

Lisa Todd, L.M. & Kathryn Barry, L.M.

Home Birth Midwives
490 Pitt Avenue
Sebastopol, CA 95472

List of Nutrition Super Stars

Try to eat daily:

- Miso soup
- 30 raw almonds
- Apple
- 1 Tbsp. of sauerkraut
- Leafy greens: kale, romaine, arugula, etc.
- Fresh herbs: basil, cilantro, parsley
- Avocado
- Bone broth
- Chia seeds

Eat real food.

Eat at least every 3 hours.

Eat mostly protein and plants.

Eat some ferments and cultures daily.

Take 3,000-6,000 mg. EFAs daily.

Pesto recipe

3 cups of greens (basil, cilantro, nettles, parsley, arugula, fennel)
1-2 cups seeds and nuts (sunflower, pumpkin, almond, cashew)
Juice from 2 limes or lemons
1 cup olive oil
2 inches of grated ginger
1 teaspoon of salt

Blend until smooth (a stick blender works great)

Simple Miso recipe

1 cup of boiled water or ginger tea poured over 1 tablespoon of miso paste
1/4 teaspoon of salt or sole'

Basic Chai recipe

1/2 cup of grated ginger
1/2 cup of black pepper corns
4 tbsp. of cinnamon
2 tbsp. of cardamom
1 tbsp. of allspice
3 tbsp. of fennel
2 tbsp. of coriander
1 whole nutmeg seed (if desired)

Fill a large soup pot with water, add spices, bring to a boil and turn off. Let sit for several hours, then strain and store in refrigerator. Drink warm with your favorite milk, and a small quantity of honey or stevia if desired.