# NUTRITION ON A BUDGET



# Aneta Grabiec

Nutritional Therapist, Immunity, Detox and Toxicology Expert, Psychologist, Wellness Consultant Thank you so much for investing in your wellbeing and looking after your budget too!

I know the shift does not happen overnight but with the education, knowing and understanding your WHY, you will get there very soon!

I hope you will slowly but steadily start implementing the shopping list, recipes and the lifestyle advice from this book.

I know that you will very soon notice the difference in the way you think, you feel, sleep and live your life!

When we know better we definitely do better; if you would like to learn more about the ways how you could boost and optimise the physical and mental wellbeing of yours and your family, here is what else we offer:

-Nutritional therapy (weight loss, hormonal reset, fertility, autoimmune conditions,

- -Sleep therapy
- -Wellness consultation
- -Mindfulness
- -Yoga, pilates, mindful movement

If you or anyone you know would benefit from such support, do get in touch and let them know, because with this eBook, you receive 20% 1 to 1 sessions (valid for a month from the date of your eBook purchase)

Yours in Wellness Aneta Grabiec <u>https://www.thewellnessdesigner.com</u>



# Aneta Grabiec

The Wellness Designer, and I'm here to help. This eBook brings you the knowledge I've gained over two decades of nutritional planning to help you enjoy nutrition on a budget.

# What to eat?

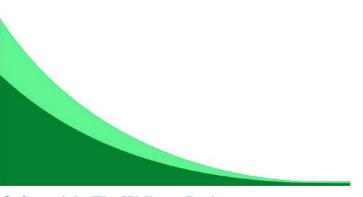
- Are you struggling daily with the same dilemma?
- Tired of eating the same, unexciting foods?
- Would you like to eat healthier, but find it too expensive?



## Here are the rules I encourage you to live by

- 1. Eat local produce as much as possible
- 2. Eat real, unprocessed food
- 3. Eat seasonal as much as possible

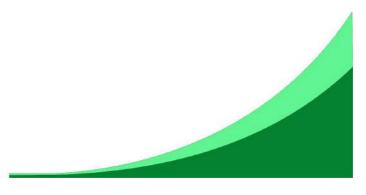




**Remember, nutrition starts with your shopping list!** Get used to buying real food and ingredients for your meals:

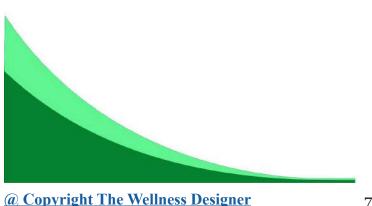


- Grains of choice beans of choice potatoes, starchy veggies leafy greens for smoothies and salads fresh & frozen vegetables
- Meat, fish, vegan/veg option.
- Coffee/teas
- Fresh & frozen fruit
- Dairy
- Fats: butters, oils
- Nuts & seeds
- Superfoods



Food is one of the greatest joys of life, but we all know it requires balance. I often hear from my clients how hard it is to find this balance, that healthy eating is expensive and complicated.

Let's face it, to keep healthy, you either can afford eating out in decent places 3 times a day or you cook for yourself from scratch. Both valid options, however, most of us have to revert to the latter. Latter I mean cooking, not eating in the take out foods!



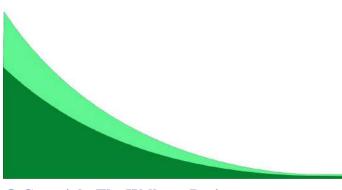


I appreciate the convenience of getting someone else to cook for you, but as The Wellness Designer, I'm on the mission to show you how to create delicious and nutrious meals in up to 20 minutes slimming your waistline, not your wallet.





Come with me on this journey and experiment with the meals and recipes you find throughout the pages of this ebook. The creations come from many years of my nutritional practice and planning meals for wellness retreats. All the recipes are time efficient and budget friendly targeting obesity, thyroid imbalance, hormone reset, diabetes, gut health, clear skin, and boosting your immune system.





You will find some nourishing breakfast, lunch, dinners and treats recipes, which I hope you will like enough to make them regular meals of your healthy lifestyle and wellbeing.



# Breakfast



- Beets Goodness-vegans must!
- Very Berry- youth elixir
- Mano Tango- glowing skin and immunity boost.
- Brownie in a glass Chia pot.
- Porridge
- Granola
- Hormone balancing breakfast

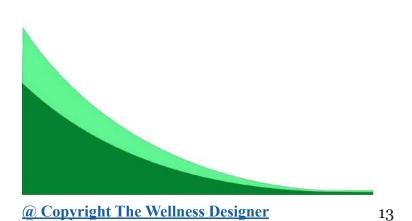
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Smoothies literally changed my life! But before we get to some of my favourite ways to enjoy the liquid goodness, a quick word on why I prefer smoothies over juices.

Not only are smoothies quicker to make and easier on the washing up, they maintain all the goodness of the fruit and vegetable fibre that juicing wastes. Smoothies are my everyday go-to nutritional breakfast or in-betweener.



**ATTENTION:** if you are on a weight loss program or watching the sugar content, please don't be fooled by the delicious shops' presented bottle of innocent smoothies; they are high in sugar and calories! So let's get things straight from the start; for health and waistline in mind, I advise you to use my smoothies golden rule: at least twice as many veggies as fruit intake! Supplements, nutrients and adaptogens are another frequent addition to my smoothies. These can help with the effects of seasonal syndromes and boost your immune system. Everyone's needs are different in this area, so please get in touch if you'd like to discuss how you can incorporate them into your personalised nutritional program.



# **Beets Goodness -"A Vegan Must" work?**

These pinky roots are a vegan superfood that beets all others! Beetroots used to have a bad rep for high sugar content (the highest among vegetables) but they also have a uniquely high nutritional content of vitamins and minerals; fiber, iron and copper. Rich in folic acid and manganese (anyone on a fertility-boosting diet?), vitamin A and K, and carotenoids can improve eye function.

What's more, they're seasonal, found locally and cheap too! You'll find I used beets a lot in my recipes, often cleverly matched with ingredients that disguise their overpowering earthy flavour.

"To use in smoothies, I like..." to add half an orange or a pinch of ginger to make a nicer zesty flavour.



## **For Beets Smoothie-2 Serving Ingredients**

Beetroot
 An orange
 Banana
 Avocado
 Celery stalk
 A handful of spinach 1tsp of
 maca powder
 Glasses of filtered water
 Blend it all together and enjoy!





Very Berry- youth elixir, probably one of my favourites! I love it for the flavour and the benefits; berries are one of the rare fruits that are low in sugar and rich in antioxidants. The grapefruit helps with liver detox and the natural collagen can give you anti-ageing results from the inside out. Good for your joints, guts, and skin.



## **Berries Smoothie-2 Serving Ingredients**

A handful of berries (frozen or fresh) <sup>1</sup>/<sub>2</sub> An avocado A handful of spinach <sup>1</sup>/<sub>2</sub> A banana <sup>1</sup>/<sub>2</sub> A grapefruit 1 tbsp of collagen 2 glasses of filtered water Blend it all together and enjoy!



#### Mango Tango- glowing skin and immunity boost

This is a gorgeous, sweet but zesty breakfast. Mango is high in cramp-busting potassium and vitamin C, making your skin firmer, plumper, and repairs damage caused by UV radiation. Cucumber cleanses and nourishes the skin inside out, while linseeds combat eczema, acne, dermatitis, and psoriasis due to their healthy fatty acids.





### **2** Serving Ingredients

A half cup of chopped mango (I usually buy the frozen as it's already chopped) juice of half lemon <sup>1</sup>/<sub>3</sub> of a cucumber <sup>1</sup>/<sub>2</sub> an avocado A handful of kale 1tbsp of linseeds [Optional: few leaves of fresh mint...I love mango with mint fusion but you don't have to] 2 glasses of filtered water. Blend it all together and enjoy!

# **Brownie in a glass**

ha! perhaps: "This may look a bit suspect, but trust me, it tastes delicious"

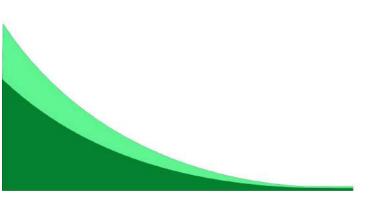
We have to look at our hormonal help with is hugely supported by a healthy nervous system and monthly cycle, hence this smoothie; added Rhodiola (brown powder adaptogen- working in a body like a thermostat. The added rhodiola (a brown powder adaptogen) helps regulate your temperature and is rich in vitamin B, while beetroot is an unbeatable source of iron and phytonutrients. I appreciate that beets are not to everyone's liking, so I recommend hiding in their earthy taste with some zesty grapefruit or lemon. I like to also add a couple of prunes for magnesium and extra fibre.



### **2** Serving Ingredients

4 leaves of cavolo nero or a handful of any dark green leafy veg
½ an avocado
4 prunes
½ an grapefruit
1 kiwi
1 tsp of rhodiola
2 glasses of filtered water or kefir (when I run the gut reset, mostly spring and autumn i use kefir, mostly goat's kefir as its more compatible with our digestive enzymes but any kefir without added sugar or powdered milk is great!

Blend it all together and enjoy!



# **Chia Pot**

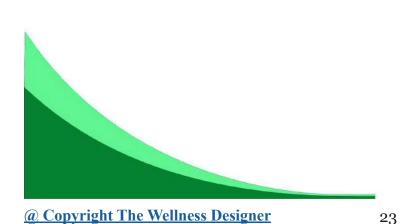
I have a confession to make; at first, I wasn't to keen on chia (I thought it looked like poppy seeds saw no obvious reason for eating it. First time I discovered salvia hispanica (the proper name for chia), was during my travels around Central America, it was Mexico or Guatemala where I saw the locals using chia as a binding agent. At that point, we had no idea about its 'superpower' in the Western world.





