



Lithe Spring Clean

WEEK 4

LITHE SPRING CLEAN SALAD TIPS:

Chop up all your veggies on Sunday so that you're prepped and ready to go for the week! Beyond lettuce greens, try to think outside the box and add peppers, cucumbers, artichoke, hearts of palm, avocado, asparagus, and radishes!

PROTEIN SOURCES:

Add 4-6 oz. of lean protein to your lunch and dinner Spring Clean Salad: Chicken Breast, Turkey Breast, Ground Bison, Grass Fed Beef, Salmon, Tilapia, Tuna, Mahdi, Scallops, Shrimp and eggs. Tempeh, tofu, 1 cup roasted edamame or green peas are great options.

MARKET QUINOA SALAD TIPS: This is a great recipe for the end of the week. Save some protein and all veggies from your Spring Clean salad, and some chicken from your roasted chicken! The Quinoa is not the showcase ingredient in this recipe; it's just used to bind everything together.

RECIPES:

LITHE SPRING CLEAN TEA

YOU'LL NEED (1 SERVING)

Boiling water
1 tsp. of Bragg's apple cider vinegar
A small thumb sized knob of fresh ginger, sliced
2-3 slices of lemon
¼ tsp. turmeric powder
1 tsp. maple syrup

MAKE IT

*Add ginger, lemon slices and turmeric powder to a Teapot with boiling water and brew for 5 mins.
Stir in a teaspoon of maple syrup & Braggs. Enjoy!*



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LITHE DREAM CREAM

YOU'LL NEED (1 SERVING)

- 1 Tablespoon full fat coconut milk
- 1 Teaspoon coconut sugar

MAKE IT

Scoop out 1 tablespoon of coconut cream (the thick part sitting on top!) into a small ramekin. Add in 1-tablespoon coconut sugar and heat on stove (microwave if in a pinch) until liquefied.

LITHE SPRING CLEAN SMOOTHIE

YOU'LL NEED (1 SERVING)

- 2 cups spinach
- 3 tablespoons hemp powder
- 1 handful of parsley
- ½ cup of full fat coconut milk
- ½ avocado
- 1 date
- 1 lemon
- 1 cup of water
- Ice

MAKE IT

Blend all ingredients together until smooth.

LITHE'S PINEAPPLE MINT SMOOTHIE

YOU'LL NEED (1 SERVING)

- 1-cup pineapple (fresh or frozen)
- 1 handful of fresh mint, finely chopped (1 medium sprig)
- ½ cup coconut water
- 1 cup of water
- 1-2 tablespoons maple syrup
- Ice

MAKE IT

Blend all ingredients together until smooth.



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LITHE PROATS

YOU'LL NEED (1SERVING)

1/3-cup oats
Dash of unsweetened almond milk or coconut milk (optional)
2 egg whites
1 tsp. vanilla
1 tablespoon of maple syrup
½ teaspoon of cacao powder (optional)

MAKE IT

Cook oats according to package. Separate egg whites. Once the oats are just about done cooking, add in egg whites and stir frequently for a few minutes while the eggs cook. Add cinnamon and maple syrup and serve!

LITHE SCRAMBLE

YOU'LL NEED (1 SERVING)

2 eggs
1 tsp. of coconut oil
2-3 handfuls of spinach
½ avocado sliced
Sea salt & pepper

MAKE IT

Whisk eggs. Set aside. Heat coconut oil in pan. Sautee spinach and remove from heat. Then, cook eggs using the same pan. While eggs are cooking, slice avocado. Add scrambled eggs on top of spinach and mix together. Finish with avocado. Salt and pepper to taste.



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LITHE BREAKFAST TOAST

YOU'LL NEED (1 SERVING)

1 slice of Ezekiel bread (find in the freezer section at Whole Foods)
1 egg
½ avocado
1 tsp. of coconut oil
Sea salt & pepper

MAKE IT

Cook 1 egg over easy (or hard) with 1 tsp. of coconut oil in pan. While egg is cooking, toast 1 piece of Ezekiel bread, scoop out avocado and spread onto toast. Place egg on top of toast. Salt and pepper to taste.

LITHE ENERGY BAR

YOU'LL NEED

1-cup almonds
1 cup rolled oats
1 cup dried cherries, cranberries or goji berries
5 medjool dates
1/2-cup cacao powder
2 tbsp. boiling water

MAKE IT

Place almonds and oats in food processor and blend until a coarse crumb. Add cacao powder, cranberries, and dates and blend again. While blending add the boiling water, slowly, until the mixture becomes well incorporated and forms a ball. Press the dough into a lined slice tin and place in the fridge for 1-2hrs before slicing into bars.

