

NOURISH

WELLNESS GUIDE

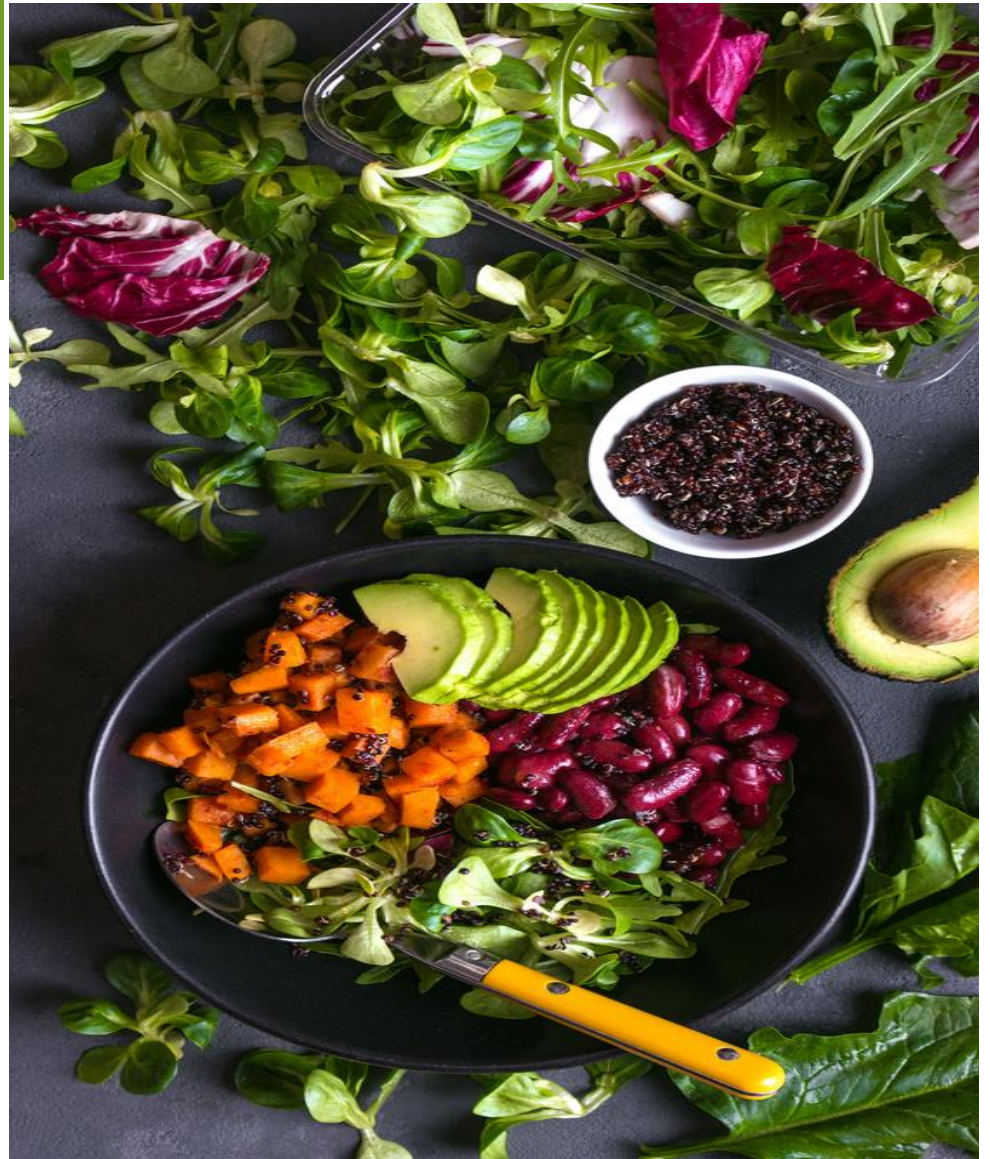
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BACK TO BASICS:
NUTRITION

MINDFULNESS &
INTUITIVE EATING

MENTAL HEALTH &
WELLBEING

RECIPES



**‘HEALTH IS A
CULMINATION OF
DAILY
PRACTICES, NOT
A 30 DAY DIET’**

NOURISH YOUR MIND, BODY AND SOUL

HOLISTIC LIVING IS A DAILY PRACTICE AND LIFESTYLE THAT PUTS FOCUS ON THE HUMAN BEING AS A WHOLE. IT IS IMPERITIVE TO FOCUS ON A WAY OF LIVING THAT NOURISHES YOU COMPLETELY. THIS MEANS THAT YOU DO NOT WANT TO FOCUS ON JUST ONE ASPECT (for example only healthy eating or just exercise). WE MUST LEARN TO SEE THAT A VARIETY OF FACTORS (sleep, stress, mindfulness, eating, exercise etc) ARE INTERCONNECTED AND EACH ONE AFFECTS THE OTHER AND ULTIMATELY OUR GENERAL WELLBEING AND HEALTH.

BACK TO BASICS: NUTRITION

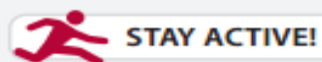
HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies—and the greater the variety—the better. Potatoes and french fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!

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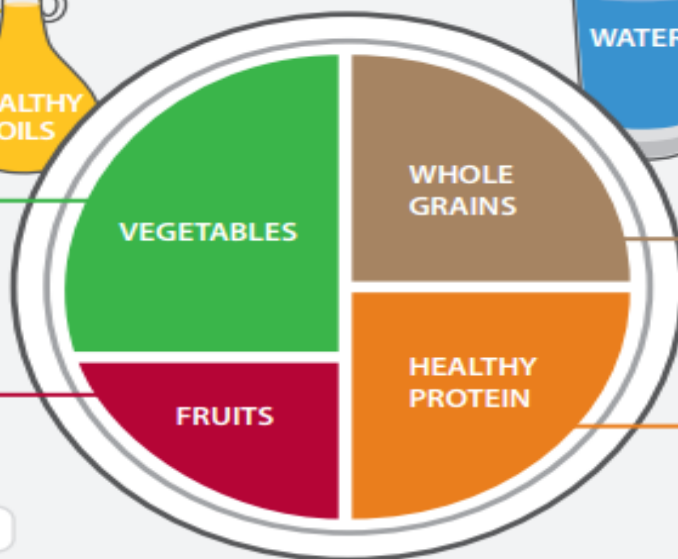
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The Nutrition Source
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Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat whole grains (like brown rice, whole-wheat bread, and whole-grain pasta). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat; avoid bacon, cold cuts, and other processed meats.



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NOURISH THROUGH FOOD: THE BASICS TO SIMPLIFY HEALTHY EATING

❖ Please AVOID fad diets/quick fixes/overly restrictive diets

These promise quick and easy results BUT they can often lead to binge eating and quick water weight loss rather than actual fat mass. They can also lead to vitamin and mineral deficiencies as well as unhealthy relationships with food, gut issues and increased risk for chronic diseases

❖ A healthy lifestyle and eating plan should be balanced with ALL food groups included

A sustainable healthy eating plan should not be too overly restrictive. Moderation is key.

