

CUT THE CRAP

STARTER KIT

with
Toni Julian



14 days of high-vibe eating
and mindset-shifting
so your soul can shine!

Welcome to "Cut the Crap!" Your 14-Day Reset Challenge

Hey there, Shining Soul! 🎉

Congratulations on taking the first step toward a healthier, more energized YOU! I'm Toni Julian, your go-to intuitive wellness coach, motivator, and cheerleader for the next 14 days—and I couldn't be more excited to have you here!

Let's face it, life gets messy—especially when it comes to food and habits. But guess what? You're about to hit the reset button and Cut the Crap! 🚀 No more excuses. No more junk. Just 14 days of simple, effective strategies to help you feel lighter, more vibrant, and totally unstoppable.

Why Does This Work?

Cleaning up your foods isn't just about looking great—it's about feeling great on every level. When you nourish your body with high-vibrational foods, you also clear mental fog, reduce inflammation and create space for deeper connection to your intuition. ✨ Imagine feeling more grounded, more connected to your purpose, and aligned with your highest self—all because you decided to honor your body and soul.

Why Now?

This challenge kicks off right after the holidays—exactly when we all need a little reset! After the celebrations, treats, and indulgences, it's the perfect time to step back, refocus, and give your body and mind the care they deserve. No more waiting until Monday. No more New Year's resolutions that fizzle out by February. This is your time to commit, transform, and shine.

Here's What You Can Expect in this Starter Kit – This is your roadmap to success! It includes:

- Instructions on how to join Signal -- your connection to direct access to me, Toni! Yep, you read that right. For an entire two weeks, you'll have direct access to me and the amazing "Cut the Crap" community on Signal. Share wins, get answers to burning questions, and celebrate every milestone—together!
- A straightforward list of foods to ditch and what to savor instead.
- Quick tips to make your journey smooth and satisfying. Mouth-watering recipes straight from my new book, Sacred Eating! These dishes are designed to fuel your body and soul while making every bite deliciously satisfying.

Get ready to Cut the Crap and let your light shine! I can't wait to cheer you on every step of the way. Let's do this!

With love and high vibes,
Toni Julian



STEP 1: Join Signal

GET LIVE SUPPORT FROM ME AND OUR TRIBE!

Joining Signal is an important step to your success. Signal is a private, encrypted platform where you will have direct access to me, for two weeks.

You can ask questions like:

- … "What's the best coffee creamer to use?"
- … "What if I get hungry?"
- … "How can I sleep better?"
- … "What do you recommend I do when I have cravings?"

Whatever comes to mind. There are **no** bad questions.

How to download Signal

If you don't already have access to this private platform, you can download it here. It's best to download it to your cell phone so you can access it anytime.

Simply click the link below to get started.

[Cut the Crap on Signal](#)

These are the steps and you will be prompted:

1. "Cut the Crap" on Signal - this works on both mobile phones and desktops.
2. Open the "Cut the Crap" invitation link.
3. Click on the blue "Join Group" tab. If you haven't already joined the free Signal app, it will prompt you to join here - very simple.
4. You are now part of the group. Say hello!

Troubleshooting:

If you have problems getting into Signal, reach out to my team!

Contact Luanne Hammond by texting her at (408) 439-3134. She will do her best to get back to as quickly as possible. If it's after 5pm PT it will be the next day.

STEP 2: Decide What to Cut Out

What we will be cutting out: 🎉

If you are *all in*, cut out all alcohol, processed foods, artificial flavors and colorants, sugar (unless whole fruit), artificial sweeteners, animal proteins with high percent of saturated fats, and high-fat dairy products. If that doesn't feel attainable, we will meet you where you are! You decide which specific food groups you want to focus on, so you are successful. You may go for them all, or just pick a few that are the most impactful to you. Either way, I'm cheering you on!

