

NOURISHING SUMMER RECIPES

*20 Simple, healthy recipes to
help you feel energized all summer long.*

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Nourish your body. Love your life.

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Welcome!

Hi, I'm Lori.

Summer is my favorite season. I love spending time outside hiking, paddleboarding, gathering with family and friends, traveling, and soaking up the sunshine. It's also the perfect time to enjoy fresh, colorful foods that help you feel energized and nourished.

I'm a **National Board Certified Health & Wellness Coach** and **Certified Yoga Instructor**, and I help women create healthy habits that actually fit real life. I believe healthy eating doesn't have to be complicated or restrictive. Small, sustainable changes can make a big difference over time.

If you'd like support creating healthy habits that stick, I offer a **free 30-Minute Clarity Coaching Session**. I'd love to connect with you.

👉 [Book your free Clarity Coaching Session here.](#)

Healthy eating doesn't have to be complicated. Small, simple choices add up over time. 

I hope you enjoy these recipes and have a healthy, joyful summer.

Lori Kampa

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HEALTHY SUMMER DESSERT IDEAS



MANGO COCONUT SORBET



Ingredients

- **3 cups fresh mango, peeled and chopped**
- **1 cup full-fat coconut milk (canned)**
- **2 tablespoons maple or agave syrup (adjust to taste)**

Directions

- 1) Peel and chop fresh mango into small pieces. Ensure you have about 3 cups of mango.
- 2) Combine the chopped mango, coconut milk, and maple or agave syrup in a blender or food processor. Blend until the mixture is smooth and creamy.
- 3) Taste the mixture and adjust the sweetness if necessary by adding more syrup.
- 4) Pour the blended mixture into a shallow container. Place it in the freezer for about 2-3 hours or until it starts to firm up.
- 5) Every 30 minutes, take the container from the freezer and stir the mixture with a fork to break up any ice crystals. This will help achieve a smoother texture.
- 6) After the initial stirring, allow the mixture to freeze completely for another 2-3 hours.
- 7) Once fully frozen, scoop the sorbet into bowls and serve immediately.

Serving Size: 4-6 servings



BERRY YOGURT POPSICLES



Ingredients

- 2 cups of dairy-free yogurt (such as almond or coconut)
- 1 cup mixed berries (strawberries, blueberries, raspberries)
- 1-2 tablespoons of maple or agave syrup (to taste)

Directions

- 1) Wash the mixed berries and chop any larger berries into smaller pieces.
- 2) Mix the dairy-free yogurt with agave or maple syrup in a bowl. Adjust the sweetness.
- 3) Begin by spooning a layer of yogurt into each popsicle mold. Add a layer of mixed berries on top of the yogurt. Repeat this process, alternating between yogurt and berries until the molds are full.
- 4) Place the popsicle sticks into the molds. Freeze until solid.

Serving Size: ~6 popsicles

AVOCADO CHOCOLATE MOUSSE



Ingredients

- 2 ripe avocados
- 1/4 cup unsweetened cocoa powder
- 1/4 cup maple syrup (adjust to taste)
- 1 teaspoon vanilla extract
- A pinch of sea salt (optional)

Directions

- 1) Cut the ripe avocados in half, remove the pits, and scoop the flesh into a blender or food processor.
- 2) Add the unsweetened cocoa powder, maple syrup, vanilla extract, and a pinch of sea salt (if using) to the blender.
- 3) Blend all the ingredients until smooth and creamy. You may need to stop and scrape down the sides of the blender a few times to ensure everything is well combined.
- 4) Taste the mousse and adjust the sweetness if needed by adding more maple syrup.
- 5) Transfer the mousse to serving bowls or ramekins. Cover and chill in the refrigerator for at least 1 hour to let the flavors meld and the mousse firm up slightly.
- 6) Serve the mousse chilled, optionally topped with fresh berries, coconut whipped cream, or a sprinkle of cocoa nibs.

