



METAPWR

How to live your best life!

@_vanessa_jean



METAPWR

LIVE YOUR MOST ACTIVE LIFE

The MetaPWR® System helps you live your most active life, supporting the metabolism of carbohydrates, fats and proteins, maintaining energy production and general health.

Designed to be used as a system, each product offers a specialty, while also supporting and enhancing the benefits of the other products in the MetaPWR® range. The whole is truly greater than the sum of its parts with the MetaPWR® system.

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WHAT'S INSIDE THE METAPWR?

Stay feeling fit and active with our MetaPWR® range. Showcasing a proprietary blend of powerful natural ingredients including essential oils, plant extracts and supportive co-factors, this innovative and synergistic product range complements your daily health and wellness routine, supporting healthy energy production by helping to convert food into energy.

So, you can get your vitality back and maintain your active lifestyle. Our MetaPWR® range is formulated using natural ingredients and is free from artificial colours, flavours and preservatives.



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STEP 1: ACTIVE BLEND

USAGE TIPS

Add 1-2 drops of MetaPWR Blend to glass of water. *Remember: add 1-3 drops to your stainless steel or glass water bottle to drink throughout the day.*

Add 1-2 drops to the MetaPWR Advantage (tastes amazing).

Add to your diffuser to invigorate you mind, starve off brain fog , brighten up your fitness routine and help lighten your moods.

Add to your dry brush and brush your skin in circular movements towards the heart.

Works on inhibiting fat cells absorbing and storing energy as fat. We all have the same amount of fat cells throughout adulthood. So this is created to inhibit storage and cravings, thereby helping to reduce the size of fat cells.



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STEP 2: ASSIST

USAGE TIPS

Take 1-2 Assist capsules 15-20 minutes before the largest meal of the day. If needed you can take this more than once.

We have metabolic markers that many of us are not aware of. They spike and dip based on lifestyle factors; movement, food etc. Every time blood sugar spikes increases wear and tear of cells. This amplifies the aging process. You want to reduce the spikes and help balance blood sugar levels to increase longevity and quality of life.

Pair the MetaPWR® Assist with a healthy, balanced diet. You need to eat nutrient-rich, fibre-filled complex carbohydrates for good health. From there, MetaPWR® Assist can help keep your blood glucose levels balanced.



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STEP 3: ADVANTAGE

USAGE TIPS

Add one satchel to a small amount of cold/room temp water (up to 120mls) - works well in a shaker bottle - combine well. Blends well with cold or room temperature drink including Greens and Fibre. Do not use with hot water. Keep hot meals and drinks away from this supplement - wait 30 minutes before taking hot liquids.

There are 9 different types of collagen in the Advantage making it a more holistic collagen support for the body. Clinical research has shown a boost to skin appearance, increasing firmness, decreasing wrinkles and improving hydration. This is an incomparable formulation of sustainably sourced, marine collagen from Italy. It is made up mostly of tripeptides. This is important because this is what makes it so highly bio-available. Meaning your body can use it all!

The 9 types of collagen are highly effective tripeptides. Impacting skin, aging, connective tissue. Etc.

NAD: Is the essential for survival and a key component for optimal cellular function. Converting food to energy and maintaining the integrity of our DNA. NAD declines from our mid-twenties. MetaPWR advantage is an effective NAD delivery system through the NMN + NR in the Advantage.

Resveratrol: anti aging, lengthens life span, brain protection, insulin support, ease joint pain.

Biotin: converts food to energy, supports hair, organs, nervous system.

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Liposomal Vitamin C: immune support, reducing fatigue, Nervous System function, increases bio availability of the outstanding synergy of products in MetaPWR Advantage.

Plus a phenomenal synergy of five essential oils (the MetaPWR oil blend).



METAPWR ADVANTAGE

AMAZING BENEFITS

- Antioxidant/Reduce free radicals formed in the body when dietary intake is inadequate.
- Helps enhance/promote collagen formation in females.
- Maintain/support collagen formation when dietary intake is inadequate.
- Maintain/support collagen formation in females.
- Maintain/support collagen health in females.
- Helps convert fats and carbohydrates into energy.
- Maintain/support energy production.
- Maintain/support body mucous membrane health.
- Maintain/support general health. and wellbeing when dietary intake is inadequate.
- Maintain/support general health and wellbeing.
- Maintain/support hair health.
- Maintain/support healthy teeth when dietary intake is inadequate.
- Maintain/support nail health/strength/ thickness.
- Maintain/support connective tissue health when dietary intake is inadequate.
- Maintain/support bone health when dietary intake is inadequate.
- Maintain/support blood capillary health when dietary intake is inadequate.
- Traditionally used in Western herbal medicine to decrease/reduce/relieve flatulence/carminative.
- Maintain/support immune system health when dietary intake is inadequate.
- Maintain/support absorption of dietary iron when dietary intake is inadequate.
- Maintain/support vitamin C levels in the body when dietary intake is inadequate.
- Maintain/support biotin levels in the body.
- Aid/assist/helps metabolism of carbohydrates, fats & proteins.
- Maintain/support biotin within normal range.

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30 DAY GUARANTEE

If you purchase doTERRA® MetaPWR® Advantage use it for 30 days, and are not satisfied with the results, you can return your product for a full refund.

THE ROLE OF RESVERATROL

Resveratrol is one of my favourite ingredients inside the MetaPWR Advantage and I want to share with you some of my research on this powerhouse addition.

"Resveratrol is a bioactive compound in many foods. Since its anticancer activity was reported in 1997, its health benefits have been intensively investigated. Resveratrol has antioxidant, anti-inflammatory, immunomodulatory, glucose and lipid regulatory, neuroprotective, and cardiovascular protective effects, therefore, can protect against diverse chronic diseases, such as cardiovascular diseases (CVDs), cancer, liver diseases, obesity, diabetes, Alzheimer's disease, and Parkinson's disease."