When it comes to superfoods, Chia is the new kid on the block! It's 100% gluten-free, and high in omega 3 fatty acids, fiber, and anti oxidants, too.It's a great addition to any diet for the health benefits, but particularly helpful in gluten-free and vegan baking as both binder and as an egg substitute.

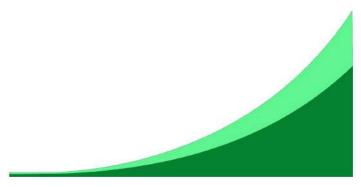
I've come to love that gooey texture too.to soak chia overnight for the nutritious delicious breakfast. The soaked seeds will keep for up to 5 days in the fridge, perfect to grab when you're in rushing off in the morning. Truly like that gooey texture too! I like life simple so usually, I would make a few pots and grab during the week with me for a healthy breakfast on the go:



# **Cinnamon Chia Pot**

Cinnamon is a great cheat for those of us with a high blood sugar tendency, as it works as a sweet taste suppressor and satisfies those sugar interesting!





### 2 Serving Ingredients

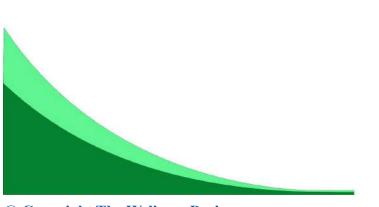
1 tbsp of chia

1 tsp of cinnamon

Some nutmeg or ginger (your preference)

1 tbsp of sunflower seeds (I'm an advocate for healthy fatty acids intake)

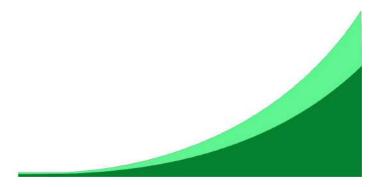
Cover it all with the milk of your choice (nutty almond or coconut is a dream), stir it and leave in the fridge for the night. You'll be surprised how nicely it expanded and combined by the morning. This combination tastes great with some chopped blackberries or frozen cherries.



Other Chia pots ideas I also like her great chia pot ideas: Sunflower seeds, peanut or almond butter and banana chia pot Kiwi and honey combination.

Try experimenting with, whatever ingredients you have and what flavours tickle your palate





# Porridge



Very often, all we have delicious and nutritious, look no further then porridge morning on the weekdays is 15 minutes to make something super fast that is yummy, nutritious and gives the long lasting energy, so how about porridge?



# Why oats?

- They are easy, cheap and quick to make.
- They have a well-balanced nutritional composition (66% carbohydrates, 17% protein, 7% fat fiber).
- Whole oats are the only source of a unique group of antioxidants called avenanthramides, believed to have protective effects against heart disease.
- They lower blood sugar and cholesterol levels.
- They contain more soluble fiber than other grains, leading to slower digestion.
- They are high in many vitamins and minerals: manganese, phosphorus, copper, vitamin B1, iron, selenium, magnesium, zinc.

A minor protein is a prolamin called avenin, which is related to gluten in wheat, however, pure oats are considered safe for most people with gluten intolerance [To make it clear: oats do not contain gluten, but they contain a similar type of protein, called avenin; clinical studies have shown that moderate amounts of pure oats can be tolerated by most celiac disease patients.



The only problem with oats in a gluten-free diet is contamination with wheat, because oats are often processed in the same facilities as other grains, therefore, it is important for celiac patients to only eat oats that have been certified as "pure" or "gluten-free".

Said enough? Do you see the benefits of eating oats? Now we are clear on why we should eat oats, let go through some delicious ways to eat them. Read how to make the yummy and healthy porridge oats breakfast and dinner recipes

### Banana and cinnamon porridge

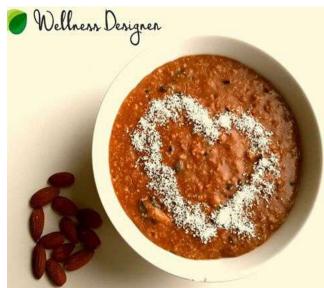
- 40g of oats of your choice (the measurement is approx, oats expand in the water and with the practice you will learn to understand how much you need)
- 1 Banana
- Pinch of cinnamon
- 1 tbs almond butter
- Handful of milled linseed



### Method:

Mix your oats with a cup of water in a saucepan, add the chopped banana and all other ingredients, bring to the boil and simmer for approx 3minutes (alternatively, soak the oats for 3 minutes in boiling water, add in all the goodies and stir in until the oats expand and ingredients combine.

# Cacao Porridge



"Cacao, coconut and pumpkin seeds nutritional delights

- 40g oats of your choice
- 1 tbs of cacao
- 1 tbs of coconut oil
- handful of pumpkin seeds and almonds
- handful of desiccated coconut

## Method:

mix your oats with a cup of water in a saucepan, add cacao and all other ingredients, bring to the boil and simmer for approx 3 minutes.

## **Golden Bowl**

Turmeric is recognised as a superfood, and for good reason. The root stalk of the ginger family which gives off its distinctive yellow colour is known to prevent cancer, liver damage, diabetes, Alzheimer's disease, and dementia. Personally, I'm a keen on the health properties but not a fan of its flavour, so I often use peanut butter to disguise the taste.

### **Ingredients:**

- 40g of oats of your choice
- 1 tbs of peanut butter
- A <sup>1</sup>/<sub>2</sub> tsp of turmeric handful of milled linseed

### Method:

Mix the oats with a cup of water in a saucepan, add the peanut butter and turmeric, bring to the boil and simmer for approximately three minutes. Alternatively, soak the oats for three minutes in boiled water, add in all the goodies, stir a few times to combine. Finally, sprinkle with some linseed, sunflower, pumpkin and chia seeds and voila - 'LELLOW' salty and crunchy breakfast is ready.

### **Raw Oats**

If you fancy a change from porridge style oats I suggest you try my overnight oat recipes. All the work is done when you sleep so your breakfast will be waiting for you when you wake up.

## **Ingredients:**

- 40g of oats
- 2 glass of filtered water, good quality Greek yoghurt or plant milk
- 1 tsp of cinnamon (I choose not to consume sugar in any form so I use and encourage my clients to use cinnamon to sweeten up their meals and beverages- it does the trick!) handful of dried fruit, nuts and milled linseed or desiccated coconut

#### **Method:**

Place all ingredients in a bowl, give them a stir, and soak covered overnight in the fridge. Mix all the ingredients to make sure they all soak evenly (for the purpose of the photo I placed them arranged on the top so you would see what actually was used. Toppings can include: raw nuts and seeds, fresh banana slices, nut butter, or freshly chopped berries or apples.



# **Hormone Balancing Breakfast**

PMS, PCOS, chronic fatigue, painful periods, fertility issues, challenging menopause? I hear you, I have been there and not looking back! Why? Because at The Wellness Designer, we truly believe in allowing nature to do its thing...with yoga, nutrition, psychology, mindfulness, detox, and hormones.



We work with nature and not against it. We like to offer you tested and researched based methods of implementing wellness and living it. One of our simple efficient hormonal fixes is this breakfast recipe:

# HORMONE BALANCING MUESLI

## **Ingredients:**

#### Oats 400g

We already know about the nutritional benefits of oats Goji berries 100g

The liver metabolizes hormones and liver health truly matter when it comes to hormonal balance. Goji Berries are hepatics that encourage liver function and health. Goji berries are anti-estrogenic. They protect the eyes, support the immune system, protect against cancer, promotes healthy skin, stabilize blood sugar, improve depression, anxiety, and sleep, prevents liver damage.

#### **Sunflower Seeds**

100gSunflower seeds offer natural selenium content for liver support and hormone regulation as the menstrual cycle comes to an end. The high content of zinc and vitamin E in sunflower seeds have shown to stimulate progesterone production in the second phase of the cycle, preventing mood swings, water retention and all other PMS symptoms.



#### **Pumpkin Seeds**

100g of the pumpkin seeds

The Essential Omega 3 Fatty Acids in these seeds help in regulating hormone levels and regularize periods. They also contain a compound called betasitosterol that prevents overaction of testosterone hormone (found in excess in PCOS patients.) During the follicular phase (the first half of the menstrual cycle), flax and pumpkin seeds are used to balance excess estrogen and encourage progesterone production for normal ovulation. walnuts 100g contain healthy fats, support healthy weight, and reduce brain fog, rich in Vitamin E (youth vitamin) and zinc (promotes fertility and female hormone cycle related to childbirth)

#### Raw Cacao 3Tbsp

This incredibly rich source of antioxidants is a superfood. It's packed with iron, magnesium, vitamin C and fibre, plus it has no sugar in it! Women tend to crave chocolate the week before their period because the iron and magnesium levels in their body drop rapidly. This causes our mood and energy levels to drop too.

### Method:

Mix all together and store. Those of you who have been on our retreats, workshops or taken our programs, know, that we are strong on living pill, painkillers, and HRT free! Why? Becasue we have tried and tested simple ways to get your hormones back in balance to serve you. Your health, body, and mind. We use nutrition, adaptogens, superfoods, breath, body movement and mindfulness training, to tailor-made a lifestyle that will serve you, that will bring your body and mind back in sync with your hormones; to make you feel how you are designed to feel! Holistically.

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# **Sprouted Quinoa Granola**

### High time you tried quinoa for breakfast!

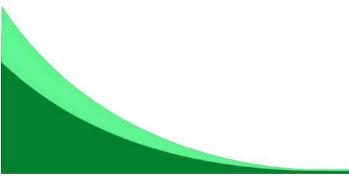
And I'm not talking about quinoa porridge (though quinoa is a worthy substitute for oats that I recommend you try). Here's my version of sprouted quinoa granola – a hot newcomer to the healthy eating scene all over the world.

