



My Fall Favorites Recipe Book

GLUTEN FREE - DAIRY FREE - AIP - PALEO

@UnlimitedYouCoaching



Prep Time : 5 min

Cook Time : -

Servings : -



AIP Pumpkin Pie Spice Blend

Ingredients :

- 3 tablespoons cinnamon
- 2 teaspoons ginger
- 1½ teaspoons clove

Directions:

1. In a small bowl, mix together cinnamon, ginger and clove. Store in an airtight container.

This is a fantastic blend to use in all your pumpkin spiced inspired meals that follow

Notes :

Make the spice blend once in bulk, store in an airtight glass container and it will keep for 3 months

@UnlimitedYouCoaching





Prep Time : 5 min

Cook Time : 5 min

Servings : Half a pint



Savory Pumpkin Dip

Ingredients :

- 3/4 cup pumpkin puree
- 1/2 cup peeled & chopped zucchini
- 2 tbl lemon juice
- 1 1/2 tbl extra virgin olive oil
- 1 tsp dried ground garlic
- 1 tsp ground ginger
- 1 tsp ground turmeric
- 1/4 tsp fine sea salt

Directions:

1. Add all the ingredients to a mini food processor and process until just combined (like a hummus) or until the dip is as smooth as you prefer.
2. Serve with your favourite grain free chip or veggies

Notes :

Make the spice blend once in bulk, store in an airtight glass container and it will keep for 3 months

@UnlimitedYouCoaching





Prep Time : -

Cook Time : 20 min

Servings : 2 portion



Chai Pumpkin Spice Latte

Ingredients :

- 1 tsp cinnamon
- 1 tsp ground ginger
- 1/2 tsp ground cloves
- 1/2 tsp allspice
- 3/4 tsp nutmeg
- 1 cup water
- 1 black tea bag
- 1 tbsp pumpkin puree
- 2 tsp maple syrup
- 1 cup coconut milk
- 1/4 tsp vanilla extract (use alcohol free for AIP)
- 1-2 tbsp coconut cream (optional)

Directions:

1. Prepare the spice blend of cinnamon, ginger, cloves, allspice, and nutmeg (or mace). Stir to combine and set aside.
2. Using a small pot, bring the water to a low boil. Remove from the heat and add the tea bag, allowing to steep for 5-10 minutes. Remove and discard the tea bag.
3. Add the spice blend to the tea along with the pumpkin puree, maple syrup, coconut milk, and vanilla extract. Add to a blender and blend on low to fully combine. Return to the heat for 2-3 minutes if a warmer drink is desired.
4. Serve topped with coconut cream and garnish with star anise if desired.

Notes :

Make the spice blend once in bulk, store in an airtight glass container and it will keep for 3 months

@UnlimitedYouCoaching



Original recipe sourced from Unbound Wellness



Prep Time : 1 hour (ice cubes)

Cook Time : 5 min

Servings : 1 portion



Pumpkin Cold Brew

Ingredients :

- 1.5 TBSP pumpkin puree
- 1/2 tsp cinnamon
- pinch of powdered ginger
- pinch of cloves
- pinch of sea salt
- 1 TBSP maple syrup
- 1 cup full fat, unsweetened coconut milk
- Frozen coffee cold brew ice cubes

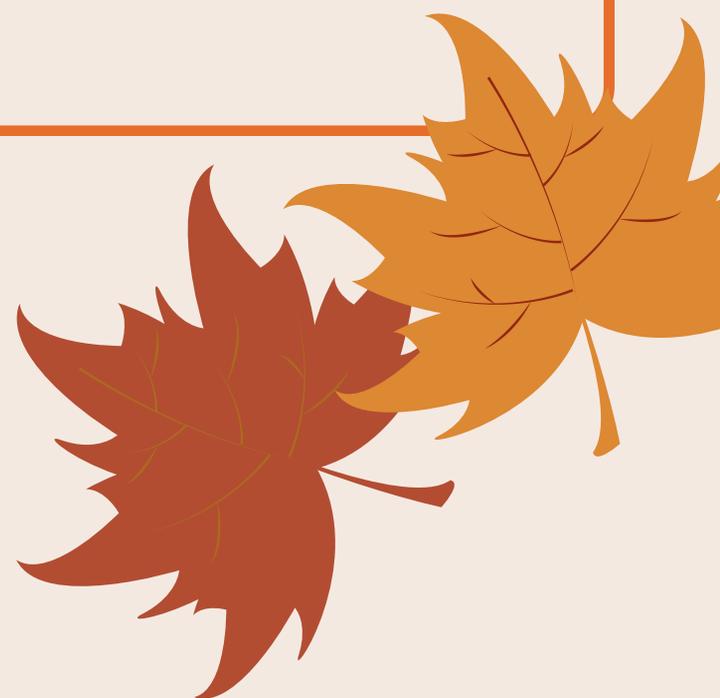
Directions:

1. To a bowl combine pumpkin puree, cinnamon, ginger, ground cloves, sea salt, maple syrup and full fat coconut milk and whisk until combined. Alternatively, add all ingredients to a blender and mix.
2. Fill your glass of choice with cold brew ice cubes and then top with pumpkin spice coconut milk.
3. Stir and adjust sweetener as desired.

Notes :

Dont have coffee ice cubes?
Just add cold coffee to the mix and pour over ice

@UnlimitedYouCoaching





Prep Time : 5 mins

Cook Time : 5 min

Servings : 1 portion



Pumpkin Cauliflower Porridge

Ingredients :

- 1 cup riced cauliflower
- 1/3 cup pumpkin puree
- 1/3-1/2 cup dairy free milk
- 1 serving vanilla vegan protein powder
- 1 tsp. pumpkin pie spice
- 1-2 tbsp. pumpkin seeds
- Drizzle of maple syrup

Directions:

1. Heat frozen cauliflower rice on the stove in a covered pot over medium low heat 5 minutes.
2. After cooking, add pumpkin puree, 1/3 cup dairy free milk, protein powder and pumpkin pie spice. Stir well.
3. Check the consistency. Add more milk (to thin out the porridge) or more protein powder (to make them creamier).
4. Top with pumpkin seeds, coconut flakes and a drizzle of maple syrup (optional)

Notes :

This will store in the fridge for 2 days

@UnlimitedYouCoaching





Prep Time : 10 mins

Cook Time : 30 min

Servings : 4 portions



Maple Brown Sugar N'Oatmeal

Ingredients :

- 1 head Cauliflower, broken into 1-inch florets
- 4 Tbsp Coconut Oil, Organic, divided
- 3 Tbsp Coconut Milk
- 2 Tbsp Coconut Palm Sugar
- 2 Tbsp Maple Syrup, Pure, plus more for drizzling (optional)
- 1/4 tsp Sea Salt, heaping
- 1/4 tsp Cinnamon, ground, plus more for sprinkling (optional)
- 1 pinch Cloves, ground

Notes :

To save time, you can boil frozen cauliflower rice in coconut milk for 5 min, add other ingredients, stir, serve & enjoy!

Directions:

1. Preheat the oven to 425 degrees F. Line a large baking sheet with foil.
2. In a large, microwave-safe bowl, heat 2 tablespoons of coconut oil in the microwave until it's melted. Add the cauliflower florets and drizzle over 2 tablespoons of melted coconut oil. Toss the cauliflower florets and toss with your hands or a large spoon until the cauliflower is completely coated with oil.
3. Lay the florets in a single, even layer on the baking sheet. Place the baking sheet in the oven and roast the cauliflower for 20-25 minutes or until tender and the edges are turning a deep brown.
4. Remove the baking sheet from the oven and add the roasted cauliflower, 2 tablespoons coconut oil, coconut milk, sugar, maple syrup, salt, cinnamon, and cloves to the bowl of a large food processor. Process on high for 3 minutes, or until the mixture is thick, creamy, and blended.
5. Spoon into bowls, top with cinnamon and maple syrup and/or fresh fruit (optional) and enjoy!





Prep Time : 5 mins

Cook Time : 15 min

Servings : 2 portion



Baked Plantain Pumpkin Pancakes

Ingredients :

- ½ cup canned pumpkin puree
- 1/2 cup (60 grams) sifted plantain flour (measure by weight for best results)
- 3/4 tsp baking soda
- 1.5 tsp ground cinnamon
- 1/4 to 1/3 cup canned full-fat coconut milk
- Pinch sea salt

Notes :

Don't have plantain flour?
Use coconut or almond flour instead.

