





Happiness

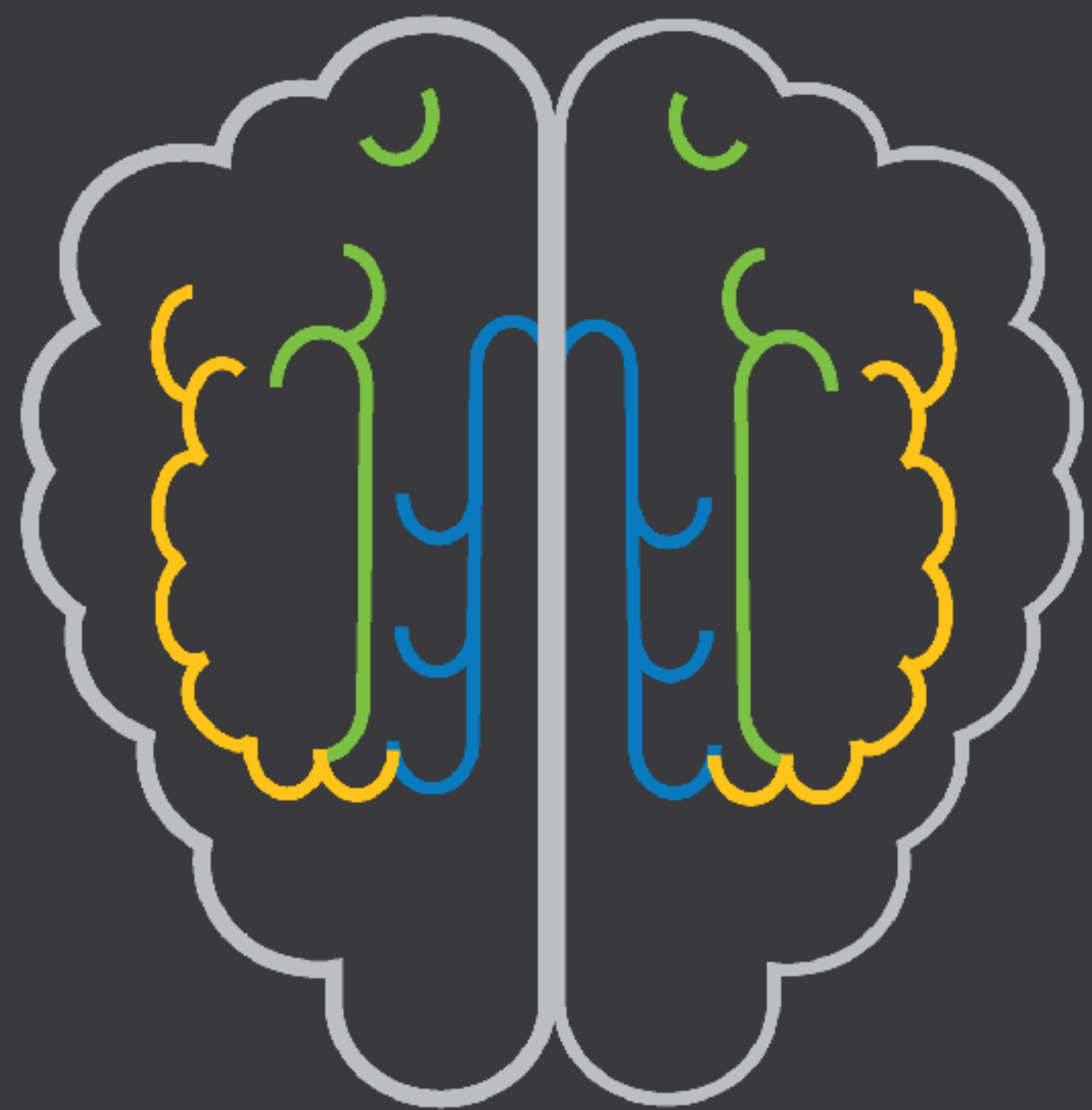
M	T	W	T	F	S
6	7	1	2	3	4
13	14	8	9	10	11
20	21	15	16	17	18
27	28	22	23	24	25