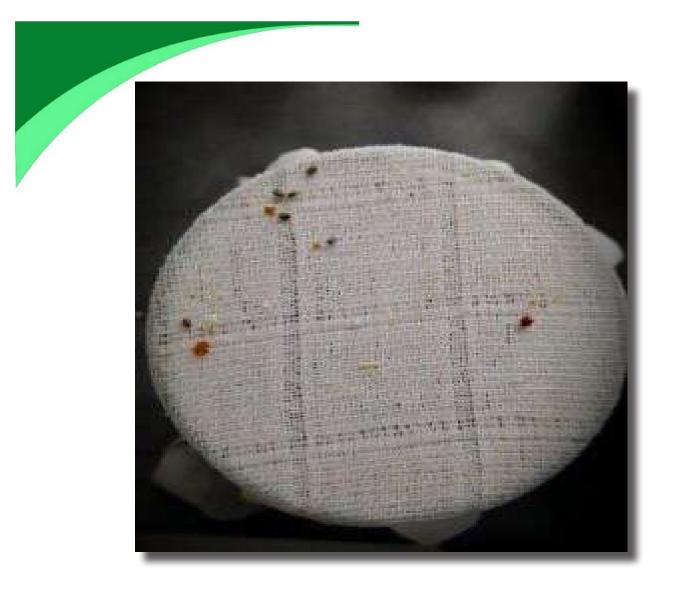


### Why Sprouting?

Because sprouting leaves you with more nutritional benefits. Quinoa will germinate, which, in turn, allows for easier digestion and absorption of nutrients. Sprouting and soaking also decreases the level of phytic acid, an enzyme inhibitor, that can block absorption of vitamins and minerals, and can cause poor digestion and disruption of healthy gut bacteria. Sprouting is easy although you have to be patient for those little sprouts to grow. Here are the steps to make about 2 cups of sprouted quinoa:

- Place quinoa in a large bowl. Rinse and drain to remove dust.
- Completely cover quinoa in filtered water and soak for 1 hour.
- Rinse and drain water and transfer quinoa to a sprouting jar or fine colander. I didn't have either so simply covered the jar with a thick muslin cloth.
- Rinse quinoa every few hours, making sure to drain off all water. prouting will occur in 24 hours, or so. Just keep checking for your grain to grow a little tail. but you can continue to sprout for two days if desired for softer consistency.





You can store quinoa in an air tight container for up to 1 week. Use in salads, raw burgers and desserts for crunchy nutritious proteins addition but right now, we will continue onto the granola.



### Sprouted Quinoa Granola

# Makes 10 servings **Ingredients:**

2 cup of sprouted drained quinoa 1 cup of oats
<sup>1</sup>/<sub>2</sub> cup of coarsely chopped almonds 1/2 cups of pumpkin seeds
<sup>1</sup>/<sub>2</sub> cup of chopped dried apricots 2 tbsp of honey
4 tbsp of coconut oil



#### Method:

Preheat the oven to 120 C. Melt and cool off coconut oil. Mix all the ingredients together. Grease the baking tray and spread the mixture out evenly. Put into the oven for 20 minutes, stir around and leave for another 20 minutes

Any supermarket 'healthy' granola contains approx 20g sugar per serving and this one has 5 times less, so it is a win-win for the homemade variety?

# G is for Granola

Let's take our relationship with oats to the next level and make some zesty exotic grrrranola!!!!

#### Ingredients: [to make approx 15 servings]

- 500 g of oats
- 5-7 tbsp of coconut oil (melted) 100g of pumpkin seeds
- 100g of dry mango
- 5 tbsp of desiccated coconut juice of 1 lime
- 100 g of pecan nuts
- 1 tbsp of cinnamon
- 1 tbsp of ginger spice
- 1tbsp of nutmeg



#### Method:

Preheat the oven to 180 C. Melt and cool off the coconut oil. Add lime juice and mix it in with the spices. Add to the oats, mix together with pumpkin seeds and pecans. Grease the baking tray and spread spread out the mixture evenly. Put into the oven for 12 min, stir half way through and leave for another 12 minutes. Chop the mango into smaller pieces and mix together with coconut and roasted goodies.



Lime, ginger, mango and coconut may not sound appealing to many. It didn't to me at first but I promise you that mixture of these exotic flavours is unbelievable! Any supermarket 'healthy' granola contains approx 20 g sugar per serving and this one has 5 timers less sugar so it is a win win for the homemade goody!

[Tip: I'm off sugar so mango and cinnamon are sweet enough for me here but if you need some extra sweetness, add few spoons of agave/maple syrup or honey into the melted coconut oil or over your daily breakfast]

## Cacao Granola

It's no secret that cacao is a superfood so why not lets have it for breakfast?

#### Ingredients: [to make approx 15 servings ]

- 500g of oats
- 5-7 tbsp of coconut oil (melted) 100g of pumpkin seeds
- 100g of dry cranberries
- 100g of almonds
- 1tbsp of cinnamon or vanilla extract

#### Method:

- Preheat the oven to 180C
- Melt and cool off coconut oil
- Add cacao, cinnamon or vanilla extract.
- Add the oats, mix together with pumpkin seeds and almonds.
- Grease the baking tray and spread the mixture out evenly.
- Put into the oven for 12 minutes, stir around and leave for another 12 minutes.
- Add cranberries and mix together with the roasted goodies.

[Tip: The Wellness Designer recipe promote less sugar so cranberries are sweet enough for us but if you need some extra sweetness, add few spoons of agave/maple syrup or honey into the melted coconut oil]

### G is also for Guacamole



Guacamole was first created by the Aztecs in what is now Mexico. In addition to its use in modern Mexican cuisine, it has become part of the international and American cuisine as a dip, condiment and salad ingredient. I don't think I know anyone who would not like or know what guacamole is, yet not many know how to make it so here comes my healthy, budget friendly and simple recipe.



#### **Ingredients:**

- a good quality ripe avocado
- 2tbsp of olive oil
- a dash of black or cayenne peppera lime or lemon
- optionals: cilantro, chillies, garlic, onion,

All you really need to make guacamole is ripe avocados and salt. After that, a little lime or lemon juice—a splash of acidity to balance the richness of the avocado. Then comes optional chopped cilantro, chillies, onion, and tomato, if you want. The trick to making perfect guacamole is using good, ripe avocados.

#### Method:

Mash avocado with the fork, add olive oil, juice of lime or lemon, and seasoning of your choice.

If you would like to make it a bit more picante, finely chop some onion/garlic or chili and mix it all together. That is it. Can be eaten with veggie sticks or as a part of a meal, or spread on sandwiches.

### **Nuts Over Hummus**

I love hummus. Any flavour. Any colour. Raw or traditional. It Is nutritious, delicious and a best friend of vegans and vegetarians due to it's high protein content. Carnivores love it too, as it is so uncomplicated to eat anywhere and anytime!I love beets too because they are rich in such important nutrients as protein, phosphorus, zinc, fiber, vitamin B6, magnesium, potassium, copper, and manganese.

Here comes this easy, budget friendly and no quick consuming raw beet hummus recipe for you.



#### **Ingredients:**

- a can of good quality chickpeas (I tried to make it from scratch and boiled the chickpeas but it took 4 hours so gave up on the idea!)
- 2 cloves of garlic
- a beetroot
- a tablespoon of tahini
- 3 tbs of olive oil
- The juice of 1/2 lemon
- seasoning of your choice: I added some cumin, Himalayan salt and cayenne pepper

#### Method:

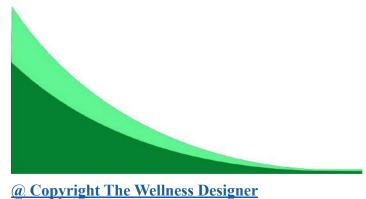
blend it all together and enjoy with veggies or in the Rainbow Meal



## The Rainbow Meal



Our friends from Sweden pioneered the idea of open sandwiches. They are an excellent addition to your breakfast/brunch repertoire and can show off the wonderful colours of seasonal vegetables.



#### **Ingredients:**

- The Wellness Designer raw beets hummus
- The Wellness Designer guacamole
- A few slices of your preferred bread (please choose something good for your guts; I chose rye flaxseed bread –so yummy and so good for your digestion!)
- Red bell pepper, cucumber, boiled egg
- Some watercress to decorate and boost your green vitamin intake

#### Method:

- Spread the The Wellness Designer raw beets hummus and The Wellness Designer guacamole over your sliced bread (I toasted mine for extra crunchiness),
- Slice the egg, cucumber and bell pepper and decorate the slices, adding some watercress and voila! Meal to impress your guest and your stomach



# **No Flour Bread**



No flour bread? No? Yes! It is possible and how delicious! Most of us grew up and LOVE bread so when I break the news to my clients that it is likely their daily bread giving them constipation, diabetes, extra weight, gut and hormones imbalance, and sicknesses, they lose interest and choose sickness. I'm with them :)

We all know that gluten, wheat, and beige food brings very little benefits to our health. Beige foods tend to be the worst combination for health and waistline: refined wheat flour/starch, sugar and vegetable fat. What's worst, beige food prevents us from the regular pooping.

So how do we go about it? If you aren't ready to give up bread entirely, why not try baking this wheat-free loaf?

#### **Ingredients:**

- 160g of wholegrain oat flakes
- 160g oat bran
- 160g sunflower seeds
- 160g pumpkin seeds
- 160 linseeds80g spelt grains
- 60g sesame seeds
- 16g nigella seeds \*[Small, black nigella seeds are a confusing spice to many people because of the many names they go by. In India, they are known as kalonji and in the United States, they are called charnushka. They are also frequently (and mistakenly) called black onion seeds, black cumin, and black caraway, and can be replaced by them]
- 5 eggs or 5tbs of chia seeds mixed and soaked with 15 spoons of water
- 150g of kefir or buttermilk
- 1tsp of salt

#### Method:

- Mix eggs (or chia seeds) with kefir/buttermilk
- Add salt and the remaining ingredient.
- Lay it out in the baking tray.
- Bake for 1hr in 180C.
- Cool before serving.

Let me know how you like it? There is nothing more comforting in the cold season that baking your own bread!To your health!



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# **No Flour Cacao Bread**



This recipe is a twist on an old favourite of mine. The addition of cacao brings a sweetness without compromising on nutrition.

