



the
HEALTHY
Living
guide

brought to you by

GROW  WELL CO.
with Lindsey Roberts

Helping you focus on your overall healing journey while
adopting healthy habits you can carry on forever.

est. 1980

HEALTHY *Living* GUIDE

Creating healthy habits, grocery shopping, and figuring out what to snack on or make for dinner can feel like the Wild West at times.

That is why this guide was created...to make resetting your gut & changing up your lifestyle just a little bit easier.

ENJOY!

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with Lindsey Roberts

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****THE PAGE NAMES ARE CLICKABLE**

MEET THE PRODUCTS

01

GreenSynergy

- 36 Fruits & Vegetables
- One packet provides a full serving of a rainbow of fruits and veggies.
- Contains prebiotic fiber, powerful phytonutrients, and antioxidants
- Delivers prebiotics & 3 billion CFU of probiotics
- Pleasant citrus flavor
- 11 key enzymes to support optimal digestive support
- Supports stomach and intestines to relieve bloating

02

Protein - Essential Meal

- 25g vegan protein
- Flavors to choose from, chocolate, vanilla & coffee
- 24 vitamins & all essential amino acids to support muscle and daily health
- Non GMO, plant based ingredients
- No artificial flavors or colors
- Gluten free & soy free
- Clinically tested & certified for low glycemic index
- Free of seed oils

03

Fizz

- Natural energy from green tea, ginseng, guarana & vitamin B
- Low calorie
- Increases endurance & alertness
- Supports healthy blood sugar levels
- Helps metabolize carbs, fats & proteins to provide energy

04

Detox Tea

- Supports liver and kidneys
- 9 botanicals
- Soothes and calms stomach
- Supports maintenance of good health



sample day

- 6:00 am** ● protein breakfast smoothie. 2 scoops of protein with your choice of milk, fruit, etc. (see recipes)
- 6:15 am** ● detox tea + fizz (aka tizzy)
- 7:00 am** ● greensynergy in 8 oz of water. stir & shoot
- 10:00 am** ● snack or fizz
- 12:30 pm** ● 2nd protein smoothie with a snack like raw veggies & hummus (see snack list for ideas!)
- 2:30 pm** ● snack or fizz *only if you are still hungry. Listen to your body
- 7:00 pm** ● healthy yummy dinner! for a nightcap try hot water with lemon to sooth digestion or a 2nd detox tea.



From Toddlers to Teens, this kid's sample day is designed for nourishment, balance, and energy with whole foods, protein shakes, and supportive supplements.

Morning Routine & Supplements:

- Wake-up Hydration: Electrolyte water (true sport) or lemon water for hydration and digestion support.
- Supplements: Age-appropriate probiotic (biotic sticks) + vitamin D3 & K2 spray (or a multivitamin).

Breakfast (Protein-Packed & Energizing)

For Toddlers & Young Kids: Scrambled eggs with avocado and half Dave's Killer Bagel + a small chocolate smoothie or simple shake (EMR chocolate protein with milk or water for shake OR banana, EMR protein, almond butter and milk or water for smoothie)!

For School-Age Kids & Teens: Protein shake with EMR protein powder with milk or water over ice + Dave's killer Bagel with nut butter.

Mid-Morning Snack (Brain Fuel)

Toddler: Apple slices with nut butter + cheese cubes.

School-Age & Teens: Greek yogurt with honey and granola or a handful of trail mix with nuts, seeds, and dark chocolate chips.



Lunch (School-Friendly & Balanced)

Protein-Packed Lunchbox Idea:

- **Main:** Turkey and cheese roll-ups, beef and red sauce pasta meal prep or chicken and avocado wrap.
- **Side:** Baby carrots, cucumber slices, and hummus. Snacks (look at swap list)! Cheese, guacamole, grape tomatoes, nut butter with celery or rice cakes! Protein balls or homemade granola (recipes attached), Greek yogurt or yogurt drink (look at shopping list)
- **Fruit:** Berries, melon or an orange.
- **Drink:** Water!! For extra nutrition, electrolyte water (Arbonne hydration) or a shake in a thermos.

Afternoon Snack (Post-School or Pre-Activity Boost)

Toddlers & Young Kids: Cottage cheese with fruit and a sprinkle of flaxseeds, granola or honey!

Teens: Hard-boiled eggs with sea salt + a protein shake or smoothie.

Dinner (Nourishing & Family-Friendly)

- **Protein:** Grass-fed beef, organic chicken, skirt + ribeye steak, or baked salmon.
- **Carbs:** Roasted sweet potatoes, quinoa, lentils or brown rice.
- **Veggies:** Steamed broccoli, salad, sautéed spinach w/ lemon, or roasted Brussels sprouts.
- **Healthy Fats:** Avocado slices, raw butter + cheese or olive oil drizzle.



Evening Wind-Down & Optional Supplements:

- Magnesium body spray or oral for relaxation (especially for teens).
- Herbal tea or warm milk with honey before bed for calming effects.

