

# NOURISH

NOURISH YOUR BODY WITH FOOD  
CELEBRATE YOUR BODY WITH MOVEMENT

## Breakfast:

## HEALTHY EATING RECIPE GUIDE VOL 1

1. Plant-Based (Grain Free):
  - a. Simple Staple: Apple Slices & Nut Butter
  - b. Fresh & Fun: Chia Pudding with coconut milk and fruit (optional: add paleo granola, plant protein, or collagen peptides)
2. Animal Protein (Grain Free):
  - a. Simple Staple: Scrambled Eggs (Opt. w/ Chives) & Sliced Avocado
  - b. Fresh & Fun: Breakfast Bowl; Roasted yams, Eggs, Avocado, and Sautéed greens
3. Gluten free With Grains:
  - a. Simple Staple: Over-Night Oats Cinnamon Apple
  - b. Fresh & Fun: Butternut squash with apple hash and chicken sausage (option to add eggs)
4. Drinks:
  - a. Bulletproof Coffee
  - b. Green Tea w/ Coconut Milk & Honey

## Lunch:

1. Plant-Based (Grain Free):
  - a. Simple Staple: Baked Yam & Spinach Salad (EVOO+Balsamic)
  - b. Fresh & Fun: Roasted veggie bowl- Roasted Brussel sprouts, cauliflower, eggplant, beets, and yams with vegan pesto
2. Animal Protein (Grain Free):
  - a. Simple Staple: Chicken Breast & Broccoli Salad
  - b. Fresh & Fun: Chicken Salad with turmeric dressing (mixed greens, jicama, pumpkin seeds, avo)
3. Gluten Free With Grains:
  - a. Simple Staple: GF avocado toast with an egg on top! OR chicken breast in GF tortilla with avocado and salsa, OR chicken with brown rice, salsa, and avocado, OR tuna salad with GF crackers and avocado
  - b. Fresh & Fun: Mexican quinoa (peppers, black beans, cilantro, avo, etc) (option to add healthy protein of choice)



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## Dinner:

1. Plant-Based (Grain Free)
  - a. Simple Staple: Mixed green greek salad with hemp seeds, cucumber, avocado, radish, olives, and tomatoes with lemon tahini dressing (add feta cheese if you enjoy dairy)
  - b. Fresh & Fun: Veggie Red Curry with Cauli rice (option to add meat of choice)
2. Animal Protein (Grain Free):
  - a. Simple Staple: Steak/Pork Chop/Chicken & Asparagus (Or Green Veggie Of Choice)
  - b. Fresh & Fun: ground meat (beef, chicken, or turkey), zucchini noodles and tomato sauce (or Lettuce Wraps option)
3. Gluten Free With Grains:
  - c. Simple Staple: Steak/Pork Chop/Chicken w/ Sautéed Zucchini & Quinoa
  - a. Fresh & Fun: brown rice Asian bowl with salmon, bokchoy, red peppers (substitute cauliflower rice for grain-free)

## Snacks:

1. Plant-Based (Grain Free):
  - a. Simple Staple: Celery Sticks & Nut Butter
  - b. Fresh & Fun: Laura's Bliss Balls (collagen peptides optional)
2. Animal Protein (Grain Free):
  - d. Simple Staple: Hard Boiled Egg
  - e. Fresh & Fun: Smoked Salmon, Cream Cheese & Sliced Bell Peppers
3. Gluten Free With Grains:
  - a. Simple Staple: GF Granola & Coconut Milk Yogurt
  - b. Fresh & Fun: Hummus, Carrot Sticks & GF Crackers

... If you see an asterisk, go to the legend at the end of the document for more details!



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## Chia Pudding

- ¼ cup chia seeds
- 1 cup milk of choice (best with full fat coconut milk for its creaminess)
- ½ t honey (if needed)
- ½ t cinnamon
- Add in water as needed

Mix chia seeds with 1 cup of coconut milk in a jar with a lid. Add 1/2 t cinnamon and a 1/2 t maple syrup or honey. Shake up in the jar a few times for the next few minutes in order to avoid clumps.

Refrigerate overnight. In the morning, add half of your pudding to a bowl and top with your fav ingredients!

\*Optional: Add paleo granola, your favorite fruit, plant protein, or collagen peptides



## Scrambled Eggs

- 3 pasture raised organic eggs
- Optional- Fresh chopped chives and sliced avocado

Crack the eggs into a small bowl and whisk them up with a fork. Coat a skillet with oil over high heat. Add the eggs and reduce the heat to medium. With a spatula, slowly mix the eggs in the skillet until soft, cooked eggs start to form. Add salt and pepper to taste. Continue turning the eggs until they are cooked through (1-2 minutes). Serve with chives and avocado.

