



**2023** survey revealed that American workers spend 56 percent of their day standing or walking, with 2 in 5 participants reporting recurring pain from these activities. Wearing supportive footwear not only improves balance but also reduces the risk of falling, relieves foot pain, and supports overall foot function. When shopping for shoes, choose a pair that's about 6 mm longer than your foot and avoid any that are heavy or too tight.



**6** benefits of taking frequent cold showers include improved circulation, improved mental health, increased metabolism, enhanced immunity, reduced soreness and inflammation, and effective pain relief. Ideally, a cold shower involves lowering the water temperature under 60 F for two to three minutes. However, if you're just starting out, try turning the water cold for the last 30 seconds of your shower and gradually working your way up.

**83** percent of US workers experience work-related stress, which can trigger low-grade systemic inflammation within the body. Stress also often leads to poor snacking habits but swapping processed bites for anti-inflammatory foods that promote emotional resilience and stabilize the nervous system may help. Nutrient-dense alternatives like veggie slices with hummus, dark chocolate and berries, or a handful of walnuts and almonds can support long-term wellness at work.



**10** minutes of daily brisk walking comes with numerous benefits and counts towards the recommended 150 minutes of weekly exercise. Add a creative twist with a colour walk: choose a colour and follow it as your visual guide through your surroundings. From yellow flowers to red signs, this mindful practice sharpens focus, eases stress, and adds a playful spark to your routine.

**1** oz dry roasted sunflower seeds have 49 percent of the daily recommended value of vitamin E and 41 percent of selenium. Both vitamin E and selenium are reported to improve heart health and lower the risk of cancer. Sprinkle sunflower seeds on salads, yogurt, or oatmeal to boost energy, support immunity, and combat oxidative stress from screen time and sedentary hours.



## CACIO E PEPE GRILLED CAESAR SALAD

4  
SERVES

Elevate your summer dining experience with a healthy twist on a classic appetizer. This grilled cacio e pepe (“cheese and pepper” in Italian) Caesar salad lends its savoury and peppery flavours to this refreshing dish. Featuring white beans and toasted whole wheat bread crumbs, this salad is an innovative and nutritious dish that not only satisfies your taste buds but also provides a wealth of wholesome benefits.

4 to 6 whole black peppercorns  
2/3 cup (160 mL) plain Greek yogurt  
1 Tbsp (15 mL) extra-virgin olive oil  
1/4 cup (60 mL) grated Parmesan  
Juice of 1/2 lemon  
1 garlic clove, peeled and minced  
1/4 tsp (1 mL) flake salt  
2 to 3 large heads romaine lettuce  
14 oz (398 mL) can cannellini beans, drained and rinsed (see tip)  
Toasted bread crumbs, for garnish (optional)

In ungreased pan on medium high heat, toast peppercorns for 30 to 60 seconds, or until fragrant. Constantly move pan to prevent burning. Remove from heat and let cool. With mortar and pestle, grind coarsely.

In small bowl, whisk yogurt, oil, Parmesan, lemon juice, ground peppercorns, minced garlic, and salt until emulsified. Set aside.

Halve romaine heads vertically. On hot grill, place heads cut side down and cook until charred, about 1 to 2 minutes.



Arrange grilled lettuce heads on serving plate, add beans directly on top of grilled romaine, and drizzle with dressing. Top with additional flake salt and toasted bread crumbs, if desired.

COOK ALONG WITH THIS  
CURATED SPOTIFY PLAYLIST





## ITALIAN MEAT SANDWICH

6  
SERVES

Transport your taste buds to a sun-soaked picnic on the beaches of the shimmering Adriatic Sea with this irresistible Italian meat sandwich. As we embrace the warmth of summer, there's nothing easier to prepare and serve among friends than a delicious sandwich. This recipe combines the rustic comfort of whole grain bread with a medley of summer flavours, promising a mouthwatering experience that won't disappoint.

Unslice loaf of healthy whole grain bread of choice (approximately 9 x 5 inch/23 x 15 cm)  
1 Tbsp (15 mL) mayonnaise or garlic aioli (optional)  
2 Tbsp (30 mL) grainy mustard or pesto (optional)  
5 oz (150 g) prosciutto, thinly sliced  
7 oz (200 g) chicken breast, thinly sliced  
2 cups (500 mL) arugula  
5 oz (150 g) burrata cheese  
Salt and pepper, to taste (optional)

Slice bread loaf in half horizontally, as if making a large sandwich. Spread mayonnaise and mustard or pesto, if using, on one side. Layer meats, burrata cheese, and arugula to build sandwich. Cut into 6 equal portions and serve.



COOK ALONG WITH THIS  
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## TIRAMISU PUDDING *with* LEMON CURD *and* CASHEW CREAM

6  
SERVES

Indulge in the epitome of summer sweetness with this lemon tiramisu, reimagined with wholesome ingredients for a delicious treat. Crafted with creamy cashews, organic eggs, luscious coconut cream, and the aromatic essence of real vanilla bean paste, this dessert is a harmony of flavours and textures that will tantalize your taste buds with each heavenly bite.

### Ladyfingers

2 large organic eggs  
1 tsp (5 mL) vanilla bean paste  
1 Tbsp (15 mL) lemon zest  
3 Tbsp (45 mL) lemon juice  
1/2 cup (125 mL) almond flour  
3 Tbsp (45 mL) coconut flour  
1/2 tsp (2 mL) baking powder

### Cashew cream

1 1/4 cup (310 mL) cashews, soaked (30 minutes) and drained  
3 Tbsp (45 mL) honey or maple syrup  
1/8 tsp (0.5 mL) Himalayan salt  
1/2 tsp (2 mL) vanilla bean paste  
1 cup (250 mL) organic coconut cream (see tip)

### Lemon curd

3 lemons, juiced and zested  
2 large organic eggs  
1/2 cup (125 mL) honey  
1/4 tsp (1 mL) flake salt  
7 Tbsp (100 mL) butter, unsalted

### Lemon soak

1/4 cup (60 mL) coconut milk  
1/4 cup (60 mL) lemon juice



Preheat oven to 350 F (180 C). Line baking sheet with parchment paper.

For ladyfingers, into 2 medium bowls, separate egg yolks and whites.

In bowl with yolks, add vanilla bean paste, lemon zest, and lemon juice, and whisk until pale in colour.

Using electric beater or stand mixer, whisk egg whites until stiff peaks form. With spatula, gently fold egg yolk mixture into stiffened egg whites. Sift in almond and coconut flours along with baking powder, being careful to not deflate batter.

To piping bag, add batter. Onto parchment paper-lined baking sheet, pipe batter into 3 inch (7.5 cm) logs. Bake for 10 to 12 minutes, or until lightly golden. Set aside and let cool completely.

For cashew cream, in blender, combine soaked cashews, honey or syrup, salt, vanilla bean paste, and coconut cream; blend until completely smooth.

For lemon curd, in small bowl, add lemon juice, lemon zest, eggs, honey, and salt, and whisk until completely incorporated.

Transfer lemon curd mixture to pot over medium-high heat, and cook, stirring constantly, for 5 minutes, or until thick. Remove from heat and mix in butter. Set aside.

For lemon soak, in shallow dish, mix coconut milk and lemon juice. Soak ladyfingers in mixture, if desired.

In individual glass dishes, start with a layer of ladyfingers, then a layer of the cashew cream, and lastly, a layer of the lemon curd. Garnish with a lemon wedge, if desired, and enjoy.