This plan ensures kids get quality protein, healthy fats, and essential nutrients while keeping meals fun, simple, and school-friendly!

avoid list

- dairy (unless you are doing RAW)
- gluten
- soy
- peanuts and peanut butter (high in bacteria and hurts the gut)
- processed sugar, sugary syrups
- artificial sweeteners
- coffee
- alcohol
- farm-raised fish (get wild caught!)
- non-cage-free chicken
- all beef that is not grass-fed (if not grass-fed, it has hormone disruptors & will hurt your gut/hormones)
- white potatoes (sweet potatoes are a much better option packed with vitamins to nourish you)
- corn
- nitrates
- msg
- balsamic syrup (use balsamic vinegar instead)

pasta + grain replacements

- palmini hearts of palm noodles kelp noodles
- cappellos/ Jovial/ Banza gluten free pasta
- spaghetti squash
- chickpea pasta
- zoodles
- cauliflower rice
- quinoa
- brown rice

approved condiments

- coconut aminos instead of soy sauce *amazing for flavoring veggies or meats
- primal kitchen dressings, Siete sauces and marinades or tessemae's dressings + marinades
- ketchup: primal kitchen unsweetened
- yellow bird blue agave siracha
- homemade dressings.
- Check pinterest for recipes with approved ingredients

dairy replacements

- RAW dairy (if you are choosing to keep dairy in your diet, switch to RAW. It is packed with enzymes that are amazing for digestion. We recommend no dairy for 2 weeks.)
- coconut oil (instead of butter)
- ghee (instead of butter)
- avocado oil (smoking point 520°F)

SWAP
it

SHOPPING LIST

your cheat sheet

BRING THIS TO THE STORE





SHOPPING *list*

- organic berries (fresh & frozen)
- organic green apples & mangos
- organic veggies
- cage-free organic eggs or pastured raised
- almond, coconut milk (carrageenan free) or RAW milk
- raw almonds & cashews
- almond or sunflower butter
- brown rice &/or cauliflower rice
- sweet potatoes or yams
- legumes (black beans or lentils!)
- avocados (for smoothie or guac. healthy fat!)
- olive oil, avocado oil, coconut oil for all cooking
- wild-caught fish (1 x a week)
- free-range organic chicken or turkey
- grass-fed organic beef or steak
- apple cider vinegar (great for seasoning + salad dressings)
- coconut aminos (for marinating, seasoning, etc.)
- miyokos dairy free herb cheese or RAW cheese
- siete chips and tortillas
- primal kitchen dressings all approved

*These are some of our staples we
keep on hand, always.*

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SHOPPING list



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Kids SHOPPING list

Here are some added healthy kid favorites to go along with your main shopping list.





SMOOTHIE RECIPES

*When healthy
tastes good*

SMOOTHIES | SHAKES

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SHAKE IT UP

protein shakes

Chocolate Blueberry

- 8-10 oz nut milk or raw milk
- 2 scoops of chocolate protein
- 1 tbsp almond butter
- handful of organic spinach
- 1/2 cup frozen organic blueberries
- blend

**Frozen wild blueberries are the best!

Strawberry Banana

- 8-10 oz nut milk or raw milk
- 2 scoops of vanilla or chocolate protein
- 1 tbsp almond butter
- 1/2 organic frozen banana
- 4-5 frozen organic strawberries
- blend

Coffee Mocha

- 8-10 oz nut milk or raw milk
- 1 scoop of coffee protein
- 1 scoop of chocolate protein
- 1/2 frozen avocado
- pinch of sea salt
- ice cubes
- splash of water depending on desired consistency
- blend

But first, Coffee

- 8-10 oz nut milk or raw milk
- 2 scoops of coffee protein
- pinch of sea salt
- handful of ice cubes
- splash of water depending on desired consistency
- blend
- top off with cinnamon



Chocolate Cherry

- 8-10 oz nut milk or raw milk
- 2 scoops of chocolate protein
- 1 tbsp almond butter
- handful of organic spinach
- 1/2 cup frozen organic cherries
- blend

Chocolate Banana

- 8-10 oz nut milk or raw milk
- 2 scoops of chocolate protein
(vanilla can be used too)
- 1 tbsp almond butter
- 1/2 organic frozen banana blend
- **optional, add 5 HU or Lilly's
chocolate chips

Glowing in Greens

- 8-10 oz nut milk or raw milk
- 2 scoops of vanilla protein
- 1 Frozen banana
- 2 cup of frozen spinach or kale
- 1/2 cup frozen mango or
pineapple chunks
- 1 cup of ice splash of water
depending on desired
consistency
- blend

Simple Shake On the Go

- 10 oz nut milk or raw milk
- 2 scoops of any flavor protein
- handful of ice
- place all into a shaker cup and shake
until creamy smooth! Easy for quick
on the go shakes! Add more liquid if
needed.



SHAKE IT UP

protein shakes

Pumpkin Pie

- 8-10 oz nut milk or raw milk
- 2 scoops of vanilla protein
- 1 tbsp almond butter
- 1 frozen banana
- 1/3 cup organic pumpkin puree
- pinch of cinnamon, pumpkin pie spice, & sea salt
- 1/2 cup frozen organic cherries
- blend top with crushed simple mills graham crackers

Fall'n For You

- 8-10 oz nut milk or raw milk
- 2 scoops of vanilla protein
- 1 frozen banana
- 4 walnuts
- 1 date
- 1 scoop almond butter
- generous dash of cinnamon blend
- **optional, add 5 HU or Lilly's chocolate chips



Strawberry skies

- 1 cup of frozen strawberries
- 1 frozen banana
- splash of coconut water
- 1/2 cup nut or raw milk
- 1 scoop of almond butter
- 2 scoops strawberry protein
- **limited edition Blend & enjoy!

holiday cheer

- 1 cup nut or raw milk
- 1/4 cup of water
- 2 scoops of peppermint mocha protein **limited edition
- Shake (or blend) vigorously and pour over ice
- Top off with shaved HU or Lilly's chocolate and coconut whip!

