



5 DELICIOUS NOURISHING RECIPES

Samples from the Whole Foods Program



Lori Kampa

National Board Certified Health & Wellness Coach (NBC-HWC) +
Certified Integrative Nutrition Health Coach

www.mindfulhealthwithLORI.com/Program

WELCOME!

I'm so glad you're here and excited for you to try out these recipes.

They're a little sneak peek into the Fresh Start Whole Foods Group Coaching Program, where we focus on resetting with whole, nutrient-dense foods that taste amazing.

If we haven't met yet, it's so nice to meet you! I'm Lori Kampa, a National Board Certified Health Coach passionate about helping women over 40 feel energized, confident, and in control of their health.

Every recipe in this guide is:

- Made with whole foods
- Gluten-free
- Dairy-free
- Sugar-free
- Corn-free
- Nutrition-dense
- Cleansing
- Delicious (of course!)



These recipes are designed to show you just how delicious and satisfying whole foods can be—no restrictions, just real nourishment that fuels your body and your life.

Enjoy,

Lori Kampa, MINDFUL HEALTH

NBC-HWC, Certified Professional Health Coach, Certified Integrative Nutrition Health Coach, Certified Yoga Instructor, Reiki Master



Chocolate Chia Smoothie

Makes 1 servings



Ingredients:

- 1 TB chia seeds, soaked in $\frac{1}{4}$ C water for 10 minutes or longer to create chia gel
- 1 small ripe banana (frozen preferred)
- $\frac{2}{3}$ - 1 C almond milk
- $\frac{1}{4}$ tsp cinnamon
- 1 TB raw cacao powder
- 2-3 large handfuls spinach, washed and dried
- 1 tsp Maca Powder (optional)
- 2 TB Hemp Seed Protein Powder (optional, but recommended)
- ice, if desired

Directions:

1. Place chia seeds in a small bowl and cover with about an inch of water. Allow to gel together for about 10 minutes. Be sure to stir the chia seeds a few times during soaking to activate all the seeds.
2. Add the remaining ingredients to the blender.
3. When chia seeds have gelled together a little, put the chia seeds and their water into the blender. Turn your blender on low and increase speed to incorporate all the ingredients. Blend until smooth, then serve.

Make-ahead tip: Prep chia seed gel the night before and store it in the fridge for a quick breakfast.





Sweet Potato “Toast” with Guacamole

Ingredients:

- 2 tsp extra-virgin olive oil
- 2 sweet potatoes — scrubbed clean, peels on
- 1 tsp kosher or sea salt
- 3/4 tsp black pepper
- One container of fresh guacamole
- One container of fresh guacamole (or combine 2 medium avocados — peeled, pitted, and diced, 1TB fresh lime juice, 1/2 tsp smoked paprika, 1/4 sea salt)
- 3 TB chopped cilantro
- 1/4 - 1/2 cup cherry tomatoes sliced
- 1/4 - 1/2 cup pumpkin seeds

Directions:

1. Preheat oven to 425 degrees F. Line two rimmed baking sheets with foil. Brush sheets with 1/2 tablespoon olive oil on each. Slice the sweet potatoes into 1/2 to 1/4-inch slices the long way to replace toast. Arrange the slices in a single layer on the oiled baking sheets, then brush tops with the remaining olive oil. Sprinkle with salt and black pepper.
2. Bake for 20 to 25 minutes, until golden brown underneath, rotating the pans 180 degrees and changing their positions on the upper/lower racks halfway through. Remove the pans from the oven, flip the slices over, and then roast for an additional 8 to 11 minutes, until golden on top.
3. Meanwhile, open the fresh guacamole or make your own. Combine the avocado, lime juice, salt, and smoked paprika in a small bowl. Mash lightly with a fork, leaving the mixture slightly chunky. Set aside.
4. Transfer the baked sweet potato slices to a serving plate. Top each with a dollop of the avocado mixture, halved cherry tomatoes, cilantro and pumpkin seeds. Serve warm or at room temperature.

