

THE REBEL REFRESH

A Introductory Guide & Meal Plan to
Kickstart Your Goals & Refresh Your Health

BRANDWEIN 
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WELCOME TO HEALTHSTART YOUR LIFE!



One of the biggest reasons people don't make health changes is that they don't know where to start.

Sound familiar?

You feel overwhelmed and unsure how to create a real plan that will help you reach your goals. You may be stuck in a cycle of misinformation, failed fads and diet attempts that leave you feeling stressed and defeated.

Healthstart Your Life is a simple plan that I've designed to help you kickstart your health and kickstart your confidence when it comes to health eating.

And while this isn't a personalized plan like the ones we design for our clients, Healthstart is designed to be flexible and creative so that you can adapt it toward your own personal tastes.

Healthstart Your Life is a two week program that we ask that you stick to so that you can reach maximum results. Give it a try and you'll see that you're going to feel lighter, healthier and more in control of your personal health - even in just two short weeks.

If you need some support, don't hesitate to reach out. We'd love to help you, learn more about your personal goals and get you on track to the healthiest you!

In good health,

Meryl

PLAN GUIDELINES

FLEXIBILITY:

Healthstart was designed to help you NOURISH yourself in new and exciting ways. It's about personal exploration and taste. We offer suggestions for each meal and recipes that are easy to prepare. Food items can be interchanged and switched around according to your taste preference at any given moment. You are not limited to specific foods for specific meals. Use this as a guide to mix and match as you desire.

CREATIVITY:

Menu items can be used as listed, but we suggest that you also find new and creative ways to enjoy some of your favorite foods. The foods listed in the tables can be swapped out for other veggies, grains and proteins for example. Remember there is no right or wrong way to mix and match these meals. Let your imagination guide you in making new discoveries.

PLANNING:

Planning your meals and snacks is an important component of kickstarting your personal health. Nourishing your body in a healthful manner requires a commitment to feeding yourself food that will support your health. Planning your meals will ensure that you not only meet your nutritional requirements on a daily basis, but will also help you feel energized through the day.

Breakfast	Lunch	Snack	Dinner
Choose either a Smoothie or breakfast recipe.	Choose from the lists of Lunch options or dinner recipes	Choose a snack (nuts, fruits, veggies and hummus) from our essential pantry items list	Choose a dinner recipe

HELPFUL TIPS:

1. List the meal items you plan on preparing for the week. This will help keep you organized and on track. Leaving your meal planning to chance can lead to unwanted stress.
2. Create a grocery list for the items you plan on eating through the week. This ensures you have all items on hand and are prepared. If this seems overwhelming, make 2 lists and split up your food shopping.
3. Meal prep if possible. Meal preparation done ahead of time can be a true time saver, especially if you have a hectic schedule during the week. Double some of the meals so that you can have it for the following day or pick a given day on the weekend and prepare a few meals at a time. Additionally, you can freeze these extra portions and have it at the ready. This can take a bit of extra planning, but trust us, it is well worth it, and you will be glad you did when you come home to an already prepared delicious meal!
4. Enjoy the process. This is not a race, and it should not feel like a chore. Planning and preparing healthful, wholesome and delicious meals are ways in which to practice self-care, something many of us don't take the time to do. For some, meal planning and cooking is the last thing they would consider fun.

If cooking intimidates you, or you haven't had a great experience with it, I want to invite taking one of our live cooking classes or finding one in your area that is focused on healthful and tasty cooking. These classes are designed to teach you the basics and will help you feel more comfortable and natural in the kitchen. If you enjoy cooking, we encourage you to experiment with the recipes. Create your own amazing, delicious dishes and share your experiences and recipes with us!

BASIC SMOOTHIE MAKING FORMULA

STEP ONE

LIQUID

USE 1 - 1.5 CUPS (PICK ONE)

filtered water
almond milk (unsweetened)
cashew milk (unsweetened)
coconut water
coconut milk (unsweetened)
rice milk (unsweetened)
hemp milk

STEP THREE

FROZEN FRUIT

USE ONE CUP - MIX AND MATCH

strawberries	mango
raspberries	cherries
blueberries	pears
blackberries	pineapple
peaches	kiwi

STEP FIVE

PROTEIN POWDER

1/2 - 1 SCOOP (PICK ONE)
CHOOSE THE CLEANEST PROTEIN
YOU CAN FIND

whey protein powder
plant-based protein powder

Remember this is not an exact science so use it as a base and give yourself permission to play!

