

JANUARY, 2023

2023

# WELLNESS GUIDE

purely elizabeth.

## FULL OF THE GOOD STUFF

Recipes that are full of delicious taste, nourishing ingredients, and simplicity.



## 2023 WELLNESS TRENDS

From skincare to nutrition, we're sharing what's ahead.



**A GLUTEN-FREE,  
PLANT-BASED  
PUBLICATION**

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# Welcome

to the 2023 Wellness Guide. Something that has deeply resonated with me recently is that the art of living is found in simplicity. With that intention in mind, one of my goals for 2023 is to overflow this year with things that are “full of the good stuff”.

I’m excited to share this guide with you, as it’s filled with simple, quick,

and nourishing recipes, 2023 wellness trends from industry experts, and more. I hope this serves as a guide to help you thrive on your wellness journey in whatever way fills your soul.

— Elizabeth  
FOUNDER & CEO

# 2023 WELLNESS TRENDS

It's a new year, which means new wellness trends! With so many people entering the chat, it can be tricky to navigate the noise of which trends will actually take off. This is why we asked some of the top experts across the wellness industry to weigh in and share their predictions for which trends they feel will be more than just a fad in 2023.



HEALTH / WELLNESS

## **BREATHWORK**

The next wellness trend is breathwork. The breath is our free tool to regulate our nervous system. A rapid breath can stimulate our sympathetic nervous system and a slow breath can stimulate our parasympathetic nervous system. As a certified breathwork facilitator it's my favorite thing to teach people how to master to reduce stress and promote wellbeing.

## **KOYA WEBB**

*Lifestyle and Wellbeing Expert, and Founder of Get Loved Up*



FITNESS

## **LESS IS MORE**

Having a sustainable movement practice is what is going to yield long-term results vs. quick fixes. Consistently fitting in 10 minute workouts throughout the week are just as or more impactful than spending an hour at the gym and you're more likely to create this healthy habit that naturally fits within your busy lifestyle.

## **MEGAN ROUP**

*Celebrity fitness trainer and Founder of The Sculpt Society*



#### NUTRITION

### **PERSONALIZATION**

A health and wellness trend that has been emerging for the last couple of years is centered around personalization, and I think it's going to become an even stronger trend in 2023. We've seen it in beauty brands, making a wide array of make-up shades to go with every skin tone. And we're now starting to see it in medicine, because we're finally coming to realize that no two people are exactly alike. Customized food plans that complement each person's individuality are going to become the norm, rather than the exception. That's why I'm coming out with the first personalized 14-day gut-healing plan in my upcoming book, *The GutSMART Protocol* (pub. April 4, 2023).

### **VINCENT PEDRE MD, FMCP**

*Founder + CEO, Happy Guy Life LLC*



#### FOOD / BEVERAGE

### **CLIMATE CONSCIOUS PRODUCTS**

2023 will bring a greater move towards climate conscious food products. More specifically, we will see products focused on regenerative agriculture, which produces more nutrient rich soil which in turns creates more nutrient dense plants to not only help our microbiome and immunity but also help to sequester carbon from the atmosphere. Single source ingredients like [eggs](#), [meat](#) and [coconut oil](#) are popping up in stores, while the use of the regenerative ingredients in products will be coming next. I believe Regenerative agriculture is the future and there will be a lot of research to come as we learn how the health of the soil is directly correlated to our own health.

### **ELIZABETH STEIN**

*Founder and CEO of Purely Elizabeth*



# 10 Habits

## I'M BRINGING INTO 2023 TO FEEL MY BEST

### 01 *Morning Meditation & Gratitude*

I love the Superhuman App for a quick morning meditation and the Five Minute Journal to guide my gratitude practice. I also have the app version on my phone so that I can do my practice while traveling. I know when I'm incorporating these into my morning routine, I instantly feel my best.

### 02 *Prioritize Sleep*

Sleep is the foundation for our health and happiness. With the help of my Oura ring, I've learned how much sleep I truly need, and how much I'm really getting. I'm aiming for 8-9 hours a night! Studies show that once you drop below 7 hours of sleep, you can start to measure objective impairments in your brain and body. The shorter your sleep, the shorter your life.

## 03 *Move My Body*

This year I want to get stronger and step up my strength training routine. Strength training is crucial for building muscle, which is one of the keys to our longevity. In addition, I want to get in 8k steps daily. There are numerous science-based benefits stating walking is known to lowering blood sugar, reducing inflammation and strengthening your heart.

## 07 *Supplement Daily*

Unfortunately, it's really hard to get all your vitamins, minerals, and nutrients from your foods, which is why I want to keep my supplement game strong. I've been using AG1 from Athletic Greens (which has 75 vitamins, minerals and adaptogens), Omega 3's and Vitamin D in the morning and Magnesium (from mindbodygreen) in the evening.

## 04 *Eat More Protein*

Paired with my exercise goals above, in order to build muscle, you need sufficient protein. And as it turns out, I haven't been eating enough protein! You should be consuming about 1g of protein per pound of body weight. I'm aiming to get my protein from both plant based and high-quality sources of meat, like Forces of Nature grass-fed, regenerative raised chicken and beef.

## 08 *Fill My Cup*

In order to be the best version of myself, I know I need to take care of myself with things that bring me joy like getting outside daily, traveling, and trying new things.

## 05 *Load Up On Veggies*

We all tend to eat the same veggies week in and week out, which means we are limiting the variety of nutrients and fiber to feed our gut microbiome. I'm going to challenge myself to incorporate a veggie each week, and to make sure I'm filling half my plate with some sort of leafy green!

## 09 *Drink More Water*

While you should be drinking half your body weight in ounces, this is often hard to do and many of us are chronically dehydrated, affecting many of our bodily functions. I'm focusing on chunking the ounces throughout the day, ie, be sure to drink 10 oz before my morning workout, 10 oz with breakfast, etc.

