

Recipes



Welcome!

This is the Recipe PDF I promised I would send out from my recent Essential Oils in the Kitchen Class. You can print this to keep the recipes in a binder in your kitchen, or you can click on the Recipe title for each one to bring that recipe up within Plan To Eat which is my fave digital organizer. ([Click here for a free 45 day trial](#))

If you'd like to find classes I've taught in the past on lots of different topics such as Glowing Skin, Immune System Love and Healthy Home Stations ... you can find all past class recordings [here in the HOL:FIT Classroom](#).

If you are not yet using doTERRA oils to take your health next level, I would love to help you get started. [I have the purchase info here for you.](#)

Enjoy this free guide! And if you are looking for a method of simplifying healthy meal prep + planning, you'll love my [Healthy Kitchen Blueprint](#). You'll find a promo code at the end of this recipe guide you can use 🇪🇺

HEALTHY KITCHEN
BLUEPRINT



To growing + glowing together,



If you do not yet have a doTERRA account and would like to make kitchen oils the place you start, I've created [this custom kitchen kit](#) for you. If you'd prefer to start with a different kit, I have ordering info [here](#).

Kitchen Kit

🇨🇦 \$252



Includes wholesale purchasing access for a full year whenever you want to shop



Or I would be happy to setup your account for you, you can [click here](#) to fill in the form.

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TIPS + TRICKS USING OILS IN THE KITCHEN

In this first section, I want to review some tips when you're first incorporating doTERRA oils into your recipes and some great little tricks you'll love!

I thought it would be great to start off by sharing with you my Goodnight/Goodnight morning. It's a wildly popular + effective ritual I've shared over the years and if there's only 1 thing you start doing from this class, let it be one of these rituals ...

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goodmorning kitchen

- ✓ Soak produce for the day in a large bowl of water with 3 drops of lemon essential oil. Rinse after 10 min.
- ✓ Empty compost + water house plants.
- ✓ Run diffuser: Try 2 drops each peppermint + wild orange.
- ✓ Empty dishwasher and reload if needed. Set the table for tonight's dinner.
- ✓ Drink large glass of water before eating or coffee.
- ✓ Prep breakfast + lunches if necessary
- ✓ Prep ingredients/slowcooker for dinner.

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goodnight Kitchen

- ✓ Clean all dishes or run in dishwasher.
- ✓ Clean inside of sink with a pump of OnGuard foaming soap + 2 drops lemon or spearmint. Scrub with brush and rinse off. Polish with olive oil if you wish.
- ✓ Clean counters with all purpose spray: In a glass bottle, add 2 tbsp OnGuard cleaning concentrate, 2 cups water and 20 drops of essential oil of choice. I like 10d OnGuard + 10d Peppermint.
- ✓ Add a drop of lemon oil to your dish cloth + towel.
- ✓ Change the garbage/recycling/composter. Add a drop of lemongrass to the bottom.
- ✓ Setup coffee maker on a timer for the morning.
- ✓ Consider food plan for tomorrow: Prep breakfast, school lunches and take items out of freezer to defrost for tomorrow night's dinner.
- ✓ Run diffuser: Try 2 drops each lavender, wild orange, lemon + rosemary.

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Super awesome kitchen hacks

You will probably want to purchase a little display rack or block to keep your kitchen oils.
I love buying holders from [Fallen Forest](#).



For cleaning produce: Fill a bowl with 2 pumps OnGuard Foam Soap + 3 - 4 drops of Lemon.
Add produce, soak for 10 min and rinse.

For sparkly dishes: Add 2 drops of lemon to the inside of washing machine door.

Keep your dish towel fresh: add a few drops of lemon at the end of the day.

Simple All Purpose Cleaner: 2 tbsp OnGuard Cleaning Concentrate + 20 drops essential oil and top up with water. Try 10 drops each Spearmint + Lemon or Peppermint + Cinnamon.

For extra loving on your house plants: Add 1 drop lemon + basil to your watering can.

Sparkly Sink Diffuser: Add a pump of OnGuard Foaming Soap and a few drops of Lemon to your sink. Scrub clean then fill with a little water and plug drain. Add 2 drops of Peppermint or Lemon Eucalyptus and let the aroma fill the kitchen.

Vacuum diffuser: Add 2 drops of essential oil to your filter before vacuuming.

Garbage Diffuser: leave a cotton ball and add a few drops of purify or lemongrass to it. paper towel at the bottom and add a drop of peppermint or lemongrass.

The Classic Kitchen Diffuser Blend will have your space smelling like Williams Sonoma: 2 drops each: Lime, Lemon, Lavender + Rosemary. To see all my diffuser blend creations, [click here](#).



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Super easy food + bev integrations

It is most important that you use doTERRA oils or another brand that you can be assured of quality with, for these recipes. If you don't know exactly what is in your essential oil bottle, do not use it in the ways I'm teaching you here. doTERRA's sourcing method + quality testing gives you confidence to use the oils in your recipes. Hop over to [Source to You](#) when you have a moment to learn more about your bottles.

You will almost always use 1 - 2 drops max for a recipe and it's easy to over do it. The essential oil form of a plant is approx 50x stronger than its basic plant form! If you stock the kitchen oils, you may never need to purchase herbs again! And bonus - the essential oils are not only pennies per drop, but they are multi use (*see graphic on next page*).

So first let's go over some tips for adding oils to your recipes

Toothpick method: Use this with hot, savoury or spicy oils: dip a toothpick into the essential oil and dip it once into the recipe.

Spoon method: Drop your essential oil onto a spoon first, then dab a paper towel to remove part of the drop before adding to your recipe.

Carrier method: Mix your essential oil with a cooking oil, milk or other liquid to more evenly disperse in your recipe.

Baking vs Cooking: Baking typically requires more oil flavouring than cooking. So while you might use 2 - 3 toothpick swirls of oregano in a pasta sauce, you might use 2 - 3 drops when making an artesian bread.

Substituting oil for herbs:

½ tsp dried herbs = 1½ tsp fresh herbs = 2-3 toothpick swirls of essential oil
1 tsp dried herbs = 1 tbsp fresh herbs = 1 drop essential oil

Substituting oil for citrus:

1 tsp lemon extract = ⅓ tsp lemon essential oil = 16 drops
1 tbsp lemon zest = 1/16 tsp lemon essential oil = 8 drops

Did you know citrus oils are flavour preservatives?

Use with fruits to prolong flavour and in marinades and sauces for meats + veggies.

Super easy food + bev integrations

To fresh juices: Add a drop of ginger, lemon or celery seed for extra plant power!

To smoothies + coffee: Add a drop of wild orange, cinnamon or peppermint

To water: Add 1-2 drops of any citrus oil for flavour and cleansing limonene

To yogurt: Add 2 drops of a citrus essential oil into unflavoured yogurt

To pasta: Add 1 drop each oregano + basil

To ice cube trays: add to the water you use to fill up the tray

I created this helpful [one pager for you to print](#) + keep in your kitchen:

