

**NUNAVA HEALTH
PRESENTS**

**EAT WELL.
BE WELL.**



**CREATOR AND
FOUNDER
NEIKA SMALL**



Hello Beauty! I'm Neika
Founder and Creator of Nunava Health ,Wellness
and Beauty!

Welcome,I am so excited that you have taken the
time to download this free gift !

At **NuNava Health**, we are all about educating
women just like you, how to navigate their lives
beyond the scale and a vital part of success
working with my **medical weight loss program**
includes "go to" recipes that are simple, delicious
and nutritious.

Eat Well. Be Well. is a collection of nutrient dense
recipes that will give you a sneak peak into our
program. I believe in eating power packed
meals,**No Starvation** here. But this guide is just a
tiny part of the program. Let's work together to
reach **your weight loss goals!**

I will also encourage you to indulge in a cup of
herbal tea twice a day after meals to aid in
digestion. Have fun with the recipes and load up
on the veggies at every meal, and don't forget,
hydrate ,hydrate ,hydrate!

Enjoy!

Neika

Eat Well. Be Well.

Delicious and Nutritious Meal Suggestions to Inspire You:

BREAKFAST:

- Try a refreshing Power Smoothie (2) or a sweet and tasty Berry Smoothie (2)
- Satisfy your hunger with Avocado Toast (2) or a fruity Strawberry Parfait (3)
- Enjoy Scrambled Eggs with Kale and Onions (3) for a protein-packed start to your day

BASICS:

- Lemon Dill Salmon (4) is a great option for a healthy dinner
- Balsamic Pear Salad (4) is a perfect side dish
- The Perfect Lemon Grilled Chicken (5) is a versatile option for any meal
- Beans (6) are a filling and nutritious addition to any dish

SNACKS:

- Enjoy the crunch of Baked Apple Chips (7) or some Hummus and Veggies
- Satisfy your sweet tooth with a Granny Smith Apple with Raw Almond Butter

LUNCH:

- Try a Mediterranean Sandwich (8) or one of our delicious salads - The Power Salad (9), Mason Jar Salad (9), Vitality Salad (10), or Greek Wrap (11)

DINNER:

- Enjoy Burger Night with Salad (11) or a side of Mixed Greens (11)
- Get your greens with a Kale Saute with Brown Rice and Salad (12) or a Simple Side Salad (12)
- Enjoy a hearty Steak with Roasted Broccoli (13) or some tasty Tacos (14)
- For a unique twist, try Swiss Chard Cauliflower Rice (15)

DESSERT:

- Finish your meal with a sweet Berry Delight Parfait (16)
- Chia seed pudding

BREAKFAST

POWER SMOOTHIE

Serves 1

8 oz cup dairy-free milk
½ avocado
1 cup spinach
1-2 tbsp Raw Honey
2 tsbp Raw Almond butter
1 scoop protein powder ,lactose free
dash cinnamon powder

BERRY SMOOTHIE

Serves 1

1½ cups dairy-free milk
½ avocado
1 cup spinach
½ cup fresh or frozen- fresh blueberries or strawberries
1 scoop protein powder ,lactose free
fresh grated ginger or powder

AVOCADO TOAST

Serves 1

2 slices whole grain, spelt or gluten-free toast
½ avocado, mashed
3 basil leaves
1 hard-boiled egg, sliced
1 small tomato, sliced

Place toast on a flat surface. Top with mashed avocado, basil leaves, sliced egg, and tomato slices.

STRAWBERRY PARFAIT

Serves 1

1 cup greek yogurt or dairy-free

5 strawberries, sliced

1/3 cup Grain free ,Keto Granola (tends to be lower in sugar)

1 tsp chia seeds or more if you like

1 Tbsp walnuts or almond slices optional

1 Tbsp Goji berries optional

Prepare by layering the yogurt, strawberries and toppings

Drizzle with raw ,organic honey and Enjoy!

SCRAMBLED EGGS WITH KALE AND ONIONS

Serves 1-2

2-3 eggs

1 tablespoon coconut oil + more as needed

1 cup kale

1/2 onion, chopped

1/3 cup salsa

1 avocado, pitted and sliced

Crack 2-3 eggs into a bowl. Whisk lightly.

Preheat pan on medium-high heat. Add coconut oil. Once coconut oil is melted and hot, add kale and onion. Sauté for 3 minutes to soften veggies.

Add more coconut oil to the pan, if needed. Pour whisked eggs into hot pan over the sautéed veggies. Using a rubber spatula, fold the eggs into sautéed veggies and cook until desired.

Top with salsa and sliced avocado.

