

5 Smart Life Tips for Surviving Summer BBQ's

Summer is here and so are backyard BBQ's, picnics, and pool parties. However, sometimes we find it harder to stay on track with the summer party menus, cocktails, and wine. Since we all like to join our family and friends in these fun outdoor parties, here are some Smart Life tips to help you stay on top of your intentions to stick to clean eating without packing on extra pounds.

1. **Don't show up hungry:** Eat something at home before you go to the BBQ or summer party. Getting satisfied on healthy foods before the festivities will make it less tempting to fill up later on things that will leave you feeling bad in the long run. Good choices for pre-party snacking are raw veggies with a little guacamole or hummus or a small wrap with veggies and avocado.
2. **Bring a dish:** Ask your host if it would be helpful and welcomed for you to bring a couple of dishes that will meet your clean eating goals and that you can also share with others. Find out what foods coordinate with what is being served so your dish will go along with the meal. It's quite likely that another guest will have some specific food needs if the party is large enough, so prepare foods that are as allergen-free as possible – i.e., gluten-free, dairy-free, sugar-free will cover a lot of people's needs these days. I included some great salad ideas in this newsletter that can be a great choice.
3. **If you do decide to have a drink,** eat something before you start to sip. Try to order a drink that is gluten free (i.e., gluten free vodka), cut with still or sparkling water, and ask that they have no simple sugar added. Vodka with lemon and sparkling water, or gin and

tonic are examples. Alternatively, stick to wine, no more than one glass, and sip slowly. Wine spritzers are also an excellent way to make one glass of wine, sipped as two. Finally, it is a drink or dessert, not both.

4. **Eat Naked:** It doesn't matter how many raw veggies you eat, if you slather them in ranch dressing, you're not cutting calories. Most salad at BBQs such as potato salad, coleslaw, and pasta salads contain high amounts of fat. Eating 'naked' means avoiding as many sauces as possible, that way you get to control how many calories you consume. Instead, look for fresh vegetable salads with dressing on the side, raw crudite veggies, and grilled vegetables.
5. **Stay hydrated with water** and avoid the extra calories that are easy to rack up with sugary soda drinks. Symptoms of dehydration mimic those of hunger. Both sun and alcohol (especially together) can take a toll on your body's water levels, so it's important to drink plenty of water.

But remember, real life happens and food is an important part of pleasure and community – so if you slip out of the 100% clean and healthy eating plan – it's okay! Eating well 80% of the time gives you some latitude the other 20%.

Wheat Bran Waffles

Serving: 2 waffles

Batter Ingredients:

- $\frac{1}{2}$ cup Shiloh Farms Fine Wheat Bran
- 2 organic egg whites (or $\frac{1}{4}$ cup liquid egg whites, I like Pete & Gerry's organic egg whites)

- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{4}$ cup almond milk
- dash of sea salt
- 1 teaspoon cacao powder (optional for chocolate waffles)

Directions:

1. Spray waffle iron generously with 100% EV00 spray or Avocado oil spray.
2. Mix all ingredients into a smooth batter.
3. Add batter to the waffle maker and spread with spatula. Cook until very crispy. Carefully remove with a dull knife or spatula.



Spring Vegetable and Cauliflower Rice Soup

Ingredients:

- 2 tbsp virgin coconut oil (or olive oil or avocado oil)
- 1 medium yellow onion, diced
- 2 garlic cloves, minced
- 2 cups celery, diced
- 2 cups small broccoli florets
- 2 cups zucchini, diced
- 2 cups green peas (organic frozen and thawed)
- 1 (12-ounce) bag frozen or uncooked cauliflower rice
- 2 (1-quart) boxes of organic vegetable broth
- 1 (13-ounce) box organic crushed tomatoes
- 2 cups finely chopped Lacinato kale
- Sea salt and pepper to taste
- 2 tablespoons freshly minced parsley (optional)
- Red pepper flakes, to taste (optional)

Directions:

1. In a large pot over medium-low heat, heat the coconut oil. Add the onion and garlic and sweat (cook without coloring) until tender. Add the celery, broccoli, and zucchini. Increase the heat to medium and cook for 6-8 minutes, or until the vegetables are fork tender, stirring occasionally. Add the broth and bring to a boil, then add the green peas and cauliflower rice and turn down the heat to a simmer and cook for 6-8 minutes.
2. Add the crushed tomatoes to the soup. Stir in the kale and simmer for 1-2 minutes to wilt, then season to taste with salt and pepper. Add red pepper flakes if you like spice. Garnish with fresh chopped parsley or microgreens.