| | | |
|---|--|---|
| <p>ALCOHOL</p> <ul style="list-style-type: none"> <input type="checkbox"/> Beer <input type="checkbox"/> White Wine <input type="checkbox"/> Champaign <input type="checkbox"/> All Hard Alcohol <input type="checkbox"/> All Mixed Drinks <input type="checkbox"/> Red Wine (limit) <input type="checkbox"/> _____ <input type="checkbox"/> _____ | <p>BEVERAGES</p> <ul style="list-style-type: none"> <input type="checkbox"/> Diet Sodas <input type="checkbox"/> Fruit Juices <input type="checkbox"/> Sugary Sodas <input type="checkbox"/> All Artificially Sweetened Teas, Drinks <input type="checkbox"/> All Beverages with Added Sugars <input type="checkbox"/> _____ | <p>PREPARED FOODS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bottled Salad Dressings <input type="checkbox"/> Mayonnaise <input type="checkbox"/> Candy <input type="checkbox"/> Milk Chocolate <input type="checkbox"/> White chocolate <input type="checkbox"/> Cookies <input type="checkbox"/> Crackers <input type="checkbox"/> Chips <input type="checkbox"/> Pretzels <input type="checkbox"/> Toffee <input type="checkbox"/> Cakes <input type="checkbox"/> Puddings <input type="checkbox"/> Biscuits <input type="checkbox"/> Pastries <input type="checkbox"/> Donuts <input type="checkbox"/> Pies <input type="checkbox"/> Shakes <input type="checkbox"/> Ice Cream <input type="checkbox"/> Hot dogs <input type="checkbox"/> Pizza <input type="checkbox"/> Frozen Dinners <input type="checkbox"/> Processed Cereals <input type="checkbox"/> Potato Chips <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ |
| <p>NATURAL SUGARS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Granulated Sugar <input type="checkbox"/> Brown Sugar <input type="checkbox"/> Turbinado <input type="checkbox"/> Molasses <input type="checkbox"/> Powdered Sugar <input type="checkbox"/> Maple Syrup <input type="checkbox"/> High Fructose Corn Syrup <input type="checkbox"/> Brown Rice Syrup <input type="checkbox"/> Cane Juice Crystals <input type="checkbox"/> Cane Sugar <input type="checkbox"/> Date Sugar <input type="checkbox"/> Evaporated Cane Juice <input type="checkbox"/> Raw Sugar <input type="checkbox"/> Rice Syrup <input type="checkbox"/> Turbinado <input type="checkbox"/> Agave (limit) <input type="checkbox"/> Sucrose <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ | <p>ARTIFICIAL SWEETENERS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Aspartame <input type="checkbox"/> Sucralose <input type="checkbox"/> Sugar Alcohols <input type="checkbox"/> Saccharin <input type="checkbox"/> Acesulfame <input type="checkbox"/> _____ <input type="checkbox"/> _____ | <p>ALL THINGS WHITE</p> <ul style="list-style-type: none"> <input type="checkbox"/> White Flour <input type="checkbox"/> White Rice <input type="checkbox"/> White Breads <input type="checkbox"/> White Pastas <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ |
| | <p>SATURATED FAT FOODS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Salami <input type="checkbox"/> Pastrami <input type="checkbox"/> Bacon <input type="checkbox"/> Lamb <input type="checkbox"/> Pork <input type="checkbox"/> Beef <input type="checkbox"/> Poultry Dark Meat <input type="checkbox"/> Sausages <input type="checkbox"/> Whole Milk <input type="checkbox"/> Butter <input type="checkbox"/> Cheese <input type="checkbox"/> Sour Cream <input type="checkbox"/> Solid Shortening <input type="checkbox"/> Stick Margarine <input type="checkbox"/> Palm Oil <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ | |

Step 3: Focus On What to Include

You may ask, "now that I know what to cut out, what should I eat?" Great question, because that's the big idea: Think about this: once you cut out all the crap, you are making space to bring in healthy, whole, life-bringing, vibrant, energetic, healing foods into your body.

So we will be including all fruits, vegetables, grains, low-fat dairy, high omega-3 oils, nuts and seeds and lean animal proteins. You can modify this as you like, based on your preferences and potential for allergies. We will essentially be focusing on natural, organic, clean ingredients.

I call these, high-vibrational foods.

High Vibrational Foods

High vibrational foods are as close to the original food source as possible, and what we should emphasize in our diets to stay healthy. High-vibrational foods include:

Fresh and organic fruits and vegetables, especially greens, wheat grass, sprouted greens, seaweed, legumes and grains, herbal teas, pure or filtered water, olive, avocado and coconut oils, nuts and seeds, raw foods (lightly steamed), fermented foods (like kefir and yogurt), herbs and spices, raw chocolate and cacao, raw honey and the stevia plant.

Mid-Vibrational Foods

These are not of the highest vibrational foods, but perfectly fine to incorporate and to round out your healthy diet. They include humanely treated chicken and wild caught fish, and minimally processed foods such as packaged goods and frozen foods made with healthy, whole, natural ingredients.

