

CHIA SEED RADIANCE

A GUIDE TO EATING SEEDS FOR
HEALTHY WEIGHT, ENERGY & JOY

RECIPE HUB
SEEDS OF INSPIRATION



BY GLENDA HILL

WELCOME TO CHIA SEED OF RADIANCE

After listening to the [podcast episode](#), you're probably curious—Can something as small as a chia seed really help me feel better? More stable, more energized, more rooted in peace?

The answer is yes!

This guide is here to help you learn how to nourish your body with one of the best foods on the planet—chia seeds!

Combined with a whole-food, plant-based lifestyle, fresh air, sunshine, movement, and God's Word, these tiny seeds can have a big impact on how you feel—physically, mentally, and spiritually.

What You'll Find in This Guide

- Flexible chia habits to practice
- Avoid Chia Seed Saboteurs
- A recipe hub with links to trusted plant-based meals.

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CHOOSE WHERE TO BEGIN.

"THIS IS THE WAY, WALK IN IT." —ISAIAH 30:21

Start a Chia Habit

Gently begin building one new practice into your day, with spiritual and physical nourishment in mind.

[!\[\]\(cbe80b694ebd74fcfe136a095b608235_img.jpg\) Start Chia Habit](#)

Why Habits Matter

Discover how small, steady choices help you respond to life with more grace, energy, and purpose, rooted in Christ.

[!\[\]\(e474458956c9a37fbf9586ddb60a7fa1_img.jpg\) Explore More](#)

Recipe Hub

Find simple, beautiful ways to enjoy chia in meals and drinks that energize and satisfy.

[!\[\]\(870f5d5e9c0d57485634be3ecf52f3ca_img.jpg\) Chia Recipes](#)

What Blocks the Blessing?

Certain foods, habits, and distractions can interfere with your spiritual and physical growth.

[!\[\]\(b792654f2cef9719eabeb6c5be00811e_img.jpg\) See Blockers](#)

Begin where your heart feels ready.

CHOOSE YOUR CHIA HABIT

Start with just one small habit each day. Pick the time of day that fits your lifestyle—and check off what you try. May this inspire you.

✓ **Before meals.** Drink an 8-oz glass of soaked chia seed water, 15 minutes before you eat.

✓ **Morning sun, morning breath.** Step outside within 30 minutes of waking. Walk, sit, or stretch in the sunlight and fresh air. Drink just the soaked water—no seeds.

✓ **Midday greens.** Use chia seed salad dressing on leafy greens, cucumbers, or colorful veggies.

✓ **Pudding + peace.** Enjoy chia pudding outdoors— with your feet in the grass or your face in the sun.

✓ **Evening rhythm.** Take a 15-minute gratitude walk. Bring along chia water with lemon.

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Recipe Hub

*Plant-Based Chia Inspiration from the Web:
All recipes are nourishing, whole-food based,
and free of refined sugar.*



[Chia Drinks](#)

[Chia Jam](#)

[Chia Pudding](#)

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RECIPE HUB – CHIA SEEDS DONE RIGHT

Plant-Based Chia Inspiration from the Web:

All recipes are nourishing, whole-food based, and free of refined sugar.

Chia Jams *From My Bowl*



How to Make Chia Seed Jam (Healthy & Easy!)

Skip the refined sugars and make your own healthy Chia Seed Jam using only 4 basic ingredients! It's perfect on toast, in oatmeal, on sandwiches, and more.

 From My Bowl / Aug 22, 2018

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RECIPE HUB – CHIA SEEDS DONE RIGHT

Plant-Based Chia Inspiration from the Web:

All recipes are nourishing, whole-food based, and free of refined sugar.

🍓 *Chia Pudding* [minimalistbaker](#)



How to Make Chia Pudding

Welcome to your new favorite snack: chia pudding! Just 4 ingredients & 1...

minimalistbaker.com

🍓 *Chia Sweet Treat* [ohsheglows](#)



Cherry-Strawberry Chia Seed Fool with Vanilla Bean Coconu...

!). It was like Christmas morning when this loot arrived. I'm eating these beauties by the fist full. Adriana is...

ohsheglows.com

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RECIPE HUB – CHIA SEEDS DONE RIGHT

Plant-Based Chia Inspiration from the Web:

All recipes are nourishing, whole-food based, and free of refined sugar.

🥤 Hydrating Drinks ohsheglows



Chia Fresca: A Natural Energy Drink!

Excuse me, but I must ask you what you are drinking? I've never seen anything like it before! Those are the...

ohsheglows.com

🥤 Hydrating Drinks Alphafoodie



Lemon Chia Seed Water

Keep hydrated with my failsafe lemon chia seed water that's packed full of goodness and perfect for keeping cool in the hot weather.

🥰 Alphafoodie / Apr 10

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WHY HABITS MATTER

Habits are how we carry what we believe into the details of daily life. They aren't just routines—they're quiet agreements we make with our future self.

The Chia Habit can change your life—but not on its own. Every small habit is a seed of faith. When you nourish your body with what God designed, you're building trust.

Jesus, the Author and Finisher of your faith, is shaping something deeper than healthy weight results. Start where you are. Stay with it long enough to see what God can grow through your consistency.

If you missed the podcast episode on this topic or you want to replay it, **[listen to the full episode here.](#)**

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WHAT BLOCKS THE BLESSING?

How to Avoid Chia Seed Saboteurs

You're doing something good by adding chia seeds.

*But certain habits and ingredients can block the blessing, diminishing the calming, cleansing, energizing effects of this beautiful plant food. **Awareness brings success.***

✗ Avoid these foods and drinks ✗

- Sugary juices, Carbonated drinks
- Fried foods, Processed oils or greasy sauces
- Thick yogurts or heavy dairy
- Artificial sweeteners, Overly Spiced, and overly salted foods



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From My Heart to Yours

Dear friend,

You may feel the sting of saying no to old comforts.

Your flesh may protest when you practice self-control and say no to sugar.

This is part of the process. Dying to self never feels easy. In moments of weakness, lean on Jesus. He was tempted in every way, yet without sin. He sees you. He's with you.

"I will strengthen you..." – Isaiah 41:10

"Come to Me... and you will find rest for your soul."

– Matthew 11:28–29



***If this guide stirred something in you,
I'd love to hear from you.***

Connect with me here.