

SEASONAL RECIPES

WELCOME TO A
NOURISHING SUMMER!



conscious
nutrition
by Heather Fleming

Conscious Nutrition's Summer Recipes

Thank you for downloading our delicious and supportive summer recipes. These recipes are designed to support your taste buds while supporting your body's need for nourishment. If you are new to the Conscious Nutrition program and philosophy, welcome. We do not teach how to eat perfectly, instead we teach you how to connect with your body to choose the right meals for you at the right time.

These recipes will also refer to other Conscious Nutrition resources, such as the [Conscious Nutrition Food Tree](#) and the [Conscious Cravings Guide](#).

How to use this recipe book

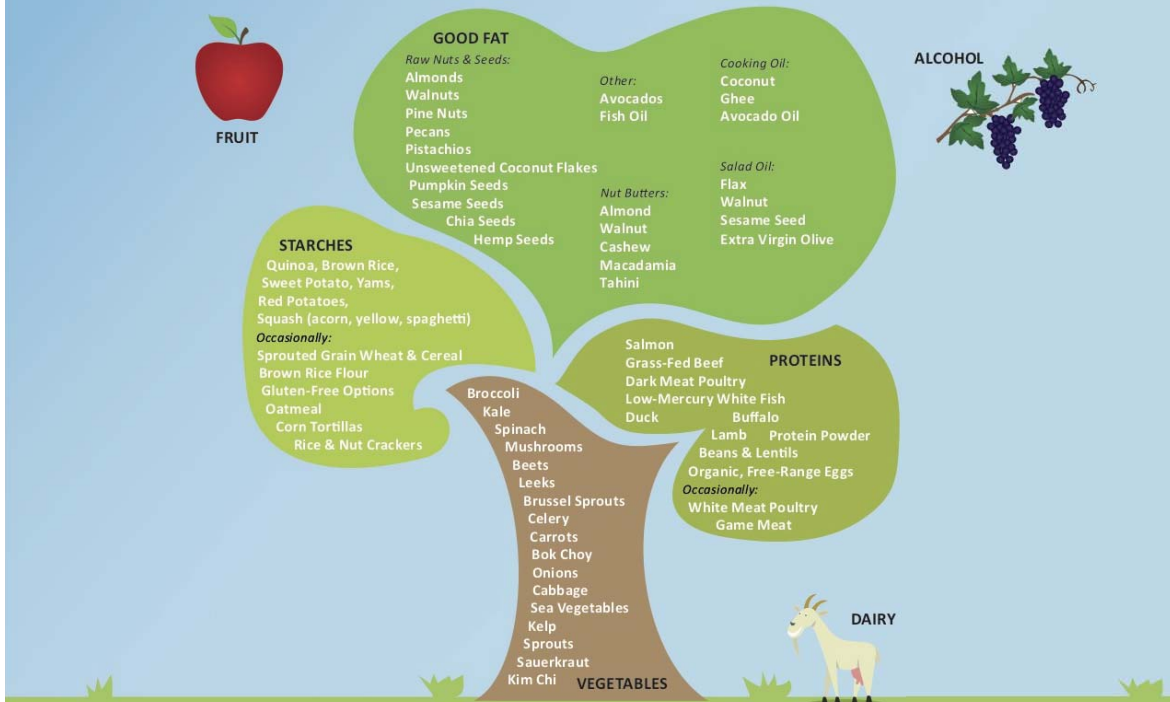
These recipes are in alphabetical order. Under each recipe you will see what **Meal Type** it is and what cravings it supports. Before you choose a recipe, practice *Step 1* then browse through the recipes to find the meal that supports you.

1. We recommend to connect with your body first before you meal plan. Refer to the [Conscious Nutrition Connection Guide](#) by clicking here.
2. You will see a description of what **Meal Type** the recipe falls under: Protein, Starch, Combined, Vegan (Veggies & Fat). To learn more about the different **Meal Types** and the Conscious Nutrition Food tree, visit our [YouTube Video here](#).
3. What cravings this recipe can support. We believe that cravings are wonderful and are offering you signals of what your body may be needing. After you connect with your body, you can choose what cravings need to be supported. When we are craving a salad, soup doesn't align with our body. Following our body is the BEST way to eat versus following a black and white, static program.