Mid-vibrational foods include:

Humanely treated chicken or beef (without antibiotics or hormones, are grass-fed and pasture raised), eggs and dairy, wild-caught fish, minimally processed foods, and roasted nuts and seeds. Frozen produce is fine here, but fresh is best when you can. When it comes to fruits and vegetables, frozen foods are nutritionally equivalent, and still contain the plants "essence".

Low-Vibrational Foods

These are foods that are far from their original food source, and are the ones to cut out. They include canned, overly processed foods, with artificial ingredients, added sugars and saturated fats. All foods in this low vibrational category are to be omitted or avoided and include foods like doughnuts, candy, wine, beer, hard alcohol, all fast food, vegetable oils, snack foods, and red meats.

Low-vibrational foods include:

Chemical or pesticide treated foods, sodas (both sweetened and artificial), sugars and artificial sweeteners, all things white (like white flours, pasta, breads and rice), all fast foods, deep fried foods, vegetable oils, processed or GMO (Genetically-Modified) foods, alcohol, coffee and red meats.

Here's a visual to make it easy!

Focus on incorporating foods from the green and yellow areas, and eliminate (the best you can) foods from the red triangle.



QUICK TIPS—Make Your Journey Smooth and Satisfying ✨

Excited to get started? I've got you covered! These simple, tried-and-true tips have helped thousands of my clients Cut the Crap and set themselves up for success. Let's make this easy, fun, and totally doable!

1. The 20-Second Rule 🕒

Make unhealthy foods 20 seconds harder to reach—and healthy foods 20 seconds easier. For example:

- Stash tempting crackers on the top shelf of your pantry where you need a step-stool to reach them.
- Prep and slice fresh veggies in advance, so they're ready when hunger hits. 🥕🥒

It's all about creating barriers for foods that don't serve you and removing barriers for those that do.

Easy, right? 🙌

2. Clean Out Your Pantry 🗑️

Out with the old, in with the nourishing!

- Toss expired items.
- Donate or ditch foods that tempt you—chips, cookies, pastries, candies, and yes, leftover holiday treats. 🍪🎄
- Ask family members to store their indulgences out of sight if they're not on this journey with you.

3. Clean Out Your Refrigerator 🧊

Make room for your fresh start!

- Check and toss expired condiments and packaged foods.
- Clear out anything that doesn't align with your Cut the Crap goals.
- Wipe down shelves so your fridge feels clean, organized, and welcoming.
- Create space for prepped meals and snacks. ✨

4. Get Organized 📝

- Pick Your Recipes: Choose a few favorites from this Starter Kit! Try the Creamy Alfredo Sauce over veggies or pasta, or the Good Moo'd Smoothie for a quick boost. 🍓
- Batch Cook & Freeze: Make a double batch of Banana Walnut Muffins and freeze in servings of 2–3 for grab-and-go mornings. 🥞
- Plan Smart: Buy enough groceries for the week, but grab fresh produce for the first 3–4 days and refresh mid-week to keep things crisp. 🥬

5. Stock Up for Busy Days 🍲

Be prepared for those time-crunched evenings when cooking feels impossible.

- Freeze single servings of Chicken Pot Pie Stew for comforting, stress-free dinners. 🍗
- Make and portion Quinoa and Brown Rice Medley—perfect for quick sides or bowls. 🍚

6. Grab Specialty Ingredients 🛒

Order ahead or stock up locally on some of my favorite extras:

- Powdered Peanut Butter—all the flavor, 85% less fat! 🥜
- Collagen Peptides and Plant-Based Protein—for smoothies and added protein power. 💪

✨ Remember, preparation is the secret sauce to success! With just a little planning, you'll stay inspired, on track, and ready to shine. Let's do this—your best self is waiting! 🌱

Tune Into Your Body—Tips for Intuitive Eating & Living ✨

Your body is your best guide. When you listen closely, it tells you what it needs to feel vibrant, balanced, and energized. Eliminating the foods that cause inflammation, is a great way to get started on being intuitively connected with your body. You remove the irritation, the distraction, the nutritional *noise*, and you are well on your way. I have personally been so in touch, I receive visions and hear guidance. I am deeply grateful for these gifts. Here's how to tap into your intuitive wisdom:

1. Sleep Smart 🧠

- Aim for 7–9 hours of quality sleep each night to restore your body and mind.
- Wind down with calming rituals like a warm bath, journaling, or a short meditation. 🛀
- Create a tech-free zone before bed—turn off screens at least 30 minutes prior to sleep. 📵

2. Move With Joy 🧘

- Choose movement that feels good—whether it's yoga, walking, dancing, or hiking. Motion is lotion! 🌿
- Focus on consistency rather than intensity to keep your body energized and strong.
- Stretch often to release tension and stay flexible. 🧘

3. Eat Intuitively 🍴

- Eat when you're hungry—but not ravenous—to avoid overeating.
- Stop eating when you feel comfortably full, not stuffed. 😊
- Choose a variety of foods to nourish your body and keep meals interesting.
- Pay attention to cravings—they often signal what your body truly needs.