## 06 *Read Before Bed*

Instead of scrolling on my phone before bed, I want to spend more time reading. It helps to calm my mind and focus. My favorite genres are health and nutrition, personal development, or business books. I've got a stack I can't wait to dive into, including Dr. Amen and Dr. Will Cole's new books!

## 10 *Focus On My Relationships*

Having a close circle of friends and family who you can depend on is key to our longevity (according to People who live in Blue Zones). This year, I want to focus on spending more time with those I love, who bring me joy and happiness.

**FULL <sup>OF</sup> <sub>THE</sub> GOOD STUFF**

# RECIPES

Recipes that are full of delicious taste, nourishing ingredients, and simplicity. We want you to enjoy meals that taste good, make you feel good, and are stress-free all year long!





# Blue Spirulina Chia Pudding

Gluten-Free // Grain-Free

1 Serving

## INGREDIENTS:

¼ cup chia seeds  
½ cup full fat coconut milk  
¾ cup unsweetened almond milk  
½-¾ tsp blue spirulina powder  
1 tsp vanilla extract  
1 tbsp maple syrup  
⅓ cup plain yogurt of choice

## ADDITIONAL TOPPINGS:

Fresh blueberries  
Fresh blackberries (halved)  
Toasted coconut  
Purely Elizabeth Coconut Cashew  
Grain-Free Granola

## INSTRUCTIONS:

In a medium bowl, combine all ingredients except for toppings. Whisk well, working through any dry pockets of chia seeds, and let sit for 2-3 hours in the refrigerator covered until chia has thickened and the pudding has 'set'. Once chia is set, place in a shallow bowl, add a dollop of greek yogurt and top with blueberries, blackberries, toasted coconut and Purely Elizabeth Coconut Cashew Grain-Free Granola.

Made with



**KETO GRANOLA**

# Air Fryer Banana Split

*Gluten-Free // Grain-Free*  
*1 Serving*

## INGREDIENTS:

1 yellow banana  
2 tbsp coconut sugar  
½ tsp cinnamon  
1 tbsp greek yogurt

## ADDITIONAL TOPPINGS:

Drizzle of peanut butter

m

## INSTRUCTIONS:

In a small bowl, mix together coconut

sugar and cinnamon. Without peeling, cut the banana in half, lengthwise. Line the air fryer with parchment paper. Place the two halves of banana fruit side up. Sprinkle with the cinnamon sugar mixture. Set the temperature on the air fryer to 400F and air fry for 5 minutes. Open, see how caramelized it is, air fry for additional 3-5 minutes, or until topping is brown and bubbling. Top air fried banana with a dollop of yogurt, a drizzle of peanut butter, and Purely Elizabeth Cinnamon Peanut Butter Grain-Free Granola.



**KETO GRANOLA**



## Almond Butter Granola Yogurt Bowl

*Gluten-Free // Grain-Free*  
*1 Serving*

### INGREDIENTS:

- Purely Elizabeth Vanilla Almond Butter
- Grain-Free Granola
- 1 cup of Greek Yogurt
- 1 Banana, sliced
- Scoop of almond butter – drizzled
- Chia seeds

### INSTRUCTIONS:

Add 1 cup of greek yogurt to bowl and top with bananas, chia seeds, granola, and a drizzle of almond butter.

Made with

NEW LOOK.  
SAME TASTE.

purely  
elizabeth.

ORGANIC

RECIPE NO. 05

ORIGINAL

SUPERFOOD OATMEAL

with  
organic oats,  
flax & chia

NO SUGAR  
ADDED\*



## SUPERFOOD OATMEAL

## Savory Miso Oatmeal

*Gluten-Free // Grain-Free*  
*1 Serving*

### INGREDIENTS:

1 cup Purely Elizabeth Original  
Superfood Oatmeal  
2 cups almond milk  
1 tbsp red miso  
1/8 tsp sea salt  
2 tsp toasted sesame oil  
2 soft boiled eggs  
2 tbsp scallions, chopped  
Microgreens(optional)  
Sesame seeds(optional)

### INSTRUCTIONS:

Place the oats, milk, red miso and salt into a pot over medium heat. Cook until oats are tender, about 4-5 minutes and add more milk if necessary. Separate the oats into two bowls and top drizzle with sesame oil, soft boiled eggs, scallions, microgreens, and sesame seeds.

# Horchata Oatmeal

*Gluten-Free // Grain-Free*  
*1 Serving*

## INGREDIENTS:

1 Classic Cinnamon Superfood Oatmeal Multipack  
2/3 cup almond milk, boiling  
1 tbsp maple syrup  
1/2 tsp vanilla extract  
1/4 tsp cinnamon & more for sprinkling  
Pinch of ground cloves  
2 tbsp sliced almonds

## INSTRUCTIONS:

In a bowl, stir together the oats, boiling almond milk, maple syrup, vanilla and cinnamon until well combined. Top with almonds and a sprinkle of cinnamon.



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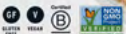
WITH PREBIOTIC FIBER

RECIPE NO. 20

CLASSIC  
CINNAMON

SUPERFOOD OATMEAL

MADE WITH ORGANIC  
OATS, FLAX & CHIA



6 PACKETS 6-1.52 OZ (43g) PACKETS • NET WT. 9.12 OZ (258g)

**SUPERFOOD  
OATMEAL**

# LIVE PURELY PODCAST



*Did you know we  
have a podcast?*

On the Live Purely Podcast, I have inspirational and candid conversations with experts on topics such as health and wellness, nutrition, mindfulness, entrepreneurship, and more.

Click the QR code link to listen as we encourage you to thrive on your wellness journey.



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