

the *pure* life

BY SISLEY KILLAM, R.H.N.



# HEALTHY RECIPE GUIDE

FOR ULTIMATE NOURISHMENT  
*to feel your best self*

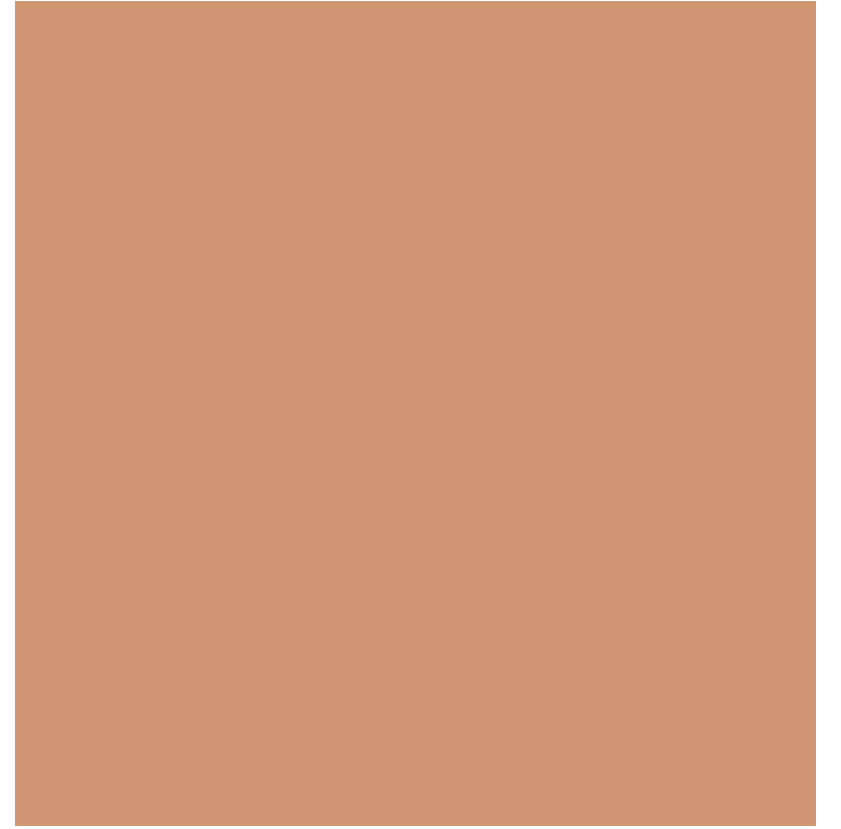
# 6 STEPS TO *a balanced meal*



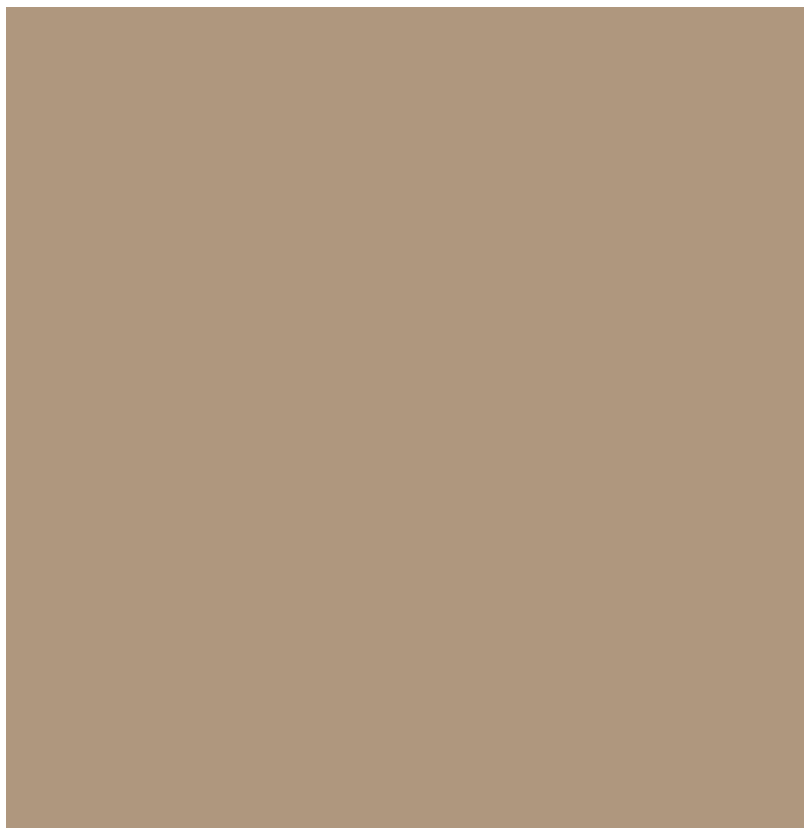
01 WHAT ARE  
YOU CRAVING?



