



SUPERCHARGE YOUR SPRING



CLEANPLATES

INTEGRATIVE NUTRITION

TAKE CHARGE OF YOUR LIFE

If you're ready to shed the sweaters, bust out the sandals and dance into Springtime, you're in luck: Clean Plates has partnered with the Institute for Integrative Nutrition (IIN), and gathered some of the country's top health coaches—all of whom trained at IIN. Here, they share their best tips to help rejuvenate and re-energize yourself for the season.

Why health coaches? They have a unique perspective and broad training that addresses the whole you. A health coach works with you on nutrition, fitness, sleep, stress, relationships—everything that affects your health—in a personalized way. So you get someone who listens and helps you crystalize your goals, then works with you on practical ways to achieve those goals within the framework of your life. Plus, as you will discover in this e-book, they've been there. Their own health struggles inspired them to become coaches and help others.

Just like these experts, you too can become a health coach, and get paid to do the fulfilling work of helping others change their lives. With IIN's convenient online training, you fit the classes in when it works best for you. And, since you are your own first client, you get the benefit of coaching as well. Plus, you get access to a community of health coaches training at the same time as you.

So read on for some inspiring, energizing, easy tips to supercharge your Spring, and click [here](#) to check out your FREE sample class. If you enroll, you'll receive 25% off the entire program!

The Editors at Clean Plates





“Immersing myself in all things nutrition and wellness has totally enlightened me,” says Heather. “Everybody needs their own plan. What works for me may not work for you, and what works for me now may not work for me two years from now. Be flexible, nimble and open.”

Heather also believes in a holistic balance of work, home, play, fitness, and diet. “Each one is equally as important. Happiness is more than a number on a scale.”



HEATHER THOMSON

Fashion Designer, Former “Real Housewives of New York” Cast Member, Integrative Nutrition Health Coach & Brand Ambassador For Tommie Copper, Tasc Performance, and Dakota Biotech
heatherthomson.com

// SECRET WELLNESS TIP //

Get Outside

“I make an effort to set aside time to be outdoors, whether it’s a walk in the woods, a run, skiing, or hiking. Nature is nurture,” says Heather.





AMIE VALPONE

Founder of The Healthy Apple, Integrative Nutrition
Health Coach and Author

TheHealthyApple.com

// SECRET WELLNESS TIP //

Epsom Salt Baths

“They're not only relaxing, they can also be great for detoxing. The magnesium in the Epsom salts draws out toxic waste and replenishes the body's supply of this important mineral,” says Amie.

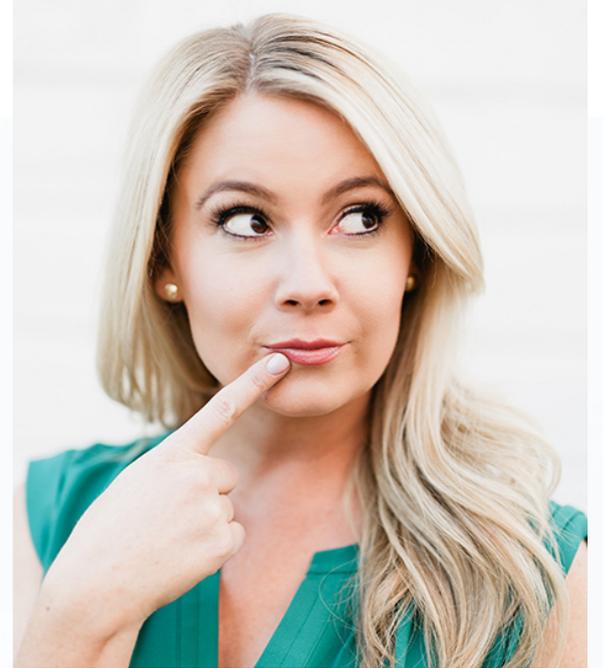
After healing herself from a decade of chronic pain, Amie became a wellness consultant and nutrition expert to help others learn how clean eating can transform their health.

The best-selling author of Eating Clean: The 21-Day Plan to Detox, Fight Inflammation, and Reset Your Body, and Reset Your Body loves detoxifying veggies such as broccoli, cauliflower, arugula, and brussels sprouts.





Yes, Elizabeth teaches women about nutrition, but she also helps them learn how to become their best selves by creating positive relationships, being creative and generous, and loving themselves. Happy, Healthy, and Whole is her mantra.



ELIZABETH RIDER

Board-Certified Health Counselor and Integrative
Nutrition Health Coach

elizabethrider.com

// SECRET WELLNESS TIP //

Sunday Night Rituals

“It sets the tone for how the week will go, because good nights equal good mornings,” says Elizabeth, who shuts down all phones and computers by 8 p.m. and is in bed by 9:30 p.m. sharp.





Nisha overcame emotional eating and developed a deeper connection to others, the spirit and the earth when she began studying wellness. "I feel more grounded and peaceful now," she says. "Plus I've been able to build a business that's served hundreds of women, and run my business in a way that nourishes me and supports my family!"



