

# Nourishing Your Whole Self



# Nourishing Your Whole Self

**A Cookbook with Feelings**

**Marci Izard**



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*Faith made this book. I dedicate it to the love that surrounds me, and especially to my mom, dad, and sister, Blair.*



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# *preface*

As I sit here sipping red wine and snacking on kalamata olives, Havarti with dill, and hunks of creamily delicious organic goat cheese, I am reflecting on the undeniable reality that I do not have a perfect diet, or all the answers on eating right. Well into my adult years, I no longer wrestle with an eating disorder, but I do still engage in occasional “disorderly eating”—such as turning to food when I’m excited . . . bored . . . anxious . . . and, apparently, have writer’s block. I am obviously a work in progress. The point is that I’m working. And that is what this book is about.

It’s *not* about dieting or cutting calories, carbohydrates, caffeine, or cabernet. It *is* about learning about yourself, compassionately reconnecting with your feelings, and allowing raised awareness to naturally shift you toward greater balance overall. You can achieve this balance through delicious recipes, and the implications are universal.

In the coming pages, I will explain the concept more and share some of my all-time favorite dishes. I hope this book speaks to you and delights your senses. It has been a labor of love.

In my heart, I believe that as we tune in and become more conscious individuals, we raise our own capacities for living well and simultaneously uplift everyone else’s too. To me, that is inspiring—and *delicious*. So let’s dig in . . . and dig deep!



# introduction

I want to help you connect with the internal wisdom that is reflected in your flesh. This book is about tuning in to your body and the way you feel, in order to become more present and self-aware. Then you can make conscious choices that align with your intuition. It is a path to nourishing your whole self.

There are infinite ways to cultivate internal connection, but here, the focus is on doing it with food. I have found that bringing feeling and connection into mealtime creates a healthy shift: as I have become more conscious of how foods make me feel, I've naturally tended to eat better. At the same time, that willingness to go within and raise my self-awareness has fine-tuned my life in many other ways too.

Allow me to explain.



If you have flipped through this cookbook, you have probably noticed that it is pretty unique. Instead of “Appetizers,” “Main Dishes,” “Desserts,” etc., the chapters here are: “Refreshed,” “Peaceful,” “Comforted,” “Treated,” and “Indulged.” These categories are loosely based on everything from nutritional content and cooking methods to Ayurveda, Taoist dietary principles, and my own emotional responses. In other words, they are rooted in research and yet entirely subjective at the same time.

Eating food is ideally a positive experience, and each category in this book is particularly optimistic. The only catch is that dishes that lean toward “indulged” should be enjoyed in moderation. One Double-Chocolate Brownie can lift you up and make you feel elated. Eating the whole pan can weigh you down and make you feel depressed. Trust me, I know.

But the ultimate purpose of the categories is deeper than picking foods based on your mood or taking my word on their effects. In the end, everything in this book goes back to the theme of internal connection. The quotes and photographs are meant to inspire you to tune in. The recipe categories are reminders of the correlation between what we eat and how we feel, encouraging you to connect to how *you* feel.

Here's a story about why this has worked for me. I'll preface this by saying that I'm tempted not to share it. Part of me would like to have you believe that I've got it all figured out. But since I'm trying to get more comfortable with the distressing reality that I can't have everyone's approval, and I essentially render myself ineffective if I even seek that, I'll go ahead and give you the straight poop (sorry for using that term in a cookbook).

It was sophomore year of college. . . . After a pretty rowdy night out that admittedly involved a fair amount of underage drinking, I got in around two o'clock and decided to do what makes most sense for that time of night: order food. For whatever reason, no one else was up for a late-night chow down on this particular Friday, so instead of calling in something heavy and greasy like a pepperoni pizza (this story makes my stomach hurt), I got wings—honey barbeque. But then, one of my friends nonchalantly said something about “sharing” my order. A chill went down my spine.

Long story short, the wings guy called from downstairs. I retrieved the order and proceeded to hoard it. I hunkered down in a stairwell nook and frantically demolished the whole tray before anyone could see me and bum a bite. When I finally went back upstairs empty-handed to a concerned group, I relayed some BS story about meeting a girl in the dorm lobby and sharing my wings with her. I wish I could blame it on the alcohol. I finally fessed up a few years later.

I share this because it is my truth. I don't always eat healthy or feel immune to occasional bouts of shame. I write and talk about conscious eating as a means for empowered living perhaps because, as they say, you teach what you most need to learn. I have had varying degrees of eating disorders over the years, and in many ways this continues to be a work in progress. And I know it's not just me.

We live in a world that's equally obsessed with food and being thin, and in that environment, a peaceful perspective is not only hard, it's also unnatural, unless you look within. Here's how you can.