STEP TWO

THICKENER

PICK ONE

1/2 frozen banana
1/8th avocado
1/2 cup frozen mango
1/3 cup silken tofu
ice cubes

STEP FOUR

DARK LEAFY GREENS

USE 1 CUP (PICK ONE)

kale
spinach
collards
dandelion greens (bitter)
swiss chard
beet greens
mixed greens

STEP SIX

FLAVOR BOOSTERS

PICK 1 OR 2

Super Foods (1 tbsp)

greens
cacao nibs
goji berries
chia seeds
maca
camu berries
hemp seeds
maqui berry
mulberry
matcha

Fats (1 tbsp each)

coconut oil
almond butter
peanut butter
flax seeds

Sweeteners & Spices

cinnamon
ginger
dates
honey
stevia
maplesyrup

BREAKFAST RECIPES



Blueberry Cobbler Overnight Oats

Serving Size 1

Make a few at a time to enjoy later in the week.

INGREDIENTS

- 2 tablespoons rolled oats
- 1 tablespoon chia seeds
- 2 tablespoons plain Greek yogurt
- 1 teaspoon maple syrup
- 1/4 cup milk (non-dairy) or 1/4 cup unsweet almond milk
- 1/2 cup wild blueberries
- 1/4 cup low sugar granola

DIRECTIONS

1. In a mason jar (or small bowl) combine rolled oats, chia seeds, Greek yogurt, maple syrup, and milk.
2. Stir to combine.
3. Refrigerate overnight.
4. In the morning top with wild blueberries and granola.

NOTES

Low sugar granola recommendation: Purely Elizabeth or KIND granola



Overnight Chocolate Chia Pudding

Serves 1

Make a few at a time to enjoy later in the week.

INGREDIENTS

- 1 1/2 cups unsweetened almond milk
- 1/3 cup chia seeds
- 1/4 cup unsweetened cocoa powder
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon sea salt

- 1/2 teaspoon vanilla extract
- 2 tablespoons maple syrup (more to taste)

DIRECTIONS

1. Add all ingredients to a mixing bowl and whisk vigorously to combine.
2. Let rest covered in the fridge overnight (or at least 3-5 hours).
3. Taste and add more maple syrup if desired, then enjoy!

NOTES

Some people prefer to blend chia seed puddings—if you want to try it blended, let it set fully, then using a food processor or blender just blend until smooth. If blending it, you can leave out the sweetener until that point.



Apple Pie Overnight Oats

Serves 2

INGREDIENTS

- 2 apples, peeled and chopped
- 1 teaspoon lemon juice
- 1 to 2 tablespoons cinnamon, divided
- 1/2 cup rolled oats
- 1/2 cup unsweetened almond milk
- 1/2 cup plain yogurt
- 2 tablespoons chia seeds
- 1/4 cup walnuts, chopped

DIRECTIONS

1. Peel and chop apples.
2. Chop walnuts.
3. In a small pot combine chopped apples, lemon juice, and 1 tablespoon cinnamon.
4. Heat over low heat until apples soften. Remove from heat and let cool completely.
5. In a bowl, combine oats, almond milk, yogurt, chia seeds, and remaining cinnamon. Distribute oat mixture evenly between two mason jars. Add walnuts evenly over the oats, then top with the cooked apples.
6. Seal with a lid and store in the refrigerator overnight.

Some recipes have been adapted from Living Plate

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Egg Breakfast Muffins

INGREDIENTS

- 1/2 red pepper
- 1 1/2 scallions
- 2 cherry tomatoes
- 3 eggs beaten
- 1/4 teaspoon salt
- 1/2 cup spinach chopped
- 2 tablespoons feta cheese
- 2 tablespoons basil chopped [or other herbs]

DIRECTIONS

1. Preheat the oven to 350° F.
2. Wash and dice the pepper, scallions, and tomatoes and put them in a large mixing bowl.
3. Chop basil.
4. Beat eggs in separate bowl.
5. Grease muffin tin. You can also grease muffin liners to make clean up a snap.

MAKE:

1. Place beaten eggs in bowl with vegetables and herb and mix well.
2. Pour egg mixture into muffin pan or cups.
3. Bake for about 15 minutes until set.

NOTES

Option: You could also increase the number of servings to 4 and grease an 8x8 glass baking dish. Bake mixture for about 20 minutes. Cut into squares to serve.



Grain-Free Pumpkin Chip Scones

INGREDIENTS

- 3 cups almond flour
- 1/2 cup tapioca flour
- 1 teaspoon baking powder
- 1/2 teaspoon pumpkin pie spice
- 1/4 teaspoon sea salt
- 1/2 teaspoon cinnamon
- 1/2 cup homemade pumpkin puree, or canned 1 egg

- 1/4 cup coconut oil
- 4 tablespoons pure maple syrup or raw honey
- 1 teaspoon organic vanilla extract
- 1/3 cup dark chocolate chips, mini

DIRECTIONS

Preheat oven to 350°F and place parchment paper on baking sheet or use Silpat.

