

METABOLIC CHANGE JULY 2020 NEWSLETTER



Visit [METABOLICCHANGE.COM](https://www.metabolicchange.com) for more recipes and resources!

HEALTHY & HAPPY 4th

1. Use reusable picnic sets with silverware, dishes, cups, napkins, tablecloth, or food storage containers.
2. Enjoy a plant-based picnic, e.g. veggie subs, mason jar salads, or tortilla stacks (see [LUNCH](#)).
3. Drink all-natural sodas, sparkling water, 100% fruit juice, or spring water in recyclable cans or bottles.
4. Give back. To contribute to COVID-19 first responders and their families click [here](#). To support the Black Lives Matter movement click [here](#).
5. Stream July 4th celebrations and fireworks online. For the Boston Pops Fireworks Spectacular and Salute to Our Heroes broadcast, click [here](#). For NBC's Macy's 4th of July Fireworks Spectacular, click [here](#). For Nashville's Let Freedom Sing! Music City July 4th, click [here](#).

BEST ELECTROLYTE DRINKS

1. Liquid IV is a flavored electrolyte powder packaged in single-use tubes. Order online from the manufacturer or on [Costco.com](https://www.costco.com).
2. Gatorade organic thirst quencher & water, 1:1 ratio. Because of Gatorade's high sugar content, it's healthier and more hydrating to mix it with water in equal parts.
3. NOOMA organic electrolyte drinks can be ordered on their [website](#). Although more expensive than others, NOOMA's sports drinks use all-natural ingredients.
4. DIY electrolyte drink recipes can be found online. For *Healthline's* homemade electrolyte drink recipe click [here](#).
5. Electrolyte tablets are convenient to carry in a purse or gym bag and they easily dissolve in water. For *Fitterliving's* list of best tablets, supplements, and powders click [here](#).

TACO POTATO SALAD

3 lbs. Potatoes
3/4 C Veganaise
3/4 C Light Sour Cream
Chopped Green Onions
1 Packet Taco Seasoning

Peel, cube, and boil potatoes. Cool. Mix taco seasoning, Veganaise, and sour cream. Fold sour cream mixture and green onions into potatoes.