#### To make 1kg loaf you will need:

- 160g wholegrain oat flakes 160g oat bran
- 160g sunflower seeds
- 160g pumpkin seeds
- 160 linseeds
- 80g spelt grains
- 60g sesame seeds

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5eggs or 5tbsp chia seeds mixed and soaked with 15 spoons/256ml of water

- 150g kefir or buttermilk
- 1tbsp cinnamon
- 1tsp nutmeg
- 1tsp ginger powder
- 2 tbsp honey
- A handful of dried apricots (rich in Vit A, C, B6, fibre, and potassium). You can choose to chop finely or leave in larger chunks. I love how the vibrant orange colour stands out.

#### Method

- mix eggs (or chia seeds) with kefir/buttermilk
- Add honey and other ingredients
- Lay it out on the baking tray
- Bake for 1hr at 180C
- Cool before serving



## **Soup: Any Season Essential**



There is nothing more comforting than a bowl of nutritious soup. Soups are very easy to make, budget friendly and packed with nutrients! They also, contribute to our daily liquids and five-aday intake.



Living in a colder climate means I enjoy soup almost every day! When I want something particularly warming and comforting, I make leek and potato soup.

#### Ingredients: [Serves 4]

3 leeks
6 medium size potatoes
1 small onion
2 cloves of garlic
salt and pepper
2 tbsp butter
1 tbsp of good quality miso paste (I choose miso over veg stock for its health benefits)

#### Method:

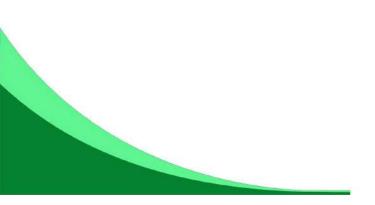
- Finely chop the onion, garlic and saute until golden.
- Add chopped leeks and thinly sliced potatoes.
- Saute it all together with the butter until crispy.
- Add some water, spices, lower the heat, cover and boil until potatoes are soft.
- Cool off and blend in a food processor.

Serve with some finely chopped greens and/or slice of toasted bread.



## **Immunity Soup**

This plate should be called randomness, as one day I was coming down with a cold and in desperate need of immunity boost, I spontaneously mixed the ingredients I had to hand.



#### To make 4 portions

- 250g broad beans (frozen or fresh)
- Onion
- Garlic
- Ginger
- Chilli
- 3 chopped potatoes
- 3 chopped carrots
- 150g Brussels sprouts (fresh or frozen)
- 3 tbsp sauerkraut some butter
- A cup bone broth/veg stock or stock cube



#### Method:

- Heat up some butter in a good size frying pan.
- Add the onion, garlic, ginger, chillies and spices of your choice and fry until golden but not burnt.
- Add the carrots and potatoes, fry until crispy and then move all the ingredients into the pot of approx 1 litre of boiled water with the stock.
- Let it boil, add the Brussels sprouts, boil for few more minutes, check if all the ingredients are soft then add sauerkraut.
- Taste for flavour and season as per your preference

If this doesn't boost your immunity than I don't know what will!?

## **Colourful Bowl**

This is what I like to call this recipe, but it's a modified version of the Ukrainian borscht. It is such a beautiful yet simple and easy mix of nutrients that are easily accessible and affordable. Beets are quite frequently used in this eBook due to their nutrients and flexibility in use.



To make 4 servings:

- Can of kidney beans
- Chopped onion
- Some garlic
- 4 carrots
- 4 celery sticks
- 2 cooked beetroot
  - A cup of bone broth or any stock you like/have available
- Salt/pepper/cayenne pepper and any spices you like

#### Method;

- Heat up some butter or coconut oil in a good size frying pan.
- Fry onion and garlic until golden but not burnt.
- Slowly add all other chopped ingredients until crispy
- Move it all into a cooking pot with approx a litre of boiling water and the stock or bone broth.
- Allow it all to cook together, then add the rinsed and drained kidney beans along with the spices.
- Serve with the generous amount of chopped parsley





## Anti-ageing soup

Beets have been used in this book A LOT. That's because they are always seasonal, budget friendly, nutrient dense and due to their vitamin C, folate, potassium, iron and antioxidants, they are proclaimed to be anti-ageing!

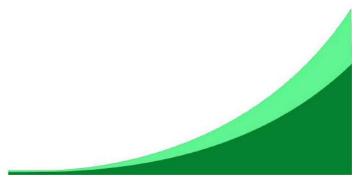


#### **INGREDIENTS:**

- 4 raw beetroot (you can buy the cooked ones to save time)
- 1 cup of mango
- 1 onion
- 1 clove of garlic
- 2 tsps fresh ginger
- 2 tablespoons olive oil
- 1 can of coconut milk
- 1 organic vegetable bouillon cube or good quality butter
- salt and pepper to taste

#### Method:

- Finely chop the onion, ginger, garlic.
- Place a pot on a medium heat, add olive oil and when hot, sauté the onions for 2-3 minutes.
- Add garlic, ginger, beetroot, mango and fry for another 2-3 minutes until soft.
- Add a small dash of water and continue to stir.
- Add remaining ingredients and lower the heat.
- Leave to cook for 30-40 minutes until its all tender.
- Place all the ingredients into a blender and pulse until smooth.
- Serve garnished with some mango, coriander and pepper.



## **Mushrooms comfort**



Low in calories and fat and cholesterol-free, mushrooms contain a modest amount of fibre and over a dozen minerals and vitamins, including copper, potassium, magnesium, zinc and a number of B vitamins such as folate.

#### The rule for my cream soup is:

skip heavy dairy cream and thicken your soup with some potatoes, hence you will see potatoes in almost all cream soup recipes.

Why?

Because my nutritional believe is that potatoes are much healthier than processed dairy!

#### **Ingredients to make 4 portions:**

- 3 potatoes
- 1 onion
- 2 tbsp of good quality butter or oil
- 1 cup of stock or extrabutter/oil
- 2 cloves of garlic
- 250g mushrooms
- Salt, pepper, thyme, tarragon

#### Method:

- Chop and sauté the onion and add garlic.
- Peel off and slice/chop the potatoes, add them to the sautéed onion and garlic.
- Add the mushrooms, more butter/oil or a cup of stock.
- Let it all simmer until soft-cooked.
- Add the spices and water and allow to boil.
- Cool off, blend, serve with some tarragon or your spices of choice.

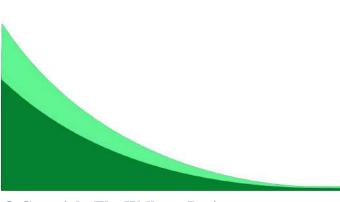
### **Flavour of Morocco**

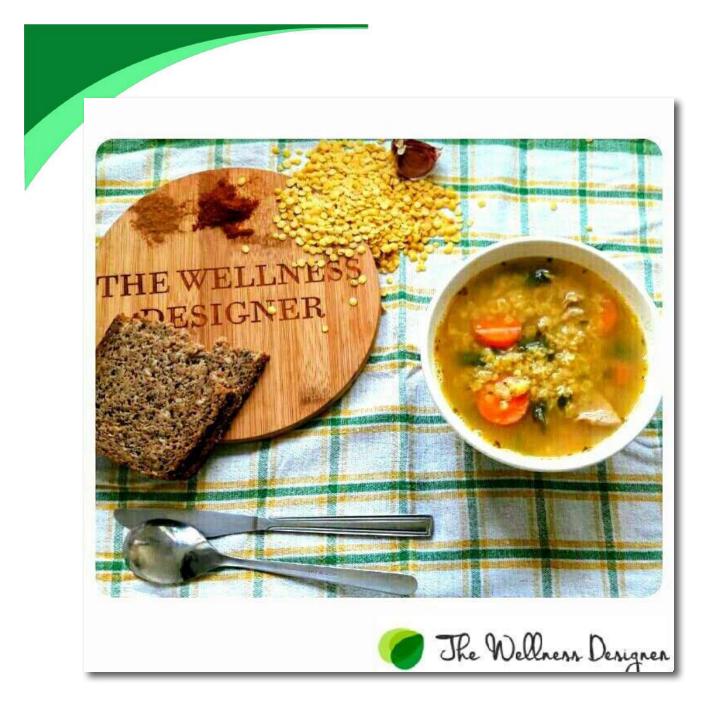
I admire Moroccan cuisine so much for the colours, aromas and fusion of all the beautiful, exotic spices that we would have never thought of mixing up together! This Moroccan cuisine inspired green lentil soup is an easy and comforting recipe. The warm, rich spices of cinnamon, coriander, cumin, paprika and turmeric mix together perfectly to create a flavorful soup.



#### **Tips:**

- This can be a vegan/vegetarian or meat based soup too:
  - for vegan-use olive oil and veg stock or 400ml of paste
  - for vegetarian: as above or butter
  - you can use any bone broth or meat
- I used green lentils but yellow or red ones are OK too
- Use parsley or cilantro to garnish







#### **Ingredients:**

- 3 tbsp olive oil or butter
- 1 large onion, chopped
- 1 celery stalk, chopped
- 1 carrot, chopped
- 3 garlic cloves, chopped
- 1/2 tsp. ground coriander 1/2 tsp. ground cumin
- 1/2 tsp. ground turmeric
- 142 tsp. sweet paprika
- 1/4 tsp. ground cinnamon
- 1/2 tsp. sea salt
- Dash of pepper
- 400ml vegetable broth
- 1 can of tomatoes (or diced tomatoes)
- 2 cups of lentils, washed and rinsed until water runs clear
- Pinch of red pepper flakes

#### Method:

- Saute the onion and garlic, then add carrots and celery.
- Cook the washed and rinsed lentils
- Combine the sauteed veg, cooked lentils, tomatoes and spices, and bring to the boil.