MAKE

1. In a bowl, whisk together almond flour, tapioca flour, baking powder, pumpkin pie spice, sea salt, and cinnamon until well blended.
2. In a separate bowl, whisk together egg, coconut oil, maple syrup or honey, and vanilla extract and mix until soft dough forms. Stir in chips.
3. Form dough into a circle on lined baking sheet. Gently flatten the dough into a disc about 1-inch thick.
4. Using a pizza cutter, cut into 8 wedges. No need to separate just leave in a circle. You'll be able to slice again to separate once cooked.
5. Bake for 35-40 minutes [cooking time will vary based on oven so watch carefully] remove from oven and let stand for 2 minutes.
6. Using clean pizza cutter or knife separate scones. Remove to wire rack to cool.
7. Freeze leftovers.



Beauty Greens Smoothie

INGREDIENTS

- 1 cup papaya peeled and chopped
- 2 kiwis peeled and chopped
- 1 pear chopped
- 1 medium cucumber peeled and chopped
- 1 stalk celery chopped
- 1"-piece ginger, peeled and chopped
- 1/2 lime peeled
- 1 cup spinach leaves
- 4 sprig parsley
- 1 1/2 cups water

DIRECTIONS

1. Peel and chop fruits and vegetables.
2. Add all ingredients into blender and process until smooth.

BREAKFAST OPTIONS

Power Parfait	Protein	Healthy Fat	Fruit/Veg	Nutrient Boost
Yogurt Parfait Layer the yogurt first then other ingredients as you choose	6 oz. yogurt (full fat) plain organic, unsweetened	1 tbsp. almond butter (optional)	Spring/Summer: 1 cup berries blackberries, blueberries, strawberries, raspberries Fall/Winter: Apple/Pear	Options: 1/4 cup chopped, toasted almonds/walnuts/pecans 2 tsp. ground flaxseed 2 tsp. hemp seeds 2 tsp. cacao nibs 1 tsp. maple syrup or honey
Kefir Parfait	8 oz. plain full fat kefir; layer 2 oz. kefir between the fruit and oats	2 tbsp. hemp seed	1/2 cup peaches 1/2 cup mango	1 tsp maple syrup or honey 2 tsp. cacao nibs

Omelet/ Frittata	Protein	Veggies	Fat	Seasoning	Optional
Mexican	2 eggs 1 egg white	1/4 cup pepper 1 cup spinach or other green 1/4 cup onion	cooking oil: 1 tsp ghee	minced cilantro	1/4 avocado to top (1/2 small sweet potato)
Asian	2 eggs 1 egg white Vegan option: 1/4 brick tofu	1/2 cup green onion, 1/2 cup each: shitake mushroom, broccoli, chopped Napa cabbage	1 tbsp. toasted sesame oil and/or peanut oil	1 tbsp. Bragg's amino acids toasted sesame seed	1/2 cup brown rice (on side)
Mediterranean	2 eggs 1 egg white	1/4 cup onion, 1/4 cup chopped kale, mushroom, chopped tomato, black olives		1 tsp. capers basil flat leaf Italian parsley	

LUNCH OPTIONS

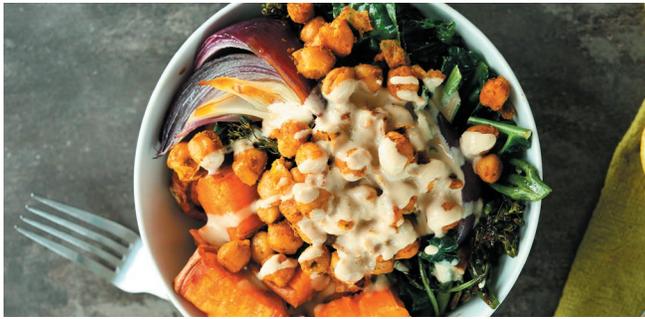
Bowls	Starch	Protein	Veggies	Sauté	Topper
Sesame Broccoli Noodle Bowl	rice or soba Noodles	chicken or shrimp	4 cups: broccoli, bean sprouts, snow peas carrots	1 to 2 tbsp. coconut oil	ginger, tamari, sesame seeds
Sushi bowl	quinoa or brown rice or rice noodles	miso glazed Salmon	Kale, shitake mushroom	Sesame oil	scallions, avocado to garnish
Teriyaki Steak Bowl	Jasmine rice or noodles	teriyaki steak, tofu or salmon	bok choy, mushrooms, broccoli,	Coconut oil	basil, scallions, garlic tamari
Eastern Bowl	quinoa roasted sweet potato, Farro	tofu (baked with tamari marinade)	cauliflower, napa cabbage	Coconut oil	miso, tamari toasted pumpkin seeds, and/or sunflower seeds
Black bean and Sweet potato bowl	quinoa, roasted sweet potato, roasted butternut squash,	1/2 cup black beans, or pinto beans seasoned with 2 tbsp. cumin, sea salt and black pepper to taste	1 cup chopped leaf lettuce, to chopped tomato 1/4 minced onion	1/8 ripe avocado	toasted pumpkin seeds (1 Tbsp. 1/4 c chopped cilantro squeeze juice from 1 lime, Optional: chopped jalapeno or pepper
Lentil Bowl	1 cup cooked basmati rice	1 cup green or red lentil dahl or coconut chickpea curry (with chicken optional)	roasted broccoli, roasted cauliflower	coconut oil or ghee for cooking	fresh cilantro fresh chopped cucumber fresh chopped onion 1/2 tsp. fresh ginger Dollop of coconut yogurt

