



## **HIGH HEALTH FOCUS RESOURCES FOR SUCCESS!**

*My Preview Free Gift you! {HHFC Value, \$97}*

### **FOCUS > GOALS!**

You joined the High Health Focus Challenge for a REASON! SO! Let's take a moment to get FOCUSED & CLEAR on what you want from this 5 day challenge!

We covered that it took much longer than 5 days to get where you are right now, so you'll patience to get where you want to be. However, BE INSPIRED the High Health way leads you on a path that will support you for LIFE!

LET'S GOAL!

What is your # 1 goal for HH FOCUS Challenge?

How do you want to feel?

Choose 1-3 words about how you want to feel in 7 days.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How committed are you on a scale of 1-10, 1 being the lowest and 10 being the highest, to stick with the lifestyle changes?

Let your guard down, be real honest with yourself! \_\_\_\_\_

What is the biggest obstacle you might encounter? Write an action plan on how to get around that obstacle. (Ask in the facebook forum if you need extra support and ideas on that.)



## ***A HIGH HEALTH DAY LOOKS A BIT LIKE THIS...***

This is a suggestion and times will need to be adjusted for your personal schedule. Just plan to eat a little something about every 2-3 hours to keep your blood sugar stable.

First thing upon waking: Warm lemon water & morning email inspiration & check in, High Health Focus Challenge! Meditation time.

8:AM Breakfast: Pineapple Bliss Smoothie or breakfast suggestion from HH Nutrition Preview!

11:AM Snack: handful of nuts or clean eating snack

1:PM Lunch: a crunchy vibrant salad

3:PM Snack: avocado with crunchy yellow, orange or red bell peppers

5:PM (or ?AM) fitness: body movement! A form of exercise that you love! 20-30 minutes

7:PM Dinner: a healthy choice!

9:PM Relax & Renew maybe a detox bath & relax for the evening, meditation time



## High Health \* Essential Resource LIST \* Short 'PREVIEW' List

You will need a GLASS Water bottle – it will help make it easier to track your hydration (32 ounce mason jar is easy to use \* be toxic free by using glass containers \* I teach more about minimizing toxicities and being toxic free in my program.)

- Mason jars or food storage for any advance food prep
- Cooler if you are on the go
- Pure FLITERED water
- Water filter on your tap or a water bottle that filters

### Refrigerator or Freezer Staples/ESSENTIALS

- Lemons
- Fresh fruit or frozen fruit
- Lots of veggies (cut up in advance will help you)
- Braggs Amino Acids
- Balsamic Vinegar
- Lean cuts of meat like fish or chicken (pasture raised or wild caught, organic)

### HH Pantry Essentials \* Partial List

- Herbal and green tea
- Organic Coffee (if you drink coffee)
- Canned beans (organic and bpa free cans if possible)
- Quinoa, Brown rice and other whole grains
- Whole or Steel Cut Oats
- Chia seeds and/or hemp seed
- Flax seeds
- Tomato sauce and paste (organic and bpa free cans if possible)
- RAW Nuts and seeds (almonds, walnuts, sunflower seeds, pumpkin seeds, pecans)
- Nut butters (so many choices now and I love almond and sunflower)
- Coconut oil and Olive oil
- Apple cider vinegar
- Sea salt
- Dried herbs and spices (oregano, parsley, cilantro, cumin, ginger, to name a few)

Note: Please always try to buy ORGANIC when possible!



## High Health Recipes

Sharing a few of my favorite High Health Recipes for you!

**Pineapple Bliss Smoothie**

- 1 cup almond or coconut milk or water
- 1/2 cup pineapple
- 1 small banana
- 1 handful spinach, kale or combo
- 1 tsp coconut oil
- 2 cups ice

Blend together in high power blender...Enjoy!

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### \*QUINOA STIR FRY

1-2 cups organic quinoa, cooked \* you decide on the amount you want to cook  
(1 cup of uncooked quinoa will make about 4 servings)

For 2 cups use the following ingredients or ½ the size for only 1 cup uncooked quinoa, you must cook the quinoa ahead, per package instructions. Cooks like rice!

In a skillet, add coconut oil then sauté lightly:

- 1-2 tbsp coconut oil
- 1 medium red onion, chopped
- 2 cups crimini mushrooms (rich in minerals)
- 1-2 large red, yellow, orange bell pepper/s – sliced & chopped
- 1 cup broccoli florets

Toss cooked quinoa in with sauté ~ mix & sauté with veggies for 3-5 minutes, just until you begin to see a little browning – set aside, serve

Sprinkle crushed red pepper to taste (over individual servings)

Add a pinch or two of fresh cherry tomatoes (cut in halves)

Add a pinch of finely diced green onion & celery or any of your favorite herbs

Serve over a finely diced leafy green combo: spinach, Swiss chard, romaine, arugula (one, some, all)



### **BLACK BEAN QUINOA TACOS**

1 tbsp EVO extra virgin olive oil  
½ red onion, diced  
2 cloves garlic, peeled & minced  
1 tsp ground cumin  
1 tsp cayenne pepper  
½ cup cooked quinoa  
1 cup vegetable stock  
1 ½ cups cooked black beans  
½ salsa  
Pinch of sea salt & black pepper, to taste  
1 avocado, peeled & sliced  
1 -2 cups of romaine lettuce chopped  
6 sprouted corn tortillas or organic corn tortillas

Heat the oil in a sauté pan over medium heat. Add the onion, garlic and cook for 2-3 minutes. Add the cumin, cayenne pepper, quinoa, vegetable stock, black beans & salsa. Cook for 10-15 minutes or until thickened. Season with a pinch of salt & pepper.

