



Summertime Tips & recipe guide

BROUGHT TO YOU BY



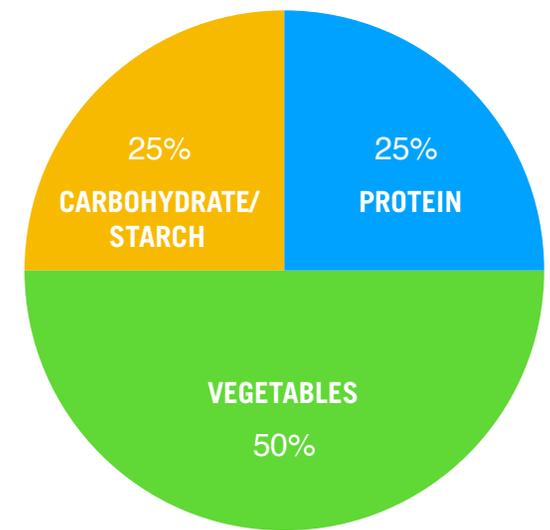
SUMMERFIELD
CUSTOM WELLNESS

oh boy, That Summer heat!

Summer fun comes with summer foods and summer festivities. Don't let vacations, impromptu beach trips, and neighborhood BBQs throw you off track! Summerfield Custom Wellness designed this guide to give you fool-proof tips to keep your plates and meals balanced, while still ensuring you get to enjoy all the wonderful seasonal flavors.

Use **The Plate Method** to balance your plate while enjoying your favorite dishes.

- Make your meals vegetable-centric. Keeping half of your plate filled with fresh or grilled veggies is a great way to keep meals light and delicious during the summer. Complement the other half of your plate with a quarter plate starch and a quarter plate protein. Always rely on **The Plate Method** to guide your eating portions.
- Keep your plate colorful! The more color your plate has, the more nutrients you're feeding your body. Be sure to take advantage of the beautiful produce and herbs that are in season which you may not be able to eat at any other time during the year. Consider visiting your local farmer's market for fresh and bright options.
- Listen to your body for hunger cues when around different meal and snack options. Eating at BBQs, pool parties, and the beach can be a challenging environment with warmer temperatures possibly confusing your body to think it's hungrier than it may be. Try hydrating instead of going for that extra portion or mindless snacking.
- Summertime activities centered around foods tend to be protein-focused: the rack of ribs, hamburgers and hot dogs on the grill. Plan for success by bringing our own vegetable-centric dish. Salads, kabobs or even veggie platters!
- During the summer you're destined to perspire more. Replace lost water by prioritizing hydration. Drink a minimum of 64 fl oz of water daily, with increased amounts after being in the sun.
- Alcohol has little nutritional value and can lead to poorer food choices and overeating. Drink responsibly! Aim to have one glass of water in between every alcoholic beverage. It will help slow you down, keep you hydrated, as well as prevent a headache the next day!
- Find fun physical activities for the season! Consider kayaking, walking at the park, hiking, gardening, etc. Be sure to stop and smell the roses too, while they're in bloom!



9-inch dinner plate

now to plan what to eat...



overnight mason jar carrot cake proats

SERVES 3

INGREDIENTS

DRY

- 1 C rolled or gluten free oats
- 1 tsp cinnamon
- ¼ tsp allspice
- 1 Tbsp chia seeds
- 3 Tbsp raisins
- 1 scoop favorite vanilla protein powder

WET

- 1 C carrot, finely grated
- 1 tsp vanilla extract
- 1 Tbsp maple syrup
- 1 ½ C almond milk, unsweetened

TOPPING

- palmful of walnuts or 1 Tbsp of nut butter

DIRECTIONS

1. Mix all dry ingredients in a large bowl.
2. Add wet ingredients and mix well, until all ingredients are evenly blended.
3. Divide mixture evenly into three 8 oz mason jars.
4. Place sealed mason jars in the refrigerator and let sit overnight (or 2 hours minimum).
5. Before indulging, add toppings if desired.



