

The Wellness eBook

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Health Project
Bringing Business Closer To Health

The Wellness eBook

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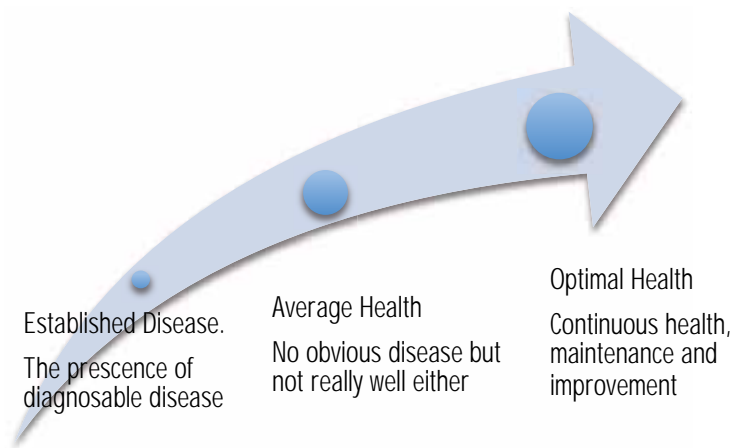
Welcome What is Wellness?

Many of us who are tired, overworked and sometimes sick know that we should be eating better foods, exercising regularly and taking nutritional supplements. Somewhere between “knowing” and “doing” we become complacent and accept a sub optimal level of health for ourselves. It’s easy to blame it on the array of information presented and make excuses, which leads to procrastination, i.e. “I’ll start exercising once I’ve researched which is the best type of exercise for me” and “I’ll start eating better when I know which is better silver-beet or spinach”. It sounds ridiculous but this discouraging self-talk does exist more often than we’d like to admit. By all means do some research but also engage in some “doing”, get out and try different forms of exercise, find out what makes you tick and make it part of your lifestyle.

Often we think the terms “health” and “wellness” mean simply being free from disease, there is so much more to being truly “well” as you’ll see from the diagram below. The wellness tips identified in this booklet will help give you clear, simple and practical dietary, lifestyle and exercise tips that you can start implementing today.

The Hard Sell Eight Good Reasons For Better Health

1. Weight Loss and Weight Maintenance
2. Improved Energy
3. Healthy Skin
4. Good Digestion
5. Cardiovascular Health
6. Blood Sugar Control
7. Improved Mood
8. Disease Management



Monitor Your Health Regular Health Checks & Screening

- Blood pressure
- Blood glucose
- Blood cholesterol
- BMI
- Waist/Hip
- Pathology Screening
- Skin Checks
- Timely Prostate, Breast, Pap Smear examinations



PLEASE NOTE: The information contained in this booklet is of an informative nature only. It is not to be used as a diagnostic tool. This booklet should be used as a reference to help improve your health. For regular health checks or risk assessment see your health practitioner. For health checks at your workplace visit Health Project online at <http://www.healthproject.com.au/health-checks.php>

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Cardiovascular Health

The prevention of cardiovascular disease should start early rather than late or middle age. In particular, the prevention of coronary heart disease which has reached epidemic proportions and is the single most common cause of death in most industrialised countries.

Hypertension (high blood pressure) and hyperlipidaemia (high blood cholesterol) are two of the potentially reversible risk factors responsible for developing coronary heart disease. Both are often asymptomatic (produce no symptoms) therefore increasing awareness is fundamental to the prevention of coronary heart disease.

The process known as atherosclerosis refers to hardening, thickening and narrowing of the arteries and the consequent formation of plaque. It is the underlying cause of heart attack, stroke, and peripheral vascular disease, and can be halted and even reversed, through dietary and lifestyle measures.

Risk Factors for Coronary Heart Disease

Listed Below are certain risk factors thought to contribute to coronary heart disease including:

- | | |
|---|---|
| Advanced age | Stress |
| Alcohol intake | Genetics |
| Sleep apnoea | Cigarette smoking |
| Depression and social isolation | Hyperlipidaemia (high cholesterol) |
| Hypertension (high blood pressure) | Sedentary lifestyle/physical inactivity |
| Caffeine consumption | Increased formation of blood clots in blood vessels |
| Insulin resistance and diabetes | Nutritional factors (high salt and saturated fats) |
| Obesity (particularly when associated with high waist circumference or waist/hip ratio) | |

Blood Pressure

Blood Pressure is a parameter, which represents the force exerted by blood on the walls of the arteries created by contraction of the ventricles. It is measured by two figures, systolic (when the heart contracts) and diastolic (when the heart is at rest). It is important to have your blood pressure checked regularly as high blood pressure can be asymptomatic and is a major risk factor for heart attack or stroke.

High Blood Pressure: Hypertension

Symptoms:

Hypertension is not a disease, but a risk factor for developing disease later on. It usually produces no symptoms unless severe.

Diagnosis:

Multiple measurements taken by your GP are required to diagnose hypertension. Blood tests and cardiology investigations may also be warranted.

Assessment must come before treatment and underlying risk factors need to be identified.



Cardiovascular Health

Cholesterol

Screening your blood cholesterol will help us identify the total amount of cholesterol in fresh capillary blood for early detection of atherosclerosis. However it's important to know this measurement is not interchangeable with venous blood screening and therefore does not replace regular check-ups with your GP. Assessment of total cardiovascular risk must be taken into account.

High Blood Cholesterol: Hyperlipidaemia

There are two major types of cholesterol in the blood: Low Density Lipoprotein (LDL) cholesterol, also known as "bad" cholesterol as it increases your risk of cardiovascular disease and High Density Lipoprotein (HDL) cholesterol, also known as "good" cholesterol as it protects against cardiovascular disease.

High levels of LDL cholesterol have long been associated with increased incidence of atherosclerosis.

Obesity

The World Health Organization classifies obesity according to a single measure commonly known as body mass index (BMI). The normal range is based on a single cultural population and therefore doesn't allow variations for different body types across all races.

A simple waist circumference measurement is increasingly being recognised as a valid measure of abdominal obesity. Waist/hip ratio is another predictor of increased risk of cardiovascular disease and type 2 diabetes. Abdominal obesity, in particular, is associated with a significant increased risk of developing atherosclerosis and cardiovascular disease.

Obesity increases your risk of developing:

- High blood pressure
- High cholesterol
- Type 2 diabetes
- Cardiovascular disease
- Cancer
- Osteoarthritis
- Infertility
- Birth complications
- Work disability
- Sleep apnoea
- Decreased life expectancy
- Low self esteem

The Blood Sugar Objective

Diabetes

Diabetes is a major cause of morbidity and mortality. Type II Diabetes is increasing all over the world due to increased prevalence of obesity and low levels of physical exercise. There are 3 types of diabetes: type 1, type 2 and gestational diabetes.