NISHA MOODLEY

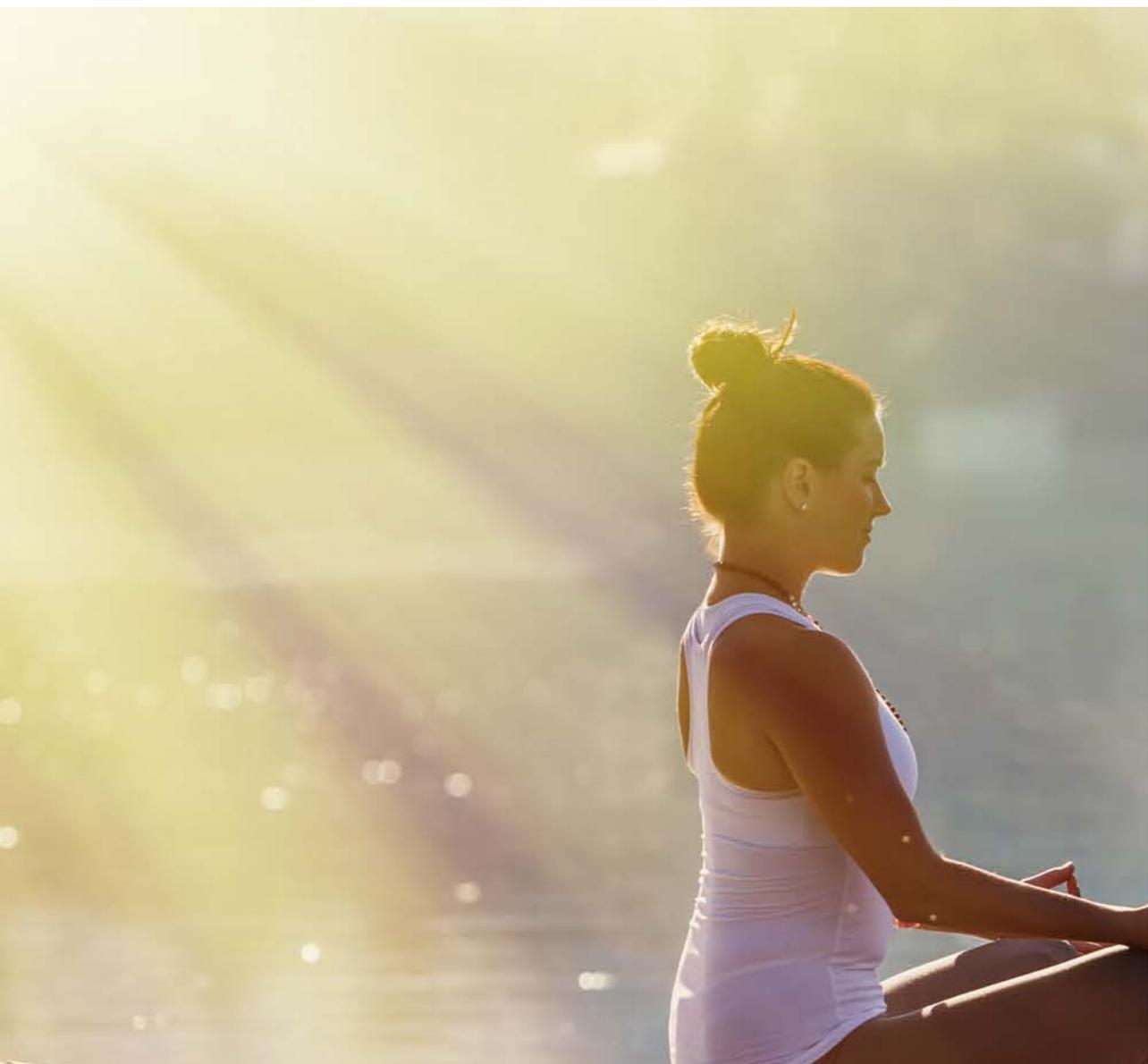
Women's Leadership Coach, Integrative Nutrition Health Coach and Founder of Global Sisterhood Day
nishamoodley.com

// SECRET WELLNESS TIP //

Natural Products

"Don't put anything on your body that would be dangerous to eat—including hair products. This ensures that you're making healthy choices for your body and the planet," Nisha says.





LATHAM THOMAS

Glow Maven, Integrative Nutrition Health Coach and
Founder of Mama Glow
mamaglow.com

// SECRET WELLNESS TIP //

Deep Breathing

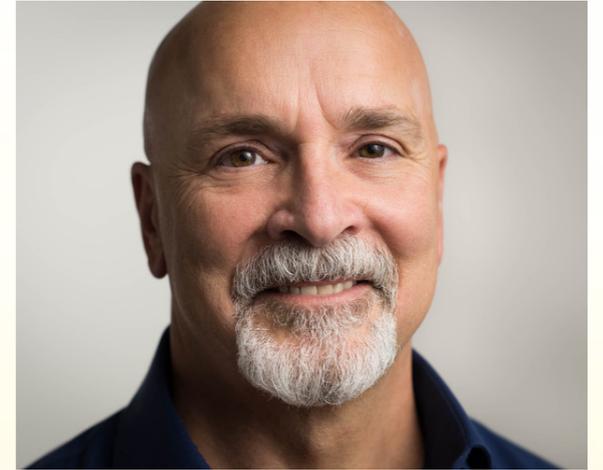
Latham does “deep belly breathing for 10 rounds while repeating the mantra: **The light of love surrounds me / The energy of love enfolds me / The power of love protects me / The presence of love is within me.**”

“People think that mindfulness is something you carve out time for, so you can fit it into your day and hope that it helps you stay calm. But mindfulness is a lifestyle, it’s becoming aware of the energy you emanate and how it impacts those around you,” Latham says. As glow maven, she helps women “mother themselves first,” so they can be their best selves.





Learning about wellness taught Nick that “there is no one-size-fits-all diet. Each person is a unique individual with highly individualized nutritional requirements,” he says. Fully listening to others is key, as well; it’s not only the best healing and coaching tool, but the best gift we can give others.



NICK ODDO

Life Coach, Integrative Nutrition Health Coach and Founder of Ten Studio Hill, Inc. and Positive Feelings Rule
[facebook.com/PositiveFeelingsRule](https://www.facebook.com/PositiveFeelingsRule)

// SECRET WELLNESS TIP //

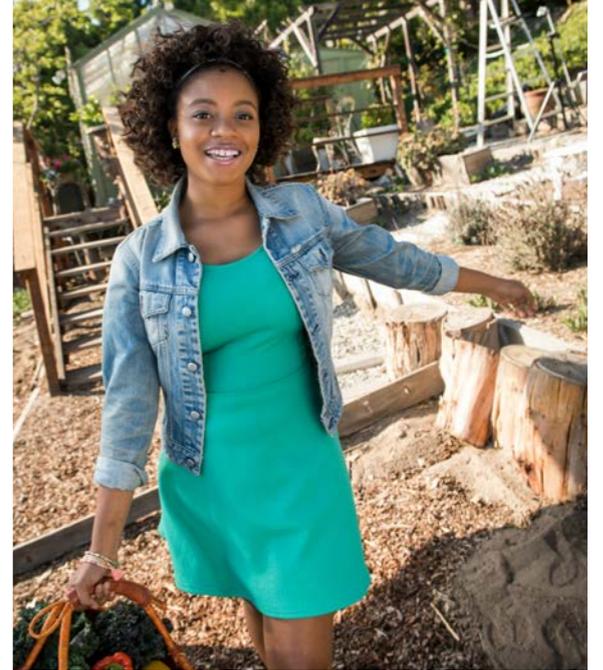
Mindfulness Meditation Walks

“I take three to four of them a week. For those with a busy schedule, this combines several healthy stress-relieving practices in one,” Nick says. During the walk, focus on a mantra, use all your senses to pay close attention to your surroundings, and photograph all that stirs happy feelings.





