



Migraine-Friendly Recipe Bundle

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Hi friend!

If you're a bit skeptical about whether nutrition plays a role in your migraine episodes, I can completely understand. Maybe you've tried following special migraine diets or elimination diets or supplements said to help with migraine, but didn't get the outcome you'd hoped for.

But I'm here to reassure you that nutrition absolutely matters!

The migraine brain loves balance, and balance can only be achieved if the cells in our body are functioning properly - and for that they need nutrients from the food we eat. See, cells make up our tissues, tissues make up our organs, organs make up our systems, and systems make up our body - so our cells NEED to be fed, or we get sick.

We get migraine episodes.

The challenge, even for those who DO acknowledge there's a connection, is:

#1 - It can be hard to know where to start (SO MUCH conflicting info out there).

#2 - It can be hard to get good results, as we're all "bioindividual" - unique beings with our own set of histories and life circumstances that drive how foods affect our body and what nutrients we need, yet the information in blogs, books, and research, is not tailored for YOU.

It's why "one-size-fits-all" migraine diets often fail.

We're far more likely to be successful if the diet modifications we make are personalized and implemented as a part of a greater plan to address the root cause (one that considers lifestyle and mindset factors, for example).

So while this recipe guide is far from that, it's a fantastic start because it focuses on whole foods and adequate protein, and it follows the blood sugar balance formula.

Enjoy the recipes :).

Julie

P.S. Please adjust or avoid any recipes that contain your known allergens. When it comes to sensitivities and intolerances (which are different from true 'allergies' that activate IgE antibodies), I recommend investigating further. Especially if more and more foods are causing you digestive issues or migraine episodes.

This is something we commonly dig into inside of TMRM. And, just like with the migraine episodes, do not let anyone tell you that it's 'normal' or something you have to live with forever!



Eggs, Arugula & Smoked Salmon Plate

1 serving
10 minutes

Ingredients

2 Egg
Sea Salt & Black Pepper (to taste)
1 cup Arugula
2 ozs Smoked Salmon (sliced)
1/2 Avocado (sliced)

Nutrition

Amount per serving	
Calories	374
Fat	27g
Carbs	10g
Fiber	7g
Sugar	1g
Protein	25g
Cholesterol	385mg
Sodium	531mg
Potassium	797mg
Vitamin A	1210IU
Vitamin C	13mg
Calcium	106mg
Iron	3mg
Magnesium	61mg
Zinc	2mg

Directions

- 1 Heat a skillet over medium heat and crack two eggs in the pan. Cook until whites are set and yolks are cooked to your liking. Season with sea salt and pepper.
- 2 Plate the eggs with the arugula, salmon, and avocado. Enjoy!

Notes

No Arugula: Use another green such as baby spinach or baby kale.
No Smoked Salmon: Replace with roasted chickpeas or smoked trout.
More Flavor: Drizzle everything with lemon juice before serving.



Steak & Egg Sandwich

1 serving
15 minutes

Ingredients

1 tsp Extra Virgin Olive Oil (divided)
2 1/2 ozs Top Sirloin Steak
1/8 tsp Sea Salt (divided)
1 Egg
1/2 Avocado (small, mashed)
2 slices Gluten-Free Bread (toasted)

Nutrition

Amount per serving	
Calories	578
Fat	39g
Carbs	33g
Fiber	9g
Sugar	6g
Protein	26g
Cholesterol	241mg
Sodium	664mg
Potassium	837mg
Vitamin A	417IU
Vitamin C	10mg
Calcium	88mg
Iron	3mg
Magnesium	65mg
Zinc	4mg

Directions

- 1 Heat half of the oil in a skillet over medium-high heat. Season both sides of the steak with half of the sea salt.
- 2 Add the steak to the skillet and cook for about two minutes per side, or until it has reached your desired doneness. Set aside and let rest for at least five minutes before cutting into slices.
- 3 Reduce the heat to medium and add the remaining oil. Crack the egg in the pan and add the remaining salt. Cook until the whites are set and the yolk is cooked to your liking.
- 4 Top your toast with the mashed avocado, fried egg, and steak slices. Close the sandwich and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day.

More Flavor: Add mustard or your favorite steak sauce.

Additional Toppings: Tomato and mixed greens.



Turkey Sausage Scramble

1 serving
 10 minutes

Ingredients

4 1/16 ozs Turkey Sausage (casing removed)
 1 cup Baby Spinach (chopped)
 2 Egg (whisked)
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	328
Fat	19g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	35g
Cholesterol	458mg
Sodium	848mg
Potassium	607mg
Vitamin A	3439IU
Vitamin C	11mg
Calcium	108mg
Iron	4mg
Magnesium	58mg
Zinc	5mg

Directions

- Heat a pan over medium heat then add the sausage to the pan. Brown for five to six minutes or until cooked through, breaking it up as it cooks. Add the spinach to the pan and move it around until it's wilted.
- Move the sausage and spinach to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the spinach and sausage into the egg once the eggs are cooked through. Season with salt and pepper if needed and enjoy!

Notes

Leftovers: Best enjoyed immediately. Sausage can be cooked ahead of time and reheated in the pan to save time.

More Flavor: Add onion, mushrooms, or bell pepper.

Additional Toppings: Hot sauce, ketchup, avocado, or salsa.

No Spinach: Use kale instead.