80% of your diet should focus on nutrient dense foods (think fruit, vegetables, fish, lean proteins, dairy, nuts, seeds and legumes) and 20% for other foods that you enjoy (some chocolate, a piece of birthday cake etc) The more you tell yourself you are not allowed to eat a certain food, the more you will find yourself thinking about it and it may lead to a possible binge later on. Eating should be a satisfying, pleasurable experience and something you can see yourself still doing in 5, 10 or even 20 years down the line. A healthy lifestyle should fit into any social occasion. It should allow attendances at parties, eating at restaurants, and participation in normal daily activities.

'Remember that all foods can be our friends, some we just want to spend more time with'

'Giving yourself unconditional permission to eat all foods isn't about 'eating whatever we want' or disregarding the nutrient qualities of food. It is about repairing our relationship with food so that we have the ability to choose nutrient dense options from a place of freedom not fear'

❖ **Please DO NOT let the number on the scale define you**

Healthy eating and exercising should not be weight loss driven. If you rely on the number on the scale as your only determinant of health you will lose motivation quickly, you may become despondent and might even go back to your old habits quickly. Try focusing more on how exercise makes you feel in that direct moment. Exercising to look better isn't sustainable as the daily effect is too small. Exercise to feel better. The same can be said for nearly any habit. Do it for the change in mood (instant) and not the change in results (delayed). If you eat healthy to look better, the feedback is too slow. If you eat healthy food that tastes delicious then you have an immediate reason to keep going. The most effective habits are the ones that make you feel good in the moment and lead to the results you want in the long run.

❖ **Try eating 5 small meals/day spread out evenly** (every three hours)

This helps to reduce overeating at the next meal or making healthier choices when you are hungry and it helps keep blood sugar and energy levels stable throughout the day. If you prefer not to snack, that is perfectly fine. It is best to do what works for you as an individual.

❖ **Allow your digestive system to rest overnight (tune in with your circadian rhythm)**

Stop eating at least 3 hours before bed which would result in a 12-14 hour overnight fast. This helps to reduce your insulin levels, improves insulin sensitivity, lowers inflammation, improves metabolism, lowers blood sugar levels and may improve issues like arthritic pain(For example if you stop eating before 7 pm you can eat again the next day at 7 am or 9 am)

❖ **Eat more home cooked meals rather than take away/convenience foods/tuckshop/canteen**

Healthy cooking methods include more grilling/baking/boiling/steaming/air frying. Avoid frying and deep frying.

❖ **Meal planning and meal prep is key**

Try cooking in bulk on weekends and pack supper leftovers for the next day for lunch, make shopping lists and menus for the week so that you are prepared. This is one of the fundamentals that make choosing and eating healthier foods more sustainable.

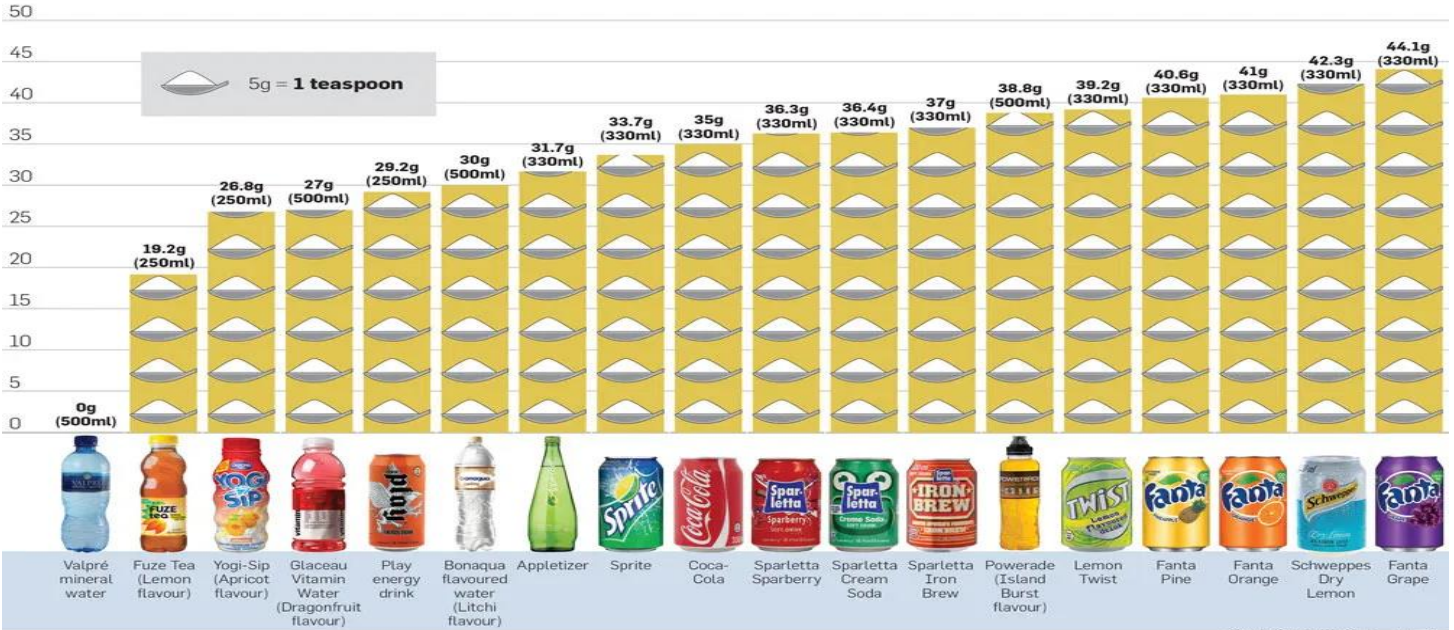
❖ **Reduce/limit added sugar intake**

Added sugars are found in biscuits, cakes, cold drinks, chocolates, fruit juice, sweets. Increase intake of these may lead to tooth decay as well as diabetes or insulin resistance. Moderation is key.

The sugar scale

We gathered a few popular drinks from our canteen's refrigerator to check how much sugar each one contains. The results were surprising. Even 'healthier' drinks such as flavoured mineral water and drinking yogurt contain a large amount of sugar

GRAMS



THEUNS KRUGER, Graphics24

❖ Choose nutrient dense wholegrain 'brown' starches.

Look for the word 'whole wheat' rather than just 'wheat' on labels. Avoid the overly processed 'white starches'

Whenever in doubt always choose the wholegrain option of your favourite starches. These include: oats, pronutro original, wild or brown rice, quinoa, wholewheat pasta, brown seed bread, plain popcorn, provita, brown pita, wholegrain wraps, all bran, weetbix, bulgar wheat, wholewheat cous cous, chickpea pasta

❖ Consume dairy daily for calcium and vitamin D

Include some greek or plain yoghurt in your diet daily for probiotics.

