

The Summer Wellness Plan

Get Fresh, Be Cool & Lighten UP

Healthy summer eating. It's something many of us look forward to after feeling the weight of the heavy comfort foods of winter. Farmer's markets and gardens are full of fresh produce in the summer, providing light seasonal foods and flavours. From fresh fruits to sizzling grilled vegetables, you'll feel good feasting on the power foods of summer.



Get Fresh & Eat in Season

There is nothing better than eating a fresh summer peach, a summer vine ripened tomato, or a sweet strawberry grown by a local farmer. Summer allows us to experience the freshest and tastiest foods available. Eating in season simply means that you are eating what is locally grown at the same time of year that you are eating them.

Benefits: There are a number of benefits to fresh and local summer foods.



Cost Effective – When food is grown in its proper season, there is no need for mass transportation, meaning it costs less for farmers and distributors to get the food from farm to table. This also means a reduction in costs associated with food spoilage.



Nutrient Dense – Studies have shown that produce can be 3x more nutritious when grown in season. Not to mention more delicious. Have you ever eaten a strawberry in February? Enough said.



Nature's Harmony – Our bodies were made to be in harmony with nature. Your body does best when respecting what nature provides for the season as fuel for your body. Foods are hydrating in the summer and more grounding in the winter. When your body is in tune with its natural surroundings, you will feel more energized, have a greater sense of balance, and be more in tune with your body's needs.



Support Your Local Economy – When you buy local, you're investing in the local economy, rather than giving to a large company. Supporting local means a stronger, more socio-economically sustainable community.

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Be Cool This Summer

It isn't a coincidence that melons grow in the heat of the summer and heavy squashes in the cooler fall and winter seasons. Winter vegetables are heavy and comforting and work well in stews, soups, and casseroles which are warming meals. Summer foods provide an abundance of antioxidant nutrients to protect us from sun damage and are also hydrating and cooling to the body. Keeping your diet in tune with what nature provides within your local climate will keep you energized, balanced, and best of all, your natural body clock makes seasonal foods taste better. Seasonal summer eating means incorporating foods that have a high water content for hydration purposes or a cooling effect on the body such as:

Cucumber, Melon, Coconut Water, Yogurt, Mint, Grapefruit, and Tomatoes

Lighten Up With Easy Summer Recipe Ideas

Berry Cool Smoothie



- 2 cups unsweetened almond milk
- 1 1/4c coconut water
- 1c frozen (or fresh) blueberries
- 2/3c strawberries or raspberries
- 1/2 avocado
- 3 tbsp plain full fat or Greek yogurt
- 1 tsp vanilla
- 3-4 tbsp raw hemp hearts
- 1 tsp honey (optional)

Put all ingredients into a blender and blend until smooth.

Nutrition Facts

Servings: 2
Per serving:
Calories 636
Total Fat 34.4 g
Saturated Fat 4.6g
Total Carbohydrate 44.1g
Dietary Fiber 11.8g
Total Sugars 28.3g
Total Protein 40.2 g

Grapefruit & Cucumber Salad with Feta



- 2 tbsp. grapefruit juice
- 3 tbsp. extra-virgin olive oil
- 2 tsp. honey
- 2 tbsp. chopped fresh mint
- Salt and pepper to taste
- 3 medium red grapefruit, segmented
- 1/3 large English cucumber, sliced
- 100 grams feta cheese, crumbled
- 1/2 medium red onion, thinly sliced

Place the first 5 ingredients in a bowl and whisk to combine. Add the remaining ingredients and toss to coat. Spoon the salad into a serving dish and serve immediately.

Nutrition Facts

Servings: 4
Per serving:
Calories 206
Total Fat: 16 g
Saturated Fat 5.3g
Total Carbohydrate 13.7g
Dietary Fiber 1.6g
Total Sugars 11.2g
Total Protein 40.2 g

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Grilled Chicken with Tomato, Lime, Cilantro Salsa

2 cups seeded, diced ripe tomatoes
or 2 to 3 medium tomatoes
1/2 cup finely chopped fresh cilantro
4 whole scallions, thinly sliced
2 tbsp. fresh lime juice
3 tbsp. extra-virgin olive oil
1-1/2 to 2 tsp. granulated sugar
Finely grated zest of 1 lime (about 1 tsp.)
Kosher salt and freshly ground black pepper
2 tsp. minced chipotle
4 boneless, skinless chicken breast halves



Prepare a medium-hot grill fire.

In a medium bowl, combine the tomatoes, cilantro, scallions, lime juice, 1 Tbs. of the oil, 1-1/2 tsp. of the sugar, and the lime zest. If your tomatoes aren't perfectly ripe and sweet, add the remaining 1/2 tsp. sugar. Season with 1/2 tsp. kosher salt and 1/4 tsp. pepper, or to taste. In another medium bowl, mix the chipotle, the remaining 2 tbsp. oil, 1/2 tsp. kosher salt, and 1/4 tsp. pepper.

Trim the chicken. If the tenderloins are still attached, remove them and save for another use. Use the flat side of a meat mallet to pound each chicken breast to an even 1/2-inch thickness.

Add the chicken to the chipotle mixture and toss well to coat.

When the grill is ready, lay the chicken on the hot grill grates and cook, covered, until the chicken has grill marks and the edges turn opaque, 2 to 3 minutes.

Flip the breasts and continue to cook until the chicken is cooked through, 2 to 3 minutes more.

Transfer the chicken to a clean cutting board and let rest for 5 minutes. Slice each breast crosswise on the diagonal into 1/2-inch-thick slices. Arrange the chicken on a platter and top with the salsa.

Nutrition Facts

Servings: 4

Per serving:

Calories 239

Total Fat 13 g

Saturated Fat 1.5g

Total Carbohydrate 8.2g

Dietary Fiber 2.5g

Total Sugars 5.4g

Total Protein 22.6 g



**Get outside, have some fun in the sun, doing what you love.
Remember to keep your meals fresh, cool and light so that you can
enjoy all that summer has to offer!**

Sources:

<http://www.alkalinesisters.com/power-smoothie-why-you-should-drink-coconut-water>

<https://www.thriftyfoods.com/recipes/recipes/grapefruit-and-cucumber-salad-with-feta>

<https://www.finecooking.com/recipe/grilled-chicken-with-tomato-lime-cilantro-salsa>