



## Fuel Up with Real Food Recipe Cards Pack

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# Blueberry Protein Smoothie

Time: 3–5 min • Serves: 1

Ingredients:

- Frozen blueberries
- Vanilla protein powder
- Unsweetened almond milk (or milk of choice)
- Chia seeds
- High-speed blender (equipment)

Steps:

1. Add milk, protein powder, berries, and chia to a blender.
2. Blend until smooth; adjust with more milk or ice for desired texture.

Tips & Swaps:

- Add spinach for extra micronutrients; it won't affect flavor much.
- Make it heartier with 1 tbsp nut butter or  $\frac{1}{2}$  cup oats.



# Chia Overnight Oats

Time: 5 min prep + overnight rest • Serves: 1

Ingredients:

- Rolled oats
- Chia seeds
- Almond milk (or yogurt)
- Maple syrup or honey (optional)
- Glass jar with lid (equipment)

Steps:



3. Combine oats, chia, and milk in a jar; sweeten if desired.
4. Stir well, cover, and refrigerate overnight. Top with fruit or nuts before serving.

Tips & Swaps:

- Use gluten-free oats if needed.
- Add protein powder or Greek yogurt for extra protein.

# Air Fryer Power Bowl

Time: ~20 min • Serves: 1–2

Ingredients:

- Sweet potato, cubed
- Quinoa, cooked (or microwavable pack)
- Chickpeas, drained and rinsed
- Avocado oil spray
- Budget air fryer (equipment)

Steps:

5. Toss sweet potato with oil spray and air-fry at 400°F/205°C for 12–15 minutes, shaking halfway.
6. Warm quinoa; season chickpeas with salt, pepper, and spices if desired.
7. Assemble bowl: quinoa + roasted sweet potato + chickpeas. Add greens or a tahini/lemon drizzle if you like.

Tips & Swaps:

- Swap quinoa for rice; add pre-cooked chicken or tofu for more protein.



## Calm Focus Latte

Time: 5–7 min • Serves: 1

Ingredients:

- Ashwagandha powder (per label)
- Cinnamon
- Coconut milk (or preferred milk)
- Milk frother (equipment)
- Ceramic mug (equipment)

Steps:

8. Warm milk gently in a small pot or microwave.
9. Whisk in ashwagandha and cinnamon until smooth and frothy.
10. Pour into mug; sweeten lightly if desired.

Tips & Swaps:

- Great as an evening wind-down drink; adjust spice to taste.



# Green Detox Smoothie

Time: 3–5 min • Serves: 1

Ingredients:

- Spinach or kale
- Frozen banana
- Unsweetened coconut water (or water)
- Spirulina powder (optional)
- Personal blender (equipment)

Steps:

11. Blend greens, banana, coconut water, and spirulina until silky.
12. Add ice or extra liquid for desired consistency.

Tips & Swaps:

- Swap banana for mango or pineapple; add ginger for a kick.



# Protein-Packed Scramble

Time: 8–10 min • Serves: 1–2

Ingredients:

- Organic eggs (or egg whites)
- Baby spinach
- Cherry tomatoes, halved
- Goat cheese (optional)
- Non-stick skillet (equipment)

Steps:



13. Sauté tomatoes and spinach briefly in a non-stick skillet.
14. Add beaten eggs; scramble gently until just set. Fold in goat cheese and season.

Tips & Swaps:

- Swap cheese for dairy-free or omit. Serve with whole-grain toast.

# Roasted Veggie Bowl

Time: 20–25 min • Serves: 2

Ingredients:

- Sweet potatoes, cubed
- Broccoli or cauliflower florets
- Bell peppers, sliced
- Olive oil, salt & pepper
- Baking mats or parchment (equipment)

Steps:

15. Toss veggies with olive oil, salt, and pepper. Spread on a lined baking sheet.
16. Roast at 425°F/220°C for 18–22 minutes, flipping once.
17. Serve over quinoa/rice or greens; add a simple lemon-tahini dressing.

Tips & Swaps:

- Batch roast to use across lunches for 3–4 days.



# DIY Electrolyte Drink

Time: 2 min • Serves: 1 bottle

Ingredients:

- Sea salt (a small pinch)
- Fresh lemon juice
- LMNT or other electrolyte mix (optional, per label)
- Filtered water
- Shaker bottle (equipment)

Steps:

18. Add salt and lemon to the bottle; fill with water and shake.
19. If using an electrolyte mix, add per label and shake again.

Tips & Swaps:

- Use during workouts, sauna, or hot days. Adjust salt to taste and needs.



## Shopping List (from these 8 recipes)

- Frozen blueberries
- Vanilla protein powder
- Unsweetened almond milk
- Chia seeds
- Rolled oats
- Almond milk
- Maple syrup or honey
- Sweet potato, cubed
- Quinoa, cooked
- Chickpeas, drained and rinsed
- Avocado oil spray
- Ashwagandha powder
- Cinnamon
- Coconut milk
- Spinach or kale
- Frozen banana
- Unsweetened coconut water
- Spirulina powder
- Organic eggs
- Baby spinach
- Cherry tomatoes, halved
- Goat cheese
- Sweet potatoes, cubed
- Broccoli or cauliflower florets
- Bell peppers, sliced
- Olive oil, salt & pepper
- Sea salt
- Fresh lemon juice
- LMNT or other electrolyte mix
- Filtered water