No Turkey Sausage: Use pork, chicken, or beef sausage instead. Use crumbled tofu to make it vegetarian.



Banana Nut Pancakes

4 servings

30 minutes

Ingredients

2 Banana (divided)
1/2 cup Unsweetened Almond Milk
2 cups Almond Flour
3 Egg
1 tbsp Baking Powder
1 tbsp Tapioca Flour
1 tbsp Coconut Oil
1/2 cup Walnuts (chopped)
1/3 cup Maple Syrup

Nutrition

Amount per serving	
Calories	644
Fat	45g
Carbs	51g
Fiber	9g
Sugar	28g
Protein	20g
Cholesterol	140mg
Sodium	444mg
Potassium	398mg
Vitamin A	303IU
Vitamin C	5mg
Calcium	448mg
Iron	4mg
Magnesium	214mg
Zinc	1mg

Directions

- 1 In a mixing bowl, mash half of the bananas with a fork. Add almond milk, almond flour, eggs, baking powder and tapioca flour. Mix until thoroughly combined.
- 2 Heat coconut oil in a skillet over low-medium heat. Once hot, pour pancakes in the skillet, about 3 to 4-inches wide. Cook for about 3 to 4 minutes per side (or until middle begins to bubble).
- 3 Transfer to plates and top with the remaining banana (sliced), walnuts and maple syrup. Enjoy!

Notes

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

Serving Size: One serving is three to four pancakes. 4 servings yielded 12 pancakes.

No Almond Flour: Use all purpose gluten-free flour instead.

No Tapioca Flour: Use arrowroot powder instead.



Overnight Paleo N'Oats

3 servings

5 minutes

Ingredients

- 1 cup Almonds (raw)
- 1/2 cup Pumpkin Seeds (raw)
- 1 tbsp Ground Flax Seed
- 2 tbsps Chia Seeds
- 1 1/2 cups Unsweetened Almond Milk
- 1/4 tsp Cinnamon (ground)
- 3 tbsps Pomegranate Seeds
- 3 tbsps Cacao Nibs
- 3 tbsps Almond Butter

Nutrition

Amount per serving	
Calories	609
Fat	51g
Carbs	25g
Fiber	15g
Sugar	4g
Protein	23g
Cholesterol	0mg
Sodium	85mg
Potassium	713mg
Vitamin A	255IU
Vitamin C	1mg
Calcium	481mg
Iron	5mg
Magnesium	308mg
Zinc	4mg

Directions

- 1 Add the almonds, pumpkin seeds and flax seeds to a blender and process until almost ground. Transfer to a large glass jar along with the chia seeds, almond milk and cinnamon. Place in the fridge overnight or for at least 4 hours.
- 2 In the morning, divide into jars and top with pomegranate seeds, cacao nibs, and almond butter. Enjoy hot or cold!

Notes

Reheating: Reheat on the stovetop in a pot over low heat until warmed through.

Leftovers: Store in an airtight jar in the fridge up to 5 days.

More Toppings: Serve with any fresh or frozen fruits, nut/seed butter, unsweetened coconut or nut butter.

Likes it Sweet: Drizzle with maple syrup or honey.

No Almond Milk: Use any other type of milk instead.



Baba Ganoush Chicken Wrap

1 serving
10 minutes

Ingredients

1 Brown Rice Tortilla
1/4 head Green Lettuce (leaves separated)
1/2 Tomato (sliced)
1/4 Cucumber (julienned)
4 ozs Chicken Breast, Cooked (sliced)
1/4 cup Baba Ganoush

Nutrition

Amount per serving	
Calories	432
Fat	12g
Carbs	40g
Fiber	6g
Sugar	4g
Protein	41g
Cholesterol	118mg
Sodium	445mg
Potassium	683mg
Vitamin A	1390IU
Vitamin C	13mg
Calcium	62mg
Iron	2mg
Magnesium	54mg
Zinc	1mg

Directions

1

Place the tortilla flat and layer on the lettuce, tomato slices, cucumber, chicken breast and baba ganoush. Roll up the wrap tightly and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Additional Toppings: Avocado, fresh herbs, mushrooms, or bell peppers.

Make it Vegan: Use edamame, tofu or tempeh instead of chicken.

No Baba Ganoush: Use hummus, mayonnaise, pesto or tzatziki instead.

No Brown Rice Tortillas: Use whole-wheat tortillas or pita bread instead.



Italian Chicken Meal Prep Bowls

4 servings

 30 minutes

Ingredients

1 lb Chicken Breast (skinless, boneless)
 2 tbsps Italian Seasoning
 1 cup Jasmine Rice (uncooked)
 2 tbsps Extra Virgin Olive Oil
 2 tbsps Red Wine Vinegar
 Sea Salt & Black Pepper (to taste)
 4 leaves Romaine (chopped)
 2 stalks Celery (medium, sliced)
 1 Carrot (medium, shredded)
 2 cups Cherry Tomatoes (halved)
 1/2 cup Red Onion (small, thinly sliced)

Nutrition

Amount per serving	
Calories	392
Fat	10g
Carbs	46g
Fiber	4g
Sugar	4g
Protein	30g
Cholesterol	82mg
Sodium	85mg
Potassium	756mg
Vitamin A	5731IU
Vitamin C	14mg
Calcium	40mg
Iron	1mg
Magnesium	50mg
Zinc	1mg

Directions

- 1 Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper.
- 2 Lay the chicken breast on the baking sheet and sprinkle with Italian seasoning. Place in the oven for about 30 minutes, or until cooked through.
- 3 Meanwhile, cook the rice according to the directions on the package.
- 4 Whisk together the oil, red wine vinegar, and salt and black pepper.
- 5 Divide the romaine lettuce, rice, celery, carrot, tomatoes, chicken, and red onion into bowls. Drizzle the dressing over top and enjoy!