Serving Size: 4 servings



BANANA NICE CREAM



Ingredients

- **4 ripe bananas,**
peeled and frozen
- **1/4 cup almond milk**
(unsweetened)
- **1 teaspoon vanilla**
extract

Directions

- 1) Peel the ripe bananas, slice them, and place them in a freezer-safe container. Freeze for at least 2 hours or until completely frozen.
- 2) Add the frozen banana slices to a blender or food processor. Pour in the almond milk and vanilla extract.
- 3) Blend the mixture until it reaches a smooth and creamy consistency. You may need to occasionally stop and scrape down the sides of the blender to ensure all the bananas are blended evenly.
- 4) Once smooth and creamy, serve the banana nice cream immediately. You can enjoy it as is or add toppings like fresh berries, nuts, or a drizzle of almond butter.

Serving Size: 4 servings



COCONUT LIME BARS



Ingredients

- 2 cups unsweetened shredded coconut
- 1/2 cup coconut milk (full-fat, canned)
- 1/4 cup lime juice (freshly squeezed)
- 1 tablespoon lime zest
- 1/4 cup maple syrup

Directions

- 1) Combine the shredded coconut, coconut milk, lime juice, zest, and maple syrup in a large mixing bowl. Mix well until all ingredients are thoroughly combined, and the mixture is sticky.
- 2) Line an 8x8-inch baking pan with parchment paper. Press the coconut mixture firmly and evenly into the pan.
- 3) Place the pan in the freezer and freeze for at least 2 hours or until the mixture is firm.
- 4) Once firm, remove the pan from the freezer. Lift the mixture from the pan using the parchment paper and place it on a cutting board. Cut into bars of your desired size.

Serving Size: 12 bars



HEALTHY SUMMER NO-COOK MEALS



MEDITERRANEAN CHICKPEA SALAD



Ingredients

- 1 can chickpeas, drained and rinsed
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1/2 red onion, finely chopped
- 1/2 cup Kalamata olives, pitted and halved
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon dried oregano
- Salt and pepper to taste

Directions

- 1) In a large bowl, combine the chickpeas, cherry tomatoes, cucumber, red onion, and Kalamata olives.
- 2) In a small bowl, whisk together the olive oil, lemon juice, dried oregano, salt, and pepper.
- 3) Pour the dressing over the salad and toss to combine.
- 4) Serve immediately or refrigerate for up to 2 days for the flavors to meld.

Serving Size: 4 servings

Coach Tip: Meal planning doesn't have to mean planning every meal. Start with 2-3 recipes for the week and build from there.

SUMMER FRUIT AND SPINACH SALAD



Ingredients

- 6 cups fresh spinach leaves, washed and dried
- 1 cup strawberries, hulled and sliced
- 1/2 cup diced red onion
- 1 avocado, pitted and sliced
- 1/4 cup pine nuts

Dressing:

- 1/4 cup apple cider vinegar
- 1/4 cup maple syrup
- 1 tablespoon Dijon mustard
- 1 tablespoon poppy seeds
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup extra-virgin olive oil

Directions

- 1) In a large salad bowl, combine the spinach leaves, strawberries, red onion, and avocado slices.
- 2) Drizzle the poppy seed dressing over the salad to your preference and toss gently to combine.
- 3) Sprinkle the pine nuts over the top. Serve immediately.

Dressing:

- 1) Whisk together the apple cider vinegar, maple syrup, Dijon mustard, poppy seeds, salt, and black pepper until well combined.
- 2) Slowly drizzle in the olive oil while whisking continuously to emulsify the dressing.

Tip: Make the dressing in a jar so you can easily store the extra dressing.



ASIAN SESAME SALAD



Ingredients

- 4 cups mixed greens
- 1 cup shredded red cabbage
- 1 cup julienned carrots
- 1 cup sliced cucumbers
- 1 red bell pepper, thinly sliced
- 1/4 cup chopped green onions
- 1/4 cup fresh cilantro, chopped
- 1/4 cup sliced almonds
- 1 cup crunchy noodles or sunflower seeds

Dressing:

- 1/4 cup rice vinegar
- 2 tablespoons tamari (gluten-free soy sauce)
- 2 tablespoons toasted sesame oil
- 1 tablespoon maple syrup
- 1 tablespoon fresh lime juice
- 1 teaspoon grated ginger
- 1 garlic clove, minced
- 1 tablespoon sesame seeds

Directions

- 1) Combine the mixed greens, shredded red cabbage, julienned carrots, sliced cucumbers, red bell pepper, green onions, and cilantro in a large bowl.
- 2) Whisk together the rice vinegar, tamari, toasted sesame oil, maple syrup, fresh lime juice, grated ginger, minced garlic, and sesame seeds in a small bowl or jar.
- 3) Pour the dressing over the salad and toss gently to combine. Top the salad with sliced almonds and crunchy noodles or sunflower seeds.

