

BREAKFAST: Yay or Nay? What is the Smart Life Choice?

You've probably heard before that breakfast is the most important meal of the day. Indeed, Smart Life clients will hear me tell them to eat something within an hour of waking. There are tons of breakfast skippers out there. People report that they either don't *feel* hungry in the morning or they don't have enough time to fit in a meal. Whichever category you fit into, it's time for a change. Here's why:

1) Revs Up Metabolism: When you finally shut your eyes after a long day, your body finds sleep and happily settles into a resting metabolic mode. Basal Metabolic Rate (BMR) or Resting Metabolic Rate (RMR) is the amount of calories your body requires at rest – usually about 1400 – 1900 calories – to perform the minimal requirements of your resting body. Your BMR/RMR requires fewer calories with age, but increased lean body mass actually increases your BMR/RMR, which means you burn more calories at rest if you have more lean muscle. In your resting state, your body is just metabolic enough to keep your heart rate slowly chugging along, your lungs gently inhaling and exhaling and your brain quietly functioning. By the time you wake in the morning, your metabolism is much slower than its normal daytime rhythm. Until you take your first bite of food for the day, you remain in a sort of “powered down” mode, with slower metabolic functioning in an effort to conserve energy (remember, you have been “fasting” since the night before.) This is where breakfast comes into play. Starting your day with a morning meal initiates thermogenesis, the metabolic process that gets your body going. There is also a process called the thermic effect of food, whereby your body burns calories to digest your food. You want to eat your breakfast so you will burn calories through digestion and boost your metabolism. Breakfast wakes

up your metabolism, even if the rest of you isn't ready to be up yet!

2) Promotes Weight Loss/Maintenance: The National Weight Control Registry is a log of men and women who have lost anywhere from 30 to 300 lbs and have kept it off for at least 5.5 years. One of the most striking characteristics of this group is their breakfast habits: 78% eat breakfast every day. Another study from The Organization for Economic Co-operation and Development reported as of 2011, the percent of obese adults (BMI > 30) in America is 26.1% while the percent of obese adults in Germany is 13.7%. One reason for this difference? Over 75% of Germans eat breakfast every day, while only 44% of Americans do.

Besides the stats, it makes sense why breakfast supports a healthy weight. A good way to illustrate this is to look at what happens when you *don't* have breakfast. People think skipping breakfast is an easy way to save calories. This brings us back to thermogenesis. First and foremost, skipping breakfast means you don't initiate the process of thermogenesis – the car is idling, but not going anywhere. This programs your body to run on less calories because your body is not burning calories in the process of thermogenesis. Having a slow metabolism while you are awake and going about your day is inefficient. To build on this, your body interprets the lack of morning food-fuel as “starvation” mode and won't really get out of that BMR/RMR state and into a more thermogenic or metabolic state until you put some fuel in the tank. In other words, when you don't eat breakfast you're saying to your body “Don't burn so much energy! I don't know when my next meal is.”

Hunger, or readiness to eat, is actually a good thing. It tells you that your body has used and burned the fuel you've eaten and it's time to put gas in the tank. Feeling famished, on the other hand – especially because it's lunchtime and you haven't had a thing to eat yet – is not a good feeling and not

good for your body. This results in overeating most of the time. You may help yourself to an extra large lunch (it's okay because 'you saved calories by skipping breakfast', right?), amounting to more calories overall than you would have eaten if you'd had a sensible breakfast. Keep in mind that you do not become more metabolically active or have increased thermogenic effects of food from a large meal. This is one reason why smaller, more frequent meals are better than a couple of large ones: you keep burning energy digesting your food. In other words, if you skip meals, your metabolism is not at it's max and you eat more. Double whammy!

