

LIVER HEALTH *and Support Guide*

THE LIVER HAS HUNDREDS
OF JOBS IT NEEDS TO
PERFORM TO CARE FOR US.
THIS GUIDE TEACHES YOU
HOW YOU CAN CARE FOR
YOUR LIVER!

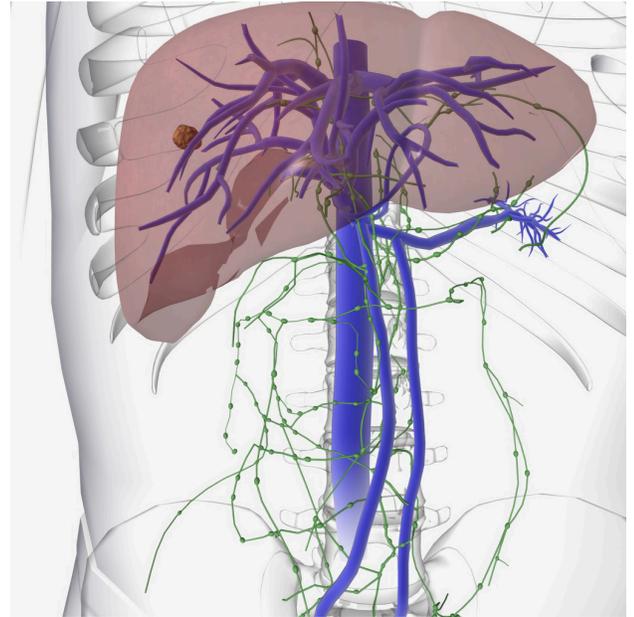
LIVER HEALTH 101

Why it matters

Next to your skin, your liver is your body's largest organ. And that's no surprise because your liver has some BIG jobs! It performs over 500 functions to help keep your body healthy.

How the liver helps your body:

- Clears toxins out of your blood
- Produces bile, which helps digest fats
- Gets rid of old red blood cells
- Helps your body metabolize proteins, carbohydrates, and fats
- Supports blood clotting, immune system, and endocrine system
- Stores vitamins and glycogen (an energy source) for later use



Your liver works hard for you every day, clearing your body of excess hormones and harmful toxins

The trouble is, we live in a toxic world. In fact, there are over 80,000 chemicals registered for use in the US!

Your liver has to filter every toxin you encounter. So day-to-day living can give your liver a major workout.

And if the liver gets overloaded, symptoms may pop up.

Luckily, you can improve your liver health by shifting your diet and lifestyle and incorporating liver-loving supplements.

Signs of a sluggish liver:

- Acne, eczema, psoriasis
- Disrupted sleep
- Mood swings
- Hormone imbalance
- Trouble focusing
- Brain fog
- Fatigue
- Weight gain and cravings
- Yellowing eyes or skin
- Poor digestion, bloating
- Nausea
- Pain in the upper right side of your torso
- Headache or migraine

HEALTHY LIFESTYLE HABITS

To love your liver



Go non-toxic

Avoiding toxins lightens the load on your liver. So opt for natural cosmetics, cleaning products, and personal care products. Your liver will thank you. (If you need guidance, check out [EWG's Skin Deep Database](#)).



Eliminate alcohol

When your liver is busy breaking down alcohol, it's can't process other toxins effectively. Heavy drinking causes fats to build up in the liver and increases the risk of fatty liver disease. So if you drink, do so minimally.



Exercise

When you exercise, your body burns triglycerides, a type of fat in your blood. This eases the load on your liver. Plus, working up a sweat helps you release toxins through your skin, so your liver has less work to do.



Maintain a healthy weight

Being overweight or obese increases your risk of fatty liver disease. This is because excess calories cause fat to build up in your liver, But on the flip side, losing weight helps reduce liver fat.



Eat organic

Organic foods are grown without harmful pesticides and fertilizers. So choose organic as often as possible. Check out [EWG's Clean 15](#) and [Dirty Dozen](#) for guidance.



Get a lid on stress

Stress harms your body's ability to detox. Keeping stress at bay helps your liver work optimally. Yoga, meditation, journaling, and breathwork are all good stress busters.



Do a castor oil pack

Castor oil packs are a detox remedy used in Ayurveda and Chinese medicine. They're said to help the liver detox and improve lymphatic flow. Learn how to do one [here](#).



Hydrate When the body is dehydrated, it cannot function properly and the liver cannot effectively detoxify itself or the body. Be sure to drink 1oz of water per pound of body weight per day!

LIVER HEALTH SUPPLEMENTS

For liver support



Glutathione

Known as 'the master antioxidant,' glutathione is vital for liver health. It plays a crucial role in phase 1 and phase 2 liver detox. Your liver makes glutathione out of the amino acids cysteine, glutamate, and glycine. Yet glutathione levels naturally decline with age.



N-Acetyl Cysteine (NAC)

NAC is a supplement form of cysteine, one of the amino acids your body needs to produce glutathione. And it's shown to have impressive effects on the liver. In fact, doctors often give NAC to patients who overdose on acetaminophen to reduce liver and kidney damage.



Milk thistle

This herb is renowned for its liver-loving properties. Milk thistle's active ingredient, silymarin, has potent antioxidant and anti-inflammatory powers. Research shows it helps improve liver function in people with liver disease.



Turmeric

Turmeric contains curcumin, a compound that boasts powerful antioxidant and anti-inflammatory properties. Studies reveal that taking a turmeric supplement helped reduce liver enzymes in patients with fatty liver disease.

LIVER HEALTH SUPPLEMENTS

For liver support



Schisandra Berry

Schisandra can help improve liver function by increasing the activity of hepatic glutathione, glucose-6-phosphate, and glutathione-reductase. Schisandra may also help prevent chronic diseases linked to diet, such as type 2 diabetes, obesity, and non-alcoholic fatty acid disease.



Dandelion Root

Dandelion root can increase bile flow, which may help detoxify the liver. Dandelion tea made from the root may have a stronger detoxifying effect than tea made from the leaves. Animal studies suggest that dandelion root extract may protect against liver damage and disease. One study found that dandelion root extract helped prevent liver damage in rats with induced liver failure.



Artichoke Leaf

Artichoke leaf extracts may help protect the liver and even help liver cells regenerate. Artichoke leaves are also used to treat high blood pressure, hepatitis C, irritable bowel syndrome, and other conditions. However, more scientific research needs to be done to determine the scope of benefits for artichoke leaf.



Lemon or Ginger Water

The liver works hard overnight while we're sleeping. Drinking lemon or ginger water first thing in the morning on an empty stomach can help hydrate your body and flush out the liver.

Extra Support Refrain from eating fatty foods (even healthy fats) until lunch or dinner time to allow the liver to rest.

TOP TEN TIPS TO SUPPORT YOUR LIVER

Cheat Sheet

1. Nourish your body with whole, plant foods

- Focus on fruits, vegetables (especially leafy greens and cruciferous veggies), legumes, and whole grains.
- These foods are rich in fiber, antioxidants, and phytonutrients that reduce inflammation and oxidative stress on the liver.

2. Stay Hydrated

- Water helps flush out toxins and supports optimal blood flow to and from the liver.
- Aim for half your body weight in ounces per day (adjust with activity level and climate).

3. Eliminate Alcohol & Reduce Toxins

- Alcohol is directly toxic to liver cells.
- Limit exposure to environmental toxins (e.g., synthetic fragrances, pesticides, plastics, harsh cleaners).

4. Support Detox Pathways Naturally

- Incorporate foods like garlic, onions, broccoli, and turmeric.
- These boost phase I and phase II liver detox enzymes, helping the liver process and eliminate toxins.

5. Move Your Body

- Regular exercise improves blood flow to the liver and helps reduce fat buildup.
- It also supports insulin sensitivity, which is important for preventing fatty liver.

6. Prioritize Sleep

- The liver performs many detox functions during sleep.
- Aim for 7–9 hours per night to support circadian rhythm and liver regeneration.

7. Minimize Processed Foods and Added Sugars

- Highly processed, sugary, and fried foods burden the liver and contribute to fat buildup and inflammation.
- Watch out for high-fructose corn syrup, which is linked to non-alcoholic fatty liver disease (NAFLD).

8. Enjoy Liver-Friendly Beverages

- Dandelion root tea, green tea, and coffee (without added sugars) have been shown to support liver function and reduce disease risk.

9. Manage Stress

- Chronic stress increases inflammation and can negatively impact liver enzymes.
- Use practices like breathwork, meditation, journaling, and time in nature to help regulate your nervous system.

10. Use Supplements Wisely

- Milk thistle, NAC (N-acetylcysteine), and turmeric/curcumin may support liver health—but always check with a healthcare provider.
- More is not always better—support your liver through lifestyle first.