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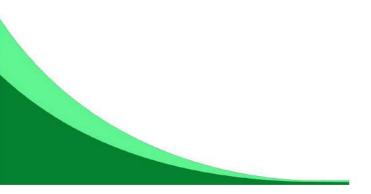
# **Cream of Asparagus**





### Cream of asparagus is my favourite spring soup





## **Immunity Boost Soup**

When we talk about immunity, the foods you should always have at home are:

- Garlic
- Onion
- Cayenne pepper
- Chillies
- Turmeric
- Probiotics (in food forms)
- Fresh fruit and vegetables

And that is if we limit the list to only the most essentials... but I cannot stress enough that: vitamin C (best in its natural form) is EXTREMELY important.



Did you know that pepper is three times richer in vitamin C than an orange?

Another immunity supporter is vitamin D, which is present in salmon, tuna, herring, eggs, fortified foods, though not in high enough doses. The best natural vitamin D source is the sun, and during winter your best option is a supplement. Last but not least on the immunity VIP list is zinc; present in meat, shelfish, pumpkin seeds, dairy, seeds, eggs and legumes. Now, coming back to our immunity boost soup recipe...



#### **Recipe:**

- A few cloves of garlic
- 1 onion
- 2 potatoes
- 2 carrots
- 1 cup of kale
- Some chillies or cayenne pepper
- Salt
- Tturmeric
- 2 cups of bone broth, veg stock or miso

#### **Method**:

- Sauté the onion and garlic with butter, ghee or coconut oil.
- Add your spices.
- Add the chopped potatoes and carrots.
- When all the veggies are golden, add the broth and boil until the potatoes are soft.
- Add the kale.

enjoy!



### **Other Meals**

### **Ratatouille With a Twist**

When you think of ratatouille, you'll probably have in mind pasta with courgettes in tomato sauce, but if we take a twist on this classic recipe, we could make it anything we want to!





Tomatoes are from the nightshade family, and are not recommended for anyone with an autoimmune condition. If that's not the case for you then moderation is the key, due to their nutritional values: potassium, calcium, phosphorus, vitamins A and C.



So to make the ratatouille, I suggest as a base: onion, garlic and tomatoes. The rest we can experiment with.

#### **Ingredients:**

- 2 cloves of garlic
- Small onion or half of a standard size.
- Herbs and spices of your choice
- Some butter, ghee or coconut oil
- A jar of a good quality of tomato sauce or a can of tomatoes
- 100g of mushrooms or 2 peppers
- Chicken, beef or vegetable stock

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#### **Method:**

- Saute the onion and garlic.
- Add the spices and herbs.
- Add the meat (optional) and chopped mushrooms or peppers,
- Add the tomatoes or the sauce.
- Lower the heat and let it heat up together to blend the flavours.
- Serve with some nutritious carbs\*

\*by "nutritious carbs" I mean the base, which would be pasta or grains, unless you go for the spiralled zucchini or cauliflower rice (you may not know that vegetables provide us with plenty of carbs on their own), however most of us will go for the grains...



And I'm sorry to break it to you; grains are not the most nutritious and essential foods for humans WHY?

- Grains are relatively new foods for the human digestive system.
- Refined grains: white bread, pasta and rice, are stripped of their fibre and nutrients, broken down fast, and lead to rapid blood sugar spikes.
- Having little nutritional value, refined grains have been linked to higher levels of inflammatory markers in the blood - increased inflammation causes and contributes to autoimmune conditions such as arthritis or thyroid dysfunction. It can also increase your risk of other inflammatory conditions, such as heart disease and diabetes.
- It's easy to overindulge on grains. They are a staple of comfort foods for good reason. Overeating can result in obesity and unbalance female hormonal health: if you have PCOS, endometriosis, irregular period, acne, cysts, in fertility -please take it easy on grains!

But while I caution against eating grains too regularly I definitely don't advocate complete

abstinence!

WHY?

whole grains provide fibre, folic acid, vitamin B, iron and magnesium. they are very supportive to hormonal balance and can help you sleep better. We mustn't forget about the group called Ancient Grains. This includes spelt, Khorasan wheat (Kamut), freekeh, bulgur, farro, einkorn, and emmer; the grains millet, barley, teff, oats, and sorghum (some of these are gluten free but gluten is a subject for another conversation); and the pseudocereals quinoa, amaranth, buckwheat, and chia (pseudo because although they're considered grains, they are in fact seeds!)

# Solution to the grains dilemma is to eat whole-grains and not too often.

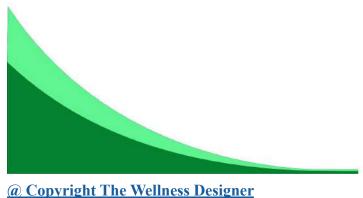
So coming back to your ratatouille, serve with what you learnt and what you feel will serve you best.



## **Rainbow Lasagne**

This is a great cold day comforting meal, rich in nutrients from kale, purple beets and orange sweet potatoes: let's deconstruct traditional dairy and meat heavy lasagne and make this calorie light, delicious and nutritious vegan rainbow lasagne.





Let me add that this is the most time-consuming recipe of all the book but so worth it: (serves 6, preparation time approx 30min, baking time 60min)

## **Ingredients:**

- 40g butter
- 2 red onions (you can mix with garlic), peeled and sliced
- 4 betroots (buy the cooked ones to save on time), grated
- 1 can of tomatoes (preferably sugar free)
- 500g kale (can be replaced with spinach, Cavolo nero or savoy cabbage)
- 100g cashews
- 4 sweet potatoes, peeled and cubed
- 9-12 lasagne sheets (depends on the size of your baking dish), I used whole-wheat pasta – use the best option for yourself
- 150g mozzarella, drained and sliced

## Method:

- Boil cubed sweet potatoes (15-20min).
- Soak cashew nuts in the boiled water (5min).
- Heat half the butter, add red onions, betroot and cook over a low heat for 5 min, then remove from the heat and allow to cool.
- prepare the pasta sauce: blend soaked cashews with a can of tomatoes, adding the spices of your choice: pepper, cayenne, paprika, garlic, oregano, basil, whatever takes your fancy.
- Stir 1/4 of the pasta sauce into the beetrootand onion mix.
- Once the sweet potatoes are boiled, drain and mash them with 1/4 of the pasta sauce.

- Wilt the kale (or greens of your choice) in the remaining butter and once cooled, squeeze the excess water and mix with a spoon or two of the pasta sauce.
- Place the lasagne sheets in a pan of boiling, salted water with the spoon of olive oil and cook for 5 min, sliding a fish slice between the sheets frequently, drain and rinse in cold water to prevent sticking
- Spread the kale/green mixture in a baking dish and arrange lasagne sheets on top.
- Spread the sweet potatoes layer and repeat with the lasagne sheets.
- Add the beetroot layer and lasagne sheets on top and cover with remaining pasta sauce.
- Scatter over the mozzarella slices and bake in 160C for approx 50min. it's ready when crispy. Serve with some chopped parsley.

# Sri Lankan Curry

Sri Lanka is a place that I'd encourage each of you to visit for its nature, gorgeous Indian Ocean beaches, culture, history, Ayurve-da and the cuisine.

From my trips to Sri Lanka, I strongly remember the taste of coconut curry with seafood, chicken or vegetables, I loved it so much that I've recreated 20min simple Sri Lankan curry.

I've chosen chickpeas as the main ingredient because they're rich in:

- Fibre (reduces your estrogen levels which lowers the risk of breast cancer).
- Proteins (essential nutrient for energy & satiety).
- Iron (prevents anaemia).
- Copper ( helps the formation of bones and teeth).
- Folate not to be confused with the folic acid! Yes, if you are planning for a baby, boosting the fertility of you and your partner, you may have heard or read that you should be taking folic acid and that's not so true.

Yes Folic Acid in the form of B9 is essential for the fertility; eggs and sperm quality, ovary functions and fetal development but the synthetic form folic acid in excess can be harmful, so always best to look for its natural form - folate, which can be found in green leafy vegetables, chickpeas, legumes, beets, citrus fruit and eggs. But let's not forget that folate is not only important for reproduction; it is one of the B-vitamins and is needed for everyone, of any age and gender, to make red and white blood cells in the bone marrow, convert carbohydrates into energy, and produce DNA and RNA.



#### Ingredients

- 2 sweet potatoes
- Can of coconut milk
- Can of chickpeas
- 1 onion
- 2 garlic cloves
- 1/2 tsp cinnamon/nutmeg and ground spaces, 1/2 tsp of cayenne pepper or/and curry spice/garam masala, turmeric/ginger.
  - 2 generous handfuls of spinach some coconut oil

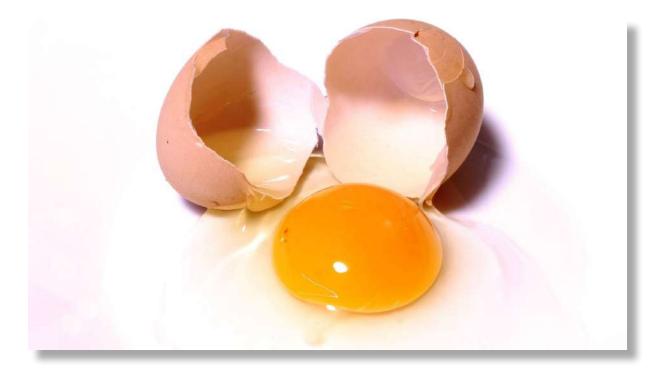
### **Method**:

- Preheat the oven and prepare sweet potatoes as you would a 'jacket potato'.
- Heat the oil in a large pan and add onion.
- Cook until softened, about 10 mins, then add garlic and spices, and stir to combine.
- Cook for 1-2 mins, then pour in the
- Coconut milk and season.
- Bring to the boil and simmer for a further 10-15 mins until the sauce has thickened
- Tip in the chickpeas and spinach
- Scatter over the coriander and serve with baked sweet potatoes



# Frittata

This simple, omelette-like dish is low in calories and gluten free. It's a go-to meal for all seasons that can be ready in just 20 minutes.



Eggs are a very good source of inexpensive, high-quality protein. More than half the protein of an egg is found in the egg white, which also includes vitamin B2 and lower amounts of fat than the yolk. Eggs are rich sources of selenium, vitamin D, B6, B12 and minerals such as zinc, iron and copper.

