

Program Guide

Seven days of recipes, journaling activities, and anxiety relieving tips to complement your classes



DAY 1

Welcome to Day 1 of the Anxiety Relief Immersion! Well done on showing up for some self-care and to feel better. Each day of the program guide will contain a healthy recipe, as poor diet can lead to increased anxiety, as well as either a tip or journaling exercise

Journaling Exercise: You're never going to change your behavior by beating yourself up for your struggles and shortcomings. Take a moment and write own 3-10 traits about yourself that you like and appreciate. What are your strengths? Write them down and spend a moment appreciating each thing. Now take a few moments to think about and write down 3-5 inner qualities you would like to see grow. It can be, being more confident, calm, disciplined, loving towards yourself, or relaxed. Setting the intention is the first step!

Beet & Raspberry Smoothie

Yield: 1 smoothie (or smoothie bowl)

Ingredients:

1 small beet
3 ½ oz frozen raspberries
1 ripe banana
1 tbsp raw cacao
(1 tbsp vegan protein powder)
½ cup cashew milk
Toppings if you wish to serve it in a bowl

Instructions:

Wash your beet thoroughly and cut to cubes. I usually don't even bother peeling the beet, because many vitamins are directly under the peel, it does not influence the flavor, and I hate food waste.

Throw all the ingredients to the blender and blend until smooth.

If you wish to serve it in a bowl, then top with coconut flakes, granola, or extra berries. In case you prefer to drink your smoothie, I recommend adding some extra milk or water.



Recipe by Kadri Raig
www.kahvliga.ee

DAY 2

Anxiety Relief Tip: Welcome to your second day. Today's anxiety relief tip might scare you, but it can really help for some. Today's tip is to cut back on your caffeine consumption!

While there are numerous health benefits to coffee and tea, there are links between how much caffeine you consume daily, and the level of anxiety you experience. This doesn't mean you have to quit coffee altogether. It may mean instead of your second or third cup for the day, you drink a less caffeinated tea instead. If you want to take a breather from caffeine altogether, pick a day that you can relax freely. See if this helps you feel more calm and peaceful. Today's recipe is a delicious coffee alternative that is full of health benefits.

Turmeric Tonic Latte

Yield: 1 serving

Ingredients:

2 rounded tsp (or one tea sachet) Organic Turmeric Tonic **herbal tea**
15 oz. boiling water
1 TB. coconut oil
1½ tsp. flax seed oil

Instructions:

Place 2 rounded teaspoons (or one tea sachet) of Organic Turmeric Tonic and 15 oz boiling water in steeping mug and steep for 8 minutes. Pour into high speed blender with coconut oil and flaxseed oil. Blend on high for 30 seconds. Open lid carefully, contents are hot! Pour back into empty steeping mug and enjoy!



*Recipe by Jo
Schaalman & Jules
Pelaiez from the
Conscious Cleanse*

DAY 3

Journaling Exercise: Write down 10-20 things you are grateful for right now. It can be anything from people in your life, food you love, to something that happened. Don't limit yourself and write whatever comes to mind first. Investing even a little bit of time to focus on what we're grateful for, instead of focusing on our problems, can help create a shift in mood and perspective. You can do this any time of day.

Salad of Abundance & Sunflower Vinaigrette

Salad of Abundance

(Meal sized salad)

Yield: 2 salads

Ingredients:

4 cups of fresh spring greens
1 cup alfalfa or your favorite sprouts
½ cup of radishes, sliced
1 cucumber, chopped
½ cup of red cabbage, shredded
1 avocado, sliced

Instructions:

In a large bowl, combine spring greens, sprouts, radishes, cucumber, cabbage and avocado. Toss with Sunflower Vinaigrette and serve.

Sunflower Vinaigrette

Ingredients:

½ cup raw sunflower seeds, soaked overnight
1 clove of garlic, peeled
1 TB. lemon zest
¾ cups of filtered water
1 TB coconut aminos
¾ cup olive oil
2 TB. fresh lemon juice
Himalayan sea salt and pepper to taste

Instructions:

In a high speed blender, combine drained sunflower seeds, garlic, lemon zest, filtered water, coconut aminos, olive oil, lemon juice and sea salt.