Notes

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

More Flavor: Add your choice of additional herbs and spices or substitute your favorite salad dressing.

Additional Toppings: Add olives, avocado, cheese, sauerkraut, or kimchi.

Make it Vegan: Use chickpeas, black beans, tofu, or tempeh instead of chicken.

No White Rice: Use brown rice, quinoa, or cauliflower rice and adjust the cooking time and quantity accordingly.



Avocado & Steak Salad

2 servings
30 minutes

Ingredients

3 tbsps Extra Virgin Olive Oil (divided)
8 ozs Flank Steak
Sea Salt & Black Pepper (to taste)
8 leaves Romaine (chopped)
2 Tomato (quartered)
1/4 cup Red Onion (thinly sliced)
1 tbsp Lime Juice
1/2 tsp Dijon Mustard
1 Avocado (cubed)
1/4 cup Cilantro (roughly torn)

Nutrition

Amount per serving	
Calories	575
Fat	45g
Carbs	18g
Fiber	11g
Sugar	3g
Protein	29g
Cholesterol	77mg
Sodium	140mg
Potassium	1422mg
Vitamin A	11702IU
Vitamin C	37mg
Calcium	92mg
Iron	4mg
Magnesium	82mg
Zinc	5mg

Directions

- 1 Heat a cast-iron skillet over medium-high heat. Add 1/3 of the oil. Dry the steak well and season with salt and pepper. Place the steak in the pan and cook for about 18 to 20 minutes, flipping once. The timing will depend on how thick your steak is and your desired doneness. Remove, let rest for 10 minutes, and then slice against the grain and set aside.
- 2 In a large bowl, add the romaine, tomato, and red onion.
- 3 In a small bowl combine the remaining olive oil, lime juice, and mustard and season to taste with salt and pepper. Drizzle the dressing over the salad and toss to combine. Divide onto plates and top with the avocado, cilantro, and steak. Enjoy!

Notes

Leftovers: Salad is best stored separate from the dressing. Keep in an airtight container for up to three days.

No Steak: Use chicken, bacon, tempeh, chickpeas, or lentils instead.

Serving Size: One serving is approximately 1 1/2 cups of salad with 4 ounces (113 grams) of steak.



Shrimp & Mango Coconut Curry

4 servings
30 minutes

Ingredients

1 lb Shrimp (raw, peeled)
1/4 Lime (juiced)
1/4 tsp Sea Salt
1/4 tsp Black Pepper
1 tbsp Extra Virgin Olive Oil
1 Sweet Onion (diced)
4 Garlic (cloves, minced)
1 tbsp Ginger (grated)
1 tbsp Garam Masala
1/2 tsp Turmeric
1 tbsp Cumin
2 Tomato (diced)
1 1/2 cups Canned Coconut Milk
4 cups Broccoli (chopped into small florets)
1 Mango (peeled and sliced into strips)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	423
Fat	21g
Carbs	33g
Fiber	6g
Sugar	18g
Protein	29g
Cholesterol	183mg
Sodium	373mg
Potassium	1140mg
Vitamin A	2330IU

Directions

- 1 Marinate shrimp in a bowl with lime, salt and pepper. Cover and let sit in the fridge.
- 2 Heat olive oil in a large skillet over medium heat. Saute your onion until soft, about 5 minutes. Stir in garlic and ginger until fragrant.
- 3 Stir in garam masala, turmeric and cumin until everything is coated.
- 4 Add diced tomato and coconut milk. Bring to a simmer and add broccoli. Cook until tender, about 10 to 15 minutes. Add shrimp and simmer until cooked through, about 5 minutes.
- 5 Stir in sliced mango and garnish with optional toppings. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Freeze if longer.

Garnish With: Chopped cilantro, parsley, red pepper flakes or toasted cashews.

Serve it With: Quinoa, couscous, brown rice or cauliflower rice.

No Coconut Milk: Use Greek yogurt or cashew cream instead. Or use almond milk and thicken with arrowroot powder.

Meat Lover: Swap the shrimp for chicken, beef or pork.

Make it Vegan: Swap the shrimp for chickpeas, lentils, edamame, peas, eggplant, cauliflower or snap peas.

Serving Size: One serving is approximately one cup.



