

TURNIP *The* BEETS

HOLISTIC NUTRITION & WELLNESS



NEWS

Newsletters are back (did you miss them?!) I took some time off May/June to travel and now I'm ready to continue sharing all my wellness tips and recipes with you.

Now that Summer is here, I know many of you have exciting trips and events coming up!! One of the biggest questions that I get between June-August is how to balance health goals while also enjoying summer food + drinks.

This newsletter, I'll be sharing those tips in addition to a summer recipe using in season fruit and 3 brand new meal plans (detox, fresh & glow) that will be available until Aug 31st .

~ Sabrina

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Healthy Peach Crisp

This naturally sweetened Summer dessert is easy to make, gluten free, and can be easily made vegan. (Serves 10)

Ingredients

Filling:

10 - 12 ripe peaches, peeled and cut into 1/4-inch slices

1/2 tsp vanilla extract

1 Tbsp arrowroot powder, or cornstarch or tapioca flour

Crisp:

1 cup rolled oats, gluten-free or regular

1/2 cup almond flour

1/3 cup roughly chopped walnuts, optional *

1/2 tsp ground cinnamon

1/2 tsp salt

1/3 cup 100% pure maple syrup

3 Tbsp butter, cubed (room temperature) *

1 tsp vanilla extract



Recipe adapted from healthyblondie

Instructions

1. Preheat oven to 350°F and grease a baking dish or 10-inch pie dish with nonstick cooking spray. Set aside.
2. In a large mixing bowl, toss the sliced peaches with the vanilla extract and arrowroot powder. Pour into the greased dish.
3. In a separate bowl, mix together rolled oats, almond flour, walnuts, cinnamon, and salt until well combined. Pour maple syrup on top and stir to combine. Add in the cubed butter and mix using your hands until fully combines and the crumble is a sand-like texture with clumps.
4. Evenly sprinkle on top of the peaches.
5. Bake for 40 - 50 minutes, until the top, is golden and crisp and the peaches are warm and bubbly.
6. Serve warm with vanilla ice cream and enjoy!

Lets Chat



Not sure which Holistic Nutrition Package is right for you?

Feel free to schedule a *Free 15 Minute Call* by sending me a DM on IG or email me at sabrina@turnipthebeets.ca



Summer Tips

Sticking to health goals over the summer can be a bit challenging - most of us want to look and feel our best, however it's a very social time! This can influence us to indulge in more food and drinks compared to usual, steering us away from our health goals. What if you could enjoy more flexibility while also looking and feeling your best?

I've always been a big traveller and overtime I've learned some tricks to keep me on track while away from home. You can start by implementing 1-2 things this summer and eventually you'll be able to apply them year round anytime you're away from home. Toss out that all or nothing mentality because you can have your cake and eat it too!

1. Enjoy things in moderation! Rather than restricting or overindulging, try having things in moderation. Instead of 4 cookies, can you enjoy 1? Sounds simple but it truly can make all the difference.

2. Eat a nutritious meal/snack before events. If you arrive to a party hungry, you're going to be more likely to overeat.

3. Choose the right supplements. I always encourage my clients to rotate their supplements based on their current needs. There are amazing supplements that can help support your liver, inflammation, digestion and more depending on your summer lifestyle.

4. Hydrate. My biggest tip when it comes to drinking alcoholic beverages is to make sure to a glass of water in between every drink to keep you hydrated. You can either sip on water or a mocktail instead. This will help support liver, inflammation, skin health and mood (this is especially important for those that find their emotional the day after some drinks).

5. Do a 1 week reset. My most popular meal plan is my [1 week + 2 week detox](#) which are great ways to reset your body (I also added in 3 new summer ones). If you've really over done it on the eating + drinking and feel tired, bloated and inflamed, a 1 week meal plan can help nourish and heal your body so that you can feel better.

I hope these tips help you feel your best this summer and if you need additional help, you can always schedule a call so that we can create more customized approaches to your goals this season.

Client Spotlight MARIEANNE



This month I want to celebrate Marianne! Marianne came to me at the beginning of the year wanting to improve her body composition since she felt constantly inflamed, digestive issues, energy and physical endurance for hiking in the summer.

She had mentioned that her weight was never consistent (fluctuating up to 10 lbs weekly), she struggled with bloating and other digestive complaints no matter what she ate, she was suffering from PMS symptoms and was unsure about what supplements would work best for her body.

After the first week she noticed her energy was more stable throughout the day and she had more pep in her step, her sleep was more restful, she felt less inflamed, she had minimal to no bloated and enjoyed the new recipes!

As of today, she's down 15 lbs and her weight is stable, her PMS symptoms are gone, you can see a drastic reduction in inflammation and she's feeling better than ever! We've recently added in strength training to continue to improve body composition and strength to support her hikes this season. My favourite part is that she's shared her personal journey with friends and has inspired them to optimize their health.

Way to go Marianne!! Looking forward to continuing our journey together :)