



NOURISHMENT AS AN INVESTMENT *guide*

How you can partner with your daughter
as she builds a lifetime of health

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“Your greatest wealth is health.”

—**Virgil**



NOURISHMENT FUNDAMENTALS




























LOW INFLAMMATORY DIET

50:25:25



IT'S IMPORTANT TO EAT THE RAINBOW

WHITE	YELLOW	RED	PURPLE	GREEN
 Immune system	 Healthy heart	 Healthy heart	 Healthy heart	 Improves digestion
 Healthy colon	 Lowers cholesterol	 Decr. blood pressure	 Healthy blood vessels	 Supports eyesight
 Prevents ulcers	 Healthy joints/tissues	 Skin protection	 Helps memory	 Healthy bones
 Lowers cholesterol	 Supports eyesight	 Helps cell renewal	 Anti-aging	 Immune system
 Healthy heart	 Prevents Cancer	 Prevents Cancer	 Healthy urinary system	 Prevents Cancer



OUTTA SIGHT, OUTTA ... MOUTH



Don't keep it in the house or by your desk

Eat smaller portions



Save it for special occasions

Share with a friend



SIMPLE SUBSTITUTIONS

Breads, pastas, rice, wraps



Opt for whole grain, sourdough options for higher fiber, less sugar & preservatives.



Smoothie vs juice

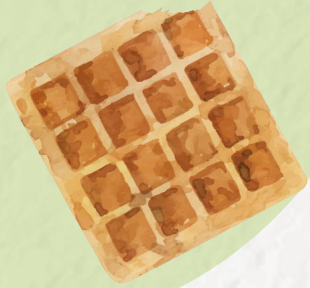
Smoothies blend the fiber rather than throwing it away. Opt for high veg, low fruit.



Plain vs flavoured

Adding your own berries, nuts, and spices means less added sugar





BEST OF THE WORST

Read labels

If you can't pronounce an ingredient, you shouldn't eat it

Ingredients are written in proportion order

Fructose, sucrose, dextrose, lactose, golden syrup, sugar syrups, fruit syrups are ALL ADDED sugar

Salt, sodium, sodium nitrate, monosodium glutamate, sodium bicarbonate, baking powder are ALL salt

Keep away from preservatives, chemicals that preserve your fat and mutate cells





SETTING UP FOR SUCCESS



START A DIALOGUE

Share this information both through your words and actions

Share your journey with her

Share your goals/hopes/wishes for her

Ask her about her goals for herself

Ask what she notices about her body when eating

Ask her paradigms/attitudes toward food



LEAD BY EXAMPLE



ACTIONS SPEAK louder than words

What is your relationship with food?

How do you talk about your food and what it does for/to your body?

How do you eat?

Show her how to be healthy



DO A PANTRY & FRIDGE AUDIT



Reduce processed food

You can throw it away,
or decide not to put it
on the list again

Stock whole foods

Nuts, dried fruits, jerky,
popcorn, tuna, salmon,
legumes, whole grain
pasta, rice

Cut veggies

Easy to grab, pack or
use in recipes

Fresh fruit & veg

Buy the rainbow

Frozen is an option

Frozen berries, spinach,
broth, herbs can be
easy to keep and use

Reduce dairy

Buy less cheese, milk,
yogurt and/or buy
alternatives.



TAKE TIME TO PLAN

Prioritise

Take the time you need to prep and plan, it will help take the thinking out of eating