Roasted Veggie Pasta

4 servings

25 minutes

Ingredients

- 1 Eggplant (large, diced into half-inch pieces)
- 1 Zucchini (medium, chopped)
- 2 cups Cherry Tomatoes
- 2 Carrot (medium, sliced)
- 1/2 cup Red Onion (large, sliced)
- 3 Garlic (cloves, minced)
- 2 1/2 tbsps Thyme (fresh)
- 1/4 tsp Sea Salt (to taste)
- 10 ozs Chickpea Pasta (dry)
- 2 tbsps Balsamic Vinegar (to taste)

Nutrition

Amount per serving	
Calories	324
Fat	5g
Carbs	60g
Fiber	17g
Sugar	18g
Protein	21g
Cholesterol	0mg
Sodium	257mg
Potassium	772mg
Vitamin A	5917IU
Vitamin C	28mg
Calcium	104mg
Iron	8mg
Magnesium	46mg
Zinc	1mg

Directions

- 1 Preheat the oven to 425°F (220°C). Line your baking sheets with parchment paper.
- 2 In a large bowl, toss together everything except the pasta and balsamic vinegar. Transfer to the baking sheets and spread the veggies in an even layer. Roast for 20 minutes.
- 3 Meanwhile, cook the pasta according to the package directions. Drain the water and return the pasta to the pot.
- 4 Add the roasted veggies to the cooked pasta and stir in the balsamic vinegar. Taste and adjust the salt, thyme, or balsamic vinegar as needed. Enjoy!

Notes

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

Serving Size: One serving equals approximately 1 1/2 cups.

More Flavor: Add your choice of additional herbs and spices, or use a dressing of your choice instead of balsamic vinegar.

Additional Toppings: Add spinach, marinated tofu, chicken, turkey, tuna, avocado, or sunflower seeds.



Ginger Chicken Stir Fry

4 servings

30 minutes

Ingredients

- 1/3 cup Tamari
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Coconut Oil
- 1 1/4 lbs Chicken Breast (sliced into cubes)
- 1/2 Yellow Onion (diced)
- 3 stalks Celery (sliced)
- 1 Red Bell Pepper (diced)
- 2 cups Broccoli (chopped into florets)
- 4 cups Kale Leaves (chopped)

Nutrition

Amount per serving	
Calories	260
Fat	8g
Carbs	10g
Fiber	4g
Sugar	4g
Protein	37g
Cholesterol	103mg
Sodium	1624mg
Potassium	919mg
Vitamin A	2403IU
Vitamin C	100mg
Calcium	109mg
Iron	3mg
Magnesium	75mg
Zinc	1mg

Directions

- 1 Mix together tamari, garlic and ginger in a jar. Put on a lid and shake well. Set aside.
- 2 Add coconut oil to a large frying pan and place over medium heat. Add chicken and yellow onion. Saute for 8 to 10 minutes or until chicken is mostly cooked through. Add in celery, red pepper and broccoli. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat and stir in your kale. Continue to stir just until kale is wilted.
- 3 Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!

Notes

Alternative Veggies: Use mushrooms, snap peas, carrots or any other vegetables you have on hand.

Serve it With: Brown rice, pasta or quinoa.

Leftovers: Keeps well in the fridge up to 3 days.

Vegan and Vegetarian: Use chickpeas or tofu instead of chicken.

Make It Faster: Use pre-sliced veggies from the bag.



Turkey Pineapple Quinoa Bowl

4 servings

30 minutes

Ingredients

1/2 cup Quinoa
 1 cup Water
 1 tbsp Extra Virgin Olive Oil
 1 lb Extra Lean Ground Turkey
 1 tbsp Curry Powder
 1/8 tsp Cayenne Pepper
 Sea Salt & Black Pepper (to taste)
 1 tbsp Ginger (peeled and grated)
 1 cup Pineapple (cored and sliced into chunks)
 1 Carrot (grated)
 1 Zucchini (grated)
 1 tbsp Tamari
 1 cup Baby Spinach

Directions

- 1 Place quinoa and water in a saucepan and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside.
- 2 In a large skillet, heat olive oil over medium heat. Add ground turkey to skillet and stir in curry powder, pinch of cayenne pepper, sea salt and pepper to taste. Stir until turkey is cooked through (8 - 10 minutes).
- 3 When turkey is cooked stir in ginger, pineapple, quinoa, carrot, zucchini and tamari. Reduce heat to low and stir well. Let heat through for about 5 minutes. Remove from heat and stir in baby spinach until wilted.
- 4 Spoon into bowls and enjoy!

Nutrition

Amount per serving	
Calories	324
Fat	15g
Carbs	24g
Fiber	4g
Sugar	6g
Protein	26g
Cholesterol	84mg
Sodium	354mg
Potassium	660mg
Vitamin A	3482IU
Vitamin C	32mg
Calcium	75mg
Iron	3mg
Magnesium	95mg



Lemon Garlic Salmon, Broccoli & Sweet Potatoes

2 servings
30 minutes

Ingredients

2 Sweet Potato (small, cut into cubes)
2 cups Broccoli (cut into florets)
1 1/2 tbsps Extra Virgin Olive Oil (divided)
1/4 tsp Sea Salt
1 tbsp Lemon Juice
1 Garlic (clove, minced)
1 tbsp Parsley (finely chopped)
12 ozs Salmon Fillet

Nutrition

Amount per serving	
Calories	460
Fat	19g
Carbs	33g
Fiber	6g
Sugar	7g
Protein	43g
Cholesterol	87mg
Sodium	531mg
Potassium	1374mg
Vitamin A	19446IU
Vitamin C	90mg
Calcium	103mg
Iron	2mg
Magnesium	104mg
Zinc	2mg

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 Add the sweet potato and broccoli to the pan and drizzle with 2/3 of the oil and season with half of the salt. Stir to evenly coat the vegetables and bake for 10 minutes.
- 3 Meanwhile, in a small bowl combine the remaining oil, lemon juice, garlic, and parsley.
- 4 Remove the pan from the oven. Stir the vegetables and make room for the salmon in the centre of the pan.
- 5 Place the salmon on the pan and season with the remaining salt. Spoon the lemon garlic sauce over top of the fillets. Continue to bake for 15 minutes or until the salmon is cooked through and the vegetables are tender. Divide between plates and enjoy!

