



21 DAYS

to inner and outer
fitness, faster!

WEEK 3

21

DAYS - LEVEL UP RECIPE

Day 15

LUNG CLEARING TEA

A RECIPE BY ANYA

Anyone who does yoga can probably attest to the power of the breath. Whatever is going on in life, take a few minutes to breathe smoothly and deeply and when you're done, the world looks like a more manageable place! In addition to breathing and supplying us with vital life force and oxygen, our lungs are our interface with the external environment, where inner and outer worlds meet, and therefore incredibly important in terms of our immune systems.

To boost your lungs and immune system avoid mucus-forming foods such as cheese, milk, and yogurt made from cow's milk. And try this gorgeous tea to open and cleanse the lungs. You might know this as golden milk which becomes very popular in cooler climates, but is fab all year round!

Prep time: 2 minutes

Cook time: 10 minutes

Total: 12 minutes

There are so many amazing antioxidants in Turmeric, but you need to add a pinch of black pepper for your body to be able to access them fully.

Ingredients

- 2 cups of water, almond, or coconut milk
- 2 inches of fresh ginger root, grated
- 1 inch of fresh turmeric root, grated or ½ tsp organic ground turmeric
- A generous pinch of ground black pepper
- ¼ tsp of ground cinnamon (optional)
- Sweetener of your choice (optional)

Directions

- Place all of the ingredients in a pot with a lid, and bring to the boil. Turn heat down and simmer for 10 minutes.
- Strain before serving, add a little bit of sweetener of your choice.
- This will make 2 cups, but I often make a much larger batch and allow it to sit on the stove, warming as needed.
- You could also make a bigger batch, strain, and keep it in the fridge for up to 5 days.
- Leave the sweetener out until you want to warm and drink it though.
- *If you are suffering from congestion, a great tip is to add up to ¼ tsp of ground black pepper. This makes it super fiery, so proceed with caution - it is amazing at clearing congestion if you can handle it!

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DAYS – LEVEL UP RECIPE

Day 16

GREEN KALE CREAMY COCONUT SMOOTHIE

A RECIPE BY KARIN

How many green smoothie recipes do you need? Apparently one more:)

Honestly, I never use a recipe but for you I actually kind of measured this one out today! Get ready to try this green kale, coconut delight that may rock your world!

NUTRITIONAL BENEFITS

Kale is high in antioxidants, including quercetin and kaempferol. It's an excellent source of vitamin C, with one cup of raw kale containing more than a whole orange. It also contains magnesium and potassium, which have been linked to lower the risk of heart disease. Kale is also high in fiber. It has kind of a fibrous texture which may make some people hesitate to eat it. But this way the blender does the "chewing" for you!

Serves: 3

Prep time: How long does it take you to open the fridge?

Cook time: A couple of minutes in the blender

Total: 5 minutes tops!

Ingredients

- 1/2 cup un-sweetened apple sauce, juice or why not an apple?
- 1 can of organic coconut milk
- 2 brown bananas (peeled)
- 4 kale leaves (big) leave the stems out or it will be really chewy.
- 1/2 red chilli fruit
- A chunk of fresh ginger
- Freshly squeezed lemon juice from one lemon

Directions

- Combine all of the ingredients in a high-speed blender and blend until smooth.
- You may need to scrape down the sides of the blender to help everything blend evenly.
- Pour into a glass and serve right away or keep refrigerated with lid on for up to 24 hours.

To serve:

Pour in a jar or a glass of your choice
- drink and chew:)

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DAYS – LEVEL UP RECIPE

Day 17

JAPANESE EDAMAME APPETIZER

A RECIPE BY ALYSON

I relish the idea of eating a variety of appetizers on a terrace in the summer for Happy Hour, or by a cozy fire in a pub. If you are receiving company, impress guests with this easy, tasty appetizer. It pairs well with gluten-free beer, organic wine, or a margarita – Detox to Retox! You can also eat this as a healthy high-protein snack alternative before a workout.

Edamame beans can be found in the frozen section of your local grocery, health food, or Asian store, in the pod or shelled. Make sure to purchase the ones still in the pod for this recipe. How to stay classy while you eat seasoned edamame beans in their pods: First lick the spice off the outside of the pod, then with your teeth split the pod open and use your fingers to squeeze the beans out of the pod into your mouth. Discard the empty pod in a bowl. Edamame bean pods are slightly fuzzy, tough, and not edible!

Serving Tips: Prepare two bowls, one with the beans and the other empty. Provide napkins for your guests too. Transform many foods into a next level aromatic experience. The bold, spicy taste will surely cause a taste explosion.

