



METABOLIC REVOLUTION

OUR HEALTH, OUR RIGHT

Slow Weekend, Simple Joys

Dear Friends,

Did this holiday sneak up on anyone else? Same here. After a summer that sprinted by, I'll be carving out a little time for R&R this weekend, along with a touch of prep for the fall season. (Never a dull moment here at Metabolic Revolution!)

If you're in the same boat, consider this a gentle permission slip to slow down, breathe, and enjoy the pause.

To mark the moment, we thought we'd do something light and fun. Here's an easy breakfast *or lunch* that I love, along with a reminder that sometimes the best cooking is simply free-flow: keep it easy (maybe just use what you have stashed in the fridge or freezer), and be sure to enjoy yourself, your family, and your loved ones.

Fantastic food can do so much to nourish the body and mind!



Weekend fuel: crispy beef bacon, soft eggs, and late-summer sunshine.

With that said, I've been reflecting on my approach to cooking; how I move between following a recipe and keeping it simple and intuitive. It's a small practice in flexibility, a reminder that good meals don't have to be complicated.

Free-Flow Idea (No Recipe Required)

Grilled Lamb Burgers and Summer Squash

Season ground lamb with salt, pepper, garlic, and chopped fresh mint (or rosemary). Form patties and grill or pan-sear. Slice squash, toss with olive oil and salt, and char until tender. Serve with a squirt of lemon and perhaps some more salt. That's it!

We'd Love to Hear from You!

Do you have a favorite go-to recipe or "no-recipe" meal? We'd love to feature a community favorite in an upcoming newsletter.

Send me a note at info@metabolicsrevolution.org with your recipe (or your effortless go-to), plus a photo if you have one. No photo? No problem! I may try my hand at recreating it!

Vegetarian cooks, I'd love to see your tried-and-true favorites!

In health and wellness,

Chérie St. Arnould
Executive Director, Metabolic Revolution

