



Rejuvenation & Well Being
Live from the heart.

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"One of the biggest tragedies of human civilization is the precedence of chemical therapy over nutrition. It is the substitution of artificial therapy over natural, of poisons over food, in which we are feeding people poisons trying to correct the reactions of starvation."

-Dr. Royal Lee

[Rejuvenation & Well Being, LLC](#)

Issue #66

Dear Christine,

We are pleased to present our 66th monthly Health and Wellness Newsletter! As always, we welcome any feedback and questions. We thank you for your continued support and hope you find something of value within. Please pass this along to any who may benefit.

Sincerely,
Dawn Dolan
Rejuvenation & Well Being, LLC

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A Guide for Clean Eating with a Busy Schedule



Do you sometimes feel like making good food choices and eating a clean diet is too difficult with your busy schedule? It does take a lot of effort, but if you are strategic with

Eat Well... Feel Well!

Chicken Cabbage Salad



planning, shopping, prepping and cooking, you'll spend less time in the kitchen during your busiest days and remain on track. Being successful is primarily about putting an organized system in place that compliments your lifestyle. With this in mind, you (and your family) can enjoy healthy home cooked meals without the need to rely on take out or pre-packaged convenience food.

FIRST STEP - PLANNING & SHOPPING

Plan out your weekly menu and shop on a day when it's convenient to do the week's food prep that same day or the next. Look at the week ahead to plan your menu; start with planning dinners by determining which days are the busiest, designate them "leftovers" days or "very simple meal" days, and then build your menu around them. On the days you have time to cook meals, make twice as much to save for reheating on busier days and/or incorporate into lunches. Try to use common ingredients in a few meals to eliminate waste and consolidate prep. After you finish creating your menu plan, go shopping for ingredients for the entire week all at once.

SAMPLE MENU: SUNDAY - SATURDAY (based on Monday, Tuesday, and Wednesday being the busiest days/nights - this type of menu can be rearranged to your busy schedule)

SUNDAY

Breakfast: High Protein Banana & Blueberry Pancakes (coconut flour, eggs, bananas, blueberries, baking soda & salt...that's it!)

Lunch: Sautéed Greens & Sweet Potato/Turkey Hash (ingredients used from previous night's dinner)

Dinner: One Pan Roasted Chicken, Veggies, & Potatoes

MONDAY

Breakfast: Reheated Mini Egg Frittatas (made the night before in a muffin pan)

Lunch: Chicken Cabbage Salad (using leftover chicken)
see recipe in Eat Well...Feel Well section

Dinner: Meatloaf "Muffins" (grain-free) with Veggies & Potatoes (leftover roasted veggies & potatoes)

TUESDAY

Breakfast: Reheated Mini Egg Frittatas

Lunch: Chicken Cabbage Salad (leftover)

Serves 2-3

3-4 Tablespoons
avocado oil mayo
(Chosen Foods) or
homemade

1 Tablespoon apple
cider vinegar

1/2 teaspoon onion
powder

1/2 teaspoon paprika

1/4 teaspoon black
pepper

Sea salt to taste

1/2 large cabbage,
chopped

1 large green onion,
sliced

1/2 cup pecans

1 large avocado, diced

1 large tomato or 1 cup
cherry tomatoes,
chopped

1-1 1/2 cups leftover
roasted chicken

Mix mayo, apple cider
vinegar, onion powder,
paprika, black pepper,
and salt in a large bowl.
Add cabbage and toss
until thoroughly mixed.
Top with green onions,
pecans, avocado,
tomatoes, and chicken.

Dinner: Chicken & Vegetable Soup (use the last of the roasted chicken, veggies and potatoes from Sunday)

WEDNESDAY

Breakfast: Chocolate Protein Bars *see recipe in Eat Well...Feel Well section*

Lunch: Large Green Salad with Tuna or Salmon

Dinner: Meatloaf "Muffins" reheated with Sautéed Greens, Mushrooms, and Sweet Potatoes

THURSDAY

Breakfast: Chocolate Protein Bars

Lunch: Lettuce Wrap - protein of choice with raw veggies & cheese

Dinner: Mexican Style "Rice" Bowls - seasoned ground beef or turkey with tomatoes, avocado, any other veggies (be creative!), cheese, and salsa over cauliflower "rice"

FRIDAY

Breakfast: Veggie & Egg Scramble

Lunch: "Rice" Bowl (leftover)

Dinner: Broiled Fish with Veggies & Salad

SATURDAY

Breakfast: Turkey Breakfast Sausage with Sautéed Greens, Eggs, & Sweet Potato Hash Browns