3) Keeps Hunger Hormones in Check: Ghrelin, the hunger hormone, runs rampant through your body during fasting and energy restriction. It's your body's natural way of communicating when it needs energy. Ghrelin levels only decrease with food intake. Studies show that even a "light" breakfast of carbohydrates, protein, and fat significantly reduces ghrelin levels in your body. This is why you stop feeling hungry after a (nutritious!) meal. Of course, ghrelin levels will decrease after any energy intake, but they will stay lower *longer* with a nutrient dense meal (think eggs with spinach or a nutritious green smoothie).

4) Sets You Up For Smarter Choices all Day: Breakfast is the foundation for your day, and you want your breakfast to contain high quality, nutrient-dense foods. Laying a good foundation with a lean protein, healthful fat and fiber combination will give you a good start to build on for the rest of your day of eating. Protein and fat provide satiety and fiber keeps you full. If you start the day with a spinach omelet and sliced veggies, you'll feel good going into your day, the protein will keep you satisfied, and the fiber will keep you full. Starting with a muffin or donut will make you feel lousy, and more inclined to say "yes" to the fast food, instead of the salad.

Despite some contradictory research, I am a strong breakfast

believer. Thinking critically, it makes sense to me based on thermogenesis research and my experience that breakfast sets a good foundation for a healthful diet. My most successful clients eat some version of breakfast regularly. Keep in mind, you do not need a feast to call it breakfast. For those who are reluctant to eat breakfast, a morning “snack” may be a good choice – an apple with a smear of almond butter or a small smoothie will suffice to kick start your metabolism.

So go ahead and set your alarm clock a little earlier and enjoy a filling, nutritious breakfast *every single morning*. You’ll see its benefits throughout your day and soon enough, you’ll be a breakfast believer too.

Your Smart Life Breakfast can look like this:

Option 1: Two organic eggs (scrambled, soft, fried, or hard-boiled) with spinach, tomatoes, cucumbers and celery (or other raw veggies of your choice as long as you include some dark greens).

Option 2: 1 cup nut-milk yogurt (almond, cashew, coconut), with 3 tablespoons of seeds (chia, ground flax, hemp) with $\frac{1}{4}$ cup sliced almonds, $\frac{1}{2}$ cup organic berries. (* you can replace the seeds with $\frac{1}{2}$ cup high fiber cereal, such as *Nature’s Path Smart Bran**).

Option 3: Green Smoothie: 1 cup unsweetened almond milk, 2 cups spinach, 1 cup frozen organic blueberries, 2 teaspoons almond butter, 1 teaspoon ground flaxseed, water or ice to taste.

**In general, I am not a huge fan of most cereals, however, many people enjoy eating cereal and there are better-for-you options out there, such as the Nature’s Path product mentioned above. When choosing a nutritious cereal, it all comes down to the ingredient list. Choose products with a short list of wholesome ingredients, such as ancient grains, chia and flax. Avoid products that pack soy protein isolates and several*

different types of sweeteners. As a general rule, cereals with at least 5 grams of fiber and less than 8 grams of sugar per serving are better choices.

Shredded Kale and Brussels Sprouts Salad

Ingredients:

- 3 tablespoons fresh lemon juice
- 1 teaspoon dijon mustard
- 1 tablespoon minced shallot
- 1 small garlic clove, grated
- 1 teaspoon honey
- $\frac{1}{4}$ cup olive oil
- sea salt
- freshly ground black pepper
- 3 cups finely shredded Lacinto kale
- 3 cups finely shredded Brussels sprouts
- 3 cups finely shredded red cabbage
- $\frac{1}{4}$ cup sliced almonds or pumpkin seeds

For the dressing:

In a small bowl, whisk together the lemon juice, mustard, shallot, garlic and honey. Slowly stream in the olive oil while whisking the dressing until well combined. Season the dressing with salt and pepper. Adjust the lemon juice or honey to your personal taste if necessary.

For the salad:

In a large bowl, toss together the shredded kale, Brussels sprouts, cabbage and toasted almonds. Add a few tablespoons of

dressing and toss well. Taste and add salt and pepper or more dressing if desired. Sprinkle the almonds or pumpkin seeds over the top and serve.

