

# BEET POKE

## INSTRUCTIONS



### INGREDIENTS

- 4-5 BEETS
- 1-2 PURPLE OR WATERMELON RADISHES
- 1/2 AVOCADO
- 1/2 MANGO
- 1-2 CUPS OF MIXED GREENS
- 2 LIMES

- SPRINKLE OF TOASTED SESAME SEEDS
- HANDFUL GREEN ONIONS
- HANDFUL CILANTRO
- HANDFUL MICROGREENS (RADISH, PEA SHOOTS, SPROUTS)
- 1 TSP EVOO
- 1/2 TSP COCONUT AMINOS

1. Wash & peel the beets. Cut into 1-inch cubes. Boil in water for 20-25 minutes until tender. Drain and rinse.
2. Chop the green onions and cilantro.
3. In a bowl, combine the cooked chopped beets, handful of green onions, chopped cilantro, spoonful of sesame seeds, coconut aminos, juice of 2 limes, and EVOO.
4. Refrigerate and let sit for 10-15 minutes.
5. Slice the mango, avocado, and radish.
6. Assemble on a plate with 1-2 cups of greens, mango, avocado, beet poke, sliced radish, and your favorite microgreens.

# Recipes Best Practices For Creators 84 719 Healthy Recipes Blueprint

**Michael Fink**



## **Recipes Best Practices For Creators 84 719 Healthy Recipes Blueprint:**

**The Superfood Blueprint** Michael Fink, 2024-12-15 Welcome to The Superfood Blueprint your go to resource for crafting a healthier happier and stronger version of yourself through the power of food As a trained chef with over 30 years of experience in the culinary arts I've spent countless hours researching testing and refining recipes that incorporate the best nutrient dense superfoods to maximize health benefits taste and enjoyment This book is designed to help you easily integrate superfoods into your everyday life giving you the tools to feel energized rejuvenated and empowered Superfoods are not just a trend they are nature's ultimate gift to our well being Packed with vitamins minerals antioxidants and essential nutrients superfoods can help you achieve optimal health while supporting your body's immune system digestive function and energy levels Whether you're a beginner or an experienced cook this book provides you with simple creative recipes that allow you to harness the power of these natural wonders without feeling overwhelmed In The Superfood Blueprint you'll find over 160 recipes that are designed to work for every meal and every lifestyle From breakfast to dinner smoothies to desserts and everything in between each recipe is carefully crafted with superfoods that are both delicious and nutritious This book is not just about eating healthier it's about transforming your life from the inside out What you'll find inside Over 160 easy to follow recipes featuring powerful superfoods like berries leafy greens nuts seeds and more Clear actionable guidance on how to incorporate superfoods into every meal of the day Delicious nutrient packed recipes that boost energy promote healthy digestion support brain health and improve skin vitality Expert chef insights and pro tips to help you maximize the flavor and nutritional content of your dishes Special sections on using superfoods for weight management stress relief mental clarity immunity and overall health optimization Tips for making these superfoods accessible and affordable even if you're on a busy schedule The book includes A comprehensive introduction to the benefits of superfoods and how they can transform your health A wide variety of recipes including smoothies salads soups bowls energy boosting snacks detox drinks and indulgent yet healthy desserts Nutritional breakdowns and preparation tips for each recipe ensuring you get the most out of every dish Detailed sections focused on health challenges like weight loss mental clarity immunity digestion and stress relief Creative ways to incorporate superfoods into your daily routine without sacrificing taste or convenience By the time you finish reading The Superfood Blueprint you'll not only have a wealth of knowledge about the best foods for your body but you'll also be equipped with over 160 recipes that make it easier than ever to enjoy vibrant delicious meals that improve your health and make you feel your best every day Whether you're looking to lose weight boost your energy combat stress or simply feel better The Superfood Blueprint provides you with the tools recipes and expertise to make a real difference in your life Ready to start feeling stronger healthier and more energized Let's begin this life changing journey today

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web table 3 tolerance over width and length for sheared edges nominal length l mm tolerances on the width lower upper l  
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total length 10 for both camber and sweep thus for a 30 long beam the general permissible variation from straightness would be 3 8

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