Type 1-Diabetes

This form of diabetes is usually diagnosed at an early age and is not related to lifestyle factors. It is an autoimmune condition where the body's immune cells attack and destroy the beta cells in the pancreas resulting in the pancreas no longer being able to make insulin. Type 1 diabetics require insulin and blood glucose regulating medications.

Type 2-Diabetes

This is the most common form of diabetes and can be developed at any age. It begins with insulin resistance, a condition where the liver, muscle and fat cells do not respond to insulin as well as they should. To compensate, the pancreas secretes more insulin trying to keep up with the added demand. Over time, the pancreas loses the ability to produce enough insulin in response to food.

Gestational Diabetes

Some women develop what's known as gestational diabetes late in their pregnancy. The condition usually goes away once the baby is born, however women who have had gestational diabetes are more likely to develop type II diabetes later in life.

The following information refers to Type 2-Diabetes

Pre-Diabetes If your blood glucose is higher than normal, but lower than the diabetes range, you are considered to be in this category and therefore your risk for developing Type 2 diabetes is higher. Getting regular exercise can reduce your risk and losing weight and your blood sugar levels will need to be monitored by a GP every 1-2 years.

Type 2-Diabetes, Signs and Symptoms

Type 2 Diabetes can be present with or without symptoms. These include:

- Increased thirst
- Increased hunger
- Increased urination (especially at night)
- Weight loss
- Blurred vision
- Wounds that do not heal
- Fatigue



The Blood Sugar Objective

Risk Factors:

- Increasing age (55 years and older)
- Inactivity (exercising less than 3 times per week)
- Overweight (if you are overweight and over 45 years of old, testing is strongly recommend)
- If your excess weight is carried around your waist or abdomen
- Having a parent, brother or sister with diabetes
- Having a family background of Alaska Native, American Indian, African American, Hispanic/Latino, Asian American, Indigenous or Pacific Islander
- Gestational diabetes
- High blood pressure
- High cholesterol
- Cardiovascular disease
- Polycystic Ovarian Syndrome (PCOS)
- History of cardiovascular disease

Prevention the best cure for Type 2-Diabetes

The good news is you can do a lot to lower your chances of developing Type 2 diabetes by losing weight, exercising and lowering your blood pressure and cholesterol. Type 2 diabetes can often initially be managed by healthy eating and regular exercise, however it's important to note that over time you may require medication which will result in fewer long term complications.

Hypoglycaemia (Low Blood Sugar) occurs when your blood glucose levels drop too low.

Symptoms:

- Weakness, trembling or shaking
- Light headedness
- Hunger
- Lack of concentration, irritability
- Anxiety, which is improved by eating
- Headache when meals are delayed
- Sweating
- Dizziness
- Tearful, crying
- Cravings for sweets
- Fatigue
- Numbness around the fingers and lips

Causes:

- Skipping meals
- More strenuous exercise than usual
- Drinking alcohol
- Overconsumption of refined carbohydrates
- Too much insulin or diabetes tablets

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The Blood Sugar Objective

General Guidelines for Blood Sugar Control:

- Always combine your carbohydrates with a source of protein:

PROTEIN	CARBOHYDRATE
Animal foods; meat, chicken, fish, eggs	Vegetables
Dairy; yoghurt, cheese, milk	Fruit
Beans – lentils, chickpeas, etc;	Grains, oats, barley, rye, basmati rice
Nuts and seeds	Breads

- Never skip breakfast! It's also important to note that what you have for breakfast will determine your food choices for the rest of the day; i.e.; should you choose a breakfast cereal high in sugar or highly processed, your body will naturally prefer that same food again at the next meal; If you don't have time, mix up a protein shake.
- Enjoy small amounts of protein regularly at meals and with snacks - choose lean protein sources wherever possible such as fish, lean chicken, turkey, cheeses such as fetta and cottage cheese, low sugar yoghurt, beans, eggs, raw, unsalted nuts and seeds.
- A good protein shake will have less than 2 gm sugar, less than 1 gm fat, and should have at least 18 gm protein *PER SERVE (not per 100gm)*; Beware of meal replacement shakes as they often contain 10-15gm of sugar per serve and use crude sources of protein such as milk powder; The best source of protein is whey protein – however a blend of whey and soy is okay
- Eat smaller meals, more frequently
- Avoid sugar wherever possible; when reading food labels, be aware that this includes foods containing glucose, sucrose, fructose and maltose – aim for less than 15g of sugar per serve; ingredients listed on food labels will be in the order of highest quantity of a particular ingredient to the lowest – i.e.; if sugar is the first ingredient listed, then sugar is in the largest quantity compared with the other ingredients. Limit your intake of dried fruit.
- Consume only small quantities of unsweetened fruit juice and dilute with water and avoid stimulants such as tea, coffee, chocolate and cola drinks
- Alcohol may as well be considered a sugar!! If you are not already having more than 3 alcohol free days a week, you need to reconsider. Aim for no alcohol on weeknights and limit the amount you drink on weekends – and I guarantee your body will love you
- Choose fruits such as apples, berries, bananas, pears and stone fruits over the tropical, sweeter fruits such as mangos, watermelon, grapes and pineapple
- Choose green leafy vegetables and bright coloured red and yellow vegetables over starches such as potato
- Steer clear of foods such as sushi (California rolls in particular as white rice is high GI), juice bar smoothies, high sugar breakfast cereals, puffed corn and rice cakes, dried fruit, "ready made" sauces and condiments (always contain sugar) and limit pasta and rice dishes to one lunch per week
- Limit puffed corn, puffed rice products and white refined carbohydrates such as breads, pasta and rice and increase whole grain foods; replace rice with basmati or Dongara rice
- Exercise 6 days a week for at least 30 minutes

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Healthy Heart Tips

- Lose weight – the guidelines below are a great guide for this
- Increase consumption of fresh fruit and vegetables, particularly green leafy vegetables and bright coloured fruits and vegetables
- Avoid smoking and limit alcohol consumption
- Lower the amount of stimulants consumed – caffeine, sugar and beware of “energy” drinks containing guarana which are often loaded with caffeine and sugar
- Avoid trans fatty acids such as deep fried fast foods and baked goods such as pies, pastries, cakes, biscuits and buns
- Lower intake of saturated fats such as potato chips, butter, soft cheeses and fried take away foods
- Increase consumption of essential fatty acids; try to have fresh, cold water fish at least 3 times a week
- Stress management is essential – relaxation techniques such as meditation and yoga are great for reducing stress
- Limit dietary sodium – avoid foods such as stock cubes, soy sauce, sausages, bacon, meat pies, dim sims, pizza, chips and savoury biscuit snacks
- Increase dietary fibre by using good quality whole grains such as rolled oats, barley and brown rice;
- Include legumes such as chick peas, lentils, kidney beans and navy beans as these are an excellent source of fibre and protein
- Exercise works best –start by getting active for at least ½ hour 6 days a week
- Increase dietary fibre by using good quality whole grains such as rolled oats, barley and brown rice and lessen processed cereals and breads
- Fish, raw nuts and seeds are important sources of Omega-3 fatty acids which are protective against heart disease
- When consuming meats, ensure they are lean and portion sizes are small
- Ginger, garlic and turmeric are a great way to enhance flavour in cooking and reduce your risk of blood clotting
- Quit smoking
 - QUIT 137848
 - Heart Foundation – Smarter Than Smoking
1300 36 27 87



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Let's Talk About Stress

It's important to note that stress is a natural and healthy response, which enables you to sharpen your focus where immediate action is required. It's this fight or flight response that is triggered by a surge of adrenaline that fills you with energy, it is at this point that your circulation is directed towards your muscles, heart and brain causing your heart to beat faster and an increased rate of breathing. While your body was reacting to the stress other parts of your body were neglected particularly your digestive system and reproductive organs. Once the stressful event has passed your body will take some time to recover and restore its normal functions.