Lemon Chicken with Kale and Brussels

This meal was a breeze to make in a single pan and it comes out so juicy, sweet and tangy!

Ingredients:

- 3-4 boneless chicken breast, cut into thirds
- 2 cups kale, chopped
- 1 cup shredded brussels sprouts
- 1/3 cup sweet onion, diced
- 1 lemon, juiced
- 1-2 tablespoons capers
- 2-3 tablespoons extra virgin olive oil
- Spices: garlic powder (1 tsp), paprika (1/2 tsp), kosher salt & black pepper

Directions:

1. In a large bowl, season chicken breasts with salt, pepper, garlic powder, paprika. Add a drizzle of olive oil and juice of half a lemon. Coat both sides with seasonings.
2. In a large non-stick pan, heat 1 tablespoon of olive oil on medium heat. Add diced onion, wait for it to sizzle for 1 minute, then reduce to low heat. Let onions caramelize for 5-7 minutes.
3. Increase heat to medium and add the chicken breasts.

Cook on medium or medium high for a few minutes until one side of the chicken reaches a nice golden brown. Flip the chicken and reduce heat to medium-low.

4. Add the kale and brussels sprouts to the pan and season with salt and fresh ground pepper. Add the juice of $\frac{1}{2}$ a lemon. Let cook for about 5 minute or until the vegetables are tender and the chicken is cooked all the way through.
 5. Sprinkle with capers all over, to taste. Enjoy!
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Is there a Smart Life way to cleanse and what are my top cleansing foods?

Cleanses are promoted by many health professionals these days, but not all cleanses are created equal. There is no real definition of a “cleanse” – the term is interpreted in many different ways by different people. While I’m definitely a fan of a good “cleanse” or “reset” days, as I think it’s important to free your body of harmful toxins and chemicals, three days of drinking lemon juice with cayenne pepper is not my idea of the Smart Life way to do it.

My idea of a “cleanse” might be a little different than what most people would think of: I am a true believer in cleansing with real food. Not only is it safer and more delicious, but real, clean foods will offer a whole mix of nutrients that will work together in the body to keep you nourished. True cleansing foods are full of fiber, antioxidants, and other nutrients that will help to free your body of impurities and maintain liver health (your liver is the main detoxifying

organ, so it pays to keep it healthy). They also tend to be lower in calories and free of added sugar, added sodium, alcohol, processed foods, gluten and animal dairy.

A real food cleanse is a great way to jumpstart weight loss, establish healthy eating habits, and curb unhealthy lifestyle behaviors. On my Smart Life Soup Cleanse program, you will achieve these goals by eating clean and easily digestible foods consistently throughout the day, and by learning to apply that foundation to your post-cleanser diet.

Here are some of my favorite cleansing foods. Incorporating these into your diet will leave your body feeling fresh, healthy, and pure. The “side effects” of eating of these foods include increased energy, diminished bloating and a few pounds of weight loss. They all feature prominently in my Smart Life Soup Cleanse and 14-Day Reset Meal Plan.

Smart Life Best Cleansing Foods:

Artichokes are my go-to cleansing food. They contain plant compounds known as caffeoylquinic acids, which increase flow of bile, a fluid that helps digest fats. In addition, they're full of fiber and take a long time to eat, so they help to reinforce the practice of slow, mindful eating.



Avocados are a great source of glutathione, a compound that blocks the absorption of certain fats in the intestines that can cause oxidative damage. Glutathione is also essential for liver cleansing. Plus, avocados are packed with fiber to help keep you regular.

Broccoli supports detoxification enzymes in the liver (cabbage, cauliflower, Brussels sprouts and kale do as well). This unique group of vegetables (called crucifers) have glucosinolates, which are plant compounds that contain sulfur. Sulforaphane is one type of glucosinolate in broccoli that plays a role in cancer prevention – it helps specific detoxification enzymes that rid the body of chemical carcinogens and free radicals.