#### **Ingredients**:

- Chopped onion and/or garlic
- Chopped seasonal vegetables:
- Peppers, asparagus, carrots,
- Fennel, beets, roasted parsnip,
- Leftover boiled potatoes, French
- Beans, etc.
- 4-6 eggs
- Coconut oil or butter
- Spices: salt, pepper, herbs

## Method:

- Heat up the oil or butter, add in chopped onion and/or garlic
- As I learnt in India, this is the time to add your spices, but be careful with the amount, as the heating will enhance the flavour
- Add in your chopped vegetable
- Add beaten eggs, lower the heat, cover and simmer for few minutes until all combined and ready







## Why should we all eat salads?

- Salads are easy and cheap to make
- Take little time to prepare
- 1 meal can cover our 5 a day and fibre intake
- You can add any fruit or veg you like rich in micro-, macro-nutrients and vitamins

# Salad dressings





The excuse of many for not eating salads is the taste - any edible grass tastes great with the right dressing!But what is NOT the right dressing?The one bought ready made, trust me, I've checked every single label and they are all loaded with hidden sugar, preservatives and chemicals that you couldn't even pronounce!

In this chapter you will find some of my favourite, easy-to-make salads, along with a selection of uncomplicated and delicious homemade dressings.



#### **Ingredients for the salad dressings**

- Good quality olive oil
- Crushed garlic
- Freshly-squeezed lemon juice freshly-squeezed orange juice
- Spices of your choice
- Salt, black pepper, cayenne pepper
- Spices of your choice
- A handful of soaked cashew nuts
- Honey (preferably raw)

Fresh lemon and orange juice will add depth to your dressing and mean you won't need any additional salt



## **Raw Mayo**

This recipe is thick and creamy. It's a perfect alternative to the sugar, calories and preservatives of full mayonnaise.



Raw, unflavoured cashews are the base of this mayo dressing.

#### **Ingredients:**

- A handful of raw cashews, soaked for at least 30 minutes
- Juice of half a lemon
- Pinch of salt and pepper
- Optional: 2 cloves of crushed garlic
- 2 tbsp of olive oil

### Method:

• Drain the cashews blend all the ingedients with 2-3 tbsp of olive oil adjust to taste with more herbs, salt or pepper



You can make an excellent spicy Salsa Rosada - a pink sauce for grilled dish, seafood cocktails or salad dressing - by adding to the Raw Mayo a pinch of cayenne pepper or paprika .A great tasting, immunity and metabolism booster.

## Traditional salad dressing

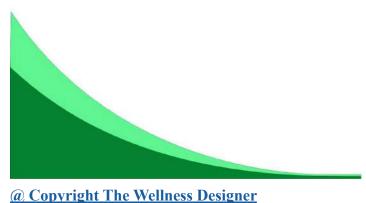
You must have heard of this sauce under the name of vinaigrette or "salad dressing". Very palatable and healthy when you make it at home.

## **Ingredients:**

- TSP of vinegar and/or mustard (optional)
- 2 tbsp of olive oil
- Juice of half lemon
- Clove of crushed garlic
- 1/2 inch of grated ginger
- Salt and pepper
- 1/2 tsp of honey

## Method:

Crush, squeeze, flavour, mixed up all together enjoy



# **Peanut Butter Dressing**



This one is one of my favourite dressings ever. It goes so well with the crunchiness of raw cabbage-like vegetables, carrots and peppers

#### **Ingredients:**

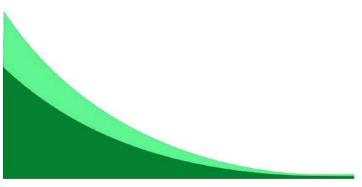
- 2 tbsp of peanut butter
- 2 tbsp of olive oil
- Juice of half an orange
- Optional: a pinch of salt or, if you prefer it sweet, 1.2 tsp of honey

### Method:

Add all the ingredients together, spice up enjoy!







### The Green:

Ingredients:

Any green leafy salad, rinsed and mixed together with The Traditional Salad Dressing (recipe page)



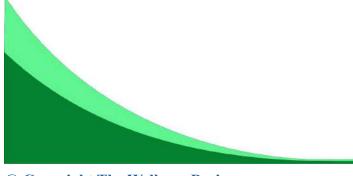
The Green Salad tastes exquisite because of its dressing. So simple 1 ingredient makes it a delicious addition to a meal or a starter, but if you want a salad meal, just add some chicken, or other proteins, nuts, pomegranates or olives, onions, tomatoes cucumber, etc.

I created the dressing, you create the rest, play with the palate of possibilities!

## The Coleslaw

Personally, one of my favourites. Crunchy and colorful! I grew up on cabbage and this dear, inexpensive cruciferous vegetable is available all year round. It's also versatile, palatable and packed with nutrients.





Did you know? A cup of cabbage contains more calcium than a glass of milk.

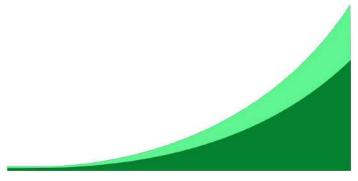
Cabbage also contains vitamin K, C, and B6, folate, managanese and plenty of fibre. However, if you have hypothyroidism (underactive thyroid), you may have been told to avoid cruciferous vegetables — such as kale, cauliflower, broccoli, cabbage and Brussels sprouts, as they may interfere with your thyroid function.

Ready-made coleslaw contains mayonnaise, sugar, rice wine vinegar, lemon juice, horseradish, onion powder, dry mustard, salt and a few unpronounceable ingredients... so let's simplify that!

## **Simplified Coleslaw**

#### **Ingredients:**

- 1 cup shredded cabbage
- 1/2 cup shredded carrot
- 1/2 chopped onion
- Chopped parsley (optional) and
- pumpkin or sunflower seeds for crunchiness peanut butter or raw mayo dressing



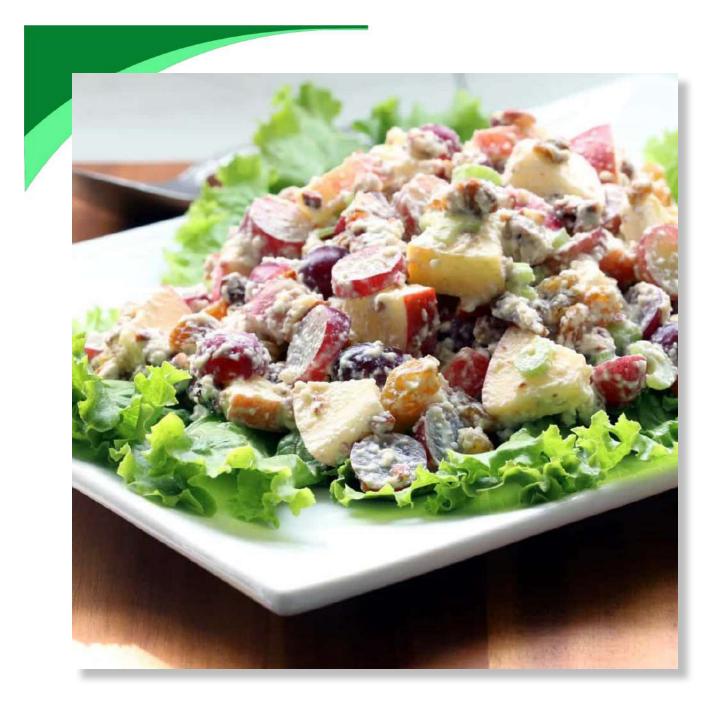


Waldorf Salad was created at New York's Waldorf-Astoria Hotel in 1893 by the maître d'hôtel (dining room manager) Oscar Tschirky, the recipe was an instant success. The original version of this salad contained only apples, celery and mayonnaise. Chopped walnuts later became an integral part of the dish.

### Here is my version:

### **Ingredients:**

- 2 sweet apples, cored and chopped
- 1 cup red seedless grapes, sliced in half (or 1/4 cup of raisins)
- 1 cup celery, thinly sliced
- 1 cup chopped, slightly toasted walnuts raw mayonnaise
  - Add salt, pepper, lemon juice to spice up to taste



#### Method:

Stir in the apple, celery, grapes, and walnuts, add raw mayo, serve on a bed of fresh lettuce enjoy!



## **Rainbow Salad**

Nature has been so generous to us that every colour of our food represents a given nutrient group:

**Green:** rich in minerals and some of the most essential nutrients: calcium, magnesium, potassium, and vitamins B, C, E, and K.



**Red:** packed with antioxidants such as vitamin A (beta carotene), vitamin C, manganese and fibre, making them great for heart health and overall nutrition.



**Purple:** rich in anthocyanins -natural plant pigments that provide foods with their unique color, anthocyanins benefit brain health, help to lower inflammation, and fight cancer and heart disease.



**Orange:** support eye health and reduce risk of macular degeneration, reduce blood pressure, lower cholesterol, may help with prevention of diabetes, boost immune system, fight free radicals in the body and support healthy bones and joints.







The Rainbow Salad recipe is very simple: mix all the plant colours, textures, and flavours together and use any of the dressings. When it comes to nutritious and filling meals that are easyto-prepare and inexpensive there is only one rule. Ensure your meal has protein, fat and fibre.

Simply remember the PFF rule and you will forever be making filling, nutritious meals.



The word "treats" is loaded with baggage. As a linguist, psychologist and NLP practitioner, I have a massive problem with this language of guilty pleasures and that's because words have weight and meaning, and we create our willingness, and our world mostly in our head through our belief system by labeling a food as a guilty pleasure, you've already consigned yourself to poor digestion and reducing your actual enjoyment of eating it. Why would you treat yourself to anything that could, in the short or long term, increase your cholesterol, blood sugar, and likelihood of obesity and other diseases?



So please, do not treat yourself to anything that would make you sick and feel guilty about it!