Liver Love Recipe Guide

Created by Vitality Holistic Health and Wellness LLC



Liver Love Recipe Guide

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The Power of Loving Your Liver

The liver is the quiet engine of your entire body — working behind the scenes every single second to keep you energized, balanced, and thriving. When it's supported and nourished, every system in your body benefits. When it's overburdened or sluggish, symptoms begin to stack up... even if you don't realize the liver is at the root.

Your liver regulates hormones, stabilizes blood sugar, filters toxins and pathogens, and fuels your body with clean, steady energy. It processes everything you eat, breathe, absorb, and feel. It's also one of the only organs that can regenerate, which means healing is always possible — no matter how long you've struggled.

But in our modern world, the liver is constantly working overtime. Stress hormones, environmental toxins, viral byproducts, processed foods, inflammatory fats, and hidden additives all require extra effort. Over time, this leaves many people feeling chronically fatigued, inflamed, foggy, reactive, or stuck in cycles of pain and mystery symptoms.

When we love our livers, everything begins to shift.

Supporting the liver helps reduce chronic disease risk by lowering inflammation, increasing detoxification, and removing the internal burdens that keep the immune system distracted and overwhelmed. A happier liver means reduced pain, calmer nerves, clearer thinking, and more consistent energy. It's also the key to metabolic balance: stable blood sugar, easier weight release, better digestion, and more resilient hormones.

These Liver Love recipes were intentionally designed to give your liver a rest so it can finally do what it does best: heal, restore, and protect you. By removing common burdens — grains, legumes, oils & added fats, added sugars, and processed ingredients — you create the perfect internal environment for your liver to exhale, reset, and regenerate.

Instead, these recipes focus on fresh, vibrant, hydrating, mineral-rich whole foods that enhance liver function, improve bile flow, calm inflammation, and support cellular repair. Every ingredient is chosen to help your body feel lighter, clearer, and more energized.

This isn't just a recipe book — it's an act of devotion to the organ that never stops working for you.

As you nourish your liver, you'll likely notice:

- More energy and stamina
- Clearer skin and brighter eyes
- Better digestion and reduced bloating
- Calmer hormones and steadier moods

- Less pain and inflammation
- Enhanced immunity
- A renewed sense of vitality

Your liver holds the key to so much of your healing. These recipes are here to help you unlock it - gently, naturally, and deliciously.

Here's to loving your liver... and experiencing the vibrant health that follows.

With love and Vitality,
Court

Courtney@vitalityholistichw.com
vitalityholistichw.com



Ginger Lemon Juice

3 ingredients · 5 minutes · 2 servings



Directions

1. Combine all ingredients in a high-speed blender. Blend until very smooth.
2. Pour into a glass and enjoy immediately as is, or strain through a fine-mesh sieve or cheesecloth to remove the pulp. Enjoy!

Notes

Leftovers

Refrigerate in a glass jar for up to one day. Freeze leftovers in an ice cube tray for longer.

Serving Size

One serving is approximately 1/3 cup.

More Flavor

Add turmeric root or powder.

Make it Thinner

Add water as needed to thin the juice or to make more.

Ingredients

- 1 1/2 tbsps Ginger (peeled, chopped)
- 1 Lemon (peeled, seeds removed)
- 1 Navel Orange (peeled, seeds removed)

Nutrition

Amount per serving

Calories	43	Vitamin D	0IU
Fat	0g	Vitamin E	0mg
Carbs	11g	Vitamin K	0µg
Fiber	2g	Thiamine	0.1mg
Sugar	7g	Riboflavin	0mg
Protein	1g	Niacin	0mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	2mg	Folate	29µg
Potassium	160mg	Vitamin B12	0µg
Vitamin A	174IU	Phosphorous	20mg
Vitamin C	51mg	Magnesium	11mg
Calcium	32mg	Zinc	0mg
Iron	0mg	Selenium	0µg

Mulled Cider

5 ingredients · 30 minutes · 12 servings



Directions

1. Add all of the ingredients into a large pot and bring to a simmer over medium-high heat. Drop the heat to low once the pot is simmering and continue to simmer for 30 minutes. Pour into glasses or mugs and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one week.

Serving Size

One serving is one cup.

More Flavor

Add cranberry juice.

Serve at a Party

This is a fool-proof drink to serve at a party. You can keep this pot simmering on low for a few hours for the duration of your party.

Star Anise

One teaspoon is approximately one whole piece of star anise. Two tablespoons equal six whole pieces of star anise.

Ingredients

3 quarts Apple Cider

2 tbsps Star Anise (whole)

5 servings Cinnamon Stick

1/2 cup Frozen Cranberries

1/2 Navel Orange (sliced)

Nutrition

Amount per serving

Calories	120	Vitamin D	0IU
Fat	0g	Vitamin E	0mg
Carbs	28g	Vitamin K	0µg
Fiber	3g	Thiamine	0mg
Sugar	23g	Riboflavin	0mg
Protein	0g	Niacin	0mg
Cholesterol	0mg	Vitamin B6	0mg
Sodium	19mg	Folate	2µg
Potassium	234mg	Vitamin B12	0µg
Vitamin A	20IU	Phosphorous	6mg
Vitamin C	9mg	Magnesium	3mg
Calcium	10mg	Zinc	0mg
Iron	0mg	Selenium	0µg

Blender Beet Juice

5 ingredients · 15 minutes · 2 servings



Directions

1. Add all of the ingredients to a blender and blend until smooth.
2. Place a nut-milk bag or a fine mesh sieve over a large bowl and pour in the juice. Using clean hands, squeeze out all the liquid. Pour the strained juice into a glass pitcher and serve. Enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/4 cups.

Ingredients

- 1 Beet (medium, peeled, chopped)
- 1 Carrot (medium, peeled, chopped)
- 1 Green Apple (medium, chopped)
- 2 **tsps** Ginger (peeled, chopped)
- 1 **cup** Water

Nutrition

Amount per serving

Calories	80	Vitamin D	0IU
Fat	0g	Vitamin E	0mg
Carbs	19g	Vitamin K	7µg
Fiber	4g	Thiamine	0.1mg
Sugar	12g	Riboflavin	0.1mg
Protein	1g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	56mg	Folate	53µg
Potassium	339mg	Vitamin B12	0µg
Vitamin A	5192IU	Phosphorous	38mg
Vitamin C	4mg	Magnesium	20mg
Calcium	33mg	Zinc	0mg
Iron	1mg	Selenium	0µg

Banana Cinnamon Smoothie

7 ingredients · 5 minutes · 2 servings



Directions

1. Add all ingredients to blender and blend until smooth. Pour into a glasses and enjoy!

Notes

No Protein Powder

Use hemp seeds with vanilla extract instead.

Leftovers

Store in a mason jar with a lid in the fridge up to 24 hours. Shake well before drinking.

Make it Green

Add spinach.

Ingredients

1/2 cup Vanilla Protein Powder

2 tbsps Ground Flax Seed

2 tbsps Chia Seeds

2 Banana (frozen)

4 Ice Cubes

2 cups Water

1/2 tsp Cinnamon

Nutrition

Amount per serving

Calories	284	Vitamin D	0IU
Fat	7g	Vitamin E	0mg
Carbs	36g	Vitamin K	1µg
Fiber	10g	Thiamine	0.2mg
Sugar	14g	Riboflavin	0.6mg
Protein	24g	Niacin	1mg
Cholesterol	4mg	Vitamin B6	0.6mg
Sodium	45mg	Folate	32µg
Potassium	596mg	Vitamin B12	0.6µg
Vitamin A	77IU	Phosphorous	347mg
Vitamin C	10mg	Magnesium	84mg
Calcium	236mg	Zinc	2mg
Iron	2mg	Selenium	8µg

Green Blender Juice or Smoothie

7 ingredients · 5 minutes · 1 serving



Directions

1. Combine all ingredients together in a blender. Blend very well until smooth. Be patient! It may take some time to really liquify.
2. Pour into a glass and enjoy as a smoothie. Or for a juice, use a nut-milk bag or cheesecloth to strain the smoothie. Pour the smoothie into the bag then use your clean hands to squeeze out all the liquid into a bowl. (Note: You can also use a strainer and the back of a spoon for this step, it just takes a bit longer.) Pour the juice into a glass and discard the pulp. Enjoy!

Ingredients

- 1 1/2 cups Pineapple (diced)
- 1 Cucumber (diced)
- 1 cup Parsley
- 4 cups Baby Spinach
- 1 tbsp Ginger (peeled)
- 1 Lemon (juiced)
- 10 Ice Cubes

Nutrition

Amount per serving

Calories	234	Vitamin D	0IU
Fat	2g	Vitamin E	3mg
Carbs	56g	Vitamin K	1628µg
Fiber	10g	Thiamine	0.4mg
Sugar	32g	Riboflavin	0.4mg
Protein	9g	Niacin	3mg
Cholesterol	0mg	Vitamin B6	0.7mg
Sodium	139mg	Folate	401µg
Potassium	1793mg	Vitamin B12	0µg
Vitamin A	16837IU	Phosphorous	192mg
Vitamin C	260mg	Magnesium	199mg
Calcium	287mg	Zinc	2mg
Iron	9mg	Selenium	2µg

Detox Green Smoothie

8 ingredients · 10 minutes · 2 servings



Directions

1. Place all ingredients together in a blender. Blend until smooth. Be patient! No one likes clumps in their smoothies. It may take 1 minute or longer to get a great, smoothie-consistency.
2. Divide between glasses and enjoy!