hol-fit ESSENTIAL OILS in The kitchen
hol-fit.com/classroom

- Peppermint**: Add 3 - 5 drops to frosting, chocolate cake or fudge. Great in cocktails and smoothies. Use with lamb or chicken to compliment the flavors of the meat. Apply to the temples if you have some head tension.
- Spearmint**: Slightly milder than peppermint. Add to baking + beverage recipes. Beautiful in diffuser with lemon or wild orange. Add a drop to lip gloss tubes for minty tingle or to glass of water for indigestion.
- Lemon**: Add to drinking water, baking, dressings + marinades. Add to cleaning + diffuser recipes to cleanse the air. Remove adhesive glue, clean marker stains, add a few drops to your produce soak.
- Wild Orange**: Add a sweet, refreshing flavour to smoothies, muffins, scones and cookies. Substitute for recipes that call for orange zest. Add to diffuser with peppermint for an energizing boost!
- Lemongrass**: Use in all your Thai themed dishes, including soups. Apply diluted to areas of tissue discomfort for soothing relief. Add to DIY cleaning recipes or keep a bottle in the bathroom to add to toilet paper roll.
- Ginger**: Add to curries, salad dressings, apple pie and soup for an extra zing. Add to savoury and sweet sauces, baked goods and vinaigrettes. Ginger can help enhance natural flavors when cooking.
- Anise**: Add a drop to pasta, pizza, soups or chilli. Make a pesto or jazz up pasta sauce. One drop taken daily in a veggie cap can help maintain healthy immune function. Apply to warts + skin tags.
- Clove**: Try a drop in sauces and marinades. Rub diluted on sore muscles or take a few drops internally with Frankincense + Copaiba for pain. Beautiful in diffuser with peppermint.
- Eucalyptus**: Add to a vegetable stir fry, mashed potatoes or a turkey. Delish in herbed bread and flavoured butters. Add to your favorite daytime diffuser blend to get your mental wheels turning.
- Rosemary**: Popular in Italian cuisine meat dishes, marinades and salad dressings. Add a toothpick's amount to white bean dips and cucumber salads. Add a drop to a cup of warm water for stomach upset.
- Basil**: Add to olive oil and coat roasted potatoes, make a chicken marinade or flavoured olive oil, or add a drop to homemade bread. Nice in diffuser with lavender, lime + lemon.
- Cinnamon**: Any dish that calls for the dried or fresh herb. Brilliant in salad dressings. Apply behind the ear with a drop of lavender for discomfort. Love on your house plants with a drop of lemon and water.
- Celery Seed**: Commonly used to flavour cookies, pastries, breads and curry dishes. Use to add extra flavor to both sweet and savory recipes. Massage into belly for digestive upset.
- Citrus Peel**: Add to rice, fresh salsa, pico de gallo, guacamole or other dips. Cilantro has a fresh, sweet, and herbal aroma that works perfectly with citrus oils in the diffuser.
- Cinnamon**: Use 1-2 drops as an alternative to add celery flavouring to dishes. Add to sea salt and salt as usual to flavour foods. Brilliantly add a drop to fresh juices or salad dressings.
- Cinnamon**: Add to apple cider, fruit pies and pineapple glazed ham. Dilute and apply to sore teeth. Pair with peppermint in your all purpose cleaner or add a drop to water and soak toothbrushes once a week.
- Cinnamon**: Make cinnamon rolls, add to pancake batter or add a toothpick amount to your coffee. Gargle a drop in water to maintain good oral hygiene or swipe a drop on your tongue for instant cleansing.
- Cinnamon**: Use to make Chai flavoured drinks, in Indian and Mediterranean cuisine. Brilliant when used digestively or for respiratory support.

Drinks

HOL:FIT MORNING SUPERBREW

Serving Size: 1

INGREDIENTS:

- 2 cups [organic brewed coffee](#) or a mixed base of coffee + brewed chaga or brewed cacao
- 1 tsp [ground cacao](#)
- 2 tbsp [unsalted grass fed butter](#) or [ghee](#)
- 1 tbsp [MCT](#) or [coconut oil](#)
- 2 drops doTERRA cinnamon, peppermint or orange oil



INSTRUCTIONS:

Brew your coffee. Add all ingredients to a blender. Pour into a mug and store the rest in a thermos to top up your mug as you sip. I've been drinking this Superbrew every morning for the last 5 years and will switch up the base to use chaga tea, brewed cacao or swiss water process decaf. It keeps my brain fueled as I do my creative morning work and keeps me full until around noon.

Read more about this brew [on the blog here](#).

CROCKPOT CHAGA TEA

Serving Size: 1

INGREDIENTS:

- 2 large [chunks of chaga](#)
- 6 cups hot water
- 2 drops doTERRA onguard, turmeric or cinnamon oil

INSTRUCTIONS:

Add 2 large chunks of chaga to a small crockpot and cover with filtered water (about 6 cups water). Turn crockpot on low and let brew all day then turn down to a keep warm setting and draw from it throughout the next 3 days. You can top up the water as you take liquid out over the course of the 3 days.



You can find the Chaga chunks and other products I use + love here: hol-fit.com/insideoutshop

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COFFEE CREAMER

Serving Size: 1

INGREDIENTS:

- 1 cup almond or oat milk
- 1 cup full fat canned coconut milk
- 2 - 4 drops of either doTERRA cinnamon or peppermint oil

INSTRUCTIONS:

Blend together and store in a glass jar for up to 2 weeks.



SUPERCHARGE TURMERIC CACAO LATTE

Serving Size: 2

INGREDIENTS:

- 1 can full fat coconut milk
- 1 ½ cups brewed chaga tea or dandy blend
- 1 drop each doTERRA turmeric + cinnamon oil
- 1 tsp organic cacao powder

INSTRUCTIONS:

Warm the coconut milk on the stove or in a warmer. Put all ingredients in blender and pour into 2 mugs.

supercharge cacao



BRAIN FUEL HOT COCOA

Serving Size: 2

INGREDIENTS:

- 1 cup almond milk
- ½ cup full fat coconut milk
- 2 tsp raw cacao
- 1 tbsp collagen
- ½ tsp honey or maple syrup
- 1 drop doTERRA peppermint, cinnamon or wild orange

INSTRUCTIONS:

Blend all together and pour into a milk warmer/frother.

You can find the warmer/frother I use here: hol-fit.com/healthyhomeshop



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CRANBERRY & LIME SPRITZER

Serving Size: 1

INGREDIENTS:

- 2 cups cranberry juice or cran/grape kombucha
- 2 cups sparkling water
- 5 drops doTERRA lime oil

INSTRUCTIONS:

Add all to pitcher with ice and garnish with sliced limes + cranberries



SPEARMINT LEMONADE

Serving Size: 4 - 6

INGREDIENTS:

- 1 cup sugar
- 10 lemons, juiced (approx 2 cups of juice)
- 8 cups water
- 3 drops doTERRA spearmint oil

INSTRUCTIONS:

Juice roughly eight lemons to create 2 cups of lemon juice. Add the water and lemon juice to sugar, and stir everything together until the sugar is completely dissolved, 1-2 minutes. Add spearmint oil and stir.

Chill the lemonade until ready to serve.



Breakfast

BLUEBERRY LEMON MUFFINS

Serving Size: 12

INGREDIENTS:

- 2 cups organic oats. Blend to a flour.
- 1 tbsp baking powder
- ½ tsp sea salt
- ¼ cup maple syrup
- 8 drops doTERRA lemon oil
- 1 egg
- 1 cup almond mylk
- ½ cup melted coconut oil
- 1 cup frozen or fresh blueberries
- ¼ cup hemp seeds
- 1-2 scoops protein powder, optional

INSTRUCTIONS:

Preheat oven to 375F.

Mix all dry goods together. Mix all wet ingredients together in a separate bowl. Add both together and fold in blueberries. Bake for 25 minutes.



CINNAMON PROTEIN PANCAKES

Serving Size: 1

INGREDIENTS:

- 1 banana, mashed
- ¼ cup nut mylk
- 2 eggs
- 2 scoops of doTERRA Protein
- 2 drops Cinnamon oil

INSTRUCTIONS:

Blend in blender and pour into a greased, hot frying pan.



LEMON CHIA PUDDING

Serving Size: 1

INGREDIENTS:

- 2 tbsp chia seeds
- 1 cup of almond milk
- 2 drops of doTERRA lemon oil
- 1 tsp maple syrup

INSTRUCTIONS:

Mix together in a glass jar and store in the fridge.



LEMON BERRY CHIA PARFAIT

Serving Size: 1

INGREDIENTS:

- 12 oz vanilla coconut yogurt
- 1 cup coconut milk
- 2 drops doTERRA lemon oil
- 2 tbsp chia seeds
- 2 cups assorted fresh berries
- ¼ cup nuts/seeds

INSTRUCTIONS:

In a large bowl whisk yogurt, coconut milk, chia seeds, and lemon essential oil together. Cover and refrigerate overnight, or until mixture forms into pudding consistency. When ready to assemble parfaits, place 1 cup of berries in a separate bowl and mash with a fork.