Your Mood

The Gut/Brain Connection



Your Gut Bacteria







KETO



PALEO



VEGETARIAN



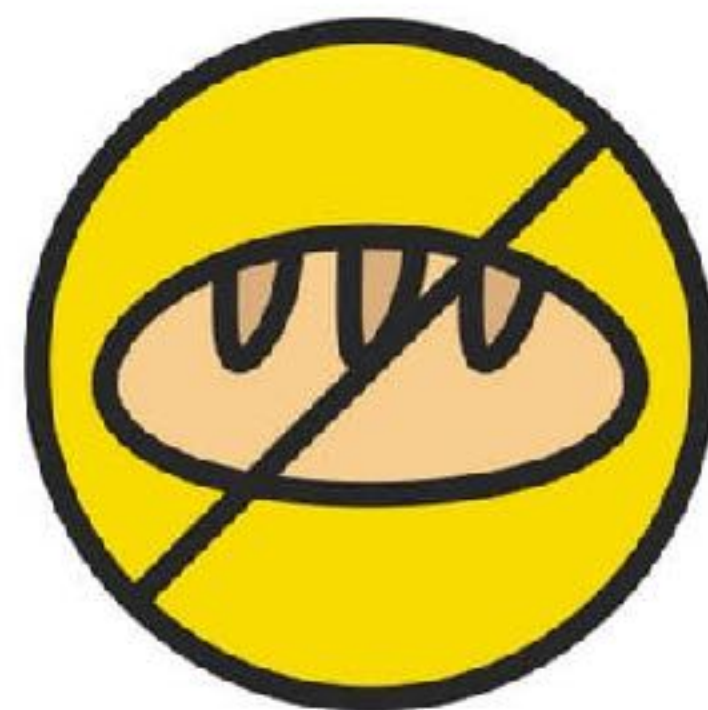
VEGAN



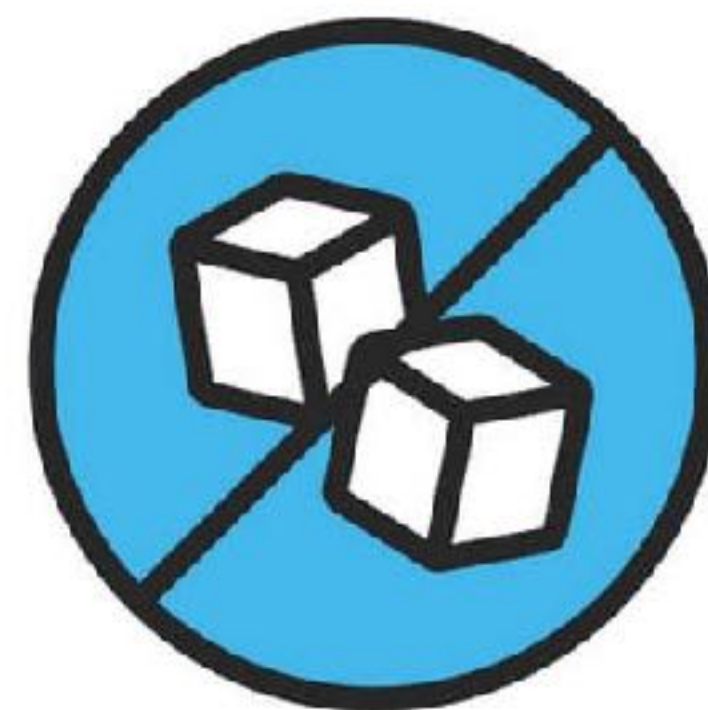
MEDITERRANEAN



RAW



LOW CARB



NO SUGAR


HAPPINESS







TARGET TO TABLE
 healthy and delicious meals
 one superfood at a time



2ND EDITION
 25+ new recipes inside!

kristen brogan | matt johnson



MINDFUL EATING

COMMON SENSE IS
GENIUS DRESSED
IN ITS WORKING
CLOTHES





ENERGY

drink



Water, Soy Protein Concentrate, Coconut Oil, Sunflower Oil, Natural Flavors, 2% or less of: Potato Protein, Methylcellulose, Yeast Extract, Cultured Dextrose, Food Starch Modified, Soy Leghemoglobin, Salt, Soy Protein Isolate, Mixed Tocopherols (Vitamin E), Zinc Gluconate, Thiamine Hydrochloride (Vitamin B1), Sodium Ascorbate (Vitamin C), Niacin, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Vitamin B12.



