

Savor!

RECIPES

7 SIMPLE BOWLS
plus PLANNING & PREP TIPS

AIP DAIRY FREE GLUTEN FREE PALEO SUGAR FREE



Savor Life Wellness

Hello there!

Lovely lady, busy mama and friend! Do you ever have thoughts like these....how can I savor life more in today's times of chaos? How can I wake up with joy and energy for all that is ahead? How can I feel healthier and stronger?

Maybe you're like me and want those better feels plus you've found yourself in a spot of truly needing to work on your health to help address issues cropping up as you age such as autoimmune conditions, cancer, heart disease, or gut health.

God has been working me over in this area and led me to two main ingredients for a savor life recipe. So, here they are!

- Filling up with Him by feeling his love and rest
- Fueling with wholesome and tasty foods

God promises in Exodus 16:12 that He will fill us. While he sent bread and meat from heaven in that instance, He wants to fill us with His love most of all because He delights in us and wants us to love others and share His love around.

And God has given an abundance of delicious foods to fuel us with energy and nutrition for life! Focusing on foods without labels and eating them in a balanced way will significantly improve how we feel, give us energy, and help with many health issues.

So, friend, as you start or keep working on your health journey, please know that I pray that you would "choose life, so that you and your children may live and that you may love the Lord your God, listen to his voice, and hold fast to him. For the Lord is your life and will give you many years...." Deuteronomy 30:19-20

I also pray that you feel God's love and let him fill you up because nothing else in this world will truly satisfy. And I hope you enjoy these healthy, simple savor bowl recipes to fuel you along with some tips and tricks I use to fit cooking into chaotic life.

Rooting for you to fill and fuel as God desires!

Kendra



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TASTE AND SEE THAT THE LORD IS GOOD

Psalms 34:88

Fueling Philosophy

Eating to fuel your body is a journey because there's always something to learn. You really have to just start, and you can always make improvements as you go. But you have to set your mind on taking that first step. It might feel like baby steps at times.

Here are some tips to help you get going!

- Remember that **your tastes will change and adapt** as will the choices you make. It may seem impossible to stop or reduce eating certain items (like sugar) or eat more of other items (like veggies) as you think about it, but your body will adjust and you will find and love so many new favorite foods!
- Included here are my favorite simple seven bowl recipes that I've made over recent years. While I give you all the details to make these single-serve yummy bowls, once you've tried them, you can (and please do!) **modify them to fit what you like best**. Change the veggies up! Change the dressing! Change the protein! Make it how you like it best because that's what will help you stay on your fueling to better health journey!
- Always **aim to achieve balance in meals and snacks**. For the average person, it's better for one's body to consume a protein, better carb/healthy fat, and vegetable at the same time. You will notice that each recipe follows these guidelines with a protein, better carb/healthy fat, and vegetables included.
- Serving size is key even when eating even nourishing items. **Aim to use routine portions** for meals if eating three nicely sized meals a day and two sensible snacks in between. I aim for: $\frac{3}{4}$ cup protein, 1-2 cups vegetable, $\frac{1}{2}$ cup carb item and/or healthy fat. If you still ever feel hungry, add in more vegetables!

