



Stress & Anxiety Support Program

ALISON MITCHELL



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ALISON MITCHELL NATUROPATH

This program was created with four key nutrients in mind:

Magnesium

Research shows magnesium plays a role in migraines and depression. Emerging data suggests magnesium can help with chronic pain and anxiety. Many people do not reach their daily recommended intake of magnesium through diet, which is why this meal plan provides over 500 milligrams per day of magnesium from whole foods.

Vitamin B6

Vitamin B6 is effective when combined with magnesium in adults with severe stress. Women who consume more vitamin B6 are less likely to experience anxiety. A low B6 status may also increase panic attacks. Getting enough vitamin B6 through diet can support the body during stress and reduce anxiety. This plan incorporates vitamin B6 from many foods including chickpeas, poultry, bananas, and squash.

Iron

Low iron is a known contributor to anxiety and depression. This plan contains great iron sources like beef, liver, and sausage. These iron sources are paired with foods that have vitamin C to enhance iron absorption.

Fiber

Fiber is an important nutrient to reduce anxiety. It helps to balance blood sugar and feeds gut bacteria to produce short-chain fatty acids which can decrease anxiety. Fiber can be found in this plan from whole grains, legumes, seeds, and cruciferous vegetables.



MON



BREAKFAST
Coconut Chia Seed Yogurt, Banana



SNACK 1
Hard Boiled Eggs with Apricots



LUNCH
Hummus & Veggie Wrap, Cream of Celery & Asparagus Soup



SNACK 2
Cucumbers with Beef Liver Pate



DINNER
Spaghetti Squash, Turkey & Broccoli

TUE



BREAKFAST
Coconut Chia Seed Yogurt, Banana



SNACK 1
Hard Boiled Eggs with Apricots



LUNCH
Hummus & Veggie Wrap, Cream of Celery & Asparagus Soup



SNACK 2
Cucumbers with Beef Liver Pate



DINNER
Spaghetti Squash, Turkey & Broccoli

WED



BREAKFAST
Coconut Chia Seed Yogurt, Banana



SNACK 1
Hard Boiled Eggs with Apricots



LUNCH
White Bean, Spinach & Tomato Salad, Lemon Garlic Tahini Dressing



SNACK 2
Toasted Trail Mix



DINNER
Ground Beef, Asparagus & Mashed Sweet Potatoes

THU



BREAKFAST
Warm Peas with Eggs, Avocado



SNACK 1
Cucumber Hummus Bites



LUNCH
White Bean, Spinach & Tomato Salad, Lemon Garlic Tahini Dressing



SNACK 2
Toasted Trail Mix



DINNER
Kale & White Bean Caesar Salad

FRI



BREAKFAST
Warm Peas with Eggs, Avocado



SNACK 1
Cucumber Hummus Bites



LUNCH
Ground Beef, Asparagus & Mashed Sweet Potatoes



SNACK 2
Toasted Trail Mix



DINNER
Pea & Basil Buckwheat Risotto

SAT



BREAKFAST
Chocolate Banana Cauliflower N'Oats



SNACK 1
Hard Boiled Eggs, Avocado



LUNCH
Kale & White Bean Caesar Salad



SNACK 2
Cucumber Hummus Bites



DINNER
Pea & Basil Buckwheat Risotto

SUN



BREAKFAST
Chocolate Banana Cauliflower N'Oats



SNACK 1
Hard Boiled Eggs



LUNCH
Kale & White Bean Caesar Salad



SNACK 2
Toasted Trail Mix



DINNER
Chickpea Flatbread Pizza, Steamed Asparagus

FRUITS

- 2 Avocado
- 4 Banana
- 1/2 Lemon
- 30 milliliters Lemon Juice
- 108 grams Strawberries