lemon, zucchini & poppyseed fresh morning muffins

SERVES 12

INGREDIENTS

- 2 C grated zucchini
- ¼ C coconut sugar
- ½ C olive oil
- 1 tsp lemon zest
- 2 Tbsp lemon juice
- 1 tsp vanilla extract
- 1 large egg
- 1 ¼ C all-purpose whole wheat or gluten free flour
- ½ tsp salt
- ½ tsp baking powder
- ¼ tsp baking soda
- 1 Tbsp poppy seeds

DIRECTIONS

1. Preheat oven to 350°F.
2. Grease muffin tin or line pan with nonstick muffin tin liners.
3. To decrease water content from grated zucchini (which can change how the muffins bake & taste), wrap grated zucchini in a cheese cloth or kitchen towel over sink, squeeze out excess water, and set aside.
4. In a mixing bowl, whisk together the coconut sugar, olive oil, lemon zest, lemon juice, vanilla, and egg.
5. In another bowl, mix flour, salt, baking powder, and baking soda. Add to wet ingredients and stir until just combined.
6. Fold in poppy seeds and zucchini until well blended.
7. Divide batter into muffin tins, filling cups about $\frac{3}{4}$ full.
8. Bake for 20 minutes or until the tops spring back when pressed.

RECIPE INSPIRED BY [Pinch of Yum](#)



flavor

Consider these summertime flavor options for fun seasoning alternatives to keep your tastebuds excited without overloading on sodium, hidden sugar, or junky preservatives.

FRESH HERBS

dill, cilantro, basil, or mint

- Chop and add to any cold or hot dish for a refreshing bite & aroma.
- Grow your own herbs! This can be a fun family activity that helps cut down on food cost.

CITRUS

lemon: juice, zest, wedges, slices

- Use lemon juice to simply dress green leafy salads or other chopped vegetables.
- Squeeze a lemon over fresh fruit, like apples, for a tangy twist on a classic favorite. Plus, the acid will help keep fruits from browning!
- Place lemon slices atop white fish when baking.

limes: juice, wedges

- Season Latin or Asian dishes with a squeeze of a lime with wedges on the side.

VINEGARS

balsamic, apple cider, or flavored

- Jazz up your salads or drizzle on your favorite fruits.
- Mix with mustard or spices and use as a marinade for proteins or veggies.

Consider using fresh summer flavors to keep your water and hydration enticing.

Shoot for 64 fl oz of water daily, plus more if you find yourself out in the heat working up a sweat.

INFUSE

fruit, vegetables, herbs, or vinegars

- Wedged lemons, limes, or oranges.
- Fresh or frozen strawberries, raspberries, blueberries, or blackberries.
- Pair cucumber & mint.
- Pair pineapple with cilantro or basil.
- Combine 1 Tbsp flavored white balsamic with 1 C sparkling water.

Infused water brands: Flow, Hint

SPARKLE

Seltzer

LaCroix, Spindrift, Bubly, Polar, Perrier

Kombucha

Panacea Brewing Company, GT's, Healthade, Kevita, Suja, Brew Dr.

BREW

iced herbal tea

Celestial Seasonings, Yogi, Bigelow

hydrate

avocado mash on 90-second grain-free bread

SERVES 1

INGREDIENTS

90-SECOND BREAD

- 3 Tbsp almond meal
- 1 Tbsp olive oil
- ½ tsp baking powder
- 1 large egg
-

MASH

- ½ avocado
- 3 Tbsp plain Greek yogurt
- 3 cherry tomatoes, sliced in half
- ½ tsp chia seeds or hemp seeds (optional)
- black pepper, to taste

DIRECTIONS

1. In a small microwave safe bowl, combine almond meal, olive oil, baking powder, and egg.
2. Mix with fork until ingredients are blended together well.
3. Place in microwave and heat for 90 seconds.
4. While bread is in microwave, mash avocado and Greek yogurt together in another small bowl.
5. Remove bread from microwave. Let cool.
6. Flip bowl over, gently removing bread.
7. With a sharp knife, slice crosswise – leaving two slices of bread.
Optional: Put the bread halves in the toaster for an extra toasty crunch.
8. With a spoon, scoop avocado mixture evenly onto each slice.
9. Top each slice with 3 sliced cherry tomatoes and ¼ tsp hemp or chia seeds.
10. Add black pepper to taste.