## Breakfast Bowl

- 8 pasture raised organic eggs (cooked as desired)
- 4 Sweet Potatoes
- 1-2 T avocado oil
- Sautéed Power Greens
- 2 Avocados
- Optional- Hot sauce or salsa on top

Pre-heat the oven to 400 degrees. Rinse, peel, and chop the sweet potatoes into 1 inch cubes. Toss in avocado oil, sprinkle with salt, pepper, and your favorite seasonings, and then bake for 30 minutes (stirring halfway through). Potatoes are done once soft. While the potatoes are cooking, cook your eggs as desired. Sauté power greens (spinach, kale, and green chard) with avocado oil, salt, and pepper, for about 1 minute or until soft. Peel and chop up the avocados. Once everything is ready, make a breakfast bowl by layering potatoes, eggs, greens, and avocado.

*Serves 4 people*



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## Apple Pie Overnight Oats

- 1/3-1/2 cup GF oats
- 1/2 chopped apple
- 1 t cinnamon
- 1/4 t nutmeg
- 1 cup almond milk
- 1 T chia seeds
- Optional- 1 scoop vanilla protein powder or collagen peptides (for added protein)

Mix up all of the ingredients in a glass jar and store in the fridge overnight. In the morning, stir and enjoy!

*Serves 1 person*

avocado.

*Serves 4 people*

## Butternut Squash and Apple Hash with Organic Chicken Sausage

- 4 organic chicken sausages (chopped)
- 1 package cubed butternut squash
- 1-2 T avocado or coconut oil
- 1 chopped apple (peeled and cored)
- 1 large chopped zucchini
- 1 diced onion
- 1 t thyme
- 1 t cinnamon
- 1/2 t garlic
- 1/2 t ginger
- 2 cups spinach
- Salt and pepper to taste
- Optional- Add eggs

Pre-heat a skillet with the oil. Add the butternut squash, onion, and apple and sauté for five minutes. Add the zucchini, chicken, and all of the spices. Continue to sauté until all of the items are fully cooked. Lastly, add the spinach and cook until wilted.

*Serves 4 people*



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## Bullet Proof Coffee

- 1 t to 2 T MCT oil
- 1 t to 2 T grass-fed butter or ghee
- 1 cup of coffee
- Optional- 1 scoop of collagen peptides (for added protein)

Make your coffee. Add the MCT oil and butter or ghee and blend for about 30 seconds or until frothy!  
*Serves 1 person*

## Baked Yam and Spinach Salad

- 1 medium baked yam
- 2 cups spinach greens
- 2 T pumpkin seeds
- Olive oil and balsamic vinegar to taste
- Optional- Add lean protein of choice

Place all ingredients onto a plate for a delicious easy salad!  
Tip- Batch cook yams so you can have them on hand for easy meals throughout the week!  
*Serves 1 person*

## Roasted Veggie Bowl

- 3 cups brussel sprouts
- 1 medium eggplant
- 1 head of cauliflower
- 2 yams
- 4 beets
- 2 T avocado oil
- Optional- Add lean protein of choice

Preheat the oven to 400 degrees. Rinse and chop up all of the veggies (peel the potatoes and beets) and coat with avocado oil. Line a baking sheet with parchment paper and spread veggies out evenly on the sheet. Sprinkle with salt and pepper to taste. Bake for 30 minutes or until done (stirring halfway through).  
Reminder- Oven cooking times and temps may vary  
*Serves 4 people*



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## Chicken Breast and Broccoli Salad

- 2 pre-cooked chicken breast
- 3 cups broccoli
- ½ cup avocado mayo
- ½ cup dried cranberries
- ½ cup sunflower seeds
- 3 T apple cider vinegar
- Optional: Add sustainably raised bacon bits

Mix up all of the ingredients except for the chicken. Serve with the chicken breast on the side.

*Serves 2 people*

## Turmeric Salad

- 1/3 cup chopped jicama (you can buy prepped jicama that is peeled and chopped)
- ½ cucumber (peeled and chopped)
- ½ chopped avocado
- 2 cups mixed greens
- 1 T pumpkin seeds
- 1-2 T turmeric dressing (1 T almond butter, ½ t turmeric powder, 1 T lemon juice, 1/2 t ginger, sprinkle of black pepper)
- Optional- Lean protein of choice

Mix up all of the ingredients to toss your salad. Enjoy!