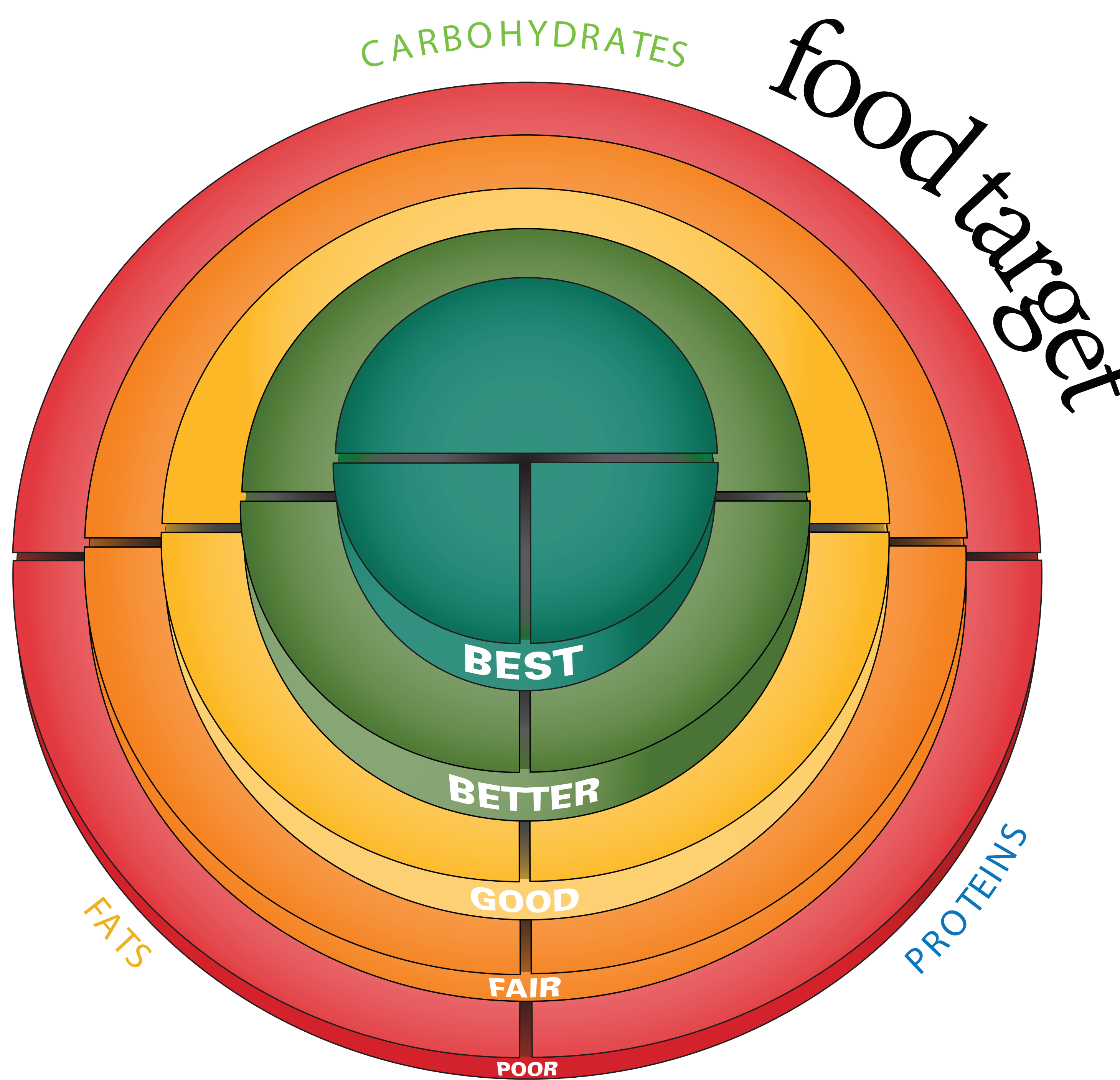