*Get creative with other toppings!
Shmear with hummus, chicken salad, or bean dips.*

warm herbed fennel & radicchio salad with turkey cranberry meatballs

SERVES 4

INGREDIENTS

SALAD

- 1 fennel bulb, sliced into ½ inch wedges
- ¼ C finely chopped fennel fronds (the bushy & lacy herbs attached to the fennel bulb)
- 1 Tbsp olive oil
- 1 yellow apple, thinly sliced
- 1 small head of radicchio, sliced
- ¾ C fresh parsley, roughly chopped
- 2 Tbsp lemon juice (approx. 1 lemon worth)
- black pepper & salt, to taste
- Optional: ¼ C shaved parmesan

MEATBALLS

- 1 lb (or 1 package) lean ground turkey
- 1 egg
- ½ C cranberries, chopped
- ¼ C fresh parsley, finely chopped (OR 1 ½ Tbsp dried parsley)
- ½ C spinach, finely chopped/ shredded
- ½ tsp salt
- ½ tsp garlic powder

DIRECTIONS

1. Preheat oven to 400°F.
2. Prepare meatballs by mixing turkey, egg, cranberries, parsley, spinach, salt, and garlic powder in medium bowl until well blended.
3. Shape into small meatballs (approx. 1-inch in diameter). Should yield about 26.
4. Place about ½ inch apart on one side of large sheet pan, lined with aluminum foil.
5. Prepare Fennel: With sharp knife, slice top of fennel (stalk and fronds) from the bulb.
6. Cut the fennel bulb into wedges by cutting in half, and half, and half again to make 8 wedges.
7. Drizzle with 1 Tbsp olive oil and place on another baking sheet if you run out of room with the meatballs.
8. Roast for 20 minutes.
9. While the meatballs and fennel are roasting, prepare remaining salad ingredients. Add fennel fronds to bowl with apple, radicchio, and parsley.
10. The roasted fennel should be browned around the edges. Cut the core out of the fennel and discard, add the rest to the salad.
11. Juice lemon over the salad, then add salt and pepper to taste and toss.
12. Top with 3-4 meatballs and shaved parmesan (optional).
13. Serve immediately.

RECIPE INSPIRED BY [Our Salty Kitchen](#)



grilling Tips

The grill is hot! Make use of this great summertime cooking method by preparing ALL your Plate Method components on it. Yup! Grill up some vegetables, protein, & starches — even fruit!

veggies

Grill your veggies!

Slice size is key to grilled veggie perfection. Keep the size of the vegetables you grill consistent for the most even cooking!

OUR FAVORITE VEGGIES ON THE GRILL:

- summer squash
- zucchini
- mushrooms
- carrots
- broccoli
- asparagus
- cauliflower steak/eggplant
- bell peppers

protein

Grill your protein!

Enjoy lighter proteins during the summer for succulent and delicious options with decorative grill marks!

OUR FAVORITE PROTEINS ON THE GRILL:

- salmon
- tuna
- scallops
- shrimp
- tofu
- swordfish
- chicken
- burgers: turkey, veggie, or black bean

Starch/carb

Grill your starches!

A different spin on cooking and using starches or sweet summer fruits - use them as side dishes or meal toppings! Place smaller fruits in wire strainer on grill to prevent them from falling through the grill grates.

OUR FAVORITE CARBOHYDRATES ON THE GRILL:

- corn
- potatoes
- plantains
- pineapple
- peaches
- figs
- berries

Mmmm...



BREAKFAST: Use grilled fruit to top oatmeal, protein pancakes, or Greek yogurt.

LUNCH/DINNER: Make skewers! Load up different colorful combinations of vegetables, proteins, and starches or fruit.



chilled salmon citrus arugula Salad

SERVES 6

INGREDIENTS

- 1 ½ lbs salmon, chilled (*See Simple Salmon Recipe below on right.)
- 6 C arugula, spinach and kale mix
- 1 C mango chunks (fresh or frozen & defrosted)
- ½ C strawberries, sliced
- 2 yellow or orange bell peppers, diced
- 1 can chickpeas, drained & rinsed
- ¼ red onion, diced
- ¼ C fresh cilantro, chopped
- ¼ C lime juice (approx. 2 limes worth)
- 1 Tbsp white balsamic vinegar
- ¼ tsp salt
- ¼ tsp smoked paprika
- ¼ tsp cumin
- black pepper, to taste

DIRECTIONS

1. In a large bowl, toss mangos, strawberries, bell peppers, chickpeas, red onion, and cilantro with the lime juice, white balsamic vinegar, salt, smoked paprika, and cumin.
2. Fold mixture well.
3. Serve on top of, or tossed with, the salad greens mixture.
4. Place entire chilled salmon atop salad OR flake chilled salmon into bite size pieces and top salad.
5. Dress with black pepper, to taste.

