



Krista Harrison, RHN, NNCP  
Registered Nutritionist, Natural Nutrition Clinical Practitioner, Certified Reflexologist  
(519) 841-2061  
kristaharrison@rogers.com

### **Breakfast: 10 Minute Muesli**

#### **Ingredients:**

2/3 cups oats  
1-2 tbsp Chia Seeds  
1 1/4 cup unsweetened almond milk  
1/4 cup of raisins or dates  
1/2 an apple, chopped  
1/4 cup of pecans, pumpkin seeds or sunflower seeds  
1/4 teaspoon cinnamon  
Raw Honey or Organic Maple Syrup to taste

At night, place the oats, chia seeds and 1 cup of the almond milk in a glass jar with a lid. Put the jar in the fridge overnight.

In the morning, take the jar out and place it on the counter for 10 minutes.

In the meantime, chop up the apples and measure the rest of the ingredients

When ready, put the oats in a bowl and add the apples, raisins or dates, nuts or seeds, cinnamon and honey (if desired) along with the remaining almond milk.

### **Snack: Zucchini Hummus with raw veggies**

#### **Ingredients:**

1 medium-large zucchini, cut into chunks  
1/2-1 cup chickpeas, drained  
1/4-1/2 cup tahini  
1-2 garlic cloves, peeled  
juice of a lemon  
2 Tbsp. olive oil  
1/2 tsp. cumin  
1/2 tsp. salt (or to taste)

Blend everything in a food processor until relatively smooth. Taste and adjust seasonings. Serve immediately or refrigerate for up to 4 days.



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## Lunch: Salad with Avocado and Black Bean Tacos

### Sweet Mustard Dressing

#### Ingredients:

½ cup extra virgin olive oil  
¼ cup apple cider vinegar or fresh lemon juice  
1 tablespoon Dijon mustard (or honey Dijon)  
2 teaspoons raw honey  
¼ teaspoon plus 1/8 teaspoon salt  
1-2 cloves of garlic  
Pinch of black pepper

Mix all ingredients in a blender.

### Avocado and Black Bean Tacos:

#### Ingredients:

½ avocado  
½ minced clove garlic  
1 tbsp lime juice  
Dash of cumin  
Sea salt and ground pepper  
2-3 Romaine leaves  
½ cup thinly sliced kale  
¼ cup cooked black beans or quinoa  
2 tbsp toasted sunflower seeds

#### Directions:

- In a medium bowl, mash avocado with garlic, lime juice and cumin. Season with salt and pepper.
- Divide mixture between romaine leaves, top with kale, beans and sunflower seeds and season with salt and pepper.



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### **Dinner: Borscht Soup**

#### **Ingredients:**

1 medium onion  
2 carrots  
2 stalks of celery  
2 cloves of garlic  
1 tbsp olive oil  
4 beets  
4 cups water or organic veg broth  
1 tsp natural sweetener (honey, agave, stevia...)  
1 tsp dill  
1 tbsp lemon juice  
1/2 tsp horseradish (optional)

#### **Directions:**

Chop the onion, carrots, celery and saute with olive oil and garlic until fragrant  
Scrub the beets and chop the ends off  
Add water and sweetener along with the beets to the veggies  
Simmer for 45 minutes  
Scoop out the beets, peel and chop and add back into soup  
Then, puree soup and add dill, lemon juice and horseradish