Optimise

Plan to eat meals at least twice to make it more efficient to prepare

Organise

Shop ahead (when you're NOT hungry) to have everything you need ready to prepare



Maximise

Maximize ingredients by using them more than once to reduce waste



MEAL PLAN



Week	Date	Breakfast	Lunch	Dinner	Snacks
Week 1	Monday	Apple pie oats almonds	Rainbow spinach salad w/ beans	Chicken cacciatore Whole grain pasta	Mixed berries Hard boiled egg
	Tuesday	Broth Veggie crudite	Spinach, Strawberry, salmon, goat cheese salad	Minestrone Soup Salad	Yogurt mixed berries
	Wednesday	Egg avocado tacos whole grain tortilla	Chicken pesto slaw	Veggo Chili Brown Rice	Popcorn Veggie crudite
	Thursday	Yogurt mixed berries	Spinach, Strawberry, salmon, goat cheese salad	*Chicken cacciatore Whole grain pasta	Veggie crudite broth
	Friday	Apple pie oats almonds	*Chicken pesto slaw	*Minestrone Soup Salad	Yogurt mixed berries
	Sunday	Yogurt mixed berries	Avocado egg on whole grain toast	*Veggo Chilli Brown rice	Popcorn almonds
	↔	Sunday	Egg avocado tacos whole grain tortilla	Rainbow spinach salad w/ beans	Whatever is left/ take away



GROCERY LIST

- Oats
- Apples 2
- Almonds
- Broth 2L
- Yogurt
- Mixed berries (F/F)
- Carrots 9
- Celery ½ bunch
- Capsicum (multi) 4
- Eggs
- Avocado
- Spinach 4 bags
- Tin of beans 7
- Salmon (F/T) 1
- Goat cheese
- Whole grain pasta, bread & tortillas
- Chicken tenders 2
- Pesto
- Red Cabbage ½
- Zucchini
- Green beans
- Tin tomatoes 8
- Potatoes 2
- Onions 3
- Olives
- Brown rice
- Tomato paste
- Popcorn kernels
- Red wine
- Lemons 4



PREPARE & EXECUTE THE PLAN TOGETHER



OTHER MEAL PLAN TIPS

Salad formulas = leafy greens + mix of veg + nuts/seeds + fruit + grains + legumes

Add herbs to your dressing - sneak in more greens

Use garlic or shallot with lemon and mustard as a dressing

Consider going oil-less to dress salads - just add lemon or massage avocado on kale + citrus

Go for crunch - your body feels more satisfied eating something crunchy

Ferments are your friend - spoon of sauerkraut, cup of miso, slice of sourdough

Limit meat to 1 meal/day if possible

Try eating like a king, pheasant and pauper - dinner being the lightest meal

OTHER LUNCH BOX TIPS

Dinner Leftovers

Burritos - rice, beans, tomato, lettuce, cheese avocado

Lebanese wrap or salad - hummus, kofta, falafel, crudite

Stir Fry - capsicum, carrots, bokchoy, celery over brown rice



HABITS TAKE PRACTICE



Guidelines

- 50:25:25 Rule
- Eat the rainbow everyday
- Outta sight, outta ... mouth
(or smaller portions)
- Simple substitutions
- Best of the worst

Tips

- Start a dialogue
- Understand her goals/priorities
- Lead by example
- Prepare food & eat together
- Set yourselves up for success:
pantry & fridge audit, meal plan,
prep in advance



APPLE PIE OATS

Serving: 2

Prep time: 5 min

Cook time: 10 min

1.5 C Water

1 large apple, chopped

$\frac{3}{4}$ C Oats

$\frac{1}{4}$ tsp vanilla

$\frac{1}{4}$ tsp cinnamon

Pinch of salt

$\frac{1}{4}$ C raisins

$\frac{1}{8}$ C almonds

Put water, vanilla, cinnamon, salt in a pot. Bring water to a boil.

Add apple, simmer on low 3 minutes. Add oats. Continue to simmer 5 min.

Add raisins and almonds. Serve and Enjoy.



CHICKEN PESTO SLAW

Serving: 4

Prep time: 15 min

Cook time: 10 min

1 package chicken tenderloins For pesto:

¼ head of cabbage shredded
or 1 bag of slaw

1 carrot shredded

1 bunch of basil

¼ C pine nuts, toasted

½ C Extra virgin olive oil

Small clove of garlic

½ lemon squeezed

tsp salt

Pepper to taste

Cut chicken tenderloins into bite sized pieces. Fry in pan with a TBSP olive oil. Set aside.

