



# ***YouCare-SelfCare***

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***@youcare.selfcare for  
healthy recipes!***





# Work wellness

## INTO YOUR WEEK

5 easy lifestyle habits to begin  
incorporating into your life now + easy  
lunch and dinner ideas!

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1. Take it **Back-to-Basics** with Food
2. Start your day with Lemon Water
3. Buy Organic
4. Eat the Rainbow
5. Use TOP Quality Oils and Salts

Meal planning and meal prep:

- 3 healthy lunch ideas to pack for school
  - 3 easy weeknight dinners that can be made ahead
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Instagram: @youcare.selfcare  
[www.youcare-selfcare.com](http://www.youcare-selfcare.com)

# Dirty Dozen

2022

The Environmental Working Group: [www.ewg.org](http://www.ewg.org)



1. *Strawberries*
2. *Spinach*
3. *Kale/Mustard/Collard*
4. *Nectarines*
5. *Apples*
6. *Grapes*
7. *Bell & hot peppers*
8. *Cherries*
9. *Peaches*
10. *Pears*
11. *Celery*
12. *Tomatoes*

*\*Glyphosate, the active ingredient in Round Up is the most widely used pesticide in the U.S.*

*\* 42,000 lawsuits have been filed with claims that glyphosate played a role in cancer. (Non Hodgkin's lymphoma, brain & leukemia cancers)*



# HEALTHY Oils *We want to use oil sparingly.*

*Every oil has a point at which it reaches a threshold temperature and begins to smoke. At this temperature, volatile compounds, come up from the oil and become carcinogenic.*

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*Olive oil- I use mainly in cold dishes like dressings*

*Look for:*

- Organic
- Cold Pressed
- Certified by the North American Olive Assn.



*If you use a high quality olive oil you can cook up to 425 degrees.*

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*Avocado oil- I use for stove and oven cooking*

*Avocado oil has the highest smoke point.*

*Look for cold pressed*



Avoid using genetically modified **canola oil** and other highly processed and rancid oils like soybean, cottonseed and safflower oils.



# Salt

The Best Salts to use:  
\*Pink Himalayan Salt  
\*Real Salt, \*True Salt,  
\*Celtic Salt

Regular table salt which is 97% Sodium Chloride is chemically produced, bleached and devoid of most other nutrients. It contains Aluminum in many cases, which has been linked to Alzheimer's disease and other problems in the body. Table salt can increase blood pressure and cause water retention. It is also full of anti-caking agents that can cause constipation, as well as liver and kidney issues

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Pink Himalayan Salt, Real Salt, True Salt and Celtic Salt all have many benefits:

- \*Lower amount of sodium
  - \*Balance blood sugar
  - \*Increase energy
  - \*Improve brain function
  - \*Promote restful sleep
  - \*Regulate blood pressure
  - \*Eliminate mucus
  - \*Build immunity
  - \*Prevent muscle cramps
  - \*Release water retention
  - \*Dissolve kidney stones
  - \*Dissolve gall bladder stones
  - \*Lower acidity in body
  - \*Helps sinus issue
- .....



These natural salts do not contain iodine. Any processed foods and restaurant food will have iodine. Also these foods contain iodine: Seaweed, prunes, strawberries, potatoes, green beans, bananas, cranberries, corn and beans

# Vegan Egg Salad

## **Ingredients**

- 1 can garbanzo beans), rinsed and drained
- ¼ cup red onion, diced
- ½ cup celery, diced (about 1 stalk)
- 1 tablespoon organic sweet relish  
(or sub dill relish)
- 1 tablespoon fresh dill, chopped
- ¼ cup Vegenaïse
- 1 tablespoon Dijon mustard
- 1 teaspoon black salt (aka kala namak-Amazon)
- ½ teaspoon garlic powder or granules
- ½ teaspoon onion powder or granules
- ½ teaspoon pink Himalayan salt
- ¼ teaspoon turmeric powder



## **Directions:**

1. Put the drained chickpeas in a food processor or a food chopper and pulse to get a chunky texture. (Don't fully blend to make smooth) You can mash with a fork if you don't have a food processor.
2. Add the red onion, celery, relish, dill, Vegenaïse, mustard and all spices. Stir well to combine. Use right away or chill.

