

ASPIRE ZEN COACHING WITH AMY SULLIVAN



RESET RECIPES

FRUITS, VEGGIES & NUTS

WWW.MYASPIREZEN.COM

SOCIAL: @ASPIREZEN

INFO@MYASPIREZEN.COM



Lemon Ginger Tea Elixir

(Cleansing | Gut Health | Vegetarian/Vegan | Anti-inflammatory | Weight-Loss Friendly)

Ingredients

- ❖ ½ lemon juiced and seeded
- ❖ 8 - 12 oz hot water
- ❖ 1 ½ " fresh ginger root, sliced
- ❖ 2 tsp unfiltered apple cider vinegar
- ❖ 1 tbsp honey (optional)
- ❖ Pinch cayenne pepper

Preparation

- ❖ Boil water. Pour into a large mug
- ❖ Add rest of ingredients. Stir until honey dissolves.

Notes

- ❖ Swap honey with Maple syrup to make it vegan.
- ❖ Drink before breakfast to awaken the digestive system
- ❖ Aids in elimination and detoxification processes of the body

Nutrition Information

Servings: 1 | Calories: 66 | Protein: 0g | Fat: 0g | Carbohydrate: 17g | Fiber: 0g



Fruit, Nuts & Chia Seeds

Ingredients

- ❖ 1 medium apple sliced
- ❖ ½ cup grapes
- ❖ ½ cup strawberries
- ❖ ¼ cup blueberries
- ❖ ¼ cup blackberries
- ❖ 2 tbsp walnuts
- ❖ 1 tsp chia seeds
- ❖ Slice of lemon (optional)

(Cleansing |
Gluten-Free |
Vegetarian/Vegan |
Immunity | Brain/Heart |
Weight-Loss Friendly)

Preparation

- ❖ Chop fruit and add to bowl.
- ❖ Sprinkle with nuts and chia seeds & squeeze lemon slice

Notes

- ❖ Perfect for breakfast or snacking
- ❖ Use any fruits you love: apples, peaches, pears, bananas, mangos, papayas etc.
- ❖ Switch up the nuts: almonds, cashews, pistachios, pumpkin seeds, sunflower seeds, toasted pine nuts
- ❖ Swap out chia seeds for hemp seeds
- ❖ Drizzle with a little honey to add calories and sweetness

Nutrition Information

Servings: 1 | Calories: 364 | Protein: 5g | Fat: 11g | Carbohydrate: 65g | Fiber: 10g



Lemon-Ginger-Garlic Dressing

(Cleansing | Gluten-Free | Vegetarian/Vegan | Weight-Loss Friendly | Anti-Inflammatory)

Ingredients

- ❖ ¾ cup fresh squeezed lemon
- ❖ Zest of 1 lemon
- ❖ ½ cup extra virgin olive oil
- ❖ 1 to 1.5 in knob fresh ginger (minced or grated)
- ❖ 1 clove garlic (minced or grated)
- ❖ 2 tbsp raw honey (optional)

Preparation

- ❖ Grate garlic, ginger, and zest into a bowl or jar
- ❖ Add the rest of the ingredients
- ❖ Wisk or shake with lid to combine

Notes

- ❖ Use maple syrup, or omit honey to make vegan
- ❖ Store in glass jar with lid up to a week
- ❖ Grate in 1 inch of turmeric root for a flavor twist extra anti-inflammatory boost

Nutrition Information

Servings: 8 | Calories: 138 | Protein: 0g | Fat: 14g | Carbohydrate: 5g | Fiber: 0g



Peach & Beet Summer Salad

(Cleansing | Gluten-Free | Vegetarian/Vegan | Weight-Loss Friendly |
Blood Pressure/Brain/Digestion/skin | Anti-Inflammatory)

Ingredients

- ❖ 6 cups mixed greens (I like Power Greens & Iceberg)
- ❖ 2 stalks celery
- ❖ 1 cup steamed green beans (canned, frozen, homemade)
- ❖ 1 cup beets (½ a can or 1 lb roasted)
- ❖ 1 large peach
- ❖ 1 green onion (optional)
- ❖ 2 tbsp walnuts

Preparation

- ❖ If roasting beets - preheat oven to 400. Slice beets ½ inch. Roast on sheet pan until fork tender, about 25 - 30 min. Let cool.
- ❖ If cooking beans, steam in steamer basket until bright green (about 4 min) followed by an ice water bath. Cut into bite-sized pieces.
- ❖ Toss greens with ½ recipe lemon-ginger-garlic dressing
- ❖ Arrange veggies and fruits on top and sprinkle with walnuts

Nutrition Information

Servings: 4 | Calories: 254 | Protein: 6g
Fat: 18g | Carbohydrate: 22g | Fiber: 5g
Plus 136% of your daily Vitamin A!



