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Keep your body + mind cool with refreshing summer foods.

Our bodies crave balance and whether we pay attention or not, our bodies are always trying to attune to our environment and in particular the seasons. Life is dynamic. We are constantly changing within any given 24 hour cycle, monthly-basis, seasonally, and over our lifetime. Let your relationship with food on your plate be dynamic and follow the lead of nature. and our relationship with food needs to be too. The weather and the seasons is a great place to start. Our bodies are dramatically impacted by the heat in wild ways.

Favor These Summer Foods:



Apples
Berries
Beets
Chickpeas
Corn (non-gmo)
Cucumber
Dates
Greens
Fennel

Herbs and Spices:

Basil
Cardamom
Cilantro
Coriander
Dill
Mint

Hemp seeds
Lettuce
Melons
Peaches
Plums
Quinoa
Summer squashes + zucchini
White beans

Parsley
Thyme

Fats

Avocado
Everything Coconut
Goat Cheese

5 Simple Summer Meals From Food Bloggers I Love



Cucumber Limeade

Did you know that eating and drinking greens actually is cooling for your blood?

Ingredients:

Juice of 1 lime
A handful of mint
2 cucumbers
Handful of greens
¼ c pineapple
2 cups coconut water

Directions:

Pour all ingredients in your blender and liquify. Avoid too much ice in the summer. While it seems like a good idea, it can create havoc in your digestive system. Garnish with a sprig of mint and lime.



[Hummus](#)

Serve with veggie sticks or include in a quick wrap with a tortilla or a toasted seaweed wrap

[Sweet Pea Guacamole](#)

Add to your personal version of “avocado toast” or serve with chips or veggies.

[Avocado Cilantro Soup](#)

This is quick and easy to prep and clean up.

[Quinoa salad](#)

Keep meals plant-based for lightness with this simple salad.

[Cilantro/mint chutney](#)

We are always looking for fun condiments and this hits the spot on a hot day.



Lentil Salad

Salad Ingredients:

3 cups green lentils

3 carrots shredded

3 handfuls of greens (chard, kale, spinach - whatever you got)

½ red onion

½ cup toasted sunflower seeds (or raw if you prefer)

1 cup dried currants or raisins

Dressing Ingredients:

1 c olive oil

1 T dijon mustard

¼ c nutritional yeast

1 clove garlic

1 Tbsp maple syrup

Juice of 1 lime

1 tsp cumin

1 tsp turmeric

2 tsp Himalayan salt

2 tsp black pepper

Directions

1. Rinse lentils well, drain. Place in a pot and cover with 3-4 inches of water, bring to a boil, reduce to simmer. Check lentils for doneness after 15 minutes, but they should take about 20 minutes in total. You want them to be a little al dente and not overcooked.
2. While the lentils are simmering, make the dressing by placing all ingredients in a blender. Eliminate the garlic and nutritional yeast and put everything in a jar and shake.
3. Finely dice red onion, shred the carrot, chop the greens, toast the seeds in a hot skillet.
4. When the lentils are cooked, remove from heat, drain and place under cold running water to stop the cooking process. Once cooled slightly but still a little warm, place lentils in a large serving bowl and toss with dressing. Add remaining ingredients. If using other add-ins such as herbs, greens, or cheese, wait until just before serving. Otherwise, this salad can hang out in the fridge for a couple days.



Easy Overnight Chia Pudding

This is a household favorite and one I love to travel with. I tend to add a bag of chia seeds to my luggage for every trip whether I'm staying in a hotel or camping out. This is easy, satisfying and packed full of nutrients.

Ingredients for pudding:

3 cups unsweetened milk alternative (I've used water or juice in a pinch)

1/2 to 3/4 cup chia seeds, as needed (makes

4-6 servings)

1-3 tablespoons of pure maple syrup, honey or stevia, to taste (optional)

Topping Options:

Fresh fruit

Coconut flakes

Cinnamon, cardamom

Nuts and seeds

Dried fruit when you're in a pinch.

Directions:

1. Whisk the almond milk, chia seeds, and sweetener together in a large bowl. (For a thin and runny chia pudding, use 1/2 cup chia seeds. For a thick chia pudding, use 3/4 cup chia seeds.) Let sit for 5-10 minutes and then whisk again (this just helps prevent clumping).
2. Cover and chill in the fridge for 3 hours, or overnight. It helps to stir the mixture every so often during this time, but don't worry if you can't.
3. Stir well before serving. If it's too runny, whisk in more chia seeds and let it sit again until thickened. If it's too thick, thin it with a touch of milk.
4. Portion into bowl(s) and add your desired toppings. Leftovers will keep in an airtight container in the fridge for 3 to 5 days.

Side note for travels: I like to add chia seeds to juice when I travel. I look for the freshest juice in an airport and add chia seeds and spirulina and shake. It's a great way to hydrate and add plant-based protein to a day of travel.



Enjoy your summer and stay cool out there!

All my best,



Rachel

Rachel is a wellness and community leader merging everyday living with habit transformation to live a more grounded and connected life. She leads women into better body habits and supports them to be the best role models for their families and community. Get more information about her yearlong [Embody Ease Program](#) and shift YOUR life towards greater ease. [Receive Rachel's weekly emails](#) with more tips, recipes and time saving techniques to help you and your family thrive.