

# LIVE LIFE NOURISHED

#alkalignnourish



## Nourish the playbook

*It's not a short term diet. It's a long term lifestyle change.*

# CONTENTS



PART 1	Why Nourish?
PART 2	Road Map
PART 3	Engagement Guidelines
PART 4	The Nourish Pillars
PART 5	Food Philosophy
PART 6	What to Expect
PART 7	Recipes

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# WHY NOURISH?

Nourish is an integral part of Alkalign's mission, which is to educate, inspire and empower you to be the **best version of yourself** that YOU want to be.

"Nourishment" comes in many forms. Food contributes to how we feel as do exercise, sleep, hydration and other things in our lives that make up who we are.

Nourish is a group health-coaching program designed to educate and inspire you to commit to your health. It's not a fad or a diet. It's intended to guide you toward establishing sustainable, lifelong habits. Nourish allows us to take what we have always done in our Alkalign classes and extend it to other areas of life.

Alkalign is founded on community, and we believe it is our strong, supportive community that really differentiates us from other fitness studios. And it is this community that will support you in your Nourish goals. We are a team of individuals. We are a family of originals.

# THE ROADMAP

Nourish is 21-days, plus a few days of prep, and a few days of wrap-up. During that time, you will participate in an 'elimination challenge'. What does that mean?

Elimination means you **stop eating a food that might be causing problems** in the body for 21 days to see if you feel better. It takes that long for your body to truly detox and reset after you eliminate a food. The **5 foods that tend to create inflammation** in the body, which causes other symptoms and issues are:

- Corn
- Dairy (anything with milk or whey)
- Gluten (anything with wheat or barley)
- Soy
- Sugar

Between breakfast on the first day, through dinner on the 21st day, you avoid these 5 foods. You are armed with prep details in your inbox prior to elimination beginning. You get daily emails, group support via our private Facebook group, a suggested pantry-supply list, a journal you can print, a sample meal plan, logs and a recipe book.

When you join Nourish, you get a wealth of information, but most important to most who Nourish with us is the group support and accountability.

Here's what the Nourish schedule looks like:

**Prepare - 5 days**

**Eliminate - 21 Days**

**Reintroduce - Gradually, on your own time with guidance**

# ENGAGEMENT GUIDELINES

This is a group health-coaching model, so most of your interactions with your coach place on Facebook. If you have something personal to ask or share, you are welcome to use the private message function on Facebook or email Erin directly (erin@alkalignstudios.com).

Facebook: We encourage you to engage and post daily. Post photos of your meals and recipes, write your thoughts, ask questions, give advice to other Nourishers and share your journey.

There is important content on Facebook that supplements your daily emails, but don't worry if you are more private. You are not obligated to post anything, it just makes the process more fun and interactive when you do. Rest assured, you are in a supportive environment. We are here to lift each other up through the Real, Raw and Human moments.

If you feel burdened by Facebook, 1:1 health coaching may be a better fit for you.

# THE NOURISH PILLARS



EAT



MOVE



SLEEP



HYDRATE



CONNECT

You learn more about these pillars throughout the program. They are all important, but it's the ability to find balance across all of them that is going to result in the **healthiest version of you**.

*"The only nuggets I eat are nuggets of wisdom"*

*- author unknown*

# FOOD PHILOSOPHY

Nourish is not something you are “doing” or “not doing.” It’s not about being clean or dirty or good or bad. You may feel better or worse depending on how you eat, but we want to remove the guilt so many of us feel when it comes to food. **How you feel is not who you are.**

Regardless of how you label yourself when it comes to food (vegetarian, vegan, pescatarian, Paleo, macrobiotic, omnivore, carnivore, junkfoodatarian), we encourage you to:

-  **Eat real**, unprocessed food. Eliminate as much processed, packaged food as possible.
-  Eat organic, local and seasonal whenever possible. **Avoid GMOs** (genetically modified organisms).
-  Eat quality foods. **Not all food with the same name is equal.** Modern agricultural practices and the increased load of toxic chemicals in our environment degrade our food supply. Knowing the source of your food and prioritizing quality is a huge step in the right direction.
-  Treat life (and Nourish) as a **journey, not a destination.** Remember that your body is constantly changing. What worked for you yesterday may not work for you tomorrow. Be open to change. Live Present. Leap Forward. Enjoy the ride!