Smoothie Superfood Additions

These are great add ons to boost your smoothies, shakes, and bowls!

- 1 tsp chia seeds
- 1 tsp hemp seeds
- bee pollen
- organic kefir (amazing probiotic addition to your routine)
- coconut water (hydrating! Great addition or milk alternative for above recipes)

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SNACK
LIST

*When you're hungry,
nourish your body*

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SNACKS

- hummus or bitchin sauce + carrots
- siete chips + guac
- organic salsa
- brown rice cakes with almond butter
- berries
- celery + almond butter
- green apple + almond butter
- protein balls (see recipe)
- gf oatmeal
- beef sticks (EPIC or Chomps brand)
- tomatoes with olive oil + sea salt
- cucumbers with lemon + salt
- cucumber + tajin
- almonds **organic if possible
- sesame tahini dip with raw veggies
- fresh mango with Elizabeth granola
- "seaweed snax" (made with olive oil)
- chia seed pudding with fresh berries
- eggs (hard-boiled is an easy snack!)
- EPIC pork skin chips (great with guac)
- tuna or egg salad
- prosciutto wrapped figs drizzled in honey



SNACK RECIPES

*tasty + easy
homemade snacks*

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BLACK BEAN HUMMUS RECIPE



PREP
TIME
5 MINUTES



PROCESS
TIME
2 MINUTES

PROCEDURE:

In a food processor or blender combine 2 tbsp of liquid from beans, garlic, olive oil, tahini, lime juice, cumin, ground coriander, salt and cayenne. Once blended, add in black beans and blend until creamy smooth.

Enjoy with Siete chips, cucumbers or other veggies!

INGREDIENTS:

- 15 oz can of black beans liquid reserved
- 1 clove garlic minced
- 2 tablespoons olive oil
- 2 tablespoons tahini
- 2 tablespoons lime juice
- ½ teaspoon cumin
- ½ teaspoon ground coriander
- ½ teaspoon salt
- ¼ teaspoon cayenne

RAW CARROT SALAD RECIPE



PREP
TIME
10 MINUTES



FRIDGE TIME
NOT NEEDED

PROCEDURE:

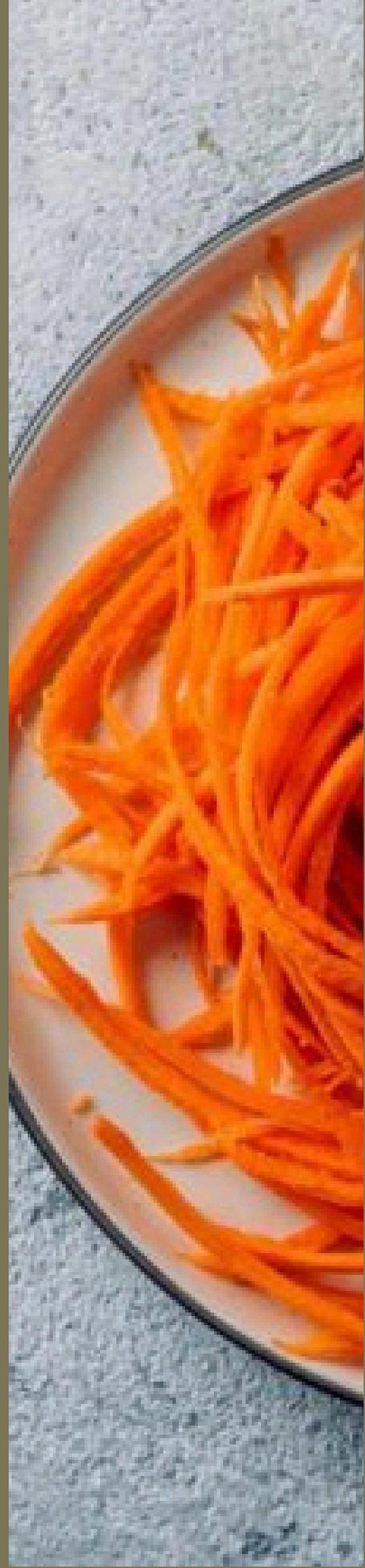
Peel carrot length wise in to strips or grate with cheese grater. Mix all ingredients together and enjoy!

INGREDIENTS:

- 1 medium sized carrot
- 1 tsp coconut oil
- 1 tsp white vinegar
- pinch of sea salt

NOTES:

This is a simple superfood salad that helps aid hormones & metabolism. The taste is unique but SO good for your body + hormones!



COOKIE DOUGH PROTEIN BALLS

R E C I P E



PREP
TIME
10 MINUTES



COOL TIME
15 MINUTES

PROCEDURE:

Mix everything together in a bowl, add milk until desired consistency! Then roll in to small balls and place in the fridge to chill. Can be enjoyed frozen too!