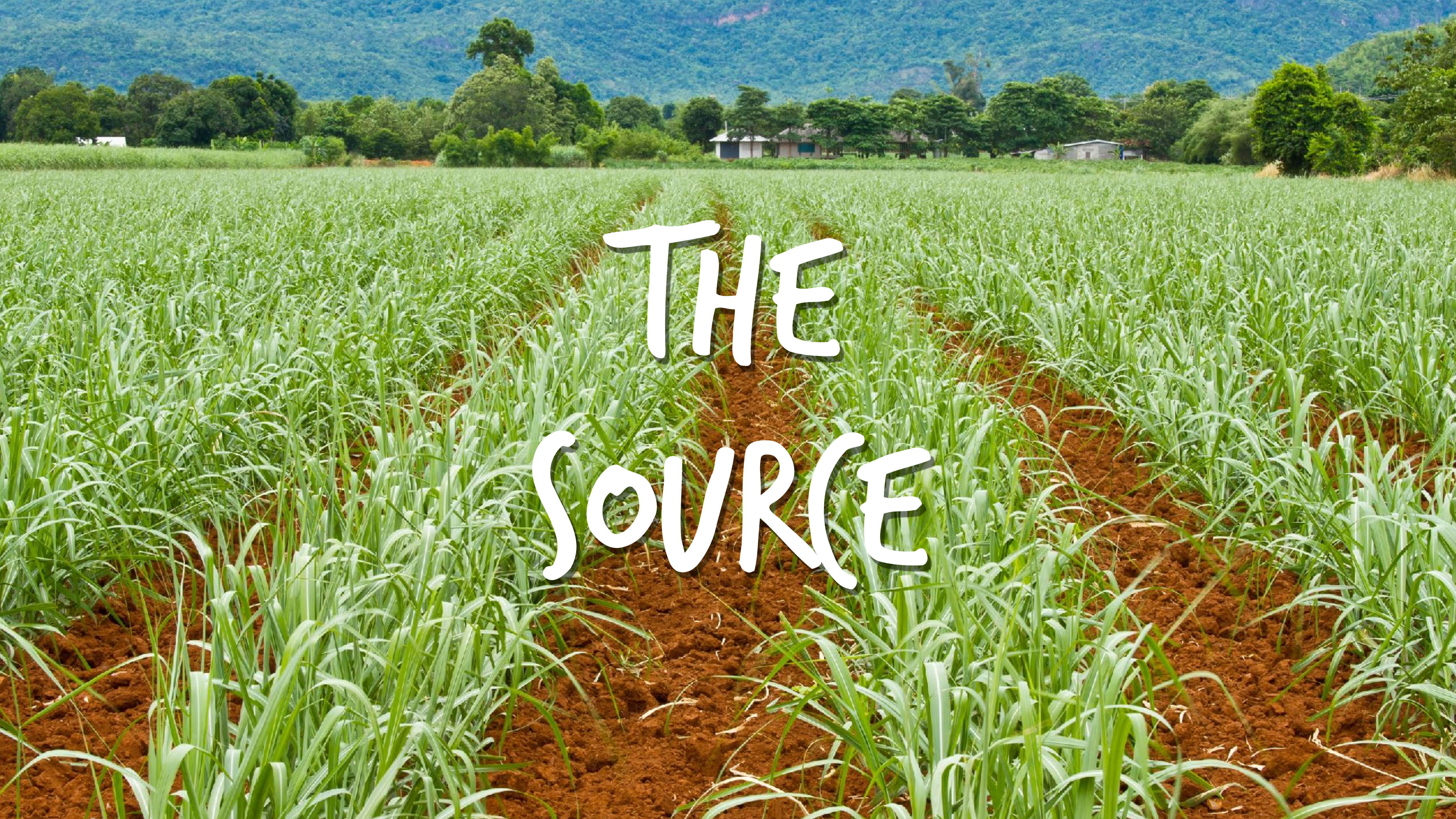


12-14 HOURS

FASTING

- Best