# WHAT TO EXPECT

- Daily Facebook interaction and support
- Daily emails with tips and information
- Access to a health coach committed to helping you reach your goals
- Additional support across all of the Alkaline pillars via:
  - **Information and Education.** There is a lot of information out there, much of it conflicting. To the best of our ability, we commit to sharing information that is vetted and well researched. If you have questions, just ask, and we will do our best to get you answers!
  - **Inspiration and Motivation.** What inspired you to join Nourish? Write it down. Share it with us. Go back to it—in times of strength and when you need a reminder. Throughout the program, we will inspire and motivate you with new recipes, challenges, and more!
  - **Mindfulness and Accountability.** There is strength in numbers. Research indicates that participating in a group health-coaching program will make you more accountable. We have also found that declaring your intent and documenting your progress will increase accountability by increasing mindfulness. When you pay attention, you notice more. When you know better, you do better.
  - **Community.** Each of the aforementioned areas is important. But the magical piece that really makes Nourish unique is the community. You are surrounded by like-minded people who are committed to Nourishing Mind, Body and Soul. You are a valuable part of this community! We encourage you to take advantage of the energy and diversity that a group dynamic provides. **#GreatMindsAlkaline**

## BREAKFAST

*We suggest making breakfast ahead of time and storing batches in the refrigerator. Egg bakes, hash browns, chia pudding and bunless eggs make great fast breakfasts for busy mornings. Prep for breakfast can make a big difference in the success of your day!*



### Avocado Baked Salmon & Egg

2 eggs  
1 avocado  
1/2 lemon squeezed  
2oz smoked salmon  
Sea salt and pepper to taste  
Dill to garnish

Preheat the oven to 425°F.

Scoop out the inside of the avocado leaving 1/2" inch rim.

Break the egg into the avocado. If the whites spillover, just clean the sides and place on a baking sheet covered in foil or parchment paper. Add small pieces of smoked salmon. Sprinkle lemon juice, salt, and pepper over both avocado halves.

Bake for 15 minutes or until the yolks set to desired consistency.



### Garden Frittata

1 small yellow summer squash, thinly sliced  
1 small zucchini, thinly sliced  
1 small onion, chopped  
1 medium tomato, sliced  
4 large eggs  
2 tablespoons minced fresh basil  
1 garlic clove, minced  
Salt & pepper to taste

In a microwave-safe bowl, combine the squash, zucchini and onion. Cover and microwave on high for 7-9 minutes or until the vegetables are tender; drain well. **OPTION:** sautee vegetables in ghee until they are tender.

Transfer vegetables to a 9-in. pie plate lightly coated with coconut oil or ghee. Add tomato.

In a large bowl, whisk the eggs, basil, garlic, salt and pepper; pour over the vegetables.

Bake, uncovered, at 375° for 45-50 minutes or until a knife inserted in the center comes out clean. Let stand for 10 minutes before serving.



### Banana Nut Porridge

*From Against All Grain*

½ cup raw cashews  
 ½ cup raw almonds  
 ½ cup raw pecans  
 1 very ripe banana (makes it easier to digest plus adds a little more sweetness)  
 2 cup coconut milk  
 2 teaspoons cinnamon dash of sea salt for soaking water

Place the nuts in a large bowl and sprinkle the sea salt over them. Fill the bowl with filtered water so the nuts are covered by at least 1 inch of water. Cover and soak overnight.

Drain the nuts and rinse 2 or 3 times, until the water runs clear.

Add the drained nuts to a food processor or high-speed blender. Blend the nuts with the banana, coconut milk, and cinnamon until smooth.

Divide it into bowls and microwave for 40 seconds or put all of the porridge in a pot on the stove and heat over medium-high heat for 5 minutes.



