

TURNIP *The* BEETS

HOLISTIC NUTRITION & WELLNESS

newsletter

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news

Happy New Year !



Hope you all enjoyed your holidays and found time to unwind + recharge. I sure did next to the Christmas tree with music, face mask, a glass of wine and some dark chocolate ;)

The new year always feels like a fresh start. It's a great time to **reflect** on the previous year, **celebrate your accomplishments** (big & small) and **make new goals**. *I typically play it small when writing down my goals, usually because of fear of failure but this time I've decided to let go of those feelings and dream big!* What are some things that you've wanted to achieve but let fear stop you? There truly is **no "right time"**, so whatever it is that's been on your mind - go for it! **Start by taking one step** in the right direction and before you know it you'll get there.

I'm sure you can agree that over the last 2 years, we've become more aware of the **importance of prioritizing both our physical and mental health**. Navigating the online world when it comes to health can be extremely overwhelming and contradicting for example did you know that **HIIT training can actually make people gain weight**? Yes! *The type of activity you chose can have an impact on your weight loss goals.* So this year, rather than trying to figure things out on your own I'd encourage you to **work with a practitioner** that can not only help you **reach your goals a lot quicker**, but can **simplify the process**, make it fun and **support** you each step of the way.

Cheers to great health, happiness and an "upbeet" 2022!

Sabrina

[Click here](#) to
start your journey

Recipe

Roasted Cauliflower & Leek Soup

Adapted from Jeanine Donofrio



I have to admit that **this recipe was inspired by Emily in Paris** (if you haven't watched this yet, it's on Netflix and is a must!). On one of the recent episodes, they were trying to make leeks as cool as cauliflower had become haha. So here it is... a cauliflower and leek soup to keep you cozy all winter long.

Ingredients

- About 2 cups chopped cauliflower
- 2-3 leeks, white and very light green parts, chopped (about 1 to 1½ cups)
- 2 garlic cloves
- Extra-virgin olive oil, for drizzling
- ½ cup raw, unsalted, un-roasted cashews, soaked overnight
- 1½ teaspoons miso paste (or just salt if you don't have any)
- Leaves from a few sprigs of marjoram or thyme
- 3 cups water
- 2 tablespoons more olive oil
- (to blend into the soup)
- ⅛ teaspoon smoked paprika (or more)
- Squeeze of lemon
- Sea salt and fresh black pepper
- Red pepper flakes (optional)
- Splash of white wine vinegar at the end

Instructions

1. Preheat the oven to 400 degrees. Spread the cauliflower, leeks, and garlic on a baking sheet. Drizzle with olive oil and sprinkle with a few pinches of salt & pepper. Roast for 20-30 minutes, rotating halfway through. Remove when everything is starting to turn golden, but before the leeks are burning (if a few get too charred, it's ok, just pick them out later).
2. Add to your blender the veggies you just roasted, drained cashews, marjoram leaves, miso paste, a squeeze of lemon and 1½ cups water. Blend until pureed. Add the 2 tablespoons olive oil, paprika, and the remaining 1½ cups water. Blend again. Taste and adjust seasonings.
3. Pour into a medium saucepan and heat just until the soup is warm. Stir in a little more water if it's too thick. Serve with bread on the side.



Winter Nourishment

One thing I like to emphasize in my practice is **mindful eating** but what does that mean? Our **body craves different things** depending on the weather, nutrient deficiencies, activity levels etc. Most people tend to crave less raw foods and more warming meals that give us a feeling of comfort.

Here are some **easy ways to add warmth to your meals** without increasing inflammatory foods such as breads, pastas and sweets throughout the winter:



- **Add spices to your meals.** In ayurvedic medicine spices such as ginger, turmeric, cayenne can create heat in the body. I love having salads for lunch but I'll make sure to "warm-it up" marinating my chicken in those spices.
- **Indulge in soups.** Soups are a huge staple for me in the winter and I make a big batch every other week. Any left over veggies in the fridge at the end of the week will get tossed in a pot with homemade broth and blended to create a delicious soup! Add the warming spices, a little garlic, onion and voila!
- **Root vegetables!** This time of year, root vegetables are in season. Our sides usually consist of squashes, carrots, sweet potatoes, cauliflower, turnips and beets ;) Try and limit white potatoes as they can negatively impact your blood sugar levels (especially for diabetics)
- **Cook your veggies.** Whether you're sautéing, roasting, pressure cooking, air frying, an easy way to add warmth to meals by cooking your veggies rather than eating them raw.
- **Add more fats.** Foods like olive oil, nuts & seeds and fatty fish (salmon) can help. Since they take longer to digest, it can raise your body temperature and keep you feeling warm. It's also great for hormones, skin and mental clarity.

For more tips, you can follow me on IG @turnipthebeets_. [Turn on post notifications](#) for stories and posts so you never miss a "beet".

Client Reviews

I've been fortunate to work with some wonderful clients and their kind reviews are always so appreciated. I genuinely love what I do and it makes me happy to know that my work is making a difference. **Here are a few clients that have taken the leap, invested in their health and are enjoying the benefits.**

"Sabrina is absolutely amazing to work with. I could tell right away from the first meeting we had, that she truly cares and loves what she does. She is incredibly-detailed in what your current goals and how to achieve them. Whether that be through foods, drinks, or supplements, she put together recommendations that worked for me and that I thoroughly enjoyed. I would absolutely recommend Sabrina to anyone who may be interested in become a better version of themselves!" – **Anthony**

"Extremely fortunate to have been introduced to Sabrina! My first consultation with Sabrina was super encouraging - she was able to pin point SO many of my gut issues and provide practical recommendations to improve not only my gut health, but my overall well-being. She is super knowledgeable and her approach consists of an educational component on nutrition/health that is thorough and easy to understand. Plus she has the BEST recipes. If you want to see changes, I highly recommend booking a consultation with Sabrina! You won't be disappointed." – **Madeline**

Get inspired by [clicking here](#) to read more on what Turnip the Beets clients are saying. If you want to skip that part and **get started with me**, you can [click here](#) to choose from one of 3 packages that best aligns with your goals or book a **free 15 minute discovery call**.

Transform your Health

As I've said before, there's no better time to start than right now. Push the excuses off to the side and let's get you feeling like your best self.

Imagine a version of yourself where you feel **energetic**, you're **not bloated or constipated**, your skin is **glowing**, your mood is **stable** and you're feeling **light and confident** in your own skin. I'm here to tell you it's possible! You can [click here](#) to book a free 15 min discovery call or here to choose your wellness package to start your health journey.



Holistic Nutrition Consults

I love **Holistic Nutrition** because it goes beyond what you're eating. We look at your **physical and mental health** as well as things in your **environment** that can be negatively impacting your health. Some fun things that we chat about depending on goals can include:

- Nutrition for healing + nourishment
- Customized Recipes
- Supplementation
- Mindfulness Tools
- Clean Beauty + Facial Tools
- Movement + Exercise
- Cleaning Products
- & More