Notes

No Kale

Use spinach.

No Pear

Use apples.

Metabolism Boost

Add 1/4 tsp cayenne pepper.

Make it Sweeter

Add 1/2 cup frozen pineapple or mango.

More Protein

Add a scoop of protein powder or hemp seeds.

Ingredients

- 4 cups Kale Leaves
- 1 Cucumber (chopped)
- 1 Lemon (juiced)
- 2 Pear (peeled and chopped)
- 1 tbsp Ginger (grated)
- 1 tbsp Ground Flax Seed
- 1 1/2 cups Water
- 5 Ice Cubes

Nutrition

Amount per serving

Calories	164	Vitamin D	0IU
Fat	2g	Vitamin E	1mg
Carbs	38g	Vitamin K	196µg
Fiber	9g	Thiamine	0.1mg
Sugar	21g	Riboflavin	0.2mg
Protein	4g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.2mg
Sodium	31mg	Folate	54µg
Potassium	611mg	Vitamin B12	0µg
Vitamin A	2225IU	Phosphorous	84mg
Vitamin C	61mg	Magnesium	52mg
Calcium	171mg	Zinc	1mg
Iron	2mg	Selenium	1µg

Kiwi Green Smoothie

7 ingredients · 5 minutes · 2 servings



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chia Seeds

Use flax seed instead.

No Protein Powder

Use hemp seeds instead.

Ingredients

- 2 Kiwi (small, peeled)
- 1 Banana (frozen)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 2 1/2 cups Baby Spinach
- 2 cups Water
- 4 Ice Cubes

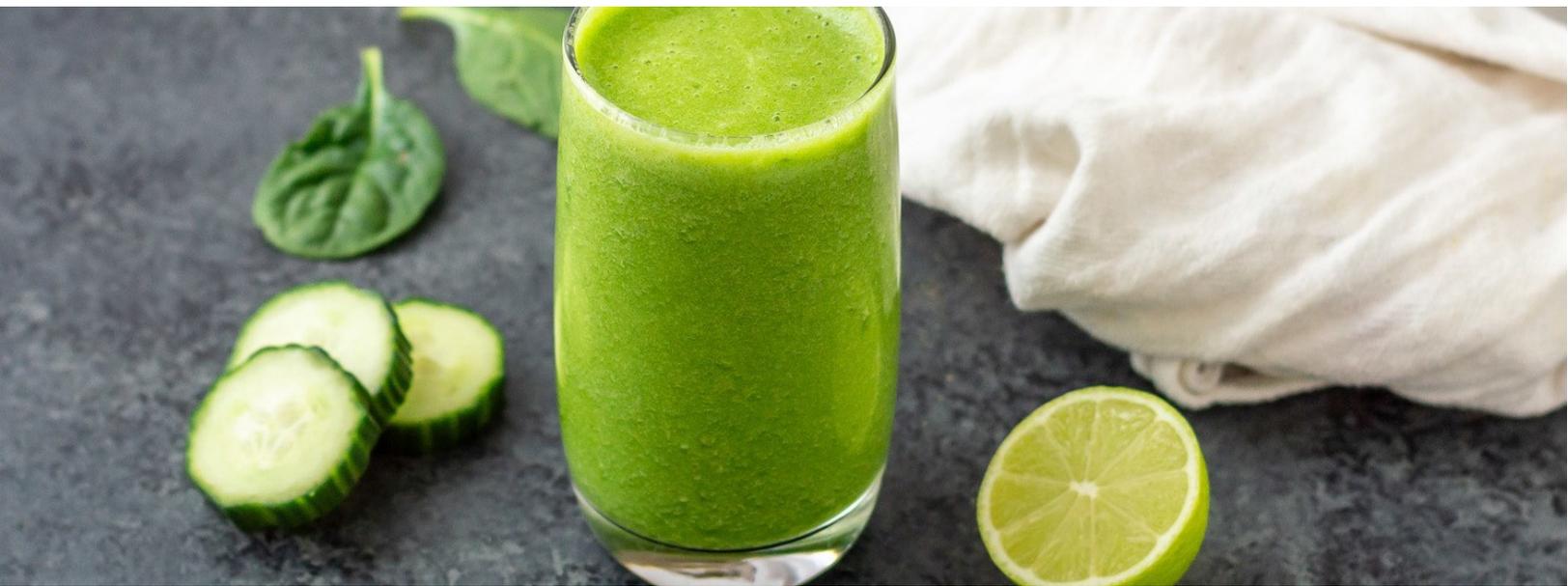
Nutrition

Amount per serving

Calories	245	Vitamin D	0IU
Fat	5g	Vitamin E	2mg
Carbs	31g	Vitamin K	209µg
Fiber	9g	Thiamine	0.2mg
Sugar	14g	Riboflavin	0.6mg
Protein	23g	Niacin	1mg
Cholesterol	4mg	Vitamin B6	0.5mg
Sodium	77mg	Folate	110µg
Potassium	807mg	Vitamin B12	0.6µg
Vitamin A	3614IU	Phosphorous	375mg
Vitamin C	80mg	Magnesium	109mg
Calcium	278mg	Zinc	2mg
Iron	3mg	Selenium	8µg

Green Pineapple Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers

Best enjoyed immediately.

No Spinach

Use kale instead.

Consistency

For a thicker smoothie add some ice cubes.

Ingredients

- 1 cup Frozen Pineapple
- 1 cup Baby Spinach
- 3/4 cup Water
- 1/2 Apple (peeled and chopped)
- 1/4 Cucumber (chopped)
- 1/2 Lime (juiced)

Nutrition

Amount per serving

Calories	154	Vitamin D	0IU
Fat	1g	Vitamin E	1mg
Carbs	40g	Vitamin K	160µg
Fiber	6g	Thiamine	0.2mg
Sugar	27g	Riboflavin	0.2mg
Protein	3g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.3mg
Sodium	32mg	Folate	98µg
Potassium	581mg	Vitamin B12	0µg
Vitamin A	3048IU	Phosphorous	59mg
Vitamin C	100mg	Magnesium	63mg
Calcium	90mg	Zinc	1mg
Iron	2mg	Selenium	1µg

Glowing Green Mango Energy Smoothie

7 ingredients · 10 minutes · 2 servings



Directions

1. Place all ingredients together in a blender. Blend until smooth. Enjoy!

Ingredients

- 4 cups Baby Spinach
- 1/2 Cucumber
- 1 Lime (juiced)
- 1 Lemon (juiced)
- 1 Apple (skin removed and diced)
- 1 1/2 cups Frozen Mango
- 2 cups Water

Nutrition

Amount per serving

Calories	157	Vitamin D	0IU
Fat	1g	Vitamin E	3mg
Carbs	40g	Vitamin K	309µg
Fiber	6g	Thiamine	0.1mg
Sugar	29g	Riboflavin	0.2mg
Protein	4g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.4mg
Sodium	56mg	Folate	185µg
Potassium	801mg	Vitamin B12	0µg
Vitamin A	7106IU	Phosphorous	80mg
Vitamin C	84mg	Magnesium	82mg
Calcium	119mg	Zinc	1mg
Iron	2mg	Selenium	2µg

Stewed Apples

3 ingredients · 35 minutes · 7 servings



Directions

1. Add the chopped apples, water, and cinnamon to a large pot. Mix to combine.
2. Bring to a boil then reduce the heat to a simmer. Cook for 15 to 20 minutes or until the apples are soft and fork tender.
3. Remove from the heat and let the apples cool before transferring them, along with the liquid, to a glass container. Serve warm or refrigerate until ready to use. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 1/2 cup.

Ingredients

5 Apple (large, cored, chopped)

1 cup Water

1 tbsp Cinnamon

Nutrition

Amount per serving

Calories	70	Vitamin D	0IU
Fat	0g	Vitamin E	0mg
Carbs	19g	Vitamin K	3µg
Fiber	4g	Thiamine	0mg
Sugar	14g	Riboflavin	0mg
Protein	0g	Niacin	0mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	2mg	Folate	4µg
Potassium	144mg	Vitamin B12	0µg
Vitamin A	73IU	Phosphorous	15mg
Vitamin C	6mg	Magnesium	8mg
Calcium	22mg	Zinc	0mg
Iron	0mg	Selenium	0µg

Grilled Fruit Medley

6 ingredients · 10 minutes · 4 servings



Directions

1. Preheat grill to high heat. Slide the pineapple, strawberries and nectarine onto skewers. (Note: If using wooden skewers, they should be soaked in water beforehand.)
2. Grill fruit skewers for 1 to 2 minutes per side, or until grill marks appear.
3. Slide the grilled fruit off the skewers and into a bowl. Add the blueberries, top with lime juice and enjoy!