Coping With Chronic Stress

In order to deal with long term or chronic stress your body release cortisol - a different chemical that allows you to stay in an active, attentive state for a longer period of time and help you deal with the chronic stress. If the stress response continues for years due to chronic stress then the impact can be quite damaging to your health.

The Effects of Chronic Stress

- Increased cholesterol and fatty acids in the blood for energy production systems
- Decreased protein synthesis; intestinal movement (digestion); immune and allergic response systems
- Increased blood pressure
- Increased metabolism i.e. faster heartbeat, faster respiration
- Localised inflammation (redness, swelling, heat and pain)
- Faster blood clotting
- Increased production of blood sugar for energy
- Increased stomach acids



Coping Mechanisms

How stress affects you will depend on a number of factors, including your personality style, your coping mechanisms, your general state of health and your current level of sensitivity to stress.

Negative Coping Mechanisms

- Smoking
- Alcohol
- Relying on Caffeine
- Eating sugary foods
- Rushed eating (i.e. on the run)
- Skipping meals or overeating
- Reducing social interactions
- Emotional or angry outbursts
- Procrastination or avoiding the problem

Positive Coping Mechanisms

- Taking time to relax and play
- Controlled breathing
- Meditation
- Exercise
- Time with family
- Eating small frequent meals when hungry
- Getting adequate sleep
- Allowing time to rejuvenate
- Talking about and working through the stress

Fighting Fatigue

Today's fast-paced lifestyle will mean that most of us will experience tiredness, which is resolved by rest and relaxation. While many people might accept low energy levels as being normal the truth is that for an ever-increasing number of people, persistent and unrelenting tiredness becomes a major problem. Fatigue is a common condition that can be misunderstood or dismissed particularly if there are no identifiable causes from diagnostic procedures like blood tests for example. Fatigue occurs when the mechanisms that provide your body with energy are not functioning effectively, causing your mental and physical state to slow down.

The Top 5 Tips Manage Stress and Fight Fatigue

You might have already noticed a common theme throughout this wellness booklet and mentioned earlier in your blood sugar objective and healthy heart tips. The key messages are to exercise regularly, eat a balanced variety of whole foods, limit alcohol and avoid stimulants. Furthermore adequate sleep, engaging in relaxation/meditation or mind and body style exercise like Yoga and Tai Chi are particularly beneficial for stress management, fatigue and your immune system.

1. Sleep

The human body needs a certain amount of sleep each day to function at optimal levels, to repair and recharge. A sleep cycle of 8-9 hours is recommended. While for most of us 8-9 hrs sleep is a far off dream, the next best thing you can do for yourself is to aim for a consistent sleep pattern, this means going to bed and waking up at the same time regularly to help set your body clock and sleep cycle

2. Exercise

Regular physical activity helps address many of the underlying mechanisms that may cause or perpetuate fatigue, including stress, immune function, unstable blood sugars, mood changes, irritability and excess body fat. Exercise can help manage symptoms and improve physical functioning in people suffering from fatigue.

3. Eat a Healthy Well Balanced Diet

The quality and the balance of food in your diet has enormous impact on your health, eating vegetables, fruit, whole grains, legumes, lean sources of protein from animals should see an increase in energy levels, while choosing to eat a diet high in processed, high fat, high calorie and energy dense foods will leave you feeling depleted and often leads to a cycle of poor food choices due to the lack of nutrition from your diet. For more information on how to eat a balanced diet see page 15 of this booklet.

4. Avoid Stimulants & Excess Alcohol

As tempting as it may be relying on caffeine, energy drinks and high sugar foods when you are tired and unmotivated is a dangerous cycle, the short term lift will leave your body worse off than before. These tempting stimulants similar to drugs will leave you to come crashing down after a short lived false 'up'. The overuse of alcohol will also lead to fatigue affected by your sleep cycle.

5. Make Time For Relaxation

We all have stressful aspects to our lives – work, family, finances and illness are the most common causes of our stress. Rather than banish our careers, our relationships or our bank accounts the advice is to find ways to sort and manage the stress in our lives. Yoga, Tai Chi, meditation and deep breathing are all widely used forms of activity that positively help reduce stress levels.

Immunity

Your immune system is made up of various cells and tissues and is your body's defence against the invasion of bacteria, viruses, toxins and parasites. The most obvious signs of immune activity are those of the inflammatory response. These include heat, redness, swelling and pain.

- *Mushrooms* – Maitake, Shitake and Reishi all have a high content of Beta-1,6-glucan, a powerful substance which has been shown to prevent carcinogenesis, inhibit the growth of cancerous tumours, kill HIV and enhance the activity of key immune cells (aka T Helper cells)
- *Cabbage* – high in glutathione – powerful antioxidant and detoxifier of heavy metals and drugs; our levels of glutathione decline as we age
- *Grapefruit* – high in vitamin C and packed with flavanoids - especially potent antioxidants. Flavanoids are chemical compounds that plants produce to protect themselves against bacteria, parasites and cell injury.
- *Oysters* – high in zinc, an important nutrient involved in wound healing and immune function
- *Wheatgerm* – as well as being a good source of fibre, it's high in Vitamin E and B group.
- *Garlic* – the sulphur compounds in garlic have potent anti-microbial properties, as well as being protectants against oxidation and free radicals. Garlic also contains high levels of Vitamins A, C and selenium.
- *Brussel Sprouts and Cauliflower* – contain indoles, which increase immune activity and make it easier for the body to excrete toxins.
- *Broccoli* – contains a chemical known as sulforaphane, a phytochemical which activates the cell to get rid of carcinogens before they can cause any damage
- *Kidney Beans, Chick Peas and Soybeans* contain saponins, which may prevent cancer cells from multiplying.

Immune Juice

This juice provides an excellent combination of vitamins, minerals and antioxidants, which may help to support your wellbeing and assist in keeping you healthy.

Process 2 apples, 2 carrots, 1 fresh beetroot, ½ to 1 inch piece ginger and fresh juice of ½ lemon in a blender & drink fresh for maximum benefit.

Flu Fighter Tea

This tea is fantastic to drink when you have a cold or flu. It is very warming and soothing for a cough or sore throat and can help to support your immune system.

