

Feed Your

HAPPY

SUPERFOODS & SECRET INGREDIENTS

Healthy Habits **BY GINGER LEWIS**



Happiness is delicious

Tapping into the power of healthy food has been my life for, well, my whole life. Even my name is a superfood ingredient! From being raised on farm-fresh food to getting classic culinary training and later becoming a raw culinary chef, I've always been attuned to the positive effects of good food, and how, with a little ingenuity, we can harness both their benefits and taste.

I've focused my career on creating delicious recipes that support your body's dietary needs, while taking your tastebuds on a flavorful journey. With this minibook, I want to give you a taste of what's to come. Thank you for letting me bring my Healthy Habits into your life and home.

With Love,

Ginger Lewis

Ginger Lewis



Juicing is **GENIUS**

Drinking veggie juice is one of the primary things I do for my health, and not just because it gives me the concentrated benefits of all kinds of vitamin and mineral sources in one glass. I drink it because my juice recipes send a surge of energy through my entire body, satisfy my cravings, and taste delicious!

JUICE LOVES YOU BACK

Here's how: It slathers your system with tons of vitamins and minerals, it fills your cells with vital hydration, it gives your body an instant detox, it boosts your energy level, it nurtures good bacteria and supports healthy gut flora, and it brings your body into an alkaline state.

MINIMIZE THE FRUIT

I try to keep my fruit to a minimum, so the sugar content stays low. But you're probably going to want to sweeten your greens a bit, especially at first. Toss some fruit chunks into the mix now, and gradually reduce them when you're ready. My go-to juicing fruits are apple, grapefruit, orange, melons and pineapple. Be creative with the recipes! Carrots, celery, romaine lettuce and cucumbers all make great veggie bases.

DRINK IT FAST

To get the most nutrition, you want to down that juice immediately. But unless I'm sharing, I usually make extra and drink it later or the next day, to take advantage of all the prepping, processing and cleaning. Yesterday's juice is better than no juice!



Finish your **FOOD**

There is a difference between the simple oils, salts and herbs that you cook with, and the infused finishing oil, gourmet flavored salts and fresh herbs you add on top of your plate. Finishing with these powerful flavors transforms an average dish into an extraordinary one. Try drizzling a store-bought roasted red pepper soup with garlic oil, and then add a sprinkle of smoked salt and fresh thyme, or other fresh herbs over the top.

SOME OF MY FAVORITES:

Gourmet Flavored Salts

Lemon salt, rosemary salt, garlic salt, smoked salt, applewood salt, truffle salt, thai ginger salt, wild porcini salt, chili lime salt

Infused Finishing Oils

Garlic oil, chili oil, meyer lemon oil, lime oil, truffle oil, herb oil, toasted sesame oil

Fresh Herbs

Tarragon, thyme, chives, basil, cilantro, fennel frond, rosemary, dill, micro herbs and edible flowers

Remember to have fun and experiment!

POWER POWDERS



CAMU CAMU

A berry bush native to the South American rainforest, where superfoods seem to thrive, Camu Camu has more vitamin C than any other plant in the world (30-60 times more than an orange). Camu helps support your immune system, maintain your eyesight, and give you mental clarity when you're stressed.



HEMP SEEDS

Extracted from the hemp seed, this protein contains all the 21 known amino acids. It contains plenty of fiber and enhances total protein intake for vegans and non-vegans alike. Hemp protein provides the essential fatty acids of omega-3 and omega-6. Two tablespoons of hemp protein powder provide around 13-15 grams of protein.



MACA

Maca is rich in vitamin B vitamins, C, and E. It provides plenty of calcium, zinc, iron, magnesium, phosphorus and amino acids. With its reputation for boosting the libido and increasing endurance, maca has been used for centuries to promote sexual function in both men and women.



TURMERIC

Turmeric is one of nature's strongest anti-inflammatory plants. It has been shown to work as a natural pain reliever and antidepressant. Turmeric also helps regulate cholesterol and is a very strong antioxidant. It partners well with pineapple and ginger in teas and juices.



GINGER

Ginger is among the healthiest (and most delicious) spices on the planet. It is loaded with nutrients and bio-active compounds that have powerful benefits for your body and brain. It's known to help digestion, reduce nausea and help fight the flu and common cold, to name a few. Ginger can be used fresh, dried, powdered, or as an oil, juice or tea.