At 16 years old, Haile is the youngest certified Integrative Nutrition Health Coach from IIN. Her passion for nutrition started at the age of 8, when her father was diagnosed with Type 2 diabetes. "Prior to this, my family had no idea that food could be both the cause and the cure for a lot of chronic illnesses," she says. After helping her father reverse the disease without medication, she was inspired to help others learn about nutrition.



HAILE THOMAS

Founder and Executive Director of the HAPPY Organization
and Integrative Nutrition Health Coach

hailethomas.com

// SECRET WELLNESS TIP //

Raw Greens

"I eat at least eight cups of raw greens every day," says Haile, adding them to smoothies, salads, Buddha bowls and stir-fries. "They give me the vitality and happiness I need to embrace each day and do the work I do."





Vanessa left a job in fashion to start modelFIT. "I wanted to pursue a career inspiring individuals to live a healthier life through mindful movement and mindful nutrition," she says. If you want to see results, consistency is critical. "Setting weekly goals and making sure you meet them is what makes the biggest difference," she says, adding that for her, working out is critical for both her physical and mental health.



VANESSA PACKER

Founder of ModelFIT and Integrative Nutrition Health Coach
modelfit.com

// SECRET WELLNESS TIP //

Spring Clean

Think "less is more" for a clean home. "Making sure you are as decluttered as possible will leave space for creativity and peace," says Vanessa.





CHRISTA ORECCHIO

Clinical and Holistic Nutritionist, Integrative Nutrition Health Coach and Founder of The Whole Journey
thewholejourney.com

// SECRET WELLNESS TIP //

One-Day Fast

If you do a one-day bone broth and green juice fast, “you’re still consuming protein, fat, and some carbs, so you don’t feel hungry, yet you’re giving your digestive system a rest, feeding your hormones, and flooding your body with vitamins and minerals,” says Christa.

Learning about wellness set Christa off on a new course. “It empowered me toward prevention and maintaining my quality of life in the most positive way,” she says. It also gave her a new career; she opened The Whole Journey in 2005.

Two foods she eats almost daily: “Turmeric supports the liver, slashes inflammation, and provides a powerful dose of antioxidants, while ginger is both my daily cancer prevention and my way to make sure my hydrochloric acid production and digestion stay strong,” says Christa.





Elizabeth worked in marketing but left to study at IIN and start a natural foods company. "I knew I wanted to start a company to help others eat better, feel better, and live better," she says. In addition to her oatmeal topped with fresh fruit and nut butter, Elizabeth enjoys an Om Mushroom Energy Drink every morning: "It helps me to start off my day with a boost of sustained, clean energy and really helps kick start my immune system."



ELIZABETH STEIN

Founder and CEO of Purely Elizabeth and Integrative Nutrition Health Coach

purelyelizabeth.com

// SECRET WELLNESS TIP //

80/20 Rule

Eat really well 80 percent of the time, and let loose (in moderation) the other 20 percent. "This helps prevent feeling guilty for eating a slice of pizza on a Saturday night and will free you from the idea of perfection and allow you to just enjoy life!" says Elizabeth.





In 2009, Lauren quit her Wall Street job to launch her own lifestyle brand and yoga studio, and write the best-selling Retox: Healthy Solutions for Real Life.

“Learning about wellness gave me the strength and confidence to lead my life from the inside—from the intangible, energetic me, out to all aspects of my life,” says Lauren.



LAUREN IMPARATO

Founder of RETOX and I.AM.YOU. and Integrative Nutrition Health Coach
retoxnow.com

// SECRET WELLNESS TIP //

Dine With Friends

“Share a meal with friends,” says Lauren. “It’s the easiest way to nourish yourself on a deeper level that will relieve your stress, inspire you, and feed you from both the inside out and the outside in.”





Holli read up on healthy cooking and mind-body balance, but it wasn't until she studied at the IIN and started listening to her own intuition that she was able to eliminate the migraines, allergies, and other health problems she'd had for years. Now, when she needs to recharge her diet, she eliminates alcohol, processed foods, sugar, and carbohydrates for a week.



HOLLI THOMPSON

Founder of Nutritional Style, Certified Holistic Health Coach
and Integrative Nutrition Health Coach
hollithompson.com

// SECRET WELLNESS TIP //

Bone Broth

“The protein-rich collagen is really strengthening for your hair, skin, and nails, and my hairdresser noticed a difference way before I did,” says Holli.





“Food is a way we show love, and also how we receive it. I grew up in a home where this was all too true,” says Robyn. “I knew I wanted to do something with food, and was obsessed with sharing my creations with my then boyfriend (now husband) Scott. The IIN program changed my life. I created a successful health coaching practice, cooking show and book, Go With Your Gut, to teach others how to truly nourish their bodies.” She nourishes hers daily with greens, greens and more greens.



ROBYN YOUKILIS

Integrative Nutrition Health Coach and Author
robnyoukilis.com

// SECRET WELLNESS TIP //

Chewing

“If you chew your food slowly, you'll feel full longer, your stomach will likely be flatter, and you'll have lots of energy,” says Robyn. “Plus, you reconnect with your inner wisdom that tells you when you are hungry, when you are full, and what foods are best for you in any moment.”





MARIA MARLOWE

Integrative Nutrition Health Coach and Author
mariamarlowe.com

// SECRET WELLNESS TIP //

Flaxseed

Maria adds 2 tablespoons of flaxseed to oatmeal, salad, and avocado toast. “Ground flaxseed provides fiber to improve digestion and elimination, and omega-3 fats, which reduce inflammation and aid in better looking skin,” Maria says.

When Maria changed to a “real food” diet, “literally everything changed for me,” says Maria. She lost 20 pounds, was sick less often, and her acne cleared up. She now helps women see similar results and is a big fan of a three-day Spring detox. “It’s much easier to commit to than 30 days, and you can still see results spurring you on to keep up healthy habits.” Maria’s forthcoming [The Real Food Grocery Guide](#) will help eliminate shoppers’ confusion in the grocery aisle.