Smart Life Vegan Lasagna

Ingredients

- 1 large eggplant, peeled and sliced
- 2 medium zucchini, sliced
- 2-3 Roma tomatoes, sliced
- 2 cups organic tomato sauce (“Ugly” from @ourharvest)
- 1 cup Feta cheese, shredded (use Violife feta for dairy-free)
- 1/2 cup gluten-free Panko
- Sea salt and pepper
- Olive oil
- Fresh herbs

Directions

1. Peel and slice the eggplant, season with salt and leave to “sweat” for 30 min. Wipe the salt off. Arrange the eggplant slices on a lined cooking sheet, brush with olive oil and roast lightly in oven at 400 degrees.
2. Brush a baking dish with olive oil and make first layer with roasted eggplant. Next layer the zucchini slices, brush with olive oil. Next layer with sliced tomatoes. Use salt and pepper to taste as you add the zucchini and tomatoes.
3. Add tomatoes sauce over the veggies and cover with tin foil. Bake covered at 400 for 30 minute.
4. Uncover, top the veggie bake with shredded feta and Panko. Return to oven and cook uncovered for 10 more minutes.
5. Remove from oven and sprinkle with your favorite green herb before serving.

Staying Healthy During These Challenging Pandemic Times

Today I'm sharing some reminders about how we can stay healthy and balanced during these challenging Pandemic times. I hope these tips help you get through these cold months at home and propel you toward the Spring!

Eat Clean

First and foremost, it is important to eat a clean, mostly plant-based diet, that is low in sugar and omits processed foods. My family and I mostly eat foods that are plant-based, along wild fish seafood, combining the best qualities of the Vegan and Mediterranean diets. Here are two easy and delicious fish recipes I've recently made, and you can find more easy fish recipes on my website:

- 1) Fennel and Orange Fish Fillet in Parchment
- 2) Whole Grilled Fish

Move Often

To keep up both my physical and mental health, I make sure I move my body every day. I choose whatever my body feels it is up to, whether it is walking on the treadmill, streaming a yoga class, or simply stretching. As long as I get some movement in, whatever it is, I feel balanced and generate positive energy. To avoid turning movement into a stressor, I no longer plan out what I am going to do in advance, only that I AM going to incorporate some movement every day.

Check out some of my favorite online exercise programs:

- Melissa Wood Health

- The Class by Taryn Toomey
- Body by Fleur

Learn Something New

One of the best ways to combat idleness is to learn something new! Luckily for us, technology now allows us to learn something new anytime we would like, even while trapped at home during a Pandemic! Here are some great educational resources that you can take advantage of:

1. MasterClass: This online learning platform has over 100 instructors who teach you new skills using curated videos. You can learn from the experts about cooking, writing, music, science, chess, interior design or a multitude of other topics. Moreover, the caliber of the teachers is incredible, and the videos are easy to watch on your TV, computer, or phone. All in all, this is a great way to get you off of Netflix and enhance your knowledge.
2. The Clock Yourself App: Although I am always trying to spend less time on my phone, using this App doesn't make me feel as guilty because I actually get to keep my mind working while exercising my body. This app combines cognitive and physical challenges into a brain game that makes you think on your feet! It does cost \$1.99, but it is absolutely worth it, and great for kids too.
3. Podcasts. Listening to podcasts has also become a regular part of my routine these days, especially while I am getting in my steps on the treadmill or walk outdoors. Here are some that I think you would find interesting:
 - Modern Love: this podcast by NPR features readings from a New York Times column about everyday love stories.
 - Off the Gram: this podcast at the intersection of wellness and social media dives into trending topics on Instagram. The women who run this show

do a great job of bringing on knowledgeable expert guests, making the podcast extremely interesting and informative.

- Heal Thy Self with Dr. G: this podcast is created by Dr. G, an expert in all things health and fitness. He does a great job of providing accurate and scientific information about things we all wonder about, while exposing health myths.

Try some Mindfulness

Say omm! Everyone should meditate for five minutes every day, not because you have to, but because you deserve it! The Skimm broke down the different ways to meditate and why it matters here.

Grilled Whole Fish

Branzini, Porgy, Arctic Char, Red Snapper and Sea Bass all turn out amazing with this simple approach to grilled whole fish – a healthy and delicious dinner option for family or guests!

Here are some tips you will find helpful for grilling a whole fish if you never tried it before:

- First, Whole Foods and some other grocery stores will prepare your fish for you, doing the descaling and cleaning while you wait so you don't have to mess around with that at home. Make sure you ask about this at your local fish market!
- Second, I always try to cook a whole fish within a day of purchasing it, preferably the day of, because fish really is so much better fresh, not frozen.

- Third, DON'T PUT YOUR FISH ON THE GRILL STRAIGHT OUT OF THE FRIDGE. A cold fish is more likely to stick to the grill. You want to pull your fish out of the fridge and let it sit on the counter for at least 20 minutes while you are heating the grill and prepping lemons and garlic, as when you cook a steak.
- Finally, grilling on an outdoor grill is amazing in Summer, but you can also grill whole fish on a rack in your oven using same recipe, and they will come out just as delicious.