SPIRULINA

This superfood is 60% protein (what?) and an excellent source of vitamins A, K1, K2, B12 and iron, manganese and chromium. It has 2800% more beta-carotene than carrots. 3900% more iron than spinach. The word Spirulina even sounds like a superfood. Now you know why.



CACAO

Raw cacao powder is the highest plant-based source of iron. It has more calcium than cow's milk, 40 times the antioxidants of blueberries, and loads of magnesium to support heart and brain functions. It's also a natural mood elevator and antidepressant. Pro-tip: commercial cocoa powder and chocolate are chemically processed and roasted, so look for natural sources.



CHLOROYPHYLL

Chlorophyll is packed with nutrition and antioxidants, and benefits ranging from blood and bone health to potential cancer prevention. Enzymes in chlorophyll aid blood cleansing and oxygen circulation. Its vitamin K content helps blood clotting, making it an important ally against anemia, wounds and heavy menstruation.

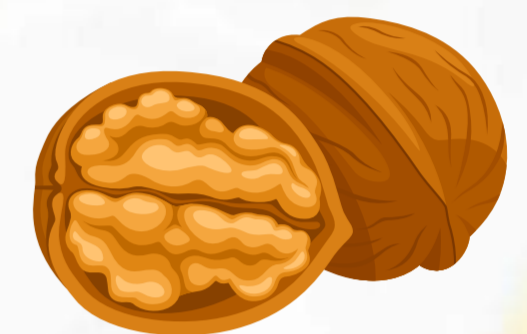


The Fat Facts of **HEALTHY OILS**



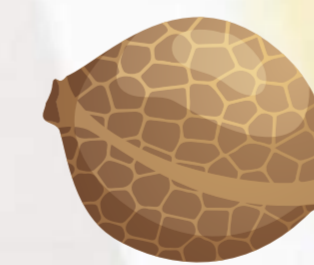
COCONUT

Studies show that coconut oil can reduce your appetite and boost your body's ability to burn fat. Saturated fats in coconut oil may increase "good" HDL cholesterol in your body, and also help convert the "bad" LDL cholesterol into a less harmful form.



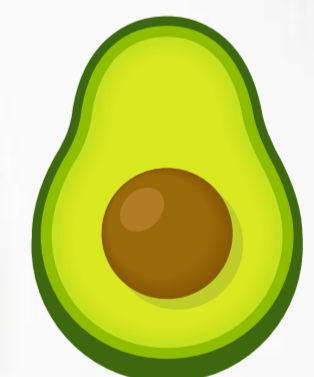
WALNUT

Walnut oil contains heart-healthy omega-3s and is high in both vitamins and minerals. It works wonders topically, for flawless and ageless skin. This oil also helps prevent hair loss and promotes growth, fights dandruff, and is a great antioxidant.



HEMP SEED

High in essential fatty acids, Omega 6 and omega 3, hemp oil can be used to increase immunity, counteract aging skin and improve cardiovascular health. Several studies show that the linoleic acid present in hemp oil can slow the aging process and fight psoriasis.



AVOCADO

High in vitamin E and unsaturated fats, avocado oil contains more protein than any other fruit and more potassium than a banana. High in monounsaturated fatty acids, it can lower blood pressure, promote healthy cholesterol levels and enhance absorption of nutrients.



THE RECIPES



CLEAN GREEN

JUICE

- 3 Swiss chard leaves
- 1 Cucumber
- 2 Green Apples
- 1 Lemon
- A handful of spinach
- 1 inch of ginger - or more

INGREDIENT SPOTLIGHT | SWISS CHARD

Swiss Chard regulates blood sugar levels, improves digestion, boosts the immune system, lowers blood pressure, prevents heart disease, increases bone strength, detoxifies the body, and strengthens the functioning of the brain. **Think of it as a mini cleanse.**





MELON MACA MINT

JUICE

- ½ cantaloupe (seeded)
- 1 small cucumber
- 1 small fennel bulb
- 1 inch of ginger - or more

BLEND

- Juice
- 1 tbsp maca powder
- 6 mint leaves
- 1 tbsp healthy oil

INGREDIENT SPOTLIGHT | MACA

Maca adds a boost of energy, stamina and athletic endurance. It's also known to help reduce chronic fatigue and regulate hormone balance. This combination of cool melon and mint enhances the edge you get from the maca.