Servings: 8 people

Prep time: 5 minutes (post-thaw)

Cook time: 3 to 5 minutes

NUTRITIONAL BENEFITS OF EDAMAME SOYBEANS

Edamame beans are green soybeans that are harvested before maturing found in cuisines with origins in East Asia. The pods are boiled or steamed and may be served with salt or other condiments. In Japan, they are usually blanched in 4% salt water and not served with salt.

Healthy, low calorie, and pack a powerful punch of protein, vitamins, minerals, and fiber to help boost energy levels, combat inflammation, and reduce depression. Soy contains a type of antioxidant called isoflavones, that may help lower the risk of certain types of osteoporosis and cancer.

One cup of hulled edamame beans provides an adult with the following daily intake: 10% calcium and vitamin C, 20% iron, 34% vitamin K, 120% folate, 33% protein, and small amounts of vitamin E, thiamin, riboflavin, niacin, and vitamin B-6, as a source of healthful polyunsaturated fats, especially omega-3 alpha-linolenic acid. Edamame is a complete protein. As with meat and dairy products, the beans provide all essential amino acids needed which the body cannot produce itself.

Ingredients

- 454 g package frozen in-pod edamame beans
- 2 tablespoons olive oil
- 1 teaspoon sesame oil
- 2 teaspoons kosher salt
- 1 tablespoon Japanese 7-spice blend (shichimi togarashi)

Japanese 7-spice blend

This blend is found in the spice section of your grocery or specialty store, or by ordering online. I like to make the best out of what is stocked in my kitchen cabinet.

So, use the black pepper that you already have if you can't find Japanese pepper. Skip the hemp or seaweed if you're not in the mood.

Japanese 7-spice blend or "shichimi togarashi" is a spice mixture containing: red chili pepper, Japanese pepper, orange peel, white and black sesame seeds, hemp seeds, ground ginger seaweed.

Directions

- Keep edamame beans frozen until ready to cook.
- Bring a medium-large saucepan of water to a boil over high heat.
- Add frozen in-shell edamame beans. Once the water comes to a roaring boil, reduce heat to medium, cover and cook for 3 - 4 minutes or just until tender.
- Immediately drain edamame beans in a colander and rinse under cold water.
- Pat the beans dry with a kitchen towel.
- Transfer beans to a large bowl.
- Drizzle with olive oil, sesame oil, kosher salt and your version of the Japanese 7-spice blend.
- Toss to coat evenly.

To serve

Place into smaller sized serving bowls.
Serve warm or at room temperature.

What else can I use the Japanese 7-spice blend for?

Try adding these spices to some of your favorite, or not so favorite veggies, as well as a variety of foods. Enliven your taste buds with this versatile blend!

Broccoli, green beans, spinach, brussels sprouts, snow peas, sugar snap peas, corn on the cob, kale chips, roast potatoes, avocados, pasta, soups, noodle dishes, chicken, pork, beef, seafood, eggs, and popcorn!



DAYS – LEVEL UP RECIPE

Day 18

BUTTERNUT SQUASH SOUP

A RECIPE BY JUDY

Ingredients

- 2 medium sized butternut squash
- 2 Tb olive oil
- 2 cloves of garlic, minced
- ½ medium sized yellow onion
- 2 stalks of celery, diced
- 2 carrots, diced
- Salt & pepper to taste
- 2-3 cups of water

Directions

- Heat the oven to 350 degrees.
- Cut the squash length-wise top to bottom in half. Scoop out the seeds with a spoon and discard.
- Place them skin side up on a sheet pan and cook for about 30 minutes or until the flesh is soft when poked with a fork.
- While the squash bake, heat oil in a soup pot on medium-high heat. Add onion, garlic, celery, carrots, and salt and pepper then sauté for 10 minutes until the vegetable translucent.
- Add 1 cup of water and simmer until veggies are soft.
- Allow squash to cool, then scoop out the flesh from the skin. Add squash to the soup pot. Cook on low and simmer.
- Add more water to the desired consistency. If you want a smooth soup, blend in a blender and enjoy.
- Makes 4-6 servings.