When Kimberly became a holistic health counselor, she went on a 60-day elimination diet, cutting out wheat, gluten, dairy, soy, and refined sugar. She was also traveling frequently for work and needed a healthy on-the-go snack and came up with her recipe for success, Simple Squares. Kimberly keeps her meals clean too, such as brown rice pasta and veggies, fish in a packet, and mung bean soup.



KIMBERLY CRUPI DOBBINS

Founder of Simple Squares and Integrative Nutrition
Health Coach

simplesquares.com

// SECRET WELLNESS TIP //

Morning Water

“I keep a glass of water on my nightstand, and each morning before I get out of bed, I drink the whole glass. Starting the day hydrated regulates my body and satiates my appetite,” Kimberly says.





JENNIFER ROSSANO

Founder of Neurotic Mommy and Integrative Nutrition
Health Coach

neuroticmommy.com

// SECRET WELLNESS TIP //

Breathe

“A lot of the times when we’re stressed out and exhausted, we tend to hold in our breath. All that tension lands in the neck and shoulders and leads to headaches and pain,” says Jennifer. Focus on your breathing for 5 minutes in the morning and at night; it will distract your mind from anxiety.

For years, Jennifer struggled with anxiety, depression, and her weight. She explored plant-based nutrition, became a holistic health coach, and founded Neurotic Mommy to help other women. Her blog is now a place for moms to find recipes, healthy lifestyle tips, and support. Jennifer recommends meditation, movement, and hydration for a healthy Spring—and the entire year.





ALISA VITTI

Functional Nutritionist, Integrative Nutrition Health Coach and Founder of FloLiving
FLOLiving.com

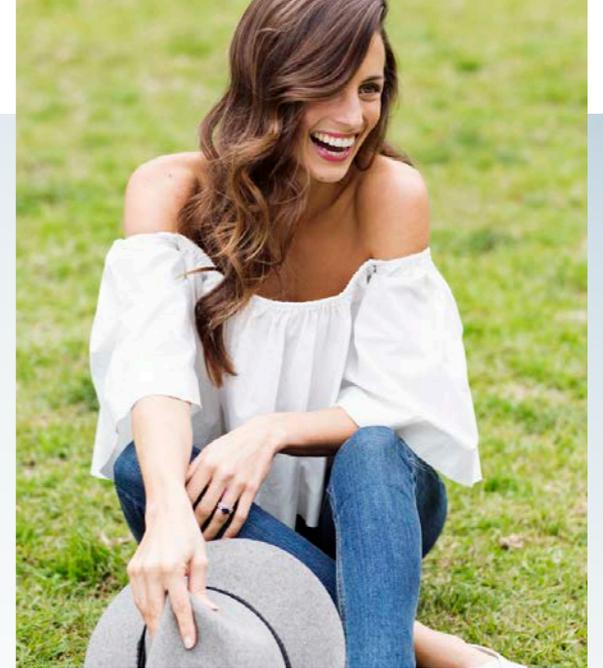
// SECRET WELLNESS TIP //

A Superfood Smoothie

Alisa eats eggs almost daily, but if she wants to mix up her breakfast, she blends a smoothie with sacha inchi, moringa protein, and other superfoods like mangosteen and ginger, as well as a good fat, berries, and almond milk.

“Learning the language of my unique female biochemistry and how to feed and care for it properly has not only transformed my health, resolved my PCOS, and allowed me to have a child, but it also totally altered the trajectory of my career,” Alisa says. She subsequently wrote WomanCode and founded FloLiving and today she helps thousands of women in 216 countries.





MELISSA AMBROSINI

Bestselling Author and Speaker and Integrative Nutrition
Health Coach

melissaambrosini.com

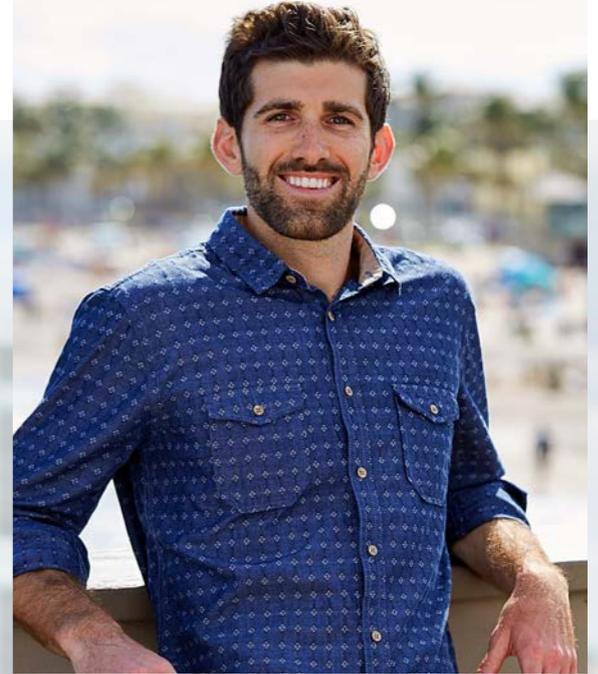
// SECRET WELLNESS TIP //

Love Yourself

“Love your beautiful temple,” says Melissa. “For many years, I loathed my body but that caused so much stress and anxiety. I now treat my body like a temple. This is the best practice we can focus on instead of trying to fix, change, and improve our body out of fear.”

“Learning about nutrition and wellness saved my life!” Melissa says. After hitting rock bottom with a host of physical problems on top of depression, an eating disorder, and anxiety, she realized she had to get on track. After bringing health and joy back to her own life, she wanted to empower women to do the same, leading her to write Mastering Your Mean Girl, create a podcast and a mentoring program.





DEVIN BURKE

Integrative Nutrition Health Coach and Author
devinburke.com

// SECRET WELLNESS TIP //

A Superfood Elixir

Devin combines 1 teaspoon chlorella with 1/2 cup coconut water. “Starting the day with something alkaline and hydrating does wonders for energy throughout the day,” he says.

Devin changed how he ate after his grandfather passed away from cancer and his mother overhauled the family's eating. “I realized the choices that we make and don't make have profound effects on how we look and feel,” he says. “We each hold the power to reclaim our health and shape our destiny, and small choices really do lead to big changes.” One of his small choices? Eating a piece of dark chocolate every night. He's detailed other choices in his book, [Healthy Eating In the 21st Century](#).