Ingredients for the Fish:

- 2 whole fish (1-1.5lbs each), scaled and gutted
- 1-2 tablespoons olive oil
- Sea salt & freshly ground pepper, to taste
- 2 garlic cloves, sliced
- 1/2 lemons, sliced into discs
- 1-2 sprigs oregano or thyme
- 1 tablespoon dried oregano

Ingredients for the Oregano Infused Oil for drizzle:

- 3 tablespoons olive oil
- 1 clove garlic, minced
- 1 teaspoon crushed red pepper flakes
- 1 sprig oregano

Preparation:

1. Remove your fish from the fridge and let it stand at room temperature for 20 minutes. Rinse and pat dry with paper towels.
2. Lightly drizzle the fish all over with the olive oil and season generously, inside and out, with salt and freshly ground pepper. Stuff the cavity of the fish with the lemon discs, garlic cloves, and oregano or thyme sprigs. Sprinkle with dried oregano.
3. Grill your fish!

- If using a grill: Preheat the grill to medium-high heat and use tongs to brush the cleaned, preheated grill grates with an oil drenched paper towel. Carefully transfer the fish to the grill so the aromatics don't fall out and grill for 6-8 minutes over medium-high heat, without moving the fish. When the first side is lightly charred on the bottom and the skin releases easily from the grill, flip the fish over and grill until cooked through and the flesh is white throughout, another 6-8 minutes.
- If cooking in the oven: Prep a rack over a baking sheet and heat your oven to 420 degrees on Roast or Convection Roast. Place the fish on the rack and roast for 18-20 minutes, without flipping the fish over. While the fish is cooking, combine the ingredients for the infused olive oil in a small sauté pan and simmer over low heat for 8-10 minutes. Carefully remove the fish from the grill or oven and place on a platter. Drizzle with the oregano infused olive oil and serve with fresh lemon wedges.



The Power of Microgreens

The Smart Life Soup Cleanse this month includes an option to add home grown organic microgreens. My friend grows them locally and they are an amazing way to increase nutrients and help with the detox of the soup cleanse.

Microgreens are also available to buy in the Shop, so give these little nutrient-dense vegetables a try.

What are Microgreens?

Microgreens are essentially baby plants. After a seed is first planted, the seed germinates in the soil. This tiny shoot is the first stage of growth. The second stage of growth is known as the microgreen stage. As soon as the first leaves, or cotyledons, start to unfurl, these fragile shoots and first leaves are known as microgreens. Rather than grow them further, we harvest them at this time and we refer to them as microgreens.

Why Microgreens?

Because the microgreens are harvested in the early stages of growth, they contain all of the nutritional framework of their full-grown counterparts, but in a tiny little package. This means you can eat fewer microgreens than the fully grown vegetable form, but you still get all of the nutritional benefits. It is often difficult to eat the amount of broccoli or kale, for example, that you would need from the full-grown plants in order to gain all the nutritional benefits. But in the microgreen form, the intensity of the nutrients allows you to eat a smaller portion and gain the same benefit.

Microgreens are also packed full of flavor! The flavor of each plant is intensified in its microgreen form.







What are the nutritional benefits of Microgreens?

Phytochemicals in Microgreens

It's reported that microgreens are up to 40 times more laden with phytochemicals than their full-grown counterparts. Phytochemicals help humans to protect against physical

problems such as eye issues, bad LDL cholesterol, heart disease and Alzheimer's disease. They are also powerful in inhibiting cancer, impeding the growth of cancer cells.

Cancer-Fighting Cruciferous Microgreens

The Brassica family of vegetables make wonderful microgreens. Broccoli, cabbage, arugula, and other cruciferous vegetables, have long been famous for their ability to fight cancer and they offer a huge variety of positive health attributes.

Vitamins and Minerals

We all know that vitamins and minerals are essential for our health. The vitamin and mineral profile of each microgreen varies, depending on the type of microgreen, but a few examples include:

Potassium

Potassium is an electrolyte that helps to regulate systems in your body. It is important to keep your heart beating regularly, and it helps your nervous system function properly and your muscles contract. Sunflower microgreens, as well as basil and kale, all have large amounts of potassium.

Zinc

Zinc helps the body produce proteins and DNA, and is especially important in pregnancy and in growing fetuses. Zinc also helps your body ward off foreign bacteria and viruses. Wheatgrass is a good source of zinc.

Magnesium

Magnesium keeps your systems functioning, and has a hand in so many systems of the body, including nerves, bones, immunity, and the creation of red blood cells. Clover microgreens are a good source of magnesium.

Vitamin A

Vitamin A helps your organs work well and is important for vision, immunity, and reproduction. Vitamin A is found prolifically in beta-carotene. Many microgreens contain Vitamin A, like carrots, kale, and spinach.