To assemble parfaits, place a layer of chia pudding in the bottom of a glass. Top with a layer of berry puree followed by 1 tbsp of nut/seed mix. Repeat layering until glass is full. Top with fresh mixed berries. For hot summer days, try using frozen berries in this recipe.



MACALICIOUS CHOCOLATE MINT SMOOTHIE

Serving Size: 1

INGREDIENTS:

- 1 cup almond milk
- 1 scoop chocolate protein powder
- 1 handful spinach
- 1 frozen banana
- 1 tbsp raw cacao powder
- 1 tsp maca powder
- 1 tsp spirulina
- 1 tbsp chia seeds
- 1 tbsp cacao nibs
- 1 drop doTERRA peppermint oil



GINGER PEAR GREEN SMOOTHIE

Serving Size: 1

INGREDIENTS:

- 1 cup spinach
- frozen pears
- ½ cup plain greek yogurt
- 1 tbsp nut butter
- 1 cup nut mylk
- 1 drop doTERRA ginger oil

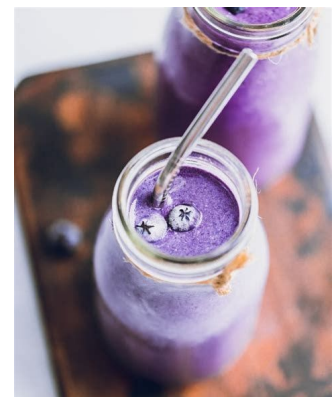


VANILLA BLUEBERRY SMOOTHIE

Serving Size: 1

INGREDIENTS:

- 1 scoop protein or 3 tbsp hemp seeds
- 1 cup almond milk
- ½ banana, frozen
- ½ cup frozen blueberries
- 1 drop doTERRA lemon or green mandarin



ON GUARD PUMPKIN SMOOTHIE

Serving Size: 2

INGREDIENTS:

- 1 cup almond milk or milk of choice
- 1 scoop protein or 3 tbsp hemp seeds
- ½ cup pumpkin puree
- ½ cup vanilla yogurt
- 2 bananas, frozen
- 1 tsp vanilla extract
- 1 tsp pumpkin pie seasoning
- 2 drops doTERRA OnGuard or cinnamon oil



GREEN SMOOTHIE

Serving Size: 2

INGREDIENTS:

- 2 cups kale
- 2 cups blueberries, frozen
- 1 scoop protein or 3 tbsp hemp seeds
- 1 large carrot
- 1 banana
- 1 cup water
- 1 cup nut mylk
- 2 drops doTERRA wild orange or tangerine oil



YOGURT + GRANOLA

Serving Size: 1

INGREDIENTS:

- 1 cup organic greek or coconut yogurt
- 1 drops doTERRA lime or green mandarin oil
- 3 tsp hemp seeds
- ¼ cup almonds or walnuts
- ½ cup mixed berries or chopped apple



Lunch

VEGETARIAN BLACK BEAN BURGERS

Serving Size: 4

INGREDIENTS:

- 3 cups cooked black beans, drained
- 1/2 cup yellow onion, chopped
- 2 garlic cloves
- 1/4 cup red bell pepper
- 2 drops doTERRA cilantro oil
- 2 drops doTERRA basil oil
- 1 egg
- 1 cup bread crumbs
- Salt and pepper



INSTRUCTIONS: Rinse and drain beans. Put 1/2 of rinsed beans, onion, garlic, red bell pepper, cilantro and basil essential oil, egg, bread crumbs, and salt and pepper into food processor or blender. Process until smooth. Combine with remaining black beans and stir. If mixture is too sticky, add more bread crumbs until it holds together. Divide into 4 patties. Heat skillet/grill on medium heat. Add olive oil. Heat burgers 6 minutes on each side. Be careful when flipping burgers as they are very delicate. Once burger is cooked, place patty on bottom bun, top with lettuce, tomatoes, and desired condiments.

LEMONY CHICKPEA SALAD SANDWICH

Serving Size: 2

INGREDIENTS:

- 1 can chickpeas, drained and rinsed
- 1/4 cup mayo or tahini sauce
- 5 drops doTERRA Lemon oil
- 1/4 cup roasted sun flower seeds
- 1/4 cup cup diced red onion
- 1/4 cup diced red bell pepper
- 1/4 cup diced dill pickles
- 2 tbsp freshly chopped dill
- 1/4 cup freshly chopped chives



INSTRUCTIONS: Add the chickpeas to food processor and pulse to finely chop. Remove chickpeas from the food processor and transfer to a large mixing bowl. Add the mayo or tahini sauce along with the roasted sun flower seeds, diced red onion, dill pickles, chopped dill, and chives to the bowl. Gently mix everything together to combine. Toast bread and spread the chickpea salad over the toast.

BASIL MARINATED ROASTED PEPPER SANDWICH

Serving Size: 4

INGREDIENTS:

- 4 whole roasted red peppers
- 1 large loaf ciabatta bread, halved horizontally
- Goat cheese
- 2 cups arugula

Marinade:

- 2 tbsp truffle oil or extra virgin olive oil
- 1 tbsp balsamic vinegar
- 2 garlic cloves, minced
- 1 tsp coarse salt
- ¾ tsp freshly ground pepper
- 1-2 drops doTERRA basil oil



INSTRUCTIONS:

Add truffle oil, balsamic vinegar, garlic, salt, pepper, and basil essential oil to a small, flat-bottomed container. Whisk to combine. Add roasted red peppers to the mixture and swirl around in marinade until peppers are thoroughly coated. Cover with plastic wrap and refrigerate for a few hours to allow the flavours some time to develop. To assemble the sandwiches, first add a layer of arugula, then a layer of cheese, then the roasted peppers. Top with more arugula and drizzle with the marinade. Top with the top half of the ciabatta and cut into individual servings.

WILD ORANGE PEANUT BUTTER SANDWICH

Serving Size: 1

INGREDIENTS:

- peanut or other nut butter
- banana, sliced
- honey
- 2 drops doTERRA wild orange oil
- bread or bun

INSTRUCTIONS:

Mix wild orange oil into peanut butter. Spread onto your bread and top with bananas, drizzle with honey.



FRESH ROLLS WITH PEANUT SAUCE

Serving Size: 12

INGREDIENTS:

- 12 rice paper wrappers, round
- ½ cup baby spinach leaves
- ½ cucumber, cut into matchsticks
- 2-3 medium carrots, cut into matchsticks
- ½ pepper, thinly sliced
- ¼ red cabbage, thinly sliced
- 1 avocado, sliced
- ½ cups alfalfa sprouts
- ¼ cup cilantro leaves or 1 drop doTERRA cilantro oil
- ¼ cup basil leaves or 1 drop doTERRA basil oil

PEANUT SAUCE:

- 3 tbsp organic peanut or almond butter
- 1 tbsp tamari, liquid amino or soy sauce
- 2 tbsp maple syrup
- 4 tbsp warm water
- 1 drop each doTERRA lime + ginger oil
- chopped peanuts for topping

INSTRUCTIONS:

Shred cabbage in bowl and if using cilantro + basil oil - massage it into the cabbage with a little olive oil.

Fill shallow pie plate with warm water. Dampen kitchen towel with water and wring dry. Submerge one rice wrapper into warm water for a few seconds. Remove from water and place on towel.

Place layer of spinach on rice paper, followed by cucumber, carrot, pepper, cabbage, avocado, sprouts and basil/cilantro leaves if using.

Carefully wrap the roll from the bottom up, keeping as tight as possible like a burrito. Place on lightly oiled plate and cover until ready to enjoy!

PEANUT SAUCE: Put all ingredients in blender and use for dipping.



