



**Healing Foods for a Happier  
Day: Sample Recipes to Support  
Your Emotional Well-Being**

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The ingredients incorporated in the plan are specifically selected to help maintain optimal levels of blood sugar, stress hormones, and neurotransmitters, allowing you to feel more centered, grounded, and resilient.

By supporting these crucial bodily functions, you'll have the capacity to navigate life's challenges with greater ease and maintain a sense of stability and balance.

So, whether you're facing a difficult day at work or simply seeking a greater sense of emotional wellbeing, this plan is designed to help fortify your mind and body.

**Blueberries:** Blueberries are high in antioxidants and contain a flavonoid called anthocyanin, which has been shown to improve cognitive function and reduce inflammation. This small fruit also contains fiber, vitamin C, and folate, which are all important for overall health and well-being.

**Avocado:** Avocados are a good source of healthy fats and contain high levels of vitamin E, potassium, and fiber. They also contain monounsaturated fatty acids, which have been shown to reduce inflammation and improve mood. The high levels of folate found in avocados may also play a role in reducing the risk of depression.

**Seaweed:** Seaweed is a rich source of iodine, which is important for thyroid function and may help regulate mood. It is also high in antioxidants and contains compounds like fucoxanthin, which has been shown to reduce inflammation and improve cognitive function. Seaweed is also rich in omega-3 fatty acids, which are important for brain health and have been linked to reduced symptoms of depression.

**Coconut:** Coconut is a good source of medium-chain triglycerides (MCTs), which are easily converted into ketones that provide energy to the brain. This can help improve cognitive function and mood. Coconut also contains lauric acid, which has been shown to have anti-inflammatory properties and may help reduce symptoms of depression.

**Seeds:** Seeds like chia, flax, and hemp are high in omega-3 fatty acids, which are important for brain health and can improve mood. They also contain fiber, protein, and minerals like magnesium, which can help reduce stress and anxiety.

**Radishes:** Radishes are a good source of vitamin C, which has been shown to reduce symptoms of depression and anxiety. They also contain folate, which is important for brain function and can help regulate mood.

**Nuts:** Nuts like almonds, walnuts, and cashews are high in healthy fats and protein. They also contain minerals like magnesium and zinc, which have been shown to reduce symptoms of anxiety and depression. Nuts are also a good source of antioxidants, which can help reduce inflammation.

**Asparagus:** Asparagus is a good source of folate, which is important for brain function and can help regulate mood. It also contains fiber, vitamin C, and vitamin E, which are all important for overall health and well-being.



Salmon: Salmon is high in omega-3 fatty acids, which are important for brain health and can improve mood. It also contains vitamin D, which is important for regulating mood and reducing symptoms of depression.

Beans: Beans like black beans, chickpeas, and lentils are high in protein and fiber. They also contain minerals like magnesium and zinc, which can help reduce symptoms of anxiety and depression. Beans are also a good source of folate, which is important for brain function and can help regulate mood.

Green Beans: Green beans are a good source of vitamin C, which has been shown to reduce symptoms of depression and anxiety. They also contain fiber, vitamin K, and other antioxidants, which can help reduce inflammation and improve overall health.

Incorporating these foods into your diet can help provide your body with the nutrients it needs to support emotional well-being and improve mood.

Are you ready to co-create a better, more holistic life, one that promotes greater nervous system resilience, calm, and emotional wellbeing?

Together, we can work towards cultivating a deeper sense of balance and harmony in your daily life.

Let's explore the possibilities and discover the tools and resources that can help you achieve your goals.

**Are you ready to take the first step towards a happier, healthier you?**

Nourishing thoughts,

Cat



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Breakfast



Blueberry Paleo Granola (or Seed) Smoothie Bowl

Snack 1



Spicy Nori & Avocado Bites

Lunch



Parmesan Asparagus & Poached Eggs

Snack 2



Radicchio & White Bean Salad

Dinner



One Pan Salmon, Green Beans & Radishes





### Fruits

- 1/4 Avocado
- 1/8 Lemon

### Breakfast

- 1/4 cup Paleo Granola

### Seeds, Nuts & Spices

- 0 Sea Salt & Black Pepper

### Frozen

- 1 cup Fresh Or Frozen Green Beans
- 1 cup Frozen Blueberries
- 1/2 cup Frozen Cauliflower

### Vegetables

- 1 cup Asparagus
- 1 stalk Celery
- 1 tbsp Cilantro
- 2/3 Garlic
- 1 1/3 tbsps Parsley
- 1 cup Radicchio
- 1/2 cup Radishes
- 3 2/3 tbsps Red Onion

### Boxed & Canned

- 1/3 cup Cannellini Beans

### Baking

- 1 tbsp Unsweetened Shredded Coconut

### Bread, Fish, Meat & Cheese

- 2 tbsps Parmigiano Reggiano
- 1 oz Salmon Fillet

### Condiments & Oils

- 1 tbsp Balsamic Vinaigrette
- 1 tbsp Coconut Aminos
- 2 1/3 tbsps Extra Virgin Olive Oil
- 1 tbsp Mayonnaise
- 2 tps Red Wine Vinegar
- 1/4 tsp Sriracha
- 1 1/2 tbsps Sunflower Seed Butter