- Better
- Good
- Fair
- Poor



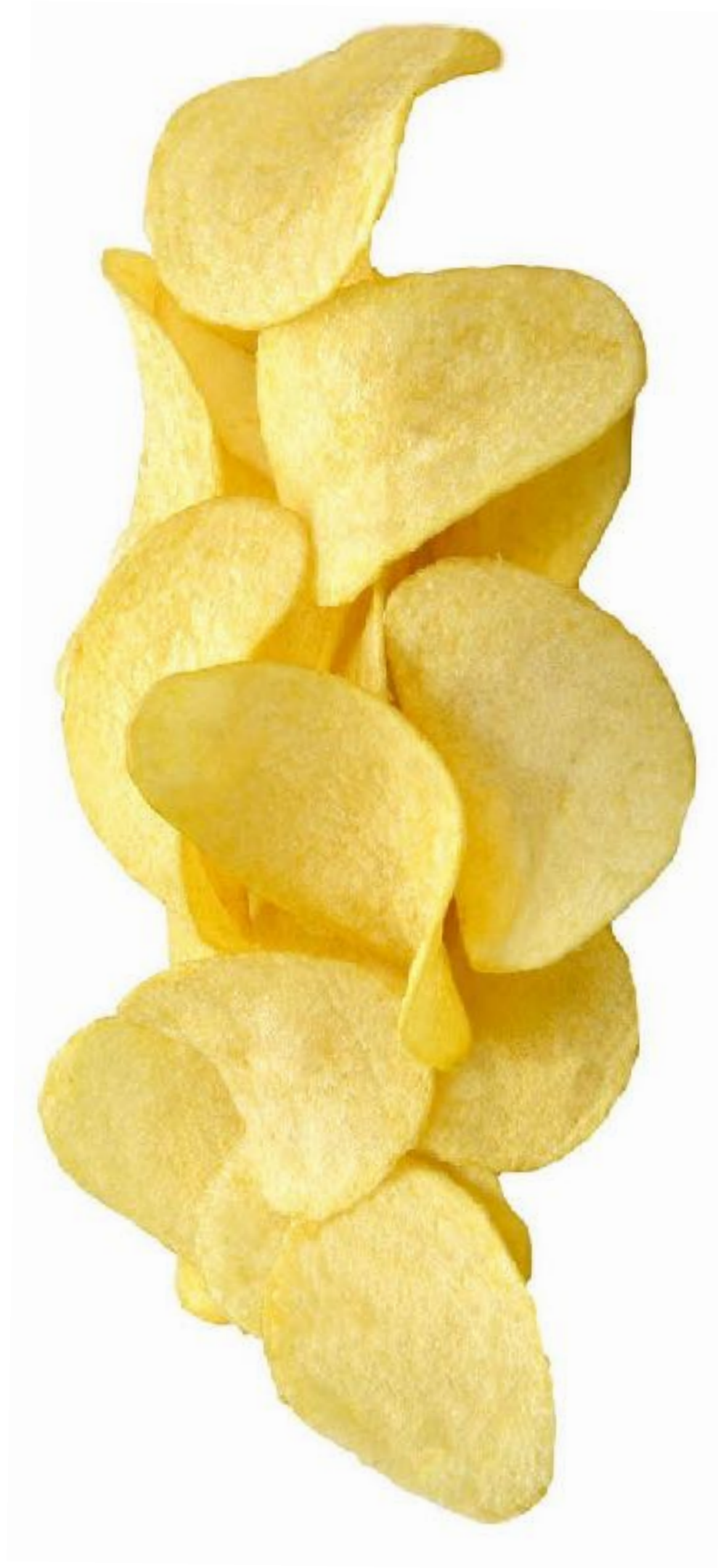