Bring one litre of water to the boil and add: 1 tablespoon of honey, 2 teaspoons fresh grated ginger, 1 lemon sliced (skin on), 1 cinnamon stick or ½ teaspoon cinnamon powder, 6 cloves, 1 clove garlic, ¼ teaspoon fresh chilli. Continue to boil for 1 minute. Allow to cool slightly and drink the warm tea freely throughout the day.

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The Four Key Components of Fitness

• Cardiovascular Fitness • Muscular Strength • Core Strength • Flexibility

Cardio Fitness: Relates to how efficiently your heart and lungs are capable of working. Cardiovascular exercise helps strengthen your heart muscles and increase lung capacity. Cardio fitness also has enormous fuel burning potential.



Strength Training: Also referred to as weight or resistance training. These terms signify any form of activity that uses opposing forces (weights, gravity, tubing, machines etc) to improve muscle tone, increase strength and maintain or increase lean muscle tissue. The true definition of strength is the ability to produce internal tension in order to overcome an external resistance.

Core Strength: Your body's core muscles are the foundation for all movement. Your core is an intricate structure of muscles hidden deep within the torso. These muscles attach to your spine and pelvis as well as the muscles that support the shoulder blades

Flexibility: Is simply the freedom to move. As you get older, your muscles and tendons lose their elasticity, which will restrict your movement and shift your alignment. Stretching and muscle relaxation techniques can restore range of motion and safeguard against premature aging.

Benefits of Cardio Training:

- Cardio training is great for your heart - The increased heart rate you will achieve during your cardio workout will improve the condition of your heart and lungs. The improvement you will gain in your cardiovascular health will reduce your risk of heart disease and improve your blood cholesterol and triglyceride levels.
- When training aerobically source your energy from carbohydrate and fat (see tip on previous page for more detail).
- Cardio training will help improve muscle mass - Yes, it's true - You need strength training to gain muscle, but the thirty minutes you spend on the elliptical trainer/treadmill/bike will help improve your muscle mass, too, especially if used as part of a cross training program.
- Cardio Training Revs Up Your Metabolism
- Improve Your Immune System, Spending at least thirty minutes in cardiovascular exercise at least three times a week to boost your immunity to colds and other viral illnesses
- Your Mental State Will Improve - Cardio training causes your brain to release endorphins, the body's natural high. Endorphins act as natural painkillers and stress reducers.
- You Are Likely To Live Longer - The New England Journal of Medicine has found a direct link between regular exercise and longevity.

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The Four Key Components of Fitness

Did you know?

Your body will burn off glucose from carbohydrates (glycogen) before burning fat. Typically you should burn through your glycogen after around 45 minutes of intense cardio training. HR monitors will tell you that working at 60-70% of your MHR will mean you're in the fat burning zone. The most important thing you need to know is that this 60-70% "fat burning" range is given as a very safe guide and also with the intention of encouraging a longer duration of aerobic activity. If you can continue to exercise aerobically for at least 45 minutes at a higher intensity i.e. 70-80% then do so because the harder your heart has to pump the more calories you're burning.

Benefits of Strength Training:

- Strong healthy muscles are less prone to injury and better equipped at stabilising the body.
- Training with resistance, especially when incorporating instability into your routine will help sharpen your balance, while strengthening the core muscles will help protect your back and spine.
- An increase in muscle stimulates an increase in your metabolism. As your body becomes more efficient at burning fuel you'll find it easier to lose or manage your weight.
- Firming and toning your body will help build your body confidence
- The more resistance you lift the more stress you place on your bones, stimulating an increase in bone density.



The Benefit of Core Training:

- The torso muscles stabilise the spine and provide a strong base of support to power the movements of your arms and legs, strengthening your core will help protect you from back pain

Benefits of Flexibility:

- Flexible muscles are more pliable and better to translate strength into Power
- Flexibility training decreases the chance of muscle strain
- Flexibility training increases blood flow to muscles
- Stretching helps release muscle tension, which is often accompanied by stress



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The Four Key Components of Fitness

Structuring your exercise program: There are many ways to workout, both indoors at a gym, pt studio or yoga studio. For variety the best solution is one that allows you to do a variety of resistance, cardio, strength and flexibility exercises. Below are some examples to help get you started.

Resistance: Gym/PT Studio/Indoors: Weights, Personal Trainer & Body Pump™ Class, Body Vive™ (using resistance bands), Gymstick class, Indoor Rock-climbing
Outdoors: Personal Trainer, Bootcamp.

Cardio: Gym; Treadmill, Rower, Elliptical/Cross Trainer, Stationery Bike, Stepper, Swim, Group Fitness Classes; Body Attack™, Body Step™, Body Combat™, RPM™ or Spin Class. **Outdoor:** Bike or Run Squads **Sports:** i.e. netball, football, soccer.



Core Strength & Flexibility Gym Group Fit Classes; Abs & Stretch, Pilates, Yoga, Body Balance™.

Sample Meal Planner You'll find the recipes to these meals in the following pages.

	DAY 1	DAY 2	DAY 3	DAY 4
<i>Breakfast</i>	<i>Fruit with yoghurt; add selection of seeds or LSA seed mix;</i>	<i>Poached eggs on wholegrain</i>	<i>Homemade muesli (OR Carmen's – fruit free) with low fat milk or yoghurt</i>	<i>Porridge using whole oats – add stewed apples/apricots with 2 tablespoons LSA meal</i>
<i>Snacks</i>	<i>Handful of mixed nuts and/or seeds</i>	<i>Yoghurt and fruit with LSA sprinkled on top;</i>	<i>Protein shake</i>	<i>Stuffed sardines</i>
<i>Lunch</i>	<i>Mixed salad with source of protein such as eggs, chicken, tuna or nuts;</i>	<i>Mexican bean salad–</i>	<i>Chicken and Veggie burger with salad</i>	<i>Apple coleslaw and steamed fish balls</i>
<i>Dinner</i>	<i>Baked fish with white bean puree and green salad</i>	<i>Barley and lentil soup;</i>	<i>Stir fry chicken with vegetables</i>	<i>Lamb fillet with steamed vegetables;</i>

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How & What To Eat? Explained

Fruit and Vegetables

To get your intake of vitamins, minerals, antioxidants and various other nutrients you should aim for 5 serves of vegetables and 2 pieces of fruit a day. Fruit juice does not count as your fruit intake and be sure to include lots of greens in your veggie intake.

Protein

Your daily protein intake should look like this equation, 1gram of protein per kilogram of your body weight. Sources of protein are chicken, fish, red meat, seeds, nuts, legumes and dairy products. While we also need red meat for our iron levels it is important that we choose lean sources of red meat, the more white grain marble that's visible the red meat the higher in fat it is. Most people fall into the habit of simply cooking up a steak for protein, our rule is the less legs the better which is why we love fish and chicken. Sadly most of us fall far short in the legumes department, don't be afraid of beans and lentils they are easy it just takes a bit of effort to learn how to use these in your cooking. While dairy is a source of protein it should be used to give additional protein value to your meal or daily intake, be wary of low fat dairy products, which can be high sugar. In other words do not rely on high calorie, high fat cheese and yoghurt for your protein intake, use good quality dairy in small doses and remember the softer the cheese the higher it is in fat!