BREAKFAST

- 65 grams All Natural Peanut Butter
- 205 grams Buckwheat Groats

SEEDS, NUTS & SPICES

- 143 grams Almonds
- 2 grams Black Pepper
- 180 grams Chia Seeds
- 8 grams Cinnamon
- 2 grams Dried Thyme
- 194 milligrams Garlic Powder
- 80 grams Hemp Seeds
- 125 milligrams Oregano
- 65 grams Pumpkin Seeds
- 146 grams Raw Peanuts
- 113 milligrams Red Pepper Flakes
- 17 grams Sea Salt
- 0 Sea Salt & Black Pepper

FROZEN

- 194 grams Cauliflower Rice
- 480 grams Frozen Peas

VEGETABLES

- 603 grams Asparagus
- 180 grams Baby Spinach
- 87 grams Basil Leaves
- 182 grams Broccoli
- 3 stalks Celery
- 1 1/2 Cucumber
- 290 grams Fresh Peas
- 6 1/2 Garlic
- 126 grams Kale Leaves
- 1/2 Red Bell Pepper
- 4 leaves Romaine
- 40 grams Shallot
- 1/2 Spaghetti Squash
- 1 1/2 Sweet Potato
- 1 Tomato
- 1/2 White Onion
- 3/4 Yellow Onion

BOXED & CANNED

- 713 milliliters Vegetable Broth
- 728 grams White Navy Beans

BAKING

- 15 grams Cacao Nibs
- 10 grams Cacao Powder
- 46 grams Chickpea Flour
- 50 grams Nutritional Yeast
- 83 grams Raisins

BREAD, FISH, MEAT & CHEESE

- 5 1/2 slices Bacon
- 114 grams Beef Liver
- 227 grams Extra Lean Ground Beef
- 227 grams Extra Lean Ground Turkey
- 85 grams Mozzarella Cheese
- 2 Whole Wheat Tortilla

CONDIMENTS & OILS

- 19 milliliters Avocado Oil
- 44 milliliters Coconut Oil
- 15 milliliters Extra Virgin Olive Oil
- 30 grams Tahini
- 41 grams Tomato Sauce

COLD

- 11 Egg
- 308 grams Hummus
- 360 milliliters Unsweetened Almond Milk
- 675 grams Unsweetened Coconut Yogurt

OTHER

- 98 grams Dried Apricots
- 933 milliliters Water

Coconut Chia Seed Yogurt

3 SERVINGS 30 MINUTES



INGREDIENTS

675 grams Unsweetened Coconut Yogurt
144 grams Chia Seeds
8 grams Cinnamon
108 grams Strawberries (chopped)

DIRECTIONS

- 01 Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
- 02 Top with strawberries and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

MORE FLAVOR

Add maple syrup, honey, monk fruit sweetener or cardamom.

ADDITIONAL TOPPINGS

Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.

Banana

1 SERVING 1 MINUTE



INGREDIENTS

1 Banana

DIRECTIONS

01 Peel and enjoy!

NOTES

MORE PROTEIN

Dip in almond butter.

Warm Peas with Eggs

1 SERVING 15 MINUTES



INGREDIENTS

1/4 White Onion (diced)
22 milliliters Water
240 grams Frozen Peas
750 milligrams Sea Salt
2 Egg

DIRECTIONS

- 01 In a pan over medium-high heat, sauté the onions with the water. Cook until browned, stirring frequently and adding more water as needed to prevent the onions from sticking.
- 02 Add the peas and stir until warmed through. Season with salt.
- 03 Crack the eggs over the peas, spacing them out evenly. Cover the pan with a lid and bring down the heat to low. Cook for 3 to 5 minutes or until the egg whites have cooked through and the yolk is set to your liking.
- 04 Remove from heat and serve immediately. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately two eggs with 1 1/2 cups of the pea and onion mixture.

MORE FLAVOR

Use broth or oil instead of water.

ADDITIONAL TOPPINGS

Top with avocado, diced tomatoes, salsa, olives and/or feta cheese. Serve with toast, rice cakes, toasted sweet potato slices or as is.