**Tip- Batch cook chicken so you can have it on hand for easy meals throughout the week!**



## GF Chicken Tacos

- Pre-cooked shredded chicken
- GF tortillas of choice
- Mixed Greens
- Grape Tomatoes
- Toppings- Avocado, Salsa, Hot Sauce
- Optional- 1 scoop vanilla protein powder or collagen peptides (for added protein)

Spray a pre-heated skillet with avocado oil and place the chicken, tomatoes, and mixed greens in the pan. In another pan, warm up the tortillas for each taco. Place all of the ingredients in the shell and add toppings of choice!



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## Greek Salad with Lemon Tahini dressing

- 4 cups salad greens
- 1 peeled and chopped cucumber
- 1 cup grape tomatoes
- 5 chopped radishes
- ¼ cup olives
- Lemon Tahini Dressing (1/3 cup tahini, the juice of ½ of a lemon, ¼ cup water, 1 T olive oil, salt and pepper to taste)
- 2 T hemp seeds
- Optional- Add lean protein of choice

Place the salad greens in a large serving dish and layer the veggies on top. Drizzle the dressing over the top and sprinkle with the hemp seeds.

Serve and enjoy!

*Serves 2 people*

## Mexican Quinoa Salad

- 2 cups cooked quinoa
- 1 can black beans
- 1 cup salsa
- 1 cup corn kernels
- 1 Chopped Avocado
- 1 t chili powder
- Chopped Cilantro and Lime for garnish
- Optional- Add lean protein of choice

Mix up all of the ingredients in a large bowl. Top with cilantro and lime!

Serve and enjoy!

*Serves 2 people*

## Veggie Red Curry

- 2-3 T coconut oil
- 2-3 T red curry paste
- 2 cups shredded carrots
- 1 sliced red bell pepper
- 1-2 cans bamboo shoots
- 2 chopped zucchinis
- 2 cloves minced garlic
- 2 t minced ginger
- 1-2 cans full fat coconut milk
- 3 T coconut aminos
- 1 t fish sauce
- Toppings: lime, cilantro, and peanuts
- Optional- Add pre-cooked lean protein of choice



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Heat the oil in a large pot/deep skillet over medium heat. Once hot, add the curry paste and sauté for 2 minutes. Add in the vegetables, garlic, and ginger and mix well. Pour in the coconut milk, aminos, and fish sauce and stir until well combined. Bring the curry to a boil and then reduce heat, cover, and simmer for about 20 minutes, stirring occasionally, until all ingredients are cooked through. Add salt and pepper to taste.

**-Serving suggestion: On top of cauliflower rice with top with lime slices, fresh cilantro, and peanuts!**

*Serves 4 people*



## Steak and Asparagus

- 2 steaks of choice
- 1 pound organic asparagus
- 1-2 T avocado oil

Pat the steaks dry with paper towels and season with salt and pepper. Preheat your skillet or grill. Grill or pan sear the steaks for 3-5 minutes per side or until cooked to your liking. Let rest for 5-10 minutes. Rinse the asparagus and cut off the white ends. Heat another skillet while your steaks are cooking and add oil. Cook the asparagus for about 5 minutes, stirring occasionally. They are done when they are al dente and bright green.

*Serves 2 people*

## Zucchini Noodle Spaghetti

- Your favorite jar of spaghetti or marinara sauce (no sugar added)
- 2 washed zucchini squashes
- 1 T olive oil
- Optional: Add ground meat of choice

Using a spiralizer, make noodles out of your zucchini squash. Then heat up a skillet on medium and add oil to the pan. Sauté your noodles for 3-5 until cooked thoroughly (not too long or they will get soggy like normal noodles)! Add salt and pepper to taste. Warm up the marinara in a saucepan on low-medium heat.

\*Note: You will need a spiralizer for this recipe. If you do not have one, simply chop up the zucchini in cubes and sauté.



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## Pork Chop with Sautéed Zucchini and Quinoa

- 2 pork chops
- 2 T coconut oil
- 2 washed zucchini squashes
- ½ cup quinoa (dry)

Pre heat the oven to 375 degrees. Pat the pork chops dry with a paper towel and season with salt and pepper. Heat an oven safe skillet on high and add 1 T oil.

Sear the pork for 3 minutes per side or until golden brown. Place the skillet in the oven and bake for 10 more minutes or until the pork has reached an internal temperature of 145 degrees.