"GO TO" BASICS

LEMON DILL SALMON

Serves 4

1 pound wild-caught salmon, cut into 4 fillets
1-2 tablespoons extra virgin olive oil
2 lemons, sliced in half
1 teaspoon sea salt or himalayan
Fresh Dill ,coarsely chopped

Preheat oven to 350° F.

Rinse salmon, pat dry, and place on a baking sheet. Rub each fillet with olive oil. Squeeze the juice from one-half lemon onto each fillet. Sprinkle fillets with sea salt top with fresh chopped dill.

Place salmon in oven and cook for 8-12 minutes, depending on how well done you like your fish.

BALSAMIC PEAR SALAD

Serves 4

2 ripe red or green pears, cored and cut into equal-size wedges
3 tablespoons extra virgin olive oil, divided
sea salt and black pepper, to taste
1 cup balsamic vinegar
4 cups arugula, washed and dried
4 ounces blue cheese, divided into small chunks

Preheat oven to 375° F.

Line a baking sheet with parchment paper or aluminum foil (or spray with non-stick cooking spray). Arrange pear slices on sheet, leaving space in between to prevent overcrowding. Lightly brush each pear slice with olive oil and sprinkle with salt and pepper.

Place in the oven and roast for approximately 20 minutes. Remove from oven and flip each pear slice. Return to oven and continue roasting until evenly browned and soft, approximately 10-15 minutes. (Keep an eye on them the first time you make them as oven roasting times will vary). Remove from oven and allow to cool slightly.

Meanwhile, add 1 cup of balsamic vinegar to a small saucepan over medium- high heat. Stir frequently until the liquid begins to boil. Reduce heat to simmer and continue stirring until liquid is reduced to $\frac{1}{3}$ of its original volume. Liquid will become thick and syrupy when it is ready.

To serve, divide arugula, roasted pear slices, and blue cheese among 4 plates. Drizzle with balsamic glaze and extra virgin olive oil and serve immediately with fresh-cracked black pepper and sea salt, if desired.

THE PERFECT LEMON GRILLED CHICKEN

Serves 4

$\frac{1}{4}$ cup extra virgin olive oil
2 cloves garlic, minced
 $\frac{1}{3}$ cup freshly squeezed lemon juice
1 teaspoon sea salt
black pepper, to taste
4 boneless, skinless chicken breasts

Combine oil, garlic, lemon juice, sea salt, and pepper in a large bowl. Transfer mix to a large plastic bag. Add the chicken breasts and allow to marinate for 24 hours. The next day, preheat the oven to 350° F and bake for 30 minutes or until juices run clear.

BEANS

Makes roughly 4 cups

2 cups dry beans (soak overnight)

inspect dry bags of beans for small pebbles.

1 teaspoon kosher salt or Himalayan salt

4 cups water

1 medium onion of choice, chopped

2 carrots, chopped

2 stalks celery, chopped

1-2 tbsp olive oil

fresh cilantro, optional

Remove your beans from the soaking water. Discard the water and add the beans and veggies to a large pot. Fill the pot with fresh water covering beans about an inch. Cook the beans on medium-high until boiling, then reduce to low, allow to simmer.

Add more water, if the beans are not yet soft and the water is disappearing.

Cooking times can vary depending upon the freshness of your beans. It can take 2 to 4 hours to boil black beans until they are tender. Be patient!

SNACKS

BAKED APPLE CHIPS

Serves 4 to 5

4 apples

1 lemon, juiced

2 cups cold water

dash cinnamon powder

dash ground ginger

Preheat oven to 200° degrees F. Line a baking sheet with parchment paper.

While oven is preheating, prep your apples. Add lemon juice to a bowl of cold water and set to the side.

Wash and slice your apples as thin as you can, core and all. Add apple slices in the cold water and lemon juice mixture for a few seconds as this will prevent browning. Remove apple slices from the water, and place in a single layer on your lined baking sheet. Sprinkle the chips with cinnamon and ginger powder.

Bake the apple slices for 1 hour, then flip to the other side. Bake for another hour. If the slices are not dry enough, you can bake for another 10 to 15 minutes. Once the apple slices are done to your liking, remove from heat and set to the side to cool. Once the apple slices are cool, place them in an airtight container for storage.

hummus and sliced veggies
small green apple with 1 tbsp raw almond butter
include herbal tea twice a day

LUNCH

MEDITERRANEAN SANDWICH

Serves 1

2 slices whole grain, low carb, gluten-free bread or wraps

2 tablespoons hummus

¼ cucumber, sliced

½ tomato, sliced

1 large lettuce leaf

¼ cup sprouts or microgreens

Lay bread on a flat surface. Spread hummus on each slice of bread. Layer cucumber, tomato, lettuce, and sprouts/microgreens on top of hummus on one piece of bread and then top with the other piece to make a sandwich.

