

TURNIP *the* BEETS

HOLISTIC NUTRITION & WELLNESS



NEWS

Happy New Year!!

Hope you all had a wonderful Christmas and New Years. It's always exciting welcoming the new year and taking a moment to reflect on the previous year. Wishing you all an incredible 2026 - I truly hope it's filled with joy, love, laughter and all the good vibes!

Just a reminder again that baby #2 is due to arrive this Spring and I'll be going on my mat leave... with no return date currently. The next 3 months are your LAST opportunity to work together and iron out any health issues that you have going on. Whether it's digestion, fitness goals, weight loss, anxiety/depression, hormone imbalances (PMS, perimenopause, cortisol), acne/skin issues, joint pain, diabetes etc. You can even just book a few consults to get a tune up on supplements & food to make sure your body is well taken care for the winter and also leading into the Spring.

This will also be my **only newsletter for 2026!** Hope you enjoy it as I'll be sharing an **easy sheet pan meal**, my new **2026 Post Holiday Detox Meal Plan for anyone that might have missed it**, how to optimize your health this Winter and some **client reviews to help inspire you to achieve your health goals.**

Let's Turnip the Beets!

Sabrina

IN THIS ISSUE

TTB NEWS - LAST CHANCE

SHEET PAN CHICKEN & ROOT VEGGIES

OPTIMIZE YOUR HEALTH THIS WINTER

CLIENT REVIEWS



Sheet Pan Chicken

A convenient, simple, flavorful one pan meal with easy clean up! It includes tender, herb butter brushed chicken thighs and seasoned, roasted fresh vegetables. It's all cooked together and makes a perfect weeknight dinner!

Ingredients

- 12 ounces Brussels sprouts, trimmed and halved
- 12 ounces red potatoes, unpeeled, cut into 1-inch pieces
- 6 shallots, peeled and halved lengthwise
- 4 medium carrots, peeled and cut into 2-inch lengths, thick ends halved lengthwise
- 6 garlic cloves, peeled
- 1 Tbsp olive oil
- 4 tsp minced fresh thyme or 1 1/2 tsp dried, divided
- 2 tsp minced fresh rosemary or 3/4 tsp dried, divided
- Salt and pepper
- 2.5 - 3 lbs bone-in, skin-on chicken thighs or other cuts of chicken



Recipe adapted from Cooking Classy

Instructions

1. Adjust oven rack to upper-middle position and preheat oven to 475 degrees.
2. Toss Brussels sprouts, potatoes, shallots, carrots, garlic, oil, fresh thyme, fresh rosemary, sugar, 3/4 tsp salt, 1/4 tsp pepper together in a large mixing bowl.
3. In a small mixing bowl stir together melted butter, remaining 2 tsp fresh thyme, remaining 1 tsp fresh rosemary, 1/4 tsp salt and 1/8 tsp pepper. Pat chicken dry with paper towels and season with salt and pepper.
4. Place vegetables in a single layer on an 18 by 13-inch rimmed baking sheet
5. Place chicken, skin side up, on top of vegetables, arranging breasts pieces in center and thighs and drumsticks around perimeter of sheet
6. Roast until breasts register 165 degrees and drumsticks/thighs register 175 degrees, 35 - 40 minutes, rotating pan halfway through roasting.
7. Remove sheet from oven, plate and serve.

NEW 2026 Post Holiday Detox Meal Plan



I always love sharing a **gentle “detox” meal plan** after the holidays since we’re often feeling inflamed, bloated and low energy from all the indulging and festivities. **If you need a little reset** but aren’t ready to commit to a full wellness transformation package, **this is the perfect plan** for you AND it’s very affordable.

After just a few days you should start to feel some (if not all) the following **benefits**: **less inflammation, weight loss, energy, decreased bloated, improved bowel movements, clearer skin, better sleep, improved mood.** [*****Click here to get your meal plan!*****](#)



Optimize your Health this Winter

Now that you'll be settling back into a routine post-holidays, it's time to change things up a bit to help better support your body for winter.

