

Try something *New*

Get Excited About the Unknown

Branching out and trying something new can be a scary feeling. Stretching outside our comfort zone is a prerequisite to positive change!

Recipe inspiration:

Trying a new noodle can liven up an old pasta dish - our spin on classic Bolognese sneaks in an extra serving of veggies!



Give It
A Try



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Spaghetti Squash Bolognese



6 Servings

(1 cup spaghetti squash + ¾ cup sauce per serving)



Ingredients:

- 1 medium spaghetti squash
- 1 lb (454 g) extra lean ground beef
- 2 tbsp extra-virgin olive oil, divided
- 1 cup sliced mushrooms
- 1 large onion, chopped
- 3 cloves minced garlic
- ¼ cup fresh chopped parsley
- 1 tsp dried oregano
- 1 tsp dried basil
- Salt, to taste
- 1 dash black pepper
- ¼ tsp red pepper flakes (optional)
- 1 cup chopped red pepper
- 1 cup chopped green pepper
- 1 can (15 oz/398 mL) tomato sauce

Nutritional analysis per serving: 224 calories, 9 g fat, 20 g protein, 21 g carbohydrate (16 g available carbohydrate), 5 g fibre, 286 mg sodium

My Viva Servings: 1 grains and starch, 3 proteins, 2 vegetables, 1 fat

For more great recipes, visit www.myvivainc.com

Directions:

1. Preheat oven to 350°F.
2. Cut your squash in half lengthwise and remove seeds. Bake cut side down until flesh is soft when pierced with a fork, about 30 – 40 minutes (or microwave it for 7-8 minutes).
3. In a large frypan, cook the ground beef until it's no longer pink. Drain off excess fat from frypan.
4. Add ½ tbsp of olive oil, mushrooms and onion to pan and cook for 5 minutes.
5. Add garlic, parsley, oregano, basil, salt, pepper, red pepper flakes, red peppers, green peppers and remaining 1 ½ tbsp olive oil and cook, stirring, over medium-high heat for 3-5 minutes.
6. Add the tomato sauce and stir to combine.
7. Taste and correct seasonings (add salt and/or pepper if needed).
8. Reduce heat to low and simmer until sauce is thickened, about 20 minutes.
9. Once your squash has cooled, use a fork to pull strands of squash free from shells.
10. Top squash with sauce. Enjoy!

Treat yourself kindly

Let go of the guilt.

When working on your wellness journey, you may get off track. Don't be hard on yourself - you are human! Remember progress not perfection.

Progress
not
Perfection!



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Blueberry Cocoa Smoothie

 1 Serving



Ingredients:

- 1 cup blueberries, frozen
- ½ medium banana
- ½ cup plain Greek yogurt
- 2 tsp. cocoa powder
- ½ tsp. cinnamon
- 1 cup 1% milk

Directions:

1. Combine all ingredients in a blender and mix well.
2. Serve and Enjoy!

Nutrient analysis per serving: 378 calories, 7 g fat, 23 g protein, 62 g carbohydrate (52 g available carbohydrate), 10 g fibre, 162 mg sodium

My Viva Servings: 0 grains and starch, 2 proteins, 0 vegetables, 3 fruit, 0 fat, 1 dairy

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