OMNIVORE OPTION: Add 5 nitrate-free turkey slices

THE POWER SALAD

Serves 1

2 tablespoon balsamic vinegar

¼ cup extra virgin olive oil

pepper, to taste

2 cups spinach

1 small cucumber, chopped

1 hard-boiled egg, sliced

¼ cup walnuts

½ red onion, sliced

½ avocado, chopped

5 cherry tomatoes, halved

OMNIVORE OPTION: Add 1 can salmon

Combine the balsamic vinegar, olive oil, and pepper in a small bowl. Whisk well and set to the side.

Next, add the salad ingredients to a large bowl. Top with the dressing and mix well before serving immediately.

MASON JAR SALAD

Serves 1

⅓ - ½ cup salsa

1 carrot, chopped

1 cucumber, chopped

1 red bell pepper, chopped

½ cup canned black beans, rinsed and drained

cup mixed greens

1 avocado

OMNIVORE OPTION: Add 1 can tuna (BPA free)

In a large mason jar, layer ingredients in this order: salsa, carrot, cucumber, red bell pepper, black beans, tuna (if including), and top with mixed greens. When ready to eat, empty ingredients into a bowl. Salsa will cover salad. Cut avocado when serving to prevent browning.

VITALITY SALAD

Serves 1

1 cup spinach

4 ounces goat cheese

¼ cup cashews

¼ cup dried cranberries or currants

¼ cup beets (can or pre-packaged)

½ avocado, chopped

1 cucumber, chopped

balsamic vinegar, to taste

pepper, to taste

OMNIVORE OPTION: Add nitrate-free chicken slices

Add the salad ingredients to a large bowl. Top with balsamic vinegar, and pepper to taste.

Mix well before serving immediately.

GREEK WRAP

Serves 1

1 gluten-free, KETO wrap or 2 large lettuce leaves

½ avocado, mashed

2 tablespoons hummus

⅓ cup red onion, chopped

2 tablespoons feta cheese

6 cherry tomatoes, chopped

6 olives, chopped

1 lime, juiced

OMNIVORE OPTION: Add nitrate-free turkey or chicken slices or sliced chicken breast

Lay wrap or lettuce leaves on flat surface. Top with mashed avocado, hummus, onions, feta, cherry tomatoes, olives, and lime juice. Wrap it up and serve immediately.

DINNER

OPEN FACE BURGER NIGHT WITH SALAD

Serves 4

4 burgers, turkey or vegetarian

2- use 1/2 gluten-free OR whole grain burger bun or lettuce leaves for wrapping burgers

1 tomato, sliced

1 onion, sliced

slice of cheese

1 avocado , mashed

Cook burgers according to the package instructions. Assemble burgers with toppings of choice.

MIXED GREENS SIDE SALAD

Serves 4

1/4 cup extra virgin olive oil

2-3 tablespoons red wine vinegar and pepper to taste

3 cups romaine lettuce, chopped

1 cup spinach

2 carrots, shredded or chopped

2 ripe tomatoes, chopped

1/2 red onion, chopped

1 cucumber, chopped

In a small bowl, whisk the extra virgin olive oil and red wine vinegar with pepper to taste and set aside.

Put salad ingredients in a large serving bowl. Pour dressing over salad just before serving.

KALE SAUTE WITH BROWN RICE AND SALAD

Serves 4

1 tablespoon coconut oil
2 cups frozen squash cubes
1 large onion, chopped
1 red bell pepper, chopped
3 cloves garlic, minced
4 cups kale, chopped
1 15-ounce can white beans, rinsed and drained
4 cups cooked brown rice (see recipe below)
2 avocados, pitted and chopped
1 lemon, juiced
sea salt and pepper, to taste

Prepare brown rice according to Basic Brown Rice recipe.

BASIC BROWN RICE

Serves 4

2 cups long grain brown rice
2½ cups water

Add brown rice and water to a medium-sized pot over medium heat. Cover and cook for 20-30 minutes (follow box instructions). Set to the side while cooking the rest of the meal.

Heat a large sauté pan with coconut oil to medium-high heat. Add squash, onion, bell pepper, and garlic. Sauté to soften veggies for 3-5 minutes. Add in kale and cook another 3 minutes to soften kale. Toss in white beans until heated, about 3 minutes, stirring occasionally.

To serve, divide brown rice among plates and cover with kale sauté. Top with avocado and lemon juice. Add salt and pepper to taste. Serve with side salad.