NOTES:

Enjoyed best when shared.
**You can also swap 1 scoop of vanilla protein for 1 scoop of the limited edition peppermint mocha protein!

INGREDIENTS:

- 2 scoops vanilla protein
- 2 scoops chocolate protein
- 1/2 Lily's or HU dark chocolate chips
- Squeeze of raw honey
- 2 tbsp crunch almond butter
- pinch of sea salt
- splashes of milk (nut or raw)

OVERNIGHT OATS

R E C I P E



PREP
TIME
10 MINUTES



FRIDGE TIME
4-8 HOURS MIN.

PROCEDURE:

Mix all together and put in the fridge overnight. Serve cold with a splash of milk, fresh berries, and granola (Purely Elizabeth is our fav!)

INGREDIENTS:

- 1/2 cup gluten free oats
- 1/2 cup unsweetened milk (nut or raw)
- 1 scoop of arbonne protein (vanilla or chocolate is best for this)
- 1 tbsp pure grade A maple syrup
- 1 tbsp seed mix (chia, flax and hemp)



FIG SPREAD TOAST RECIPE



PREP
TIME
5 MINUTES

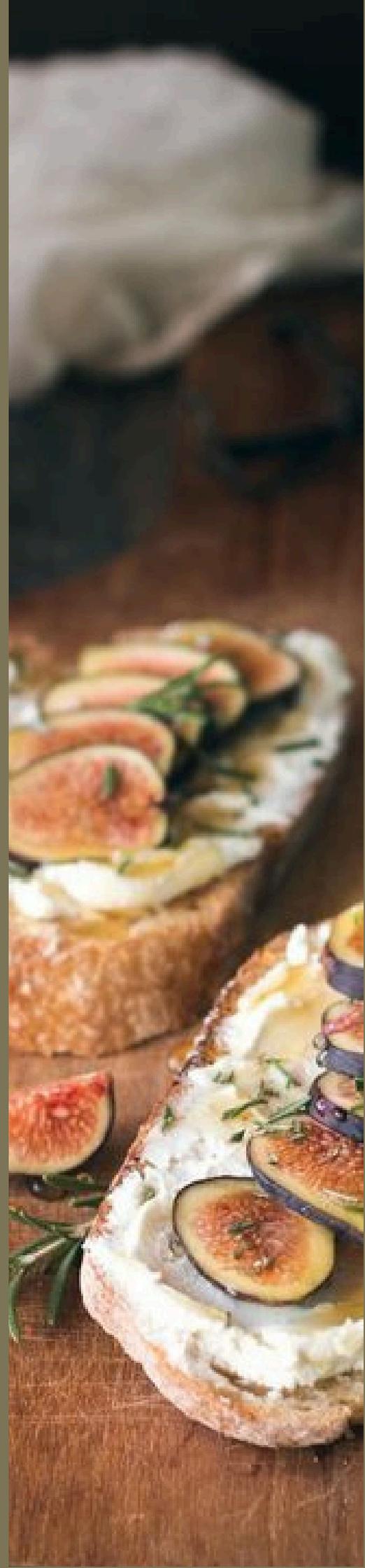
PROCEDURE:

Thinly slice the figs. Spread cream cheese on toasted GF bread then lightly drizzle olive oil, freshly squeezed lemon, and salt. Then layer the sliced fig and top off with a light drizzle of honey and fresh thyme.

Enjoy with a fresh fizz!

INGREDIENTS:

- 1 Figs
- 1 Thyme, fresh
- Honey drizzle
- 1 tbsp Lemon juice
- 3 tbsp Olive oil or avocado oil
- 1/2 tsp Pink salt
- 4 ground up almonds or pistachios for topping
- 1 GF Sourdough bread or Ezekiel Bread, toasted slices OR rice cakes
- Cream cheese (NON DAIRY) or organic goat cheese



HOMEMADE GRANOLA RECIPE



PREP
TIME
10 MINUTES



COOL TIME
2 HOURS - 2.5 HOURS

PROCEDURE:

Preheat oven at 225.
Toss all ingredients in a bowl then lay flat on baking sheet with parchment paper. Bake at 225 for 2 - 2.5 hours, stirring occasionally until golden & crunchy.

Enjoy! Use on top of shakes, smoothie bowls, overnight oats, chia seed pudding, yogurt, or just in a bowl with a splash of milk + berries!

INGREDIENTS:

- 1 cup almond or coconut butter
- 1/2 cup raw butter or coconut oil
- 1/2 cup honey
- 1/2 tsp salt
- 1 tsp vanilla
- 1 tsp cinnamon
- 2 organic eggs
- 1 cup go raw sprouted seed salad toppers (or sprouted nuts of choice)
- 2 cups sprouted brown rice cereal (Farmers Know brand)
- 3 cups sprouted oats (Farmers Know brand)
- 3 tbsp shredded coconut

This is a great way to save money by making bulk fresh granola !