Notes

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

Serving Size: One serving equals approximately six ounces of salmon, two cups of sweet potatoes, and one cup of broccoli.

More Flavor: Use other fresh herbs like chives or basil.

Additional Toppings: Fresh herbs or lemon wedges.

No Broccoli: Use cauliflower, Brussels sprouts, cabbage, zucchini, or bell pepper instead.



Blackened Fish Taco Bowls

4 servings

30 minutes

Ingredients

- 1 head Cauliflower
- 1/2 Avocado (pit removed and peeled)
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1/4 cup Water
- 1 tbsp Chili Powder
- 1 tbsp Cumin
- 1/2 tsp Cayenne Pepper
- 1 tsp Paprika
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 2 Tilapia Fillet
- 1/4 cup Red Onion (finely diced)
- 1/2 Green Bell Pepper (finely diced)
- 2 cups Black Beans (cooked, drained and rinsed)
- 1 Lime (cut into wedges)

Nutrition

Amount per serving	
Calories	393
Fat	20g
Carbs	36g
Fiber	14g
Sugar	5g
Protein	24g
Cholesterol	29mg
Sodium	434mg
Potassium	1197mg
Vitamin A	1095IU

Directions

- 1 To create cauliflower rice, chop cauliflower into florets and add to a food processor. Process until it reaches a rice-like consistency. (Note: If you don't have a food processor, you can grate the cauliflower with a box grater to create rice.) Transfer into a bowl and set aside.
- 2 Create your avocado dressing by combining your avocado, olive oil, lemon juice and water together in a food processor or blender and blend until smooth. Transfer into a jar and set aside.
- 3 Combine chili powder, cumin, cayenne, paprika, sea salt and black pepper in a bowl and mix well. Sprinkle over both sides of the tilapia fillets.
- 4 Grease a large cast iron skillet with a bit of olive oil and place it over medium high heat. Add your tilapia fillets two at a time. Let sear for 3 to 4 minutes per side, flip and let sear for another 3 minutes or until fish is completely cooked through. (Note: Fish is done when it flakes with a fork.) Remove from heat and chop into pieces. Set aside.
- 5 Divide cauliflower rice in between bowls and top with red onion, green pepper and black beans. Add blackened tilapia, drizzle with desired amount of avocado dressing and serve with lime wedges. Enjoy!

Notes

Work Ahead: Prepare your vegetables, cauliflower rice and avocado dressing ahead of time. Cook tilapia and assemble when ready to eat!.

More Carbs: Serve on brown rice instead of cauliflower rice.

More Protein: Serve on quinoa instead of cauliflower rice.

No Tilapia: Use any fish fillet of your choice

Fillet Size: One tilapia fillet is equal to 116 grams or 4.1 ounces.



Classic Tacos

4 servings
25 minutes

Ingredients

- 8 Corn Tortilla
- 1 tbsp Avocado Oil
- 1 lb Extra Lean Ground Beef
- 1 tsp Onion Powder
- 1/2 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 1/2 tsp Cumin
- 1/2 head Green Lettuce (small, finely chopped)
- 2 Tomato (medium, diced)

Nutrition

Amount per serving	
Calories	384
Fat	16g
Carbs	31g
Fiber	3g
Sugar	0g
Protein	26g
Cholesterol	74mg
Sodium	395mg
Potassium	503mg
Vitamin A	1072IU
Vitamin C	9mg
Calcium	222mg
Iron	4mg
Magnesium	29mg
Zinc	6mg

Directions

- 1 Prepare tortillas according to instructions on the package.
- 2 Heat a large skillet over medium heat. Add the avocado oil and the beef, stirring to break it up as it cooks. Add the onion powder, garlic powder, salt and cumin to the pan. Once the beef is cooked through, remove from heat.
- 3 Add the ground beef, lettuce and tomatoes to the center of each tortilla. Fold in half and enjoy immediately.

Notes

Serving Size: One serving is equal to two tacos.

Storage: Keep all ingredients refrigerated separately. Refrigerate ground beef in an airtight container up to 2 to 3 days.

More Toppings: Add shredded cheese, avocado, salsa, plain Greek yogurt, olives, red onions, cilantro or roasted corn.

No Ground Beef: Use ground turkey, chicken, pork or lamb instead.

Vegan & Vegetarian: Use lentils instead of ground meat.



Creamy Blueberry Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Frozen Blueberries
- 1 cup Frozen Cauliflower
- 1/2 cup Unsweetened Coconut Yogurt
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1 Lemon (small, juiced)
- 1 cup Water

Nutrition

Amount per serving	
Calories	321
Fat	9g
Carbs	41g
Fiber	15g
Sugar	17g
Protein	25g
Cholesterol	4mg
Sodium	103mg
Potassium	555mg
Vitamin A	92IU
Vitamin C	79mg
Calcium	510mg
Iron	2mg
Magnesium	79mg
Zinc	2mg

Directions

- 1 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Additional Toppings: Add spinach, avocado, kale, or other berries to your smoothie.

