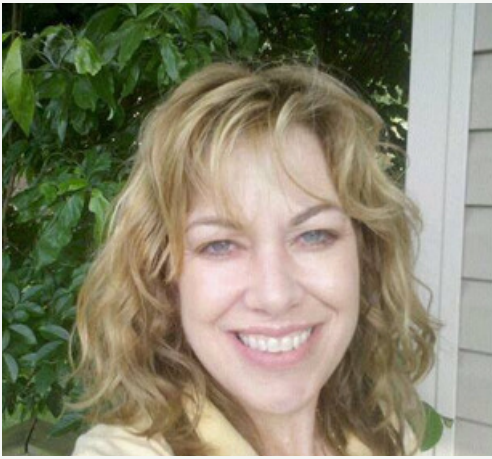


# Holistic Lifestyle NUTRITION GUIDE

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NUTRITION TIPS • HEALTHY FOODS • VEGAN RECIPES • SAMPLE MENU





Kathy Ashley is a board-certified holistic health coach and natural health blogger at Holistic Life Natural Health Blog. She draws on her years of professional and personal experience to offer the best, most accurate holistic health information for her clients and readers.

Her holistic approach treats the body as a whole, creating an environment where the body will naturally thrive, promoting overall health, happiness, and well being.

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# Inside

YOUR NUTRITION GUIDE

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## Nutrition Tips

Holistic nutrition tips and practices to help you make the most of healthy eating.

## Healthy Foods

Choose from this list of healthy vegan foods for nutritious meals & snacks.

## Easy Vegan Recipes

Delicious high energy raw vegan recipes for a healthy body and mind.

## Sample Menu

Use this one day sample menu as a template to plan your healthy meals.





# Nutrition Tips

- Go shopping and prepare yourself and your kitchen to start creating the health and life you want. Plan meals and snacks. Chop and store vegetables in the fridge so you can prepare meals quicker.
- Keep it simple. Just do what you can do. As long as you're working toward eating healthier and making healthier lifestyle choices, that's what matters the most.
- Just because you're embarking on a new, healthier lifestyle doesn't mean you can't enjoy a treat every now and then. Remember, it's what you do every day that makes the difference.
- It's not necessary to eat raw foods 100% of the time to gain benefits. In fact, 80% raw foods should give you amazing benefits and you'll be able to have some cooked food as well. Just make sure your cooked food is healthy and prepared in such a way that doesn't add unnecessary fat and sugar.
- Eat foods that are high in water content, such as raw fruits and vegetables. Their water is highly nutritious and has the ability to help hydrate you in a way that drinking water cannot.
- Always look for and buy organic whenever you can. Shop at local farmers markets, or join a CSA (community supported agriculture) to get good quality local food. While some of these may not be certified organic, they may indeed grow their food using organic methods.
- Eat foods in the Fats group sparingly. Though healthy, they are also very high in calorie per serving.
- Try to avoid eating when stressed or upset, as this interferes with digestion and nutrient absorption.
- Upon waking, drink a large glass of hot lemon water to boost your energy, aid in digestion, and promote weight loss. Add 1 tsp lemon juice to very hot, filtered water.
- Drink 20 oz of room temperature spring water between meals. This will aid in digestion, weight loss, and will help you get the hydration your body needs.
- Keep breakfast light and easily digestible. The body is still in fasting mode from the night before and digestion will be weaker. After hot lemon water, have a piece of fruit or a smoothie. Since your body won't have to work hard digesting a heavy meal, you'll have more energy for your busy day ahead.
- Make lunch the largest meal of the day, as digestion is strongest between the hours of 10am – 2pm. Sit down and relax. Eat mindfully; notice the taste, smell and texture of your food. Take your time, and enjoy this meal.
- Keep dinner light and easily digestible such as soup and/or a salad. Don't eat after 7pm, as the body has cleansing and healing work to do at night without the added job of digesting a heavy meal.
- Sip on room temperature water only as needed during meals, as drinking too much will hinder digestion.



# Healthy Foods

## FRUITS

Apples  
Apricots  
Avocado  
Banana  
Blackberries  
Blueberries  
Cherries  
Dried Fruits  
Fig  
Grapes  
Kiwi  
Mango  
Melon  
Olives  
Oranges  
Peaches  
Pears  
Pineapple  
Plantain  
Pomegranate  
Raspberries  
Strawberries  
Tomatoes  
Watermelon  
Wild Blueberries

## VEGETABLES

Asparagus  
Beets  
Bell Peppers  
Broccoli  
Brussels Sprouts  
Carrots  
Cauliflower  
Collard Greens  
Corn  
Cucumbers  
Dandelion Greens  
Garlic  
Green Beans  
Green Peas  
Green Salad  
Kale  
Lettuce  
Mushrooms  
Mustard Greens  
Microgreens  
Onion  
Potatoes  
Squash  
Spinach  
Sprouts  
Sweet Potatoes  
Zucchini

## GRAINS

Barley  
Brown Rice  
Brown Rice Noodles  
Corn Tortillas  
Couscous  
English Muffins  
Grits  
Noodles  
Rice (basmati, yellow, jasmine)  
Rolled Oats  
Spaghetti  
Whole Grain Bread  
Whole Grain Pasta  
Whole Wheat Bagel  
Whole Wheat English Muffin  
Whole Wheat Tortilla  
Whole Grain Pita  
Whole Grain Rice  
Wild Rice

