Maximize Nutrient Density in Your Life

Add Organ Meats to Everything
Buy a blend, or make your own! Use semi-frozen organs, ‘pulse’ in processor.

- Start w/ small additions
- Add plenty of seasoning
- Start with heart (so easy!) Graduate to liver, kidney...
- Increase organ additions over time

Try: meatpies, meatballs, meatloaf stuffed peppers, enchiladas, tacos carnitas, chicken salad, soups, chili, dolmas, stuffing...your favorite dishes!

Create Meals Celebrating Organs

- Practice, practice, practice! Roll with your mistakes and keep going!
- Learn to saute liver: thin slices, hot oil, cook to medium → can go spicy, sweet, savory...
- Poach tongue until easily pierced with a fork → peel. Can saute, grill, sauce, etc
- Ask your farmer for brains! Gently poach til firm → season/enjoy or add to another dish

Eat Raw Meats

- Quality matters. Freeze for 1 week
- Ideas: liver strips, liver tonic, carpaccio, raw meatballs, tartar, pho, any meat grilled (rare)
- Love love love these vitality foods!

Listen to Your Heart
Only you know what is best for you!
Honor your heart: accept, appreciate, celebrate exactly where you are today!
Allow wellness!

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