SO WHETHER YOU EAT OR DRINK OR WHATEVER YOU DO, DO IT
ALL FOR THE GLORY OF GOD

1 Corinthians 8:8

- **Awareness of how you feel** after eating foods is important for your long-term health and fueling. Just because one food works for someone does not mean it will work for you. I found this out the hard way with dairy. While I very much like dairy products, they do not seem to like me as I develop many congestion and nasal issues soon after eating it. It is possible, however, to make changes to clean up your eating and then be able to eat foods you had to stop eating for a time. There is so much to learn on this topic! For beginners, just pay attention and watch out for changes in your body such as tired feels if you eat sugar. This will help give you the motivation to cut or reduce it out if you need/want to do that.
- **Vegetables are your friend!** They are filling and provide some of the best fiber that you need for gut health. Remember that certain starchier vegetables are okay occasionally for many people (think corn and peas), but they should not make up the bulk of your vegetable uptake. Instead look to less starchy options when counting your vegetables such as greens, onions, beets, broccoli, cauliflower, etc.
- Popular diets or eating approaches (think keto, vegan, etc.) may help you for the short-term depending on your goals such as weight loss, but often they are not body-fueling for the long-term especially with underlying health issues such as autoimmune conditions. I've found that eating balanced as long as that entails proteins, vegetables, healthy fats (avocado, coconut, etc.) and healthier carb options (sweet potatoes, fruit, rice, quinoa) is the **best approach for the long-term and for fueling**.
- Recipes included here are **gluten-free (GF), dairy-free (DF), sugar/sweetener free (SF), and paleo (P) friendly**. Most of these follow guidelines in the **autoimmune protocol (AIP)** as that is very friendly for gut health, dealing with inflammation issues, and addressing autoimmune conditions. I have found that eating simple but delicious meals such as these does not make me feel like I'm missing out on foods I used to eat often that had gluten or dairy. But my body feels much better, and I know it is being fueled with more nutrition, vitamins, and minerals.

Functional Planning/Prepping Tips

The single most important life change you can make for eating to fuel your body is to think and plan ahead. You can learn and use a routine that works for you and prepare foods ahead so that you can quickly throw a meal or snack together with items you have on hand. It may now feel impossible to fit this in your busy life, but you can do it!

And, here are some tips to get you rolling.

- **Know yourself.** If you are the type to do more yourself, run with it. If you are the type to prefer as much of the work done for you as possible, go with more pre-ready options from the store such as canned proteins and pre-cut or frozen veggies.
- **Practice and just keep on trying.** You might like everything totally written out and entirely prepped ahead, or you might just like to roughly plan what you will eat, batch cook some items, and then finish what you will eat at each meal. Experiment and figure what works best for you!
- **Start with protein when planning meals.** Think about what you are hungry for or want to use. Then choose your better carb/healthy fat and then the vegetables you will add to it.
- **Plan ahead** what you intend to eat and prep ahead as much as possible. Write it down (ask me if you want more tips on this). Batch cooking is a life saver! More on this on the next page.
- **Get into a routine!** I often look at it on a weekly basis and plan out at least my 5 work days. I choose a recipe that I will eat each day for breakfast and another one for lunch (I have some variety in my dinners). Then I prep the ingredients ahead to make putting it together each day easier. Here's how I do it:

BLESSED ARE THOSE WHO HUNGER AND THIRST FOR
RIGHTEOUSNESS, FOR THEY WILL BE FILLED

Matthew 5:6

- Example: This week I choose to have the Beet & Greens Protein Bowl for my 5 week day lunches so this is what I'd do using the batch cooking directions on the next page:
 - Pre-cook 5-6 nice size beets by boiling or roasting them. Roasting maintains more nutrients.
 - Pre-cook sweet potatoes or butternut squash to use as my better carb
 - Pre-cook my chicken breast
 - Pre-mix the dressing and leave it in a jar to shake up each day
 - Ensure I have enough greens on hand
 - Then put each item into a container, refrigerate, and follow the recipe to quickly put it together each day. Or, you could also layer it all in a quart size Mason jar if you want all the prep work done ahead
 - To make this in a jar, pour the dressing in first, then the chicken, then the sweet potatoes, then the beets and last of all the greens. These will stay nicely in the fridge for up to 5 days if your ingredients are fresh!



JESUS ANSWERED, "IT IS WRITTEN: 'MAN SHALL NOT LIVE ON BREAD ALONE, BUT ON EVERY WORD THAT COMES FROM THE MOUTH OF GOD

Matthew 4:4

Pre-cooking/Batch Cooking Tips

These tips correspond to the upcoming recipes. You will notice that many of the recipes repeat the same ingredients because this consistency makes a fueling lifestyle more simple to carry out for the long-term. And, pre-cooking or batch cooking as some call it saves you time from having to repeat basic practices every meal. You also don't have to clean cookware as often!

