



REMEDY REPORT

AUGUST 2023 | Volume 3 | Issue 5



What's INSIDE

As the seasons are beginning to shift and we wrap up busy summers that usually mean travel, family and friends, time on the water, or evenings at the grill, this issue of the Remedy Report is about showing up for ourselves. Inside you can find simple healthy recipes and little ways that you can take care of you.



WAYS TO SHOW UP FOR YOURSELF

Simple ways to make sure that we can be the best versions of ourselves,
by taking some intentional time for ourselves.

MIND

Journal
Meditate
Get creative
Work out your brain
Reset your space

BODY

Move your body
Nourish your body
Breathe in & out
Hydrate
Pause & rest


HEART

Enjoy nature
Treat yourself
Think about the good
Listen to music
Check in with yourself

COMMUNITY

Connect with your people
Text a friend
Practice kindness
Share your story
Lend a hand

Anti- Inflammatory FOODS



**AVOCADOS
BERRIES
BROCCOLI
CHERRIES
COCOA OR DARK
CHOCOLATE
EVOO
FATTY FISH
GRAPES
GREEN TEA
MUSHROOMS
PEPPERS
TOMATOES
TUMERIC**

Here are a couple of quick and easy recipes to help you get your morning started. Each recipe includes ingredients that are anti-inflammatory, which lead to a happier body as you go about your day!

Berry Smoothie



Ingredients

- 1/2 medium frozen banana
- 1 cup frozen mixed berries
- 1 tablespoon chia seeds
- 1 scoop vanilla protein powder
- 1 1/2 cups milk of your choice
- 1 tablespoon nut butter of your choice, optional

Directions

Add all ingredients to a blender and blend on high until smooth and creamy. Enjoy!

Avocado Mousse

Ingredients

- 3 ripe avocados
- 3 tablespoons cacao powder or unsweetened cocoa powder
- 1/4 cup milk of your choice
- 2-3 tablespoons maple syrup (more if you like it sweeter)
- 1/2 - 3/4 teaspoon salt (start with 1/2 teaspoon and add more to taste)

Directions

Place all the ingredients in a food processor. (You can also use an immersion blender or regular blender). Blend until mixture is smooth and creamy. Store in the fridge until ready to serve.



Contrary to what its name may lead you to believe, a Mediterranean diet is not a fad diet, but rather of style of eating that is popular in countries bordering the Mediterranean Sea such as Spain, Greece, and Italy. This style of eating incorporates fruits, vegetables, and whole grains into your diet and can be a simple way to make tweaks that will leave your body feeling healthier. Here are a couple of recipes to try!

Sweet Potato Hash

Ingredients

- 2 tbsp olive oil
- 3 medium sweet potatoes, skin-on and diced into equal, bite-size chunks
- 1/2 medium white onion, diced
- 1/2 bell pepper, diced
- 2 stalks celery, diced
- 1 1/2 tsp sea salt
- 1/2 tsp ground black pepper
- 2 cloves garlic, minced
- sliced green onions, for garnish



Directions

1. Heat oil in large pan over medium-high heat.
2. Add the potatoes, onion, bell pepper, and celery to the oil and sprinkle with the salt and pepper. Stir to combine.
3. Cover and cook for 15-20 minutes, stirring occasionally, until the potatoes are almost tender.
4. Turn the heat to high and add the garlic, stirring to combine. Cook on high for 2-5 more minutes until sweet potatoes are nicely browned.
5. Serve hot and with sliced green onions, if desired.



Citrus Shrimp and Avocado Salad

Ingredients

Shrimp

- 1 tablespoon olive oil
- 1 cup fresh orange juice (about 2 oranges)
- 1/2 cup fresh lemon juice (about 3 lemons)
- 5 cloves garlic, minced or pressed
- 1 tablespoon finely chopped red onion (or shallot)
- 1 tablespoon chopped fresh parsley
- Pinch red pepper flakes
- Freshly ground black pepper and kosher salt
- 3 pounds medium shrimp, peeled and deveined

Salad

- 8 cups greens (such as arugula, spinach, or spring mix)
- 1 avocado, sliced or diced
- 1 shallot, minced
- 4 ounces sliced almonds or pumpkin seeds, salted and toasted

Directions

1. In a medium bowl, whisk together the olive oil, orange juice, lemon juice, garlic, onion, 2 teaspoons of the parsley, and pinch of red pepper flakes.
2. Pour the mixture into a large skillet set over medium heat. Bring to a simmer and cook until reduced by half, about 5 to 8 minutes.
3. Add the shrimp, season with kosher salt and freshly ground black pepper, cover, and cook until they turn pink, about 5 minutes.
4. Top with the remaining parsley and let the shrimp cool.
5. Once the shrimp has cooled, lightly toss the greens, the shrimp, and its sauce together.
6. Add the avocado, shallots, and nuts.
7. Season to taste with kosher salt and freshly ground black pepper. Enjoy!