### 1. *Feel.*

Remember my categories? Forget them. They were a tool to get you here—to raise awareness of the profoundly underappreciated connection between what we eat and how we feel. Once that's acknowledged, it's time to move beyond words and labels. Now, we feel.

That can begin, quite simply, with breathing. When you take deep, conscious breaths, your nervous system switches gears. After just one minute of slow, focused breathing, your senses awaken, salivary glands activate, endorphins rev up, digestion kicks in, and brain capacity expands. Present, deliberate breath is the first step to feeling. So when it's time to eat, breathe! When you first sit down, take a few conscious breaths.

From there, mindful eating—or, as I like to think of it, “grateful eating”—can also help you to be present and connected. Notice colors, textures, and

aromas. Put your fork down between bites. Chew slowly and savor. Creating a beautiful setting helps me. Many times that means lighting a candle and turning on my 365-days-a-year Christmas lights. Soft music is good too. Try to skip the TV.

Then at least once during a meal, take another conscious breath and feel your body. In other words, without mentally judging anything, notice the sensations under your skin. Feel your feet planted on the floor . . . the tingling in your hands . . . the tension in your head. Doing this helps you relax and brings you into the present moment—which is where genuine connection lies.

Bear in mind that none of this means that in order to eat a meal, you need to sit alone on the floor in a cross-legged position with your eyes closed, channeling a monk. I do this in moments. I'd be lying if I said I do it all the time . . . but when I do remember, I don't only eat better, I enjoy my food more too. The meditation below can help build your feeling muscle to make this brand of connection a more natural way of eating—and living.

I practice some form of meditation in the morning and evening, even if just for five or ten minutes, and I bring moments of it into mealtime. As you give it a try, remember that (contrary to what a lot of people think) meditation does not require that you stop thinking. Thinking is what the mind does! So rather than telling your brain to shut up, practice simply noticing your thoughts instead. Be the observer—see your thoughts, and without attaching to them or getting drawn into their spiral, let each thought pass. Over and over again, gently come back to the moment and the physical experience of your body.

*Get into a comfortable seated position. If you are resting on the floor, consider using a pillow to elevate your hips.*

*Feel the ground beneath you, and permit gravity's support. Allow it to pull tension out of your body and deep into the earth.*

*Notice the voice that is speaking in your head—the inaudible, ever-present voice. Take a moment to notice what it says. Watch its story like a movie. Without getting involved, simply observe. See your thoughts as they come up, and then let them gently pass.*

*Take a deep, nourishing breath and relax your head. Un-crinkle your scalp. Soften the muscles in your face. Feel.*

*Carry that sense of ease down your neck and into your shoulders.*

*Feel your letting go.*

*Notice your arms. From your biceps . . . into your elbows . . . forearms . . . and hands . . . feel the sensation. Take time to experience the vitality in your palms and the light pulsing in your fingertips.*

*Move attention to your heart. Take an expansive breath into the front and back of your chest.*

*Relax your belly.*

*Allow feeling and connection to glide down your spine and into your seat.*

*Feel your roots and energy flowing into your legs. . . .  
Allow awareness to slowly move all the way down into your feet. Feel your toes  
and contact to the earth.*

*Breathe.*

*Witness your entire body.*

*Take note of thoughts. Notice how they could turn into emotions . . . but in this  
still and peaceful moment, you release them instead.*

*Continue to feel your body letting go, as you do the same with each thought.  
Simply breathe. Be still. Release.*

## *2. Say grace.*

For me, this is a prayer. For you it may be a conversation with your most empowered self. Either way, the point is to be actively grateful and explicitly open to receiving insight. I like to say thank you and ask for guidance, even if it's just as simple as saying: "Thank you for this food. Please help me to experience and appreciate every bite." I say grace before a meal (often just in my head) and whenever else I need to tune in and re-center, which is a lot.

## *3. Forgive yourself.*

There is a lot of shame associated with eating. Sometimes we all (over) indulge or fall back into old habits. At least I do. And I know from experience that beating myself up over dietary indiscretions doesn't help. It impairs my connectedness instead. So rather than falling into a pit of despair, I now try to just let it go and trust that, with my ongoing noble efforts, rebalancing will naturally occur.

## *4. Be open.*

Connection hinges on openness. Relating to food, that could mean sharing these ideas, sampling new recipes, and cooking for others. In the bigger picture, it may entail stepping out of your comfort zone and saying yes to new books, services, videos, people, places, classes—you name it. The key is being nonjudgmental. Judging yourself and others is not being open. I have found that simply desiring connection with your intuition starts to attract more wisdom to you, so it's imperative that you be open to receiving it in whatever capacity it comes. Then, insights and progress are more likely to last when they're shared.