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DAYS – LEVEL UP RECIPE

Day 19

ROCKING VEGAN RED LENTIL SOUP

A RECIPE BY ALYSON

As charming as this city that I live in is (Montréal, Canada), as soon as Autumn falls upon us, you can bet that a staple meal in the house is soup. Nothing warms me up from my head to my toes like a delicious, savory bowl of soup. This rocking soup is an amalgamation of a couple of recipes. It is rich, tangy, savory, and satisfying. Serve with a small plate of olive oil and balsamic vinegar alongside pieces of gluten-free baguette, sourdough loaf, or fougasse for dipping. It's an easy lunch to reheat and enjoy on a busy day!

NUTRITIONAL BENEFITS

They've long been a staple in Indian cuisine and vegan cooking as a plant-based protein source. They're easily cooked in 5–20 minutes, which – like soaking – reduces their antinutrient content.

Brown, green, yellow, red, or black, lentils are low in calories, rich in iron and folate, and an excellent source of protein. They are packed with health-promoting polyphenols and may reduce several heart disease risk factors. Polyphenols are active compounds that fight against harmful agents in the body—everything from ultraviolet rays and radiation, to heart disease, cancer, and diabetes prevention.

Lentils have been shown to be an excellent source of some vitamins and minerals such as Iron, Potassium, and Folate. High in protein and iron for the vegans out there! Iron is super important for keeping oxygen pumping throughout your body. If you don't get enough, that blood flow slows down. Eat fiber for a healthy gut and weight maintenance. Lentils are good for your bones too!

Folic acid is an important nutrient to load up on all the time, but it's especially important when you're pregnant. And if pregnancy is not on your mind, folic acid supports healthy hair growth and can reduce the risk of heart disease and stroke. High in magnesium! Reduce stress and get better sleep.

Servings: It all depends if you are using this as a main dish or as an appetizer

Prep time: 10 minutes

Cook time: 25 minutes

Total: 35 minutes

Ingredients

- 5 cups vegetable broth (or 5 cups water)
- 1 cup dried red lentils
- 2 cups chopped onions
- 2 cups chopped sweet potatoes
- ½ cup diced carrots
- ½ cup chopped red pepper
- ¼ cup tomato paste
- 8 garlic cloves, peeled and left whole (or to taste!)
- 1 tbsp olive or canola oil
- 2 tsp ground cumin
- 1 tsp paprika
- 1 tbsp turmeric
- ½ tsp chilis
- 1 tsp salt
- 1/3 cup chopped fresh cilantro
- 3 tbsp fresh lemon juice
- dash of Worcestershire Sauce
- 1 tbsp Earth Balance vegan butter or real (organic) butter
- 1/3 cup of coconut cream + extra for garnish (Cha's extra heavy coconut cream in a can is my favorite)
- Lemon slices
- Salt & pepper

To serve:

Swirl in 2 tsp of coconut cream.

Add a slice of lemon to the center of the bowl.

Garnish with chopped fresh cilantro.

Season to taste with salt and pepper.

Directions

- In a large pot, add 5 cups vegetable broth (or a combination of water and broth according to your preference), dried red lentils, chopped sweet potatoes, diced carrots, red pepper into a large pot; cover and bring to a boil.
- Lower the heat, add tomato paste, and simmer 15-20 minutes or until the lentils and veggies are tender. Take the pot from the stove burner and set it aside.
- In a small skillet, add oil, warm over low heat until the oil is hot but not smoking. Add chopped onions to the skillet and stir constantly until slightly browned.
- Add in the cumin, turmeric, chilis, garlic, and salt; cook and stir constantly for 2-3 minutes or until the cumin has released its fragrance, being careful not to scorch the spices.
- Set spice mixture aside for 1 minute to cool.
- Stir spice mixture from skillet into the lentil mixture.
- Add a dash of Worcestershire Sauce to taste, lemon juice, Earth Balance vegan butter or real (organic) butter, coconut cream. Stir to combine.
- Puree the soup in batches, in a blender to the desired texture (I like it super smooth and creamy).
- Reheat soup in a pot.



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DAYS – LEVEL UP RECIPE

Day 20

CLASSIC BORSCHT

A RECIPE BY ALYSON

I enjoy eating foods that are part of my family's heritage. My paternal side is Ukrainian, and my maternal side is French Canadian. Borscht was a staple meal at my grandma's house. We always ate it warm, but it can be served cold! The good thing about this soup is that whatever you do, it will always taste good.

Add some white beans for extra protein, switch up your choice of broth, or don't add the potatoes... You can't go wrong, as long as it's made with love. It's called red beetroot soup, but I think it is more of a vermilion, scarlet color – and that makes it all the more fun to eat!