Directions:

1. Preheat the oven to 350°F (175°C).
2. Combine all the ingredients in a bowl, stirring well. The batter should be thick but spreadable - adjust coconut milk as needed. Line a large light colored baking sheet with parchment paper and divide batter into about 10-12 pancakes. Place a dollop of the batter on the parchment and use the back of the spoon to gently smooth it out. Don't worry about trying to form perfect circles with the thick batter - as they cook they will settle into round pancake shapes. Bake for 10 minutes or until they are set and can easily be flipped with a spatula.
3. Flip pancakes and bake for about 5 min more, until the underside is browned and they are cooked throughout. Note that if you use a dark-colored baking sheet you will need to use shorter cooking times to avoid burning.
4. Serve with maple syrup, honey, or a berry compote. Goes great with a side of bacon. Can be refrigerated in an air-tight container and reheated for later.
5. Enjoy!

@UnlimitedYouCoaching





Prep Time : 10 mins

Cook Time : 1 hour 10 min

Servings : 6 portions



Roasted Pumpkin Soup

Ingredients :

- 4 lb pumpkin, halved,
- 2 tbsp olive or avocado oil
- ½ tsp kosher salt
- 1 medium onion, thinly sliced
- 2 cloves garlic, minced
- ½ tsp ground ginger
- ⅛ tsp cinnamon
- ⅛ tsp nutmeg
- 2 c. chicken bone broth, or vegetable broth
- 14-oz can full fat coconut milk
- 2 tbsp pure maple syrup,
- 1 sprig fresh thyme
- 1 sprig fresh sage
- ¼ c roasted, salted pepitas, for garnish

Notes :

This soup keeps in the fridge for up to 5 days or in the freezer for up to 3 months

@UnlimitedYouCoaching

Directions:

1. Preheat oven to 400. Drizzle 1 tbsp oil over the seedless pumpkin halves and rub the oil into the flesh. Season with salt
2. Place the pumpkin halves cut side down on a baking sheet and roast until the skin is golden brown and the pumpkins are starting to cave in on themselves, 40-45 minutes. The pumpkins are done when you can easily pierce the skin with a fork. Remove from the oven, flip them over, and set aside to cool. Once the pumpkins are cool enough to handle (10-15 minutes) scrape out the flesh with a spoon.
3. Heat a soup pot over a medium. Add the second tablespoon of oil to the pan and heat until it shimmers. Add the onion and sauté, (6 min). Add the garlic & other spices and sauté until fragrant, 1 minute. .
4. Add the pumpkin flesh to the pot, along with the broth, coconut milk, maple syrup, and fresh herbs and give everything a good stir. Increase the heat to high and bring the liquid to a boil. Reduce to low, cover, then simmer for about 20 min.
5. Fish out the herb stems from the soup. Puree the soup in the pot using an immersion blender until completely smooth.
6. Ladle the soup into bowls and garnish with roasted, salted pepitas. Serve immediately.





Prep Time : 20 mins

Cook Time : 10 min

Servings : 4 portion



Fall Harvest Salad with Creamy Dressing

Ingredients :

- 1 butternut squash, peeled, seeded, and chopped
- 2 tbsp coconut oil (melted)
- 1 tbsp chopped fresh rosemary
- 1 tbsp cinnamon
- ½ tsp garlic powder
- ½ tsp salt
- 1 large apple, cored and chopped
- 1 large pear, cored and chopped
- 1 tbsp lemon juice
- 4-5 cups mixed salad greens
- ½ cup shelled pumpkin seeds (omit for AIP)

For the Creamy Pumpkin Dressing:

- ¼ cup canned pumpkin
- ¼ cup coconut milk
- 3 tbsp olive oil
- 3 tbsp apple cider vinegar
- 1 tbsp maple syrup
- 1 tsp minced fresh rosemary
- ½ tsp ginger
- ½ tsp cinnamon
- ½ tsp thyme
- ¼ tsp sea salt

Directions:

1. Preheat oven to 400 degrees and prepare a baking sheet with parchment paper.
2. Toss butternut squash cubes with coconut oil, rosemary, cinnamon, garlic, and salt. Spread on prepared pan and bake for 25-30 minutes, stirring once halfway through. Set aside to cool.
3. Toast pumpkin seeds in a dry skillet on medium/low heat for 5-6 minutes, stirring constantly, until browned and fragrant. Set aside to cool.
4. Sprinkle chopped pear and apples with lemon juice, to prevent browning. Set aside.
5. In a small bowl, whisk together pumpkin salad dressing ingredients. (Makes about ¾ cup.)
6. Assemble salad in a large bowl with the mixed greens, pear and apple pieces, roasted squash, and toasted pumpkin seeds. Drizzle salad dressing over entire salad or individual portions. (Keep dressing separate if not eating immediately.)

Notes :

This makes a delicious side dish to any Fall meal or top it with roasted chicken, salmon, or your favorite protein to make it a main course salad or healthy lunch!





Prep Time : 10 mins

Cook Time : 10 min

Servings : 4 portions



Bacon & Date Brussels

Ingredients :

- 5 strips of bacon, chopped
- 12 oz of brussels sprouts, halved
- 3 gloves garlic, minced
- 1/4 tsp black pepper
- 1 tbsp red wine vinegar
- 1/2 cup honey crisp apple, peeled and diced
- 6 Medjool dates, pitted and chopped

Directions:

1. Using a large skillet, cook the bacon over medium heat until crispy. Use a slotted spoon to remove the bacon. Set the bacon aside and leave the fat in the pan.
2. Add the brussels sprouts cook face down for about 4 minutes to allow to brown and crisp. Stir and add the garlic, pepper & red wine vinegar, stirring and cooking for another 3 minutes to crisp further.
3. Add the apples and dates to the skillet and stir to combine. Cook for another 3-4 minutes or until the apples are soft.
4. Add the bacon back in and stir to combine.

Notes :

More Nutrition: Add in some diced rainbow carrots or Zucchini pieces
Spice: Sprinkle smoked paprika and nutritional yeast to the mix

@UnlimitedYouCoaching





Prep Time : 15mins

Cook Time : 25 min

Servings : 4 portions



AIP Orange Teriyaki Meatballs

Ingredients :

- 2 lb Chicken Breasts, boneless skinless, Ground
- 1/2 cup Green Onion, chopped
- 2 Tbsp Orange Zest
- 2/3 cup Orange Juice, fresh
- 2 tsp Ginger Root, minced
- 1/4 cup Coconut Aminos
- 1 Tbsp Apple Cider Vinegar
- 1 clove Garlic, minced
- 1 Tbsp Honey, Raw

Notes :

Leftovers store well in an air tight, glass container in the fridge for up to 4 days

Directions:

1. In a bowl, mix ground chicken (you can use any kind; breast or a blend) orange zest, pinch salt and green onions.
2. On a parchment lined cookie sheet, form 2 1/2 inch sized meatballs. Bake at 350 until internal temperature reaches 170 degrees. Mine took about 25 minutes.
3. In a saucepan, add coconut aminos grated ginger, garlic, honey, vinegar and fresh orange juice. Bring to a simmer and reduce until sauce coats the back of a spoon. It will simmer for about 10 minutes and then start to watch it closely. It will start to foam and bubble as it is reducing and almost ready. You want the sauce to be the consistency of maple syrup.
4. When meatballs are cooked, place in a bowl and drizzle with the sauce. Gently toss to coat all the meatballs.





Prep Time : 5 mins

Cook Time : 40 min

Servings : 8 portions



Turmeric Roasted Chicken with Broccolini

Ingredients :

- 4 - 6 lb Ham
- 1/4 cup Honey, Raw
- 1/2 cup Orange Juice
- 2 tsp Rosemary, dried
- 4 Tbsp Coconut Oil, Organic
- 1 tsp Orange Zest
- 1 Tbsp Apple Cider Vinegar

Directions:

1. Mix all the ingredients together in a bowl to form the marinade (besides the ham)
2. Rub the ham with your marinade mixture
3. Place ham in slow cooker.
4. Cook on low for 4-6 hours.