Treat yourself to real nutritious, and delicious foods!



When we eat well, we're able to notice the real juicy sweetness of fruit and vegetables. Can you? Do you know that we don't need sugar for survival and would be much healthier and better off

without it?



You can read all about sugar in my "<u>Sugar-That Nobody Needs</u> <u>But Everyone Craves</u>" Ebook but for the needs of this healthy and nutritious treats recipes, let me just share with you that it is scientifically proved that sugar is addictive and the cause of many modern illnesses.

We can get all the sugar we need from fruits and vegetables. And an occasional sweet "treat" would not be a problem, if it was possible to stick to just the one. But even the most innocuous processed foods available are loaded with sugar.

#### Don't believe me?

Next time you're browsing the supermarket shelves, check the ingredients of a jar of curry sauce, tomato ketchup, mayonnaise or salad dressing. You will find there are typically more than three types of processed sugar that can make up over 50% of the content.

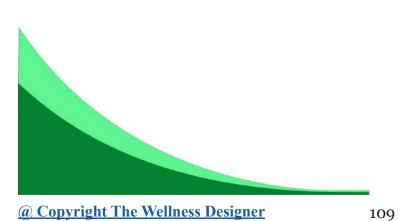
The intention of this book is to show you how you can eat well, boost your immune system, longevity and learn to make inexpensive, uncomplicated delicious meals and desserts too!To start, I need to make you aware that anything can be considered a habit and with the right attitude and belief you can change it.

Knowing your WHY, you are able to achieve anything

It' not a secret that I have my sweet past - I was a sugar addict; a jar of Nutella for breakfast, and a few spoons of white sugar to get me going in the morning! I got too used to that flavour, but didn't appreciate the unexplained moods swings, weak immunity, eczema, acne, painful PMS and periods and constant lack of energy.

You can read about it all, in my Sugar eBook, but to put it simply, I found my WHY - I changed my diet and I changed myself. This is what I wish for you, sharing these few recipes that will make you feel like you treat yourself to guilt-free immunity, health and longevity. Do you know that cinnamon is an excellent sweet flavour replacement and blood sugar regulator? Use it!





# **Healthy Chocolates**

This juxtaposition is valid!

Chocolate originated from the ancient Maya and Aztec civilisations, where it was used as a medicine. Only when it was brought to Europe was it loaded with sugar, powdered milk and additives, becoming the "guilty treat" we know today.





But, I have a good news for you:

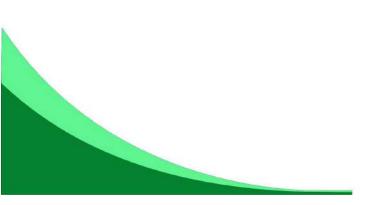
there are ways to make inexpensive and healthy chocolate!

Note: when buying chocolate to use as an ingredient, go for at least 80% cacao content, as this will reduce the number of adulterants in your final product.

Making your own chocolate is fun.

For years, I've run many successful Healthy Chocolate Workshops.

This inspired my <u>The Healthy Chocolate eBook</u>, where you can learn everything about chocolate, from its history to how you make it, in a light humorous way.









Why is raw food so popular? Many ingredients lose their antioxidant properties when cooked, while other foods become more easily digestible.

Chocolate, is one ingredient that's far healthier (and tastes divine) when prepared with only a moderate amount of heat. Rather than boiling temperatures of industrial-scale chocolate production, the maximum we'll is reach 38C.

Chocolate prepared in this way is rich in antioxidants and is an anti-inflammatory.

The secret to making tasty chocolate is using good quality ingredients. And you only need three ingredients if you're starting out:

- Cacao powder (raw)
- Cacao butter or coconut oil
- Something sweet (I highly Recommend you steer clear of the white stuff and use an alternative like honey, maple syrup, agave etc

Are they healthier than white sugar?

Not necessarily. But they're likely to be less processed and definitely a better consistency for the raw chocolate making.

**TIP:** As a raw chocolate virgin, you will want to start with an equal amount of cacao, fat and sugar, and with time, when your palate will adapt, you will aim to increase the amount of cacao and decrease the sugar.

#### **Method:**

- Place whatever fat you're using in a glass bowl above a pan of water and heat it up gently.
- Keep stirring until it melts into a liquid stir in the cacao powder and once it dissolves add the liquid sugar. When cacao dissolves add the liquid sugar
- Fill your chocolate moulds with the liquid chocolate and place overnight in the fridge or for a couple of hours in the freezer
- Once they're solid, pop them out from the moulds and indulge.

TIP: once you're really comfortable with mixing your chocolate ingredients and make the right proportions of your base, you can start experimenting with all sort of flavours: nuts, fruit, dry fruit and seeds, liqueurs, essential oils, salt, toffee, lavender, lemon **You will find all these excellent and exotic recipes in** <u>The Healthy Chocolate eBook</u>



### Courgette/zucchini bread for dessert? No way! Yes way.



Courgette is rich in antioxidants and vitamin C

- Has anti-inflammatory properties that can improve heart health
- High in potassium
- Helps improve digestion
- Low in calories and carbs
- Helps maintain eye health
- A good source of energizing B vitamins
- Helps control diabetes

#### **Ingredients:**

- 2 cups of flour of your choice (I use 2 cups of gluten free ground oats)
- 2 cups of grated courgettes (drain the water out)
- $\frac{1}{2}$  cup of honey
- 1 tsp of baking powder
- 1 tsp of cinnamon
- 1 tsp of nutmeg+ginger (or spices of your choice)
- 1 cup of roughly chopped walnuts (or nuts of you choice)
- 1 egg
- 150 g of butter or coconut oil

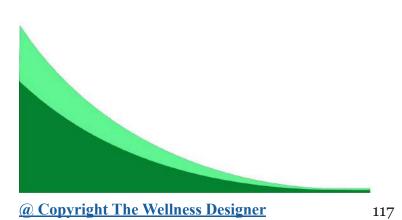
### Method:

- Allow grated courgette to drain all extra water
- Mix all dry ingredients together
- Beat egg with honey and butter
- Mix all ingredients together, add grated courgettes and nuts
- Gently stir, pour it all into the baking tray and bake in heated to 180C oven for 50-60min.



## **Beetroot Brownies**





Beetroots are always in season. Local, cheap, excellent source of folate and a very good source of manganese, potassium and copper. Beets are good source of dietaryfibre, magnesium, phosphorus, vitamin C, iron and vitamin B6.

The only problem with the beets is that on its own they do not taste too palatable so Iet's camouflage beets nutrients in these delicious cacao brownies.



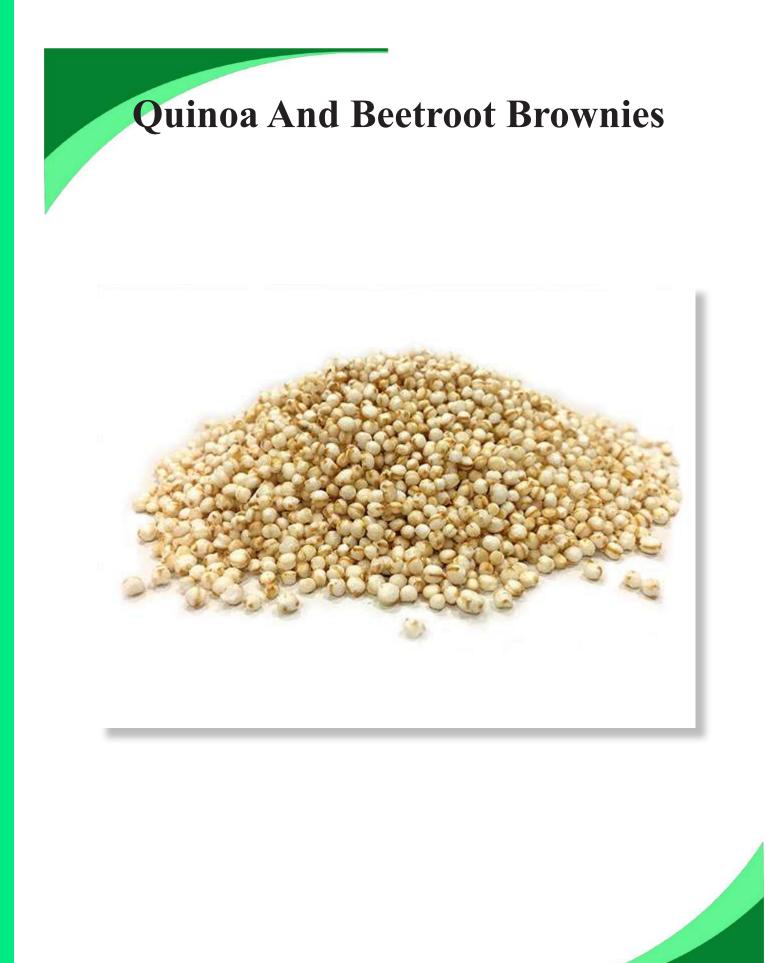
### Ingredients:

- 500g (3-4) beetroot buy cooked
- 100g unsalted butter or coconut oil, plus extra for the tin.
- 100g good quality cacao (not cocoa!) powder.
- tsp vanilla extract.
- 100g sweetener of your choice: maple syrup, stevia, honey.
- 3 eggs
- 100g plain flour (I used wholemeal, but spelt, buckwheat will be OK too)
- A handful of walnuts or almonds roughly chopped.

### Method:

- Roughly chop the beets
- Heat oven to 180C/160C fan/gas 4
- Butter then line a 20 x 30cm traybake or small roasting tin
- Cut the butter into cubes
- Put the beetroots into a food processor or blender with cacao, butter and vanilla.
- Whizz until the mix is smooth, chocolate and butter will melt as you do this.
- Put the sweet stuff and eggs into a large bowl, then beat until foamy, about 2 minutes.
- spoon the beetroot mix into the bowl, then use a large metal spoon to fold it into the whisked eggs.
- Sift in the flour, add nuts and gently fold these in to make a smooth batter
- Pour into the prepared tin and bake for 25 mins or until risen all over
- Cool completely in the tin, then cut into squares.