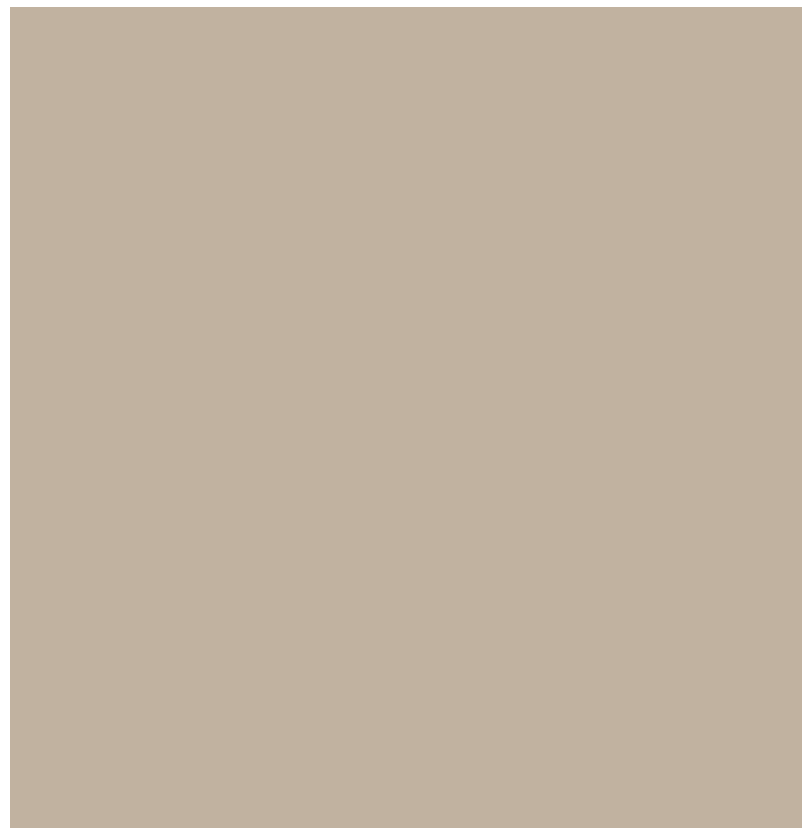
02 CHOOSE A  
PROTEIN



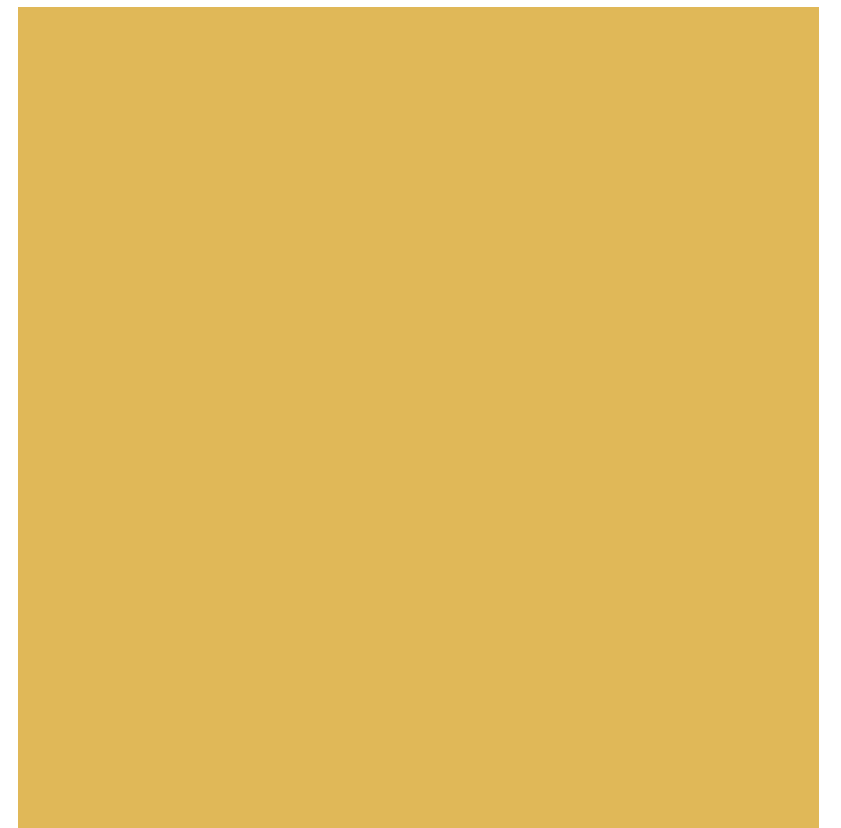
03 PICK A THEME  
(FLAVOURS)



04 1/2 YOUR PLATE  
VEGGIES



05 ADD A HEALTHY  
FAT + FERMENTS



06 ENJOY  
MINDFULLY

## FOLLOW THE PURE LIFE

[facebook.com/ThePureLifeBlog](https://facebook.com/ThePureLifeBlog)

[instagram.com/thepurelife\\_](https://instagram.com/thepurelife_)

[www.thepurelife.ca](http://www.thepurelife.ca)



# ASIAN-INSPIRED SESAME SALAD

## Highlights

**Cruciferous veggies:** Brussels sprouts and cabbage provide hormone-balancing properties. They are also packed with fibre and antioxidants to help support digestion, natural detoxification and glowing skin.

**Cilantro:** A heavy metal detoxifier, cilantro is a nutrition powerhouse!

**Sesame seeds:** Packed with minerals that support immune health, balanced hormones, brain health, relaxation and stress management.