Salads

+ dressings

STRAWBERRY ALMOND SALAD WITH RASPBERRY LIME VINAIGRETTE

Serving Size: 1

INGREDIENTS:

- 10 oz baby spinach
- 1 lb strawberries, cut in thick slices
- ½ cup almonds, sliced and toasted
- ½ cup feta cheese

Vinaigrette:

- 1 pint fresh raspberries
- 2-4 drops doTERRA lime oil
- 1 tbsp honey
- 2 tbsp dijon mustard
- 2 tbsp red wine vinegar
- ¼ cup oil

INSTRUCTIONS:

To make vinaigrette: In a small bowl, mash raspberries. Add remaining ingredients and mix using wire whisk until combined.

Chill for 30 min. Toss salad ingredients with vinaigrette.



ITALIAN OREGANO BREAD DIP

Serving Size: 1

INGREDIENTS:

- ¼ cup olive oil
- 3 tbsp balsamic vinegar
- 1 tsp italian seasoning
- 1 tbsp parmesan cheese, optional
- 1 drops doTERRA oregano oil. Start with a toothpick and progress toward drops for desired flavor.

INSTRUCTIONS:

Gently mix together all ingredients in a bowl large enough to dip into. Dip your favorite Italian style bread into bowl and enjoy.



INFUSED OLIVE OIL

INSTRUCTIONS:

Place two slices of lemon, a few sprigs of rosemary and 3 drops each of doTERRA rosemary and lemon oil in a glass bottle.

Fill it with virgin olive oil. Be sure to use the oil within 10 days.



CINNAMON SPICE SALAD DRESSING

Serving Size: 1

INGREDIENTS:

- ¼ cup olive oil
- 2 tbsp apple cider vinegar
- 2 drops doTERRA cinnamon bark oil
- 1 drop doTERRA clove oil
- ⅛ tsp nutmeg, ground
- 1 garlic clove, finely minced
- ¼ tsp sea salt
- ⅛ tsp fresh ground pepper



INSTRUCTIONS:

Mix all ingredients and place in jar. Serve on bed of baby spinach leaves. Toss with thinly sliced apples, two drops of doTERRA lemon oil, and top with toasted pine nuts and crumbled goat cheese.

DILL VINAIGRETTE

Serving Size: 1

INGREDIENTS:

- 1 cup apple cider vinegar
- ¼ cup olive oil
- ¼ cup of dill pickle juice
- ½ cup plain greek yogurt
- ¼ tsp onion powder
- ¼ tsp garlic powder
- 2 drops doTERRA dill or celery seed oil
- pinch of salt



LEMON BASIL VINAIGRETTE

Serving Size: 1

INGREDIENTS:

- 2 tbsp red wine vinegar
- 2 tbsp balsamic vinegar
- 3 drops doTERRA basil oil
- 3 drops doTERRA lemon oil
- 1 tbsp honey
- 2 garlic cloves, chopped
- ½ cup olive oil
- salt and pepper, to taste



HERBACEOUS LOVE DRESSING

Serving Size: 1

INGREDIENTS:

- ¼ cup apple cider or white wine vinegar
- ¼ cup olive oil
- 1 tbsp yellow mustard
- 1 drop doTERRA celery seed oil or basil oil
- 3 drops doTERRA lemon oil
- salt + pepper



ASIAN QUINOA SALAD

Serving Size: 2 - 4

INGREDIENTS:

- 1 cup quinoa
- 2 cups water
- 2 bunches green onion
- 1 bunch cilantro
- 10 oz snow peas
- 2 carrots, chopped
- 1 head napa cabbage leaves
- 1 cup shelled and cooked edamame
- 1 red bell pepper chopped
- 1 cup diced cucumber
- 1/2 cup peanuts, chopped

DRESSING:

- 1/2 cup soy sauce, or tamari
- 1/4 cup creamy peanut butter
- 1/4 cup rice vinegar
- 1/4 cup dark sesame oil
- 1 tbsp honey
- 3 drops doTERRA ginger oil



INSTRUCTIONS:

Add water + quinoa to a pot and bring to a boil over medium heat. Boil for 5 minutes. Turn the heat to low and simmer for about 15 minutes, or until water is absorbed. Remove from heat and fluff with a fork.

Place the quinoa in a large bowl and add the cabbage, edamame, red pepper, carrots, and cucumber. Set aside.

Add all dressing ingredients to a blender and blend. Pour the dressing over the quinoa salad and stir to combine.

QUINOA BLACK BEAN SALAD

Serving Size: 4

INGREDIENTS:

- 1 cup uncooked quinoa
- 2 cups water
- ½ tsp salt
- 2 medium tomatoes, seeded and cut into chunks
- 1 red onion, diced
- 3 tbsp olive oil
- 1 (15-ounce) can black beans, drained and rinsed
- 2 drops doTERRA Lime Oil
- 1 drop doTERRA Cilantro Oil
- 1 jalapeño pepper, seeded and finely chopped
- 5 oz queso fresco or fresh mozzarella
- Salt and pepper to taste



INSTRUCTIONS:

Cook the quinoa in salt water. While the quinoa is cooking, dice tomatoes, peppers, and red onion. Mix the black beans, tomatoes, red onion, cheese, jalapeño, essential oils, lime juice, salt, pepper, and olive oil in large bowl. When the quinoa has cooled, mix into the bean mixture.

LEMON WALDORF SALAD

Serving Size: 4

INGREDIENTS:

- 5 apples, diced
- 5 celery, diced
- 1 cup walnuts, course chopped
- ⅔ cup mayo or plain greek yogurt
- 7 drops doTERRA lemon oil



Main

CERTAIN ESSENTIAL OILS GO
BEST WITH CERTAIN DISHES...

CHICKEN:

BASIL, BERGAMOT, BLACK PEPPER,
CASSIA, CILANTRO, CINNAMON, GINGER,
GRAPEFRUIT, LEMON, LEMONGRASS,
LIME, ROSEMARY, TANGERINE SAGE,
THYME, AND WILD ORANGE

REDMEATS:

BASIL, BLACK PEPPER, CASSIA,
CILANTRO, CINNAMON, CLOVE,
CORIANDER, FENNEL, GINGER,
GRAPEFRUIT, LEMONGRASS, LIME,
MARGORAM, OREGANO, ROSEMARY,
TANGERINE, THYME, AND WILD ORANGE

VEGGIES:

BASIL, BLACK PEPPER, CARDAMOM,
CILANTRO, FENNEL, GINGER,
GRAPEFRUIT, LEMON, LEMONGRASS,
AND LIME

CROCK POT CHICKEN TERIYAKI

Serving Size: 4

INGREDIENTS:

- 2 garlic cloves, finely minced
- ½ white onion, chopped
- 4 chicken breasts
- ½ cup low sodium soy sauce or tamari
- ¼ cup apple cider vinegar
- 2 tbsp honey or maple syrup
- 2 tbsp molasses
- ¼ cup sesame oil
- 4 drops doTERRA wild orange oil
- 2 drops doTERRA ginger oil
- ½ tsp black pepper
- 1 ½ tbsp cold water
- 1 ½ tbsp arrowroot powder or cornstarch



INSTRUCTIONS:

Sizzle the garlic + onion in bottom of crock pot with a little butter for a few minutes. Place chicken in a crock pot on top of garlic + onion.

In a mixing bowl, whisk together soy sauce, apple cider vinegar, honey, molasses, sesame oil and essential oils. Pour mixture over chicken in crock pot, cover with lid and cook on low heat for 4 - 5 hours.

Remove chicken from crock pot and shred.

Strain sauce from crock pot through a fine mesh strainer into a medium saucepan. In a small mixing bowl whisk together cold water and arrowroot powder or cornstarch. Pour arrowroot mixture into the sauce from crock pot and heat in saucepan over medium heat, stirring constantly, until mixture begins to gently boil.

Allow mixture to gently boil for about 20 seconds until thickened. Return chicken to crock pot and pour teriyaki sauce from saucepan over chicken. Toss mixture gently to evenly coat.