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Quinoa, commonly believed to be a grain, is actually an ancient seed. Gluten free and high in fiber, it makes a perfect flour replacement for anyone challenged with any immune condition, hormonal imbalance, digestion or dysbiosis.

### **Ingredients:**

- 1 cup of boiled quinoa
- 1 cup of boiled, grated beets
- 2 tbsp of coconut flour
- 100g of cacao (real dark, bitter powder)
- 3 eggs or 3 tbsp of chia seeds soaked in 150ml of water (vegan friendly)
- 100g of butter or coconut oil (vegan friendly)
- 100g of sweet stuff of your choice (you know my nutritional
- approach to sugar: honey, maple syrup, brown or white sugar is fructose, and it's bad for you so reduce the consumption of it!
- 1 tsp of cinnamon or vanilla extract
- 1 tsp of baking soda
- A handful of roughly chopped nuts or dates if you prefer an extra bit of texture



#### Method:

- Blend beets with eggs in a high speed blender
- Add "sugar", eggs, then cacao
- Mix in baking soda, nuts/dates and vanilla extract or cinnamon
- Stir it all together and pour into your baking tray
- Heat up the oven to 180C
- Bake approx 15-20 Poke with a toothpick and if it comes out clean they are ready. Allow to cool and cover with the layer of rich raw chocolate



# **Any Season Crumble**

Apple, pear, rhubarb, blueberries, blackberries, apricot and plum crumble is my favourite dessert. So comforting, so delicious and this simplified recipe is gluten free and so easy to make.



### **Igredients:**

- A compote of seasonal fruit
  sweeten to flavour
- 1 cup of oats
- 4 tbs of butter or coconut oil
- Cinnamon, ginger (optional)
- Greek yoghurt to serve (op- tional)

### Method:

- Start with a layer of fruit compote into the base of your baking dish (grate ginger and cinnamon into your compote if using)
- Massage your oats with the butter
- Once glued together, sprinkle evenly over the compote.
- Bake 12min in a 180C oven

# **Avocado Chocolate Mousse**



We LOVE avocado for its nutritional benefits, and versatile use. It's great in a sour/spicy guacamole and gives your fruit smoothie a nice texture, but have you tried to upgrade your chocolate mousse into a super healthy avo version?

#### **Ingredients:**

- •1 ripe avocado
- •1 tbsp of cacao
- •1 tbsp of honey

### Method:

• Blend it until smooth and adjust to taste

**TIP:** you can add nuts, cinnamon, vanilla, and serve with fruit (berries or red currents are best)

# **Banana Peanut Butter Ice Cream**





This is a great dessert. Bananas are very high in sugar so should not be consumed in high quantities, but natural fruit ice-cream is definitely healthier than its processed sugar loaded equivalent.

#### **Ingredients:**

- 2 bananas
- 1 tbs of peanut butter
- Cinnamon (optional)
- tsp of cacao (optional)

#### Method:

• Blend all the ingredients together

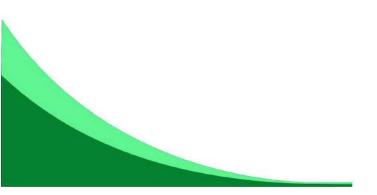
#### TIP:

- Over 90% of humans are intolerant to peanuts true story! If you know or suspect you are intolerant, use any other nut butter.
- If you'd like reduce the sugar content, try replacing 1 banana with frozen cauliflower or parsnip, it does the job!



# **Smart Shopping on a Budget**





Always make a shopping list and stick to it

- Have pen & paper available in the kitchen, and during the week put down the ingredients you notice you're running out of or you will need, as per tried and tested recipes and menus.
- Buy seasonal and local individual produce per weight
- Save the planet and save your budget too; buy loose produce as they are often cheaper, fresher and more natural!

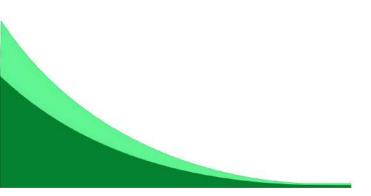
And definitely bring your shoppingbags with you!

- Buy only what you need how?
- Refer to the shopping list and the menus plan your meals for the week
- Planning and organisation will pay off: you will spend less, eat healthier, gain time and lose weight!
- Save on health by investing in quality food.
- Buying real unprocessed will give your body adequate nutrients making you feel satiated and healthier, buying less food!



# **Smart Cooking On A Budget**





#### Stick to the plan

- Organise a weekly menu
- Shopping list
- Shopping and cooking with the season
- Sticking to the routine; times, types and nutritional quality of the meals, it will pay back with less effort, time and money, weight loss, better health and delicious meals
- Cook in batches; make portions and freeze
- Be resourceful and creative with your shopping & produce: if tomatoes are seasonal and cheap, one day make tomato soup, another tomato pesto and then tomato salad!
- Buy better quality fruit and vegetables but use them wisely; courgettes are cheap; make zucchini spirals spaghetti, courgette bread, fritatta throughout the week!
- Make food more nutritious and lasting longer;

- Store apples, onion, garlic, butternut squash, (sweet) potatoes etc. on the counter or in the pantry, just do not store onions and potatoes, or apples and bananas together!

- For fruit and vegetables stored in the fridge, remove from any plastic containers and dry before placing in the fridge as any moisture contributes to faster spoiling

- Soak and sprout legumes, beans, grains before eating as this will make them easier to digest -make fermented vegetables , you will just need a jar, some salt and water; fermentation and food preservation with salt is an ancient technique – fermented foods are great for immunity and gut health - Buy frozen foods (vegetables, fruits, herbs, meat, seafood, fish, even garlic or ginger) or freeze after batch buying seasonally. Freezing will preserve nutrients and ensure food will last for longer.I'm not encouraging anybody ever to buy canned foods but canned food saved many househoulds in emergency,

So buy canned food like sardines, mackerel, tomatoes, beans, coconut milk; be sure to look for BPA and BPS-free containers and no added ingredients

I'm a big advocate of bone broth's collagen intake because it supports gut health, immunity and our joints.

I use bone broth as a base to most of my soups and stews, buying it is expensive so what I buy is organic chicken and beef, use it as roast and other dishes.

I save the bones and simmer them with herbs and spices with a few litres of water in my pressure cooker. After an hour or so, I get eight cups of great bone broth, which I portion, freeze and use as a base. That's my greatest tip for inexpensive quality cooking.

Grow your herbs in your garden, on your window 12 months a year! Pick up the herbs that you like and enrich your meals with the home grown garden (chives, parsley, thyme, basil), they are all so easy to grow, they help our bodies to detoxify and taste great! All those tips work and I'm sure you already have your own personal tested tricks for wiser shopping and cooking. Needles to say that organisation is the key. Everywhere; in your kitchen cupboards, on your shopping list and on your menu. I personally learnt that my organisation improved with my mindfulness practice.

Wishing you all mindful adventures in your kitchen! May this book inspire you to better healthier and more sustainable and inexpensive living!

Yours in wellness Aneta Grabiec Nutritional Therapist, Immunity, Detox and Toxicology Expert, Psychologist, Mindfulness Facilitator and Senior Yoga Mentor

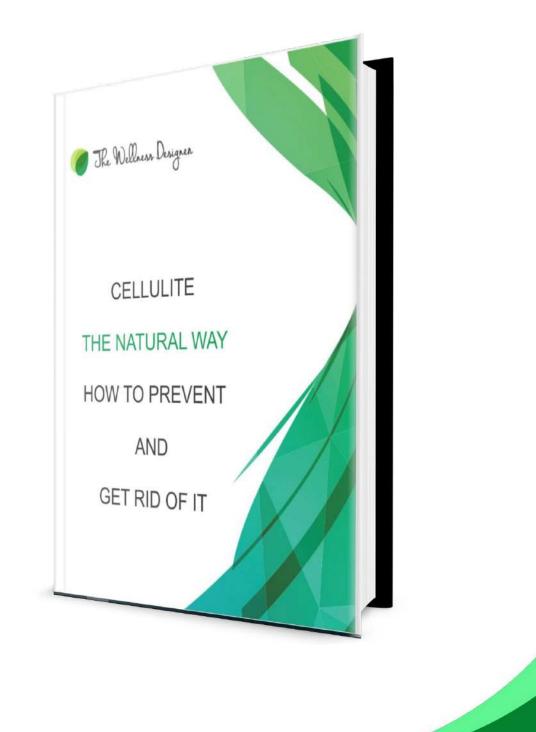


## **Additional Resources:**

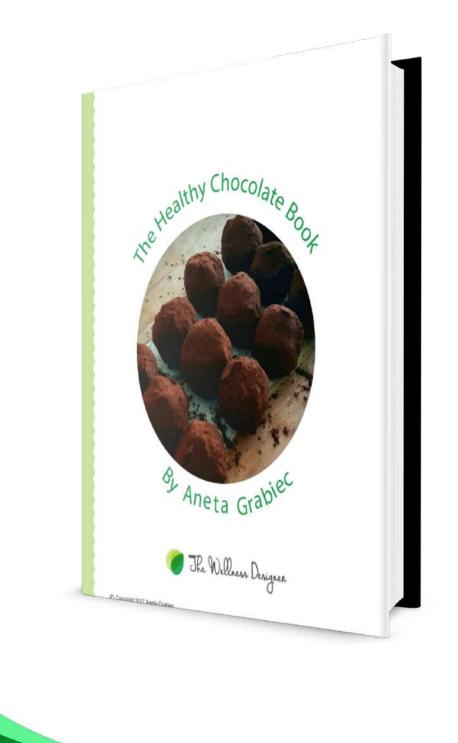
• <u>Sugar - The Substance Nobody Needs But</u> <u>Everyone Craves-By: Aneta Grabiec</u>



# **Cellulite - The Natural Way Book - By Aneta Grabiec**



# The Healthy Chocolate Book -By Aneta Grabiec



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