Wholegrains

Legumes, Noodles, Rice, Pasta & Bread are your wholegrain foods here are our rules for your wholegrain consumption

- Legumes are fantastic, low GI, high fibre, high protein. TIP: use beans or lentils wherever possible, for example add red lentils to pumpkin soup, cook up some spilt peas, brown lentils or quinoa (pronounced Kin-Wah) rather than white rice as your side dish to curries, always add a bean or legume to soup.
- Bread must be wholemeal or wholegrain, white bread is out.
- Rice, brown rice is best, doongara and basmati are the better of the white varieties TIP: use barley instead of rice to make a risotto
- Pasta & Noodles again wholemeal is preferred white is allowed but only in small portions and better served at lunch than at night. **NOTE:** please do not eat pasta/noodles every day especially if you are in a sedentary job and have a relaxed exercise schedule.

Fats

Good Fats

There are two kinds of fats that can be beneficial to our health, omega 6 and omega 3 fats. However, the normal diet usually contains adequate amounts of omega 6 fats. It is the omega 3 fats that we are usually deficient in. These can be found in food sources such as deep-sea fish, nuts and seeds, and avocado.

Depending on the source, polyunsaturated fats may be beneficial. Sunflower, corn and safflower oils have too much of the **omega-6 polyunsaturate**. Studies are showing that a high consumption of **omega-6** may contribute to breast cancer and gastrointestinal cancer. **Omega-3** fats may reduce triglycerides (blood fats), high blood pressure, abnormal heart rhythms and the incidence of blood clots.

Bad Fats

Saturated fats are found in animal products such as meat, butter, cream, cheese, chocolate. They raise the "bad" **LDL cholesterol**, and increase the risk of heart disease and possibly colon and prostate cancers. **Trans fats** are another fat to avoid. They are produced when liquid vegetable oil is pumped full of hydrogen, changing it into a solid. Trans fat are in products that have "vegetable shortening", or "hydrogenated" or "partially hydrogenated" vegetable oil in the ingredients list.

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Shopping List

Dry Store (Pantry)

Canned (tuna, sardines, salmon)
Canned tomatoes
Canned beans
(i.e. kidney, cannellini, four-bean mix)
Coconut (flaked)
Currants
Dried beans (i.e. lima, haricot, borlotti)
Flour (rice, wholemeal)
Honey
Herbs (i.e. parsley, basil, coriander, dill)
LSA mix (linseed, sunflower & almond mix)
Nuts (almonds, pine nuts, brazil nuts, walnuts)
Oat Bran
Olive oil (extra virgin)
Oats (rolled, NO quick oats please!)
Pulses (split peas, lentils)
Quinoa (pronounced kin-wah)
Rice cakes (plain, NO FLAVOURS!)
Seeds (pumpkin, sesame, sunflower)
Spices (i.e. chilli, paprika, cumin, garlic, ginger)
Sultanas
Sea salt and Black pepper
Sesame oil
Tofu
Tamari (wheat free soy sauce)
Vinegar (white, balsamic, red wine)
Wheatgerm
Whey protein powder

Fruit & Vegies

Apples
Avocado
Banana
Beetroot
Broccoli
Berries (frozen or fresh)
Beans (green, yellow)
Citrus (lemons, limes, oranges)
Carrot
Celery
Cabbage
Onion (red, brown, white)
Mushrooms
Leaves (spinach, silver beet, lettuce, bok choy, pak choy)
Pears
Spring onion
Tomato
Sweet potato
Zucchini

Cool Store (Fridge)

Cottage cheese (reduced fat)
Chicken, fish, lean red meat
Eggs (free range or organic)
Sour light cream
Tahini
Flaxseed oil
Yoghurt (natural plain)
Milk (skinny, rice, soy, oat)

Our Tip: Some Good Cookbooks

Eat Taste Nourish, Zoe Bingley-Pullin, New Holland 2009

The Optimum Nutrition Cookbook, Patrick Holford & Julia Ridgway, Piatkus 1999

The Conscious Cook, Gisele Wilkinson, Brolga Publishing 2008

Crunch Time Cookbook, Michelle Bridges, Penguin Viking 2010

The Wellness eBook

Recipes Breakfast

Home Made Muesli (10-12 serves)

- 7 cups Rolled oats
- 1 cup Oat Bran
- ½ Wheatgerm
- ¼ cup sunflower seeds
- ¼ cup Pumpkin seeds (can be ground using a coffee grinder)
- Coconut – to taste
- Cinnamon – to taste
- LSA meal (1 tablespoon of each to be added prior to serving)



Mix oats, oat bran, pumpkin seeds, wheatgerm, coconut and cinnamon and store in fridge – make enough of the mix to last at least one week (i.e. 7 cups oats) By making your own muesli you will be able to avoid dried fruit (high sugar) and the roasting process which causes denaturation of fatty acids.

Breakfast Smoothie (serves 1)

- 1-cup soy, oat, skinny or rice milk
- 1-cup water
- ½ cup mixed berries, fresh or frozen
- 2 tablespoons low fat natural plain yoghurt
- 1 scoop whey protein powder
- 1-tablespoon LSA mix and/or wheat germ and/or lecithin granules)
- 4 ice cubes

Place all ingredients in a blender or food processor and blend until thoroughly mixed & serve in a tall glass.

Fruit Salad with Yoghurt

Create a mixture of pears, strawberries, kiwi fruit, mango, apple or whatever fruits are in season - Keep in mind that papaya and pineapple contain enzymes, which are great for assisting digestion. Add a squeeze of lemon, plain yoghurt, coconut and cinnamon to taste.



Soft Boiled Egg on Toast (serves 1)

- 2 free range organic eggs
- 2 slices of good quality rye or wholegrain, toasted,
- Flaxseed butter or avocado to spread over toast if desired

You can either poach in simmering water with a dash of white vinegar or soft boil the egg in it's shell for 2 minutes and peel once cooked Tip: do not overcook the eggs, it results in denatured protein, oxidised fat and loss of nutrients.

Omelette (serves 1)

- | | |
|-----------------------------|-------------------------------------|
| 2 whole eggs | 2-tablespoons of cottage cheese |
| ¼ red onion, finely chopped | 2 button mushrooms, finely chopped |
| ½ tomato, finely chopped | 1-tablespoon fresh or dried basil |
| Salt and pepper to season | 1-2 teaspoons olive oil for the pan |

Crack the eggs in a bowl and whisk until light and fluffy. Place all other ingredients in the bowl and mix thoroughly. Place the frying pan over a medium heat with the olive oil. Place all the omelette mixture into the pan and leave for 3-5 minutes until cooked through. With a spatula flip half the omelette onto the other half and tip onto a plate.