"I grew up with debilitating back pain. It took over 10 years for me to realize that my pain was food related and that I have celiac disease," says Amy. "Two days after I removed gluten, I was completely pain free. I discovered food is medicine and created a diet and lifestyle plan that enabled me to truly take care of myself, mind, body and soul. It has been the most empowering shift, so I wrote Kicking Sick to provide others with a road map to thrive through difficult health challenges!"



AMY KURTZ

Integrative Nutrition Health Coach and Author
amykurtz.com

// SECRET WELLNESS TIP //

A Veggie Smoothie

"This drink has lots of fiber, phytonutrients, amino acids, vitamins and minerals and is a great nutrient-packed way to flood your system with all the good stuff," says Amy.





LAUREN BERLINGERI

Founder And CEO of HigherDose, Host of Women Vs. Workout and Integrative Nutrition Health Coach

[higherdose.com](https://www.higherdose.com)

// SECRET WELLNESS TIP //

Infrared Sauna

“It lowers cortisol and releases serotonin. It's also like a workout without working out—very gentle and relaxing and acts as an instant stress reliever,” says Lauren.

“I learned about nutrition at an early age as I become a model at 16,” says Lauren. “At the time I was working and eating at McDonalds. My dad was really into health and was hard on me about eating crap. Before I knew it, I was training and teaching the models how to eat, taking clients and hosting a show around crazy-hard workouts.

Fast forward 5 years and now I have HigherDose. I teach people how to get high naturally by releasing your happy chemicals, dopamine, oxytocin, serotonin and endorphins.”





“Life used to feel like it was happening to me but once I started doing something as simple as starting my day with warm lemon water or drinking fresh green juice, I immediately felt myself showing up more for myself and my life,” says Madeleine. “Eating healthy used to seem intimidating but the simplest steps with the right intention led me to feel more connected to the choices my body intuitively wanted.”



MADELEINE MURPHY

Integrative Nutrition Health Coach and Co-Founder of
Montauk Juice Factory and The End Brooklyn
montaukjuicefactory.com

// SECRET WELLNESS TIP //

Lemon Water

“A mug of hot water in the morning with the juice of half a lemon boosts your immune system,” says Madeleine. “It also alkalizes your system, aids in weight loss, helps with digestion, clears the skin and hydrates the lymph system!”





JENNIFER CASSETTA

Nutritionist, Self Defense Expert and Integrative Nutrition Health Coach

jennifercassetta.com

// SECRET WELLNESS TIP //

Visualize

“Every night, I review my goals as if they have already been achieved and give thanks,” says Jennifer. “When I wake up, I repeat the process. Giving thanks for what you have and what you intend to accomplish helps us focus on the positive now and foster a sense of faith and commitment to our future.”

“My wellness journey started in 2000 with a martial arts class,” says Jennifer. “I soon cleaned up my diet and lifestyle habits and chose to study with IIN in 2004. Within ten years, I became a health coach, personal trainer and a 3rd degree black belt with a successful practice in NYC.” Jennifer recommends getting in shape by lifting heavier weights or doing strength training in a HIIT format: “It will help torch fat while building lean muscle mass.”





"I was an actress on Broadway when I started IIN and it changed the course of my whole life," says Heather. "It opened a world of entrepreneurship, product development, teaching and opportunity I could never have imagined." Heather recounts some of her journey in her book From Broadway to Wall Street, and divides her time between her Greenwich, CT bakery, her organic chocolate line, and her active toddler.



HEATHER K. TERRY

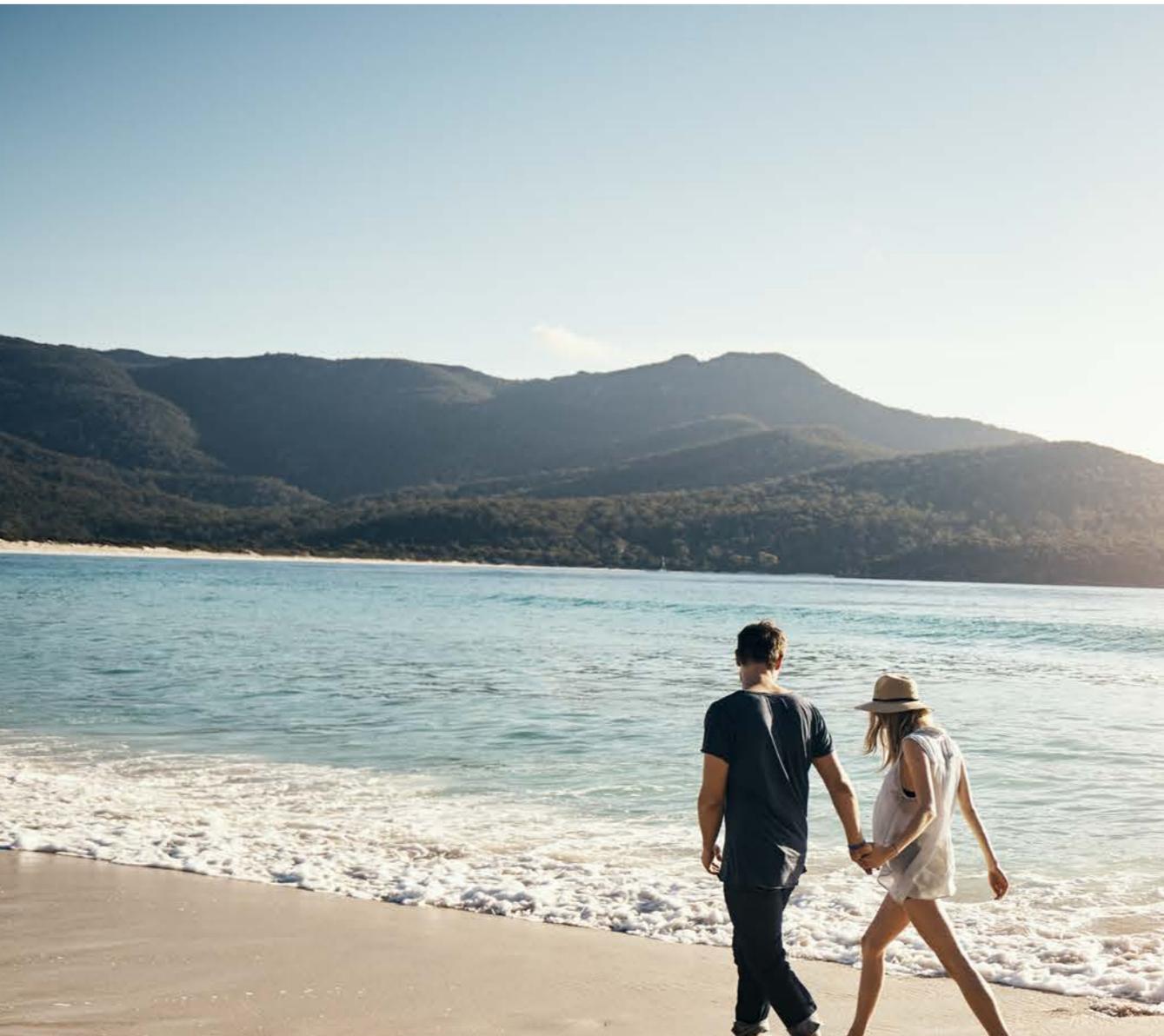
Chef/Owner of Ggachi Bakery, Co-Founder, NibMor Chocolate and Integrative Nutrition Health Coach
ggachibakery.com

