



# **SUPERFOODS GUIDE**

**ADRIANA GATTI LIBERATORE**

# INTRODUCTION

Superfoods are an essential part of my everyday diet, and they should be part of yours as well. Why? They are natural paths to increase the vital force and energy of one's body while simultaneously improving one's health, boosting the immune system, elevating serotonin production, enhancing sexuality, cleansing, lowering inflammation, upping energy levels, assisting with weight loss and alkalizing the body. With this guide, I want to help you realign your consumption behaviors to match your goals by helping you discover the pure power of superfoods.



## **WHAT EXACTLY IS A SUPERFOOD ANYWAY?**

Superfoods are foods that are especially rich in nutrients and have been scientifically shown to give unique benefits to health. They are rich in antioxidants, vitamins, minerals, phytonutrients, enzymes and fiber. These ingredients help reduce oxidative stress in the body that can lead to early aging, disease (including cancer), chronic fatigue and weight gain. Most are plant-based, but they also include some fish and dairy that are nutritionally dense and thus good for one's health (see page 5 for a list of my Top 10).

These nutrient-dense Superfoods have been used for thousands of years by traditional healers and medicine people in ancient cultures. Our ancestors were very aware of the healing power of plants in their natural state, and incorporated these Superfoods into their lives long before the West discovered their powers.

And now scientific research is finally catching up with tradition. Studies show that the health benefits of eating Superfoods can vastly exceed consuming "normal" food. When combined with regular exercise and a balanced diet, adding a few of these top superfoods into your day can benefit many different aspects of your health.





## **WHY I LOVE SUPERFOODS**

They work to make you feel better than ever, and fast. But how?

They contain extremely high levels of powerful antioxidants. Superfoods blueberries, blackberries, raspberries and cranberries provide high levels of antioxidants, and maqui berries and acai berries multiply that amount by up to 65%! The more antioxidants in your diet, the better chance of warding off viruses like the cold and flu and helping the body that fight free radicals that cause cells to mutate and become overgrown (hello, signs of aging!). In a nutshell, antioxidant-rich Superfoods protect cells from damage and repair them to their original, healthy and youthful state.

They contain rich sources of vitamins and minerals. Look into chlorella, an extremely powerful micro-algae, as it contains more than 2- bio-available nutrients, including most B vitamins , 19 amino acids, and 60% complete protein. Other Superfoods such as camu camu, amla, and acerola contain levels of vitamins and minerals that are many times higher than those found in conventional food.

They help with your mood, skin, mental clarity, detoxing, hormones and inflammation. A single Superfood isn't going to give you the results you're looking for. Instead, look into combining superfoods to get the biggest bang results-wise. For example, try a combo from the list below to see a visible improvement in your overall health.

## **MY TOP 10 SUPERFOODS**

- 1. BLUEBERRIES**
2. WILD SALMON
- 3. DARK LEAFY GREENS**
4. FLAXSEEDS & CHIA SEEDS
- 5. COD LIVER OIL**
6. MAQUI AND ACACIA BERRIES
- 7. COCONUT OIL**
8. BEETS
- 9. MACA POWDER**
10. CHLORELLA

**Blueberries:**

This berry was ranked number one in antioxidant activity by the U.S. Department of Agriculture. Antioxidants help thwart wrinkles, dark spots and sagging. This powerful berry is also packed with Vitamin C, which helps firm skin. It also produces collagen, which is known as the building block of skin, aiding in the growth of cells and blood vessels. Add a half a cup to your daily diet.

**Wild Salmon:**

Note the "wild" in the description – farm raised doesn't have the same benefits. Wild salmon is one of the best food sources for omega-3 acids, which helps keep your skin supple and moisturized (while it staves off wrinkles). It also contains selenium, a mineral that protects your skin from sun exposure. And the Vitamin D in salmon keeps your bones and teeth strong and healthy, too. Try it grilled, baked, in pasta, with a salad or in sushi. The American Heart Association recommends eating 3.5 ounces at least two times per week.

**Dark, Leafy Greens:**

Think spinach, kale, seaweed, swiss chard, collard greens, broccoli and Brussels sprouts. They contain iron (especially important for women), Vitamin A and lutein for eye health. They are also rich in zinc, which helps fight inflammation (one of the main causes of aging). They are also rich in skin-enhancing antioxidants. Try adding dark, leafy greens to every meal.



**Flaxseeds\* and/or Chia Seeds:**

(I make an equal parts mix of both in a mason jar at home for easy usage) \*Make sure you get ground flaxseeds as your body does not digest whole flaxseeds.

Nutritionally unique thanks to their abundance of Omega-3 fatty acids, both flax & chia are nutrient and antioxidant powerhouses. They help prevent precancerous cellular changes and help to maintain optimal brain function and heart health. Their anti-inflammatory properties help with healthy skin cell function (helps with skin conditions like acne and eczema and yes-even anti-aging!) Last but not least, their fiber content promotes digestion and relieves bloating

**Cod Liver Oil:**

Omega 3 acids are essential for the human body to perform at its best. Every cell needs Omega 3 to function properly, and most people are deficient in it. Cod liver oil is the best way to get the amount you need; take 1 tablespoon in the morning for best results. (And keep it refrigerated).

**Bonus!****Pineapple:**

This one's included because of its super powers and because of my logo! Just one cup of pineapple contains over 100% of your daily Vitamin C needs. Vitamin C is the body's primary water-soluble antioxidant, and it defends against those pesky and dangerous, aging free radicals. Pineapple also has a protein-digesting enzyme called bromelain, which supports a healthy digestive system, and is a strong anti-inflammatory agent.