### Almond Flour Blueberry Muffins

1 small yellow summer squash, thinly sliced  
 2 cups blanched almond flour  
 1/4 teaspoon baking soda  
 2 pinches of salt  
 2 Tbs raw honey (or more to taste)  
 1 cup full fat coconut milk  
 4 Tbs coconut oil (melted)  
 2 eggs  
 1/2 cup fresh organic blueberries  
 2 tsp vanilla  
*Optional: 2/3 cups dark chocolate chips (65% dark or more is ideal)*

Preheat oven to 350 degrees.

Line a muffin tin with baking cups (12) or coat with coconut oil spray.

In a bowl, mix the almond flour, baking soda and salt.

In a separate bowl, mix the honey, coconut oil, coconut milk and egg.

Mix wet and dry ingredients together.

Fill muffin tins.

Bake 20-25 minutes.  
clean. Let stand for 10 minutes before serving.

We suggest leftovers or things that are easy to assemble using items in your pantry or fridge for lunch. If you're eating out, salads with protein and healthy fat (think: avocado, nuts, seeds) but sans dairy and gluten work well. Skip the dressing and ask for oil and vinegar



### Salmon Salad

*From The Petite Professional*

Cooked salmon  
1 small avocado  
1 medium lemon  
cayenne pepper, to taste  
salt & pepper, to taste  
3-4 cups mixed greens  
extra virgin olive oil, to taste  
1 T apple cider vinegar

Smash half of an avocado and salmon together.

Add lemon, cayenne, salt and pepper. Mix to combine.

In a giant mixing bowl, add your greens, a drizzle of EVOO and apple cider vinegar.

Sprinkle with your desired toppings. I use nutritional yeast, dulse flakes, dukkah, and sunflower seeds.

Top with salmon salad and remaining half of your avocado.

### Greek Bowls

Roasted chickpeas (see recipe below; make extra for a snack or salad topper)  
Quinoa, brown rice or greens  
Cucumber, chopped  
Tomato, chopped  
Artichoke hearts  
Olives  
Sunflower seeds  
Tahini or hummus to drizzle on top

Chickpea Preparation:

Preheat oven to 400 degrees.

Remove chickpeas from the can and them as best you can.

On a rimmed baking sheet, toss chickpeas with olive oil and salt and distribute around the sheet once coated.

Bake for 20-30 minutes, shaking the pan every 10 minutes.

Toss the chickpeas with spices such as cumin, thyme, rosemary, Za'atar (spice blend), etc.

Preparation:

Assemble all ingredients except tahini/hummus in a bowl.

Drizzle tahini or hummus on top.

### Antipasto Salad

2-3 cups salad greens, washed  
 2 oz Volpi Sopressata Salame (or other lunch meat), sliced  
 1 cucumber, sliced  
 1/2 shallot, sliced (red onion works, too)  
 5 pitted manzanilla olives (or olive of your choice), halved  
 Green peppers  
 Canned artichoke hearts, chopped  
 2 Tbs unsalted pumpkin seeds (pepitas)  
 Unfiltered extra virgin olive oil and balsamic vinegar (to taste)  
 Salt  
 Pepper  
 Nutritional yeast (Optional...tastes like Parmesan cheese!)

Chop greens if needed/desired. Add all ingredients except olive oil and balsamic vinegar to a large bowl.

Drizzle salad with olive oil and balsamic vinegar. Toss to combine.

### Simple Balsamic Dressing

3 tbsp extra-virgin olive oil  
 1 tbsp mustard  
 1tbsp balsamic vinegar  
 Salt and ground black pepper to taste

Combine olive oil, mustard, vinegar, salt, and pepper in a Mason jar or container with a tight-fitting lid.

Cover tightly with the lid and shake vigorously until thickened, about 2 minutes. Taste dressing and adjust flavor with salt and pepper.

Store in the refrigerator. Serve over your favorite lunch salad!