Avocado

1 SERVING 5 MINUTES



INGREDIENTS

1/2 Avocado

DIRECTIONS

01 Cut avocado into slices or chunks. Enjoy!

NOTES

SERVE IT WITH

Salads, soups, chilli, on toast, or in a wrap with leftovers.

SAVOURY SNACK

Top with salt, pepper, lemon juice, paprika and/or red pepper flakes.

SWEET SNACK

Top with maple syrup, honey, maple butter and/or cinnamon.

Chocolate Banana Cauliflower N'Oats

1 SERVING 20 MINUTES



INGREDIENTS

97 grams Cauliflower Rice
180 milliliters Unsweetened Almond Milk
18 grams Chia Seeds
5 grams Cacao Powder
32 grams All Natural Peanut Butter (divided)
750 milligrams Sea Salt
1/2 Banana (sliced)
8 grams Cacao Nibs

DIRECTIONS

- 01 In a pot over medium-low heat, add the cauliflower rice, almond milk, chia seeds, cacao powder, sea salt and half of the peanut butter. Stir to combine. Bring the mixture to a low simmer and cook for 12 to 14 minutes, stirring as needed.
- 02 Add the cauliflower mixture to a bowl and top with the banana, cacao nibs and remaining peanut butter. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

NUT-FREE

Use sunflower seed butter instead of peanut butter. Use any milk alternative instead of almond milk.

MORE FLAVOR

Add cinnamon or maple syrup.

MORE PROTEIN

Add collagen or protein powder.

NO CACAO POWDER

Use cocoa powder instead.

NO BANANA

Top with berries instead.

Hard Boiled Eggs with Apricots

3 SERVINGS 15 MINUTES



INGREDIENTS

3 Egg
98 grams Dried Apricots

DIRECTIONS

- 01 Place eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 02 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle.
- 03 Peel the eggs and serve with apricots. Enjoy!

NOTES

STORAGE

Refrigerate in an airtight container for up to 7 days if the eggshell is kept intact.

EASIER TO PEEL

Add salt to the water while boiling.

Cucumber Hummus Bites

3 SERVINGS 10 MINUTES



INGREDIENTS

3/4 Cucumber (large)
185 grams Hummus
1 gram Black Pepper

DIRECTIONS

- 01 Slice cucumber into 1/4-inch thick rounds.
- 02 Top each round with 1 to 2 teaspoons of hummus and a pinch of black pepper. Serve immediately. Enjoy!

NOTES

MORE FLAVOUR

Top each cucumber hummus bite with a pitted olive, chopped roasted red pepper, some roasted garlic or spicy red pepper flakes.

Hard Boiled Eggs

2 SERVINGS 15 MINUTES



INGREDIENTS

4 Egg

DIRECTIONS

- 01 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 02 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 03 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

NOTES

LEFTOVERS

Refrigerate in a covered container with the shell on for up to 7 days.

EASIER TO PEEL

Add salt to the water while boiling.

Hummus & Veggie Wrap

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Whole Wheat Tortilla (large)
123 grams Hummus
4 leaves Romaine (large, whole)
1/2 Avocado (sliced)
1/2 Cucumber (sliced)
1/2 Red Bell Pepper (sliced)

DIRECTIONS

- 01 Lay tortillas flat and spread the hummus in the center of each tortilla. Layer the romaine leaves, avocado, cucumber and bell pepper. Roll the tortilla tightly while folding the ends in.
- 02 Serve immediately and enjoy!

NOTES

GLUTEN-FREE

Use a brown rice tortilla instead.

OIL-FREE

Use an oil-free hummus.

MORE FLAVOR

Add fresh herbs, crumbled cheese, mustard or any favorite sandwich topping.

EASY EATING

Wrap the base of the rolled up tortilla with a piece of parchment paper or paper towel to hold the sandwich together.

