

TURNIP *The* BEETS

HOLISTIC NUTRITION & WELLNESS



NEWS

Monthly newsletters are back!!

I took a little break to recharge my creativity batteries and I'm excited to get share some new recipes, tips and tricks to help you Turnip the Beets when it comes to your health, as well as client spotlights/reviews that I want to celebrate every month until the end of the year. Yippee!!!

This month I'll be sharing one of my favourite recipes that's perfect to bring to a BBQ this summer with modifications for anyone currently on their weight loss journey.

I also am sharing my thoughts on the new celebrity weight loss trend 'Ozempic' and finally my client spotlight Carly who's down over 15 lbs so far and feeling fantastic while enjoying her summer!

Sabrina

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New Summer Fun E-Cookbook *Limited Time Only*

It's officially one of my favourites! There are over 15 unique recipes to keep you inspired for the rest of the summer. Some examples of recipes include Sheet Pan Pancakes, Iced Coffee Breakfast Smoothies, Citrus Beet Salad, Skewers, Turkey Burgers with Caramelized Onions & Brie and Raw Chocolate Walnut Bars. Yum!!

I will have it **discounted at \$20 until Saturday night** (you can [purchase it by click here](#)) then price will be going back up to \$25. Don't miss out on delicious summer recipes for you and the fam!



Greek Pasta Salad

If you've got any BBQ's planned this summer, give this recipe a try. If you're wanting to have this on rotation during the week and working on weight loss goals, I'd recommend a *few modifications*:

*Add your choice of protein (bbq chicken breast works great), reduce the amount of pasta, replace it with some added veggies such as cucumber and a couple handfuls of mixed greens when you're ready to serve!

Once you've made it, remember to take a picture, tag me on IG so that I can share it on my stories and we can inspire others to have fun in the kitchen!

Servings: 8

Ingredients for the lemon olive oil dressing:

- 1/3 cup freshly squeezed lemon juice(2-3 lemons)
- 1 tablespoon lemon zest
- 2 cloves garlic, finely chopped
- 2 tablespoons finely chopped parsley
- 1/2 cup extra virgin olive oil
- 1/2 teaspoon fresh oregano, optional
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Ingredients for the pasta salad:

- 1 pound rotini pasta, or shape of your choice
- 1/2 small red onion, quartered and thinly sliced
- 1 red bell pepper, finely diced
- 1 pint cherry tomatoes, halved
- 1/2 cup pitted Kalamata olives
- 1/2 cup crumbled feta
- 1 large cucumber, quartered and sliced
- 1/4 cup fresh parsley, roughly chopped
- Salt and pepper, to taste



Recipe adapted from Simply Recipes

Instructions:

1. Bring a large pot of heavily salted water to a boil. Add the pasta and cook pasta until al dente. Immediately rinse in cold water until the pasta is cool to the touch.
2. Soak the slices of onion in cold water with a pinch of salt. After 10 minutes, drain the water from the onions.
3. In a small lidded jar, shake all the dressing ingredients together. Taste, add more seasonings to taste.
4. In a large bowl, mix together the cooled pasta, drained red onion, peppers, tomatoes, olives, feta, cucumber, and parsley. Toss gently with 1/4 cup of the lemon olive oil dressing and mix. Add more dressing, in small increments, as needed. You may not use all of the dressing, but it stores well in the fridge for about a week. Season with salt, pepper to taste.



Weight Loss Magic Pill

How many ads have you seen promising a magic pill for your weight-loss goals?

How many products have you purchased over the years that are either sitting in your cabinet or have been tossed in the garbage because they've failed to give you the results you were hoping for?

I hate to break it to you but there truly is no magic pill when it comes to weight loss...

There's been a lot of talk about the use of Ozempic for weight loss in the celebrity world but at the end of the day, if you don't take the time to get to the root cause, you'll end up back in the same cycle of losing the weight only to gain it back eventually.

Sustainable weight loss, isn't just about the number on the scale. It's about optimizing your overall health so that you can thrive! If you've lost weight but you're feeling low energy, restricting calories, working out excessively and feeling irritable that can't be good for you. Each person is unique, which means how you approach weight loss can be different from person to person. Sometimes it's just a few tweaks to diet, other times it can be a digestive issue or hormonal imbalances.

When you get to the root of the weight gain and support your body in healing, not only will the weight come off, but you'll also feel more energetic, your mood will be better balanced, your skin will glow, your PMS symptoms will disappear and you'll radiate confidence!

Here are a few causes of weight gain that you might not have thought of:

- **Low-Grade Inflammation** – think seed oils, sugar, fasting too often, digestive issues (bloating, constipation), chronic stress, excessive high intensity workouts
- **Chronic Digestive Issues** – even if you're eating “healthy” foods, if you're not digesting them properly, you're likely not absorbing all the nutrients from it and causing inflammation in your system. Bloating and constipation are 2 key signs that your gut needs a little TLC (note: you should be pooping 1-3 times daily and if you're not, those toxins can get reabsorbed into the body).
- **Unbalanced Blood Sugar Levels** – it's important to combine the right foods to keep you satiated and nourished! If you've ever experienced hanger, have a dip in energy in the afternoon or if you feel like you need to snack every few hours, your blood sugar could be unbalanced and contributing to your weight gain and mood swings.

I'll be chatting more about tips to help with each of these on my IG page [@turnipthebeets_](#)
You can follow me and turn on post notifications so that you don't miss the new posts!

If you're tired of guessing the root cause of your weight-gain and need help putting a plan together that will have you feeling great again, you can schedule a free 15 minute consult with me by emailing me at sabrina@turnipthebeets.ca. I'd love to be a part of your journey!



Client Spotlight: Carly



*This month's client spotlight is Carly who's not only **down 15 lbs** since starting together but is also feeling incredible!*

Carly came to me wanting to improve her digestive pains, lose weight in a healthy way and increase her energy to support a busy schedule.

She had struggled with digestive issues for as long as she can remember and had worked with MDs, done several tests as well as worked with an ND (food sensitivity testing + supplements) but there wasn't much relief. She got used to dealing with daily stomach pains and bloat leaving her body feeling puffy from the moment she woke up in the morning. When it comes to weight loss she had tried diets such as weight watchers but it wasn't sustainable. She knew there had to be a better way which led her to start working out and eventually reaching out to me.

After our consult, we realized that she had been on certain supplements for too long which could have been added to her digestive issues and inflammation. We worked on supporting her gut health, modified her meals to include foods that helped heal her gut, herbs to nourish her adrenals (decrease stress levels in the body), modified her workouts slightly to optimize recovery and added supplements to boost energy while also supporting hormones + metabolism.

Within 2 weeks of starting, she was already noticing positive changes:

- Reduced bloating
- No afternoon crashes at 3pm
- Significantly less stomach pains
- Reduced inflammation/puffiness when she woke up
- Weight loss

All while enjoying the new recipes chosen for her goals! Carly is 2 months in and her stomach pains are completely gone, she's down a total of 15 lbs so far, is feeling less puffy and has way more energy throughout the day. She has done an amazing job implementing the new lifestyle habits while still having fun throughout the summer. Way to go Carly!

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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Quote of the month

~ "Motivation is what gets your started. Habit is what keeps you going"~