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Conscious Nutrition Food Tree



Different Meal Types

Try rotating between Protein, Starch, and Combined Meals. Try different meal combinations at different times of the day to see what best supports your body and energy.

- **Protein Meals** are the right side of the Conscious Nutrition Food Tree combined with healthy fat and vegetables.

- **Starch Meals** are on the left side of the Conscious Nutrition Food Tree combined with healthy fat and vegetables.

- **Combined Meals** are protein and starch in the same meal. Try rotating between the variety of combinations to discover how you feel during and after mealtimes.

- **Vegan Meals** Combining vegetables and fats

Conscious Nutrition®

Arugula-Radish Salad



Meal Type: Vegan meal

Craving Type: Cold/Savory

Intention: Clears the liver while supporting blood sugar balancing.

This salad satisfies all of your taste buds and cravings from the *Conscious Nutrition Cravings Book*, such as cold, crunchy, bitter and fresh.

Ingredients

- 1/3 cup organic rice vinegar
- 1/3 cup avocado oil
- 1/2 teaspoon Dijon mustard
- 1 clove garlic (minced or pressed)
- 1/3 cup slivered red onion
- 1 1/2 teaspoons coarse sea salt
- 1/4 teaspoon freshly ground black pepper
- 1/2 teaspoon maple syrup
- 3 cups arugula
- 3 thinly sliced radishes
- 1 orange (cut into supremes)

Directions

1. In a jar or a plastic container with a lid, combine the vinegar, oils, mustard, garlic, onion, salt, pepper, and sugar. Cover tightly and shake for 10 seconds, or until the vinaigrette is well emulsified. Alternatively, combine all the ingredients in a small bowl and mix with a whisk or fork, or blend in a blender or food processor.

2. Toss together with arugula, radishes and orange segments.

Baby Tater Salad



Meal Type: Combined Meal

Feel Type: Cold/Savory

Intention: Potatoes can help balance your serotonin levels while calming your nervous system.

Craving Type: This traditional side dish satisfies all of your taste buds and cravings from the Conscious Nutrition Cravings Book, such as cold, savory and creamy.

Ingredients

- 2 pounds baby Yukon Gold or red-skinned potatoes (about 36), unpeeled (halved if large)
- Sea Salt
- 1 large egg yolk
- 2 teaspoons white wine vinegar
- 1/2 cup avocado oil
- 2 tablespoons spicy brown mustard
- 2 tablespoons chopped fresh chives

Directions

1. Place potatoes in a large pot and add cold water to cover by 2 inches. Bring to a boil, reduce heat, and simmer gently until potatoes are tender, 20–25 minutes. Drain and let potatoes cool slightly.
2. Meanwhile, whisk egg yolk and vinegar in a large bowl (try having the bowl cold) season with sea salt. Whisking constantly, gradually add oil, drop by drop at first, and whisk until mayonnaise is thick and creamy. Whisk in mustard.
3. Add warm potatoes to bowl with mayonnaise and toss to coat; season with salt. Fold in chives just before serving.

Bison Burger Wraps



Meal Type: Protein Meal

Craving Type: Hot & Cold/Savory

Intention: Grilling makes summer feel extra special and rotating your protein sources is great for your taste buds and body.

This burgers satisfies all of your taste buds and cravings from the Conscious Nutrition Cravings Book, such as cold, savory and umami. (meaty texture)

Ingredients

- 1 tablespoon extra virgin olive oil
- ½ cup red onion, diced
- ½ cup mushrooms, chopped
- 1 tablespoon balsamic vinegar
- 2 cups spinach
- 1 tablespoon tomato paste
- 1 tablespoon Dijon mustard
- Sea salt and pepper, to taste
- 16 ounces ground bison (can substitute ground grass-fed beef or turkey)
- 8 outer leaves of romaine lettuce

Directions

1. Heat oil and saute onion and mushrooms until cooked. Add in tomato paste and spinach until cooked.
2. Make your Bison burger patties, place 1-2 T of mixture into the middle of your burger pattie by using your fingers to make a whole and then seal the mixture in the ball, flatten for the grill.
3. Cook the meat until done, approximately 3-5 minutes on each side.
4. Wash romaine leaves and add your favorite toppings
5. Enjoy!