Notes :

You can coat the ham in your marinade ahead of time and let it sit for an hour before cooking. to enhance the flavor If you do this, use MCT oil instead of coconut oil so it doesnt solidify in the fridge

@UnlimitedYouCoaching





Prep Time : 20 mins

Cook Time : 6 Hours

Servings : 4 portions



Bison & Cauliflower Stew

Ingredients :

- 2 lb Bison Steak Medallions
- 1 Tbsp Organic Coconut Oil
- 2 cup Celery, chopped
- 3 sprig Thyme
- 3 sprig fresh Rosemary
- 1 head Cauliflower, chopped
- 1 Yellow Onion, chopped
- 1 quart Beef Broth, reduced sodium
- 1/2 tsp Salt, to taste

Notes :

Swap out the bison for any grassfed meat. For more nutrition, add extra veggies (carrots, zucchini, sweet potato, etc)

Directions:

1. In a cast iron skillet, brown bison stew meat on all sides in coconut oil.
2. Transfer seared bison meat into a large soup pot.
3. Place chopped onion and celery into the pot with the bison.
4. Pour beef broth over meat.
5. Season liberally with salt and pepper (if using pepper)
6. Place herbs, and celery greens into the pot, and turn burner onto medium heat.
7. Bring stew to a boil, stirring often.
8. Once stew comes to a boil, turn heat down to low, and cover with a lid.
9. Simmer stew for 6-8 hours, adding the chopped cauliflower for the last hour of cooking.

@UnlimitedYouCoaching





Prep Time : 5 mins

Cook Time : 45 min

Servings : 8 portions



Squash Gyro Sliders

Ingredients :

- 2 lb Ground Beef, grass fed, 85% lean
- 2 whole Delicata Squash
- 1 Tbsp Primal Palate Super Gyro Seasoning
- 5 pieces Bacon
- 1 whole Avocado
- 4 sprig Cilantro
- 1 whole Lime
- 1/2 tsp Himalayan Pink Salt

Notes :

Don't like pork? Omit bacon & bacon fat and use olive oil instead

@UnlimitedYouCoaching



Directions:

1. Pre-heat oven to 400F & place your bacon strips flat on the sheet pan. Place in the cold oven while it pre-heats. Cook for about 10-15 min. Do not turn oven off.
2. Drain some of the fat off the sheet pan into a ramekin, set aside. Leave about 2 tbsp on the sheet pan.
3. Slice your delicate (seedless) squash into 1/2 inch rings.
4. Place your rings on the greased sheet pan and flip over to grease both sides of the rings with bacon fat. Sprinkle lightly with salt, about 1/4 tsp.
5. Place the squash in the oven. Bake for 15 minutes. Then gently flip the rings over. Bake another 5 minutes.
6. In a large bowl mix the ground beef, seasoning, salt and bacon fat. Shape 6-8 sliders.
7. Remove the squash from the oven. Use a spatula to remove the squash from the sheet pan, set aside.
8. Arrange burger sliders on the sheet pan and roast at 400F for 15 minutes.
9. When they are done, place a slider over each ring.
10. Peel your avocado and smash it. Spoon a littler over each patty.
11. Sprinkle a little salt over them, then a little lime juice. Top with a few cilantro leaves.
12. Lastly, cut up the bacon in to 1/2 inch chunks and top your sliders off.





Prep Time : 20 mins

Cook Time : 10 min

Servings : 4 portion



Turmeric Roasted Chicken with Broccolini

Ingredients :

Turmeric Spice Blend

- 1 tsp Turmeric, ground
- 1 tsp dried Oregano
- 1 tsp Granulated Garlic
- 1/2 tsp Onion, granulated
- 1 tsp Sea Salt

Chicken and Broccolini

- 1 1/2 lb Chicken Breast, skin on and bone in
- 3 pieces Bacon, (thick cut)
- 2 bunch Baby Broccolini
- 3/4 cup Chicken Bone Broth

Notes :

Batch cook your chicken and use the leftover the next day in a salad or wrap

Directions:

1. Preheat oven to 400.
2. Add all of the spice ingredients to a small bowl and mix to combine. Liberally season the outside of the chicken with the blend and under the skin. Set aside.
3. Heat a medium-sized dutch oven or oven-proof skillet to medium-high heat and add the chopped bacon. Cook until the bacon pieces are browned. Remove the bacon from the oil.
4. Place the chicken skin-side down in the bacon grease and let fry for about 3 minutes or until skin is crispy. Remove from the skillet and set on a plate.
5. Add the Broccolini and let sear for 3-4 minutes. Add the chicken back to the pan, skin side up and place it around and on top of the broccolini.
6. Add the broth to the pan and place it in the oven. Let cook for 20-25 minutes or until the chicken reaches 165 degrees.
7. Top the dish with the reserved bacon pieces and serve immediately.

@UnlimitedYouCoaching





Prep Time : 10 min

Cook Time : 40 min

Servings : 9 portion



PALEO PUMPKIN PIE BARS (AIP)

Ingredients :

For the Crust

- 1/2 cup + 1 tbsp coconut flour
- 3 tbsp arrowroot starch
- 1 tbsp gelatin
- 1/2 tsp baking soda
- 2 tbsp maple syrup
- 1/2 cup coconut oil

For the filling

- 2 cups pumpkin puree
- 1/4 cup coconut oil, melted
- 1/4 cup maple syrup
- 1/4 cup coconut cream, softened (plus additional for topping if desired)
- 1 tsp cinnamon
- 1/4 cup water
- 1 tbsp gelatin

@UnlimitedYouCoaching

Directions:

1. Preheat oven to 350F and line a baking pan with parchment paper, greased with coconut oil.
2. Mix the dry ingredients in medium mixing bowl.
3. Stir in the coconut oil and maple syrup
4. Press the crust into the bottom of the baking pan, evenly dispersing it. Bake in the preheated oven for 15 minutes. Set aside to cool completely.

For the filling

1. Mix the pumpkin puree, maple syrup, coconut oil, coconut cream, and cinnamon until well combined. Stir to make sure the coconut cream is softened and no clumps remain.
2. Make the gelatin egg by pouring the water into a small saucepan and sprinkling the gelatin over top. Allow it to harden for 2-3 minutes. Set the pot on the stove top set to low heat for 1-2 minutes to allow the gelatin to melt and the mixture to turn back into liquid. Remove from the heat and use a whisk or a milk frother to vigorously whisk until frothy. Pour into the pumpkin mixture and combine.
3. Pour the filling mixture into the baking pan over the crust and use a spoon or rubber spatula to even out the top.
4. Place in the fridge to set and cool for 3-4 hours.
5. Slice in 9 pieces, serve & enjoy

Original recipe sourced from Unbound Wellness





Prep Time : 20 mins

Cook Time : 6 Hours

Servings : 9 portion



Salted Caramel Pumpkin Cheesecake

Ingredients :

For the crust

- 10-11 dates, pitted
- 1 cup shredded coconut
- 1 tbsp coconut oil, melted

For the cheesecake

- 1 1/2 cup coconut cream
- 1/2 cup + 3 tbsp pumpkin puree
- 2 tbsp maple syrup
- 1 tsp cinnamon
- 1 tbsp Vital Proteins Gelatin
- 1/4 cup water

For the caramel

- 1/2 cup coconut cream
- 1/4 cup coconut sugar
- 1/4 tsp salt flakes

Notes :

If making the cheesecake ahead of time, wait to make the caramel fresh before serving.

@UnlimitedYouCoaching

Durections:

STEP 1 (Crust)

- Line the base of a 7-8" springform pan with parchment paper and set aside.
- Soak the dates in warm water for 10 min to soften
- Using a food processor, blend the dates. Add the shredded coconut and coconut oil and blend until fully combined. Add an extra date if the crust is not sticking.
- Lay the crust mixture into the pan and set aside.

STEP 2 (Cheesecake Filling)

- Combine the coconut cream, pumpkin puree, cinnamon, and maple syrup in the food processor for 10-15 seconds or until fully incorporated.
- Pour the water into a small saucepan and evenly sprinkle the gelatin over the water. Allow to sit for 2-3 minutes to allow to harden. Place on the stovetop set to low heat until the mixture comes to liquid. Remove from heat. Use a whisk or milk frother to blend the gelatin mixture until frothy.
- Add the gelatin mixture into the food processor and mix for another 5-10 seconds.
- Pour the filling over the crust and place in the refrigerator for a minimum for 5-6 hours to harden, or overnight. The cheesecake should be fully solidified before slicing.

