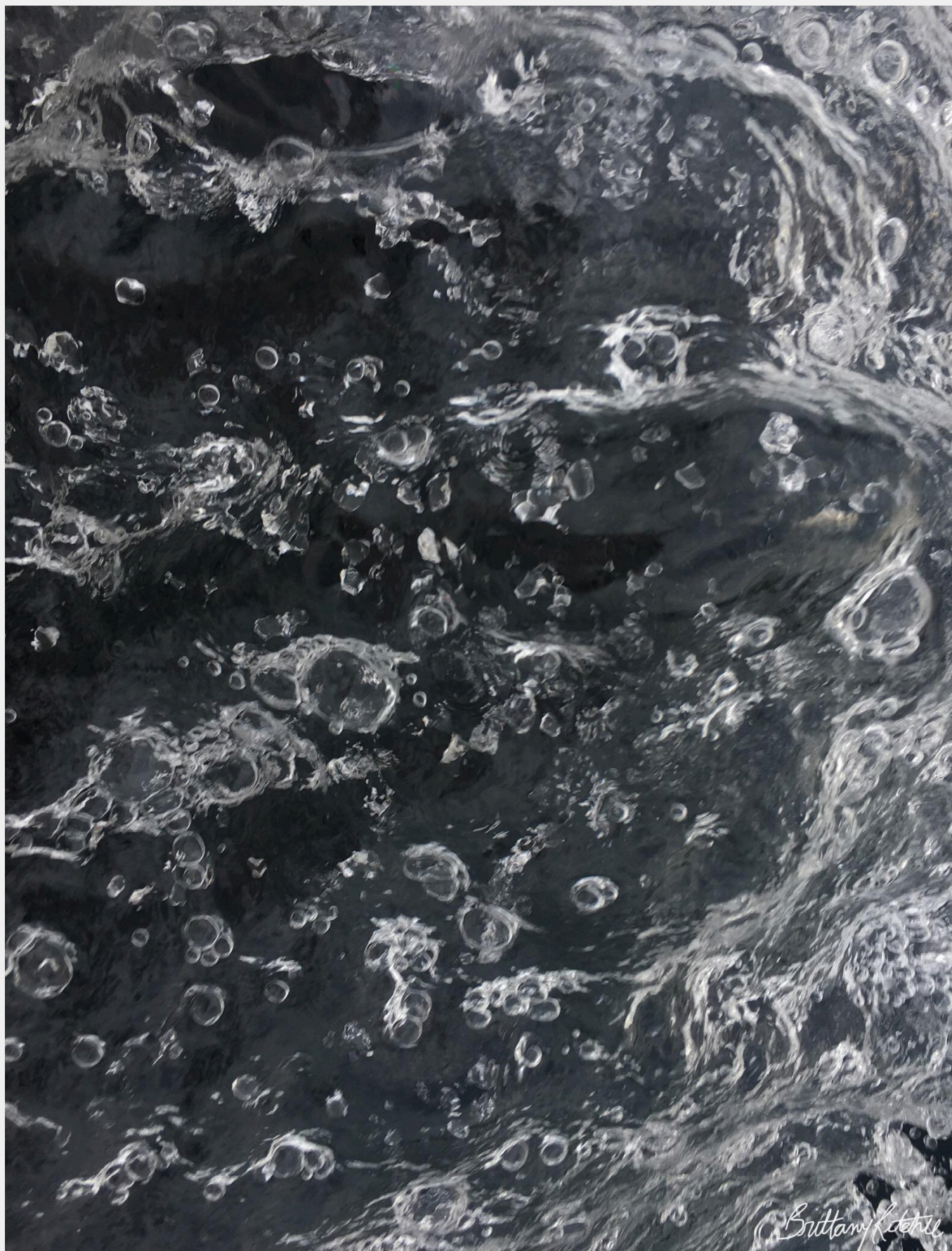


HOW TO TREAT YOURSELF TO BOUNCE BACK TO HEALTH

HOW TO HEAL THROUGH HEALTH BY BESPOKE GLOW



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HEALING

TONICS AND SMOOTHIES

IMMUNE BOOSTER

NATURES ANTIVIRAL ANTIBIOTIC
PURIFIER

2 RAW ONIONS

1 WHOLE RAW GARLIC BULB

1 WHOLE LEMON

4 THUMB SIZE KNOBS OF GINGER

2 TBSP APPLE CIDER VINEGAR

6 CUPS WATER

One whole lemon, cut in fourths, with the rest of the ingredients and enough water to blend into a smoothie consistency. There is enough immune booster to provide you with a couple oz's a day for a couple weeks. The ingredients give back healthy flora that alcohol destroys to affect the health of your gut. The ingredients provide support to your liver, and give back vitamins and minerals that alcohol depletes. Along with that, it purifies your blood to avoid causing further harm to the rest of your organs, and that includes the health of your skin.