Cameron Diaz's Avo Smash



Meal Type: Vegetarian Protein (Dairy) meal

Craving Type: Cold/Savory

Intention: Smashed avocado helps support the creamy craving while giving our body essential fatty acids.

This salad satisfies all of your taste buds and cravings from the Conscious Nutrition Cravings Book, such as cold, savory and creamy.

Ingredients

- 1 avocado, mashed
- 1/2 cup sauerkraut (best option is high quality kraut from the refrigerated section)
- 2 tbsp feta cheese

Directions

1. In a large bowl, smash avocado until desired texture is achieved.
2. Stir in sauerkraut until well mixed.
3. Sprinkle feta cheese.
4. Enjoy alone or as a spread or dip for veggies. Top onto Gluten free toast for a Combined Meal.

Ceviche



Meal Type: Protein Meal

Craving Type: Cold/Savory

Intention: A great appetizer or side dish. The lime cooks the fish so you can taste the freshness.

This meal satisfies all of your taste buds and cravings from the Conscious Nutrition Cravings Book, such as cold, spicy, salty and savory

Ingredients

- 1 pound fresh grouper or pink snapper, skinned and cut in half lengthwise, then cut into small dice
- 12 large cooked shrimp, shelled, deveined and halved
- 1/2 cup fresh lime juice
- 1/2 cup fresh orange juice
- 1/4 cup finely chopped fresh cilantro, plus leaves for garnish
- 1 or 2 serrano chiles, finely diced depending on how spicy you like
- 1 small ripe mango, peeled, halved, pitted and finely diced
- Kosher salt and freshly ground black pepper
- 1 tablespoon extra-virgin olive oil, plus more for serving
- 1/4 cup Pickled Red Onions, recipe follows, for garnish
- Lime zest, for garnish
- Crisp plantain chips, for garnish

Directions

1. Place the grouper and shrimp in a large bowl. Toss with the lime and orange juice and let stand for 30 minutes. Strain the grouper and shrimp and place in a separate bowl.

2. Add the Cold-Smoked Grape Tomatoes, cilantro, onions, chiles, mango, salt and pepper and toss gently to combine. Drizzle with the olive oil and toss.
3. Place the ceviche on a serving platter or on individual plates. Drizzle with a bit more olive oil. Garnish with Pickled Red Onions, lime zest and plantain chips.

Pickled Red Onions:

- 1 1/2 cups red wine vinegar
- 2 tablespoons organic raw sugar
- 1 teaspoon mustard seeds
- Kosher salt
- 1 small red onion, halved and thinly sliced

Directions

Bring the vinegar, sugar, mustard seeds and 1 tablespoon salt to a boil in a small saucepan and cook until the sugar and salt dissolves, about 1 minute. Transfer to a small bowl and let cool for 10 minutes. Add the onions and stir to combine. Cover and refrigerate for at least 1 hour and up to 24 hours.

Chickpea with Lemon & Herb Salad



Meal Type: Protein Meal

Craving Type: Cold/Savory

Intention: A quick healthy meal or appetizer

This salad satisfies all of your taste buds and cravings from the Conscious Nutrition Cravings Book, such as cold, crunchy, savory and fresh.

Ingredients

- 2 cups fresh cooked chickpeas, rinsed or 1 14-oz. can chickpeas, rinsed
- 6 oz. green beans, trimmed, cut into 1" pieces
- ¼ cup fresh parsley leaves with tender stems
- ¼ cup olive oil
- 3 tablespoons fresh chives, chopped
- 2 tablespoons capers, chopped
- 1 tablespoon finely grated lemon zest
- 2 tablespoons fresh lemon juice
- ¼ crushed red pepper flakes
- Kosher salt and freshly ground black pepper

Directions

Toss shell beans, green beans, parsley, oil, chives, capers, lemon zest, lemon juice, and Aleppo pepper in a large bowl; season with salt and pepper.

Chinese Chicken Lettuce Wraps



Meal Type: Protein Meal

Craving Type: Cold/Savory

Intention: A quick healthy meal or appetizer. The lettuce wraps offer essential minerals and are cooling for the summer months.

These wraps satisfies all of your taste buds and cravings from the Conscious Nutrition Cravings Book, such as cold, crunchy, savory and fresh.

