



## Power My Day

# Power My Day

**SANNA SUMNER NUTRITION**

Hello lovely!

I'm so excited that you downloaded this recipe book of Power My Day. You're one step closer to having more energy & feeling good.

My name is Sanna and I'm a Nutritional Therapist with a special focus on helping women who struggle with low energy. You could say healthy food is my passion!

About 10 years ago, I was feeling tired all the time and kept going with caffeine & sugar. I started to get sick with frequent colds and feeling more & more grumpy. I did my own research into how I can get better & discovered that you can transform your energy by just eating better.

I get to help women all over the world to overcome their fatigue & feel awesome with healthy food that actually tastes great.

If you have any questions, I'm here for you. You can check out my different services at: <http://sannasumner.com/packages/> if you'd like further help.

I can't wait to see your energy levels change too!

**Best of Health, Sanna**



# Fried Eggs & Steamed Spinach

1 SERVING 10 MINUTES



## INGREDIENTS

2 cups Baby Spinach  
1 tbsp Water  
Sea Salt & Black Pepper (to taste)  
1 tsp Ghee  
2 Egg

## DIRECTIONS

- 01 Heat a pan over medium heat and add spinach and water. Stir just until wilted, then remove from heat. Season with sea salt, pepper and ghee. Transfer to a plate.
- 02 In the same pan, cook your eggs. Season with sea salt and pepper.
- 03 Plate the spinach with eggs. Enjoy!

## NOTES

### NO GHEE

Use butter or oil instead.

### MORE FLAVOUR

Sprinkle everything with nutritional yeast or Everything Bagel Seasoning.

# Pear Blackberry Smoothie

1 SERVING 10 MINUTES



## INGREDIENTS

1 Pear  
1 cup Blackberries  
2 tbsps Ground Flax Seed  
1/2 tsp Cinnamon  
1 cup Baby Spinach  
1 cup Water  
6 Ice Cubes

## DIRECTIONS

01 Add all ingredients to your blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### NO GROUND FLAX SEED

Use chia seeds instead.

### NO BLACKBERRIES

Use blueberries instead.

# Trail Mix With Banana

2 SERVINGS 5 MINUTES



## INGREDIENTS

2/3 cup Clean Trail Mix  
2 Banana

## DIRECTIONS

01 Divide trail mix into bowls or containers, and serve with a banana on the side.  
Happy snacking!

# Rice Cakes, Avocado & Hummus

1 SERVING 10 MINUTES



## INGREDIENTS

2 Plain Rice Cake  
1/4 cup Hummus  
1/2 Avocado (sliced)  
Sea Salt & Black Pepper (to taste)

## DIRECTIONS

01 Spread rice cakes with hummus. Top with sliced avocado and a sprinkle of salt and pepper. Enjoy!

## NOTES

### NO RICE CAKES

Use crackers or tortillas instead.

# Almond Butter Stuffed Dates

1 SERVING 5 MINUTES



## INGREDIENTS

1/4 cup Pitted Dates  
2 tbsps Almond Butter

## DIRECTIONS

01 Spoon an even amount of nut butter into the centre of each date. Enjoy!

## NOTES

### NUT-FREE

Use sunflower seed butter or tahini instead of almond butter.

### DRESS THEM UP

Sprinkle with coconut flakes, cacao nibs, or hemp seeds.