Notes

Other Grilled Fruit Ideas

Use watermelon, peach, apricot, cantaloupe, or mango.

No Grill

Use a grill pan on the stovetop instead, or broil in the oven.

Serve it With

Yogurt, ice cream, whipped coconut cream, oatmeal, granola or a bit of honey.

Serve it as a Salad

Add arugula, spinach, basil, goat cheese, feta cheese, walnuts and/or pecans, with a dressing of your choice.

Storage

This recipe is best enjoyed immediately but can be refrigerated in an airtight container up to 2 to 3 days.

Ingredients

- 2 cups Pineapple (diced and cored)
- 1 cup Strawberries (halved and stems removed)
- 1 Nectarine (sliced and pit removed)
- 12 Barbecue Skewers
- 1 cup Blueberries
- 1/4 Lime (juiced)

Nutrition

Amount per serving

Calories	90	Vitamin D	0IU
Fat	0g	Vitamin E	1mg
Carbs	23g	Vitamin K	9µg
Fiber	3g	Thiamine	0.1mg
Sugar	16g	Riboflavin	0.1mg
Protein	1g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	2mg	Folate	28µg
Potassium	248mg	Vitamin B12	0µg
Vitamin A	191IU	Phosphorous	29mg
Vitamin C	67mg	Magnesium	20mg
Calcium	21mg	Zinc	0mg
Iron	1mg	Selenium	0µg

Fruit Chaat

8 ingredients · 10 minutes · 3 servings



Directions

1. Add all the ingredients into a large mixing bowl. Toss until well combined. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately 1 1/2 cups.

Ingredients

- 1 1/2 cups Grapes (halved)
- 2 Apple (small, chopped)
- 1 Banana (medium, sliced)
- 1/4 Lemon (juiced)
- 1/4 cup Mint Leaves (chopped)
- 1/2 tsp Chaat Masala
- 1/4 tsp Cumin (ground)
- 1/8 tsp Sea Salt

Nutrition

Amount per serving

Calories	135	Vitamin D	0IU
Fat	1g	Vitamin E	0mg
Carbs	35g	Vitamin K	10µg
Fiber	5g	Thiamine	0.1mg
Sugar	25g	Riboflavin	0.1mg
Protein	1g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.2mg
Sodium	169mg	Folate	17µg
Potassium	378mg	Vitamin B12	0µg
Vitamin A	230IU	Phosphorous	29mg
Vitamin C	13mg	Magnesium	22mg
Calcium	23mg	Zinc	0mg
Iron	1mg	Selenium	0µg

Pressure Cooker Pear & Apple Sauce

6 ingredients · 20 minutes · 6 servings



Directions

1. Add all of the ingredients to the pressure cooker and close the lid.
2. Set to "sealing", then press manual/pressure cooker and cook for 5 minutes on high pressure. Once it is done, release pressure manually. Remove the lid carefully and let the applesauce cool slightly.
3. Transfer everything to a blender and blend until smooth, allowing space for the heat to escape. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1/2 cup of applesauce.

Fruit

Gala apples and Bosc pears were used for this recipe. Fruit can be peeled if desired.

More Flavor

Add other warming spices like nutmeg or pumpkin pie spice.

Ingredients

- 3 Apple (seeds removed, roughly chopped)
- 3 Pear (seeds removed, roughly chopped)
- 1/2 cup Water
- 2 tbsps Lemon Juice
- 1/4 tsp Vanilla Extract
- 1/4 tsp Cinnamon

Nutrition

Amount per serving

Calories	100	Vitamin D	0IU
Fat	0g	Vitamin E	0mg
Carbs	27g	Vitamin K	6µg
Fiber	5g	Thiamine	0mg
Sugar	18g	Riboflavin	0.1mg
Protein	1g	Niacin	0mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	2mg	Folate	10µg
Potassium	207mg	Vitamin B12	0µg
Vitamin A	72IU	Phosphorous	21mg
Vitamin C	10mg	Magnesium	12mg
Calcium	17mg	Zinc	0mg
Iron	0mg	Selenium	0µg

Pico De Gallo

5 ingredients · 15 minutes · 4 servings



Directions

1. Combine all of the ingredients into a bowl. Mix until everything is well combined. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serve it With

Serve with tortilla chips, on top of tacos, as a salad topper or on a sandwich.

Serving Size

One serving is roughly 1/3 cup.

More Flavor

Add diced jalapeno or chilli flakes.

Ingredients

- 5 Tomato (small, diced)
- 1/4 cup Cilantro (chopped)
- 1/3 cup Red Onion (diced)
- 1 Lime (juiced)
- Sea Salt & Black Pepper

Nutrition

Amount per serving

Calories	31	Vitamin D	0IU
Fat	0g	Vitamin E	0mg
Carbs	7g	Vitamin K	3µg
Fiber	2g	Thiamine	0.1mg
Sugar	1g	Riboflavin	0.1mg
Protein	2g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	59mg	Folate	44µg
Potassium	332mg	Vitamin B12	0µg
Vitamin A	2149IU	Phosphorous	46mg
Vitamin C	27mg	Magnesium	14mg
Calcium	12mg	Zinc	0mg
Iron	1mg	Selenium	1µg

Carrot & Beet Salsa

6 ingredients · 35 minutes · 4 servings



Directions

1. Bring a pot of water to a boil. Place the beet in a steamer over the boiling water and steam for 30 minutes, or until fork tender. When cool enough to handle, rub the skins off and cut into cubes.
2. In a food processor, combine the beet, carrot, onion, cilantro, lime juice, and salt and process until your desired consistency is reached, adding a tablespoon of water at a time, if needed. Season with more salt to taste.
3. Refrigerate until ready to serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately 1/3 cup.

More Flavor

Add tomato, peppers, jalapeno, or allspice.

Additional Toppings

Serve it with crackers, pita, plantain chips, or veggie sticks.

Ingredients

- 1 Beet
- 1 Carrot (medium, roughly chopped)
- 1/2 Yellow Onion (small, roughly chopped)
- 1 cup Cilantro (chopped)
- 1 tbsp Lime Juice
- 1/4 tsp Sea Salt (to taste)

Nutrition

Amount per serving

Calories	23	Vitamin D	0IU
Fat	0g	Vitamin E	0mg
Carbs	5g	Vitamin K	14µg
Fiber	2g	Thiamine	0mg
Sugar	3g	Riboflavin	0mg
Protein	1g	Niacin	0mg
Cholesterol	0mg	Vitamin B6	0mg
Sodium	176mg	Folate	28µg
Potassium	161mg	Vitamin B12	0µg
Vitamin A	2826IU	Phosphorous	16mg
Vitamin C	4mg	Magnesium	8mg
Calcium	17mg	Zinc	0mg
Iron	1mg	Selenium	0µg

Strawberry Salsa

6 ingredients · 10 minutes · 3 servings



Directions

1. Add all of the ingredients to a bowl and mix to combine. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately 2/3 cup.

Serve it With

Tortilla chips, crackers, on sandwiches, wraps, burgers, on top of chicken, fish or beef.

Ingredients

2 1/4 cups Strawberries (stems removed, finely diced)

1/3 cup Red Onion (finely diced)

1/2 Jalapeno Pepper (seeds removed, finely diced)

2 tbsps Cilantro (finely chopped)

1 Lime (juiced)

1/8 tsp Sea Salt (to taste)

Nutrition

Amount per serving

Calories	46	Vitamin D	0IU
Fat	0g	Vitamin E	0mg
Carbs	11g	Vitamin K	5µg
Fiber	3g	Thiamine	0mg
Sugar	6g	Riboflavin	0mg
Protein	1g	Niacin	0mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	101mg	Folate	32µg
Potassium	218mg	Vitamin B12	0µg
Vitamin A	91IU	Phosphorous	34mg
Vitamin C	72mg	Magnesium	18mg
Calcium	24mg	Zinc	0mg
Iron	1mg	Selenium	1µg

Melon & Tomato Salsa

7 ingredients · 5 minutes · 4 servings



Directions

1. Add the cantaloupe, tomatoes, red onion, cilantro, garlic, and juice of the lime to a bowl and mix to combine. Season with salt and pepper to taste. Enjoy!

Notes

Serving Size

One serving is approximately equal to 3/4 cups of salsa.

Leftovers

Refrigerate in an airtight container for up to two days.

More Flavor

Add jalapeno or red pepper flakes.

Serve it With

Chips, on top of salads, or beside protein of choice.

Cantaloupe

One-half of a small cantaloupe is approximately two cups.

No Cantaloupe

Use peaches, mango, or honeydew instead.