# RECIPES



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# Miso **Salmon**



See next page for recipe

# Miso Salmon

Serves 4

## **Ingredients**

### Salmon

4 (4- to 6-ounce) skin-on wild-caught salmon fillets, 1 inch thick  
1 tsp cold-pressed extra-virgin olive oil (contains Superfood qualities)  
Salt & freshly ground pepper

### Miso Sauce

¼ cup toasted sesame seeds  
2 tbsp organic plain low-fat yogurt  
1 tbsp red miso\* paste (bonus superfood!)  
2 tsp fresh squeezed lemon juice  
2 tsp sugar in the raw or agave  
1 large garlic clove, minced  
1 tsp water

## **Instructions:**

Adjust oven rack to lowest position, place aluminum foil-lined rimmed baking sheet on rack, and heat oven to 500 degrees. Pat salmon dry with paper towels, rub with oil, and season with salt and pepper.

Once oven reaches 500 degrees, reduce temperature to 275 degrees. Remove sheet from oven and carefully place salmon, skin-side down, on hot sheet. Roast until center is still translucent when checked with tip of paring knife and registers 120 degrees (for medium-rare), 4 to 6 minutes.

Slide spatula along underside of fillets and discard the skin.

Transfer filets to individual plates or serving dish.

Whisk all of the Miso Sauce ingredients until well combined. Top the salmon filets with sauce and serve.

# Best **Brussel Sprouts**

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See next page for recipe

# ***Best Brussel Sprouts***

Serves 4

## **Ingredients**

2 lbs Brussel sprouts

¼ cup cold-pressed extra-virgin olive oil (contains Superfood qualities)

1 tsp salt

½ tsp freshly ground pepper

1 tsp agave or raw honey

## **Instructions:**

Preheat oven to 400 degrees. Trim and halve the Brussel sprouts, and place in a large mixing bowl.

Toss the Brussel sprouts with the olive oil, raw honey, salt and pepper, and spread them out on a sheet pan, cut side down.

Roast for 25-30 minutes (it depends on size), until they're tender and have browned and caramelized on the bottom and edges.

If the Brussel sprouts are not sufficiently browned on the bottom, place them on the bottom rack in the oven and cook for another 2-3 minutes, until well-browned. Make sure they don't burn.

Serve right away!

# Turkey Shepherd's Pie



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# Turkey Shepherd's Pie

Serves 6

## Ingredients

1 lb organic, 93% lean ground turkey, not the 99% lean as the filling will be too dry  
Salt and freshly ground pepper  
1/4 tsp baking soda  
3 tbsp cold-pressed extra-virgin olive oil  
1 large cauliflower head (about 3 lbs), cored and cut into 1/2-inch pieces  
1 large organic, pasture-raised egg, lightly beaten  
3 tbsp fresh chives, roughly chopped  
8 oz. cremini mushrooms, trimmed and chopped  
1 white or yellow onion, chopped  
1 tbsp tomato paste  
2 garlic cloves, minced (use Get Fit Mom's garlic peeling hack!)  
3/4 cup low-sodium organic chicken broth  
2 peeled carrots, chopped  
A few sprigs fresh thyme  
1 tbsp Worcestershire sauce  
1 tbsp cornstarch or double the amount if using arrowroot

## Instructions:

In a bowl, toss turkey, 1 tbsp water, 1/4 tsp salt, 1/4 tsp pepper, and the baking soda until thoroughly combined. Set aside for 20 minutes.

In a Dutch oven or frying pan heat 2 tbsp olive oil over medium-low heat until shimmering. Add cauliflower and cook, stirring occasionally until tender and beginning to brown, about 10 minutes. Stir in half a cup of water and 3/4 tsp salt, cover, and cook until cauliflower falls apart easily when poked with a fork, about ten more minutes.

Transfer cauliflower and any remaining liquid to a food processor or high-speed blender and let cool for 5 minutes. Run the processor until smooth, up to a minute. Transfer the cauliflower puree to a large bowl and stir in beaten eggs and chives. Set aside.

Meanwhile, heat remaining 1 tbsp olive oil in an oven-safe 10-inch skillet over medium heat until shimmering. Add mushrooms and onion and cook, stirring occasionally, until liquid has evaporated and residue begins to form on bottom of the skillet, about 10 minutes. Stir in tomato paste and garlic and cook until bottom of skillet is dark brown, about 2 minutes.

Add broth, carrots, thyme, and Worcestershire sauce and bring to a simmer, scraping up any browned bits. Reduce heat to medium-low, add ground turkey mixture to the skillet a tablespoon at a time, and bring to a gentle simmer. Cover and cook until turkey is cooked through, about 8 minutes, stirring and breaking up meat halfway through cooking.

Whisk cornstarch or arrowroot and a tbsp of water together in a small bowl, then stir this mixture into skillet with turkey. Continue to simmer until thickened, about one minute. Add salt and pepper to taste. Remove thyme sprigs.

Turn oven broiler on high setting. Transfer cauliflower mixture to a pastry bag or to a large zip lock bag. If using a zip lock bag, cut an inch slit into one of the filled bag's corners. Squeeze the bag and pipe the cauliflower mixture in an even layer over turkey filling, covering the entire surface. Smooth mixture with the back of a spoon, then run a fork over the entire surface to form ridges. Place skillet in the oven and broil until the topping is golden brown and crusty, about 10-12 minutes.

Let the pie cool for ten minutes before serving. Enjoy!

# THANK YOU

**Super Recipes**

**Visit my website [www.getfitmom.com](http://www.getfitmom.com) for new recipes and health tips,  
updated weekly.**