THE LIVER TONIC

DETOX WATER

2 TBSP ACTIVATED CHARCOAL

WHOLE LEMON SKIN AND SEEDS

REMOVED 2 TBSP MAPLE SYRUP, STEVIA,
HONEY, OR ANY OTHER PLANT BASED
SWEETENER, TRACE MINERALS, AND
WATER

AMINO OMEGAS

NATURES ELECTROLYTE SMOOTHIE

4 CUPS WATER

1 BANANA

½ CUP HEMP HEART SEEDS

Blend all ingredients together. The ingredients in the amino omegas are carefully selected to provide you with a healthier alternative to electrolytes. The minerals in it contribute to a restorative sleep, minerals that are depleted with alcohol lead to disrupted sleep. The addition of healthy omegas reduces inflammation and the amino acids provide your body with what it needs to build healthy tissue.

Blend ingredients together. The charcoal works as a magnet to absorb harmful ingredients, while the lemon supports the liver, the addition of trace minerals supports how all your systems interact with each other.

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THE CLEANSER

HEALING SMOOTHIE

2 CUPS SPINACH

2 BANANAS

1/2 CUP PINEAPPLE

1 WHOLE AVOCADO

½ CUP HEMP SEEDS

2 TBSP CHIA

1/2 BUNCH KALE

½ CUCUMBER

8 PIECES CELERY

FILL BLENDER WITH WATER

Put all ingredients in the blender and blend. The ingredients in the healing smoothie provide you with an abundance of nutrients to build nutritional reserves, along with providing your body with what it needs to heal back to health. The recipe makes enough to last you two days to provide you with a pre and post health investment.

HEALING HERBS

PARSLEY, MINT, CILANTRO, BASIL, AND 6 CUPS WATER,

You can add ½ a lemon, or a couple cubes of pineapple if you are acquiring a taste for the earthy flavors. Blend a whole bunch of all the ingredients that work together with enough water to fill the blender. The combination of ingredients work together to cleanse your body and protect the health of your organs. Refrigerate the mixture, it is concentrated so you can add a couple oz's to water or straight up.



ACQUIRE A TASTE FOR HEALTH

OM

Add a couple oz's to water or take straight up.

2 RAW BEETS

1 CUP FRESH OR FROZEN WHOLE CRANBERRIES

6 CUPS WATER

Cranberries and beets provide the body with what it needs to efficiently cleanse itself. You can cut and steam the beets to al dente and then blend with the steaming water to limit the earthy flavor while acquiring a taste for the health of it RAW.

SNACKS

THE STABILIZERS

FIBRE OATMEAL BOMBS

OATS, WATER, 3/4 CUP FRUIT

1 TSP CINNAMON, 3 TBSP HEMP AND
CHIA, AND 1 TBSP FLAX, 1 TSP SYRUP,
HONEY, STEVIA, MONK, ETC TO TASTE
2 TBSP COCONUT SUGAR, 1 TBSP
CINNAMON, 2 TBSP COCONUT OIL

Dice fruit and add to a pot with 1 tsp coconut oil, and 1 tsp cinnamon. Once the fruit is soft, add chia, hemp oats and water as directed for oatmeal. If it is

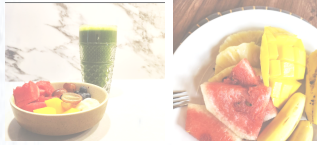
fruit that creates more liquid when heated, then reduce the water you add by ¼ cup and bring to a boil and simmer. Once the oats are finished, set aside and refrigerate for a couple hours. Remove oatmeal from the refrigerator and roll into balls, and heat the oven to 400. Heat 2 tbsp of coconut oil in the oatmeal pot and roll each oatmeal ball in the cinnamon and sugar mixture. Put it in the heated coconut oil, turning with time until golden brown. Once golden brown, remove from heat, role in remaining cinnamon and sugar and put in the oven for 10 minutes and refrigerate.