Ingredients

1/2 Cantaloupe (small, cut into small cubes)

1 cup Cherry Tomatoes (quartered)

1/2 cup Red Onion (finely chopped)

1/2 cup Cilantro (finely chopped)

2 Garlic (clove, minced)

2 Lime (juiced)

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	46	Vitamin D	0IU
Fat	0g	Vitamin E	0mg
Carbs	11g	Vitamin K	11µg
Fiber	2g	Thiamine	0.1mg
Sugar	8g	Riboflavin	0mg
Protein	1g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	15mg	Folate	27µg
Potassium	344mg	Vitamin B12	0µg
Vitamin A	2790IU	Phosphorous	31mg
Vitamin C	40mg	Magnesium	17mg
Calcium	22mg	Zinc	0mg
Iron	0mg	Selenium	1µg

Peach Salsa

6 ingredients · 10 minutes · 2 servings



Directions

1. Combine all of the ingredients in a bowl and mix well. Serve, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately 1/4 cup.

Serve it With

Tortilla chips, in salads or bowls, on burgers, on tacos, or with protein of choice.

Ingredients

- 1 Peach (large, finely chopped)
- 1/4 cup Red Onion (finely diced)
- 1/2 Jalapeno Pepper (finely chopped)
- 3 tbsps Cilantro (finely chopped)
- 2 tbsps Lime Juice
- 1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	42	Vitamin D	0IU
Fat	0g	Vitamin E	1mg
Carbs	11g	Vitamin K	7µg
Fiber	2g	Thiamine	0mg
Sugar	8g	Riboflavin	0mg
Protein	1g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	297mg	Folate	10µg
Potassium	206mg	Vitamin B12	0µg
Vitamin A	391IU	Phosphorous	25mg
Vitamin C	16mg	Magnesium	11mg
Calcium	13mg	Zinc	0mg
Iron	0mg	Selenium	0µg

Blueberry & Peach Salsa

7 ingredients · 15 minutes · 5 servings



Directions

1. Add all of the ingredients to a bowl and gently toss to combine. Divide evenly between bowls or plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately half a cup.

More Flavor

Add diced tomatoes and avocado.

Serve It With

Grilled chicken or fish, pork tenderloin, tortilla chips, or crostinis.

Ingredients

- 1 1/4 cups Blueberries
- 1 Peach (large, diced)
- 1/4 cup Red Onion (finely chopped)
- 1/4 cup Cilantro (finely chopped)
- 1 Garlic (clove, minced)
- 1 Lime (juiced)
- 1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	39	Vitamin D	0IU
Fat	0g	Vitamin E	0mg
Carbs	10g	Vitamin K	10µg
Fiber	2g	Thiamine	0mg
Sugar	7g	Riboflavin	0mg
Protein	1g	Niacin	0mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	119mg	Folate	6µg
Potassium	114mg	Vitamin B12	0µg
Vitamin A	176IU	Phosphorous	15mg
Vitamin C	9mg	Magnesium	7mg
Calcium	9mg	Zinc	0mg
Iron	0mg	Selenium	0µg

Cherry Salsa

6 ingredients · 10 minutes · 3 servings



Directions

1. In a bowl, add all the ingredients and mix well. Adjust the seasoning to your taste and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up three days.

Serving Size

One serving is equal to approximately 1/3 cup.

How To Serve

Serve with your choice of cracker or chip, or on the side of a grilled protein.

Ingredients

- 1 cup Cherries (pitted, finely chopped)
- 2 tbsps Red Onion (finely chopped)
- 2 tbsps Cilantro (chopped)
- 1/2 Lime (juiced)
- 1/4 tsp Sea Salt
- 1/2 Jalapeno Pepper (seeds removed, finely diced)

Nutrition

Amount per serving

Calories	38	Vitamin D	0IU
Fat	0g	Vitamin E	0mg
Carbs	10g	Vitamin K	4µg
Fiber	1g	Thiamine	0mg
Sugar	7g	Riboflavin	0mg
Protein	1g	Niacin	0mg
Cholesterol	0mg	Vitamin B6	0mg
Sodium	197mg	Folate	5µg
Potassium	142mg	Vitamin B12	0µg
Vitamin A	107IU	Phosphorous	15mg
Vitamin C	9mg	Magnesium	7mg
Calcium	10mg	Zinc	0mg
Iron	0mg	Selenium	0µg

Mango & Jalapeno Salsa

6 ingredients · 10 minutes · 4 servings



Directions

1. Combine all of the ingredients in a bowl and mix well. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 1/4 cup.

Ingredients

- 1 Mango (large, peeled, cubed)
- 1/4 cup Red Onion (finely chopped)
- 1 Jalapeno Pepper (small, seeds removed, finely chopped)
- 3 tbsps Cilantro (finely chopped)
- 1 Lime (medium, juiced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	58	Vitamin D	0IU
Fat	0g	Vitamin E	1mg
Carbs	15g	Vitamin K	7µg
Fiber	2g	Thiamine	0mg
Sugar	12g	Riboflavin	0mg
Protein	1g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	2mg	Folate	41µg
Potassium	181mg	Vitamin B12	0µg
Vitamin A	1003IU	Phosphorous	17mg
Vitamin C	39mg	Magnesium	11mg
Calcium	14mg	Zinc	0mg
Iron	0mg	Selenium	1µg

Spicy Peach Salsa

7 ingredients · 10 minutes · 2 servings



Directions

1. Combine all of the ingredients in a bowl. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 3/4 cup.

No Serrano Pepper

Use jalapeno pepper instead.

Serve it With

Tacos, tortilla chips, or baked plantain chips. Serve over your cooked protein of choice.

Ingredients

- 1 Peach (large, diced)
- 1/2 cup Cherry Tomatoes (chopped)
- 2 tbsps Red Onion (finely chopped)
- 1/2 Serrano Pepper (medium, seeds removed, finely chopped)
- 2 tbsps Cilantro (chopped)
- 1 Lime (medium, juiced)
- 1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	46	Vitamin D	0IU
Fat	0g	Vitamin E	1mg
Carbs	12g	Vitamin K	8µg
Fiber	2g	Thiamine	0mg
Sugar	8g	Riboflavin	0mg
Protein	1g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	298mg	Folate	14µg
Potassium	281mg	Vitamin B12	0µg
Vitamin A	648IU	Phosphorous	31mg
Vitamin C	18mg	Magnesium	14mg
Calcium	14mg	Zinc	0mg
Iron	0mg	Selenium	0µg

Peach & Avocado Salsa

7 ingredients · 10 minutes · 2 servings



Directions

1. Combine all of the ingredients in a bowl. Serve and enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to one day.

Serving Size

One serving is approximately 3/4 cup.

More Flavor

Add minced garlic.

Ingredients

- 1/2 Avocado (medium, diced)
- 1/2 cup Cherry Tomatoes (chopped)
- 1 Peach (medium, chopped)
- 3 tbsps Red Onion (finely chopped)
- 1 Lime (medium, juiced)
- 1/4 tsp Sea Salt
- 2 tbsps Cilantro (finely chopped)

Nutrition

Amount per serving

Calories	128	Vitamin D	0IU
Fat	8g	Vitamin E	2mg
Carbs	16g	Vitamin K	19µg
Fiber	5g	Thiamine	0.1mg
Sugar	9g	Riboflavin	0.1mg
Protein	2g	Niacin	2mg
Cholesterol	0mg	Vitamin B6	0.2mg
Sodium	302mg	Folate	55µg
Potassium	527mg	Vitamin B12	0µg
Vitamin A	707IU	Phosphorous	58mg
Vitamin C	23mg	Magnesium	29mg
Calcium	21mg	Zinc	1mg
Iron	1mg	Selenium	0µg

Pressure Cooker Vegetable Broth

9 ingredients · 1 hour 15 minutes · 6 servings



Directions

1. Add all of the ingredients to the pressure cooker. Close the lid and set to "sealing", then press manual/pressure cooker and cook for 30 minutes on high pressure. Once it is done, allow the pressure to release naturally.
2. Remove the lid carefully and strain the liquid through a fine mesh strainer. Discard the vegetables. Divide the broth into jars. Enjoy!

Notes

Leftovers

Once the broth has cooled, store it in the fridge for up to four days. To freeze, store in freezer-friendly jars for up to three months.

Serving Size

One serving is approximately two cups.

Save Vegetable Scraps

You can save any vegetable scraps from previous meals and freeze in a zipper-lock bag. Once it's full, use your vegetable scraps to make your broth.

