



# **5 RECIPES TO KICK YOUR SUGAR ADDICTION**



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# HELLO!

There are so many ways you can upgrade your wellness and improve your life, but today I want to focus on a specific one: the food on your plate.

I want to share with you simple, easy recipes that can transform your body and your health. And when you do that, you also transform your mind...

Your soul.

Your spirit.

Your life.

And your happiness.

It is time to revolutionize your plate. Eating healthy doesn't have to be hard, and I know from personal experience how much it matters.

I was diagnosed with both Lyme disease and an autoimmune disease called Hashimoto's thyroiditis, both in the same year. It was not pretty. I was on antibiotics for 7 months for the Lyme and was so exhausted at the time, that the only fleeting moments of energy I had came from caffeine and sugar... lots of sugar.

I had digestive issues, chronic fatigue, constant pain, acne, migraines, and awful brain fog, just to name a few of the symptoms. My dietary habits were only making my autoimmune disease worse, but my docs just kept tweaking my medications and never suggested I change my diet.

After about 10 years of struggling and trying every alternative therapy under the sun, I hired a health coach. She took one look at my diet and suggested some changes... gluten-free, dairy-free and sugar-free. The gluten and dairy were easy for me, but the sugar... well, that was hard! I had been addicted to sugar since I was 5 years old. My dad was an

alcoholic, which from what I understand, is another version of sugar addiction. He loved his cookies and his bourbon. After my dad died, I never had much interest in drinking, but I have been a full blown sugar addict all my life. I never realized it, until I tried to give it up. Yikes.

I'll spare you all the gory details, but what I want you to know is I've been there and done that. I've been very sick and desperate for help and hope. I've been through the withdrawal symptoms of giving up my favorite foods. I can tell you it's worth it. Food can truly be medicine.

With my help you will not count calories, you will not dwell on fat, you will not feel deprived, and you will not be on a "diet". Instead, you will glow and feel beautiful, amazing, supported, and more alive than you have ever felt before. Let me take you on this journey to health and vitality.



My passion is helping my clients feel their very best. I believe we are all a warrior at some level. Whether you are an athlete, a stay-at-home mom or a desk warrior, we all deserve to look, feel and be our best. Yoga, essential oils and nutrition truly transformed my health and my life and I believe they will have the same effect on yours.

XO & Namaste

Karen Dubs

[www.flexiblewarrior.com](http://www.flexiblewarrior.com)

## YOUR SIMPLE LIFE

### UPON RISING:

DRINK WARM WATER WITH LEMON

(or a big glass of water with 1 drop lemon and peppermint essential oils)

\*Drink 8 – 10 glasses of filtered water throughout the day. I add a drop of essential oil to mine (like Slim & Sassy) to motivate me to drink more!

### BREAKFAST:

#### SUPER SIMPLE OATMEAL (GLUTEN-FREE OATS)

1 cup almond or coconut milk

1 cup water

1/2 teaspoon cinnamon

1 teaspoon vanilla extract

2 T chia seeds

1 cup whole rolled gluten-free oats

1/2 cup fruit of your choice to top (apples/pears/berries/raisins, etc.)

Add a few Tablespoons of nuts or seeds (walnuts, sunflower seeds, etc.)

Pour almond milk, water, and vanilla extract into saucepan over high heat until boiling. Pour in oats, continue to stir. When the ingredients return to a boil, reduce to simmer. Continue to simmer and stir for about 12-15 minutes until oats are of a creamy texture. Or, do overnight oats, by adding the oats and chia seeds to nut milk and let it sit immersed overnight, which makes it super easy to reheat and eat in the morning!

OR

### GREEN SMOOTHIE

½ cup of filtered water or coconut water

½ cup nut milk (almond or coconut)

1 small ripe banana (frozen if you prefer)

1 peach, or a few chunks of pineapple or mango

1 handful of baby spinach

1 scoop vegan vanilla protein (I use Sunwarrior)

1 scoop green powder (I use doTerra Terra Greens)

Put all ingredients into blender, and blend until smooth.