Vitamin C

Vitamin C, also known as ascorbic acid, maintains the body's body tissues. Vitamin C is essential for wound healing, strengthening cartilage, teeth and bones, and immunity. Pea shoots and cabbage microgreens are great sources of Vitamin C.

Vitamin K

Vitamin K aids the body in blood clotting and is helpful in bone metabolism. The microgreen garnet amaranth is a good source of Vitamin K, and although you may never have heard of amaranth, it is one of the most nutritionally-rich microgreens of all.

Vitamin E

Because it is so prolific, Vitamin E is a vitamin you don't want to skimp on. Vitamin E increases the health of blood, brain, and skin. It has been known to slow down the effects of Alzheimer's disease and is also important for vision, liver function, and prostate health. Daikon radish microgreens are a great source of Vitamin E.

Vitamin B

Vitamin B affects the way your brain works, the energy levels you possess, and how your cells metabolize. It also can prevent infection and promote cell health. Radishes and sunflowers are both great sources of Vitamin B.

Microgreens are available to buy in the Shop, so give these little nutrient-dense vegetables a try.

Fennel and Orange Fish Fillet en Papillote

Ingredients

- 2 white fish fillets (haddock, cod, snapper, sole, flounder)
- 1 orange, sliced
- 2-3 cups chopped lacinto kale
- 1 fennel bulb, sliced thin
- 2 Tablespoons fresh lemon juice
- salt and pepper to taste
- olive oil
- 1/2 cup white wine (optional)
- Parchment paper

Directions:

1. Preheat oven to 450 degrees F.
2. Lay out one large sheet of parchment paper, fold in half and open flat. Place kale and fennel at the center of the paper and drizzle with a little olive oil, salt and pepper.
3. Top the veggies with fish fillet, season with 1 tablespoon of lemon juice, 1 tablespoon olive oil, salt and pepper. Top with 2 slices of orange and splash of white wine. Fold over the ends of the parchment paper to enclose the fish. Place on rimmed baking sheet. Repeat with the remaining ingredients.
4. Bake at 450 for 10-12 minutes.

The Smart Life Ranch Granola

Every spa has a signature granola recipe. The one I love is the recipe from the Ranch in Malibu, California, that I adapted for Smart Life meal plans. I enjoy this granola over unsweetened coconut milk yogurt or with unsweetened oat milk. This granola can be stored in airtight container for up to 2 weeks. You can switch up the nuts and dried fruit to suit your family favorites.

Makes about 10 cups (20 servings)

Ingredients

- Unrefined virgin coconut oil, for brushing (or use spray)
- 3 cups walnut halves
- 2 cups steel-cut oats
- 1 cup pecan halves
- 1 cup almonds, chopped
- $\frac{3}{4}$ cup sunflower seeds
- 1 cup unsweetened shredded coconut
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- 4 large egg whites
- 1 cup maple syrup
- 1 cup dried fruit, chopped (choose your favorite or mix dried apricots, dried blueberries, cranberries, golden raisins or dried dates)

Directions

1. Preheat oven to 275F. Spray or brush parchment lined baking sheet with coconut oil.
2. In a large bowl, mix the walnuts, oats, pecans, almonds,

sunflower seeds, coconut, cinnamon, and nutmeg.

3. In a medium bowl, whisk together the egg whites and maple syrup. Use a fork to create less foam. Pour the egg mixture over the dry ingredients and mix to coat evenly.
4. Transfer the granola mixture to the baking sheet spreading it out. Bake for 25 minutes and then rotate and bake for another 25 min. Remove from the oven, add any dried fruit and mix with spatula, and then bake for another 25-30 min., until golden brown.
5. Let cool and store in glass containers.



Lemony Baked Cod

Ingredients

- 4 (6-ounce) pieces Wild Cod (boneless, skinless)
- Sea salt to taste

- Freshly ground black pepper (to taste)
- 2 teaspoons unsalted butter
- 2 tablespoon olive oil
- 2 cloves garlic (crushed)
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons chopped parsley
- 2 tablespoons freshly grated parmesan cheese (optional)

Directions

1. Preheat the oven to 400 F. Very lightly coat the bottom of a baking dish large enough to hold the fish in one layer with cooking spray
2. Pat the cod pieces with a paper towel and place them in the baking dish.
3. Season the fish with a little sea salt and freshly ground black pepper.
4. Place the butter and olive oil in a small nonstick skillet. Heat on medium-low. Add the garlic and sauté for 1 minute. Remove from heat. Add the lemon juice and parsley and parmesan cheese.
5. Top each fillet with a large spoonful of the butter mixture.
6. Bake in the preheated oven for about 10 minutes. Actual cooking time will depend on the thickness of your fish. The fish is done when it flakes easily with a fork.