// SECRET WELLNESS TIP //

When Traveling Eat Well

"I have a knack for finding the healthiest restaurant or natural grocery store in whatever town I'm in," notes Heather. "No matter what anyone says, you can find healthy foods pretty much anywhere. Sometimes you just have to look harder!"





“I’ve always been healthy because I grew up in a very organic and natural home,” says Tara. “But I didn’t always know the reasons behind the foods we ate. I now place such an importance on what we put into our bodies and understand why we do it, which is very important to spread to others.” Tara does that as a nutritionist, fueling up with her daily obsessions: watermelon and apples.



TARA

Nutritionist, Integrative Nutrition Health Coach and
Founder of The Whole Tara
thewholetara.com

// SECRET WELLNESS TIP //

Every Day Is A New Day

“There are just way too many times that we get stuck in our heads and forget that we can start over whenever we set our minds to it,” says Tara. “Wake up and look ahead to the new day to set healthy habits for yourself.”





RECIPES



PURPLE MAGIC SMOOTHIE

Recipe by Elizabeth Rider



Serves 1

Ingredients:

14 ounces cold, purified water
1 serving vanilla pea protein
1 tablespoon collagen protein
½ peeled frozen banana
¼ cup frozen blueberries
1 probiotic packet

Directions:

Process in a high-speed blender for 30 seconds.



SPRING SMOOTHIE

Recipe by Tara



Serves 1

Ingredients:

- 1 cup almond milk
- 1 handful kale
- 1 banana
- 1 date or dried fig
- 1 tablespoon chia seeds

Directions:

Process in a high-speed blender for 30 seconds.



UNICORN LATTE

Recipe by Madeleine Murphy



Serves 2

Ingredients:

- 1 cup raw cashews, soaked for 4 hours
- 3 cups filtered water
- 2 Medjool dates
- 1 vanilla bean, insides scraped out (or 1 teaspoon Madagascar vanilla bean extract)
- 2 ounces cold-pressed ginger
- 2 ounces lemon juice
- 1 tablespoon spirulina extract
- 1 tablespoon maca root powder

Directions:

In a food processor or high-speed blender, grind the cashews until they reach a fine powder. Depending on the speed of your blender or processor, this should take 3 to 5 minutes. Just make sure you stop before a paste forms.

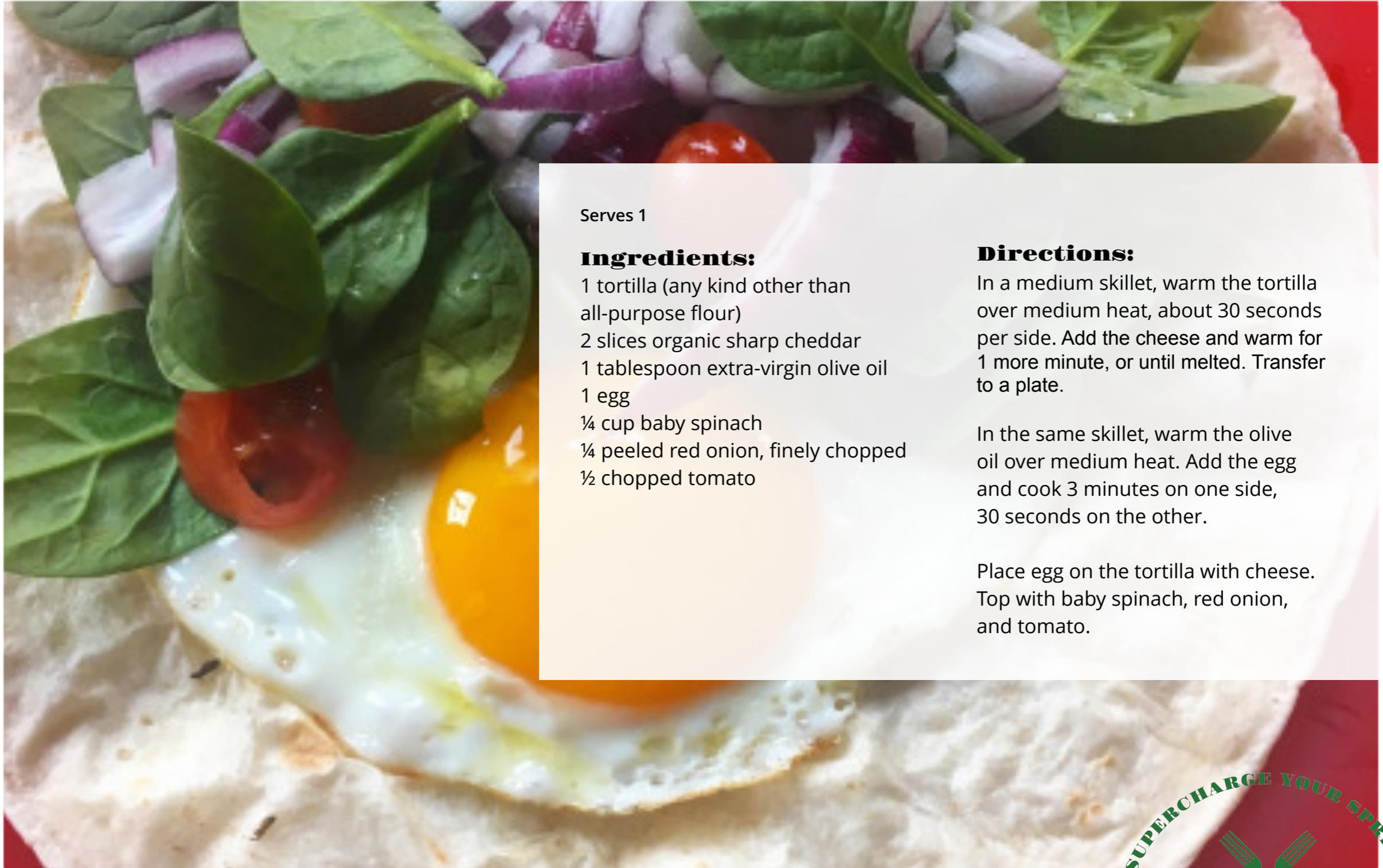
Add the water, dates, vanilla, ginger, lemon, spirulina, and maca and blend for 60 more seconds.