LITHE CHIA PUDDING

YOU'LL NEED (4 SERVINGS)

2 cups of coconut milk
1.5 cups frozen mango
8 tbsp. chia seeds
Your favorite toppings of your choice (I use fresh berries & raw honey)

MAKE IT

Combine coconut milk and mango in a blender until smooth. Mix in chia seeds. Evenly divide mixture between four jars and leave in the fridge overnight. The next morning top with toppings of your choice.



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LITHE ESCAPE CUCUMBERS

YOU'LL NEED

As many cucumbers as you'd like
Chili flakes
1 lime
Sea salt

MAKE IT

Chop cucumbers; squeeze fresh lime over cukes and then sprinkle with chili flakes and sea salt.

LITHE ESCAPE PARSNIP FRIES

YOU'LL NEED

2 parsnips
1 pinch of sea salt
1 pinch of rosemary
1-tablespoon coconut oil

MAKE IT

Preheat the oven at 350 degrees. Rinse the Parsnips and cut them in thin long slices (keep the skin). Place in dish; add salt, rosemary, and coconut oil evenly. leave 10 minutes, then flips the fries around for another 5 minutes so that they are all evenly golden.

LITHE'S COCONUT MANGO PUDDING

YOU'LL NEED

1 ½ cups full-fat coconut milk
1 ripe mango, peeled & cubed (I prefer champagne mangos!)
2 tablespoons honey
1 tsp. agar powder

MAKE IT

In a saucepan, whisk coconut milk, honey and agar powder together and bring to a boil over high heat. Once boiling, turn heat to medium and simmer for 5 minutes, whisking every so often to make sure the agar dissolves and doesn't get lumpy. Combine the coconut mixture with the mango in a blender and blend until the mixture is a smooth, uniform liquid. Pour into small bowls, and chill in the fridge for about an hour until firm.



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ROASTED CHICKEN

YOU'LL NEED

3-4lb whole chicken

Something to stuff inside the chicken (Apple, Onion, Lemon, Garlic, Carrot, etc.)

Coconut oil

Salt and Pepper

Fresh Herbs (Rosemary, Sage or Thyme)

MAKE IT

Preheat your oven to 450 degrees while you pick the herbs from their stems and chop them. Then, toss those herbs into a bowl and add in your salt and pepper. For your chicken, you'll need: 1-2 Tablespoons of chopped herbs, 1 Tablespoon of sea salt, 1 Teaspoon of pepper and 2-3 tablespoons of Coconut oil. Stir it up.

Before you apply the herb mixture to the outside of the chicken, fill the cavity of the bird with an aromatic. I love using lemon and garlic. You won't be eating these items, so you can just give them a rough chop. Make sure that you pat down your bird with a clean cloth or paper towel. This will help to insure a nice crispy outer layer on your chicken once it's finished. Rub the chicken down with your coconut oil-herb-salt-pepper mix.

Then, place your herb coated chicken into the oven for an hour to an hour and fifteen minutes until it is golden brown, then remove it from the oven and let sit for 10-15 minutes.

LAUREN'S NEW YEAR SMOOTHIE

<http://www.fithiphealthy.com/fithiphealthy/2014/01/new-year-smoothie.html>

AVOCOCO SMOOTHIE

<http://www.fithiphealthy.com/fithiphealthy/2011/07/rich-creamy-comfort.html>

LAUREN'S PROTEIN PANCAKES

<http://www.fithiphealthy.com/fithiphealthy/2013/03/laurens-protien-pancakes.html>

LAUREN'S SO GREEN SOUP

<http://www.fithiphealthy.com/fithiphealthy/2013/06/laurens-so-green-soup.html>

TAMARI GLAZED ALMONDS

<http://www.fithiphealthy.com/fithiphealthy/2012/09/tamari-glazed-almonds.html>



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LITHE TACOS

<http://www.fithiphealthy.com/fithiphealthy/2014/01/lithe-tacos.html>

PREPPING SCALLOPS

<http://www.fithiphealthy.com/fithiphealthy/2013/07/me-on-monday-prepping.html>

MARKET QUINOA SALAD

<http://www.fithiphealthy.com/fithiphealthy/2012/07/market-quinoa-salad.html>

LITHE FUDGE

<http://www.fithiphealthy.com/fithiphealthy/2013/11/lithe-fudge.html>

LITHE KEY LIME PIE

<http://www.fithiphealthy.com/fithiphealthy/2014/03/lithe-key-lime-pie.html>