Ingredients

- 2 cups, 4 handfuls, fresh shiitake mushrooms
- 1 1/3 to 1 1/2 pounds thin cut chicken thighs
- 2 tablespoons of avocado oil
- Coarse salt and coarse black pepper
- 3 cloves garlic, chopped
- 1 inch ginger root, finely chopped or grated, optional
- 1 orange, zested
- 1/2 red bell pepper, diced small
- 1 small tin, 6 to 8 ounces, sliced water chestnuts, drained and chopped
- 3 scallions, chopped
- 3 tablespoons hoisin, Chinese barbecue sauce, available on Asian foods aisle of market
- 1/2 large head iceberg lettuce, core removed, head quartered
- Wedges of navel orange -- platter garnish

Directions

1. Remove tough stems from mushrooms and brush with damp towel to clean, Slice mushrooms. Chop chicken into small pieces.
2. Preheat a large skillet or wok to high.
3. Add oil to hot pan. Add chicken to the pan and sear meat by stir frying a minute or 2. Add mushrooms and cook another minute or two. Add salt and pepper to season, then garlic and ginger. Cook a minute more.

4. Grate zest into pan, add bell pepper bits, chopped water chestnuts and scallions. Cook another minute, continuing to stir fry mixture. Add hoisin Chinese barbecue sauce and toss to coat the mixture evenly.
5. Add spoonfuls into lettuce leaves, wrapping lettuce around fillings and squeeze an orange wedge over.

Cold Beet Salad



Meal Type: Vegetarian Protein (Dairy) meal

Craving Type: Cold/Savory

Intention: A cooling salad to help clear and support the colon and digestive tract.

This salad satisfies all of your taste buds and cravings from the Conscious Nutrition Cravings Book, such as cold, savory and creamy.

Ingredients

- 8 medium beets, cooked and peeled
- 1/4 cup full fat Greek or Goat yogurt
- 1 teaspoon prepared white horseradish
- 1 teaspoon Dijon mustard
- 2 tablespoons minced scallions
- 2 tablespoons chopped fresh dill
- 1 T of lime juice

Directions

1. Slice, dice or chop the beets to 1/2 inch cubes
2. Place all the remaining ingredients (except the dill) in a serving bowl, add the beets and mix gently but thoroughly.
3. Refrigerate for 1-2 hours.

Cowgirl Caviar



Meal Type: Combined Meal

Craving Type: Cold/Savory

Intention: To enjoy summer and have fresh corn on the cob with quality ingredients.

This salad satisfies all of your taste buds and cravings from the Conscious Nutrition Cravings Book, such as cold, crunchy, starchy.

Ingredients

- 2 tablespoons red wine vinegar
- 1 1/2 to 2 teaspoons hot sauce
- 1 1/2 teaspoons avocado oil
- 1 clove garlic, minced
- 1/8 teaspoon pepper
- 1 firm-ripe avocado
- 1 can (15 oz.) black-eyed peas
- 2 cups of fresh corn on the cob
- 2/3 cup thinly sliced green onions
- 2/3 cup chopped fresh cilantro

Directions

In a large bowl, mix vinegar, hot sauce, oil, garlic, and pepper. Peel, pit, and cut avocado into 1/2-inch cubes. Add to vinegar mixture and mix gently to coat. Drain and rinse peas. Slice fresh corn off of the cob. Add peas, corn, onions, cilantro, and tomatoes to avocado; mix gently to coat. Add salt to taste. Serve pea mixture with cabbage and mix to make a salad.

Summer Recipes

Easy Guacamole

Meal Type: Vegan Phat Meal (Veggies and Fats)

Craving Type: Cold/Savory

Intention: A quick healthy fat snack.

This snack satisfies all of your taste buds and cravings from the Conscious Nutrition Cravings Book, such as cold, creamy and savory



Ingredients

- 3 avocados, coarsely chopped
- 1/2 cup mild or medium heat tomatillo salsa
- 1 tablespoon (or more) fresh lime juice
- 1/2 teaspoon (or more) kosher salt

Directions

1. *Mash avocado, salsa, lime juice, and salt with a fork in a medium bowl. Taste and adjust seasoning, if needed.*

Thank you for being a part of the Conscious Nutrition community. Our commitment is to create a joyful and conscious relationship with food and our bodies.

With nourishing love,

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