Published in Pubmed: Health Benefits and Molecular Mechanisms of Resveratrol: A Narrative Review

Here is a brief summary of findings:

- Resveratrol protects against oxidative stress, one of the primary contributors to many diseases.
 - It has also been found to have potent anti-inflammatory properties. Like oxidative stress, inflammation contributes to disease in the body.
 - Obesity has become a severe health issue globally. Resveratrol significantly decreased the body weight and fat mass in mice
 - Alzheimer's disease and Parkinson's disease are neurodegenerative disorders, seriously decreasing life quality, while resveratrol may have the potential to improve these diseases
- Let's look at anti-aging:
- Resveratrol has been shown to cause the prevention of aging
 - It increases the uptake of collagen, supporting the overall effects of taking MetaPWR Advantage
 - Helps protect the skin from environmental damage by boosting the natural skin barrier
 - Minimises redness and improves overall appearance of radiant skin

- It can help reduce fine lines developing
- Accelerates skin regeneration
- It has been found to protect against UV damage
- Penetrates the skin barrier, diminishing rapid aging, increasing radiance, elasticity, firmness & density
- Beneficial to all skin types
- It is a premium ingredient in skin care to help reduce the prevalence of skin conditions such as eczema, dermatitis, rosacea - it smoothes the skin, reduces redness and swelling.

Let's look at peri-menopause, menopause and post menopause Studies report that Resveratrol (The Journal of Menopause Society):

- Minimises pain and discomfort
- Reduces menopausal symptoms
- Improves overall wellbeing in post menopausal women
- Improved sleep quality
- Enhance circulation

For just this list of benefits alone you can see why taking MetaPWR Advantage is a must.

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TRY THIS... HABIT STACKING

FOUNDATIONAL SUPPLEMENTATION + METABOLISM

Make MetaPWR® and other supplements a part of your everyday wellness rituals, creating a routine that matches your personal lifestyle.

01



MORNING

- Two drops MetaPWR® Active Blend and MetaPWR® Advantage with cold water*
- Enjoy with 2 capsules each of Lifelong Vitality (LLV) + 1 DDR Prime Softgel. Consider having a high protein breakfast.
- Take PB Assist+ to support your gut and immune system.

02



LUNCH

- MetaPWR® Assist with lunch (if largest meal of the day, particularly if eating carbs).
- TerraZyme (2hrs after MetaPWR Assist) to assist breakdown of foods and absorption of nutrients and aid digestion.
- Diffuse MetaPWR® Active Blend to energise your exercise routine.

03



MID-LATE AFTERNOON

- 1 DDR Softgel for optimal cellular health and DNA repair
- 2 capsules each of Lifelong Vitality (or take these in the evening if you prefer; note they might energise you).

04



EVENING

- MetaPWR® Assist with dinner (if largest meal of the day, particularly if eating carbs).
- TerraZyme Capsules to assist digestion (1-2hrs before going to sleep).



ADDITIONAL SUPPORT

- For immune support - OnGuard+ Softgels (US)

Note: ongoing usage of DDR Prime can support robust immunity.

- For body discomfort - Ice Blue Polyphenol Complex, Tumeric DuoCap, Copaiba Softgels
- For sleep support - Copaiba Softgels and/or Serenity Softgels (US)
- For general health and wellbeing - DDR Prime Softgels
- Healthy plant-based collagen for overall well-being and hormonal support - Yarrow|Pom Capsules
- For digestive support - DigestZen Softgels, PB Assist, TerraZymes
- MetaPWR Beadlets when needed

**Note: MetaPWR Advantage can be beneficial taken in the evening, in replacement of the morning. Experiment with what works best for you.*

HABIT STACKING FOR JOY & SUCCESS

To ensure you stick to this system, create simple, daily routines by combining several health habits into one.

The tracker on the next page is designed by dōTERRA to help create ease to incorporate this new system into your daily routine. In the additional spaces add your extras - any others healthy habits you already live by and any others you wish to add.

FOR EXAMPLE

- Begin my day with 2 drops of Lemon essential oil in a cup of warm water first thing in the morning
- Aromatic dressing after shower - energy and focus blend morning, sleep blend at night + drybrush (morning or evening)
- Take 1 DDR Prime softgel with my morning dose of LLV
- Take dōTERRA protein powder in my smoothie
- Add 1 drop Peppermint to my water when I workout
- Diffuse Adaptiv/yoga oils during meditation/morning devotions
- take 1-2 TerraZymes and 1 Copaiba softgel 30-60mins before bed



30-Day Tracker

Track your progress every day to ensure you're creating a routine that'll support a healthy, vibrant lifestyle!

[illegible]

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Weekly Check-In

Once a week, take a few moments to center yourself. Take three deep, cleansing breaths and capture how you feel today. Be honest with yourself. These five-minute check-ins are for your benefit!

1. Rate your average energy levels over the last seven days.

1 = Extremely low energy 10 = Abundant energy

1 2 3 4 5 6 7 8 9 10

2. Rate your clarity of mind and cognitive performance over the last seven days.

1 = Brain fog or mental haze 10 = Mental clarity and task capability

1 2 3 4 5 6 7 8 9 10

3. Rate your overall mood over the last seven days.

1 = Negative mood 10 = Positive mood

1 2 3 4 5 6 7 8 9 10

4. Rate your restful sleep over the last seven days.

1 = Extremely restless sleep 10 = Fully rested awakenings

1 2 3 4 5 6 7 8 9 10

5. Rate your hunger over the last seven days.

1 = "I was regularly hungry throughout the day."

10 = "I was rarely hungry outside of mealtimes."