### Cold

- 1 Egg
- 1 cup Plain Coconut Milk

### Other

- 3 Nori Sheets
- 1/4 cup Vanilla Protein Powder



## Blueberry Paleo Granola (or Seed) Smoothie Bowl

1 serving  
5 minutes

### Ingredients

1 cup Frozen Blueberries  
1/2 cup Frozen Cauliflower  
1 cup Plain Coconut Milk  
1/4 cup Vanilla Protein Powder  
1 1/2 tbsps Sunflower Seed Butter  
1/4 cup Paleo Granola (optional: Qia Superfood chia mix, or your choice of seeds!)  
1 tbsp Unsweetened Shredded Coconut

### Directions

- 1 Add the blueberries, cauliflower, milk, and sunflower seed butter and blend until smooth (scraping down the sides of the blender with a spatula or adding another splash of milk if needed as the smoothie should be thick).
- 2 Transfer the smoothie to a bowl and top with the granola or seeds and coconut. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Serving Size:** One serving is approximately equal to 1 3/4 cups.

**Additional Toppings:** Chopped nuts, seeds or sliced fruit, like strawberries or bananas.

**Likes it Sweet:** Add maple syrup, honey, or dates to taste.

**No Coconut Milk:** Use another milk instead, like almond or oat.



## Spicy Nori & Avocado Bites

1 serving  
5 minutes

### Ingredients

- 1 tbsp Mayonnaise
- 1/4 tsp Sriracha
- 3 Nori Sheets (snack size)
- 1/4 Avocado (sliced)

### Directions

- 1 In a small bowl, combine the mayonnaise and the sriracha.
- 2 Lay a nori sheet on a plate. Top with a slice of avocado and the sriracha mayonnaise. Repeat until all of the ingredients are used up. Enjoy!

### Notes

**Leftovers:** Store nori and avocado separately until ready to serve. The sriracha mayonnaise can be refrigerated in an airtight container for up to four days.

**Serving Size:** One serving is three nori sheets and 1/4 avocado.

**More Flavor:** Double-up the nori sheets.

**Additional Toppings:** Toasted sesame seeds and/or sesame oil.



## Parmesan Asparagus & Poached Eggs

1 serving  
15 minutes

### Ingredients

- 1 cup Asparagus (ends trimmed)
- 1 Egg (large)
- 1 tbsp Balsamic Vinaigrette
- 2 tbsps Parmigiano Reggiano (shaved)
- Sea Salt & Black Pepper (to taste)

### Directions

- 1 Bring a pot of water to a boil. Add the asparagus and cook for two minutes to blanch. Remove the asparagus from the boiling water with tongs and set aside.
- 2 Reduce to a simmer. One at a time, break the eggs into a small dish and gently slip each egg into the water. Cook for three minutes for a soft egg, then use a slotted spoon to carefully remove the poached egg onto a paper towel-lined plate to soak up the excess liquid.
- 3 Divide the asparagus and eggs onto plates. Drizzle with vinaigrette and top with parmesan cheese. Season to taste and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Serving Size:** One serving is equal to approximately one cup of asparagus and one egg.

**More Flavor:** Serve with a toast.

**Dairy-Free:** Omit the parmesan cheese.



## Radicchio & White Bean Salad

1 serving  
15 minutes

### Ingredients

1 1/3 tbsps Extra Virgin Olive Oil  
2 tsps Red Wine Vinegar  
2/3 Garlic (cloves, minced)  
1 cup Radicchio (thinly sliced)  
1 stalk Celery (sliced)  
2 2/3 tbsps Red Onion (sliced)  
1/3 cup Cannellini Beans (drained, rinsed)  
1 1/3 tbsps Parsley (chopped)  
Sea Salt & Black Pepper (to taste)  
1/8 Lemon (juiced)

### Directions

- 1 Whisk the oil, vinegar, and garlic in a small bowl to combine. Set aside.
- 2 In a large bowl, add the radicchio, celery, onion, beans, parsley, salt, and pepper. Pour the dressing on top and toss to combine. Pour the lemon juice all over and toss again.
- 3 To serve, divide evenly between bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately two cups.

**Additional Toppings:** Feta cheese, goat cheese, fresh herbs.

**Meal Prep:** To meal prep, combine all the salad ingredients and store the dressing separately. Add the dressing when ready to enjoy.



## One Pan Salmon, Green Beans & Radishes

1 serving  
25 minutes

### Ingredients

- 1 tbsp Red Onion (minced)
- 1 tbsp Coconut Aminos
- 1 tbsp Extra Virgin Olive Oil
- 1 oz Salmon Fillet
- 1 cup Fresh Or Frozen Green Beans (trimmed)
- 1/2 cup Radishes (quartered)
- 1 tbsp Cilantro (chopped)

### Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 Mix the onion, coconut aminos, and oil in a bowl. Add the salmon, green beans, and radishes onto the baking sheet. Add the marinade to evenly coat all of the ingredients. Bake for 10 minutes, or until everything is cooked through.
- 3 Divide evenly between plates. Garnish with the cilantro and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**Serving Size:** One serving is one salmon fillet, half a cup of radishes, and one cup of green beans.

**More Flavor:** Add minced garlic.

**Fillet Size:** One fillet is equal to approximately 160 grams or 5.6 ounces in size.