Milk and low fat white cheese like mozzarella, low fat cottage and ricotta cheese are also good sources of calcium

❖ Remember the '5 A DAY'. Try to eat all the colours of the rainbow.

Try to consume at least 2 different whole fruits (with the skin on) and 3 portions of colourful vegetables (think red, green, yellow, purple, white) every single day as they provide the body with vitamins, minerals, antioxidants and phytochemicals and fibre.

❖ Consume more fish at least 2x week

Focus on oily fish like salmon, haddock, sardines and mackerel, pilchards. Include other fish like hake and tuna as well. Fish provides our bodies with an essential nutrient called 'omega 3' and it is essential as our bodies cannot produce it by themselves it has to come from a food source. Vegan sources of omega 3's include seaweed, chia seeds, hemp seeds, flax seeds/linseeds, walnuts, canola oil.

❖ Avoid processed meats completely and limit intake of red meat to not more than two times a week

Processed meats like polony, sausages, vienna's, bacon, boerewors, boxed fish fingers have been linked to heart disease and colorectal cancer. Try to focus on consuming more and more plant based foods and less animal products. For example you can use brown lentils instead of mince in your bolognaise dish. If eating animal products please remember to remove the skin off the chicken and all visible fat off meat and choose lean or extra lean meat options

❖ Increase plant proteins

Try one or two completely vegetarian meals a week. (HELLO MEATLESS MONDAYS) Plant proteins include beans (butter beans, cannellini beans, black beans, red kidney beans), lentils, hummus, chickpeas, green peas, edamame beans, tofu and soyabeans.

Aim to include at least 3 portions/week. They help to improve gut health, lower sugar and cholesterol levels, reduce risk for heart attack/stroke and other chronic disease.

❖ Use salt sparingly

Limit the use of stock cubes, aromats, salt, soup powders, braai spice, cup a soup, chicken spice, marmite etc

Nutrient Per 100 g of food	Fat	Saturated fat	Sugar	Salt (Sodium)
Low Eat more often	< 3g	< 1,5g	< 5g	< 120mg
Medium Eat seldom	3-20g	1,5-5g	5-15g	120-600mg
High Avoid	> 20g	> 5g	> 15g	> 600mg

Try flavouring your food with herbs and spices like cumin, paprika, cinnamon, black pepper, chili, lemon juice, vinegar, mustard, fresh herbs like basil, or dried herbs like rosemary/ Italian herbs instead

❖ **Eat more heart healthy fats**

Avocado, nut butters, olive oil, canola oil, raw nuts and seeds, olives

❖ **Eat foods high in fibre**

Fibre supports good gut health. Helps to prevent constipation. Can lower cholesterol levels, heart disease and colon cancer risk.

Foods high in fibre include nuts, seeds, legumes, fruit, veg and wholegrains

❖ **Hydrate your body**

Our bodies need at least 1.5 litres/day. Flavour your water with lemon/apple pieces/mint or fresh ginger for flavour. Avoid alcohol or consume alcohol moderately.

❖ **Eat a variety of foods daily**

The more colours and variety you eat = more nutrients you are providing your body with. It also allows you to not get bored with the same repetitive meals. Make meals exciting, try new simple easy recipes. Think of what you can add to a dish to make it more nutrient dense rather than thinking of all the things you need to cut out.

For example roasting chickpeas in a little olive oil, cumin and paprika make an excellent crunchy addition to salads



Intuitive & Mindful Eating



10 PRINCIPLES

Principle 1: Reject the diet mentality

As a society, we place so much value on being a certain weight or size more than placing value on our actual health (mental & physical). Do not be fooled by the notion that health= thinness. Statistics show time and time again that diets do not work. They are not sustainable and majority of individuals gain back all weight lost from a diet and sometimes more. We need to stop believing that we will only be happy once we reach that number on the scale and that life will be better then. Life is happening now. You are enough now and your value does not lie in how your body looks.

Intuitive eating Principle 2: Honour your hunger

If you reject the diet mentality- what are some good ways to make food choices?

You should ask yourself these questions.

1. Are you hungry? Ask yourself if this hunger is physical hunger or emotional hunger or eating due to boredom?
2. Does this food choice appeal to you?
3. If you don't have it, will you feel deprived?
4. If you eat it, will it be satisfying?
5. Does it taste good?

Food policing causes guilt, worry and judgement and it prevents you from being in touch with your inner cues of eating. The obsession with counting every calorie or macronutrient is affecting our ability to trust our bodies. Honour your hunger and eat satisfying food every few hours

Intuitive Eating Principle 3: Make peace with food

Have you ever said to yourself that this week you will start your diet and then make a mental list of foods you are not allowed to eat. Have you then found yourself obsessing over those forbidden foods or having heightened cravings for those foods. This is because limiting food groups/ overly restricting food causes the classic starvation response in the brain which may trigger binge eating. If you don't eat a variety or enough food, your brain will not register that you are satisfied and may also release stress hormones like cortisol. Lets try to make peace with food. Its not an easy task in todays society. Focus on ways that you can add variety (include every food group —Protein, wholegrain carbs, healthy fats) into all your meals so your body feels nourished and not deprived of anything. Give yourself permission to eat treats without labelling it a 'cheat' or something 'bad'. Food is just food. Now that you give yourself permission to eat something you restricted & possibly obsessed about before, you might actually find that you don't want it anymore? A bit of reverse psychology perhaps... Lastly, our eating should be satisfying enough that we don't feel the need to 'cheat' on it.

Intuitive Eating Principle 4: Challenge the food police

It is SO important to take care of your body as it exists right now. Don't try to control your body to fit what society deems as 'beautiful'. You need to shout a big

NO to the food police that live in your head that praise you for eating low calories today or send you on a guilt trip for eating that chocolate chip muffin. Next time you eat something, listen carefully to the thoughts that arise in your head. Are they kind and nurturing? Or are they full of guilt, hate or negativity. Please if you do one thing today, try not to equate your worth with either the 'good' or 'bad' foods you have eaten. If you need, go unfollow accounts on social media that don't inspire or uplift you as a person. Unfollow people who make you feel that you should look a certain way or eat what they eat to look like them.

Intuitive eating Principle 5: Respect your fullness

It becomes important to listen to signals from your body that tell you when you are comfortably full. This is often very difficult for chronic dieters as they become out of tune with their bodies hunger and fullness signals due to the years of dieting/restriction and possible bingeing.

Some tips to help: Ask yourself how hungry you are before a meal. You may want to use a hunger scale for this. When you reach for food, ask yourself is this because you are hungry, bored or stressed? Or is it simply habit? You may find you are actually thirsty and we often confuse hunger for thirst. Make sure you are adequately hydrated throughout the day. Chew your food well and slowly. A meal should take about 20 min. This aids in digestion and allows time for the brain to register that you have had a meal. Really enjoy and savour your food. Eating food is one of life's pleasures so really taste the food. Think about the smell. Put your fork down between bites. Avoid watching tv or being on your phone while you eat. Be mindful when eating. Be completely present in the moment and enjoy the eating experience. Becoming in tune with your body takes lots of practice especially after years of fighting against your body and its signals. Take it one day at a time and one meal at a time. Become friends with your body. Try working with it instead of against it

Intuitive Eating Principle 6: Discover the satisfaction factor.