Cream of Celery & Asparagus Soup

2 SERVINGS 25 MINUTES



INGREDIENTS

15 milliliters Coconut Oil
1/2 Yellow Onion (chopped)
3 stalks Celery (chopped)
1 1/2 Garlic (cloves, minced)
474 milliliters Water
3 grams Sea Salt
725 milligrams Black Pepper
201 grams Asparagus (woody ends snapped off)
40 grams Hemp Seeds
60 grams Baby Spinach

DIRECTIONS

- 01 Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add minced garlic and saute for another minute.
- 02 Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
- 03 Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge for up to four days. Freeze in a freezer-safe container for up to three months.

SERVING SIZE

One serving is approximately 2 cups.

NO HEMP SEEDS

Use cashews.

ADD SOME CRUNCH

Set aside a few spears of asparagus, roast before serving and use as a garnish.

NO SPINACH

Use kale, swiss chard or any leafy green.

White Bean, Spinach & Tomato Salad

2 SERVINGS 10 MINUTES



INGREDIENTS

15 milliliters Extra Virgin Olive Oil
40 grams Shallot (diced)
2 Garlic (cloves, minced)
364 grams White Navy Beans (cooked, drained and rinsed)
120 grams Baby Spinach (chopped)
1 Tomato (medium, diced)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Heat olive oil in a large pan over medium heat. Add shallots and garlic and saute for 1 to 2 minutes.
- 02 Add white beans, spinach and tomato. Stir until warm and spinach has wilted, about 5 minutes. Season with salt and pepper to taste. Enjoy!

NOTES

NO WHITE BEANS

Use chickpeas or lentils instead.

EXTRA FLAVOUR

Add avocado, lemon juice and/or feta cheese.

LEFTOVERS

Refrigerate in an airtight container up to 3-5 days. Leftovers can be eaten warm or cold.

Lemon Garlic Tahini Dressing

2 SERVINGS 5 MINUTES



INGREDIENTS

30 grams Tahini
30 milliliters Water (warm)
30 milliliters Lemon Juice
1 Garlic (clove, small, minced)
5 grams Nutritional Yeast
750 milligrams Sea Salt

DIRECTIONS

- 01 Whisk all ingredients together in a mixing bowl. Season with additional salt or lemon juice if needed. Transfer to an airtight jar or container and refrigerate until ready to use.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to approximately two and a half tablespoons.

DRESSING CONSISTENCY

If the dressing is too thick, add water one tablespoon at a time until your desired consistency is reached.

Cucumbers with Beef Liver Pate

2 SERVINGS 15 MINUTES



INGREDIENTS

1 1/2 slices Bacon
1/4 Yellow Onion (small, minced)
1 Garlic (cloves, minced)
114 grams Beef Liver
2 grams Dried Thyme
30 milliliters Coconut Oil (melted)
750 milligrams Sea Salt
1/4 Cucumber (sliced)

DIRECTIONS

- 01 In a cast iron pan, cook the bacon slices until crispy. Set aside the bacon and reserve the grease.
- 02 Add the onion, garlic, liver and thyme to the pan. Cook over medium heat until the liver is cooked through, about 5 minutes per side.
- 03 Remove from heat and transfer to a blender or food processor along with the bacon. Add the coconut oil and salt and blend until a smooth paste forms.
- 04 Spread onto cucumber slices and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

Each serving equals approximately 1/4 cup of beef pate.

MORE FLAVOR

Use fresh instead of dried herbs.

NO CUCUMBERS

Use carrot sticks or plantain chips instead.

Toasted Trail Mix

4 SERVINGS 10 MINUTES



INGREDIENTS

143 grams Almonds (raw)
2 grams Sea Salt (omit if using salted nuts)
146 grams Raw Peanuts
65 grams Pumpkin Seeds
83 grams Raisins

DIRECTIONS

- 01 Toss almonds and salt in a large pan over medium-low heat and toast for 2-3 minutes. Add peanuts and toss occasionally until the sides start to brown and it becomes fragrant. Remove from heat and transfer to a bowl.
- 02 Add pumpkin seeds and raisins. Let cool completely before serving. Enjoy!

NOTES

SERVING SIZE

One serving is approximately 3/4 cup of the trail mix.