4. Stay Hydrated 💧

- Drink water throughout the day to keep your energy high and digestion smooth.
- Add a squeeze of lemon or a splash of cucumber for a refreshing twist. 🍋🥒

5. Practice Mindfulness 🧘

- Slow down and savor your meals—turn off distractions and truly enjoy each bite.
- Tune into how foods make you feel—energized, heavy, light? Adjust as needed.
- Take deep breaths before meals to ground yourself and activate digestion. 🧘
- Be Grateful – Take a moment to appreciate your food. Imagine it nourishing every cell in your body, providing energy, balance, and healing. 🌿❤️
- Guided Support – Visit your online portal for a downloadable meditation to help you center yourself before meals and deepen your connection to nourishment and your vibrant good health. ✨
- Listen—when it's quiet, ask your higher self what you need and be patient. The guidance may come in many forms; a confident knowing, a vision, an idea or actual words of wisdom. Trust it.

✨ Trust your body—it knows what's best for you. With these simple habits, you'll feel more in tune, more energized, and ready to shine! ✨

RECIPES

BALANCED MACRO MEAL

**BLUEBERRY LEMON COCONUT MUFFINS**

Makes 16 Muffins, 8 servings

These muffins are wholesome and delicious, and not overly sweet. You can use either fresh berries, or frozen, just be sure to let them thaw first.

WHAT TO BUY:

- 1 cup Whole wheat flour
- 1 cup Oat flour
- 1/3 cup Flaxseed meal
- 1 cup Vanilla whey protein OR collagen peptides
- 2/3 cup Natural, non-caloric sweetener of choice
- 2 teaspoons non-aluminum Baking Powder
- ½ teaspoon salt
- 2 teaspoons organic Coconut extract
- ½ cup Egg whites
- 1 ¾ cup Nonfat milk or almond milk
- 3 tablespoons avocado oil or olive oil
- 4 tablespoons fresh lemon juice or 2 cubes Lemon Essence
- 2 cups Fresh blueberries
- 16 parchment muffin cups
- Optional: Powdered Monk fruit and Stevia blend or honey

WHAT TO DO:

- Pre-heat oven to bake at 350 degrees.
- In medium bowl, mix-together all dry ingredients, and set aside.
- In mixing bowl, add all wet ingredients, except for the fruit and blend well.
- Add dry ingredients into the mixing bowl and blend until incorporated.
- Remove bowl from stand and fold in fresh berries.
- Distribute into 16 large muffin cups.
- Bake at 350 for between 16 to 18 minutes, or until lightly browned on top and cooked through, being careful not to overbake.
- Optional: Using a sifter, sprinkle a light dusting of non-caloric, powdered Monkfruit and Stevia blend.

| Nutrition Facts | |
|---|------------------|
| 8 servings per container | |
| Serving size | 2 muffins |
| Amount Per Serving | |
| Calories | 270 |
| <small>% Daily Value*</small> | |
| Total Fat 11g | 14% |
| Saturated Fat 1g | 5% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 5mg | 2% |
| Sodium 260mg | 11% |
| Total Carbohydrate 30g | 11% |
| Dietary Fiber 12g | 43% |
| Total Sugars 5g | |
| Includes 0g Added Sugars | 0% |
| Protein 14g | 28% |
| Vitamin D 0.6mcg | 4% |
| Calcium 208mg | 15% |
| Iron 2.16mg | 10% |
| Potassium 329mg | 8% |
| <small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> | |



LEAN

PROTEIN

HEALTHY

FATS

EGG WHITE AND SPINACH MINI-FRITTATAS

Makes 6 servings

These single-serving Frittatas have saved me on many occasions. They are ideal to make ahead and keep them stored in the refrigerator for busy days. They are flavorful and packed with protein and nutrients. Pair them with a complex carbohydrate, like Ezekiel whole-grain toast, or a side of fresh fruit, for a fully balanced macro meal.