### Wild Tuna Surprise

A can of wild tuna mixed with anything you like Dippers (e.g. crackers or sliced veggies) to put the tuna on\*

Suggested Mix-Ins:

- o Pesto
- o Mustard
- o Olives
- o Avocado
- o Artichoke

In general, avoid replacing every gluten-containing product with a processed gluten-free option as you want to avoid going down the road of being a "junk-food" Nourisher. However, it is hard to eat everything fresh, so it's OK to try some high-quality GF products (e.g. flaxseed crackers, coconut or almond wraps, collard green leaves, lettuce, etc.) as a replacement. The more nutrient dense and the less processed, the better!



### Collard Green Roll Ups

Collard green leaf, rinsed and dried  
 Nut cheese (Kite Hill brand is good and available at Whole Foods)  
 Avocado  
 Protein of choice (chicken, turkey, ham, etc.)  
 Other toppings you like: pickles, peppers, onions, etc!

Simply roll up and enjoy!

We recommend preparing enough dinner so that you can use the leftovers for breakfast or lunch. Many dinners can be served with an egg over the top the next morning! This helps reduce the prep time for lunch when the day can get busy and cravings set in.



### Crock Pot Sweet Potato Chili

1 pound ground meat (optional)  
 1 onion, about 12 ounces, diced very small  
 3 cloves of garlic, minced  
 1 Tablespoon chili powder  
 1 Tablespoon ancho chili powder  
 1 Teaspoon ground cumin  
 ½ Teaspoon dried oregano leaves  
 2 Teaspoons sea salt  
 2½ pounds of sweet potatoes  
 1 -28 ounce can whole tomatoes  
 1 -6 ounce can tomato paste  
 Toppings: cilantro, sliced/smashed avocado

Place the ground meat, onions, garlic, spices, and sea salt in a 4-quart crockpot\*. Use a wooden spoon to break up the turkey and mix everything together.

Cut the ends off the sweet potatoes and trim off any unsightly bits. Then, cut them into quarters lengthwise. Cut the quarters crosswise into chunks about 1½ inches in size. Place over the top of the turkey mixture.

Place the whole tomatoes and tomato paste in a blender and blend until combined but still chunky. Pour the tomato mixture over the top of the sweet potatoes and turn the crockpot to low.

Cook for 8-10 hours, or until the sweet potatoes are tender. Taste the chili and add salt to your taste.

Serve with any and all toppings you desire.

\*This recipe can also be made on the stovetop in a Dutch oven/soup pot. Follow the directions as above, layering ingredients in your pot. Turn the heat to low/simmer and let cook, covered, for about an hour. Then stir, taste and cook more as needed.

### Jalapeño Chicken Burgers

1 ½ pounds Ground Chicken  
 2/3 cups diced white onion  
 1/4 cups fresh cilantro, chopped  
 2 tsp minced garlic  
 2 tsp jalapeño, seeded and diced  
 1 tsp cumin  
 tsp paprika  
 1 tsp red pepper flakes

Mix together ground chicken, onion, cilantro, garlic, jalapeño, ground cumin, paprika, and red pepper flakes in a large bowl.

Divide mixture and form into patties.

Grill over medium-high heat and flip when bottom side of burger no longer sticks to the grill grates, about 6-8 minutes.

Use lettuce "buns" or serve over a bed of greens.

## Easy Oven-Baked Brown Rice

from *Marin Mama Cooks*

Makes 2 cups cooked rice; serves 4 as a side dish

1 cup short-or medium-grain brown rice or brown basmati, sorted and rinsed. You can use any type of brown rice.

2 cups chicken or vegetable stock/broth or water.

1/2 teaspoon sea salt 1 tablespoon unrefined coconut oil

Preheat the oven to 375 degrees.

Bring the stock to a boil in a saucepan.

Place the rice on the bottom of the baking dish and make it level. Top the rice with sea salt and coconut oil.

When the stock comes to a boil, pour it over the rice.

Quickly cover the baking dish tightly with a layer of parchment paper and then aluminum foil. Make sure that it's a tight fit. You want the rice to steam, and if it's not tight, the stock will evaporate.