Servings: 10 minutes

Prep Time: 25 minutes

Cook Time: 35 minutes

Total: 60 minutes

BORSCHT HISTORY AND NUTRITIONAL BENEFITS

Common in Eastern Europe and North Asia, Borscht is known as a sour soup, and one of the most famous Ukrainian dishes. The name is also used for a wide variety of "sour soups" made with beetroots such as green borscht and cabbage borscht. The origins of Borscht come from an ancient soup originally cooked from pickled stems, leaves, and common hogweed (a herbaceous plant that grows in damp meadows) which lent the dish its Slavic name. Typically, it includes broth (bone broth), sautéed vegetables, cabbage, carrots, onions, potatoes, tomatoes, and served with sour cream. Borscht is a traditional meal, often served daily, as a symbol of unity and character. The soup was originally cooked in a clay pot so that all the various ingredients combine to promise warm, comforting, tasty food – all that we need to feel nourished, loved, and at peace. It's healthy and nutritious too!

Beets are a source of iron; carrots provide carotene; potatoes contain vitamin B6 and C, and potassium; celery is rich in vitamins A, K, and C, plus minerals like potassium and folate, is low in sodium, and has a low glycemic index, meaning it has a slow, steady effect on your blood sugar.

Fresh dill is a surprisingly good source of several essential vitamins and minerals, including vitamin C, manganese, and vitamin A.

Parsley contains important nutrients, such as vitamins A, K, C, and is a good source of minerals like calcium, iron, magnesium, and potassium.

Ingredients

- 3 medium beets peeled and grated
- 4 Tbsp olive oil divided
- 4 cups broth (vegan, chicken, or beef) + 6 cups water
- 10-15 baby potatoes, cut in quarters or in halves, with peel (or 3 medium Russet potatoes peeled, cut into bite-sized pieces)
- 1 red bell pepper
- 2 carrots thinly sliced, peeled
- 2 celery ribs finely chopped
- 1 medium onion finely chopped
- 2 bay leaves
- 1 tbsp white vinegar or to taste
- 3 tbsp tomato paste
- 1 tsp sea salt or to taste
- 1/4 tsp black pepper freshly ground
- 1 large garlic clove pressed
- 3 tbsp chopped dill