Ingredients

- 2 stalks Celery (roughly chopped)
- 2 Carrot (skin on, roughly chopped)
- 1 Yellow Onion (skin on, cut in half)
- 1/2 cup Mushrooms
- 3 Garlic (cloves, skin on, cut in half)
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1/2 cup Parsley (fresh, roughly chopped)
- 12 cups Water

Nutrition

Amount per serving

Calories	24	Vitamin D	1IU
Fat	0g	Vitamin E	0mg
Carbs	5g	Vitamin K	90µg
Fiber	2g	Thiamine	0mg
Sugar	3g	Riboflavin	0.1mg
Protein	1g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	432mg	Folate	18µg
Potassium	189mg	Vitamin B12	0µg
Vitamin A	3885IU	Phosphorous	23mg
Vitamin C	9mg	Magnesium	17mg
Calcium	77mg	Zinc	0mg

Iron

1mg

Selenium

1µg



Celery Root Soup

8 ingredients · 30 minutes · 4 servings



Directions

1. Combine all of the ingredients in a pot over medium-high heat and bring to a gentle boil. Reduce the heat to medium and continue to cook for 20 to 25 minutes or until the vegetables are tender.
2. Transfer the soup to a blender or food processor and blend until smooth. Add more vegetable broth or water to thin, if needed. Divide between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size

One serving is approximately one cup of soup.

More Flavor

Add garlic, yellow onion, or other dried herb and spices to taste.

Additional Toppings

Fresh herbs, like parsley, or a drizzle of extra virgin olive oil.

Celery Root

Three cups of celery root cubes is approximately half of a large celery root.

Ingredients

- 3 cups** Celery Root (peeled, cut into cubes)
- 2 stalks** Green Onion (chopped)
- 1** Carrot (small, peeled and chopped)
- 1** Russet Potato (medium, peeled and cut into cubes)
- 3 cups** Vegetable Broth
- 1 tsp** Dried Parsley
- 1 tsp** Dried Chives
- 1/4 tsp** Sea Salt

Nutrition

Amount per serving

Calories	107	Vitamin D	0IU
Fat	1g	Vitamin E	1mg
Carbs	23g	Vitamin K	63µg
Fiber	4g	Thiamine	0.1mg
Sugar	4g	Riboflavin	0.1mg
Protein	4g	Niacin	2mg
Cholesterol	0mg	Vitamin B6	0.4mg
Sodium	773mg	Folate	26µg
Potassium	683mg	Vitamin B12	0µg
Vitamin A	3200IU	Phosphorous	178mg
Vitamin C	16mg	Magnesium	41mg
Calcium	73mg	Zinc	1mg

Iron

1mg

Selenium

1µg



Pressure Cooker Squash & Pear Soup

8 ingredients · 30 minutes · 4 servings



Directions

1. Add all of the ingredients to the pressure cooker and close the lid.
2. Set to "sealing", then press manual/pressure cooker and cook for 10 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully and let the soup mixture cool slightly.
3. Using a hand blender, puree the soup until smooth. Add additional broth if needed until the desired consistency is reached.
4. Divide between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 1 1/2 cups of soup.

Additional Toppings

Fresh herbs, fresh ground black pepper or red pepper flakes.

Pear

Bosc pears were used for this recipe. Firm, not overly ripe, pears yield the best results.

No Hand Blender

Use a blender or food processor instead.

No Vegetable Broth

Use chicken broth or bone broth instead.

Ingredients

- 4 cups Butternut Squash (peeled, chopped)
- 3 Garlic (cloves)
- 2 Pear (peeled, seeds removed, roughly chopped)
- 1 Carrot (chopped)
- 1 Yellow Onion (chopped)
- 1 tbsp Fresh Sage (optional)
- 1/2 tsp Sea Salt
- 2 cups Vegetable Broth (plus more if needed)

Nutrition

Amount per serving

Calories	142	Vitamin D	0IU
Fat	0g	Vitamin E	2mg
Carbs	36g	Vitamin K	17µg
Fiber	7g	Thiamine	0.2mg
Sugar	15g	Riboflavin	0.1mg
Protein	3g	Niacin	2mg
Cholesterol	0mg	Vitamin B6	0.3mg
Sodium	641mg	Folate	48µg
Potassium	720mg	Vitamin B12	0µg
Vitamin A	17745IU	Phosphorous	69mg
Vitamin C	35mg	Magnesium	59mg
Calcium	106mg	Zinc	0mg

Iron

2mg

Selenium

1µg



Pressure Cooker Potato, Leek & Kale Soup

11 ingredients · 25 minutes · 4 servings



Directions

1. Turn your pressure cooker to sauté mode and add a splash of vegetable broth. Then add the leeks and celery and cook for 4 to 5 minutes, until softened. Add the garlic, oregano, thyme and sea salt and stir to combine, cooking for one minute more.
2. Turn off the sauté mode and add the potatoes along with the remaining vegetable broth. Stir to combine. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 10 minutes on high pressure. Once finished cooking, turn off and do a quick release.
3. Remove about 3/4 of the soup and place in a blender. Carefully blend to purée until smooth. Pour this back into the pressure cooker. Add the kale leaves and lemon juice and stir. Heat through to let the kale wilt a little. Divide into bowls, garnish with dill if using, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to about 1 1/2 cups.

More Flavor

Use oil to sauté the vegetables.

Additional Toppings

Top with red pepper flakes.

No Dill

Omit or use any other fresh herb.

Ingredients

- 3 cups Vegetable Broth
- 1 Leeks (white parts only, chopped fine)
- 2 stalks Celery (chopped)
- 4 Garlic (cloves, minced)
- 1 tsp Oregano (dried)
- 1/8 tsp Dried Thyme
- 1/2 tsp Sea Salt
- 3 Yellow Potato (medium, chopped)
- 2 cups Kale Leaves (stem removed, chopped)
- 1 1/2 tbsps Lemon Juice
- 1/4 cup Fresh Dill (optional, chopped)

Nutrition

Amount per serving

Calories	158	Vitamin D	0IU
Fat	1g	Vitamin E	0mg
Carbs	35g	Vitamin K	64µg
Fiber	5g	Thiamine	0.2mg
Sugar	4g	Riboflavin	0.1mg
Protein	5g	Niacin	2mg
Cholesterol	0mg	Vitamin B6	0.6mg
Sodium	822mg	Folate	55µg
Potassium	865mg	Vitamin B12	0µg
Vitamin A	1413IU	Phosphorous	120mg

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Vitamin C	49mg	Magnesium	52mg
Calcium	84mg	Zinc	1mg
Iron	2mg	Selenium	1µg



Thai Curry Carrot Soup

7 ingredients · 35 minutes · 2 servings



Directions

1. Add a splash of broth to a large pot over medium heat. Add the carrots and the onions and cook for five to seven minutes, stirring regularly.
2. Add the remaining broth and the curry paste to the pot, stirring constantly. Bring to a boil, then reduce the heat and simmer for 15 to 20 minutes or until the carrots are tender.
3. Blend until smooth. Adjust the consistency with more broth as needed. Add salt, if desired.
4. Divide into bowls. Top with lime juice and cilantro. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

Serving Size

One serving is approximately two cups.

More Flavor

Add coconut milk.

Additional Toppings

Green onions and/or sesame seeds.

Ingredients

4 cups Vegetable Broth, Low Sodium (divided, plus more as needed)

4 Carrot (large, chopped)

1 Yellow Onion (medium, chopped)

1 tbsp Thai Red Curry Paste

1/4 tsp Sea Salt (optional)

1 Lime (juiced)

2 tbsps Cilantro (chopped)

Nutrition

Amount per serving

Calories	107	Vitamin D	0IU
Fat	1g	Vitamin E	1mg
Carbs	25g	Vitamin K	19µg
Fiber	5g	Thiamine	0.1mg
Sugar	15g	Riboflavin	0.1mg
Protein	2g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.2mg
Sodium	808mg	Folate	26µg
Potassium	502mg	Vitamin B12	0µg
Vitamin A	21960IU	Phosphorous	46mg
Vitamin C	19mg	Magnesium	17mg
Calcium	64mg	Zinc	0mg
Iron	2mg	Selenium	0µg

Sweet Potato Soup

9 ingredients · 50 minutes · 4 servings



Directions

1. Heat a large pot over medium-high heat. Add the onion, garlic, and ginger along with enough water to cover the bottom of the pot. Cook for five to six minutes until the onions begin to soften. Stir in the salt and turmeric and continue to cook for another minute.
2. Add the sweet potato, cauliflower, carrot, and the remaining water to the pot and stir to combine. Increase the heat slightly to bring the soup to a gentle boil then reduce the heat and simmer for 25 to 30 minutes or until the vegetables are very tender.
3. Remove the pot from the heat and use an immersion blender to blend until smooth. Season the soup with additional salt if needed. Divide the soup between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately equal to two cups of soup.

More Flavor

Use vegetable broth instead of water. Add other dried herbs and spices.

Sweet Potato

Two large sweet potatoes yields approximately five cups of sweet potato cubes.

Cauliflower

Half a small cauliflower yields approximately three cups of florets.