* *Simple Salmon Recipe:*

1. *Preheat oven to 375°F.*
2. *Line baking sheet with parchment paper or aluminum foil.*
3. *Bake salmon for 20 minutes or until fish flakes with fork.*

cauliburgers

SERVES 4

INGREDIENTS

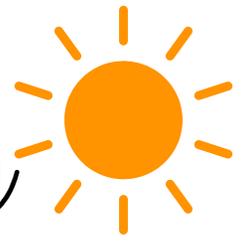
- 2 cauliflower heads, leafy greens removed
- ½ tsp salt
- ¼ tsp black pepper
- ¼ C olive oil or ¼ C favorite BBQ sauce
- Your favorite burger bun & fixin's!

DIRECTIONS

1. Set grill to 350°F, or medium to high heat.
2. Cut off bottom stem of cauliflower end to create a flat base so the cauliflower can stand on the cutting board.
3. Resting the cauliflower on its stem, cut down the center to yield two halves. From the center slice just made, measure 2 to 3 inches in thickness, and cut again to create 1 cauliflower "burger" from each half.
4. Repeat above directions with other cauliflower head.
5. Save side wedges or small cauliflower pieces that break off to grill separately or serve raw on a veggie platter.
6. Brush one side of each cauliflower steak with olive oil or BBQ sauce.
7. Sprinkle salt and pepper over cauliflower burgers.
8. Place cauliflower carefully on grill and cover for 8-10 minutes (or until the bottom is beginning to char).
9. Flip the cauliflower and cover.
10. Cook for an additional 8-10 minutes, until the cauliflower is tender.
11. Remove from grill.
12. Treat this cauliflower burger as you would any meat patty that's been grilled up. Sandwich between two burger buns, top with cheese, ketchup, onion, and mustard!



mindful summertime planning



Other than making mindful decisions this summer for your health, it's important to pay mind to food safety when traveling and storing foods in the sun!

how to pack for the

BEACH



PICNIC



BBQ



- Travel with a cooler that can fit both foods and beverages. If you don't have one, consider investing in one, as this can help you safely plan for your outings and minimize impulsive meal choices. Pack foods with ice packs and be sure to keep lid closed as much as possible.
- Avoid packing perishables (ex: meats, yogurt, cheese) if you can. If packing perishables, be sure they stay in the cooler. If perishables such as a mayo-based salad or meat/cheese board are offered at an outing, ask how long it has been sitting out. Do not eat if perishables are warm or discolored.
- Perishable foods should not sit out in the sun for more than 2 hours, so plan to eat these first!
- Non-refrigerated fruits and vegetables hold up well during travel. Those with a peel will give an extra layer of protection against the heat. Consider bananas, mandarin oranges, and mangoes. For other well-traveled produce, bring whole apples, baby carrots, slices of mini bell peppers, and chopped broccoli or cauliflower.
- Pack easy, transportable, shelf-stable snacks: popcorn, trail mix, protein bars, dehydrated fruits and vegetables, beef jerky, dried/roasted edamame or chickpeas.





fresh & colorful ploughman's board

Ditch the store bought vegetable platter with questionable spotted broccoli and watery ranch. Wow your friends at summer outings with this platter!

INGREDIENTS

- 2 English cucumbers, sliced
- 3 medium or large heirloom tomatoes (try to pick different colors), sliced
- 1 lemon, halved and sliced
- 1 ball fresh mozzarella, halved and sliced
- 1 C baby carrots
- 1 can black olives, drained
- 1 pint black berries
- 1 bushel of basil
- 1 C mixed nuts
- 1 Tbsp fresh dill
- cracked black pepper

DIRECTIONS

1. On a serving platter, arrange cucumber slices, tomato slices, lemon slices, mozzarella slices, carrots, olives, black berries, and basil.
2. In a miniature serving bowl, place 1 C mixed nuts and arrange on board with vegetables and fruit.
3. Sprinkle dill over cucumbers.
4. Crack black pepper over vegetables and serve.

