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NUTRITIONAL THERAPIST



EAT WELL. BE WELL.

PLANNING AND PREPARATION

DO A WEEKLY SHOPPING LIST AND MEAL PLAN

The majority of your trolley should contain these:	
Vegetables	Broccoli, spinach, lettuce, rocket, cucumber, celery, asparagus, green beans, kale, courgette, aubergine, cabbage and baby marrow. *Half of your dinner plate should be a rainbow colour of vegetables*
Fruit	Berries, apples, kiwi, melon, grapes, oranges, mandarins, pears, peaches, pineapple, mango, plums, *Limit your fruit to 2 a day if you are trying to lose weight*
Protein	Animal source: Beef, chicken, lamb, turkey, pork, fish and eggs Vegetarian sources: Beans and legumes (e.g. lentils, chickpeas, variety of beans) Other: Quinoa, buckwheat and avocado *Eat 2-3 portions of fish (preferably oily such as salmon & mackerel) a week*
Fats	For cooking: Use mostly extra virgin olive oil, some real butter and coconut oil For salads, pesto, humus etc.: Use mostly extra virgin olive oil, flaxseed oil and rapeseed oil.
Grains	Oats, spelt, brown rice and wholegrain pasta and wholegrain bread.
Drinks	Water mainly, herbal tea, sparkling water, flavoured water (with fresh slices lemon and or mint),

The World Health Organization recommend we eat no more than
6 teaspoons
 sugar each day as adults.

Sugar is in everything packaged!!!!



Anything ending in “ose” eg. Glucose, sucrose, fructose, lactose, maltose, is sugar

When reading a label “Carbohydrates of which sugars” 3g = 1 tsp sugar



How do I do it?

One step at a time....

For example:

A bowl of corn flakes with milk, a banana and a glass of orange juice = 21tsp sugar

VS.


A bowl of porridge with milk, a handful of berries and 1tsp ground flaxseeds = 5.5tsp sugar

That's a reduction of 15.5tsp sugar in 1 meal!!!!

PRACTICAL TIPS

1. Start your day with a large glass of water with the juice of half a lemon.
2. Drink 6-8 glasses of water a day. Your brain can't tell when you are hungry or thirsty and dehydration can lead to overeating.
3. Eat your 3 meals a day with 1-2 small snacks, if needed every 2.5/3 hours
4. If your first meal is at 8am, try not to eat after 8pm
5. Avoid artificial sweeteners found in fizzy drinks as they increase appetite, cause cravings, can cause mood swings and headaches.
6. Curb cravings by not going too long without eating, especially if it makes you "hangry".
7. Never allow yourself to feel deprived, try to have healthier options readily available.
8. Limit your tea and coffee consumption. Drink no more than 2 cups a day.
9. Have protein with each meal and snack, to keep you full for longer and prevent blood sugar imbalance (options listed above)
10. Keep junk food out of your house, to avoid temptation.
11. Stick to the 80/20 rule, we all deserve a treat now and again!
12. Portion size is the most common reason people are overweight (see portion size guide).

Portion Size Guide

Hand Symbol	Equivalent	Foods	Calories
	Fist 1 cup	Rice, pasta Fruit Veggies	200 75 40
	Palm 3 ounces	Meat Fish Poultry	160 160 160
	Handful 1 ounce	Nuts Raisins	170 85
	2 Handfuls 1 ounce	Chips Popcorn Pretzels	150 120 100
	Thumb 1 ounce	Peanut butter Hard cheese	170 100
	Thumb tip 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15

7 DAY MEAL PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	*Granola	*Raspberry Chia bowl	Porridge with 2 tsp ground flaxseeds and 1 fruit	*Raspberry Chia bowl	*Granola	Smoked salmon on 1 slice toasted spelt bread and 1 scrambled egg.	*Mediterranean egg and vegetable scramble
Lunch	Leftover Chicken stir fry	*Butternut Fritters with yoghurt dressing	Leftover Lentil Dahl	Tin of mackerel in olive oil with baby spinach, tomatoes and feta	*Roasted Cauliflower Soup	Cully and Sully thai chicken soup (Dunnes, Supervalu, Tesco) or Roots and Shoots Chickpea soup (Lidl) with a slice of rye bread	*Salmon fishcakes
Dinner	Turkey burger with sweet potato chips and brocolli	*Lentil Dahl	Chicken breast with roasted asparagus and courgettes and 1 medium potato	*Prawn curry	Darn of salmon with peas, carrots and cauliflower rice (Green Isle or homemade)		*Chicken stir fry
Snacks	*Granola Bar	2 oatcakes with humus	*2 Protein balls		*2 Protein balls	*Powerhouse tahini smoothie	Granola bar