Recipes Breakfast

Avocado & Cottage Cheese on Wholegrain Toast (serves 1)

2 Pieces wholegrain bread (toasted)
¼ cup of low fat cottage cheese
½ avocado, chopped lengthways
Salt & pepper
1 lemon

Spoon the cottage cheese over two slices of wholegrain toast, add the avocado over the top, season with salt and pepper and a squeeze of fresh lemon to finish.

Scrambled Tofu

1 cup organic hard tofu, crumbled
¼ red onion
¼ cup mushrooms
¼ cup cherry tomatoes, halved
1 garlic clove, crushed
Small handful of basil or flat leaf parsley
½ teaspoon fresh chilli

Sauté the onion, garlic, mushrooms and tomatoes in a frying pan for about 5 minutes. Add the tofu, chilli and basil into the saucepan with the onion mixture and cook until heated through, approx 6-8 minutes. Serve with a drizzle of extra virgin olive oil and season.

Baked Eggs With Spinach (serves 2)

900g spinach leaves
3 tablespoons olive oil
4 eggs
1 tablespoon grated Parmesan
1-tablespoon wholemeal breadcrumbs
Salt and pepper

Heat oven to 180 degrees. Bring a pot of salted water to the boil and cook the spinach for 1 minute. Drain and leave to cool, then squeeze out any excess liquid and chop. Heat the olive oil in a baking dish, add the spinach and toss to coat. Spread out the spinach and create 4 nests. Crack one egg each nest and top with seasoning, Parmesan and breadcrumbs. Bake in 180-degree oven for 15-20 minutes or until the yolks are set and whites solidified

Grilled Tomatoes and Mushrooms on Toast (serves 1)

2 tomatoes, halved
4-6 button mushrooms, chopped
2 slices of good quality rye or wholegrain, toasted

Grill tomatoes for roughly 5 minutes. Using a tablespoon of water, sauté the mushrooms, Tip: you can use a little chicken or vegetable stock to season the mushrooms, drain off excess water. Place tomatoes and mushrooms on toast, drizzle a dash of olive oil.

Recipes Snacks & Sides

Rice Cakes with Avocado or Hummus Dips

Avocado Dip

1 avocado (mashed)
1 tomato, chopped
1 Spring onion, chopped
1-teaspoon olive oil, pinch of lemon juice & chilli
Handful of Parsley, chopped
Sea Salt and Pepper to season
Add all ingredients together and season with cumin, parsley, salt and pepper

Hummus

250g cooked chickpeas (either soak and cook yourself or use tinned organic chickpeas, rinsed and drained)
2 large cloves garlic, crushed
3 tablespoons lemon juice, or more to taste
3 tablespoons tahini
1 tablespoons olive oil or small amount water
Sea salt and pepper to taste, Parsley to garnish

Place all ingredients in a food processor or blender and blend until smooth. Garnish with parsley and serve.

Pepita and Sunflower Seed Mix

Heat a non stick pan – add sunflower seeds and lightly toast (1 minute) while continuously tossing; add pepitas and lightly toast for another minute; when slightly browned, add a sprinkle of tamari all over the seeds and toast for a further minute or so. Store in a glass container or jar.

Mexican Bean Salad (serves 2-3)

400g tinned kidney beans (drained and rinsed)
200g canned Tuna in spring water
100g baby spinach leaves
¼ red onion finely sliced
2 tablespoons Chevre (goats cheese)

Dressing

1 tbsp extra-virgin olive oil
Squeeze of fresh lemon or lime juice
Finely chopped fresh chilli to suit your taste

Combine beans, tuna, red onion, spinach leaves. Drizzle the dressing over the top and crumble the chevre over the salad.

Stuffed Sardines (serves 2)

250g Fresh sardines
Mixed fresh herbs and spices e.g. thyme, parsley, oregano, dill, paprika
Pinch of Sea salt
1 small clove garlic, crushed
Squeeze of fresh lemon juice

Slit the sardines open down the middle and bone if the sardine is too large. Mix the herbs of your choice, garlic, paprika and sea salt together and smear all over the fish including the inside. Squeeze the lemon juice over the fish and then cook in a medium oven or under the grill just until the sardine flesh turns white. Do not over-cook, as the fish will be tough and dry.

Recipes Snacks & Sides

Apple Coleslaw (serves 6)

1/4 (about 380g) white cabbage, hard core removed,
Very thinly sliced
4 (about 500g) red apples, cored, coarsely grated
1/2 small red onion, halved, finely chopped
1/2 tsp celery salt
1 tsp finely grated lemon rind
2 tablespoons fresh lemon juice
125ml (1/4 cup) light sour cream
1 tablespoons natural yoghurt

Combine cabbage, apple, onion, celery salt, and lemon rind and juice in a bowl. Whisk together the light sour cream and yoghurt in a small bowl. Add the yoghurt and sour cream mixture to the cabbage mixture, and gently toss until well combined.

Four Bean Salad (serves 2-3)

1 tin of four-bean mix (drained and rinsed)
2 ripe tomatoes, chopped
1 tbsp chopped fresh basil
Spring onion, sliced diagonally

Dressing

1 tbsp extra-virgin olive oil
Dash of balsamic

Combine beans, tomato, basil, spring onion and finish with dressing.

Fennel And Orange Salad (serves 4)

2 fresh fennel tops
2 navel oranges
2 tbsp of extra virgin olive oil
1 tbsp of red wine vinegar
Pinch of salt and pepper



Peel off the tough outer layers of 2 fresh fennel tops, keeping aside the green feathery tops. Thinly slice the bulbs and toss in a bowl with 2 tbsp of extra virgin olive oil and 1 tbsp of red wine vinegar. Season with salt and pepper and set aside for 10 minutes. Cut the skin and pith off two navel oranges. Cut out the segments and place them in a bowl. Place the sliced fennel on a plate and scatter the segments over it. Mix the leftover juice with the remains of the dressing and pour over the salad. Finally, chop the green feathery fennel tops and sprinkle over the lot.

Recipes Snacks & Sides

Beetroot, Orange and Walnut Salad (Serves 4)

500g baby gold and red beetroots
(Or 2 large red beetroots), trimmed and washed
1 tbsp olive oil
1 sweet potato, peeled and cut into chunks
3 oranges
Leaves from 2 baby cos lettuces
1/2 cup pecan nuts, toasted and coarsely chopped

Dressing

1 tbsp olive oil
1 tbsp walnut oil
2 tbsp orange juice
Pinch sugar
Inch sea salt & cracked
Black pepper
1 1/2 tbsp red wine vinegar



Preheat oven to 175°C. Place beetroots and sweet potato in separate baking dishes, drizzle each with 1 tbsp of oil. Cover beetroot dish with foil and bake both dishes for 40-60 minutes (test beetroot with a skewer). Remove skins from beetroots and cut into wedges. Peel oranges, leaving no white pith, then cut membranes from segments. For dressing, combine walnut oil, orange juice, sugar, salt and pepper, red wine vinegar and remaining olive oil, then whisk until smooth. Toss the lettuce leaves with three-quarters of the dressing and place on a serving platter. Toss the beetroots and kumara with remaining dressing. Place on lettuce leaves with orange segments and pecans.