DINNER RECIPES

The taste of comfort

TEQUILA LIME CHICKEN TACOS

RECIPE



PREP TIME
20 MINUTES



COOK TIME
20 MINUTES

PROCEDURE:

1. get grill ready– 400/450 degrees to get a nice sear
2. season chicken with rub on both sides and sprinkle with salt.
3. grill chicken for 15 - 20mins until cooked through
4. while chicken is cooking, make slaw; add jicama, shredded carrots, cilantro and juice of one lime and a pinch of salt– set aside
5. make sauce– 1/4 cup of mayo + 1/4 cup of spicy chipotle sauce + juice of a half of lime! mix together until it's a drizzle consistency
6. prep avocado slices + chop grilled chicken into bite sized pieces
7. toast tortillas on an open flame; don't let them burn!
8. assemble tacos & drizzle the sauce! Enjoy!

INGREDIENTS:

- 2lbs organic boneless chicken thighs
- Kinders bbq tequila lime rub (or anything similar)
- 1/2 cup jicama, sliced thin
- 1/2 cup shredded carrots
- 1/4 cup minced cilantro
- 2 limes, juiced
- 2 avocados, sliced
- 1/4 cup Primal Kitchen Foods avocado mayo
- 1/4 cup spicy chipotle sauce (can be purchased at whole foods or made by scratch)
- Siete Foods cassava flour tortillas

SWEET POTATO BLACK BEAN CHILI

RECIPE



PREP TIME
10 MINUTES



COOK TIME
30 MINUTES

PROCEDURE:

First, brown meat in large pot; set aside.

Next, add olive oil to pan & then add diced onion with pinch of salt, sauté until translucent and then add diced sweet potatoes & garlic.

Add seasonings + tomato paste and stir well.

Add chicken stock + another pinch of salt (I taste everything as I go, you need salt to bring out all the flavors so don't skimp on it)

Add meat back into the pot, put the lid on a bring to a boil! then remove lid, drop heat to a simmer and let simmer for 20 minutes!

Then add black beans + lime juice and cilantro!

Serve in a bowl and top with fresh cilantro, raw or vegan cheese, avocado, jalapenos, and onions if desired.

INGREDIENTS:

- 1 lb lean ground organic grass fed beef
- 2 organic sweet potatoes, peeled + diced
- 2 tbsp olive oil
- 1/2 organic white onion, diced
- 1 can organic black beans, rinsed and drained
- 3 garlic cloves, minced
- 1 box organic chicken stock
- 6 oz can of tomato paste
- 2 large limes, juiced
- 2 tbsp chili powder
- 1 tbsp onion powder
- 1 tbsp garlic powder
- 1 tbsp salt
- 1/2 tbsp pepper lots of fresh cilantro, raw or vegan cheese for garnish!



SHEET PAN TERIYAKI SALMON + VEGGIES WITH BROWN RICE

R E C I P E



PREP TIME
20 MINUTES



COOK TIME
20 MINUTES

PROCEDURE:

****Marinate salmon overnight or at least 1hr before making!**

First, preheat oven to 400 degrees.

Next, take a large baking sheet and spread out salmon and broccoli!

Drizzle broccoli with olive oil & salt and pepper + squeeze of half the lemon

Roast for 20 minutes until salmon is cooked through (should be pink and flaky in the center)

Once done, squeeze the remainder of the lemon on the broccoli

Serve with brown rice!
Top off with sesame seeds if desired.

INGREDIENTS:

- 1 lb wild salmon
- 1 bag of organic broccoli florets or shredded carrots (or veggie of choice)
- organic frozen brown rice (Trader Joe's is great)
- Primal Kitchens No Soy teriyaki marinade
- 1 Lemon, juiced
- olive oil
- salt & pepper
- sesame seeds



STIRFRY CHICKEN + VEGGIES WITH BROWN RICE NOODLES

RECIPE



PREP TIME
20 MINUTES



COOK TIME
20 MINUTES

PROCEDURE:

For Chicken:
Marinate chicken in rice vinegar, coconut aminos, sesame oil, salt and pepper.

Then add to air fryer for 8-10 minutes until cooked through.

**If you don't have an air fryer, cook in the oven.

Noodles:
While chicken is cooking, heat up rice noodles package.

For the Veggies:
In a separate pan, heat up oil and then add broccoli + garlic, cook until tender, add carrots and shiitakes, cook for a few more minutes and then add bok choy last.

Once everything is tender, add coconut aminos, and season with a little salt and pepper.

To serve, add in cubed chicken & brown rice noodles with veggies on top! Top off with green onions and sesame seeds. **A great clean siracha is Yellow Bird

INGREDIENTS:

- 1 lb chicken breasts or tenders
- 1 tsp rice vinegar or apple cider vinegar
- 1 tsp coconut aminos
- 1 tsp sesame oil
- Salt Pepper
- Brown Rice Noodles
- 1 Container Shiitake Mushrooms
- 1/2 bag broccoli florets
- 1/3 cup shredded carrots
- 2 cloves of garlic, minced
- 2 baby bok choy, sliced
- 1 green onions, sliced
- Sesame Seeds
- 1 tbsp olive or avo oil



CHICKEN BONE BROTH PHO

R E C I P E



PREP TIME
10 MINUTES



COOK TIME
10 MINUTES

PROCEDURE:

*Chop onions + garlic and lightly saute in olive oil or butter until slightly browned

Add in bone broth.

Add equal parts water to broth.

