

# 30 Day Online Wellness Program: More breakfast, salad, dressings, snacks and food ideas



# More breakfast ideas

## **Poached organic eggs green, leafy vegetables**

Simply steam, or gently stir-fry the leaves, such as spinach, pak choi or greens, add a little dash of lemon juice or some quality soy sauce (or both). Place the eggs on top and enjoy.

## **Scrambled soft tofu with veggies**

Finely chop a selection of veggies, such as onion, garlic, peppers, carrot and parsley. Simply stir-fry them in a little olive oil or coconut oil for a couple of minutes, then throw in the tofu. Soft, silken tofu works best for this dish. Scramble everything up like you would with scrambled egg. Add a splash of liquid aminos or gluten-free soy sauce.

## **Fresh fruit salad**

Use the fruits from the allowed list (low sugar fruits) and a sprinkling of powdered seed mix or some fresh, whole seeds, such as pumpkin or sunflower.

## **Scrambled eggs and veggies**

Chop a selection of any vegetables you like into small pieces. Try green leafy veggies, broccoli, carrot, tomato and cauliflower. Add chopped garlic or ginger if you wish for extra flavour. Lightly stir fry them in a little olive oil or coconut oil, then add the whisked egg. Keep stirring until the egg is lightly cooked. Serve with some fresh tomato & cucumber slices.

# More breakfast ideas

## Scrambled eggs and spinach

A simple, satisfying breakfast. Simply wilt the spinach in olive or coconut oil, remove from pan and place on plate whilst you scramble the eggs. Serve with black pepper and salt and any herbs of your choice.



# Salads and raw vegetables

Salads should be fun, easy and enjoyable. They are a great way to increase your daily raw food intake and to provide your body with a vast array of nutrients, such as vitamins and minerals, antioxidants and a variety of plant “phytochemicals” beneficial to health. They also provide slow-release carbohydrates and plenty of fibre for sustained energy and efficient bowel function. Salads help you to increase your vegetable intake as they are easy to make, you can use a variety of ingredients and they can be served alongside any meal or used as a meal in themselves. Aim for 7 portions of fruit and vegetables a day – 3 pieces of fruit and 4 portions of vegetables – that way you will at least achieve your “5-a-day” if you miss a couple of portions.

A good salad will comprise of a variety of fresh leaves, such as rocket, lettuce, watercress and a variety of other ingredients, such as peppers, carrots, tomatoes, radishes, beetroot, cucumber, etc, and a good dressing.



# Simple salad ideas

- Spinach, watercress, rocket tossed together with cherry tomatoes and a good glug of extra virgin olive oil and a splash of apple cider vinegar.
- Add as many different varieties of salad leaves as you like – there are many wonderful lettuce varieties to choose from. Adding leaves such as rocket and watercress will give more flavour. Try adding fresh, raw chopped garlic, sprouts, cress, radishes and spring onions for a fuller flavour.
- Grated carrot, beetroot and cabbage work well in salads and can be used as a base for adding protein foods such as chickpeas, beans, green lentils, or tofu.
- Try mixing a variety of beans together and adding a spoonful of good pesto. This can be added as a topping, or an addition to, your green leafy salad.
- Brown rice makes a wonderful salad – try adding grated carrot, cabbage, spring onions, peppers, sprouts, green beans and sweetcorn, and dress with a zingy dressing of apple cider vinegar, olive oil and dijon mustard.
- Fresh nuts and seeds can be used sprinkled over your salad to add essential fats and protein.
- Experiment with as many ingredients as possible. The beauty of salad making is that you can really just throw together a variety of fresh, raw ingredients and simply mix them! The combinations are endless!
- Rocket and walnut salad: rocket leaves, raw walnut halves, grated beetroot, cherry tomatoes.
- Add fresh herbs to your salad for a fresher, livelier flavour. Try basil, mint, dill, coriander or parsley.

# Salad dressings

## **Tahini & soy sauce dressing**

Tahini

Gluten free soy sauce /Braggs Liquid Aminos

Simply mix and add a little water if desired.

This tahini dressing is divine on sprouts and tofu or mixed with a variety of beans for a bean salad.