- **CHICKEN PROTEIN** - Pre-cook chicken so you can grab $\frac{3}{4}$ cup per meal when you need it. You can pre-cook it easily by baking chicken in the oven, or my favorite method is to throw a family size pack of chicken breasts or other chicken pieces into the slow cooker. After 4-5 hours on high or 6-7 hours on low, check to see that you can easily debone or shred it up. Cool and refrigerate it in a large bowl to be used for various bowl recipes all week. Freeze in smaller batches if desired.
- **GROUND MEAT** - Pre-cook ground burger of your choice (turkey, beef, etc) or sausage. Cook several (your choice on the amount) 1 lb packages at a time in a skillet on the stove. I have found that 1 lb package gives me roughly 3 or 4 servings that are $\frac{3}{4}$ cup size. Then refrigerate to be able to grab $\frac{3}{4}$ cup of it at a time as you need it.



THEN JESUS DECLARED, "I AM THE BREAD OF LIFE. WHOEVER COMES TO ME WILL NEVER GO HUNGRY, AND WHOEVER BELIEVES IN ME WILL NEVER BE THIRSTY

John 6:35

- **QUINOA** - Pre-cook quinoa. Look at the directions on the bag to guesstimate how much you'd like to have cooked at one time. If using it, I tend to cook 1 or 1.5 cups to have on hand for a week of bowl options. After it's cooked, you can freeze it in small quantities to grab out a portion at a time too if you rather that option.
- **SWEET POTATOES** - Pre-cook sweet potatoes by washing them and then dicing them thinly. Place on a sheet pan and roast them in the oven at 400 degrees F for 20-30 minutes. Then cool and refrigerate for use.
- **ROASTED VEGGIES** - Pre-cook the veggies you will be using for the week. My favorite way to do this is to make a roasted vegetable medley. I like to grab a variety of veggies such as broccoli, cauliflower, brussel sprouts, and cabbage and rough chop it all up. Typically I choose 2-3 veggies at a time. I drizzle with olive oil, pink salt, and garlic powder and roast in the oven at 400 degrees F for 20 minutes or so until tender. Use this same procedure for cooking butternut squash, which makes a great substitute for sweet potatoes.
- **BEETS** - Pre-cook beets. You can either peel them, dice them and then roast in the oven using similar directions as above for cooking in the oven. Or, you can cut the rough ends off and boil them until tender through to the middle. Then just use your hands to work the peels off, cut them up, and refrigerate though keep in mind that the boiling method does not maintain as much nutrition as roasting.
- **CAULI RICE** - Pre-cook cauli rice using one of several methods. You can use bagged cauli rice and follow the directions to prepare it ahead or when you need it. You can use a head of cauliflower and pulse it up in a food processor. Then add it to a pan of water and cook until tender. Or, you can use frozen cauliflower florets and cook according to the package until very tender. Then drain them. Use a hand chopper and chop it up.
- **DRESSING** - Pre-mix a tasty dressing you like. One of my favorites is an Italian type apple cider vinaigrette. Mix these ingredients: 3/4 apple cider vinegar; 1/2 cup olive oil; 1/2 tsp garlic powder; 1/2 tsp oregano; 1/2 tsp savory spice (optional); 3/4 tsp pink salt or more to taste. Pour into a pint size jar and shake it up before each use.

THEN JESUS DECLARED, "I AM THE BREAD OF LIFE. WHOEVER COMES TO ME WILL NEVER GO HUNGRY, AND WHOEVER BELIEVES IN ME WILL NEVER BE THIRSTY

John 6:35

AIP
DF
GF
SF
P



Beets & Greens Protein Bowl

This may be my favorite bowl! The flavor combos are just so delish! You can swap the sweet potato for roasted butternut squash which tastes close to caramelized candy as your tastes change. You can also layer this in a jar to have all of the work done for a totally on-the-go meal. Then just dump it into a plate or bowl and lunch is served in a jiffy! Page 7 in the last bullet tells you how to do this. It is tasty warm or cold.