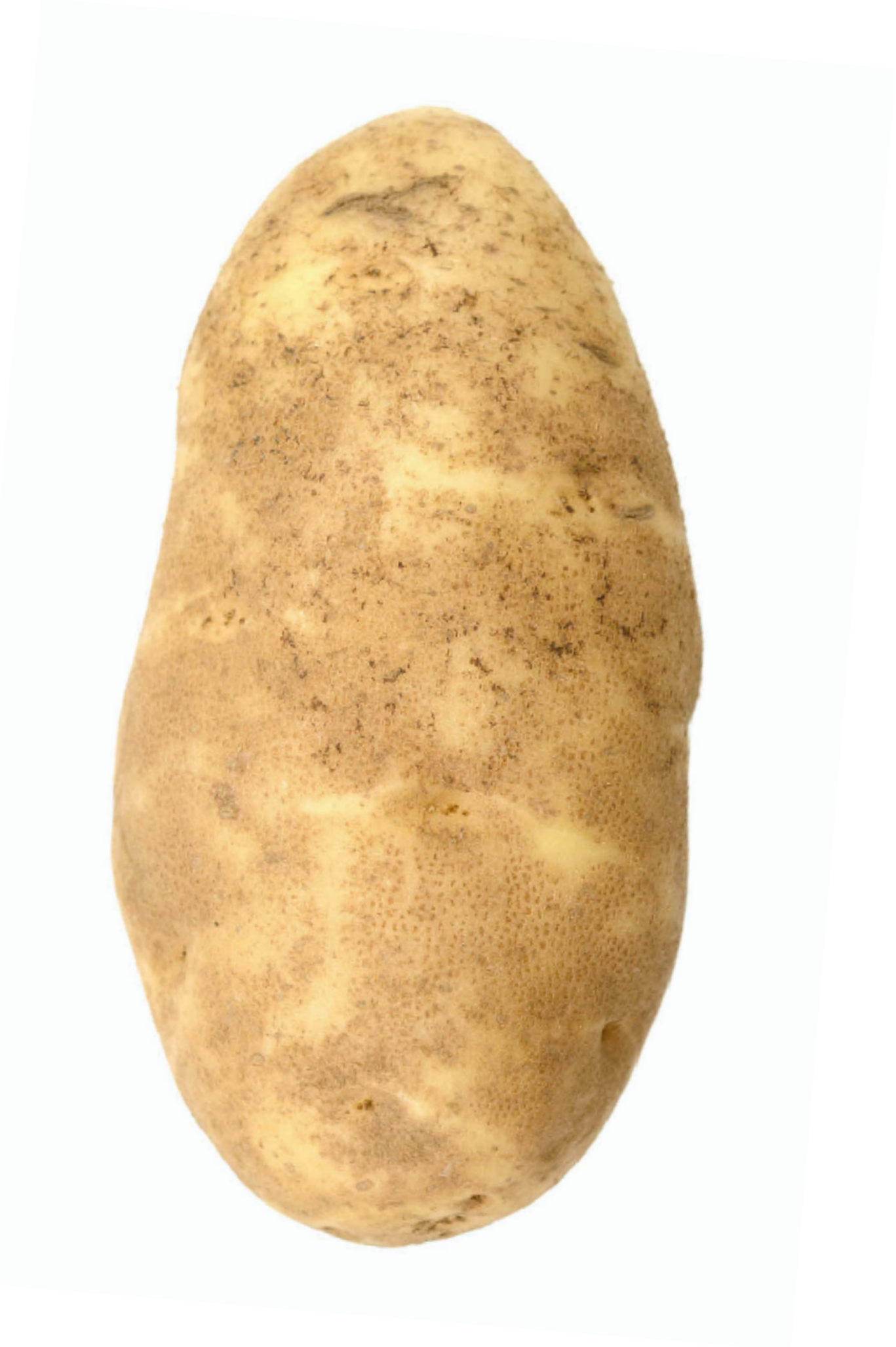