Ingredients

- 1/2 Yellow Onion (large, chopped)
- 3 Garlic (large cloves, minced)
- 1 1/2 **tbps** Ginger (fresh, minced or grated)
- 7 **cups** Water (divided)
- 1 **tsp** Sea Salt
- 1 1/2 **tsps** Turmeric
- 2 Sweet Potato (large, peeled and cubed)
- 1/2 **head** Cauliflower (small, cut into florets)
- 2 Carrot (medium, peeled, and chopped)

Nutrition

Amount per serving

Calories	101	Vitamin D	0IU
Fat	0g	Vitamin E	0mg
Carbs	23g	Vitamin K	17µg
Fiber	5g	Thiamine	0.1mg
Sugar	7g	Riboflavin	0.1mg
Protein	3g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.3mg
Sodium	679mg	Folate	55µg
Potassium	598mg	Vitamin B12	0µg
Vitamin A	14317IU	Phosphorous	81mg
Vitamin C	40mg	Magnesium	43mg
Calcium	99mg	Zinc	1mg

Iron

2mg

Selenium

1µg



Cream of Celery Soup

5 ingredients · 25 minutes · 4 servings



Directions

1. In a large pot over medium heat, add a small splash of the vegetable broth. Sauté the onions until soft and brown, stirring frequently and adding more broth as needed to prevent the onions from sticking to the pot.
2. Add the potato, diced celery stalk, remaining broth and sea salt. Bring to a simmer and cook for 10 minutes or until the potatoes and celery are tender.
3. Use a handheld blender to purée to your desired consistency. Divide into bowls or containers. Top with celery leaves and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to two months.

Serving Size

One serving is approximately 2 cups.

More Flavor

Add dill and/or coconut milk to the soup.

Additional Toppings

Top with crackers, cream, yogurt, black pepper or a drizzle of olive oil.

Make it Creamy

For 6 servings, stir in about half a cup of coconut milk prior to serving.

Ingredients

- 3 cups** Vegetable Broth (divided)
- 1** White Onion (diced)
- 1** Yellow Potato (medium, diced)
- 12 stalks** Celery (diced, leaves reserved)
- 1/2 tsp** Sea Salt

Nutrition

Amount per serving

Calories	77	Vitamin D	0IU
Fat	0g	Vitamin E	0mg
Carbs	17g	Vitamin K	37µg
Fiber	4g	Thiamine	0.1mg
Sugar	4g	Riboflavin	0.1mg
Protein	3g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.3mg
Sodium	886mg	Folate	56µg
Potassium	610mg	Vitamin B12	0µg
Vitamin A	935IU	Phosphorous	72mg
Vitamin C	17mg	Magnesium	30mg
Calcium	66mg	Zinc	0mg
Iron	1mg	Selenium	1µg

Leek & Potato Soup

10 ingredients · 30 minutes · 6 servings



Directions

1. Heat a splash of broth in a large pot over medium-high heat. Add the onion, leeks, celery, and garlic and sauté for three to five minutes, or until tender, stirring frequently. Season with salt and pepper.
2. Add half of the remaining broth and use a wooden spoon to lift off any browned bits stuck to the bottom of the pot. Add the potatoes, thyme, and cayenne pepper. Stir to combine, then add the remaining broth.
3. Bring the soup to a boil, then reduce the heat to medium-low. Cover and simmer for 10 to 15 minutes or until the potatoes are tender.
4. Remove and discard the thyme stems. Using an immersion blender, blend the soup until smooth. Alternatively, add to a blender and blend to the desired consistency being careful to vent as needed.
5. Divide evenly between bowls and garnish with chives. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size

One serving is approximately one cup.

Ingredients

- 4 cups Vegetable Broth (divided)
- 1/2 Yellow Onion (medium, chopped)
- 2 Leeks (medium, chopped)
- 1 stalk Celery (chopped)
- 2 Garlic (clove, chopped)
- Sea Salt & Black Pepper (to taste)
- 3 Yellow Potato (peeled and cubed)
- 1/4 oz Thyme Sprigs (whole)
- 1/8 tsp Cayenne Pepper
- 2 tbsps Chives (chopped, optional)

Nutrition

Amount per serving

Calories	115	Vitamin D	0IU
Fat	0g	Vitamin E	0mg
Carbs	26g	Vitamin K	21µg
Fiber	3g	Thiamine	0.1mg
Sugar	4g	Riboflavin	0.1mg
Protein	3g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.4mg
Sodium	454mg	Folate	39µg
Potassium	580mg	Vitamin B12	0µg
Vitamin A	993IU	Phosphorous	81mg
Vitamin C	28mg	Magnesium	38mg

Calcium	48mg	Zinc	0mg
Iron	2mg	Selenium	1µg



Parsnip, Potato & Ginger Soup

10 ingredients · 25 minutes · 4 servings



Directions

1. Heat a splash of broth in a large pot over medium heat. Sauté the onions and celery until tender. Season with salt and pepper.
2. Add the garlic and ginger, cooking for one minute while stirring.
3. Add the parsnips, potatoes, and the remaining broth. Bring to a boil, then reduce the heat. Simmer for 12 to 15 minutes or until the vegetables are soft.
4. Add the Dijon mustard and blend the soup with a stick blender until smooth. Alternatively, add the soup to a blender and blend in batches as needed.
5. Divide evenly between bowls. Top with pumpkin seeds (optional) and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size

One serving is approximately one cup.

More Flavor

Add dried herbs like thyme or oregano.

Additional Toppings

Yogurt, fresh herbs, and/or chopped green onion.

Ingredients

- 4 1/4 cups Vegetable Broth (divided)
- 1 Yellow Onion (small, chopped)
- 1 stalk Celery (chopped)
- Sea Salt & Black Pepper (to taste)
- 1 Garlic (clove, minced)
- 1 tsp Ginger (fresh, grated)
- 2 Parsnip (medium, peeled, chopped)
- 1 Yellow Potato (large, peeled, chopped)
- 1 1/2 tsps Dijon Mustard
- 1/4 cup Pumpkin Seeds (roasted, optional)

Nutrition

Amount per serving

Calories	171	Vitamin D	0IU
Fat	4g	Vitamin E	1mg
Carbs	29g	Vitamin K	7µg
Fiber	5g	Thiamine	0.2mg
Sugar	8g	Riboflavin	0.1mg
Protein	6g	Niacin	2mg
Cholesterol	0mg	Vitamin B6	0.3mg
Sodium	737mg	Folate	63µg
Potassium	701mg	Vitamin B12	0µg
Vitamin A	606IU	Phosphorous	196mg
Vitamin C	23mg	Magnesium	87mg

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Calcium	62mg	Zinc	1mg
Iron	3mg	Selenium	2µg



Cabbage & Tomato Soup

10 ingredients · 45 minutes · 4 servings



Directions

1. Add the water to a large pot over medium-high heat. Add the onion, celery, carrot, and garlic and cook for about five minutes until the onions begin to soften. Stir in the salt and Italian seasoning and continue to cook for another one to two minutes.
2. Stir in the tomatoes and cabbage, then add the broth.
3. Bring the soup to a gentle boil, then reduce heat slightly and simmer for 20 to 25 minutes or until the vegetables are tender. Season the soup with additional salt if needed. Divide between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days or freeze for up to three months.

Serving Size

One serving is approximately equal to two cups of soup.

Make it Spicy

Add red pepper flakes, cayenne pepper, or hot sauce.

More Carbs

Add cooked rice, chickpeas, or lentils.

More Vegetables

Add zucchini, peas, green beans, bell pepper, kale, or spinach.

More Flavor

Add other dried herbs and spices like cumin, paprika, dill, chives, and/or black pepper.

Ingredients

1/4 cup Water

1 Yellow Onion (small)

1 stalk Celery (chopped)

1 Carrot (peeled and chopped)

2 Garlic (large clove, minced)

1/2 tsp Sea Salt (or to taste)

2 tsps Italian Seasoning

1 1/2 cups Diced Tomatoes (from the can)

3 cups Green Cabbage (chopped or sliced)

6 cups Vegetable Broth

Nutrition

Amount per serving

Calories	73	Vitamin D	0IU
Fat	0g	Vitamin E	0mg
Carbs	15g	Vitamin K	58µg
Fiber	4g	Thiamine	0.1mg
Sugar	9g	Riboflavin	0.1mg
Protein	3g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.2mg
Sodium	1324mg	Folate	35µg
Potassium	297mg	Vitamin B12	0µg
Vitamin A	3822IU	Phosphorous	37mg
Vitamin C	36mg	Magnesium	15mg

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Calcium	75mg	Zinc	0mg
Iron	2mg	Selenium	0µg



Grain-Free Tabbouleh

7 ingredients · 15 minutes · 3 servings



Directions

1. In a large bowl, combine the parsley, mint, cucumber, bell pepper, and green onion. Add lemon juice and season with salt to taste. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately two cups.

More Flavor

Add olive oil, minced garlic, and black pepper to taste.

Additional Toppings

Diced tomato, quinoa, or cauliflower rice.