*see recipe

Healthy Granola (serves 4)

Ingredients

- 100g cashew nuts
- 100g almonds
- 50g coconut flakes
- 25g pumpkin seeds
- 2 tbsp maple syrup
- 50g coconut oil
- 2 teaspoons vanilla extract
- 150g organic porridge oats
- 25g sunflower seeds
- 2 heaped teaspoons ground cinnamon

1. Preheat oven to 150 degrees fan.
2. Put the cashews, almonds, coconut flakes and pumpkin seeds into a food processor and pulse a few times to break up the large nuts into smaller pieces.
3. In a medium size pot melt the coconut oil. Turn off heat. Add the maple syrup and vanilla extract and stir to mix.
4. Add the oats, sunflower seeds, ground cinnamon and the mix from the food processor and stir very well.
5. Put some baking parchment paper onto 2 baking trays and divide the mixture between the two of them. Spread the mixture evenly over both trays.
6. Place in the oven for 25 minutes. Stir once or twice during this time.
7. Remove from the oven and stir in the dried goji berries.
8. Allow to cool. Once cool store in an airtight container for up to a month.
9. Serve with yogurt and berries of your choice.



Fibre Packed Raspberry Chia Bowl (serves 2)

Ingredients

- 1 cup unsweetened almond milk
- ¼ cup chia seeds
- ½ cup raspberries
- ¼ cup almond butter

1. In a medium bowl, whisk together the almond milk and chia seeds.
2. Pour into a mason jar and refrigerate for at least 30 minutes or overnight to allow the mixture to thicken.
3. In a small bowl, mash the raspberries until they resemble jam.
4. When ready, take the chia mixture out of the fridge and top with raspberries and almond butter.
5. Enjoy



Mediterranean Egg and Vegetable Scramble (serves 2)

Ingredients

- 4 free range or organic eggs
- 1 tsp olive oil
- ¼ cup diced onion
- 1 glove minced garlic
- ½ cup greens (spinach or kale), chopped
- 4 kalamata Olives, diced
- ½ tsp dried basil
- 1 dash cayenne pepper
- 1 pinch ground Black pepper
- ½ Avocado, sliced into 4 segments

1. Whisk eggs in a bowl and set aside to bring to room temperature.
2. Heat oil in a pan over medium-high heat and sauté onion and garlic for 2 minutes, or until softened. Reduce heat to medium low.
3. Add greens, olives, and seasonings and cook for another 2–4 minutes, stirring frequently until greens are tender.
4. Add eggs to the mixture and scramble until done but not dry.
5. Divide eggs evenly onto two plates. Season with sea salt and pepper to taste.
6. Top each egg mixture with two slices of avocado each.



Happy Gut Butternut Fritters with Kefir/Yoghurt Dressing (serves 2)

Butternut fritters

Ingredients

- 1/2 medium butternut squash, deseeded
- 2 tsp Olive Oil
- 2 tsp Coconut oil
- ½ tsp sea salt

1. Preheat the oven to 190 degrees Celsius.
2. Brush each half of the squash with a teaspoon of oil and sprinkle with sea salt.
3. Bake for 40 minutes or until the squash easily pulls apart into spaghetti-like strands when scraped with a fork.
4. Allow the squash to cool, then shred it into strings and place the strings inside a paper towel-lined colander. Squeeze the squash thoroughly, getting out as much moisture as you can.
5. Heat the Coconut oil in a large pan over medium-high heat.
6. Shape a handful of spaghetti strings into a patty and add to the pan, frying until golden brown, about 4 minutes.
7. Flip and fry the other side, then remove from the skillet and drain on a paper towel. Repeat for the remaining spaghetti squash.
8. Serve with the dressing as a dip