Salad Dressings

Combine all ingredients in your blender or food processor. Blend on high speed until smooth, about 1 minute. Dressings typically store well in a glass jar for 3 days in the fridge. Separation of the oil and other ingredients is normal, just whiz back in your blender or give the dressing a whisk or shake before using.

Dressing	Oil	Herbs/Spices	Savory	Other
Green Goddess	1/3 cup olive oil or 1/2 ripe avocado 2 tbsp. water for a creamy dressing	1/2 cup cilantro leaves 1 clove garlic, minced	3 tbsp. fresh lime juice	1/4 tsp. salt, or to taste
Olive Oil Lemon Dressing	1/3 cup olive oil	1 tbsp. fresh (or 1 tsp.) dried rosemary leaves) 1 tbsp. fresh or 1 tsp. dried oregano leaf Dash of pepper	3 tbsp. fresh lemon juice Champagne vinegar for different flavor)	1/4 tsp. salt or to taste
Cilantro Lime Dressing	1/3 cup olive oil	1 whole bunch of cilantro, stems mostly removed	Juice of 2 fresh limes	1/4 tsp. salt or to taste 1 tsp. minced jalapeno or 1/4 tsp red pepper flakes
Honey Dijon Dressing	1/3 cup olive oil		1 tbsp. red wine vinegar 1 tbsp. Dijon mustard	1/4 tsp. salad or to taste 1 to 2 tbsp. raw honey
Balsamic or Champagne Shallot Vinaigrette	1/3 cup olive oil	1 shallot, finely minced	3 tbsp. balsamic vinegar or Champagne vinegar	1/4 tsp. salt
Tahini Sauce	1/4 cup tahini	1 clove garlic	1/4 cup fresh lemon juice 2 tbsp. water	1/4 tsp. salt
Creamy Slaw Dressing	1/3 cup olive oil 1/3 cup raw cashew	1 clove garlic, crushed	1/3 cup water 1/4 cup lemon juice 1 tsp. Dijon mustard	none

RECIPES Choose from our healthy options for Lunch and Dinner



Buddha Bowl

INGREDIENTS

- 1 large sweet potato, chopped
- 1 large carrot, peeled and thinly sliced
- 1/4 head of red cabbage, shredded
- 2 teaspoons extra virgin olive oil
- 1/4 teaspoon sea salt
- 1 15 oz. can of chickpeas, drained and rinsed
- 1/8 teaspoon cayenne pepper, to taste
- 1/4 teaspoon cumin
- 1/4 teaspoon garlic powder
- 1 cup uncooked quinoa
- 3 cups kale
- 1 avocado
- 1/2 cup hummus
- 2 tablespoons sunflower seeds
- 2 tablespoons extra virgin olive oil

DIRECTIONS

1. Preheat oven to 400 and line two baking sheets with parchment paper.
2. Chop sweet potato into cubes.
3. Rinse and drain chickpeas.
4. Thinly slice carrots.
5. Shred cabbage.

MAKE

1. Roasted sweet potatoes: Drizzle with 1 1/2 teaspoons of olive oil and sprinkle with salt
2. Roasted chickpeas: Pat chickpeas until dry. Drizzle with 1/2 teaspoon of olive oil. Mix to coat. Add salt, cayenne pepper, cumin, and garlic powder. Gently toss.
3. Roast both for 15 minutes then stir to flip them over. Continue roasting for 10 minutes, or until sweet potatoes are lightly browned and tender, and chickpeas are golden.
4. While roasting, cook quinoa according to package instructions.
5. To assemble bowl, add quinoa, kale, cooled sweet potatoes and chickpeas, avocado, hummus, carrot, cabbage, sunflower seeds and 2 tablespoons olive oil (or to taste).