Eating food is one of life's greatest pleasures. Family time often involves sitting at a table enjoying a meal. The entire eating experience is one of life's most basic gifts. Therefore, it is imperative that the environment in which you eat is inviting and calm. Essentially, when you enjoy every mouthful and make an experience out of it, you leave a meal feeling more satisfied and content. This principle works together with the previous principle of 'respect your fullness'. When you eat in a stressful environment with distractions you will become less aware of your fullness and may leave a meal dissatisfied. Tips to help: Take a proper lunch break and don't eat while you are trying to work. Take your lunch outside and enjoy the fresh air while you eat. Turn off your phone/tv while you eat. Sit down at a table and don't eat standing at the kitchen counter or in the car. Enjoy the eating moments

Intuitive Eating Principle 7: Honour your feelings without using food

Do you use food as a comfort? Do you find yourself turning to food when you are lonely, anxious or having a bad day? Emotional eating is often paired with an upsetting emotion, has a sudden or urgent onset and involves absent minded eating beyond the point of feeling full. While food may comfort you for a short time, it is important to realize that it is not going to solve that emotional trigger in the long run. Emotional eating often becomes an unhealthy coping mechanism for many.

Some tips: Become more mindful of what and when you are eating. Be aware of your eating patterns and the triggers. Once you start dealing with the actual

problem and emotions around it, you may find yourself not turning to food so often. Stop being so hard on yourself and instead show yourself compassion. Studies have shown a link between obesity and adverse or traumatic life experiences (often stemming from childhood). It may be beneficial to delve into unresolved emotions from childhood with a qualified professional. It will also take time to develop new coping mechanisms. So be patient with yourself. Set yourself new goals. Push yourself out of your comfort zone and perhaps find a new hobby that you enjoy. If you continue doing the same things everyday, old habits will never change. Lastly, you need to LOVE & VALUE YOURSELF UNCONDITIONALLY. Once you do that, no one can make you feel worthless. Ultimately, overeating and binge eating are a form of self abuse. So please start treating yourself the way you would treat the person you love most in this world.

Intuitive Eating Principle 8: Respect your body

Your body is always trying to keep you alive. It makes sure you are breathing. It pumps blood throughout the body. It digests food and absorbs nutrients, stops cuts from bleeding and so much more. Yet, we repay it by going on ridiculous diets and exercise regimes and often bash our body by thinking it is not good enough. Saying we will only be happy with our body when we reach a certain weight. It is time to stop fighting against your body and become friends with this amazing body you live in. Respect your body by nourishing and feeding it, move your body because you are capable of movement. Wear clothes that you feel comfortable in. Focus on your overall health, not just your weight.

Intuitive Eating Principle 9: Exercise - feel the difference

Please don't exercise JUST to burn calories/ to lose weight. I recently read an article about 50 benefits of exercise and not one of those mentioned weight loss. Exercise lifts your mood, keeps your brain fit, boosts your immune system, prevents cardiovascular diseases, boosts creative thinking, prevents muscle loss, improves oxygen supply to cells, improves concentration, lessens fatigue, reduces osteoporosis, lowers risk for diabetes, fights dementia, reduces stress and alleviates anxiety etc... Find an exercise you love to do and instead of doing it for weight loss, do it because of how it makes you feel. Do it for you. For your health. For your quality of life.

Intuitive Eating. The final principle—Honour your health.

It is important to note that anti-diet does not mean anti-health. We often focus too much on the nitty gritty details when it comes to nutrition. When this happens, we overlook the thing that really matters. The bigger picture— your health.

Choose foods that are delicious to you, make you feel good and that honour your health. You need to stop equating food with weight gain or fat loss. View the foods you eat as a way to attain health so you can live life to the fullest. Its not about being perfect every single day. Health is attained from things you do consistently over time. Pursuing wellness and health should not feel like a punishment. If it feels this way, it may be time to re-evaluate thing

[Restrictive Diet → Deprivation → Rebel → Overeat/binge → shame, guilt, overly full]

How to eat more mindfully?

1. Make conscious food choices.
2. Eat to nourish your body
3. Eat what your body is asking for
4. Eat healthfully in response to cues
5. Be aware of your physical and psychological hunger and satiety cues
6. Practice meditation and breathing
7. Practice non judgement around the eating experience
 - I will not be hard on myself and I will not feel guilty
8. Make peace with food
9. Example you go to a restaurant and you really want a burger. But you are on diet so you order a salad. It does not satisfy you so you eat your child's plate of chips and you go home and look in fridge to try and satisfy you → land up overeating.
10. Use nutrition as an aspect of self-care
11. Eat small, frequent meals throughout the day
12. Avoid eating while watching t.v/ being on your phone/working
13. Try to put the fork down between bites
14. Chew your food slowly. It should take 20 minutes to finish your meal
15. Avoid eating straight from the packaging. Rather dish yourself on a plate.
16. Avoid standing and eat. Rather sit down at the table
17. Focus on flavour and taste.
18. Chew your food at least 25 times. This will aid in digestion.
19. Before eating ask yourself how hungry or thirsty you are and the type of food you feel like.
20. Eat in a relaxed environment
21. Eat to nourish your body
22. Ask yourself if you are you physically or emotionally hungry?
 - Physical hunger: stomach growling, energy levels are low, feel hungry, long time since you ate last meal
 - Emotionally hungry: No physical cue, eat but not satisfied, wonder around kitchen searching for something, specific craving.
 - Why do we emotionally eat? Coping mechanism, feel better, distraction, avoid pain, and seek pleasure, relief, and comfort.
 - What to do instead? Take a warm bath, go for a walk, change into comfy clothes, read a book/magazine, meditate, adult colouring. Do something to nurture yourself

'Between stimulus and response there is a space. In that space, is our power to choose a response. In our response lies our growth and freedom'- Victor Frankl

Questions to ask before eating...

1. Am I hungry?

2. Do I need nourishment or nurturing right now?
3. What would be better than food right now?
4. What do I really need in this moment?
5. What don't I want to feel?



SLEEP

One of the reasons we are unhappy in our modern lives is that we are constantly sleep deprived. Sleep makes you feel better physically and mentally. It helps to reduce stress, inflammation, lowers your risk for depression and keeps our immune system functioning optimally. Aim for 7 hours every single night.