Kefir/yoghurt dressing

Ingredients

- 3 tbsp unsweetened kefir yoghurt or plain live organic yoghurt
- 3 tbsp extra virgin olive oil
- 1 tbsp minced fresh chives
- 2 tsp minced fresh mint
- 1 lemon
- ½ tsp ground sea salt
- ¼ tsp ground black pepper

1. Spoon the kefir or plain yoghurt into a mixing bowl
2. Whisk in the olive oil, chives and mint.
3. Grate the lemon peel finely into the bowl.
4. Squeeze all the lemon juice into the bowl, being careful to remove any pulp or pips.
5. Add in the sea salt and pepper and whisk together.



Liver Cleansing Roasted Cauliflower Soup (serves 2)

Ingredients

- 1 cup cauliflower, divided into large florets
- 4 large cloves garlic, whole and unpeeled
- 2 tbsp coconut oil
- 1/8 tsp ground ginger
- Pinch sea salt plus more to taste
- 2 cups warm chicken bone broth or stock
- 60g free range or organic bacon cut into pieces (optional)

1. Preheat the oven to 200 degrees Celsius
2. Put the cauliflower and garlic onto a large baking tray, pour over the melted oil and toss to coat. Now sprinkle over the ginger and a pinch of sea salt. Bake for 35-40 minutes until browned on the edges, turning mid-way through.
3. Meanwhile cook the bacon until crispy
4. When the roasted veggies are ready, squeeze the garlic out of their skins and transfer to a blender, together with the cauliflower and warmed broth.
5. Blitz until smooth, taste and add more salt as needed.
6. Ladle into warmed bowls and top with crispy bacon (optional)



Omega 3 Salmon Fishcakes (serves 2)

Ingredients;

- 2 eggs
- 1.5 cups ground almonds
- 1 tin wild salmon
- ¼ red pepper, finely diced
- 1 courgette, grated
- 1 tsp fresh or dry dill
- 2 tbsp psyllium
- 4 tbsp olive oil for frying

1. Combine the eggs and ground almonds into a bowl, mixing well.
2. Add the fish, vegetables, dill, salt and pepper.
3. Add 2 tbsp oil to the pan, to make the first 2, making sure the pan is hot and well-oiled so they don't stick.
4. Turn to medium heat, cooking for 3-4 minutes each side.
5. Remove and repeat for the other 2.
6. Serve with salad, coleslaw or mayonnaise.



Vegetarian Lentil Dahl (serves 2)

Ingredients

- 1 Tbsp coconut oil
- 1 medium onion, finely chopped
- 1 tsp garlic, minced
- 4 tbsp rogan josh curry powder
- 450g sweet potatoes, peeled & cut into 1 inch chunks
- 1 head cauliflower, stemmed and separated into florets
- 1 cup red lentils
- 4 large tomatoes, skinned and diced
- 2 cups chicken broth or vegetable stock
- Sea salt to taste

1. Heat oil over medium to low heat, add onion and cook until softened.
2. Add garlic and curry powder and cook, stirring constantly for 1 minute.
3. Stir in the rest of the ingredients, except the salt.
4. Bring mixture to a boil and then reduce heat to a simmer. Cover and cook until lentils and sweet potatoes are tender, about 25 minutes.
5. Add the salt, stir and taste.



Immune Boosting Chicken Stir Fry (serves 4)

Ingredients:

- 1 tablespoon olive oil
- Sea salt/pink Himalayan salt & pepper to taste
- 2 teaspoons grated ginger
- 450g chicken breast, cut into even bit size strips
- 2 cups broccoli, roughly chopped
- 2 cups mushrooms, sliced
- 1/4 cup scallions, chopped
- 2 teaspoons rosemary, chopped
- 4 tbsp cashew nuts, roughly chopped
- 4 tbsp Soya sauce
- Large handful fresh coriander

1. In a large wok or non-stick pan, heat the olive oil to medium heat.
2. Add in all the ingredients, accept the salt and pepper and stir.
3. Cook for 10 minutes, stirring every minute, until chicken is no longer pink in the centre and vegetables are tender.
4. Add the soya sauce before the last stir.
5. Divide the coriander between the 4 plates, by sprinkling on top when serving.
6. Great as leftovers the following day.



