

Nourish to Thrive

Simple Recipes for Balanced, Aligned Living

Welcome to your go-to guide for balanced, nourishing meals that support mind, body, and soul. These recipes are designed to be simple, flavorful, and rich in nutrients—helping you feel energized, focused, and aligned throughout your day. Whether you're starting your morning with intention or need high-protein snacks on-the-go, these recipes are here to support your well-being.

All recipes in this guide are gluten-free and dairy-free. Where applicable, swaps are provided for common allergens to support your individual needs.

Cinnamon Vanilla Protein Chia Pudding

Ingredients:

- 3 tbsp chia seeds
- 1 cup unsweetened almond or coconut milk
- 1 scoop vanilla plant-based protein powder
- 1 tsp cinnamon
- ½ tsp vanilla extract
- Optional: nuts, seeds, sun butter, berries for topping

Instructions:

Mix all ingredients in a jar or bowl.

Stir well and let sit for 5 minutes, then stir again.

Refrigerate overnight or for at least 2–3 hours.

Top with berries, nut or sunflower seed butter, or nuts/seeds in the morning.

Nutrient Highlights:

Omega-3s and fiber from chia seeds for digestion and fullness
Protein for muscle maintenance and energy

Cinnamon helps support blood sugar regulation

Rainbow Power Bowl with Lemon-Tahini Dressing

Ingredients:

- 1 cup cooked quinoa or wild rice
- ½ cup shredded carrots
- ½ cup chopped cucumber
- ½ cup roasted sweet potato
- ½ cup chickpeas or grilled chicken
- Handful of greens (spinach, arugula, or mixed greens)
- 2 tbsp tahini
- 1 tbsp lemon juice
- 1 tsp maple syrup
- 1 tbsp water
- Salt & pepper to taste

Instructions:

Add all bowl ingredients to a large bowl.

Whisk dressing until smooth and drizzle over top.

Toss and enjoy!

Nutrient Highlights:

High-fiber veggies for digestion and gut health

Healthy fats from tahini for hormone and brain health

Complete protein from quinoa or chicken for muscle support

Sheet Pan Lemon-Herb Salmon with Roasted Veggies

Ingredients:

- 1 salmon filet or grilled chicken breast (4–6 oz)
- 1 cup broccoli florets

- ½ cup cherry tomatoes
- ½ cup sliced zucchini
- 1 tbsp avocado oil
- 1-2 tsp Lemon juice + ¼ - ½ tsp of zest
- ¼ tsp Garlic powder, salt, pepper, and herbs of choice

Instructions:

Preheat oven to 400°F.

Place salmon/chicken and veggies on a parchment-lined sheet pan.

Drizzle with avocado oil and seasonings.

Bake 15–20 minutes until salmon/chicken (may take longer than if using salmon) is cooked and veggies are golden.

Nutrient Highlights:

Omega-3s for inflammation and brain support

Colorful veggies loaded with antioxidants and fiber

Protein for muscle and tissue repair

Almond Butter Protein Balls

Ingredients:

- ½ cup almond or sunflower seed butter
- 1 scoop chocolate or vanilla protein powder
- ¼ cup flaxseed meal or oat flour
- 1 tbsp maple syrup
- Pinch of sea salt
- Optional: mini dark chocolate chips, chia seeds

Instructions:

Mix all ingredients in a bowl.

Roll into 1-inch balls and refrigerate.

Store in a sealed container for up to 1 week.

*Allergen-Friendly Swap: Use sunflower seed butter in place of almond butter for a nut-free version that's still rich in protein and healthy fats.

Nutrient Highlights:

Great source of protein and fiber for satiety

Healthy fats from almond butter to support hormone balance

Portable, blood-sugar-friendly snack

Christine's Go-To Balanced Breakfast

Ingredients:

- 2 whole eggs 3 egg whites
- 1 serving Cascadian Farm Roasted Root Vegetables
- 2 Applegate Farms Savory Turkey Sausage Links

Instructions:

Cook sausage according to package instructions.

Sauté root vegetables until heated through and slightly crispy.

Scramble eggs and egg whites to desired texture mixing in the veggies and sausage.

My favorite herb blend to use is the Braggs Organic 24 Herbs & Spices & Salt/Pepper

Combine everything on a plate and enjoy.

Nutrient Highlights:

Over 30g of protein to support muscle and satiety.

Roasted root veggies provide fiber, vitamins, and slow-digesting carbs.

Healthy fats from whole eggs help with blood sugar balance and hormone health.