SPANISH COCKTAIL

JUICE

- | | | |
|-------------------|---------------------------|------------------|
| 3 celery stalks | 1-2 garlic cloves | 1 zucchini |
| 2 carrots | 1 small piece of jalapeno | 1 tomatoes |
| 2 small cucumbers | 1 lime - peeled | 1-2 green apples |

BLEND

- | | | |
|----------------------|-----------------------------|----------------|
| The Juice | 1 small handful of cilantro | 3 basil leaves |
| 1 tbs of healthy oil | 1 pinch of sea salt | |

INGREDIENT SPOTLIGHT | CILANTRO

Heavy metals such as lead, mercury, aluminum and arsenic in your plumbing, paint, food or even the air you breathe can poison your body acutely or even chronically. Adding **cilantro** to your diet can help reduce metal buildup, and this refreshing juice is a delicious way to detox.





THE GREEN FLASH

BLEND

- 1 cup of nut milk
- 1 Banana (frozen if possible)
- 1 handful of spinach
- 3 spears of pineapple
- 2 Tbs protein powder
- 2 tsp spirulina

INGREDIENT SPOTLIGHT | SPIRULINA

Spirulina is 60% protein and an excellent source of vitamins A, K1, K2, B12 and iron, manganese and chromium. Some of the longest living civilizations in human history used spirulina as the number one source of protein to fortify their health and nutrition.





BERRY SPECIAL

BLEND

- 1 cup nondairy milk
 - 1 ripe banana (frozen if possible)
 - 1 cup fresh or frozen berries
 - 1 tbs protein powder
 - 1 tsp camu camu powder (optional)
 - 2 tbs raw agave nectar (optional)
- Stir in 1 tbs hemp seeds after blended

INGREDIENT SPOTLIGHT | BERRIES

Berries are loaded with vitamins, minerals and micronutrients. Their antioxidant power can be a game changer for your health, by keeping free radicals in check and fighting inflammation.

Blend all these ingredients but the hemp seeds in a vitamix or high speed blender. Add the seeds at the end, and enjoy.





ALMOND BUTTER CUP

BLEND

- 1 cup almond milk
- ¼ cup almond butter
- 4 dates (seeded)
- 1 cup ice
- 2 tbs protein powder

Chocolate Sauce:

(Whisk together until smooth)

- 2 tbs of cacao powder
- 2 tbs of 100% pure maple syrup

INGREDIENT SPOTLIGHT | CACAO

Cacao powder in this shake will do things like improve your memory, fight heart disease, help you shed fat, boost your immunity, and create loads of energy.





MEDITERRANEAN QUINOA LETTUCE CUPS

INGREDIENTS

- 2 cups of cooked quinoa
- 1 can of garbanzo beans - drained
- 2 spears of hearts of palm - sliced
- ½ cup artichoke hearts - sliced
- ⅓ cup sun dried tomatoes
- ⅓ cup kalamata olives - each one cut in half
- ¼ cup of capers, drained
- Salt and pepper to taste
- ½ cup feta cheese, and/or greek yogurt

DIRECTIONS

- Mix the ingredients in a large bowl.
- Serve as a salad, or in lettuce cups with garlic sauce (see recipe on right) or top with a dollop of greek yogurt.

GARLIC SAUCE

- 8-10 cloves of garlic - minced
- 1 Tbs parsley - chopped
- ⅓ cup EVO -(extra virgin olive oil)
- 1 tsp red pepper chili flakes
- Salt & pepper

INGREDIENT SPOTLIGHT | QUINOA

How can a grain be as rich in protein as **quinoa**? Simple. It's not a grain, it's a seed. Quinoa is one of the most protein-rich foods in existence. It's full of fiber, iron and magnesium, it's non-GMO, gluten-free and usually grown organically.





ROSEMARY & RYE ROASTED CHICKPEAS

INGREDIENTS

- 2 cans of drained chickpeas/garbanzo beans
- 3 tbs EVO (extra virgin olive oil)
- 1 tbs of garlic powder
- 1 tbs of onion powder,
- 1 tbs of caraway seeds
- 1 tbs rosemary - chopped
- 1 tsp sea salt

INGREDIENT SPOTLIGHT | ROSEMARY

Rosemary is known to improve your mood, reduce inflammation, relieve pain, protect the immune system, stimulate circulation, detoxify the body, protect against bacterial infections, prevent premature aging, and heal skin conditions. I cook with this herb whenever I can, and this crowd-pleasing snack is one of my favorite ways to use it.