Next, add in all desired seasonings, veggies + rotisserie chicken + noodles and cook until noodles are limp (according to the noodle package)

Serve in a large bowl and enjoy! For extra spice, add in the approved siracha brand Yellowbird & top off with sesame seeds.

INGREDIENTS:

- Chicken or beef bone broth
- green onions
- 2 garlic cloves
- garlic powder
- 1/2 tbsp salt (more to taste)
- water
- rice noodles (lotus foods organic traditional pho rice noodles)
- 3 tbsp coconut aminos
- rotisserie chicken from the store
- *optional add ons: bok choy, carrots, broccoli, white onion, sesame seeds

CREAMY PASTA FT. CHICKEN SAUSAGE

RECIPE



PREP TIME
5 MINUTES



COOK TIME
20 MINUTES

PROCEDURE:

First, boil pasta water; cook pasta per instructions on the box (we have found that adding a splash of olive oil in the water helps the GF pasta not stick together)

Next, 1 cup pasta sauce & add a sprinkle of salt & pepper, once hot— add half a container (or less) of kite-hill cream cheese. Mix until thick and creamy!

Slice chicken sausage and heat up in pan, add to pasta sauce.

Combine pasta, sauce, sausage and garnish with fresh parsley/basil!

INGREDIENTS:

- 1 jar Rao's pasta sauce
- 1 box Jovial or Banza gluten free pasta (or any brown rice/ chickpea pasta)
- 1 container kitehill dairy free cream cheese (I prefer plain or chive for this)
- 1 package chicken sausage; Applegate is a great brand!
- Check to make sure it's GF!
- fresh chopped parsley or basil



CROC POT WINTER ROAST

R E C I P E



PREP TIME
20 MINUTES



COOK TIME
8-9 HOURS

PROCEDURE:

Season roast on all sides with pepper + salt, then add to a medium heat with oil (olive oil or butter) in a pan. Sear each side for 3-4 minutes until brown.

Add carrots, onion, potatoes, and celery to the bottom of the slow cooker. Then place the roast on top and add thyme, garlic, salt, butter, and broth.

Cover and cook for 8-9 hours until meat is tender and easily shreds apart.

INGREDIENTS:

- 3 lb beef chuck roast
- 2 cups sweet potatoes
- 4 large carrots peeled & cut into chunks
- 5 stalks of celery thickly chopped
- 4 cloves garlic grated
- 1 small shallot sliced
- 1 yellow onion, chopped
- 1 tbsp thyme
- 2 cups beef bone broth
- 1 tsp black pepper
- 3 1/2 tsp sea salt
- 2 tbsp ghee, raw butter or olive oil



AUTUMN VEGGIES + ROTISSERIE CHICKEN

RECIPE



PREP TIME
15 MINUTES



COOK TIME
35-40 MINUTES

PROCEDURE:

Preheat oven to 425 degrees;

Next, line a large baking sheet with parchment paper or foil.

Whisk together olive oil, lemon juice, rosemary, zest, and garlic in a small bowl.

After all veggies are chopped, add them to the baking sheet and coat with above olive oil mix.

Roast for 35-40 minutes until veggies are tender.

Serve with rotisserie chicken and a bed of rice (see shopping guide for quick & easy frozen rice options). Top with salt + pepper

Notes: This is amazing as a quick left over meal!

INGREDIENTS:

- 10 Brussels sprouts
- 1 1/2 cups Butternut squash
- 4 Carrots
- 2-3 cloves Garlic
- 1 Shallot Onion
- 2 sweet potatoes
- 1 tsp Black pepper
- 1 tsp salt
- 2 Lemons zested & juiced
- 2 tbsp chopped fresh rosemary or 1 Tbsp dried
- 1/4 cup Olive oil





GROUND TURKEY MEATBALLS

R E C I P E



PREP TIME
20 MINUTES



COOK TIME
10 MINUTES

PROCEDURE:

Preheat oven to 450 degrees

You can use your hands or a small cookie scoop for portions!

Bake for 10 minutes

Serve on top of Raos marinara & pasta and top off with basil

INGREDIENTS:

- 1lb ground turkey
- 1 tbsp tomato pasta
- 1/3 cup bread crumbs (Ian's gluten free)
- 3-4 tbsp milk (nut or raw)
- 2 tsp garlic, minced
- 2 tbsp fresh parsley
- 1 tbsp garlic powder
- 1 tsp salt
- 1/2 tsp pepper
- 1 egg yolk
- 1/4 cup finely minced onion
- Raos Marinara Sauce Jovial or Banza Pasta
- **optional fresh basil

LOADED MUSHROOM TACOS

RECIPE



PREP TIME
15 MINUTES



COOK TIME
10 MINUTES

PROCEDURE:

Cabbage slaw: Mix lime juice, olive oil, cilantro, cabbage slaw, and salt. Set aside

Next, sauté mushrooms in a little avocado or olive oil until tender; add taco seasoning and sauté until golden brown! Season with salt and pepper

Char the tortillas on an open flame until soft but semi charred

Assemble tortilla with sautéed mushrooms, cabbage slaw, cilantro and sauce for garnish!

