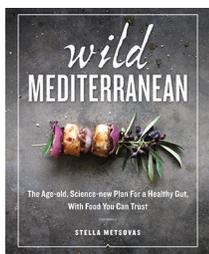


The Wellness Report

From superfood delivery to personalized nutrition, discover the top new cookbooks and wellness services that will help you thrive. BY LAURA SCHOBER

SUPERFOODS TO YOUR DOOR

No time to whip up an acai bowl before work? You're not alone. The subscription superfood-delivery service, Daily Harvest, has offered perfectly portioned game-changing frozen meals since 2015. **STAR POWER:** Now, Oscar award-winning actress and founder of Goop Gwyneth Paltrow and 23-time Grand Slam tennis champion Serena Williams have joined the company as investors. "Serena and Gwyneth immediately understood our mission to provide convenient foods without nutritional compromise, and their passion for what we are building will make them wonderful partners," says founder Rachel Drori. **THE GOODS:** "Farm-frozen fruits and vegetables offer the highest nutritional value in a format that fits into every lifestyle," says Drori. Unlike produce in the grocery store, which is picked before it's ripe and sits on trucks for weeks while its nutrient content degrades, Drori says Daily Harvest uses produce that is picked at its nutritional peak and frozen at the farm to preserve maximum nutrients. **GET ON BOARD:** Whether you crave overnight oats or a smoothie, flexible weekly or monthly plans are available at daily-harvest.com.



WILD MEDITERRANEAN

For author and nutritionist Stella Metsovas, *Wild Mediterranean: The Age-Old, Science-New Plan For a Healthy Gut, with Food You Can Trust* was born out of a quest to revive her health by drawing on her Greek heritage. **THE REAL DEAL:** Inspired by the health and vibrancy she felt whenever she visited her relatives in Greece, Metsovas set out to design a science-backed plan teeming with Mediterranean foods that fight disease and promote a healthy gut. From pastas to seafood, you'll find lots of *Clean Eating*-approved fare such as the Lemony Fish Wrapped in Grape Leaves. **AUTHENTIC FLAVORS:** With a wealth of different ways to use Mediterranean staples like whole grains, fish, olive oil and legumes, you'll find plenty of creative dishes to keep you on the healthy track. **By Stella Metsovas (\$27, Pam Krauss Books)**

EAT SMART

In *Eat Smart: What to Eat in a Day – Every Day*, London-based blogger Niomi Smart, focuses on energizing and wholesome plant-based fare. **MEALTIME INSPO:** Herbs, spices, fruits and vegetables culminate in these fun-to-prepare and tasty recipes, such as Vegetable Laksa and Red Beet Cake with Chocolate Ganache. You'll find plenty of inspiration for mocktails, desserts, sides and snacks in addition to breakfasts, lunches and dinners. **NUTRIENT-PACKED DRINKS:** Smart also includes a selection of refreshing juices and smoothies to keep you powered up before and after workouts. **DAILY RECIPE COMBOS:** Smart's five-day meal plan ties everything together, making healthy eating a cinch to commit to. **By Niomi Smart (\$25, Sterling Epicure)**



FOR WOMEN, BY WOMEN

As a leading brand of essential oils and natural-care products, Aura Cacia has launched Noteworthy (noteworthy.auracacia.com), a transformative online wellness community for women. "We created this space for women to connect, share and support one another along the path to our most authentic selves," says Aura Cacia Aromatherapist and Noteworthy contributor Charlynn Avery. **CHALLENGE YOURSELF:** One of the site's most inspiring features is its 21-day wellness journey, which assigns daily health, mindfulness and fitness tasks to help you build healthier habits. **COMMUNITY BENEFITS:** The site also has a "note" feature where you can share your wellness experiences with other members plus store your favorite recipes, articles, photos and videos for easy reference.

DISCOVER YOUR UNIQUE BIOLOGY

"Personalized nutrition" is the latest buzzword in the health industry after a recent Newcastle University study found that people who followed tailored nutrition advice developed healthier eating habits. **TAKE THE TEST:** Services like San Francisco-based Habit can be a helpful tool in providing a customized nutrition and eating plan based on how your body responds to different foods. Set to go national in 2018, Habit provides an at-home test kit that measures your DNA and blood to generate more than 60 nutrition-related biomarkers, biometrics and lifestyle choices. **YOUR PERSONALIZED FOOD PLAN:** After sending your test samples to an accredited lab, you'll receive results on factors such as what your ideal ratio of carbohydrates, protein and fats is and the types of carbs and fats you should be eating. Visit habit.com for more information.

