workout as this allows the body to transport carbs and protein to your muscles instead of storing them as fat – in other words, it’s the perfect time to eat! Ideally this meal will consist of good quality carbohydrate to replenish glycogen and lean protein to build muscle such as a piece of tempeh, broccoli and sweet potato.

For The Early Morning Girl



Pre-Breakfast	Glass of plain filtered water with or add your choice of lemon juice, chlorophyll or apple cider vinegar (see pre-breakfast section of meal plan for details)
Pre-workout	60min. to spare Soaked Chia cereal with Hemp hearts & blueberries 20-30min. to spare 1 serving of Protein shake with water OR piece of fruit (apple, dates) with a few nuts (soaked preferably) or half a Protein Lara Bar. Supplement Iron, Vit C Supplements: 10g BCAAs and L-Carnitine with co-enzyme Q10 Pre-Workout
WORKOUT	Supplement: 5g BCAAs and 5g Glutamine Post-Workout
Breakfast (or post workout)	Lonie's Power Protein Shake (*Add a tsp dextrose for post-workout simple sugar) Supplements: Fish Oil, Probiotic, Vitamin D, Ashwaganda
A.M.Snack	Celery, cucumber and carrot sticks with 2 tbsp of hummus and a big glass of fresh squeezed veggie juice
Lunch	Big Protein Salad - Your choice of leafy green + legumes + veggies + dressing (1tbsp olive oil+ 1tbsp apple cider vinegar) Yerbe Mate Tea Supplement: Vitamin B-Complex, B-12, Digestive enzyme
P.M. Snack	Lyzabeth's famous protein power balls (4). Water infused with strawberry & mint
Dinner	Grilled tempeh with broccoli and asparagus topped with sesame and sunflower seeds Lemon tea with fresh ginger and a tsp of real maple syrup.
Before Bed	Supplement: Magnesium

For The Mid-Day Girl

Pre-Breakfast	Glass of plain filtered water with or add your choice of lemon juice, chlorophyll or apple cider vinegar (see pre-breakfast section of meal plan for details)
Breakfast	Sprouted organic tofu spinach scramble with herbed grilled tomato slices Supplements: Omega 3 Oil, Probiotic, Vitamin D, B-Complex
A.M.Snack <i>(also used as a pre-workout meal)</i>	1/2 serving of Lyzabeth's Energy Shake + handful of gogi berries Supplements: probiotic, omega 3, Iron, Vit C 10g BCAAs and Carnitine Pre-Workout
WORKOUT	Supplements: 5g BCAAs and 5g Glutamine Post-Workout
Post-Workout	Remaining 1/2 of Lyzabeth's Energy Shake (*add a tsp of dextrose for a post-workout simple sugar)
Lunch	Quinoa bowl with sunflower sprouts, edemame peas and spinach salad Fruit infused water - watermelon 1 shot of E3 Live Supplement: Maca
P.M. Snack	Organic apple with 1 tbsp almond butter sprinkled with cinnamon + Veggie Juice
Dinner	Big green protein salad Water infused with cucumber
Before Bed	Supplement: Zinc Magnesium (ZMA)

For The Evening Girl

Pre-Breakfast	Glass of plain filtered water with or add your choice of lemon juice, chlorophyll or apple cider vinegar (see pre-breakfast section of meal plan for details) Supplements: Iron, Vit C
Breakfast	Green Goddess Protein Shake Supplements: Omega 3 Oil, Probiotic, Vitamin D, Chlorella pills
A.M.Snack	Lyzabeth's famous protein power balls (4) Small handful of golden berries & walnuts
Lunch	Vegan chilli Supplement: B-Complex, B-12
P.M. Snack	Double recipe of Booty Builder Protein Shake Supplements: Iron & Vit C 10g BCAAs Pre-Workout
WORKOUT	Supplements: 5g BCAA Pre and 5g glutamine post workout. Post workout: 1/2 of Booty Builder Protein Shake
Dinner	Grilled tempeh steaks (6oz) with kimchi and sprout salad (alfalfa, pea, broccoli, sunflower, adzuki etc) 1 shot of E3live Supplement: Relora <i>Tip: For optimal fat loss results, choose a non-starchy veggie when having a late post-workout dinner</i>
Before Bed	Supplement: Zinc Magnesium (ZMA)

How To Fit This Plan Into Your Life

HERE'S HOW TO DO IT.

Follow these tips and suggestions to make this plan easier on yourself.

- 1 Plan a once a week trip to the grocery store
- 2 Buy all food necessary for all meals for the week
- 3 Be sure to buy enough glass Tupperware in all sizes to hold all your meals for the week
- 4 Cook all your meals at one time - i.e. steam a batch of broccoli, prepare one big pot of quinoa.
- 5 Set out all your meals into serving sizes and then into the Tupperware. Freeze any dishes that will not be eaten in the first few days.
- 6 Keep your eating plan in a duo-tang or binder for quick reference or program it into your calendar.
- 7 Start this plan at a time where you are able to
- 8 commit to 100%! Coffee drinkers, slowly try to make the switch to green tea and or Yerba Mate. If you drink one coffee a day and are willing to try something new, replace is with green tea or Yerba Mate. If you drink two or more, keep your morning coffee and replace all subsequent coffees with green tea or Yerba Mate. Try to pare down to one coffee and one green yea/Yerba Mate per day. Your adrenals will thank you!
- 9 Buy two 1-liter glass or stainless steel water bottles. Fill them both up every morning and drink throughout the day to ensure you are getting adequate pure water.