SIMPLE SIDE SALAD

4 cups mixed greens
1 large cucumber, chopped

1/2 cup shredded carrots
1 lemon, juiced
2 tablespoons extra virgin olive oil
sea salt and black pepper, to taste
1 15-ounce can black beans, rinsed and drained

Add the ingredients to a large mixing bowl. Mix well and serve. **OMNIVORE OPTION:** Add 2 salmon fillets (see recipe in Basics)

STEAK WITH GARLIC ROASTED BROCCOLI FLORETS

Serves 4

2 cups fresh broccoli florets
3 tablespoons extra virgin olive oil, divided
black pepper, to taste
3-4 cloves garlic, finely minced
4-4 ounce lean steak

Preheat oven to 400°F and line a large, rimmed baking sheet with parchment paper or baking mat. Set aside.

Toss broccoli with 1½ tablespoons olive oil, garlic and pepper in a large bowl

Transfer to prepared baking sheet and spread broccoli into a single layer without overcrowding.

Place in preheated oven and roast for 12-15 minutes or until tender and starting to brown. Remove from oven and set aside.

While broccoli is roasting, heat remaining olive oil in a large skillet over medium-high heat. Pan sear steaks or grill to preference for eating.

Remove broccoli from oven , pair with steak and enjoy!

TACOS

Serves 4

8-12 taco shells, corn, blue corn, almond flour or casava flour

1 tablespoon olive, coconut or avocado oil

1 large onion, chopped

1 tablespoon chili powder

½ teaspoon garlic powder

¼ teaspoon onion powder

2 teaspoons ground cumin

½ teaspoon smoked paprika

½ teaspoon dried oregano

2 15-ounce cans black beans, rinsed and drained

sea salt, black pepper, and red pepper flakes, to taste

2 cups lettuce, shredded

1 tomato, diced

1 jar salsa

½ bunch cilantro, chopped

2 avocados, pitted and chopped

2 limes, cut in wedges

In a medium pot, bring oil to medium-high heat. Add onion and sauté with spices for 3 minutes. Add black beans and stirring gently, cook for 3-5 minutes on medium heat to warm thoroughly. **Fill** taco shells with black bean sauté and top with lettuce, tomato, salsa, cilantro, and avocado. Garnish with a squeeze of a lime wedge.

OMNIVORE OPTION: Grilled chicken in slices for the taco or ground beef or turkey

SWIS CHARD WITH CAULIFLOWER RICE

Serves 4

2 tablespoons coconut oil, divided
4 cups cauliflower rice*
1 inch knob ginger, peeled and grated
½ bunch cilantro, chopped
sea salt and black pepper, to taste
1 onion, chopped
2 garlic cloves, chopped
1 bunch Swiss chard, chopped
2 avocados, sliced

***NOTE:** You can purchase cauliflower rice ready to cook at Whole Foods, Trader Joe's, and other specialty food stores.

Add 1 tablespoon of coconut oil to a large sauté pan over medium heat. When the oil has melted, add cauliflower rice. Season with turmeric, ginger, cilantro, sea salt, and black pepper. Mix well and toss for about 3 to 5 minutes. Remove the rice from the pan and set aside in a large serving bowl to cool.

Add the remaining 1 tablespoon of coconut oil to the hot pan. Add onion and garlic. Sauté for about 3 minutes, then add the Swiss chard. Sauté until wilted. Serve on top of the cauliflower rice with sliced avocado. **Serve** with grilled tempeh or 2 chicken breasts (See recipe in Basics)

DESSERT

BERRY DELIGHT PARFAIT

Serves 1

1 cup vanilla flavored yogurt (dairy or dairy-free)

½ cup granola cereal, gluten free

4 strawberries

20 blueberries

Wash and dry the berries. Set aside one strawberry and 3-4 blueberries. Slice the remaining three strawberries.

Assemble the parfait by starting with 3-4 strawberry slices and blueberries. **Next** add ½ cup yogurt. Follow that with the granola. Add the remaining strawberry and blueberries.

Top it off with the remaining yogurt. Add the whole strawberry and reserved blueberries for garnish.

CHIA SEED PUDDING

2 tablespoon chia seeds

½ cup almond milk or milk of choice

1-2 tsp organic Vanilla extract

1 teaspoon honey or other sweetener, optional
Strawberries or other fruits for topping

Pour ingredients into a jar and mix well. Let settle for 2-3 minutes then mix again very well until you see no clumping. Cover the jar and store in fridge overnight or for at least 2 hours. When you're ready to eat it, top with your favorite fruit and enjoy cold!

EAT WELL.BE WELL. NUNAVA HEALTH

MEAT & FISH

FRESH PRODUCE

GRAINS & BREAD

CONDIMENTS

CANNED GOODS

DAIRY & EGGS

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I'd love to learn more about your health journey to get you feeling vibrant again! Connect with me to discuss our various programs.

Book your 15 minute chat today!

INSERT LINK

Neika Small APRN

Advanced Practice Registered Nurse Practitioner
Master Certified Nutrition and Wellness Consultant
Women's Health and Beauty enthusiast.