This cookbook concept is not about dieting or losing weight. And it's only about looks to the extent that feeling good and living well ultimately facilitate appearing good too.

When you make it a priority to tune in, your eating habits may or may not change. That's secondary. The point is deeper and more comprehensive than what your plate contains, what the scale reads, or even the broad elements of mindful eating.

This is about becoming a more centered person. It's about the continuous practice of tuning in and *feeling* with grace, openness, and, ultimately, unconditional self-love. As I have worked on this, my way of being and my subsequent choices have come to reflect that sense of balance. These days, I crave fresh greens after eating junk food. Don't get me wrong. I still love my cookies, wine, cheese, all kinds of carbs, and occasionally a few good wings, but at the same time, when I practice what I preach, I naturally lean toward healthy moderation. I'm also calmer, more authentic, and more connected in other areas too—like within my spiritual path, my relationships, and my passions.

I hope some of this connects with you as well. Please chew these ideas over as you cook and enjoy the eclectic blend of recipes I have compiled.

It is my prayer that the experience will *nourish your whole self*.



# Nourishing Your Whole Self



# *feel* Refreshed

## **Feel clean and vibrant.**

*Experience energy, openness, and awareness.*

These are the healthiest recipes in this cookbook. They are low in fat and calories and high in vitamins, minerals, and disease-fighting phytochemicals. These dishes contain mostly whole foods that are uncomplicated for the body to process and digest—foods that will not weigh you down but rather will promote lightness and wellbeing. Clean, nutrient-rich recipes can buoy your energy and increase your vitality and delight. Eat these foods to refresh your vibrancy, inside and out!



## Tomato-Avocado-Kalamata Salad

*Arugula gives this radiant salad a lively base. The dish is a vibrant blend of color, texture, and pungent flavor, with olives and avocado making it simultaneously grounding and enlivening.*

Serves 4

1 cup arugula	20 pitted kalamata olives, sliced
4 leaves red-leaf lettuce	4 tsp. extra-virgin olive oil, divided
3 radishes, sliced	1 tsp. balsamic vinegar, divided
2 tomatoes, thickly sliced	Salt and freshly ground black pepper
2 avocados, peeled and sliced	

Divide the arugula among 4 plates. Over the leaves, evenly distribute the red-leaf lettuce, radish slices, tomato, avocado, and olives. Drizzle 1 tsp. oil and  $\frac{1}{4}$  tsp. vinegar over each serving. Add salt and freshly ground black pepper to taste.

“Awareness is the greatest agent for change.” Eckhart Tolle

## Tomato and Zucchini “Pasta” Salad

*This sweetly fragrant seasonal salad is light and alluring. Fresh basil gives the dish a calming effect, while zucchini facilitates balance. The grape tomatoes bring it all to life.*

Serves 4

2 small zucchinis	2 tbsp. balsamic vinegar
10 oz. grape tomatoes, sliced in half	1 tbsp. extra-virgin olive oil
¼ cup chopped fresh basil	Salt to taste
2 gloves garlic, pressed	

Using a julienne peeler or mandoline, thinly slice the zucchini into strips that resemble spaghetti. You may need to use a knife to (carefully!) finish the job.

Add the zucchini strips to a large bowl with the remaining ingredients. Toss well.



*“Forgiving means forgetting.” Many Wonderful Things*

## Nutty Bean Salad

*This cool, nutty salad is loaded with energetic potential. It has a subtle sweetness and hearty crunch that invigorates the senses, while the buttery beans add a cleansing lightness. Folk tradition links vitamin E, which is abundant in almonds, with healing a broken heart.*

Serves 2

1 cup frozen lima beans or shelled edamame, defrosted	2 tbsp. sunflower seeds
¼ cup unsalted almonds, roughly chopped	½ lemon
2 tbsp. raisins	2 tbsp. extra-virgin olive oil
	1 tbsp. balsamic vinegar
	Salt and freshly ground black pepper

In a medium bowl, combine the beans, almonds, raisins, and sunflower seeds. Squeeze in all the juice from the lemon half. Toss with the oil, vinegar, and salt and freshly ground black pepper to taste.



“The whole is more than the sum of its parts.” Aristotle

## Side-Dish Salad

*This beautiful, detoxifying side dish is bold and zesty. The lemon, red onion, and cilantro make it powerfully purifying and intrinsically awakening. It will rev up your energy and immunity.*

Serves 2-4

1 avocado, peeled and chopped  
¼ cup chopped red onion  
2 tomatoes, chopped  
2 tbsp. extra-virgin olive oil

Juice of ½ lemon  
½ cup chopped cilantro  
Salt and freshly ground black pepper

Mix all the ingredients in a medium bowl. Let the mixture stand for at least 20 minutes. Serve with chicken, fish, or maybe even chips!