Extra Creamy: Use almond milk or oat milk instead of water.

Lemon: One lemon yields approximately 1/4 cup of lemon juice.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



Raspberry Zinger Smoothie

1 serving

 10 minutes

Ingredients

1 cup Frozen Cauliflower

 1 cup Frozen Raspberries

 1 Lemon (juiced)

 1/4 cup Vanilla Protein Powder

 1 tbsp Chia Seeds

 1 1/2 cups Unsweetened Almond Milk

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Protein Powder: Use 1/4 cup hemp seeds per serving instead.

Nutrition

Amount per serving	
Calories	308
Fat	9g
Carbs	36g
Fiber	17g
Sugar	12g
Protein	27g
Cholesterol	4mg
Sodium	319mg
Potassium	782mg
Vitamin A	873IU
Vitamin C	100mg
Calcium	934mg
Iron	4mg
Magnesium	124mg
Zinc	2mg



Butternut Squash Smoothie

1 serving
5 minutes

Ingredients

1 1/3 cups Unsweetened Almond Milk
1/2 cup Frozen Cauliflower
4 leaves Romaine (roughly chopped)
3/4 cup Butternut Squash (frozen, cubed)
1/2 Banana (frozen)
1/8 tsp Cinnamon
1/4 cup Vanilla Protein Powder
1 1/2 tbsps Chia Seeds
1 tbsp Almond Butter

Directions

- 1 Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Nut-Free: Use coconut or oat milk and use sunflower seed butter instead of almond butter.

No Frozen Butternut Squash: Use fresh, cooked squash or canned.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.

Nutrition

Amount per serving	
Calories	441
Fat	19g
Carbs	46g
Fiber	18g
Sugar	12g
Protein	31g
Cholesterol	4mg
Sodium	286mg
Potassium	1345mg
Vitamin A	21630IU
Vitamin C	60mg
Calcium	993mg
Iron	5mg
Magnesium	189mg
Zinc	3mg



Pineapple Turmeric Smoothie

2 servings

5 minutes

Ingredients

2 cups Unsweetened Almond Milk
2 cups Pineapple (diced into chunks)
1 tbsp Ginger (peeled and grated)
1/2 cup Vanilla Protein Powder
1 tsp Turmeric (powder)

Nutrition

Amount per serving	
Calories	204
Fat	3g
Carbs	26g
Fiber	4g
Sugar	16g
Protein	21g
Cholesterol	4mg
Sodium	201mg
Potassium	381mg
Vitamin A	595IU
Vitamin C	79mg
Calcium	589mg
Iron	2mg
Magnesium	88mg
Zinc	2mg

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Storage: Refrigerate in a sealed jar overnight. Shake before drinking.

No Pineapple: Use mango, peaches or banana instead.



Strawberry Tahini Smoothie

1 serving
5 minutes

Ingredients

1 1/2 cups Oat Milk
1 cup Frozen Strawberries
1/2 Banana (frozen)
1/3 oz Collagen Powder
3 tbsps Hemp Seeds
4 leaves Romaine (washed, torn)
1 tsp Tahini

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Collagen Powder: Omit or use protein powder instead.

Make it Vegan: Omit the collagen powder.

No Oat Milk: Use another dairy-free milk instead.

Nutrition

Amount per serving	
Calories	558
Fat	26g
Carbs	65g
Fiber	13g
Sugar	30g
Protein	26g
Cholesterol	0mg
Sodium	192mg
Potassium	1780mg
Vitamin A	9899IU
Vitamin C	101mg
Calcium	649mg
Iron	6mg
Magnesium	273mg
Zinc	4mg



Toasted Trail Mix

4 servings

10 minutes

Ingredients

- 1 cup Almonds (raw)
- 1/4 tsp Sea Salt (omit if using salted nuts)
- 1 cup Raw Peanuts
- 1/2 cup Pumpkin Seeds
- 1/2 cup Raisins

Nutrition

Amount per serving	
Calories	566
Fat	44g
Carbs	32g
Fiber	9g
Sugar	17g
Protein	23g
Cholesterol	0mg
Sodium	161mg
Potassium	803mg
Vitamin A	3IU
Vitamin C	1mg
Calcium	150mg
Iron	5mg
Magnesium	261mg
Zinc	4mg

Directions

- 1 Toss almonds and salt in a large pan over medium-low heat and toast for 2-3 minutes. Add peanuts and toss occasionally until the sides start to brown and it becomes fragrant. Remove from heat and transfer to a bowl.
- 2 Add pumpkin seeds and raisins. Let cool completely before serving. Enjoy!

Notes

Serving Size: One serving is approximately 3/4 cup of the trail mix.

Serve it With: Fruit, yogurt, oatmeal or overnight oats. Or enjoy it alone as a crunchy snack.

Make it Paleo: Replace peanuts with another type of nut or seed.

Storage: Refrigerate in an air-tight container.

Other Add-Ins: Pecans, walnuts, cashews, hazelnuts, Brazil nuts, macadamia, pistachios, sunflower seeds, coconut flakes, dried cranberries, dried blueberries, goji berries, dried cherries, banana chips, dark chocolate chips and/or cacao nibs.