Sweet Potato Mash (serves 4)

900g orange sweet potato, peeled, chopped
1-tablespoon extra-virgin olive oil
2 tablespoons warm low-fat milk

Place sweet potato in a saucepan and cover with water. Bring to the boil, reduce and simmer uncovered for 10-15 minutes or until soft. Drain and return to saucepan. Add oil and warm milk. Mash until smooth. Season with salt and pepper.

Greens and Grains Salad

1-cup brown rice
200g broccoli florets
100g-baby spinach
100g green beans, trimmed
1 cup frozen peas
¼ cup sunflower seeds
1-cup parsley leaves

Dressing

1tbsp brown rice vinegar or
balsamic
2 tbsp olive oil
2 tbsp cold vegetable stock
1 tsp lemon zest

Cook the rice as per your preference, allow to cool slightly while preparing the vegetables. Steam the beans and broccoli for 3-4 minutes add peas and baby spinach and steam for 1-2 minutes. Place rice vegetables, sunflower seeds and parsley into a bowl, pour over the dressing and toss to combine.

White Bean Puree (serves 4)

2 x 400g cans cannellini beans, drained, rinsed
1/2 cup (125ml) chicken stock
1 garlic clove, crushed
1 lemon, rind finely grated
1-tablespoon extra virgin olive oil

To make the bean puree, place the beans and chicken stock in a small saucepan. Bring to the boil. Reduce to a medium heat. Simmer for 8 minutes. Set aside to cool. Add the garlic. Transfer to a food processor and process until smooth. Stir in the lemon rind and olive oil. Serving suggestion: Serve with grilled fish



Recipes Mains

Lentils

¾ cup (165g) small brown lentils

Cook the lentils in a medium saucepan of boiling water or chicken stock for 10 minutes or until just tender. Drain well. Use herbs of your preference to add flavor to lentils. Tip: try to match the herbs of this side dish to the flavors that you will be serving it with.

Broad Bean, Rocket And Pecorino Salad (serves 4)

500g broad beans

200g French beans, topped & tailed

6 shallots, white ends, finely sliced

2 handfuls rocket, washed

60g shaved pecorino

Dressing

20ml extra virgin olive oil

10ml white wine vinegar

Salt & freshly ground white

pepper

Pod broad beans and cook in boiling water for 2 minutes and refresh in iced water. Double peel any large ones. Cook beans in boiling water for 4 minutes and refresh in iced water. Gently cook shallots in olive oil until soft, about 5 minutes, add vinegar, season and remove from the heat. Place both beans and rocket in a bowl, toss with dressing. Top with pecorino before serving.

Zucchini Fritters

1 cup grated zucchini

2 medium/large eggs

3 tablespoons rice flour

1-tablespoon olive oil (for cooking)

Sprinkle of nutmeg

Sea salt and pepper to taste

Combine all ingredients in a medium bowl and stir until well combined. Heat oil in a large pan over medium heat. Mould mixture into medium size balls and press flat into pan with skillet. When brown on one side, turn and cook the other side.

Green And Yellow Bean Salad (Serves 4)

150g green beans

150g yellow beans

2 tsp small capers packed in salt

2 tbsp of your favourite olives

2 tbsp parsley

2 tsp chives

Optional extras

1 shallot, finely diced

Marinated goat's cheese

Dressing

2 tbsp olive oil

1 tbsp balsamic

Sea salt & freshly ground black

pepper

Bring a large pot of lightly salted water to the boil, cook green and yellow beans separately, uncovered, for about eight minutes. Soak capers in warm water for five minutes and remove using a slotted spoon. In a serving bowl add olives, capers, parsley and chives. Drain beans but do not run cold water over them (it leaves the beans tasting of water). Add drained beans to mixing bowl. Finish with the dressing and marinated goats cheese & toss through gently.

Recipes Mains

Vegetable and Barley soup (6-8 serves)

1-tablespoon olive oil
1 onion, finely chopped
1 carrot, finely diced
2 celery sticks, finely diced
1 cup, chopped sweet potato
1 cup, diced red capsicum
¼ cabbage chopped
Handful of green beans chopped
1 litre Vegetable or Chicken stock



Soak barley overnight. Heat the olive oil and sauté the onion, garlic, carrot & celery. Add beans, sweet potato, capsicum and cabbage. Add the stock, bring to boil, add barley, reduce heat and simmer for 1 ½ hours or until barley is soft.

Lentil Soup with Barley and dulse (6-8 serves)

1-tablespoon olive oil
1 medium onion – chopped
1 stalk celery – sliced
2 carrots – sliced
1-cup barley
12 cups water
2 bay leaves
2 cups lentils
1 strip Kombu seaweed
2 tablespoons dark miso, or to taste

Note: soak barley and lentils overnight, as they can be difficult to digest

Sauté onion, celery and carrots until limp and transparent; add barley, water and bay leaves. Cover and simmer for 20 minutes, add lentils and kombu, and simmer for another 30 minutes. Discard kombu and bay leaves. Remove 1 cup soup and blend with miso then return to pot.

Sage and Lemon Chicken Breast (serves 2)

2 small 120g chicken breasts (skin removed, butterflied) ½ tablespoon Olive Oil & Olive oil cooking spray
1 tablespoon chopped fresh Sage 1 teaspoon grated lemon rind
Pinch of Sea Salt

Using the flat side of a meat mallet, flatten chicken to an even thickness. Combine the sage, lemon rind, sea salt and olive oil and marinate the chicken for half an hour, covered in the fridge. Lightly spray the grill pan and cook the chicken over a medium flame for 2-3 minutes on each side or until cooked through.

Zucchini Bolognese (Serves 4)

250g lean beef mince 400g can diced tomatoes Olive oil cooking spray
2 carrots, diced 1 clove garlic, crushed *OPTIONAL 150ml red wine
1 celery stick, diced 1 bay leaf & Handful of fresh parsley
4 zucchini, finely sliced to look like spaghetti strands

Spray your saucepan with olive oil spray, on a low to medium heat soften and stir your onion and garlic for 3-5 minutes, add carrot and celery cook for 3-5 minutes covered. Add the mince over a medium to high heat, stir and break up the lumps to allow the meat to cook evenly. At this point you can add the optional red wine let it reduce, add tomatoes, bay leaf & ½ to 1 cup water depending on your preferred consistency. Reduce to a simmer and cook covered for 30 mins. When sauce is ready

Recipes Mains

Split Pea Soup

2 cups green split peas
8 cups water
1 onion, chopped
1 large carrot, sliced
2-3 cloves garlic, minced
1-tablespoon olive oil
Black or red pepper, cumin or curry powder (optional)

Rinse peas, cover peas in a pot of water bring to the boil. Lightly sauté onion, carrot and 1 clove of minced garlic in soup pot, add water and peas, and then bring to the boil. Simmer on low heat for 30 minutes. Add remaining minced garlic and seasonings. Simmer another 30 minutes or until carrots are soft. If adding miso, dissolve into a small amount of hot water and stir into soup at the end. Garnish with parsley to serve. Optional – add 2 cups of cooked rice to soup midway through the cooking process.