Celery is a vegetable that is mostly comprised of water and therefore will help keep your body hydrated and your hunger levels at bay. Additionally, celery contains antioxidants that will help eliminate free radicals roaming around the inside of your body and causing damage.

Ceylon Cinnamon is chock-full of antioxidant properties. It is believed to control blood sugar in people with diabetes, prevent ulcers, destroy fungal infections, soothe indigestion, ward off urinary tract infections, and fight tooth decay and gum disease. Furthermore, the scent of cinnamon is linked to curbing fatigue, easing frustration and increasing alertness. Try to sprinkle cinnamon on your matcha latte, sliced apples or pears, and morning oats or chia pudding.



Green tea is richer in antioxidants than any other tea. That's because green tea leaves are prepared differently: they aren't fermented before they're dried which keeps them containing rich antioxidants called catechins. Catechins may trigger weight loss by stimulating the body to burn more calories and by decreasing body fat.

Lemon helps the liver detoxify. Lemon juice can also aid in digestion. Both the smell and flavor can increase saliva production, which is essential to the digestion process. Lemon juice also directly affects the GI tract. Just 100 microliters of lemon juice (that's REALLY tiny) has been shown to be a very potent stimulant of pancreatic juices, also essential for proper digestion.

Oregano is the most antioxidant-dense spice on the market. In fact, on a per-gram basis, it has four times more antioxidant activity than blueberries do. One of the antioxidants in oregano includes beta-caryophyllene, a substance that reduces inflammation.

Although you should aim to include these cleansing foods in your diet on a regular basis, the Smart Life Soup Cleanse is beneficial as a kickstart. Keep in mind that cleanses – even

whole food cleanses, like the Smart Life Soup Cleanse – are meant to be a short-term bridge to a healthful diet, and are not recommended for the long term. Give it a try to put you back on your Smart Life track, and follow-up with my 14-Day Reset Meal Plan or private coaching.

Roasted Broccoli and Crispy Baked Tofu with Maple-Sesame Glaze

This dish is absolutely perfect when you are in the mood for Chinese food. The gluten-free glaze makes this a perfectly healthy Asian style dish combining a plant-based protein with broccoli that is loaded with fiber. You can also use the same recipe with roasted Brussels sprouts.

Ingredients:

Roasted Broccoli

- 1 head of broccoli, cut into florets with stems + sliced stems
- 2 tablespoons extra-virgin olive oil
- 3 tablespoons vegetable broth
- sea salt and fresh pepper

Extra Crispy Baked Tofu

- 1 block organic extra-firm tofu
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon reduced-sodium tamari or coconut aminos (soy-free)
- 1 tablespoon arrowroot starch or cornstarch

Spicy Maple-Sesame Glaze

- $\frac{1}{4}$ cup reduced-sodium tamari or coconut aminos (soy-free)
- 3 tablespoons maple syrup or honey
- 2 tablespoons rice vinegar
- 2 teaspoons toasted sesame oil
- 1-2 teaspoons chili garlic sauce or sriracha (depending how spicy you like it)

Garnish

- 2 tablespoons sesame seeds (black or white)
- Fresh cilantro leaves, torn by hand

Instructions:

1. Prep work: Position your oven racks in the lower third and upper third of the oven. Preheat oven to 400 degrees F. Line two large, rimmed baking sheets with parchment paper for easy cleanup.
2. Drain the tofu by placing on a plate, cover with paper towel or tea towel, and place something heavy on top. Let water come out for 10-15 min while you prep the broccoli.
3. Chop the broccoli head into florets and add some slices of the stems. Toss in a bowl with olive oil, broth, salt and pepper. Transfer to the baking sheet.
4. Cut the tofu into cubes and toss with olive oil and tamari. Transfer to the second baking sheet. Sprinkle with arrowroot starch until evenly coated. Arrange tofu in even layer.
5. Transfer the baking sheets to the oven place the broccoli on the lower oven rack, and the tofu on top. Bake for 25-30 minutes, tossing each pan halfway through cooking, until the broccoli and tofu are golden on the edges.
6. To make the glaze: In a small saucepan, whisk together the glaze ingredients. Bring to a gentle boil over

medium heat, stirring often and reducing heat as necessary. Simmer for 5-10 minutes until the glaze is reduced by about half. Remove from heat.

