



The POWER of Wellbeing -
NUTRITION WORKSHOP
ENERGISE ME

Handout

“If you have good nutrition you have the capacity to adapt to the stresses in life”

- Patrick Holford

“Unless the doctors of today become the nutritionists of tomorrow, the nutritionists of today will become the doctors of tomorrow.”

- Alexis Carrel, M.D. (1900)

The ANH Food4Health Plate

(Percentages refer to amounts by weight of each food category)



25%	High protein foods	<i>e.g. grass-fed meat, wild-caught fish, low-lectin or lectin-free legumes</i>
10%	High 'health fat' foods	<i>e.g. unfiltered extra virgin olive oil, organic extra virgin coconut oil, nuts, seeds, avocados, butter, cheese, organic eggs</i>
10%	Grains (gluten-free, whole)	<i>e.g. brown rice, quinoa, gluten free</i>
40%	Vegetables (Unprocessed)	<i>Consume daily vegetables and fruits belonging to all 6 colour groups: green, orange, blue/purple, red, yellow, white/tan. Include consumption of at least some fermented vegetables e.g. sauerkraut, kimchi.</i>
10%	Fruit (Unprocessed)	
5%	Herbs, spices, supplements	

General Guidelines

- Minimise consumption of any processed foods
- Do not use high-temperature cooking methods (frying, grilling) unless brief
- Minimise heat-damage to proteins, fats + vegetables, consume plenty of raw foods and/or using slow cooking methods.
- Use organic extra virgin coconut oil as your 'go to' fat for stir-frying or other cooking
- Consume plenty of fresh herbs and non-irradiated, organic spices
- Leave at least 5 hours between meals (avoid snacking between meals)
- Consume at least 1.5 litres of spring or filtered water daily, between meals
- Avoid all foods which trigger intolerance or allergy
- Seek advice from our qualified nutritionist on the most appropriate supplements (concentrated sources of nutrients)

Source: Alliance for Natural Health International

Better Breakfasts**MAKE
AHEAD****Paleo Granola**

(From Christine Bailey's 'Paleo Slim Programme')

This will keep for up to 2 weeks.

Ingredients:

250g flaked almonds
2 cups unsweetened coconut flakes / desiccated coconut
1 cup sunflower seeds
1 cup pumpkin seeds
2 tbsp chia seeds or sesame seeds
2 tsp ground cinnamon
3 tbsp maple syrup
30g virgin coconut oil
1 tbsp vanilla extract

Method:

1. Pre-heat oven to 180 degrees. Line a large pan with parchment paper.
2. Mix nuts and seeds in a big bowl. Add cinnamon and mix well.
3. Melt coconut oil and honey and vanilla over a very gentle heat in a pan.
4. Pour this mixture over the nuts and seeds and stir well.
5. Pour on to baking sheet and spread evenly.
6. Bake for 20-30 mins until golden, stirring occasionally.
7. Allow to cool, then place in an airtight container.

Crunchy Nut and Seed Granola

(by Amelia Freer)

Makes approx 20 servings

Ingredients:

200g dates
100g figs
50g dried prunes or raisins
100g chia seeds
200g almonds
100g cashews
100g macadamia nuts

Optional Extras:

50g desiccated coconut
1 tablespoon vanilla extract
1 tablespoon sea salt

Method:

1. Soak the dried fruit overnight in 200ml water. Then blend with their soaking water and add the chia seeds.
2. Soak the nuts in salted water overnight, then discard the water and pulse the nuts in a food processor.
3. Combine the chopped nuts and dried fruit mixture with your hands, and add the desiccated coconut, vanilla extract and salt.
4. Spread the mixture out thinly on to one or two oven trays and cook for 60-90 minutes until it is dry and crispy, at 120 degrees C / 100 degrees C fan.

Breakfast Pots

(by Amelia Freer)

Make the night before

(Can be made up to three nights in advance if covered and kept in the fridge)

Ingredients:

½ cup oats per person
2 heaped tbsp milled chia seeds
Almond or coconut milk
Zest and juice of one orange
Berries, or other fruit of choice
Coconut yogurt or dairy yogurt (natural, no added sugar)
Pumpkin seeds to garnish (optional)

Method:

1. Soak the oats and chia seed in the milk, orange juice and zest overnight.
2. Spoon the mixture into a glass (per person).
3. Add 2 tbsp natural yogurt/coconut yogurt on top.
4. Top with blueberries (or other fruit) and seeds, if liked.

Speedy Bircher Muesli

(by Amelia Freer)

Serves two

**MAKE
THE
NIGHT
BEFORE**

Ingredients:

50g oats
50ml cloudy apple juice or milk
4 tbsp natural or coconut yogurt
½ tsp cinnamon
1 green apple, grated with skin
1 tbsp pumpkin seeds
1 tbsp chia seeds
1 tbsp flaked almonds or coconut flakes
1 handful of berries or a few slices of fruit

Method:

1. Soak the oats and chia seed in the milk, orange juice and zest overnight.
2. Spoon the mixture into a glass (per person).

Overnight Oats

Try this gorgeous breakfast by Joe Wicks
Serves one

Ingredients:

1 ripe banana
250ml almond milk (Rude Health is a good brand)
2 scoops (60g) of vanilla or almond protein powder
75g rolled oats and a little grated dark chocolate to serve
½ tbsp cocoa powder (over 70% cocoa) or raw cacao powder (for extra antioxidants)

Method:

1. Place all the ingredients apart from the oats and the dark chocolate in the blender and blitz until smooth.
2. Pour the mixture over the oats and stir well. Leave to soak in a sealable container in the fridge for at least 8 hours or overnight.
3. When you're ready to eat, sprinkle the dark chocolate over the top.

Protein Smoothie

Just three ingredients – some frozen berries, some protein powder and some milk of your choice. Add half an avocado if you like it thicker and creamier. Blend until smooth. Pop a lid on the blender jug and take it with you for breakfast on the go.

**SUPER
SPEEDY**

Keep frozen berries on hand in the freezer – strawberries, blueberries and mango all work well.

Make sure your protein powder is a good quality brand with no unnecessary additives. Look for Purition, Pulsin, Sun Warrior, Ezy or Nuzest for example. There are various flavours available, plus vegan options.

If you don't have protein powder, add some nuts and seeds and blend well. For example, cashews, frozen blueberries and whole milk work well together. If you prefer to avoid dairy, just substitute whole milk with almond, coconut, oat or hemp milk.

Nut Butter Sandwich

Super simple – take some nut butter (almond, cashew or peanut – good quality nut butters will have just one ingredient – nuts – no oils or sugar). Spread over rye, sourdough or whole grain bread.

**SUPER
SPEEDY**

Hard boiled eggs

Yes, really – that simple! Thoroughly cooked eggs will keep for several days in the fridge, with or without the shell. If you shell them first, be sure to keep them in a lidded container. Grab a couple to eat on the go for a protein boost when you're short on time. If you have time, slice them on to some rye or wholegrain toast and eat with some cherry tomatoes.

What can I do:

Action Plan:

- Include protein at breakfast
- Switch from white refined carbs
- Get more carbs from VEG
- Eat magnesium rich foods
- Reduce stress

Good nutrition can influence & improve:

- Energy Levels
- Self Esteem
- Weight
- Emotional Health
- Resilience to disease
- Mood

My Notes:

My Notes:

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Health & Wellbeing Experts