Ingredients

2 cups Parsley (tough stems removed, finely chopped)

1/3 cup Mint Leaves (finely chopped)

1 Cucumber (medium, finely diced)

1 Red Bell Pepper (large, finely diced)

3 stalks Green Onion (thinly sliced)

2 tbsps Lemon Juice (to taste)

1/4 tsp Sea Salt (to taste)

Nutrition

Amount per serving

Calories	47	Vitamin D	0IU
Fat	1g	Vitamin E	1mg
Carbs	10g	Vitamin K	702µg
Fiber	3g	Thiamine	0mg
Sugar	4g	Riboflavin	0.1mg
Protein	2g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.2mg
Sodium	226mg	Folate	96µg
Potassium	501mg	Vitamin B12	0µg
Vitamin A	5363IU	Phosphorous	64mg
Vitamin C	114mg	Magnesium	43mg
Calcium	88mg	Zinc	1mg
Iron	3mg	Selenium	0µg

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Lemon Brussels Sprouts

6 ingredients · 25 minutes · 4 servings



Directions

1. In a large pan, heat the vegetable broth over medium heat. Add shredded Brussels sprouts and season with salt, pepper, garlic powder, and onion powder.
2. Sauté for eight to ten minutes or until slightly wilted and browned. Add a splash of broth if needed. Remove from the heat and drizzle the lemon juice all over. Toss to combine. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately one cup.

No Vegetable Broth

Use chicken broth instead.

More Flavor

Top with grated Parmigiano Reggiano.

Ingredients

- 1/3 cup Vegetable Broth
- 4 cups Brussels Sprouts (trimmed, shredded)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1/2 Lemon (medium, juiced)

Nutrition

Amount per serving

Calories	42	Vitamin D	0IU
Fat	0g	Vitamin E	1mg
Carbs	9g	Vitamin K	156µg
Fiber	3g	Thiamine	0.1mg
Sugar	2g	Riboflavin	0.1mg
Protein	3g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.2mg
Sodium	77mg	Folate	55µg
Potassium	360mg	Vitamin B12	0µg
Vitamin A	708IU	Phosphorous	64mg
Vitamin C	77mg	Magnesium	21mg
Calcium	39mg	Zinc	0mg
Iron	1mg	Selenium	2µg

Kachumber Salad

9 ingredients · 10 minutes · 4 servings



Directions

1. Combine all ingredients in a large bowl and mix well to combine. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/4 cup.

Additional Toppings

Feta cheese.

Ingredients

- 1 1/2 Cucumber (medium, diced)
- 3 Tomato (medium, diced)
- 3/4 cup Red Onion (chopped)
- 1 Green Chili Pepper (finely chopped)
- 1/2 cup Cilantro (finely chopped)
- 1 tsp Cumin
- 1 tsp Chili Powder
- 2 tbsps Lemon Juice
- 1/2 tsp Sea Salt

Nutrition

Amount per serving

Calories	53	Vitamin D	0IU
Fat	1g	Vitamin E	0mg
Carbs	12g	Vitamin K	27µg
Fiber	2g	Thiamine	0.1mg
Sugar	4g	Riboflavin	0.1mg
Protein	3g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.2mg
Sodium	355mg	Folate	43µg
Potassium	465mg	Vitamin B12	0µg
Vitamin A	1837IU	Phosphorous	71mg
Vitamin C	50mg	Magnesium	31mg
Calcium	40mg	Zinc	1mg

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Iron

1mg

Selenium

1µg



Broccoli Potato Bites

5 ingredients · 1 hour · 4 servings



Directions

1. Add the potatoes to salted water and bring to a boil. Cook for 10 to 12 minutes or until just fork tender (do not overcook). Drain the potatoes and set aside to cool until they are comfortable to handle.
2. Meanwhile, steam the broccoli for five to seven minutes until tender. Let the broccoli cool slightly. Finely chop the cooked broccoli and place on a clean kitchen towel (or use a nut milk bag). Squeeze as much liquid as possible from the broccoli. Transfer the broccoli to a mixing bowl.
3. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
4. While the potatoes are still warm, grate on the large side of a box grater and add to the mixing bowl with the broccoli. Season with the onion powder, garlic powder and salt. Mix until the potato and broccoli are very well combined.
5. Form the potato mixture into tightly-packed flat discs and place on the baking sheet. Bake for 30 minutes, flipping halfway through. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days for freeze for up to three months. Reheat in the oven or microwave until warmed through.

Serving Size

One serving is approximately four potato broccoli bites.

More Flavor

Use fresh garlic instead or add other herbs and spices. Dip in your favorite sauce.

Ingredients

- 2 Russet Potato (medium, peeled and cut in half)
- 2 cups Broccoli (cut into small florets)
- 1/2 tsp Onion Powder
- 1/2 tsp Garlic Powder
- 1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	100	Vitamin D	0IU
Fat	0g	Vitamin E	0mg
Carbs	22g	Vitamin K	48µg
Fiber	3g	Thiamine	0.1mg
Sugar	2g	Riboflavin	0.1mg
Protein	4g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.4mg
Sodium	175mg	Folate	52µg
Potassium	627mg	Vitamin B12	0µg
Vitamin A	292IU	Phosphorous	94mg
Vitamin C	48mg	Magnesium	36mg
Calcium	38mg	Zinc	1mg
Iron	1mg	Selenium	2µg

Cauliflower Rice

1 ingredient · 10 minutes · 4 servings



Directions

1. Add cauliflower florets to the food processor. Process until the cauliflower has a rice-like consistency. (You may need to do this in batches depending on the size of your food processor.)
2. Serve it raw or cooked. For cooked cauliflower rice, add to a large frying pan over medium-high heat and sauté for about 3 to 5 minutes, or until warmed through. Serve immediately.

Notes

Leftovers

Refrigerate in an airtight container up to 4 days, or freeze either raw or cooked.

No Food Processor

Use a box grater or pulse in a blender, occasionally scraping down the sides.

Serving Size

One serving is equal to approximately one cup of cauliflower rice.

Save Time

Many grocery stores carry pre-riced cauliflower in the bag. Look for it in the fresh, pre-sliced vegetable section or frozen vegetable section.

Ingredients

1 head Cauliflower (chopped into small pieces)

Nutrition

Amount per serving

Calories	37	Vitamin D	0IU
Fat	0g	Vitamin E	0mg
Carbs	7g	Vitamin K	23µg
Fiber	3g	Thiamine	0.1mg
Sugar	3g	Riboflavin	0.1mg
Protein	3g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.3mg
Sodium	44mg	Folate	84µg
Potassium	440mg	Vitamin B12	0µg
Vitamin A	0IU	Phosphorous	65mg
Vitamin C	71mg	Magnesium	22mg
Calcium	32mg	Zinc	0mg
Iron	1mg	Selenium	1µg

Harissa Roasted Cauliflower

4 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 420°F (215°C) and line a baking sheet with parchment paper.
2. In a large bowl, toss the cauliflower with harissa and salt.
3. Transfer to the baking sheet. Bake for 15 minutes, remove, flip, and bake for ten minutes more.
4. Divide evenly between bowl, top with dill, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is about 1 1/2 cups.

More Flavor

Add lemon juice.

No Dill

Omit or use parsley or cilantro instead.

Ingredients

- 1 head Cauliflower (medium, cut into florets)
- 1/4 cup Harissa
- 1/4 tsp Sea Salt
- 1 tbsp Fresh Dill

Nutrition

Amount per serving

Calories	37	Vitamin D	0IU
Fat	0g	Vitamin E	0mg
Carbs	7g	Vitamin K	23µg
Fiber	3g	Thiamine	0.1mg
Sugar	3g	Riboflavin	0.1mg
Protein	3g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.3mg
Sodium	192mg	Folate	84µg
Potassium	441mg	Vitamin B12	0µg
Vitamin A	11IU	Phosphorous	65mg
Vitamin C	71mg	Magnesium	22mg
Calcium	33mg	Zinc	0mg
Iron	1mg	Selenium	1µg

Strawberry Ice Cream

2 ingredients · 5 minutes · 2 servings



Directions

1. Add frozen bananas and strawberries to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
2. Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Notes

More Creamy

Add 2 tbsp coconut milk.

More Scoopable

Add 1 tbsp vodka to prevent hard freeze.

Make it Chunky

Set aside 1/4 cup of the strawberries before blending and add them to the processor after blending. Pulse until roughly chopped.

Ingredients

2 Banana (sliced and frozen)

1 cup Frozen Strawberries

Nutrition

Amount per serving

Calories	144	Vitamin D	0IU
Fat	1g	Vitamin E	0mg
Carbs	37g	Vitamin K	3µg
Fiber	5g	Thiamine	0.1mg
Sugar	19g	Riboflavin	0.1mg
Protein	2g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.5mg
Sodium	3mg	Folate	42µg
Potassium	586mg	Vitamin B12	0µg
Vitamin A	125IU	Phosphorous	40mg
Vitamin C	56mg	Magnesium	44mg
Calcium	24mg	Zinc	0mg
Iron	1mg	Selenium	2µg