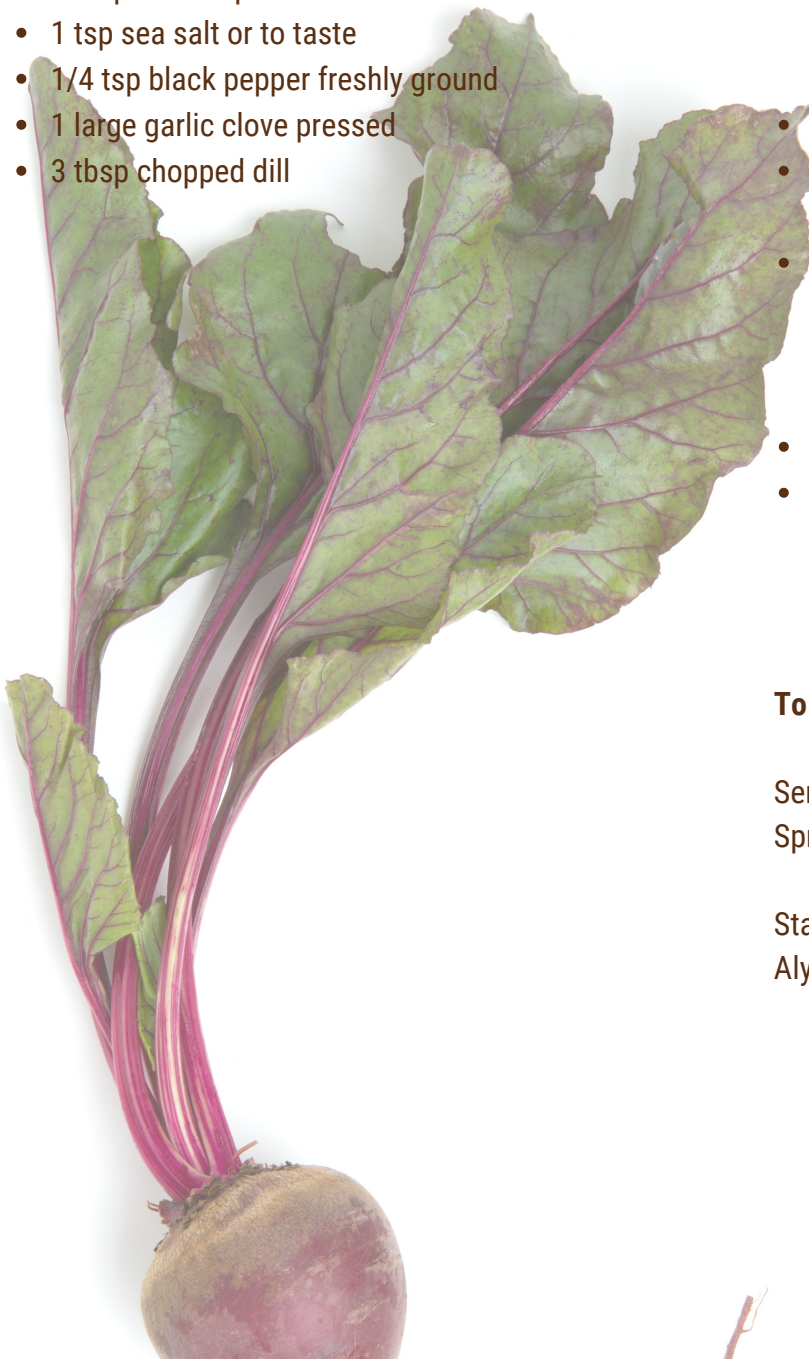
Directions

- Prepare all vegetables in advance as recommended and set aside.
- Place sliced potatoes in cold water until ready to use. Heat a large soup pot (22 cups or larger) over medium/high heat.
- Add 2 Tbsp olive oil and grated beets.
- Sauté 10 minutes, stirring occasionally until beets are softened.
- Add 4 cups broth and 6 cups water. Add potatoes and carrots. Cook for 10-15 minutes or until easily pierced with a fork.
- While potatoes are cooking, prepare a large skillet over medium to high heat.
- Add 2 tbsp oil, chopped onion, celery, and red bell pepper. Sauté and stir occasionally until soft and golden, about 7-8 minutes.
- Add 3 tbsp of tomato paste and combine.
- Transfer mix to the soup pot to continue cooking with the potatoes.
- When potatoes and carrots reach desired softness, add 2 bay leaves, 1 tbsp white vinegar, 1 tsp salt, 1/4 tsp black pepper, 1 pressed garlic clove, and 3 tbsp chopped dill.
- Simmer for 2-3 minutes.
- Add more salt and vinegar to taste if you'd like.

To serve:

Serve with a dollop of sour cream or yogurt.
Sprinkle some freshly chopped parsley or dill on top!

Stay warm!
Alyson



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DAYS – LEVEL UP RECIPE

Day 21

TOM YUM YUMMY!

A RECIPE BY ANYA

I am a huge fan of BIG FLAVOURS! Big flavors in a light dish leave you feeling energized and raring to go. This recipe is a perfect winter-warmer, packed full of antioxidants, hydrating, detoxifying, and gives your metabolism and immune system a healthy boost!

You can omit any of the ingredients you don't like and add other ones. It's a flexible kinda soup! Any firm tofu will work well here but if you can get fermented tofu then it's an extra boost for your digestive system whilst being even tastier!

Prep time: 5 minutes

Cook time: 20 minutes

Total: 25 minutes

Ingredients

- 1 litre vegetable stock
- 300ml water
- 2 sticks lemongrass, lightly crushed
- 2 inch root of fresh ginger (grated)
- 8 tomatoes, cut into quarters, seeds removed
- 4 kaffir lime leaves
- Juice of 2 limes
- 3 red chillies, thinly sliced
- 75ml vegan fish sauce (it's made with seaweed!)
- 1 packet firm tofu (fermented if you can source it)
- 1 bunch of spring onions - sliced thinly
- A packet of mushrooms, quartered
- Small packet of organic spinach

Directions

- Place the stock and water into a large pan over high heat and bring to a boil.
- Add the lemongrass, ginger, tomatoes, lime leaves, lime juice, and red chillies. Return to the boil, then reduce the heat and simmer for 15-20 minutes.
- Taste the stock and add as much vegan fish sauce to taste, then remove from the heat.
- Transfer 220ml/8fl oz of the stock into a separate pan over high heat and bring to a boil.
- Add the tofu and cook for 1-2 minutes, then add the other vegetables and cook for a further 1-2 minutes, or until completely cooked through.
- To serve, pour the soup into two bowls and top up with the hot stock. Garnish with Thai basil or coriander and a wedge of lime. Sit quietly and savor all of the wonderful flavors!

To serve:

Fresh coriander, leaves or 1 small bunch fresh Thai basil, leaves lime wedges, fresh chilli (optional)