Chickpea and Spinach Pie

175g spinach leaves
2 tsp extra virgin olive oil
1 small onion, thinly sliced
1 garlic clove, crushed
1 tsp ground turmeric
200g canned chickpeas, rinsed and drained
2 whole eggs & 2 extra egg whites
200ml skimmed milk pinch ground nutmeg salt and pepper

Preheat oven to 180°C. Line a shallow oven pan with greaseproof paper. Wash the spinach and place in large saucepan. Heat gently for 3-4 minutes until spinach wilts. Drain spinach, squeeze out excess liquid and chop finely. Heat oil in a saucepan; add onion, garlic and turmeric and sauté for 5 minutes. Stir in chickpeas and spinach then remove from heat – spread mixture over the pan. Beat together the eggs, milk, nutmeg, salt and pepper and pour into the pan. Bake for 35-40 minutes until firm and golden

Baked Salmon (serves 2) (or any other deep sea fish like: Barramundi, Black Bream, Flathead Whiting, Ocean Trout)

2 x 180g Salmon fillets
Sea Salt and pepper to season

Preheat oven to 200°C. Line a baking tray with silicone paper and place over the salmon. Season the Salmon. Roast the salmon for six minutes so that it is still a little pink in the middle and then remove it from the oven. Note: if you are unable to get thin tail end fillets you will have to cook the thicker fillets a little longer. Tip: do not use some thick and some thin fillets; make sure all six are of a similar thickness. Tip: dill is a great herb to serve with fish.

Kingfish with Minty Pea Puree (serves 2)

2 x 180g kingfish steaks
2 tbs olive oil
1-tablespoon fresh chopped mint
Salt and pepper to season
2 cups frozen peas

Heat oven to 260 degrees. In an ovenproof pan heat the olive oil, season and add the kingfish steaks to the pan and cook for 3-5 minutes per side. Remove from the stove and finish in the oven for 5-10 minutes. Boil the peas until tender, drain but leave a dash of water with the peas, then puree the peas with the mint, Serve the kingfish on top of the pea puree.

Recipes Mains

Chicken and Vegetable Burgers (makes 6-8 patties)

500g lean, minced chicken
1 carrot, grated
2 cups grated sweet potato
1 tablespoon grated fresh ginger
1 crushed garlic clove
½ cup chopped coriander
1-tablespoon tamari
½ teaspoon red curry paste
Wholemeal flour to coat burgers
1-tablespoon olive oil

Option 1: add ¼ cup grated zucchini & ¼ cup wholemeal breadcrumbs, as zucchini is quite watery & the breadcrumbs will help soak up some moisture

Option 2: Use tuna or a white fleshy fish instead of Chicken

Place all ingredients, excluding the flour into a food process and blend to a smooth consistency, transfer to a bowl, shape into burgers and toss lightly through the flour. Heat 1-tablespoon olive oil in a grill pan, cook burgers on a medium heat 3-5 minutes each side

Chicken Curry (serves 4-6)

1kg skinless diced chicken fillets
1 large sweet potato, diced
2 cups cauliflower florets
2 cups chicken stock
2 tablespoons curry powder
1 brown onion, chopped
1 clove garlic, crushed
1-tablespoon ground cumin
1-teaspoon fresh ginger
1-teaspoon ground coriander
2 teaspoons tahini
1 cup chopped fresh coriander



Coat the chicken in curry powder. Lightly spray olive oil in the curry pan and seal the chicken, remove and set aside. Add and sauté the onion, garlic, tahini, cumin, ginger and ground coriander in 1-2 tablespoons of chicken stock. Add sweet potato and cook for 2-3 minutes. Add the remaining stock, cauliflower and chicken. Simmer for 30-40 minutes. Add the fresh coriander before serving.

Tip: Try serving this curry with quinoa instead of rice. (See packet instructions for directions, it's as easy as rice)

Lamb fillet (serves 2)

300g-lamb fillet	Grated rind of 1 lemon,
Dash of Balsamic vinegar,	1 tablespoon Olive oil,
1 clove Garlic, crushed	Fresh Rosemary & Mint

Marinate lamb in balsamic vinegar, olive oil, garlic, grated lemon rind and herbs. Bake, grill or BBQ the lamb fillet. Serve with steamed greens and green salad.

Baked Chicken

Put a lemon inside a whole chook – place in oven bag with some lemon juice, olive oil, salt, pepper and garlic. Cook for ½ hour in a 180° oven or until tender.

Recipes Dessert

Baked Apples or Pears and Yoghurt (serves 4)

4 whole apples or pears
Cinnamon
Natural yoghurt to serve

Place halved apples or pears on baking tray in an inch of water; bake in moderate oven for 20 minutes or until soft; sprinkle with cinnamon and serve with plain, natural yoghurt.

Dessert: Ricotta Cheesecake With Strawberries

Base; ½ cup brown rice flour
½ cup rolled millet
½ cup coconut
3-4 tbsp water

Method:

1. Preheat oven to 180° 2. Combine the grains and the coconut 3. Mix with water and press onto a lightly greased pie plate (do not bake before filling) 4. Blend cheese, eggs, yoghurt, honey, lemon juice, rind and vanilla with an electric beater until smooth 5. Pour onto crust (shell) and bake for 15-20 minutes or until set 6. Cool then refrigerate 7. Once cool, top with strawberries

Filling:

3 cups of low fat ricotta cheese
3 eggs
¾ cups natural yoghurt
½ cup organic honey
1/3 cup lemon juice
Rind (zest) of 1 lemon
Drop of vanilla essence
Strawberries

Rhubarb and Apple Crumble (serves 4-6)

Stewed Fruit:

Wash and cut rhubarb into 3cm lengths
Use 4 tablespoons sugar to a bunch (approx 300 grams)
Simmer 10-15 minutes in ¼ cup water with a teaspoon of lemon juice
Peel, quarter and slice 4 apples (500gm) and place in a pan with 1-2 cm water, Cook gently until tender

Crumble:

6 tablespoons rolled oats 1-tablespoon plain wholemeal flour
1-tablespoon desiccated coconut 1-tablespoon chopped raw almonds
1-tablespoon butter 1-tablespoon honey

Thoroughly combine all ingredients – best done by hand. Spread crumble mixture over fruit and pat down a little. Place in a dish in 180° C oven and cook for 15-20 minutes or until the top is golden brown. Serve with yoghurt.



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