Recipe by Jo Schaalman
& Jules Pelaez from the
Conscious Cleanse

DAY 4

Anxiety Relief Tip: Welcome to your fourth day. We hope you're starting to feel good. Today's anxiety relief tip is simple. It is to take three really good deep breaths, at five different times today. See if you can remember, every couple of hours, to pause, take in some good breaths, and see how that simple act can shift your mind and perspective in those moments. Deep breathing is a powerful tool in short-term anxiety relief, but if you make it a daily habit, it can help with more long-term relief as well. See if doing this, multiple times throughout your day today, is impactful.

Balancing Kitchari

Yield: 64-72oz (about 8 servings)

Ingredients:

1 cup split yellow mung beans
(moong dal)
¾ cup white basmati rice
2 pieces kombu
2 bay leaves
10-12 cups water
2 tbsp. yellow mustard seed
2 tbsp. coriander seeds
2 tbsp. turmeric powder
2 tbsp. ginger, fresh grated
1 tbsp. cumin seeds
1 tsp fennel seeds
1 tsp fenugreek seeds
½ tsp cinnamon
¼ tsp asafetida (hing)
½ tsp Himalayan pink salt

Instructions:

1. Combine the mung beans, rice, kombu, bay leaves and spices in a large pot.
2. Add 10 cups of water to start, or enough to cover mixture with 3-4 inches of water.
3. Bring to a boil, then reduce heat to a simmer.
4. Continue to cook on low for about 2-3 hours.
5. If adding vegetables to the mix, add after 30 minutes of cooking.
6. Check occasionally and stir to make sure nothing sticks to the bottom of the pot.
7. For very well cooked and soupy kitchari, add more water and continue to cook until desired consistency.
8. To serve, place the following in separate bowls- lime wedges, warm ghee, chutney, chopped cilantro.
9. Serve with lime wedges, ghee and chopped cilantro. Top with cooked carrots and pickled beets as pictured if you like



Recipe by Jenny Darco

DAY 5

Journaling Exercise: Today's writing exercise is about letting the past go, and creating space for the new. Journal about someone or something you are ready to forgive. Often, unresolved resentments end up hurting us more than the other person and can cause inner tension and anxiety. Write down someone you are ready to forgive and the ways that it will feel good to let this resentment go. Write about wishing the other person well. It doesn't mean you have to actually reach out to this person (you can), or that the other person was not wrong. It simply means you're clearing out this energy from within you, so you don't have to carry this burden around anymore. Forgiveness isn't always easy, but it is powerful.

Raw Cherry Pie

Yield: 8 servings

Ingredients:

1 cup raw walnuts

½ cup dates, pitted

1 tsp. vanilla extract

½ tsp. ground cinnamon

Pinch sea salt

4 cups organic fresh or frozen cherries, pits and stems removed

1 TB. honey

Instructions:

In a food processor fitted with an S-blade, combine raw walnuts, dates, vanilla extract, cinnamon, and sea salt until smooth. Press mixture evenly into a pie dish, and refrigerate for about 1 hour or until crust is firm. Meanwhile, in the food processor fitted with an S-blade, combine cherries and honey. Pour into chilled crust, and refrigerate for at least 2 hours before serving.

Variation: You can easily substitute the cherries in this recipe for blackberries, blueberries, or if you are feeling really adventurous, try a mixed berry medley.



*Recipe by Jo Schaalman
& Jules Pelaez from the
Conscious Cleanse*

DAY 6

Anxiety Relief Tip: We hope you're feeling lighter after five days of yoga, meditation, and eating well. Today's anti-anxiety tip is another simple, but effective one. Go for a walk! Take yourself outside, and go for a walk or adventure somewhere. It can be somewhere beautiful, or just in your neighborhood. Or maybe you decide to walk instead of drive to do your errands. Oftentimes anxiety can be energy that just needs to move, and movement can help. A simple walk, even without a destination in mind, can get things moving and help get you out of your head.