Orange & Pistachios

2 servings

5 minutes

Ingredients

- 1 Navel Orange (large, chopped)
- 1 cup Pistachios, In Shell (In Shell)

Nutrition

Amount per serving	
Calories	352
Fat	26g
Carbs	25g
Fiber	8g
Sugar	10g
Protein	13g
Cholesterol	0mg
Sodium	217mg
Potassium	116mg
Vitamin A	173IU
Vitamin C	41mg
Calcium	70mg
Iron	2mg
Magnesium	8mg
Zinc	0mg

Directions

- 1 Serve the chopped orange with the pistachios and enjoy!

Notes

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

Serving Size: One serving equals approximately half a large orange and half a cup of pistachios.

Nut-Free: Use pumpkin seeds instead of pistachios.



Apple with Almond Butter

2 servings

5 minutes

Ingredients

2 Apple
1/4 cup Almond Butter

Nutrition

Amount per serving	
Calories	287
Fat	18g
Carbs	31g
Fiber	8g
Sugar	20g
Protein	7g
Cholesterol	0mg
Sodium	4mg
Potassium	428mg
Vitamin A	99IU
Vitamin C	8mg
Calcium	119mg
Iron	1mg
Magnesium	96mg
Zinc	1mg

Directions

- 1 Slice the apple and cut away the core. Dip it into almond butter and enjoy!

Notes

Nut-Free: Use sunflower seed butter instead of almond butter.



Chocolate Chip Pumpkin Oat Muffins

12 servings
25 minutes

Ingredients

4 cups Oats (rolled)
4 cups Pureed Pumpkin
1/3 cup Maple Syrup
1 tbsp Cinnamon
1 cup Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	278
Fat	9g
Carbs	43g
Fiber	5g
Sugar	18g
Protein	6g
Cholesterol	0mg
Sodium	7mg
Potassium	290mg
Vitamin A	12712IU
Vitamin C	3mg
Calcium	52mg
Iron	3mg
Magnesium	59mg
Zinc	1mg

Directions

- 1 Preheat the oven to 350°F (177°C).
- 2 In a large bowl, combine the oats, pureed pumpkin, maple syrup and cinnamon. Gently fold in the chocolate chips until well combined.
- 3 Scoop the mixture into a muffin tray. Bake for 20 minutes or until cooked through.
- 4 Let cool before serving and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Freeze for up to three months.

Serving Size: One serving equals one muffin.

More Flavor: Add nutmeg, crushed nuts or dried fruit into the batter before baking.

Additional Toppings: Nut butter, whipped coconut cream, vegan or nut-based cream cheese, or a dab of coconut oil.



Coconut Yogurt with Berries & Granola

1 serving
5 minutes

Ingredients

3/4 cup Unsweetened Coconut Yogurt
1/2 cup Frozen Berries (thawed)
1/4 cup Granola

Nutrition

Amount per serving	
Calories	272
Fat	13g
Carbs	35g
Fiber	8g
Sugar	14g
Protein	6g
Cholesterol	0mg
Sodium	45mg
Potassium	277mg
Vitamin A	6IU
Vitamin C	20mg
Calcium	411mg
Iron	2mg
Magnesium	51mg
Zinc	1mg

Directions

- 1 Add the coconut yogurt to a bowl and top with the berries, any excess juices, and the granola. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Add granola just before serving.

Additional Toppings: Chopped nuts, seeds, a drizzle of honey, cinnamon, other chopped fruit.

No Coconut Yogurt: Use Greek yogurt instead.



Classic Virgin Sangria

1 serving
2 minutes

Ingredients

1 tsp Maple Syrup
1/4 Lemon (juiced, plus slices for garnish)
1/4 cup Frozen Berries
2 Ice Cubes
3 fl ozs Cranberry Juice
2 fl ozs Soda Water

Nutrition

Amount per serving	
Calories	84
Fat	0g
Carbs	22g
Fiber	1g
Sugar	19g
Protein	1g
Cholesterol	0mg
Sodium	15mg
Potassium	157mg
Vitamin A	43IU
Vitamin C	23mg
Calcium	25mg
Iron	1mg
Magnesium	8mg
Zinc	0mg

Directions

- 1 Add all of the ingredients into a glass and stir to combine. Garnish with lemon slices, if using. Enjoy!

Notes

Leftovers: Refrigerate leftovers in a pitcher for up to two days. To ensure a fizzy drink, add more soda water just before serving.

Serving Size: One serving is roughly 9 fl oz or 266 mL.

More Flavor: Add orange juice.

Additional Toppings: Add any in-season fruit.

No Cranberry Juice: Use any juice of choice.



Blueberry Orange Sparkling Water

2 servings

5 minutes

Ingredients

- 1/2 cup Blueberries
- 1 Clementines (peeled and sectioned)
- 6 Ice Cubes
- 3 cups Sparkling Water

Nutrition

Amount per serving	
Calories	38
Fat	0g
Carbs	10g
Fiber	2g
Sugar	7g
Protein	1g
Cholesterol	0mg
Sodium	8mg
Potassium	94mg
Vitamin A	20IU
Vitamin C	22mg
Calcium	49mg
Iron	0mg
Magnesium	13mg
Zinc	0mg

Directions

- 1 Divide blueberries and clementines into mason jars or glasses then use a spoon to gently crush the fruit. Add ice, then pour sparkling water over top. Enjoy!

