

# BODY



A HEALTHY,  
QUICK, AND EASY-  
TO-MAKE MEAL  
THAT'S READY  
IN MINUTES

## EASY CEVICHE

Fresh seafood and fruit make a great pair! It is a great light meal or lunch.

**SERVES 2**

**DIFFICULTY: EASY**

### INGREDIENTS



**1 Pound of bay scallops**



**2 Tablespoons each: lime juice, lemon juice and orange juice**



**1 Bunch of fresh cilantro**



**1 Red onion**



**1 Celery stalk chopped fine**



**1 Peach chopped fine**



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### DIRECTIONS

- Put scallops in large bowl and add juice of lime, lemon, and orange.
- Chop red onion, tomatoes, and celery, and add to bowl.
- Add chopped cilantro and peaches.
- Mix well and place in refrigerator one hour before serving.



**“My favorite thing to do is teach how to cook easy, healthy, budget-friendly meals with minimal ingredients!”**

### **Jaime Alonso, certified health coach**

I received my initial training and certification as a wellness coach at Spencer Institute. I then continued my training as a health coach from the Institute for Integrative Nutrition's cutting-edge health coach training program. During my training, I studied over 100 dietary theories, practical lifestyle management techniques, and innovating coaching methods with some of the world's top health and wellness experts. My teachers included Dr. Andrew Weil, director of The Arizona Center for Integrative Medicine; Dr. Deepak Chopra, leader in the field of mind-body medicine; Dr. David Katz, director of Yale University's Prevention Research Center; Dr. Walter Willet, chair of nutrition at Harvard University; Geenan Roth, best-selling author and expert on emotional eating; and many other leading researchers and nutrition authorities.

My responsibility at TNT is to help you create a “sustainable” lifestyle change. Meeting you where you are in your journey and equipping you with practical tools to grow and learn new strategies; teaching you how to shop and meal plan; helping you create new ideas; and learning how to go out to eat are a few of the hands-on lessons you receive. I teach you how to live well for life!