INGREDIENTS:

- 1 container organic cremini mushrooms, sliced
- 1 container shiitake mushrooms, sliced
- 1-2 tbsp Siete taco seasoning
- 1 package organic cabbage slaw
- 1 lime, juiced
- 2 tbsp olive oil
- 2 tbsp chopped cilantro
- grain free tortillas (Siete cassava flour is our fav) Chipotle bitchin' almond sauce for garnish
- salt & pepper to taste





BUFFALO CHICKEN WITH CAULIFLOWER ARUGULA SALAD

R E C I P E



PREP TIME
7 MINUTES



COOK TIME
15 - 20 MINUTES

PROCEDURE:

First, cut all cauliflower florets in to bite sized pieces and dice celery

Preheat oven to 400 degrees

Next, drizzle cauliflower and chicken in Olive Oil, salt, and pepper.

Bake for 15 minutes until both chicken is cooked and cauliflower is tender.

Heat up buffalo sauce with butter, stir until mixed well and allow to cool for a few minutes.

Add arugula, celery, chicken and cauliflower to a bowl and drizzle both buffalo sauce and ranch to your liking.

For an extra crunch, add thinly sliced carrots & radish!

INGREDIENTS:

- Chicken tenders
- 1/2 head of cauliflower
- Olive or Avocado Oil
- Salt Pepper
- 1/2 cup Noble Made Mild Buffalo Sauce (cleanest option) or Franks Buffalo Sauce
- 1 tsp Raw or Vegan Butter
- Arugula Celery Primal Kitchen or Farmer and Fields Ranch
- 1/2 cup sliced carrots and radish

BURGER BOWL

RECIPE



PREP TIME
15 MINUTES



COOK TIME
30 MINUTES

PROCEDURE:

Preheat oven to 425 and line baking sheet with parchment paper.

Toss sweet potato slices in olive oil and sprinkle with salt.

Roast for 30 minutes or until crispy.

To save on pans, you can also cook bacon in the oven for a crispy addition!

In a heated large skillet, add beef with salt + pepper and cook until browned. Stir and break up lumps.

For the sauce, mix all ingredients in a bowl and whisk until smooth.

Base your bowl with greens, then add beef, bacon, sweet potato fries, and all toppings. Drizzle sauce and enjoy!

INGREDIENTS:

- 1 lb organic ground beef or turkey bacon (applegate brand is best, no sugar added)
- 1 cup cherry tomatoes
- 1 medium purple onion
- sliced dill pickles
- 1 avocado
- 4 cups of greens (arugula or hearts of romaine are great options)
- 1/2 tsp sea salt
- 1/2 tsp garlic powder
- dash of black pepper
- 1 thinly sliced sweet potato

SAUCE INGREDIENTS:

- 1/3 cup of approved mayo
- 1 tbsp dijon mustard
- 3 tbsp approved ketchup
- 1 tbsp dill pickles relish or thinly sliced pickles
- 1/2 tsp garlic powder
- 1/2 tsp onion powder



WINTER APPLE FENNEL SALAD

PROCEDURE:

Mix all ingredients in a bowl & toss with dressing!

For added protein, top with shredded rotisserie chicken or seared peppered steak

INGREDIENTS:

- handful of mixed greens
- 1 organic apple, thinly sliced
- 1 small fennel bulb, thinly sliced
- handful or pomegranate seeds
- 1/4 toasted walnuts, chopped
- 1/4 cup fresh dill, chopped

DRESSING INGREDIENTS:

- 1 tsp whole grain dijon
- 1/2 lemon, juiced
- 1 tsp honey (local is best)
- 3 tbsp olive oil
- pinch of salt

TOMATO PUMPKIN SOUP

PROCEDURE:

Preheat oven to 350.

On baking sheet add tomatoes, carrots, celery, onions, shallots onto the pan and drizzle in olive oil + spices. Cook for 30 minutes until tomatoes are blistered.

**Keep garlic peel on, then slice the top so the garlic heads are exposed & drizzle with olive oil + put face down in pan.

Then, add all contents and squeeze garlic heads in to blender. Add pumpkin puree & broth.

Blend everything together until smooth, then add in coconut milk & continue blending.

Add more broth until desired consistency.

Top off with more coconut milk, parsley, & olive oil.

INGREDIENTS:

- olive oil
- 2 cups grape tomatoes
- 2-3 large carrots, chopped
- 2 stalks celery, chopped
- 2 yellow onions, halved
- 2 shallots, peeled
- 1 head garlic
- 2 tsp rosemary
- 2 tsp dried basil
- 2 tsp dried oregano
- 1/2 tsp cinnamon salt + pepper
- 1/2 cup organic pumpkin puree
- 1.5+ cups vegetable or bone broth
- 1/2 cup coconut milk

CROCKPOT TORTILLA CHICKEN SOUP

RECIPE



PREP TIME
10 - 15 MINUTES



COOK TIME
6 HOURS

PROCEDURE:

Start with the bottom the crockpot, layer the onion, jalapeños, and garlic. Then add chicken, cumin, salt, & pepper.

Next, pour over the enchilada sauce & 3 cups of broth.

Cover and cook on low for 6-7 hours (or high for 4-6 hours).

Once cooked, shred the chicken using two forks.

Stir in the rice, lime juice, and cilantro.

Serve & top soup with topping garnishes. Enjoy!!