Cooking Tips

Types of oil to cook with

It is best to use coconut oil when cooking or baking with high heat. These fats are stable under high heat and will not go rancid. Popular healthy oils like olive oil and flax oil do not do well under high heat.

Rotate your foods

It is said that the majority of people eat the same 14 foods day in and day out. Food rotation is important for many reasons, including ensuring you are getting a wide array of vitamins and nutrients, avoiding creating allergies and trying new foods.

Cycle your veggies

Some veggies can make you bloat up, making you feel heavier than you actually are, not to mention uncomfortable. Cycle your veggies and pay attention to how they make you feel. Remove the ones that don't make you feel good and do some intestinal healing. You may be able to bring them back after your healing.

Introduce a different type of rice

There are over 40,000 types of rice!!! Experiment (processed white rice is NOT a food!!!!)

Switch up your non-dairy alternatives

Rotate your non-dairy milk. Rotate your hemp milk, rice milk, quinoa milk and almond milk on a weekly or monthly basis.



Adding extra nutrients is easy, here are some great examples:

1. Add a sprinkle of DULCE to salads and pasta dishes for a big boost of nutrients.
2. Add a tsp. to your protein shake or oatmeal for 96 vitamins and minerals.
3. Add slices of raw ginger to your tea for an infusion of digestive aid after a meal.
4. Add a sprinkle of goji berries to your salad or cereal for an antioxidant boost.
5. Add a sprinkle of pumpkin seeds to your cereal or salad for a boost of zinc and fiber.

ADDING FLAVOR

There are many healthy ways of adding flavor, and they may even add extra nutrients. Here are some great options:

- Garlic
- Onions
- Mint
- Rosemary
- Thyme
- Cloves
- Cumin
- Ginger
- Oregano
- Turmeric
- Curry powder
- Black pepper
- Cinnamon
- Mustard
- Unsweetened applesauce
- Bragg Liquid Aminos©



A Few Fun Recipes

ADAPTOGENIC HERBS

Adaptogens are a class of botanicals used to combat the effects of stress on the body. The following is a list of suggested adaptogenic herbs that you may want to consider adding to your regime. Consult your naturopathic doctor before taking any new supplements or botanicals.

Ashwaganda

This herb lowers cortisol (stress hormone) while promoting relaxation and calm as well as increased immunity and cognitive functioning. It also promotes healthy hair growth and prevents premature greying. Take 300-500mg twice daily.

Holy Basil

This herb promotes stress management and healthy cognitive function and is also a great anti-inflammatory and immune booster. Avoid Holy Basil if you are actively trying to conceive. Take 500 mg twice daily.

Maca

Promotes stress reduction and adrenal support. It also restores hormonal balance and supports libido. Take 500mg three times daily.

Relora

This herb lowers cortisol (stress hormone) and supports stress management. Take 250mg three times daily.

Rhodiola rosea

This herb boosts energy levels and provides support for stress. Take 300mg twice daily.



Snack ideas that don't need recipes:

- Kimchi
- Celery with 1-2 tbsp nut butter
- Olives w gluten free crackers w nut butter
- Apple with 1-2 tbsp nut butter
- 1/2 cup to 1 cup w 2 tbsp unsweetened shredded coconut & 1 handful (1/3 cup) of pumpkin seeds or sesame seeds or trail mix
- Vegetable juice a 1 small dark 70-85% dark chocolate bar

How to freeze bananas:

- Peel bananas
- Slice in half
- Put parchment paper on plate
- Put in freezer for a couple of hours
- Take out of freezer after frozen, put in zip lock bag (keep them from sticking to each other)

Lyzabeth's Power Balls

INGREDIENTS

- 1 cup gogi berries
- 2 cups pumpkin seeds (crushed either with a food processor or a knife)
- 1/2 cup cacao nibs
- 1 tsp mesquite powder (optional)
- 1 tbsp cinnamon 1/4 cup maple syrup
- 1/4 cup of chia seeds
- 1/3 cup almond butter

DIRECTIONS

Using a food processor, pulse pumpkin seeds until finely chopped. Do not over blend. The seeds should have some texture. Place seeds in a bowl with remaining ingredients and mix thoroughly. Yields about 20 truffles. Last for a long time stored in a refrigerator. Note: It is very important to keep kneading the dough in order to form truffles so they will stick.

Suggestion: Use other nuts or seeds or fruit to form your truffles. Roll in coconut, bee pollen or other favorites for alternatives.



Lyzabeth's Booty Builder Shake *(post workout)*

- 2 cups filtered water
- 1 scoop vanilla protein powder (30g)
- 5 grams glutamine
- 1/4 cup fresh or frozen pineapple
- 1 tbsp dextrose
- 1 coconut milk ice cube
- 1/2 frozen banana
- 3 ice cubes

Loni's Power Protein Shake *(post workout)*

- 2 cups filtered water
- 1 scoop vanilla protein powder (30g)
- 1 tsp cinnamon
- 1/2 frozen banana
- 1/2 tsp organic maple syrup
- 1 tsp bee pollen
- 1 coconut milk ice cube
- 1/4 cup frozen macintosh apple

Lyzabeth's Energy Shake

- 2 cups of filtered water
- 5 leaves of kale
- 1 handful of spinach
- 4 leaves of romaine
- 5 leaves of dandelion
- Handful of sunflower sprouts
- 1 pear
- 1 apple
- 3 strawberries
- 1 scoop of vanilla protein powder
- 1 tincture of milk thistle
- 5 grams glutamine
- 4 drops of vitamin D
- 3 ice cubes

You will need a good blender for this. I use a vitamix. Add greens and water first, once blended, add everything else. I drink one serving right away and the rest by mid-day.

