



# NOURISH YOUR MIND

7 SIMPLE RECIPES TO  
SUPPORT YOUR MENTAL  
WELLNESS



ACHIEVEWITHEASE



# WELCOME

YOU DESERVE TO FEEL GOOD — NOT JUST SOMETIMES,  
BUT EVERY DAY.

THIS FREE RECIPE BOOK OFFERS EASY, SCIENCE-BACKED  
MEALS MADE WITH INGREDIENTS THAT BOOST YOUR  
MOOD, CALM YOUR NERVES, AND SUPPORT YOUR  
EMOTIONAL WELL-BEING.

INSIDE, YOU'LL DISCOVER:

- ✓ A SMOOTHIE THAT FIGHTS BRAIN FOG
- ✓ A COMFORTING BOWL THAT LOWERS ANXIETY
- ✓ A LATTE THAT HELPS YOUR BODY HANDLE STRESS
- ✓ AND MORE — MADE WITH INGREDIENTS YOU ALREADY LOVE

CREATED FOR EVERYONE WHO WANTS TO EAT WELL AND  
FEEL BETTER — WITHOUT OVERWHELM.  
NO DIETS. NO PRESSURE. JUST REAL FOOD FOR REAL  
HEALING.

✨ DOWNLOAD IT FREE WHEN YOU SUBSCRIBE TO  
ACHIEVEWITHEASE ON YOUTUBE.  
YOUR JOURNEY TO FEELING BETTER STARTS WITH YOUR  
NEXT BITE.



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# Mood boosting morning smoothie

MOOD-BOOSTING MORNING SMOOTHIE

WHY IT HELPS: PACKED WITH OMEGA-3S, ANTIOXIDANTS, AND FIBER TO STABILIZE MOOD AND SUPPORT BRAIN FUNCTION.

INGREDIENTS:

- 1 BANANA
- 1/2 AVOCADO
- 1 TBSP CHIA SEEDS
- 1/2 CUP BLUEBERRIES (FROZEN OR FRESH)
- 1 CUP UNSWEETENED ALMOND MILK
- OPTIONAL: A HANDFUL OF SPINACH OR KALE

**INSTRUCTIONS:** BLEND ALL INGREDIENTS UNTIL SMOOTH. DRINK SLOWLY AND MINDFULLY.





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# Brain-Loving Quinoa Bowl

WHY IT HELPS: QUINOA IS RICH IN MAGNESIUM AND COMPLEX CARBS — BOTH CRUCIAL FOR CALMING THE NERVOUS SYSTEM.

## INGREDIENTS:

- 1/2 CUP COOKED QUINOA
- 1/4 CUP COOKED CHICKPEAS
- 1/4 AVOCADO, SLICED
- 1/2 CUP STEAMED BROCCOLI
- 1 TBSP OLIVE OIL
- JUICE OF 1/2 LEMON
- PINCH OF SEA SALT AND BLACK PEPPER

**INSTRUCTIONS:** COMBINE EVERYTHING IN A BOWL DRIZZLE WITH OLIVE OIL AND LEMON JUICE.





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# Turmeric-Golden Oats

WHY IT HELPS: TURMERIC HAS ANTI-INFLAMMATORY PROPERTIES AND SUPPORTS SEROTONIN PRODUCTION.

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**INGREDIENTS:**

- 1/2 CUP ROLLED OATS
- 1 CUP UNSWEETENED OAT OR ALMOND MILK
- 1/2 TSP TURMERIC POWDER
- 1/4 TSP CINNAMON
- 1 TSP HONEY OR MAPLE SYRUP

**INSTRUCTIONS:** COOK OATS WITH MILK AND SPICES UNTIL CREAMY. ADD SWEETENER BEFORE SERVING.





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# Anti-Anxiety Berry Yogurt Parfait

WHY IT HELPS: FERMENTED YOGURT SUPPORTS GUT HEALTH; BERRIES PROVIDE ANTIOXIDANTS THAT REDUCE OXIDATIVE STRESS.

## INGREDIENTS:

- 1/2 CUP PLAIN GREEK YOGURT OR DAIRY-FREE ALTERNATIVE
- 1/2 CUP MIXED BERRIES AND A HANDFUL OF STRAWBERRIES
- 1 TBSP FLAXSEEDS OR WALNUTS
- OPTIONAL: DRIZZLE OF HONEY

**INSTRUCTIONS:** LAYER YOGURT, BERRIES, AND SEEDS IN A GLASS. ENJOY AS A MID-MORNING OR EVENING SNACK.





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# Magnesium-Rich Stir Fry

WHY IT HELPS: MAGNESIUM HELPS REGULATE CORTISOL AND CALM THE BODY.

## INGREDIENTS:

- 1 CUP CHOPPED KALE
- 1/2 CUP SLICED ZUCCHINI
- 1/2 RED BELL PEPPER
- 1/2 CUP TOFU OR TEMPEH
- 1 TBSP SESAME OIL
- 1 TBSP LOW-SODIUM TAMARI OR SOY SAUCE

**INSTRUCTIONS:** STIR-FRY ALL INGREDIENTS FOR 5–7 MINUTES. SERVE WARM WITH BROWN RICE OR QUINOA.





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# Dark Chocolate Almond Bites

WHY IT HELPS: DARK CHOCOLATE (70%+) HELPS BOOST SEROTONIN, ALMONDS SUPPORT STABLE BLOOD SUGAR.

## INGREDIENTS:

- 1/2 CUP RAW ALMONDS
- 1/2 CUP MELTED DARK CHOCOLATE
- PINCH OF SEA SALT

**INSTRUCTIONS:** DIP ALMONDS IN MELTED CHOCOLATE, PLACE ON BAKING PAPER, SPRINKLE WITH SALT. CHILL IN FRIDGE UNTIL SET.





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# Adaptogen Herbal Latte

WHY IT HELPS: ADAPTOGENS LIKE ASHWAGANDHA OR REISHI HELP THE BODY HANDLE STRESS AND REBALANCE.

## INGREDIENTS:

- 1 CUP WARM OAT MILK
- 1/2 TSP ASHWAGANDHA POWDER (OR REISHI)
- 1/4 TSP CINNAMON
- 1 TSP HONEY OR MAPLE SYRUP
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**INSTRUCTIONS:** WHISK ALL INGREDIENTS UNTIL FROTHY. SIP IN CALM SILENCE.



NUTRITION TIPS

# Final Words

YOUR HEALING DOESN'T HAVE TO BE COMPLICATED — JUST CONSISTENT. EACH RECIPE IS A SMALL ACT OF CARE FOR YOUR NERVOUS SYSTEM, YOUR MOOD, AND YOUR BEAUTIFUL BECOMING.

✨ WANT MORE? SUBSCRIBE TO [ACHIEVEWITHEASE](#) ON YOUTUBE FOR VIDEOS, TOOLS & AFFIRMATIONS TO SUPPORT YOUR MIND AND BODY.

