

# TURNIP *The* BEETS

HOLISTIC NUTRITION & WELLNESS

## Newsletter

July 2021

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## News

Happy July!

It's been an exciting month so far as things are slowly opening up again and we're able to enjoy the company of our friends and family. Anyone have a chance to enjoy dinner on a patio yet?

What I've really been enjoying the last month is all the fresh produce available at the farmers market and being able to enjoy all the local seasonal fruits and veggies... especially the strawberries. Yum!

In this newsletter, I wanted to share some of the benefits of eating local produce, another client spotlight and a recipe that highlights 2 foods that are currently in season -watermelon & cucumber. On page 2, you'll see that I've kept the information on my **7 or 14-Day Detox Meal Plan** as it continues to be a great tool for anyone looking for a **kickstarter** or a **good reset**. [Click here](#) to check it out!

As always, if you have any questions or would like to schedule a **Free 15-Minute Consultation** you can email me at [sabrina@turnipthebeets.ca](mailto:sabrina@turnipthebeets.ca), visit [my website](#) or DM me on IG [@turnipthebeets\\_](https://www.instagram.com/turnipthebeets_) (there's some great info along with client spotlights & reviews).

Enjoy the read and remember to tag me when you try out the recipe below or visit a farmers market this month.

## Recipe

### Mediterranean Watermelon Salad

*Adapted from Suzy Karadsheh*

Serves 6



#### Ingredients

*For The Honey Vinaigrette*

- 2 tbsp honey
- 2 tbsp lime juice
- 1 to 2 tbsp quality extra virgin olive oil
- Pinch of salt

*For The Watermelon Salad*

- 1/2 watermelon, peeled, cut into cubes
- 1 English cucumber, cubed (about 2 cupfuls)
- 15 fresh mint leaves, chopped
- 15 fresh basil leaves, chopped
- 1/2 cup crumbled feta cheese, more to your liking

#### Directions

1. In a small bowl, whisk together the honey, lime juice, olive oil and pinch of salt. Set aside for a moment.
2. In a large bowl or serving platter with sides, combine the watermelon, cucumbers, and fresh herbs.
3. Top the watermelon salad with the honey vinaigrette and gently toss to combine. Top with the feta cheese and serve!



## Eating in Season

With the advancements in technology and methods of transportation, we can easily enjoy a variety of fruit and veggies year-round. That being said, I would encourage you to choose foods that are in season for a number of reasons that I'd love to share with you.

### #1 – It supports our local farmers and our environment

Think about how far some of our foods have to travel. The emissions to transport the food, the packaging and all the other resources required, all negatively impact our environment. In addition, buying local and in season helps support our farmers and they typically use little to no packaging.

### #2 - More Nutrient Dense

Studies have shown that foods grown in season offer more nutrients since they follow their natural growing cycle. This means they actually get to reach peak ripeness making them more nutrient dense. Foods that have to travel a distance are often picked early and infused with artificial ripening agents to slow the maturation process. Not to mention the film that they are coated in to protect them from bacteria. Ew.

### #3 – Cheaper

Foods in season are grown in abundance and don't cost much in travel to get from farm to table. That means you can enjoy great food at a lower cost.

With all that being said, check out farmers markets closest to you and enjoy supporting local farms, our environment while eating fresher, cheaper and more nutrient dense food!



## Client Spotlight

This month's Client Spotlight is Shelly!

Shelly came to me with 3 great goals – she wanted to **reduce her cravings, peri-menopause symptoms and lose the weight she gained in the last year** through a healthy lifestyle rather than dieting. She knew she was ready to embark on this journey when she struggled to get her favourite pair of jeans on past her knees (we actually used this as a way to monitor her progress rather than the use of the scale). While going through her health history, we also discovered that her **digestive system compromised**, she had **chronic fatigue** and that she was dealing with an **autoimmune condition**. I was excited to get started with her as I knew she would quickly experience all the positive changes that come with holistic nutrition.

Prior to working together, she had different diets and challenges including weight watchers, intermittent fasting, sugar craving diets but nothing seemed to stick. She had been part of a Barre group for a while and had joined in on a 21 challenge that incorporated movement along with a 7-Day Meal Plan I designed (found on my store and tried tested all over Australia, USA, Canada and Europe). After a week of enjoying delicious and easy meals, she decided to take the next step and work 1-on-1 together.

We worked on supporting her immune system through her gut health, reducing chronic inflammation and **balancing out her hormones**. The key component for Shelly was introducing her to specific **foods/meals** that would improve her autoimmune condition and while implementing **supplements** to support her immune system without overstimulating it.

I'm happy to share that in a few more weeks, she'll be able to **comfortably wear her favourite jeans again!** In addition to her weight loss goal, her **digestion has improved**, her **peri-menopause symptoms are reduced**, her **energy doesn't crash in the afternoon**, her **inflammatory symptoms have reduced**, her **sweet tooth is nearly gone** and **most importantly she's developed a healthy lifestyle** that she can maintain long-term. Can't wait to see that final picture of her rocking out her favourite pair of jeans with a new sense of confidence, and a strong mind and body. Great work Shelly!!!

## Product Highlight

Kickstart your health with the  
Turnip the Beets  
Detox Meal Plan



If you're looking for a way to kickstart your health, you can purchase my [7-Day Detox Meal Plan](#) or the [14-Day Detox Meal Plan](#). It has been a huge hit, helping people all over Europe, Australia, USA and Canada increase energy, lose anywhere from 5lbs-10lbs, reduce bloating, improve bowel movements, boost mood and reduce anxiety & so much more.



If you prefer a more customized approach & want to learn how to *optimize your health* while creating *lifestyle habits*, I'd recommend my [Starter Wellness Package](#).

Visit my [online store](#) or [email me](#) for more information or to book a [Free 15-Minute Consultation](#).