HOW TO PAIR:

- Stack basil and mozzarella on top of tomato slices.
- Throw back a handful of blackberries and mixed nuts.
- Squeeze lemon over cucumber and dill.
- Enjoy each ingredient individually: Crunch on carrots or pop an olive!

watermelon fries with tangy citrus dip

INGREDIENTS

- 1 seedless watermelon
- ¼ tsp chili powder
- pinch of salt
- black pepper, to taste

CITRUS DIP

- ½ C plain Greek yogurt
- 1 Tbsp lime juice (approx ½ lime worth)
- 1 orange, juiced
- 1 Tbsp honey
- 1 tsp cardamom

DIRECTIONS

1. With a sharp knife, cut watermelon slices and remove water melon rind.
2. Cut into long fry-like shapes. Set aside.
3. In a small serving bowl, mix Greek yogurt, juice of lime and orange, honey, and cardamom.
4. Serve watermelon sprinkled with chili powder, salt, and pepper, to taste, alongside dip.



Sweet beet grain-free chocolate chip cookies

SERVES 8

INGREDIENTS

- ½ C unsweetened nut butter (ex: almond, peanut, or cashew butter)
- 1 large egg
- 1 tsp vanilla extract
- 3 Tbsp coconut sugar
- 3 Tbsp pureed beets (*See Simple Pureed Beets on right or puree pre-cooked packaged beets.)
- ¼ C almond meal or other flour of choice
- ¼ C dark chocolate chips

DIRECTIONS

1. Preheat oven to 375°F.
2. Mix together nut butter, egg, vanilla, coconut sugar, and beet puree in medium bowl with spoon until blended.
3. Add almond meal and chocolate chips and mix well.
4. Scoop 3 tablespoon balls of dough onto foil-lined baking sheet. Should make about 8 cookies 2-inches in diameter.
5. Bake for 17-20 minutes or until cookies are slightly browned near edges.

* Simple Pureed Beets

1. Bring 7 C of water to a boil.
2. Submerge 1- 2 beets and cook for 30-35 minutes or until beets are tender.
3. Let cool.
4. Skin of beets should peel off easily with fork. Peel skin and largely chop beets.
5. Place in blender or food processor and puree until smooth.

SERVES 4

happy belly fruity Kombucha Sangria

INGREDIENTS

- 3 C ice
- 2 peaches, diced
- 1 pint raspberries
- 2 lemons, sliced
- 3 C white wine or rosé of choice
- 5 oz vodka (~5 shot glasses)
- 2 C of your favorite kombucha flavor/brand
- 1 C pomegranate juice

DIRECTIONS

1. Layer ice, then peaches, then raspberries, then lemon slices in large serving pitcher.
2. Pour in wine, vodka, kombucha, then pomegranate juice.
3. For serving presentation, leave drink with layers.
4. Before serving, mix with wooden spoon. Bottoms up!

Keep this drink alcohol-free by omitting vodka and wine and substituting with 4 cups of your favorite sparkling water. Consider Lemon or Cran-Raspberry LaCroix.



*These summertime tips
were brought to you by...*



SUMMERFIELD
CUSTOM WELLNESS

Summerfield Custom Wellness is a nutrition counseling practice specializing in workplace wellness, customized individual nutrition plans, and online learning. Our mission is to inspire our patients with confidence and empower them with skills to become the healthy person they envision.

Our practice boasts nutrition and wellness expertise in weight loss, diabetes management, bariatric counseling, digestive health, food allergies, autoimmune diseases, and other chronic illnesses. We see patients at our office, at their workplace, or online through video-chat, and we customize each plan according to health history, budget, food preferences, and lifestyle.

Learn more today by visiting
www.SummerfieldCW.com

WILMINGTON

5129 Oleander Drive, Suite 103
Wilmington, NC 28403
910.663.5166

RALEIGH

8801 Fast Park Drive, Suite 211
Raleigh, NC 27617
919.442.8398

DURHAM

5003 Southpark Drive, Suite 200
Durham, NC 27713
919.442.8398