Prep time: 10 minutes

Cook time: 0

Serves: 3



# Lentil & Sun Dried Tomato Salad



## **Ingredients:**

- 1 package Trader Joe's lentils
- 1/2 cup kalamata olives, halved
- 1/4 cup sun dried tomatoes from a jar, chopped
- 1 large red pepper chopped
- Fresh basil slivers for topping

## **Dressing:**

- 2 Tbsp olive oil
- 3 Tbsp apple cider vinegar
- 1 garlic clove, minced
- 1/2 tsp pink salt
- 1/4 tsp pepper

## **Directions**

1. Whisk up dressing and toss over salad ingredients. Top with Basil!

Serves 2-4



# Folded Quesadilla

## **Ingredients:**

Large tortilla  
Black bean dip (below) or refried beans  
Dairy free cheese  
Shredded lettuce  
Guacamole

## **Black Bean dip**

2 cups black beans  
1 clove garlic  
2 Tbsp red onion, diced  
1/4 cup cilantro  
1/2 jalapeno  
Juice of 2-3 limes  
1/2 tsp each: pink salt, cumin

## **Directions:**

1. If you are using the black bean dip, put all ingredients in the food processor and blend until smooth.
2. Cut a slit in the tortilla starting from the middle bottom to middle center.
3. Add a layer of your ingredients to each quadrant. Beans, cheese, guacamole and lettuce.
4. Fold the bottom left corner up then around clockwise until you have all sides folded in.
5. Heat both sides in a skillet and serve or pack up for a to-go lunch.





# Vegan Chorizo Chili

## **Ingredients:**

- 1 tsp avocado oil
- 1 onion, diced
- 1 pkg Soy Chorizo
- 1 can (15 oz.) pinto beans, undrained
- 1 can (15 oz.) black beans, undrained
- 1 can (15 oz.) kidney beans, undrained
- 2 cans (15 oz.) fire roasted tomatoes
- 1 can (4 oz.) diced green chilis
- 1 tsp cumin
- 1/2 teaspoon salt
- Red onion, cilantro & avocado for topping



## **Directions:**

1. Remove the casing from the Chorizo so it is ready to go
2. Add the oil to a large pot and heat to medium high heat. Add in the onion and Chorizo. Cook for 5-8 minutes stirring frequently to break apart the Chorizo.
3. Add in the beans, tomatoes, green chilis, cumin and salt. Stir.
5. Cover and simmer for 20 minutes.
6. Add toppings and serve!

\*Yields 6-8 servings



# Lentil Tacos

## **Ingredients:**

- 1 package TJ pre-cooked lentils (16 oz.)
- 1/2 onion, finely diced
- 1 jalapeno, diced
- 1/4 cup vegetable broth
- 1/4 cup green salsa
- 12 taco shells
- 1 teaspoon each: chili powder, cumin, smoked paprika, garlic powder, onion powder, pink salt



## **Toppings:**

Shredded lettuce, diced tomatoes, avocado, salsa, red onion, olives etc.

## **Directions:**

1. Heat up oven to 375 degrees for taco shells.
2. In a large skillet, saute the onion and jalapeno for about 3-5 minutes on medium
3. Add the lentils and spices and stir
4. Add the broth and salsa, lower to medium low and cook for 10 minutes.
5. Stuff taco shells!

Prep time: 10 minutes  
Cook time: 10 minutes  
Serves: 4



# Instant Pot Cauliflower Curry

## **Ingredients:**

- 1/2 onion, chopped
  - 4 cloves garlic, minced
  - 4 cups cauliflower florets
  - 2 cups butternut squash, cubed
  - 1/2 cup red lentils
  - 1 can fire-roasted tomatoes
  - 2 Tbsp red curry paste
  - 1 tsp curry powder
  - 1 tsp pink salt
  - 1 tsp turmeric
  - 1 can coconut milk (unsweetened)
  - 1/4 cup water
- Serve with rice



## **Directions:**

1. Put everything in Instant Pot and set to High pressure for 5 minutes. Release pressure right away.
2. Serve with rice!
3. To make stovetop, saute onion and garlic for 5 minutes. Add everything else and simmer 10 minutes.

\*Serves 6-8



# Mini Retreat

## Wellness class

**1/2 day RETREAT! 10/22/22**

- 5 easy habits to help you look & feel your best
- Easy, delicious fall recipes
- Meal prepping ideas
- How to buy and store fall produce
- Fresh snacking ideas
- Countertop gardening
- How to dry brush to release toxins
- Easy DIY selfcare products you can make
- How to make the ultimate green juice
- Which foods to eat for energy
- 3 processed foods you no longer need to buy
- How to make a meditation spray
- Calming foods to help you sleep
- What to pack for fall and holiday travel



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# Boot Camp

## Preventing Alzheimer's & Sharpening the Brain!

**4-week BOOT CAMP! 2/8/23**

- Learn why the Standard American Diet is giving us Standard American Diseases
- Learn what 9 foods to eat to prevent stroke and Alzheimer's
- Learn the 7 easy rules to follow for brain protection
- Get 20 new delicious brain health recipes
- Discover other lifestyle habits to support brain health
- Based on the book "The 30-Day Alzheimer's Solution" by Drs. Sherzai
- Weekly group zoom call Wednesdays from 9:00 am-10:00 am (AZ time)
- Weekly downloads with new recipes and materials to get you going!
- Practical worksheets to stay on track
- Watch me make mouth-watering recipes



[www.youcare-selfcare](http://www.youcare-selfcare) to sign up