WHAT TO BUY:

- 18 ounces lean ground turkey
- 2 teaspoons garlic powder
- 10 egg whites
- 2 whole eggs
- 1/2 cup coconut milk or almond milk
- 1/4 cup fresh chopped spinach (or frozen, thawed)
- 1/4 cup grated parmesan cheese
- 1 cup red bell pepper
- 1 cup zucchini
- Salt and pepper, to taste
- Parchment muffin cups or flexible silicone muffin pan

WHAT TO DO:

1. Preheat the oven to 350 degrees. In a medium skillet, brown the ground turkey in 1 Tablespoon olive oil and garlic powder on medium-high heat until cooked through. Drain and set aside.
2. In a large mixing bowl, whisk together egg whites and eggs.
3. Whisk in skim milk and season with salt and pepper, to taste. Stir in the chopped spinach.
4. Grease 12 muffin tin cups with cooking spray or line cups with paper liners.
5. Distribute ground turkey equally between each muffin cup.
6. Pour egg mixture evenly into the muffin cups.
7. Sprinkle with parmesan.
8. Bake egg muffins for 20 minutes, or until the muffins are firm in the center. Serve hot.

WHAT'S IN IT FOR YOU:

| Nutrition Facts | |
|------------------------------|-------------------------------|
| 6 servings per container | |
| Serving size | 1 serving (182g) |
| Amount Per Serving | |
| Calories | 170 |
| | <small>% Daily Value*</small> |
| Total Fat 10g | 13% |
| Saturated Fat 3.2g | 16% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 100mg | 33% |
| Sodium 560mg | 24% |
| Total Carbohydrate 6g | 2% |
| Dietary Fiber 1g | 4% |
| Total Sugars 4g | |
| Includes 0g Added Sugars | 0% |
| Protein 17g | 34% |
| Vitamin D 0.6mcg | 4% |
| Calcium 104mg | 8% |
| Iron 1.26mg | 8% |
| Potassium 282mg | 6% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



RASPBERRY CHIA OVERNIGHT OATS

Makes 1 serving | Prep Time 5 minutes If you prefer to make your oatmeal ahead so you can simply grab and go-go-go in the morning, here's a fast way to get all protein and balanced macros you need for breakfast. You can scale it up and make several and simply refrigerate.

WHAT TO BUY:

- ½ cup Rolled Oats
- 1 Tablespoon Flaxseed meal
- 1 scoop Vanilla Protein powder
- 1 cup Unsweetened Almond Milk
- Dash of salt
- 1/3 cup Fresh raspberries, divided in half
- Optional: 2 teaspoons sweetener of choice (like Monk fruit/Stevia blends)

WHAT TO DO:

1. Place rolled oats, almond milk, flaxseed meal, chia and salt in mug and mix.
2. Add half the raspberries and mix through.
3. Top with remaining raspberries and refrigerate overnight.

| Nutrition Facts | |
|---|-------------------------------|
| 1 servings per container | |
| Serving size | 1 bowl (365g) |
| Amount Per Serving | |
| Calories | 370 |
| | <small>% Daily Value*</small> |
| Total Fat 10g | 13% |
| Saturated Fat 1.4g | 7% |
| <i>Trans Fat</i> 0g | |
| Cholesterol 20mg | 7% |
| Sodium 510mg | 22% |
| Total Carbohydrate 44g | 16% |
| Dietary Fiber 11g | 39% |
| Total Sugars 6g | |
| Includes 0g Added Sugars | 0% |
| Protein 31g | 62% |
| Vitamin D 2.4mcg | 10% |
| Calcium 793mg | 60% |
| Iron 3.6mg | 20% |
| Potassium 611mg | 15% |
| <small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> | |



HEALTHY HUMMUS WITH VEGGIES

Makes 10 Servings

My healthy hummus is not only delicious as a dip, but can be used as a flavorful accompaniment to toast, sandwiches, and savory waffle recipes in this book. Many of the ingredients, like turmeric, flaxseed meal and olive oil are natural anti-inflammatories and garbanzos are high in fiber. This dip will keep for at least one week or more in the refrigerator.

