Meals meant to heal

By SOSAB Inc.
About the chef..... Shenita-Ann Grymes

Faith Based Healer, Health Coach, and Health Coach.

Mother of one son.

Friend to many!

Current host of Healthy You TV: a Vegan cooking show.

S.O.S.A.B. Inc

Saving our souls and bodies.

As a personal Health coach I help those with specific health goals. These sessions are provided remotely (or in-person) and are done with dedication.
Information

Transformation

S.O.S.A.B
Souls
Saving

Body
Kelp Cucumber Salad

**Ingredients**
- 1 Cucumber
- ¼ pound Kelp
- 4 tbsp. Rice Vinegar
- 1 tbsp. Maple syrup
- 3 tbsp. Tamari
- 2 tbsp. Sesame seeds

**Preparation**
- Place Kelp in bowl and cover with water let sit for 15 min.
- Slice cucumber and Kelp
- Whisk with vinegar, maple syrup and tamari
- Garnish with sesame seeds. Enjoy!
Kelp Cucumber Salad
20 minutes • Serves 4-6

-Brown seaweed is packed with nutrients. Iodine; an essential mineral for healthy thyroid function.

-Cucumbers contain unique polyphenols and other compounds that may help reduce your risk of chronic diseases.

-Sesame seeds rank highest in cholesterol-lowering phytosterols of nearly all nuts, seeds, legumes and grains.
Hummus

15 minutes • Serves 8

Ingredients

- 2 Cups Chickpeas
- ⅓ Cup chickpea water
- 3 TBS Tahini
- 3 cloves of garlic
- ½ tspn fresh lemon juice
- ⅛ tspn cumin

Preparation

1. Combine all ingredients in a food processor (small batches)
2. Stir it in a mixing bowl
3. Taste
4. Add more lemon juice, salt or pepper _____to your taste (chili powder or paprika)
Hummus

Prep. 15 minutes • Serves 8

Benefits of this meal include, but are not limited to

- Control of Blood Sugar Levels
- Increases Satiety
- Helps with Weight Loss,
- Improves Digestion Thanks to a High Fiber Content,
- Helps Protect Against Heart Disease
- Cancer
- Provides
- Essential Vitamins
- Minerals
- Protein
Veggie Nori Roll

**Ingredients**
- 1 Cup of cooked brown/black rice
- 2 tbsp. Brown rice vinegar
- 1 tspn. Brown rice syrup
- ½ tspn. Sea salt
- 5 sheets toasted sushi nori

**Preparation**
1. Mix rice, vinegar, rice syrup and sea salt.
2. Lay Nori on a dry/clean surface.
3. Spread rice on the side of Nori closest to you.
4. Roll away from you starting with the end closest to you.
5. At the end wet tip and seal edge.
6. Use a wet knife and slice beginning in the center.
Veggie Nori Roll

15 minutes • Serves 5

Black Rice is also known as Forbidden Rice!

Nori one of the most popular seaweed species
Quinoa

Ingredients
Preparation time 15 min. Serves 8

- 2 Cups cooked quinoa
- ½ cup chopped radishes
- ½ cup chopped cucumber
- ½ cup chopped celery
- ½ cup chopped red onion
- ½ cup chopped fresh parsley
- ½ cup chopped red bell pepper
- 1 tablespoon olive oil
- 2 tspn. Balsamic vinegar

Combine in bowl and Enjoy!
Prep. 15 minutes • Serves 8

Benefits of this meal include, but are not limited to

- Protein contains ALL 9 amino-acids
- Contains Flavonoids (or plant antioxidants)
- Improves Digestion Thanks to a High Fiber Content (mostly insoluble)
- Helps Protect Against Heart Disease
- Helps with Weight Loss,
Truffles

3 minutes • Serves 5

Ingredients:

- 5 Medjool dates
- 1 tbsp carob powder
- 1 tsp cinnamon
- 5 Whole Almonds
- 1 tbsp chopped Almonds
- 1 tbsp chopped Coconuts
Twenty Signs Of Too Much Stress

- Obesity and over-eating
- Excessive alcohol use
- Loss of appetite/anorexia
- Smoke more
- Increased coffee drinking
- People irritate you more
- Substance abuse
- Can’t make decisions
- Unable to concentrate
- Increased and suppressed anger
- Lose sense of humor
- Become paranoid
- Feeling out of control
- Do not finish things
- Excessive emotion/ crying
- Only interest is work
- Permanently tired
- Decreased sex drive
- Nail biting
- Change jobs often
Contact

Shenita-Ann Grymes

sosab1@live.com

Phone: 202-749-7432

Consultation available at
www.about.me/SOSAB