SUSHI BOMBS



FIBRE BROWN STICKY RICE, CHIA SEEDS
AVOCADO, GINGER, MANGO, SESAME OIL
SESAME SEEDS , SOY SAUCE , SRIRACHA,
NORI SHEETS, AND WASABI,

Dice ½ of a mango and add to the rice pot with 1 tsp grated ginger, and 1 tsp rice wine vinegar. Add all the ingredients to a pot with brown sticky rice, 2 tbsp chia seeds and 1 tbsp sesame oil, reduce the amount of water instructed by a ¼ cup to account for the liquid from the mango. While the rice is cooking, slice the avocado and the other half of the mango and set aside. Now mix the sesame oil, soy sauce, sriracha and wasabi together and set aside. Once the rice is finished cooking, refrigerate it and grate one thumb sized knob of ginger. If you're going to be drinking, when it comes to the rice, it is in your best interest to select brown rice, due to how white rice affects your body in the same way that sugar does. You can either roll the traditional way, or press saran wrap in an egg carton, dice nori sheets and sprinkle over saran, sprinkle shredded ginger and add a slice of avocado. Press rice into each section and refrigerate. Serve with ginger, and sesame oil, soy, sriracha, and wasabi all mixed together with slices of mango and ginger.



RAW MULTIVITAMINS

FRESH CURDETTE

2 BELL PEPPERS

8 CARROTS

4 CELERY STICKS

½ CUCUMBER

2 CUPS BROCCOLI

Cut into crudites and serve on their own, can also include accompaniment for added nutrients.

FRESH NUTRIENT BURSTS

NATURE'S CANDY

GRAPES

WATERMELON

POMEGRANATE

BERRIES.

These are the best post celebrations due to the water and mineral content in each. Wash, cut, and refrigerate for a burst of nutrients and health to heal a post celebration.

ACCOMPANIMENT

NUTRIENT ADDON

WHOLE BUNCH OF BASIL

1 TBSP BALSAMIC

½ OF A LEMON

2 TBSP OLIVE OIL

2 CLOVES GARLIC

¼ CUP WALNUTS

¼ CUP NUTRITIONAL YEAST

Put all ingredients in the blender and blend to serve as an accompaniment. Prepare, refrigerate and serve with crudites.

REECES PIECES NUTRIENT BOMBS

TREAT ME TO HEALTH

½ CUP PEANUT BUTTER OR YOUR
FAVORITE NUT BUTTER

½ CUP COCONUT OIL

2 TBSP SHREDDED COCONUT

¼ CUP COCOA POWDER

2 TBSP CHOPPED NUTS

2 TBSP SPRINKLES

Combine butter, coconut oil, cocoa powder and roll into balls and refrigerate. Give it at least ½ hour and roll in the topping and freeze.

HEALTH PROTECTORS

MEALS FROM SCRATCH

FRESH WRAP IT OR SANDWICH IT

FRESH SANDWICH

MULTI GRAIN BREAD, AVOCADO
TOMATO, SPROUTS, CUCUMBER
DIJON MUSTARD, BUTTER LETTUCE
HEMP HEARTS

*Mash 1/2 avocado with 1 tsp dijon mustard and 2
tbsp hemp hearts and spread onto bread. Layer the
bread with sliced vegetables and put the top on.*

COMFORT WRAP IT OR SANDWICH IT

COMFORT SANDWICH

WHOLEGRAIN BREAD, CRANBERRY
SAUCE, MAYO, ARUGULA, WALNUTS,
ASIAGO ROTISSERIE CHICKEN OR
BREAST, ARUGULA.

*You can either make your own cranberry or buy pre
bought, you can also use chicken breast, although
rotisserie chicken is a healthy convenient alternative.
Spread mayo and cranberry sauce onto bread and
layer 2 tbsp chopped walnuts and 1 tsp grated asiago
and arugula.*

FRESH WRAP

MULTIGRAIN WRAP, ASIAGO
SPINACH, CUCUMBER, WALNUTS
AVOCADO, DIJON, HEMP HEARTS
SESAME OIL, BALSAMIC REDUCTION

*Mash 1/2 avocado, and 2 tbsp hemp hearts and set
aside. Mix 1 tbsp dijon, 1 tsp sesame oil, and 1 tsp
balsamic vinegar and set aside. Grab a wrap and
spread avocado on it and layer vegetables, 2 tbsp
grated asiago, 2 tbsp chopped walnuts, balsamic
dressing & wrap it up.*

COMFORT WRAP

WHOLEGRAIN WRAP, PEPPERS, ONIONS
MUSHROOMS, SPINACH, BAKED BEANS,
FETA, SALSA, GREEK YOGURT, PICKLED
OR FRESH JALAPENO AND CILANTRO