INGREDIENTS:

- 1 sweet onion, diced
- 2 jalapeños, seeded & diced
- 2 garlic cloves, minced
- 1 lb boneless, skinless chicken breast
- 2 tsp cumin
- 1 tsp salt | 1 tsp pepper
- 3 cups red organic enchilada sauce
- 3-4 cups chicken broth or bone broth
- 1-2 cup frozen cooked rice (white or brown)
- 1 lime, juiced
- 1/2 cup fresh cilantro, chopped to cook
- toppings: siete tortilla chips, diced mango (if in season), sliced avocado, limes, shredded cheddar (vegan or raw), more cilantro



SOMETHING SWEET

LEARNING HEALTHY WAYS TO
INDULGE IN SWEETS

GROW WELL CO.

SWEETS

list

- Lily's dark chocolate (stick to 70% or above)
- HU chocolate (super clean ingredients!)
- berries with cinnamon and a splash of almond milk
- nice cream
- protein balls
- SoDelicious no sugar added ice cream
- Siete Churro Strips organic turkish
- dried figs (from sprouts)
- Simple Mills GF pumpkin muffin mix





OVEN APPLE CRISP

RECIPE



PREP TIME
10 MINUTES



COOK TIME
30 MINUTES

PROCEDURE:

Mixed sliced apples, lemon juice, cinnamon, 3 tbsp sugar in a bowl and set aside (allow mixture to marinate while making the crumble)

Mix flour, salt, oats, brown sugar + coconut sugar, then add in chunks of softened butter. Use a fork or hands to break up the butter and make a "crumble" topping

Add apples to a cast iron skillet (or any oven proof dish) then top with crumble bake in 375 oven for 30-35 minutes until golden brown. serve with coconut whip on top.

INGREDIENTS:

- 6 apples, sliced
- 1 cup gluten free oats (sprouted is best!)
- 1/2 cup of gluten free flour (almond or cassava can be used)
- 1 lemon juiced
- 1 cup coconut brown sugar (for crumble topping)
- 2 tbsp coconut sugar (for apple mixture)
- 1/2 cup softened butter (raw butter is preferred or coconut oil)
- 1/2 tsp cinnamon
- 1/8 tsp salt



CHOCOLATE COVERED FIGS

R E C I P E



TOTAL
TIME
20 MINUTES

PROCEDURE:

Wash figs and slice in half lengthwise.

Melt chocolate in microwave in 15-20 second at a time, stirring well each time until smooth.

Dip each fig half in chocolate and place on a tray lined with parchment paper.

Sprinkle with sea salt and put tray in refrigerator for about 15-20 minutes to let chocolate harden.

Enjoy!

INGREDIENTS:

- 10-12 Figs
- 4 oz melted HU or Lilly's chocolate
- Flaky Salt

A woman wearing a white hijab and a grey robe is sitting up in bed. She is smiling and holding a white mug with a blue logo. To her left, a laptop is open on the bed. The room has a white shiplap ceiling, a large mirror on the wall, and a lamp. The overall atmosphere is cozy and relaxed.

FIZZ THE SEASON

SHAKIN' UP YOUR DRINKS

GROW WELL CO.

PINK DRINK
ft. strawberry fizz

GREEN APPLE TART
ft. green apple fizz

BLOOD ORANGE SPRITZ
ft. blood orange spritz

MINTO MOJITO
ft. mango peach fizz



Pink Drink

- 2 fresh strawberries
- 1/2 lime, juiced
- light splash of maple syrup
- 1/2 cup of coconut or raw milk
- strawberry nixie sparkling water ice

*muddle berries then shake all ingredients except sparkling water! top off with strawberry fizz + sparkling water

Green Apple Tart

- 1 slice of green apple
- 1 cinnamon stick spiced apple
- waterloo *limited edition green
- apple fizz *limited edition
- ice

*mix all ingredients including fizz over ice. Optional: monk fruit sugar + cinnamon mix rim

let's get fizzy

GROW WELL CO.



Pomegranate Splash

- 1 tbsp of pomegranate juice
- 1/2 lime, juiced
- spoon-full of fresh pomegranate seeds
- 1 sprig of rosemary
- ice
- sparkling water

*add all ingredients over ice and pour pomegranate fizz. If too tart, add a dash of coconut sugar

Peaches & Dreams

- 2 cups of fresh or frozen peaches & mangos
- 1/2 tsp of coconut sugar
- mango peach fizz
- splash of coconut water
- peach nixie sparkling
- water
- 1 cup of ice

*blend or muddle all ingredients until desired consistency!



Blood Orange Spritz

- 1/2 oz blood orange juice
- sparkling water
- Blood Orange Fizz
- Blood orange twist, for serving
- ice

*mix all ingredients in a shaker except sparkling water and shake vigorously! top sparkling water. Rim glass orange twist + rosemary sprig

Mint Mojito

- 3/4 cucumber handful of mint
- 1/2 lime, juiced
- light splash of maple syrup
- 1/2 cup of coconut or raw milk
- ginger mint nixie sparkling
- water
- LOTS of ice

*muddle mint then mix in all ingredients! top off with limited edition melon fizz + fresh mint and lime slice

sip, sip, repeat



HEALTHY *Living* guide

GROW WELL CO.
with Lindsey Roberts

MEMBERS ONLY

Thank you for trusting us with
your health journey!