1 2 3 4 5 6 7 8 9 10

6. Rate any struggles with unwanted hunger cravings over the last seven days.

1 = Major struggles with hunger cravings

10 = Zero pesky hunger cravings

1 2 3 4 5 6 7 8 9 10

7. Rate your average stress levels over the last seven days.

1 = High stress levels 10 = No stress at all

1 2 3 4 5 6 7 8 9 10

8. How many days in the past week did you engage in fitness activities or at least 30 minutes of strenuous movement or weight training?

A. 1 E. 5

B. 2 F. 6

C. 3 G. 7

D. 4

9. In as much detail as possible, describe any changes you've noticed to your skin's health over the past week here:

10. If you've been taking measurements or noted something else about your body's composition, include the information here:

11. If you've experienced other changes during this challenge and would like to share about them, add the details here:

METAPWR

KEY BENEFITS



**AIDS METABOLISM OF
CARBOHYDRATES, FATS AND
PROTEINS.**

**MAINTAINS/SUPPORTS GENERAL
HEALTH AND WELLBEING.**

**MAINTAINS/SUPPORTS ENERGY
PRODUCTION.**



**HELPS CONVERT FATS AND
CARBOHYDRATES INTO ENERGY.**

**HELPS ENHANCE/PROMOTE
COLLAGEN FORMATION.**



**METAPWR® ACTIVE BLEND, ASSIST
AND METAPWR® ADVANTAGE ARE
DAILY SUPPLEMENTS THAT CAN
HELP YOU ACHIEVE YOUR HEALTH
AND WELLNESS GOALS.**

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LIFELONG VITALITY PACK

KEY BENEFITS



GENERAL WELLNESS + VITALITY

ANTIOXIDANT + DNA PROTECTION

ENERGY METABOLISM

BONE HEALTH

IMMUNE FUNCTION



STRESS MANAGEMENT

CARDIOVASCULAR HEALTH

HEALTHY HAIR, SKIN + NAILS

SUPPORTS EYE, BRAIN + NERVOUS
SYSTEM



LIVER FUNCTION + DIGESTIVE
HEALTH

LUNG + RESPIRATORY HEALTH

GENTLE ON THE STOMACH

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METAPWR ACTIVE BLEND

AROMATIC DRESSING BLENDS

This technique/routine has made a massive impact to my life and the lives of many others around the world. This technique will hydrate your skin, help facilitate circulation, reduce inflammation and body discomfort, stimulate the lymphatic system and help you feel good all over! A beautiful way to begin your day with a smile.

Aromatically Dress, get these powerful essential oils on your body in the most beautiful way. Click [HERE](#) to learn from me the art of Aromatic Dressing.

WHAT YOU NEED

- 10-20ml of carrier oil (FCO) or base cream (unscented hand & body lotion)
- Ceramic or wooden bowl
- Essential oils (suggestions below)
- Watch the above video

The following blend are for you to try as your aromatic dressing. They can also be adapted to be used in the diffuser.



I AM VIBRANT

3 drops MetaPWR Blend
Yarrow | Pom (1ml)
2 drops Geranium

Add to carrier oil for dewy, hydrated skin. Great for hormonal support to.



I AM ALIVE

5 drops MetaPWR Blend
3 drops Eucalyptus
2 drops Lime

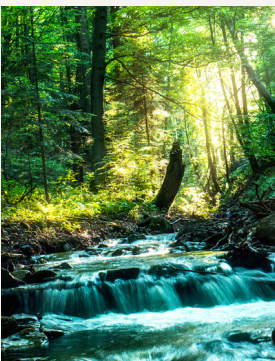
Feel energised with this trio as they help bring energy and clarity to your mind, body and spirit.



BRAIN FOG BE GONE

6 drops MetaPWR Blend
2 drops Spearmint
2 drops Rosemary

Open the airways and oxygenate the brain with this powerhouse synergy to Increase focus and assist with memory retention.



CREATING FLOW

2 drops MetaPWR Blend
4 drops Cypress
3 drops AromaTouch Blend

Great to reduce fluid retention, stimulate the lymphatic system and help clear stagnation.



DETOX

3 drops MetaPWR Blend
4 drops Cilantro
4 drops Lemon
2 drops Celery Seed

Massage into the whole body to clear toxins, facilitate heavy metal detox or for a clear out after an indulgent meal/holiday season.



FEELING SEXY

3 drops MetaPWR Blend
5 drops Passion Blend

Layer with Rose Touch or Blue Lotus Touch to call in alluring, sexy vibes.



SUGAR BODY SCRUB

1/4 cup brown sugar
2 tbsp coconut oil
1 tbsp olive oil
5 drops MetaPWR Blend

Combine well. Massage all over body. Rinse well with warm water, then aromatically dress.



COFFEE BODY SCRUB

250g cacao butter
1 cup ground coffee beans
20 drops of MetaPWR Blend

Melt cacao butter over double boiler. Allow to reach room temperature then stir in grounds and oil and pour into silicone muffin moulds. Store in fridge until ready to use ~ by Tara Hanks

IT'S A LIFESTYLE

RECIPES TO NOURISH

Eating a diet rich in whole foods prepared in a healthy manner forms the basis of good nutrition. Whole foods are minimally processed and free from added sugars, fats, flavourings, or artificial ingredients, closely resembling their natural state and originating from growing sources. These foods encompass all essential food groups: fruits, vegetables, nuts, seeds, grains, dairy, and proteins.

The primary objective is to increase the intake of whole foods while reducing or eliminating ultra-processed foods from your diet. When dealing with moderately processed foods, the key is to be mindful of your selections.

Choosing whole and minimally processed foods leads to improved health. However, this does not imply that you can never indulge. While occasional treats are acceptable, many people have developed a habit of treating every meal as a special occasion. A nightly routine of ice cream post-dinner is not a treat; it becomes a habit. For most individuals, enjoying a homemade dessert occasionally is fine, but those with metabolic health concerns should consult a healthcare provider for personalised guidance.

See the next pages for some of my favourite nourishing snacks and meals.