*Preheat the oven to 400, while the oven is preheating,
dice ½ pepper, ½ onion, 2 mushrooms, and saute in 1
tsp olive oil. Once al dente, add half a can of baked
beans, 2 tbsp feta and yogurt, 2 tbsp salsa, 1 tbsp
diced jalapeno and 1 cup spinach. Saute for a couple
minutes until the spinach wilts and put in wrap
with ¼ cup freshly chopped cilantro and wrap it up,
put it in the oven, or sear it in a pan until golden
brown.*

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INDULGING WRAP IT OR SANDWICH IT

INDULGING SANDWICH

BAGUETTE, PROSCIUTTO, MAYO
BUTTER, DILL PICKLE, AND ARUGULA

Slice baguette with enough room to add ingredients, spread each side with a thin layer of butter to seal the bread. Now spread a conservative amount of mayo on each side and layer the prosciutto, sliced dill pickles and 4 cups of arugula. Seal it together and put it back in the baguette bag and refrigerate. A recipe given to me in France in 2008.



GLOW BOWLS

SUSHI GLOW BOWL

BROWN SUSHI RICE , AVOCADO
CUCUMBER, FRESH SHREDDED GINGER
RADISHES, GREEN ONION , WASABI PASTE
PRAWN, TOFU, OR SALMON, MANGO
SESAME OIL , SESAME SEEDS , SRIRACHA
SOY SAUCE OR COCONUT AMINOS.

Make rice, 2 julienne green onions and put in ice water and set aside. Julienne ¼ a cucumber, and ¼ mango, chop ½ avocado, slice 2 radishes, and sear a serving of salmon, prawns or tofu in 1 tsp sesame oil.

INDULGING WRAP

WHOLEGRAIN WRAP, ONION, SPINACH
JALAPENO, GREEK YOGURT, AVOCADO
GARLIC POWDER, ONION POWDER
WATER CHESTNUTS, AND CHICKEN

Preheat the oven to 375, season chicken breast and bake. As the chicken is baking, saute 2 whole onions thinly sliced, in 1 tbsp olive oil. Add 2 cloves of fresh crushed garlic, 2 tbsp diced jalapenos fresh or pickled, and ¼ cup diced water chestnuts. Once the onions are translucent add ½ cup greek yogurt, ¼ cup hummus, 2 cups of chopped spinach and fold in ¼ cup grated asiago, 1 tsp onion powder and 1 tsp garlic powder. You can either put the wrap in the oven to make a big pita style chip to spread it or dip it, or you can wrap it up and sear or bake and top with heated ingredients. Combine 1 tsp sesame oil, 1 tsp sriracha, 1 tsp soy, drizzle bowl and garnish with green onion.

PASTA GLOW BOWL

See bespokeglow.ca for recipe

HEALTH PROTECTORS

HEALING HYBRID MEALS

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HYBRID GLOW PIZZA

DR OATKERS PIZZA, ARUGULA
ONION , MUSHROOMS
BALSAMIC REDUCTION, WHOLE OLIVES
CHILI FLAKES , OLIVE OIL

*Add sliced onion and mushrooms to pizza and bake.
Top with fresh arugula, balsamic, olive oil, chili
flakes and whole olives.*

HYBRID GRANOLA GLOW BOWL

AVOCADO, COCOA POWDER, SPINACH,
NUT BUTTER, HEMP HEARTS, BANANA,
HONEY, WATER AND GRANOLA

*In a blender, add a whole avocado, ¼ cup cocoa
powder. 1 cup spinach, 2 tbsp nut butter, ¼ cup hemp
hearts, ½ banana, 1 tbsp honey, 1 cup water and
blend. You can also pre freeze all the ingredients, add
the water and blend, either way, serve with a layer of
your favorite granola on top.*



HYBRID INDIAN GLOW BOWL

BASMATI RICE , PEAS , CARROTS
COCONUT CREAM , CHICKPEAS
CURRY PASTE, CUMIN , TURMERIC,
CILANTRO, ONION, MANGO CHUTNEY
NAAN BREAD

*Pickup naan bread and chutney on your way home.
Once home, make rice as directed with the addition
of ¼ cup peas, ¼ cubed carrots and 1 tbsp cumin seeds.
While rice is cooking saute ½ onion in 1 tsp coconut
oil, 1 tsp cumin, curry, coriander, ginger, garam
masala and turmeric. Add the can or rehydrated
chickpeas and statue until golden brown and then
add a can or carton of coconut cream and simmer.
Serve the chickpeas on the rice with ¼ fresh diced
cilantro, chutney and naan on the side.*