7. To assemble: Place the roasted broccoli and baked tofu in a serving dish and drizzle with the glaze. Sprinkle with sesame seed and chopped cilantro. Serve and enjoy!
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Riced Cauliflower Stir Fry

Ingredients:

- 1 whole head of cauliflower
- 1/2 cup diced sweet onion
- 1/4 cup diced carrot
- 1/4 cup diced celery
- 1 tbsp diced garlic
- 1/2 tbsp diced ginger root
- 1 tbsp diced scallion
- 1/4 cup low sodium soy sauce (Tamari)
- 1/4 cup avocado oil
- Kosher salt and black pepper



Directions:

1. Clean the cauliflower and remove all green parts.
2. In a food processor, puree the cauliflower and set aside.
3. Dice the onion, carrot and celery.
4. Begin to sauté in a medium pan over a medium flame with salt and pepper.
5. Dice the garlic, scallion and ginger. Then add to the sauté pan.
6. Next add the cauliflower puree and sauté.
7. After 10 minutes add in the soy sauce and mix in.
8. Taste and season one final time, serve hot.

Watch the video here>>

Roasted Endive with Walnut Vinaigrette

Ingredients:

- 12 Belgian Endive hearts, cut in half
- Extra Virgin Olive Oil
- Sea salt and pepper

For walnut vinaigrette:

- 2 tablespoons white wine vinegar
- 1 teaspoon Dijon mustard
- 5 tablespoons walnut oil
- $\frac{1}{2}$ cup chopped walnuts, toasted

Directions:

1. Preheat oven to 400F
2. Cut endive in half, lengthwise. Place on baking sheet and drizzle with olive oil. Sprinkle with sea salt and roast for 20 min.
3. In a small bowl whisk together the vinaigrette ingredients except oil.
4. Slowly whisk in the walnut oil.
5. Transfer endive to serving platter. Top with vinaigrette and toasted walnuts.

The vinaigrette is also great for salad dressing and can be saved in the fridge for a few days!

Fall is the Perfect Time to Fall in Love with your Veggies

My family, friends, and clients will tell you that for almost a decade I've been preaching a love of vegetables. Veggies, and the amazing array of vitamins, minerals, and phytochemicals they contain, are crucial for creating and maintaining lasting health. Veggies contribute to healthy gut flora, a strong immune system, brain health, longevity, and cancer prevention, among many other benefits. In particular, cruciferous vegetables (including broccoli, kale, cabbage, and cauliflower) contain B vitamins that are critical for methylation, a process by which our cells repair themselves. We all need cell repair!

Learning to embrace vegetables comes down to flavor and creativity. The odds are that you grew up on flavorless, drab vegetables that had been boiled to the point of losing all their flavor (and nutrients!), or soaked in a bath of ranch dressing. But it doesn't have to be that way! Vegetables can have fantastic flavor, especially when they're lightly dressed, sautéed or roasted.



Many veggies are naturally sweet, like sweet potatoes and carrots, or savory, like celery and broccoli. Those that tend to have more of a bite can have their bitterness balanced out by creative pairing with other vegetables or fruits. You'll also notice that nearly all my vegetable dishes have a variety of either herbs or spices (or both), as science is showing more and more that these power-packed flavor carriers also carry great health boosting properties.

