

Three Ways to Lighten Up Your Meals in the New Year

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Overindulging is something many of us can relate to post-holidays, especially this year when we have all been cooped up at home. Mid-January, we know we're still feeling incredibly stuffed from holiday treats and the desserts we overloaded ourselves with that normally get shared with our extended families. Like every year, January still feels like a good time to reset and refocus on our health and lighten our diet. To help you kickstart that effort, we took the time to do some conscious grocery shopping and to create a few of our favorite healthful "reset" recipe go-tos. These don't compromise on flavor at all and include smoothies in the morning, loaded salads at lunch, and a super nutritious and tasty veggie-packed dinner.

Breakfast

First, we decided to swap the waffles and pancakes for something a little lighter by making [a filling smoothie](#) that has some "oomph". A favorite that keeps us satisfied for hours and away from mid-morning snacking is inspired by a recipe from [@leefromamerica](#) made with frozen blueberries, steamed-and-then-frozen cauliflower, almond butter, lactose free yogurt and a splash of coconut milk. We love this smoothie because it's fruity, smooth, nutritious and tastes more like a treat than a veggie-bomb.

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Lunch

When lunch hour comes around, grabbing a burger can be all too tempting, so we combat our cravings by loading up a big salad with healthful goodies. We like to make a salad our oyster, and pile it high with arugula, pomegranate seeds, mandarin wedges, and a [lactose free lemon-yogurt dressing](#); light and yet so filling. For a little extra protein we sometimes add grilled chicken, roasted delicata squash or gluten-free pasta to keep us powered up through the afternoon.

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Dinner

Instead of a loaded burrito for dinner, we opt for some homemade veggie tacos. What makes this recipe special and delectable is our [homemade cilantro-lime crema](#), made with Green Valley Creamery lactose free sour cream and yogurt. For these succulent, savory tacos we like to use corn tortillas, roasted butternut squash, diced tomatoes, fresh corn, whole black beans, all topped off the crema. Simple, flavorful, and extremely easy to make, we hope it's as big of a hit in your home as it is in ours.

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Eating light during the winter especially during these challenging times can sometimes feel hard, but it also helps us feel more hopeful and energetic. To make it a little easier to transition to healthier eating, we recommend cooking what you're craving but putting a light spin on it to get you on your way to feeling like a better, lighter, and more healthful self.