“What if the body is actually a mirror of how we live our lives?”  
Dr. Lissa Rankin

## Watermelon, Cucumber, and Feta Salad

*This radiant, highly hydrating salad is pretty and powerful! Watermelon and cucumber are over 90 percent water. This playful combination is captivatingly refreshing and salty-sweet.*

Serves 6

¼ watermelon, peeled, seeded, and  
cut into chunks

2 cucumbers, cut into chunks

¼ cup chopped mint leaves (plus extra  
leaves for garnish)

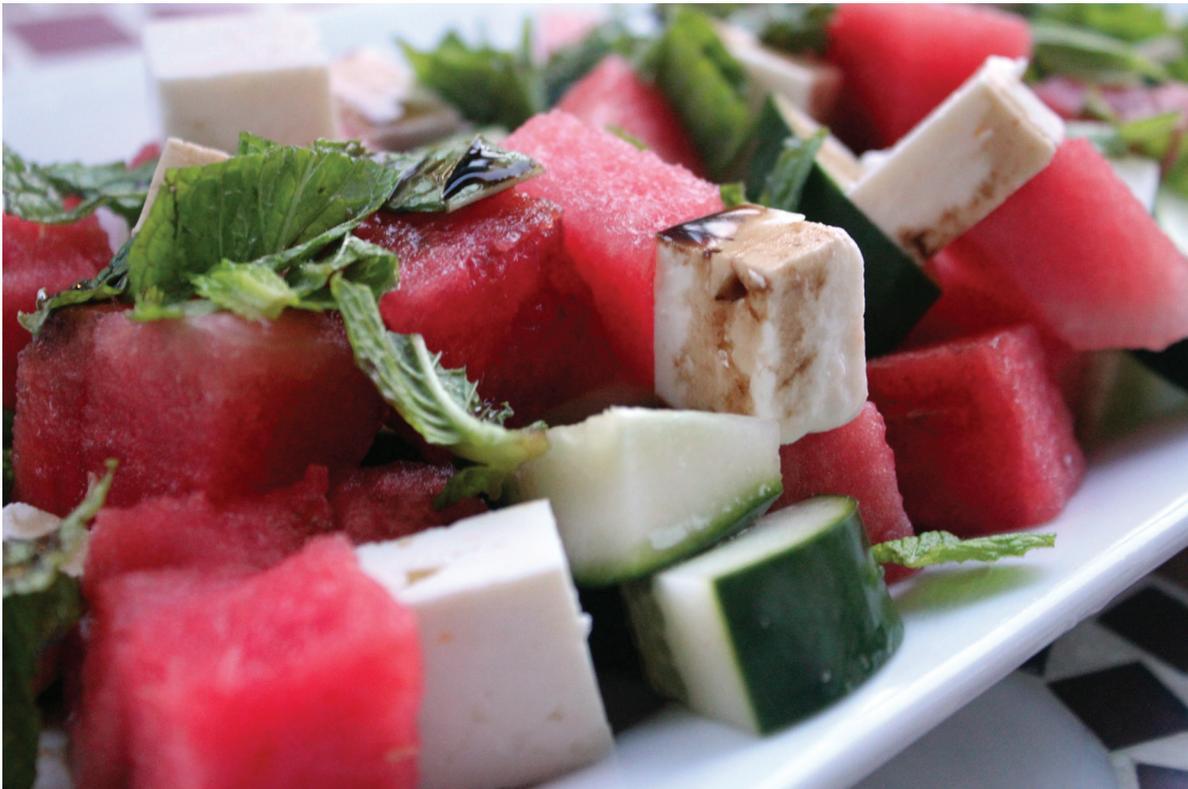
1 lb. feta cheese, cut into chunks

2 tbsp. balsamic vinegar

On a large dish, spread out half of the cucumber. Add half of the watermelon on top. Repeat with the remaining cucumber and watermelon.

Sprinkle mint over the mixture, and then scatter hunks of feta cheese throughout.

Drizzle vinegar over the top.



“Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing.” Mother Teresa

## Classic Greek Salad

*This Mediterranean delight is a treat disguised as salad. It is best to use local tomatoes, a seasonal cucumber, and the highest-quality feta you can find. The cheese and olives make this simple recipe rich, while the raw veggies freshen it up. It's a bold, vibrant, and joyful mix—Greek, through and through.*

Serves 6

4 tomatoes, cut into wedges  
1 cucumber, sliced  
½ medium red onion, sliced  
1 tbsp. dried oregano leaves  
3 tbsp. extra-virgin olive oil

Salt  
10-20 pitted kalamata olives  
4-6 oz. Greek feta cheese, sliced  
Freshly ground black pepper

Place the tomatoes, cucumber, red onion, oregano, oil, and salt to taste in a large bowl. Gently toss to coat. Transfer the salad to a large dish or a clean bowl and scatter the olives and feta throughout. Top with freshly ground black pepper to taste.

“You are never too old to set another goal or to dream a new dream.” C. S. Lewis





## Sesame-Kale Salad

*Ancient color therapy links green foods with renewal. Kale's rejuvenating effects are amplified in this salad thanks to the cleansing properties of garlic and ginger. And it's delicious too.*

Serves 2

¾ tsp. minced fresh ginger	1 tbsp. toasted sesame oil
1 tsp. minced fresh garlic	1 tbsp. extra-virgin olive oil
1 ½ tsp. rice vinegar	1 small-medium bunch kale
1 ½ tsp. soy sauce	¾ tsp. white sesame seeds
1 ½ tsp. honey	

In a small bowl, combine the ginger, garlic, vinegar, soy sauce, honey, and oils. Stir well.

Remove bulky stems from the kale and discard. Tear the leaves into pieces. Pour the ginger mixture over the kale in a large bowl, and use your hands to massage the leaves for about 3 minutes, until they turn bright green and significantly reduce in volume. Top each serving with a sprinkle of sesame seeds.

“I’m wholehearted about whatever I do.” Melinda Gates

## Peanut Buttery Greens

*This sweet and salty salad is ready in a jiff! It's an interesting mix that's nutritious and uplifting. For best results, use a combination of greens such as baby kale, spinach, chard, or another lettuce of your choice.*

Serves 4

4 tsp. extra-virgin olive oil  
2 tsp. all-natural peanut butter  
1 tsp. soy sauce

1 tsp. honey  
4 cups loosely packed mesclun greens

Mix the oil, peanut butter, soy sauce, and honey in a small bowl. Pour the mixture over the greens in a larger bowl and toss well to coat.



“Within you resides the very same spark of infinite energy and limitless potential that animates all living things.” Panache Desai

## Creamy Cucumber Salad

*This cool salad combines the cleansing properties of cucumber, vinegar, and garlic with the probiotics in plain yogurt. The mixture gets healthy digestive juices flowing, to leave you feeling fresh.*

Serves 2

1 cucumber, cut into chunks	1 tsp. dried dill
¼ cup low-fat plain yogurt (not Greek)	½ tsp. white vinegar
Salt to taste	1-2 tbsp. crumbled feta cheese (optional)
1 clove garlic, pressed	

Combine all the ingredients in a medium bowl, and toss well to coat.



“Anytime the mind says, ‘It’s too much,’ question it.”

Byron Katie

## Creamy Avocado Dressing

*Avocado's natural fat and creamy consistency give this dressing a hint of indulgence, but the lemon and garlic make it sparkle. This combination is both tasty and nutritious.*

Makes 1 cup

1 avocado, peeled and pitted	¼ tsp. salt
2 tbsp. extra-virgin olive oil	2 cloves garlic, peeled
2 tbsp. lemon juice	9 tbsp. water

Combine all the ingredients in a small food processor. Blend until smooth and creamy. Toss the dressing with any salad.

*Salad options:*

*1. Combine black beans and chopped cilantro, tomato, green onion, lettuce, red bell pepper, cucumber, and radish.*

*2. For a heartier dish, prepare a cobb salad with the following ingredients all chopped up: 1 cup lettuce, 1 cup spinach, 1 yellow or red bell pepper, 1 cucumber, 2 tomatoes, 1 avocado, 1 cup cooked chicken, 1 cup feta cheese, 8 slices crisp bacon, 2 hardboiled eggs.*

*“A deep change for me was realizing I’d have to take the time to know what I *feel*, in order to know who I am and who I want to be.” Maria Shriver*





# Tabbouleh

*Fiber-rich bulgur wheat, pungent parsley, and awakening lemon juice make this Middle Eastern salad clean and clearing. Parsley promotes digestion and flushes out toxins, and the salad's tangy flavor effectively draws energy in. This is a wonderful warm-weather recipe.*

Serves 6

½ cup uncooked bulgur wheat	1 clove garlic, pressed
½ cup boiling water	2 tbsp. mint leaves, finely chopped
3-4 plum tomatoes, diced	Juice of 2 lemons
2 green onions, finely chopped	3 tbsp. extra-virgin olive oil
1-2 bunches parsley (if it's a large bunch, just use 1), finely chopped	Salt and freshly ground black pepper

Place the bulgur in a medium bowl. Pour the boiling water on top, and allow the mixture to stand for about 1 hour, until the water is absorbed.