SERVE IT WITH

Fruit, yogurt, oatmeal or overnight oats. Or enjoy it alone as a crunchy snack.

MAKE IT PALEO

Replace peanuts with another type of nut or seed.

STORAGE

Refrigerate in an air-tight container.

OTHER ADD-INS

Pecans, walnuts, cashews, hazelnuts, Brazil nuts, macadamia, pistachios, sunflower seeds, coconut flakes, dried cranberries, dried blueberries, goji berries, dried cherries, banana chips, dark chocolate chips and/or cacao nibs.

Spaghetti Squash, Turkey & Broccoli

2 SERVINGS 1 HOUR



INGREDIENTS

1/2 Spaghetti Squash (medium)
227 grams Extra Lean Ground Turkey
237 milliliters Water
182 grams Broccoli (chopped into florets)
18 grams Nutritional Yeast
3 grams Sea Salt

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C). Cut the spaghetti squash in half through its belly, remove the seeds and place flesh-side down on a baking sheet lined with parchment paper. Cook for 30 to 35 minutes, or until cooked through. Remove from the oven and let it cool slightly.
- 02 While the squash is in the oven, cook the turkey in a pan over medium heat. Break it up with the back of a wooden spoon until crumbled and cooked through. Remove from heat and set aside.
- 03 In a small saucepan, bring the water to a boil and add in the broccoli florets. Cook for 10 minutes or until soft. Drain the broccoli and set aside.
- 04 Scoop out the spaghetti squash into noodles using a fork and divide them between plates. Add the broccoli and ground turkey to the plates and top with nutritional yeast and sea salt. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1 cup of each ingredient.

MORE FLAVOR

Season the turkey with minced onion or garlic while it cooks.

ADDITIONAL TOPPINGS

Top with fresh parsley, cilantro or your favorite hot sauce.

MAKE IT VEGAN

Use chickpeas or lentils instead of ground turkey.

Ground Beef, Asparagus & Mashed Sweet Potatoes

2 SERVINGS 30 MINUTES



INGREDIENTS

1 1/2 Sweet Potato (medium, peeled and chopped)
268 grams Asparagus (woody ends trimmed, chopped in half)
2 grams Sea Salt (divided)
8 milliliters Avocado Oil
227 grams Extra Lean Ground Beef

DIRECTIONS

- 01 Set the sweet potatoes in a steaming basket over boiling water and cover. Steam for about 15 minutes, or until tender. Transfer the sweet potatoes to a bowl.
- 02 In the same steaming basket, steam the asparagus for about 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Set aside.
- 03 Add half the salt to the sweet potatoes and mash until creamy.
- 04 Heat the oil in a large pan over medium heat. Cook the beef, breaking it up as it cooks. Season with the remaining salt and drain any excess liquid.
- 05 Divide the mashed sweet potato, asparagus and beef onto plates or into containers. Enjoy!

NOTES

NO SWEET POTATOES

Use regular potatoes, eddo, jicama or kohlrabi instead.

NO AVOCADO OIL

Use coconut oil, olive oil, ghee or butter instead.

STORAGE

Refrigerate in an airtight container up to 3 days.

SERVING SIZE

One serving is equal to approximately 3/4 cup of mashed sweet potatoes, 1 cup of asparagus and 1/2 cup of ground beef.

VEGAN & VEGETARIAN

Omit the ground beef and use cooked lentils instead.

EXTRA CREAMY POTATOES

Add a splash of water, broth or milk while mashing the sweet potatoes for extra creaminess.

Kale & White Bean Caesar Salad

3 SERVINGS 25 MINUTES



INGREDIENTS

4 slices Bacon
40 grams Hemp Seeds
30 milliliters Water
9 grams Nutritional Yeast
1/2 Lemon (juiced)
1 Garlic (clove, peeled)
126 grams Kale Leaves (chopped)
364 grams White Navy Beans (cooked)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Cook the bacon in a skillet over medium heat. Once cooked, dice it into small pieces.
- 02 While the bacon is cooking, make your dressing. Add the hemp seeds, water, nutritional yeast, lemon juice, and garlic to a small blender or food processor. Process until smooth, adding more water to thin if necessary.
- 03 Place kale in a large salad bowl and pour the dressing over top. Use your hands to massage the dressing into the kale.
- 04 Add the cooked bacon and white beans to the bowl and toss well. Season with sea salt and black pepper to taste. Divide between bowls and enjoy!