Tuscan Vegetable Stew

Makes 6 servings



Ingredients:

- ½ yellow onion, chopped
- 1 zucchini, cut in half lengthwise and sliced
- 1 yellow squash, cut in half lengthwise and sliced
- 4 oz cremini mushrooms, wiped clean, the tip of foot cut off and cut in quarters
- 1 jar or can of diced tomatoes, with their juices
- 4-6 C vegetable or chicken broth
- 1 small bunch escarole or lacinato kale, washed, dried and cut into thin strips
- 1 sprig fresh oregano or 1 tsp dried
- 2 (14-oz) cans white kidney beans/navy beans/cannellini beans, rinsed & drained
- freshly ground pepper
- 3 garlic cloves, minced
- 1 TB olive oil

Directions:

1. Heat a large pot to medium-high. Add olive oil and onion and cook 4-5 minutes until onion is fragrant.
2. Add zucchini, yellow squash and mushrooms and sauté for 10 minutes. Add garlic cloves and stir for about a minute.
3. Add tomatoes, broth and oregano. Bring to a low boil, reduce heat and then simmer for 15 minutes. Gently stir the beans and escarole/kale into soup and cook for another 5 minutes or until beans are heated through and greens are wilted. Serve with freshly ground pepper on top.

Chicken with Asparagus & Sun-Dried Tomatoes

Serves 2, with leftovers



Ingredients:

- 2/3 lb boneless, skinless free-range organic chicken breasts, cut into small chunks
- 1 TB extra-virgin olive oil
- 1/2 onion, chopped
- 4 garlic cloves, minced
- 10 cremini/baby bella mushrooms, trimmed, wiped and cut into quarters (substitute for any kind of mushroom)
- 1 bunch asparagus, trimmed and cut into 1-inch pieces
- 2 TB sun-dried tomatoes in oil, chopped
- sea salt and freshly ground pepper

Directions:

1. Heat a large skillet over medium-high heat. Add olive oil, chicken, and onion to pan and sauté for 5-6 minutes, or until chicken begins to brown.
2. Next, add garlic cloves & mushrooms and cook a few minutes more, tossing occasionally. Add asparagus & sun-dried tomatoes and cook until asparagus is bright green and still crisp, about 3-4 minutes.
3. Crack some freshly ground pepper over the top and serve.

Notes:

Make this dish vegetarian by skipping the chicken and replacing it with 1 cup of cooked chickpeas, kidney beans, or white beans.



Indian-style Coconut Curry

Serves 2, with leftovers



Ingredients:

- 1 TB extra-virgin coconut oil
- 1lb boneless, skinless free-range organic chicken breasts, cut into small chunks (or chickpeas)
- 1-inch piece fresh ginger, peeled and diced
- 1 small yellow onion, peeled and chopped
- 4 garlic cloves, minced
- 2 TB curry powder
- 1 TB ground turmeric
- 2 C vegetable or chicken broth
- 1 (14-oz) can full-fat coconut milk
- 3-4 carrots, peeled and cut into ½-inch rounds
- 1 small head cauliflower, broken into florets and chopped into bite-sized pieces
- 1 C frozen peas

Directions:

1. Heat a large soup pot or Dutch oven over medium-high heat.
2. Add coconut oil, chicken, ginger and onion to the pan and cook until chicken begins to brown, then add garlic and cook for another minute.
3. Add curry powder and turmeric and stir until the chicken is coated and spices are fragrant, then pour in broth and coconut milk, and stir to combine.
4. Next, add carrots and cauliflower, bring to a simmer, cover, and cook for 15 minutes.
5. Just before serving, stir in peas. Taste and add sea salt if needed. Serve with a side of brown rice.

Vegetarian Substitution: You can also swap out a 14-oz can of rinsed and drained chickpeas for the chicken to make this a vegetarian meal. Simply add them when you add the carrots and cauliflower.

Short on time? Add all ingredients (except peas) into a slow cooker on low all day! This curry freezes well and reheats nicely for quick meals too. Suggest making a double or triple batch to freeze for future meals.



LET'S STAY CONNECTED!

I hope these recipes inspire you to nourish yourself and add a little more health and happiness to your day!

Ready to dive deeper into your health journey?

Join the [Fresh Start Group Coaching Program](#) or let's create a personalized plan that works for you—no one-size-fits-all here! [Click here](#) to learn more about health coaching or to schedule a free 30-minute session.

Looking for a supportive community? Join my [free Facebook Group](#) for recipes, motivation, and connection. I'd love to see you there!

Let's make health and happiness simple, enjoyable, and totally doable—together.



Let's Connect!

[CLICK HERE](#)
[TO BOOK A FREE](#)
[COACHING SESSION](#)

Lori Kampa

NBC-HWC, Certified Professional Health Coach,

Certified Integrative Nutrition Health Coach

info@mindfulhealthwithlori.com

mindfulhealthwithlori.com