Tips for a better sleep:

- ❖ Avoid caffeine from 3pm (coffee, green tea, energy drinks, cold drinks, dark chocolate) and avoid alcohol at night. (Rather drink chamomile or rooibos tea)
- ❖ Avoid using laptops, tv, phones at least 1-2 hours before bed as the blue light affects deep sleep quality. Try reading a book, meditating, starting your gratitude journal or listen to a podcast
- ❖ Start to dim all the lights in the house as the sun sets
- ❖ Take a shower or bath before bed as it helps to cool down body temperature aiding in better sleep quality.
- ❖ Get as much natural light in your home or work space during the day
- ❖ Try to sleep and wake at consistent times. (Even on weekends)
- ❖ Sleep in a cool, dark room.
- ❖ Avoid napping during the day
- ❖ Exercise during the day –even 10 minute walk can aid in better sleep but do not exercise too close to bed time.
- ❖ Avoid drinking too much liquids at night or eating a heavy meal right before bed.
- ❖ Problems clearing your head at night can also stem from your daytime habits. The more overstimulated your brain becomes during the day, the harder it can be to slow down and unwind at night. Maybe, like many of us, you're constantly interrupting tasks during the day to check your

Daily
practices
to
improve
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health &
happiness

phone, email, or social media. Then when it comes to getting to sleep at night, your brain is so accustomed to seeking fresh stimulation, it becomes difficult to unwind. Help yourself by setting aside specific times during the day for checking your phone and social media and, as much as possible, try to focus on one task at a time. You'll be better able to calm your mind at bedtime.

Try this deep breathing exercise to help you sleep:

- ❖ Breathing from your belly rather than your chest can activate the relaxation response and lower your heart rate, blood pressure, and stress levels to help you drift off to sleep.
 1. Lay down in bed and close your eyes.
 2. Put one hand on your chest and the other on your stomach.
 3. Breathe in through your nose. The hand on your stomach should rise. The hand on your chest should move very little.
 4. Exhale through your mouth, pushing out as much air as you can while contracting your abdominal muscles. The hand on your stomach should move in as you exhale, but your other hand should move very little.
 5. Continue to breathe in through your nose and out through your mouth. Try to inhale enough so that your lower abdomen rises and falls. Count slowly as you exhale.



EXERCISE

Research suggests that 30 min of exercise can boost your mood. Try to set aside a location and time and get your body moving in ways that you love. Try a free online yoga, Zumba, Tai chi or Pilates class, dance around the room to your favourite upbeat playlist or get yourself a hula hoop. Take a moment to notice how much better you feel after exercise.



MEDITATION

Meditation is the practice of intentionally turning your attention away from distracting thoughts towards a single point of reference (breath, a kind thought, bodily sensation. Research shows that it can have a number of positive benefits. Try to set 10 min side each day in a quiet spot where you will not be disturbed to meditate. Try using a guided meditation from the headspace or calm apps or find any free 10 minute one on youtube to help guide you. Set a reminder on your phone at the same time each day as this helps to form the daily habit.



PRACTICING GRATITUDE & KINDNESS

Gratitude is a positive emotional state in which one recognizes and appreciates what one has in life. Research shows that practicing and taking

more time experience gratitude can make you happier and even healthier. Try writing down every night 5 things that you are grateful for. It can be little or big things. Try to focus on each one individually and be mindful of the things you are writing down. Keep a gratitude journal next to your bed so you are reminded to do it each night before bed. Research also shows that happy people are motivated to do kind things for other people. Every day try to do one random act of kindness for another person. It does not have to be over the top or time intensive but it should be something that really helps or impacts another person. Some ideas include making a sandwich for your security guard at your complex or the car guard who watches your car at the shops.



SAVOURING

Savouring is the act of stepping outside of an experience to review and appreciate it. Savouring intensifies and lengthens the positive emotions that come with doing something you love. Try to practice the art of savouring by picking one experience to truly savour each day. It could be a nice shower or having a delicious meal. Truly think about how lucky you are to experience this amazing moment and make sure you try to stay in the present moment the entire time.

RECIPES AND MEAL IDEAS

Mozzarella, Basil & Zucchini Frittata

Ingredients:

2 tablespoons extra-virgin olive oil
1½ cups thinly sliced red onion
1½ cups chopped zucchini
7 large eggs, beaten
½ teaspoon salt
¼ teaspoon freshly ground pepper
⅔ cup baby fresh mozzarella balls
3 tablespoons chopped soft sun-dried tomatoes (optional)
¼ cup thinly sliced fresh basil

Directions:

Position rack in upper third of oven; preheat oven
Heat oil in a large oven safe nonstick or cast-iron skillet over medium-high heat. Add onion and zucchini and cook, stirring frequently, until soft, 3 to 5 minutes.
Meanwhile, whisk eggs, salt and pepper in a bowl. Pour the eggs over the vegetables in the pan. Cook, lifting the edges to allow uncooked egg from the middle to flow underneath, until nearly set, about 2 minutes. Arrange mozzarella and sun-dried

tomatoes on top and place the skillet under the grill until the eggs are slightly browned, 1½ to 2 minutes. Let stand for 3 minutes. Top with basil.

To release the frittata from the pan, run a spatula around the edge, then underneath, until you can slide or lift it out onto a cutting board or serving plate. Cut into 4 slices and serve.

Butternut Squash & Black Bean Bowls

Ingredients:

1 packet cubed and peeled butternut squash
1-2 teaspoons chilli powder
½ teaspoon salt
1/2 can black beans, rinsed and 1/2 can corn
2 spring onion, sliced
3 tablespoons lime juice
1 tablespoon olive oil
½ teaspoon ground cumin
1 cup shredded lettuce and red cabbage
Baby tomatoes and cucumber
1/2 avo, cubed
1 Tablespoon toasted *at home unsalted pumpkin seeds

Directions:

Steam butternut until tender, about 15 minutes.

Add 1½ teaspoons chilli powder and little salt.

Combine beans, spring onion, 2 tablespoons lime juice, little olive oil, cumin and the remaining ½ teaspoon chilli powder in a medium bowl.

Toss shredded lettuce and red cabbage with the remaining 1 tablespoon each lime juice and oil in another bowl.

Arrange the bean mixture, veg and butternut separately into a bowl. Sprinkle the pumpkin seeds.

You can add a dollop of mashed avo into the middle of the bowl/ cubed avo

Enjoy



Lentil Bolognese:

Directions:

Chop up a pile of veggies (carrots/ red peppers/ baby marrow/ stick celery etc/mushrooms) Any veg in your fridge

Sautee an onion in a little olive oil

Add carrots and celery and any veg you are using and cook until soft

Add 2-3 cloves minced garlic

Add cooked brown lentils (1-2 tins) , 1 tin chopped tomato, 1/2 tin tomato puree

Add 1 Tablespoon paprika, 1 Tablespoon turmeric, 1/2 Tablespoon cumin, 1 T mixed herbs and a small glug balsamic vinegar. Chilli if wanted

Simmer for 10-15 minutes

Season with a little black pepper

Serve with cauliflower noodles/ baby marrow noodles/brown rice/mashed gem squash



Lentil layered melenzane (serves 4)

Ingredients:

2 large aubergines, sliced into 1 cm rounds
2 Tbs olive oil
2-3 tomatoes sliced into rounds
1 large bunch fresh basil, chopped
2 cloves of garlic or 1 tsp crushed garlic
1 large onion, diced
1 tin diced tomatoes
1 tsp chili flakes
1 can lentils, drained, rinsed
1 can haricot beans
120g grated parmesan cheese
Baby spinach



Directions:

Sprinkle a good layer of salt over the sliced aubergines and set aside
Lightly fry the onion in a pan until translucent
Add diced garlic, chopped basil and chilli flakes to the saucepan
Stir tomato and onion mix for roughly 10 min over a low heat
Drain and rinse the canned beans and add them to the tomato and onion mix
Rinse the aubergine making sure the excess salt has been washed off
Lightly fry the aubergine rounds or roast in the oven till golden
Layer the ingredients-bean bolognaise, grilled aubergine, sprinkle parmesan, repeat
Top the final layer with slices of fresh tomato and the rest of the parmesan and bake for 30-45 min
Served topped with lots of baby spinach

Butternut and cauli mash

Ingredients:

500g butternut, peeled and cubed
200g cauliflower, cut into florets
1/2 tsp salt
1 tsp dried thyme or 1 Tbs fresh thyme
Pinch of ground nutmeg or mixed spice
2 tsp olive or canola oil
Black pepper to taste
2 tbs chopped fresh parsley

Directions:

Bring the butternut, cauliflower, salt and thyme to the boil. Reduce heat and simmer with lid for 20 minutes until soft.
Drain but keep some of the liquid. Place back on the stove and simmer for a few minutes to cook out any excess water
Mash with a potato masher until smooth and stir in nutmeg or mixed spice, oil and black pepper. Add some of the retained liquid if necessary. Stir in fresh herbs and serve immediately.

Poached Haddock in milk

1 frozen packet haddock fillets (450G), leave to defrost
1 onion, sliced into rings
1 cup Milk, heated or just enough to cover the fish fillets
1 clove garlic, minced
Black pepper and chopped dill to taste

Directions

Grease a baking dish with a little flora margarine
Place fish fillets in dish
Arrange onion slices over fish
Sprinkle garlic and dill over and a little black pepper
Pour over the heated milk
Bake at 200 degrees Celsius for 20 min

Serve with baked potatoe/ sweet potatoe mash or gem squash

Veggie and tomato bake

Ingredients:

1x 410 g tin tomato and onion mix
4 tsp olive or canola oil
1 Tbs dried origanum
Black pepper to taste
4 baby marrows, cut into thick slices
1 brinjal, cut into cubes
250 g mushrooms, quartered
2 ripe tomatoes, cut into wedges
3 carrots, cut into thick slices
1 slice reduced fat feta cheese, crumbled

Directions:

Preheat oven to 180 degrees celcius.
Rub the veggies with oil in an oven dish and pour the tomato, onion mixture, herbs and black pepper over. Crumble half the feta cheese over. Cover with foil and bake for 20 minutes. Remove the foil and sprinkle with remaining feta and bake for another 30-45 minutes.
Serve hot or cold.

Tips:

Add 2 tins of tuna to the mixture for a light meal or add a tin of lentils and enjoy as a vegetarian meal.
These veggies are great with eggs: make 6-8 holes in the cooked veggies in the oven dish. Crack an egg into each hole and return to the oven covered with foil. Bake for 5-7 minutes

Butternut and lentil cottage pie

Ingredients

4 tsp canola or olive oil
1 x 410 g tinned brown lentils, rinsed and drained
2 onions
2 carrots, peeled and chopped
250g mushrooms, chopped
2 tsp dried mixed herbs
1 tsp ground coriander

1x 410 g tin chopped tomatoes
Lemon juice and black pepper to taste
750 g butternut, peeled and cubed
1/4 tsp salt

Directions:

Preheat the oven to 200 degrees celcius

Place butternut and salt in a pot with 180 ml water and bring to the boil. Reduce the heat and simmer for 20 minutes until soft.

Heat the oil in another pan and lightly fry onions, carrots and mushrooms until soft.

Add the mixed herbs, coriander, lentils and tinned tomatoes.

Reduce the heat and simmer for 15 minutes. Season with black pepper and little lemon juice

Once the butternut is soft, lightly mash or crush with a fork. Season with a little lemon juice and black pepper.

Spoon the lentil mixture into an oven dish and spread the butternut in an even layer on top. Bake for about 20 minutes until heated through and golden brown.

Serve with green veggies like steamed broccoli and baby marrow, fresh herbs and lemon juice.

Sweet Potato and Chickpea Stew

Ingredients:

2 cans of tinned tomatoes (400ml each)

1 can of reduced fat coconut milk

2 large sweet potatoes

2 aubergines

1 bag of spinach

1 can of chickpeas (400g)

4 tablespoons of tomato puree

4 tablespoons of apple cider vinegar

4 teaspoons of turmeric

4 teaspoons of cumin

1 teaspoon of cayenne pepper

4 cloves of garlic

fresh coriander

Brown rice or quinoa to serve

Directions:

Cut the sweet potato into small chunks, steam these for 15 minutes. Then chop the aubergine into bite sized pieces

Once the sweet potatoes have cooked put the tomato puree, vinegar, garlic, spices and salt in a pot with some olive oil, heat for a minute or two until they're bubbling

At this point add the coconut milk, tomatoes, aubergine, sweet potato, salt and pepper to the pot and allow it to heat until boiling. Allow the pot to cook for about forty five minutes, at which point add the drained chickpeas and spinach. Let these cook for fifteen minutes

Finely chop the coriander. Then serve the stew with brown rice or quinoa, and sprinkle the coriander on the top. Store any extras in an airtight container in the fridge or freeze

Whole-wheat health bread

Ingredients:

500ml wholewheat flour

250ml brown flour

200ml large -flake oats

5 ml salt

25 ml honey

100ml sunflower seeds

60ml linseeds

100ml chopped mixed nuts
500ml buttermilk
7ml bicarb of soda

Directions:

Mix both flours, oats, salt, honey, seeds and nuts.
Beat buttermilk with bicarb of soda and stir into the dry mixture.
Add a little water if necessary to make the dough softish
Spoon into an oiled and floured loaf tin
Make a deep groove down to centre to prevent humping
Sprinkle with extra sunflower seeds and bake at 180 degrees celcius for 1 hour

Egg muffins (serves 2)

Ingredients:

2 eggs
125g chunky low fat cottage cheese
Handful baby spinach
1 whole tomato
Little salt and pepper to taste

Directions:

Chop the spinach and dice the tomato into cubes
Whisk the eggs together and stir in the cottage cheese, salt and pepper
Spray the muffin tray with spray n cook
Divide the spinach between 4 muffin rounds followed by the diced tomato and top with the cottage cheese and egg mixture
Bake at 180 degrees celcius for 20 min
Enjoy hot or cold



Cottage cheese dip

Season low fat smooth cottage cheese with a little wholegrain mustard and fresh or dried herbs of your choice. Use as a dip for vegetable sticks

Bean and avocado salad

Ingredients:

4 x 410g tinned beans, drain and rinse
1 cup sweetcorn off cob
1 red pepper, finely chopped
60ml olive oil
85 ml lemon juice
1 large avocado
Pepper and herbs to taste
Combine all ingredients and enjoy

Cucumber tuna 'sushi'

Combine 2 cans drained tuna with 1 cup plain yoghurt, 1 chopped chilli, 2 finely chopped spring onions, 1/2 tsp chopped garlic and ginger and 1 handful chopped coriander. Season with a little black pepper.