In the meantime, combine the tomatoes, green onions, parsley, garlic, mint, lemon juice, oil, and salt and freshly ground black pepper to taste in a separate bowl. Set aside.

When the bulgur is ready, stir it into the tomato mixture. Add salt and toss well. Ideally, let the salad stand for a few hours before serving.

“Everyone who seeks, finds.” Matthew 7:8

## Beet and Bulgur Salad

*This unique salad draws energy in. Its lemon-curry dressing, vibrant colors, and coarse texture are sassily stimulating. This dish will make you feel as bright as it looks.*

Serves 6-8

1 cup bulgur	1 tsp. salt
1 cup boiling water	3-4 golden beets, scrubbed and finely chopped
½ cup extra-virgin olive oil	3 green onions, chopped
3 tbsp. lemon juice	4-6 radishes, finely chopped
1 tbsp. curry powder	1 cucumber, finely chopped
1 large clove garlic	
1-inch piece ginger, peeled	

Place the bulgur in a medium bowl. Pour the boiling water on top, and allow the mixture to stand for about 1 hour, until the water is absorbed.

Place the oil, lemon juice, curry powder, garlic, and salt in a blender and pulse until thoroughly combined. Set aside.

Place the chopped veggies in a large bowl. When the bulgur is ready, add it in, and then pour half the dressing on top. Toss well to coat. Refrigerate remaining dressing.



“The best way out is always through.” Robert Frost

## Creamy Cauliflower Soup

*This naturally creamy concoction combats inertia and gets your chi (life force) flowing. As cauliflower promotes mental and physical fluidity, this soup may make you feel more clear and open.*

Serves 4

6-8 cloves garlic, separated but  
unpeeled, ends trimmed  
2 tbsp. extra-virgin olive oil  
1 large shallot, thinly sliced  
Salt

1 head cauliflower, chopped into  
1-inch pieces  
1 tsp. dried thyme leaves  
24 oz. vegetable broth  
Freshly ground black pepper

Preheat oven to 350 degrees. Place the garlic on a sheet of aluminum foil. Roast for 20 minutes, until soft. Let the cloves cool (about 5-10 minutes), then peel and mash them in a small bowl.

In a large pot, heat the olive oil. Add the shallot and salt to taste, and cook for about 3 minutes. Add the garlic, cauliflower, thyme, and broth. Bring the mixture to a boil, reduce the heat, and simmer, covered, for 25 minutes.

Puree the soup using an immersion blender or standard blender in batches. Do not overprocess. Reheat the soup as necessary.

Add salt to taste. Top each serving with freshly ground black pepper to taste.



*“Our life always expresses the result of our dominant thoughts.”*

Soren Kierkegaard

## Tex-Mex Chicken Soup

*This snazzy soup is joy in a bowl. Cilantro, avocado, tomato, and spoonfuls of other lively ingredients make it deliciously rejuvenating. Opt for a high-quality broth and consider making the soup a day in advance to allow the fabulous flavors to fully infuse.*

Serves 10-12

12 cups chicken broth	1½ cups chopped cilantro, divided
4 cloves garlic, minced	5 tomatoes, diced
1 onion, diced	2 limes
½ cup chopped carrots	½ tsp. cumin
1 green, yellow, or red bell pepper, diced	Salt
1 cooked rotisserie chicken	2-3 avocados, peeled and chopped
1 (15.25 oz.) can corn, rinsed and drained	Shredded Jack cheese

In a large pot, bring the chicken broth to a light boil.

Add the garlic, onion, carrots, and pepper. Simmer for 10 minutes.

Add the meat from the chicken, corn, ½ cup cilantro, diced tomatoes, juice from 1 lime, cumin, and salt to taste. Continue to simmer for 20 minutes. Top each serving with extra cilantro, avocado, Jack cheese, and a slice of lime.

“Did you know that 80% of the information we receive comes through our eyes? And if you compare light energy to musical scales it would only be one octave the naked eye could see, which is right in the middle?” Louie Schwartzberg





## Butternut-Leek Soup

*This vibrant bowl of sunshine tastes as magnificent as it looks. It is simple and pure, with an all-natural, creamy consistency that's sure to boost your mood!*

Serves 2

8 cloves garlic, separated but unpeeled    2½ cups vegetable broth  
1 tbsp. extra-virgin olive oil                ½ tsp. salt  
2 leeks, finely chopped                        Freshly ground black pepper  
1 butternut squash, peeled, cored, and  
cut into chunks

Preheat oven to 350 degrees.