Even if you learn about a million reasons why you should eat vegetables, there's only one that really matters: they taste great. Veggies that are steamed, roasted, baked, and infused with herbs, spices, and oils can be delicious and satisfying.

This explosion of flavor is more than a luxury; it's a necessity if you're intent on eating for maximum health. The more we study and observe the diets of people around the world, the more evidence we have that there's no way to stay at your peak, brimming with vitality and energy, unless veggies are a huge component of your diet. So many of the antioxidants and phytochemicals critical to both short-term and long-term health come from vegetables, and it's key that you stay constantly connected to earth through vegetables.

Veggies also help ward off some of the known effects of the ageing process. Take, for example, glutathione, a key antioxidant that controls many metabolic functions. Blood levels of glutathione decline as we get older, potentially making us more vulnerable to cancer and other health issues. Fortunately, glutathione is abundant in vegetables such as asparagus, avocados, broccoli, garlic, and spinach—all of which, you'll find in many of my Smart Life recipes. So go ahead and start trying more diverse veggie recipes and I promise that you and your family will never look at veggies the same way again.



Eat the rainbow!

Have you heard this expression? It means look at your plate like a canvas, and include many colors of vegetables and fruits. The deeper color of veggies means nutrient-density, rich antioxidants, and more phytochemicals. Phytochemicals do everything from protect our bodies from daily wear and tear to combat cancer. Am I succeeding in convincing you that vegetables are a big deal?

Sample and incorporate the different groups:

- The Cruciferous: broccoli, cauliflower, bok choy, arugula, kale, mustard greens, collard greens
- The Cabbages: red and green cabbage, brussels sprouts, napa cabbage
- The Oranges: carrots, winter squashes, sweet potatoes, orange sweet bell peppers
- The Reds: beets, tomatoes, red carrots, red peppers
- The Squashes: zucchini, acorn squash, spaghetti squash,

butternut squash

- Mushrooms: shiitake, oyster, portabella
- The Leafy Greens: Every kind of dark leafy greens known to man, and other light greens like fennel and celery
- The Purples: eggplant, purple cauliflower, purple potatoes
- The Alliums: onion, garlic, chives, shallots

In early Fall, many vegetables are at their peak season. Use this guide to learn more about what's in season>>

Two new awesome Fall veggie recipes from my Smart Life kitchen are linked here:

- Mediterranean Zucchini
- Acorn Squash with Quinoa and Black Lentils

And here is also my Fall gift to you: The Smart Life Guide to Roasted Veggies.

Smart Life Guide to Roasted Vegetables

6 Steps to Roasting Success:

1. **Preheat Well:** Give your oven 20 minutes or more to reach 450 degrees F.
2. **Cook Like with Like:** Use vegetables with similar cooking times on the same baking sheet.
3. **Use Just Enough Oil:** Too much oil may cause burning. I like to mix my oil with vegetable broth.
4. **Give Veggies Plenty of Room:** Arrange veggies in a single layer with space between them. Space is key to keeping the hot air circulating around and browning vegetables not just heating them and letting them steam in their juices.
5. **Add Seasoning Last:** Minced garlic, fresh herbs, dried spices and sweeteners can burn at high heat. Stir them into vegetables just before serving – the heat of the vegetables is enough to release their flavors and

aromas.

5-10 Minutes	10-15 Minutes	15-20 Minutes	20-25 Minutes	25-30 Minutes
Asparagus spears, trimmed	Brussels Sprouts, halved	Broccoli florets	Carrot chunks	Potato chunks
	Whole Okra pods	Whole cherry tomatoes	Cauliflower florets	Rutabaga cubes
		Whole green beans	Eggplant cubes	Turnip cubes
		Mushrooms (button, shiitake, Portobello)	Fennel chunks	Winter Squash, halved
		Summer Squash slices or chunks	Mushrooms (wild, oyster, trumpet)	Celery root cubes
		Winter Squash chunks	Parsnip chunks	
		Zucchini chunks	Sweet Potato cubes	

Mediterranean Medley

1. Toss 2 cups zucchini chunks, 1 cup eggplant chunks, 2 cups cherry tomatoes, and 1 cup sliced sweet onions with 2 Tbs. olive oil and 1 Tbs vegetable broth.
2. Spread vegetables on 2 baking sheets and roast 15 to 20 minutes.
3. Transfer to serving dish and toss with 1Tbs. herbs de Provence and 1 tsp. minced garlic. Season with sea salt and pepper to taste.