Serve warm over cooked rice garnished with optional sesame seeds and serve with diced fresh pineapple if desired.

COCONUT CHICKPEA CHANA MASALA

Serving Size: 4

INGREDIENTS:

- 1 medium onion, diced
- 3 garlic cloves, minced
- 3 - 398ml cans organic chickpeas
- 1 cup cauliflower, chopped
- 2 tsp garam masala
- 2 tsp paprika
- 2 - 398ml cans chopped tomatoes w/ juice
- 1- 398 ml can coconut milk
- 1 drop doTERRA ginger oil
- 2 drops doTERRA coriander oil
- 1 drop doTERRA turmeric oil
- 1 tsp sea salt
- ½ tsp black pepper
- 3 cups spinach, optional



INSTRUCTIONS:

Layer onion + garlic on the bottom of crock pot first and sauté for a few min in a little butter. Add in chickpeas, cauliflower, spices and chopped tomatoes.

Mix doTERRA oils into coconut milk and then pour in. Cook on low for 4 hours.

Mix in the spinach if using for the last 30 min of cooking. Mash up some of the chickpeas and then serve over rice or with naan bread. You can freeze 1/2 of this after cooking too!

LEMONGRASS INFUSED COCONUT JASMINE RICE

Serving Size: 4

INGREDIENTS:

- 1 cup organic jasmine rice
- 1 cup full fat coconut milk
- 1 cup water
- 2 drops doTERRA lemongrass oil

INSTRUCTIONS: Add all ingredients to pot or Dash rice cooker (see hol-fit.com/healthyhomeshop)



COCONUT PEANUT BUTTER CHICKEN

Serving Size: 4

INGREDIENTS:

- 4 chicken breasts
- ½ cup full fat coconut milk
- ¼ cup organic peanut butter
- ¼ cup tamari or soy sauce
- 2 tbsp sesame oil
- 3 drops doTERRA ginger oil

INSTRUCTIONS:

Layer chicken breasts along bottom of crockpot.

Sprinkle with salt + pepper. Put all dressing ingredients in blender and blend together. Drizzle over chicken breasts and cook on high for 4 hrs.



OREGANO PARMESAN CHICKEN

Serving Size: 4

INGREDIENTS:

- 2 cups salad dressing
- 1 ½ cup parmesan cheese, grated
- 2 - 3 drops doTERRA oregano oil
- 4 boneless, skinless chicken breasts

INSTRUCTIONS:

Mix salad dressing and parmesan cheese together. Add enough oregano oil to convey flavour, but not enough to over power. Spoon over chicken. Bake at 350 for 45 minutes or until chicken is cooked.

Serve with rice or pasta.



ROASTED MARINARA SAUCE

Serving Size: 1

INGREDIENTS:

- 2 pounds roma tomatoes, halved
- 1 onion, sliced
- 4 garlic cloves
- olive oil
- sea salt + pepper
- 1 drop doTERRA basil oil
- 1 toothpick doTERRA oregano oil

INSTRUCTIONS:

Preheat oven to 350° F. Place sliced tomatoes, onions, and garlic on baking sheet. Add a generous amount of sea salt, pepper, and olive oil to top of tomatoes and onion. Cook for one to two hours or until tomatoes and onions begin to darken around the edges. Remove from oven and transfer to food processor or blender.

Pulse until sauce reaches your desired consistency. Add Basil and Oregano oil and stir.



SIMPLE HERBALICIOUS PASTA DRIZZLE

Serving Size: 1

INGREDIENTS:

- pasta of your choice, cooked
- greens to mix in such as kale or spinach,
- 2 cups cooked broccoli or asparagus
- 1 cup olives
- parmesan cheese or nutritional yeast, to garnish

Dressing:

- ¼ cup olive oil
- 1 drop each doTERRA marjoram, thyme and lemon oil
- salt + pepper
- sprinkle of cayenne, if you like it spicy

INSTRUCTIONS:

Cook pasta as directed and toss with cooked greens. In a small bowl, mix dressing ingredients. Drizzle dressing over pasta and garnish with parmesan or nutritional yeast on top



LEMON BROCCOLI PASTA

Serving Size: 4

INGREDIENTS:

- 3 quarts water
- 1½ --2 lbs fresh broccoli
- 1 lb brown rice pasta
- 4 cups spinach
- 4 tbsp butter
- 2 drops doTERRA lemon oil
- 2 garlic cloves, crushed and minced
- ¼ tsp crushed red pepper
- 1 cup fresh parmesan, plus more to garnish



INSTRUCTIONS: In a large skillet or pot, bring salt and water to a boil. While water is heating, trim broccoli stems and florets into bite sized pieces. Once water is boiling, add noodles and boil on high for 4 minutes. Add the broccoli, cover, and boil for an additional 3 minutes. Take off heat and drain pasta and broccoli. Return pasta and broccoli to the pan and stir in spinach. Distribute Lemon oil to your pasta evenly (with a toothpick or by continuous stirring). In a small skillet, melt butter over medium heat. Add the minced garlic and crushed red pepper to the butter and sauté for 1 minute. Turn off heat and continue stirring for 1–2 minutes, then add the mixture to your pasta. Stir 1 cup fresh Parmesan into your pasta and add a drizzle of olive oil on top. Season with salt and pepper to taste. Garnish with more cheese and fresh lemon wedges. Serve warm.

HERB-MARINATED LONDON BROIL

Serving Size: 4

INGREDIENTS:

- 1 London broil roast
- 1 tbsp white vinegar

Marinade:

- 1 cup red wine vinegar
- ½ cup olive oil
- 1 tbsp garlic, minced
- 2 tsp black pepper
- 2 drops doTERRA lemon oil
- 1 drop each doTERRA thyme + marjoram oil



INSTRUCTIONS: Pierce roast all over with a fork to absorb marinade. Sprinkle vinegar over roast and rub in to tenderize. Place London broil into baking dish to lay flat. Cover with marinade. let stand for at least 1 hour, turning every 15 minutes. Broil or grill to medium-rare or your preference. let rest 10 - 15 minutes. Slice against the grain.

Desserts

PEPPERMINT BROWNIES

Serving Size: 8

INGREDIENTS:

- 1- 15 oz can black beans, drained and rinsed
- 2 large eggs
- ¼ cup cocoa powder
- ½ cup honey
- ⅓ cup coconut oil
- ½ tsp baking powder
- pinch of salt
- 4 drops doTERRA peppermint oil
- ½ cup chocolate chips, divided



INSTRUCTIONS:

Preheat oven to 350° F. Place all ingredients, except for chocolate chips, in blender or food processor and blend until smooth. Pour batter into large bowl and stir in ½ cup chocolate chips. Pour into greased 8x8-inch pan and top with ¼ cup chocolate chips. Bake 30 min or until toothpick comes out clean.

PEPPERMINT CHOCOLATE PRETZELS

Serving Size: 1

INGREDIENTS:

- dark chocolate bar
- 5 drops doTERRA peppermint oil
- pretzels

INSTRUCTIONS:

Melt chocolate bar down and add peppermint oil.
Dip pretzels into it and lay flat on parchment paper to dry
and then store in fridge.



WILD ORANGE FRUIT DIP

Serving Size: 1

INGREDIENTS:

- 1 container plain greek yogurt
- 1 container vanilla yogurt whip
- 3 drops doTERRA wild orange oil

Alternate recipe:

- 250g cream cheese, softened
- small jar of marshmallow fluff
- 5 drops doTERRA wild orange oil



INSTRUCTIONS:

Mix all ingredients together and serve with fruit.

RICE KRISPY SQUARES

Serving Size: 12

INGREDIENTS:

- 4 tbsp organic butter
- 5 cups marshmallows
- 6 cups rice krispies cereal
- 2 drops doTERRA wild orange or citrus bliss oil



INSTRUCTIONS:

Melt butter and marshmallows in double boiler or crock pot and stir until fluffy. Add in essential oil and then mix in cereal. Press into 8x8 pan using damp hands and let sit for 30 minutes before cutting.