Serving Size: 4 servings



GREEK PITA POCKETS



Ingredients

- 4 whole wheat pita pockets
- 1 can (15 oz) chickpeas, drained and rinsed
- 1/2 cup roasted red pepper
- 1 cucumber, diced
- 1/2 red onion, finely chopped
- 1/4 cup Kalamata olives, pitted and sliced
- 1/4 cup fresh parsley, chopped
- 1 cup marinated artichoke hearts, drained and chopped
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon dried oregano
- Salt and pepper to taste

Directions

- 1) Combine chickpeas, roasted red pepper, cucumber, red onion, Kalamata olives, parsley, and marinated artichoke hearts in a large bowl.
- 2) Whisk the olive oil, lemon juice, dried oregano, salt, and pepper in a small bowl.
- 3) Pour the dressing over the chickpea mixture and toss to combine.
- 4) Cut the pita pockets in half and gently open each half to create a pocket.
- 5) Stuff each pita pocket with the chickpea salad mixture. If you are gluten-free, wrap in a collard green on top of mixed greens.

Serving Size: 4 servings

SOUTHWEST QUINOA SALAD



Ingredients

- 2 cups cooked quinoa
- 1 can black beans, drained and rinsed
- 1 cup corn kernels (optional - fresh, frozen, or canned)
- 1 cup cherry tomatoes, halved
- 1/2 red onion, finely chopped
- 1/4 cup fresh cilantro, chopped
- 1 yellow bell pepper, diced
- 1 cucumber, diced
- 1 avocado, sliced
- Juice of 2 limes
- 1 teaspoon ground cumin
- Salt and pepper to taste

Directions

- 1) Combine the pre-cooked quinoa, black beans, corn, cherry tomatoes, red onion, cilantro, yellow bell pepper, and cucumber in a large bowl.
- 2) Whisk the lime juice, ground cumin, salt, and pepper in a small bowl.
- 3) Pour the lime juice and cumin dressing over the quinoa mixture. Toss gently to combine all ingredients thoroughly.
- 4) Top the salad with sliced avocado before serving to prevent it from browning.
- 5) Serve immediately or chill in the refrigerator for 30 minutes to allow the flavors to meld.

Serving Size: 4 servings





HEALTHY SUMMER SNACK IDEAS



WATERMELON & FETA SKEWERS



Ingredients

- 4 cups watermelon, cubed
- 1 cup feta cheese, cubed (vegan, if preferred)
- Fresh mint leaves
- 1 tablespoon balsamic glaze (optional)

Directions

- 1) Cube the watermelon and vegan feta cheese into bite-sized pieces. Wash the fresh mint leaves.
- 2) On each skewer, alternate between watermelon cubes, feta cubes (vegan, if desired), and mint leaves until the skewer is full.
- 3) Drizzle with balsamic glaze if desired for an extra layer of flavor.
- 4) Arrange the skewers on a platter and serve immediately.

Serving Size: ~12 skewers

STRAWBERRY LEMON CHIA PUDDING



Ingredients

- 1/4 cup chia seeds
- 1 cup almond milk
- 1 tablespoon maple syrup
- 1 teaspoon vanilla extract
- 1 cup fresh strawberries, chopped
- Zest of 1 lemon
- Juice of 1 lemon
- Fresh mint leaves for garnish
- Sliced almonds for topping

Directions

- 1) In a mixing bowl, combine the chia seeds, almond milk, maple syrup, and vanilla extract. Stir well to ensure the chia seeds are evenly distributed. Let the mixture sit for about 10 minutes, then stir again to break up any clumps.
- 2) Gently fold in the chopped strawberries, lemon zest, and lemon juice. Stir to combine.
- 3) Cover the bowl and refrigerate for at least 4 hours or overnight. The chia seeds will absorb the liquid and expand, creating a pudding-like consistency.
- 4) Top with additional fresh strawberries and sliced almonds, and garnish with fresh mint leaves if desired.