Quinoa Squash Bowl

INGREDIENTS

- 2 cups butternut squash, cut into chunks
- 1 tablespoon extra-virgin olive oil
- 15 ounces canned black beans, rinsed
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons chopped fresh Italian parsley
- 4 medium scallions, chopped
- 1 tablespoon sunflower seeds, lightly toasted
- 1 cup quinoa
- 1 bunch of kale
- 2 cups vegetable broth

DIRECTIONS

1. Preheat oven to 350.
2. Cut squash in half, de-seed, peel and cut into chunks.
3. Toss squash with olive oil and salt; roast in oven at 350 for 30 minutes.
4. Meanwhile, boil 2 cups of vegetable broth for quinoa.
5. Drain and rinse beans. Chop cilantro, parsley, mint, and scallions.
6. Lightly toast sunflower seeds.

MAKE

1. Add quinoa to boiling vegetable broth and cook for 12-15 minutes, cover, remove from heat and let sit for 5 minutes. (or make in rice cooker).
2. Heat 1 tablespoon olive oil in a skillet over medium high heat and sauté kale, 5 minutes (or a little more depending on taste).
3. Mix black beans, scallions, cilantro, parsley, and sunflower seeds in a large bowl.
4. Add in quinoa, squash, and kale; toss all together





30 Minute Immune Boosting Veggie Soup

INGREDIENTS

- 2 teaspoons olive oil
- 2 cloves garlic, chopped
- 1 cup onions, chopped
- 1/2 cup carrots, chopped
- 1/2 cup celery, chopped
- 1 cup mushrooms, thinly sliced
- 3/4 cup bell pepper, chopped
- 1 cup zucchini, quartered (cut lengthwise, then in half again and chopped)
- 4 cups low sodium vegetable stock
- 1 teaspoon ground turmeric
- 1 teaspoon dried oregano
- 1 teaspoon dried ginger
- 1/2 teaspoon whole fennel seeds
- 1/4 teaspoon freshly ground black pepper

DIRECTIONS

1. Chop onions, carrots, celery, and bell pepper.
2. Thinly slice mushrooms.
3. Chop zucchini in quarter pieces.

MAKE

1. In a medium to large stock pot over low to medium heat add olive oil, garlic, onions, carrots and celery. Sauté until softened, about 5 minutes.
2. Add additional vegetables -- mushrooms, bell pepper and zucchini -- and all spices and continue to sauté over medium heat until just softened, about another 5 minutes.
3. Once vegetables are just tender to fork add low sodium vegetable stock and bring to a boil.
4. Serve warm

Slow Cooker Thai Peanut Chicken

INGREDIENTS

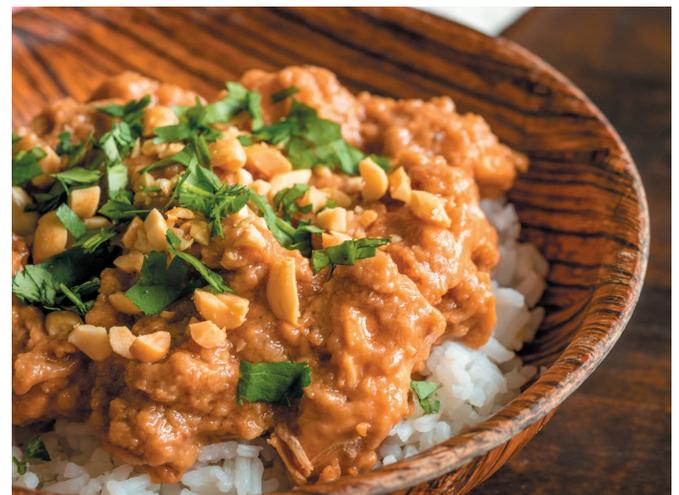
- 2 lbs. boneless skinless chicken breasts or thighs, cut into 1-inch pieces
- 1 small yellow onion, diced
- 3 garlic cloves, minced
- 1 cup canned full-fat coconut milk
- 3/4 cup natural peanut butter (or alternative)
- 1/4 cup coconut aminos, or 2 Tbsp. Tamari
- 1 tablespoon honey, optional
- 2 tablespoon rice vinegar
- 1 teaspoon toasted sesame oil
- 2 teaspoon grated fresh ginger (or 1 tsp. dried ground ginger)
- 1/2 teaspoon crushed red pepper flakes
- 1 5-ounce bag fresh spinach
- 1 lime, juiced
- Salt & Pepper to taste
- Optional garnishes - chopped peanuts, cilantro, sliced green onions and/or diced red bell pepper

DIRECTIONS

1. Cut chicken into 1-inch pieces.
2. Dice yellow onion.
3. Mince garlic cloves.
4. Grate fresh ginger.
5. Juice lime.

MAKE

1. Place chicken and diced onions in the slow cooker.
2. In a small bowl, combine garlic through red pepper flakes. Whisk to combine.
3. Pour sauce over chicken and set slow cooker to LOW heat. Cook for 4 - 4 1/2 hours or until chicken is cooked through.
4. Taste and season with salt and pepper as desired.
5. Remove lid, stir in lime juice and spinach. Allow spinach to wilt before serving.
6. Serve with rice or 'cauliflower' rice and garnish as desired.