Make pesto. Pick basil leaves off stems. Put in blender or food processor. Add pine nuts, garlic, lemon juice, salt. Blend. Drizzle olive oil until combined.

Fold pesto, cabbage and chicken in a bowl. Adjust seasoning to taste, including additional lemon as necessary. Serve and Enjoy.



VEGETARIAN CHILI

Serving: 8

Prep time: 30 min

Cook time: 60 min

- | | |
|-------------------------------|---|
| 2 TBSP Extra virgin olive oil | 2 bags spinach |
| 1 C onions | 1 tin each kidney, cannellini,
black beans rinsed and
drained |
| 1 C peeled carrots | 1 bottle passata |
| 1 C celery | 1.5 tsp salt |
| 2 cloves, garlic, minced | 1 TBSP smoked paprika |
| 1 C each red & green capsicum | 1 TBSP cumin |
| 2 bags spinach | |
| 2 tins chopped tomatoes | |

Chop all veg. Heat olive oil in large pot over medium heat. Add carrots, celery, capsicum, onions and garlic. Cook, stirring, until the onions are golden, 12-15 min.

Add spinach, paprika, cumin and salt. Cook until spinach wilts. Stir in tomatoes, beans. Bring to a boil. Reduce the heat to medium-low and simmer, uncovered, stirring occasionally, until the flavors are blended, adding water as needed. About 45 min.

Serve over brown rice or quinoa. Top with red onions or scallions, avocado, hot sauce to taste. Enjoy!



CLASSIC MINESTRONE

Serving: 8

Prep time: 30 min

Cook time: 60 min

½ C Extra virgin olive oil

2 tins chopped tomatoes

Chop all veg in 1 cm chunks. Heat olive oil in large pot over medium heat. Add carrots, celery, onions and garlic. Cook, stirring, about 5 min.

1 onion chopped

1 tin each kidney, cannellini, chickpeas rinsed and drained

3 chopped peeled carrots

4-6 C water or veg/chicken stock

Add chopped zucchini, green beans, potatoes. Cook, stirring, about 5 min.

2 stalks celery

5 cloves, garlic, minced

1 C red wine

Add spinach, cabbage and parsley. Cook, stirring, about 5 min.

1 C green beans

1 C tube pasta

Add wine and tomatoes. Cook, stirring, about 5 min.

2 potatoes

1 bunch parsley, chopped

Add bean and sages. Cook, stirring, about 5 min.

1 zucchini

1.5 TBSP fresh diced sage

Add broth or water.

1 ½ C spinach

1 TSP dried Italian seasoning

Cover. Simmer on low for about 30 min.

1 C cabbage

Add pasta onto hot soup and allow it to cook.

Serve with salad on the side. Enjoy.



CHICKEN CACCIATORE

Serving: 6

Prep time: 10 min

Cook time: 40 min

3 TBSP olive oil, divided

2 TBSP each chopped parsley
and basil

Season chicken with salt and pepper.

6 bone-in skinless chicken
thighs

1 tsp dried oregano

Heat 2 TBSP oil in heavy skillet. Sear chicken on both sides until golden, about 3-4 min each side. Remove from skillet and set aside.

1 medium onion

½ C red wine

Add remaining oil to the pan. Saute the onion until transparent, about 3-4 min. Add in the garlic, cook until fragrant, about 30 sec. Add the peppers, carrot, mushrooms, spinach and herbs; cook for 5 min until veg begin to soften.

6 cloves, garlic, minced

1 bag spinach

1 yellow & 1 red capsicum
diced

2 tins chopped tomatoes

1 carrot

2 TBSP tomato paste

Pour in wine, scraping up browned bits from bottom of skillet. Cook until wine is reduced, 2 min.

200 g mushrooms

Salt and pepper to taste

1 ½ C pitted olives

8 sprigs thyme

Add crushed tomatoes, tomato paste. Season with salt and pepper. Return chicken to the skillet and continue to cook covered, reduce heat to low and allow to simmer for 40 min. Add olives allow to simmer for a further 10 min. Garnish with parsley and basil over whole grain pasta.