Lunch: Lettuce Wrapped Burgers & Green Salad

Dinner: Shrimp or Chicken & Veggie Stir Fry

SECOND STEP - PREPPING

Now that your menu planning and shopping is complete, it's time to prep your ingredients ahead to make your life easier in the coming week. Before you start, make certain you have enough containers to hold all the prepped food. Some things can be combined in containers if they are destined for the same dish and will be cooked together. Using the above menu for example, the veggies and potatoes served with the roasted chicken can be chopped and stored in the fridge together. Cabbage is extremely resilient and can be chopped, mixed with other ingredients, and dressed days ahead. Meatloaf can be mixed and shaped inside a muffin pan, then stored in the refrigerator until you're ready to bake them. Prep all your veggies according to your recipes and keep them organized in containers - chopped salad toppings, "rice" bowl toppings, stir fry ingredients, etc. (put post-it notes on them to keep them

Cover and store in the refrigerator for 3-4 days.

Chocolate Protein Bars

* makes 12 bars

2 cups of nuts

1 cup of shredded coconut

1/2 cup raw cacao powder

2 tablespoons chia seeds

1/3 cup nut butter

1/2 cup coconut oil or butter

2 teaspoons cinnamon

1/2 teaspoon vanilla extract

Blend the nuts in a small food processor or blender until finely chopped. Put the blended nuts into a mixing bowl, add the rest of the dry ingredients and mix until combined.

Melt the coconut oil/butter, mix in with the dry

straight). The chocolate protein bars can be made ahead and frozen, so make a big batch and enjoy them for a month or so.

LAST STEP - COOKING

For the above menu, Sunday is the biggest cooking day (this can be whatever day of the week works best for you). If you have the time and would rather prep twice during the week and cook more often, you can arrange your menu to suit your timing. Since the prep is complete, weeknight cooking time is cut way down; Monday night's meal is simply popping the muffin tray of meatloaf in the oven and reheating veggies and potatoes. If you have a slow cooker or pressure cooker, you can choose recipes that would normally take hours of attention and cooking time like stews or roasted meats (tougher cuts that normally cook for several hours on the stove or in the oven).

For parents - please check out suggestions for [kids' clean lunch ideas for school](#)...save time by putting them together the night before.

The key is to stay organized and one step ahead of mealtime! Keeping ready-made snacks will also help you stay on track. If you feel rushed and hungry between meals, all you have to do is grab a pre-made healthy snack instead of packaged convenience foods.

If you'd like to learn more about clean eating and foods that will help you and your family achieve optimal health, please call the office to schedule an appointment with Dawn. 707.795.1063

ingredients until everything is combined. If the mixture is really wet, add some extra chia seeds (or almond meal) to thicken it up. If it's too dry, add some extra coconut oil.

Line a small square 8x8 inch baking pan with parchment paper (no need to grease it). Tip the mixture in, press it down and smooth out with the back of a spoon. Put it in the fridge for 30 minutes or so to set.

When set and hard enough to cut, lift the mixture out with the parchment paper on to a chopping board. Cut into squares and refrigerate or freeze.

Testimonials

"The results I have achieved through working with Dawn Dolan have given me a new lease on life.

After trying numerous other avenues, I experienced how Dawn and her expertise in Acupoint Nutritional

Create Your Own Non-Toxic "Medicine Cabinet"



General Health Daily Fundamentals

Provide convenient foundational maintenance support to help maintain optimal health. Box includes a 30-day supply of individual packs.

Each pack contains:

- **Catalyn** (three tablets)—contains vital nutrients from whole food and other sources
- **Trace Minerals-B₁₂** (one tablet)—trace mineral supplement
- **Tuna Omega-3 Oil** (two perles)—provides 300 mg DHA and 60 mg EPA omega-3 fatty acids to support heart, brain, eye, and joint health

Testing quickly pinpointed the cause of my lifelong ailments and accurately determined the precise remedies that would bring me back to the pink of health.

I am immeasurably grateful to Dawn for her caring support and wise counsel, which have truly changed my life. Thank you Dawn!"

R.M., Santa Rosa, CA

About Us

Dawn Dolan has been a practitioner of [Jin Shin Jyutsu](#) since 1990. She is a strong advocate for integrative healthcare, consulting with medical doctors, chiropractors, acupuncturists, psychotherapists, body workers, massage therapists and other healthcare professionals.

Dawn has been practicing [Acupoint Nutritional \(or Integrative\) Testing](#) since 2004. She has trained for the past several years with Dr. Freddie Ulan using Nutritional Response Testing, and with microbiologist and Clinical Nutritionist Dan Newell using Acupoint Integrative Testing.

The combined benefits are profound. The nutritional testing uses specific points along the acupuncture meridians to check specific homeopathic antigens, hormones, vitamins, minerals, as well as other physiological markers to monitor the integrity of the body systems, creating a remarkably successful methodology for pinpointing appropriate whole food supplements and herbal remedies. The results speak for themselves!



Dawn Dolan, MA, ACN