A bowl of dark red bliss balls sits on a textured, light-colored surface. The balls are round and have a slightly rough, speckled texture. The background is a soft, out-of-focus light brown.

MetaPWR Bliss Balls

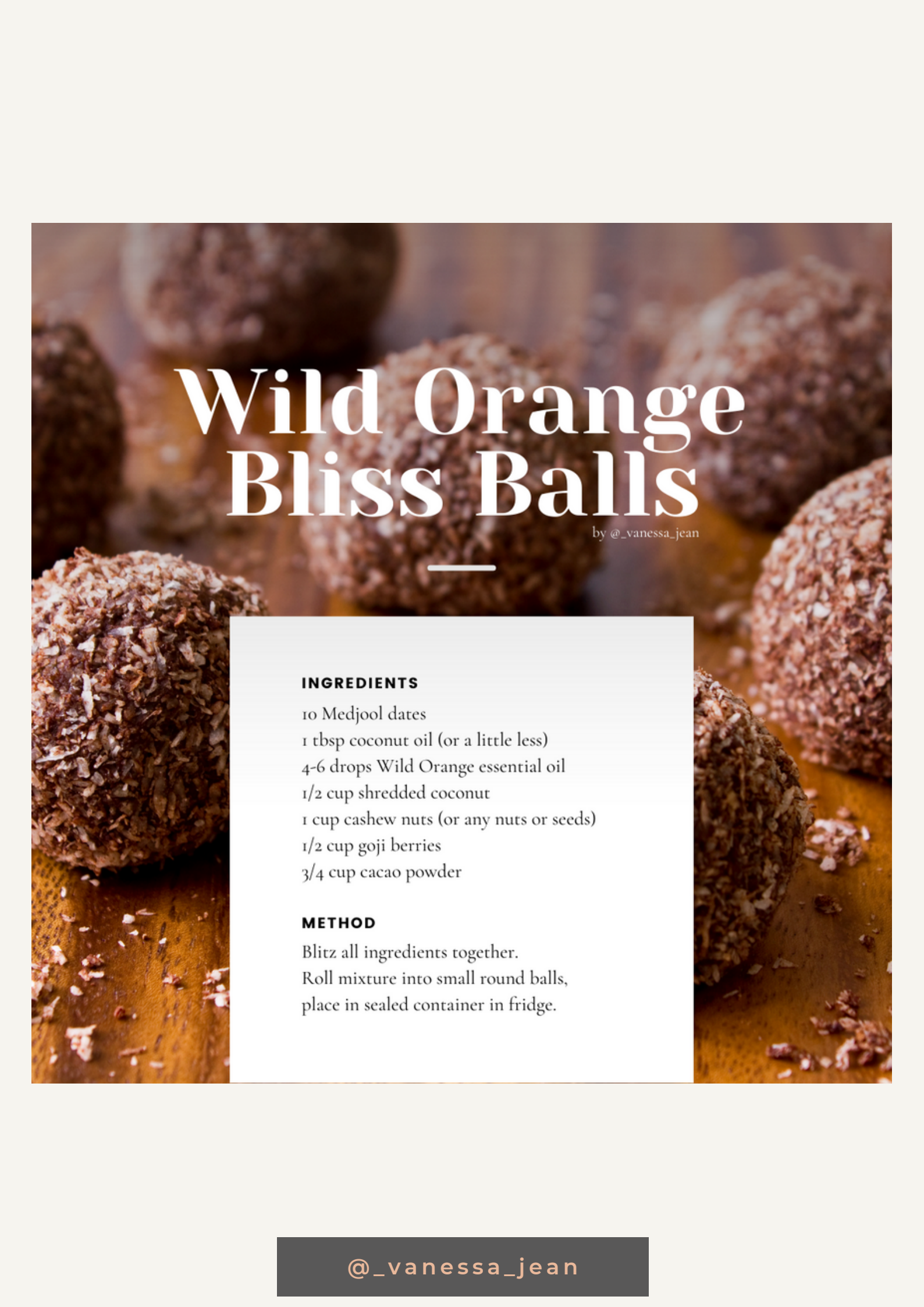
by @_vanessa_jean

INGREDIENTS

1 cup cashew nuts
7 pitted Medjool dates
1/2 cup of raw cacao powder
1/2 cup of chia seeds
1-3 drops MetaPWR Blend (to taste)

METHOD

Blitz cashew nuts.
Add other ingredients and blitz for 1 minute.
Roll into balls and then in desiccated coconut or leave plain.
Store in fridge.

The background of the entire page is a close-up photograph of several round, brown, textured balls (the bliss balls) resting on a wooden surface. The balls are covered in a thick layer of shredded coconut and cacao powder. The lighting is warm and soft, creating a cozy and appetizing atmosphere. The text is overlaid on this image.