WHAT TO BUY:

- 1 can (16 ounces) Garbanzo beans, (reserve water from can for desired consistency)
- ¼ c nonfat cottage cheese (optional: substitute with Silken Tofu)
- 1 t Garlic Powder
- 1 t Ground Cumin
- ½ t Ground Turmeric
- ¼ t Cayenne Pepper
- ¼ c Lime juice
- 1 T Flaxseed meal
- 2 T Olive oil
- Dash salt—to taste

DIPPING VEGGIES

- 2 Cucumbers, unpeeled and sliced
- 3 Red Bell Pepper, seeded and sliced
- 4 Carrots

WHAT TO DO:

1. In a blender or food processor, mix all ingredients except 1 T olive oil and the dipping veggies.
2. Add reserved liquid from beans for desired consistency.
3. Drizzle reserved 1 T olive oil on top and sprinkle with cayenne pepper.
4. Serve with sliced cucumber, red bell pepper and carrot spears.

WHAT'S IN IT FOR YOU:

| Nutrition Facts | |
|---|-------------------------|
| 10 servings per container | |
| Serving size | 1 serving (195g) |
| Amount Per Serving | |
| Calories | 130 |
| <small>% Daily Value*</small> | |
| Total Fat 4.5g | 6% |
| Saturated Fat 0.6g | 3% |
| <i>Trans Fat</i> 0g | |
| Cholesterol 0mg | 0% |
| Sodium 150mg | 7% |
| Total Carbohydrate 19g | 7% |
| Dietary Fiber 6g | 21% |
| Total Sugars 6g | |
| Includes 0g Added Sugars | 0% |
| Protein 5g | 10% |
| Vitamin D 0mcg | 0% |
| Calcium 52mg | 4% |
| Iron 1.26mg | 8% |
| Potassium 329mg | 8% |
| <small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> | |

BALANCE MACRO MEAL

**HONEY-ALMOND SALMON OVER MIXED GREENS**

Makes 4 Servings

Wild salmon is lean, and preferred over fatty farmed salmon. You may notice a gray layer under the skin of the salmon. This is a fatty deposit high in Omega-3 fatty acids, which is good for you. In this recipe, I am also adding almond meal and olive oil, also high in these healthy fats. This is a fully balanced macro meal so no need to combine it with anything else.

WHAT TO BUY:

- 2 T Almond Meal
- 1 T Red Pepper Flakes
- 1 T Kirkland Sweet Mesquite Seasoning (or any other favorite herbs and spices)
- 2, 6 oz. Wild Salmon Fillets
- 1 T Honey
- 1 T Fresh Basil, Chopped or ½ t dried basil
- Dash Salt (to taste)
- 4 c Mixed Baby Greens
- 4 Large tomatoes
- 1 c Cucumbers, Sliced (any variety below)
- 1 Tablespoon Olive Oil
- 2 t Balsamic Vinegar

WHAT TO DO:

1. Thaw salmon (if frozen) and pat dry.
2. Remove skin with butter knife.
3. Mix red pepper flakes, mesquite seasoning and almond meal in a bowl.
4. Brush honey on top of each filet then dip into seasoning mix until coated.
5. Sprinkle with fresh or dried Basil. Broil or bake for about 15 minutes. Finished when salmon flakes in center.
6. Assemble baby greens on each plate. Drizzle with the olive oil and vinegar.
7. Cut tomatoes in half and arrange with cucumbers.
8. Add cooked salmon on top and garnish with basil leaves and a few remaining tomatoes.

WHAT'S IN IT FOR YOU:

| Nutrition Facts | |
|---|-------------------------------|
| 4 servings per container | |
| Serving size | 1 serving (385g) |
| Amount Per Serving | |
| Calories | 300 |
| | <small>% Daily Value*</small> |
| Total Fat 16g | 21% |
| Saturated Fat 1.9g | 10% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 40mg | 13% |
| Sodium 260mg | 11% |
| Total Carbohydrate 18g | 7% |
| Dietary Fiber 5g | 18% |
| Total Sugars 12g | |
| Includes 5g Added Sugars | 10% |
| Protein 24g | 48% |
| Vitamin D 9.2mcg | 45% |
| Calcium 65mg | 4% |
| Iron 1.62mg | 8% |
| Potassium 1034mg | 20% |
| <small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> | |



BROCCOLI, BEET, QUINOA & POMEGRANATE SALAD

Makes 6 servings

It's the pomegranates that make this dish so festive and visually appealing; the contrast of the red against the green broccoli backdrop. Pomegranates are in season from late summer through January, and most are grown in sunny California, my home state. Select a pom that is firm, and feels heavy, which means it's full of juice. These small but mighty seeds provide a polyphenol punch, which makes it a medicinal miracle for helping to lower blood pressure. Serve with a lean protein, like grilled halibut or a roasted turkey breast, for a fully balanced macro meal.