INGREDIENTS

1 cup greens of choice such as mixed, spinach, kale, lettues, etc
1-2 cooked diced beets
½ cup cooked diced sweet potatoes
¾ cup shredded chicken
1-2 Tablespoons of Italian Vinagarette (see page 9) or other dressing as desired
Pink Salt

DIRECTIONS

Place greens in a bowl. Warm your potatoes, chicken and beets if desired and pour on top of the greens. Drizzle with dressing and sprinkle with pink salt.



AIP
DF
GF
SF
P

Cabbage Protein Bowl

The tangy flavors with lemon juice and uncooked veggies make this bowl a perfect hit for Spring and Summer! To be grain-free, you simply replace the quinoa with a diced apple. You can also save prep time by using pre-sliced cabbage or slaw mix in a bag. So simple and tasty!

INGREDIENTS

- 2 cups sliced cabbage
- ½ cup cooked quinoa
- ¾ cup shredded chicken or tuna
- Juice of 1 lemon
- Oil of choice such as olive oil or coconut oil
- Pink Salt
- Garlic Powder (optional)

DIRECTIONS

Place the cabbage in a bowl followed by the quinoa or diced apple if going grain-free. Throw your chicken or tuna on top. Cut the lemon in half and squeeze the juice on top followed by a drizzle of olive oil and sprinkles of pink salt and garlic power. Dig in!



DF
GF
SF

Springy Protein Bowl

The coolness of this combo with raw veggies and lemon juice is another delicious option for Spring and Summer! To be grain-free, you can leave out quinoa. This can be ready in just 2 minutes if you've pre-cooked your carb and protein!

INGREDIENTS

- 1 or 2 chicken sausages (warmed and then sliced)
- 1 cup diced tomatoes
- 1 cup diced cucumbers (peeled if desired)
- ½ cup cooked quinoa (optional)
- 1 lemon
- Oil of choice such as olive oil or coconut oil
- Pink Salt
- Garlic Powder (optional)

DIRECTIONS

As with the other bowls, simply place the veggies on the bottom of the bowl, then add your quinoa, followed by your chicken sausage slices. Cut the lemon in half and squeeze the juice on top followed by a drizzle of olive oil and sprinkles of pink salt and garlic power. Enjoy!

AIP
DF
GF
SF
P



Roasted Veggies Protein Bowl

When cooler weather hits, this is the recipe that I start craving! It can so easily be suited to different tastes by changing up the veggies that you use. Or, you can also switch it up by using a delicious fish for your protein. Be sure to look at the batch-cooking tips on page 8 to help make this recipe a breeze when you are ready for lunch or dinner. If you are eating this for dinner and working to drop any pounds, trade the sweet potatoes for a starchy vegetable like butternut squash or parsnips.

And if you prefer to have this fully made ahead, you can prep this using the salad jar method described in the last bullet on page 9.

INGREDIENTS

1 cup roasted vegetables
½ cup cooked sweet potatoes
¾ cup shredded chicken or roasted fish
Pink Salt
Garlic Powder (optional)

DIRECTIONS

Place veggies in a bowl followed by sweet potatoes. Then put your protein on top. Season with pink salt or desired herbs and spices. Add a drizzle of dressing or lemon if desired. Warm in the oven or microwave.



AIP
DF
GF
SF
P

Greek Protein Bowl

I so love this option for supper as there is not a carb. I've found that if you have your better carbs earlier in the day, you get the energy boost when you need it. Then fuel up on more veggies with your evening meal, and it can help pounds drop. The flavors in this bowl are subtle but so delicious! It's packed with fresh goodness and will truly delight your taste buds!