Wild Orange Bliss Balls

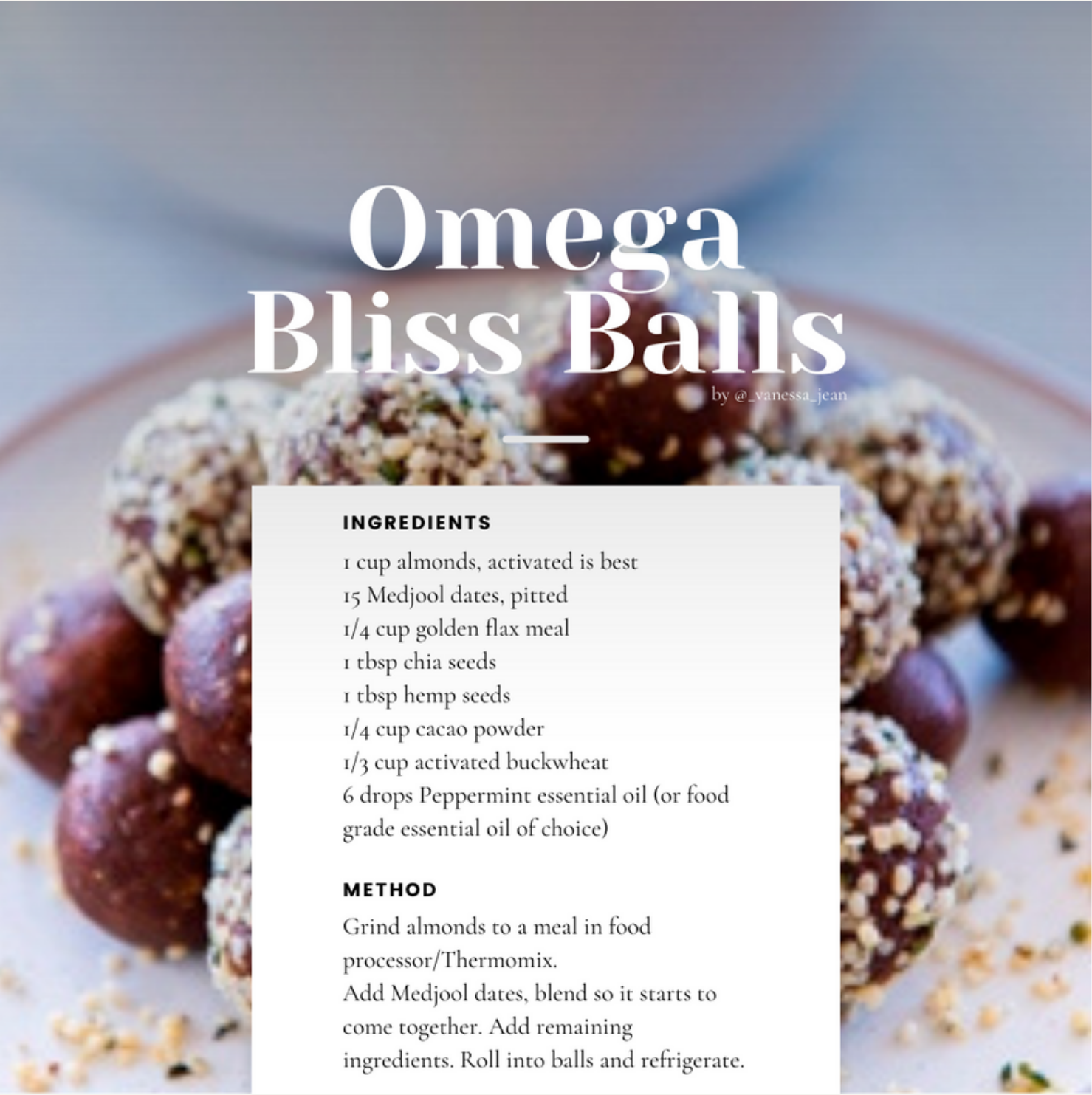
by @_vanessa_jean

INGREDIENTS

10 Medjool dates
1 tbsp coconut oil (or a little less)
4-6 drops Wild Orange essential oil
1/2 cup shredded coconut
1 cup cashew nuts (or any nuts or seeds)
1/2 cup goji berries
3/4 cup cacao powder

METHOD

Blitz all ingredients together.
Roll mixture into small round balls,
place in sealed container in fridge.