Bake the covered rice on the middle rack for exactly 1 hour. Do not check the rice! Just set your timer and walk away.

Pull the dish out of the oven, remove the parchment and foil, fluff the rice with a fork, and serve it up!

### DINNER TIP:

Double the rice recipe and have rice leftovers for lunches (for your deconstructed sushi bowl)! This is a simple way to cook once for several meals.

## Sausage & Cabbage Skillet

2 Tbsp coconut oil, divided

1 lb Italian sausage

1 medium yellow onion, diced

6-8 cups green cabbage (about 1 medium cabbage, thinly sliced)

4 cloves garlic, minced or finely grated

1/2 tsp smoked paprika

Sea salt and black pepper to taste

Chopped parsley, for garnish

Heat one tablespoon coconut oil in a large skillet over medium-high heat. Add the sausage and cook, stirring to break up any large pieces, until cooked through, 5-7 minutes. Remove from the pan.

Add the remaining tablespoon of coconut oil and the onion to the skillet. Add the cabbage, a few handfuls at a time. Reduce heat to medium-low and cook, stirring occasionally, for 6-8 minutes.

Add the garlic and smoked paprika. Sauté for 1 minute. Add the sausage back into the skillet. Stir to combine. Taste and season with salt and pepper if desired. Garnish with parsley.

## Turmeric Chicken & Veggies a la Lizzie

1 pound boneless chicken breasts  
Brussels sprouts, halved  
Butternut squash, cubed

Turmeric sauce:

2 T almond yogurt  
1/2 t turmeric  
1/2 t paprika  
1 clove garlic, minced  
salt and pepper to taste  
a pinch of cayenne pepper (if you want some heat)

Preheat oven to 425 degrees. Coat chicken with turmeric sauce. Add chicken and vegetables to a roasting pan.

Roast for about 18 minutes.

### MEAL PLANNING TIP:

Maybe your family isn't on board with Nourish -- that's ok! Habits develop at a different pace for each family. It doesn't mean you can't Nourish successfully! Here are tips to meal planning when you have a busy family who is not Nourishing with you.

- Be mindful of the amount of fresh food you buy to eliminate waste.
- Know your limitations of what is realistic (buying items like sauces and ghee may be easier than making your own...just check the labels!)
  - Make a meal game plan for the week -- for yourself! Look at what you have planned for your family and see how you can make it Nourish-friendly for one.

You don't have to make a separate Nourish friendly meals for every dinner. Does your family want spaghetti? Great! You can have spaghetti squash with your sauce and meatballs! Is it pizza night? Even better! Pick up a cauliflower pizza crust and hold the cheese.

## Sheet Pan Teriyaki Salmon & Vegetables

*From Just Jessie B*

FOR THE SALMON & VEGETABLES:

- 1 to 1 1/2 lb salmon fillet
- 1 white onion, sliced
- 1 red bell pepper, sliced
- 2 to 3 cups broccoli florets
- 2 to 3 cups green beans
- avocado oil, for drizzling
- salt & pepper
- optional garnish: sliced green onions, "Everything" bagel seasoning from Trader Joe's

FOR THE TERIYAKI SAUCE

- 1/3 cup coconut aminos
- 2 Tbsp balsamic vinegar
- 2 tsp minced garlic
- 1/2 Tbsp Dijon mustard
- 1/2 tsp dried, ground ginger
- pinch of red pepper flakes

Preheat the oven to 425°F. Line a baking sheet with parchment paper. Add the vegetables to the lined baking sheet.

Drizzle with avocado oil, season with salt & pepper, and lightly toss to coat. Arrange flat on the baking sheet & transfer to the oven.

Bake the vegetables for 10 minutes.

On the stovetop, combine the sauce ingredients in a saucepan and bring to a simmer. Continue to cook, stirring often, allowing the sauce to reduce and thicken. Turn the heat off once it reaches a consistency you prefer.

When the vegetables finish, move them to the sides of the pan to make room for the salmon in the center. Drizzle the salmon with avocado oil and a sprinkle of salt & pepper.



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