Herbed Flounder Scaloppini with Lemon Dijon Kale

INGREDIENTS

- 1 1/2 lbs. Flounder filets [or other flaky fish]
- 1/4 cup tapioca starch
- 2 tablespoons fresh dill, chopped
- 2 teaspoons sesame seeds
- 1/2 teaspoon paprika
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons olive oil
- 1/2 red onion, thinly sliced
- 2 cloves garlic, minced
- 2 1/2 cups chicken broth
- 1 1/2 tablespoons Dijon mustard
- 1 lemon, zested
- 8 cups kale leaves, tough spines removed and chopped

DIRECTIONS

1. Pat filets with paper towels until dry.
2. Slice onion thinly/mince garlic/zest lemon

MAKE

1. In a bowl, whisk together tapioca starch, dill, sesame seeds, paprika, salt, and pepper.
2. Add 1 tablespoon of olive oil to non-stick pan and swirl to coat and warm over medium-high heat.
3. Coat each filet in tapioca mixture and place in pan. Cook for 3-4 minutes per side until cooked through. Take care when turning over filets with spatula so they don't break apart.
4. Remove filets to plate and cover to keep warm.
5. Wipe out pan and add remaining olive oil. Sauté onion and garlic over medium heat until soft and fragrant. Add broth, Dijon, and 1 1/2 teaspoons lemon zest. Whisk together. Stir in kale and bring to boil. Reduce heat and simmer for 2 minutes until kale turns bright green.
6. Serve filets with kale on side

Sheet Pan Maple-Mustard Chicken with Squash and Brussels

INGREDIENTS

- 2 tablespoon fresh oregano chopped (or 1 teaspoon dried)
- 2 tablespoon Dijon mustard
- 2 tablespoon pure maple syrup
- 1.5 lbs. chicken breasts, skinless
- 4 cups butternut squash peeled and cubed (about 1 lb.)
- 1 small sweet onion, chopped
- 8 ounces Brussels sprouts, trimmed and halved (about 2 cups)
- 2 tablespoons olive oil
- Pinch kosher salt and pepper

DIRECTIONS

1. Preheat oven to 425°F. Place a large rimmed baking sheet in oven (leave pan in oven as it preheats).
2. Combine oregano, mustard, and syrup in a small bowl.
3. Cube squash, chop onion, trim and halve Brussels sprouts.

MAKE

1. Brush 1/2 mustard-maple syrup mix evenly over chicken breasts.
2. Toss squash, onion, and sprouts with remaining dressing in small bowl
3. Remove hot pan from oven and line with parchment paper. Add chicken to pan and spread vegetables around the chicken in an even layer.
4. Bake at 425°F for 20-30 minutes or until chicken is done (until internal temperature of the chicken reaches 165 degrees F) and vegetables are tender.





Nutrient Detox Broth

INGREDIENTS

4 medium organic white potatoes, cleaned but not peeled
 6 large organic carrots, cleaned but not peeled
 2 large organic yellow onions
 6 stalks organic celery
 1 cup chopped fresh organic parsley
 1 tablespoon turmeric powder
 1 tablespoon fresh organic rosemary or 1 tsp. dried
 2 teaspoon sea salt
 12 cups pure filtered water

DIRECTIONS

1. Chop the vegetables and place them and the parsley, turmeric, and rosemary into a large stainless-steel pot.
2. Add the salt. Cover with water.
3. Bring to a boil, then simmer for 1 hour.
4. Strain out and discard the veggies, saving the broth.
5. Drink 1-2 cups daily. Or use for cooking.



Bean and Rosemary Soup

INGREDIENTS

2 tablespoon olive oil
 2 yellow onions, chopped
 2 carrots, chopped
 3 celery stalks, chopped
 1/2 sweet red pepper, chopped
 4 cloves garlic, chopped
 1 small head of broccoli, cut into small florets
 Handful of fresh spinach or other green leafy veggie

16 oz. can diced tomatoes
 6 cups water
 1 sprig of fresh rosemary or 1/2 tsp. dried
 15.5 oz. can white beans (or any other bean desired)

DIRECTIONS

1. Heat the oil in a large pot over medium heat and sauté the onion until slightly translucent.
2. Add the carrots, celery, red pepper, garlic, and broccoli and sauté for about 3-4 minutes.
3. Add the canned tomatoes, water and rosemary, bring to a boil, turn down and simmer for 30 minutes.
4. Stir a few times during cooking. Add the beans and seasonings. Cook another 10 minutes.