Berries and Greens Salad

Ingredients

- ❖ 6 cup mixed greens
- ❖ ½ large cucumber, sliced
- ❖ 1 cup strawberries, halved
- ❖ 1 cup blueberries
- ❖ 1 avocado
- ❖ 2 tbsp pecans
- ❖ ½ batch of lemon-ginger-garlic dressing

(Cleansing | Gluten-Free |
Vegetarian/Vegan | Weight-Loss
Friendly | Anti-Inflammatory |
Immunity)

Preparation

- ❖ Slice cucumber, berries and avocado
- ❖ Toss greens and veggies with lemon-ginger-garlic dressing and top with pecans

Notes

- ❖ Bulk it up with avocado and extra nuts. Or cut down if focusing on weight loss during this reset.
- ❖ Use any fruits or berries you love - blackberries, raspberries, apples, mangos etc.
- ❖ Exchange pecans for almonds, walnuts, pistachios, pinenuts, or pumpkin seeds

Nutrition Information

Servings: 4 | Calories: 224 | Protein: 4g
Fat: 16g | Carbohydrate: 19g | Fiber: 3g



Steamed Vegetables with Lemon & Almonds

Ingredients

- ❖ 2 cups broccoli
- ❖ 2 cups cauliflower
- ❖ 2 cup green beans
- ❖ 2 medium carrots
- ❖ 1 red bell pepper
- ❖ Zest and juice of one lemon
- ❖ 2 tbsp sliced almonds
- ❖ 2 tbsp fresh dill

(Cleansing | Gluten-Free |
Vegetarian/Vegan | Weight-Loss
Friendly | Anti-oxidants)

Preparation

- ❖ Chop vegetables into bite-sized pieces.
- ❖ Bring water to a boil in a large pot with a steamer basket. Add vegetables and steam until just tender and bright in color.
- ❖ Add vegetable to bowl. Top with zest and juice, fresh dill, sliced almonds and salt and pepper.

Notes

- ❖ Use any vegetables you like.
- ❖ Replace almonds with pecans, cashews, walnuts, or pistachios.
- ❖ Exchange dill for basil, parsley, tarragon, or any herb you like.
- ❖ Add sliced scallions for a little onion kick

Nutrition Information

Servings: 2 | Calories: 223| Protein: 10g
Fat: 5g | Carbohydrate: 36g | Fiber: 14g



Still hungry?

1. Start with hydration - drink water, lemon water, or another cup of the ginger lemon elixir
2. Eat a piece of fruit or some chopped veggies
3. Make some trail mix
 - a. 1 cup unsalted mixed nuts
 - b. 1 cup dried fruits - raisins, gogi berries, cranberries, mangos, etc.
 - c. ½ cup seeds - pumpkin or sunflower
 - d. (or buy at the store - look for mix without chocolate/candy additions just fruits and nuts)
4. Make another serving of one of these recipes



Aspire Zen Health Coaching

Life's too short to be stressed.

I coach busy people who are overwhelmed, exhausted, and overweight and help them tap into boundless energy, drop those extra lbs, and find their zen.

As your coach I'm here to guide, inspire, cheer you on, and proactively hold you accountable. Over 12 weeks of 1:1 sessions, we'll harness the power of the M's of Wellness (Mindset, Movement, Meals, Me Time & Motivation) to realize your health goals in a program tailored just for you. Together we can get you on the right track and keep you there.

Schedule a [free discovery session](#) to learn more.

About Amy Sullivan

Amy is a holistic health coach, yoga instructor, certified diet and nutrition specialist, and a food blogger. During 15 years in marketing, she observed and experienced many of the unique stresses that women go through balancing their work and personal life. She combined that knowledge with her life loves of food, yoga, and wellness, plus learnings from her personal weight loss journey as a 40s+ woman, to build her health coaching program. Now she's found her true life's calling, helping busy people who are striving to have it all, to achieve success in the one area of their lives that is often neglected, their personal health.