INGREDIENTS

*Single serving

3/4 cup cooked burger

1 teaspoon oregano

1/2 teaspoon pink salt

Zest from 1/2 lemon

Juice from 1/2 lemon

1 cup cooked cauli rice

1/2 cup red onion

1/2 cup diced cucumber

Pink Salt

*Triple serving

1 lb ground burger

3 teaspoon oregano

1 1/2 teaspoon pink salt

Zest from 1-2 lemons

Juice from 1-2 lemons

3 cup cooked cauli rice

1 1/2 cup red onion

1 1/2 cup diced cucumber

Pink Salt

DIRECTIONS

Drizzle olive oil in a skillet. Add the burger and either cook or warm to fit your need. Add the red onion until it is tender. Then add the other seasonings, zest and lemon juice. If making a single serving bowl, place the cooked cauli rice in a bowl followed by the diced cumpers. Add the burger and onion mixture on top. Enjoy!

AIP
DF
GF
SF
P



Breakfast Hash Bowl

This has become my go-to breakfast because it is delicious, comforting, and filling. And I notice a distinct difference in how long I feel full when I add healthy fats such as avocado to my breakfast, so I add half a small avocado when they're on sale. This is definitely a bowl to make your own. You can sub out the veggies for your favorites and pick your favorite ground meat. Seriously, I know you will love this for breakfast even if it does not feel like a "normal" breakfast.

INGREDIENTS

- ¾ cup ground burger or sausage
- ½ cooked sweet potatoes
- 1 cup greens such as spinach
- ½ cup diced mushrooms
- ½ cup diced red onion
- Pink Salt
- Avocado

DIRECTIONS

Put coconut oil in small skillet, and turn heat to medium low. Once melted, add the greens to saute followed by the remaining items including red onion, mushrooms, sweet potatoes and burger. Cook until it is all warmed and onions have tenderized. Move from the skillet to a bowl. Add half an avocado and sprinkle with salt. Enjoy!

DF
GF
SF
P



Breakfast Egg Bowl

Before I became hooked on my breakfast hash, eggs were my go-to breakfast, and I loved this simple breakfast bowl. Eggs are such an easy and inexpensive protein option if they agree with your body. This recipe is another one that you can tweak to have your favorites, so play with it and try new veggies. It is filling and oh so tasty as it helps energize you for the day.

INGREDIENTS

1 cup spinach or other greens
1/2 cup diced pepper
1/2 cup diced onion
½ cup cooked sweet potatoes
2 eggs
Pink Salt
Avocado

DIRECTIONS

Spray or grease a small skillet with oil or cooking spray. Add the spinach or greens and let them start to wilt. Then add your other veggies and sweet potatoes and saute until they begin to become tender. Add the 2 eggs and stir constantly so it does not stick. Remove from the heat and add to a bowl. Sprinkle with salt and avocado if desired.

About Savor Life Wellness

Savor Life Wellness is the product of co-creators Kendra Everett and Kara Ackerman, twin sisters, food lovers, and two God-girls who want to stir up one another and others to love and good works as it says in Hebrews 10:24.

Growing up baking and cooking with their Mom and Grandmas, food has always been an enjoyable part of life as they've delighted in cooking for others. As they had families of their own, healthier foods became more of interest and then a necessity in dealing with post-baby bodies and thyroid and autoimmune conditions.

Kendra is a wife and home-schooling mom of five who works part-time and wants to savor life's blessings more in what can often feel like chaos. Learning to eat healthier while juggling family and work has offered fulfillment and fun in recent years. With a diagnosis of Hashimoto's disease, her latest endeavor is using food to gain energy and help heal one's body of autoimmune and other health conditions.

Kara is a toddler mom and wife who also works part-time and specializes in creating healthy sweets and treats. Having dealt with thyroid issues for years, she also enjoys using food as medicine and fuel for better health.



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