RAW CINNAMON BROWNIE

Serving Size: 1

INGREDIENTS:

- 1 cup pitted dates
- 2 cups shredded coconut
- 1 tsp or tbsp raw maca powder, optional
- 2 tbsp raw cocoa powder, optional
- 2 drops doTERRA cinnamon bark oil



INSTRUCTIONS: Grind all ingredients in a high speed food processor until it turns into dough. Roll between the palms of your hands into a small ball shape.

LIME MIXED BERRY PIE

Serving Size: 1

INGREDIENTS:

- 5 cups frozen mixed berries
- 1 cup raw sugar
- 1 tbsp vanilla
- 2 drops doTERRA lime oil



INSTRUCTIONS:

Mix together and pour into homemade or premade pie shell and cook accordingly.

STRAWBERRY LEMONADE YOGURT BARK

Serving Size: 1

INGREDIENTS:

- 500g plain greek yogurt
- 2 cups fresh strawberries, sliced
- 2 drops doTERRA lemon oil

INSTRUCTIONS:

Spread yogurt onto pan, cover with strawberries and freeze.



CINNAMON ALMOND GRANOLA

Serving Size: 1

INGREDIENTS:

- 4 cups rolled oats
- 2 cups shredded unsweetened coconut
- 1 ½ cups sliced almonds
- 2 tbsp chia seeds
- ¼ cup flax seed meal
- 1 tsp salt
- 1 cup dried cherries
- 1 cup dried cranberries
- ½ cup honey
- ¼ cup maple syrup
- ½ cup coconut oil
- 10 drops doTERRA cinnamon bark oil



INSTRUCTIONS:

Preheat oven to 160° C. In large glass bowl, combine oats, shredded coconut, sliced almonds, chia seeds, flax seed meal, and salt. Stir to combine.

In small saucepan over medium heat, melt honey, maple syrup, and coconut oil together. Pour liquid mixture over oat mixture. Add cinnamon essential oil. Stir until well combined. Pour mixture onto large baking tray and place in oven.

Stir granola every ten minutes to help granola bake evenly. Bake for 30–40 minutes, or until granola is golden brown. Once done, remove from oven and let cool. Add dried cherries and cranberries. Store in airtight container.

Snacks

BEAUTY GUMMIES

Serving Size: 12

INGREDIENTS:

- 1 cup organic pineapple juice, or other tart juice
- 5 tbsp grass-fed gelatin
- 5 drops doTERRA green mandarin oil
- 1 tbsp raw honey, optional

INSTRUCTIONS: First, you want to 'bloom' the gelatin so it doesn't clump. Pour half of the juice into a glass bowl or a large Pyrex measuring cup. Sprinkle the gelatin on top in an even layer.

In the meantime, pour the rest of the juice into a small saucepan and heat on medium until you see a little steam coming off of it. Add the optional honey and stir with a whisk until it's melted. Add the hot juice to the gelatin mixture, and whisk until smooth. Add your essential oils and gently whisk.

Pour your juice + gelatin mixture into your molds ([these gemstone ones are fun](#)). Refrigerate for at least an hour or until solid. Remove from the molds and keep in an airtight glass container in the fridge.



CINNAMON & SPICE POPCORN

Serving Size: 1

INGREDIENTS:

- 1 cup popcorn kernels
- ¼ cup unrefined coconut oil
- ¼ cup pure maple syrup
- 5-6 drops doTERRA on guard oil
- 2-3 drops doTERRA cinnamon oil
- ground cinnamon & salt



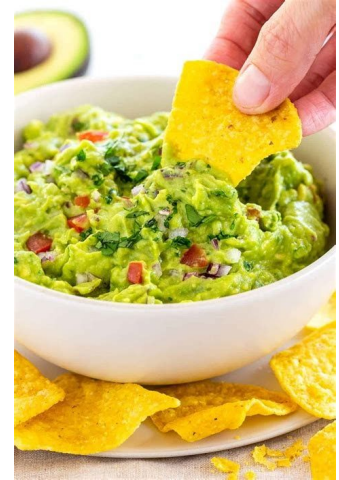
INSTRUCTIONS:

Pop popcorn and put in a large bowl. Warm coconut oil and maple syrup over the stove until melted. Do not let it come to a boil. Cool and add in essential oils. Drizzle over popcorn and mix. Sprinkle with cinnamon and salt.

CHIPS & GUACAMOLE

Serving Size: 1

Add 3 drops doTERRA lime oil and 1 drop doTERRA cilantro oil to any guacamole recipe in place of lime juice + cilantro herb. Dip with chips.



CHIPS & SALSA

Serving Size: 1

Find any good homemade salsa recipe.

Add in 2 drops of doTERRA cilantro oil and 2 drops of doTERRA lime oil. Mix and serve salsa with chips.



SOAKED SLICED APPLES

Serving Size: 1

INGREDIENTS:

- 2 apples, sliced
- 2-3 drops of either doTERRA green mandarin or onguard oil

INSTRUCTIONS:

Place apples in a bowl of cold ice water. Don't use ice.
Drop in essential oil and soak. Remove from water and enjoy!



ROSEMARY LEMON HUMMUS

Serving Size: 1

INGREDIENTS:

- 1 can organic garbanzo beans,
- 2 garlic cloves, peeled
- 2 tbsp olive oil
- 2 tbsp tahini
- ½ lemon, juiced
- 2 drops doTERRA lemon oil
- 1 drop doTERRA rosemary or basil oil
- 1 tsp sea salt



INSTRUCTIONS:

Blend all ingredients in food processor until smooth.

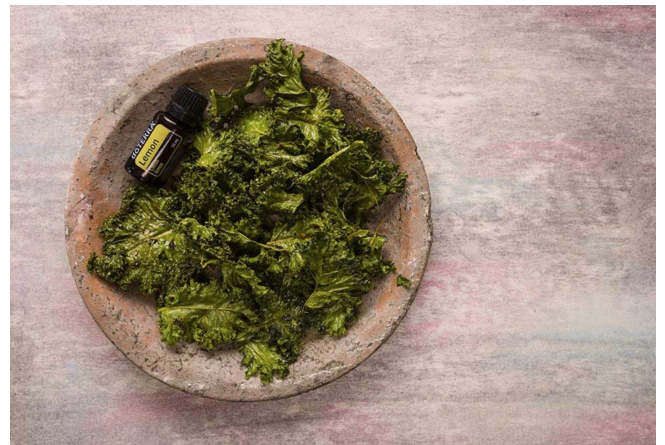
Chill in refrigerator for 30 minutes and serve with sliced cucumbers, carrots, celery, cherry tomatoes, crackers, pita bread, and more.

LEMON KALE CHIPS

Serving Size: 1

INGREDIENTS:

- 1 bunch kale, cleaned and de-stemmed
- olive oil to massage in
- 3 drops doTERRA lemon oil
- salt and pepper
- nutritional yeast, optional



INSTRUCTIONS:

Add lemon oil to olive oil and massage into the kale.

Sprinkle with salt + pepper and optional nutritional yeast. Put in dehydrator or air fryer until crispy.

WILD ORANGE POWER BITES

Serving Size: 15

INGREDIENTS:

- 1 cup finely shredded coconut, divided
- 1 cup almond butter
- 1 cup dried cranberries
- ½ cup raw honey
- ½ tsp salt
- 2 tbsp chia seeds
- 3 drops doTERRA wild orange oil



INSTRUCTIONS:

Place all ingredients into the mixer, reserving just a half cup of the shredded coconut in a bowl to the side. Add essential oil. Mix until well combined. Roll into balls and coat in the other half cup of shredded coconut. Store in the refrigerator.