NOTES

VEGAN AND VEGETARIAN

Omit the bacon, or use coconut bacon.

LEFTOVERS

Keeps well in the fridge for 2 to 3 days.

Pea & Basil Buckwheat Risotto

4 SERVINGS 20 MINUTES



INGREDIENTS

205 grams Buckwheat Groats (soaked overnight, drained & rinsed)
713 milliliters Vegetable Broth (divided)
290 grams Fresh Peas (or frozen, divided)
85 grams Basil Leaves (stems removed)
18 grams Nutritional Yeast
3 grams Sea Salt

DIRECTIONS

- 01 In a pot, combine the buckwheat groats with 2/3 of the vegetable broth. Bring to a simmer and cover with a lid until soft, about 18 to 20 minutes.
- 02 Meanwhile, combine the remaining broth, half the peas, basil leaves, nutritional yeast and sea salt in a high-speed blender. Blend until smooth, scraping down the sides as needed.
- 03 When the buckwheat is cooked, stir in the remaining peas and blender mixture. Divide into bowls or containers. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to approximately 1 3/4 cup.

MORE FLAVOR

Add a splash of apple cider vinegar and/or your desired herbs and spices.

ADDITIONAL TOPPINGS

Top with red pepper flakes and/or a dollop of yogurt.

Chickpea Flatbread Pizza

1 SERVING 1 HOUR 20 MINUTES



INGREDIENTS

46 grams Chickpea Flour
119 milliliters Water
11 milliliters Avocado Oil (divided)
750 milligrams Sea Salt
41 grams Tomato Sauce
125 milligrams Oregano
194 milligrams Garlic Powder
113 milligrams Red Pepper Flakes
85 grams Mozzarella Cheese (shredded)
3 grams Basil Leaves (finely chopped)

DIRECTIONS

- 01 In a mixing bowl whisk the chickpea flour, water, two-thirds of the oil and salt together until smooth. Let the batter sit for 1 hour at room temperature.
- 02 About 10 minutes before the batter is done resting preheat the oven to 450°F (232°C) and place a 10-inch cast-iron pan inside the warming oven.
- 03 Remove the pan from the oven and turn the broiler to high. Add the remaining oil to the pan and swirl to coat. Pour the batter into the pan and place it under the broiler for 5 to 7 minutes until the edges have browned and the top of the flatbread is firm. Remove from the oven.
- 04 Reduce the oven temperature to 350°F (176°C).
- 05 Carefully remove the chickpea flatbread from the pan and transfer to a baking sheet. Top it with tomato sauce, spices and shredded cheese. Return to the oven and bake for 10 to 12 minutes until the cheese is bubbly and browned. Top with basil.
- 06 Slice and serve immediately. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. For best results, reheat in the oven until just warmed through and crisp.

SERVING SIZE

One serving is equal to approximately three slices of pizza.

DAIRY-FREE

Use a dairy-free shredded cheese instead.

MORE FLAVOR

Add minced garlic and Italian seasoning to the tomato sauce.

ADDITIONAL TOPPINGS

Top with your favorite pizza toppings like pepperoni, bacon, olives, bell peppers or sautéed mushrooms.

Steamed Asparagus

1 SERVING 10 MINUTES



INGREDIENTS

134 grams Asparagus (woody ends trimmed, chopped in half)

DIRECTIONS

- 01 Set the asparagus in a steaming basket over boiling water and cover. Steam for 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container up to 5 days.

SERVING SIZE

One serving is equal to approximately one cup of cooked asparagus.