Omega Bliss Balls

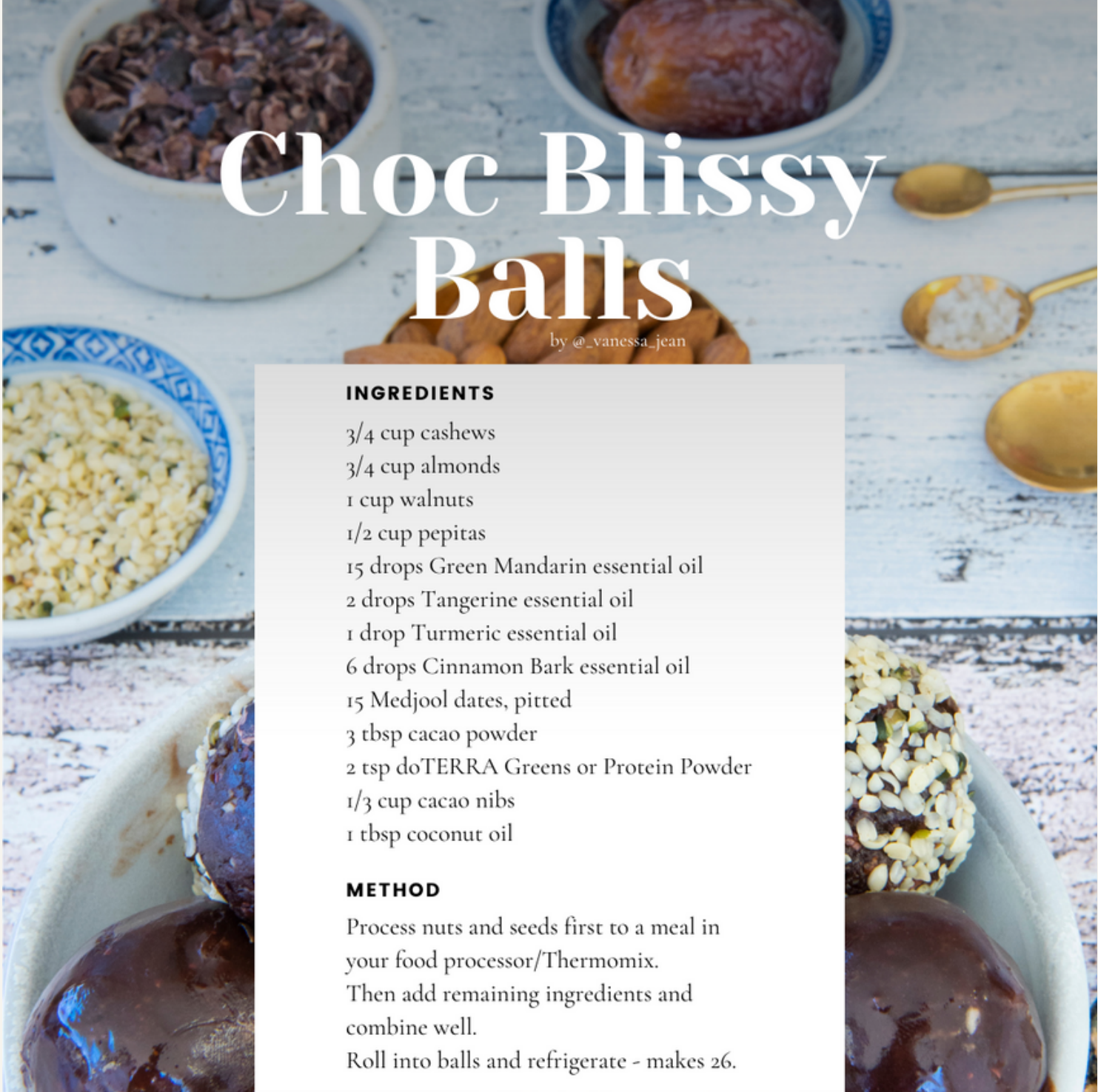
by @_vanessa_jean

INGREDIENTS

1 cup almonds, activated is best
15 Medjool dates, pitted
1/4 cup golden flax meal
1 tbsp chia seeds
1 tbsp hemp seeds
1/4 cup cacao powder
1/3 cup activated buckwheat
6 drops Peppermint essential oil (or food grade essential oil of choice)

METHOD

Grind almonds to a meal in food processor/Thermomix.
Add Medjool dates, blend so it starts to come together. Add remaining ingredients. Roll into balls and refrigerate.



Choc Bliss Balls

by @_vanessa_jean

INGREDIENTS

3/4 cup cashews
3/4 cup almonds
1 cup walnuts
1/2 cup pepitas
15 drops Green Mandarin essential oil
2 drops Tangerine essential oil
1 drop Turmeric essential oil
6 drops Cinnamon Bark essential oil
15 Medjool dates, pitted
3 tbsp cacao powder
2 tsp doTERRA Greens or Protein Powder
1/3 cup cacao nibs
1 tbsp coconut oil

METHOD

Process nuts and seeds first to a meal in your food processor/Thermomix. Then add remaining ingredients and combine well. Roll into balls and refrigerate - makes 26.



Apricot Bliss Balls

by @_vanessa_jean

INGREDIENTS

1 cup dried apricots (organic)
10 Medjool dates, pitted
1 cup pecans
2 tbsp cacao nibs (optional)
1 tbsp 'Superfeast' Mason's Mushrooms
1 tbsp coconut oil
4 drops Red Mandarin essential oil
2 drops Turmeric essential oil
2 drops Cassia essential oil
10 drops Tangerine essential oil
1 tbsp bee pollen (optional)

METHOD

Mix essential oils into coconut oil, then add all other ingredients and blend to desired texture.
Roll into balls and refrigerate - makes 20.



Raw Chocolate

by @_vanessa_jean

INGREDIENTS

1/2 cup liquefied coconut oil
1/2 cup raw cacao powder
A swish of vanilla extract
1-2 tbsp of honey or maple syrup, to taste
1-3 drops MetaPWR Blend (to taste)

METHOD

Blend ingredients thoroughly.
Once mixed pour into your favourite
moulds, then keep in the fridge.

Simple and nourishing!

@_vanessa_jean

MetaPWR Cacao



by @_vanessa_jean

INGREDIENTS

5-10g* ceremonial cacao
200ml nut/seed milk (or filtered water)
Whole sweetener (honey, maple syrup etc)
to taste
1 drop MetaPWR Blend