Mediterranean

Roasted

Zucchini

Zucchini is about 90 percent water and very low in calories. Oven Roasted Zucchini is a quick and easy. This recipe incorporates some Mediterranean staples and a spicy kick from the jalapenos.

Ingredients:

- 6 medium green zucchinis
- 3 Tablespoons Extra Virgin Olive Oil, one reserved
- sea salt, to taste
- black pepper, to taste
- 1-2 jalapenos, sliced with seeds
- 1 cup chopped mint leaves
- $\frac{1}{2}$ cup chopped parsley
- $\frac{1}{2}$ cup roasted pine nuts
- $\frac{1}{2}$ cup Parmesan crisps, crumbled or grated pecorino cheese (optional)

Directions:

1. Preheat oven to 375 degrees. Line a baking sheet with parchment paper for easy cleanup.
2. Rinse zucchini and trim the ends. Slice about 1/2-inch thick. Place slices in a medium bowl and drizzle with olive oil. Season to taste with salt and pepper. Stir to coat. Arrange zucchini on baking sheet. Bake about 12-15 minutes until lightly browed.
3. Let zucchini cool a bit and transfer to a baking dish. Top with the jalapeno slices, mint leaves, parsley, pine nuts and crumbled Parmesan crisps. Drizzle with reserved olive oil and return to oven for about 8-10 minutes until toppings are lightly browed. Serve warm.

Pesto Shrimp, Field Greens, Avocado, and Orange Salad

Yield: 4 servings

Shrimp are a great seafood option known to be low in mercury and vitamin C from the oranges helps the body absorb iron from the greens.

Ingredients for Salad:

- 2 lbs. field greens of choice or a mix (arugula, endive, spinach, baby kale)
- 2 oranges, supremed and juice reserved (see this link on how to supreme citrus fruit)
- 1 lbs. jumbo or large shrimp, cleaned and shelled
- 3 Tablespoons pesto sauce
- 2 Tablespoons extra virgin olive oil
- 1 avocado
- 1¼ cup pumpkin seeds (optional)

Ingredients for the vinaigrette:

- 2 Tablespoons orange juice
- 2 Tablespoons fresh lime juice
- 1 small shallot, chopped
- 1 teaspoon grated ginger root
- 1 teaspoon Dijon mustard
- 2 Tablespoons fresh tarragon, chopped
- 1 Tablespoon maple syrup
- $\frac{3}{4}$ cup extra virgin olive oil
- $\frac{1}{4}$ cup white wine vinegar
- $\frac{1}{4}$ teaspoon sea salt
- Freshly ground pepper

Directions:

1. Make the vinaigrette by combining orange juice, lime juice, vinegar, shallot, mustard, ginger, maple syrup, tarragon, salt and pepper. Drizzle in the olive oil until emulsified.
2. In a bowl, mix the shrimp with the pesto sauce and 2 tablespoons of olive oil. Let marinate for 10- 15 minutes. Heat a grill pan or sauté pan and grill/sauté the shrimp until done, about 1-2 minutes per side.
3. Mix the salad greens with the vinaigrette and divide into plates. You can also serve this salad on a single platter. (Make sure you mix the vinaigrette with the greens right before serving).
4. Top salad with the pesto shrimp, orange sections, sliced avocado and pumpkin seeds.
5. Serve immediately and enjoy!