## FATS

Avocado  
Nuts  
Nut Butters  
Oils (almond, olive, sunflower, grape seed, coconut)  
Olives  
Seeds (chia, flax, sunflower, hemp)

## PROTEINS

Beans (baked, refried, etc.)  
Chickpeas  
Buckwheat  
Hummus  
Lentils  
Nuts  
Nut Butters  
Quinoa  
Refried Beans (fat free)  
Rice Cakes  
Seeds (flax, chia, hemp, sunflower)  
Seitan  
Soy Milk  
Split Peas  
Tempeh  
Tofu  
Vegan Protein Powders

## BEVERAGES

Almond Milk (unsweet)  
Cashew Milk (unsweet)  
Coffee (limit 2/day)  
Fresh Vegetable Juices  
Herbal Teas  
Soy Milk (unsweetened)  
Spring Water

# Green Sunshine Smoothie



The Green Sunshine Smoothie is the perfect refreshing breakfast drink. It's quick, filling, and easy to digest. And, really tasty!

- 1 orange, peeled & quartered
- 1 handful baby spinach
- 1 Tbsp chia seeds
- 1 Tbsp coconut flakes
- 1 cup coconut water

Add all ingredients, except coconut flakes, to blender. Process on high until smooth. Pour into your favorite glass, and top with coconut flakes. Serves 1. Enjoy!

## **VARIATIONS:**

- Add 3/4 cup wild blueberries or 1 banana
- Replace chia seeds with 1 Tbsp hemp seeds
- Replace coconut water with spring water

# Raw Veggie Salad



Raw Veggie Salad makes a great lunch by itself or with a broth-based soup.

- 1/2 cup raw sweet corn
- 1/2 cup raw green peas
- 1 Tbsp hemp seeds
- 2 Tbsp red bell pepper, chopped
- 1/2 Tbsp sweet onion, chopped
- 1 tsp minced garlic
- Sea salt to taste
- Black pepper to taste

For this recipe I use organic frozen corn and peas, thawed.

Add corn and peas to a large bowl. Chop pepper and onion, then toss with veggies. Add garlic and mix well. Sprinkle with hemp seeds. Add salt and pepper to taste. Serves 1.

# Green Alkaline Salad



Tomato and avocado is a classic combo -- delicious on a sandwich, toast, or in this case, a salad! Green Alkaline Salad makes a wonderful and satisfying lunch or dinner, by itself or paired with soup.

1/2 large tomato sliced into large chunks

1/2 avocado sliced into large chunks

1 Tbsp sweet onion, chopped

1-2 Tbsp sprouts

1/2 cup organic baby spinach, chopped

Sea salt

Black pepper

Almond oil

Combine everything, except last 3 ingredients, into a bowl and mix well. Transfer to a plate, and drizzle with almond oil. Salt and pepper to taste. Serves 1.



# Cheezy Zucchini Noodles



Cheezy Zucchini Noodles is one of my favorite raw food recipes! It's so good and rich, however a little high calorie due to the cashews.

## **Noodles:**

- 1-2 zucchini, peeled
- 1/2 cup grape tomatoes

## **Cheezy Sauce:**

- Handful raw cashews
- 2 tsp nutritional yeast
- 1/2 tsp turmeric
- 1 Tbsp olive oil
- Sea salt to taste
- Black pepper to taste

Use a spiralizer or vegetable peeler to make spaghetti-like zucchini noodles. Transfer to a plate and set aside.

**Cheezy Sauce:** Add first 4 ingredients to a blender, plus just enough water for processing. Process on high. Add salt and pepper to taste. Pour over noodles and top with tomatoes. Serves 1.



# Apple Raisin Crunch

Apple Raisin Crunch serves as a great breakfast or afternoon snack option to get you through a long day.

- 1 apple, cut into chunks
- 1/4 cup raisins
- 1/4 tsp cinnamon
- 1 tsp real maple syrup

Add first three ingredients to a bowl, then stir in maple syrup.  
Serves 1.

## **VARIATIONS:**

- Add 1 Tbsp hemp or chia seeds
- Add 1 Tbsp raw organic rolled oats
- Replace raisins with chopped dates

# Chocolate Nut Butter Fudge



We all need decadent sweets every now and then, and raw chocolate is actually very good for you. This Chocolate Nut Butter Fudge recipe will rock your world!

1 cup maple syrup

1 cup raw cacao powder

1 cup cacao butter

1/4 cup organic nut butter (peanut, almond, or cashew)

Large pinch of sea salt

Slowly melt cacao butter in double boiler. Add all ingredients to blender, and process on medium high until well-blended. Pour mixture into 8 x 8 glass baking dish greased with coconut oil. Place in freezer for 45 minutes or until firm. Store in refrigerator or freezer.

# Sample Menu

FOR A DAY

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## Upon Waking

Drink an 8-12 oz glass of hot lemon water. Wait 20 minutes before eating or drinking anything else.

## Breakfast

Green Sunshine Smoothie  
Organic coffee or herbal tea

20 oz water between breakfast & mid-morning snack

## Mid-Morning Snack

1 cup white grapes  
8 raw almonds

20 oz water between mid-morning snack & lunch.

## Lunch

Green Alkaline Salad  
1 1/2 cups homemade vegetable soup  
1 small square of Chocolate Nut Butter Fudge  
Organic coffee or herbal tea

20 oz spring water between lunch & dinner

## Dinner

Raw Veggie Salad

20 oz spring water between dinner & 9pm.