CINNAMON APPLE CHIPS

Serving Size: 8

INGREDIENTS:

- 7 - 8 medium sized apples
- 1 tbsp sugar or sweetener of choice
- 6 drops doTERRA cinnamon bark oil



INSTRUCTIONS:

Preheat oven to 100° C. Put baking paper onto two baking trays. Combine sugar and Cinnamon Bark essential oil in small bowl. Stir to combine. Slice apples into thin slices. Place apples onto baking paper covered baking trays in single layer. Sprinkle apple slices with Cinnamon essential oil sugar mixture.

Place baking trays in preheated oven for 45 minutes. Halfway through, flip apples over. When edges of apples are curled, take out of oven and place on wire rack until cooled and crispy.

Cleaning

The following recipes are from my
Green Cleaning School + Supernatural Recipe Guide



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FRIDGE REFRESHER DISCS

INGREDIENTS:

- 2 ½ cups **baking soda**
- ½ – 1 cup water
- 15 drops doTERRA purify oil

INSTRUCTIONS:

Combine baking soda, ½ cup water, and essential oil into bowl. If needed, add more water until thick paste forms. The mixture should resemble damp sand.



Divide equally into **silicone mold** and let sit for 2–3 days or until mixture hardens. Once hard, place in the refrigerator and store additional fridge refreshers in an airtight container until ready to use. One disk lasts up to a month.

PURIFY CLEANING PASTE

INGREDIENTS:

- ½ cup **baking soda**
- ¼ cup **hydrogen peroxide**
- 1 tbsp **unscented liquid castile soap**
- 10 drops doTERRA purify oil

INSTRUCTIONS:

Mix all ingredients in a **glass jar**. Apply to inside of sinks + stove using a sponge and scrub clean to a sparkle! You can let the paste sit to clean deeper before scrubbing.



ALL PURPOSE SPRAY

INGREDIENTS:

- 1-½ cups water
- ¼ cup white vinegar
- 10 drops each doTERRA onguard + peppermint oil

Alternate Recipe:

- 2 cups water
- 2 tbsp doTERRA OnGuard cleaning concentrate
- 10 drops each doTERRA onguard + peppermint oil



INSTRUCTIONS:

Combine ingredients in a glass spray bottle and spray all the things.

TIP: Make 3 all purpose cleaners so you have one in the kitchen, one upstairs and one in a bathroom. One bottle of OnGuard concentrate will be enough to make approx 12 all purpose cleaners.

PRODUCE SOAKING SOLUTION

INGREDIENTS:

- 1 cup water
- 1 cup white vinegar
- 1 tbsp baking soda
- 5 drops of citrus essential oil: ie doTERRA lemon

INSTRUCTIONS:

Add ingredients to a large bowl. Soak produce for 10 min before rinsing off.

Alternate Approach: Add 2 pumps of doTERRA OnGuard Foam Soap to a big bowl along with 3 drops of Lemon oil and fill with water. Add in produce and soak for 10 min before rinsing.

DISH TABS

INGREDIENTS:

- 1 cup washing soda
- 1 cup baking soda
- 1 cup coarse salt
- ¼ cup hydrogen peroxide
- 1 tbsp doTERRA OnGuard cleaning concentrate
- 20 drops doTERRA purify, grapefruit or OnGuard oil



INSTRUCTIONS:

Mix all dry ingredients in a glass bowl. Mix all liquids, including essential oils, into a separate glass bowl and slowly add to the dry mix. With gloves on, mash it all together until it feels like packing snow. Add a little water if needed. Pack the mixture into a 2 tbsp scoop and then tap onto drying sheet to dry for 24 hrs - ideally in the sun! [Click here](#) to see these on video.

DISHWASHER CLEANER

INGREDIENTS:

- ¼ cup baking soda
- 1 tbsp doTERRA OnGuard cleaning concentrate
- 1 cup white vinegar

INSTRUCTIONS:

Sprinkle baking soda and cleaning concentrate inside dishwasher. Scrub. Add vinegar to a mug and place on top rack. Run cycle.

DISHWASHING LIQUID

INGREDIENTS:

- 6 cups hot water
- 1 cup **unscented castile soap**
- ¼ cup **washing soda**
- ¼ cup **hydrogen peroxide**
- 20 drops essential oil of choice

INSTRUCTIONS:

Mix together in a glass bottle, like an empty organic juice glass container, and use approx 2 tbsp per load. You may need to play a bit and adjust.



FOAMING HAND SOAP

INGREDIENTS:

- 2 tbsp **unscented liquid castile soap**
 - 1 tbsp **fractionated coconut oil**
 - 10 drops doTERRA peppermint + onguard oil
- Foaming soap dispenser**

INSTRUCTIONS:

Pour castile soap and fractionated coconut oil into your **dispenser**. Add the essential oils and slowly add water into bottle while leaving room for the pump.

Alternative: **OnGuard Foaming Soap**



HEALTHY PLANT MIST

INGREDIENTS:

- 5 drops each doTERRA lemon + basil oil
- 2 cups water

INSTRUCTIONS: Fill a 16 oz glass spray bottle with water and oils. Shake before using and mist the leaves of houseplants 1-2x a week.

NATURAL GARDEN SPRAY

INGREDIENTS:

- 15-20 drops doTERRA peppermint oil
- water

INSTRUCTIONS: Fill a 16 oz glass spray bottle with water, then add peppermint and shake well before each use. Spray plant making sure to cover the stems and undersides of leaves as well. This spray will also repel ants from coming in your house.

GARDENER'S HAND SOAP

INGREDIENTS:

- ½ cup white sugar
- 3 tbsps unscented liquid castile soap
- 1 tsp almond oil
- 7 drops doTERRA clary sage oil
- 5 drops doTERRA tea tree oil

INSTRUCTIONS: In a small bowl, add all ingredients and stir until smooth and combined. Pour into container and keep next to sink for easy use. To use, grab a handful of soap and scrub dirt-covered hands. After you're done, your hands will be clean, soft, and exfoliated.

GARDENING TIPS:

KEEP INSECTS AWAY: *Peppermint, Cedarwood, Citronella and Geranium* are natural repellants

KEEP PLANTS HEALTHY: *Tea Tree* is great for stopping threats to plant health.

ATTRACT POLLINATORS: *Lavender, Marjoram, Helichrysum, Basil, Sage, and Rosemary* are greats for bees. *Lavender, Fennel, Helichrysum, and Sage* attract more butterflies to your garden.

STOP SNAILS & SLUGS from taking a toll on your garden. Combine *Cedarwood* and distilled water in a spray bottle to put an end to that.

kitchen gifts

Use any ribbon, paper, fabric that you have on hand to dress up the jars.

Save jars all through the year to repurpose for gifts.

Makes a great hostess gift or stocking stuffer.

Add a nice cookbook, oven mitts or tea towels.

Package up the sea salts with a nice salt pig or salt box and spoon/scoop.



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COOKING OILS

In a bowl, mix ½ cup of cooking oil of choice with the essential oils. Use a glass, ceramic, or stainless steel bowl. Do not use plastic. Store in 4 oz glass, ceramic, or stainless steel bottle or jar. To use, add to your dish of choice. These cooking oil blends are great for dipping, sautes, roasting veggies, meats and using simply as a vinaigrette for salads.

ZESTY COOKING OIL

- 4 drops doTERRA wild orange oil
- 3 drops doTERRA lemon oil
- 1 drop doTERRA oregano oil

HERBED COOKING OIL

- 1 drop doTERRA rosemary oil
- 1 drop doTERRA marjoram oil
- 1 drop doTERRA basil oil
- 1 drop doTERRA thyme oil

LEMON HERB COOKING OIL

- 4 drops doTERRA lemon oil
- 2 drops doTERRA rosemary oil
- 2 drops doTERRA basil oil



SEASONED BUTTERS

In a saucepan, warm 4 tbsp grass-fed butter, ghee or coconut oil over low heat until liquid. Remove from heat, stir in the following ingredients and store in a 2 oz glass, ceramic, or stainless steel bottle or jar. To use, add to taste to your dish of choice. These butters are great for baking, toast, desserts and adding to warm beverages and elixirs.