Shave cucumber into ribbons and roll up ribbons into cylinder shape and fill with the tuna mixture. Sprinkle with toasted sesame seeds and serve with reduced sodium soy sauce and pickled ginger

Roasted red pepper and tomato soup

Ingredients:

290g roasted red peppers
270g cherry tomatoes, halved
1 garlic clove, crushed
1 vegetable stock cube
1 litre Boiling water
1 tbsp olive oil

Directions:

Roast red pepper and cherry tomatoes in the oven until soft with a little salt, pepper and paprika
Add to a large pot with a little olive oil and garlic
Add the veg stock cube to 1 Litre boiling water and pour into pot
Bring to the boil
Blend ingredients together

Butternut soup (IBS friendly)

Ingredients:

1 medium chopped and cubed butternut (remove skin and seeds)
1 Tbs olive oil
1 cup cooked quinoa (can be done before hand and kept in the fridge)
1 Tbs spring onion
1 Tbs chives
1 tin lite coconut milk
1 tsp ground coriander
1 tsp paprika
1 tsp salt
1 tsp black pepper
1 deseeded red chilli or 1 tsp red chilli flakes
1/2 -1 cup water (according to the consistency you prefer)

Directions:

Roast butternut with a little olive oil, salt and pepper in the oven until soft (200 degrees for 20-25 minutes)
In a large blender add butternut, coconut milk, quinoa, spices, herbs and blend until smooth
Transfer to a large pot over medium heat. Slowly add the water until you reach the consistency you prefer. Adjust spices if need be.
Serve with toasted pumpkin seeds, a dollop of greek yoghurt or sourdough bread.

Chicken and barley soup

Ingredients:

4 tsp olive oil
3 chicken breasts on the bone, skin and fat removed
2 onions, chopped
4 carrots, peeled and chopped
4 celery stalks with leaves, chopped
4 baby marrows, chopped
8 cups strong rooibos tea
1 cup water
5 sprigs fresh rosemary
2 bay leaves

1 cup uncooked barley
1/4 tsp salt
Lemon juice and black pepper to taste
3 tbs chopped fresh parsley

Directions:

Heat the oil in a large pot and cook the chicken until brown. Spoon out
In the same pot, fry onions, carrots, celery and baby marrow until brown
Add chicken, tea, water, rosemary, bay leaves, barley and salt. Reduce the heat and simmer with the lid on for 20 minutes or until the chicken is cooked.
Spoon out the chicken and cook for another 40-45 minutes or until the barley is soft
Meanwhile, debone the chicken and shred the meat. Add back to the soup once the barley is cooked.
Season well with lemon juice and black pepper. Stir in the parsley and serve hot.

Baby Marrow soup:

Ingredients:

1kg baby marrow, chopped (leave skin on)
1 tsp olive oil
1 tsp mild curry powder
1 onion, chopped
750ml hot water
1 stock cube

Directions:

Lightly fry the onion in a little olive oil until translucent. Add the curry powder and cook a little longer.
Add the baby marrow and cook until soft
Pour over the 750ml hot water with the 1 stock cube dissolved. Bring to the boil and then let it simmer for 30 minutes.
Blend or puree the soup until desired consistency is reached.

Winter vegetable and lentil soup

Ingredients:

85g dried red lentils
2 carrots, quartered lengthways then diced
3 sticks celery sliced
2 small leeks, sliced
2 tbsp tomato purée
1 tbsp fresh thyme leaves
3 large garlic cloves, chopped
1 tbsp vegetable bouillon powder or 1 stock cube
1 heaped tsp ground coriander

Directions:

Tip the lentils and vegetables into a large pan with the tomato purée, thyme, garlic, 1 stock cube and coriander. Pour over 1½ litres boiling water from the kettle, then stir well. Cover and leave to simmer for 30 mins until the vegetables and lentils are tender.
Ladle into bowls and eat straightaway, or if you like a really thick texture, blitz a third of the soup with a hand blender or in a food processor

Apple Oatmeal with Blueberry Compote

Ingredients

1/2 a punnet of blueberries (about 100g)
40g of oats
125 ml almond/ cows milk/ unsweetened soy milk
Add water to make the consistency of your liking
1 red apple

Directions:

Simply place the blueberries in a saucepan with a splash of boiling water. Let them bubble for 5-10 minutes until the blueberries are soft and juicy
Grate the apple – you can leave the skin on for this
Mix the grated apple, oats and milk in a saucepan and cook for 3-5 minutes, until they're hot and creamy. I use porridge oats as they cook really quickly, you can use the same recipe with regular oats but you'll need more liquid and they'll take longer to cook.
Once the compote and porridge have cooked mix them together and enjoy

Healthy apple pie mug cake

Ingredients:

1/2 green apple skin removed and diced
Cinnamon as much or as little as you want
1 tsp vanilla extract
1 tsp honey
3 tbsp wholemeal flour
3 tbsp unsweetened almond milk
Natural yoghurt for the topping is optional

Directions:

Put the diced apple in a mug and microwave until soft, about a minute
Add all the rest of the ingredients and mix, if you need to add a little more milk for a nice batter add a touch more
Cook for 2 minutes in the microwave
Tip out on a plate and top with yoghurt, a little honey and shake of cinnamon

Fresh fruit and peanut butter yoghurt dip

Place 3 Tbs peanut butter in a bowl and mix until softened. Stir in 1/2 cup plain low fat yoghurt and mix well. Serve this dip with sliced apples or pears and a little cinnamon as a mid-afternoon snack.

Grilled Peaches with Yogurt and Honey

Ingredients:

1/4 cup Greek yogurt/ any plain yoghurt
1 tsp cinnamon
2 large ripe peaches, cut in half (pit removed)
1 tsp honey

Directions:

Combine yogurt and cinnamon.
Grill the peaches, covered on low or indirect heat until soft, about 2-4 minutes on each side.
Drizzle with honey and serve each with 1 tbsp of yogurt.

