

Lithe Spring Clean

week 1

Lithe spring clean salad tips: You'll want to 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: You'll want to 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, Mahi, Scallops, Shrimp and eggs.

Veg protein sources: Tempeh, tofu, 1 cup roasted edamame or green peas are great options.

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!

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 teaspoon coconut sugar and heat on stove (microwave if in a pinch) until liquefied.



Lithe Spring Clean

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 Muesli:

This muesli is sugar free, full of protein, omega-3 and omega-6 fatty acids!

YOU'LL NEED (1 SERVING)

3 1/2 cups wholegrain rolled oats
1 cup sunflower seeds
1 cup pepitas/pumpkin seeds
1 cup coconut flakes/shredded
1 cup chopped raw almonds
1/2 cup chia seeds

MAKE IT

Combine all ingredients in a large bowl and mix well. Transfer into an airtight container for storage. Makes approx. 10 cups of muesli.

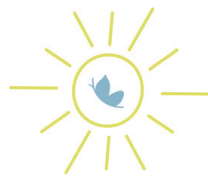
Lithe Scramble:

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. Sauté 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.



Lithe Spring Clean

Lithe Coconut Pumpkin Porridge:

YOU'LL NEED (1 SERVING)

- 2 tbsp. chia seeds
- 3 tbsp. mixed seeds (pepita, hemp & flaxseed)
- 1/2 tsp. cinnamon
- 3/4 cup almond milk
- 1/2 cup pumpkin puree
- 1 handful of shredded coconut
- 1 handful of mixed nuts (almond, cashew & walnuts)

MAKE IT

Grind seeds in a mortar and pestle or in your high-speed blender. Place seeds, pumpkin puree, almond milk and cinnamon in a small pan. Mix ingredients together and cook over a medium to low heat until it thickens (approx. 5 min). Top with shredded coconut and chopped nuts.

Lauren's Protein Pancakes:

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

Lithe Skinny Cacao:

<http://www.fithiphealthy.com/fithiphealthy/2012/01/lithe-chocolate.html>

Lauren's So Green Soup:

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

Lithe Fudge:

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

Lithe Coconut Sugared Grapefruit:

<http://www.fithiphealthy.com/fithiphealthy/2013/04/in-a-pinch.html>