

METABOLIC CHANGE MARCH 2020 NEWSLETTER



GREEN SPRING CLEANING

- 1. Go green on carpet cleaning.** Green carpet cleaning services use non-toxic cleaners and less water than traditional carpet cleaning services. Homemade carpet cleaners, energy efficient carpet cleaning machines, and eco-friendly carpet cleaners are also greener options. The Spruce has a list of the 10 best eco-friendly carpet cleaners of 2020: <https://www.thespruce.com/eco-friendly-products-carpets-clean-1706993> Bob Vila gives his carpet cleaning recipe for carpet cleaning machines: <https://www.bobvila.com/articles/homemade-carpet-cleaner/>
- 2. All-natural household cleaners are easy and inexpensive to make at home.** Good Housekeeping offers recipes for 9 DIY household cleaners: <https://www.goodhousekeeping.com/home/cleaning/tips/a24885/make-at-home-cleaners/> Eco-friendly household cleaners are also sold online or in stores.
- 3. Use natural and reusable cleaning supplies, e.g. unpaper towels, sponges & dishcloths, or mops & floor cleaner pads.** Many reusable cleaning supplies and kitchen storage products are sold on [Etsy](https://www.etsy.com/).

QUICK & HEALTHY BREAKFASTS

Recipes for many different flavors of overnight oats and chia seed puddings are on Pinterest or Allrecipes. Recipes for microwave scrambled eggs are also online. Yogurt fruit salad can be made by mixing all-natural vanilla or fruit yogurt with frozen berries (thawed overnight in the refrigerator) and sliced bananas.

- 1. Overnight Oats**
- 2. Overnight Chia Seed Pudding**
- 3. Kodiak Protein Pancakes & Fruit**
- 3. All-Natural Kefir & Granola Clusters**
- 5. Good Food Made Simple Breakfast Burrito**
- 6. Microwave Scrambled Eggs & Yogurt Fruit Salad**
- 7. Killer Dave's Epic Everything Bagels & Low-Fat Cream Cheese**

PERFECT IRISH NACHOS

Sour Cream
Salt & Pepper
Baked Potatoes
Sliced Green Onions
Grated Low-Fat Cheddar Cheese
Kerrygold Butter or Earth Balance
Applegate Farms Turkey Bacon, cooked and crumbled

Slice cooled baked potatoes with skins on. Melt butter in skillet. Salt and pepper then fry potato slices on both sides until golden brown. Place fried potato slices in oven-proof dish. Top with grated cheese, bacon crumbles, and green onions. Bake at 350 degrees for 20 minutes or until cheese is melted. Serve with sour cream.

