

the Daily Bliss

Issue 07

Health Reset - Food Edition

As someone who has to avoid several food items/ingredients due to digestive issues, I understand the challenges of trying to find food that not only tastes good, but also makes you feel good. In this issue of the Daily Bliss I want to show you some of my favourite recipes that are not only delicious, but also focus on eating foods in their most unprocessed state. My hope is that you are able to optimize your own health, as I believe food as the ability to heal. As a reminder, all of these recipes are gluten free and dairy free!



01



BREAKFAST

Scrambled Eggs and Veggies

01. Two scrambled eggs and spinach cooked in coconut oil (*side note*: scrambled eggs are the easiest form of eggs to digest).
02. Top with fresh basil, tomatoes, and avocado.
03. Crack pepper and Himalayan salt to taste.
04. Our vanilla chai to drink on the side!

SHOP OUR TEA HERE!

LUNCH

Sweet Potato Toast

01. Toast two slices of sweet potato. You can either slice them yourself or buy them (I bought the Caulipower brand - I found these at Whole Foods).
02. Top with prosciutto, arugula, tomatoes, hempseed hearts, and drizzle olive oil on top. Avocado on the side with Himalayan salt and pepper.



02

03



DINNER

Poke Bowl

01. Pan grill shrimp cooked in sesame oil and season with ginger and sea salt.
02. Cook brown rice, then add 1 TB of rice vinegar and mix.
03. Place brown rice and shrimp in bowl and add radishes, mango, cucumbers, sliced carrots, avocado, mint, nori seaweed, and sesame seeds.
04. Drizzle coconut aminos on top and enjoy!

DESERT

Berry Dreams (DREAM POPS)

Ok these are just too good! These pops are super flavorful and are much less boring than a plain strawberry pop. Not only do they taste amazing, but the ingredients are so good!! For this specific pop flavor, the only ingredients are Coconut Milk, Strawberry, Raspberry, Organic Coconut Sugar, Passion Fruit, Baobab, and Vanilla Extract. On point right?! Their other flavors currently include Vanilla Matcha, Chocolate Lion, Mango Rosemary, and Coconut Latte!

SHOP DREAM POPS HERE!



PS. I love hearing back from you! If you have any topics you are interested in me discussing in the future regarding healthy living, sustainability, mindset change, digestive health, etc., let me know! I'm here to help and serve YOU!

WITH LOVE AND BLISS,

Lindsey Smith



Check out our official Instagram page!



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