Most people that start working with me for the first time are typically eating the same foods week to week which means they really aren't getting a variety of nutrients and likely not eating in line with the season. Another thing I've noticed is they're either not taking any supplements, or have been on the same ones for 6+ months...Yikes! If you're living in Ontario, you get to experience 4 different seasons a year. Every new season that arrives can be a great indicator that it's time to switch things up in your routine when it comes to food, supplements and lifestyle.

Instead of guessing what your body needs, I always encourage clients to book a follow-up to best support their health throughout the new season. Some different areas of health that we can chat about are:

- Increasing energy
- Optimizing digestion (bloat, constipation, IBS)
- Boosting immune system
- Reducing risk of anxiety and depression in the darker months
- Nourishing the adrenals (*before* you hit burn out unless you're already there haha)
- Losing the extra weight you might be carrying from the previous year
- Balancing hormones (puffiness/inflammation, PMS, mood swings, perimenopause)

Although scheduling an appointment with your practitioner is best when it comes to choosing the right supplements (dosing, timing and quality are important) & foods for your goals, I always love providing you with tips to get you started if that's not available to you at this time.

Easy tips you can start to incorporate:



- **Eat in season.** Naturally you'll be craving more warming foods: apples, pears and root veggies. Have fun in the kitchen trying out some new stew and soup recipes! If you need inspo check out my [****Post-Holiday Detox Meal Plan!****](#)
- **Another reminder to swap your supplements.** Finish up what you're currently using, then reflect on how you're feeling and what you need to help you thrive during the season (immune, seasonal depression, energy?)
- **Change up your movement.** If you've been doing the same exercises for a long time, this is a great opportunity to challenge yourself with new movement. Is your body craving slower movement? Strength? Cardio?
- **Upgrade your morning drink.** Depending on your goals, you can implement new teas or lattes or even spice up your morning hydration with some ginger shots! Again, try not to follow the "trends" and instead, tune into your body's needs or work with someone that can help you navigate that.



Client Reviews

PAIGE

I can't say enough good things about working with Sabrina! From our very first interaction, **she has been incredibly kind, supportive, and completely judgment-free**. She genuinely cares about helping her clients feel better and succeed, and that comes through in every conversation.

What truly amazed me was how quickly I started to feel better. **Within just two short weeks, issues I had assumed were chronic and unsolvable noticeably improved.**

Sabrina has the perfect balance of compassion and accountability. She is deeply understanding, while still holding you gently accountable and offering the exact nudges you need to stay on track. **She is dedicated to personalizing everything and is very understanding of busy schedules, always meeting you where you're at.** She makes you feel supported, heard and encouraged, rather than overwhelmed

All of the recipes she provides are incredibly easy to follow and realistic to manage even on the busiest of days — and they always turn out great. I can't recommend Sabrina enough!

JEN

I'm so grateful for Sabrina!

It's very easy for me to always do for others but I rarely do something for myself. This year I made a commitment to myself (yay!) to take care of myself and feel better and **HEALTHIER.** **I achieved all my goals thanks to Sabrina's guidance and support!** She is amazing! I had gained weight during COVID, suffered from **stress, digestion issues, hormone imbalances, constant fatigue and wasn't sleeping well.** I purchased the transformation package, and it was the perfect amount of time I needed to work with her and start changing my life for the better.

After 4 months, I lost 25 lbs, I am sleeping really well, my energy has greatly improved and I've made changes in my daily routine and with my food choices that I will have for the rest of my life. Sabrina's program is attainable and effective. Sabrina delivers information in a way that isn't overwhelming. **She is patient, knowledgable and kind.** This program isn't a quick fix - it's a commitment to realigning your life to make healthier choices. **I would highly recommend Sabrina to anyone who wants to start feeling better and living a healthier life.** Thank you so much Sabrina. I'm beyond grateful!

Lets Chat



Not sure which Holistic Nutrition Package is right for you?

Feel free to schedule a **Free 15 Minute Call** by sending me a DM on IG or email me at sabrina@turnipthebeets.ca

For more tips, follow me on Instagram Turn on post notifications & add me to your favourites for stories and posts so you never miss a "beet"



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