WHAT TO BUY:

- 1 cup cooked quinoa
- 1 lb. broccoli, trimmed and cut into bite-sized florets
- 3 pre-cooked beets, sliced into wedges
- ½ small red onion, finely diced
- ½ cup pomegranate seeds
- ½ c pepitas, toasted
- 1 Lemon, cut into wedges
- Lean Protein of your choice

Dressing:

- 3 garlic cloves, finely minced
- ¼ teaspoon cayenne pepper

- ¾ teaspoon salt
- ½ teaspoon ground black pepper
- 3 Tablespoons red wine vinegar
- 2 Tablespoons Extra virgin olive oil

WHAT TO DO:

1. Steam broccoli florets until a' dente (slightly crisp). Set aside.
2. In small bowl whisk together garlic, vinegar, cayenne, 1 tablespoon of the olive oil, salt and pepper. Set aside.
3. In a skillet, heat the remaining 1 tablespoon of olive oil over medium heat. Add the pepitas and toast, stirring frequently, until golden brown and aromatic, about 2 to 3 minutes.
4. Transfer pepitas to a paper towel, and season with salt.
5. Toss together broccoli, beets, quinoa, pomegranate seeds and pepitas in large serving bowl. Pour the oil and vinegar dressing on top. Toss gently until combined.
6. Garnish with lemon wedges.

WHAT'S IN IT FOR YOU:

| Nutrition Facts | |
|--|-------------------------|
| 6 servings per container | |
| Serving size | 1 serving (157g) |
| Amount Per Serving | |
| Calories | 200 |
| % Daily Value* | |
| Total Fat 11g | 14% |
| Saturated Fat 1.7g | 9% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 330mg | 14% |
| Total Carbohydrate 22g | 8% |
| Dietary Fiber 5g | 18% |
| Total Sugars 6g | |
| Includes 0g Added Sugars | 0% |
| Protein 8g | 16% |
| Vitamin D 0mcg | 0% |
| Calcium 52mg | 4% |
| Iron 2.16mg | 10% |
| Potassium 470mg | 10% |
| *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |

BALANCE MACRO MEAL

**SHREDDED CHICKEN TACO BAR**

Makes 6 servings

Shredded chicken, so good, but too much work? I have one preferred way to make this chicken, using a crockpot and salsa for an infusion of flavor. Instead of the cumbersome job of shredding the chicken, I simply use a hand mixer and within about a minute, your chicken is ready. This recipe can be a fun, build your own by setting out all the ingredients for the family to assemble. Easy-peasy.

WHAT TO BUY:

- 2 Chicken breasts, frozen
- 1 16 oz. jar salsa
- 1 cup Romaine Lettuce, chopped
- 3/4 cup Black Beans, drained and rinsed
- 1 cup Nonfat Greek Yogurt
- 1 1/2 Avocados, cubed
- 1/2 cup Cilantro
- 6 whole wheat tortillas
- 1/2 Onion, finely chopped
- 4 Limes, quartered

WHAT TO DO:

1. In crockpot, place frozen chicken breasts arranged without overlapping
2. Pour the jar of salsa over chicken.
3. Cover and simmer on high until cooked through.
4. Remove chicken breasts reserving liquid in separate container.
5. Cut each chicken breast in half and place back in crockpot.
6. Using a small hand-mixer shred chicken, or use two forks to pull apart.
7. Pour reserved liquid over chicken.
8. Heat tortillas in skillet and keep warm for serving in a towel.
9. Place black beans on each tortilla.
10. Add shredded chicken then top with cilantro, onion, a dollop of yogurt and avocado. Squeeze lime and enjoy!