DIRECTIONS

Heat your oven to 450 degrees.

Drain and rinse the beans, and stir them up in a bowl with EVO, salt and pepper. Add garlic and onion powder and toss. Blend in the caraway seed and chopped rosemary. Line baking sheet with parchment paper, pour the beans on top, and toast them at 450 for 25 min.





GINGER EDAMAME SALAD

INGREDIENTS

- 1 Cup shelled edamame
- 1 Cup sugar snap peas - sliced
- 1 Shredded carrots
- 2 Tbs black sesame seeds
- 2 Tbs white sesame seeds
- 3 Tbs chopped cilantro
- Add sliced almonds as an option

DIRECTIONS

In a large bowl, mix the dressing with a whisk or fork until it thickens. Toss in the edamame, peas and carrots. Top with sesame seeds and cilantro.

DRESSING

- 3 Tbs sesame oil (preferably toasted)
- 2 tsp chili oil or 1 tsp red pepper chili flakes
- 1 Tbs braggs liquid amino
- 2 inches of ginger - grated
- 1 lime - juiced
- 1 tsp salt

INGREDIENT SPOTLIGHT | GINGER

Ginger is a crazy amazing root that healers have been using for centuries. It helps maintain normal blood circulation, relieves motion and morning sickness, improves the body's absorption of other nutrients, helps prevent colds and flu, combats stomach discomfort, reduces pain and inflammation, and strengthens immunity.





SOFT BOILED EGGS 3 WAYS

INGREDIENTS

(try these combinations)

Black and White

Black and/or white truffle oil
Black and/or white truffle salt & pepper

Thai Curry

Garlic olive oil
Curry powder & thai ginger salt

Smoked Chili

Chili oil
Smoked paprika with smokes salt & pepper

INGREDIENT SPOTLIGHT | EGGS

Packed with protein, choline, selenium, vitamin D, vitamin B12, phosphorus and riboflavin, **eggs** also supply the amino acid leucine, which helps stimulate muscle protein synthesis. Here's my take on the classic deviled egg, with all the devilish ingredients removed. I like to serve all this goodness up in a group of three different flavors.

DIRECTIONS

Bring a pot of water and 1 Tbs of oil to a boil, and then reduce the heat to medium high. Adding oil to the water makes the eggs easier to peel. (You're welcome.) Place the eggs in the pot and softly boil them for about 8 minutes. Peel them and slice them in half (the long way.)

Drizzle with flavored oils, spice the whole thing up with your favorite flavors, and sprinkle with flavored salt.



SESAME WASABI HUMMUS

INGREDIENTS

- 1 cup of shelled edamame
- 1 can of garbanzo beans - rinse and drain
- ½ cup of water
- 1 lime - juiced
- 2 Tbs of toasted sesame oil
- 2 Tbs wasabi or horseradish
- 1 tsp sea salt
- 1 Tbs black and or white sesame seeds

DIRECTIONS

Put everything in a blender or food processor except the sesame seeds. Blend it up on high speed until it's smooth. Serve in a bowl, drizzle a little sesame oil over it and sprinkle sesame seeds on top. Serve with veggies or crackers.

INGREDIENT SPOTLIGHT SESAME SEEDS

Sesame seeds may be teeny little things, but they deliver enormous health benefits. Each one was literally worth its weight in gold during the Middle Ages because of its great taste and versatility. Now we know that sesame seeds are full of valuable protein, vitamins, minerals, natural oils, and organic compounds like calcium, iron, magnesium, phosphorous, manganese, copper, zinc, vitamin B6 and fiber. This Asian/Middle-Eastern fusion of flavors is the perfect centerpiece for a party appetizer platter.



Thank you!

I hope you'll enjoy making and sharing these recipes as much as I do. My complete collection of Healthy Habits recipes is coming soon. In the meantime, keep doing your part to make the world a happier place—by eating beautiful food, taking care of your one precious body, surrounding yourself with people you love, and enjoying the things that make you smile.

Don't forget, ALWAYS Feed Your Happy!

Cheers,


   @gingershealthyhabits | gingershealthyhabits.com