Slice off and discard the bottoms (stems) of the garlic cloves. Place the unpeeled cloves on a sheet of foil, and bake for 20 minutes, until soft. Afterward, let them cool for 5-10 minutes, then peel.

In a large pot, heat the oil over medium heat. Add the leeks and cook, stirring often, for about 5 minutes. Add the roasted garlic, squash, broth, and salt. Bring the mixture to a boil, then reduce the heat to a simmer and cover. Cook for 15-20 minutes. Carefully puree the soup with an immersion blender, or standard blender in batches. Reheat the soup as necessary.

Top with freshly ground black pepper to taste.

*“Seeing how one phenomenon—yourself—exists, you can also know the nature of all other phenomena.” Dalai Lama*

## Shrimp Ceviche

*This high-protein, nutrient-dense appetizer is bursting with brightness and vitality. Its spicy tang will stimulate your senses without spoiling your appetite.*

Serves 4

1 cup chopped cooked cocktail shrimp (about 1/3 lb.)	1/2 jalapeno, seeded and minced
Juice of 1 lime	1/2 cup chopped fresh cilantro
1 cup chopped tomato	Salt and freshly ground black pepper to taste
1 avocado, chopped	Tortilla chips for serving
1/4 cup minced red onion	

Combine all the ceviche ingredients in a medium bowl, and toss well. Serve with tortilla chips.



“When you want something, all the universe conspires in helping you to achieve it.” Paulo Coelho

## Beautifully Roasted Broccoli

*This simple, healthfully alluring side dish can strengthen the body's defenses, making your system roused and more robust. Fresh green foods stimulate detoxification and signify renewal.*

Serves 2-4

1 lb. broccoli, cut into florets	Salt
4 cloves garlic, sliced	2 tbsp. grated Parmesan cheese
3 tbsp. extra-light olive oil, divided	1 tbsp. dried parsley

Preheat oven to 425 degrees.

Place the broccoli on a large baking sheet in a single layer. Add the sliced garlic, 2 tbsp. oil, and a sprinkle of salt to taste. Bake for 15-20 minutes, stirring halfway through.

Transfer roasted broccoli to a bowl. Immediately add the remaining oil, the Parmesan, and the parsley. Toss well.



*“Every decision you make stems from what you think you are,  
and represents the value you put upon yourself.”*

*A Course in Miracles*

## Rosemary-Roasted Veggies

*Rosemary's purifying properties and piney flavor make it a beautiful match for roasted veggies. This low-maintenance mix can be served as a simple side, and it also sets you up for a Roasted Veggie Wrap (see index).*

Serves 2-4

8 oz. baby portobello mushrooms	1 tbsp. extra-light olive oil
1 red onion, cut into chunks	1 tbsp. chopped fresh rosemary
1 red bell pepper, cut into chunks	Salt and freshly ground black pepper
1 zucchini, sliced	

Preheat oven to 400 degrees.

Lay the vegetables on a large, foil-lined baking sheet. Add the oil, rosemary, and salt and freshly ground black pepper to taste. Toss well to coat, and then arrange the veggies in a single layer.

Bake for 15 minutes. Shake the veggies around and drain the liquid out of the pan. Bake for 15 minutes more.



“So many of us choose our path out of fear disguised as practicality.” Jim Carrey

## Mashed Cauliflower

*This light and fluffy alternative to mashed potatoes is pure, soft, and sprightly. You won't even miss the gravy.*

Serves 2-4

1 head cauliflower, cut into florets      Salt and freshly ground black pepper  
2-3 cloves garlic, pressed  
1 tbsp. extra-virgin olive oil (plus extra  
for garnish)

Pour about 2 inches of water into a large pot and place a steamer basket inside. Bring the water to a boil, and then add the cauliflower florets to the basket. Reduce the heat to low and cover the pot. Cook the cauliflower for 12-15 minutes, until soft.

In a food processor, combine the cauliflower with the garlic, oil, and a sprinkle of salt to taste. Pulse until smooth and creamy. Add salt as needed.

Top each serving with freshly ground black pepper to taste and perhaps an extra drizzle of oil.



“Everything I’ve ever worried about in my whole life turned out OK. Funny that.” Roger Rippey

## Fish and Freshness

*This lively dish is well balanced and clean, making all of its radiance easy to absorb. Eating fish in moderation is physically and mentally strengthening. Opt for high-quality wild-caught filets.*

Serves 2

½ cup uncooked brown rice	Salt and freshly ground black pepper
2 plum tomatoes, chopped	Olive oil cooking spray
½ cup chopped red onion	2 (8 oz.) tilapia filets
1 small yellow squash, sliced	¼ cup cilantro leaves
Juice of 2 lemons	⅓ cup sliced pitted kalamata olives

Preheat oven to 425 degrees.