**Lime juice:** If you struggle with digestive issues, adding lime juice to salads, water, smoothies and cooked dishes can help support digestion by stimulating bile production and reducing inflammation in the body.



# RECIPE: ASIAN- INSPIRED SESAME SALMON SALAD

Serves: 2 mains or 4 side salads

## **Ingredients:**

- Brussels sprouts (a small bag, ~6-8)
- finely shredded purple cabbage (3 large handfuls)
- small Persian cucumbers (2)
- green onion (2 sprigs)
- cilantro (1 large handful)
- wild salmon (enough for 2 people)
- optional: short-grain brown rice (1 cup)
- optional: fermented kimchi (1/4 cup)

## **The marinade:**

- sesame seeds (1/4 cup)
- toasted sesame oil (2 tbsp)
- tamari or soya sauce (1/4 cup)
- optional: chili paste "sambal oelek" (1 tsp)
- garlic cloves (2, minced)
- maple syrup (around 1 tbsp)
- large limes (2)
- Salt and pepper

## **Method:**

1. Preheat the oven to 400F while you make combine the marinade ingredients. Pour a few tbsp of the marinade on top and save the rest for a dressing. Cook the salmon for about 15-20 mins (every oven is different)
2. Finely chop the purple cabbage and Brussels sprouts and add them to a large bowl. Chop the cucumber, green onion and cilantro and add those to the bowl as well with the rest of the marinade



# EASY BREAKFAST TACOS

## Highlights

**Eggs:** choose quality eggs (free range and organic or pasture raised from your local farmers market. Packed with brain-boosting benefits and hormone-supporting nutrients, quality eggs are a wonderful protein choice. Please don't skip the yolks - they are the most nutrient dense!!

**Green onion:** Packed with anti-inflammatory properties to help clear acne, support digestive issues and protect the body from disease. Green onions are high in Vitamin C to support collagen production and a healthy immune system.

**Avocado:** Packed with healthy fats, minerals and vitamins, avocados are an epic snack or addition to any meal if you're looking for some added nutrients. Grab half an avocado, sprinkle with sea salt and olive oil and scoop it up!

**Salsa:** An underrated Vitamin C-rich flavour booster for any savoury dish.



# RECIPE: EASY BREAKFAST TACOS

Serves: 1

## **Ingredients:**

- free range organic eggs (2)
- salt and pepper
- olive oil, for the pan
- organic corn tortillas or Untortillas for GF option
- fresh salsa or cherry tomatoes, 2 tbsp
- avocado, 1/2
- green onion, red onion or cilantro, to top

## **Method:**

1. Lightly heat your tortillas in a large pan until warm.
2. Scramble the eggs in a small bowl and cook them until done in the pan.
3. Layer the tacos with the scrambled eggs, salsa or tomatoes, avocado and your choice of green onion, red onion and cilantro (I highly recommend all 3). Top with salt and pepper.

## **Vegan option:**

- organic chickpeas (1 can)
- spice mix: a shake of turmeric, garlic powder and paprika

## **Method:**

1. Rinse and drain the chickpeas. Pat dry. In a pan with olive oil, add the chickpeas and saute on high heat with the spices until fragrant (2-3 mins). Use this in place of or with the eggs for extra protein.



# HEALTHY SNICKERS BITES

## Highlights

**Medjool dates:** Packed with minerals, add dates to your smoothies, dessert recipes or salads to get in a natural "multivitamin". Dates alone are great for a pre-workout fuel source or enjoy them with a healthy fat or protein for an epic dessert or post-workout smoothie.

**Nut butter:** Helps to stabilize blood sugar levels (goodbye, hangry!) and support healthy hormones. Choose any nut butter but my favourites are organic peanut butter, almond butter or hazelnut butter.

**Dark chocolate:** Known for its brain boosting properties, dark chocolate is a nutrient dense superfood. Just make sure to choose organic & fair trade and at least 70% dark chocolate to reap the benefits.

**Quality sea salt:** Helps restore lost minerals. This is a kitchen staple. Trust me.



# RECIPE: HEALTHY SNICKERS BITES

Serves: 1

## **Ingredients:**

- medjool dates, (3) pits removed
- organic peanut butter (about 1 tbsp) ensure oil and sugar free
- 70-90% dark chocolate, (3 squares)
- flakey sea salt (a pinch)

## **Method:**

1. Remove the pit from the dates.
2. Stuff the dates with peanut butter, a square of dark chocolate and a pinch of flakey sea salt. Perfection!!



*let's keep it going*

## CONNECT WITH SISLEY



### 1:1 COACHING

Looking for extra support in your health journey? Work with me 1:1 and let me support you through unique, personalized recommendations.

*book your discovery call now*

## HEALTHY RECIPES

Don't forget to check out [www.thepurelife.ca](http://www.thepurelife.ca) for tons of healthy + delicious recipes to keep your body thriving and your skin glowing!



*get cooking!*

## GET IN TOUCH

I'd love to hear from you! Got a nutrition question? Loving the recipes? Send me a DM on Instagram.



*connect with Sisley*