Healthy Cream of Mushroom Soup

INGREDIENTS

2 1/2 tablespoons olive oil
 1 large sweet onion chopped
 4 clove garlic chopped
 8 1/8 ounces cremini mushrooms (or your favorite mushroom)
 1 teaspoon dried thyme
 3 tablespoons yellow miso paste
 1 large head cauliflower chopped into 2" pieces stems included
 1/2 cup raw unsalted cashews
 10 cups water [or more depending on size of cauliflower]
 1 teaspoon salt

DIRECTIONS

Chop onion, garlic, mushrooms, and cauliflower.

MAKE

1. In a large soup pot, sauté onion and mushrooms in olive oil until mushroom release their liquid and begin to brown. Reserve a few mushrooms for garnish if desired. Add garlic and sauté and additional 2 minutes.
2. Add miso paste and stir to coat onions.
3. Add cauliflower and cashews and enough water to cover cauliflower. Bring to a boil then reduce

heat and simmer until cauliflower is soft, about 15-20 minutes. Add water if necessary to keep cauliflower covered.

4. Remove from heat and let stand until cool enough to puree.
5. Puree soup in batches in blender – be sure cover of blender is on tight as steam from soup could pop lid.
6. Season with salt.
7. Ladle into bowls, top with reserved mushrooms and serve.

FOR THE ROASTED VEGGIES:

1. Place ingredients on a sheet pan lined with parchment paper or spray non stick oil such as grapeseed or coconut directly on pan.
2. Preheat oven to 400 degrees and roast until preferred doneness, about 20 minutes. (Note: all oven cooking temperatures vary, be sure to check veggies often)



Fantastic Fish Tacos

INGREDIENTS

- 1 1/2 pounds skinless mahi-mahi (or other white fish) fish fillets
- 4 tablespoons extra virgin olive oil, divided
- sea salt and black pepper, to taste
- 2 avocados
- 1/2 cup sour cream
- 3 limes, juiced
- 1 teaspoon sea salt, divided
- 4 plum tomatoes, chopped
- 1/4 cup chopped fresh cilantro
- 1/2 cup red onion, diced
- 1/4 jalapeno pepper, minced (optional)
- 2 cups frozen corn kernels (organic)
- 1 bunch of scallions, diced
- 6 corn tortillas (organic)

DIRECTIONS

1. Heat grill to high.
2. Juice limes
3. For the avocado cream: dice avocados and mix with juice of 1 lime.
4. For the pico de gallo: dice tomatoes, red onion, cilantro and jalapeno.
5. For the corn salad: dice scallions.

MAKE:

For the fish:

6. Sprinkle with oil, salt, and pepper.
7. Grill on high heat.

For Avocado Cream:

1. Blend together until smooth: avocados, sour cream, 2 tablespoons lime juice, 1/2 teaspoon sea salt.

For Pico de Gallo:

1. Mix in bowl: tomatoes, red onion, 1/4 cup fresh lime juice, 2 tablespoons cilantro, optional jalapeño, salt.

For Corn Salad:

1. Heat oil, sauté first corn, then add scallions, salt and pepper and sauté for about 3 minutes.
2. In a dry skillet over medium high heat warm tortillas for about 1 minute per side.
3. Serve tortillas topped with fish, avocado cream, pico de gallo, and corn salad.

DINNER OPTIONS

Soup	Liquid	Vegetable	Protein	Fat	Seasoning
Tortilla Soup	2 cups chicken stock, 1 can crushed tomato	1 red bell pepper 1 jalapeño pepper 1 1/2 cup organic corn 1 yellow onion	1 lb. shredded chicken, 1 can black beans	4 tbsp. olive oil or coconut oil	cumin, garlic, chili powder to taste, minced cilantro
Hearty Beef Stew	4 cups beef stock or bone broth	4 small Yukon potatoes, 2 stalks celery, 2 carrots, 1 yellow onion 1 cup frozen peas	1 lb. grass fed cubed beef	2 tbsp. olive oil	thyme, 1 bay leaf, 2 tbsp. tomato paste, black pepper and salt to taste
Miso Soup	6 cups fish stock(dashi)	1/4 cup thinly sliced scallions 1/2 cup dried wakame (a type of seaweed)	1/2 lb. tofu, cubed	2 tbsp. olive oil	1/4 cup shiro miso (white fermented-soybean paste)
Lentil Soup	4 cups veggie or chicken broth	1 medium onion, chopped 2 garlic cloves, minced 2 carrots, chopped	1 lb. lentils	2 1/2 tbsp. olive oil	1 tsp. salt 1 tsp. pepper 1 bay leaf 1/4 tsp. cayenne pepper (optional)

