



REMEDY REPORT

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What's INSIDE

Are you looking to make some tweaks or start taking some steps in order to improve your health? This issue includes some things that might support you with your new goals and direction. We've got some workout ideas, ways to get some "sunshine," and meal ideas that can help you enjoy your week!

Benefits of Vitamin D

Our bodies naturally produce Vitamin D when we are exposed to sunlight. Vitamin D has been known to improve resistance to certain diseases, regulate moods, and decrease the risk of depression.

Food Sources With Good Amounts of Vitamin D

- SALMON
- SARDINES
- CANNED TUNA
- BEEF LIVER
- EGG YOLK
- SHRIMP
- MILK (FORTIFIED)
- CEREAL AND OATMEAL (FORTIFIED)
- YOGURT (FORTIFIED)

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10 Low Impact Workouts

- CYCLING/BIKE RIDING
- ROLLERBLADING
- ROWING
- SWIMMING/WATER AEROBICS
- TRX
- WALKING
- PILATES
- YOGA
- ELLIPTICAL
- WEIGHT LIFTING

Meal Prep

Here are some healthy meal ideas! If you aren't ready to prep a bunch of meals all in one setting, you can shop for everything at one time and meal prep on two separate occasions. All of these items were purchased at Aldi for just over \$100.

Day One

- Strawberries and Cream Overnight Oats*
- Mediterranean Chicken, Cous Cous, and Cucumbers
- Brown Butter Pasta, Shrimp, and Asparagus*

**Read on for recipe!*



Meal Prep

Day Two

- Vanilla Yogurt with Berries and Granola
- Buffalo Chicken Salad, Crackers, Cheese, Grapes, Carrots, and Celery
- Salmon, Sweet Potatoes, and Creamed Spinach



Remedy Kitchen Granola

Ingredients

- 1.5 cups canola oil or other neutral oil, such as coconut or olive oil
- 1 1/2 cups honey or maple syrup
- 1 1/2 teaspoons ground cinnamon
- 1 1/2 teaspoons salt
- 9 cups old-fashioned rolled oats
- 3 cups raisins or other dried, chopped fruit
- 1/2 cup flax seeds



Directions

Step 1: Mix oats and flax seeds together.

Step 2: Thoroughly whisk together oil, maple syrup, cinnamon, and salt together. Add to oat mixture and toss.

Step 3: Lay out combined mixture evenly on a sheet pan. Bake at 325 degrees for 20 minutes.

Step 4: Remove from oven and let it cool. Once cooled, crumble granola and add dried fruit.



Strawberries and Cream Overnight Oats

Ingredients

Each Mason Jar Will Have...

- 1/2 cup rolled (old fashioned) oats
- 1 tablespoon chia seeds
- 1/4 cup yogurt
- 1/2 teaspoon pure vanilla extract
- 1/2 tablespoon pure maple syrup
- 3/4 cup milk of choice
- 1/2 cup strawberries (fresh or frozen works)



Directions

Step 1: Add all ingredients evenly between 4 mason jars.

Step 2: Stir well to combine.

Step 3: Store oats overnight.

Step 4: Enjoy them the next morning!

**** You can enjoy cold or hot. If you heat, be sure to add more liquid before heating.**





Brown Butter Sage Pasta

w/ shrimp & asparagus

Ingredients

- 1 bunch of asparagus
- 1 lb large raw shrimp, peeled & deveined
- 18 Tbsp unsalted butter
- 2 garlic cloves, minced
- 1 pound linguine pasta
- 12 fresh sage leaves
- 1 lemon
- 1 1/2 cups freshly grated Parmigiano Reggiano
- Seasonings

Directions

1. Submerge asparagus in boiling water for 1 minute then move to ice water for 1 minute. Remove from water and set aside.
2. Let shrimp sit in a bowl of cold water to defrost.
3. Cook the pasta in a large pot of salted water until al dente, following package instructions.
4. Meanwhile, melt the 8 Tbsp butter in a large skillet over medium heat. Add sage leaves.
5. Continue stirring the butter for about 7 minutes until you see browned bits and the sage leaves look crispy. Stir in juice from 1/2 lemon.
6. When pasta is done cooking, scoop out 1 cup of the pasta water and set it aside. Drain the pasta into a colander placed in the sink. Add the drained pasta to the brown butter and use a tong to toss it in the sauce. Add reserved pasta water and continue stirring until the sauce thickens. Add Parmigiano Reggiano.
7. Combine 1 tsp Italian seasoning, 1/2 tsp salt, 1/4 tsp ground black pepper, 1/2 tsp ground paprika. Completely pat dry your shrimp and then coat with seasoning.
8. Melt 8 Tbsp of butter and garlic, stirring frequently. Add shrimp and cook 2-3 minutes per side.
9. Remove from heat, drizzle with juice from 1/2 lemon, and mix to combine. Add to pasta.
10. Melt 2 Tbsp of butter and cook asparagus (in the pan you used for the shrimp) for 2-3 minutes depending on size. Season with same seasoning used for shrimp.
11. Serve and enjoy!