THE SOURCE















OMEGA-3



(CHLOROPHYLL





CACAO NIBS



DRIED MANGOS



ANCIENT GRAINS



DATES



FIGS



LEAFY GREENS



WHEATGRASS



SEEDS



NUTS



MINDFUL

Cooking





THE Story

A meal is the whole experience of getting together and sharing with friends. It is more than food.

FOOD is the
ingredient
that binds us
TOGETHER





superfoods salad

Serves 6

Combine salad ingredients and toss in a large bowl.

Pour **Pomegranate Dressing** below over salad and toss to coat.

Refrigerate for 1 hour before serving.

Store in the refrigerator for up to 3 days.



Throw chia seeds and goji berries on top of a salad for a burst of flavor and nutrition.

pomegranate dressing

Combine dressing ingredients and mix well.

1 bunch kale, stems removed and chopped

½ cup frozen, shelled edamame, thawed

1 pint blueberries, washed and drained

¼ cup pumpkin seeds

¼ cup walnuts, chopped

¼ cup goji berries

½ red onion, diced

3 large carrots, peeled and diced

2 tablespoons chia seeds

½ cup pure pomegranate juice

¼ cup extra virgin olive oil

1 tablespoon red wine vinegar

1 teaspoon ground turmeric

Sea salt & black pepper to taste

simple smoothie bowl

Serves 2

Add frozen cherries, frozen banana, dates, cashew butter and $\frac{1}{4}$ cup of coconut water to a blender or food processor and blend to mix. Use more coconut water for a thinner consistency.

Add mixture to a deep bowl and top with cacao nibs, blueberries, shredded coconut, and your favorite granola.