Roasted Veggies	Root Veggies	Rainbow Veggies	Oil	Seasoning
Mediterranean Roasted Veggies	None	eggplant, zucchini, yellow squash, peppers, portabella mushroom, onion	2 tbsp. olive oil, drizzled over	1/4 tsp. salt 1 tbsp. fresh oregano or 1 tsp dried 1 tsp. fresh thyme
Rosemary Roasted Root Veggies	4 cups of sweet potato, parsnip, carrots, beets, celery root, rutabaga	1 red and 1 yellow onion cut into wedges	2 tbsp. olive oil, drizzled over	1/2 tsp. salt, or to taste 2-3 sprigs fresh rosemary or 1/2 tsp. dried
Roasted Maple Winter Squash	2 medium squash-butternut, delicata, acorn or other (scoop out pulp and seeds) Cut squash into cubes	None	2 tsp. maple syrup/ dash of cinnamon and drizzle w/ olive oil	Salt Cinnamon Maple syrup



CREATE YOUR OWN

THE BOWL

1. Choose brown rice, quinoa or legumes as base
2. Add stir-fried, steamed, roasted or sautéed veggies
3. Add your protein
4. Top with your sauce/seasoning

BIN SUGGESTION

1. Quinoa
2. Roasted Brussels sprouts, asparagus & red peppers
3. Grilled salmon w/ lemon and sea salt

SOUPS

1. Chicken or veggie broth – low sodium and organic
2. Add lentils, legumes, brown rice or quinoa
3. Add non starchy veggies – load it up!
4. Add chopped protein
5. Serve with a side salad with extra virgin olive oil and lemon juice

BIN SUGGESTION

1. Chicken broth
2. Lentils
3. Sautéed & chopped onions, garlic, red and yellow peppers, zucchini
4. Diced roasted chicken breast
5. Serve with mixed field greens and herb salad

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THE WRAP

1. Start with rice wrap or romaine, butter leaf lettuce leaves
2. Add protein
3. Chopped non starchy veggies and leafy greens
4. Add healthy fat – chopped nuts, avocado

BIN SUGGESTION

1. Rice wrap
2. Turkey slices
3. Arugula, basil and Heirloom tomato
4. Sliced avocado

THE PLATE

1. Protein
2. Starch – sweet potato, etc
3. Veggies
4. Healthy fat (fish, olive oil, avocado, nuts)

BIN SUGGESTION

1. Grass fed beef filet
2. Sweet potato
3. Asparagus, lightly sautéed with olive oil, garlic and sea salt

THE SALAD

1. Start with dark leafy greens
2. Add chopped/julienned non starchy veggies
3. Throw in a little high fiber carb – legumes, berries, apple
4. Add protein
5. Dress and season
The dressing – lemon or lime juice and extra virgin olive oil, herbs if desired...think garlic, oregano, basil, dill, mint (steamed al-denté and chilled)
6. Garbanzo beans
7. Diced chicken
8. Lemon, olive oil and basil to dressing



1-DAY SAMPLE MEAL PLAN

BREAKFAST

Simple Smoothie (pg. 4)



LUNCH

30 Minute Immune Boosting Veggie Soup (pg. 11)



SNACK

Veggies + Hummus



DINNER

Herbed Flounder Scaloppini with Lemon Dijon Kale (pg. 12)



1-DAY SAMPLE MEAL PLAN

BREAKFAST

Blueberry Cobbler Overnight Oats
(pg. 5)



LUNCH

Buddha Bowl (pg. 10)



SNACK

Handful of nuts and fruit of choice



DINNER

Sheet Pan Maple-Mustard Chicken
with Squash and Brussels (pg. 12)





Meryl Brandwein, RD, LDN
Founder Meryl Brandwein Nutrition

Meryl Brandwein (RD/LDN) is the founder of Brandwein Institute for Nutrition and Wellness, a nutrition practice based in South Florida. For many years, Meryl has been a leader in advancing a whole foods approach to integrating nutrition into overall health and wellness programs and strategies. She personally counsels clients with a broad range of health and nutritional goals and challenges. Meryl works to transition her clients to a healthier way of eating as an educator and nutritionist. Meryl creates nutrition programs to help prevent illness and restore health through personalized nutrition therapy and guidance. Meryl is also a strong advocate of sustainability and the production of whole foods.



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