METHOD

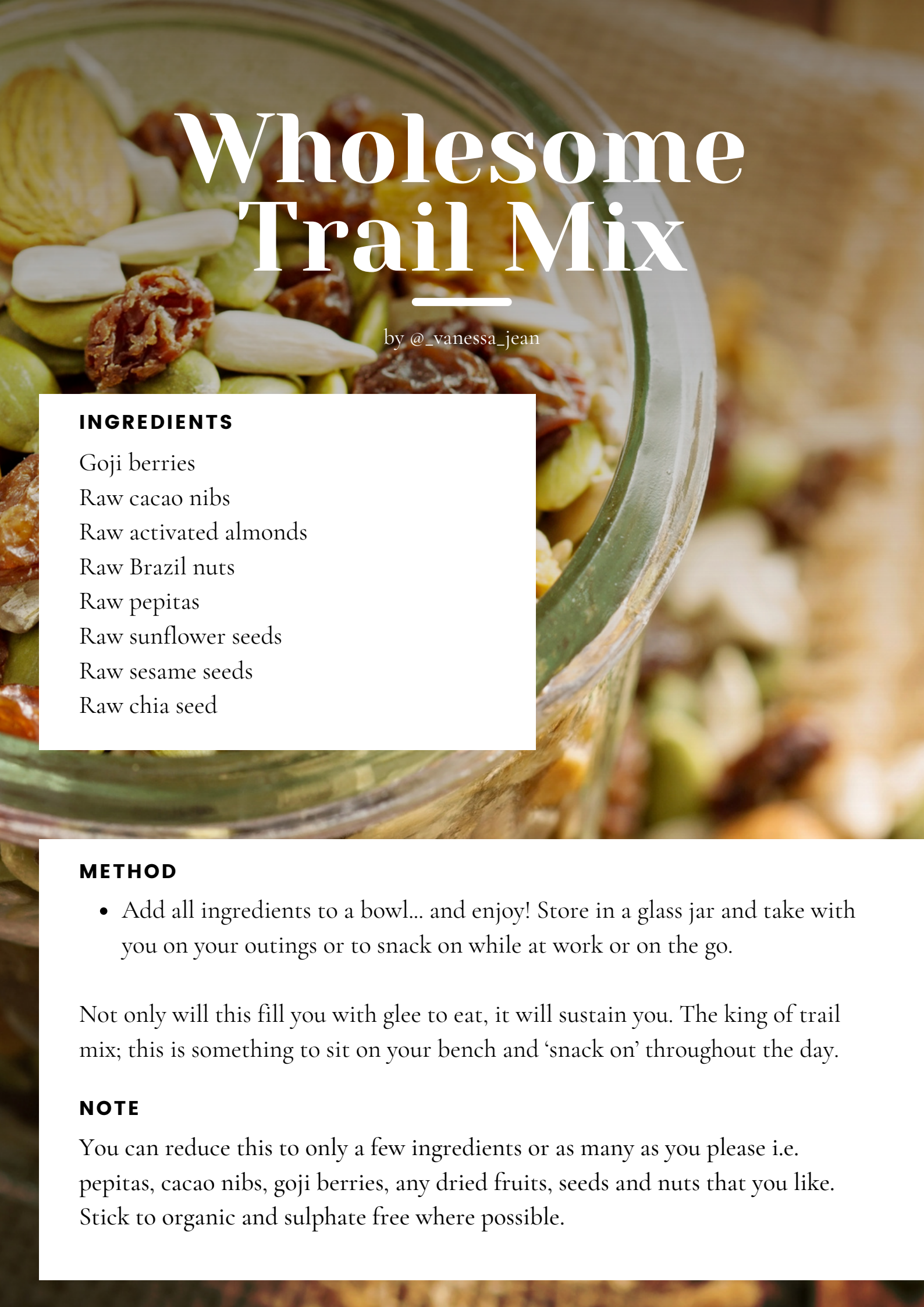
- Place all ingredients in a medium saucepan (or Thermomix) over low heat. Heat to a slow simmer for 10 minutes, stirring regularly.
- Using a hand-held blender (or Thermomix), blend until smooth.
- Pour into your favourite drinking vessel.

*Begin with 5-10g depending on where you are with your journey with Cacao, and slowly increase.

Use in sacred circle ceremony, self-love rituals or small amounts to nurture you daily.

NOTE

You can use cacao powder if that's all you have or what you prefer. If you use powder I recommend a little coconut oil or cacao butter for extra nourishment.



Wholesome Trail Mix

by @_vanessa_jean

INGREDIENTS

Goji berries
Raw cacao nibs
Raw activated almonds
Raw Brazil nuts
Raw pepitas
Raw sunflower seeds
Raw sesame seeds
Raw chia seed

METHOD

- Add all ingredients to a bowl... and enjoy! Store in a glass jar and take with you on your outings or to snack on while at work or on the go.

Not only will this fill you with glee to eat, it will sustain you. The king of trail mix; this is something to sit on your bench and 'snack on' throughout the day.

NOTE

You can reduce this to only a few ingredients or as many as you please i.e. pepitas, cacao nibs, goji berries, any dried fruits, seeds and nuts that you like. Stick to organic and sulphate free where possible.

Healing Rainbow Salad

by @_vanessa_jean

INGREDIENTS

- 1 head of kale, finely shredded
- 2 sticks celery, and leaves, diced
- 1 cucumber, diced
- 1/4 head white cabbage, finely shredded
- 2 carrots, grated
- 1 beetroot, grated
- 1 yellow capsicum, thin slivers
- 1 red capsicum, thin slivers
- 1 orange, zested first then peeled and cut into segments
- 1 cup soaked almonds, overnight
- 1 cup sprouted mung beans (and any other sprouts you wish)
- 1 cup soaked pepitas, overnight
- 1 cup soaked sunflowers, overnight
- 1 cup sesame seeds
- 1/3 cup hemp seeds
- 1 tbsp black chia seeds
- 1 cup black kalamatta olives, or dried black olives
- 1/2 cup garlic chives
- 1 ripe avocado, slivers or diced
- 1 bunch flat leaf parsley - to add on top before serving
- 1 tbsp of dried sea vegetable mix or dulse flakes

This salad is filled with fresh, bio-available ingredients that nourish, heal, hydrate and bring your body and mind into an expanded state.

Tahini Dressing

by @_vanessa_jean

INGREDIENTS

2 tbsp olive oil
1/4 cup fresh flat leaf parsley
2 cloves garlic
1/4 cup hulled tahini
1/2 cup pure water
10 drops Bergamot essential oil
3 drops Lime essential oil
6 drops Lemon essential oil
6 drops Grapefruit essential oil
8 drops Wild Orange essential oil
2-3 Medjool dates, pitted
Optional: spring onion if you prefer over
garlic, or in addition to garlic
Celtic salt to taste

METHOD

- Add ingredients to you food processor/Thermomix, combine on medium-high speed until smooth.
- Taste for salt and essential oils.
- This can be refrigerated or used immediately.
- Also great of vegetables.

Salsa Verde with Veggies

by @_vanessa_jean

INGREDIENTS

1 handful of basil leaves
1 tbsp pine nuts, plus extra for garnish
1 tbsp hemp seeds
1 head roast garlic
2-3 tsp extra virgin olive oil
2-3 tbsp organic plain coconut yoghurt or
Greek style yoghurt



METHOD

- Add all to a food processor/Thermomix except the yoghurt and roast garlic and process until fine. Then scrape down the sides adding the remaining ingredients.
- Check for taste. Add salt/pepper (optional).
- Serve with pine nuts on top for garnish (and/or hemp seeds).

SERVING SUGGESTION

Roasted sweet potato, carrots and potatoes and a big green salad with pomegranate seeds.