Serving Size: 2 servings

APPLE AND NUT BUTTER ROUNDS



Ingredients

- 2 large apples, cored and sliced into rings
- 1/4 cup almond butter or peanut butter
- 1/4 cup granola (optional)

Directions

- 1) Core the apples and slice them into rings about 1/4-inch thick.
- 2) Take apple slice and spread a thin layer of almond butter or peanut butter.
- 3) Sprinkle a small amount of granola over the nut butter.

Serving Size: ~4-6 rounds

SPICY LIME KALE CHIPS



Ingredients

- 1 bunch of kale (about 6 cups, washed and thoroughly dried)
- 1 tablespoon olive oil
- 1 tablespoon fresh lime juice
- 1 teaspoon smoked paprika
- 1/2 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper (adjust to taste for spiciness)
- 1/4 teaspoon garlic powder
- 1/2 teaspoon sea salt

Directions

- 1) Preheat your oven to 300°F (150°C). Line a baking sheet with parchment paper.
- 2) Remove the kale leaves from the thick stems and tear them into bite-sized pieces. Make sure the kale is completely dry.
- 3) In a large bowl, combine the olive oil, lime juice, smoked paprika, ground cumin, cayenne pepper, garlic powder, and sea salt. Add the kale pieces to the bowl and massage the seasoning mixture into the kale until evenly coated.
- 4) Spread the seasoned kale pieces in a single layer on the prepared baking sheet.
- 5) Bake for 20-25 minutes, turning the kale halfway through until the edges are brown but not burnt. Keep a close eye on them, as they can burn quickly.
- 6) Remove the kale chips from the oven and let them cool on the baking sheet. They will continue to crisp up as they cool. Serve immediately or store in an airtight container for up to a few days.

Serving Size: 2-3 servings



SUMMER BERRY YOGURT BARK



Ingredients

- 2 cups Greek yogurt
(vegan yogurt works, too)
- 1/2 cup fresh strawberries,
sliced
- 1/2 cup fresh blueberries
- 1/2 cup fresh raspberries
- 1/4 cup granola
- 2 tablespoons maple
syrup

Directions

- 1) Line a baking sheet with parchment paper. Mix the yogurt with maple syrup in a bowl.
- 2) Pour the yogurt onto the prepared baking sheet and spread it evenly to about 1/4-inch thickness using a spatula.
- 3) Sprinkle the sliced strawberries, blueberries, raspberries, and granola evenly over the yogurt.
- 4) Place the baking sheet in the freezer and freeze for at least 3 hours or until the yogurt is firm and fully frozen.
- 5) Once frozen, remove the yogurt bark from the freezer and break it into pieces.

Serving Size: ~8 servings



HEALTHY SUMMER BEVERAGE IDEAS



CUCUMBER MINT LEMONADE



Ingredients

- 1 large cucumber, peeled and chopped
- 1/4 cup fresh mint leaves
- 1/2 cup freshly squeezed lemon juice (about 4-5 lemons)
- 4 cups cold water
- 2-3 tablespoons maple or agave syrup (to taste)
- Ice cubes
- Lemon slices and mint sprigs for garnish

Directions

- 1) Place the chopped cucumber and mint leaves in a blender. Add a cup of water and blend until smooth.
- 2) Pour the cucumber-mint blend through a fine mesh strainer into a large pitcher, pressing down to extract as much liquid as possible. Discard the pulp.
- 3) Add the freshly squeezed lemon juice to the pitcher. Stir in maple or agave syrup.
- 4) Pour in the remaining 3 cups of cold water and stir well to combine.
- 5) Fill glasses with ice cubes and pour the cucumber mint lemonade over the ice. Garnish with lemon slices and mint sprigs if desired.