Prepare rice according to package directions.

Combine the tomatoes, red onion, squash, lemon juice, and salt and freshly ground black pepper to taste in a medium bowl. Toss well.

Each piece of fish will cook with veggies in an individual, foil-wrapped packet (you will need 6-8 large sheets of aluminum foil). Layer 3-4 large sheets of foil (per piece of fish). Coat each top sheet with cooking spray, and lay a piece of fish on top. Lightly salt both sides, then evenly divide the veggie mixture over the filets.

Enclose the fish in the foil. Make sure the seams are pinched together so no steam can get out, but don't make it too tight—allow some space between the veggies and foil. Bake for 25-30 minutes, depending on the thickness of the fish. To check doneness, insert a fork into the center of 1 filet (be careful—the foil tents are hot!). It should be white and flaky.

Carefully place the fish/veggies over the rice in shallow bowls. Top with cilantro and kalamata olives.

*“Make your life about love. Love for you. Love for your higher power. And love for others. Give away what you want to receive. Make your life a demonstration of love.” Mastin Kipp*



## Cherry Jam

*“Chia” is the ancient Mayan word for “strength.” This cleansing and filling spread will boost your energy and simultaneously help you sleep (thanks to the melatonin in the cherries).*

Makes about ½ cup

1 cup frozen dark cherries, defrosted      1 tbsp. chia seeds  
1 tbsp. water      Honey or agave (optional)

In a blender, lightly pulse the cherries and water for just a moment. Pour the mixture into a small container and stir in the chia. Let the mixture stand for 1 hour to thicken.

If you prefer a sweeter jam, stir in honey or agave to taste.



*“It is through your body that you realize you are a spark of divinity.” B. K. S. Iyengar*

## Kiddie Smoothie

*This mindfully balanced, leafy-green smoothie is as delicious as it is nutritious. The peanut butter offers a hint of creamy decadence; milk and banana add smoothness; spinach and strawberries cleanse and awaken. This rejuvenating blend is a great snack, especially post-workout!*

Serves 1

1 peeled banana, preferably frozen  
1 ¼ cups spinach or kale  
1 tbsp. peanut butter (optional)

3-4 frozen strawberries  
1 cup unsweetened almond milk (plus  
extra as needed)

Combine all ingredients in a blender, and pulse until liquefied. Add more milk as necessary.



“When you release people, you allow them to show up in the way that they are meant to show up.” Gabrielle Bernstein

## Minty Banana-Kale Smoothie

*Fresh mint and frozen pineapple make this vibrant green drink cool and refreshing, while the almond milk makes it grounding and well balanced. With the detoxifying qualities of leafy greens, the soothing banana, and pineapple's punch of vitamin C, this recipe is a go-to if you're stressed out!*

Serves 1

1 ¼ cups kale (stems removed)	½ cup loosely packed mint leaves
1 banana, peeled	1 ¼ cups unsweetened almond milk
⅓ cup frozen chopped pineapple	

Combine all the ingredients in a blender and pulse until liquefied.

“Get people back into the kitchen and combat the trend toward processed food and fast food.” Andrew Weil





## Minty Watermelon Refresher

*This easy-to-digest, energizing pink drink artfully combines hydrating watermelon with soothing mint—a mix that can flush out the old and softly renew.*

Serves 2

1 cup loosely packed mint  
3 cups cubed watermelon  
1 cup water

1 handful ice (about 4 cubes)  
Fresh mint for garnish

Using a mortar and pestle, grind the mint for about 1 minute, until it is bright green, fragrant, and significantly reduced in volume. Discard the leaves and transfer the liquid extract (about 1 tbsp.) to a blender. Add the watermelon, water, and ice. Blend thoroughly.

“We need women who are so strong they can be gentle, so educated they can be humble, so fierce they can be compassionate, so passionate they can be rational, and so disciplined they can be free.” Kavita Ramdas

## Lemon-Aid

*This may not be the most sophisticated concoction, but it is very refreshing. I have a glass almost every morning! Lemons increase enzyme activity and stimulate your liver. They flush out toxins, enhance digestion, boost your immunity, and consequently can improve your mood! Limes are great for this too.*

Serves 1

¼ lemon  
12 oz. water

Squeeze the juice from the lemon into a tall glass. Top it off with the water.



“The gift of intuition comes to those who practice with patience.” Ana Forrest