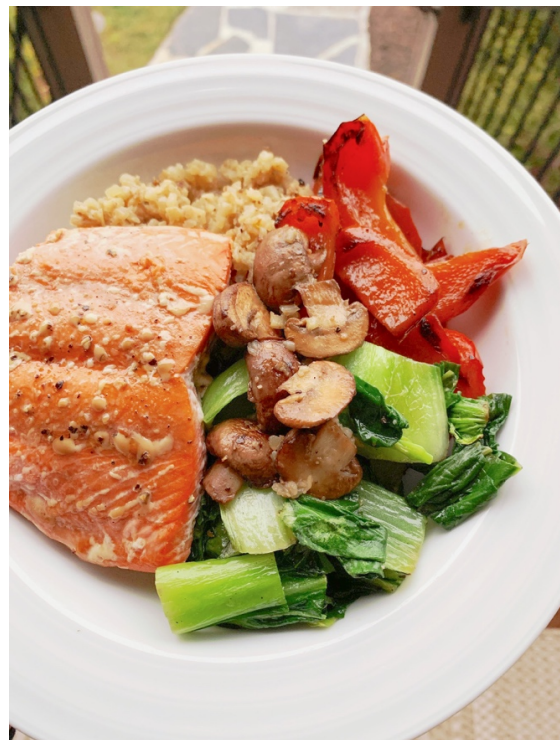
Dice the zucchini and sauté on med-high heat with the remaining coconut oil. Add salt and pepper to taste.

Cook the quinoa in a medium saucepan with 1 cup water or chicken broth, stirring occasionally. This will take about 30 minutes or until the water is absorbed and the quinoa is al dente. Another option is to cook the quinoa in a rice cooker with 1 cup of water or chicken broth.

## Brown Rice Asian Bowl

- 1 package cauliflower rice
- 2 T coconut oil
- 1 T coconut aminos
- Salt and pepper to taste
- 2 Chopped Red bell peppers
- 1 cup Mushrooms
- 2 cups Chopped Bok choy
- 2 Wild Salmon filets

Preheat the oven to 375 degrees. Heat 2 skillets over medium heat and add oil. Sauté the cauli rice with salt, pepper, coconut oil, and coconut \*aminos. Sauté the veggies (red bell peppers, mushrooms, and bok choy) in pan two. Bake the wild salmon with the same seasoning as the rice!! Bake for 9 minutes for medium or 15 minutes for well-done fish.



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## Paleonola!

- 2 T chia seeds
- 1 t cinnamon
- 2 t vanilla
- 2 T almond butter
- 1/4 cup coconut oil (melted)
- 1 cup unsweetened coconut flakes
- 1 cup chopped raw almonds
- 1 cup raw pumpkin seeds
- 1 cup chopped raw pecans or walnuts
- 2 T maple syrup
- 2 T coconut sugar

Mix all of the ingredients together. Bake at 300 for 30 min stirring halfway through

\* Add only 1 T of each sweetener if you want it less sweet.



## Laura's Bliss Balls

- 1.5 cups Walnuts
- 1/3 cup Coconut flour
- 2 T Cocoa powder
- 12 Pitted Medjool Dates
- Pinch of Sea Salt
- Optional- 1 scoop collagen peptides (for added protein)

Place all of the ingredients into a food processor and blend until smooth. Roll into 1-inch balls and store in the fridge!



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## LEGEND AND INFORMATION SHEET

Recommended Grocery Stores:

- Trader Joe's
- Whole Foods
- Fred Meyer/QFC
- Safeway
- Costco

Online Ordering: Makes it easy on busy families/Helps with self-control while shopping!

- Amazon
- Whole Foods
- Thrive Market

Super Foods:

- Chia seeds- You can find these at any health food store- no specific brands necessary
- Collagen Peptides
- Bone broth

Quick Tips:

- Eating healthy does not need to be expensive or time consuming! Shop around for the best prices and batch cook your meals to save time!
  - When you cook meals, make extra food for lunch the next day
- You can find a good veggie spirilizer on Amazon or any cooking store

Favorite Brands:

- Purely Elizabeth- Grain-free goods (granola, oatmeal, bars, etc.)
- Siete Foods- Grain-free tortillas, chips, hot sauce, etc.)
- Vital Proteins (collagen products)
- EPIC Food (bone broth, jerky, meat bars)
- Simple Mills- Grain-free crackers

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**THIS GUIDE IS CREATED BY THE VERDE SPORTS NUTRITION TEAM  
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