Serving Size: ~6 servings

CITRUS ICED GREEN TEA



Ingredients

- 4 cups water
- 2 green tea bags
- 1/2 cup freshly squeezed orange juice (about 1-2 oranges)
- 1/4 cup freshly squeezed lemon juice (about 1-2 lemons)
- 1 tablespoon maple or agave syrup
- Ice cubes
- Orange and lemon slices for garnish (optional)
- Fresh mint leaves for garnish (optional)

Directions

- 1) Bring 4 cups of water to a boil in a medium saucepan. Once the water reaches a boil, remove it from the heat and add the green tea bags. Let the tea steep for about 3-5 minutes, depending on how strong you like your tea.
- 2) Remove the tea bags and let the tea cool to room temperature.
- 3) Once the tea has cooled, stir in the freshly squeezed orange juice and lemon juice. Add maple or agave syrup and stir until fully dissolved.
- 4) Fill glasses with ice cubes and pour the citrus green tea over the ice. Garnish with slices of orange and lemon, and add fresh mint leaves if desired.

Serving Size: ~4 servings

WATERMELON LIME AGUA FRESCA



Ingredients

- 4 cups seedless watermelon, cubed
- 2 cups cold water
- 1/4 cup freshly squeezed lime juice (about 2-3 limes)
- 2 tablespoons maple or agave syrup (to taste)
- Ice cubes
- Lime slices and mint leaves for garnish (optional)

Directions

- 1) Place the watermelon cubes in a blender. Add the cold water and blend until smooth.
- 2) If you used a high-powered blender, you might be able to skip this step. Otherwise, pour the watermelon blend through a fine mesh strainer into a large pitcher, pressing down to extract as much liquid as possible. Discard the pulp.
- 3) Add the freshly squeezed lime juice to the pitcher. Stir in the maple or agave syrup.
- 4) Fill glasses with ice cubes and pour the watermelon lime agua fresca over the ice. Garnish with lime slices and mint leaves if desired.

Want to make it a cocktail? Add vodka or tequila.

Serving Size: ~4 servings

STRAWBERRY BASIL INFUSED WATER



Ingredients

- 1 cup fresh strawberries, hulled and sliced
- 1/4 cup fresh basil leaves, gently torn
- 8 cups cold water
- Ice cubes (optional)

Directions

- 1) Hull and slice the strawberries. Gently tear the basil leaves to release their flavor.
- 2) Combine the sliced strawberries and torn basil leaves in a large pitcher. Pour the cold water over the strawberries and basil.
- 3) Allow the mixture to sit in the refrigerator for at least 1-2 hours to let the flavors infuse. For a stronger flavor, let it infuse overnight.
- 4) Before serving, give the infused water a gentle stir. Pour into glasses and add ice cubes if desired. Garnish with extra strawberry slices or basil leaves if you like.

Serving Size: ~8 servings

GINGER PEACH ICED TEA



Ingredients

- 4 ripe peaches, pitted and sliced
- 1-inch piece of fresh ginger, peeled and sliced
- 8 cups water
- 4 black tea bags
- 2 tablespoons maple syrup
- Ice cubes

Directions

- 1) In a large pot, bring the water to a boil. Once boiling, add the sliced ginger to the pot. Reduce the heat and let it simmer for 5 minutes to infuse the water with ginger flavor.
- 2) Remove the pot from heat and add the tea bags. Let them steep for about 5–7 minutes, depending on how strong you like your tea.
- 3) While the tea is steeping, place the sliced peaches in a blender and blend until smooth. You can also strain the peach puree if you prefer a smoother consistency.
- 4) Remove the tea bags and ginger slices from the pot. Stir in the peach puree and maple syrup. Mix well.
- 5) Allow the tea to cool to room temperature, then transfer it to a pitcher and refrigerate until thoroughly chilled.
- 6) Fill glasses with ice cubes and pour the ginger peach iced tea over the ice. Garnish with additional peach slices or a sprig of mint if desired.

Serving Size: ~8 servings

LET'S CHAT!

Does any of this sound familiar?

- ✓ I know what to do, but I struggle to stay consistent.
- ✓ I want more energy.
- ✓ I need support creating healthy habits that fit my life.
- ✓ I put everyone else's needs before my own.
- ✓ I'd love some accountability and encouragement.

I'm here to help!

During this free 30-minute coaching session, we'll talk about your goals, what's getting in the way, and create a few simple, realistic next steps that fit your life.

No pressure. No obligation. Just a supportive conversation to help you feel your best.



Talk soon!

I can't wait to connect with you. ❤️

👉 [Book My Free Coaching Session](#)

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