You can drink this right away over ice or warm it in a pot over low heat and froth with a hand frother or whisk for a comforting, warm version. Top it with turmeric, spirulina or beetroot powder for a rainbow effect.



THE RETOX CALIFORNIA BURRITO

Recipe by Lauren Imparato



Serves 1

Ingredients:

- 1 tortilla (any kind other than all-purpose flour)
- 2 slices organic sharp cheddar
- 1 tablespoon extra-virgin olive oil
- 1 egg
- ¼ cup baby spinach
- ¼ peeled red onion, finely chopped
- ½ chopped tomato

Directions:

In a medium skillet, warm the tortilla over medium heat, about 30 seconds per side. Add the cheese and warm for 1 more minute, or until melted. Transfer to a plate.

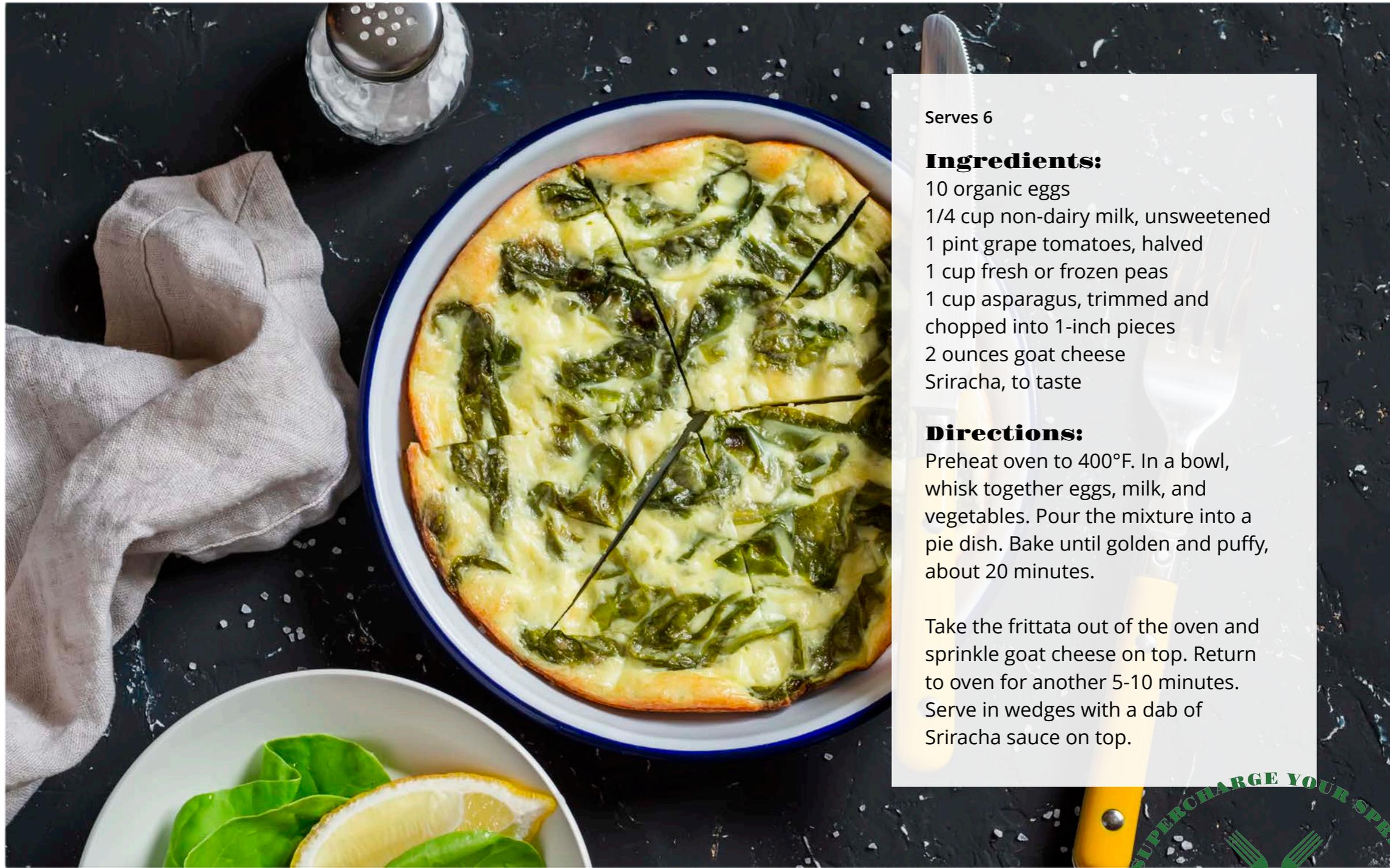
In the same skillet, warm the olive oil over medium heat. Add the egg and cook 3 minutes on one side, 30 seconds on the other.

Place egg on the tortilla with cheese. Top with baby spinach, red onion, and tomato.



SPRING VEGETABLE FRITTATA

Recipe by Elizabeth Stein



Serves 6

Ingredients:

10 organic eggs
1/4 cup non-dairy milk, unsweetened
1 pint grape tomatoes, halved
1 cup fresh or frozen peas
1 cup asparagus, trimmed and chopped into 1-inch pieces
2 ounces goat cheese
Sriracha, to taste

Directions:

Preheat oven to 400°F. In a bowl, whisk together eggs, milk, and vegetables. Pour the mixture into a pie dish. Bake until golden and puffy, about 20 minutes.

Take the frittata out of the oven and sprinkle goat cheese on top. Return to oven for another 5-10 minutes. Serve in wedges with a dab of Sriracha sauce on top.