Notes

No Sparkling Water: Use flat water instead.

Switch it Up: Swap out the blueberries for blackberries, strawberries or raspberries.



Classic Virgin Caesar

2 servings
10 minutes

Ingredients

- 1 tbsp Sea Salt (divided)
- 1 Lime (sliced into wedges, juiced, divided)
- 1 pint Tomato Juice
- 1 tsp Hot Sauce
- 1 tbsp Tamari
- 1 oz Baby Pickles
- 2 tbsps Cherry Tomatoes
- 1 tbsp Black Olives

Nutrition

Amount per serving	
Calories	61
Fat	1g
Carbs	12g
Fiber	1g
Sugar	7g
Protein	3g
Cholesterol	0mg
Sodium	4285mg
Potassium	595mg
Vitamin A	1197IU
Vitamin C	178mg
Calcium	34mg
Iron	1mg
Magnesium	33mg
Zinc	0mg

Directions

- 1 Set half of the sea salt in a shallow bowl. Take a lime wedge and run it around the rim of the glass. Dip the rim of the glass into the sea salt, being sure to cover the rim. Repeat the process until all of your glasses are rimmed with sea salt
- 2 Add the other half of the sea salt and lime juice, tomato juice, hot sauce and tamari into a blender. Blend until everything is well combined.
- 3 Pour into the rimmed glasses and divide the pickle, cherry tomatoes and olives evenly between the toothpicks to garnish. Enjoy!

Notes

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

More Flavor: Add a splash of pickle juice.

Additional Toppings: Cooked bacon or a celery stick.

No Blender: Pour everything together into a pitcher and mix thoroughly before dividing between glasses.



Blended Salty Watermelon Mocktail

1 serving

3 minutes

Ingredients

1/2 cup Coconut Water
1/4 Seedless Watermelon (small,
chopped)
2 tbsps Lime Juice
1/16 tsp Sea Salt

Nutrition

Amount per serving	
Calories	368
Fat	2g
Carbs	93g
Fiber	5g
Sugar	75g
Protein	7g
Cholesterol	0mg
Sodium	191mg
Potassium	1503mg
Vitamin A	6442IU
Vitamin C	113mg
Calcium	92mg
Iron	3mg
Magnesium	123mg
Zinc	1mg

Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Additional Benefits: Add a scoop of collagen powder.



Ginger Lemonade with Aloe

1 serving

5 minutes

Ingredients

1 fl oz Pure Aloe Juice
2 tbsps Lemon Juice (freshly squeezed)
1 tbsp Maple Syrup
1 tsp Ginger (peeled and finely grated)
1 cup Water

Nutrition

Amount per serving	
Calories	61
Fat	0g
Carbs	16g
Fiber	0g
Sugar	13g
Protein	0g
Cholesterol	0mg
Sodium	32mg
Potassium	198mg
Vitamin A	2IU
Vitamin C	12mg
Calcium	71mg
Iron	0mg
Magnesium	19mg
Zinc	0mg

Directions

- 1 Add all ingredients to a mason jar and shake vigorously.
- 2 Strain into a glass with ice. Serve immediately and enjoy.

Notes

Garnish: Serve with lemon slices and fresh ginger.

No Maple Syrup: Use honey or a few drops of stevia to taste instead.

Cut the Sweetness: Add a pinch of sea salt.

No Aloe Juice: Substitute with an extra tablespoon of lemon juice.



Hi, I'm Julie!

Book a Migraine Clarity Call!
juliegravel.as.me/migraineclaritycall

I'm a mom of 2, a Registered Holistic Nutritionist, Certified Functional Nutrition Counselor, and the Founder of The Migraine Resilience Method. I help other women with busy lives optimize their health and raise their resilience so they can improve – or even eliminate – migraine episodes.

I believe that the only way to achieve real and long-term results for migraine is by addressing the root cause. And to get the job done, we need to change the terrain that surrounds the roots – meaning things like food, lifestyle, environment, relationships and mindset.

Only someone who gets migraine episodes truly understands what it's like, and I've experienced them for over 20 years – head pain, nausea, fatigue, and various other awful symptoms included.

- I know the regret of missing important celebrations, or to have to 'suck it up' and struggle through them (I woke up with a migraine episode on my wedding day!).
- I know how terrible it feels to have to 'shoo' your kids out of the room when all they want to do is play with you.
- I know the guilt of feeling like you're letting your colleagues down when you miss deadlines or deliver sub-par work.
- And I know the anxiety that comes with not knowing when the next episode will rear its ugly head.

Migraine episodes are seriously joy-crushing and life-altering!

I used to rely on meds, which helped, but I didn't like how it made me feel. I was worried about the effects of taking them for years on end, and I knew it was a bandaid 'solution' that just masked symptoms and did nothing to actually prevent migraine attacks (I saw how my mom's migraine episodes worsened over the years, and how she started to need more medication to get the same results).

All of this inspired me to search for something different. Something better.

And it was the best decision I could have made, because not only was I able to practically eliminate my own migraine episodes, but I'm now able to help others to do the same. In fact, I've made it my mission.

If you're feeling stuck right now, let's get clarity on your situation and what you need to attain YOUR migraine freedom!

Email me at julie@juliegravel.com OR [Book a Migraine Clarity Call](https://juliegravel.as.me/migraineclaritycall)

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