Vegan Kimchi

Yield: 1 jar

Ingredients:

1 medium head cabbage (we prefer green cabbage)
5 carrots, peeled and grated
6 radish, grated
3 hakurei turnips, grated
½ cup scallions, sliced
3 inch knob of ginger, peeled and coarsely chopped
8 cloves garlic, peeled
2 ½ tsp. sea salt
⅓ cup dried crushed red chile flakes (depending on your spice level)



Instructions:

Quarter and core cabbage, then shred into 1-inch strips. Place in a large bowl and add carrots, radishes, scallions, and salt. Toss to combine and set aside. In a food processor fitted with the S-blade place ginger, garlic, and chili flakes. Process until finely ground. Scrape sides and blend again. Add to bowl of vegetables and use your hands to mix thoroughly. Continue mixing and massaging vegetables for a few minutes until they become juicy and start to soften.

Using two wide-mouth jars, add a handful of vegetables to each and pound down firmly with your fist or a muddler to release any air pockets. Repeat with remaining vegetables, a handful at a time, then divide any remaining liquid from the bowl between jars.

The surface should be covered with liquid. If it isn't push the vegetables down until liquid rises. Press any pieces of cabbage down from the sides of the jars so they are submerged as well. Next, fill two smaller jars or bottles with water and place them on the surface of the vegetables as a weight to keep them below the liquid.

Cover with cheesecloth to keep any particles out. Place in a well-ventilated, cool area. Ferment for five to seven days or for up to ten days or longer.

After five days taste the kimchi and then again every day until the flavor is to your liking. To store, cover the jars with a lid and store in the fridge. It will keep for months, and the flavor will continue to develop and strengthen. Don't worry if the veggies soften it is all just part of the process.



*Recipe by Jo
Schaalman & Jules
Pelaez from the
Conscious Cleanse*

DAY 7

Journaling Exercise: Welcome to your last day of this immersion! Write down how yoga and meditation have impacted you and how you feel over the past seven days. There is no right or wrong answer here. Maybe you feel massive changes and breakthroughs, or maybe they are subtle. Today's journaling activity invites you to simply reflect on how these practices affect you. In particular, write about how they've helped you manage and alleviate anxiety. You are also welcome to set intentions for after this week. If you've identified what really works for you, whether it's meditation, physical yoga, gentle yoga, journaling, or eating well, commit to continue. Well done on dedicating a week for self care.

Crispy Cauliflower in a Sweet & Spicy Sauce

Yield: 3-4 servings

Instructions:

Ingredients:

For the cauliflower:

1 medium cauliflower
½ cup all-purpose flour
½ cup cornstarch
½ tsp baking powder
½ cup water
½ cup vodka
A pinch of salt
Oil, for frying

For the sauce:

1 tsp grated ginger
1 red chili, chopped
1 tsp sesame oil
½ cup soy sauce
2 tbsp rice wine vinegar
¼ cup mirin
2 tbsp coconut sugar
2 dried chilies
1 tbsp cornstarch
2 tbsp water
Spring onion, to serve

Cut the cauliflower to bite-sized pieces.

Heat the oil in a bottom of a small saucepan. The oil should be about 2 inches deep and very hot, so that the cauliflower wouldn't absorb too much of it during cooking time.

Mix the cornstarch, flour, baking powder, and salt, then add water and vodka and mix everything to a batter. It will be quite runny, don't worry about it.

Dip the cauliflower pieces into the batter, let the excess drip off and fry the pieces for 5-6 minutes. Do not overcrowd the pan while cooking and turn the pieces around occasionally, so they would cook evenly. Using the slotted spoon, transfer the cauliflower pieces to drain on paper towel.

At the same time, you can already start preparing the sauce. Fry the ginger and onion in the sesame oil on the medium heat. After 5 minutes add soy, rice wine vinegar, mirin, and sugar straight to the pan, also crumble up the dried chilies.

In a small bowl mix 1 tbsp cornstarch with 2 tbsp water, add it to the sauce and stir until the sauce thickens.

If all of the cauliflower is fried and the sauce ready, then mix them and sprinkle with chopped spring onion. Serve just like that as a snack or as a main with steamed rice.



Recipe by Kadri Raig
www.kahvliga.ee