

TURNIP *The* BEETS

HOLISTIC NUTRITION & WELLNESS



NEWS

And just like that Summer break is over and kids will be back in school and starting their recreational activities in a week!

There are a few months in the year that feel especially great for “resetting” and getting back into a routine – my favourite for that are January, April (Spring vibes) and September (yay!).

If you're a parent, I know this month can be a little stressful with getting the family back into a routine and prepping for the school year but I'm here to help!

We'll be talking all about the impacts of stress and what you can do to make the transition a little easier.

Sabrina

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Last Chance New Client Pricing Changes Sept 1st!

If you've been thinking about starting your health journey together, *today is the perfect time to sign up.*

As of September 1st, I will be updating New Client Pricing. If you'd like to **lock in the current pricing** but aren't quite ready to start yet, you can purchase but book an appointment whenever it's convenient for you. You can **click here purchase your package online** or you can **email me at sabrina@turnipthebeets.ca**.

Don't miss out on your opportunity of a fresh start this new season & to finish the 2023 year feeling your best!



5 Ingredient Meatballs

If you're getting organized for that first week back to school, you're probably wondering what to make for lunches. One way to reduce stress is to find recipes that the whole family can enjoy, including you! That way you're not spending hours making different meals for everyone.

Try out this turkey meatball recipe that can be enjoyed by everyone. You can easily pair it with raw or roasted veggies, add it to a salad or place it on top of spiralized zucchini noodles with some marinara!

Servings: 20 Meatballs

Ingredients:

- ½ cup grated onion, *about 1 medium yellow onion*
- 2 tablespoons nutritional yeast
- 1 teaspoon kosher salt
- 1 teaspoons granulated garlic powder
- ⅓ cup almond flour , *or oat flour for nut free*
- 2 pounds ground turkey, ground chicken or ground beef (*grass-fed if possible*)
- 1 tablespoon olive oil
- No-sugar-added marinara sauce of choice, *for serving*

Instructions:

1. Preheat the oven to 400F.

2. In a large bowl, mix together the grated onion, nutritional yeast, salt, garlic powder, and flour until well combined. Add the meat, stirring until well combined (clean hands work best), being careful not to overmix.

3. Roll the mixture into balls. Place each on a rimmed baking sheet and drizzle with 1 tablespoon olive oil.

4. Roast in the oven for 20-25 minutes, flipping once, until golden and cooked through.

5. Remove from the oven, add to sauce of choice (if using), and serve.



Recipe adapted from Real Food Whole Life



"Beet" the Fall Stress

Now that Summer break is almost over, I know many mamas are itching to get back into their routine as soon so that they can start to feel better again...but first they'll be wanting to get the kids all organized. Between the wine/beer/cocktails, desserts, BBQs, you can be left feeling inflamed, bloated and downright exhausted...

I know it can be tempting to put all your energy into your kids which is great, but this an important time to focus on supporting YOUR body as well and nourishing it so that YOU can feel good too.

If you're feeling overwhelmed with where to start, consider reaching out to your practitioners that can help provide you with the tools to kick things off instead of guessing. It's one less thing for you to have to "figure out" and it's nice having a plan set out for you that you just need to put in place. If you've never worked with a nutritionist before, this is the perfect time to jump on board so that you can finish off the last 4 months of the year thriving in your body.

All the added sugar, alcohol, processed foods, lack of sleep and high stress over the Summer can lead to nutrient deficiencies and hormonal imbalance. Some signs that your body could use a kick start:

- Are you struggling to wake up in the morning?
- Is your energy crashing in the afternoon?
- Have your periods been more painful?
- Are you constipated?
- Is your body feeling puffy or swollen or bloated?
- Are you getting more acne breakouts? Rosacea? Eczema

If you check off 2 or more from the above list, it's time to put yourself first and implement some self-care strategies so you can feel incredible. Here are a few tips to get your started:

- Start your mornings with a glass of water
- Clean out your pantry of anything that isn't supporting your health goals
- Have fun in the kitchen by implementing new recipes. You can check out my Detox Meal Plan to inspire some nutritious and delicious meals into your week
- Add mindfulness to your morning through journaling, breath work meditation or movement. This will help ground you for the day and support your nervous system.
- Change up your supplement regime to support any current deficiencies and the NEW season!

I'll be chatting about more tips on my IG page @turnipthebeets_

You can follow me and turn on post notifications or add me to your favourite so that you don't miss the new posts

If you're ready to take the leap and would like to work together, [click here](#) to set up your free 15-minute discovery call! If you're a current client, you can log into your portal and book your appointment online.

I can't wait to connect!



Client Reviews

This month, instead of a client spotlight, I wanted to share some heartfelt review from my amazing clients!! They are crushing their health goals and continue to amaze me. It's so great to see how much they are thriving after making the decision to invest in their health journey.

I was doing a lot of research trying to find a practitioner and that alone can feel so overwhelming. I knew instantly from the first call that I wanted to move forward with Sabrina. I love that she takes a holistic approach to health. She is so knowledgeable and kind, and so personable as well. In the first couple of weeks I've noticed a big improvement in my skin, bloating, sleeping and energy levels.

I've been losing weight, and for the first time it just feels so effortless. I'm such a picky eater, and have always been so skeptical about supplements. But she meets you where you are at with no judgement at all, and caters your plans to address your specific needs. I do hope this review will encourage others. I look forward to continuing to work with Sabrina, she has been absolutely amazing! :)

~ Ayoola

Sabrina is amazing! I honestly cannot say enough good things about her. She genuinely cares about helping you feel your best. Not only does she provide you with advice and guidelines and some seriously delicious recipes, she also helps you build your own knowledge. The way she structures her plans helps to ease changes into your life without the same harshness that a lot of others do.

After working with Sabrina for the last number of months I have gotten rid of chronic inflammation throughout my body resulting in no more joint or muscle pain. My inflammation was so bad there were days I could barely walk. I no longer have a midday slump, my PMS symptoms have disappeared, my mood is stable and best of all I feel great and have regained a lust for life. Working with Sabrina is one of the best investments I've made in myself!!

- Shonagh

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

For more tips, follow me on Instagram
Turn on post notifications & add me to your favourites for stories and posts so you never miss a "beet"



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Visit my website:



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Quote of the month

~ **"Autumn teaches us the beauty of letting go. Growth requires release - it's what the trees do."**