WHAT'S IN IT FOR YOU:

| Nutrition Facts | |
|---|-------------------------|
| 6 servings per container | |
| Serving size | 1 serving (279g) |
| Amount Per Serving | |
| Calories | 340 |
| <small>% Daily Value*</small> | |
| Total Fat 10g | 13% |
| Saturated Fat 1.7g | 9% |
| <i>Trans</i> Fat 0.1g | |
| Cholesterol 50mg | 17% |
| Sodium 440mg | 19% |
| Total Carbohydrate 37g | 13% |
| Dietary Fiber 9g | 32% |
| Total Sugars 4g | |
| Includes 0g Added Sugars | 0% |
| Protein 28g | 56% |
| Vitamin D 0mcg | 0% |
| Calcium 143mg | 10% |
| Iron 2.34mg | 15% |
| Potassium 705mg | 15% |
| <small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> | |

BALANCED MACRO MEAL**CHIA CHOCOLATE PUDDING**

Makes 3 servings

Here is a chocolatey spin on the chia recipe from the previous page. This features the simple addition of cocoa powder. I prefer to use cocoa rouge, which is deeper red in color with a higher fat content, but any unsweetened cocoa powder will work just fine. This is a fully balanced macro meal so enjoy it all by it is lonesome.

WHAT TO BUY:

- 3 cups unsweetened almond milk
- ½ cup chia seeds
- 1 Tablespoon unsweetened cocoa powder
- 1 Tablespoon vanilla extract (or mint)
- 4 scoops Collagen Peptides or Vanilla Protein Powder
- 2-3 teaspoons natural, non-caloric sweetener of choice

WHAT TO DO:

1. Place all ingredients in a sealable glass container. A mason jar works best so you can give it a good shake to blend all the ingredients.
2. After about an hour, open the container and stir the chia seeds with a spoon to make sure it is sprouting without creating lumps.
3. Keep refrigerated. It keeps fresh for up to a week, if it is not eaten first!

WHAT'S IN IT FOR YOU:

| Nutrition Facts | |
|---|-------------------------|
| 3 servings per container | |
| Serving size | 1 serving (288g) |
| Amount Per Serving | |
| Calories | 230 |
| <small>% Daily Value*</small> | |
| Total Fat 11g | 14% |
| Saturated Fat 1.4g | 7% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 240mg | 10% |
| Total Carbohydrate 18g | 7% |
| Dietary Fiber 10g | 36% |
| Total Sugars 3g | |
| Includes 0g Added Sugars | 0% |
| Protein 18g | 36% |
| Vitamin D 2.4mcg | 10% |
| Calcium 611mg | 45% |
| Iron 5.94mg | 35% |
| Potassium 282mg | 6% |
| <small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> | |



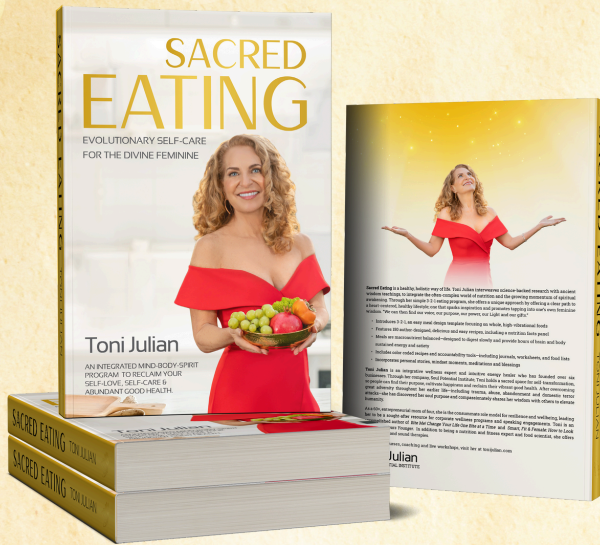
Join the Sparkle ON! Sisterhood

SparkleON! Collective is more than a sisterhood—it's a radiant movement of empowered women coming together to inspire, heal, and rise. Designed as a safe and heart-centered space, this community offers connection, growth, and soulful support to help you rediscover your light and share it boldly with the world. Whether you're seeking clarity, confidence, or connection, SparkleON! provides the tools, wisdom, and sisterhood to help you shine unapologetically and make a meaningful impact—because when women rise together, we uplift humanity. ✨❤



Visit www.ToniJulian.com this membership, workshops, courses, private mentoring sessions, retreats and more!

Ready to Nourish Your Soul and Transform Your Health? Discover Sacred Eating— Order Your Copy Today!



Introducing "Sacred Eating--Evolutionary Self-Care for the Divine Feminine. It's your ultimate guide to reclaiming self-love, self-care, and vibrant health through a harmonious mind-body-spirit approach. This transformative program empowers you to elevate your well-being and embrace a life of abundance.

Ready to embark on this journey? Scan the QR code to visit my website, where you can order your hardcopy or downloadable eBook today.



Visit www.ToniJulian.com for workshops, courses, private mentoring sessions, retreats and more!