2 cups of frozen sweet dark cherries

1 frozen banana, sliced

4 pitted dates, chopped

$\frac{1}{4}$ cup of cashew butter

$\frac{1}{4}$ - $\frac{1}{2}$ cup coconut water

2 tablespoons cacao nibs

$\frac{1}{4}$ cup of blueberries

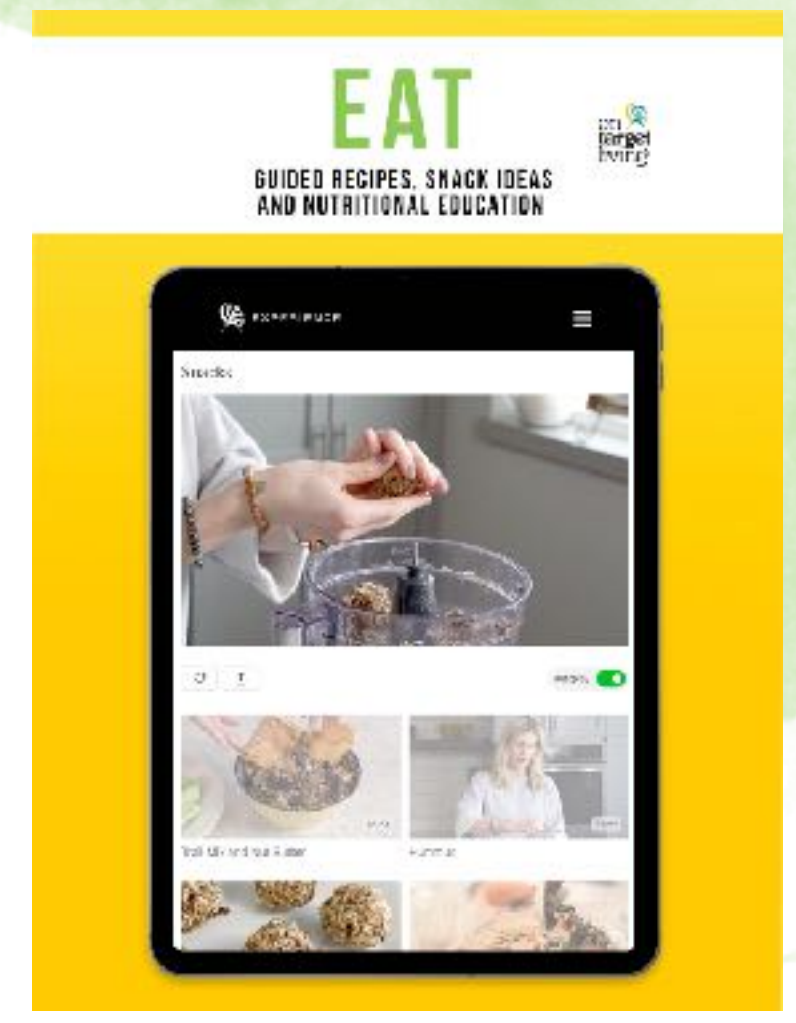
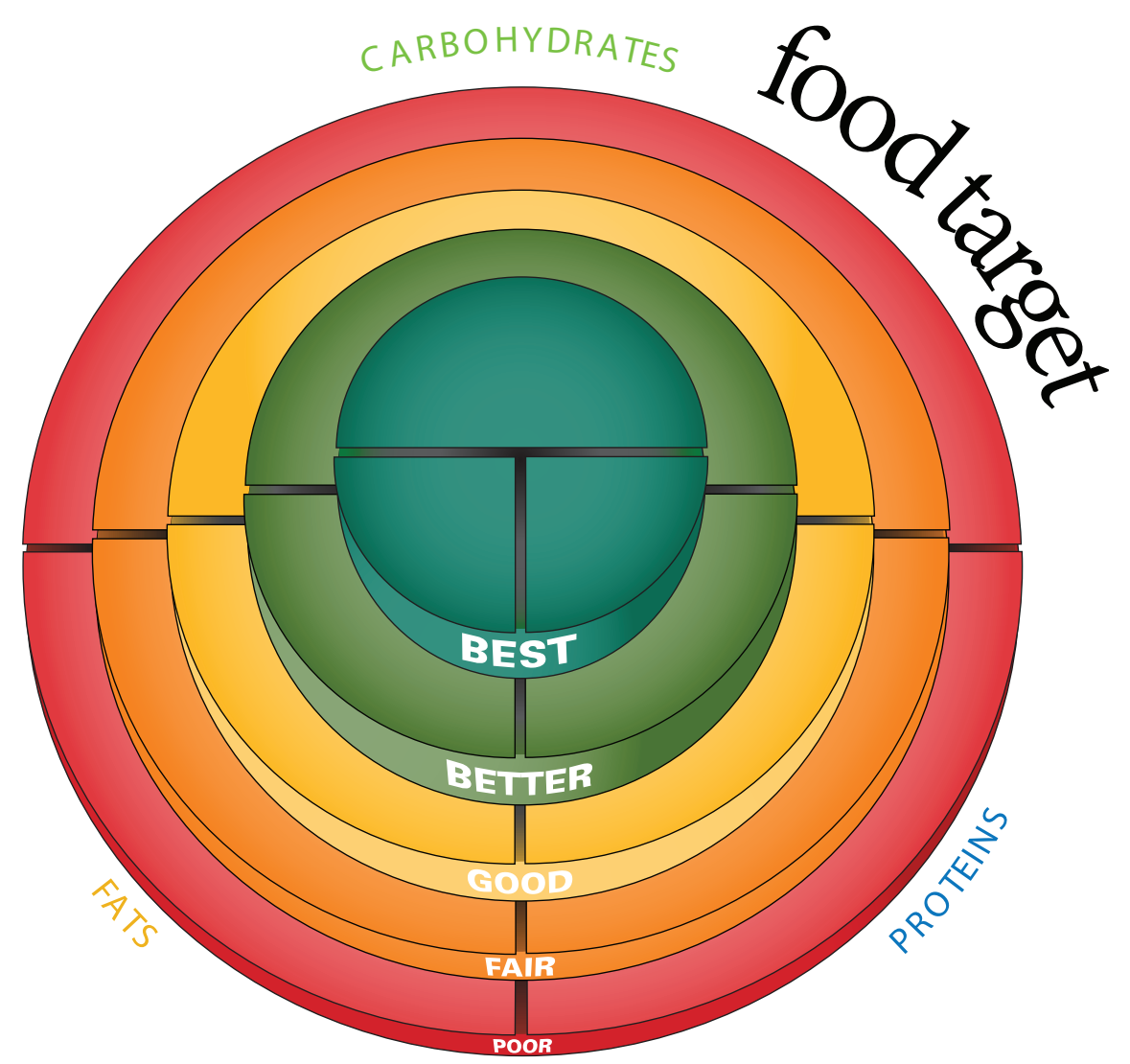
2 tablespoons shredded coconut

$\frac{1}{2}$ cup of granola (See page 32 & 34)





Food is love. ❤️



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