

OPTIMUM MEAL CHOICES AND RECIPES FOR CAROLINA CRISTANCHO



THE HOLYFE METHOD®

BREAKFAST

Green Glow Smoothie

- Handfuls of spinach, kale or other greens
- Flax seed meal
- Chia seeds
- Spirulina or Blue/Green Algae
- Fresh Ginger
- Lemon
- Green apple
- Pineapple
- Hand full of almond or macadamia nuts
- Ice as needed



Mojito Smoothie

- Organic Almond Milk
- Lime
- Handful of Mint Leaves
- Frozen Banana
- Scoop Almond Butter
- Pineapple
- Flax seeds, chia seeds, camu powder
- Handful of spinach or other greens

Berry Muesli:

Soak oats overnight in almond milk and top with organic blueberries, strawberries, chia seeds, goji berries, macadamia nuts or pecans, or walnuts and a light drizzle of raw honey. I highly recommend creating a muesli station with glass jars that house dried fruits, nuts, smoothie powders, seeds, dates, cacao and other items for smoothies and muesli. This way they are easy to access all the time for extra nutrients.

Quick ideas:

- Hard boiled egg
- Raw cacao energy bites:

<https://hlyfemethod.com/2017/07/18/raw-cacao-energy-bites/>

- Brown rice cake with almond butter, banana and a drizzle of honey

Blue Mermaid Smoothie

- Organic Almond Milk
- Frozen Banana
- Scoop Almond Butter
- Frozen Blueberries
- Flax seeds, chia seeds, camu powder
- 1 medjool date
- Handful of spinach or other greens

Salmon Scramble

- Sautéed spinach and mushrooms in garlic and herbs
- Scramble 2 or 3 eggs
- Salmon (great if left over from dinner)



Veggie Omelet

2 or 3 egg omelet with as many veggies you can throw in as possible. Sauté veggies in garlic and other herbs.

Savory Green Breakfast Bowl

- Blanch Kale with garlic and sea salt, mix in pre-cooked quinoa in pan, then place in bowl. Top with hard boiled egg slices, (salmon optional), hemp seeds, micro sprouts and squeeze fresh lemon all over



Sunday Morning Flap Jacks:

- 2 eggs and 1 banana as your base. Beat together and pour on griddle with ladle.
- Add blueberries or other healthy ingredients as desired
- Top with 100% maple syrup, 100% fruit topping or eat plain.

LUNCH

Leftovers from dinner!

Quinoa Buddha Bowls

Pre cook quinoa and use as a base for a variety of lunch bowl concoctions. Add raw spinach or kale, kidney beans, nuts, hemp seeds, protein of your choice and seasonal veggies.

**Here's a ton of different combinations:

http://fitfoodiefinds.com/2016/01/healthy-buddha-bowl-recipes/#a5y_p=4888308



Salad

-Choose a variety of leafy greens and add salmon or turkey, veggies, nuts, kidney beans, hemp seeds, etc. Sprinkle seaweed, on top

Almond Dip + Raw Veggies

In a food processor combine:

- Almonds
- Garlic
- Lemon
- Braggs liquid aminos
- Sea salt
- Chipotle seasoning
- Spices of your choice
- Olive oil

Collard Green Wraps

- Stuff with colorful veggies
- Protein of choice
- Drizzle with olive oil, lemon, sea salt or almond butter for an Asian twist.



Seaweed Wraps

- Use nori seaweed for a wrap
- Stuff with raw carrot sticks, celery sticks, sunflower sprouts, canned tuna or salmon.
- Drizzle with Tamari if desired



Amy's Brand Meals:

Harvest Casserole Meal, Brown Rice & Vegetable Bowl, Vegetable

****Top with raw spinach, arugula, hemp seeds

DINNER

Pasta

- Zucchini Pasta with wheat free Quinoa Meatballs or organic/free range turkey (Pinterest Recipe)
- Salad



Tacos

- Use Fish or Mexican Flavored Quinoa (tastes like ground beef)
- Butter lettuce or organic corn tortillas
- Veggie toppings, lime,, etc.
- Serve with riced Mexican cauliflower



PIZZA

Gluten Free/Dairy Free

- There's tons of really good recipes on Pinterest and because most of the crusts are made with nut based flours, they're much more hearty than a traditional pizza.



SIMPLE BALANCED

- Salmon or Other Beneficial Fish,
- Salad
- Brussel Sprouts
- Thinly sliced Okinawan Potatoes