STEP 3 (Caramel Sauce)

- Once the cheesecake is ready to serve, combine the coconut cream, and sugar in a saucepan over medium heat and stir to combine. Bring to a low boil, and reduce to a low simmer, stirring often. Simmer for about 10 minutes, or until the caramel is reduced and browned.
- Immediately drizzle the caramel over the cheesecake and top with salt.



Original recipe sourced from Unbound Wellness



Looking for more support?

I offer a wide variety of programs from self-paced courses, 1:1 coaching and wellness mentorships.

My unique skill is teaching you how to make living well, fun, easy & sustainable long term.

I'm here to help you feel better, increase your energy, & your confidence so you can wake up every day excited about the symptom free, high impact life you live.

Hop on a no obligation discovery call with me and let's chat to see the best way for us to partner up



BOOK MY NOW!

With Love Always,

Stephanie Grosvenor
NUTRITIONIST & COACH

@UnlimitedYouCoaching

What You Can Expect Working With ME?

BEFORE



Age 22



Age 32

AFTER



Over 40lbs lost

Thank you Stephi for helping me. By working with you I was able to learn how to live a healthier life, heal my body and live my life to the fullest, the way I have always wanted to. My 25 year battle with chronic pain, weight, hormones, fatigue & anxiety has finally come to an end. Your support and guidance on this journey has truly changed my life.

~ Roelien



BEFORE



AFTER



BEFORE

AFTER

**Over 80lbs
lost**



At age of 28, I was on medications for GERD, Hypertension, CPAP for sleep apnea and was also diagnosed with anxiety and pre-diabetes. I was not living my fullest with diseases and GERD symptoms like Heartburn, & chest tightness was at the worst. I was told I would have to use a CPAP machine for a few years & blood pressure medication for the rest of my life.

When I started with Stephi, things changed within a month. She listened to my every problem and helped me to find the best solutions without compromising. She even helped me select GERD friendly menu items when I went to a restaurant. She helped me improve my sleep & resolved all my gut issues.

After working with her for three months, I'm off all my medications completely and no longer have sleep apnea, anxiety, or pre-diabetic.

She has helped me truly understand how food can be used as a medicine to heal. Thank you so much Stephi for everything you have done! You have provided me a lifetime of techniques on how to stay healthy and happy! God bless you!!!

~ Sawani



BEFORE

AFTER





BEFORE

Aging Backwards

I am 52 years old & have been working with Stephanie for 2 years. My "Ah-ha" moment came when I found myself approaching the big 50 and realized I had been neglecting my health for most of my life. **The term 'Changing my Lifestyle' put me off the whole healthy living circuit because I loved my lifestyle.**

It was only when Stephanie started joining all the dots for me about the systems in my body that I started wanting to know more. **Her genuine care and quality of her knowledge helped me implement sustainable lifestyle choices and the benefits have been life changing.** I still have so much to learn but I have honestly never felt better.

~ **Maureen**



AFTER

Book your no obligation call with me below and let's get you started on become the next big, inspiring success story!

BOOK MY NOW!



Stephanie's recommendations and approach has changed my life & my relationship with my family.

Not only has it allowed me to feel and be more productive during the day but I also dropped from a 7 XL shirt to a 3 XL shirt in just 12 weeks. I would highly recommend Stephanie as a Health coach for anyone

~ **BRIAN**



Battling with IBS and other health issues, Steph has really jumped in and gone above and beyond to help me by sharing her knowledge and providing me with so much information that can help me. She got me thinking differently about food and what a healthy lifestyle actually is and should be. I've never felt so positive and inspired to be a healthier me. Thanks so much Steph Xx

~ **LILLY**



Stephi is amazing at what she does. Since she has been in my life she has transformed my way of thinking, eating and being healthy. From food, to my career to my relationships, everything has improved since working with Stephi & her team

~ **CLAUDEA**