CLEANPLATES

INTEGRATIVE
NUTRITION

CLEANSING CILANTRO OREGANO PESTO

Recipe by Christa Orecchio

Makes 1 Cup

Ingredients:

1 bunch fresh cilantro, washed and dried, ends clipped
2 tablespoons fresh oregano
1 lime, juiced
3/4 cup extra-virgin olive oil
1/3 cup pine nuts (optional)
2 cloves garlic, minced
Sea salt to taste

Directions:

Blend all ingredients together until thoroughly incorporated.



PERFECT DETOX SALAD

Recipe by Robyn Youkilis

Serves 1

Ingredients:

For the Salad:

- 1 cup uncooked quinoa (or 2 cups salad greens)
- 1 daikon radish, grated
- 2 carrots, grated
- 1/2 to 1 cup mix of micro greens and/or sprouts of any kind
- 1/2 bunch fresh mint leaves, roughly chopped or torn
- 1 avocado, diced
- Handful of raw sunflower seeds

For the Dressing:

- Juice of 1 lemon, preferably Meyer
- 2 tablespoons extra-virgin olive oil
- Sea salt and freshly ground black pepper to taste
- 1 teaspoon cayenne pepper

Directions:

Cook the quinoa according to the package directions. Drain and use it warm or refrigerate it until cold depending on your preference.

To make the salad, combine the salad ingredients, the quinoa and the dressing and serve immediately!



SPRINGTIME ASPARAGUS SOUP

Recipe by Holli Thompson

Serves 2

Ingredients:

2 1/2 cups chopped asparagus,
plus 8 asparagus stalks, cut in
half for garnish
2 teaspoons coconut butter
3 chopped shallots
1/2 cup chopped red potatoes
3 cups vegetable stock

Directions:

Sauté the halved asparagus spears in 1/2 of the coconut butter for 30 seconds and keep aside for garnish.

Heat the remaining coconut butter in a deep non-stick pan, add the shallots and potatoes and sauté for 3 to 4 minutes. Add 2 cups of vegetable stock, mix well and simmer till the potatoes are nearly cooked.

Add the asparagus, mix well and cook for a few more minutes. Cool completely.

Blend the mixture in a mixer to a smooth puree. Transfer the puree back to the pan, add the salt, pepper and remaining vegetable stock and bring to boil. Serve hot garnished with the sautéed asparagus spears.



PERFECT PESTO PIZZA

Recipe by Haile Thomas



Serves 8

Ingredients:

For the Crust:

2 medium/large sweet potatoes—
cooked, peeled, and mashed
1 cup almond flour
3/4 cup garbanzo bean flour
1/4 teaspoon sea salt
1/8 teaspoon black pepper
Flax egg (2 tablespoons ground
flaxseed + 4 tablespoons water)
1 tablespoon extra ground flaxseed
1 tablespoon dried rosemary

For the Green Pesto:

1/2 cup cashews
1/2 cup pistachios
1 cup basil
1/2 cup cilantro
2 cups spinach
1 lemon, juiced
Salt and pepper to taste
1 cup avocado oil
2-3 cloves of garlic

Toppings: Bell peppers, cherry
tomatoes, red onions, arugula,
sunflower sprouts, broccoli sprouts

Directions:

Preheat oven to 425 °F. In a large bowl, combine all of the crust ingredients. Spread the mixture onto a parchment-paper lined tray and create a relatively thick circle, flattening it out slightly. Place sweet potato crust in oven and bake for 35-40 minutes or until the edges are crisp and golden.

Meanwhile, make the pesto. Add all pesto ingredients to a food processor and process until mostly smooth but slightly chunky.

When the pizza crust is done baking, spread pesto on top and cover with tomatoes, bell peppers, and red onions. Place in the oven once more and bake for 10-15 minutes. Let cool for a couple of minutes before topping with arugula, sunflower sprouts, and broccoli sprouts.



SPRING STIR-FRY

Recipe by Devin Burke



Serves 1

Ingredients:

1/2 cup quinoa
1 tablespoon coconut oil
1 teaspoon fresh grated ginger
2 minced garlic cloves
2 cups local and organic spring
veggies (such as chopped onion,
asparagus, broccoli, peas and
watercress)
1 teaspoon Bragg Liquid Aminos

Directions:

In a large stockpot, cook the quinoa according to the manufacturer's directions.

In a large skillet, warm the oil over medium-high heat. Add the ginger and cook for 1 minute. Add the garlic and cook for 1 minute. Add the remaining vegetables and cook, stirring, until softened and crispy, about 4 minutes.

Plate the quinoa and top with the stir-fry veggies.



SWEET POTATO QUICHE

Recipe by Heather K. Terry



Serves 8

Ingredients:

2 medium sweet potatoes, cut into
1/8 -inch slices
5 ounces greens such as spinach and/
or kale
1/2 onion, sliced
1/2 cup any type of milk
6 whole eggs
1/4 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon red pepper flakes
1/3 cup feta cheese
Cooking spray & cooking oil

Directions:

Heat oven to 350°F. Spray a 9" pie dish generously with cooking spray. Place the sweet potatoes in the dish layering them to create the crust of the quiche. Bake for 20 minutes, and remove from oven. Increase the oven to 375°F.

In the meantime, over medium-high heat, sauté the onions until translucent with a little cooking oil. Add the spinach and cook until wilted. Set aside to cool.

In a bowl, combine the milk, eggs, salt, pepper and red pepper flakes. Stir to combine.

Add the spinach-onion mixture to the egg mixture. Pour the mixture into the sweet potato crust. Sprinkle the feta on top. Bake for 30 minutes or until the quiche is set. Remove from oven and serve.



COCONUT CHIA SEED PUDDING

Recipe by Maria Marlowe



Serves 3

Ingredients:

1 can coconut milk
(about 13.66 ounces)
1 tablespoon coconut nectar
(liquid coconut sugar)* optional
1/3 cup chia seeds

Directions:

Pour coconut milk into medium-sized bowl. Whisk together with a fork until the consistency is uniform (it will initially be part solid, part liquid). If using sweetener, add it now and mix until fully combined.

Add chia seeds and continue to whisk for a good 1-2 minutes, until chia is fully immersed and spread out in the liquid. Cover and refrigerate for at least 4 hours to thicken. (It will become like tapioca pudding.)





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