Pink Pepper Greens

by @_vanessa_jean

INGREDIENTS

1 leak, finely sliced
4 spring onions, finely chopped
1/3 cup finely chopped chives
20 asparagus spears
8 heads of Brussel sprouts
1 tbsp extra virgin olive oil
50g butter
Celtic salt to taste
1 tsp dried oregano
4 drops Pink Pepper essential oil
Optional: pine nuts or pistachio nuts to serve

METHOD

- In a frying pan on high heat, sauté leak, spring onions and chives in extra virgin olive oil and a pinch of salt.
- Once golden, turn to a low heat to simmer and add 3 drops of Pink Pepper essential oil.
- Add Brussels sprouts to the pan as the onions caramelise. Maintain a high heat now, then add asparagus, keep cooking until caramelised.
- Slowly add 10g of butter at a time as you add your greens,
- Sprinkle oregano, then stir. Turn off the heat after another 2-3 minutes, add 1 drop Pink Pepper essential oil, stir, and serve with nuts on the top.



Veggie Dhal Kitcheri

by @_vanessa_jean

INGREDIENTS

- | | |
|--|---|
| 1 red onion | 5 cardamom pods (or 1-2 drops Cardamom essential oil, to taste) |
| 1 zucchini, diced | 1/2 head cauliflower, cut into florets |
| 1 tbsp extra virgin olive oil or 1/2 tbs coconut oil | 1/2 cup red split lentils, soaked and well rinsed |
| 2 drops Cumin essential oil | 1 cup water |
| 2 drops Cilantro essential oil | 1/4 cup quinoa |
| 1 tsp ground cumin | Handful of cashews (or nuts/seeds of choice) |
| 1 drop Lemongrass essential oil | |

METHOD

- Add all ingredients to pan, except the water and quinoa, and sauté for 10 minutes.
- Then add water and quinoa, leave to simmer for 20 minutes.
- Meanwhile heat a pan, add 1tsp coconut oil, a couple of handfuls of cashew nuts, salt and 1 drop of Lemongrass essential oil.
- Toss through until well combined, turn off heat and lay out on a plate.
- When dhal is cooked, serve in a bowl topped with cashews, fresh coriander and a squeeze of lime.

KITCHEN NOTES

If you like it hot, add chilli to taste. Top with raw diced tomato if desired. Use all organic ingredients. If you prefer you can use rice or other preferred grain. Be sure to thoroughly rinse your grains and lentils before cooking.



Quinoa Hotpot

by @_vanessa_jean

INGREDIENTS

1 cup quinoa
2 cups water or vegetable stock
1 red onion, cut into cubes
1 cup cooked chickpeas (or tin)
1 cup cooked brown lentils (or tin)
10 stalks of rainbow chard, finely chopped
1 tsp curry powder
1/2 tsp dried cumin
1 drop Cumin essential oil (optional)
Coconut or olive oil to cook in
1 tbsp of organic butter to mix in at the end
Sprinkling of hemp seeds to serve

METHOD

- Saute onion, once golden add quinoa.
- Add water/stock and one drop of Cumin essential oil and stir.
- Bring to the boil then simmer.
- Add remaining ingredients and allow to simmer until cooked.
- Add salt and other seasoning to taste.

SERVING SUGGESTIONS

Top with roasted sweet potato and roasted garlic cloves and hemp seeds or pepitas.

Organic Lentil Soup

by @_vanessa_jean

INGREDIENTS

- | | |
|--|--|
| 1 zucchini | 1 tin tomatoes |
| 2 carrots | 1 tbsp tomato paste |
| 1 sweet potato | 1-2 cups spring water or vegetable stock |
| 1 red onion | Salt to taste |
| 1 brown onion | 1 drop Basil essential oil |
| 100g green beans | 1 drops Oregano essential oil |
| 2 cloves garlic | Extra virgin olive oil |
| 250g cooked brown lentils (or organic tin lentils) | |

METHOD

- Dice all vegetables.
- Sauté onions and add garlic once they are beginning to cook.
- Add all vegetables once onions are caramelised. Allow to simmer for 10 minutes adding another tbsp of extra virgin olive oil.
- Add tin tomatoes and tomato paste. Stir well.
- Place lid and allow to simmer for 20 minutes then add the cooked lentils. Allow to cook for another 1 hour.
- Add essential oils at the end like a fresh herb and salt to taste.
- Feel free to add pepper or chilli or cayenne to your taste.

Spring Potato Hotpot

by @_vanessa_jean

INGREDIENTS

3 spring onions
1 red onion
Coconut oil to cook with (1-2 tbsp)
1 kg potatoes
Celtic salt to taste
2 tbsp tomato concentrate
1/2 litre spring water or veggie stock
3 drops Basil essential oil

10 kale leaves - take off stalk, use leaf only
4 drops Black Pepper essential oil
1 tbsp dry parsley
1 tin organic chick peas, drained and rinsed
2 tbsp extra virgin olive oil
Optional: when fave beans are in season I use them raw and mixed in - delicious!

METHOD

- Thinly slice or dice onions, add to a heavy based pot with coconut oil and dried parsley, sauté until golden.
- Add diced potatoes, sprinkle with salt. Stir well to combine.
- Add water/stock, tomato paste and Basil essential oil. Let it boil for 10-15 minutes then simmer.
- Cut kale finely and add to pot. Add Black Pepper essential oil and allow to simmer.
- Add extra virgin olive oil and chick peas.
- Cook in total for approx. 1 hour.

NEED HELP

If you would like help getting any of these products or other doTERRA products, please reach out to the person who shared this book with you or if inside the 'Reclaim Your Energy Reset' the person who invited you.



PAUL + VANESSA JEAN

*doTERRA Australia Founders
Presidential Diamond Leaders
Clinical Aromatherapist
Author*

INSTAGRAM: @_vanessa_jean

EMAIL: connect@paulandvanessajeon.com

EVERYTHING: @vanessajeon | Linktree

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