To serve, place 2-3 warm corn tortillas on your plate. Add bean & quinoa filling, top with sliced avocado & romaine lettuce. Enjoy!

### **SPINACH AVO CEASAR SALAD**

6 cups baby organic spinach  
1 large ripe avocado, cut in small cubes  
2 hard boiled eggs  
2 tbsp parmesan cheese  
1 tsp garlic, minced  
Pinch of sea salt  
Pinch ground black pepper  
1 tsp mustard  
2 tsp red wine vinegar  
2 tbsp water  
¼ tsp dried Italian herbs  
1 tbsp extra virgin olive oil  
2 slices sprouted wheat bread, cut in small cubes (crouton style)

Croutons - Optional

Brush olive oil and sprinkle Italian herbs on bread, cut into cubes and toast in oven for about 5-10 minutes until browning; set aside.

Dressing

Combine water, vinegar, mustard, garlic, salt & pepper and whisk in a small bowl.

Chop hardboiled eggs and avocado and combine with baby spinach and toss. Drizzle dressing over & lightly toss -- add a pinch of croutons to individual servings & ENJOY!



### **SWEET POTATO CHIPS**

Sweet potatoes (2-3)

Clean & lightly peel, slice thin, brush lightly w/ coconut oil, bake low temp (250) – 30-40 minutes, until toasty chip like!

### **AVOCADO MINI MEAL**

Combine

½ avocado, diced with ½ - 1 whole red, green or orange bell pepper, sliced or 1 cucumber, sliced

Sprinkle a dash of sea salt & crushed red pepper... Enjoy!

### **HERB ROASTED VEGGIES**

2 cups brussels sprouts, cut in halves

2 cups broccoli florets

1-2 heads of garlic, individual cloves

Dash of your favorite dried herbs &/or spices

About ¼ cup extra virgin olive oil

Place all veggies in a baking dish, spread evenly. Drizzle olive oil over evenly and toss, sprinkle with a dash of sea salt and any of your favorite herbs or spices! Toss and bake at 350 degrees for about 20-25 minutes. Cover baking dish for first 20 minutes, uncover for last 5 minutes to toast. Serve warm over a bed of brown rice or quinoa along with a mixed green salad.

Refrigerate left overs and serve cold over mixed green salad!



This TUNA SALAD mix is great over a bed of mixed leafy greens as well!

*HLS Recipe Card*

**TUNA SALAD TUG**

TUNA SALAD mix

- 1 large can tuna
- 2-3 TBSP mustard
- 1 TBSP organic real mayonnaise OR plain greek yogurt
- 1 whole lemon – juice
- 2-3 chives – finely dice
- handful cilantro – finely dice
- 2 stalks celery – finely dice
- dried chili pepper flakes – couple shakes to taste

TUG

- 2-3 large organic color bell peppers, cut in half & take out heart with seeds
- Avocado (optional)
- Mozzarella or parmesan cheese (optional)
- romaine lettuce – chopped for a sea of salad
- Lemon for dressing – squeeze juice over serving

Directions...

Tuna Salad

Combine all ingredients for tuna salad mix, cut bell peppers in half and stuff with tuna salad. You can either chill for a bit and serve over romaine lettuce with a squeeze of lemon juice overall as dressing OR add a sprinkle of cheese and toast in the oven at about 350 for 5-10 minutes, just enough time to see a cheese melt and look a little toasty! Either way, serve over sea of salad with lemon juice drizzled over serving!

AVO – slice avocado slivers and add right on top ~ as a little life raft :)  
ENJOY ~-!





*Inspiring High Health  
with Michelle Verdugo, Nutritionist*

# ORGANIC APPLE HIGH HEALTH PIE

## HEALTHY BITE

*Fresh Start . Healthy Lifestyle*

**ORGANIC APPLE HIGH HEALTH PIE**

4 ORGANIC APPLES, SLICED & CUT  
2 TBSP ORGANIC COCONUT OIL (LIQUEFY)  
1 TBSP GROUND CINNAMON  
2 TBSP RAW HONEY

COMBINE & TOSS EVENLY & PLACE IN BAKING DISH  
BAKE AT 350, 30 MINUTES (TOSS AT 15 MINS)  
COOL FEW MINS, THEN SPOON IN CUPS TO SERVE.  
ADD PINCH OF RAW WALNUTS &  
A PINCH OF SHREDDED RAW COCONUT TO EACH

ENJOY!  
SERVES BTWN 4 TO 8, DEPENDING ON SERVING SIZE  
ALWAYS USE ORGANIC INGREDIENTS WHEN POSSIBLE

*HighHealthLife.com*

NOTICE: The information presented here is to offer general education and is intended as a reference volume only, not as a medical manual. The information given here is designed to help you make informed decisions about your health, diet, fitness, and exercise program. It is not intended as a substitute for professional health and medical advice. If you suspect that you have a medical problem, I urge you to seek competent medical help. As with all exercise programs, you should seek your doctors approval before you begin.