## **Omega salad dressing**

1 teaspoon of olive oil

2 – 3 tablespoons of Omega 3 & 6 oil – such as cold-pressed hemp or flax

1 dessertspoon of lemon juice

1 small clove of crushed garlic

## **Basic salad dressing**

2 tablespoons of olive oil

1 tablespoons of Omega 3 & 6 oil – such as cold-pressed hemp or flax

1 dessertspoon of lemon juice or apple cider vinegar

# Wonderful greens

Eating your greens doesn't have to be boring. Forget soggy cabbage and over-boiled Brussel's sprouts... use the following basic recipe to add some leafy greens to any meal. Simply serve them as a side dish.

Leafy greens, such as pak choi, Chinese greens, morning glory, kale, spring greens, spinach, broccoli, savoy cabbage, white cabbage etc, or a combination of any of these.

4 garlic cloves, chopped

A 5cm cube of fresh ginger, finely chopped

2 tablespoons of extra virgin olive oil or coconut oil

Dash of gluten-free soy sauce or liquid aminos

A good squeeze of lemon or lime

1 tsp of raw sesame seeds

Heat the oil in a wok, keep the heat low and don't let the oil smoke. Add the garlic and ginger and gently fry until they are soft and slightly brown. Add the green leafy vegetables and stir fry for about a minute. Add a couple of tablespoons of water to start a "sizzle" effect and put the lid on the wok. This will "steam fry" the greens preserving their colour, flavour and nutrients. Steam fry for around 3-4 minutes, add the soy sauce or liquid aminos and cook for another 30 seconds tossing the ingredients together to mix the soy sauce into the juices of the greens, then take off the heat and add a squeeze of lemon and sprinkle with the seeds.

Additional extras: chillies, seaweed, spring onions, any herbs or spices.

# Simple roasted vegetables

Slowly roast any combination of:

Onions, garlic cloves (can leave skin on for a smooth, creamy taste), courgette (zucchini), cherry tomatoes, carrot, beetroot, green, red and yellow pepper. Before roasting, toss vegetables in a good glug of extra virgin olive oil and add any combination of dried Italian herbs, such as rosemary, basil, oregano and some sea salt and black pepper.

Turn every 10 minutes or so until soft and well roasted. On a low heat, it should take around 45 minutes. The lower the heat, the better, for a softer, more mellow “slow roasted” flavour and texture.

Wonderful served with a rocket salad, fresh seeds and some grilled fish.



# Healthy snack ideas

A piece of low sugar fruit with a small handful of almonds or walnuts or seeds

Hummus with with some raw vegetable sticks such as carrot, peppers, celery

Celery and hummus (satisfies salt cravings)

Cherry tomatoes and a handful of nuts / seeds

Cherry tomatoes, celery or pepper and a few chunks of firm tofu

Small tin of fish such as sardines or mackerel with some fresh cucumber or cherry tomatoes

Organic nut or seed butter or tahini spread onto celery sticks

A handful of berries with a small handful of seeds, or ground seeds sprinkled on top

A hard-boiled egg with cherry tomatoes, celery or peppers

Crudites – vegetables cut small such as carrots sticks, celery sticks, slices of peppers, broccoli and cauliflower florets with a dip such as hummus, guacamole or a bean dip

Avocado, eaten alone with salt and black pepper, or mashed with some raw veggies

An organic turkey slice with cucumber or cherry tomatoes

# Ideas for "on the go" snacks

Making sure you have healthy snacks to hand throughout the day is crucial to keeping your blood sugar balanced. All too often, there is simply nothing healthy to choose from when out and about. To avoid having to snack on sugary cakes, biscuits and confectionary, a little bit of preparation is the key. Here are some ideas for making your snacks easy to take with you.

Grind pumpkin seeds, sesame seeds, flax seeds and sunflower seeds in a coffee grinder, keep them in the fridge ready to sprinkle onto foods. They can be taken away from home in a small container to add protein to shop-bought smoothies, or sprinkled on salads

Buy a selection of click-top lunch boxes in different sizes so that you can take your snacks with you. The tiny pots are ideal for berries and seeds or a helping of nut butter ready to spread on your oat cakes or spelt crackers

A handful of raw almonds and an apple are an easy to carry snack

A hard-boiled egg makes a satisfying and easy to carry snack

A piece of fruit is the easiest snack to carry. Just make sure you have a small handful of seeds at the same time to keep your blood sugar balanced

Keep a stock of healthy ingredients for your snacks at work, e.g. nuts, seeds and fruit in your desk drawer, nut butters, hummus in the fridge, avocado, berries

**\*\*N.B: Please remember the program has daily limitations of 25g for nuts and seeds, and 50g for beans, grains, hummus and legumes.\*\***