CINNAMON CITRUS

- 5 drops doTERRA tangerine oil
- 1 drop doTERRA cinnamon oil

TURMERIC SPICE

- 5 drops doTERRA turmeric oil
- 3 drops doTERRA black pepper oil
- 1 drop doTERRA ginger oil



SEASONING SALTS

In a bowl, mix 4 tbsp of celtic sea salt or himilyan pink salt with the essential oil. Use a glass, ceramic, or stainless steel bowl. Do not use plastic. Store in a 2 oz glass, ceramic, or stainless steel bottle or jar.

To use, add to taste to your dish of choice. Whenever possible, add the seasoning salt at the end of cooking to preserve the therapeutic benefits of the essential oils.

ITALIAN SEASONING SALT

- 2 drops doTERRA rosemary oil
- 2 drops doTERRA oregano oil
- 2 drops doTERRA basil oil
- 2 drops doTERRA thyme oil
- 1/2 teaspoon dried rosemary, optional

Use this blend anytime you are making an Italian dish.

These seasoning salts are great for chicken, fish, pasta, pizza, sauces and roasted veggies.

Another idea - to the above salt recipe, add

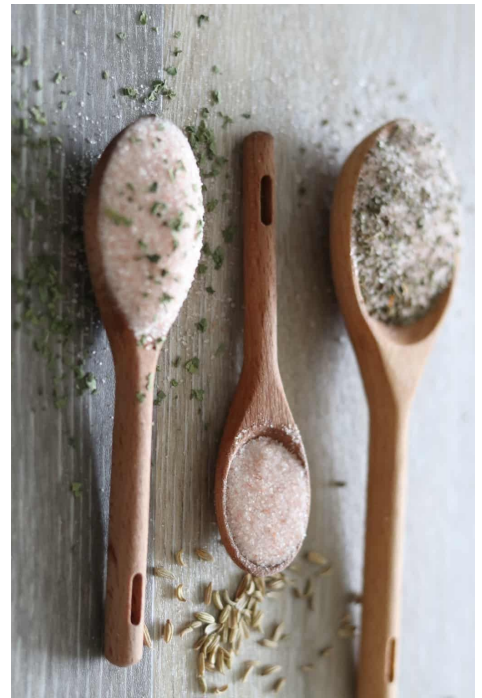
- 1/4 tsp chopped, dried oregano
- 1/4 tsp chopped, dried basil
- 1/4 tsp chopped, dried thyme

Mix with olive oil to create a great dip for crusty French bread.

HERB DE PROVENCE SEASONING SALT

- 2 drops doTERRA basil oil
- 1 drop doTERRA marjoram oil
- 1 drop doTERRA rosemary oil
- 1 drop doTERRA fennel oil
- 1 drop doTERRA thyme oil
- 1 drop doTERRA lavender oil
- 1 tsp food-grade lavender flowers, optional
- pinch of dried parsley, optional

This seasoning salt is great for chicken, beef, veggies and vinaigrettes.



ASIAN SEASONING SALT

- 2 drops doTERRA ginger oil
- 2 drops doTERRA lemongrass oil
- 2 drops doTERRA basil oil

This seasoning salt is great for stir fry, veggies, white fish, chicken and beef.

MEXICAN SEASONING SALT

- 1 tsp dried cilantro
- 2 drops doTERRA cilantro oil
- 4 - 6 drops doTERRA lime oil

Use this blend to spice up any Mexican style dish. With the added cilantro and lime essential oil, this seasoning salt can add a burst of flavor to fajitas, tacos, burritos, chicken, or steak.

ROSEMARY LEMON SEASONING SALT

- 1 tsp dried rosemary
- 2 drops doTERRA rosemary oil
- 4 - 6 drop doTERRA lemon oil

This delicious seasoning salt can add flavor to any meat, vegetable main dish, or side dish. The simple taste of rosemary and lemon makes a perfect finishing salt.

SWEET AND SALTY SEASONING SALT

- 2 tsp coconut sugar
- 4 drops cinnamon essential oil
- 4 drops wild orange essential oil

Sprinkle on cinnamon toast or on top of baked sweet potatoes.

CHILI LIME SEASONING SALT

- 2 tsps cayenne pepper
- 8 drops doTERRA lime oil

Sprinkle this on meats or vegetables.





purchase oils

I started integrating doTERRA oils into our home in 2014.

This simple method of health + self care began attracting a lot of questions from my community so I started educating on it. I taught about 300 in home + online essential oil classes over the next few years and attracted in amazing leaders to partner with. And today, our HOL:FIT oil community includes 75,000 people around the world.

Bringing doTERRA into your home is **the 1 decision that will eliminate 100 more ...** This form of personal power + autonomy is a rebellion in a world that would prefer you sick and would prefer that you are always looking outside of yourself for the answer.

It's one of my greatest joys to introduce someone to this lifestyle.

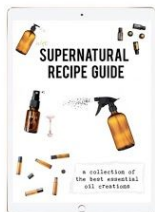
I would love to help you get started if you're ready.

You can [choose a starter kit here](#) or I can open up your account for you if you'd like to [fill in this form](#). You'll receive immediate access to our HOL:FIT Hub of free eBooks etc.

OPEN ACCOUNT



Private FB Community Group



Free Supernatural Recipe Guide



Free Green Cleaning eBook



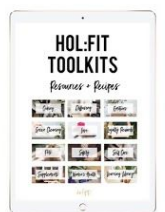
Free Team Cleanse



Free Healthy Habits Program



Email education series



Toolkits on every topic



Free online usage guide



Health Goals in a Box



Biz Support if you're interested



Biz Blueprint



Biz Starter Guide



Essential Oil Classes



See the programs here

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Start up promo just for you

Purchase a starter kit of doterra oils and choose from 1 of these 3 welcome bonuses



pick one

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supplement box



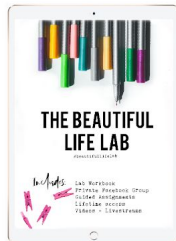
8 x rollerbottles



diffuser

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THE SHOP

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HERE'S TO US. THE ONES THAT AREN'T WILLING TO EXPERIENCE THIS LIFE LUKEWARM. WHO BELIEVE IN THE WISDOM OF NATURE + THE BRILLIANCE OF OUR BODY. WHO ARE MORE COMMITTED TO LIVING A BIG LIFE, THAN CARING WHAT OTHERS THINK ABOUT IT. WHO IMPACT THROUGH EXAMPLE MORE THAN WORDS. WHO UNDERSTAND THE POWER OF CHOICE + HABIT. WHO ARE LOYAL TO OUR GROWTH + GOALS. WHO KNOW THAT HEALTH IS A DAILY DEVOTION. WHO SEE THE WORLD THROUGH A LENS OF GRATITUDE. WHO KNOW THAT OUR SELF CARE PREDICTS HOW WE TAKE CARE OF OTHERS. WHO LIVE THE TRUTH AND SPEAK IT WHEN NEEDED. WHO POUR INTO OTHERS BECAUSE WE ARE FULL. WHO LIVE AN ABUNDANT LIFE. WHO HAVE THE AUDACITY TO LIVE OUR JOY IN A WORLD FULL OF GRUMBLING. WHO UNDERSTAND THAT NATURE KNOWS THINGS THE LAB DOESN'T. WHO INVEST IN THE TOOLS THAT CIRCULATE HEALTH. WHO ARE THE EXAMPLE OF OWNERSHIP + GRATITUDE. WHO MAKE LOVE THEIR MOST CONSISTENT HABIT. WHO MAKE OUR ACTIONS, OUR PRAYER. WHO ARE IN PURSUIT OF OUR POTENTIAL AND WHO KNOW WE WILL ALWAYS GO FARTHER, TOGETHER.

WE ARE THE HOL:FIT COMMUNITY



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