



Summer Refresh

Week Three Workbook

Supporting Healthy Metabolism
Summer Seasonal Eating
Summer Recipes
Heart Healthy Movement



Supporting Healthy Metabolism



When we think of the word metabolism, we often think of weight loss. Metabolism is so much more!

Metabolism is any chemical process that occurs in the body to keep the body alive. When our metabolism slows, the body is often protecting itself, and weight gain occurs as a result.

Ways you can support your metabolism naturally:

- Keep blood sugar balanced by eating at regular intervals
- Move regularly, aiming for gentle movement throughout the day paired with more strenuous movement throughout the week
- Stay well hydrated
- Practice consistent nervous system regulating exercises
- Maintain a 7-8 hour sleep schedule

A healthy
metabolism begins
with addressing
the foundations

Summer Seasonal Eating

Foods contain energetic properties. Eating foods that are cooler in nature during the summertime help our bodies adjust to the seasonal change and support healthy metabolism. Cooling foods include:

- Apples
- Cantaloupe
- Watermelon
- Tomato
- Lemon
- Lime
- Berries
- Kiwi
- Radish
- Cucumber
- Celery
- Spinach
- Cabbage
- Tofu
- Tempeh
- Crab
- Clams
- Muscles
- Mint
- Cilantro



Summer Recipes

Here are some recipes that incorporate summer-supportive foods

SUMMER JUICE

1 apples
1 cucumber
1 celery stalk
2 limes
1 mint bunch

Put all ingredients in a juicer or blend and strain

WATERMELON SALAD

1 small watermelon
¼ cup pistachios
¼ red onion
½ cucumber
¼ bunch mint leaves
½ block feta cheese
1 tbsp olive oil
1 tbsp rice vinegar

Chop all ingredients and place in a large bowl. Top with olive oil and rice vinegar to serve.

TOFU SCRAMBLE

1 block of tofu
1 tomato
1 handful of spinach
½ cup diced mushrooms
¼ cup salsa
¼ cup shredded cheese (optional)
Cilantro to garnish

Take a grater and grate the tofu into shredded pieces. Set aside.
Heat olive oil in a pan, adding the tomatoes, spinach, and mushrooms. Cook until tender and set aside.
Add in the tofu and cook until slightly crispy.
Add the vegetables back to the pan and top with cheese.
Plate with salsa and cilantro.

Summer Recipes

Here are some recipes that incorporate summer-supportive foods

BERRY MINT CHIA PUDDING

½ cup mixed berries
2 tbsp chia seeds
1 tsp lemon zest
1 cup coconut milk or almond milk
3-4 mint leaves

Mix berries, chia seeds, lemon zest, and milk. Let it sit a minimum for 4 hours or overnight. When ready, layer with fresh berries and mint.

BERRY MOCKTAIL

3 strawberries
2 blackberries
2 raspberries
3 mint leaves

Muddle the berries. Top with sparkling water. Add mint leaves.

HYDRATING ICE CUBES

1 cup watermelon
1 kiwi diced
Juice ½ lemon
4 mint leaves

Blend watermelon, lemon and mint. Add to an ice tray with kiwi cubes. Freeze and enjoy with sparkling water.

Heart Healthy Movement



Movement that can support your cardiovascular system can be extremely helpful in the summer months! Ideally, you can work out in the sun and in community! Some examples include:

- **Rebounding:** light bounding for 5-15 minutes.
- **Volleyball, Pickleball, Tennis** (check with us on whether these are good for your physiology): Getting outdoors and having fun with friends--and friendly competition is an ideal way to exercise.
- **Hiking:** 45-60 minutes at a lighter pace
- **Swimming:** 15-20 minutes intervals at a lighter pace.
- **Yoga on the beach:** especially breath focused sessions.

Movement
helps support
all aspects of
the dynamic
fire element

See you next week!

We now understand how to support a healthy metabolism, seasonal eating practices, create healthy recipes, and movement for cardiovascular health.

We'll be meeting next week, Wednesday, July 9 for our third Zoom meeting.

See you then!



Do you need
more help?

[Schedule a Zoom](#)



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