Banana bread

Ingredients:

1/4 cup olive oil
1 & 3/4 cup wholemeal flour
3 ripe bananas, mashed
1 tsp cinnamon
1 tsp baking powder
2 eggs
1 tsp vanilla essence
1/4 cup greek yoghurt
1 TBS honey
1/4 cup walnuts
Pinch of salt

Directions:

Preheat oven to 180 degrees celcius and line a deep baking dish with baking paper
Combine wet ingredients (banana, yoghurt, olive oil, honey and eggs)
Add cinnamon, baking powder, salt and vanilla
Slowly stir in flour and walnuts until combined
Pour into baking tray and sprinkle with extra cinnamon
Bake for 40-45 minutes

Homemade muesli

Ingredients:

3 1/2 cups rolled oats
1/2 cup wheat bran
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
1/2 cup sliced almonds
1/4 cup raw pecans, coarsely chopped
1/4 cup pumpkin seeds
1/4 cup dried apricots, coarsely chopped
1/4 cup dried cherries

Directions:

Toast the grains, nuts, and seeds. Arrange 2 racks to divide the oven into thirds and heat to 180 degrees Celsius. Place the oats, wheat bran, salt, and cinnamon on a rimmed baking sheet; toss to combine; and spread into an even layer. Place the almonds, pecans and pumpkin seeds on a second rimmed baking sheet; toss to combine; and spread into an even layer. Transfer both baking sheets to oven, placing oats on top rack and nuts on bottom. Bake until nuts are fragrant, 10 to 12 minutes.

Transfer to a large bowl. Transfer the contents of both baking sheets to a large bowl.

Add the dried fruit. Add the apricots and cherries and toss to combine.

Transfer to an airtight container. Muesli can be stored in an airtight container at room temperature for up to 1 month.

Enjoy as desired. Enjoy as oatmeal, cereal, overnight oats, or with yogurt, topped with fresh fruit and a drizzle of honey.

You can also portion out 2/3 cup of muesli into a small lidded jar, cover with 2/3 cup milk or milk alternative, top with frozen blueberries, screw on the lid, and refrigerate overnight. In the morning, you're left with a chilled, soaked, softened muesli that's especially refreshing.

(Muesli formula: 4 cups grains + 1 1/2 cups nuts/seeds + 1/2 cup dried fruit)

Grains: Rolled oats, wheat bran, whole rye, whole barley, sorghum flakes, quinoa flakes, millet puffs, millet flakes.

Nuts/seeds: Sliced almonds, walnuts, cashews, pecans, pistachios, hazelnuts, sunflower seeds, chia seeds, poppy seeds, sesame seeds, unsweetened coconut flakes.

Dried fruit: Dried apricots, dried cherries, dried figs, raisins, golden raisins, currants, apple chips.

Protein pancakes:

Ingredients:

115 g oat bran or oat flour

1/2 cup milk

3 egg whites and 1 egg yolk

4 Tbs plain yogurt

1 tsp olive oil and spray n cook for frying

1 tsp honey or stevia + pinch salt

Directions:

Put the oat bran into a large mixing bowl. Crack the eggs in and pour in the milk and honey /stevia, salt and oil. Add yoghurt and mix well. Put aside for 15 minutes to soak. Heat a large skillet over medium heat and spray some spray n cook. Spoon 2-3 Tbs of batter onto skillet and cook until set and golden. Flip carefully with a thin spatula until both sides are golden brown. Serve with fresh berries, greek yoghurt, cinnamon or melted Tbs nut butter.

Apple chips

Slice 2-3 apples with the skin in thin slices, place on a baking tray and dry at 100 degrees celcius for 20-30 minutes.

Keep in an airtight container to have as a snack

Apples with dates and nuts

Ingredients:

2 Tbs desiccated coconut

2 Tbs oats

1/4 cup chopped raw almonds

2 Tbs chopped dates

1 Tbs butter

1 tsp ground cinnamon

Pinch of ground cloves

4-6 small apples with the skin, cored

3/4 cup rooibos tea

175 ml plain yoghurt

Directions:

Preheat the oven to 180 degrees celcius.

Mix all the ingredients except the apples, tea and yoghurt until combined

Place apples in an oven dish and fill with coconut mixture and pour the tea over.

Cover with foil and bake for 20 minutes.

Remove foil and spoon over liquid.

Bake for another 10-20 minutes, uncovered until just soft.

Serve with yoghurt

Chocolate custard pudding (low sugar) (serves 4)

Ingredients:

1 Tbs sugar

3 Tbs cornflour

3 Tbs cocoa powder
1/4 tsp ground cinnamon
2 cups low fat milk
1 tsp vanilla essence
4 small ripe pears with the skin, cut into wedges
1/4 cup chopped raw almonds

Directions

Mix sugar, cornflour, cocoa, and cinnamon with a little milk to form a paste
Gently heat remaining milk in a small saucepan. Add some warm milk to the paste and stir back into the rest of the milk
Stir continuously over medium heat until thickened. Remove from heat and stir in vanilla
Divide the hot mixture into 4 small bowls and allow to chill in the fridge.
Serve with pears and 1 Tbs chopped nuts

Granadilla cheesecakes

Ingredients:

3/4 cup plain smooth low fat cottage cheese
175 ml plain low fat yoghurt
1 Tbs sugar
1 Tbs cornflour
1 tsp vanilla essence
2 eggs
1x 119g tin granadilla pulp
12-18 strawberry or orange segments

Directions:

Preheat oven to 160 degrees
Whisk all the ingredients except the strawberry/orange segments
Divide the mixture between 6 individual oven proof dishes or ramekins and bake for 25-30 minutes until just set.
Turn off the oven and allow to cool down in oven.
Refrigerate and allow to cool completely
Serve with 2-3 strawberries or orange segments. You can also garnish with toasted nuts, grated dark chocolate or a little cocoa powder.

Strawberry banana frozen yoghurt

Ingredients: (4 servings)

3 cups frozen strawberry
2 bananas, frozen, sliced
1/2 cup greek yoghurt

Directions:

Combine ingredients into a food processor or high speed blender and process until consistently pink and smooth.
Pour into a pan and smooth into an even layer
Freeze for 2 hours or until frozen but still a little soft
Serve and enjoy

APPENDIX

SETTING GOALS:

Use the WOOP technique:

(Wish, Outcome, Obstacle, Plan)

For example if your goal or wish is to start meditating for 10 minutes each day you should visualize yourself in a quiet spot that will be your meditation corner with earphones in for guided meditation from you tube. Visualize how you feel in that complete moment of mindfulness. If you achieve your goal of meditating each day visualize how you will feel or the best possible outcome from the activity (happier, lower stress levels, more mindful etc) Then think about obstacles you might face that will hinder your goal (example lack of time or forgetting to do it as it is not a daily habit or distractions in the house) Then for each obstacle you may face think or write down a plan if this happens then I will do that (for example I will set a daily reminder on my phone each day at the same time to meditate etc) Make your plans realistic. You can do it for all aspects of achieving more holistic living. Remember that it takes daily work, dedication and commitment to your goals. You need to form daily habits to achieve your ultimate goal of a happier more nourished YOU.

	NUTRITION	EXERCISE	SLEEP	MEDITATION	GRATITUDE	OTHER
WISH What is your wish or goal? Really try to visualize it						
OUTCOME What is the best possible outcome if you achieve your goal?						
OBSTACLE What are obstacles you face in achieving your goal						

PLAN If this obstacle happens then what will you do? Set a plan						
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