Omega 3 Prawn and Courgette Curry (serves 4)

Ingredients

- 2 tbsp. Coconut oil
- 1 onion, chopped
- 2 cloves of garlic, finely grated
- 1 teaspoon ground cumin
- 1 red chilli, deseeded and finely chopped (optional)
- ½ teaspoon garam masala
- 1 teaspoon ground coriander
- A large handful of baby spinach
- ½ teaspoon turmeric
- 300ml vegetable stock
- Sea salt and black pepper
- 250ml tinned coconut milk
- 1 courgette, cut into fine julienne
- 200g raw tiger prawns, peeled (can be replaced by white fish or chicken)
- A thumb-sized piece of fresh ginger, peeled and grated

Method:

1. To make the spice paste heat 1 tbsp coconut oil in a pan and fry the onion, garlic, ginger and chilli for 2 to 3 minutes to soften, on medium heat, stirring frequently.
2. Stir in the spices and season with salt and pepper.
3. Continue to fry for a further minute or two until fragrant.
4. Transfer the mixture to a food processor and blend until smooth, adding a splash of water if necessary, to loosen the consistency to a paste.
5. Return the pan to the heat and put in another tablespoon of coconut oil.
6. Add the paste and fry for 2 to 3 minutes.
7. Add the courgette and sauté for a minute or two, stirring to coat it in the paste. Pour in the stock, bring to the boil, then reduce the heat and simmer gently for 10 to 12 minutes.
8. Add the coconut milk and prawns and cook for 3 to 4 minutes, until the prawns are pink and cooked through and the sauce has just thickened.
9. Stir in the spinach, wilt for a minute, then season to taste with salt and pepper.
10. Serve immediately.



Protein Balls (makes 12)

Ingredients

- 1 cup raw seeds (Mix of flaxseeds, chia & sesame)
 - 1 tsp organic vanilla extract
 - ¼ cup cacao powder
 - 2 pinches of sea salt
 - 1 cup pitted medjool dates, finely chopped
 - 3 tbsp. water
1. Ground the seeds in a coffee grinder or Nutri Bullet. If you don't have either of these, you can buy the seeds already ground.
 2. Mix the seeds, cacao, vanilla and sea salt until well combined.
 3. Add the chopped dates and water, mix with a spoon until well combined and mixture forms a sticky dough.
 4. Form the dough into bite size balls, with your hands and roll them in desiccated coconut (optional).
 5. Refrigerate for at least 30 minutes before serving.
 6. These can be made once a week and kept in the fridge as a nutritious snack or desert, one or two are plenty to curb those cravings.



No-Bake Granola Bars (makes 7)

Ingredients

- 2 ¾ tbsp coconut oil
- 1 ¾ tbsp honey
- Pinch of cinnamon
- Pinch of nutmeg
- 2 pinches sea salt
- ¾ cup oats
- 1/3 cup almond flakes
- 2 ¾ tbsp sunflower seeds
- 2 ¾ tbsp pumpkin seeds
- 2 1/8 tsp chia seeds
- 1/3 cup dried cranberries

1. Add the coconut oil, honey, cinnamon, nutmeg and salt to a medium size saucepan and melt over medium-low heat, stirring to combine.
2. Once melted, stir in the oats, almonds and seeds, stirring well to combine.
3. Fold in the dried cranberries and continue cooking on low heat for 2 to 3 minutes.
4. In the meantime line a small baking dish (about 6x8 inch) with parchment paper, leaving the sides of the parchment paper long.
5. Use a tablespoon to scoop the mixture into the baking dish and spread out evenly.
6. Take the parchment paper flaps and fold them over the mixture to cover. Use additional paper if needed.
7. Press the granola down with your hands.
8. Refrigerate to cool, overnight is best.
9. When done, remove the top layer of paper and lift out the block of granola.
10. Place on a chopping board and cut into 7 even bars.
11. Can be stored in an airtight container in the fridge for up to a week.



Powerhouse Tahini Smoothie (serves 1)

Ingredients

- 1 cup of unsweetened almond or coconut milk
- 2 tbsp tahini
- 1 cup spinach
- ½ cup strawberries
- 1 banana

1. Blend all the ingredients together.
2. Perfect post workout!