## SNACK:

Raw veggies (celery, carrots, red pepper, cucumber) w/ hummus

## LUNCH:

### KALE POWER SLAW

**Serves 2**

1 bunch kale stems removed and leaves thinly sliced  
1 large carrot shredded  
1/2 orange juiced  
1/2 lemon juiced  
1/2 red onion very thinly sliced  
2 Tablespoon olive oil  
2 T sunflower seeds  
Celtic Sea Salt (to taste)

Toss kale with carrot, orange juice, and lemon juice in a large salad bowl, using your hands to rub orange and lemon juice into kale leaves. Let stand a few minutes.

Fill a bowl with ice water. Bring a saucepan of water to a boil and stir onion into boiling water; cook just until starting to soften, 15 to 30 seconds. Drain and immediately immerse onion in ice water. Drain ice water, blot onion dry on paper towels, and add to kale.

Stir olive oil into kale mixture and toss to coat. Can be made several hours ahead of time and refrigerated until ready to serve.

## SNACK:

Coconut water (4 ounces) & fruit (apple, 1/2 cup berries, 1/2 grapefruit)

Or

Kevita probiotic drink with a serving of gluten free crackers (Mary's Gone Crackers is a great brand to try).

Or

Apple, carrots or celery with almond butter

## DINNER:

### CRAZY CURRIED MILLET

**Serves 4**

1 cup dry-roasted millet  
1/2 cup crushed almonds  
3 tablespoons pumpkin seeds  
1 teaspoon curry powder  
1 teaspoon grated ginger  
2 cups vegetable stock

**DIRECTIONS:** Boil the vegetable stock in a pot. Add all the ingredients and bring to a boil. Reduce the heat to low and simmer for 20-25 minutes until all liquid is absorbed. Stir ingredients. Serve warm.

## DESSERT

### BLUEBERRY CHOCOLATE PUDDING

**Serves 2**

3 tablespoons raw cacao powder  
1/4 cup chia seeds  
3 ripe avocados  
1/4 cup coconut milk  
2 teaspoons vanilla extract  
1 cup blueberries  
Raw cacao nibs (optional topping)

Remove avocados from the skin (and pit) and place in a food processor with blueberries. Blend until combined and creamy. Add in all remaining ingredients, blending until pureed, scraping down the sides when needed to combine. Blend for a good 1-2 minutes until completely cream

# A SOLUTION FOR YOU

I find that most clients who come to see me are confused about what to eat. Even though we live in the age of information, the advice that's out there can be overwhelming and often conflicting.

It's time to ditch the information overload and figure out which foods work for your unique body. I can help you create a customized program that works for your goals and needs.

Learn how to tap into the wisdom of your body, achieve endless energy and optimal health and Find Your Flexible Warrior at [www.flexiblewarrior.com](http://www.flexiblewarrior.com)

Karen Dubs has been in the fitness industry for over 30 years. She is a registered yoga teacher, a holistic health coach, a published author and a doTerra wellness advocate, specializing in helping athletic, Type A's create more balanced, pain-free, flexible minds and bodies by incorporating an anti-inflammatory superfood diet along with simple self-care techniques.

After attending The Institute for Integrative Nutrition, Karen published her first book: ["Find Your Flexible Warrior: Think, Stretch and Eat for Balance and Resilience."](#)

Karen has helped many professional and amateur athletes improve their health and flexibility with the simple techniques she learned after being diagnosed with Lyme disease and Hashimoto's thyroiditis, an autoimmune condition. Yoga, nutrition and essential oils were all key in her healing process.



Karen believes that everyone is a warrior on some level... Whether you are a professional athlete trying to recover faster and improve flexibility, a corporate executive wanting to reduce stress or chronic pain, a cancer survivor or a stay-at-home mom trying to stay healthy, calm and energized... We are all warriors!

The Flexible Warrior approach incorporates self-care, yoga, stress-management and nutrition coaching and can help you find more balance, health and peace.